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Introduction

Three years after hosting the SPAR European Cross Country Championships, the Royal Dutch Athletics Federation is proud and excited to return once again to these races. Very close to home, in Brussels, many fans and supporters of Dutch Athletics will attend to cheer for their stars. The Dutch Athletics Team has been very successful internationally in the last number of years. In Brussels we will field an intriguing team with lots of potential.

The Dutch Athletics Team has had considerable cross country success in recent years. Two of the best performances ever by Dutch athletes were realized in 2005, with the Women’s Gold medal in our own city of Tilburg for Lornah Kiplagat and Bronze for Susan Kuijken in the Junior Women race. Last year in Spanish Toro Adrienne Herzog added Silver in the exciting new U23 category. These are three of the five medals Dutch Athletics ever scored in the fourteen previous editions of these Championships (also Men’s Silver for Kamiel Maase in 2001 and Junior Men’s Gold for Gert Jan Liefers in 1997).

Hilda Kibet
This year again, the Dutch Athletics Team has a lot of potential. In the Women’s race, the orange is expected to figure prominently at the front of the race as Hilda Kibet will make her European Cross Country debut. It remains to be seen whether she can step in the footsteps of her aunt Lornah Kiplagat, but she can be expected to contend for the medals. Only nine months ago, Hilda (see interview on page 6) finished fifth in the World Cross Country Championships – ten spots in front of the next best European.

Women: Herzog and Kuijken
Hilda will be joined in the Women’s race by Adrienne Herzog, a superb Cross Country runner. Her class, style, and mentality serve her well in the field, as is proven by her extensive and impressive European Cross Country Championships record: Junior 21st in 2001 (at 16 years old), Junior 5th in 2002, Junior 4th in 2004, U23 7th in 2006 and U23 Silver in 2007. Three years after an excellent Senior debut in Tilburg (15th) Adrienne has once again fought back from physical ailments in the summer to arrive in Brussels in great shape – as she proved with a gutsy second place behind Hilda Kibet in the International Warandeloop in late November.

Other strong women will not only run in the Women’s race (with Miranda Boonstra and Marije te Raa rounding out a strong team), but also in the U23 category. It will be Susan Kuijken’s third time in the race for 20-22 year olds and given her results this year she could be one of the favourites. On Monday, November 24th, Susan scored a magnificent second place in the highly regarded NCAA U.S. University Championships.

In the Junior Women’s race, talented youngster Margriet Berkhout will represent the Dutch Athletics Team. The 18-year old ran personal bests over 800, 1500 and 5000 metres this year, finishing sixth in the 1500 metres final of the European Youth Olympic Festival in Belgrade (2007).

Men
In the Dutch Athletics Team of ten, Berkhout joins two training partners. The most successful man on the team is Michel Butter, one of the rising stars in Dutch Athletics. 23-Year old Butter has made great strides in the last years, culminating into second place over 10,000 metres in the European U23 Championships last year in Debrecen. This year, Michel won his first two races, both International Cross Country competitions, in Gateshead and Tilburg. Butter’s training partner Tom Wiggers will compete in the U23 category and is joined by Gerwin
van den Hurk. Last but not least in the team is junior Abdi Nageeye, last year’s distance running revelation in The Netherlands. Taking up running only last year on advice of his soccer coach, Abdi finished 24th in Toro. Since then, the Somalia-born athlete won four national U20 titles and improved all his personal bests by impressive margins.

The Dutch Athletics Team will make the short trip to Brussels well-prepared and in great confidence.

On behalf of Dutch Athletics, we wish all athletes and delegations excellent championships, with fair competition and outstanding results!

Peter Verlooy
Performance Director of the Royal Dutch Athletics Federation
After excellent performances in cross country, on the track and along the roads, Hilda Kibet’s successful year will come full circle in Brussels.

Q: Hilda, this year you have set personal bests over 10,000 metres (30:58.48 in Utrecht), 10k road race (31.01 in Schoorl) and finished 5th in the World Cross Country Championships. What do you consider to be your best performance?

HK: Being number 5 in the World Cross Country Championships was, I think, my best performance. In the other races I did not have a lot of competition, while all my competition was there in the World Cross. It was my first major championship and I was very happy with the performance. Especially because I ran a smart race and passed several people in the last kilometre.

Q: The last we heard about your races was your 15th place in the Beijing 10,000 metres final. How do you look back at your Olympic experience?

HK: That performance was a bit disappointing for me. Even though I do not have a lot of experience on the track, I expected to do better in Beijing. Immediately after the race I was satisfied, but later I realized that this was not a good performance. I was very much into the race (thinking about it every day) the last two weeks before and I think I have put a bit too much pressure on myself.

Q: You have been preparing for the European Cross Country Championships for some time, can you tell us more about the specifics of your training?

HK: I have been focussing on the ECCC since October. However, mid-October I had to get a small operation, after which I was not able to run for one week. After that I went to Kenya and build up my training again, focussing on speedwork. Training sessions I do include minute-runs, hill sprints and fartlek. I like to do most of my speed sessions in the hills, as it gives me more stamina and strength. Every now and then I do a track session, but not so often. At the moment (November 17) I am not yet in top shape, but I know that is not necessary yet. I feel my shape growing every week and I am confident that I will be in top shape on December 14.

Q: In Edinburgh you were far ahead of all other Europeans at the World Championships (Briton Liz Yelling finished ten places and 38 seconds behind). How do you deal with being the favourite in the European Championships?

HK: Actually I do not see myself as the favourite. I am just one of the favourites. I know I ran strong in the WCCC, but that was another race. This is not only nine months later, but also another course. I do not know yet how strong I am on this course, with a lot of mud. My experience is that I am strong in mud, but I realize that every race is different.

Q: With excellent performances in cross country, in track and on the road, what will the future hold for Hilda Kibet? What is your focus for 2009 and for 2012?

