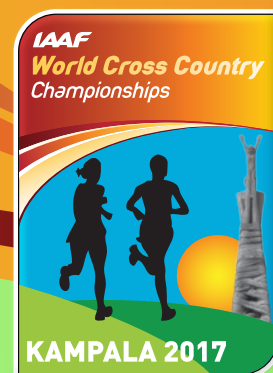


**IAAF**

# *World Cross Country Championships*



KOLOLO INDEPENDENCE GROUNDS

# 26 March



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## *Official Programme*

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## IAAF President's Message

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The 42<sup>nd</sup> edition of the IAAF World Cross Country Championships on Sunday 26 March 2017 brings to a close an exciting five-month international schedule of competition at the core of which were seven IAAF Cross Country Permit meetings.

Cross country was in my DNA as a middle distance runner. It gave me, like so many other athletes, the endurance background to compete on the track. It is an elemental event; mankind against nature. Mixed with great tradition, the IAAF World Cross Country Championships offers athlete and spectator alike a pure distance running spectacle.

Notably, the IAAF World Cross Country Championships are the oldest IAAF World Athletics Series event, having first been celebrated under the IAAF banner in 1973. This year's championships will mark the first time that they have taken place in Uganda and only the fifth occasion that they have been hosted in Africa, following two editions in Morocco and one each in South Africa and Kenya.

The championships also mark a milestone in Uganda's Athletics development given its country's first occasion as an IAAF World Athletics Series event host. Uganda's greatest athletics hero remains 1972 Olympic 400m Hurdles champion John Akii-Bua. But its Olympic and world champion marathon runner Stephen Kiprotich and world champion steeplechaser Dorcus Inzikuru, along with world 5000m and World Cross medalist Moses Kipsiro have given us a glimpse of the rich vein

of endurance talent which waits to be tapped.

So these championships represent a truly significant moment for the development of cross country running both nationally and internationally. These illustrious, inspiring championships, which as the International Cross Country Championships were first contested in 1903, nearly a decade before the IAAF was founded, have attracted a "Who's who" of athletics greats during their history. Down the years there have been names such as Waitz, Jennings, Tulu, Radcliffe, Masai, Dibaba, Lopes, Treacy, Ngugi, Tergat, and Bekele. Will a new star emerge from these championships?

Thank you to all those who have combined together with the Local Organising Committee and IAAF to stage these championships, including the Government of the Republic of Uganda, Kampala Capital City Authority, Uganda Athletics Federation and the Official Partners and Supplier of the World Athletics Series.

I look forward to attending the IAAF World Cross Country Championships Kampala 2017 and wish the runners, coaches, officials, media, spectators and, of course the volunteers an enjoyable day of distance running.

Sebastian Coe  
**IAAF PRESIDENT**



## Message from the 1<sup>st</sup> Lady and Minister for Education and Sports

---

The Government of the Republic of Uganda is delighted to host the 42<sup>nd</sup> Edition of the IAAF World Cross Country Championships in Kampala on the 26<sup>th</sup> March, 2017. We are grateful to the International Association of Athletics Federations (IAAF) for granting us the mandate to host this prestigious championship. This is the highest ever international sports event the country has organised. As a country, we are committed to hosting a unique and successful event.

Uganda is a great sporting country that supports and upholds the talents of our young people. Athletics is one of key sports that we deliberately promote. Our Government, under the committed leadership of H.E Yoweri Kaguta Museveni, recognises the positive role sports plays in the lives of our people. The IAAF World Cross Country Championships Kampala 2017 therefore gives us a great opportunity to demonstrate our rightful position in global sports.

On behalf of the people of Uganda I welcome all the athletes, officials and foreign delegations to a country with a unique scenic beauty and diverse traditional cultures. You will be treated to the traditional hospitality of our people. I believe you will be encouraged to return to our country for tourism, trade and investment opportunities. Uganda is a peaceful country and we guarantee your security while you are here for the IAAF World Cross Country Championships Kampala 2017.

I wish all the athletes good luck and success to the IAAF World Cross Country Championships Kampala 2017

Janet K. Museveni  
**1<sup>ST</sup> LADY AND MINISTER FOR EDUCATION AND SPORTS**





## Message from the Mayor of Kampala Capital City Authority

---

On behalf of the 1.8 million residents of Kampala Capital City Authority, I would like to welcome you all to Kampala. The 42<sup>nd</sup> edition of IAAF World Cross Championship Kampala 2017 at our historical and prestigious Kololo Independence Grounds offers us an opportunity to share with you and the world what our beautiful city has to offer. Kampala, a cosmopolitan city originally built on seven hills, is Uganda's capital and business hub. Founded in the early 19<sup>th</sup> century, the city has experienced unprecedented growth over the years, not only in terms of spatial coverage and population, but also in stature.

The city boasts an unrivalled appeal as it nestles at the northern shores of Lake Victoria. It enjoys a cool and fresh breeze from the lake as well as warm tropical temperatures all year round. Besides the pleasant weather, Kampala is blessed with a host of interesting historical buildings, museums, bird-watching trails, religious trails, cultural sites and a vibrant nightlife. All these, and our welcoming people, make Kampala a natural choice for our visitors. We invite you to enrich your knowledge of the city by visiting us at [www.visitkampala.net](http://www.visitkampala.net)

The City Authority has done everything to ensure that your stay in Kampala is a pleasant one. The rest of the country offers a dream destination for all our visitors as it is endowed with abundant natural and cultural resources that form the basis of a lucrative tourism industry. Uganda, a country "Gifted by Nature", is characterised by the most diverse and unique assemblage of pristine eco-systems, scenic physical features, wildlife animals, water bodies and a variety of flora and fauna species. This is all underpinned by a fast, vibrant and stable economy. Find time after the Championships to discover the enduring truth of Sir Winston Churchill's description of Uganda as the "Pearl of Africa".

So once again, welcome to Kampala. We wish you an enjoyable championship.

Erias Lukwago  
**THE LORD MAYOR, KAMPALA  
CAPITAL CITY AUTHORITY**



## Message from the Chair, Local Organising Committee

the 42<sup>nd</sup> edition of the IAAF World Cross Country Championships is a success.

a great opportunity of watching our stars in action together with other renowned world distance runners.

Under the theme “A green cross country, A people’s cross country” we are committed to host a memorable event that will make an impact not only on the lives of the visiting athletes and delegations, but also the citizens of Kampala City and Uganda.

On behalf of the Local Organising Committee and the Government of the Republic of Uganda, I pledge all the delegations an enjoyable and memorable championships.

On behalf of the Local Organizing Committee (LOC) for the IAAF World Cross Country Championships Kampala 2017, I wish to extend my welcome to all the athletes, officials, media and delegations. We have made efforts with all the necessary preparations to ensure

Our athletes have competed with honour at the IAAF World Cross Country Championships over the last 20 years. The Kampala event will therefore provide our people with

Hon. Charles Bakkabulindi  
**CHAIRPERSON LOC AND  
MINISTER OF STATE FOR SPORTS**

## Message from the President, Uganda Athletics Federation

It is a great honour and pleasure for me to welcome all delegations to the 42<sup>nd</sup> Edition of the IAAF World Cross Country Championships. Kololo Independence Grounds, the venue for the event is in the heart of Kampala City, which provides the arena for action on the 26<sup>th</sup> March 2017. Uganda is the 4<sup>th</sup> African country to host this prestigious event and my Federation is grateful to the IAAF for granting our country this opportunity.

All our guests will surely enjoy the unique beauty of our country well known as the “Pearl of Africa”. The guests will also have a feel of the rich cultural diversity of the country and unreserved hospitality of Ugandan people.

History is in the offing in this event expected to be very competitive with the mixed relays being run for the first time ever at the IAAF World Cross country Championships. The challenging course provided by the LOC will add to the spectacle.

The local organising committee has done a commendable job. Government and partners who have supported the event are commended. On behalf of the federation that I lead, Uganda Athletics Federation, I congratulate all the partners for their tremendous efforts.

For the enthusiastic Ugandans and volunteers who eagerly awaited for moment, their time has come.



wish all athletes success as they tackle the challenging course

Domenic Otucet  
**PRESIDENT, UGANDA  
ATHLETICS FEDERATION**



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NOVAK DJOKOVIC

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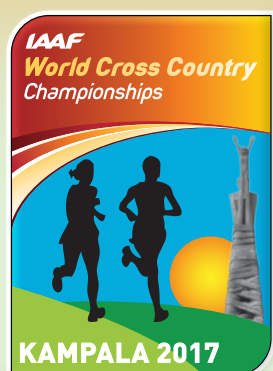


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\*If there are changes in the region / time zone, manual time zone selection may be required.

