

IAAF

WORLD CROSS COUNTRY

CHAMPIONSHIPS

AARHUS 2019

Biographical Summaries

IAAF/Mikkeller
World Cross Country
Championships[™]
Aarhus 2019

11:00 – Mixed Relay

11:35 – Under-20 Women's Race

12:10 – Under-20 Men's Race

13:00 – Women's Race

14:00 – Men's Race

BIOGRAPHICAL ENTRY LIST

Mixed Relay

From Team Manual: The relay will consist of teams of two men and two women, each running one loop of the course. The order of running is to be determined by each team but the final composition of the team and the running order must be declared by 9:20 am on March 30. Athletes must carry on their wrist or in their hands a wristband that will be transferred to the next athlete within the takeover zone (IAAF Rules 170.6c and 170.7 will be apply). The takeover zone will be located after the downhill of the Museum. It will be 20m long, with the scratch line at the centre. Entrance and exit of the takeover zone will be marked with small flags or cones.

11:00 – 8240m – 4 laps
(Long start lap/2100m+ 2x long lap/2000m + finish lap/2140m)
So the first and last runners go a bit further

Note: All the Chinese team and the two Tanzanian men are also entered for the individual senior races

<u>Sex</u>	<u>CANADA</u>	<u>Age</u>	<u>1500m PB</u>
M	KENT Justin 1500 pb: 3:41.00 -15. 10K pb: 29:54 -19. 5000 pb: 13:53.32 -18 (14:04.22i -19). 3000SC pb: 8:48.08 -14. 5 Canadian 3000SC 2014; 4 Canadian 5000 2018 In 2019: 10 Seattle 3000 (Jan 12); 2 Seattle 5000 (Jan 26); 2 Encinitas 10K; 5 Seattle 3000 'B' (Feb 8); 2 Vancouver 5K	CAN 26y	3:41.00 -15
M	ROBERTSON Kevin 2017 World Youth steeplechase finalist // 1500 pb: 3:42.50 -18 (3:50.48i -19). 6 Pan-American junior 1500 2017; 15 World Youth 2000SC 2015. 11 Canadian 1500 2018 In 2019: 3 Montréal 1000/1500; 1 Boston Hemery Mile 'E'; 2 Ottawa 3000; 1 Winnipeg 1000 (3 1500)	CAN 20y	3:42.50 -18
W	DIGBY Erica 5000 pb: 15:42.20i -19, 15:53.49 -17. 3000 pb: 9:05.72 -17, 9:07.73 -19. 1500 pb: 4:11.02 -17. 14 Francophone Games 1500 2013; 5 Francophone Games 5000 2017. 5 Canadian 5000 2018 In 2019: 4 Seattle 3000 (Jan 12); 4 Seattle 5000 (Jan 26); 6 Seattle 5000 (Feb 8)	CAN 29y	4:11.02 -17
W	YEE Regan 2016 North/Central American & Caribbean under-23 Steeplechase Champion 1500 pb: 4:09.29 -17. 5000 pb: 15:35.28i -19 (15:36.30 -18). 3000 pb: 8:58.29i -18 (9:04.63i -19). ht WJC 3000SC 2014; 7 WSG 3000SC 2015; 1 NACAC under-23 3000SC 2016 (3 1500); 9 WSG 1500 2017 In 2019: 5 Seattle Mile (Jan 12); 2 Seattle 3000 (Jan 26); 1 Seattle 5000 (Feb 8)	CAN 23y	4:09.29 -17
<u>Sex</u>	<u>PR of CHINA</u>	<u>Age</u>	<u>1500m PB</u>
M	LUO Yuxi 2017 Chinese National Games Champion at 1500m // 1500 pb: 3:44.35 -17 (3:52.30i -19). 800 pb: 1:50.20 -16.4 Asian Indoor Champs 1500 2014; 8 Asian Games 1500 2018. 1 Chinese junior 1500 2013; 1 Chinese 1500 2017; 1 Chinese National Games 1500 2017 He is also entered for the senior race in Aarhus (athletes are allowed to do both races) In 2019: 4 Xian 1500	CHN 24y	3:44.35 -17
M	MAO Amu 1500 pb: 3:48.90 -16. 10,000 pb: 30:44.95 -17. 5000 pb: 14:16.87 -16. 1 Chinese junior XC 2017; 3 Chinese junior 1500 2017; 20 Chinese National Games 10,000 2017; 2 Chinese junior 5000 2018 (3 1500) He is also entered for the senior race in Aarhus (athletes are allowed to do both races)	CHN 20y	3:48.90 -16
W	XIA Yuyu 2018 Chinese Champion at 10,000m // 10,000 pb: 33:38.64 -18. 5000 pb: 16:18.66 -18. 3000 pb: 9:47.30 -15. 1500 pb: 4:33.43 -15. 2 Asian Youth 3000 2015; 13 World Youth 3000 2015. 1 Chinese 10,000 2018 Marathon (1): 3 Nanjing 2016 She is also entered for the senior race in Aarhus (athletes are allowed to do both races)	CHN 21y	4:33.43 -15
W	ZHANG Xinyan 3000SC pb: 9:28.54 -16. 10,000 pb: 34:14.17 -13. 5000 pb: 15:47.30 -17. 1500 pb: 4:15.84 -16. 3 Asian Champs 3000SC 2015; ht WCH 3000SC 2015; ht OLY 3000SC 2016; 5 Asian XC 2018; 4 Asian Games 3000SC 2018. At WXC: 2015-17. 1 Chinese short course XC 2015/2017; 1 Chinese XC 2017; 1 Chinese 3000SC 2017. From-Gansu province Marathon (1): 50 Tianjin 2017 (3:00:01) She is also entered for the senior race in Aarhus (athletes are allowed to do both races)	CHN 25y	4:15.84 -16
<u>Sex</u>	<u>DENMARK</u>	<u>Age</u>	<u>1500m PB</u>
M	JENSEN Nick 1500 pb: 3:44.80 -17. 800 pb: 1:48.32 -15. sf EIC 800 2015; 6 WSG 800 2015; ht EIC 1500 2019. At EXC: 2017-10R, 2018-12R. 1 Danish 800 2013/2014/2017 (1 indoor 2014/2015). 1 Danish 1500 2015/2016/2017 (1 indoor 2018/2019). His coach/mother Heidi Jensen still holds the Danish indoor record (2:02.33) and was a rival of Kelly Holmes. Club-Sparta AM In 2019: 1 Växjö 800; 4 Malmö 1500; dq Reykjavik 1500; 1 Ghent IFAM 1500; 1 Danish indoor 1500; 2 Serbian Open 1500; 6ht EIC 1500	DEN 27y	3:44.80 -17
M	LINDGREEN Andreas Holst Fourth at 2017 European Junior Championships 1500m // 1500 pb: 3:41.56 -18. 3000 pb: 8:14.53 -18. 14 World Youth 3000 2015; ht WJC 1500 2016; 4 EJC 1500 2017. At EXC: 2016-38J, 2017-15J, 2018-12R. Club-Sparta AM In 2019: 1 Malmö; 2 Reykjavik 1500; 2 Ghent IFAM 1500; 2 Danish indoor 3000; 13 Danish XC	DEN 21y	3:41.56 -18
W	GLANS Laura Full name-Laura Rosing Møller Glans (she married Danish international distance runner Peter Glans in 2018, both compete at Aarhus 2019) 800 pb: 2:10.75 -17. 1500 pb: 4:40.76 -18 (4:43.16i -19). At EXC: 2017-10R, 2018-12R. 3 Danish indoor 800 2018. Club-Odense Atletik In 2019: 4 Danish indoor 1500	DEN 25y	4:40.76 -18
W	OLSEN Dagmar Full name-Dagmar Fæster Olsen // 1500 pb: 4:33.40 -17. 800 pb: 2:07.03 -18. ht World Youth 800 2011. At EXC: 2018-12R. 1 Danish 800 2012/2013 (1 indoor 2011). Club-Sparta AM	DEN 24y	4:33.40 -17

<u>Sex</u>	<u>SPAIN</u>		<u>Age</u>	<u>1500m PB</u>
M	BOSSY Artur	ESP	24y	3:42.20 -16
	Full name-Artur Bossy Anguera // 1500 pb: 3:42.20 -16. 3000 pb: 7:55.42i -19, 8:00.60 -18. 5000 pb: 13:43.62 -18. 10,000 pb: 29:27.47 -18. ht World Youth 3000 2011; dnf WJC 10,000 2012; 9 EJC 5000 2013; 19 under-23 ECH 10,000 2015; ht EIC 3000 2019. 2 Spanish indoor 3000 2019 In 2019: 1 Sabadell 3000 (Jan 13); 1 Sabadell 3000 (Jan 18); 4 Sabadell 3000 (Feb 6); 2 Spanish indoor 3000; 10ht EIC 3000			
M	GÓMEZ Jesús	ESP	27y	3:38.63 -18
	Full name-Jesús Gómez Santiago 2019 European indoor bronze at 1500m 1500 pb: 3:38.63 -18. 3000 pb: 7:48.76i -19, 8:15.57 -18. 800 pb: 1:45.67 -17 (1:47.93i -19). 7 Mediterranean Games 1500 2017; 3 EIC 1500 2019. At EXC: 2017-3R. 1 Spanish indoor 1500 2019. Coach-Bejmain Álvarez In 2019: 1 Salamanca 1500; 2 Valencia 3000 (substantial pb 7:48.76); 1 Dortmund 1500; 1 Sabadell 800; 2 Madrid IAAF Tour 1500; 1 Spanish indoor 1500; 3 EIC 1500			
W	ESPEJO Cristina	ESP	24y	4:09.34 -18
	3000 pb: 9:02.45i -19. 1500 pb: 4:09.34 -18. 10K pb: 34:22 -16. 8 EJC 1500 2013; 11 EIC 3000 2019. At WXC: 2013-55J. At EXC: 2013-17J, 2014-36u23, 2015-26u23, 2016-45u23. 1 Spanish indoor 3000 2019Coach-José Enrique Villacorta In 2019: 1 Valencia 3000; 1 Quintanar de la Orden XC; 1 Grao de Castellon XC; 6 Madrid IAAF Tour 3000; 1 Spanish indoor 3000; 11 EIC 3000			
W	GUERRERO Esther	ESP	29y	4:07.90 -18
	Full name-Esther Guerrero Puigdevall Back-to-back mixed relay medals (silver then gold) at European Cross Country Championships 1500 pb: 4:07.90 -18. 800 pb: 2:00.77 -17 (2:01.46i -19). 400 pb: 54.77 -16. ht World Youth 800 2007; ht WCH 800 2015/2017; sf ECH 800 2016; ht OLY 2800 016; 6 EIC 800 2017/2019; 3 ETCh 800 2017 (2015-7); ht WIC 800 2018. 1 Spanish 800 2015/2016/2017 (1 indoor 2015/2016/2017/2018); 1 Spanish indoor 1500 2019. At EXC: 2017-2R, 2018-1R. Coach-Joan Lleonart In 2019: 2 'Great' Stirling 4x1.5K XC; 3 Valencia 1500; 1 Gothenburg 800; dnf Karlsruhe IAAF Tour 3000; 1 Sabadell 800; 5 Madrid IAAF Tour 1500; 1 Spanish indoor 1500; 6 EIC 800			
<u>Sex</u>	<u>ETHIOPIA</u>		<u>Age</u>	<u>1500m PB</u>
M	ENDALE Kebede	ETH	18y	3:37.0 -18
	In December 2018 won the 1500m at the Oromo Regional Club Championships 1500 pb: 3:37.0 -18. 3 Ethiopian 1500 2018			
M	LEMI Teddese	ETH	20y	3:37.4 -18
	1500 pb: 3:37.4 -18. 800 pb: 1:46.00 -18. 2 African junior 800 2017; sf WJC 800 2016 (2018-dq ht, left his lane before the breakline). 1 Ethiopian 800 2017 (2018-02)			
W	CHELUCHE Bone	ETH	20y	4:08.64 -17
	Mixed relay silver at 2017 World Cross Country Chamnpionships // 1500 pb: 4:08.64 -17. 3000 pb: 9:08.32 -18. At WXC: 2017-2R (ran second leg)			
W	WORKU Fantu	ETH	20y yesterday	4:05.81 -17
	(aka Fantu Taye or Taye Fantu) // 1500 pb: 4:05.81 -17. 3000 pb: 8:39.55i -18. 5000 pb: 15:30.39 -18. 4 African Champs 1500 2016; 2 WJC 1500 2016; 2 African junior 1500 2017; ht WCH 1500 2017; 6 WIC 3000 2018. Was in contention to win the 2018 London Diamond League 3000m, but then mistakenly stopped at 2800m thinking she'd won the race			
<u>Sex</u>	<u>KENYA</u>		<u>Age</u>	<u>1500m PB</u>
M	KIPRUTO Conseslus	KEN	24y	3:39.57 -13
	Reigning Olympic, World, Commonwealth, African & Diamond League Champion at steeplechase (he's won it all, including World youth & junior titles) 3000SC pb: 8:00.12 -16, 3000 pb: 7:44.09 -12. 1500 pb: 3:39.57 -13. 1 World Youth 3000SC 2011; 1 WJC 3000SC 2012; 1 OLY 3000SC 2016; 1 WCH 3000SC 2017 (2013/2015-2); 1 COM 3000SC 2018; 1 African Champs 3000SC 2018; 1 IAAF Continental Cup 3000SC 2018. Won Diamond League in 2018. At WXC: 2013-5J (team gold). Lives in the Netherlands In the London World Championship final, he was observed to be the only one who hurdled the water jump barrier (as opposed to stepping on it and pushing off) In 2019: 34 Kenyan XC			
M	MANANGOI Elijah	KEN	26y	3:28.80 -17
	Full name-Elijah Motonei Manangoi Reigning World, African & Commonwealth Games Champion at 1500m Mile pb: 3:49.08 -17. 1500 pb: 3:28.80 -17. 800 pb: 1:44.15 -18. 400 pb 46.5 -13. 12 COM 1500 2014; 2 WCH 1500 2015; reached 1500m semi-finals at Rio 2016 but scratched with another hamstring injury; 1 WCH 1500 2017; 1 COM 1500 2018; 1 African Champs 1500 2018; 1 IAAF Continental Cup 1500 2018. 1 Kenyan 1500 2015; 1 Kenyan Police 800 2016. He moved up from 400m to 1500m in 2014 with instant success. Brother-George Manangoi (1 World Junior 1500 2018). Coach-Bernard Ouma When he won the 2017 world title he appeared to work in conjunction with Timothy Cheruiyot, with the two in the first two places for the entire race In 2019: dnf Liévin 1500			
W	MBITHE Winfred	KEN	21y	4:04.46 -18
	Full name-Winfred Nzisa Mbithe (she's usually known as Winfred Nzisa) Second leg for winning Kenyan mixed relay team at 2017 World Cross Country Championships (she held the lead which had been established on leg 1 by Asbel Kiprop) 1500 pb: 4:04.46 -18. 7 African junior XC 2014; 2 Youth Olympic Games 1500 2014; 6 African Games 1500 2015; 4 WJC 1500 2016 (2014-7). At WXC: 2015-10J, 2017-1R; 2 African Mixed Relay XC 2018. 1 Kenyan junior 1500 2016; 3 Kenyan 1500 2017 (2018-5)			
W	MWASYA Jarinter	KEN	22y	4:36.1 -18
	Full name-Jarinter Mawia Mwasya // 800 pb: 2:04.0 -18. 1500 pb: 4:36.1 -18. 4 African Youth 800 2013; dq World Youth 800 ht 2013 (lane)			

Sex	MOROCCO		Age	1500m PB
M	EL BAKKALI Soufiane	MAR	23y	3:45.36 -15
	Fourth at Steeplechase in Rio 2016, the silver at London 2017 // 3000SC pb: 7:58.15 -18. 5000 pb: 13:10.60i -17. 3000 pb: 7:49.68 -16. 1500 pb: 3:45.36 -15. 4 WJC 3000SC 2014; 4 OLY 3000SC 2016; 2 WCH 3000SC 2017; 2 African Champs 3000SC 2018 (2014-10); forced to dnf IAAF Continental Cup 3000SC 2018 (he was in last place with three laps to go). At WXC: 2015-18J. Coach-Karim Tlemcani In 2019: 6 Seville XC; 4 San Vittore Olona XC; 2 Liévin 2000			
M	IGUIDER Abdelaati	MAR	32y	3:28.79 -15
	5th-bronze-5th in the last three Olympic 1500m finals // 1500 pb: 3:28.79 -15. 3000 pb: 7:30.09 -16 (7:39.92i -18). 5000 pb: 12:59.25 -15. 1 WJC 1500 2004 (2006-2); 1 WIC 1500 2012 (2010-2, 2014/2018-3); 3 OLY 1500 2012 (2008/2016-5); 6 OLY 5000 2012; 3 WCH 1500 2015 (2007-ht, 2009/2013/2017-sf, 2011-5); 4 WIC 3000 2016; 6 African Champs 1500 2018. At WXC: 2005-30J. He was Morocco's only Olympic medallist in any sport in London 2012			
W	ARRAFI Rabab	MAR	28y	3:59.15 -18
	Moroccan record holder at 1500m // 3000 pb: 8:54.92i -19. Mile pb: 4:23.50 -15 (4:29.74i -19). 1500 pb: 3:59.15 -18 (4:12.82i -19). 800 pb: 1:57.47 -18 (2:04.46i -19) . 12 World Youth 3000 2007; 1 African Champs 1500 2012 (2014-3, 2016-2); 1 Francophone Games 1500 2013/2017; dq WIC 1500 final 2014 (originally third, but she was judged to have stepped inside the kerb) (2016-ht); 4 WCH 800 2015; 5 African Champs 800 2016; 12 OLY 1500 2016; 8 WCH 1500 2017 (2013-sf, 2015-9); 1 Mediterranean Games 800/1500 2018; 2 African Champs 1500 2018. At WXC: 2007-dnfJ In 2019: 8 Toru IAAF Tour; 3 Liévin 1000; 1 Eaubonne 3000; 3 Birmingham IAAF Mile			
W	FARKOUSSI Kaoutar	MAR	23y	4:21.99 -16
	10K pb: 34:45 -18. 5000 pb: 15:48.73 -18. 1500 pb: 4:21.99 -16. 2 Francophone Games 5000 2017; 1 Mediterranean Games 5000 2018. At WXC: 2015-35J In 2019: 1 Moroccan short course XC			
Sex	TANZANIA		Age	1500m PB
M	MONKO Marco Silvester	TAN	21y	-
	Half Mar pb: 65:56 -18. At WXC: 2017-7R He is also entered for the senior men's race in Aarhus (athletes are allowed to do both races)			
M	SULLE Yohana Elisante	TAN	20y	-
	Half Mar pb: 66:29 -18. At WXC: 2017-50J He is also entered for the senior men's race in Aarhus (athletes are allowed to do both races)			
W	MBUA Maylelina Issa	TAN	25y	-
	Half Mar pb: 79:08 -17. At WXC: 2017-49			
W	PANGA Sicilia Ginoka	TAN	32y	-
	At WXC: 2017-7R			
Sex	UGANDA		Age	1500m PB
M	KIPROP Daniel	UGA	18y	3:45.02 -18
	1500 pb: 3:45.02 -18. 4 World Youth 1500 2017; ht WJC 1500 2018			
M	MUSAGALA Ronald	UGA	26y	3:33.65 -17
	2016 Olympic finalist at 1500m // 1500 pb: 3:33.65 -17. 800 pb: 1:45.27 -14. 3000 pb: 7:44.78 -18. 5000 pb: 13:24.41 -15 . sf WCH 800 2013; 8 COM 800 2014 (11 1500); 11 OLY 1500 2016; sf WCH 1500 2017 (2015-ht); ht COM 1500 2018; 3 African Champs 1500 2018; 8 IAAF Continental Cup 1500 2018. At WXC: 2017-dq/R (team ran in a different order to that declared). Coach-Raphael Kasajja			
W	AJOK Dorcus	UGA	24y	4:10.53 -18
	2015 World Student Games Champion at 1500m // 1500 pb: 4:10.53 -18. 800 pb: 2:00.02 -18. 2 World University XC 2014; 1 WSG 1500 2015 (2013-10, 2017-2); 3 WSG 800 2017; 6 COM 800 2018. At WXC: 2017-dq/R (team ran in a different order to that declared). 1 Ugandan 800/1500 2017/2018			
W	CHELANGAT Sylvia	UGA	24y	4:32.21 -14
	5000 pb: 16:24.5 -08. 3000SC pb: 10:51.67 -17. 1500 pb: 4:32.21 -14. 1 Ugandan 3000SC 2017			
Sex	UNITED STATES		Age	1500m PB
M	ERASSA Kirubel	USA	25y	3:39.05 -15
	Third in 2017 UK 5K // 5000 pb: 13:23.12 -17 (13:40.02i -19). 3000 pb: 7:47.48i -18 (7:57.77i -19) 1500 pb: 3:39.05 -15. 12 WJC 5000 2012. 1 US junior 5000 2012; 2 NCAA indoor 3000 2014 (2013-3); 3 US 5K 2017 (2016-4, 2018-5); 4 US 10M 2018. Born-Ethiopia, came to the US in 2005. He has a twin sister and nine siblings, all older. Won 'Great' Edinburgh junior XC in 2012. Was at Oklahoma State University. Lives-Grayson, Georgia In 2019: 3 Winston-Salem 3000; 5 Boston University 5000			
M	MANN Jordan	USA	26y	3:49.0 -17
	"J-Mann" Third in 2018 NACAC Steeplechase // 3000SC pb: 8:28.55 -18. 3000 pb: 7:50.93i -19, 7:55.79 -17. 1500 pb: 3:49.0 -17. 3 North/Central American & Caribbean 3000SC 2018. 5 US 3000SC 2018, after having "never made a final in my life". Was at Providence College, coach-Ray Treacy Watch for his "Anime hairstyle", based on the Japanese character Shikamaru Nara In 2019: 3 New York 3000; 12 US indoor 2M			
W	FULTON Eleanor	USA	25y	4:10.41 -18
	Second leg for US team which placed sixth in the mixed relay at Kampala 2017 (she's improved her 1500m best by nine seconds since then) 1500 pb: 4:10.41 -18. 6 World Youth 2000SC 2009; 12 WJC 3000SC 2010. At WXC: 2017-6R. 7 US indoor 1000 2017 & 2M 2019. Was at The University of Washington, Seattle. Lives-Lone Tree, Colorado In 2019: 1 Seattle 3000 (Jan 12); 4 New York 3000; 2 Seattle Mile (Feb 15); 7 US indoor 2M (1 Mile 'B')			
W	OSIKA Shannon	USA	25y	4:06.17 -17
	Third at 2018 US Indoor 1500m // 1500 pb: 4:06.17 -17. 800 pb : 2:02.36 -17 (2:02.92i -19). 7 US 1500 2017/2018; 3 US indoor 1500 2018 (4 Mile 2019). Her parents P.J. Osika & Andrea Bowman both competed at the 1988 US Olympic Trials at 1500m (his pb was 3:41.39, hers 4:18.27). Lives-Waterford, Michigan In 2019: 1 Ann Arbor Mile; 4 New York 1000 (Jan 26); 4 New York Millrose; paced "Monaco Run" 5K (where Sifan Hassan set a world record); 4 US indoor Mile			

Under-20 Women's Race

11:35

111 Entrants

29 Countries

5856m – 3 laps

(Short start lap/1972m+short lap/1872m+finish lap/2012m)

6 run, 4 score

Age

BOUDOUKHA Yasmin ALG 18y1 Algerian youth XC 2017 & junior XC 2019
In 2019: 1 Algerian junior XC**CALDWELL Abbey AUS** 17y5000 pb: 16:40.79 -18. 3000 pb: 9:33.63 -19. 1500 pb: 4:18.84 -18. ht WJC 1500 2018. 2 Australian junior 1500 2018
In 2019: 2 Melbourne 1500; 4 Australian World Junior Cross Trial; 4 Melbourne 3000**CAREY Lauren AUS** 15y3000 pb: 9:32.77 -18. 1500 pb: 4:24.39 -19. 2 Australian under-16 3000 2018 (3 1500)
In 2019: 3 Wollongong Mile; 5 Australian World Junior Cross Trial; 2 Sydney 3000; 3 New South Wales 1500**CROUCH Lucinda AUS** 19y3000 pb: 9:50.33i -19, 9:57.60 -15. 1500 pb: 4:19.52 -16. 1 Australian under -17 2000SC 2016. Student of business at the University of Wisconsin System
In 2019: 6 Australian World Junior Cross Trial; 7 Ames Mile; 2 Madison 3000; 7 Ann Arbor Mile**MOORE Nikita AUS** 16y5000 pb: 16:44.14 -18. 3000 pb: 9:32.36 -19. 1 Australian under-16 2000SC 2017
In 2019: 1 Brisbane 3000 (Jan 13); 2 Australian World Junior Cross Trial; 2 Brisbane 3000 (Feb 9)**SCHIFFMANN Sarah AUS** 15yWon the 2019 Australian selection race at age 15 and becomes the second-youngest ever Australian to compete at the World Cross Country Championships (after Sharon Dalton from 1983)
5000 pb: 16:30.47 -19. 1500 pb: 4:24.42 -19. 1 Australian under-16 3000 2018. Coach-Guy Creber
In 2019: 1 Newcastle 5000; 1 Australian World Junior Cross Trial (won by 15 seconds); 5 Sydney 5000; 5 New South Wales 5000; 1 New South Wales junior 3000; 7 Sydney Classic 1500**BELO Leticia BRA** 18yFull name-Leticia Almeida Belo // 2000SC pb: 7:14.83 -18. 15 Youth Olympic combined 2000SC/XC 2018 (16th in the 2000SC then 41st in the cross country, or 13th of those who ran in the steeplechase); 6 South American Junior XC 2019. 1 Brazilian youth 2000SC 2018
In 2019: 6 South American Junior XC**da SILVA Maria Lucineida BRA** 17y1500 pb: 4:50.45 -18. 1 Brazilian youth 1500/3000 2018
In 2019: 10 South American Junior XC**dos SANTOS Bianca Victoria BRA** 19yFull name-Bianca Victoria Esquerdo dos Santos // 1500 pb: 4:51.39 -18
In 2019: 7 South American Junior XC**dos SANTOS Jeovana BRA** 19yFull name-Jeovana Fernanda dos Santos // 3000 pb: 10:15.35 -18. 1 Brazilian junior 3000 2018
In 2019: 4 South American Junior XC**FITZGERALD Makenna CAN** 19y3 NACAC junior XC 2019. 5 Canadian junior XC 2018. Coach-Brant Stachel
In 2019: 8 Boston Hemery 3000; 3 NACAC junior XC**FORSYTH Anne CAN** 18y1500 pb: 4:23.74 -17. 3000 pb: 9:29.95 -19. 9 Commonwealth Youth Games 1500 2017; 4 NACAC junior XC 2019. 2 Canadian junior XC 2018. Coach-Mike McGuire
In 2019: 7 Ann Arbor 3000 (Jan 12); 3 Ann Arbor Mile (Jan 19); 3 Ann Arbor Mile (Feb 2); 11 Nashville 3000 'B' (Feb 9); 4 NACAC junior XC; 3 Nashville 3000 'B'**MACDOUGALL Brogan CAN** 18y2018 Pan-American Junior Cross Country Champion // 5000 pb: 16:06.75 -17. 3000 pb: 9:18.13i -19. 3 Commonwealth Youth Games 3000 2017; 1 Pan-American junior XC 2018. At WXC: 2017-30J. 1 Canadian junior XC 2018. Coach-Steve Boyd
In 2019: 1 Boston University 3000 'B'**O'NEILL Taryn CAN** 18y2019 North/Central American & Caribbean Junior Cross Country Champion
3000 pb: 9:13.03i 19, 9:15.03 -18. 10 WJC 3000 2018; 1 NACAC junior XC 2019. 4 Canadian junior XC 2018. Coach-Malindi Elmore (3x Canadian Champion at 1500m)
In 2019: 3 Seattle 3000 'B'; 1 NACAC junior XC; 3 Big East indoor 1500**SMITH Maggie CAN** 17y3000 pb: 9:36.32 -18. 1500 pb: 4:24.08i -19, 4:25.11 -18. 3 Canadian junior XC 2018. Coach-Rich Lehman
In 2019: 1 Montréal 1000/1500; 7 NACAC junior XC**WOOD Charlotte CAN** 18y3000 pb: 9:35.74i -19. 2 NACAC junior XC 2019. 6 Canadian junior XC 2018. Coach-Sean Cleary
In 2019: 3 Geneva OH 3000; 2 NACAC junior XC**CENG (=Zeng) Ting CHN** 18y

5000 pb: 16:34.68 -18. 3000 pb: 9:48.64 -17, 1500 pb: 4:29.66 -18. 12 World Youth 1500 2017; 5 Asian Indoor Games 1500 2017; 5 Asian junior XC 2018

KANG Meiru CHN 18y

5000 pb: 16:49.39 -18. 3000 pb: 9:49.89 -18. 3 Chinese youth 3000 2017; 3 Chinese junior 3000 2018

