

LEADING ENTRIES

SENIOR MEN

Name	Country	Age	Birth Year	
KIMELI Isaac	BEL	24y	273d	1994

Full name-Isaac Kipruto Kemeli (Kenyan origin)
2016 European under-23 Cross Country Champion
5000 pb: 13:21.09 -18. 1500 pb: 3:36.51 -18. 800 pb: 1:46.93 -16. 3000 pb: 7:57.77 -15. 9 ECH 1500 2016. At WXC: 2013-30J, 2017-dnf. At EXC: 2012-6J, 2013-2J, 2014-20u23, 2015-38u23, 2016-1u23. 2 under-23 ECH 5000 2015; 9 ECH 1500 2016 (2014/2018-ht). 1 Belgian 1500 2014 & XC 2015
In 2018: 2 'Great' Edinburgh 4x1K XC; 3 Hannut XC; 2 European Clubs Cup XC; 2 Rotselaar XC; 1 Brussels XC; 2 Azusa 5000; 7 Stanford Jordan 5000; 1 Gentbrugge 3000; 1 Karlsruhe 1500; 1 Nijmegen 1500; 2 Marseille 1500; 7ht ECH 1500 (then disqualified from the 5000m after cutting in too early from the outer echelon at the start); 2 Mol XC; 5 Bulle 8K; 1 Roeselare XC

TASAME Dame	BEL	31y	56d	1987
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(aka Dame Tasama Faisa)
Allegiance transferee from Ethiopia – has lived in Belgium since 2004, acquired Belgian citizenship on February 28, 2017 and formally cleared by IAAF to compete for Belgium from November 12, 2018 (though technically eligible since July 27, 2018)
10,000 pb: 27:55.21 -14. 5000 pb: 13:12.64 -13. 1 Belgian 5000 2008/2010/2011 & XC 2013. 1 Brussels 20K 2012. Wife-International distance runner Almsench Belete (herself ex-Ethiopia, but cleared to run for Belgium from 2012)
In 2018: 13 Amsterdam to Zaandam 10M; 9 Remich Half Mar; 3 Mol XC; 4 Roeselare XC

ULAD Abdi Hakin	DEN	27y	176d	1991
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Fifth at 2016 European Half Marathon Championships // Half Mar pb: 62:15 -18. 10,000 pb: 28:39.14 -14. 5000 pb: 13:56.64 -13. 3 under-23 ECH 10,000 2013; 15 ECH 10,000 2014; 5 ECH Half Mar 2016; 29 World Half Mar 2018 (2012-44, 2014-34). At EXC: 2011-29u23, 2012-11u23, 2013-23u23, 2014-58, 2015-11, 2017-25. 1 Nordic XC 2012/2013. 1 Danish 5000 2015, 2016-12. Came to Denmark in 2002 at age 10 as a refugee from Somalia. Coach-Leo Madsen
Marathons (5): 19 Frankfurt 2015, 11 Hamburg 2016, 35 OLY 2016, 35 WCH 2017, dnf ECH 2018
In 2018: 3 Kerkrade XC; 29 World Half Mar; dnf ECH Marathon; 1 Danish XC

GUERRA Javier	ESP	35y	27d	1983
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Full name-Javier Guerra Polo
Twice fourth in European Championship marathons
Marathon pb: 2:08:36 -18. Half Mar pb: 61:38 -18. 5000 pb: 13:46.12 -07. 10,000 pb: 28:53.03 -09. 15 WJC 5000 2002; 7 WSG 5000 2009 (2007-12); 38 World Half Mar 2014. At WXC: 2001-89J, 2002-44J, 2005-dnf long, 2010-78. At EXC: 2001-9J, 2002-18J, 2005-45, 2008-15, 2009-30, 2010-39, 2011-5, 2012-8, 2013-42, 2017-14. Coach-Antonio Serrano
Marathons (9): 1 La Coruña 2013, 15 WCH 2013, 4 ECH 2014, 7 London 2015 (first non-African), 9 Tokyo 2016, 9 London 2017, 17 WCH 2017, 4 Seville 2018, 4 ECH 2018
In 2018: 9 Elgóiabar XC; 3 Granollers Half Mar; 4 Seville Marathon; 13 Prague Half Mar; 5 Madrid Half Mar; 8 Mediterranean Games Half Mar; 4 ECH Marathon; 28 Valencia Half Mar; 19 Atapuerca XC; 8 Soria XC

MATEO Daniel	ESP	29y	98d	1989
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Full name-Daniel Mateo Angulo // 10,000 pb: 28:43.03 -16. 5000 pb: 13:42.31 -15. 2 Ibero-American 5000 2016; 7 ECH 10,000 2016 (2018-12). At WXC: 2008-61J, 2015-53. At EXC: 2008-33J, 2009-14u23, 2010-35u23, 2011-17u23, 2014-21, 2017-8. Coach-Enrique Pascual
In 2018: 20 'Great' Edinburgh XC; 7 San Sebastián XC; 23 European Clubs Cup XC; 10 Cáceres XC; 2 Castellón 'C'; 2 Ordizia 5000; 3 Los Corrales de Buelna 10,000; 12 ECH 10,000; 20 Lisbon autumn Half Mar; 18 Atapuerca XC; 10 Soria XC; 8 Alcobendas XC

MECHAAL Adel	ESP	28y	2d	1990
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Fourth in 2017 World 1500m and also in 2018 European 10,000m // 10,000 pb: 27:50.56 -18. 5000 pb: 13:15.40 -16. 3000 pb: 7:35.28 -17. 1500 pb: 3:34.70 -17 (3:43.10i -18). 5 ETCh 1500 2013 (2015-6); ht WIC 1500 2014; ht ECH 1500 2014; 2 ECH 5000 2016; ht OLY 1500/5000 2016; 1 EIC 3000 2017 (2015-6); 4 WCH 1500 2017; 5 WIC 3000 2018; 4 ECH 10,000 2018. 1 Spanish 1500/5000 2015/2017, 1 indoor 3000 2015/2017/2018 & 1500 2015/2018. At WXC: 2015-68, 2017-43. At EXC: 2015-3, 2016-8, 2017-2. Born-Morocco, gained Spanish citizenship in February 2013 (though had been living in Spain since 1995). Younger brother Said Mechaal is also a Spanish international distance runner
In 2018: 25 'Great' Edinburgh XC; 9 Seville XC; 4 Karlsruhe 3000; 3 Düsseldorf 3000; 4 Boston New Balance 3000; 1 Spanish indoor 1500/3000; 5 WIC 3000; 1 Bilbao Road Mile; 1 Barcelona Road Mile; 4 ECP 10,000; 1 Mollet des Vallès 1500/5000; 13 Rome Diamond; dnf Stockholm Diamond 5000; 6 Barcelona 1500; 1 Spanish Autonomic 3000/5000; 3 Dublin Morton 5000; 2 Spanish 1500/5000; 4 ECH 10,000 (dnf 5000); dnf Rovereto 5000; 15 Atapuerca XC; 7 Alcobendas XC