# SEIKO





## IAAF COUNCIL

IAAF Council 2015 – 2019		
President	Sebastian COE (GBR)	
Senior Vice President	Sergey BUBKA (UKR)	
Vice Presidents	Dahlan AL HAMAD (QAT) Hamad Kalkaba MALBOUM (CMR) Alberto Juantorena Danger (CUB)	
Treasurer	José Maria Odriozola (ESP)	
Individual Members	Roberto Gesta De Melo (BRA) South America* Nawal EL MOUTAWAKEL (MAR) Abby HOFFMAN (CAN) Anna Riccardi (ITA) Pauline Davis-Thompson (BAH) Geoff Gardner (NFI) Oceania* Sylvia Barlag (NED) Ahmad Al Kamali (UAE) Frank FREDERICKS (NAM) Bernard AMSALEM (FRA) Zhaocai Du (CHN) Victor Lopez (PUR), NACAC* Stephanie Hightower (USA) Hiroshi Yokokawa (JPN) Antti Pihlakoski (FIN) Mikhail Butov (RUS) Adille Sumariwalla (IND) Nawaf Al Saud (KSA) Svein Arne Hansen (NOR) Europe* David Okeyo (KEN), Africa* Karim Ibrahim (MAS), Asia*	

\*Area Group Representatives

### IAAF Cross Country Committee 2015 - 2019

Carlos	CARDOSO	POR	Chairman
Otto	KLAPPERT	GER	Members
Luis Miguel	LANDA	ESP	
Anne	LORD	AUS	
Annette	SERGEANT-PETIT	FRA	
Dawei	WANG	CHN	
Thelma	WRIGHT	CAN	
Marcos Antonio	OVIEDO HERRERA	VEN	
David S	OKEYO, MBS, HSC	KEN	
Bill	ROE	USA	
Khalid	SKAH	MAR	
Beatrice	AYIKORU	UGA	
Siddig	IBRAHIM	SUD	
Paula	RADCLIFFE	GBR	

### IAAF Competition Delegates

Function	Names	Country
Organizational Delegate	Hamad Kalkaba MALBOUM	(CMR)
Technical Delegate	Carlos CARDOSO	(POR)
Press Delegate	Anna LEGNANI	(ITA)
Medical/Anti-doping delegate	Harold ADAMS	(RSA)
Jury of Appeal	Ahmad Al KAMALI	(UAE)
	Otto KLAPPERT	(GER)
	Khalid SKAH	(MAR)
ICRO	Massimo MAGNANI	(ITA)

# LOCAL ORGANISING COMMITTEE STRUCTURE

## Board of Directors

No	Full names	Title	Function
1	Maama Janet K. Museveni	Minister for Education and Sports	Chair
2	Mrs. Betty Olive N.Kamya	Minister of Kampala	Members
3	Mrs. Jennifer Semakula Musisi	Executive Director KCCA	
4	Mr. Winston Agaba	Managing Director UBC	
5	Mr. Bosco Onyik	Chairman National Council of Sports	
6	Mr. William Blick	President Uganda Olympic Committee	
7	Mr. Robert Kabushenga	Chief Executive Officer Vision Group	
8	Mr. Wim Vanhelleputte	Chief Executive Officer MTN	
9	Mr. Daniel Tamwesigire	Board Chairman, Mandela Stadium Ltd	
10	Mr. Lamex Omara Apitta	Commissioner, Physical Education and Sports	

## Executive Committee

No.	Full Names	Function
1.	Hon. Charles Bakkabulindi	Chairman
2.	Mr. Domenic Otucet	Vice Chairman
3.	Ms. Beatrice Ayikoru	Secretary
4.	Mr. Aggrey Kagonyera	General Director
5.	Mr. Timothy Masaba	Office Administrator
6.	Mr. Norman Katende	Media
7.	Mr. Ambrose Atwoko	Accommodation
8.	Eng. Timothy Tibesigwa	Transport
9.	Mr. David Ntege	Promotions & Look
10.	Dr. Byaruhanga A. K. Michael	Marketing
11.	Amb. Charles Ssentongo	Protocol
12.	Dr. Ronald Kisolo	Medical
13.	Dr. Zavuga Robert	Anti doping
14.	AIGP Andrew Sorowen	Security
15.	Dr. Flavio Pasqualato	Finance
16.	Mr. Faustino Kiwa	Competitions
17.	Ms. Brendah Orishaba	Volunteers
18.	Mr. Charles Ouma	Legal
19.	Mr. Nicholas Muramagi	Logistics



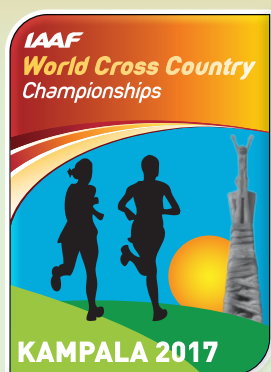
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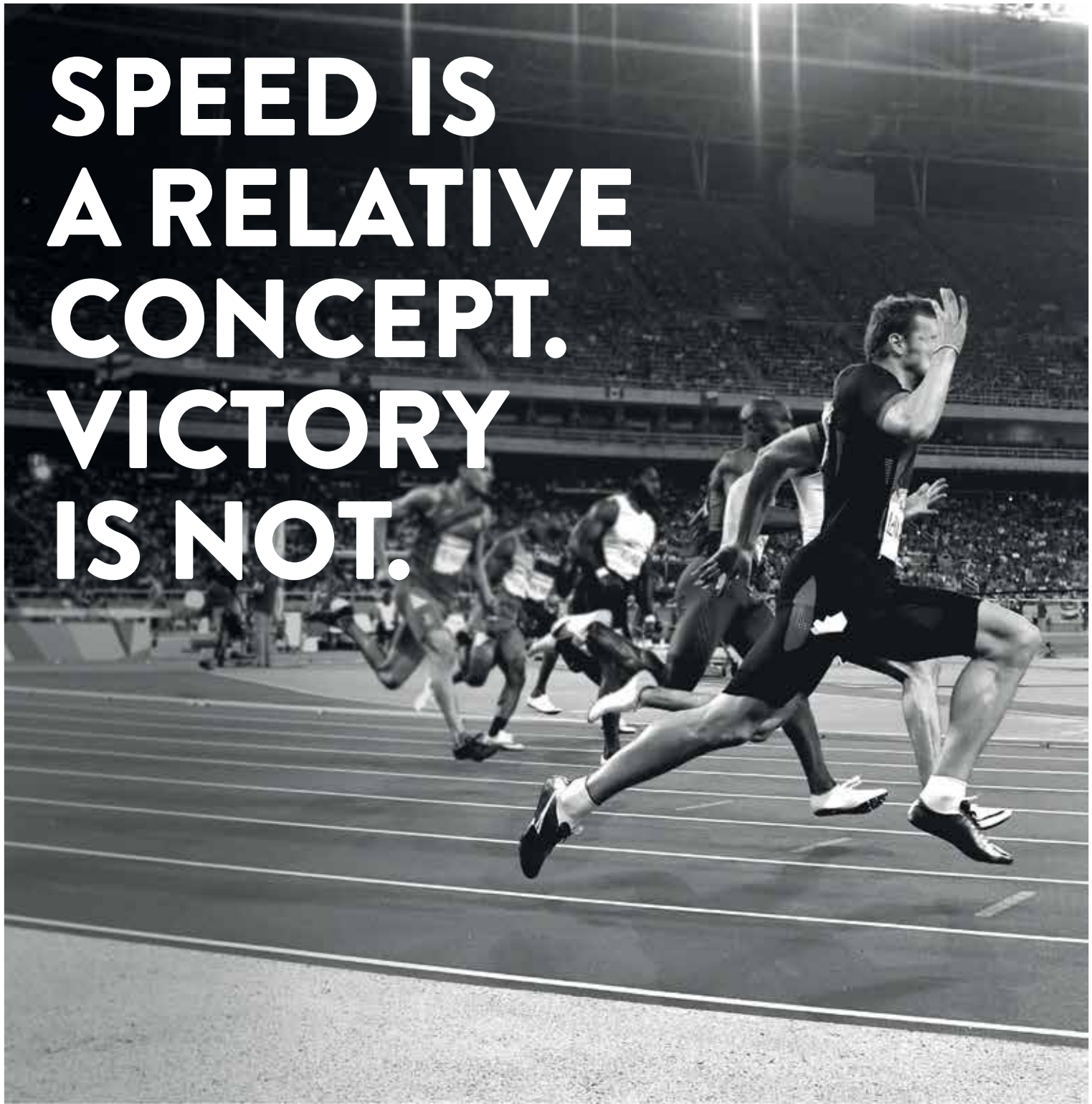




## KEY NATIONAL TECHNICAL OFFICIALS

No.	Function	Full Name
1.	Competition manager	Mr. Faustino Kiwa
2.	Assistant Competition Manager	Mr. Paul Okello
3.	Technical Manager	Mr. Peter Okot Omony
4.	Event Presentation Manager	Mr. Lawrence Kavuma
5.	Call Room Referee	Ms. Tecla Sang
6.	Call Room Chief Judge	Mrs. Kifaya Musa
7.	Start Coordinator	Mr. Daniel Kabali
10.	Starter	Mr. Nalis Bigingo
11.	Starter Assistant	Mr. Nathan Mujongola
12.	Chief umpire	Mr. Moses Twesigomwe
13.	Chief lap scorer	Mr. Ahimbisibwe Gordon
14.	Chief time keeper	Mr. Abdallah Mohammed
15.	Chief judge refreshment station	Ms. Dinah Amoding
16.	Chief judge for post competition	Mr. Masaba Timothy
17.	Chief judge for competition equipment	Mr. Vincent Mutagubya
18.	Chief Technical Information Centre	Mr. Mawerere Namayo

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# PARTICIPATING MEMBER FEDERATIONS

No .	Country	Code	Number of athletes		
			Men	Women	Total
1.	Algeria	ALG	7	7	14
2.	Australia	AUS	12	11	23
3.	Bahrain	BRN	8	8	16
4.	Belgium	BEL	1	0	1
5.	Benin	BEN	1	1	2
6.	Botswana	BOT	8	4	12
7.	Brazil	BRA	1	0	1
8.	Burundi	BDI	6	6	12
9.	Cameroun	CMR	1	1	2
10.	Canada	CAN	11	12	23
11.	Central African Republic	CAF	1	0	1
12.	China	CHN	4	3	7
13.	Comoros	COM	4	0	4
14.	Democratic Rep. of Congo	CGO	2	1	3
15.	Denmark	DEN	4	2	6
16.	Ecuador	ECU	0	4	4
17.	Egypt	EGY	1	1	2
18.	Eritrea	ERI	13	12	25
19.	Ethiopia	ETH	16	14	30
20.	Fiji	FIJ	1	0	1
21.	France	FRA	3	0	3
22.	Great Britain	GBR	8	13	21
23.	Italy	ITA	2	8	10
24.	Japan	JPN	11	10	21
25.	Jordan	JOR	1	0	1
26.	Kenya	KEN	15	15	30
27.	Kuwait	KUW	12	0	12
28.	Lebanon	LBN	4	3	7
29.	Lesotho	LES	1	1	2
30.	Liberia	LBR	1	1	2
31.	Madagascar	MAD	1	1	2
32.	Malawi	MAW	5	2	7
33.	Mexico	MEX	2	1	3
34.	Morocco	MAR	9	9	18
35.	Namibia	NAM	1	1	2
36.	Nigeria	NGR	5	5	10
37.	Peru	PER	8	8	16
38.	Portugal	POR	0	2	2
39.	Republic of South Africa	RSA	10	10	20
40.	Romania	ROU	1	0	1
41.	Rwanda	RWA	6	0	6
42.	Senegal	SEN	1	1	2
43.	Seychelles	SEY	2	0	2
44.	Sierra Leone	SLE	1	1	2
45.	Somalia	SOM	1	1	2
46.	South Sudan	SSD	8	2	10
47.	Spain	ESP	14	14	28
48.	Sri Lanka	SRI	1	1	2
49.	Sudan	SUD	12	2	14
50.	Swaziland	SWZ	1	1	2
51.	Tajikistan	TAJ	1	1	2
52.	Tanzania	TAN	15	13	28
53.	The Gambia	GAM	0	1	1
54.	Turkey	TUR	3	2	5
55.	Uganda	UGA	18	15	33
56.	USA	USA	14	14	28
57.	Yemen	YEM	1	0	1
58.	Zambia	ZAM	1	1	2
59.	Zimbabwe	ZIM	2	2	4
60.	Athletics Refugee Team	ART	2	2	4
Total			306	251	557