WANG Jinyu CHN 18y

5000 pb: 17:00.74 -18. 1500 pb: 4:36.55 -17. 3 Asian Indoor Games 3000 2017. 1 Chinese youth 3000 2017

ZHAO Yanli CHN 18y

5000 pb: 15:57.97 -18. 1500 pb: 4:28.67 -18. 10 WJC 5000 2018. 1 Chinese junior 3000/5000 2018

JIMENEZ Alejandra COL 18yFull name-Alejandra Sierra Jimenez
In 2019: 2 South American Junior XC**CHRISTENSEN Augusta DEN** 18yFull name-Augusta Marie Grønberg Christensen // 3000 pb: 10:49.64 -17. Club-Blovstrød Løverne
In 2019: 5 Danish junior XC**GAM Mie DEN** 17y10K pb: 37:27 -18. 3000 pb: 9:58.47 -18. Club-Viborg AM
In 2019: 6 Danish indoor 1500 (8 3000); 6 Danish junior XC**HELWIGH Anna Mark DEN** 19y2016 European Youth Steeplechase Champion // 1500 pb: 4:21.47 -17. 3000SC pb: 10:16.38 -18. 1 European youth 2000SC 2016; 4 World Youth 2000SC 2017; ht WJC 1500/3000SC 2018. At EXC: 2016-33J, 2017-32J, 2018-44J. 1 Danish indoor 1500 2018. Club-Sparta AM
In 2019: 3 European Junior Clubs Cup XC; 2 Danish indoor 1500; 3 Danish junior XC**MYGIND SØRENSEN Kristine DEN** 17y1500 pb: 4:52.76 -18. 6 Nordic junior XC 2018. At EXC: 2018-46J. 1 Danish youth indoor 3000 2019. Club-Aarhus Gymnastik Forening Atletik
In 2019: 1 Danish youth indoor 3000**PETERSEN Laura Valgreen DEN** 18y2019 Danish Junior Cross Country Champion // 5000 pb: 16:33.8 -18. 10,000 pb: 35:24.83 -18. At EXC: 2017-58J, 2018-47J. 1 Danish (senior) 10,000 2018 at age 17; 1 Danish junior XC 2019. Club-Odense Atletik
In 2019: 1 Danish junior XC**SØEFELDT Sophie DEN** 18y1500 pb: 4:23.29 -18. 3000 pb: 9:32.30 -18. 5000 pb: 17:05.63 -15. 3000 pb: 9:37.37 -17. 3000SC pb: 10:47.00 -17. 10 World Youth 3000 2017; ht WJC 1500 2018. At EXC: 2016-44J, 2017-47J, 2018-72J. Club-Sparta AM
In 2019: 7 European Junior Clubs Cup XC; 2 Danish junior XC**ARCE Carla ESP** 18yFull name-Carla Arce Pereira // 3000 pb: 10:08.23i -19. 1 Spanish junior indoor 3000 2019
In 2019: 1 Spanish junior indoor 3000; 2 Spanish junior XC**BERZOSA Alicia ESP** 18yFull name-Alicia Berzosa Martin
In 2019: 25 European Junior Clubs Cup XC; 8 Spanish junior XC**CAMPOS Maria Nieves ESP** 17y3000 pb: 10:06.44 -18. 2 Spanish Youth 3000 2018
In 2019: 7 Spanish junior XC**GONZALEZ Maite ESP** 18y

1500 pb: 4:38.1 -18 // In 2019: 4 Spanish junior XC

MARTINEZ Marta ESP 17y

In 2019: 3 Spanish junior XC

SAURA Elia ESP 18yFull name-Elia Saura Petegnief // 1500 pb: 4:27.52 -18 (4:28.33i -19). At EXC: 2018-24J. 1 Spanish junior indoor 1500 & XC 2019. Born-Barcelona. Coach-Juan Carlos Galán
In 2019: 4 'Great' Stirling 4x1.5K XC; 2 Sabadell 1500; 1 Spanish junior XC**AHMED Aminet ETH** 19y**ALEM Mizan ETH** 17yFull name-Mizan Alem Adane // 7 African junior XC 2018
In 2019: 6 Ethiopian junior XC**BERHE Meselu ETH** 18yFull name-Meselu Berhe Kashesay
2018 World Junior silver at 3000m // 5000 pb: 15:32.40 -18. 3 African junior 3000 2017 (4 5000); 2 WJC 3000 2018
In 2019: 4 Ethiopian junior XC**GEBRESELAMA Tsigie ETH** 18yFull name-Tsigie Gebreselama Geberufal
2018 World Junior bronze at 3000m
10K pb: 33:53 -18. 3000 pb: 8:53.98i -19, 8:59.20 -18. 2 African junior XC 2018; 3 WJC 3000 2018. 1 Ethiopian junior 3000 2018; 3 'Great' Ethiopian 10K 2018
In 2019: 8 Karlsruhe IAAF Tour 3000; 3 Ethiopian junior XC**GEBRZIAHIR Girmawit ETH** 17yFull name-Girmawit Gebregziabher Gebru // 10K pb: 32:33 -17. 5000 pb: 15:34.01 -18. 1 African junior XC; 3 WJC 5000 2018; 2 'Great' Ethiopian Run 10K 2017; 1 Ethiopian junior 5000 2018 (2 3000)
In 2019: 1 Ethiopian junior XC

KEFALE Wede ETH 19y Junior team gold at 2017 World Cross Country Championships // 3000 pb: 9:35.5 -18. At WXC: 2017-13J. 6 Ethiopian junior 3000 2018 In 2019: 5 Ethiopian junior XC	HIRONAKA Ririka JPN 18y 2018 Asian Junior at 1500m // 5000 pb: 15:33.41 -18. 3000 pb: 8:56.29 -17. 1500 pb: 4:17.62 -18. 2 Asian Junior XC 2018; 1 Asian Junior 1500 2018; 11 WJC 1500 2018. Attends Nagasaki Shogyo High School In 2019: 2 Melbourne 3000; 1 Japanese junior XC
TARIKU Alemitu ETH 18y 3000 pb: 9:00.7 -18. 1500 pb: 4:17.6 -18. 5 Ethiopian junior 1500 2018 In 2019: 2 Ethiopian junior XC	KAZAMA Ayuka JPN 17y 3000 pb: 9:16.02 -17. Attends Narita High School In 2019: 2 Japanese junior XC
EGLER Ana FRA 19y 3000 pb: 9:51.39 -18 // In 2019: 3 French junior XC	KOSAKAI Chika JPN 16y 15900 pb: 4:27.73 -18. Attends Narita High School In 2019: 3 Japanese junior XC
GIRARD Emilie FRA 18y 1500 pb: 4:27.12i -19. 800 pb: 2:11.28i -19. 1 French junior indoor 800 2019; 2 French junior XC 2019 In 2019: 1 Lyon 800 (Jan 6); 1 Aubière 1500 (Jan 19); 2 Lyon 1500 (Feb 3); 1 French junior indoor 800; 2 ITA v FRA junior indoor 1500; 2 French junior XC	OHNISHI Hikari JPN 18y 3000 pb: 9:18.74 -16. 1500 pb: 4:21.14 -18. At WXC: 2017-49J. Attends Suma Gakuen High School In 2019: 5 Japanese junior XC
TRAPP Manon FRA 18y 10K pb: 35:21 -18. 3000 pb: 9:45.63 -18. At EXC: 2018-58J. 1 French junior XC 2019. Club-AC Boulogne Billancourt In 2019: 1 French junior XC	SAKAI Miku JPN 16y Attends Kitakyushu Municipal High School In 2019: 4 Japanese junior XC
YATZIMIRSKY Alexandra FRA 17y 1500 pb: 4:39.94 -18. 4 French youth 3000 2018 In 2019: 4 French junior XC	KERIMOVA Madina KAZ 17y In 2019: 1 Kazakh under-23 indoor 2000SC; 1 Kazakh junior XC
ALEXANDER Charlotte GBR 17y 3000 pb: 9:31.12 -17. 1500 pb: 4:29.42 -18. 9 European Youth 3000 2018. 2 English Schools under-17 3000 2017; 1 English under-17 3000 2017. Coach-Wayne Vinton In 2019: 6 'Great' Stirling 4x1.5K XC; 6 Belfast junior XC; 3 English 'National' under-20 XC; 6 UK Inter-Counties junior XC	CHEBET Beatrice KEN 19y 2018 World Junior Champion at 5000m // 10K pb: 34:26 -17. 5000 pb: 15:30.77 -18. 3000 pb: 8:59.72 -18. 4 World Youth 3000 2017; 10 African junior XC 2018; 1 WJC 5000 2018. 5 Kenyan Commonwealth Games Trials 5000 2018; 1 Kenyan junior XC 2019 (2018-3) In 2019: 1 Kenyan junior XC
BRIGGS Becky GBR 19y Half Mar pb: 74:58 -19. 10K pb: 34:09 -18. 11 English Schools 3000 2018. Coach-Derek Ricketts In 2019: 1 York Half Mar; 1 Rotselaar junior XC; 5 English 'National' XC; 1 Hull parkrun; 5 UK Inter-Counties junior XC	JEROP Mercy KEN 19y 5K pb: 16:27 -18. ht Kenyan 1500 2018; 8 Kenyan junior XC 2019 In 2019: 8 Kenyan junior XC
BROCK Grace GBR 18y Junior team gold at 2018 European Cross Country Championships // 10K pb: 34:26 -18. 3000 pb: 9:39.35 -18. 1500 pb: 4:33.0 -18. At EXC: 2018-11J. 1 UK Inter-Counties youth XC 2018; 6 English Schools 3000 2018 Won 2018 Worcester 10K in 34:26 at age 17, making her the fastest under -18 in the world that year In 2019: 6 'Great' Stirling 4x1.5K XC; 1 Belfast junior XC; 2 South of England under-20 XC; 9 UK indoor 3000; 3 English 'National' under-20 XC; 1 UK Inter-Counties junior XC	KERAREI Mercy Chepkorir KEN 17y 2018 Youth Olympic silver at combined 3000m & Cross Country // 3000 pb: 9:06.96 -18. 3 African Youth 3000 2018; 2 Youth Olympic combined 3000/XC 2018 (2nd in the 3000m + 4th in the cross country, though second of those who ran the 3000m). 2 Kenyan World Junior Championships Trial 3000 (but did not compete at the World Junior Championships) In 2019: 6 Kenyan junior XC
CARSON Grace GBR 19y 3000 pb: 9:56.29i -19, 10:25.79 -18. 1 Ulster Schools 3000 2018. Coach-Bill Foster In 2019: 8 Belfast junior XC; 20 British Universities XC; 4 British Universities indoor 3000; 8 UK Inter-Counties junior XC	KIBET Betty KEN 18y Full name-Betty Chepkemai Kibet // 3000SC pb: 9:38.27 -16. 10K pb: 33:47 -16. 5000 pb: 15:58.44 -18. 4 WJC 3000SC 2016. 2 Kenyan junior XC 2019 In 2019: 7 Eldoret XC; 2 Kenyan junior XC
MASON Olivia GBR 17y 1500 pb: 4:20.57 -17.12 Commonwealth Youth Games 1500 2017. 1 English Schools under-15 1500 2016; 1 English under-17 1500 2018 In 2019: 10 Elgoibar junior XC; 30 Armagh 3K; 1 English 'National' under-17 XC; 3 Barrowford 5K; 3 UK Inter-Counties junior XC	LAGAT Lydia Jeruto KEN 18y (aka Lydia Cheruto or Lydia Jeruto) // 1500 pb: 4:13.3 -18. 800 pb: 2:01.58 -18. 2 World Youth 800 2017; sf WJC 800 2018. 1 Kenyan World Junior Championships Trial 800 2018; 8 Kenyan Commonwealth Games Trial 800 2018 In 2019: 5 Kenyan junior XC
PAGE Holly GBR 18y 3000SC pb: 10:13.98 -18. 3000 pb: 9:52.25 -17. ht WJC 3000SC 2018. 1 English Schools 1500SC 2016; 1 Kent junior 1500SC 2017; 2 English junior 3000SC 2017. Coach-Jason Marchant In 2019: 2 Elgoibar junior XC; 17 British Universities XC; 1 Kent under-20 XC; 12 English 'National' under-20 XC; 7 UK Inter-Counties junior XC	ROTICH Jackline KEN 16y Full name-Jackline Chepwogen Rotich // 10K pb: 36:03 -18. 5000 pb: 16:12.78 -18. 7 Kenyan World Junior Championship Trials 5000 2018; 3 Kenyan junior XC 2019 In 2019: 3 Kenyan junior XC
SAMUELS Amelia GBR 17y 1500 pb: 4:35.43 -18. 9 English Schools 1500 2018. Coach-John Abbiss In 2019: 1 Elgoibar junior XC; 2 Belfast junior XC; 1 English Midland under -20 XC; 2 UK Inter-Counties junior XC	EL TAYAR Farah LBN 15y In 2019: 1 Lebanese junior XC
WALKER Eloise GBR 17y Twice Scottish under-20 Cross Country Champion // 1500 pb: 4:23.17 -18. 3000 pb: 9:28.50 -18. 2 English under-15 1500 2015; 1 Scottish under-20 XC 2018/2019. Coach-John Lees In 2019: 5 Scottish Inter-District XC; 18 Belfast XC; 11 Armagh 3K; 1 Scottish under-20 XC; 4 UK Inter-Counties junior XC	MELKI Emesa LBN 15y
BATTOCLETTI Nadia ITA 18y In Tilburg 2018 became the first Italian woman to win any medal (a gold) at the European Cross Country Championships 5000 pb: 16:15.30 -18. 3000 pb: 9:13.45 -18. 1500 pb: 4:17.76 -08. 6 European Youth 3000 2016; 3 EJC 3000 2017; 8 WJC 3000 2018. At WXC: 2017-34J. At EXC: 2017-5J, 2018-1J. 1 Italian 5000 2018 (she became the first became the first "millennial" athlete [born in the 2000s] to win a senior Italian title). Her coach/father Giuliano Battocletti was 17th in the 2001 World Cross Country Championships In 2019: 6 San Giorgio su Legnano XC; 4 San Vittore Olona XC; 1 Italian junior indoor; 2 Italian indoor 3000	AHTEOU Houda MAR 19y 3000SC pb: 10:55.34 -19. dq World Youth 2000SC 2017 (lane) In 2019: 4 Arab junior XC; 1 Fes 3000SC; 2 Moroccan junior XC
MATTEVI Angela ITA 18y 2018 European Junior Mountain Running Champion // 5000 pb: 17:20.76 -18. 3000 pb: 10:07.55 -18. 1 European Junior Mountain Running Champs 2018; 5 World Junior Mountain Running Champs 2018. At EXC: 2018-75J In 2019: 3 Rovereto XC	AZROUR Meryem MAR 16y 1500 pb: 4:21.22 -18. 4 African Youth 1500 2018; 5 Youth Olympic combined 1500/XC 2018 (3rd in 1500m, but then out of medal contention with 14th place in the cross country, or fifth of those who did the 1500m) In 2019: 1 Arab youth XC
DOI Hazuki JPN 16y Attends Suma Gakuen High School // In 2019: 6 Japanese junior XC	GOULAMZI Hasnae MAR 18y In 2019: 3 Arab junior XC; 4 Moroccan junior XC
	HENNOU Youssra MAR ⁼⁸⁹⁷ 19y 2019 Arab Junior Cross Country Champion // 10,000 pb: 36:43.29 -18. 5000 pb: 17:18.24 -18. 1500 pb: 4:32.66 -19. 1 Arab junior XC 2019 In 2019: 1 Arab junior XC; 1 Tahanaout 1500
	HIMI Lamyae MAR 17y 3000 pb: 9:33.61 -18. 1500 pb: 4:27.84 -18. 18 WJC 3000 2018; 6 African Youth 3000 In 2019: 2 Arab junior XC; 1 Moroccan junior XC
	TISKART Hasnaa MAR 17y In 2019: 6 Moroccan junior XC
	CORBETT Samantha NZL 17y 3000 pb: 10:30.09 -19. 2000SC pb: 7:06.08 -18. 1 New Zealand youth 2000SC 2019 In 2019: 4 Wanganui 3000; 2 Auckland 1500 (Feb 2); 9 Hamilton 1500 (Feb 9); 1 Auckland 2000SC (Feb 15); 1 Hamilton 2000SC (Feb 23); 1 Hamilton 5000 (Feb 24); 1 Auckland 3000 (Mar 2); 1 New Zealand youth 2000SC (2 3000)
	HUNT Tessa NZL 18y 1500 pb: 4:37.32 -17. 3 Oceanian Youth 1500 2017. 1 New Zealand youth 800 2017

McKNIGHT Phoebe NZL	17y	5000 pb: 16:28.43 -17 (17:07.18 -19). 1 New Zealand junior 5000 2017/2018 (2019-3) In 2019: 10 Wellington 3000 (Jan 18); 1 Wellington 3000 (Feb 3); 3 New Zealand junior 5000	CHELANGAT Sarah UGA	17y	2018 Youth Olympic Champion at combined 3000m & Cross Country (she clearly won both stages) 5000 pb: 15:29.25 -18. 3000 pb: 9:11.63 -18. 5 World Youth 3000 2017; 4 Commonwealth Youth Games 3000 2017 (10 1500); 4 WJC 5000 2018; 2 African Youth 3000 2018; 1 Youth Olympic combined 3000/XC 2018. At WXC: 2017-14J In 2019: 1 Ugandan junior XC
RAE Kirstie NZL	17y	5000 pb: 16:44.29 -19. 1 New Zealand junior 5000 2019. Coach-Alistair Leslie In 2019: 2 Wanganui 3000; 6 Wellington 3000 (Jan 18); 1 Wellington 1500 (Feb 2); 9 Hamilton 1500; 1 New Zealand junior 5000	CHESANG Annet UGA	17y	5000 pb: 16:55.08 -18 // In 2019: 2 Ugandan junior XC
RICHARDSON Isabella NZL	15y	3000 pb: 9:53.87 -19 In 2019: 2 Auckland 1500 (Feb 2); 1 Auckland 1500 (Feb 17); 1 Auckland 3000 (Feb 20); 1 New Zealand youth 3000 (3 1500)	KUKH Ivanna UKR	17y	3000SC pb: 11:21.24 -18. 3000 pb: 10:03.80i -19 (10:29.27 -18). At EXC: 2018-76J. 1 Ukrainian junior indoor 3000 2019 In 2019: 1 Ukrainian junior indoor 3000 (3 1500); 5 Ukrainian indoor 3000; 1 Ukrainian junior XC
CAMPOS Liz PER	19y	3000 pb: 10:14.67 -15. 1 South American Junior XC 2019 In 2019: 1 South American Junior XC	CLERMONT Nicole USA	18y	2019 US Junior Cross Country Champion (with her Boston College teammate and training partner Kayla Smith 2nd) 3000 pb: 9:40.10i -19. Mile pb: 4:47.46i -19. 1 US junior XC 2019. Student of Applied Psychology and Human Development at Boston College In 2019: 7 Cambridge MA 'Beantown' 1000; 2 Boston IAAF Tour 3000 'D'; 1 US junior XC (a performance which won her the accolade of USATF New England Athlete of the Month for February); 2 Boston Hemery Mile 'D'; 7 Eastern College Conference/Intercollegiate indoor Mile
FLORES Danu PER	18y		CORMAN Sami USA	18y	3000 pb: 9:46.98i -19. 8 US junior XC 2019 In 2019: 6 University Park 3000 'B'; 8 US junior XC; 5 'Big East' Conference indoor Mile
HUACASI Inocencia PER	17y	3000 pb: 10:15.03 -18	McCARDELL Rachel USA	18y	Mile pb: 4:50.75 -18. 6 US High Schools Mile 2018. Attends Northwestern University in Evanston, Illinois In 2019: 7 US junior XC
YAURI Damaris PER	19y	In 2019: 11 South American Junior XC	NIELSON Heidi USA	15y	5000 pb: 16:55.76 -18. 3000 pb: 9:51.80 -18. 8 NACAC junior XC 2019. 1 US High Schools 5000 2018; 6 US junior XC 2019. Member of Track Houston Youth Track Club. Lives-Katy, Texas In 2019: 6 US junior XC; 8 NACAC junior XC
BREZA Olimpia POL	17y	3000 pb: 9:46.24 -18 In 2019: 1 Toruń 1000 (Jan 19); 1 Toruń 800 'B' (Feb 2); 1 Polish youth indoor 2000	PING Grace USA	15y	In June 2017 set a world age-13 best for 5000m of 16:25.63 // 5000 pb: 16:25.63 -17. 4 US junior XC 2019. Ran 18:02.10 for 5000m in 2014 at age 10. Her younger sister Lauren Ping has already clocked 17:17.30 for 5000m. Lives-Winnona, Minnesota In 2019: 4 US junior XC; 10 NACAC junior XC
PYKA Milena POL	19y	2000SC pb: 6:47.27 -18. 3 Polish junior 2000SC 2018 In 2019: 3 Spała 1000; 2 Polish junior indoor 3000	RIGDON Rilee USA	19y	3000 pb: 10:02.83i -19. 3 US junior XC 2019. Attends Oklahoma State University In 2019: 4 Fayetteville 3000 'B' (Jan 26); 3 US junior XC; 1 Fayetteville 800 (Feb 15); 16 'Big 12' indoor 3000 (ht 800)
SPIRIDON Georgiana Cosmina ROU	18y	3000 pb: 9:49.53i -19, 9:56.70 -17. 2000SC pb: 6:57.53 -18. 13 World Youth 2000SC 2017; 2 Balkan Youth 3000 2018; ht European Youth 2000SC 2018 In 2019: 3 Romanian indoor 3000	SHAW Savannah USA	19y	Mile pb: 4:47.26i -19. 5 US junior XC 2019. Attends North Carolina State University In 2019: 12 Blacksburg Mile; 5 US junior XC; 6 Winston-Salem Mile; 5ht Atlantic Coast Conference indoor Mile
COETZEE Gene RSA	16y	In 2019: 2 South African World Junior Cross Trial	SMITH Kayla USA	18y	Second at 2019 US Junior Cross Country Champion (just behind her Boston College team-mate and training partner Nicole Clermont) 3000 pb: 9:49.68i -19. 5000 pb: 17:16.26i -19. 2 US junior XC 2019. Nursing student at Boston College In 2019: 9 Boston IAAF Tour 3000; 2 US junior XC; 9 Boston Hemery; 6 Atlantic Coast indoor 5000; 12 Eastern College Conference/Intercollegiate indoor 3000
DU PREEZ Cara RSA	17y	2000SC pb: 6:42.74 -18. 4 African Youth 2000SC 2018 In 2019: 4 South African World Junior Cross Trial	ASCANIO Maria VEN	17y	3000 pb: 10:08.13 -18. 16 Youth Olympic combined 3000/XC 2018 (15th in the 3000m, then 47th in the Cross Country - or 17th among her fellow competitors in the 3000m) In 2019: 12 South American Junior XC
PRINSLOO Carmie RSA	17y	Fourth at 2018 Youth Olympics // 5000 pb: 17:11.13 -19. 3000 pb: 9:18.92 -18. 1500 pb: 4:19.45 -19. 5 African Youth 3000 2018; 4 Youth Olympic combined 3000/XC 2018 (4th in the 3000m, then 12th in Cross Country, or 6th of those who ran the 3000m) In 2019: 1 Pretoria 5000; 1 South African World Junior Cross Trial; 2 Gauteng North 1500 (3 5000)			
SEKGODISA Tebogo Prudence RSA	17y	800 pb: 2:03.98 -19. 1500 pb: 4:24.21 -17 (4:24.52 -19). 3 African Youth 800 2018. At the 2018 Youth Olympics she placed second in her stage 1 800m heat, but then lost all chance of a medal when she was disqualified for running out of her lane in stage 2 In 2019: 5 South African World Junior Cross Trial; 1 Pretoria 400 (Feb 9); 1 Pretoria 1500 (Feb 23); 1 Gauteng North youth 800 (in world youth leading time of 2:03.98) / 1500			
VERSTER Danielle RSA	15y	11500 pb: 4:37.33 -18 In 2019: 3 South African World Junior Cross Trial			
KAMARA Mary SLE	15y				
SCLABAS Delia SUI	18y	Two medals at 2018 World Junior Championships. 2017 European Junior Champion at 3000m, and also World/European Junior Duathlon & World Junior Aquathlon Champion in 2017 1500 pb: 4:10.10 -18. 800 pb: 2:01.29 -18 (2:05.02i -19). 3000 pb: 9:09.33 -17. 1 European Youth 1500/3000 2016; 1 EJC 3000 2017; 3 WJC 800/1500 2018; ht ECH 1500 2018. At EXC: 2016-6J, 2017-17J, 2018-2J. 1 Swiss 1500 2015 & indoor 3000 2019. At Duathlon: 1 World Junior 2016/2017 "I'm still young enough to reconcile everything". Coach-Louis Heyer In 2019: 1 St. Gallen 1500; 1 Magglingen 800; 1 Magglingen 1000 (Jan 27); 1 Magglingen 800/1000 (Feb 2/3); 1 Swiss indoor 3000; 1 Swiss junior indoor 1000; 5ht EIC 800			
MAGELANI Aisha Lubuna TAN	19y				
NG'OMBENGENI Anastazia Dolomongo TAN	17y				
CHEKWEMOI Esther UGA	17y	Full name-Esther Yeko Chekwemoi // 5000 pb: 16:43.13 -14. 3 African Youth 2000SC 2018; 4 Youth Olympic combined 2000SC/XC 2018 (she was 8th in the steeplechase and 7th in the cross country, though 2nd of those who ran the steeplechase). At WXC: 2017-25J In 2019: 3 Ugandan junior XC			
CHELANGAT Leah UGA	15y	In 2019: 4 Ugandan junior XC			
CHELANGAT Rebecca UGA	17y	In 2019: 5 Ugandan junior XC			

Under-20 Men's Race

12:10

121 Entrants

7728m – 4 laps

33 Countries

(Short start lap/1972m+2x short lap/1872m+finish lap/2012m)