CHAHDI Hassan	FRA	29y	214d	1989
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Full name-Sidi Hassan Chadi
2010 European under-23 Cross Country Champion, then silver as a senior in 2012 & close fourth in 2017
Marathon pb: 2:10:20 -17. Half Mar pb: 61:38 -15. 10,000 pb: 29:06.25 -14. 5000 pb: 13:38.93 -18. 10 WJC 5000 2008; 16 under-23 ECH 5000 2009; 19 World Half Mar 2016; 7 ECH Half Mar 2016. At WXC: 2007-61J, 2008-23J, 2011-23, 2015-dnf. At EXC: 2007-8J, 2008-3J, 2009-2u23, 2010-1u23, 2011-3, 2012-2, 2013-5, 2014-39, 2017-4. 1 French indoor 3000 2015; 1 French XC 2015. Born-Cluses (south-eastern France)
Marathons (3): 14 Rotterdam 2016, 12 Paris 2017, dnf ECH 2018
In 2018: 14 'Great' Edinburgh XC; 5 French XC; 4 'Great' Birmingham 10K; 1 Moulins 3000; 1 Brussels 20K; 1 Paris 10K; 9 Carquefou 5000; dnf ECH Marathon (he contracted a virus in Berlin – "I had more and more trouble breathing, I could not feel my legs can carry me"); 3 Paris 20K; 8 Marseille to Cassis 20K

MILLINGTON Ross	GBR	29y	79d	1989
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2011 European under-23 silver at 5000m. 2016 UK Champion at 10,000m
10,000 pb: 27:55.06 -16. 5000 pb: 13:36.39 -11. 3000 pb: 7:49.11i -12. 1500 pb: 3:40.09 -15. 2 under-23 ECH 5000 2011; 31 OLY 10,000 2016. At EXC: 2015-5, 2015-16, 2016-32. 1 UK 5000 2012 & 10,000 2016. His 3:50.96 1500m in 2006 was the fastest by a British under-17 since 1984. Studied English & Business Administration at the University of New Mexico. Coach-Steve Vernon
In 2018: 7 Paderborn 10K; 9 Cape Elizabeth 10K; 10 Falmouth MA 7M; 16 Prague 10K; 6 Berlin 10K; 1 Liverpool XC

SCOTT Marc	GBR	24y	351d	1993
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New British #1 at 5000m (after 13 years with Mo Farah in that position)
10,000 pb: 28:07.97 -17. 5000 pb: 13:22.37 -17. 3000 pb: 7:43.37 -17. 1500 pb: 3:42.39 -16. 6 under-23 ECH 10,000 2015; 2 ETCh 3000 2017; ht WCH 5000 2017. At EXC: 2014-7u23, 2015-4u23. 10 NCAA XC 2015. 1 UK 5000 2017. Student of sports and exercise science at the University of Tulsa. Coach-Steve Gulley (USA) & Ken Harker (GBR). He is the youngest (by two minutes) of triplets
In 2018: 1 Portland 5000; 1 UK 5000; 8 Bellinzona 3000; 5 ECH 5000; 1 Manchester 'Trafford' 10K; dnf IAAF Continental Cup 3000 (eliminated in mid-race, placed 6th overall); 3 Liverpool XC

DOONEY Kevin	IRL	25y	153d	1993
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Half Mar pb: 64:57 -18. 10,000 pb: 29:10.13 -14. 5000 pb: 13:59.06i -14. 24 WJC 10,000 2012; 135 World Half Mar 2018. At EXC: 2010-67J, 2011-82J, 2013-38u23, 2014-18u23, 2016-69, 2017-51. 1 Irish 10,000 2017 & XC 2018
In 2018: 17 European Clubs Cup XC; 24 Barcelona Half Mar; 135 World Half Mar; 11 Leeds 10K; 1 Irish XC

TOBIN Seán	IRL	24y	140d	1994
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2017 Irish Champion at 1500m // 1500 pb: 3:41.78 -17. Mile pb: 3:57.00 -17. 5000 pb: 14:13.97 -17. 800 pb: 1:47.99 -14. ht WJC 1500 2012; 4 EJC 1500 2013. 1 Irish 1500 2017. At EXC: 2011-46J, 2013-9J, 2017-15. 1 NCAA indoor Distance Medley Relay 2017. Broke his foot while competing in the NCAA XC in 2014. Attends University of Mississippi
In 2018: 10 NCAA indoor Mile; 2 Oxford MS 1500; 6 Mt SAC Relays Invitational 3000SC; 7 Knoxville 3000SC; 9ht NCAA East Preliminary 3000SC; 11 Concord Mile; 3 New York 1500 'B'; 8 Merksem 1500; 11 Cork City Sports Mile; 14 Dublin Morton Mile; 2 Irish XC

TEFERI Maru	ISR	26y	293d	1992
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Seventh in 2018 European Championships Marathon (in 2:13:00, an Israeli record & pb by 4:55)
Marathon pb: 2:13:00 -18. Half Mar pb: 62:22 -18. 10,000 pb: 29:04.36 -18. 5000 pb: 13:59.53 -18. 17 under-23 ECH 10,000 2013; 56 ECH Half Mar 2016; 33 World Half Mar 2018. Emigrated from Ethiopia in 2006
Marathons (8): 47 Berlin 2015, 23 Rotterdam 2016, 73 OLY 2016, 4 Tel Aviv 2017, 18 Paris 2017, dnf WCH 2017, 2 Tiberias 2018, 7 ECH 2018
In 2018: 2 Tiberias Marathon; 1 Rishon Letzion 15K; 3 Tel Aviv XC; 33 World Half Mar; 5 Israeli 10,000; 2 Tel Aviv 1500 (May 23); 1 European Clubs Cup 'B' 5000; 4 Tel Aviv 5000 (Jun 2); 4 Hamburg Half Mar