# GENERAL PROGRAMME

Time	Activity	Venue
<b>Friday 24<sup>th</sup> March 2017</b>		
All day	Arrival/accreditation	Imperial Royale Hotel
<b>Saturday 25<sup>th</sup> March 2017</b>		
10:00	IAAF Press Conference	Sheraton Kampala Hotel
15:00	Course Inspection	Kololo Independence Ground
16:00	Technical Meeting	Kololo Independence Ground
19:30	IAAF/LOC Dinner	Sheraton Kampala Hotel
<b>Sunday 26<sup>th</sup> March 2017</b>		
13:30	Opening Ceremony	Kololo Independence Ground
14:00	Mixed Relay	
14:30	U20 Women	
15:00	Medal Ceremony Mixed Relay	
15:10	U20 Men	
15:40	Medal Ceremony U20 Women	
15:55	Senior Women	
16:40	Medal Ceremony U20 Men	
16:55	Senior Men	
17:30	Medal Ceremony Senior Women	
17:45	Medal Ceremony Senior Men	
18:00	Mass race	
20:00	Final Dinner	
<b>Monday 27<sup>th</sup> March 2017</b>		
All day	Departures	
09:00 – 18:00	IAAF Cross Country Committee	Sheraton Kampala Hotel

## PRIZE MONEY

The Prize Money at the IAAF World Cross Country Championships will be as follows:

### Senior Races:

Individual				Team			
1 <sup>st</sup>	USD 30,000	4 <sup>th</sup>	USD 7,000	1 <sup>st</sup>	USD 20,000	4 <sup>th</sup>	USD 10,000
2 <sup>nd</sup>	USD 15,000	5 <sup>th</sup>	USD 5,000	2 <sup>nd</sup>	USD 16,000	5 <sup>th</sup>	USD 8,000
3 <sup>rd</sup>	USD 10,000	5 <sup>th</sup>	USD 3,000	3 <sup>rd</sup>	USD 12,000	6 <sup>th</sup>	USD 4,000

### Relay:

1 <sup>st</sup>	USD 12,000	2 <sup>nd</sup>	USD 8,000
3 <sup>rd</sup>	USD 6,000	4 <sup>th</sup>	USD 4,000



# The Official Sites



# The Course



# FACTS ABOUT THE COURSE - KOLOLO INDEPENDENCE GROUND

Kololo Independence Ground was constructed in 1936 and was meant to be the country's main airport. However, due to the site's small size it was only used as an airstrip. It consisted of an all-weather gravel strip cut out of the hillside, with a small tarmac apron on the north side fronting a small hangar and the control building. The control building currently houses a police post.

The airstrip fell out of use by 1946 until the late 1940s when Wampewo Avenue and the residential development of Nyonyi Gardens were laid out across the eastern end of the strip, shortening the remaining runway length to approximately 730m. The Ground was used for the Independence Ceremony on 9th October 1962 and for open air Mass when Pope Paul VI visited Uganda in 1969 and Pope Francis in 2015. Until the latter date it had remained unfenced, and had been used for practice purposes by a large number of under-age and/or unqualified drivers.

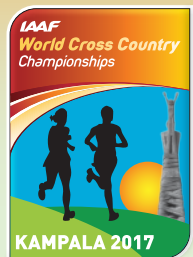
Kololo Independence Ground became a leisure park where people went to relax and unwind, but with the advent of independence, it took on the role of being the main celebration ground in Kampala. The Ground is also a burial ground for Uganda's heroes.



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## PREVIOUS EDITIONS OF IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

No.	Year	City/Venue	Country/State	Member Federations	Total athletes
1 <sup>st</sup>	1973	Waregem	Belgium	21	287
2 <sup>nd</sup>	1974	Monza	Italy	23	269
3 <sup>rd</sup>	1975	Rabat	Morocco	26	316
4 <sup>th</sup>	1976	Chepstow	Wales	21	306
5 <sup>th</sup>	1977	Düsseldorf	Federal Republic of Germany	22	346
6 <sup>th</sup>	1978	Glasgow	Scotland	27	360
7 <sup>th</sup>	1979	Limerick	Ireland	27	383
8 <sup>th</sup>	1980	Paris	France	28	381
9 <sup>th</sup>	1981	Madrid	Spain	39	460
10 <sup>th</sup>	1982	Rome	Italy	33	382
11 <sup>th</sup>	1983	Gateshead	Great Britain	35	432
12 <sup>th</sup>	1984	New York	USA	40	443
13 <sup>th</sup>	1985	Lisbon	Portugal	50	574
14 <sup>th</sup>	1986	Neuchâtel	Switzerland	57	671
15 <sup>th</sup>	1987	Warsaw	Poland	47	576
16 <sup>th</sup>	1988	Auckland	New Zealand	41	443
17 <sup>th</sup>	1989	Stavanger	Norway	41	568
18 <sup>th</sup>	1990	Aix-les-Bains	France	59	618
19 <sup>th</sup>	1991	Antwerp	Belgium	51	633
20 <sup>th</sup>	1992	Boston	USA	53	580
21 <sup>st</sup>	1993	Amorebieta	Spain	54	653
22 <sup>nd</sup>	1994	Budapest	Hungary	60	760
23 <sup>rd</sup>	1995	Durham	Great Britain	58	619
24 <sup>th</sup>	1996	Cape Town	South Africa	65	669
25 <sup>th</sup>	1997	Turin	Italy	72	725
26 <sup>th</sup>	1998	Marrakech	Morocco	66	707
27 <sup>th</sup>	1999	Belfast	Great Britain	66	759
28 <sup>th</sup>	2000	Vilamoura	Portugal	76	806
29 <sup>th</sup>	2001	Ostend	Belgium	67	790
30 <sup>th</sup>	2002	Dublin	Ireland	59	664
31 <sup>st</sup>	2003	Lausanne	Switzerland	65	605
32 <sup>nd</sup>	2004	Brussels	Belgium	72	673
33 <sup>rd</sup>	2005	Saint-Galmier	France	72	695
34 <sup>th</sup>	2006	Fukuoka	Japan	59	574
35 <sup>th</sup>	2007	Mombasa	Kenya	63	470
36 <sup>th</sup>	2008	Edinburgh	Great Britain	57	448
37 <sup>th</sup>	2009	Amman	Jordan	59	461
38 <sup>th</sup>	2010	Bydgoszcz	Poland	51	437
39 <sup>th</sup>	2011	Punta Umbria	Spain	51	423
40 <sup>th</sup>	2013	Bydgoszcz	Poland	41	397
41 <sup>st</sup>	2015	Guiyang	China	51	410

## MEN'S MEDALLISTS

Short Course (introduced in 1998, held until 2006)

### Individuals

Year	Medalists					
	Gold		Silver		Bronze	
1998	John Kibowen	KEN	Daniel Komen	KEN	Paul Kosgei	KEN
1999	Benjamin Limo	KEN	Paul Kosgei	KEN	Haylu Mekonnen	ETH
2000	John Kibowen	KEN	Sammy Kipketer	KEN	Paul Kosgei	KEN
2001	Enock Koech	KEN	Kenenisa Bekele	ETH	Benjamin Limo	KEN
2002	Kenenisa Bekele	ETH	Luke Kipkosgei	KEN	Haylu Mekonnen	ETH
2003	Kenenisa Bekele	ETH	John Kibowen	KEN	Benjamin Limo	KEN
2004	Kenenisa Bekele	ETH	Gebre-egziabher Gebremariam	ETH	Maregu Zewdie	ETH
2005	Kenenisa Bekele	ETH	Abraham Chebii	KEN	Isaac Songok	KEN
2006	Kenenisa Bekele	ETH	Isaac Songok	KEN	Adil Kaouch	MAR

### Teams

Year	Team And Points					
	Gold		Silver		Bronze	
1998	Kenya	10	Morocco	42	Ethiopia	60
1999	Kenya	14	Morocco	45	Ethiopia	55
2000	Kenya	10	Ethiopia	46	Morocco	68
2001	Kenya	13	Morocco	48	Ethiopia	51
2002	Kenya	20	Ethiopia	32	Spain	57
2003	Kenya	14	Ethiopia	31	Morocco	44
2004	Ethiopia	17	Qatar	39	Kenya	52
2005	Ethiopia	23	Kenya	31	Qatar	32
2006	Kenya	21	Ethiopia	48	Morocco	53