6 run, 4 score

Age

CHEBLI Abderrahim ALG In 2019: 2 Algerian junior XC	18y
DELIBA Rabie ALG 1500 pb: 3:46.34 -18. ht WJC 1500 2018; dq World Youth 1500 final 2017 (lane) In 2019: 1 Algerian junior XC	19y
MICHICHE Abdelakder ALG In 2019: 5 Algerian junior XC	18y
OUSSER Younés ALG In 2019: 3 Algerian junior XC	18y
TIBOUK Fouad ALG In 2019: 4 Algerian junior XC	18y
CAMPBELL Tommy AUS 5000 pb: 14:54.77 -18. 3000 pb: 8:23.96 -19 In 2019: 6 Australian World Junior Cross Trial; 2 Brisbane 1500; 2 Queensland State 1500 (7 3000)	18y
CLIFFORD Sam AUS 5000 pb: 14:54.89 -19. 3000 pb: 8:29.62 -19. 1 Australian under-16 3000 2017 In 2019: 1 Hobart 5000; 1 Hobart 5K; 3 Australian World Junior Cross Trial; 3 Tasmanian 3000	16y
GETENET Chekole AUS 3000 pb: 8:39.27 -17. 3 Australian youth 3000 2017; 2 Australian junior XC 2018. Came to Australia from Ethiopia in 2010 (aged 10) as an orphan, gained Australian passport in 2019 In 2019: 2 Australian World Junior Cross Trial	18y
GORMAN Liam AUS 3000 pb: 8:33.61 -18 In 2019: 5 Australian World Junior Cross Trial	19y
RAIMOND Oli AUS 5000 pb: 14:42.91 -19. 3000 pb: 8:18.53 -18. 2 Australian under-17 3000 2017 In 2019: 4 Australian World Junior Cross Trial; 18 Sydney Classic 5000; 2 New South Wales junior 800 (4 1500, 12 5000)	17y
SHARP Jackson AUS 5000 pb: 14:25.25 -18 (14:33.71 -19). 3000 pb: 8:14.39 -17. 1500 pb: 3:46.88 -17. 4 Commonwealth Youth Games 1500 2017. 1 Australian youth 1500 2017; 3 Australian junior XC 2018 In 2019: 1 Wollongong Mile; 1 Australian World Junior Cross Trial; 9 Sydney 5000 (Feb 2)	18y
BUKURU Jean Marie BDI	16y
BUTOYI Jean De Dieu BDI 2018 Youth Olympic Champion in combined 1500m & Cross Country // 1500 pb: 3:54.32 -18. 1 Youth Olympic combined 1500/XC 2018 (He won his 1500m heat and placed 3rd overall, then placed fourth in the cross country but was the best of the 1500m runners in that race. Therefore 3 + 1 placements)	16y
BURKE Evan CAN 2019 North/Central American & Caribbean Junior Cross Country Champion 3000 pb: 8:14.99 -18. 4 Youth Olympic combined 3000/XC 2018 (he was 4th in the 3000m then 16th overall in the cross country stage, or 4th among his fellow 3000m runners); 1 NACAC junior XC 2019. 3 Canadian junior XC 2018. Coach-Dave Mills In 2019: 1 NACAC junior XC	17y
DAVIES Andrew CAN 5000 pb: 15:23.09 -18. 3000 pb: 8:27.70i -19. 3 NACAC junior XC 2019. Coach-Dave Scarrow In 2019: 2 Boston Hemery 3000; 3 NACAC junior XC	18y
DESOUZA Joshua CAN 3000 pb: 8:32.76 -17. 1500 pb: 3:50.08 -18. 2 Commonwealth Youth Games 3000 2017. 3 Canadian junior 1500 2018. Coach-Derek Hackshaw	18y
KEDIR Ibrahim CAN 3000 pb: 8:48.86 -18. 6 NACAC junior XC 2019. 4 Canadian junior XC 2018. Coach-Thomas Peterson In 2019: 6 NACAC junior XC; 6 Haddonfield 5K	18y
MOTA Nick CAN 2019 North/Central American & Caribbean Junior Cross Country silver 1500 pb: 3:52.88 -18. 3000 pb: 8:28.47 -18. 2 NACAC junior XC 2019. 6 Canadian junior 1500/2018; 5 Canadian junior XC 2018; Coach-Derek Hackshaw In 2019: 2 NACAC junior XC	18y
THIESSEN Maximus CAN 3000 pb: 8:36.74i -19. 9 NACAC junior XC 2019. Attends University of Calgary. Coach-Doug Lamont In 2019: 2 Edmonton 3000 (Jan 19); 4 Edmonton 3000 (Feb 8); 9 NACAC junior XC	18y
YAN Wei CHN ht World Youth 1500 2017 (4:06.16)	18y
SANCHEZ Jagannatha COL Full name-Jagannatha Misra Sánchez Arias In 2019: 1 South American Junior XC	18y
KJELDSEN Markus Kirk DEN 3000 pb: 8:42.96 -18. At EXC: 2018-53J. Club-Silkeborg 1977 In 2019: 4 Danish junior XC	18y
LILLESØ Joel Ibler DEN 5000 pb: 16:05.85 -18. Club-Bagsværd // In 2019: 2 Danish junior XC	15y
MØLLER Ebbe DEN 5000 pb: 15:46.16 -18. Club-Aarhus Gymnastik Forening Atletik In 2019: 3 Danish junior XC	17y
ØSTDAL Anton DEN 5000 pb: 15:34.37 -18. 3000 pb: 8:33.78 -18. At EXC: 2017-100J, 2018-54J. 1 Danish junior XC 2019. Club-Bagsværd In 2019: 1 Danish junior XC	17y
RISVIG Jeppe DEN 3000SC pb: 9:35.75 -18. 4 Nordic Junior 3000SC 2018. Club-Skive AM In 2019: 5 Danish junior XC	17y
TENGBLAD NIKOLAISEN Alexander DEN 5000 pb: 15:22.6 -18. 3000 pb: 8:33.10 -18. 10 European Youth 3000 2016. Club-Viborg AM In 2019: 5 Danish indoor 1500	17y
TARAMUEL Daniel ECU 1500 pb: 4:14.00 -18. 3 South American Youth 1500 2018 In 2019: 2 South American Junior XC	17y
ABEBE Robel ERI	16y
AFEWERKI Kibrom ERI 3 Eritrean junior XC 2018	17y
AMANUEIL Tiedros ERI	16y
KIBROM Filmon ERI	16y
KIFLE Yohans ERI 10K pb: 28:31 -18	18y
BAIDAL Miguel ESP 3000 pb: 8:48.09 -18 // In 2019: 1 Spanish junior XC	17y
PRIETO Hugo ESP Full name-Hugo Prieto Blanco // 3000 pb: 8:49.77i -18 In 2019: 6 Spanish junior XC	19y
QUIJADA Alejandro ESP 3000 pb: 8:45.43i -18 // In 2019: 5 Spanish junior XC	18y
RUBIO Biruk ESP In 2019: 3 Spanish junior XC	17y
SERROUKH Hicham ESP 5000 pb: 15:05.31 -18. Born-Madrid, father-Moroccan In 2019: 2 Spanish junior XC	18y
VICIOSA Vicente ESP 2000SC pb: 6:05.45 -17. He is the fifth of eight children of Isaac Viciosa (2 ECH 1500 1994, 6 OLY 5000 1996). Father coaches son In 2019: 4 Spanish junior XC	18y
ADEME Bitew ETH In 2019: 8 Ethiopian junior XC	18y
AYELE Dinkalem ETH 9 'Great' Ethiopian 10K 2018	18y
KIDANU Tsegaye ETH 10,000 pb: 29:38.60 -18 // In 2019: 2 Ethiopian junior XC	17y
MENGESHA Milkessa ETH 3000 pb: 7:53.67 -18. 4 World Youth 3000 2017; 5 African junior XC 2018 In 2019: 3 Ethiopian junior XC	18y
TEKLAY Gebregewergs ETH	18y
WORKU Tadese ETH =735 10,000 pb: 29:57.98 -18. 5000 pb: 14:01.12 -18 In 2019: 4 Ethiopian junior XC	17y
YETWALE Getnet ETH In 2019: 5 Ethiopian junior XC	18y
BORDEAU Pierre FRA In 2019: 3 French junior XC	18y
DAGUINOS Etienne FRA Twice French Junior Cross Country Champion // 1500 pb: 3:54.13 -18. 1 French junior XC 2018/2019 In 2019: 1 French junior XC	19y
GERVAIS Arthur FRA 1500 pb: 3:46.33 -18 (3:49.51i -19). 800 pb: 1:52.96 -18 (1:53.51i -19). At EXC: 2018-24J. 1 French Youth 3000 2017 In 2019: 1 Liévin 800 (Feb 3); 3 Ghent IFAM 1500 'B'; 1 Liévin 800 (Feb 10); 5 French junior XC	19y
GUYON Baptiste FRA 2018 Olympic Youth silver at combined steeplechase & cross country 2000SC pb: 5:43.92 -18. 1500 pb: 3:52.62 -17 (3:54.02i -19). 1 European Youth 2000SC 2016; 2 Youth Olympic combined 2000SC/XC 2018 (6th in the 2000SC then only 11th in the XC, but second of those who contested the steeplechase, hence his low combined placement of eight) In 2019: 2 Val-de-Reuil 1500; 2 French junior XC	18y
MAINGUY Romain FRA 3000 pb: 8:37.25 -18 // In 2019: 4 French junior XC	18y

BRENNAN Euan GBR 18y 3000 pb: 9:03.58 -18. 6 European Junior Mountain Running Champs 2018; 29 World Junior Mountain Running Champs 2018. Coach-Andrew Henderson In 2019: 1 Yorkshire under-20; 2 Elgoibar junior XC; 2 North of England under-20 XC; 4 English 'National' under-20 XC; 6 UK Inter-Counties junior XC		(Korir) KIPROTICH Emmanuel KEN 16y Full name-Emmanuel Kiprotich Korir // Half Mar pb: 64:03 -18 (at altitude in Eldoret) In 2019: 8 Eldoret XC; 2 Kenyan junior XC
COWPERTHWAITHE Joshua GBR 17y 3000 pb: 8:25.24 -18. 1500 pb: 3:51.82 -18. 1 English under-17 3000 2016; 2 English Schools 3000 2018. Coach-Martin Peevor In 2019: 14 Elgoibar junior XC; 59 English 'National' under-20 XC; 3 UK Inter-Counties junior XC; 1 Albert parkrun		LOKIR Charles Katul KEN 18y This must be the same boy who was reported in fifth place at the 2019 Kenyan Junior Championships, under the name Charles Karuri In 2019: 5 Kenyan junior XC
LAY Joshua GBR 18y 1500 pb: 3:48.52 -18. 2 Commonwealth Youth Games 1500 2017. 1 English Schools 1500 2018. Coach-Anthony Love In 2019: 2 Northamptonshire XC; 5 Belfast junior XC; 3 British Universities XC 'B'; 4 Rotselaar junior XC; 7 UK Inter-Counties junior XC		(Masai) CHEBOLEI Samuel KEN 18y 5000 pb: 13:29.84 -18. 1 Kenyan 5000 2018 (at age 17). 1 Kenyan junior XC 2019. He is the younger brother of world U20 1500m record holder Ronald Chebolei Kwemoi In 2019: 1 Kenyan junior XC
LEONARD Rory GBR 18y 2019 English 'National' under-20 Cross Country Champion // 3000 pb: 8:18.80 -18. 1500 pb: 3:50.14 -18. 9 European Youth 3000 2018. At EXC: 2018-71J. 1 English 'National' under-20 XC 2019. Coach/father-Tony Leonard In 2019: 5 Elgoibar junior XC; 1 North of England under-20 XC; 1 English 'National' under-20 XC; 2 UK Inter-Counties junior XC		MEYAN Cleophas Kandie KEN 18y This must be the same boy who was reported in sixth place at the 2019 Kenyan Junior Championships, under the name Kibet Kandie In 2019: 6 Kenyan junior XC
MAHAMED Zakariya GBR 18y 5000 pb: 15:03.28 -18. 1 English under-15 3000 2015; 1 English Schools under-17 XC 2017. He is the younger of three brothers all of whom are athletes: Mahamed Mahamed (3 EJXC 2016) and Abdi Mahamed (1 Hampshire 3000SC 2017). Coach-Peter Haynes In 2019: 1 Elgoibar junior XC; 1 Belfast junior XC; 2 South of England under-20 XC; 8 English 'National' under-20 XC; 4 UK Inter-Counties junior XC		AL HAYEK Bassem LBN 17y EL ABIAD Ameer LBN 16y In 2019: 2 Lebanese junior XC
WELLINGTON Lachlan GBR 17y 5000 pb: 15:13.91 -18. 3000 pb: 8:31.10 -18. At EXC: 2017-60J. 2 English under-17 3000 2017 In 2019: 1 Hampshire under-20 XC; 3 Seville junior XC; 1 South of England under-20 XC; 3 Rotselaar junior XC; 11 English 'National' under-20 XC; 10 UK Inter-Counties junior XC; 5 English Schools XC		HAMIEH Almontaser LBN 18y At WXC: 2017-dnfJ // In 2019: 3 Lebanese junior XC
WEST Benjamin GBR 19y 3000 pb: 8:42.34 -18. 800 pb: 1:54.84 -18. 2 South of England junior 800 2018. Coach-Kyle Bennett In 2019: 2 Belfast junior XC; 5 UK Inter-Counties junior XC		SAOUD HAMMAD Mounir LBN 18y SHMYSANI Jad LBN 16y In 2019: 1 Lebanese junior XC
WILLIS Matthew GBR 19y Twice 14th at European Cross Country Championships // 5000 pb: 14:24.62 -18. At EXC: 2017-14J, 2018-14J. 1 English under-15 3000 2014; 1 English Schools under-17 3000 2016 & XC 2018 In 2019: 1 UK Inter-Counties junior XC		THULL Tim LUX 19y AKKAOUI Mustapha MAR 19y In 2019: 3 Arab junior XC; 1 Moroccan junior XC
ALHASSAN Ibrahim GHA 16y TSE Chun Yin HKG 17y In 2019: 1 Hong Kong 10,000 (set Hong Kong junior record 32:30.72)		BOUASSEL Abderrafia MAR 18y In 2019: 4 Arab junior XC; 4 Moroccan junior XC
BATTLE Jamie IRL 19y 5000 pb: 14:55.58 -18. At EXC: 2018-21J In 2019: 9 All Ireland Games 3000; 5 Irish Universities indoor 3000		EL GHARISSI Othmane MAR 18y In 2019: 5 Moroccan junior XC
McELHINNEY Darragh IRL 18y 5000 pb: 14:11.80 -18. 3000 pb: 8:13.80i -18. 1500 pb: 3:48.05 -17. 18 WJC 5000 2018. At EXC: 2016-39J, 2017-39J, 2018-16J In 2019: 4 'Great' Sirling 4x1.5K XC; 1 Athlone 1500; 1 All Ireland Games; 5 Irish indoor 1500		ELAZZOZI Houssam MAR 18y 3000 pb: 8:38.87 -17 // In 2019: 3 Moroccan junior XC
IGAWA Ryuto JPN 18y 10K pb: 29:44 -18. 5000 pb: 14:04.21 -18. 3 Japanese junior XC 2019. Attends Kyushu Gakuin High School In 2019: 11 Melbourne 3000 'B'; 3 Japanese junior XC		LATAM Abdellah MAR 18y In 2019: 2 Moroccan junior XC
KASAI Jun JPN 18y 2019 Japanese Junior Cross Country Champion // Attends Kansai Soka High School In 2019: 1 Japanese junior XC		INGEBRIGTSEN Jakob NOR 18y 3x European Junior Cross Country Champion In Berlin 2018 became the youngest-ever male (senior) European Champion, twice over. In Glasgow 2019 he became youngest ever male European Indoor Champion 1500 pb: 3:31.18 -18 (3:36.02i -19). 3000 pb: 7:51.20i -19, 8:00.01 -17. 5000 pb: 13:17.06 -18. 3000SC pb: 8:26.81 -17. 9 WJC 1500 2016; 1 EJC 5000/3000SC 2017 (8 1500); ht WJC 3000SC 2017; 2 WJC 1500 2018 (3 5000); 3 IAAF Continental Cup 1500 2018; 1 EIC 3000 2019 (2 1500). At EXC: 2016-1J, 2017-1J, 2018-1J. In Eugene 2017 with 3:58.07 at age 16 became the youngest-ever four minute miler. 1 Norwegian 1500/5000/3000SC 2017, 1500 2018 & indoor 800/1500/3000 2018. Coach/father-Gjert Ingebrigtsen He and his two older brothers have now all been European Champions at 1500m. Henrik in 2012, Filip in 2016, Jakob in 2018 In 2019: 1 Nordic International 1500 (World indoor junior record 3:36.21); 1 Dusseldorf IAAF Tour 1500 (Another world indoor junior record 3:36.02 and he beat new world indoor record holder Samuel Tefera) ; 1 EIC 3000 (2 1500)
NAKANISHI Taiga JPN 18y 5000 pb: 14:32.04 -18. Attends Kanazawa Ryukoku High School In 2019: 6 Japanese junior XC		GUALTER Toby NZL 18y 5000 pb: 15:13.27 -18 (15:51.97 -19). 1 New Zealand junior 5000 2019 In 2019: 1 Wellington 3000; 1 New Zealand junior 5000
SATO Issei JPN 17y Attends Yachiyo Shoin High School // In 2019: 2 Japanese junior XC		HOFMEYR Stuart NZL 18y 5000 pb: 15:39.80 -18. 1500 pb: 3:59.25 -19. 2 New Zealand junior 500 2019 In 2019: 2 New Zealand junior 5000
SHIRATORI Tetta JPN 17y Attends Saitama Sakae High School // In 2019: 4 Japanese junior XC		MBAMBO Taonga NZL 18y 5000 pb: 15:33.37 -19 In 2019: 22 New Zealand 3000; 1 Canturbury 5000
SUZUKI Mebuki JPN 17y Attends Saku Chosei High School // In 2019: 5 Japanese junior XC		McINTYRE Murdoch NZL =1474 17y 5000 pb: 14:31.84 -18. 10,000 pb: 31:13.63 -18. 9 Youth Olympic combined 2000SC/XC 2019 (12th in the 2000SC, 17th overall & 5th of the steepchasers in the cross country). 1 Australian youth XC 2018
ERKABAYEV Ilham KAZ 19y 3000 pb: 8:42.09i -19 In 2019: 3 Kazakh under-23 indoor 2000SC; 5 Ust-Kamenogorsk 3000; 2 Kazakh junior		CHAUPIN José Luis PER 18y 5000 pb: 14:48.55 -18. // In 2019: 4 South American Junior XC
BETT Edwin KEN 18y Full name-Edwin Kiplangat Bett // 5000 pb: 13:48.52 -18. At WXC: 2017-8J (team silver). 1 Commonwealth Youth Games 3000 2017 (5 1500); 7 African junior XC 2018 In 2019: 4 Kenyan junior XC		CHIPANA David PER 19y In 2019: 10 South American Junior XC
BETT Leonard KEN 18y Full name-Leonard Kipkemoi Bett 2018 World junior steeplechase silver 3000SC pb: 8:16.97 -18. 1 World Youth 2000SC 2017; 2 WJC 3000SC 2018. He was the world's quickest junior steeplechaser in 2018 In 2019: 3 Kenyan junior XC		LUJAN Frank PER 19y In 2019: 3 South American Junior XC
		PALOMINO Julio PER 17y In 2019: 11 South American junior XC
		CZERONEK Mikolaj POL 18y 1500 pb: 3:51.83 -18. At EXC: 2018-58J
		KUROWSKI Tomasz POL 19y 3000 pb: 8:22.03i -18, 8:27.47 -18. 1 Polish youth XC 2017 In 2019: 3 Polish junior indoor 3000
		CHAUMETON Maxime RSA 18y 10K pb: 30:27 -18 In 2019: 2 South African World Junior Cross Trial
		DE VILLIERS Robert RSA 19y 3000SC pb: 9:11.71 -18. 11 World Youth 2000SC 2017 In 2019: 3 South African World Junior Cross Trial

LEPHOTO Tumi RSA 19y
10,000 pb: 31:06.56 -18. At WXC: 2017-58J
In 2019: 4 South African World Junior Cross Trial

MATWEBU Ngconde RSA 18y
1500 pb: 3:52.84 -19. 1 South African junior XC 2018
In 2019: 1 South African Free State Schools 1500

POLOANE Joshua RSA 18y

SEOPESENGWE Nicolas RSA 17y
(Nicolas aka Realeboga) // 10K pb: 30:29 -18. 3000 pb: 8:38.85 -18
In 2019: 1 South African World Junior Cross Trial

TURAY Ibrahim Sorie SLE 18y

ISMAIL Omar SWE 19y
Full name-Omar Mohammed Ismael // 5000 pb: 14:52.37 -18. 1500 pb:
3:52.60 -18. 2 Nordic junior XC 2018. At EXC: 2017-66J, 2018-20J. 1
Swedish youth 1500/3000 2017 & junior XC 2018
In 2019: 4 'Great' Sirling 4x1.5K XC; 6 European Junior Clubs Cup XC

CHEBET Dan UGA ⁼⁸¹⁶ 16y
2018 World Junior Mountain Running Champion // 5000 pb: 14:07.58 -18.
10,000 pb: 30:04.4 -17. 8 African Youth Games 1500 2018; 1 World Junior
Mountain Running Champs 2018 (7.3K with 576m climb, he won the race by
16 seconds). 3 Ugandan Commonwealth Games Trial 5000 2018. 2
Ugandan junior XC 2019
In 2019: 2 Ugandan junior XC

CHEKWURUI Mathew Job UGA 17y
Previously known [at Kampala 2017] as Mathew Job Chekurui // 5000 pb:
14:05.49 -18. At WXC: 2017-23J. 2 Ugandan Commonwealth Games Trial
5000 2018
In 2019: 3 Ugandan junior XC

CHELIMO Oscar UGA 17y
2018 Youth Olympic bronze at combined 3000m & Cross Country // 10K pb:
28:50 -18. 5000 pb: 13:32.94 -18. 3000 pb: 8:00.72 -18. 5 World Youth 3000
2017; 1 World Junior Mountain Running Champs 2017 (2018-3); 7 WJC 5000
2018; 2 African Youth 3000 2018. At the 2018 Youth Olympics he won the
track 3000m element, but then placed only third in the cross country stage ...
when the placements were added up he ended up in third place on
countback, because the two men in 2nd & 3rd after him in the 3000m placed
2nd & 1st in the cross country, and the cross country placing breaks the tie
(all three had four placements)
In 2019: 2 Amorebieta XC; 5 San Vittore Olona XC; 1 Valladolid XC; 8
Ugandan junior XC

CHEROTICH Denis UGA 18y
10K pb: 29:52 -17. 3000SC pb: 8:51.56 -18. dnf WJC 3000SC final 2018
In 2019: 9 Ugandan junior XC

KIBET Samuel UGA 17y
In 2019: 4 Ugandan junior XC

KIPLANGAT Hosea UGA 18y
1500 pb: 3:43.00 -18. 3000 pb: 8:05.38 -18. 7 World Youth 1500/20917; ht
WJC 1500 2018. 1 Ugandan Commonwealth Games Trial 1500 2018; 1
Ugandan junior XC 2019
In 2019: 1 Ugandan junior XC

SABUNYAK Vasyi UKR 19y
3000SC pb: 9:21.12i -19. 2 Ukrainian junior indoor 2000SC 2019
In 2019: 1 Kiev 3000SC (Jan 11); 1 Kiev 3000 'B'; 3 Kiev Champs 1500; 2
Ukrainian junior indoor 2000SC; 8 Ukrainian indoor 3000SC; 2 Kiev 2000SC
(Feb 16); 1 Ukrainian Teams junior XC

ALJABALY Shuaib USA 19y
2019 US Junior Cross Country Champion // 120 NCAA XC 2018. 1 US junior
XC 2019. Student of Engineering at the the University of Wisconsin
In 2019: 1 US junior XC

BEAUDOIN-ROUSSEAU Meika USA 19y
174 NCAA XC 2018; 3 US junior XC 2019. Attends Stanford University
In 2019: 3 US junior XC
His 19th birthday on March 29

CHEESEMEN Carter USA 18y
Full name-Robert Carter Cheeseman // Mile pb: 4:11.27i -19, 4:12.20 -18. 10
US High School XC 2018; 6 US junior 10K 2019. His sisters (Allison & Claire)
are both collegiate runners, as were their parents Cathy & Ken). Lives-Keller,
Texas
In 2019: 6 US junior XC; 5 New York Millrose junior Mile; 1 Lexington High
School Mile; 7 New York New Balance High School Mile

HUSSEIN Khalid USA 18y
5000 pb: 14:56.53 -18. Mile pb: 4:13.30 -18 (4:15.07i -19).5 US junior XC
2019. Born-Minneapolis. Attends University of Minnesota
In 2019: 2 Minneapolis 3000 (Jan 12); 5 US junior XC; 1 Minneapolis Mile
(Feb 15)

MORRIS Graydon USA 17y
3 US High Schools XC 2018; 7 US junior XC 2019
In 2019: 7 US junior XC

MUDEL Gabe USA 18y
3000 pb: 8:27.76i -19. 2 US junior XC 2019. Attends the University of
Michigan
In 2019: 1 Ann Arbor Mile (Jan 12); 6 Ann Arbor 3000 (Jan 19); 2 US junior
XC
His 19th birthday on March 31

PERRY Charlie USA 19y
4 US junior XC 2019. Attends Stanford University
In 2019: 4 US junior XC

SIABWCHA Michelo ZAM 16y

Women's Race

13:00

139 Entrants

42 Countries

10,240m – 5 laps

(Long start lap/2100m+ 3x long lap/2000m + finish lap/2140m)

6 run, 4 score

Age

SENANI Riham ALG

25y

Half Mar pb: 76:48 -16. 5000 pb: 16:48.96 -18. 1500 pb: 4:28.85 -16. At WXC: 2011-48J, 2017-84. 19 African XC 2018. 2 Algerian 5000 2018 (3 1500)

In 2019: 5 Algerian XC (the first Algerian finisher)

CASSETTA Belén ARG

24y

Full name-Belén Adaluz Casetta

South American steeplechase record holder & World Championship finalist 3000SC pb: 9:25.99 -17. 5000 pb: 16:23.61 -16. 1500 pb: 4:19.21 -17. 10 World Youth 2000SC 2011; ht WJC 3000SC 2012; 1 Ibero-American 3000SC 2016; ht OLY 3000SC 2016; 1 South American 3000SC 2017 (2013-6, 2015 -3); 2 South American 5000 2017; 11 WCH 3000SC 2017; 6 WSG 3000SC 2017. Coach-Daniel Diaz

In 2019: 2 Quintanar de la Orden XC; 3 San Sebastián XC; 2 Sonseca XC

ADAMS Caitlin AUS

21y

10,000 pb: 33:45.52 -18. 5000 pb: 15:39.06 -19. 3000 pb: 9:13.59 -19. 8 Australian 5000 2018

In 2019: 1 Adelaide 3000 (Jan 12); 3 Australian World Cross Trial; 1 Adelaide 1500 (Feb 16); 5 Sydney 5000; 1 Adelaide 3000 (Mar 6)

BRICHACEK Emily AUS

28y

(Née Pluck) // 10,000 pb: 32:22.38 -18. 5000 pb: 15:19.06 -15 (15:44.89 -19). 3000 pb: 9:01.27 -18 (9:10.95 -19). 7 COM 5000 2014. At WXC: 2008-21J, 2011-11J, 2015-61. 1 Australian 5000 2014. From Canberra

In 2019: 5 Australian World Cross Trial

CAMPBELL Paige AUS

22y

Fourth in 2017 World Student Games steeplechase // 3000SC pb: 9:45.77 -19. 10,000 pb: 32:39.16 -18. 5000 pb: 15:31.50 -19. 3000 pb: 9:01.76 -18. 4 WSG 3000SC 2017. 2 Australian 3000SC 2015/2018; 6 Melbourne Zatopek 10,000 2018

In 2019: 4 Australian World Cross Trial; 2 Sydney 5000; 1 New South Wales 3000SC

DUNCAN Melissa AUS

29y

Oceanian indoor record holder at 1500m (4:06.93 in 2016) // 5000 pb: 15:18.43 -18 (15:29.70 -19). 1500 pb: 4:05.56 -15. 800 pb: 2:04.2 -14. 4 World Youth 1500 2007; 3 IAAF Relays 4x1500 2014 (4 4x800); 10 COM 2010 2014; ht WCH 1500 2015; 6 WIC 1500 2018. Coach-Jackie Cook

In 2019: 2 Australian World Cross Trial; 1 Sydney 5000

POMPEANI Leanne AUS

22y

10,000 pb: 33:47.35 -17. 5000 pb: 16:09.87 -18 (16:25.59 -19). 3000 pb: 9:30.78 -17. At WXC: 2015-47J. Former soccer player

In 2019: 7 Australian World Cross Trial; 3 Sydney 5000

PONTON Marnie AUS

35y

Marathon pb: 2:40:32 -17. Half Mar pb: 72:21 -18. 10K pb: 33:12 -18. 5000 pb: 16:02.29 -17 (16:15.76 -19). 6 Cardiff (Commonwealth Champs) Half Mar 2017. 1 Australian 3000SC 2004. Former mountain runner. Coach-Brendan Davies

Marathon (1): 8 Gold Coast 2017

In 2019: 6 Australian World Cross Trial; 1 Sydney 5000 (2x)

NAHIMANA Cavalline BDI

22y

Top 20 at 2017 World Cross // 10,000 pb: 34:17.58 -18. 5000 pb: 15:41.94 -17. 3 African Youth Games 3000 2014; 5 Youth Olympic Games 3000 2014; 6 African junior 5000 2015; 6 African Champs 5000 2016. At WXC: 2017-19

NIMBONA Elvanie BDI

21y

Half Mar pb: 70:32 -18 (75:50 -19). Marathon pb: 2:44:24 -18. 10,000 pb: 34:18.35 -18. 5000 pb: 16:52.12 -15. 8 African Champs 5000 5000 2014; 6 African youth 1500 2015; At WXC: 2015-24J, 2017-16J

Marathon (1): 3 Porto 2018

In 2019: 2 Modena 13.1K; 7 Naples Half Mar

NIYOMUKUNZI Francine BDI

19y

5000 pb: 16:44.28 -18. 3000 pb: 9:59.21 -15. 7 African youth 3000 (8 1500). At WXC: 2017-20J

In 2019: 2 Kampala 3000

NIYOMWUNGERE Francine BDI

21y

3000 pb: 10:17.44 -15. 9 Youth Olympic Games 1500 2014; 6 African Junior 3000 2015 (7 5000)

GOTSWAKGOSI Maitumelo BOT

21y

In 2019: 1 Botswana XC

TIANGO Mema BOT

27y

Half Mar pb: 82:23 -14. At WXC: 2017-92 // In 2019: 2 Botswana XC

CHELIMO Rose BRN

29y

Reigning IAAF World Champion & Asian Games Champion at Marathon. At Kampala 2017, she was the first finisher not representing Kenya

Marathon pb: 2:22:51 -17 (2:30:35 -19). Half Mar pb: 68:08 -16. 1 Paris 20K 2010/2014; 14 World Half Mar 2018. At WXC: 2017-9

Marathons (7): 1 Seoul 2016, 8 OLY 2016, 2 Boston 2017, 1 WCH 2017, 6 London 2018, 1 Asian Games 2018, 9 Tokyo 2019

Allegiance transferee from Kenya – acquired Bahraini citizenship on August 19, 2015 (having entered the country on August 1, 2015) and cleared by IAAF to compete for Bahrain from August 1, 2016

In 2019: 10 Eldoret XC; 9 Tokyo Marathon

CHUMBA Eunice BRN

25y

Full name-Eunice Chebichi Chumba

Allegiance transferee from Kenya – acquired Bahraini citizenship on September 15, 2013 and cleared by IAAF to compete for Bahrain from September 14, 2014