CRIPPA Yemaneberhan	ITA	22y	52d	1996
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(Familial name-Yeman)
2017 European under-23 Champion at 5000m (thanks to a 53.5 last lap and passing four men in the last 100m). 2018 European 10,000m bronze
10,000 pb: 27:44.21 -18. 5000 pb: 13:18.83 -18. 1500 pb: 3:38.22 -18. 6 World Youth 1500 2013; 10 WJC 1500 2014; 3 EJC 5000 2015; 8 ECH 5000 2016; 7 EIC 3000 2017; 1 under-23 ECH 5000 2017; 3 Mediterranean Games 5000 2018; 3 ECH 10,000 2018 (4 5000). At WXC: 2013-38J, 2015-20J. At EXC: 2012-32J, 2013-7J, 2014-1J, 2015-1J, 2016/2017-3u23. 1 Italian 1500 2016. Born-Ethiopia, lives-Trento. His older brother Nekagenet Crippa is also an international runner. Coach-Massimo Pegoretti
In 2018: 6 San Giorgio su Legnano XC; 5 San Vittore Olona XC; 4 Stanford Jordan 5000; 3 ECP 10,000; 11 Rome Diamond; 9 Ostrava Golden Spike 3000; 3 Mediterranean Games 5000; 3 ECH 10,000 (4 5000); 6 Rovereto 5000; 1 Feltre 9.5K; 3 Trento 10K; 1 Tilburg 'CrossGala' XC
(He's skipped his last year of under-23 eligibility to contest the senior race in Tilburg)

MEUCCI Daniele **ITA** **33y** **61d** **1985**
 2014 European Marathon Champion (but couldn't defend his title in 2018 because of illness)
 Marathon pb: 2:10:45 -18. Half Mar pb: 61:06 -13. 10,000 pb: 27:32.86 -12. 5000 pb: 13:19.00 -12. 3000 pb: 7:41.74 -12. dnf WJC 10,000 2004; 10 ECH 10,000 2006; 3 under-23 ECH 10,000 2007; 3 ETCh 3000 2009 (2013-9); ht WCH 5000 2009; 18 World Half Mar 2009; 5 ETCh 5000 2010; 3 ECH 10,000 2010 (6 5000); 7 IAAF Continental Cup 3000 2010; 2 ECH 10,000 2012 (5 5000); 24 OLY 10,000 2012 (ht 5000); 19 WCH 10,000 2013; 27 World Half Mar 2014; 6 ECH 10,000 2014; 1 ECP 10,000 2016; 3 ECH Half Mar 2016. 1 Italian 5000 2007 10,000 2006/2007 (1 5000 2008). 1 Italian indoor 3000 2008/2009. At WXC: 2008-99. At EXC: 2004-48J, 2008-12, 2009-9, 2012-3, 2013-dnf. Born-Pisa. Coach-Luigi Principato. He is a graduate in Automatic Engineering from the University of Pisa, having prepared a thesis on robotics
 Marathons (10): 11 Rome 2010, 10 New York 2013, 1 ECH 2014, 2 Otsu 2015, 8 WCH 2015 (despite a pit stop which cost him 90 seconds and a possible medal), dnf OLY 2016, 1 Rimini 2017, 6 WCH 2017, 6 Otsu, 59 New York 2018
 In 2018: 6 Otsu Marathon (pb 2:10:45); 1 Chia Half Mar; 3 Ferrara 10,000; dnf Oslo Diamond 10,000; 4 Mediterranean Games Half Mar; 2 Pisa Half Mar; 59 New York Marathon (ran with masses); 1 Osimo XC

BUTTER Michel **NED** **33y** **32d** **1985**
 Third on the Dutch marathon all-time list after Kamiel Maase (2:08:21) and Gerard Nijboer (2:09:01) who was Olympic silver medallist in Moscow 1980
 Marathon pb: 2:09:58 -12. Half Mar pb: 62:25 -13. 10,000 pb: 28:52.58 -09. 5000 pb: 13:37.33 -09. 3000 pb: 7:59.80 -09. 2 under-23 ECH 10,000 2007; 27 ECH Half Mar 2016. 1 Dutch 10,000 2013. At WXC: 2004-84J. At EXC: 2003-67J, 2004-70J, 2005-65J, 2006-15u23, 2007-16u23, 2008-9, 2010-15, 2012-25, 2015-17, 2016-27. Graduate of Sport Management from the Johan Cruyff Academy in Amsterdam
 Marathons (10): 1 Utrecht 2011, 15 Amsterdam 2011; 7 Boston 2012; 12 Amsterdam 2012, 10 Rotterdam 2013, 12 Rotterdam 2015, 11 Amsterdam 2015, 13 Rotterdam 2017, 6 New York 2017, 13 Amsterdam 2018
 In 2018: 9 Egmond Aan Zee Half Mar; 4 Kerkrade XC; 2 Breda XC; 2 Dutch 10K; 2 Schoorl 10K; 6 Dutch indoor 3000; 3 Hem 10K; 13 Ten Miles of Tilburg 10M; 16 Amsterdam to Zaandam 10M; 11 Breda Half Mar; 13 Amsterdam Marathon; 10 Mol XC; 6 Tilburg 'Warandeloop' XC

INGEBRIGTSEN Filip **NOR** **25y** **231d** **1993**
 2017 World bronze & 2016 European Champion at 1500m // 5000 pb: 13:30.48 -18. 1500 pb: 3:30.01 -18. 800 pb: 1:47.79 -16. 9 WJC 1500 (ht 800) 2012; ht EIC 1500 2015/2017; dq ht OLY 1500 2016 (he he was judged to have impeded Charlie Grice GBR and Homiyu Tesfaye GER); 1 ECH 1500 2016 (2018-12); 3 WCH 1500 2017. At EXC: 2012-46J, 2015-19u23. 1 Norwegian 2013 (1 800 2016). Suffered liver failure in April 2014. Coach/father-Gjert Ingebrigtsen
 Older brother Henrik (1 ECH 1500 2012, 5 OLY 1500 2012), younger brother Jakob (1 EJC 5000/3000SC 2017, 3:31.18 1500m at age 17)
 In 2018: dnf Stanford Jordan 5000; 4 Oslo Diamond Mile; 12 Stockholm Diamond 5000; 6 Paris Diamond 1500; 2 Rabat Diamond 1500; 3 Monaco Diamond 1500 (Norwegian record 3:30.01); 13 Heusden 5000; 12 ECH 1500 (after cracking a rib and suffering a spike wound when falling in his heat - yet still picking himself up to auto-qualify); 2 Norwegian 800; 5 Bergen 800; 7 Zurich Diamond 1500; 6 Zagreb 1500; 2 Hole 'Hytteplanmila' 10K
 Married sprinter Astrid Cederqvist (1 Norwegian 200 2011) on September 15, 2018