## Long Course

### Individuals

Year	Gold	NAT	Silver	NAT	Bronze	NAT
1973	Pekka Päivärinta	FIN	Mariano Haro	ESP	Rod Dixon	NZL
1974	Erik de Beck	BEL	Mariano Haro	ESP	Karel Lismont	BEL
1975	Ian Stewart	SCO	Mariano Haro	ESP	Bill Rodgers	USA
1976	Carlos Lopes	POR	Tony Simmons	ENG	Bernie Ford	ENG
1977	Léon Schots	BEL	Carlos Lopes	POR	Detlef Uhlemann	FRG
1978	John Treacy	IRL	Aleksandr Antipov	URS	Karel Lismont	BEL
1979	John Treacy	IRL	Bronislaw Malinowski	POL	Aleksandr Antipov	URS
1980	Craig Virgin	USA	Hans-Jürgen Orthmann	FRG	Nick Rose	ENG
1981	Craig Virgin	USA	Mohamed Kadir	ETH	Fernando Mamede	POR
1982	Mohamed Kadir	ETH	Alberto Salazar	USA	Rod Dixon	NZL
1983	Bekele Debele	ETH	Carlos Lopes	POR	Some Muge	KEN
1984	Carlos Lopes	POR	Tim Hutchings	ENG	Steve Jones	WAL
1985	Carlos Lopes	POR	Paul Kipkoech	KEN	Wodajo Bulti	ETH
1986	John Ngugi	KEN	Abebe Mekonnen	ETH	Joseph Kiptum	KEN
1987	John Ngugi	KEN	Paul Kipkoech	KEN	Paul Arpin	FRA
1988	John Ngugi	KEN	Paul Kipkoech	KEN	William Koskei	KEN



Year	Gold	NAT	Silver	NAT	Bronze	NAT
1989	John Ngugi	KEN	Tim Hutchings	GBR	Wilfred Kirochi	KEN
1990	Khalid Skah	MAR	Moses Tanui	KEN	Julius Korir	KEN
1991	Khalid Skah	MAR	Moses Tanui	KEN	Simon Karori	KEN
1992	John Ngugi	KEN	William Mutwol	KEN	Fita Bayissa	ETH
1993	William Sigei	KEN	Dominic Kirui	KEN	Ismael Kirui	KEN
1994	William Sigei	KEN	Simon Chemoiywo	KEN	Haile Gebrselassie	ETH
1995	Paul Tergat	KEN	Ismael Kirui	KEN	Salah Hissou	MAR
1996	Paul Tergat	KEN	Salah Hissou	MAR	Ismael Kirui	KEN
1997	Paul Tergat	KEN	Salah Hissou	MAR	Thomas Nyariki	KEN
1998	Paul Tergat	KEN	Paul Koech	KEN	Assefa Mezegebu	ETH
1999	Paul Tergat	KEN	Patrick Ivuti	KEN	Paulo Guerra	POR
2000	Mohammed Mourhit	BEL	Assefa Mezegebu	ETH	Paul Tergat	KEN
2001	Mohammed Mourhit	BEL	Sergey Lebid	UKR	Charles Kamathi	KEN
2002	Kenenisa Bekele	ETH	John Yuda	TAN	Wilberforce Taleli Gebre-egziabher	KEN
2003	Kenenisa Bekele	ETH	Patrick Ivuti	KEN	Gebre-egziabher Gebremariam	ETH
2004	Kenenisa Bekele	ETH	Gebre-egziabher Gebremariam	ETH	SileshiSihine	ETH
2005	Kenenisa Bekele	ETH	ZersenayTadese	ERI	Abdullah Ahmad Hassan	QAT
2006	Kenenisa Bekele	ETH	SileshiSihine	ETH	Martin Mathathi	KEN
2007	ZersenayTadese	ERI	Moses Mosop	KEN	Bernard Kipyego	KEN
2008	Kenenisa Bekele	ETH	Leonard Komon	KEN	ZersenayTadese	ERI
2009	Gebre-egziabher Gebremariam	ETH	Moses Kipsiro	UGA	ZersenayTadese	ERI
2010	Joseph Ebuya	KEN	Teklemariam Medhin	ERI	Moses Kipsiro	UGA
2011	Imane Merga	ETH	Paul Tanui	KEN	Vincent Chepkok	KEN
2013	Japhet Korir	KEN	Imane Merga	ETH	Teklemariam Medhin	ERI
2015	Geoffrey Kamworor	KEN	Bedan Karoki	KEN	Muktar Edris	ETH

## Teams

Year	Team And Points					
	Gold		Silver		Bronze	
1973	Belgium	109	USSR	119	New Zealand	136
1974	Belgium	103	England	109	France	215
1975	New Zealand	127	England	198	Belgium	211
1976	England	90	Belgium	118	France	187
1977	Belgium	126	England	129	USSR	144
1978	France	151	United States	156	England	159
1979	England	119	Ireland	198	USSR	210
1980	England	100	United States	163	Belgium	175
1981	Ethiopia	81	United States	114	Kenya	220
1982	Ethiopia	98	England	114	USSR	257
1983	Ethiopia	104	United States	170	Kenya	191
1984	Ethiopia	134	United States	161	Portugal	233
1985	Ethiopia	129	Kenya	141	United States	153
1986	Kenya	45	Ethiopia	119	United States	204
1987	Kenya	53	England	146	Ethiopia	161
1988	Kenya	23	Ethiopia	103	France	134
1989	Kenya	44	Great Britain & NI	147	Ethiopia	162
1990	Kenya	42	Ethiopia	96	Spain	176
1991	Kenya	38	Ethiopia	104	Spain	198
1992	Kenya	46	France	145	Great Britain & NI	147

Year	Team And Points					
	Gold		Silver		Bronze	
1993	Kenya	25	Ethiopia	82	Portugal	167
1994	Kenya	34	Morocco	83	Ethiopia	133
1995	Kenya	62	Morocco	111	Spain	120
1996	Kenya	33	Morocco	99	Ethiopia	107
1997	Kenya	51	Morocco	70	Ethiopia	125
1998	Kenya	12	Ethiopia	57	Morocco	60
1999	Kenya	12	Ethiopia	57	Portugal	76
2000	Kenya	18	Ethiopia	68	Portugal	69
2001	Kenya	33	France	72	United States	87
2002	Kenya	18	Ethiopia	43	Morocco	58
2003	Kenya	17	Ethiopia	23	Morocco	51
2004	Ethiopia	14	Kenya	30	Eritrea	66
2005	Ethiopia	24	Kenya	35	Qatar	42
2006	Kenya	24	Eritrea	28	Ethiopia	42
2007	Kenya	29	Morocco	152	Uganda	191
2008	Kenya	39	Ethiopia	104	Qatar	143
2009	Kenya	28	Ethiopia	28	Eritrea	50
2010	Kenya	20	Eritrea	44	Ethiopia	66
2011	Kenya	14	Ethiopia	38	Uganda	49
2013	Ethiopia	38	United States	52	United States	54
2015	Ethiopia	20	Kenya	20	Bahrain	54

## JUNIOR MEN

### Individuals

Year	Gold	NAT	Silver	NAT	Bronze	NAT
1973	Jim Brown	SCO	José Haro	ESP	Léon Schots	BEL
1974	Rich Kimball	USA	Venzazio Ortis	ITA	John Treacy	IRL
1975	Bobby Thomas	USA	José Luis González	ESP	John Treacy	IRL
1976	Eric Hulst	USA	Thom Hunt	USA	Nat Muir	SCO
1977	Thom Hunt	USA	Santiago Llorente	ESP	Ari Paunonen	FIN
1978	Mick Morton	ENG	Rob Earl	CAN	Francisco Javier Alario	ESP
1979	Eddy De Pauw	BEL	Steve Binns	ENG	IldarDenikeyev	URS
1980	Jorge García	ESP	Valeriy Gryaznov	URS	Ed Eyestone	USA
1981	Mohammed Chouri	TUN	Yevgeniy Zerebin	URS	Keith Brantly	USA
1982	Zurabachev Gelaw	ETH	AdugnaLema	ETH	Stefano Mei	ITA
1983	Feyissa Abebe	ETH	Angaso Telega	ETH	Jon Richards	ENG
1984	Pere Casacuberta	ESP	Doju Tessema	ETH	Giovanni Castellano	CAN
1985	Kipkemboi Kimeli	KEN	Habte Negash	ETH	Woldesilase Milkessa	ETH
1986	Melese Feissa	ETH	Sammy Kibiwot	KEN	Demeke Bekele	ETH
1987	Wilfred Kirochi	KEN	Demeke Bekele	ETH	Debebe Demisse	ETH
1988	Wilfred Kirochi	KEN	Alfonse Muindi	KEN	Bedilu Kibret	ETH
1989	Addis Abebe	ETH	Kipyego Kororia	KEN	Stephen Nyamu	KEN
1990	Kipyego Kororia	KEN	Richard Chelimo	KEN	Fita Bayissa	ETH
1991	Andrew Sambu	TAN	Muindi Mumo	KEN	Fita Bayissa	ETH
1992	Ismael Kirui	KEN	Haile Gebrselassie	ETH	Josphat Machuka	KEN
1993	Philip Mosima	KEN	Christopher Kosgei	KEN	Josphat Machuka	KEN
1994	Philip Mosima	KEN	Daniel Komen	KEN	Abreham Tsige	ETH
1995	Assefa Mezegebu	ETH	Dejene Lidetu	ETH	David Chelule	KEN
1996	David Chelule	KEN	Assefa Mezegebu	ETH	Samuel Chepkok	KEN