Marathon pb: 2:24:27 -17. Half Mar pb: 66:11 -17 (73:45 -19). 10,000 pb: 32:22.29 -15. 6 Asian Games 10,000 2014; 2 Asian Champs 10,000 2015; 1 Asian XC 2016; 4 World Half Mar 2018; 2 Asian Games 10,000 2018. At WXC: 2017-11

Marathons (11): 9 Nairobi 2012, 6 Hong Kong 2013, 2 Cape Town 2015, 12 Dubai 2016, 1 Dongying 2016, 3 Amsterdam 2016, 2 Rotterdam 2017, 1 Beirut 2017, 2 Beijing 2018, 2 Abu Dhabi 2018 (2:20:54, but course short), 2 Hong Kong 2019. Also paced London 2014

In 2019: 2 Hong Kong Marathon; 10 Bahrain Half Mar

ESHETE Shitaye BRN

28y

Full name-Shitaye Eshete Habtegebrel

Fourth at 2013 World Cross Country Championships, sixth at 10,000m at both London 2012 & Moscow 2013

Marathon pb: 2:24:51 -18. Half Mar pb: 68:25 -18 (68:49 -19). 10,000 pb: 30:47.25 -12. 5000 pb: 15:03.13 -13. 6 IAAF Continental Cup 5000 2010; 1 Asian Champs 10,000 2011/2013 (2 5000 2013); 1 World Military Games 5000 2011; 1 Asian Indoor Champs 3000 2012; 5 WIC 3000 2012; 6 OLY 10,000 2012 (10 5000); 6 WCH 10,000 2013 (2017-12); 5 Asian Games 10,000 2018. At WXC: 2009-24J, 2010-11, 2013-4. Allegiance transferee from Ethiopia (though she never competed for Ethiopia)

Marathons (5): 6 Dubai 2016, 5 Osaka 2017, 1 Hamburg 2018, 2 Saitama 2018

In 2019: 8 Bahrain Half Mar

KIBIWOT Gladys Jerotich BRN

28y

Kenyan origin, clearly she gained Bahraini citizenship while still a junior

Marathon pb: 2:34:23 -16. Half Mar pb: 76:10 -14 (80:18 -19). 10K pb: 34:04 -14. 7 Asian junior XC 2009; 3 Asian Indoor Games 3000 3000 2009; 4 Asian XC 2014. At WXC: 2009-15J

Marathons (7): 4 Iten 2015, 9 Seoul 2016, 1 Copenhagen 2016, 1 Warsaw 2016, 6 Taipei 2017, 13 Shanghai 2017, 11 Wuxi 2018

In 2019: 11 Bahrain Half Mar

MOKONIN Desi Jisa BRN

21y

Allegiance transferee from Ethiopia – cleared by IAAF to compete for Bahrain from July 8, 2014

Marathon pb: 2:23:39 -18 (2:23:44 -19). Half Mar pb: 68:10 -18. 10,000 pb: 31:19.00 -17. 5000 pb: 15:58.46 -16. 2 Asian Youth Olympic Trial 800 2014; 2 Asian junior XC 2016; 15 WCH 10,000 2017; 7 World Half Mar 2018. At WXC: 2015-8J, 2017-32

Marathons (4): 8 Dubai 2018, 9 Paris 2018, 4 Amsterdam 2018, 1 Seoul 2019

In 2019: 1 Seoul Marathon

REBITU Bontu Edao BRN

21y

Allegiance transferee from Ethiopia – cleared by IAAF to compete for Bahrain from March 21, 2015

5000 pb: 15:16.70 -17. 3000 pb: 9:08.67 -16. 1500 pb: 4:15.07 -17. At WXC: 2015-20J, 2017-66. 1 Arab junior 3000/5000 2016; 3 WJC 5000 2016; ht WCH 5000 2017

In 2019: 3 Arab XC

YAVI Winfred BRN

19y

Full name-Winfred Mutile Yavi

Allegiance transferee from Kenya – acquired Bahraini citizenship on August 19, 2015 and cleared by IAAF to compete for Bahrain from August 19, 2016

3000SC pb: 9:10.74 -18. 1500 pb: 4:20.7 -17. 8 WCH 3000SC 2017; 3 WJC 3000SC 2018; 1 Asian Games 2018; 3 IAAF Continental Cup 3000SC 2018. With 9:10.74, she was the world's third quickest junior steeplechaser in 2018 (after Celliphine Chespol 9:01.82 & Peruth Chemutai 9:07.94)

In 2019: 2 Arab XC; 1 San Vittore Olona XC

AYERS Katelyn CAN

24y

1500 pb: 4:09.74 -18. 800 pb: 2:04.89 -14. 9 WJC 1500 2014; 9 NACAC XC 2019. 3 Canadian 1500 2018; 4 Canadian XC 2018. Coach-Dave Scott-Thomas

In 2019: 3 Toronto 1500; 6 New York Mile; 9 NACAC XC

CARSON Lindsay CAN

29y

10K pb: 33:48 -14. 5000 pb: 15:55.62 -09. 3000 pb: 9:10.04i -09. ht World Youth 1500 2005; 1 NACAC junior 1500 2006 & XC 2007. At WXC: 2006 -58J, 2007-55J, 2008-31J, 2013-60, 2015-59

In 2019: 4 Seattle Mile 'B' (Jan 12); 10 Seattle 3000 (Jan 26); 18 Seattle 5000 (Feb 8); 5 Vancouver 5K

HAWTHORN Natalia CAN

24y

5K pb: 16:30 -18. 5000 pb: 16:44.76 -17. 1500 pb: 4:18.09 -18. At WXC: 2013-63J. 8 Canadian 1500/2018. 5 Canadian XC 2018

In 2019: 15 Seattle 5000 (Feb 8); 16 NACAC XC

LALONDE Geneviève CAN 27y Canadian steeplechase record holder & 2016 Olympic finalist // 3000SC pb: 9:29.99 -17. 1500 pb: 4:10.91 -17. 10 World Youth 1500 2007; 5 Commonwealth Youth Games 3000 2008 (6 1500); 6 WJC 3000SC 2010; 11 WSG 3000SC 2013; 3 Francophone Games 3000SC 2013; 3 Pan-Am Games 3000SC 2015; 16 OLY 3000SC 2016; 13 WCH 3000SC 2017 (2015-ht); 11 WIC 3000 2018; 7 COM 3000SC 2018. At WXC: 2008-36J, 2009-dnfJ. 1 Canadian 3000SC 2017 & XC 2018. Coach-Dave Scott-Thomas In 2019: 5 NACAC XC	
O'CONNELL Jessica CAN 30y 2017 World Student Games silver at 5000m // 5000 pb: 15:06.44 -15. 3000 pb: 8:46.50i -19, 8:46.86 -19. 1500 pb: 4:10.66 -18. 10 COM 5000 2014; 7 IAAF Continental Cup 3000 2014; 6 Pan-Am Games 5000 2015; 9 WIC 3000 2016; ht OLY 5000 2016; ht WCH 5000 2017; 2 WSG 5000 2017; 2 NACAC XC 2019. 1 Canadian 5000 2014. Former performer and competitor at Irish dancing. Works as a research assistant at the University of Calgary. Coach-Mike van Tighem In 2019: 3 New York Millrose 3000; 2 NACAC XC	
SUMNER Claire CAN 24y <small>=380</small> 10,000 pb: 33:47.76 -16. 5000 pb: 16:26.73 -18. 1500 pb: 4:27.72 -16. 4 NACAC XC 2017 (2019-13). At WXC: 2017-51. 1 Canadian XC 2017. Coach-Steve Boyd In 2019: 30 Houston Half Mar; 13 NACAC XC	
WODAK Natasha CAN 37y <small>=34</small> (Formerly Natasha Fraser) Canadian record holder at 10,000m // Marathon pb: 2:35:16 -13. Half Mar pb: 70:33 -19. 10,000 pb: 31:41.59 -15. 5000 pb: 15:29.44 -18. 1 NACAC XC 201 (2019-4); 3; 4 Francophone Games 10,000 2013; 7 Pan-Am Games 10,000 2015; 22 OLY 10,000 2016; 16 WCH 10,000 2017 (2015-23); 5 COM 10,000 2018. At WXC: 2013-24, 2015-27. 1 Canadian XC 2015. Coach-Lynn Kanuka Marathon (1): 10 Toronto 2013 In 2019: 1 Saanichton 8K; 10 Houston Half Mar; 4 NACAC XC; 2 Vancouver 5K	
MASIAS Margarita CHI 28y Half Mar pb: 78:43 -18. 5000 pb: 17:30.26 -17. 1 Chilean 3000/3000SC 2018	
LI Yuanfeng CHN 22y Marathon pb: 2:42:41 -16. 10,000 pb: 34:44.28 -16. 5000 pb: 16:57.84 -16. 3000SC pb: 10:10.55 -16. 15 Asian XC 2016; 5 Asian Champs 2017. At WXC: 2015-46J. 2 Chinese 3000SC 2016/2017 Marathons (4): 20 Hengshui 2016, 15 Hefei 2016, dnf Tianjin 2017, 17 Suzhou 2018	
XIA Yuyu CHN 21y 2018 Chinese Champion at 10,000m // 10,000 pb: 33:38.64 -18. 5000 pb: 16:18.66 -18. 3000 pb: 9:47.30 -15. 2 Asian Youth 3000 2015; 13 World Youth 3000 2015. 1 Chinese 10,000 2018 Marathon (1): 3 Nanjing 2016 She is also entered for the mixed relay race in Aarhus (athletes are allowed to do both races)	
ZHANG Deshun CHN 23y Half Mar pb: 71:28 -18. 10,000 pb: 32:58.17 -15. 5000 pb: 15:45.75 -15. 22 World Half Mar 2018; 3 Asian Games 10,000 2018. At WXC: 2015-25J. 2 Chinese National Games 10,000 2017 (6 5000). From-Yunnan province	
ZHANG Xinyan CHN 25y 3000SC pb: 9:28.54 -16. 10,000 pb: 34:14.17 -13. 5000 pb: 15:47.30 -17. 1500 pb: 4:15.84 -16. 3 Asian Champs 3000SC 2015; ht WCH 3000SC 2015; ht OLY 3000SC 2016; 5 Asian XC 2018; 4 Asian Games 3000SC 2018. At WXC: 2015-17. 1 Chinese short course XC 2015/2017; 1 Chinese XC 2017; 1 Chinese 3000SC 2017. From-Gansu province Marathon (1): 50 Tianjin 2017 (3:00:01) She is also entered for the mixed relay in Aarhus (athletes are allowed to do both races)	
ZHONG Xiaoqian CHN 21y 3000SC pb: 10:00.87 -17. 5000 pb: 16:26.33 -17. 1500 pb: 4:16.50 -18. 13 Asian XC 2016; ht WJC 3000SC 2016; 6 Asian Games 1500 2018. 1 Chinese 3000SC 2016 & 1500 2018. From-Sichuan province	
STEWARTOVA Moira CZE 23y <small>=252</small> 5000 pb: 15:57.63 -18. 10,000 pb: 33:41.17 -18. 1500 pb: 4:27.67 -17. 8 ETCh 5000 2017; 7 under-23 ECH 5000 2017. At EXC: 2013-56J, 2014-15J, 2015-45u23, 2016-34u23, 2017-32u23, 2018-28. 1 Czech 10,000 2017 & XC 2018 In 2019: 1 Rovereto XC; 13 French XC	
AHM Maria DEN 20y 5000 pb: 17:33.12 -18. Half Mar pb: 80:27 -18. At EXC: 2018-43u23. Club-Sparta AM In 2019: 4 Danish XC	
GLAD Simone DEN 28y Full name-Simone Christensen Glad Multiple Danish Champion at 5000m and Steeplechase Half Mar pb: 74:02 -17. 5000 pb: 15:52.72 -17. 3000SC pb: 10:23.07 -15. 8 WSG 3000SC 2013; 66 World Half Mar 2014; 10 WSG 5000 2015. At WXC: 2015-70. At EXC: 2012-19u23, 2013-46, 2014-22, 2015-60, 2017-36, 2018-dnf. 1 Danish 3000SC 2009/2010/2011/2012/2013/2014/2015 & 5000 2013/2014/2016. Former handball player. Works as a physiotherapist. Coach-Sonni Thelmark. Club-Sparta AM In 2019: 5 Nordic International 3000; 2 Danish indoor 3000	
MØLLER ALM Maja DEN 30y World Champion at 'sprint' orienteering in 2015-2016-2017-2018 (although a sprint in orienteering terms takes 12-15 minutes) 3000 pb: 9:05.88 -17, 9:11.65- 19. 5000 pb: 15:40.73 -17. 1500 pb: 4:22.42i -19. At EXC: 2018-18. 1 Danish indoor 1500/3000. 16 medals in World Orienteering Championships at individual events & relays (7 gold + 7 silver + 2 bronze). She is training to be a dentist[Her home town of Aarhus is the venue for the 2019 IAAF World Cross Country Championships. Club-Aarhus Gymnastik Forening Atletik In 2019: 10 'Great' Stirling XC; 4 European Clubs Cup XC; 2 Nordic International 3000; 1 Danish indoor 1500/3000	
MØLLER Anna Emilie DEN 21y 2017 European under-23 Steeplechase Champion, 2018 European under-23 Cross Country Champion 3000SC pb: 9:31.66 -18. 5000 pb: 15:44.95 -18. 3000 pb: 8:47.83 -16. 1500 pb: 4:11.83 -17. 2 EJC 5000 2015 (3 3000); 5 WJC 3000SC 2016; ht OLY 3000SC 2016; 1 under-23 ECH 3000SC 2017; ht WCH 3000SC 2017; 7 ECH 3000SC 2018; 4 IAAF Continental Cup 3000SC 2018. At WXC: 2017-71. At EXC: 2014-6J, 2015-8J, 2016-2J, 2017-7u23, 2018-1u23. 1 Danish 1500/5000 2015 & 800/1500 2016, 5000 2017 & 800/3000SC 2018. Club-Bløvsstrød Løverne In 2018/2019 based at St Mary's University, Twickenham (GBR), studying sports medicine. Advised by British coach Mick Woods In 2019: 3 'Great' Stirling XC; 3 'Monaco Run' 5K; 1 Danish XC	
PEDERSEN Alberte Kjær DEN 20y 2017 Nordic Junior Cross Country Champion // 3000SC pb: 16:34.62 -18. 10K pb: 34:34 -18. 10 Youth Olympic Triathlon 2014; 1 Nordic junior XC 2017. At WXC: 2015-48J. At EXC: 2014-11J, 2015-16J, 2017-8J, 2018 -27u23. 1 Danish 5000 2018. Club-Aarhus Gymnastik Forening Atletik In 2019: 14 European Clubs Cup XC	
PEDERSEN Line Brandt DEN 27y Club-Silkeborg 1977 // In 2019: 3 Danish XC	
ORTIZ Silvia Patricia ECU 26y 2019 South American Cross Country Champion // 10,000 pb: 36:33.0 -18. 1 South American XC 2019 In 2019: 1 South American XC	
ABDELGHANY Nesma EGY 26y Full name-Nesma Ammar Saad Mohamed Abdelghany // 109 World Half Mar 2018. 1 Egyptian XC 2018 (November)	
ALEM Fanus ERI 20y 10,000 pb: 34:48.09 -18. 8 African Champs 10,000 2018	
MARISKOS HIRDU Kisanet ERI 17y (aka Kisanet Marikos) // 3000 pb: 9:26.57 -18. 4 African Youth 3000 2018; 5 Youth Olympic combined 3000/XC 2018 (she was 9th in the 3000m & 10th in the cross country, or 4th of those who contested the 3000m). 1 Eritrean junior XC 2018	
TADESE Harena ERI 24y	
TESFU Dolshi ERI 19y Half Mar pb: 71:09 -18. 5000 pb: 15:52.84 -18. 20 World Half Mar 2018; 6 WJC 5000 2018; 7 African Champs 5000 5000 2018. At WXC: 2017-28J. 1 Eritrean Half Mar 2017/2018	
WELDU Nazret ERI 29y Full name-Nazret Weldu Ghebrehiwet Eleventh in 2015 World Cross Country Championships Marathon pb: 2:29:48 -18. Half Mar pb: 70:51 -14. 10,000 pb: 32:58.28 -16. 5000 pb: 15:33.28 -17. 1500 pb: 4:09.34 -12. 800 pb: 2:04.26 -08. At WXC: 2009-27J, 2011-44, 2013-19, 2015-11. 10 African XC 2014; 24 WCH 10,000 2015; 26 World Half Mar 2018. Former Eritrean international at 400m (pb 54.99) Marathon (1): 2 Beirut 2018 In 2018: 1 Eritrean XC	
DELGADO Idelma Lizeth ESA 19y She is the first Salvadorian athlete to compete at the IAAF World Cross Country Championships In 2019: 20 NACAC XC; 1 Costa Rican 'Cerro Chirripó' Mountain Race	
DIAZ Maria Azucena ESP 36y Full name-Maria Azucena Diaz Calvo 3x Spanish Champion at half marathon Marathon pb: 2:30:31 -17. Half Mar pb: 72:08 -08. 10,000 pb: 33:03.36 -13. 5000 pb: 16:24.90 -08. 3000SC pb: 10:02.55 -06. 16 World Half Mar 2008 (2010-34, 2012-23); 36 ECH Half Mar 2016. 1 Spanish Half Mar 2009/2010/2012. At WXC: 2013-50. At EXC: 2006-21, 2012-25, 2017-27. Coach-José Ríos Marathons (5): 5 Rotterdam 2014, 6 Rotterdam 2016, 34 OLY 2016, 8 Berlin 2017, 13 ECH 2018 In 2019: 14 Amorebieta XC; 20 Seville XC; 7 San Sebastián XC; 5 San Sebastián 10K; 5 Spanish XC	
FERNÁNDEZ Blanca ESP 26y 3000 pb: 9:06.92i -17. 1500 pb: 4:14.30 -14. sf World Youth 800 2009. At WXC: 2011-76J, 2017-8R. At EXC: 2010-45J, 2011-26J, 2012-40u23, 2013 -28u23, 2014-13u23, 2016-40. ht EIC 3000 2017. 11 NCAA 5000 2016. 1 Spanish indoor 3000 2017. Was at Temple University in Philadelphia, Pennsylvania. Coach-José Enrique Villacorta In 2019: 4 Valencia 3000; 2 Valladolid XC; dnf Madrid IAAF Tour 3000; 5 Spanish indoor 3000; 3 Spanish XC	

- GARCIA Marta ESP** 21y
Full name-Marta Garcia Alonso // 5000 pb: 16:31.39 -18. 3000 pb: 9:34.61 -17. 1500 pb: 4:18.57 -18. 5 EJC 5000 2017 (7 3000); At WXC: 2017-54J. At EXC: 2016-28J, 2017-13J, 2018-12u13. 1 Spanish junior 3000 2016. Coach-Uriel Reguero
In 2019: 3 Miramas 1500; 1 Salamanca 800; 12 Madrid IAAF Tour; 3 Spanish indoor 1500; 2 Spanish under-23 XC
- GEBRE Trihas ESP** 28y
Full name-Trihas Gebre Aunoon
6x Spanish Cross Country Champion // Marathon pb: 2:32:13 -18. Half Mar pb: 69:51 -18. 10,000 pb: 32:03.39 -13. 5000 pb: 15:27.94 -15. 1 ECP 10,000 2015; 7 ETCh 5000 2015; 16 WCH 10,000 2015; 10 ECH 10,000 2016; 29 OLY 10,000 2016; 33 World Half Mar 2018. At WXC: 2015-15, 2017-20. At EXC: 2014-13, 2015-11, 2016-7, 2017-13, 2018-12. 1 Spanish XC 2014/2015/2016/2017/2018/2019 & 5000 2016.
Allegiance transferee from ETH –her husband Aitzol Urruzola is Spanish. She has had continuous residence in Spain since October 31, 2011. Gained Spanish citizenship on July 30, 2014 and cleared by the IAAF to represent Spain from November 14, 2014. Coaches-Juan del Campo / Luis Miguel Martin
Marathons (2): 1 San Sebastian 2010, 9 ECH 2018
In 2019: 1 Amorebieta XC; 8 Valencia 10K; 6 Seville XC; 3 European Clubs Cup XC; 1 Spanish XC
- MARTIN Gema ESP** 31y
Full name-Gema Martin Borgas // Half Mar pb: 74:51 -18. 10,000 pb: 33:48.24 -16. 5000 pb: 16:27.72 -16. At EXC: 2009-55u23, 2016-24. Coach-Joaquín Bravo
In 2019: 15 Elgóibar XC; 13 Seville XC; 10 European Clubs Cup XC; 4 Spanish XC
- PEREIRA Solange Andreia ESP** 29y
Full name-Solange Andreia Pereira da Ponte
Anchored Spain to mixed relay gold at 2018 European Cross Country Championships
1500 pb: 4:06.39 -17 (4:10.39i -19). 800 pb: 2:06.27 -16 (2:06.95i -19). 10 ETCh 1500 2015; 8 ECH 1500 2016; ht EIC 1500 2017/2019; ht WCH 1500 2017. At WXC: 2017-8 Relay; At EXC: 2009-42u23, 2010-30u23, 2011-25u23, 2017-3R, 2018-1R. 1 Spanish 1500 2015/2017 (1 indoor 1500 2015/2016/2017). Coaches-Juan del Campo / Luis Miguel Martin
In 2019: 2 'Great' Sirling 4x1.5K XC; 2 Valencia 1500; 1 Ourense 800; 1 Spanish Clubs indoor 1500; 2 Spanish indoor 1500
- PÉREZ María José ESP** =363 26y
Full name-María José Pérez Moreno // 3000SC pb: 9:40.51 -17. 5000 pb: 16:09.83 -17. ht World Youth 009; ht WJC 2010; 6 EJC 2011. At WXC: 2010-74J, 2011-67J. At EXC: 2010-73J, 2011-33J, 2013-31u23, 2016-55, 2018-45. 1 Spanish 2016. Coach-Juan del Campo / Luis Miguel Martin
In 2019: 6 Amorebieta XC; 11 Seville XC; 6 San Sebastián XC; 4 San Sebastián 10K
- SANCHEZ-ESCRIBANO Irene ESP** 26y
2015 Spanish Champion at steeplechase // 3000SC pb: 9:34.69 -18. 3000 pb: 9:18.17 -18. 3 ETCh 3000SC 2017; ht WCH 3000SC 2017; 4 Mediterranean Games 3000SC 2018; 8 ECH 3000SC 2018 (2016-ht). 1 Spanish 3000SC 2017/2018. At WCH: 2011-87J. At EXC: 2011-55J, 2012-60u23, 2016-50. Coach-Antonio Serrano
In 2019: 16 Elgóibar XC; 10 Seville XC; 1 San Sebastián XC; 1 Sonseca XC; 2 Spanish XC
- ALEMAYEHU Gete ETH** =56 20y
Full name-Gete Alemayehu Teklemichael // 10,000 pb: 31:45.32 -18. 10K pb: 31:12 -18. 10 African XC 2018; 3 African Champs 10,000 2018
In 2019: 5 Seville XC
- DIDA Dera ETH** 22y
Full name-Dera Dida Yami // Marathon pb: 2:21:45 -18. Half Mar pb: 68:06 -17. 10,000 pb: 30:56.48 -17. 5000 pb: 14:42.84 -16. 3000 pb: 8:48.31 -16. 14 WCH 10,000 2017 (where she was lapped by her compatriot Almaz Ayana). At WXC: 2015-2J, 2017-dnf. 1 Ethiopian 5000 2016 & 10,000 2017 & XC 2017/2019
Marathons (2): 7 Dubai 2018, 5 Frankfurt 2018
In 2019: 1 Ethiopian XC
- FEYSA Hawi ETH** 20y
Second in the junior race at the 2017 World Cross Country Championships 5000 pb: 15:40.50 -17. At WXC: 2017-2J. 4 African Champs 5000 2018. 1 Ethiopian 5000 2018
In 2019: 2 Belfast XC; 4 Ethiopian XC; 6 Birmingham IAAF 3000
- FIKADU Zenebu ETH** 20y
Full name-Zenebu Fikadu Jebesa // Half Mar pb: 73:34 -18. 5000 pb: 16:13.78 -18
In 2019: 3 Ethiopian XC
- GEMECHU Tsehay ETH** 20y
Full name-Tsehay Gemechu Beyan
Won lucrative 2018 New Delhi Half Marathon, then at Valencia 2019 became the fifth-fastest woman ever at road 10K
10K pb: 30:15 -19. Half Mar pb: 66:50 -18. 1 New Delhi Half Mar 2018 in a course record 66:50 (apparently her debut at the distance – "I'm surprised I won and ran so fast"). 2 'Great' Ethiopian 10K 2018. Three fast 10Ks in Europe before her breakthrough at Delhi 2018: 2nd Oelde 32:14, 1st Wierden 31:53, 2nd Tilburg 31:07. Managed by the Global Sports group (Jos Hermens). Coach-Tessema Abshero, so she's in the same group as 2:04/2:05 marathoners Abera Kuma & Ayele Abshero
In 2019: 1 Valencia 10K (Broke Tirunesh Dibaba's Ethiopian record of 30:30 with 30:15, after a 15:01 first half); 5 Ethiopian XC
- GIDEY Letesenbet ETH** 21y
Twice World Junior Cross Country Champion // 5000 pb: 14:23.14 -18. 3000 pb: 8:30.96 -18. 1500 pb: 4:11.11 -17. 4 World Youth 3000 3000 2015; 11 WCH 5000 2017. At WXC: 2015/2017-1J. 1 Ethiopian junior XC 2015/2017. Youngest of two brothers and two sisters. Elegant running style, but has a habit of looking down
"Initially Letesenbet did not like running at all," reveals the biography on her management's website. "She was even temporarily expelled from school for refusing to run in physical education classes."
In 2019: 2 Ethiopian XC
- TESFAY Fotyen ETH** 21y
Full name-Fotyen Tesfay Hailu
Twice winner of the important 'Great' Ethiopian 10K staged every year in November
3000 pb: 8:41.08i -18, 8:47.46 -16. 5000 pb: 15:12.06 -17. 12 African XC 2016; 4 WJC 3000 2016. At WXC: 2017-6J. 1 'Great' Ethiopian 10K 2016 & 2018
In 2019: 6 Ethiopian XC
- BOUCHARD Marie FRA** 25y
3000SC pb: 9:41.32 -18. 5000 pb: 15:32.95 -18. 1500 pb: 4:19.28 -18. 6 Mediterranean Games 5000 2017. At EXC: 2015-20u23, 2018-17. 1 French under-23 3000SC 2015
In 2019: 6 Le Mans XC; 5 Reims 1500; 9 Luxembourg 1500; 9 Eaubonne 3000; 2 French indoor 3000; 6 French XC
- CHEVALIER GARENNE Floriane FRA** 27y
10,000 pb: 34:06.08 -16. 5000 pb: 16:25.70 -14. 1500 pb: 4:22.71 -17. At EXC: 2013-25u23, 2016-39, 2018-41
In 2019: 9 Le Mans XC; 9 European Clubs Cup XC; 7 French XC
- SENECHAL Mathilde FRA** 21y
2017 European Junior silver at 3000m // 5000 pb: 16:06.42 -18. 3000 pb: 9:19.78 -18. 1500 pb: 4:21.32 -18. 2 EJC 3000 2017. At EXC: 2016-29J, 2017-7J, 2018-10u23. 1 French junior 3000 2017 & French under-23 5000 2018
In 2019: 12 Eaubonne 3000; 5 French XC
- WESTPHAL Liv FRA** 25y
2015 European under-23 Champion at 5000m // 5000 pb: 15:28.71 -15. 10,000 pb: 33:42.03 -15. 11 EJC 5000 2011; 11 WJC 3000 2012; 1 under-23 ECH 5000 2015 (2013-4); 4 ETCh 5000 2017. At EXC: 2012-11J, 2013-6u23, 2015-20, 2016-9, 2017-39, 2018-16. 1 French XC 2019. Born-Milan
In 2019: 2 Nice 10K; 5 Le Mans XC; 1 French XC
- AVERY Kate GBR** =266 27y
Twice European Cross Country silver (now on the comeback from injuries)
10,000 pb: 31:41.44 -15. 5000 pb: 15:25.63 -15. 3000 pb: 8:53.12i -15, 8:56.24 -14. 2 EJC 3000 2009; 2 under-23 ECH 5000 2013; 4 COM 10,000 2014; ht EIC 3000 2015; 15 WCH 10,000 2015. 1 NCAA XC 2014. At WXC: 2009-25J, 2010-20J. At EXC: 2009-3J, 2010-12J, 2013-4u23, 2014/2015-2, 2018-15. 1 Junior Great North Run 2008; 1 English 1500 2012 & English under-23 1500 2013. Former School International Freestyle swimmer. Was at Iona College (New York)
1st 'Great' Edinburgh XC 2016
In 2019: 9 'Great' Stirling XC; 7 Belfast XC; 4 Armagh; 4 UK Inter-Counties XC
- HEYES Lauren GBR** 28y
(Née Howarth)
Team golds at 2013 & 2015 European Cross Country Championships
5000 pb: 15:29.26 -17. 3000 pb: 8:52.00i -13, 9:10.10 -11. 11 WJC 3000 2008; 6 EIC 3000 2013. At WXC: 2009-13J, 2013-48. At EXC: 2008-3J, 2009-6J, 2012-5u23, 2013-11, 2015-17. 4 UK 5000 2011 (2012-11, 2015-10). Coach-Paul Roden
Married Andy Heyes (2018 UK Indoor Champion at 3000m) in December 2018. Her sisters Abigail Howarth (5000m pb 16:47.24) & Beck Howarth (5000m pb 17:17.56) are both distance runners
In 2019: 1 Derbyshire XC; 2 North of England XC; 5 Armagh 3K; 7 UK Inter-Counties XC
- HOSKER THORNHILL Emily GBR** 26y
2019 English Cross Country Champion // 1500 pb: 4:14.40 -18. 3000 pb: 9:15.37 -18. 5000 pb: 15:57.35 -18. 10,000 pb: 35:34.47 -18. At EXC: 2016-57. At WXC: 2017-89. 6 UK 1500 2018; 1 British Universities indoor 3000 2018; 1 English 'National' XC 2019. Was at University of New Mexico, now at St Mary's University, Twickenham. Coach-Mick Woods
In 2019: 8 'Great' Stirling XC; 5 Belfast XC; 1 English 'National' XC; 6 UK Inter-Counties XC
- MacLENNAN Mhairi GBR** 24y
Under-23 team gold at 2017 European Cross Country Championships // 10,000 pb: 33:28.61 -18. 5000 pb: 16:09.76 -18. At EXC: 2017-9u23. 2 Scottish XC 2015; 3 Scottish 5000 2016/2017; 3 English under-23 5000 2017. Coach-Helen Clitheroe
In 2019: 1 Scottish Inter-District XC; 8 Belfast XC; 1 North of England XC; 3 British Universities XC; 4 Scottish XC; 3 UK Inter-Counties XC
- NESBITT Jenny GBR** 24y
Full name: Jennifer-Louise Nesbitt
2019 Welsh Cross Country Champion
Half Mar pb: 72:54 -16 (73:16 -19). 10,000 pb: 32:38.45 -18. 4 WSG XC 2016; 3 ECP 10,000 2016; 6 under-23 ECH 10,000 2017; 5 WSG 10,000 2017; 17 COM 10,000 2018. At EXC: 2015-15u23. 1 British Universities 5000 2016; 7 UK 5000 2018; 1 Welsh XC 2019. Coach-David Walker
In 2019: 11 Valencia 10K; 16 Barcelona Half Mar; 1 Welsh XC; 1 UK Inter-Counties XC