INGEBRIGTSEN Henrik **NOR** **27y** **286d** **1991**
 Full name-Henrik Børkja Ingebrigtsen
 In the 2012 1500m, he became the first Ingebrigtsen to win a European title
 5000 pb: 13:16.97 -18. 3000 pb: 7:42.19 -13. Mile pb: 3:50.72 -14. 1500 pb: 3:31.46 -14. 6 ETCh 1500 2010; 1 ECH 1500 2012 (when he managed to avoid several collisions in the closing stages to move from seventh to first in the last 150m); 5 OLY 1500 2012 (2016-sf); 1 under-23 ECH 5000 2013; 8 WCH 1500 2013 (2015-ht); 2 ECH 1500 2014 (2016-3, 2018-4); 4 IAAF Continental Cup 1500 2014; 3 EIC 3000 2015 (2013-11); 6 EIC 1500 2015; 2 ECH 5000 2018 (2016-4); 3 IAAF Continental Cup 3000 2018. 1 Norwegian 1500 2014/2015 & 5000 2018. At EXC: 2008-23J, 2009-12J, 2012-1u23, 2015-26. Coach/father-Gjert Ingebrigtsen
 Younger brothers Filip (1 ECH 1500 2016) & Jakob (1 ECH 1500/5000 - they always said that he as the best physical talent of the three)
 In 2018: 1 Stanford Jordan 5000; 5 Eugene Diamond 2M; 11 Eugene Diamond National Mile; 6 Oslo Diamond Mile; 9 Stockholm Diamond 5000; 12 Lausanne Diamond 5000; 4 London Diamond 1500; 2 ECH 5000 (4 1500); 1 Norwegian 5000; 1 Bergen 3000; 9 Zagreb 1500; 3 IAAF Continental Cup 3000; 1 Hole 'Hytteplanmila' 10K

ABRAHA Adhanom **SWE** **41y** **105d** **1977**
 (aka Abraham Adhanom)
 Allegiance transferee from Eritrea - Acquired Swedish citizenship on April 30, 2012 and cleared by IAAF to represent Sweden from November 2, 2018
 Team silvers at 2009 & 2010 World Half Marathon Championships (for Eritrea)
 Half Mar pb: 62:13 -10. 10,000 pb: 29:23.58 -07. 5000 pb: 14:01.48 -09. 14 World Half Mar 2010 (2009-19). At WXC: 2004-105 short, 2007-36, 2011-18. 1 Swedish 5000 2015, 10,000 2015/2018 & long XC 2014/2015/2016
 In 2018: 1 Stockholm Half Mar (May 5); 12 Gothenburg Half Mar; 1 Swedish 10,000; 1 Stockholm Half Mar (Sep 15); 1 Lidingsöppet 15K XC

SOLOMON Napoleon **SWE** **24y** **296d** **1994**
 2017 Nordic Cross Country Champion // 3000SC pb: 8:23.54 -18. 10,000 pb: 28:33.33 -18. 5000 pb: 14:24.74 -16. 1 Nordic XC 2017; 12 ECH 3000SC 2018. At EXC: 2010-dnfJ, 2014-13u23, 2015-8u23, 2016-6u23, 2017-23. 1 Swedish 3000SC/XC 2017/2018. Born-Eritrea. Coach-Bertil Carlén
 In 2018: 2 Stockholm 10K; 14 ECP 10,000; 4 Oordegem IFAM 3000SC; 11 Rome Diamond 3000SC; 1 Swedish 10K; 3 Sollentuna Folksam; 13 Monaco Diamond 3000SC; 6ht ECH 3000SC; 12 ECH 3000SC; dq Birmingham Diamond 3000SC (ran inside border); 10 Rovereto 5000; 1 Swedish 3000SC; 1 Lidingsöppet 30K XC; 1 Swedish long course XC/short course XC; 3 Tilburg 'Warandeloop' XC

ARIKAN Polat Kemboi **TUR** **27y** **360d** **1990**
 Allegiance transferee from Kenya - formerly Paul Kipkosgei Kemboi. Became a Turkish citizen on June 9, 2011 and under IAAF competition ruling, was not due to be eligible to compete for Turkey until June 2013. On February 27, 2012 the IAAF Council agreed to end the waiting period for him (and Iham Tanui Özbilen), enabling them to enter the 2012 World Indoor Championships
 Twice European Champion at 10,000m. He set his pb at 10,000m for ninth at the London Olympics, where he was the second European finisher (after Mo Farah)
 Half Mar pb: 61:03 -18. 10,000 pb: 27:35.50 -16. 3000 pb: 7:42.31 -12. ht WIC 3000 2012; 1 ECP 10,000 2012; 1 ECH 10,000 2012 (3 5000); 9 OLY 10,000 2012 (ht 5000); 10 EIC 3000 2013; 1 Mediterranean Games 10,000 2013; dnf WCH 10,000 2013/2017; 16 World Half Mar 2014; 4 ECH 10,000 2014 (2018-dnf); 1 ECH 10,000 2016 (dnf Half Mar); 13 OLY 10,000 2016. At WXC: 2017-dnf. At EXC: 2013-2 (in spite of a heavy fall over the one obstacle on the course); 2014-1, 2015-dnf, 2016-2, 2017-9. Coach-Berk Peki
 In 2018: 1 Huesca XC; 4 San Sebastián XC; 1 Cáceres XC; 13 Lisbon Half Mar (pb); 6 Istanbul Half Mar; 2 European Clubs Cup 5000 (4 3000); 6 Maia 10,000; 10 Mediterranean Games 5000; 6 ECH 5000 (10,000-dnf); 1 Turkish Clubs 3000; 7 Lisbon autumn Half Mar; 2 Istanbul 15K (pb 43:04)

KAYA Aras **TUR** **24y** **247d** **1994**
 Allegiance transferee from Kenya - formerly Amos Kibitok, has lived in Turkey since May 5, 2015, acquired Turkish citizenship on June 14, 2016 and cleared by IAAF to represent Turkey from July 4, 2016
 Half Mar pb: 62:48 -18. 10,000 pb: 27:48.53 -15. 5000 pb: 13:23.91 -15. 3000SC pb: 8:29.91 -16. 2 ECH 3000SC 2016; ht OLY 3000SC 2016; 12 EIC 3000 2017. At WXC: 2017-3R; At EXC: 2016-1, 2017-7 (fell on 2nd lap). dnf ECH 10,000 2018. 4 Russian 10,000 2014; 1 Russian 5000 2015 indoors & out. He was initially in the process of receiving Russian nationalisation, having been based in Kazan. Hence his Russian titles at 5000m in 2015. Coach-Carol Santa (ROU), he trains at Lornah Kiplagat's High Altitude Training Centre in Iten (along with Ali Kaya and Yasemin Can)
 In 2018: 3 'Great' Edinburgh XC; 8 Istanbul Half Mar; 1 Mersin 5000; 12 Montreuil 5000; 10 Mediterranean Games; 1 Izmir 5000/10,000; 1 Romanian 10,000; dnf ECH 10,000; 2 Turkish Clubs 5000; 4 Istanbul 15K (pb 43:45)