Year	Gold	NAT	Silver	NAT	Bronze	NAT
1997	Elijah Korir	KEN	Million Wolde	ETH	Paul Kosgei	KEN
1998	Million Wolde	ETH	Richard Limo	KEN	Haylu Mekonnen	ETH
1999	Haylu Mekonnen	ETH	Richard Limo	KEN	Gideon Mitei	KEN
2000	Robert Kipchumba	KEN	Duncan Lebo	KEN	John Cheruiyot Korir	KEN
2001	Kenenisa Bekele	ETH	Duncan Lebo	KEN	Dathan Ritzenhein	USA
2002	Gebregziabher Gebremariam	ETH	Abel Cheruiyot	KEN	Boniface Kiprop	UGA
2003	Eliud Kipchoge	KEN	Boniface Kiprop	UGA	Solomon Bushendich	KEN
2004	MebaTadesse	ETH	Boniface Kiprop	UGA	Ernest Meli	KEN
2005	Augustine Choge	KEN	Bernard Kiprop Kipyego	KEN	Barnabas Kosgei	KEN
2006	Mang'ata Ndiwa	KEN	Leonard Komon	KEN	Tariku Bekele	ETH
2007	Asbel Kiprop	KEN	Vincent Chepkok	KEN	Mathew Kisorio	KEN
2008	Ibrahim Jeylan	ETH	Ayele Abshero	ETH	Lucas Rotich	KEN
2009	Ayele Abshero	ETH	Titus Mbishei	KEN	Moses Kibet	UGA
2010	Caleb Ndiku	KEN	Clement Langat	KEN	Japhet Korir	KEN
2011	Geoffrey Kipsang	KEN	Thomas Ayeko	UGA	Patrick Mutunga	KEN
2013	Hagos Gebrhiwet	ETH	Leonard Barsoton	KEN	Muktar Edris	ETH
2015	Yasin Haji	ETH	Geoffrey Korir	KEN	Alfred Ngeno	KEN

## Teams

Year	Team and Points					
	Gold		Silver		Bronze	
1973	Spain	18	Italy	22	England	24
1974	United States	22	Morocco	58	Italy	90
1975	United States	29	Ireland	35	Spain	44
1976	United States	16	Spain	60	England	91
1977	United States	36	Spain	40	Canada	67
1978	England	53	Canada	53	Spain	54
1979	Spain	57	United States	57	England	74
1980	USSR	50	United States	75	Spain	79
1981	United States	23	England	61	Canada	66
1982	Ethiopia	12	Italy	37	United States	70
1983	Ethiopia	13	Spain	41	England	58
1984	Ethiopia	21	Spain	34	England	68
1985	Ethiopia	16	Kenya	26	Spain	64
1986	Ethiopia	13	Kenya	32	Spain	52
1987	Ethiopia	19	Kenya	20	Japan	73
1988	Kenya	12	Ethiopia	33	Spain	61
1989	Kenya	14	Ethiopia	22	Italy	76
1990	Kenya	12	Ethiopia	27	Italy	85
1991	Kenya	19	Ethiopia	26	Tanzania	54
1992	Kenya	18	Ethiopia	28	Japan	90
1993	Kenya	10	Ethiopia	27	Morocco	76
1994	Kenya	18	Ethiopia	27	Morocco	78
1995	Kenya	23	Ethiopia	25	Morocco	72
1996	Kenya	13	Ethiopia	26	Morocco	94
1997	Kenya	13	Ethiopia	31	Morocco	74
1998	Ethiopia	16	Kenya	20	Morocco	62
1999	Kenya	16	Ethiopia	24	Tanzania	77
2000	Kenya	10	Ethiopia	47	Uganda	68

Year	Team and Points					
	Gold		Silver		Bronze	
2001	Kenya	24	Ethiopia	25	Uganda	68
2002	Kenya	18	Ethiopia	24	Uganda	37
2003	Kenya	15	Ethiopia	28	Uganda	48
2004	Kenya	20	Ethiopia	28	Uganda	33
2005	Kenya	10	Ethiopia	37	Qatar	75
2006	Kenya	16	Ethiopia	24	Eritrea	44
2007	Kenya	10	Eritrea	44	Ethiopia	54
2008	Kenya	21	Ethiopia	28	Uganda	37
2009	Kenya	20	Ethiopia	22	Eritrea	72
2010	Kenya	10	Ethiopia	32	Uganda	56
2011	Kenya	20	Ethiopia	24	Uganda	50
2013	Ethiopia	23	Kenya	26	Morocco	65
2015	Kenya	19	Ethiopia	33	Eritrea	52

## WOMEN'S MEDAL LISTS

Short Course (introduced in 1998, held until 2006)

### Individuals

Year	Gold	NAT	Silver	NAT	Bronze	NAT
1998	Sonia O'Sullivan	IRL	Zahra Ouaziz	MAR	Kutre Dulecha	ETH
1999	Jackline Maranga	KEN	Yamna Belkacem	FRA	Annemari Sandell	FIN
2000	KutreDulecha	ETH	Zahra Ouaziz	MAR	Margaret Ngotho	KEN
2001	Gete Wami	ETH	Paula Radcliffe	GBR	Edith Masai	KEN
2002	Edith Masai	KEN	Worknesh Kidane	ETH	Isabella Ochichi	KEN
2003	Edith Masai	KEN	WorkneshKidane	ETH	Jane Wanjiku	KEN
2004	Edith Masai	KEN	TiruneshDibaba	ETH	TeyibaErkesso	ETH
2005	TiruneshDibaba	ETH	WorkneshKidane	ETH	Isabella Ochichi	KEN
2006	Gelete Burka	ETH	Priscah Jepleting	KEN	MeselechMelkamu	ETH

### Teams

Year	Team and Points					
	Gold		Silver		Bronze	
1998	Morocco	57	Ethiopia	58	United States	68
1999	France	40	Ethiopia	48	Morocco	69
2000	Portugal	46	Ethiopia	55	France	57
2001	Ethiopia	26	Kenya	32	Romania	78
2002	Ethiopia	32	Kenya	34	Ireland	85
2003	Kenya	18	Ethiopia	24	Russia	76
2004	Ethiopia	19	Kenya	21	Canada	87
2005	Ethiopia	18	Kenya	19	United States	67
2006	Ethiopia	25	Kenya	26	Australia	69



## Long Course

### Individuals

Year	Gold	NAT	Silver	NAT	Bronze	NAT
1973	Paola Cacchi	ITA	Joyce Smith	ENG	Josée van Santberghe	BEL
1974	Paola Cacchi	ITA	Nina Holmen	FIN	Rita Ridley	ENG
1975	Julie Brown	USA	Bronislawa Ludwichowska	POL	Carmen Valero	ESP
1976	Carmen Valero	ESP	Tatyana Kazankina	URS	Gabriela Dorio	ITA
1977	Carmen Valero	ESP	Lyudmila Bragina	URS	Giana Romanova	URS
1978	Grete Waitz	NOR	Natalia Marasescu	ROU	Maricica Puica	ROU
1979	Grete Waitz	NOR	Raisa Smekhnova	URS	Ellison Goodall	USA
1980	Grete Waitz	NOR	Irina Bondarchuk	URS	Yelena Chernysheva	URS
1981	Grete Waitz	NOR	Jan Merrill	USA	Yelena Sipatova	URS
1982	Maricica Puica	ROU	FitaLovin	ROU	Grete Waitz	NOR
1983	Grete Waitz	NOR	Alison Wiley	CAN	Tatyana Pozdnyakova	URS
1984	Maricica Puica	ROU	Galina Zakharova	URS	Grete Waitz	NOR
1985	Zola Budd	ENG	Cathy Branta	USA	Ingrid Kristiansen	NOR
1986	Zola Budd	ENG	Lynn Jennings	USA	Annette Sergent	FRA
1987	Annette Sergent	FRA	Liz Lynch	SCO	Ingrid Kristiansen	NOR
1988	Ingrid Kristiansen	NOR	Angela Tooby	GBR	Annette Sergent	FRA
1989	Annette Sergent	FRA	Nadezhda Stepanova	URS	Lynn Williams	CAN
1990	Lynn Jennings	USA	Albertina Dias	POR	Yelena Romanova	URS
1991	Lynn Jennings	USA	Derartu Tulu	ETH	Liz McColgan	GBR
1992	Lynn Jennings	USA	Catherina McKiernan	IRL	Albertina Dias	POR
1993	Albertina Dias	POR	Catherina McKiernan	IRL	Lynn Jennings	USA
1994	Hellen Chepngeno	KEN	Catherina McKiernan	IRL	Conceição Ferreira	POR
1995	Derartu Tulu	ETH	Catherina McKiernan	IRL	Sally Barsosio	KEN
1996	Gete Wami	ETH	Rose Cheruiyot	KEN	Naomi Mugo	KEN
1997	Derartu Tulu	ETH	Paula Radcliffe	GBR	Gete Wami	ETH
1998	Sonia O'Sullivan	IRL	Paula Radcliffe	GBR	Gete Wami	ETH
1999	Gete Wami	ETH	Merima Denboba	ETH	Paula Radcliffe	GBR
2000	Derartu Tulu	ETH	Gete Wami	ETH	Susan Chepkemei	KEN
2001	Paula Radcliffe	GBR	Derartu Tulu	ETH	Lydia Cheromei	KEN
2002	Paula Radcliffe	GBR	Deena Drossin	USA	Colleen de Reuck	USA
2003	Worknesh Kidane	ETH	Deena Drossin	USA	Merima Denboba	ETH
2004	Benita Johnson	AUS	Ejagayou Dibaba	ETH	Worknesh Kidane	ETH
2005	Tirunesh Dibaba	ETH	Alice Timbilil	KEN	Worknesh Kidane	ETH
2006	Tirunesh Dibaba	ETH	Lornah Kiplagat	NED	Meselech Melkamu	ETH
2007	Lornah Kiplagat	NED	Tirunesh Dibaba	ETH	Meselech Melkamu	ETH
2008	Tirunesh Dibaba	ETH	Mestawet Tufa	ETH	Linnet Masai	KEN
2009	Florence Kiplagat	KEN	Linnet Masai	KEN	Meselech Melkamu	ETH
2010	Emily Chebet	KEN	Linnet Masai	KEN	Meselech Melkamu	ETH
2011	Vivian Cheruiyot	KEN	Linnet Masai	KEN	Shalane Flanagan	USA
2013	Emily Chebet	KEN	Hiwot Ayalew	ETH	Beleynesh Oljira	ETH
2015	Agnes Tirop	KEN	Senbera Teferi	ETH	Netsanet Gudeta	ETH