PIASECKI Jess GBR 28y (Piasecki pronounced 'Pea-a-sed-ski') (Née Coulson, married Mathew Piasecki in October 2017) 2012 European under-23 Cross Country Champion, but beset with injuries since, primarily multiple compression fractures in her spine 10,000 pb: 32:41.59 -15. 5000 pb: 15:29.50 -15. 3000 pb: 9:11.28 -15. 1500 pb: 4:18.75 -07. 7 EJC 3000 2007; 4 ECP 10,000 2015. At WXC: 2007-26J. At EXC: 2006-14J, 2012-1u23 (she revealed she felt so good that she was singing to herself during the race), 2018-10. 1 English 5000 2012. Coach-Robert Hawkins Marathon (1): dnf Frankfurt 2015 (tore plantar fascia in mid race when on pace for sub-2:30) She says "I am attempting to educate as many young aspiring athletes as I can" of the issues which blighted the first part of her career Recent: 10 EXC (team silver)	
QUIRK Amelia GBR 19y Junior team gold at 2018 European Cross Country Championships // 3000 pb: 9:11.20 -18. 1500 pb: 4:16.32 21:53-17. 4 EJC 2017. At EXC: 2016-9J, 2018-5J. At WXC: 2017-dnfJ. 1 South of England under-17 1500 2015/2016; 1 English 'National' under-17 XC 2017 & under-20 2019. Coach-Mick Woods In 2019: 1 South of England under-20 XC; 2 British Universities XC; 1 English 'National' under-20 XC (under English Cross Country rules, she is still an under-20 throughout the winter season in 2018/2019); 5 UK Inter-Counties XC	
WOOLVEN Pippa GBR 25y 2012 World junior steeplechase finalist // 3000SC pb: 9:47.97 -14. 5000 pb: 15:49.16i -17, 16:15.69 -16. 9 WJC 2012; 8 COM 3000SC 2014. At EXC: 2016-17, 2018-9. 1 English Schools 1500SC 2010/2011; 1 British Universities 2000SC 2012/2016. Studied Psychology at Florida State University. Coach-Luke Gunn In 2019: 1 Black Park parkrun; 4 'Great' Stirling XC; 1 South of England XC; 2 English 'National' XC	
BURKARD Elena GER 27y Fifth & sixth at the last two European Cross Country Championships, fourth at the 2018 'Great' Edinburgh XC 3000SC pb: 9:29.76 -18. 5000 pb: 15:12.17 -18. 3000 pb: 8:45.43 -18. 1500 pb: 4:06.51 -18. 8 EJC 5000 2011; 6 ECH 3000SC 2018. At EXC: 2010-21J, 2011-11J, 2017-5, 2018-6. Now lives and studies at Tübingen, she was at the University of San Francisco for five years ("I fell in love with running over there"). She has been German Champion in "Summer Biathlon" – running + shooting. Coach-Jörg Müller She was told she was "too uncoordinated" to be a steeplechaser, but placed sixth at the Berlin European Championships in 2018, her first year at the event. Has tattoos of cartoon characters on each lower leg (from "The Little Prince", a favourite book) In 2019: 1 'Great' Stirling XC; 1 German XC	
YADAV Chinta IND 26y Twice Indian Steeplechase Champion // 5000 pb: 16:08.14 -17. 3000SC pb: 9:49.23 -17. 1500 pb: 4:28.98 -16. 11 Asian Games 3000SC 2018. 1 Indian 3000SC 2017/2018 In 2019: 1 Indian XC	
McCORMACK Fionnuala IRL 34y (Née Britton) Twice European Cross Country Champion (& 3x 4th) // Marathon pb: 2:31:22 -16. Half Mar pb: 70:44 -16. 10,000 pb: 31:29.22 -12. 5000 pb: 15:12.97 -12. 3000SC pb: 9:37.60 -11. 12 WCH 3000SC 2007 (2011-ht); ht OLY 3000SC 2008; 6 WSG 3000SC 2009 (2005-11); 9 ECH 3000SC 2010 (2006-ht); 4 ECH 10,000 2012/2016 (2014-8); 15 OLY 10,000 2012 (ht 5000); 3 EIC 3000 2013. At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36, 2011-16, 2013-14. At EXC: 2001-74J, 2002-49J, 2003 -21J, 2005-39, 2006-2u23, 2007-7, 2009-11, 2010-4, 2011/2012-1, 2013-4, 2014-6, 2015-4, 2016-5, 2017-12. Graduate in Sports Science and Health from Dublin City University. Borm/lives-Wicklow. Coach-Joe Doonan (formerly Chris Jones) Marathons (3): 10 ECH 2014 (her marathon début, after only announcing her decision to run two weeks earlier), 13 Chicago 2015, 20 OLY 2016 In 2019: 6 Belfast XC (her first race in a year following the birth of her daughter Isla in October 2018)	
TREACY Sara IRL 29y Full name-Sara Louise Treacy 2016 Olympic steeplechase finalist // 3000SC pb: 9:39.41 -16. 5000 pb: 16:18.64 -18. 3000 pb: 9:06.23i, 9:08.81 -15. 1500 pb: 4:16.29 -14. 800 pb: 2:08.65 -11. 9 under-23 ECH 1500 2011; ht WCH 3000SC 2015; 9 ECH 3000SC 2016; 17 OLY 3000SC 2016. At WXC: 2006-69J, 2008-32J. At EXC: 2006-47J, 2007-34J, 2008-12J, 2009-29u23, 2010-27u23, 2011-18u23, 2012 -41, 2013-30, 2014-12, 2018-26. 1 Irish 3000SC 2014/2015 (1 1500 2015). 1 UK indoor 3000 2015. Lives-Birmingham (GBR), coaches-Luke Gunn & Bud Baldaro In 2019: 7 Elgöbar XC; 1 Sheffield BMC; 11 Madrid IAAF Tour 3000; 4 Irish indoor 3000; 3 Manchester 'Trafford' 10K	
KASEDA Rika JPN 20y ⁼¹³⁴ Half Mar pb: 71:29 -19. 10,000 pb: 32:51.98 -18. 5000 pb: 15:35.31 -17. 4 Asian junior XC 2016; 8 WJC 5000 2016. At WXC: 2017-22J. 1 Japanese Universities 5000 2017 In 2019: 7 Japanese XC; 2 Japanese Universities Half Mar	
TANAKA Nozomi JPN 19y 2018 World Junior Champion at 3000m // 5000 pb: 15:15.80 -18. 3000 pb: 8:54.01 -18. 1500 pb: 4:13.68 -18. 4 Asian Champs 1500 2017; 1 WJC 3000 2018 (2016-8); dnf IAAF Continental Cup 3000 2018 (she was eliminated from the race because she was placed last with two laps remaining) A Danish connection: her mother Chihiro Tanaka won the 2009 Copenhagen Marathon in 2:41:00. She had an all-time best of 2:29:30 in 2002 (and at age 49 placed 2nd in the 2019 Himeji marathon in 2:50:38) In 2019: 1 Japanese XC	
UEDA Yukina JPN 21y ⁼²²⁸ Half Mar pb: 71:38 -19. 10,000 pb: 33:34.70 -18. 5000 pb: 15:53.37 -18. 2 Japanese Universities 5000 2018 In 2019: 6 Japanese XC; 4 Japanese Universities Half Mar	
YABUTA Yui JPN 23y Half Mar pb: 76:53 -16. 5000 pb: 16:22.54 -18. 3000SC pb: 9:58.89 -18. 3 Japanese 3000SC 2018 In 2019: 8 Japanese XC	
CHEPKOECH Beatrice KEN 27y World steeplechase record holder; previously best known for the U-turn she needed to perform in the 2017 World Championship final when she forgot to clear the first water jump 3000SC pb: 8:44.32 -18. 3000 pb: 8:28.66 -17. 1500 pb: 4:03.09 -18. 3 African Games 1500 2015; 4 OLY 3000SC 2016; 1 WXC Mixed relay 2017; 4 WCH 3000SC 2017 (besides missing a water jump, she also fell at a later barrier); 7 WIC 1500 2018; 2 COM 1500 2018; 1 African Champs 3000SC 2018; 1 IAAF Continental Cup 3000SC 2018. 1 Kenyan 1500 2017 & 3000SC 2018. Anchored Kenya to victory in the first-ever mixed relay at the World Cross Country Championships. Coach-Julius Kirwa At Monaco 2018 she improved the world steeplechase record by > 8 seconds, then at Brussels she set the #3 mark of all-time In 2019: 3 Elgöbar XC; 1 Seville XC; 4 Kenyan Police XC; 3 Kenyan XC	
CHERONO Eva KEN 22y ⁼⁵⁴ 10,000 pb: 32:34.03 -18. 5000 pb: 15:09.42 -18. 3000 pb: 8:41.69 -18. 1500 pb: 4:15.2 -15. 2 African youth 1500 2013; 4 African junior 1500 2015; 7 COM 5000 2018. 8 Kenyan World Championship Trial 5000 2017. Acted as a pacemaker in 2018 in Rabat, Rovereto and Zürich. 1.55/41kg She won the important cross country at Alcobendas (Spain) in November 2018 In 2019: 5 Kenyan XC	
KIPKEMBOI Margaret KEN 26y Full name-Margaret Chelimo Kipkemboi (Chelimo aka Jelimo) 2015 African Games Champion at 5000m 3000 pb: 8:30.11 -17. 1500 pb: 4:10.8 -17. ht World Youth 800 2009; 1 African Games 5000 2015; 2 African Champs 5000 2016; 5 WCH 5000 2017; 2 COM 5000 2018. At WXC: 2015-13. 2 African XC 2018 In 2019: 1 Kenyan Police XC	
MUTAI Beatrice KEN 31y ⁼³⁴ Full name-Beatrice Chepkemai Mutai She is the elder sister of Faith Kipyegon (1 OLY / WCH 1500 2016/2017) Half Mar pb: 69:30 -14. 10K pb: 31:28 -17. 10,000 pb: 31:49.81 -18. 5000 pb: 15:40.64 -12. At WXC: 2013-11; 8 African XC 2014; 4 COM 10,000 2018. 1 Lisbon Half Mar 2015; 3 Cardiff Half Mar 2017. Team gold at the 2013 World Cross Country Championships, even though she was a non-scorer for Kenya despite placing 11th In 2019: 2 Kenyan XC	
OBIRI Hellen KEN 29y Full name-Hellen Onsando Obiri Military title-Sergeant Hellen Obiri (from the Laikipia Air Base) World Champion and unbeaten at 5000m in 2017, when she was voted Kenyan woman athlete of the year 5000 pb: 14:18.37 -17. 3000 pb: 8:20.68 -14. 1500 pb: 3:57.05 -14. 800 pb: 2:00.54 -11. 3 World Military Games 800 2011 (4 1500); 1 WIC 3000 2012 (2014-2, 2018-4); 8 OLY 1500 2012; 3 WCH 1500 2013 (2011-10); 6 COM 1500 2014; 1 African Champs 1500 2014 & 5000 2018; 4 IAAF Continental Cup 1500 2014; 2 OLY 5000 2016; 1 WCH 5000 2017 (a 60.44 last lap, leaving Almaz Ayana far behind); 1 COM 5000 2018; 3 IAAF Continental Cup 3000 2018. 1 Kenyan 1500 2011. Maternity in 2015 (a daughter) In 2019: 1 Elgöbar XC; 1 Kenyan Defence Forces XC; 1 Kenyan XC Note – If she wins in Aarhus, she would become the first woman with individual senior titles from IAAF World Championships, IAAF World Indoor Championships and IAAF World Cross Country Championships. Kenenisa Bekele did it among men, Genzebe Dibaba did it as a junior and Berhane Adere did it but only with a team cross country gold	
RENGERUK Lilian KEN 21y Full name-Lilian Kasait Rengeruk Third at 2017 World Cross Country Championships (when Kenya had a 1-2-3 -4-5-6) 5000 pb: 14:36.80 -17. 3000 pb: 8:32.73 -17. 1 World Youth 3000 2013; 5 African junior XC 2014; 2 WJC 3000 2014; 5 African Champs 5000 2018. At WXC: 2017-3. 1 Kenyan Schools 3000 2015 In 2019: 6 Kenyan XC	
SAMUM Deborah KEN 23/24y Half Mar pb: 72:54 -18. 3000SC pb: 9:41.1 -18. She is a Senior Private at Moi Air Base In 2019: 4 Kenyan Defence Forces XC; 4 Kenyan XC	
TIROP Agnes KEN 23y 2ull name-Agnes Jebet Tirop 2015 World Cross Country Champion at 19 year 251 days old (the youngest since Tirunesh Dibaba 2005) 10,000 pb: 31:03.50 -17. 3000 pb: 8:29.09 -18. 2 African junior XC 2012; 3 WJC 5000 2012/2014; 5 African Games 10,000 2015; 3 WCH 10,000 2017. At WXC: 2013-2J, 2015-1, 2017-5 (5th Kenyan!). 1 African junior XC 2014	

STRAUSA Agata LAT ⁼⁴¹⁵ 29y Half Mar pb: 73:13 -16. 5000 pb: 15:55.36 -16. 3000 pb: 9:11.56 -16. 1500 pb: 4:11.27 -13. 800 pb: 2:04.59 -10. ht ECH 1500 2014; 80 ECH Half Mar 2016. At EXC: 2018-8R. 3 NCAA indoor mile 2013. 1 German junior 1500/3000 2007; 1 German under-23 1500 2010. Holds dual nationality with Germany. Was at University of Florida	AL-SAYAD Mayada PLE 26y Palestinian record holder at 3000m, 5000m, 10,000m & Marathon // Marathon pb: 2:40:00 -16. 10,000 pb: 34:48.07 -16. 5000 pb: 16:18.34 -17. 3000 pb: 9:38.85 -16. 6 German 5000 2017. Born-Berlin Marathons (7): 24 Frankfurt 2014, 13 Hamburg 2015, 50 WCH 2015, 67 OLY 2016, 68 WCH 2017, 21 Frankfurt 2017, 42 Berlin 2018
BAZZI Zeinab LBN 36y In 2019: 3 Lebanese XC	MBHELE Jenet RSA 24y Half Mar pb: 73:07 -18. 10,000 pb: 35:20.49 -16. 5000 pb: 16:38.78 -17. 3 South African XC 2018 In 2019: 3 South African World Cross Trial
FALLAHA Laura LBN 26y 1500 pb: 5:12.80 -18 // In 2019: 4 Lebanese XC	MOLOTSANE Kesa RSA ⁼⁵⁸⁴ 27y Full name-Kesaelele Molotsane // 10K pb: 32:56 -17. 5000 pb: 16:01.76 -17. 3000 pb: 9:37.46 -17. 1500 pb: 4:25.80 -16. 9 WSG 5000 2017; 16 African XC 2018. At WXC: 2017-35. 1 South African XC 2016 & 5000 2017 In 2019: 1 South African World Cross Trial
JAAFAR Randa LBN 39y	SCOTT Dominique RSA 26y Versatile distance runner and therefore heavy point scorer for the University of Arkansas (the "Razorbacks") at US Collegiate Championships 10,000 pb: 31:51.47 -16. 5000 pb: 15:04.14 -18 (15:51.25i -19). 3000 pb: 8:41.18i -18, 8:41.33 -17. 1500 pb: 4:07.20 -18. 21 OLY 10,000 2016; 9 WIC 3000 2018. 6 NCAA XC 2014; 1 NCAA indoor 3000 2015 (2014-2); 1 NCAA indoor Distance Medley 2015; 2 NCAA 5000/10,000 2015; 1 NCAA 5000/10,000 2016. Coach-Lance Harter In 2019: 2 South African World Cross Trial; 1 Fayetteville 5000
MAKARY Joan LBN 25y In 2019: 2 Lebanese XC	van GRAAN Aynslee RSA 23y 10K pb: 36:19 -18. 5000 pb: 16:50.18 -19. 1500 pb: 4:19.57 -16. 28 African Junior XC 2012. Was at Coastal Carolina University in Conway, South Carolina In 2019: 4 South African World Cross Trial; 1 Pretoria 5000 (Jan 26); 1 Parow 5000; 2 Pretoria 10K; 1 Pretoria 1500 (Feb 23); 1 Stellenbosch 1500; 1 Potchefstroom 1500
TOMAZOU Jennifer LBN 27y In 2019: 1 Lebanese XC	XABA Glenrose RSA ⁼³¹³ 24y Twice South African Cross Country Champion // 5000 pb: 16:35.36 -16 (16:40.23 -19), 10,000 pb: 32:59.05 -18 (33:59.70 -19). 11 African Champs 10,000 2016; 20 African XC 2018. At WXC: 2013-45J, 2017-64. 1 South African XC 2015/2018 & 10,000 2016 In 2019: 1 Bronkhorstspuit; =1 Pretoria Half Mar (with Christine Kalmer); 1 Pretoria 5000; 1 Gauteng North 10,000 (2 5000)
ZAAROUR Loaa LBN 26y	KARGBO Aminata SLE 22y
WEILER Liz LUX 27y 3000SC pb: 11:08.86 -18. 1 ETCh 3rd League 3000SC 2017 In 2019: 9 Diekirch XC	BAKHIT Amina SUD 28y Sudanese record holder at 10,000m // 10,000 pb: 33:20.09 -16. 5000 pb: 16:54.21 -15. 1500 pb: 4:19.51 -12. 800 pb: 2:02.44 -16 (2:06.24 -19). 5 World Youth 1500 2005; ht WJC 1500 2006; 10 African Games 800 2007; 7; 8 WJC 800 2008; 3 Arab 10,000 2011 (4 800); 7 African Champs 1500 2012; ht OLY 800 2012/2016; ht WCH 1500 2015; 7 African Champs 800 2016. At WXC: 2017-11R. Two-year doping ban 2009-2011 In 2019: 4 Djibouti 800
BEZZINA Lisa Marie MLT 39y Half Mar pb: 78:23 -19. 3 Small States of Europe Games 3000 2016; 103 World Half Mar 2018 In 2019: 3 Seville Half Mar	MATANGA Failuna TAN ⁼¹⁷³ 26y Full name-Failuna Abdi Matanga // Marathon pb: 2:30:30 -18. Half Mar pb: 69:36 -18 (70:50 -19). 10,000 pb: 31:47.37 -17. 5000 pb: 16:00.6 -14. 18 African XC 2014; 23 WCH 10,000 2017; 12 COM 10,000 2018 (15 5000). At WXC: 2017-16 Marathons (2): 10 Amsterdam 2017, 2 Cape Town 2018 In 2019: 1 Safi Half Mar
HAITOPE Lavinia NAM 29y Half Mar pb: 2:39:59 -18. Half Mar pb: 76:26 -17. 5000 pb: 16:56.28 -12. 9 World Youth 3000 2007; 40 World Half Mar 2012 (2014-52); 11 African Champs 1500 2016. At WXC: 2013-63, 2017-dnf. 1.55/42kg Marathons (5) 6 Cape Town 2016, 10 Prague 2017, 50 WCH 2017, 7 COM 2018, 12 Cape Town 2018	MGOO Amina Mohamed TAN 20y Half Mar pb: 76:08 -18. At WXC: 2017-68J
GREEN Hayley NZL 29y 5000 pb: 16:17.84i -19, 16:23.67 -11. 33 NCAA XC 2011; 7 New England XC 2018. Based in the USA (was at Stony Brook University in New York), born in Wellington, New Zealand In 2019: 1 Boston IAAF Tour 'B'; 4 Boston IAAF Tour 3000 'D'; 2 Boston Hemery 5000	SHAURI Magdalena TAN 23y Full name-Magdalena Crispin Shauri // Marathon pb: 2:33:28 -17. Half Mar pb: 74:57 -17. At WXC: 2017-28 Marathons (3): 4 Mumbai 2017, 5 Hamburg 2017, dnf WCH 2017
ROUGHAN Emily NZL ⁼⁶³⁴ 25y 10K pb: 35:01 -18. 5000 pb: 16:22.76 -19. 2 New Zealand 5000 2019. Was at Northern Arizona University In 2019: 10 Hamilton 1500; 2 New Zealand 5000	SULLE Natalia Elisante TAN 20y Half Mar pb: 74:48 -15. 10K pb: 34:35 -16. 19 African XC 2014
SCEATS-BASIL Rochelle NZL 28y Marathon pb: 2:39:18 -18. Half Mar pb: 75:48 -18. 10K pb: 34:21 -19. 17 Cardiff (Commonwealth Champs) Half Mar 2018 Marathons (3): 6 Indianapolis 2016, 36 Boston mass 2017, 24 Frankfurt 2018 In 2019: 1 Mesa 10K; 18 US 15K	TSERE Angelina TAN 19y Full name-Angelina Daniel Tsere // Half Mar pb: 1:22:14 -17. 10K pb: 34:24 -16. At WXC: 2017-37
CJUORO Rina PER 21y 2018 South American Games Champion at steeplechase // 3000SC pb: 10:14.20 -18. 5000 pb: 16:57.45 -17. 3 South American Youth 2000SC 2014; 8 World Youth 2000SC 2015; ht WJC 3000SC 2016; 1 South American Games 3000SC 2018; 2 South American Champs 3000SC 2018. At WXC: 2017-42J. 1 Peruvian 3000SC 2018 In 2019: 9 South American XC	CHEBET Esther UGA 21y 1500 pb: 4:06.34 -17. 800 pb: 2:03.28 -16. sf WJC 800 2016; ht WCH 1500 2017. 6 Madrid 10K on New Year's Eve 2018 in 31:53 (downhill) In 2019: 9 Seville XC; 3 Ugandan XC
MELCHOR Inés PER ⁼³²⁹ 32y Full name-Santa Inés Melchor Twice South American Champion at 10,000m. South American record holder at Marathon Marathon pb: 2:26:48 -14. 10,000 pb: 31:56.62 -15. 5000 pb: 15:30.63 -13. 1 Pan-Am junior 3000 2001 & 5000 2003/2005; 6 World Youth 3000 2003; ht WCH 5000 2003/2009; 11 WJC 3000 2004; ht OLY 5000 2004; 1 South American 5000 2009 & 10,000 2009/2015; 3 Pan-Am Games 5000 2011; 32 World Half Mar 2018 (2009-39); 1 South American Games 10,000 2018. At WXC: 2005-29J, 2006-72 long. Coach-Pedro Kim Marathons (11): 6 Seoul 2012, 24 OLY 2012, 2 Santiago de Chile 2013, 8 Berlin 2014, 1 Santiago de Chile 2015, dnf Pan-Am Games 2015, 2 Daegu 2016, dnf OLY 2016, 1 Santiago de Chile 2017, 26 WCH 2017, 13 Berlin 2018 In 2019: 6 South American XC	CHEBET Rachael Zena UGA 22y 10K pb: 34:13 -17. 10,000 pb: 34:50.60 -14. 5000 pb: 15:53.50 -16. At WXC: 2013-31J, 2015-17J, 2017-17; 18 African junior XC 2014; 7 African Champs 5000 2016; ht World Youth 1500 2013 In 2019: 2 Ugandan XC
SULCA Néliida PER ⁼⁵¹⁶ 31y Half Mar pb: 77:12 -17. 10,000 pb: 34:44.11 -17. At WXC: 2017-60. 3 South American XC. 3 Peruvian 10,000 2015/2016/2018 In 2019: 3 South American XC	CHEKWEL Juliet UGA ⁼³⁸ 28y 2018 Commonwealth Champion at Half Marathon. Ugandan record holder at 10,000m Half Mar pb: 69:45 -18. 10,000 pb: 31:37.99 -16. 5000 pb: 15:20.15 -16. 1500 pb: 4:18.73 -10. 4 Commonwealth Youth Games 1500 2008; 1 East African junior XC 2008; 16 WCH 10,000 2013 (2015-17); dnf OLY 10,000 2017; 4 COM 5000 2018 (7 10,000); 1 Cardiff (Commonwealth Champs) Half Mar 2018. At WXC: 2011-22, 2013-9, 2015-14 In 2019: 19 Eldoret XC; 5 Ugandan XC
TEJEDA Gladys PER ⁼¹⁵⁴ 33y Full name-Gladys Tejeda Pucuhuaranga Ninth at 2016 World Half Marathon Championships Marathon pb: 2:28:12 -15. 10,000 pb: 32:18.49 -15. 5000 pb: 16:00.91 -13. 2 South American 5000 2013; 1 Bolivarian Games Half Mar 2013; 9 World Half Mar 2016 (2010-21, 2014-26, 2018-29); 2 South American Games 10,000 2018. At WXC: 2015-21, 2017-33. Coach-Rodolfo Gomez Marathons (11): 4 Seoul 2011, 3 Pan-Am Games 2011, 42 OLY 2012, 1 Santiago de Chile 2013, 1 Mexico City 2013, 2 Rotterdam 2015, dq Pan-Am Games 2015, 15 OLY 2016, 8 Valencia 2016, 7 Osaka 2018, 11 Amsterdam 2018 Carried the Peruvian flag at the 2012 Olympic Opening Ceremony. Originally won marathon gold at the 2015 Pan-American Games, but stripped of that title after testing positive for a diuretic. Served a six-month doping ban to March 8, 2016 In 2019: 2 South American XC	

CHEMUTAI Peruth UGA 19y

Ugandan record holder at steeplechase and still rapidly improving
3000SC pb: 9:07.94 -18. 1500 pb: 4:17.18 -16. 2 Commonwealth Youth Games 1500/3000 2015; ht OLY 3000SC 2016 (only 17 years 34 days, but missed final by two places); ht WCH 3000SC 2017; 2 WJC 3000SC 2018 (2016-7). At WXC: 2017-7J
In 2019: 6 Ugandan XC

CHESANG Doreen UGA 28y

Half Mar pb: 71:10 -18. 3000 pb: 9:13.70 -08. 11 World Youth 3000 2007; 16 WJC 3000 2008; 2 Commonwealth Youth Games 3000 2008; 20 African XC 2014; 49 World Hald Mar 2018; 3 Cardiff (Commonwealth Champs) Half Mar 2018. At WXC: 2007-dnfJ, 2017-25. 1 Ugandan junior XC 2008
In 2019: 4 Ugandan XC

CHESANG Stella UGA 5 22y

2015 World Mountain Running Champion. 2018 Commonwealth 10,000m Champion

10,000 pb: 31:39.0 -18. 5000 pb: 15:10.30 -16. 1500 pb: 4:18.80 -15. At WXC: 2011-39J, 2013-14J. 2015-11J, 2017-18; 10 African junior XC 2014; 4 WJC 5000 2014; 3 African junior 5000 2015; 1 World Junior Mountain Running Champs 2014 & senior 2015; ht OLY 5000 2016; ht WCH 5000 2018. 5 African XC 2018; 1 COM 10,000 2018; 4 African Champs 10,000 2018. She is a special constable within the Ugandan Police Force
In 2019: 2 Elgóibar XC; 2 Seville XC; 1 Ugandan XC