HK: It is nice to be talented in different fields, but I know that in the end I have to make a choice. At the moment I still like to combine all those events, in order to find out what is the best for me.
Hi LDA Ki BET AT THE WORLD CROSS COUNTRY CHAMPIONSHIPS

HILDA KIBET AT THE WORLD CROSS COUNTRY CHAMPIONSHIPS
Timetable

DECEMBER 14 | 2008

11:15 Junior Women (4,000m)
   11:40 Victory Ceremony Junior Women (Individual)
   11:45 Victory Ceremony Junior Women (Teams)

11:55 Junior Men (6,000m)
   12:20 Victory Ceremony Junior Men (Individual)
   12:25 Victory Ceremony Junior Men (Teams)

12:35 Under-23 Women (6,000m)
   13:05 Victory Ceremony Under-23 Women (Individual)
   13:10 Victory Ceremony Under-23 Women (Teams)

13:20 Under-23 Men (8,000m)
   13:55 Victory Ceremony Under-23 Men (Individual)
   14:00 Victory Ceremony Under-23 Men (Teams)

14:10 Senior Women (8,000m)
   14:45 Victory Ceremony Senior Women (Individual)
   14:50 Victory Ceremony Senior Women (Teams)

15:05 Senior Men (10,000m)
   15:40 Victory Ceremony Senior Men (Individual)
   15:45 Victory Ceremony Senior Men (Teams)
Place / Date of birth: Beverwijk, November 5, 1985
Residence: Beverwijk
Club: AV Castricum (Team Distance Runners)
Coach: Guido Hartensveld
Height / Weight: 1.76 m / 61 kg
Marital Status: unmarried
Education: International Master of Sport Management, Johan Cruyff Academy
Profession: Athlete
Personal Sponsors: PricewaterhouseCoopers, Nike, Le Champion
Website: www.teamdistancerunners.nl (Atleten)

Personal bests
3,000 m: 8:01.57, Watford (GBr), May 17, 2008
5,000 m: 13:37.60, Heusden (Bel), July 20, 2008
10,000 m: 29:09.88, Zaandam, August 16, 2008
10 km road: 28.48, Schoorl, February 10, 2008

National titles
Track (2): 5,000 m U20 (2004); 5,000 m (2007)

Championships
2003: EC cross country U20, Edinburgh (GBr), 67th
2004: EC cross country U20, Heringsdorf (Ger), 70th
2004: WC cross country U20, Brussels (Bel), 85th
2005: EC U23, Erfurt (Ger), 10.000m, 15th (30:44.86)
2005: EC cross country, Tilburg (Ned), 65th
2006: EC cross country U23, San Giorgio su Legnano (Ita), 15th
2007: EC U23, Debrecen (Hun), 10.000m, SILVER MEDAL (29:12.95)
2007: EC cross country U23, Toro (Esp), 16th

Brussels: Naturally this depends largely on the field, but my coach and I think that top-20 is possible.

Athletics (or sports) in your Family: Sports has always had a central place in our family. Nobody participated on a high level, but they really love it. My parents play an important role in my life, also with regards to Athletics. They will support me, in good and bad times.

On-track Track (competition music): Hip-Hop (favourite track: Lose Yourself by Eminem)
Off-track Track (Favourite music): U2 (favourite track: Miss Sarajevo)

If I were not a runner I would ...: play soccer

(other) hobbies: no time!

Favourite competition: Championships in general
Superstition: None
HILDA KIBET

Place / Date of birth: Kapchorwa (Ken), March 27, 1981
Residence: Castricum
Club: av Castricum
Coach: Gerard van Lent
Height / Weight: 1.67 m / 46 kg
Marital Status: registered partner
Education: Singore secondary school (Kenya); Physiotherapy Hogeschool Amsterdam (bachelor degree)
Profession: Athlete
Personal Sponsors: adidas
Support: NOC*NSF, Atletiekunie
Website: www.hildakibet.com (under construction)

Personal bests
10,000 m: 30:58.48, Utrecht, May 30, 2008
10 km road: 31.01, Schoorl, February 10, 2008

National titles
Road (1): 10 km (2008)

Championships
Outdoor
2008: WC Cross Country, Edinburgh (GBr), 5th (long distance)
2008: OG Beijing (Chi), 10,000m, 15th (31:29.69)

Brussels: My experience is that I am strong in mud like expected in Brussel, but I realize that every race is different.

Athletics (or sports) in your Family: Lornah Kiplagat is my aunt. My sister Sylvia Kibet was 4th in the 5000m in Beijing.

On-track Track (competition music): At the moment I listen a lot to George Michael, f.i. the song Let’s go outside.

Off-track Track (Favourite music): In general I like R&B: Akon is one of my favorites, also Usher, Destiny’s child, Keith Sweat.

If I were not a runner I would ...: like to be a pilot. I want to have my own airline, and I will call it Jepchumbah Airlines. Lornah agreed to be the hostess, and she will serve Kenian food like chapati’s and mandazi.

(Other) hobbies: talking!

Favourite competition: It is difficult to mention a favorite competition. At the moment I like to combine road events, track and cross-country.

Greatest athlete ever: I admire many athletes, like Lornah, my sister Sylvia, Dibaba, Bekele, Tergat. But if there is one that I can call the greatest than that should be Haile Gebreselassie. Not only his performances, but also his positive attitude are something to admire.

Superstition: I am not superstitious at all.
ADRIENNE HERZOG

Place / Date of birth: Amersfoort, September 30, 1985
Residence: Apeldoorn / Groningen
Club: AV ’34
Coach: Eddy Kiemel
Marital Status: in a relationship
Height / Weight: 1.68 m / 51 kg
Education: Journalism
Profession: Athlete
Personal Sponsors: Asics, AA Drink, PK Run
Support: Stichting atletiek team
Website: www.adrienneherzog.com

Personal bests
800 m: 2:06.12, Hoorn, May 10, 2008
1,500 m: 4:11.16, Gothenburg (Swe), August 11, 2006
3,000 m: 9:01.16, Rovereto (Ita), August 30, 2006
5,000 m: 15:42.24, Steenwijk, April 8, 2006

National titles
Cross Country (5): Short Distance (2004); Long Distance (2005-2008)
Track (3): 3,000 m U20 (2004); 1,500 m (2005, 2006)