### Teams

Year	Team and Points					
	Gold		Silver		Bronze	
1973	England	40	Finland	73	United States	90
1974	England	28	Italy	50	Finland	61
1975	United States	44	New Zealand	50	Poland	61

Year	Team and Points					
	Gold		Silver		Bronze	
1976	USSR	33	Italy	59	United States	64
1977	USSR	15	United States	48	New Zealand	76
1978	Romania	30	United States	37	England	55
1979	United States	29	USSR	48	England	68
1980	USSR	15	England	49	United States	49
1981	USSR	24	United States	36	Italy	89
1982	USSR	44	Italy	57	England	67
1983	United States	31	USSR	41	Canada	53
1984	United States	52	England	65	New Zealand	91
1985	United States	42	USSR	77	Romania	96
1986	England	65	New Zealand	67	France	78
1987	United States	46	France	50	USSR	55
1988	USSR	51	Great Britain & NI	61	France	72
1989	USSR	58	France	60	United States	68
1990	USSR	37	Ethiopia	75	Portugal	80
1991	Kenya	36	Ethiopia	36	USSR	48
1992	Kenya	47	United States	77	Ethiopia	96
1993	Kenya	52	Japan	93	Franc	100
1994	Portugal	55	Ethiopia	65	Kenya	75
1995	Kenya	26	Ethiopia	38	Romania	84
1996	Kenya	24	Ethiopia	44	Romania	70
1997	Ethiopia	24	Kenya	34	Ireland	64
1998	Kenya	30	Ethiopia	37	Great Britain & NI	74
1999	Ethiopia	18	Kenya	27	Portugal	94
2000	Ethiopia	20	Kenya	23	United States	98
2001	Kenya	18	Ethiopia	70	France	77
2002	Ethiopia	28	United States	38	Kenya	41
2003	Ethiopia	17	Kenya	30	United States	36
2004	Ethiopia	26	Kenya	30	Great Britain & NI	74
2005	Ethiopia	16	Kenya	22	Portugal	86
2006	Ethiopia	16	Kenya	39	Japan	80
2007	Ethiopia	26	Kenya	26	Morocco	99
2008	Ethiopia	18	Kenya	22	Australia	84
2009	Kenya	14	Ethiopia	28	Portugal	72
2010	Kenya	14	Ethiopia	22	United States	76
2011	Kenya	15	Ethiopia	29	United States	57
2013	Kenya	19	Ethiopia	48	Bahrain	73
2015	Ethiopia	17	Kenya	19	Uganda	101

## JUNIOR WOMEN

### Individuals

Year	Gold	NAT	Silver	NAT	Bronze	NAT
1989	MalinEwerlöf	SWE	Olga Nazarkina	URS	Esther Saina	KEN
1990	Liu Shixiang	CHN	Yan Qinglan	CHN	Susan Chepkemei	KEN
1991	Lydia Cheromei	KEN	Jane Ekimat	KEN	Melody Fairchild	USA
1992	Paula Radcliffe	GBR	Wang Junxia	CHN	Lydia Cheromei	KEN
1993	Gladys Ondo	KEN	Pamela Chepchumba	KEN	Sally Barsosio	KEN
1994	Sally Barsosio	KEN	Rose Cheruiyot	KEN	Elizabeth Cheptanui	KEN
1995	Annemari Sandell	FIN	Jebiwot Keitany	KEN	Nancy Kipron	KEN
1996	KutreDulecha	ETH	Annemari Sandell	FIN	Jepkorir Aiyabei	KEN
1997	Rose Koskei	KEN	Priscah Jepleting	KEN	Ayelech Worku	ETH
1998	YimenashuTaye	ETH	Jeruto Kiptum	KEN	Worknesh Kidane	ETH
1999	WorkneshKidane	ETH	Vivian Cheruiyot	KEN	Yoshiko Fujinaga	JPN
2000	Vivian Cheruiyot	KEN	Alice Timbilil	KEN	Viola Kibiwott	KEN
2001	Viola Kibiwott	KEN	Abebech Nigussie	ETH	Aster Bacha	ETH
2002	Viola Kibiwott	KEN	Tirunesh Dibaba	ETH	Vivian Cheruiyot	KEN
2003	Tirunesh Dibaba	ETH	Peninah Chepchumba	KEN	Gelete Burka	ETH
2004	Meselech Melkamu	ETH	Aziza Aliye	ETH	MestawetTadesse	ETH
2005	Gelete Burka	ETH	Veronica Nyaruai	KEN	Beatrice Chepngeno	KEN
2006	Pauline Korikwang	KEN	Veronica Nyaruai	KEN	Mercy Kosgei	KEN

Year	Gold	NAT	Silver	NAT	Bronze	NAT
2007	Linnet Masai	KEN	Mercy Kosgei	KEN	Veronica Nyaruai	KEN
2008	Genzebe Dibaba	ETH	Irine Cheptai	KEN	Emebet Eta'a	ETH
2009	Genzebe Dibaba	ETH	Mercy Cherono	KEN	Jackline Chepngeno	KEN
2010	Mercy Cherono	KEN	Purity Rionoripo	KEN	Esther Chemtai	KEN
2011	Faith Kipyegon	KEN	Genet Yalew	ETH	Azemra Gebru	ETH
2013	Faith Kipyegon	KEN	Agnes Tirop	KEN	Alemitu Heroye	ETH
2015	Letesenbet Gidey	ETH	Dera Dida	ETH	Etagegne Woldu	ETH

## Teams

Year	Team and Points					
	Gold		Silver		Bronze	
1989	Kenya	40	USSR	68	Portugal	84
1990	Kenya	20	Japan	44	PR of China	68
1991	Kenya	18	Ethiopia	40	Japan	43
1992	Ethiopia	55	Romania	59	Kenya	59
1993	Kenya	10	Japan	41	Ethiopia	61
1994	Kenya	11	Ethiopia	46	Japan	60
1995	Kenya	18	Ethiopia	31	Japan	156
1996	Kenya	21	Ethiopia	26	Japan	70
1997	Kenya	15	Japan	38	Ethiopia	39
1998	Ethiopia	16	Kenya	20	Japan	68
1999	Ethiopia	20	Kenya	31	Japan	46
2000	Kenya	13	Ethiopia	24	Japan	78
2001	Ethiopia	16	Kenya	20	Japan	59
2002	Kenya	13	Ethiopia	24	Japan	63
2003	Ethiopia	14	Kenya	22	Morocco	78
2004	Ethiopia	10	Kenya	36	Japan	67
2005	Kenya	16	Ethiopia	22	Japan	56
2006	Kenya	10	Ethiopia	29	Japan	58
2007	Kenya	13	Eritrea	33	Ethiopia	36
2008	Ethiopia	16	Kenya	20	Japan	57
2009	Ethiopia	18	Kenya	18	Japan	76
2010	Kenya	10	Ethiopia	30	Uganda	81
2011	Ethiopia	17	Kenya	19	Japan	75
2013	Kenya	14	Ethiopia	23	Great Britain	81
2015	Ethiopia	11	Kenya	33	Bahrain	52

IAAF MEMBER FEDERATIONS		
	Name	Country Code
1	Afghanistan Athletic Federation	AFG
2	Anguilla Amateur Athletic Association	AIA
3	Albanian Athletics Federation	ALB
4	Fédération Algérienned'Athlétisme	ALG
5	Federacio Andorranad'Atletisme	AND
6	Federacao Angolana de Atletismo	ANG
7	Athletic Association of Antigua & Barbuda	ANT
8	Confederacion Argentina de Atletismo	ARG
9	Armenian Athletic Federation	ARM
10	Arubaanse Atletiek Bond	ARU
11	American Samoa Track & Field Association	ASA
12	Athletics Australia	AUS
13	Osterreichischer Leichtathletik-Verband	AUT
14	Azerbaijan Athletics Federation	AZE
15	Bahamas Association of Athletic Associations	BAH
16	Bangladesh Athletic Federation	BAN
17	Athletics Association of Barbados	BAR
18	Fédération d'Athlétisme du Burundi	BDI
19	Ligue Royale Belged'Athlétisme	BEL
20	Fédération Béninoised'Athlétisme	BEN
21	Bermuda National Athletics Association	BER
22	Bhutan Amateur Athletic Federation	BHU
23	Athletic Federation of Bosnia & Herzegovina	BIH