ÖZBİLEN Kaan Kigen **TUR** **32y** **326d** **1986**
 DEFENDING EUROPEAN CROSS COUNTRY CHAMPION
 Allegiance transferee from Kenya - full original name-Mike Kipruto Kigen. Has lived in Turkey since March 23, 2015, gained Turkish citizenship on June 24, 2015 and cleared by IAAF to represent Turkey from June 24, 2016
 Marathon pb: 2:06:10 -16. Half Mar pb: 59:58 -11. 10,000 pb: 27:03.49 -12. 5000 pb: 12:58.58 -06. 3000 pb: 7:35.87 -06. 2 African Champs 5000/10,000 2006; 2 WCP 5000 2006; 2 ECH Half Mar 2016; 9 World Half Mar 2018; 10 ECH 10,000 2018. At WXC: 2006-5 long. At EXC: 2016-10, 2017-1. 1 Kenyan 5000 2006; 2 'Great' North Run 2014 (right behind Mo Farah). Wife-Violet Chebet, their daughter Shantel born June 29, 2009
 Marathons (12): 8 Dubai 2013, 11 Chicago 2013, 7 Paris 2014, 2 Frankfurt 2014, 4 Paris 2015, 3 Amsterdam 2015, 3 Seoul 2016 (March), 17 OLY 2016, dnf Seoul 2016 (November); 14 WCH 2017, 9 Istanbul 2017, 5 Amsterdam 2018. Also paced London 2013
 In 2018: 2 'Great' Edinburgh XC; 8 Riyadh Half Mar; 9 World Half Mar; 3 Istanbul Half Mar; 1 Mersin 3000 (2 5000); 10 Montreuil 5000; 3 Mediterranean Games Half Mar; 10 ECH 10,000 (14 5000); 1 Turkish Clubs 5000; 5 Amsterdam Marathon (2:06:24)

UNDER-23 MEN

Name	Country	Age	Birth Year	
DEBOGNIES Simon	BEL	22y	143d	1996

(Debognies pronounced "de-bonny")

European track silvers as a junior & under-23

10,000 pb: 28:25.32 -18. 5000 pb: 13:38.03 -17. 3000 pb: 7:51.26 -17. 1500 pb: 3:41.53 -17 (3:44.68 -18). 2 EJC 5000 2015; 2 under-23 ECH 10,000 2017; 5 WSG 5000 2017; 15 ECH 10,000 2018. At EXC: 2014-68J, 2015-11J, 2016-8u23, 2017-6u23

In 2018: 11 Hannut XC; 14 European Clubs Cup XC; 8 Rotselaar XC; 3 Brussels XC; 12 Azusa 5000; 15 Stanford Jordan 10,000; 2 Gentbrugge 5000; 12 Oordegem IFAM 'B'; 1 Huizingen 3000; 11 Heusden 5000 'B'; 15 ECH 10,000; 1 Belgian under-23 5000; 5 Mol XC; 8 Roeselare XC

BEN Adrian	ESP	20y	125d	1998
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Full name-Adrian Ben Montenegro

2017 European junior bronze at 1500m

1500 pb: 3:39.40 -18. 800 pb: 1:46.94 -18. 6 World Youth 2000SC 2015; ht WJC 1500 2016; 3 EJC 1500 2017; ht ECH 1500 2018. At WXC: 2017-74J. At EXC: 2015-69J, 2016-8J. Coach-Arturo Martin

In 2018: 8 Spanish indoor 1500; 2 Spanish under-23 10K XC; 3 Baie-Mahault 3000; 1 Pamplona 1500; 2 Aranda de Duero Road Mile; 9 Los Corrales de Buelna 5000; 2 Huelva; 2 Soria 3000; 2 Madrid 800 'B'; 1 Castellón 1500; 2 Spanish under-23 800; 9 Barcelona 1500; 3 Spanish 1500; 8ht ECH 1500; 5 O Barco de Valdeorras Road Mile

OSANZ Daniel	ESP	20y	176d	1998
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Full name-Daniel Osanz Laborda // Triple World (age 18-20) "Skyrunning" Champion in 2018. Coach-Jesús Romero

In 2018: 18 Spanish XC; 3 Spanish Mountain Running Champs; 34 European Mountain Running Champs

In August 3-5, he won three titles at the World "Youth" (age 18-20) Skyrunning Championships in L'Aquila, Italy (Skyrunning = running in the mountains above 2,000m altitude without serious climbing difficulty and with an incline over 30%) He won the "vertical kilometre" and longer "sky race", and a third gold for the combined results of those events

RAITANEN Topi	FIN	22y	303d	1996
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Fourth at both the European under-23 Championships and World Student Games Steeplechases in 2017

3000SC pb: 8:28.48 -18. 1500 pb: 3:41.88 -18. 4 under-23 ECH 3000SC 2017; 4 WSG 3000SC 2017; 8 ECH 3000SC 2018. At EXC: 2016-28u23, 2017-8u23. 1 Finnish 3000SC 2017/2018

In 2018: 1 Finnish indoor 3000; dnf Oordegem IFAM 3000SC; 8 Turku Nurmi 3000SC; 2 Espoo 1500; 1 Kuortane 3000; 3 Copenhagen Games 3000SC; 2 Joensuu 3000SC; 1 Finnish 3000SC; 8 Lapinlahti 1500; 8 ECH 3000SC; 1 FIN v SWE 1500/3000SC

GRESSIONER Jimmy	FRA	21y	217d	1997
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DEFENDING EUROPEAN under-23 CROSS COUNTRY CHAMPION // 5000 pb: 13:38.26 -18. 1500 pb: 3:40.46 -18. 10 WJC 5000 2016. At WXC: 2015-80J (after only six months of training in athletics). At EXC: 2015-4J, 2016-4J, 2017-1u23 (team gold). His first sport was football, he played for the team which placed fourth at the 2015 World Schools Championship, but he became "The footballer who was running too fast"

In 2018: 5 Montgeron 3000; 7 Oordegem IFAM 5000; 1 Jesolo 5000; 8 Montreuil 1500; 8 Mediterranean Games 5000; 12 French 1500; 8 Ninove 1500 'B'; 3 Altonnes XC

HAY Hugo	FRA	21y	254d	1997
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European under-23 Cross Country silver // 5000 pb: 13:52.34 -17. 6 EJC 5000 2015; 5 under-23 ECH 5000 2017. At EXC: 2015-47J, 2016-7J, 2017-2u23 (team gold). In 2018: 11 'Great' Edinburgh XC; 3 Cognac 800; 1 Angoulême 800; 2 Cerizay 1000 'C'; 1 Cerizay 3000