Championships
2001: EC cross country U20, Thun (Sui), 21st
2002: WC cross country U20, Dublin (Irl), 30th
2002: WJC, Kingston (Jam), 3000m: 10th (9:31.15)
2002: WJC, Kingston (Jam), 5000m: 13th (16:46.53)
2002: EC cross country U20, Medulin (Cro), 5th
2003: WC cross country U20, Lausanne (Sui), dnf
2003: EJC, Tampere (Fin), 3000m, BRONZE MEDAL (9:26.01)
2003: EC cross country U20, Edinburgh (Gbr), dnf
2004: WJC, Grosseto (Ita), 3000m, 7th (9:32.33)
2004: EC cross country U20, Heringsdorf (Ger), 4th
2005: EC U23, Erfurt (Ger), 5000m, 7th (16:26.84)
2005: EC cross country, Tilburg (Ned), 15th
2006: EC, Göteborg (Swe), 1500m, semi-finals (4:12.16)
2006: EC cross country U23, San Giorgio su Legnano (Ita), 7th
2007: EC cross country U23, Toro (Esp), SILVER MEDAL

Brussels: In Tilburg (’05) I was 15th in the Women’s race. I flew because of the Dutch support I hope I can finish at least in the top-15 and I will fight for every place better. Top-10 is a dream!

Athletics (or sports) in your Family: My father was a professional cross country skier who ran occasionally in the summer. He did run a marathon, 2.27 without very specific preparation.

If I were not a runner I would ...: have attended the Art Academy. Be a writer or a lawyer!

(other) hobbies: Reading, writing, music

Superstition: I like to rely on a fairly steady preparation and I always have my lucky doll in my competition bag.
MIRANDA BOONSTRA

Place/date of birth:  Elsene (Bel), August 29, 1972
Residence:  Molenhoek
Club:  Nijmegen Atletiek (Go Fast)
Coach:  Tonnie Dirks, Betty Hofmeijer
Marital Status:  living together
Length/Weight:  1.74 m / 52 kg
Education:  Human Movement Sciences (Vrije Universiteit Amsterdam)
Physiotherapy (Hoge school, Utrecht)
Profession:  Junior Researcher (PhD student), Orthopaedic Research Laboratory UMC Nijmegen
Personal Sponsors:  Brooks, Vissers Contactlenzen, Nijmegen Atletiek
Support:  Atletiekunie, Hotel de Oude Molen, SMC St Maartenskliniek, UMC St Radboud, Go Fast
Website:  www.mirandaboonstra.nl

Personal bests
3,000 m steeple chase: 9:42.87 (Dutch record); Neerpelt (Bel), May 31, 2008
1,500 m: 4:16.82, Oordegem (Bel), July 25, 2008
3,000 m: 9:14.66, Vught, May 20, 2004
5,000 m: 15:47.16, Hengelo May 28, 2006
15 km road: 51:19, Nijmegen, November 16, 2008
half marathon: 1:14:23, Rotterdam, September 14, 2008

National titles
Track (5): 3,000 m steeple chase (2002, 2004, 2006); 5,000 m (2003); 10,000 m (2004)

Championships
2004: EC cross country, Heringsdorf (Ger), 60th
2005: EC cross country, Tilburg (Ned), 40th
2005: WC Helsinki (Fin), 3000 m steeple, heats (10:09.91)
2006: EC Göteborg (Swe), 3000m steeple, 12th (10:20.01, heats 9:45.87NR)

Brussels: Top-25

Athletics (or sports) in your Family: My boyfriend is a runner (steeple chase), and his family is into track and field. My family is not really into sports, although both my brothers in law like to run........

On-track Track (competition music): Pearl Jam
Off-track Track (Favourite music): Fiction Plane, Coldplay, U2

If I were not a runner I would ...: be a mountaineer

(Other) hobbies: mountain hiking, reading

Greatest athlete ever: Paula Radcliffe

Superstition: my stuffed animal Duck has to go with me with every race
Place / Date of birth: Geldrop, June 22, 1984
Residence: Amsterdam
Club: AAC (Amsterdam)
Coach: Bram Wassenaar
Height / Weight: 1.70 m / 55 kg
Marital Status: Unmarried
Education: Pedagogical Science MSc.
Profession: Part time Pedagogue
Personal Sponsors: New Balance, Van Reekum
Support: Topsport Amsterdam
Website: In progress

Personal bests
800 m: 2:07.62, Amsterdam (Ned), August 1, 2007
1,500 m: 4:15.39, Uden (Ned), July 12, 2008
3,000 m: 9:20.84, Wageningen (Ned), August 22, 2008

National titles
Track, outdoor (2): 1,500 m (2007-2008)
Track, indoor (1): 1,500 m U18 (2001)

Championships
International debut

Athletes (or sports) in your Family:
My father used to be a runner and is now my biggest fan. My brothers Jarmo and Ingar used to do athletics, nowadays they run now and then, row and play music. My mother is still running.

On-track Track (competition music): ‘Harder, better, faster, stronger’, Daft Punk
Off-track Track (favourite music): ‘Durf jij,’ Ellen ten Damme

If I were not a runner I would ...: cycle in the mountains.

(Other) hobbies:
Friends, Music, Cooking, Reading, Painting, Traveling

Favorite competition: European Cup Combined Events

Favorite training partner(s), and why: My boyfriend Imo, because it is nice to run with my partner and he is a good mental coach as well. Nina Mathijssen and Yvonne Hak, because every training with them is full of fun!

Greatest athlete ever: Paula Radcliffe for her dedication, Steve Moneghetti for his passion, Haille Gebrselassie for his smile and Ellen van Langen for showing Dutch girls can run fast!
Place / Date of birth: Oss, June 3, 1986
Residence: Macharen
Club: Prins Hendrik (Vught)
Coach: Tonnie Dirks
Height / Weight: 1.83 m / 67 kg
Marital Status: girlfriend
Education: Furniture designer
Profession: Workplanner industrial sector (furniture)
Personal Sponsors: Mizuno
Support: -
Website: www.tonniedirks.nl

Personal bests
3,000 m: 8:22.08, Vught (Ned), June 28, 2008
5,000 m: 14:27.40, Wageningen (Ned), June 11, 2008
10,000 m: 30:36.97, Gouda (Ned), May 1, 2008

National titles
Track, outdoor (2): 5,000 m U20 (2005); 10,000 m U20 (2005)

Championships
2004: EC cross country U20, Heringsdorf (Ger), 73rd
2005: EC cross country U20, Tilburg (Ned), 48th
2006: EC cross country U23, San Giorgio su Legnano (ita), 59th

Brussels: I always run well in Brussels, so I hope to finish in the top-25

Athletics (or sports) in your Family: In my mother’s family volleyball is played at a high level. Dutch (former) international players Bas and Mike van de Goor are cousins of me.