# IAAF MEMBER FEDERATIONS

	Name	Country Code
24	Belize Athletics Association	BIZ
25	Belarus Athletic Federation	BLR
26	Federacion Atletica de Bolivia	BOL
27	Botswana Athletics Association	BOT
28	Confederação Brasileira de Atletismo	BRA
29	Bahrain Athletics Association	BRN
30	Brunei Darussalam Athletics Federation	BRU
31	Bulgarian Athletic Federation	BUL
32	Fédération Burkinabe d'Athlétisme	BUR
33	Fédération Centrafricained'Athlétisme	CAF
34	Khmer Amateur Athletics Federation	CAM
35	Athletics Canada	CAN
36	Cayman Islands Athletic Association	CAY
37	Fédération Congolaised'Athlétisme	CGO
38	Fédération Tchadienned'Athlétisme	CHA
39	Federacion Atletica de Chile	CHI
40	Chinese Athletic Association	CHN
41	Fédération Ivoiriennd'Athlétisme	CIV
42	Fédération Camerounaised'Athlétisme	CMR
43	Fédération d'Athlétisme du Congo	COD
44	Athletics Cook Islands Inc.	COK
45	Federacion Colombiana de Atletismo	COL
46	Fédération Comorienned'Athlétisme	COM
47	Federação Caboverdiana de Atletismo	CPV
48	Federacion Costarricense de Atletismo	CRC
49	Croatian Athletics Federation	CRO
50	Federacion Cubana de Atletismo	CUB
51	The Amateur Athletic Association of Cyprus	CYP
52	Czech Athletic Federation	CZE
53	Dansk Atletik Forbund	DEN
54	Fédération Djiboutienned'Athlétisme	DJI
55	Dominica Amateur Athletics Association	DMA
56	Federacion Dominicana de Asociaciones de Atletismo	DOM
57	Federacion Ecuatoriana de Atletismo	ECU
58	Egyptian Athletic Federation	EGY
59	Eritrean National Athletics Federation	ERI
60	Federacion Salvadoreña de Atletismo	ESA
61	Real Federacion Española de Atletismo	ESP
62	Estonian Athletic Association	EST
63	Ethiopian Athletic Federation	ETH
64	Athletics Fiji	FIJ
65	Suomen Urheiluliitto RY	FIN
66	Fédération Françaised'Athlétisme	FRA
67	Federated States of Micronesia Athletic Association	FSM
68	Fédération Gabonaised'Athlétisme	GAB
69	The Gambia Athletics Association	GAM
70	UK Athletics	GBR
71	Federacao de Atletismo da Guinea-Bissau	GBS
72	Athletic Federation of Georgia	GEO
73	Federacion Ecuatoguineana de Atletismo	GEQ
74	Deutscher Leichtathletik Verband	GER
75	Ghana Athletics Association	GHA
76	Gibraltar Amateur Athletic Association	GIB
77	Association Helléniqued'Athlétisme Amateur	GRE
78	Grenada Athletic Association	GRN
79	Federacion Nacional de Atletismo de Guatemala	GUA
80	Fédération Guinéenned'Athlétisme	GUI
81	Guam Track and Field Association	GUM
82	Athletics Association of Guyana	GUY
83	Fédération Haïtienned'Athlétisme Amateur	HAI
84	Hong Kong Amateur Athletic Association	HKG
85	FENHATLE	HON
86	Hungarian Athletics Association	HUN
87	Indonesian Athletics Federation	INA
88	Athletics Federation of India	IND



# IAAF MEMBER FEDERATIONS

	Name	Country Code
89	Athletic Federation of I.R Iran	IRI
90	Athletic Association of Ireland	IRL
91	Iraqi Athletics Federation	IRQ
92	Icelandic Athletic Federation	ISL
93	Israeli Athletic Association	ISR
94	Virgin Islands Track & Field Federation	ISV
95	Federazione Italiana di Atletica Leggera	ITA
96	British Virgin Islands Athletics Association	IVB
97	Jamaica Athletics Administrative Association	JAM
98	Jordan Athletics Federation	JOR
99	Japan Association of Athletics Federations	JPN
100	Athletic Federation of the Republic of Kazakhstan	KAZ
101	Athletics Kenya	KEN
102	Athletics Federation of Kyrgyz Republic	KGZ
103	Kiribati Athletics Association	KIR
104	Korea Association of Athletics Federations	KOR
105	Kosovo Athletic Federation	KOS
106	Saudi Arabian Athletics Federation	KSA
107	Kuwait Athletics Federation	KUW
108	Laos Amateur Athletic Federation	LAO
109	Latvian Athletics Association	LAT
110	Libyan Athletics Federation	LBA
111	Fédération Libanaise d'Athlétisme	LBN
112	Liberia Athletics Federation	LBR
113	Saint Lucia Athletics Association	LCA
114	Lesotho Amateur Athletics Association	LES
115	Liechtensteiner Leichtathletik Verband	LIE
116	Athletic Federation of Lithuania	LTU
117	Fédération Luxembourgeoise d'Athlétisme	LUX
118	Associação de Atletismo de Macau	MAC
119	Fédération Malagasy d'Athlétisme	MAD
120	Fédération Royale Marocaine d'Athlétisme	MAR
121	Malaysia Athletic Federation	MAS
122	Athletics Association of Malawi	MAW
123	Federatia de Atletism din Republica Moldova	MDA
124	Athletics Association of Maldives	MDV
125	Federación Mexicana de Asociaciones de Atletismo, A.C	MEX
126	Mongolian Athletic Federation	MGL
127	Marshall Islands Athletics Federation	MHL
128	Athletic Federation of Macedonia	MKD
129	Fédération Malienned'Athlétisme	MLI
130	Malta Amateur Athletic Association	MLT
131	Athletic Federation of Montenegro	MNE
132	Montserrat Amateur Athletic Association	MNT
133	Fédération Monégasque d'Athlétisme	MON
134	Federação Moçambicana de Atletismo	MOZ
135	Mauritius Athletics Association	MRI
136	Fédération d'Athlétisme R.I Mauritanie	MTN
137	Myanmar Track & Field Federation	MYA
138	Athletics Namibia	NAM
139	Federacion Nicaragüense de Atletismo	NCA
140	Royal Dutch Athletics Federation	NED
141	Nepal Athletics Association	NEP
142	Athletics Norfolk Island	NFI
143	Athletic Federation of Nigeria	NGR
144	Fédération Nigerienne d'Athlétisme	NIG
145	Northern Marianas Athletics	NMI
146	Norwegian Athletics Federation	NOR
147	Nauru Athletics Association	NRU
148	Athletics New Zealand	NZL
149	Oman Athletic Association	OMA
150	Athletics Federation of Pakistan	PAK
151	Federacion Panameña de Atletismo	PAN
152	Federacion Paraguaya de Atletismo	PAR
153	Peruvian Athletics Sports Federation	PER
154	Philippine Athletics Track & Field Association	PHI

# IAAF MEMBER FEDERATIONS

	Name	Country Code
155	Palestine Athletic Federation	PLE
156	Palau Track and Field Association	PLW
157	Athletics Papua New Guinea	PNG
158	Polish Athletics Association	POL
159	Federação Portuguesa de Atletismo	POR
160	Amateur Athletic Association of DPR of Korea	PRK
161	Federacion de Atletismo de Puerto Rico	PUR
162	Fédération d'Athlétisme de Polynésie Française	PYF
163	Qatar Athletics Federation	QAT
164	Federatia Romana de Atletism	ROU
165	Athletics South Africa	RSA
166	Russian Athletic Federation*	RUS
167	Fédération Rwandaise d'Athlétisme	RWA
168	Athletics Samoa	SAM
169	Fédération Sénégalaise d'Athlétisme	SEN
170	Seychelles Athletics Federation	SEY
171	Singapore Athletic Association	SGP
172	Saint Kitts & Nevis Amateur Athletic Association	SKN
173	Sierra Leone Amateur Athletic Association	SLE
174	Slovenian Athletics Association	SLO
175	Federazione Sammarinese Atletica Leggera	SMR
176	Athletic Solomons	SOL
177	Somali Athletics Federation	SOM
178	Athletic Federation of Serbia	SRB
179	Athletic Association of Sri Lanka	SRI
180	South Sudan Athletics Federation	SSD
181	Federação Santomense de Atletismo	STP
182	Sudan Athletic Association	SUD
183	Schweizerischer Leichtathletik-Verband	SUI
184	Surinaamse Athletiek Bond	SUR
185	Slovak Athletic Federation	SVK
186	Swedish Athletic Association	SWE
187	Swaziland Athletics Association	SWZ
188	Syrian Arab Athletic Federation	SYR
189	Athletics Tanzania	TAN
190	Tonga Athletic Association	TGA
191	Athletic Association of Thailand	THA
192	Athletics Federation of the Republic of Tajikistan	TJK
193	Amateur Athletic Federation of Turkmenistan	TKM
194	Turks & Caicos Islands Amateur Athletic Association	TKS
195	Federação Timor-Leste de Atletismo	TLS
196	Fédération Togolaise d'Athlétisme	TOG
197	Chinese Taipei Athletics Association	TPE
198	Nat'l Association of Athletics Admin. of Trinidad & Tobago	TTO
199	Fédération Tunisienned'Athlétisme	TUN
200	Turkish Athletic Federation	TUR
201	Tuvalu Athletics Association	TUV
202	UAE Athletics Federation	UAE
203	Uganda Athletics Federation	UGA
204	Ukrainian Athletic Federation	UKR
205	Confederacion Atletica del Uruguay	URU
206	USA Track & Field	USA
207	The Athletic Federation of Uzbekistan	UZB
208	Athletics Vanuatu	VAN
209	Federacion Venezolana de Atletismo	VEN
210	Vietnam Athletics Federation	VIE
211	Team Athletics Saint Vincent & The Grenadines	VIN
212	Yemen Athletics Federation	YEM
213	Zambia Amateur Athletic Association	ZAM
214	National Athletic Association of Zimbabwe	ZIM

\*Currently suspended



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## ABOUT UGANDA

Uganda, the Pearl of Africa, is a country with fantastic natural scenery and a rich mosaic of tribes and cultures. Travelling through the country, you will be captivated by its beauty, overwhelmed by the hospitality of its people and intrigued by all that Uganda has to offer. Uganda lies astride the Equator in Eastern Africa with an average altitude of 1,100 metres above sea level and its total area is 236,580 square kilometres. Uganda is blessed to have Lake Victoria, the second largest lake in the world, from which emanates the Nile, the longest river in the world.

Uganda is bordered by the Republic of South Sudan to the north, the Republic of Kenya to the east, the Democratic Republic of Congo to the west, and the United Republic of Tanzania and the Republic of Rwanda to the south.

It is a country where the East African savannah meets the West African jungle. In this uniquely lush destination, one can observe lions prowling the open plains, track chimpanzees through the rainforest undergrowth, navigate tropical channels teeming with hippos and crocodiles and also view the misty mountains with the majestic mountain gorillas.



The country can claim to be the only safari destination whose range of forest primates is as impressive as its selection of plain antelopes. With a wide biodiversity, Uganda is also blessed with a vast bird population of more than 1,000 species, which drew observers from all over the world in an Expo organised in November 2016. The vast East African lakes and snow-capped mountains, the sprawling jungles that are home to half of the world's surviving mountain gorillas and half of Africa's bird species, the waterfalls, hot springs, forests, national parks, unique climate and historical UNESCO world heritage sites all make the country a must-see

destination for a huge range of people.