PALCAU Fabien	FRA	21y	168d	1997
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Went from 13th to 2nd on last lap at 2015 European Junior Cross Country Championships (leading France to team gold)

5000 pb: 14:06.09 -18. 3000 pb: 8:14.05 -18. 1500 pb: 3:48.31 -18. 21 WJC 5000 2016. At WXC: 2015-62J. At EXC: 2014-12J, 2015-2J, 2016-36J, 2017-24u23. 1 French youth XC 2014; 1 French junior 5000 2015. Father-Romanian In 2018: 9 Montgeron 3000; 2 Reims 3000; 9 Montbéliard 1500; 3 Carquefou 5000; dnf French 5000; 2 Arnay le Duc XC

CAIRESS Emile	GBR	20y	345d	1997
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2018 English under-23 5000m Champion // 5000 pb: 13:54.43 -18. 10K pb: 29:49 -17. 3 English Schools 3000 2016 (2015-8); 1 British Universities 5000 2018; 1 English under-23 5000 2018. Attends St Marys University College In 2018: 1 Yorkshire XC; 1 North of England under-20 XC; 3 British Universities XC; 2 English 'National' under-20 XC; 1 British Universities 5000; 12 Oordegem IFAM 5000 'B'; 1 Stretford BMC; 1 English under-23 5000; 19 UK 5000; 1 Twickenham 10M; 6 Liverpool XC

MAHAMED Mahamed	GBR	21y	80d	1997
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Two junior bronzes at 2016 European Cross Country Championships // 10,000 pb: 29:21.00 -18. 5000 pb: 13:55.21 -18. 3000 pb: 8:26.98 -17. At EXC: 2015-22J, 2016-3J, 2017-12u23. 5 English Schools under-17 3000 2014; 1 English 'National' under-17 XC 2015. Born-Ethiopia, has lived in Britain since 2010 and received a British passport in 2014. Attends Southampton Solent University He is the middle of three brothers all of whom are athletes: older-Abdi Mahamed (1 Hampshire 3000SC 2017), younger-Zakariya Mahamed (1 English Schools under-17 XC 2017)

In 2018: 15 Edinburgh XC; 15 Seville XC; 4 British Universities XC; 10 Armagh 5K; 1 British Universities indoor 3000; 1 English 'National' under-20 XC; 1 UK Inter-Counties XC; 12 Braga 10,000; 9 British Universities 5000; 4 Loughborough 'International' 3000; 2 Watford BMC/May 26 5000; 2 Cardiff XC; 6 'Great' South 10M; 1 Milton Keynes XC; 7 Liverpool XC

FITWI Samuel	GER	21/22y	1996
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Full name-Samuel Fitwi Sibhatu // Half Mar pb: 64:44 -18. 5000 pb: 13:56.12 -18. Refugee from Eritrea, came to Germany in 2014

In 2018: Gained German citizenship in January; 2 Kerkrade XC; 3 Diekirch XC; 1 German under-23 XC ; 19 Brunsum 10K; 10 Korschenbroich 10K; 2 Herentals 3000; 14 Oordegem IFAM 5000 'B'; 2 Huizingen 1500 'B'; 6 Cork City Sports 3000; 9 German 5000; 2 German 10K; 9 Breda Half Mar; 1 Mol XC; 1 Darmstadt XC

FORSYTH Ryan	IRL	22y	152d	1996
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5000 pb: 13:41.19 -18. 10,000 pb: 29:32.38 -17. 1 Irish 5000 2018. 11 NCAA XC 2018. He has worked as a sailing school instructor and had raced sail boats. Born-Baltimore. Student of mechanical engineering at Colorado State University

In 2018: 1 Temple 3000; 5 Boulder 1500; 6 Palo Alto Invitational 5000; 3 Palo Alto 10,000 (5 5000) (May 12/13); 1 Irish 5000; 34 Wisconsin Invitational XC; 10 Wisconsin Invitational 'Cardinal' XC; 10 'Pac-12' Conference XC; 10 NCAA Mountain Regional XC; 11 NCAA XC

COLOMBINI Simone	ITA	22y	162d	1996
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3000SC pb: 8:40.05 -18. 5000 pb: 14:20.61 -17. 4 EJC 3000SC 2015; 8 under-23 ECH 3000SC 2017. At WXC: 2015-92J. At EXC: 2017-19u23. 1 Italian under-23 3000SC 2018

In 2018: 16 San Giorgio su Legnano XC; 5 Modena 13.1K; 1 Modena 3000SC (May 5); 5 Castiglione della Pescaia 3000SC; 13 Modena 1500 (May 20); 9 Oordegem IFAM 3000SC; 1 Italian under-23 3000SC; 6 Jesolo 3000SC; 1 Orvieto 3000; 4 Modena 3000SC; 3 Merksem 3000SC; 3 Alba 3000; 4 Italian 3000SC; 8 Osimo XC

FOPPEN Mike	NED	22y	7d	1996
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2016 Dutch Champion at 1500m // 5000 pb: 14:07.18 -17. 3000 pb: 7:54.66 -18. 1500 pb: 3:40.30 -18. 10 under-23 ECH 1500 2017; 14 WSG 5000 2017. 1 Dutch 1500 2016

In 2018: 8 Kerkrade XC; 29 European Clubs Cup XC; 16 Schoorl 10K; 8 Diekirch XC; 11 Korschenbroich 10K; 1 Lisse 800 'C'; 4 Oordegem IFAM 1500 'C'; 3 Jessheim 1500; 9 Nijmegen 1500; 2 Dutch 1500; 5 Guadalajara ESP 1500; 4 Botrop 1500; 1 Kortrijk 1500 'B'; 4 Heusden National 1500; 7 Bergen 1500; 11 Groningen 4M; 10 Tilburg 'Warandeloop' XC

NIESTEN Stan	NED	22y	17d	1996
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5000 pb: 13:54.86 -15. 1500 pb: 3:48.45 -15. 13 EJC 5000 2015. At EXC: 2014-27J, 2015-6J

In 2018: 3 Vught 3000; 5 Tilburg 1500; 11 Oordegem Buyle 3000; 5 Dutch 5000; 6 Hem 10K; 20 Amsterdam to Zaandam 10M; 13 Utrecht 10K; 9 Tilburg 'Warandeloop' XC

RUSU Dorin Andrei	ROU	20y	7d	1998
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2017 European Junior Champion at 10,000m // 5000 pb: 14:25.07 -17. 3000 pb: 8:24.61 -16. 1500 pb: 3:42.67 -18. dq World Youth 3000 2015 ("Infringement of the inside border"); 21 WJC 10,000 2016; 1 EJC 10,000 2017 (3 5000). At WXC: 2017-60J. At EXC: 2015-24J, 2016-20J, 2017-12J. 1 Romanian indoor 1500/3000 2017/2018; 1 Romanian 1500 2018