On-track Track (competition music): Rage against the machine, Iron Maiden, AC/DC.
Off-track Track (favorite music): Radiohead.

(other) hobbies: I have no time for other hobbies. Running is my hobby and I have 32 hour-a-week job.

Favorite competition: Cross, especially in Brussels. I always place well there, because of the difficult conditions.

Greatest athlete ever: Sergey Lebid
Superstition: I am not superstitious.

Goals for 2009: To win a medal at the Dutch Cross Championships in Rijen.
Goals for 2012/2016: My aim is to switch to the marathon in the coming years. It depends on my development when this is really possible.
Place / Date of birth: Eindhoven, August 10, 1987
Residence: Castricum
Club: AV Castricum (Team Distance Runners)
Coach: Guido Hartensveld
Marital Status: single
Height / Weight: 1.83 cm / 63 kg
Education: Student in Medicine
Profession: student
Personal Sponsors: PricewaterhouseCoopers, Nike, Le Champion
Support: Team Distance Runners, my parents
Website: www.teamdistancerunners.nl (Atleten)

Personal bests
1,500 m: 3:45.25, Oordegem (Bel), July 26, 2008
3,000 m: 8:03.19, Watford (GBr), May 17, 2008
5,000 m: 14:01.94, Ninove (Bel), August 9, 2008
10 km road: 29.59, Schoorl, February 10, 2008
10 EM road: 50:44, Zaandam, September 21, 2008

National titles
Cross Country (2): U18 (2004); Short Distance (2007)

Championships
2004: EC cross country U20, Heringsdorf (Ger), 83th
2005: EC cross country U20, Tilburg (Ned), 73th
2006: EC cross country U20, San Giorgio S.L. (Ita), 37th
2006: WJC Beijing (Chn), 5000 m: heats (3:52.03)

Brussels: I think it will be a very tough race, because it is the European Championships and you have to fight for every place. Secondly, the course will be very muddy and that is always difficult. I expect a great atmosphere because of cross-country running is a very popular sport in Belgium.

Athletics (or sports) in your Family: My mother was a volleyball player in the Dutch National team and my father is a recreational marathon runner.

On-track Track (competition music): live band
Off-track Track (Favourite music): U2

If I were not a runner I would ... be a soccer player

(Other) hobbies: reading, studying, Sudoku puzzles.

Favourite competition: Nijmegen Global Athletics and KBC Night of Athletics in Heusden

Favourite training partner(s), and why: Michel Butter, because we stimulate each other to a higher level.

Superstition: always wear black socks during competition
SUSAN KUIJKEN

Place / Date of birth: Nijmegen, July 8, 1986
Residence: Nijmegen / Tallahassee (USA)
Club: Seven Hills Running Team (Florida State University)
Coach: Has van Cuijk (Karen Harvey)
Height / Weight: 1.71 m / 50 kg
Marital Status: in a relationship
Education: Florida State University / Exercise Science
Profession: Student-Athlete
Support: Seven Hills Running Team
Website: www.susankuijken.nl

Personal bests
800 m: 2:06.25, Leiden, June 11, 2005
1500 m: 4:11.34, Sacramento (USA), June 9, 2007
3000 m: 8:58.14, Fayetteville (USA), Mar 15, 2008 (indoor)
5000 m: 16:20.30, Stanford (USA), March 31, 2006
Mijl: 4:36.91, Chapel Hill (USA), Mar 1, 2008

National titles

Championships
2002: EC cross country U20, Medulin (CRO), 34th
2003: EYOF, Paris (Fra), 1500m, BRONZE MEDAL (4:30.70)
2003: EYOF, Paris (Fra), 3000m, GOLD MEDAL (9:47.07)
2003: EC cross country U20, Edinburgh (GBR), 69th
2004: WC cross country U20, Brussels (Bel), 71st
2004: WC, Grosseto (Ita), 3000m, dnf
2004: EC cross country U20, Heringsdorf (Ger), 40th
2005: WC cross country U20, St. Galmier (Fra), 58th
2005: EJC, Kaunas (Est), 3000m, SILVER MEDAL (9:28.45)
2005: EC cross country U20, Tilburg (Ned), BRONZE MEDAL
2006: EC cross country U23, San Giorgio su Legnano (Ita), 16th
2007: NCAA finals, Sacramento (USA), 1500m, SILVER MEDAL
2007: EC U23, Debrecen (Hun), 1500m, 4th (4:17.90)
2007: EC cross country U23, Toro (Esp), dnf
2008: NCAA finals, Fayetteville (USA), 3000m, GOLD MEDAL (8:58.14)
2008: NCAA finals, Des Moines (USA), 1500m, 8th (4:17.28)
2008: NCAA-cross, Terre Haute (USA), SILVER MEDAL

Brussels: I aim for a medal ... on my favourite course.

Athletics (or sports) in your Family: People in my family do a variety of sports like soccer, tennis, gymnastics, judo and swimming, but I am the only athlete.

If I were not a runner I would ...: play tennis.

(other) hobbies: travel, because there is nothing better than experiencing different cultures. In the off season I like other summer sports like tennis, squash, and beach volleyball.