MYKHAYLOVA Darya UKR =352 29y

Marathon pb: 2:35:55 -17. Half Mar pb: 72:28 -19. 10,000 pb: 34:05.32 -18. At EXC: 2015-48. 21 ECP 10,000 2016. 1 Ukrainian XC 2019
Marathons (6): 8 Poznan 2015, 2 Bila Tserkva 2016, 5 Warsaw 2017, 44 WCH 2017, 11 Paris 2018, 25 ECH 2018
In 2019: 4 Naples Half Mar; 1 Ukrainian XC; 3 French XC

FERNANDEZ Maria Pia URU 23y

Full name-Maria Pia Fernández Moreira
Multiple medalist at South American Championships & Games
Uruguayan record holder at 1500m, 3000m & 3000m steeplechase
3000 pb: 9:12.80 -18. 1500 pb: 4:12.61 -16. 3000SC pb: 10:37.12 -19. 4 South American Games 800 2014; ht WJC 800 2014; 3 South American Champs 1500 2015 (2017-4); 11 Pan-Am Games 1500 2015; 3 Ibero-American 1500 2016; 11 South American XC 2017; 2 South American Games 1500 2018 (3 800); 1 Ibero-American 3000 2018 (2 1500)
In 2019: 4 Punta del Este 10K; 21 Seville XC; 10 San Sebastián XC; 7 Valladolid XC; 3 Montevideo 3000SC

BLANEY Anne-Marie USA =113 25y

US Women's Team Captain in Stirling // 10,000 pb: 32:31.50 -19. 5000 pb: 15:43.61 -17. 8 NCAA indoor 5000 2017, representing the University of Central Florida (in Orlando); 12 US 10,000 2018; 6 US 10M 2018. She can ride a unicycle ("It's a family hobby"). Lives-Rochester Hills, Michigan. Coaches-Keith & Kevin Hanson (brothers)
In 2019: 11 'Great' Stirling XC; 9 US XC; 3 San Diego 10,000 (pb)

BRUCE Stephanie USA =26 35y

(Née Rothstein)
Third in US Championships at both XC & 10,000m in 2018
Marathon pb: 2:29:35 -11. Half Mar pb: 70:53 -13. 10,000 pb: 31:59.88 -17 (32:15.88 -19). 1 North/Central American & Caribbean under-23 10,000 2006; 19 World Half Mar 2010. At WXC: 2017-22. 2 US 20K 2010 (2012-3); 2 US 15K 2016 (2013-3); 6 'Great' North Half Mar 2018. Was at University of California-Santa Barbara. Husband Ben Bruce is also an international distance runner, having clocked 62:28 for half marathon in 2016. They have two sons. Lives-Flagstaff, Arizona
Marathons (9): 5 Minneapolis to St. Paul 2008, 3 Houston 2011, dnf Houston 2012, 3 Honolulu 2012, 14 Boston 2013, 2 Sacramento 2016, 10 New York 2017, 10 London 2018, 11 New York 2018
In 2019: 5 Boston IAAF Tour 5000; 8 US XC; 2 San Diego 10,000

FRERICHS Courtney USA 26y

2018 Championship steeplechase silver (when she improved from 9:19 to 9:03)
3000SC pb: 9:00.85 -19. 5000 pb: 15:31.62i -16, 16:22.98 -13. 3000 pb: 8:56.99 -17. 1500 pb: 4:18.92 -16. ht WJC 3000SC 2012; 4 NACAC under-23 3000SC 2014; 2 WCH 3000SC 2017; 2 IAAF Continental Cup 3000SC 2018. 1 NCAA 2016 (2015-2); 2 US 2016/2017/2018. Coaches-Jerry Schumacher & Pascal Dobert. Lives-Muddelein, Illinois
In 2019: 6 US XC; 3 Boston University 5000 (pb 15:12.55)

HALL Marielle USA =10 27y

2014 US Collegiate Champion at 5000m, representing the University of Texas at Austin
10,000 pb: 31:37.45 -16. 5000 pb: 15:06.05i -16, 15:06.45 -15 (15:07.17i -19). 3000 pb: 8:54.48 -14. 1500 pb: 4:16.36 -15. sf World Youth 800 2009; ht WCH 5000 2015; 33 OLY 10,000 2016; 1 North/Central American & Caribbean 10,000 2018. 1 NCAA 5000 2014; 2 US 5000 2015 & 10,000 2018 (2016-3). Lives-Philadelphia
In 2019: 3 US XC; 1 Boston University 5000

PAGANO Sarah USA =26 27y

With her 15:48 5K from Albany on June 2, 2018, she is pending world record holder for road 5K in a women-only race
Half Mar pb: 72:27 -16. 10,000 pb: 32:16.03 -16 (32:38.17 -19). 5000 pb: 15:26.79 -16. At WXC: 2017-30. 2 US 10K 2016/2017. Coach-Terrence Mahon. Lives-Ringwood, New Jersey
In 2019: 10 US XC; 5 San Diego 10,000

SCHWEIZER Karissa USA =20 22y

6x US Collegiate Champion across track and cross country, representing the University of Missouri
5000 pb: 15:02.44 -18 (15:11.56i -19). 3000 pb: 8:41.60i -18. 1500 pb: 4:06.77 -18. 1 NCAA XC 2016 & 5000 2017/2018 & indoor 5000 2017/2018 & indoor 3000 2018; 1 NCAA indoor 3000/5000 2018. She was reserve for the 5000m at the 2017 World Championships (having placed fourth at the US Championships that year). Lives-Urbandale, Iowa
In 2019: 7 US XC; 2 Boston University 5000

TABB Elaina USA =88 27y

(Née Balouris) // Half Mar pb: 70:44 -19. 10,000 pb: 32:27.28 -16 (32:38.22 -18). 5000 pb: 15:32.49 -17. At WXC: 2015-64, 2017-47. 5 NCAA 10,000 2014 (2013-10, 2012-19). Graduate of mathematics from the College of William & Mary at Williamsburg, Virginia. Coach-Terrence Mahon
In 2019: 11 Houston Half Mar (pb down from 72:29 to 70:44); 11 US XC; 6 San Diego 10,000

CHITOSHI Felistus ZAM 22y

In 2019: 1 Zambian XC

MHONDERWA Rudo ZIM 23y

10K pb: 33:53 -18. Half Mar pb: 74:41 -18. At WXC: 2017-75. 8 South African Half Mar 2018

Men's Race

10,240m – 5 laps
(Long start lap/2100m+ 3x long lap/2000m + finish lap/2140m)
6 run, 4 score

14:00

171 Entrants

54 Countries

Age

GUERINE Ali ALG 29y

1 World Military XC 2017

BRUNO Federico ARG 25y

2017 South American Champion at 1500m (having run in the Olympic marathon in 2016)

Marathon pb: 2:15:40 -16. 5000 pb: 13:53.40 -15. 3000 pb: 7:54.34 -15. 1500 pb: 3:38.35 -15. ht World Youth 1500 2009; 12 WJC 2012; 1 South American under-23 3000 2012 (4 1500); 1 South American Games 1500 2014 (2018 -3); 6 Pan-Am Games 1500 2015 (dnf 5000); 1 South American 1500 2017 (2013/2015-2); ht WCH 1500 2017; ht WIC 3000 2018

Marathons (2): 13 Hamburg 2016. 136 OLY 2016

In 2019: dnf South American XC

BIEL Yiech Pur ART 24y

ht OLY 800 2016 (1:54.67). Coach-Tegla Loroupe (ex-World record holder for marathon). Born-South Sudan, lives-Kenya. In 2005 he fled from Nasir in southern Sudan to the Kakuma Refugee Camp in northern Kenya to escape conflict

EISA MOHAMMED Jamal Abdelmaji ART 25y**LOBALU Dominic Lokinyomo ART** 20y

1500 pb: 3:52.78 -17. 7 World Relays 4x800 2017; ht WCH 1500 2017; 11 African Champs 5000 2018. Originally from Southern Sudan, fled to Kenya in 2007

In 2019: 11 Kisii XC; dnf "Monaco Run" 5K

LOKORO Paulo Amotun ART 27yIn 2006 he fled to Kenya from the conflict in South Sudan. He began training with the Tegla Loroupe Foundation in Kenya in 2015, after his talent was noticed while in the Kakuma Refugee Camp. Coach-Tegla Loroupe
1500 pb: 4:03.96 -16. ht OLY 1500 2016; 7 World Relays 4x800 2017; 124 World Half Mar 2018 (69:31)**MAURIS Simon Ayong ART** 20/21y**NAIT HAMMOU Otmene ART** 23y

5000 pb: 14:58.51 -18. 3000SC pb: 9:34.55 -18. 5 Lidingöloppet 15K XC 2018; 37 Swedish XC 2018. Asylum seeker from Morocco, based in Sweden

BRUCE Jack AUS =99 24y
Second in 2017 US Collegiate 5000m, representing the University of Arkansas

10,000 pb: 28:49.70 -18. 5000 pb: 13:28.57 -18. 2 NCAA 5000 2017; 13 NCAA XC 2017; 3 Melbourne Zatopek 10,000 2018. 1.91 tall

In 2019: 4 Australian World Cross Trial; 11 New York Millrose 3000

McSWEYN Stewart AUS 7 23yFifth in 2018 Commonwealth Games 5000m, but much improved since then
1500 pb: 3:34.82 -18 (3:35.10i -19). 10,000 pb: 28:05.37 -18. 5000 pb: 13:05.23 -19 (13:32.37 -19). Mile pb: 3:54.60 -18. 3000SC pb: 8:34.25 -17. 14 WSG 5000 2015; ht WCH 3000SC 2017; 5 COM 5000 2019 11 10,000; 4 IAAF Continental Cup 3000 2018. At WXC: 2013-86J, 2017-53; 1 Australian XC 2016; 1 Melbourne Zatopek (Australian) 10,000 2017. Born-Launceston, coach-Nic Bideau

In 2019: 1 Sâtra 3000; 1 Metz 3000; 2 Athlone Mile; 3 Birmingham IAAF Tour 1500 (third behind the two 3:31 Ethiopians); 2 Sydney Classic 5000

RAMSDEN Matthew AUS 21y

5000 pb: 14:01.89 -16. 3000 pb: 7:52.67 -19. 1500 pb: 3:39.39 -17. 6 WJC 1500 2016 (15 5000). At WXC: 2015-dnfJ. 2 Australian 1500 2017. He won the Elimination Mile at the first of the 1 Melbourne "Nitro" meetings in 2017

In 2019: 5 Australian World Cross Trial; 2 Melbourne 3000 (Feb 7); 1 Melbourne Mile (Feb 19); 4 Sydney Classic 1500; 1 Perth Mile

RAYNER Jack AUS =68 23y

2018 Commonwealth Half Marathon Champion (in Cardiff), when he improved from 63:12 to 61:01 and defeated strong Ugandan & Kenyan opposition

Half Mar pb: 61:01 -18 (61:36 -19). 10,000 pb: 28:12.07 -18. 5000 pb: 13:41.35 -17. 1 Cardiff (Commonwealth Champs) Half Mar 2018. At WXC: 2017-40. 1 Australian Half Mar 2018. A resemblance to Steve Prefontaine has been noted, especially after he defeated Matthew Centrowitz at 5000m in Stanford in May 2017. Coach-Nick Bideau

In 2019: 2 Australian World Cross Trial; 3 Marugame Half Mar

ROBINSON Brett AUS =74 27y

2013 World 5000m finalist, 2016 World Indoor 3000m finalist, 2016 Olympic 5000m finalist

Half Mar pb: 64:01 -17. 10,000 pb: 28:24.49 -15. 5000 pb: 13:15.91 -18. 3000 pb: 7:45.97 -15. 1500 pb: 3:38.94 -12. 8 WJC 1500 2010; 15 WCH 5000 2013 (2015-ht); 11 WIC 3000 2016; 14 OLY 5000 2016. At WXC: 2009-46J, 2013-29, 2015-28, 2017-dnf. Coach-Nic Bideau

In 2019: 1 Australian World Cross Trial; 1 Hobart 10K

SUMMERS Harry AUS =176 28y

Marathon pb: 2:21:23 -14. Half Mar pb: 63:34 -12. 10,000 pb: 28:13.23 -12. 5000 pb: 13:34.58 -12. 3000 pb: 7:51.63 -19. 24 World Half Mar 2012; 18 COM 10,000 2014. At WXC: 2009-29J. 1 Australian 5000 2012. Coach-Sean Williams

Marathons (2): 51 Otsu 2014, dnf Nagano 2016

In 2019: 3 Australian World Cross Trial; 1 Melbourne 3000 (early world outdoor lead 7:51.63); 2 Hobart 10K (pb 28:35)

IRABARUTA Olivier BDI 28y

Burundian record holder at marathon // Marathon pb: 2:09:48 -18. Half Mar pb: 62:54 -16. 10,000 pb: 27:55.92 -16. 5000 pb: 13:17.98 -16. 3000 pb: 7:50.98 -16. 1500 pb: 3:48.70 -16. 5 African Champs 5000 2012 (2010-13); 6 African Champs 10,000 2012; ht OLY 5000 2012; 2 Francophone Games 10,000 2013 (5 5000); 6 African Champs 5000 2014 (7 10,000); 10 African Games 10,000 2015; 27 OLY 10,000 2016 (ht 5000); 54 World Half Mar 2018. At WXC: 2015-63, 2017-54. Based in Italy. He was the Burundian flag bearer at the opening ceremony in Rio 2016

Marathons (2): 2 Porto 2018, 5 Wuxi 2019

In 2019: 3 Rovereto XC; 5 Wuxi Marathon (On March 24, just six days before Aarhus)

KWIZERA Rodrigue BDI 19y

10 African Champs 5000 2018. At WXC: 2017-39

NDIKUMWENAYO Thierry BDI 22y

2014 Youth Olympic silver at 3000m // 5000 pb: 13:25.55 -17. 3000 pb: 7:41.04 -18. 2 Youth Olympic 3000 2014; 9 African Games 5000 2015; 7 African Champs 5000 2016; ht WIC 3000 2018. At WXC: 2017-95

In 2019: 1 Le Mans XC; 1 Spanish Clubs under-23 XC

NIYOMUKIZA Jean-Marie Vianney BDI 20y

Half Mar pb: 63:12 -18. 10K pb: 28:49 -18. 5000 pb: 13:31.91 -16. 8 African Champs 5000 2016. At WXC: 2017-25

NZIKWINKUNDA Onesphore BDI 21y

Marathon pb: 2:12:11 -18. Half Mar pb: 61:48 -19. 10,000 pb: 28:08.98 -17. 5000 pb: 13:27.36 -17. 19 WCH 10,000 2017. At WXC: 2017-14

Marathon (1): 6 Istanbul 2018

In 2019: 1 Modena 13.1K; 3 Trabzon Half Mar (pb 61:48)

DIPHOKO Rapula BOT 29y

Half Mar pb: 64:32 -18. 10,000 pb: 29:21.05 -13. 48 World Half Mar 2012 (2009-72); 27 Cardiff (Commonwealth Champs) Half Mar 2018. At WXC: 2008-134, 2010-111, 2017-64

In 2019: 1 Botswana XC

KEITSHEKILE Tholego BOT 25y

In 2019: 3 Botswana XC

MATLAPENG Sesebo BOT 27y

Half Mar pb: 66:19 -18. 5000 pb: 13:43.57 -16. 10 African Champs 3000SC 2016 (14 5000); 22 African XC 2016

In 2019: 2 Botswana XC

da SILVA Nicolas Antonio BRA 21y

Full name-Nicolas Antonio Goncalves da Silva // 3000SC pb: 9:06.14 -18. 7 Brazilian 3000SC 2018

In 2019: 12 South American XC

de CAVALHO Glenison Gilbert BRA 33y**de OLIVEIRA Jhonatas BRA** 28y

In 2019: 2 South American XC

RAMOS Andre BRA 24y

Full name-Andre Ramos de Souza // In 2019: 4 South American XC

ABDO Abdi Ibrahim BRN 21y

Marathon pb: 2:08:32 -08. 5000 pb: 14:29.84 -14. 10,000 pb: 29:54.32 -14. 4 Youth Olympic Games 3000 2014; dnf WJC 10,000 2014. 1 Arab junior 10,000 2014 (2 5000)

Marathons (4): 1 Hefei 2017, 2 Rome 2018, dnf Asian Games 2018, 2 Istanbul 2018

BACHA Zelalem BRN 31y

Allegiance transferee from Ethiopia – Formerly Zelalem Bacha Regasa Acquired Bahraini citizenship on February 13, 2013, cleared by IAAF to compete for Bahrain from February 12, 2014

Marathon pb: 2:09:16 -18. Half Mar pb: 63:02 -16. 10,000 pb: 28:50.12 -13. 5000 pb: 13:17.89 -13. 8 'Great' Ethiopian 10K 2012; 2 World Police XC 2013; 2 Arab Champs 5000 2013; 4 Asian XC 2014; 80 World Half Mar 2014. At WXC: 2015-19

Marathons (2): 1 Florence 2017, 6 Seoul 2018

BALEW Birhanu BRN 23y

Full name-Birhanu Yemataw Balew (he operates as both Birhanu Yemataw and Birhanu Balew)

Allegiance transferee from Ethiopia – acquired Bahraini citizenship on October 8, 2014, cleared by IAAF to compete for Bahrain from October 8, 2015

Half Mar pb: 61:45 -17. 5000 pb: 13:01.09 -18. 3000 pb: 7:34.26 -18. 9 OLY 5000 2016; 12 WCH 5000 2017; 10 WIC 3000 2018; 1 Asian Games 5000 2018; dnf IAAF Continental Cup 3000 2018 (he was the first to be eliminated, being at the back of the pack with four laps remaining). At WXC: 2017-27. 1 Lausanne Diamond 5000 2018 (came through to win after the Barega/Kejelcha shorts-pulling clash)

In 2019: 1 Belfast XC; 1 Mondeville 3000; 1 Liévin 2000

CHANI Hassan BRN =18 27y

Allegiance transferee from Morocco – acquired Bahraini citizenship on December 22, 2013 and cleared by IAAF to represent Bahrain from March 21, 2014

2018 Asian Games Champion at 10,000m

Marathon pb: 2:14:32 -17. Half Mar pb: 60:23 -17 (61:59 -19). 10,000 pb: 27:38.16 -18. 5000 pb: 13:28.67 -15. 3000 pb: 7:57.09 -13. 3 World Military Games 10,000 2015; dnf OLY 10,000 2016; 1 Asian Games 10,000 2018. At WXC: 2015-20. Coach-Ahmed Jassim Hamada

Marathons (3): 17 Paris 2017, 50 WCH 2017, 8 Guangzhou 2017

In 2019: 1 San Sebastián XC; 17 Bahrain Half Mar

FIKADU Dawit BRN =1352 **23y**
 Full name-Dawit Fikadu Admasu
 Allegiance transferee from Ethiopia – Acquired Bahraini citizenship in 2015, cleared by IAAF to compete for Bahrain from March 30, 2017
 Half Mar pb: 60:01 -19. 10K pb: 27:56 -16. 5000 pb: 13:15.20 -17. 4 'Great' Ethiopian Run 2016; 2 West Asian 5000/10,000 2018
 In 2019: 5 Bahrain Half Mar

KAKERI Joshua Lemushen BRN **20y**
 Full name-Dawit Fikadu Admasu
 Allegiance transferee from Kenya – Acquired Bahraini citizenship June 19, 2015, cleared by IAAF to compete for Bahrain from June 20, 2016
 Half Mar pb: 62:52 -17. 2 Italian Half Mar 2017

KIPKOGEI Nelson BRN **26y**
 Full name-Nelson Kipkogei Cherutich
 Allegiance transferee from Kenya – acquired Bahraini citizenship on February 13, 2013 and cleared by IAAF to compete for Bahrain from February 12, 2014
 3000SC pb: 8:22.24 -12. Half Mar pb: 62:22 -17 (64:24 -19). 5000 pb: 13:49.72i -17, 13:56.61 -16. 3000 pb: 7:48.27 -16. ht OLY 3000SC 2016
 In 2019: 5 Las Palmas Half Mar; 10 Liévin 2000; 23 Bahrain Half Mar

ROP Albert BRN **26y**
 Full name-Albert Kibichii Rop
 Allegiance transferee from Kenya – acquired Bahraini citizenship in April 2013 and cleared by IAAF to represent Bahrain in international competition from April 1, 2014
 Half Mar pb: 61:21 -18. 10K pb: 27:44 -18. 5000 pb : 12:51.96 -13. 3000 pb: 7:32.02 -16. 4 IAAF Continental Cup 5000 2014; 11 WCH 5000 2015 (2017-ht); 1 World Military Games 5000 2015; 2 Asian Indoor Champs 3000 2016; 1 Asian XC 2016; 7 OLY 5000 2016; 13 World Half Mar 2018; 2 Asian Games 5000 2018 (2014-3). At WXC: 2015-11, 2017-dnf. Holds Asian records at 5000m & indoor 3000m
 In 2019: 1 Arab XC; 3 Seville XC; 3 San Sebastián XC

EL-SANDALI Ehab CAN **22y**
 5000 pb: 13:52.50 -18. 17 WJC 10,000 2016; 12 NACAC XC 2019. 1 Canadian junior XC 2015/2016. He set a Candian junior indoor 5000m record of 14:18.97 in 2016. Coach-Gary Westgate
 In 2019: 12 NACAC XC; 8 Boston Mile 'B'

ESSELINK Evan CAN =1203 **27y**
 Former Canadian Champion at 10,000m // Half Mar pb: 62:17 -19. 10,000 pb: 28:55.98 -15. 5000 pb: 13:59.04 -16. ht World Youth 3000 2009; 13 WSG 10,000 2017; 115 World Half Mar 2018. At WXC: 2017-88. 1 Canadian 10,000 2017. Coach-Richard Lee
 In 2019: 14 Houston Half Mar; 9 NACAC XC

FLANAGAN Ben CAN **24y**
 2018 US Collegiate Champion at 10,000m (representing the University of Michigan)
 10,000 pb: 28:34.53 -18. 5000 pb: 13:48.58i -18, 14:06.85 -16. 3000 pb: 7:48.80i -19. ht World Youth 1500 2011. At WXC: 2013-34J. 1 Canadian 5K 2018; 1 NCAA 10,000 2018 (56.9 last lap to reel in Vincent Kiprop); 3 Canadian 5000 2018. Coach-Coach Kevin Sullivan.
 Viral video clips of him after his shock NCAA 10,000m win 2018, when he immediately shouted "Where's my mom? Where's my mom?" (his mother Michelle was in the crowd). #wheresmymom was created and a running company produced stickers with that slogan
 In 2019: 1 New York Sander 3000 (pb 7:48.80); 10 New York Millrose 3000

GAY John CAN **22y**
 3000SC pb: 8:36.55 -17. 5000 pb: 13:57.68 -18 (13:57.04i -19). 4 Francophone Games 3000SC 2017; 11 WSG 3000SC 2017. 3 Canadian 3000SC 2018. 1 North American Association of Intercollegiate Athletics (NAIA) 3000SC 2016/2017/2018, representing the University of British Columbia
 In 2019: 1 Seattle 5000 'C' (Feb 8); 1 Vancouver 5K

LINKLETTER Rory CAN =182 **22y**
 10,000 pb: 28:43.51 -18. 5000 pb: 13:37.98 -18 (13:42.07i -19). 3000 pb: 7:54.29i -18. At WXC: 2015-86J, 2017-76. 5 NACAC XC 2019. 5 Canadian XC 2018. Coach-Ed Eyestone
 In 2019: 1 Provo Mile (Jan 12); 2 Seattle Mile 'B' (Jan 26); 9 Ames Invitational 5000; 5 NACAC XC; 8 Seattle 3000 (Mar 23)

PREISNER Ben CAN =484 **23y**
 2014 World Junior Steeplechase finalist // 10,000 pb: 29:08.17 -18. 5000 pb: 13:57.97i -18, 14:04.94 -17. (14:24.62i -19). 3000SC pb: 8:49.44 -17. ht World Youth 2000SC 2013; 11 WJC 3000SC 2014. At WXC: 2015-83J. 4 Canadian 3000SC 2016; 6 Canadian XC 2018. Coaches-Steve & Taylor Gulley
 In 2019: 1 Pittsburg 5000; 10 NACAC XC; 1 Birmingham AL 3000/5000

SIKUBWABO Yves CAN =1254 **25y**
 Allegiance transferee from Rwanda – the IAAF's Nationality Review Panel confirmed his eligibility to compete for Canada in March 2019
 5000 pb: 14:05.23 -16. 1500 pb: 3:43.89 -16. ht WJC 1500 2010 (for Rwanda); 6 Francophone Games 5000 2017; 8 Pan-American XC 2018. 5 Canadian XC 2017 (2018-7). Orphaned in the Rwandan genocide of 1994, he remained in Canada after competing for Rwanda in the 2010 World Junior Championships at Moncton. Gained Canadian citizenship in 2015

TATE Mike CAN =400 **23y**
 10,000 pb: 29:09.36 -18. 5000 pb: 13:34.28 -17. 1500 pb: 3:42.72 -15 (3:46.44i -19). At WXC: 2013-78J; ht WJC 1500 2014; 2 NACAC under-15 1500 2016; 12 Francophone Games 5000 2017; 7 NACAC XC 2019. 3 Canadian 5000 2016; 4 NCAA indoor 5000 2018; 2 Canadian XC 2018. Was at Southern Utah University. Coach-Dave Scott-Thomas
 In 2019: 1 Montréal 1500/3000; 7 NACAC XC

QUIJADA Juan CHI **21y**
 3000 pb: 8:56.0 -18

CAO Shaobo CHN **24y**
 1500 pb: 3:46.63 -14. 800 pb: 1:50.41 -14. 3 Chinese 800 2013

LUO Yuxi CHN **24y**
 2017 Chinese National Games Champion at 1500m // 1500 pb: 3:44.35 -17 (3:52.30i -19). 800 pb: 1:50.20 -16.4 Asian Indoor Champs 1500 2014; 8 Asian Games 1500 2018. 1 Chinese junior 1500 2013; 1 Chinese 1500 2017; 1 Chinese National Games 1500 2017
 He is also entered for the mixed relay in Aarhus (athletes are allowed to do both races)
 In 2019: 4 Xian 1500

MAO Amu CHN **20y**
 1500 pb: 3:48.90 -16. 10,000 pb: 30:44.95 -17. 5000 pb: 14:16.87 -16. 1 Chinese junior XC 2017; 3 Chinese junior 1500 2017; 20 Chinese National Games 10,000 2017; 2 Chinese junior 5000 2018 (3 1500)
 He is also entered for the mixed relay in Aarhus (athletes are allowed to do both races)

PENG Jianqi CHN **20y**
 2018 Chinese Champion at steeplechase // 3000SC pb: 8:58.10 -18. 5 Asian Junior 3000SC 2018. 1 Chinese youth XC 2016; 1 Chinese 3000SC 2018

DAHL-JESSEN Mikkel DEN **24y**
 1500 pb: 3:43.18 -18. 3000 pb: 8:09.81 -17. 5000 pb: 14:31.56 -17. At WXC: 2017-102. At EXC: 2011-54J, 2012-27J, 2013-101J, 2016-44u23, 2017-74, 2018-72. 1 Danish under-23 1500 2015. Student of medicine. Club-Aarhus Gymnastik Forening Atletik
 In 2019: 2 Danish XC

GLANS Peter DEN **26y**
 5000 pb: 14:13.92 -18. 1500 pb: 3:42.73 -16. 800 pb: 1:51.15 -15. At WXC: 2017-85. At EXC: 2010-75J, 2011-39J, 2012-39J, 2013-50u23, 2015-10u23, 2016-47, 2017-58, 2018-46. 1 Danish XC 2017 (short & long course); 1 Danish 5000 2018
 He married international distance runner Laura Møller in 2018, both compete at Aarhus 2019. Club-Hechmann Mikkel Racing
 In 2019: 6 European Clubs Cup XC; 2 Nordic International 3000; 5 Danish indoor 3000; 5 Danish XC

HESELBJERG Ole DEN =748 **28y**
 Twice third at US Collegiate Championship Steeplechases, representing Eastern Kentucky University from where has has a degree in physics
 3000SC pb: 8:27.86 -18. 5000 pb: 14:06.25 -18. 12 World Youth 2000SC 2007; 10 ECH 3000SC 2016; ht OLY 3000SC 2016; ht WCH 3000SC 2017; 5 WSG 3000SC 2017. At EXC: 2009-53J, 2010-79u23, 2015-61, 2016-45, 2017-27, 2018-19. 3 NCAA 3000SC 2014/2015. 1 Danish 3000SC 2015/2016/2017/2018 (1 5000 2018). 1 Danish indoor 3000 2019. Coach-Heidi Jensen (mother of fellow international Nick Jensen). Club-Sparta AM
 In 2019: 2 Gothenburg 3000; 8 Schoorl 10K; 1 Danish indoor 3000; 3 Danish XC