In 2018: 1 Romanian indoor 1500/3000; 4 Balkan indoor 1500; 1 Brussels 1500 'B'; 1 Merksem 800 'B'; 7 Balkan 1500; 1 Romanian 1500; 1 Balkan under-23 XC

DANIELSSON Emil	SWE	21y	93d	1997
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1500 pb: 3:45.42 -18. 5000 pb: 14:27.17 -15. ht WJC 1500 2016. At EXC: 2014-10J, 2015-56J. His father Jonny Danielsson was 10th in the 1988 Olympic 5000m and still holds the Swedish 10,000m record with 27:55.74 in 1989

In 2018: 9 Breda XC; 48 European Clubs Cup XC; 6 Stockholm Diamond National; 1 Oulu 3000; 7 Nivelles 1500; 6 Sollentuna Folksam 5000; 2 Swedish Team Champs 1500; 2 Karlstad 3000; 2 Swedish under-23 5000; 3 Swedish 5000; 2 FIN v SWE 5000; 3 Swedish short course XC

GERGIS Amanuel	SWE	22y	219d	1996
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10,000 pb: 29:23.74 -18. 5000 pb: 13:48.07 -17. 1500 pb: 3:45.54 -17. 1 Nordic XC 2018. 1 Swedish under-23 5000 2016 & XC 2017. Came to Sweden as a refugee in 2014 from Eritrea (via Germany), gained Swedish citizenship in August 2018

UNDER-20 MEN

Name	Country	Age	Birth Year
van de VELDE Tim	BEL	18y	309d 2000

2018 World junior steeplechase finalist // 3000SC pb: 8:49.89 -18. 1500 pb: 3:44.21 -17. 800 pb: 1:50.64 -17. 12 EJC 1500 2017; 8 WJC 3000SC 2018. At EXC: 2017-11J

In 2018: 1 Elgóibar junior XC; 1 Hannut junior XC; 4 Herentals 3000; 1 Duffel 1500; 21 Oordegem IFAM 3000SC; 6 Huizingen 1500; 1 Lokeren 800 'B'; 9 Merksem 1500; 8 WJC 3000SC; 10 Heusden 1500 'B'; 1 Belgian junior 3000SC; 1 Zoetermeer 3000SC

GARCÍA Mario	ESP	19y	161d	1999
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Full name-Mario García Romo
Team gold in junior race at 2017 European Cross Country Championships
1500 pb: 3:42.35 -17. 9 EJC 1500 2017. ht WJC 1500 2018. At WXC: 2017-32J. At EXC: 2017-9J. Coach-Lucio Rodríguez

In 2018: 5 'Great' Edinburgh junior XC; 2 European Junior Clubs Cup XC; 4 Ghent 3000 'B'; 1 Spanish junior indoor 3000; 2 Spanish junior XC; 3 Oordegem IFAM 1500 'C'; 7 Huelva 1500; 1 Salamanca 800; 4 Spanish junior 1500; 4ht WJC 1500

OUMAIZ Ouassim	ESP	19y	252d	1999
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Full name-Ouassim Oumaiz Errouch
Team gold in junior race at 2017 European Cross Country Championships
1500 pb: 3:44.52 -18. 5000 pb: 14:56.19 -17. 3000 pb: 8:12.15 -18. 7 European youth 3000 2016. At WXC: 2017-90J. At EXC: 2017-23J. Coach-Antonio Serrano

In 2018: 2 'Great' Edinburgh junior XC; 1 Seville junior XC; 2 Madrid 1500; 5ht Spanish indoor 1500; 1 Spanish junior indoor 1500; 1 Spanish junior XC; 1 Barcelona 3000; 5 Valencia 800; 9 Huelva 1500 'B'; 1 Getafe 1500; 2 Elche 3000; 2 Braga 1500; 2 Spanish junior 1500; 3 Atapuerca junior XC

BRESC Valentin	FRA	17y	194d	2001
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3000 pb: 8:30.52 -18. 1500 pb: 3:52.61 -18. 1 French youth 3000 2018
In 2018: 2 Aubagne 3000; 9 Oordegem IFAM 1500; 1 Decines Charpieu 3000; 5 Marseille 1500 'B'; 3 Ambilly 1500; 11 European Youth 3000; 1 French youth 3000; 2 Créteil junior XC

GERVAIS Arthur	FRA	18y	282d	2000
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1500 pb: 3:46.33 -18. 800 pb: 1:52.96 -18. 1 French Youth 3000 2017
In 2018: 2 Tourcoing 3000; 3 Oordegem IFAM 1500; 1 Oordegem Buyle 1500; 1 Tourcoing 800; 2 Villeneuve d'Ascq 1500; 2 Lokeren 1500 'B'; 1 Lens 800; 15 French 1500; 1 Bruay La Buisserie 3000; 3 Créteil junior XC

HEYWARD Jake	GBR	19y	225d	1999
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Fourth at 2018 World Junior Championship 1500m (ahead of 2018 World Indoor Champion Samuel Tefera ETH, among others)
1500 pb: 3:36.90 -18. 800 pb: 1:48.61 -18. 1 European Youth 2016; 1 EJC 2017; 4 WJC 2018. At EXC: 2017-30J, 2017-30J. 1 Welsh 800 2015/2016; 1 English junior 2016/2017; 6 UK indoor 2018. Coach-James Thie

In 2018: 7 'Great' Edinburgh junior XC; 6 UK indoor 1500; 7 Bilbao Road Mile; 7 British Universities 800; 2 Oordegem IFAM 1500 'C'; 9 Oslo Diamond 1500; 1 English junior 1500; 4 WJC 1500; 13 London Diamond 1500; 1 Cardiff junior XC; 1 Atapuerca junior XC; 1 Liverpool junior XC

MORTIMER Tom	GBR	19y	334d	1999
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Britain's quickest (and Europe's third-quickest) junior 5000m runner so far in 2018
5000 pb: 13:57.95 -18. 3000 pb: 8:18.78 -18. 1500 pb: 3:54.22 -18. 12 EJC 5000 2017; 16 WJC 5000 2016. 3 English Schools 3000 under-17 2015. 1 Gloucestershire junior 1500 2016. Reserve for 2017 World Cross Country Championships. Coach-Christopher Brown

In 2018: 6 'Great' Edinburgh junior XC; 2 Seville junior XC; 3 English 'National' under-20 XC; 1 Birmingham BMC 1500; 13 British Universities 5000; 9 Loughborough 'International' 3000; 9 Watford BMC/May 26 5000; 8 Loughborough BMC/Jun 23 5000; 16 WJC 5000; 1 Cheltenham 1500; 7 Manchester International 10,000; 3 Liverpool junior XC