Superstition: in the past, but not any more. It can only go wrong.
ABDI NAGEEYE

Place / Date of birth: Mogadishu (Somalia), March 2, 1989.
Residence: Apeldoorn
Club: Phanos (Atletiekschool Aventus)
Coach: Johan Voogd
Height / Weight: 1.65 m / 53.5 kg
Marital Status: unmarried
Profession: Sales Employee
Personal Sponsors: Asics
Support: Atletiekunie, Performance Runners, Topsport Gelderland, Vrienden van KNAU, Apeldoorn en de Stichting Apeldoorn Atletiekstad (STAA)

Personal best
1,500 m: 3:53.85, Eindhoven, July 26, 2008
3,000 m: 8:20, Nijmegen, June 25, 2008
5,000 m: 14:20.46, Wageningen, June 11, 2008
10,000 m: 30:32.26, Gouda, May 1, 2008
10 km road: 30:23, Schoorl, February 10, 2008

National titles
Track: 5000 m U20 (2008); 10,000 m U20 (2008).
Road: 10k U20 (2008); Cross Country U20 (2008)

Championships
2007: EC cross country U20, Toro (Esp), 24th

Brussels: I want to be 100% there. My goal is to give everything I have and not have anything left after the finish.

Athletics (or sports) in your Family: My brothers Said and Ali are in sports, but nobody in my family does athletics.

On-track Track (competition music): House
Off-track Track (Favourite music): Oldskool Music or R&B

If I were not a runner I would ...: have become a soccer player.

Favourite training partner(s), and why: Dennis Licht, because we train in almost the same zones.

Greatest athlete ever: Abdi Bile (Somalia), one of the best when I was born in 1989, but also in 1988, ’87 and ‘86 on the 1500 metres.

Goals for 2009: Run the 5,000 or the 10,000 metres at the European U23 Championships.

Goals for 2012/2016: Of course the Olympic Games, in 2016 preferably in the marathon.
Margriet Berkhout

Place / Date of birth: Alkmaar, August 27, 1990
Residence: Warmenhuizen & Castricum
Club: AV Nova (Team Distance Runners)
Coach: Guido Hartensveld
Height / Weight: 1.75 m / 54 kg
Education: Student in Medicine
Personal Sponsors: PricewaterhouseCoopers, Nike, Le Champion
Support: Team Distance Runners
Website: www.teamdistancerunners.nl

Personal bests
800 m: 2:12.74, Hoorn, May 12, 2008
1,500 m: 4:23.95, Leiden, June 9, 2007
3,000 m: 9:29.84, Heiloo, August 1, 2008.
5,000 m: 17:02.01, Amsterdam, July 6, 2008

National titles
Track, outdoor (1): 1,500 m u18 (2007)
Track, indoor (2): 1,500 m u18 (2006, 2007)

Championships
2006: EC cross country U20, San Giorgio su Legnano (Ita), 49th
2007: EYOF, Belgrade (Srb), 1500 m, 6th (9:49.36)
Brussels: Top-30 in the Juniors race.

Athletics (or sports) in your Family: My father was a national level skater and still competes in the Masters category.

On-track Track (competition music): U2 – Electrical Storm
Off-track Track (Favourite music): wide variety

If I were not a runner I would ...: be a speed skater

Favourite competition: Cross Country races

Favourite training partner(s), and why: The training group of TDR, a fun group with passion!

Greatest athlete ever: Paula Radcliffe

Goals for 2009: be competitive at the European Juniors 3000m or 5000m

Goals for 2012/2016: The Olympic Games is of course a dream goal.
Staff

TEAM COACHING

**Honoré Hoedt**
Team Coach
Date of birth: August 13, 1959
Residence: Arnhem
Position: National Coach Middle & Long Distances

**Grete Koens**
Team Coach
Date of birth: May 26, 1967
Residence: Berghem
Position: National Development Talent Coach Middle and Long Distance

TEAM MANAGEMENT

**Rien van Haperen**
Head of Delegation
Date of birth: January 19, 1952
Residence: Vught
Position: General Secretary, Royal Dutch Athletics Federation

**Willem van de Worp**
Team Manager
Date of birth: February 23, 1962
Residence: Amersfoort
Position: Program Manager Elite Royal Dutch Athletics Federation

MEDICAL TEAM

**Peter Goudberg**
Physiotherapist
Date of Birth: February 12, 1960
Residence: Bilthoven
Position: Physiotherapist
SUSAN KUIJKEN CLEARS AN OBSTACLE IN THE SPAR EUROPEAN CHAMPIONSHIPS 2007
# Results and Statistics

## All European Cross Championships 1994-2007

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1994</td>
<td>Paulo Guerra (Por)</td>
<td>Portugal</td>
</tr>
<tr>
<td>1995</td>
<td>Paulo Guerra (Por)</td>
<td>Spain</td>
</tr>
<tr>
<td>1996</td>
<td>Jonathan Brown (GBr)</td>
<td>Portugal</td>
</tr>
<tr>
<td>1997</td>
<td>Carsten Jørgensen (Den)</td>
<td>Portugal</td>
</tr>
<tr>
<td>1998</td>
<td>Sergiy Lebid (Ukr)</td>
<td>Italia</td>
</tr>
<tr>
<td>1999</td>
<td>Paulo Guerra (Por)</td>
<td>Great Britain</td>
</tr>
<tr>
<td>2000</td>
<td>Paulo Guerra (Por)</td>
<td>France</td>
</tr>
<tr>
<td>2001</td>
<td>Sergiy Lebid (Ukr)</td>
<td>Spain</td>
</tr>
<tr>
<td>2002</td>
<td>Sergiy Lebid (Ukr)</td>
<td>Spain</td>
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<tr>
<td>2003</td>
<td>Sergiy Lebid (Ukr)</td>
<td>France</td>
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<tr>
<td>2004</td>
<td>Sergiy Lebid (Ukr)</td>
<td>France</td>
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<tr>
<td>2005</td>
<td>Sergiy Lebid (Ukr)</td>
<td>France</td>
</tr>
<tr>
<td>2006</td>
<td>Mo Farah (GBr)</td>
<td>Spain</td>
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<td>2007</td>
<td>Sergiy Lebid (Ukr)</td>
<td>Spain</td>
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<table>
<thead>
<tr>
<th>Year</th>
<th>Men U23</th>
<th>Women U23</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>Barnabás Bene (Hun)</td>
<td>Russia</td>
</tr>
<tr>
<td>2007</td>
<td>Kemal Koyuncu (Tur)</td>
<td>Great Britain</td>
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<table>
<thead>
<tr>
<th>Year</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1997</td>
<td>Gert-Jan Liefers (Ned)</td>
<td>Spain</td>
</tr>
<tr>
<td>1998</td>
<td>Joussef El Nassri (Spa)</td>
<td>Spain</td>
</tr>
<tr>
<td>1999</td>
<td>Hans Janssens (Bel)</td>
<td>Great Britain</td>
</tr>
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<td>2000</td>
<td>Wolfram Müller (Dui)</td>
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<td>2001</td>
<td>Vasyl Matviychuk (Ukr)</td>
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<td>2002</td>
<td>Evgeny Rybakov (Rus)</td>
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<tr>
<td>2003</td>
<td>Evgeny Rybakov (Rus)</td>
<td>Russia</td>
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<tr>
<td>2004</td>
<td>Barnabás Bene (Hon)</td>
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<td>2005</td>
<td>Barnabás Bene (Hon)</td>
<td>Poland</td>
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<td>2006</td>
<td>Andrea Lalli (Ita)</td>
<td>Italia</td>
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<tr>
<td>2007</td>
<td>Mourad Amdouni (Fra)</td>
<td>France</td>
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</table>
# Results and Statistics