The country has tropical temperatures between 16 - 26°C for the majority of the year (April - November). However, during the warmer months (December - March) temperatures go slightly higher by about three degrees.

All this has seen the country being ranked as one of Africa's top tourist destinations with influential commentators including Lonely Planet, National Geographical, CNN Travel and New York Times recognising this potential through their findings in the last five years.



Uganda has 56 ethnic groups with unique native languages belonging to five distinct linguistic groups, and an equally diverse cultural mosaic of music, art and handicrafts which can be seen through its culture craft, galas and traditional dances. English is the official language although Kiswahili, widely used in Eastern Africa, is also spoken across the country.

Since 1986, Uganda has been consistently ranked among Africa's fastest growing economies. The country experienced a steady expansion of infrastructure and a corresponding increase in international investment and tourism.

All told, Uganda offers guests a wealth of riches far beyond the sporting realms.





# KAMPALA - A CITY OF SEVEN HILLS

Kampala is a vibrant and attractive city that serves Uganda as both a commercial and administrative centre. It is located just astride the Equator- the imaginary line dividing the world into northern and southern hemispheres. With an average temperature of 25°C and 12 hours of sunshine per day throughout the year, Kampala is a naturally attractive location. Its diverse tradition and cultures offer a unique insight into the multi-ethnicity of not just Uganda but also Eastern and Central Africa. Uganda is a long-established gateway to a range of neighbouring countries.

With a typical population of over 2 million during day and about 1.5 million at night, the city extends its warmth

through its people, who are welcoming, friendly and always ready to help make visitors feel comfortable. The city dwellers are hardworking, spending most of the day at their different work places but at night they enjoy all that is on offer from the numerous restaurants, bars and night clubs to places of worship. The City has a great show of cultural diversity, entertainment venues, good hotels and good communication, which makes it stand out as one of the best destinations in region. This is not to mention its assortment of craft work from the different regions in the eastern Africa. These crafts can be found in the different craft villages situated in different places across the country.



Built, like Rome, on seven hills, Kampala stands out as a tourist attraction. From a historical perspective, Kampala houses the headquarters of Buganda Kingdom- whose inhabitants are renowned for their love of the monarch. Among the world's famous attractions of Buganda Kingdom is the Royal Mile, which runs from Bulange to the famous Mengo Palace. Just a walk away is the man-made Kabaka's Lake, one of the largest and deepest man-made lakes in the Eastern and Central Africa region. Kampala is also home to the famous Kasubi Tombs, a UNESCO heritage site where some of the Buganda Royals, including Kings, were laid to rest. The City's diverse religious sites include St. Paul's Cathedral Namirembe - which is over 100 years old - the Sacred Heart Cathedral at Lubaga, Bahai Temple and the Old Kampala Mosque, which is known for its echo.

The City also has an interesting mix of old and new, African and Western world, sophisticated and basic when it comes to shopping. In parts of the city there are markets with an assortment of locally grown produce

from fruits to other foodstuffs, coming straight from the garden- including mangoes, pineapples and sweet bananas - which you ought not to miss. The shopping complexes also boast designer labels and hi-tech computing equipment.

Kampala also hosts the Uganda National Cultural Centre, which features a wide variety of performers from stand-up comedians to traditional dancers. Meanwhile, the Uganda Museum (founded in 1908) has exhibits of traditional culture, archaeology, history, science, and natural history. There are a number of exclusive sports clubs, while others offer services to non-members from \$3-10 for a steam bath or sauna, spas, swimming and use of strength rooms. Most of the hotels also offer these services as in-house. Kampala has an advanced telecommunication system, with economical SIM cards available. Transport is basically by special hires (cabs including the international Uber and national Friendship) and taxis and buses.



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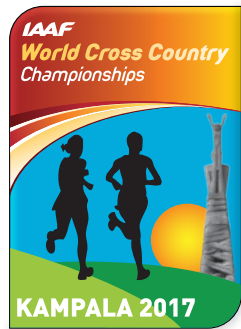
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## Get to Know about the IAAF WXC Kampala 2017 logo features

The logo for the IAAF World Cross Country Championships Kampala 2017 stands out as representative of the basic features of Kampala, highlighting the beauty and attractiveness of the host and capital city.

The stand-out feature of the logo is the Independence Monument, which is one of the most important pieces of Uganda heritage. This Monument was unveiled on 9<sup>th</sup> October 1962 close to the Sheraton Kampala Hotel, which is the IAAF Family hotel.

It is a piece that depicts a man uncovering and raising his child to touch the skies, depicting a new born country that has been set free from colonial bondages.

The green patterns depict Kampala as a city of the traditional seven hills, with one of them at Nakasero, which will be hosting most of the event hotels

including the IAAF Family and one of the athletes' hotels, the Imperial Royale, while the other one is located where the IAAF World Cross Country Championships Kampala 2017 will take place at the Kololo Independence Grounds. The hills are green not only to depict the colours of the cross country but the many grassed and wooded areas of the city.

In the back drop of the hills is the rising sunshine which reminds the world that Kampala experiences sunshine for 12 hours a day throughout the year. This is also depicted by the clear blue skies, which predominate during temperatures that average 25°C throughout the year.

The two athletes offer the keynote message that cross country is a sport that offers competition for runners of either sex.

## A GLIMPSE OF IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS OVER THE YEARS

No athletics event has as rich a history as cross country running. For 114 years, cross country running has continued to play a key role in the sport. In 1903, the first international cross country race took place in Scotland with just 41 athletes from four nations in participation. Cross country courses were thought to be tough and too long for women to participate. For this reason, women remained in the backyard of international cross country running until 1957. For many years, it also remained out of reach for junior athletes. Although the event gained international status, for 69 years (1903 – 1972), it was

restricted geographically and was gender and age sensitive.

The 1st IAAF World Cross Country Championships took place in 1973, in Waregem, Belgium. It included races for Senior Men, Senior Women and Junior Men. Two years later, in 1975, the event came to Africa for the first time when it was hosted by Morocco at Rabat and the continent was represented by Morocco, Algeria and Tunisia. Six years later, the first Sub Saharan African countries participated in the IAAF World Cross

Country Championships in Madrid, with Kenya and Ethiopia making their debut. Inexperience cost Africa its first individual gold medal in the Senior Men's race. Mohammed Kedir from Ethiopia miscounted the laps but managed to win individual silver medal and went on to win gold in 1982 when the event was hosted by Italy at the Hippodromodella Campanella in Rome.

Since then we have had great stories and surprises in cross country running as the event has experienced a wide range of temperatures – from the heat of Mombasa to the cold of Bydgoszcz – and conditions – from the mud of Ostend to the woodlands of Punta Umbria.

The IAAF World Cross Country Championships has travelled so far to five of the six continents, excepting South America. Europe has hosted the event most with 31 out of the 42 editions. The event has been to Oceania once in 1988 (New Zealand) and Asia three times (Japan 2006, Jordan 2009 and China 2015). Africa is hosting the IAAF World Cross Country Championships for the fifth time in Uganda after Republic of South Africa (1996), Morocco (1975 and 1998) and Kenya (2007).

Cross country running's uniqueness takes different forms. Traditionally long races of approximately 12km and 8km were competed for by Senior Men, Senior Women and Junior Men respectively. The Junior Women Race was officially introduced in 1989 during the 17th edition of the championships in Norway. Victory in the women's senior race by Britain's adopted South African, the 18 year old Zola Budd, at the 1985 Lisbon event may have inspired the introduction of the Junior Women race. More women under 20 years of age were selected by member federations after that landmark win.

The event was becoming used increasingly by many athletes and coaches as a foundation and perfect conditioning for the track season, particularly for middle distance athletes and even some quarter milers. The short race was born and made ready for competition in 1998 at the Marrakesh World Cross Country Championships. This increased the number of races to six and the event was extended to a period of two days. Many athletes continued to compete in both short and long races and three - Sonia O'Sullivan (Ireland 1998), Kenenisa Bekele (Ethiopia 2002 - 2006) and Tirunesh Dibaba (Ethiopia - 2005) won both short and long races at the same championships.

The event reverted to being one day again in 2006 during the 34th edition in Fukuoka, Japan. All six races were competed for on the same day, but this was the last time

the short race featured at the world event. In 1997, a year before the short event was added, individual prize money was introduced as the global sport shifted towards greater professionalism. However the prizes were restricted to senior races, something that has remained to date. Team prizes were introduced after four years in 2001.

The IAAF World Cross Country Championships reverted to four races again in 2007 at Mombasa, in Kenya. For the first time in its history, the championships shifted from being an annual to a biennial event after the 39th edition in Punta Umbria, Spain in 2011. This decision by the IAAF World Cross Country Committee was to encourage and develop cross country running at national and continental levels as a foundation event for the sport of athletics.

Among some of key arguments by the Committee was the expansion of the event to make it fairer and more even. This saw the introduction of the same distance for senior men and women, while the distances for the junior men and women have been retained. The World Cross Country Championships were also elevated to become a qualifier event for the IAAF World Championships. Any athlete placed within the top 15 in the senior categories (men and women) can qualify for the 10000m in the IAAF World Championships.

Cross country running will remain an event for current and future champions. Most of the champions from 800m to marathon distances at the IAAF World Championships and Olympic Games have prepared by participating in cross country at national, regional (area) and world levels. Paul Tergat, John Ngugi, Paula Radcliffe, Kenenisa Bekele, Tirunesh Dibaba, Genzeba Dibaba, Vivian Cheruiyot, Stephen Kiprotich, Eliud Kipchoge and Mo Farah – to name but a few - have competed at cross country and many have identified it as their major competition.

Now the World Cross Country Championships have once again headed to Africa, and to a region that has shown itself to be strong in the event since 1986. Uganda's neighbours, Kenya and Ethiopia, have won over 65% of all medals in international cross country running since 1903.

The IAAF World Cross Country Championships Kampala 2017 will usher in a mixed relay for the first time in the event's international history since 1903. Will we one day see this great event in the Olympic Games? Time will tell.

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