NIJHUIS Thijs DEN **26y**
 Fourth at 2015 World Student Games 5000m // Marathon pb: 2:19:30 -18. Half Mar pb: 63:31 -19. 10,000 pb: 29:19.17 -15. 5000 pb: 13:51.07 -15. 3000 pb: 7:58.95 -15. 10 EJC 5000 2011; 10 under-23 ECH 10,000 2013; 95 World Half Mar 2014; 4 WSG 5000 2015 (2015-15); 64 World Half Mar 2016 (2014-95); 10 WSG 10,000 2017. At EXC: 2009-67J, 2010-34J, 2011-68J, 2013-36u23, 2014-21u23, 2015-25, 2016-55, 2017-33, 2018-44. 1 Danish 5000 2014/2017 & indoor 3000 2016. Born-Holland (Enschede), his Dutch parents moved to Denmark before his first birthday. Was at Eastern Kentucky University. Coach-Coached by Niels Kim Hjorth (12 ECH 1500 1986). Club-Viborg AM
 Marathon (1): 2 Odense 2018
 In 2019: 12 Barcelona Half Mar; 10 Danish XC

SIMONSEN Jacob DEN **24y**
 Half Mar pb: 66:16 -18. 5000 pb: 14:38.73 -18. ht World Youth 3000 2011. At EXC: 2013-42J, 2013-43J, 2016-19u23, 2017-37u23, 2018-69. Attends the University of New Mexico. Club-Aarhus Gymnastik Forening Atletik
 In 2019: 6 Danish XC

ULAD Abdi Hakin DEN **27y**
 Thirteenth in 2017 World Championship Marathon // Marathon pb: 2:14:03 -16. Half Mar pb: 62:15 -18. 10,000 pb: 28:39.14 -14. 5000 pb: 13:56.64 -13. 3 under-23 ECH 10,000 2013; 15 ECH 10,000 2014; 5 ECH Half Mar 2016; 29 World Half Mar 2018 (2012-44, 2014-34). At EXC: 2011-29u23, 2012-11u23, 2013-23u23, 2014-58, 2015-11, 2016-12, 2017-25, 2018-27. 1 Nordic XC 2012/2013. 1 Danish 5000 2015 & XC 2019. Came to Denmark in 2002 at age 10 as a refugee from Somalia. Coach-Leo Madsen. Club-Hvidovre AM
 Marathons (5): 19 Frankfurt 2015, 11 Hamburg 2016, 35 OLY 2016, 13 WCH 2017, dnf ECH 2018
 In 2019: 5 Apeldoorn 8K; 1 Danish XC

MOHARRAM Ahmed EGY **35y**
 aka Hmadallah Mohammad Moharram, Ahmed Moharram Hmadallah, Muharram Hamedallah Mohamad
 At WXC: 2009-131, 2017-78. 18 Dubai Marathon 2017 (2:27:36); 1 Egyptian XC 2018

ANDE Filmon ERI **21y**
 Junior team bronze at 2017 World Cross Country Championships // 8 African XC 2018; At WXC: 2017-11J. 1 Eritrean XC 2018

HABTE Awet ERI =62 **21y**
 2017 World 5000m finalist // 10,000 pb: 27:48.35 -18. 5000 pb: 13:16.09 -17. 7 WJC 5000 2016; 14 WCH 5000 2017; 6 African Champs 10,000 2018. At WXC: 2017-9R

HAILESILASSIE Yemane ERI 21y
2016 Olympic steeplechase finalist (at age 18) // 3000SC pb: 8:11.22 -17. 5000 pb: 13:33.24 -15. 3000 pb: 7:54.15 -16. 6 African Games 3000SC 2015; 2 WJC 3000SC 2016; 11 OLY 3000SC 2016; ht WCH 3000SC 2017. At WXC: 2015-23J, 2017-7J

KIFLE Aron ERI 21y
Full name-Aron Kifle Teklu
Third at 2018 World Half Marathon, fifth at 2017 World Cross, seventh at 2017 World 500m
Half Mar pb: 60:31 -18. 10,000 pb: 27:09.92 -17. 5000 pb: 13:07.59 -18. 8 African Games 5000 2015; 2 WJC 10,000 2016 (5 5000); ht OLY 5000 2016; 7 WCH 5000 2017 (11 10,000); 3 World Half Mar 2018. At WXC: 2015-19J, 2017-5

TEWELDE Tesfu ERI 21y
10K pb: 29:23 -16. 5000 pb: 13:32.00 -17. 1500 pb: 3:41.03 -15. 2 World Youth 1500 2013; 8 African Games 1500 2015.1 Eritrean XC 2017

TSEGAY Mehari ERI 20y
Half Mar: 61:39 -18. 5000 pb: 13:40.02 -18. 3000 pb: 8:18.75 -15. 3 African Youth 3000 2015; 8 African Champs 3000SC 2018 (12 5000). At WXC: 2017 -20J

ALDANA Oscar Antonio ESA 28y
He is the first Salvadorian man to compete at the IAAF World Cross Country Championships
10,000 pb: 32:44.98 -17. 3 Central American Games 5000/10,000 2017; 127 World Half Mar 2018

BEN DAOUD Hamid ESP 22y
Full name-Hamid Ben Daoud // Marathon pb: 2:10:31 -18. Half Mar pb: 62:52 -18. 10K pb: 29:22 -18. 5000 pb: 13:52.48 -17. Born-Errachidia (Morocco), migrated to Spain at age 14 and gained Spanish citizenship on December 26, 2018
Marathons (2): 15 Valencia 2017, 12 Valencia 2018
In 2019: 15 Amorebieta XC; 18 Seville XC; 4 Grao de Castellon XC; 2 Spanish Clubs XC; 2 Spanish XC

CARRO Fernando ESP 26y
Full name-Fernando Carro Morillo
2018 European steeplechase silver
3000SC pb: 8:19.30 -18. 5000 pb: 13:38.66 -18. 10,000 pb: 28:28.68 -18. ht World Youth 3000 2009; 4 EJC 3000SC 2011; 7 under-23 ECH 3000SC 2013; 2 Ibero-American 3000SC 2014; 6 ETCh 3000SC 2015; ht WCH 3000SC 2015/2017; ht OLY 2016; 5 Mediterranean Games 5000 2018; 2 ECH 3000SC 2018 (2016-9). At WXC: 2010-81J, 2011-69J. At EXC: 2010 -61J, 2013-43u23, 2014-12u23, 2018-51. 1 Spanish 3000SC 2018. He owns and rides a vintage BMW motorcycle. Coach-Arturo Martín
In 2019: 8 Amorebieta XC; 6 Elgóibar XC; 7 Valencia 3000; 11 Seville XC; 4 San Sebastián XC; 6 Valladolid XC; 5 Sabadell 3000; 7 San Sebastián 10K; 5 Spanish Clubs XC; 7 Spanish XC

LAMDASSEM Ayad ESP 37y
Full name-Ayad Lamdassem El Mouhcine
Twice second at European Cross Country Championships
Marathon pb: 2:09:28 -13. Half Mar pb: 61:22 -14. 10,000 pb: 27:45.58 -08. 5000 pb: 13:17.49 -06. 4 ECH 10,000 2010 (2012-6); 2 ECP 10,000 2012; 23 OLY 10,000 2012 (2008-24); 17 World Half Mar 2014 (2016-18, 2018-18). At WXC: 2000-114J (for Morocco), 2008-36 (for Spain), 2009-30, 2010-49, 2011 -11. At EXC: 2008-4, 2009-5, 2010/2011-2, 2012-6, 2015-4, 2016-7, 2017 -10. 1 Spanish 10,000 2007/2010 (1 XC 2007/2011/2018). Allegiance transferee from Morocco – cleared by IAAF to represent Spain from August 2007. Coach-Antonio Cánovas
Marathons (6): 22 Otsu 2012, 9 London 2013, dnf WCH 2013, 8 Fukuoka 2013, 11 London 2017, dnf WCH 2017
In 2019: 13 Amorebieta XC; 9 Elgóibar XC; 14 Seville XC; 5 San Sebastián XC; 5 European Clubs Cup XC; 4 Spanish Clubs XC; 5 Spanish XC

OUMAIZ Ouassim ESP 19y
Full name-Ouassim Oumaiz Errouch
Team gold in junior race at 2017 European Cross Country Championships
1500 pb: 3:44.52 -18. 5000 pb: 14:56.19 -17. 3000 pb: 8:12.15 -18. 7 European youth 3000 2016. At WXC: 2017-90J. At EXC: 2017-23J, 2018-2J (he was the last man to stay with Jakob Ingebrigtsen). Coach-Antonio Serrano
In 2019: 5 Amorebieta XC; 1 Spanish Clubs XC; 1 Spanish XC
His 20th birthday on March 30, 2019

PALACIO David ESP 30y
3000 pb: 7:54.33i -19, 8:12.38 -17. 1500 pb: 3:39.09 -18. 800 pb: 1:46.60 -16. sf EIC 800 2015; ht EIC 3000 2018. Perpetual third place in Spanish Championships at 800m: indoor 2011/2015 & outdoor 2012/2015/2016. Coach-José Luis Mareca (same as Toni Abadía)
In 2019: 5 Elgóibar XC; 4 Valencia 3000; 7 Seville XC; 10 San Sebastián XC; 1 San Sebastián 10K; 4 Spanish indoor 3000; 11ht EIC 3000; 14 Laredo 10K; 9 Laredo 5K

PÉREZ Juan Antonio ESP =88 30y
Full name-Juan Antonio Pérez Moreno
Three times second in European Cup 10,000s
Half Mar pb: 62:18 -18. 10,000 pb: 28:25.66 -15. 5000 pb: 13:28.30 -18. 2 ECP 10,000 2015/2016/2017 (2018-15); 6 ECH 10,000 2016 (2018-9); 86 World Half Mar 2018; 16 ECH 5000 2018. At WXC: 2007-dnfJ. At EXC: 2007 -72J, 2015-44, 2017-36, 2018-37. Born-Ciudad Real, coach-José Luis Mareca
In 2019: 12 Seville XC; 2 San Sebastián 10K; 3 Spanish Clubs XC; 3 Spanish XC

RUIZ Víctor ESP 25y
Full name-Víctor Ruiz Orden
Third leg for winning Spanish mixed relay team at 2018 European Cross Country Championships
1500 pb: 3:41.27 -18. 3000SC pb: 8:33.28 -18. At EXC: 2011-81J, 2017-3 Relay (2nd leg), 2018-1 Relay (3rd leg). 1 Spanish Road Mile 2017/2018. Coach-José Ortuño
In 2019: 2 'Great' Sirling 4x1.5K XC; 1 Valencia 1500; 10 Quintanar de la Orden 10K XC; 9 Grao de Castellon 7K XC; 3 Sabadell 1500; 6 Spanish indoor 1500; 4 Castellón XC

BAREGA Selemón ETH 19y
The fourth-quickest man of all-time at 5000m, and still a junior to the end of 2019
5000 pb: 12:43.02 -18. 3000 pb: 7:36.64i -18, 7:38.90 -17. 1 WJC 5000 2016 (2018-4); 1 World youth 3000 2017; 1 African junior 5000 2017; 5 WCH 5000 2017; 2 WIC 3000 2018; 4 African Champs 5000 2018. At WXC: 2017-5J. Fourth in the 2018 World Junior Championships 5000m on July 14, then the winner in Brussels on August 31 in 12:43.02, a world junior record and the world's quickest since 2005
An image of him winning the 2018 Elgoibar cross (kneeling down and covered in mud), taken by Spain's Felix Sanchez Arrazola, won Athletics Photograph of the Year at the IAAF Athletics Awards 2018
In 2019: 2 San Giorgio su Legnano XC; 2 Elgóibar XC; 2 Ethiopian XC

BELIHU Andamlak ETH 20y
2018 African Championships silver at 10,000m // 10,000 pb: 27:08.94 -17. Half Mar pb: 59:18 -18. 10 WCH 10,000 2017; 2 African Champs 10,000 2018. 1 Ethiopian 10,000 2017 (2018-2). 1 New Delhi Half Mar 2018 in 59:18 (then 4th in Valencia one week later in 59:19)
In 2019: 3 Ethiopian XC

BERIHU Solomon ETH 19y
(aka Solomon Berihu / Weldessele) // 5000 pb: 13:12.67 -16. 15K pb: 43:21 -18. 3 African junior XC 2018 (2016-8). At WXC: 2017-14 (team gold). 1 Dunkirk XC 2018
In 2019: 4 Ethiopian XC

DIDA Bonsa ETH 24y
Full name-Bonsa Dida Deriba
// Marathon pb: 2:11:55 -17. Half Mar pb: 61:12 -14. 10,000 pb: 28:13.84 -16. 5 African junior 10,000 2011; 14 World Half Mar 2014. At WXC: 2011-4J, 2013-17J, 2015-14, 2017-10. 2 'Great' Ethiopian 10K 2015/2018. He apparently clocked 28:37 for a road 10K in 2010 at age 15
Marathons (4): 10 Hamburg 2014, 5 Mumbai 2017, 2 Hong Kong 2018, 4 Florence 2018
In 2019: 5 Ethiopian XC

FUFA Abdi ETH 23y
Full name-Abdi Fufa Nigassa // Marathon pb: 2:09:24 -18. Half Mar pb: 62:57 -16
Marathons (6): 5 Barcelona 2016, 9 Lanzhou 2016, 3 Shanghai 2016, 5 Warsaw 2017, 3 Hangzhou 2017, 5 Shanghai 2018
In 2019: 6 Ethiopian XC

MEKONNEN Enyew ETH 24y
Full name-Enyew Mekonnen Alem
(aka Alem Anyew) // Half Mar pb: 61:55 -14. 10,000 pb: 28:19.47 -18. 4 African XC 2018. 1 Ethiopian XC 2018

TUEMAY Mogos ETH 21y
Full name-Moges Tuemay Abrah
2019 Ethiopian Cross Country Champion
10,000 pb: 27:48.41 -17. 5000 pb: 13:27.36 -17. 4 World Youth 3000 2013; 15 African junior XC 2014; 12 African XC 2016
In 2019: 1 Ethiopian XC

GRAS Michael FRA 27y
Marathon pb: 2:16:12 -17. 10,000 pb: 29:46.38 -17. 5000 pb: 13:54.23 -15. At EXC: 2012-15u23, 2013-26u23, 2016-23, 2017-37
Marathons (3): 7 Rennes 2015, 6 Anney 2016, 16 Frankfurt 2017
In 2019: 12 Le Mans XC; 8 European Clubs Cup XC; 3 French XC

MOUSSAOUI Mohammed FRA 28y
10K pb: 29:33 -18 (29:40 -19). 5000 pb: 14:09.23 -14. 1500 pb: 3:41.02 -16. 800 pb: 1:48.97 -16
In 2019: 4 Nice 10K; 15 Le Mans XC; 6 French XC

ROUDOLFF LEVISE Emmanuel FRA 23y
2017 European under-23 bronze at 10,000m // 10,000 pb: 29:08.24 -17. 5000 pb: 14:04.21 -16. 8 EJC 5000 2013; 3 under-23 ECH 10,000 2017. At WXC: 2013-62J, 2017-103. At EXC: 2012-19J, 2013-63J, 2014-6J, 2015-36u23, 2016-14u23, 2017-4u23. 11 NCAA XC 2017 (2018-21). Son of Pierre Levisse, who competed in 14 World Cross Country Championships with a best placing of seventh in 1984. Attends University of Portland
In 2019: 2 Seattle Mile 'B' (Jan 12); 9 Seattle 3000 (Jan 26); 15 Seattle 5000 (Feb 8); 12 Seattle 5000 (Feb 22); 2 French XC

CRAIG Adam GBR =592 23y
2019 Scottish Cross Country Champion // 10,000 pb: 29:39.72 -17. 5000 pb: 13:58.52 -18. 3000 pb: 7:57.66i -19. 5 NCAA div 2 10,000 2018 (6 indoor 3000); 1 'Great' Scottish 10K 2018; 1 Scottish XC 2019. Was at University of Mount Olive Private university in Mount Olive, North Carolina. Coach-Mark Pollard
In 2019: 2 Glasgow BMC 3000; 8 'Great' Sirling 4x1.5K XC; 12 UK indoor 3000; 2 Armagh 5K; 1 Scottish XC; 10 UK Inter-Counties XC

DEVER Patrick GBR ⁼⁴⁷³ **22y**
5000 pb: 13:59.99 -17. 3000 pb: 8:00.83i -19, 8:09.09 -17. 1500 pb: 3:44.36 -17. At EXC: 2016-49u23, 2017-16u23, 2018-5u23. 2 English Schools under -17 3000 2013; 3 English Schools 3000 2015; 11 UK 1500 2017. Attends Loughborough University. Coach-Andy Bibby
In 2019: 9 'Great' Stirling XC; 2 British Universities XC; 5 UK indoor 3000; 4 UK Inter-Counties XC

FOX Oliver GBR ⁼⁹⁴² **22y**
5000 pb: 14:11.20 -18. 3000 pb: 8:13.95 -18. At EXC: 2015-31J, 2018 -19u23. Coach-Richard Llewellyn Eaton
In 2019: 3 British Universities XC; 3 UK Inter-Counties XC

HICKEY Adam GBR **30y**
2018 English 'National' Cross Country Champion // Half Mar pb: 64:41 -16 (64:50 -19). 10,000 pb: 29:32.92 -15. 5000 pb: 13:41.66 -13. 3000 pb: 8:04.27 -16. Mile pb: 4:06.97 -15. At WXC: 2005-91J, 26, 2006-45J. At EXC: 2004-10J, 2005-13J, 2013-25, 2014-9, 2015-42. 1 AAA junior 3000 2005 & 5000 2006. Former International Triathlete. Born-Rochford. Coach-Eamonn Martin. 1.86 tall
In 2019: 1 Essex XC; 24 Elgöibar XC; 10 Belfast XC; 2 South of England XC; 1 UK Inter-Counties XC; 7 Reading Half Mar

MAHAMED Mahamed GBR ⁼⁴⁶⁸ **21y**
Two junior bronzes at 2016 European Cross Country Championships // 10,000 pb: 29:21.00 -18. 5000 pb: 13:55.21 -18. 3000 pb: 8:26.98 -17. At EXC: 2015-22J, 2016-3J, 2017-12u23. 5 English Schools under-17 3000 2014; 1 English 'National' XC 2019. Born-Ethiopia, has lived in Britain since 2010 and received a British passport in 2014. Attends Southampton Solent University. Coach-Peter Haynes
He is the middle of three brothers all of whom are athletes: older-Abdi Mahamed (1 Hampshire 3000SC 2017), younger-Zakariya Mahamed (1 English Schools under-17 XC 2017)
In 2019: 12 Elgöibar XC; 16 Seville XC; 4 British Universities indoor 3000; 1 English 'National' XC; 5 UK Inter-Counties XC

MILLAR John GBR **21y**
5000 pb: 14:23.62 -18. 3000SC pb: 9:09.54 -16. At EXC: 2018-28u23. 2 English junior 3000SC 2016; 2 English under-23 5000 2018. Coach-Stephen Hicks
In 2019: 1 Suffolk XC; 14 Elgoibar XC; 6 Rotselaar XC; 4 English 'National' XC; 8 UK Inter-Counties XC

MILLINGTON Ross GBR **29y**
2011 European under-23 silver at 5000m. 2016 UK Champion at 10,000m
10,000 pb: 27:55.06 -16. 5000 pb: 13:36.39 -11. 3000 pb: 7:49.11i -12. 1500 pb: 3:40.09 -15. 2 under-23 ECH 5000 2011; 31 OLY 10,000 2016. At EXC: 2015-5, 2015-16, 2016-32, 2018-30. 1 UK 5000 2012 & 10,000 2016. Studied English & Business Administration at the University of New Mexico. Coach-Steve Vernon
In 2019: 7 San Giorgio su Legnano XC; 14 'Great' Stirling XC; 2 UK Inter-Counties XC

TRAYNOR Luke GBR ⁼³¹⁹ **25y**
Suddenly in 2018 he's third on the Scottish all-time lists at road 10K & Half Marathon
Half Mar pb: 61:57 -18. 10,000 pb: 29:08.52 -17. 5000 pb: 13:39.95 -18. 3000 pb: 7:53.88 -18. 38 World Half Mar 2018; 28 ECP 10,000 2018. At EXC: 2012-38J, 2015-41u23. 1 Manchester Half Mar 2017; 1 Scottish 10M 2018. His first sport was football "but I wasn't really good enough at it." He was at the University of Tulsa in 2015-2017. Later in 2017 spent six weeks training at Mammoth Lakes, a town in California's Sierra Nevada mountains), with the group of Andrew Kastor. Coach-Robert Hawkins (father of Callum Hakwins)
In 2019: 19 Armagh 5K; 5 "Monaco Run" 5K; 6 UK Inter-Counties XC

WONG Wan Chun HKG **23y**
In 2019: 19 Hong Kong Marathon (2:29:33)

YADAV Anil Kumar IND **21y**
Half Mar pb: 65:54 -17. 11 Asian junior XC 2016
In 2019: 1 Indian XC

DOONEY Kevin IRL **25y**
Half Mar pb: 64:57 -18. 10,000 pb: 29:10.13 -14. 5000 pb: 13:59.06i -14. 24 WJC 10,000 2012; 135 World Half Mar 2018. At EXC: 2010-67J, 2011-82J, 2013-38u23, 2014-18u23, 2016-69, 2017-51, 2018026. 1 Irish 10,000 2017 & XC 2018. Coach-Paul Harkins
In 2019: 43 European Clubs Cup XC; 16 Armagh 5K

TOBIN Seán IRL **24y**
Tenth at 2018 European Cross Country Championships // 3000 pb: 7:55.08i -18, 7:59.64 -19. Mile pb: 3:57.00 -17. 1500 pb: 3:41.78 -17. 5000 pb: 14:13.97 -17. 800 pb: 1:47.99 -14. ht WJC 1500 2012; 4 EJC 1500 2013; ht EIC 3000 2018. 1 Irish 1500 2017. At EXC: 2011-46J, 2013-9J, 2017-15, 2018-10. 1 NCAA indoor Distance Medley Relay 2017. Broke his foot while competing in the NCAA XC in 2014. Was at University of Mississippi
In 2019: 1 Canberra Classic 1500; 5 Melbourne 3000; 5ht EIC 3000

ABED Hussein IRQ **37y**

ALMOGALLI Ameer IRQ **24y**

ABU-REZEQ Mohamed JOR **35y**
3x winner of the Inverness 'Loch Ness' Marathon // Marathon pb: 2:20:52 -16. Half Mar pb: 65:46 -14 (67:34 -19). 10K pb: 29:11 14 (29:18 -19). Has been based in has been based in Altrincham (the north of England) since 2011. Coach-Norman Poole
Marathons (4): 1 Inverness 2016, 1 Inverness 2017, 1 Inverness 2018, 1 Chester 2018
In 2019: 1 Helsby Half Mar; 1 Wrexham Half Mar; 7 Trafford Partington 10K; 1 Arley 10K

BANDO Yuta JPN ⁼⁴⁷³ **21y**
2019 Japanese Cross Country Champion // Half Mar pb: 64:27 -16. 10,000 pb: 28:44.87 -17. 5000 pb: 13:47.26 -17. 4 Japanese Collegiate 5000 2017; 1 Japanese XC 2019
In 2019: 1 Japanese XC

KOMATSU Yohei JPN ⁼³¹⁹ **21y**
Half Mar pb: 63:07 -18. 10,000 pb: 28:35.63 -17. 5000 pb: 13:59.51 -18. 1500 pb: 3:52.25 -18. 2 Japanese Universities 1500 2018
In 2019: 5 Japanese XC

NAKAYA Yuhi JPN ⁼³⁷³ **19y**
10,000 pb: 29:19.98 -18. 5000 pb: 13:45.49 -18. 2 Asian Junior 10,000 2018; 17 WJC 5000 2018
In 2019: 4 Japanese XC

NISHIYAMA Yusuke JPN ⁼¹⁴⁰ **24y**
Half Mar pb: 62:37 -17. 10,000 pb: 28:29.23 -17. 5000 pb: 13:51.19 -16. At WXC: 2013-59J. 10 New York Half Mar 2016. 7 Japanese XC 2018 (2019-8)
In 2019: 1 Karatsu 10M; 8 Japanese XC

TAMURA Yusuke JPN **20y**
Marathon pb: 2:17:49 -13. Half Mar pb: 63:19 -19. 10,000 pb: 28:31.06 -18. 5000 pb: 13:56.16 -18. 3 Japanese XC 2019
Marathon (1): 35 Tokyo 2013
In 2019: 12 Osaka Half Mar; 3 Japanese XC

YAMAGUCHI Kosei JPN ⁼¹⁵⁰ **27y**
Represented Asia-Pacific in steeplechase in the 2018 IAAF Continental Cup
Half Mar pb: 63:29 -16. 10,000 pb: 28:34.19 -16. 5000 pb: 13:41.21 -18. 3000SC pb: 8:30.98 -18. 12 WJC 3000SC 2010; 5 Asian Champs 3000SC 2017; 9 Asian Games 3000SC 2018; dnf IAAF Continental Cup 3000SC 2018 (eliminated from the race as he was at the back of the field with one lap remaining). At WXC: 2017-73. 2 Japanese 3000SC 2018
In 2019: 7 Japanese XC

SULAYMANOV Said KAZ **20y**
3000 pb: 8:27.46i -19. 1 Kazakh XC 2018
In 2019: 1 Ust-Kamenogorsk 1500/3000 (Jan 12/13); 2 Ust-Kamenogorsk 3000 (Jan 19); 1 Kazakh indoor 1500 (3 3000)

KAMWOROR Geoffrey KEN **26y**
DEFENDING & TWO-TIME IAAF WORLD CROSS COUNTRY CHAMPION (& also 3x World Half Marathon Champion, therefore he's won a world title every year for five years in succession)
Full name-Geoffrey Kipsang Kamworor
Marathon pb: 2:06:12 -12. Half Mar pb: 58:54 -13. 10,000 pb: 26:57.77 -17. 5000 pb: 12:59.98 -16. At WXC: 2011-1J, 2015-1, 2017-1 (closed an 11-second gap on the last lap to catch Joshua Cheptegei UGA). 1 World Half Mar 2014/2016/2018; 2 WCH 10,000 2015 (2017-6); 11 OLY 10,000 2016. 1 Kenyan 5000 2012/2015 & XC 2016.
Marathons (8): 3 Berlin 2012, 4 Rotterdam 2013, 3 Berlin 2013, 6 Tokyo 2014, 4 Berlin 2014, 2 New York 2015; 1 New York 2017, 3 New York 2018. Also paced Berlin 2011
His favourite colour is yellow. At the 2016 World Half Marathon Championships in Cardiff, he fell over at start and lost 10-15 seconds, but was back with the leaders within three minutes. He can sprint, 54.60 last 400m compared with Mo Farah's 54.15 at the 2015 World Championship 10,000m. Training partner and world marathon record holder Eliud Kipchoge says "I think Geoffrey, in future he will surpass what I have done in this sport."
In 2019: 1 Kenyan Police XC; 5 Kenyan XC

KIPRUTO Rhonex KEN ⁼⁸ **19y**
High world class already on track and road but he tells the IAAF "Cross Country is my favourite"
10,000 pb: 27:21.08 -18. 1 African junior XC 2018; 1 WJC 10,000 2018 (set a championship record 27:21.08 with 13:23.86 2nd half). 1 Prague 10K 2018 in 26:46, 2nd world all-time while still 18 (he'd clocked 27:13 in the same race one year earlier). Coach-Colm O'Connell (the "Godfather of Kenyan running" who also coached Matthew Birir, Brimin Kipruto, Peter Rono & David Rudisha – and that's just his Olympic Champions!)
"cross country has always been my first love", he told spikes.iaaf.org, "it's what I did in my first ever race and it's still my favourite surface."
In 2019: 1 Elgöibar XC (beat Selemon Barega ETH by 22 seconds); 1 Eldoret XC; 6 Kenyan XC

(Kiptum) KEITANY Evans KEN **21y**
Full name-Evans Kiptum Keitany // 10,000 pb: 27:40.69 -18. 5000 pb: 13:18.34 -18. 8 Kenyan junior XC 2017; 9 Kenyan 1500 2018; 2 Kenyan XC 2019. Competes in Japan for the Toyota Boshoku Corporation, whose website lists his special skill as "ethnic dance". 1.81 tall
In 2019: Second (8.3K) stage for Toyota Boshoku team which placed third in Japanese Corporate Ekiden Championships on new year's day; 2 Kenyan XC