## All Dutch medallists – EC Cross Country

<table>
<thead>
<tr>
<th>Year</th>
<th>Location</th>
<th>Category</th>
<th>Gender</th>
<th>Distance</th>
<th>1st Place</th>
<th>Time</th>
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<tbody>
<tr>
<td>1997</td>
<td>Oeiras, Por</td>
<td>Boys</td>
<td>5.4 km</td>
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<td>Gert-Jan Liefers</td>
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<tr>
<td>2001</td>
<td>Thun, Swi</td>
<td>Men</td>
<td>9.15 km</td>
<td></td>
<td>Kamiel Maase</td>
<td>28:05</td>
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<tr>
<td>2005</td>
<td>Tilburg, Ned</td>
<td>Women</td>
<td>6.5 km</td>
<td></td>
<td>Lornah Kiplagat</td>
<td>19:55</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Girls</td>
<td>4.38 km</td>
<td></td>
<td>Susan Kuijken</td>
<td>15:33</td>
</tr>
<tr>
<td>2007</td>
<td>Toro, Esp</td>
<td>Women U23</td>
<td>6.7 km</td>
<td></td>
<td>Adrienne Herzog</td>
<td>22:37</td>
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</table>

MARIE TE RAA RAN AN EXCELLENT WARANDELOOP CROSS COUNTRY LAST MONTH
## Best performances by Dutch Athletes

### Men

<table>
<thead>
<tr>
<th>Rank</th>
<th>Athlete</th>
<th>Time</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Kamiel Maase</td>
<td>28:05</td>
<td>9.150 m</td>
<td>Thun (Swi)</td>
<td>2001</td>
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</table>

### Women

<table>
<thead>
<tr>
<th>Rank</th>
<th>Athlete</th>
<th>Time</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Lornah Kiplagat</td>
<td>19:55</td>
<td>6.500 m</td>
<td>Tilburg (Ned)</td>
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</table>

### Men U23

<table>
<thead>
<tr>
<th>Rank</th>
<th>Athlete</th>
<th>Time</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Khalid Choukoud</td>
<td>23:29</td>
<td>8.030 m</td>
<td>San Giorgio sur L (Ita)</td>
<td>2006</td>
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</table>

### Women U23

<table>
<thead>
<tr>
<th>Rank</th>
<th>Athlete</th>
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<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Adrienne Herzog</td>
<td>22:37</td>
<td>6.700 m</td>
<td>Toro (Esp)</td>
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### Boys

<table>
<thead>
<tr>
<th>Rank</th>
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<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gert-Jan Liefers</td>
<td>15:45</td>
<td>5.400 m</td>
<td>Oeiras (Por)</td>
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</table>

### Girls

<table>
<thead>
<tr>
<th>Rank</th>
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<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Susan Kuijken</td>
<td>15:33</td>
<td>4.380 m</td>
<td>Tilburg (Ned)</td>
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</table>

### Men team

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Points</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Netherlands</td>
<td>132</td>
<td>9.500 m</td>
<td>Alnwick (GBr)</td>
<td>1994</td>
</tr>
<tr>
<td></td>
<td>(Gielen - Van Hest - Maase - Laros - Versteeg – S.Vroemen)</td>
<td></td>
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<td></td>
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</tbody>
</table>

### Women team

<table>
<thead>
<tr>
<th>Rank</th>
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<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Netherlands</td>
<td>109</td>
<td>6.500 m</td>
<td>Tilburg (Ned)</td>
<td>2005</td>
</tr>
<tr>
<td></td>
<td>(Kiplagat – Herzog – Boonstra – Borst – Overbeeke – Verstraten)</td>
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</tbody>
</table>

### Men team U23

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Points</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Netherlands</td>
<td>111</td>
<td>8.030 m</td>
<td>San Giorgio su L (Ita)</td>
<td>2006</td>
</tr>
<tr>
<td></td>
<td>(Choukoud – Butter – Licht – Ton - Van den Hurk)</td>
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</table>

### Women team U23

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Points</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Netherlands</td>
<td>97</td>
<td>5.975 m</td>
<td>San Giorgio su L (Ita)</td>
<td>2006</td>
</tr>
<tr>
<td></td>
<td>(Herzog – Deelstra – Kuijken - Hak)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Boys team

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Points</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Netherlands</td>
<td>121</td>
<td>6.140 m</td>
<td>Malmö (Swe)</td>
<td>2000</td>
</tr>
<tr>
<td></td>
<td>(G.Janssen – S.Beumer - Okken - Tigchelaar – Stitzinger)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Girls team

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Points</th>
<th>Distance</th>
<th>Location</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Netherlands</td>
<td>109</td>
<td>3.730 m</td>
<td>Medulin (Kro)</td>
<td>2002</td>
</tr>
<tr>
<td></td>
<td>(Herzog – Borst - Kuijken - Verstraten - Van Miert – Hink)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Results and Statistics

All Dutch performances in the EC Cross Country 1994-2006

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.12.1994</td>
<td>Alnwick/GBR</td>
<td>9.500 m</td>
<td>Marco Gielen, 21st (28:36); Greg van Hest, 31st (28:56); Kamiel Maase, 34th (28:59); Marcel Laros, 46th (29:14); Marcel Versteeg, 64th (29:41); Simon Vroemen, 65th (29:43)</td>
<td>Team 6th (132 pt)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Joke Kleyweg, 51st (15:38); Annelieke van der Sluijs, 63rd (16:07); Christine Toonstra, 69th (15:35)</td>
</tr>
<tr>
<td>02.12.1995</td>
<td>Alnwick/GBR</td>
<td>9.100 m</td>
<td>Marco Gielen, 19th (27:29); Marcel Laros, 41st (28:03); Greg van Hest, 52nd (28:17); Peter van der Velden, 65th (28:42); Robert Smits, 92nd (29:36)</td>
<td>Team 10th (177 pt)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Grete Koens, 39th (14:54); Gabrielle Vijverberg, 53rd (15:10); Sylvia Kruijer, 55th (15:12); Mieke Aanen, 57th (15:13); Sandra Hofmans, 65th (15:20)</td>
</tr>
<tr>
<td>15.12.1996</td>
<td>Charleroi/BEL</td>
<td>9.650 m</td>
<td>Kamiel Maase, 20th (34:25); Marco Gielen, 28th (34:53); Rene Godlieb, 50th (35:43); Marcel Laros, 62nd (36:07); Peter van der Velden, 88th (37:28)</td>
<td>Team 9th (160 pt)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Irma Heeren, 46th (18:31); Kristijna Loonen, 54th (18:46); Sandra Hofmans, 67th (19:33)</td>
</tr>
<tr>
<td>14.12.1997</td>
<td>Oeiras/POR</td>
<td>9.300 m</td>
<td>Rene Godlieb, 26th (28:31); Marcel Versteeg, 27th (28:31); Kamiel Maase, 40th (29:03); Greg van Hest, 57th (29:34)</td>
<td>Team 7th (150 pt)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Erika van der Bilt, 51st (19:17)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gert-Jan Liefers, GOLD MEDAL (15:45); Koen Raymaekers, 17th (16:49)</td>
</tr>
</tbody>
</table>

### Men (9.700 m)
- Kamiel Maase, 23rd (29:01); Greg van Hest, 25th (29:03); Luc Krotwaar, 30th (29:12); Sander Schutgens, 48th (29:42); Marco Gielen, 53rd (29:54); Rene Godlieb, 56th (29:58)
- Team 8th (126 pt)

### Women (5.600 m)
- Erika van der Bilt, 42nd (19:52)

### Junior men (5.600 m)
- Koen Raymaekers, 42nd (17:46); Rudy van den Oetelaar, 46th (17:48); Stefan Beumer, 61st (18:06); Joep Tighelaar, 71st (18:37)
- Team, 15th (149 pt)

### Junior women (3.100 m)
- Sanne Bakker, 31st (12:48)

## Velenje/SLO (12.12.1999)

### Men (9.750 m)
- Marco Gielen, 40th (35:36); Sander Schutgens, 55th (36:25); Remco Kortenoeven, 61st (36:55); Jeroen van Damme, 72nd (38:37)
- Team 12th (228 pt)

### Junior men (6.550 m)
- Koen Raymaekers, 46th (24:30); Rudy van den Oetelaar, 53rd (24:39); Barend Derriks, 61st (24:51); Stefan Beumer, 73rd (25:06); Joep Tighelaar, 80th (25:23)
- Team, 15th (160 pt)

### Junior women (3.350 m)
- Vanessa van Voskuilen, 74th (14:43)

## Malmö/SWE (10.12.2000)

### Men (9.750 m)
- Kamiel Maase, 7th (29:49)

### Women (4.950 m)
- Erika van der Bilt, 29th (17:20)

### Junior men (6.140 m)
- Guus Janssen, 29th (19:51); Stefan Beumer, 44th (20:02); Arnoud Okken, 48th (20:08); Joep Tighelaar, 51st (20:08); Patrick Stitzinger, 58th (20:20)
- Team, 9th (121 pt)

### Junior women (3.760 m)
- Sabine van der Rijt, 57th (14:12); Margret Hink, 72nd (14:26); Vanessa van Voskuilen, 75th (14:31); Ingrid Kuijpers, 80th (14:38); Corine van Beek, 84th (15:08)
- Team 19th (204 pt)
Results and Statistics

**Thun/SUI (09.12.2001)**

**Men (9.150 m)**
Kamiel Maase, **SILVER MEDAL (28:05)**; Marco Gielen, 39th (29:02); Gert-Jan Liefers, 43th (29:09); Simon Vroemen, 59th (29:48); Robert Smits, 72nd (30:33)

Team 7th (143 pt)

**Women (4.650 m)**
Irma Heeren, 26th (16:20); Grete Koens, 45th (16:37)

**Junior men (6.150 m)**
Arnoud Okken, 15th (19:59); Mark Pacqué, dnf

**Junior women (3.150 m)**
Adrienne Herzog, 21st (11:28)

**Medulin/CRO (08.12.2002)**

**Men (9.830 m)**
Kamiel Maase, 11th (29:24); Koen Raymaekers, 56th (30:52); Patrick Stitzinger, 67th (31:30)

**Women (6.170 m)**
Wilma van Onna, 34th (21:20)

**Junior women (3.730 m)**
Adrienne Herzog, 5th (12:30); Selma Borst, 25th (12:59); Susan Kuijken, 34th (13:10); Jolanda Verstraten, 45th (13:17); Lesley van Miert, 75th (13:49); Margret Hink, 81st (14:14)

Team 4th (109 pt)


**Men (10.095 m)**
Patrick Stitzinger, 40th (32:18); Simon Vroemen, 62nd (33:26)

**Women (6.595 m)**
Anita Looper, 45th (24:12)

**Junior men (6.595 m)**
Dennis Licht, 33rd (21:52); Michel Butter, 67th (22:30); Ronald Schroër, 70th (22:32); Gert Jan Wassink, 71st (22:32)

Team, 13th (241 pt)