KIRUI Amos KEN **21y**
2018 Commonwealth Games steeplechase bronze (coming from behind to pip Matt Hughes CAN), now Kenyan Cross Country Champion
3000SC pb: 8:08.37 -07. 10,000 pb: 28:08.98 -16. 5000 pb: 13:25.91 -16. 3 African Youth Games 3000SC 2014; 2 Youth Olympic Games 2000SC 2014; 1 WJC 3000SC 2016; 3 COM 3000SC 2018; 4 African Champs 3000SC 2018. At WXC: 2017-7J. 1 Kenyan XC 2019. In Japan he competed for the Toyota Boshoku Corporation (they make car components)
In 2019: 7 Eldoret XC; 1 Kenyan XC

KWEMOI Rodgers KEN ⁵	21y	BAXTER Matt NZL ⁼⁹⁵	24y
Full name-Rodgers Chumo Kwemoi (Kwemoi aka Kemoi) 2018 Commonwealth Games bronze at 10,000m 10,000 pb: 27:25.23 -16. 5000 pb: 13:18.98 -16. At WXC: 2015-10J. 1 WJC 10,000 2016; 3 COM 10,000 2018. 1 Kenyan junior 10,000 2016. 2 Japanese Corporate 10,000 2017. 1 Tilburg 10M 2016/2017/2018. He is part of the Dutch Global Sports group (Jos Hermans). Was based in Japan in 2016 -2019. Youngest of eight children. Coach-Patrick Sang In 2019: Won second (8.3K) stage for Aisan Industry Corporation at Japanese Corporate Ekiden Championships on new year's day; 3 Kenyan XC		Second at 2017 US Collegiate Cross Country Championships (leading Northern Arizona University to team victory) 10,000 pb: 28:10.05 -18. 5000 pb: 13:31.00 -18. 1500 pb: 3:45.27 -17. 7 Commonwealth Youth Games 3000 2011. 2 New Zealand XC 2015. 2 NCAA XC 2017 (2016-11, 2018-15); 5 NCAA 10,000 2018 (2017-7). Coach-Kerry Rodger In 2019: 1 New Zealand 5000 "The uphill will hurt you and the down hills will break you," he tweeted about the course in Aarhus on March 26. "Good luck finding a place to catch your breath."	
SIMOTWO Charles KEN	23y	MOODY Callan NZL	31y
Full name-Charles Cheboi Simotwo // 1500 pb: 3:32.59 -17. 800 pb: 1:46.20 -17. 8 African Champs 1500 2018. 2 Kenyan 2018 (2015-3, 2017-7)		Half Mar pb: 65:03 -15. 5000 pb: 14:21.49 -15. 1 New Zealand 10K & XC 2014; 1 New Zealand Half Mar 2014. Coach-Matt Ingram	
TANUI Paul KEN ⁼⁷⁴	28y	WHEELER Peter NZL	24y
Full name-Paul Kipngetich Tanui Second in 2011 World Cross Country Championships and 2016 Olympic 10,000m 10,000 pb: 26:49.41 -14. 5000 pb: 12:58.69 -15. 3000 pb: 7:46.61 -16. 3 WCH 10,000 2013/2015 (2011-9); 2 OLY 10,000 2016 (battled valiantly with a last lap of 55.7, but outkicked by Mo Farah's 55.3). 1 Kenyan XC 2010. At WXC: 2009-4J (wore borrowed shoes), 2010-8, 2011-2. He has been based in Fukuoka, competing for the Kyudenko Corporation (a provider of engineering services) In 2019: 4 Belfast XC; 8 Kenyan XC		5000 pb: 14:21.79 -18 (14:32.18 -19). 5 Oceanian XC 2016; 1 New Zealand 3000 2018 In 2019: 6 Wellington 3000; 9 New Zealand 5000; 3 Auckland 5000	
YATOR Richard KEN ²	20y	HUAMAN Juan PER ⁼¹⁰⁸⁴	37y
Full name-Richard Yator Kimunyan 2015 World Youth Champion at 3000m and still rapidly improving 10,000 pb: 27:14.70 -18. 5000 pb: 12:59.44 -18. 1 World Youth 3000 2015; 2 Commonwealth Youth Games 3000 2015. At WXC: 2017-3J. He was the world's second-fastest 10,000m runner in 2018 with 27:14.70 in Yokohama in late October. Competes in Japan for the Hitachi Transport System (where he's called Richard Kimunyan), on their website he's asked to compare himself with an animal, his choice was a cheetah In 2019: 2 Belfast XC; 4 Kenyan XC		Marathon pb: 2:22:04 -14. Half Mar pb: 64:15 -17. 10,000 pb: 30:14.35 -19. 7 Peruvian 10,000 2018 In 2019: 10 South American XC	
KOCHKONBAEV Zhoodar KGZ	23y	PACHECO Cristhian PER	25y
Marathon pb: 2:28:26 -16. Half Mar pb: 68:37 -17. 73 World Half Mar 2016 Marathons (2): 7 Nantes 2016, 4 Astana 2018		Full name-Christian Pacheco Mendoza His older brother Raúl Manuel Pacheco is the Peruvian marathon record holder (2:11:01) and also competes in the Rio Olympics Marathon pb: 2:11:19 -18. Half Mar pb: 63:15 -18. 50 World Half Mar 2018 (2014-85) Marathons (5): 8 Rotterdam 2016, 52 OLY 2016, 2 Huancayo 2016, 1 Huancayo 2017, 3 Buenos Aires 2018 In 2019: 5 South American XC	
VISKERS Janis LAT	29y	RAMOS Omar PER	20y
Marathon pb: 2:18:15 -17. Half Mar pb: 66:11 -18. 5000 pb: 14:29.99 -13. 63 World Half Mar 2016 (2018-97); 55 ECH Half Mar 2016; 8 WSG Half Mar 2017 (2013-15). At EXC: 2010-72u23, 2011-56u23, 2012-73, 2013-54. 1 Latvian indoor 3000 2013; 1 Latvian 3000 2013; 1 Latvian 5000/Half Mar 2015 Marathons (5): 14 Vienna 2014, 41 Frankfurt 2015, 8 Riga 2016, 22 Valencia 2017, 49 ECH 2018 In 2018: 97 World Half Mar; 1 Ogre 5000 His 30th birthday on March 30, 2019		5000 pb: 14:27.43 -16. At WXC: 2017-33J In 2019: 6 South American XC	
HREZI Mohamed LBA	27y	ROJAS Jose Luis PER ⁼²³²	26y
Full name-Mohamed Fuad Hrezi Allegiance transferee from USA – has held dual citizenship with Libya since birth and never represented the USA, and formally cleared by IAAF to compete for Libya from June 30, 2016 Marathon pb: 2:18:40 -16. Half Mar pb: 62:11 -18. 10,000 pb: 28:51.88 -14. 5000 pb: 13:42.80 -17. 49 World Half Mar 2018; 10 Mediterranean Games Half Mar 2018. Born-Connecticut. his parents his parents, Fuad Hrezi and Hanadi Esokni, who were both born in Tripoli, Libya. Studied accounting at Iowa State University. He was the Libyan flag bearer at the opening ceremony in Rio Marathons (5): 30 Chicago 2015, 62 Los Angeles 2016 (US Olympic Trial), 7 Ottawa 2016, 76 OLY 2016, 12 Ottawa 2018 In 2018: 17 Houston Half Mar; 2 Seattle 5000		2019 South American Cross Country Champion // Half Mar pb: 64:23 -14. 10,000 pb: 29:36.96 -18. 5000 pb: 13:38.6 -18. 2 Pan-American Junior 5000 2011; 2 South American 10,000 2013; 1 Ibero-American 5000 2018 (3 5000). 1 South American XC 2019 In 2019: 1 South American XC	
JABER Nader LBN	28y	TEIXEIRA Rui POR	36y
5000 pb: 15:00.16 -17. 1 Lebanese 5000/10,000 2018 In 2019: 1 Lebanese XC		Half Mar pb: 63:16 -10. 10,000 pb: 29:38.51 -06. At WXC: 2007-123. At EXC: 2008-57, 2011-18. 1 Portuguese XC 2018. Served two-year doping ban in 2012-2014 In 2019: 7 Portuguese 10K; 20 Seville XC; 25 European Clubs Cup XC	
JIZZINI Imad LBN	38y	GARCEA Adrian ROU	19y
In 2019: 5 Lebanese XC		Sixth in junior race at 2017 European Cross Country Championships 5000 pb: 14:23.85 -17. 3000 pb: 8:02.77 -18, 8:19.971 -19. 1500 pb: 3:46.191 -19, 3:52.90 -17. 3 European Youth 3000 2016 (11 2000SC); 9 EJC 5000 2017 (10 10,000); 10 World Junior Mountain Running Champs 2017 (2018 -18); 14 WJC 5000 2018 (dq ht 1500, ran inside kerb). At EXC: 2016-59J, 2017-6J, 2018-25J In 2019: 1 Bucharest 1500/3000; 1 Romanian indoor 3000 (2 1500); 4 Serbian Open 1500	
WAYZANI Ali LBN	29y	MASHELE Lesiba Precious RSA ⁼⁸³⁵	28y
In 2019: 2 Lebanese XC		Full name-Lesiba Precious Mashela // Half Mar pb: 61:48 -17. 10,000 pb: 29:03.40 -19. At WXC: 2015-39, 2017-57. 16 African XC 2016; 44 World Half Mar 2018. 1 South African 10K 2018 In 2019: 1 South African World Cross Trial; 1 Gauteng North 10,000	
GRECH Andrew MLT	40y	MOKOPANE Rantso RSA	24y
Half Mar pb: 70:10 -14. 5000 pb: 15:21.13 -15. 59 European Mountain Running Champs 2013; 99 World Half Mar 2014; 8 ETCh 3rd League 5000 2015 (European Games)		4x South African Champion at steeplechase // 3000SC pb: 8:31.72 -16. 5000 pb: 14:05.04 -17. 1500 pb: 3:38.83 -17. 2 WSG 3000SC 2017. At WXC: 2013 -84J. 1 South African 3000SC 2014/2016/2017/2018 In 2019: 2 South African World Cross Trial	
DOOKUN Mohammed MRI	25y	MOSIAKO Thabang RSA	24y
Mauritian record holder at 1500m // 1500 pb: 3:46.22 -16. 800 pb: 1:50.86 -16. sf African Champs 800 2016; 9 Francophone Games 1500 2017; ht COM 1500 2018 In 2018: 11 Paarl 800		Half Mar pb: 65:11 -16. 10,000 pb: 29:00.38 -17. 5000 pb: 14:03.84 -17 (14:22.53 -19)15 African XC 2016. At WXC: 2017-47 In 2019: 6 South African World Cross Trial; 1 Sasolburg 10K; 1 Potchefstroom 5000	
SHIGWEDHA Thomas NAM	23y	MPHALELE Ryan RSA	20y
ht WCH 1500 2013 (4:00.18)		10K pb: 28:46 -18. 3000 pb: 7:53.96 -18. Mile pb: 3:59.44 -18. 1500 pb: 3:40.44 -18. At WXC: 2017-68J In 2019: 4 South African World Cross Trial	
BACHIR Omar NIG	32y	MTHEMBU Pakiso RSA	19y
ht WCH 1500 2013 (4:00.18)		10K pb: 29:50 -19. 5000 pb: 14:29.69 -17. At WXC: 2017-31J In 2019: 3 South African World Cross Trial; 2 Sasolburg 10K	
BAAN Joshua NZL	23y	SEBOKO Kabelo RSA	21y
5000 pb: 14:33.38 -19. 4 New Zealand 5000 2016 (2018-10) In 2019: 10 New Zealand 5000		10K pb: 29:18 -18. 5000 pb: 14:26.02 -17. 3000SC pb: 8:54.83 -17. At WXC: 2017-25J In 2019: 5 South African World Cross Trial	
		BIGIRIMANA Theophile RWA	26y
		15 African Youth 3000 2013; 29 African junior XC 2014 In 2019: 2 Rwandan XC	
		HITIMANA Noel RWA	29y
		Half Mar pb: 62:53 -18. 42 World Half Mar 2018 In 2019: 1 Rwandan XC	

MUHITIRA Félicien RWA 24y
Marathon pb: 2:14:32 -18. Half Mar pb: 61:57 -17 (61:58 -19). 10,000 pb: 28:07.17 -14. 5 African junior 10,000 2013; 41 World Half Mar 2014; 10 COM 10,000 2014; 9 African Games 10,000 2015. At WXC: 2015-35; ht WCH 5000 2015
Marathon (1): 5 Florence 2018
In 2019: 3 Rwandan XC; 16 Bahrain Half Mar

SUGIRA James RWA 22y
Seventh in 2018 Commonwealth 5000m // 5000 pb: 13:37.88i -19, 13:46.69 -17. 1500 pb: 3:44.5 -16. 8 Youth Olympic Games 1500 2014; 8 African junior 1500 2015; ht WJC 1500 2016; 7 COM 5000 2018. At WXC: 2017-49. 14 NCAA XC 2018. Attends Western Kentucky University
In 2019: 1 Huntington Mile; 4 Winston-Salem 3000; 2 Seattle 5000; 1 Ohio Valley Conference indoor Mile/3000

TUYISHIMIRE Christophe RWA 30y
5000 pb: 14:36.69 -18. 14 COM 5000 2108 // In 2019: 4 Rwandan XC

MOISE Iven SEY 28y
Half Mar pb: 68:33 -18. At WXC: 2017-112. 36 1 Cardiff (Commonwealth Champs) Half Mar 2018

SILLY Gaylord SEY 33y
Silly pronounced 'See-E' // Half Mar pb: 70:44 -09. 800 pb: 1:53.95 -12. 3000SC pb: 8:57.71 -17. 4 Island Games 3000SC 2008. 89 World Half Mar 2009; ht WIC 800 2013; 12 African Champs 3000SC 2014. Lives-Vendôme (Central France). Mother-Seychellois, father- French, he has dual nationality. Works as a tree surgeon
At WXC: 2008-162, 2010-118, 2011-105, 2015-104 (so he has improved his placing on every appearance at these championships)
In 2019: 3 Val-de-Reuil 800 'B'; 5 Nantes 800

MANSARAY Samuel Sankay SLE 20y

ROBLE Abdi Daud SOM 28y
Half Mar pb: 67:22 -17. 10 Baghdad Half Mar 2017

FSIHA Robel SWE 23y
(aka Robel Fshia) // Half Mar pb: 61:18 -19. 10,000 pb: 29:22.31 -18. 5000 pb: 14:13.40 -17. At EXC: 2018-40. 1 Swedish under-23 5000 2017 (2 10,000). Born-Eritrea, fled to Sweden in 2013
In 2019: 3 European Clubs Cup XC; 6 Barcelona Half Mar; 3 Swedish indoor 3000; 13 Bahrain Half Mar

SOLOMON Napoleon SWE =245 25y
2017 Nordic Cross Country Champion // 3000SC pb: 8:23.54 -18. 10,000 pb: 28:33.33 -18. 5000 pb: 14:24.74 -16. 1 Nordic XC 2017; 12 ECH 3000SC 2018. At EXC: 2010-dnfJ, 2014-13u23, 2015-8u23, 2016-6u23, 2017-23, 2018-5. 1 Swedish 3000SC/XC 2017/2018. Born-Eritrea. Coach-Bertil Carlén
In 2019: 2 'Great' Stirling XC; 5 Barcelona Half Mar (set Swedish record 61:17); 4 Swedish indoor 3000

DAMASI Francis Damiano TAN 18y
5000 pb: 14:21.90 -18. 5 African Youth 3000 2018; 7 Youth Olympic combined 3000/XC 2018

GEAY Gabriel Gerald TAN 22y
Half Mar pb: 60:26 -19. 10,000 pb: 28:04.98 -16. 5000 pb: 13:20.35 -17. 4 African Junior 5000 2015. At WXC: 2017-22 1 Atlanta 'Peachtree' 10K 2016; 1 Utica Boilermaker 15K 2018
In 2019: 4 Houston Half Mar; paced Otsu Marathon

GISAMODA Emanuel Giniki TAN 30y
5000 pb: 13:13.24 -17. 10K pb: 27:37 -18. Half Mar pb: 60:47 -16. Marathon pb: 2:28:34 -15. 13 African Games Half Mar 2015; ht WCH 5000 2017. At WXC: 2007-dnfJ, 2017-41. 1 Kilimanjaro Half Mar 2017
Marathon (1): 11 Shanghai 2015

LAZARO Faraja Damas TAN 21y
Half Mar pb: 62:20 -19. 10K pb: 29:25 -17. At WXC: 2017-7R
In 2019: 6 Safi Half Mar

MONKO Marco Silvester TAN 21y
Half Mar pb: 65:56 -18. At WXC: 2017-7R
He is also entered for the mixed relay race in Aarhus (athletes are allowed to do both races)

PANGA Joseph Tiophil TAN 22y
5000 pb: 13:40.4 -14. 10,000 pb: 28:32.4 -14. 10K pb: 28:22 -15. Half Mar pb: 61:55 -16. At WXC: 2015-40

SULLE Yohana Elisante TAN 20y
Half Mar pb: 66:29 -18. At WXC: 2017-50J
He is also entered for the mixed relay race in Aarhus (athletes are allowed to do both races)

KAYA Aras TUR =273 24y
Allegiance transferee from Kenya – formerly Amos Kibitok, has lived in Turkey since May 5, 2015, acquired Turkish citizenship on June 14, 2016 and cleared by IAAF to represent Turkey from July 4, 2016
Half Mar pb: 62:48 -18. 10,000 pb: 27:48.53 -15. 5000 pb: 13:23.91 -15. 3000SC pb: 8:29.91 -16. 2 ECH 3000SC 2016; ht OLY 3000SC 2016; 12 EIC 3000 2017. At WXC: 2017-3R; At EXC: 2016-1, 2017-7 (fell on 2nd lap), 2018-3. dnf ECH 10,000 2018. 4 Russian 10,000 2014; 1 Russian 5000 2015 indoors & out. He was initially in the process of receiving Russian nationalisation, having been based in Kazan. Coach-Carol Santa (ROU)
In 2019: 8 'Great' Stirling XC

AYEKO Joel UGA 20y
One of the world's very best mountain runners // 10K pb: 28:49 -18. 5000 pb: 14:08.39 -18. 1 World Junior Mountain Running Champs 2016; 2 World Mountain Running Champs 2017/2018
In 2019: 5 Ugandan XC

AYEKO Thomas UGA 27y
Second in the junior race at the 2011 World Cross Country Championships
Marathon pb: 2:12:04 -17. Half Mar pb: 60:26 -16. 10,000 pb: 27:40.96 -13. 5000 pb: 13:23.25 -12. At WXC: 2010-18J, 2011-2J. 3 African Junior 5000/10,000 2011; 11 WCH 10,000 2013; 7 African Champs 5000 2014 (10 10,000); 3 African XC 2018; 4 COM 5000 2018. 1 'Great' Birmingham Half Mar 2013; 5 'Great' North Run 2014 & 2015
Marathons (3): 4 Rennes 2015, 4 Cape Town 2017, 2 Sydney 2018
In 2019: 1 Hannut XC; 4 Ugandan XC

CHEMUTAI Albert UGA 19y
Tenth at 2017 World Championship steeplechase // 10K pb: 27:53 -18. 3000SC pb: 8:17.17 -18. 3 World Junior Mountain Running Champs 2016; 10 WCH 3000SC 2017; 5 COM 3000SC 2018; 4 WJC 3000SC 2018 (2016-7)
In 2019: 3 San Giorgio su Legnano XC; 2 San Vittore Olona XC; 3 Ugandan XC

CHEPTEGEI Joshua UGA =18 22y
Full name-Joshua Kiprui Cheptegei
2017 World Championship 10,000m silver. Double distance champion at the 2018 Commonwealth Games. World best at road 15Km
10,000 pb: 26:49.94 -17. 5000 pb: 12:59.83 -17. 1500 pb: 3:37.82 -16. 1 WJC 10,000 2014 (4 5000); dnf African Champs 10,000 2014; 1 African junior 10,000 2015; 6 OLY 10,000 2016 (8 5000); 2 WCH 10,000 2017 (2015 -9); 1 COM 5000/10,000 2018. At WXC: 2015-11J, 2017-30. Sidelined with a knee injury in the summer of 2018, but then returned to clock a world best for 15K (41:05) at Nijmegen in November. Coach-Addy Ruiters
At the 2017 World Championships in Kampala, he had an 11-second lead from the Kenyans at the start of the last lap, but then hit the wall and was passed by 29 men (yet his 30th place helped Uganda to win team bronzes)
"I learned from the last World Cross that I needed to be a smart runner and that you cannot earn success without discovery."
In 2019: 2 Seville XC; 2 Ugandan XC

KIPLIMO Jacob UGA 4 18y
2017 World Junior Cross Country Champion, in front of a home crowd (he's still young enough to defend that title but has always aimed for the senior race in Aarhus)
10,000 pb: 27:26.68 -16. 5000 pb: 13:13.64 -17. 3 WJC 10,000 2016; ht OLY 5000 2016; ht WCH 5000 2017; 4 COM 10,000 2018; 2 WJC 10,000 2018 (6 5000). At WXC: 2017-1J. 1 Italian 10,000 2016. At 15 in 2016, he was the youngest athlete entered for the Olympic athletics programme in Rio. Coach-Guiseppe Gambone ITA
Impressive nine-race win streak by him since July 2018:
2018 (6) – Trento 10K, Pettinengo 9.6K, Atapuerca XC, Soria XC, Alcobendas XC, Madrid 10K (downhill 26:41)
2019 (3) – Seville XC, European Clubs Cup XC, Ugandan XC
In 2019: 1 Seville XC (won by 16 seconds from Joshua Cheptegei); 1 European Clubs Cup XC (he's a member of Italian club Emilia-Romagna); 1 Ugandan XC (again defeated Cheptegei)

ROTICH Maxwell UGA 20y
Full name-Maxwell Rotich Kortek
Ugandan record holder at road 10K
Half Mar pb: 65:31 -17. 10K pb: 27:22 -18. 5000 pb: 14:42.01 -16. ht World Youth 3000 2015. Ran the quickest-ever road 10K in South America (27:22) when he won the "Tribuna FM" race (on a certified course) at Santos (Brazil) in May 2018
In 2019: 6 Ugandan XC

KOVAL Vasyi UKR =193 29y
10,000 pb: 28:35.44 -18. 5000 pb: 14:02.04 -18. 3000SC pb: 8:46.20 -18 (8:40.98i -19). 17 ECH 10,000 2018. At EXC: 2008-67J, 2015-13, 2017-43. 1 Ukrainian 5000 2018, 3000SC 2017/2018 (1 3000SC 2018). 1 Ukrainian indoor 3000SC 2019. At EXC: 2017-43, 2018-39
In 2019: 3 Sumy 3000 (4 1500); 1 Ukrainian indoor 3000SC (2 3000); 1 Kiev 1500; 1 Ukrainian Teams XC

CUESTAS Nicolás URU 32y
His twin brother Martín Cuestas is also an Olympian marathoner // Marathon pb: 2:15:31 -15. 10,000 pb: 29:04.02 -17. 5000 pb: 13:58.60 -16. 9 South American 10,000 2015; 3 Ibero-American 5000 2016 (2014-6)
Marathons (3): 5 Buenos Aires 2015, 40 OLY 2016, dnf WCH 2017
In 2019: 1 Punta del Este 10K; 8 South American XC

BOR Emmanuel USA 30y
(Sergeant Emmanuel Bor) // 5000 pb: 13:10.23i -19, 13:20.66 -18. 3000 pb: 7:44.93i, 7:52.58 -18. 1500 pb: 3:41.65 -17. Marathon pb: 2:22:57 -17. Half Mar pb: 62:15 -16. 4 WSG 1500 2007; 4 North/Central American & Caribbean 5000 2018. 9 NCAA indoor Mile 2007; 11 NCAA 5000 2008 (2009 -25); 10 NCAA indoor 3000 2009; 2 US XC 2018. Was at the University of Alabama, now a member of US Army's World Class Athlete programme (at Fort Carson, Colorado) – as is his younger brother Hillary Bor (7 OLY 3000SC 2016), having transferred allegiance from Kenya in 2016
Marathon (1): 8 Porto 2017
In 2019: 2 US XC; 2 Boston University indoor 5000 (overall pb 13:10.23)

BOR Hillary USA 29y
(Staff Sergeant Hillary Bor)
Allegiance transferee from Kenya – born Eldoret, came to the USA in 2007 to attend Iowa State University and gained US citizenship October 9, 2013, having joined the US Army that year. Cleared by IAAF to represent USA on July 19, 2016
5000 pb: 13:14.96i -19, 13:26.81 -18. 3000SC pb: 8:11.82 -17. 8 World Military Games 3000SC 2015; 7 OLY 3000SC 2016; ht WCH 3000SC 2017. 2 NCAA 3000SC 2009; 2 US 3000SC 2016/2018. Member of the US Army World Class Athlete Program, as is his older brother Emmanuel Bor (2 US XC 2018). Lives-Colorado Springs
In 2019: 1 'Great' Stirling XC; 4 US XC; 3 Boston University indoor 5000 (overall pb 13:14.96)

BUCHANAN Reid USA **26y**
 Third in 2019 North/Central & Caribbean XC // 5000 pb: 13:27.83 -17. 3000 pb: 7:50.26 -17. 1500 pb: 3:42.17 -15. 3 NACAC XC 2019. 5 NCAA 10,000 2016; 7 US indoor 3000 2018; 7 US 5000 2018 (2017-8)
 In 2019: 1 Londonderry NH Road Mile; 8 US XC; 3 NACAC XC; 2 San Diego Half Mar

FERLIC Mason USA **25y**
 2016 US Collegiate Steeplechase Champion // 3000SC pb: 8:21.57 -16. 5000 pb: 13:37.56 -16. 2 North/Central American & Caribbean under-23 3000SC 2014. 1 NCAA 3000SC 2016; 5 US 3000SC 2016. 7 US XC 2017/2019. Aerospace Engineering graduate from the University of Michigan. Lives-Ann Arbor, Michigan
 In 2019: 7 US XC

KEBENEI Stanley USA **29y**
 Full name-Stanley Kipkoech Kebenei
 Allegiance transferee from Kenya – acquired USA citizenship on August 28 2014, and because of more than one year of continuous residence in the USA, he was cleared by the IAAF to compete for the USA from March 5, 2015
 3000SC pb: 8:08.30 -17. 10,000 pb: 27:58.56 -17. 5000 pb: 13:51.85 -14. 5 WCH 3000SC 2017. At WXC: 2017-26. 2 NCAA 3000SC 2014/2015; 1 US 15K 2016; 2 US XC & 3000SC 2017. His younger brother is Frankline Tonui USA (formerly Kenya), 2 NACAC XC 2019. Was at the University of Arkansas. Lives-Colorado Springs
 In 2019: 5 US XC; 3 US 15K

KIPCHIRCHIR Shadrack USA **30y**
 Allegiance transferee from Kenya – acquired US citizenship on January 12, 2015 having been resident in the USA since 2009. Cleared by IAAF to compete for the USA from June 10, 2015
 5000 pb: 13:18.52 -16. 10,000 pb: 27:07.55 -17. 4 Pan-Am Games 10,000 2015; 19 OLY 10,000 2016; 9 WCH 10,000 2017 (2015-16); dq WIC 3000 final 2018 (ran inside kerb). At WXC: 2017-21. 1 US 5K & 10M 2017; 1 US XC & 15K 2019. Studied engineering at Oklahoma State University. Was a member of the US Army's World Class Athlete programme in 2014-2018. Fifth of nine children, he had not competed in athletics before coming to the USA. Lives-Colorado Springs. 1.68 tall
 In 2019: 1 US XC; 1 US 15K

KORIR Leonard USA **32y**
 (Sergeant Leonard Essau Korir)
 Allegiance transferee from Kenya – acquired US citizenship on May 3, 2016 having been resident in the USA since October 2014. Cleared by IAAF to compete for the USA from May 23, 2016
 Half Mar pb: 59:52 -17. 10,000 pb: 27:20.18 -17. 5000 pb: 13:15.45 -13. 14 OLY 10,000 2016; 13 WCH 10,000 2017; dnf World Half Mar 2018. At WXC: 2017-20. 1 NCAA indoor 5000 2011; 1 NCAA 10,000 2011; 1 New York Half Mar 2011; 1 US XC / 10K / 15K 2017; 1 US XC / 15K 2018. Was a student of Political Science at Iona College, New Rochelle. In 2015 joined the US Army's World Class Athlete programme, which combines soldiering with competition. Based at Fort Carson in Colorado Springs. His younger sister Vallery Korir is a 33:16.89 10,000m runner
 In 2019: 4 'Great' Stirling XC; 3 US XC; 2 US 15K

SANTIAGO PENA Alexis Darbel VEN **27y**
 5000 pb: 14:24.73 -17. 3000SC pb: 8:53.42 -12. 1 South American under-23 3000SC 2012. 1 Venezuelan 1500 2011/2013; 3 Caracas Marathon 2017 (2:25:11)

MWANZA Edward ZAM **30y**
 =1064
 5000 pb: 14:00.44 -12. 10,000 pb: 29:15.12 -13. At WXC: 2013-82, 2015-56
 In 2019: 1 Zambian XC

NYAMUTSITA Canisious ZIM **27y**
 Half Mar pb: 65:09 -18. 10K pb: 29:08 -18