**Junior women (4.520 m)**
Lesley van Miert, 58th (17:43); Raika Lenaarts, 65th (18:15); Nikki Fairley, 67th (18:19); Susan Kuijken, 69th (18:33); Adrienne Herzog, dnf

Team, 13th (259 pt)
### Heringsdorf/GER (12.12.2004)

**Men (9.640 m)**

Patrick Stitzinger, 41st (28:59); Sander Schutgens, 75th (30:09); Dennis Licht, 78th (30:23); Evert Gielen, 81st (30:37); Erik Negerman, 83rd (30:42)

Team 14th (275 pt)

**Women (5.640 m)**

Anita Looper, 43rd (19:11); Marlies Overbeeke, 50th (19:16); Miranda Boonstra, 60th (19:32); Jolanda Verstraten, 69th (20:06)

Team, 12th (222 pt)

**Junior men (5.640 m)**

Michel Butter, 70th (17:37); Gerwin van den Hurk, 73rd (17:38); Tom Wiggers, 83rd (17:46); Maarten Blokland, 90th (17:56); Jorit van Malsen, 99th (18:14)

Team, 16th (333 pt)

**Junior women (3.640 m)**

Adrienne Herzog, 4th (11:49); Susan Kuijken, 40th (12:24); Andrea Deelstra, 53rd (12:38); Simone Gouw, 82nd (13:17); Nikki Fairley, 84th (13:23)

Team 10th (179 pt)

### Tilburg/NED (11.12.2005)

**Men (9.840 m)**

Patrick Stitzinger, 31st (28:17); Kamiel Maase, 40th (28:26); Koen Raymaekers, 62nd (28:58); Michel Butter, 65th (28:59); Gert-Jan Liefers, dnf; Dennis Licht, dnf

Team, 12th (198 pt)

**Women (6.500 m)**

Lornah Kiplagat, GOLD MEDAL (19:55); Adrienne Herzog, 15th (20:28); Miranda Boonstra, 40th (21:02); Selma Borst, 53rd (21:27); Marlies Overbeeke, 62nd (21:39); Jolanda Verstraten, 70th (22:12)

Team, 6th (109 pt)

**Junior men (6.500 m)**

Khalid Choukoud, 11th (18:55); Gerwin van den Hurk, 48th (19:31); Tom Wiggers, 73rd (19:52); Michel Basemans, 76th (19:53); Gijs Jacobs, 89th (20:06); Dorus Arts, 100th (21:06)

Team, 14th (208 pt)

**Junior women (4.830 m)**

Susan Kuijken, BRONZE MEDAL (15:33); Sharon de Knecht, 65th (16:51); Manon Kruiver, 68th (16:57); Lotte Jacobs, 70th (16:58); Lotte van den Boom, 79th (17:26); Nikki Fairley, dnf

Team, 13th (206 pt)
## Results and Statistics

### San Giorgio su Legnano (ITA) (10.12.2006)

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td>9.950 m</td>
<td>Gert-Jan Liefers, 18th (28:42); Patrick Stitzinger, 39th (29:25)</td>
</tr>
<tr>
<td><strong>Men U23</strong></td>
<td>8.030 m</td>
<td>Khalid Choukoud, 9th (23:29); Michel Butter, 15th (23:35); Dennis Licht, 39th (24:08); Robert Ton, 48th (24:20); Gerwin van den Hurk, 59th (24:33)</td>
</tr>
<tr>
<td><strong>Women U23</strong></td>
<td>5.975 m</td>
<td>Adrienne Herzog, 7th (19:20); Andrea Deelstra, 11th (19:35); Susan Kuijken, 16th (19:45); Yvonne Hak, 63rd (21:44)</td>
</tr>
<tr>
<td><strong>Junior men</strong></td>
<td>5.975 m</td>
<td>Tom Wiggers, 37th (17:47); Jorit van Malsen, 49th (17:56); Joost van den Ende, 60th (18:01); Michel Basemans, 74th (18:14)</td>
</tr>
<tr>
<td><strong>Junior women</strong></td>
<td>4.100 m</td>
<td>Marieke Falkmann, 41st (13:37); Margriet Berkhout, 49th (14:01); Lotte Jacobs, 61st (14:10); Manon Kruiver, 82nd (14:44)</td>
</tr>
</tbody>
</table>

**Team**
- 6th (111 pt)
- 4th (97 pt)
- 12th (220 pt)
- 11th (213 pt)

### Toro (ESP) (9.12.2007)

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men U23</strong></td>
<td>8.200 m</td>
<td>Michel Butter, 16th (25:05)</td>
</tr>
<tr>
<td><strong>Women U23</strong></td>
<td>6.700 m</td>
<td>Adrienne Herzog, 2nd (22:37); Andrea Deelstra, 27th (23:51); Marieke Falkmann, 55th (24:55); Susan Kuijken, dnf; Lesley van Miert, dnf</td>
</tr>
<tr>
<td><strong>Junior men</strong></td>
<td>6.700 m</td>
<td>Abdi Nageeye, 24th (20:49)</td>
</tr>
<tr>
<td><strong>Junior women</strong></td>
<td>4.200 m</td>
<td>Manon Kruiver, 37th (15:07)</td>
</tr>
</tbody>
</table>
ABDI NAGEYE
Additional Information

Travel
The members of the Dutch Athletics Team will travel to Brussels on December 12th by cars and will return to the Netherlands on December 15th.

Accommodation
The Dutch Team will be assigned their hotel only after all final entries have been entered (not available at this publication’s press time).

Information to the Press
Media Officer Eric Roeske will be available in Brussels during this Championships for information. He can be reached on his mobile phone +31 6 55 784 266.

Websites
European Cross Country Championships 2008
www.brussels2008.com
European Athletics
www.european-athletics.org
Dutch Athletics Team
www.atletiekunie.nl (in Dutch)

Television Broadcasts
NOS Studio Sport: On December 14, 2008 will provide live coverage of the women’s race (14:10) and in summary the men’s race. Exact broadcast schedule will be available at www.nos.nl/nosstudiosport
Coverage can probably also be found on Belgian or British television channels that are available in The Netherlands.
Production

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