MOHUMED Mohamed	GER	19y	258d	1999
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5000 pb: 14:09.09 -18. 3000 pb: 8:23.14 -16. 1500 pb: 3:46.50 -18. 4 European Youth 3000 2016; 13 WJC 5000 2018. At EXC: 2017-35J. Coach-Pierre Ayadi

In 2018: 1 Halle 3000; 6 Karlsruhe 5000; 11 Oordegem IFAM 5000 'C'; 8 Pfungstadt 1500; 5 Mannheim Junior Gala 1500; 13 WJC 5000; 11 Berlin 10K; 1 Pforzheim junior XC; 14 Darmstadt XC

ALFIERI Luca	ITA	18y	36d	2000
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3000 pb: 8:37.32 -17. At EXC: 2017-19J
In 2018: 12 'Great' Edinburgh junior XC; 10 Rodengo Saiano 10,000

ANDERIESEN Bram	NED	19y	128d	1999
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1500 pb: :41.62 -18. 5000 pb: 14:33.66 -17. 10 EJC 1500 2017; ht WJC 1500 2018. At EXC: 2017-40J

In 2018: 1 Kerkrade junior XC; 1 Dutch junior indoor 1500; 2 Dutch indoor 1500; 1 Lisse 800 'B'; 7 Oordegem IFAM 1500 'E'; 2 Oordegem Buyle 800 'C'; 7 Nijmegen 1500 'B'; 3 Dutch 1500; 7ht WJC 1500; 1 Heusden National 1500 'B'; 14 Ninove 1500 'C'; 3 Mol junior XC; 2 Tilburg 'CrossGala' junior XC

MAAS Luuk	NED	19y	103d	1999
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5000 pb: 14:28.83 -18. 1 Dutch junior 5000 2017
In 2018: 3 Kerkrade junior XC; 25 Schoorl 10K; 12 Vught 3000; 26 London 10,000; 1 Nijmegen 5000 'B'; 4 Hilversum 3000; 2 Ninove 5000 'B'; 19 Utrecht 10K; 1 Mol junior XC; 1 Tilburg 'Warandeloop' junior XC

OOSTING Ryan	NED	17y	212d	2001
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5000 pb: 14:36.13 -17. 3 European Youth 3000 2018. 2 US High Schools 5000 2018. Attends High School in Arlington, Massachusetts. He has dual citizenship with the Netherlands and the United States ("my mother is 100 percent Dutch and my father is 50 percent, making me 75 percent")

In 2018: Indoor season including miles of 4:11.78 & 4:12.75; 2 US High Schools 5000; 3 European Youth 3000; 1 US Northeast Regional Schools Teams XC

Van RIEL Robin	NED	18y	220d	2000
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2018 World junior finalist at 1500m // 5000 pb: 14:28.02 -18. 1500 pb: 3:42.60 -18. sf EJC 800 2017; 12 WJC 1500 2018

In 2018: 2 Kerkrade junior XC; 2 Dutch junior indoor 1500; 5 Dutch indoor 1500; 2 Vught 800; 1 Tilburg 1500; 1 Oordegem Buyle 800; 2 Nijmegen 1500 'B'; 1 Ermeloord 1500; 1 Mannheim Junior Gala 800; 4ht WJC; 12 WJC 1500; 8 Mol junior XC; 3 Tilburg 'Warandeloop' junior XC

HAUGEN Simen Halle	NOR	19y	332d	1999
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2018 Nordic Junior Champion at 5000m // 5000 pb: 14:05.47 -18. 10,000 pb: 30:45.00 -17. 9 EJC 10,000 2017; 1 Nordic Junior XC 2017 & 5000 2018; 11 WJC 5000 2018. At EXC: 2017-18J

In 2018: 1 'Great' Edinburgh junior XC; 4 Oslo Sentrumsløpet 10K; 3 Bergen 3000; 2 Oslo 1500; 2 Karlsruhe 5000; 5 Oslo Diamond National 1500; 2 Sollentuna Folk-sam 5000; 11 WJC 5000; 1 Nordic junior 5000; 4 Hole 'Hytteplanmila' 10K (pb 29:22)

INGEBRIGTSEN Jakob	NOR	18y	78d	2000
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DEFENDING EUROPEAN JUNIOR CROSS COUNTRY CHAMPION
In Berlin 2018 became the youngest-ever male (senior) European Champion, twice over
5000 pb: 13:17.06 -18. 1500 pb: 3:31.18 -18. 3000SC pb: 8:26.81 -17. 9 WJC 1500 2016; 1 EJC 5000/3000SC 2017 (8 1500); ht WJC 3000SC 2017; 2 WJC 1500 2018 (3 5000); 3 IAAF Continental Cup 1500 2018. At EXC: 2016-1J, 2017-1J. In Eugene 2017 with 3:58.07 at age 16 became the youngest ever four minute miler. 1 Norwegian 1500/5000/3000SC 2017, 1500 2018 & indoor 800/1500/3000 2018. Coach/father-Gjert Ingebrigtsen

He and his two older brothers have now all been European Champions at 1500m. Henrik in 2012, Filip in 2016, Jakob in 2018

In 2018: 2 Norwegian indoor 800/1500/3000; 1 Stanford Jordan 1500; 4 Eugene Diamond Mile; 3 Oslo Diamond 1500; 1 Stockholm Diamond National 1500; 2 WJC 1500 (3 5000); 4 Monaco Diamond 1500 (Stunning European junior record of 3:31.18); 1 ECH 1500/5000 (European junior record 13:17.06); 1 Norwegian 1500; 1 Bergen 1500; 3 IAAF Continental Cup 1500

GARCEA Adrian	ROU	19y	189d	1999
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Sixth in junior race at 2017 European Cross Country Championships
5000 pb: 14:23.85 -17. 3000 pb: 8:02.77 -18. 1500 pb: 3:52.90 -17. 3 European Youth 3000 2016 (11 2000SC); 9 EJC 5000 2017 (10 10,000); 10 World Junior Mountain Running Champs 2017 (2018-18); 14 WJC 5000 2018 (dq ht 1500, ran inside kerb). At EXC: 2016-59J, 2017-6J

In 2018: 10 'Great' Edinburgh junior XC; 2 Romanian indoor 3000 (3 1500); 1 Sofia 1500; 2 Balkan indoor 3000; 1 Romanian junior indoor 1500/3000; 1 Tel Aviv 1500; 1 Cluj-Napoca 1500; 2 Ponzano Veneto 1500; 18 European Junior Mountain Running Champs; 14 WJC 5000 (dq ht 1500, ran inside kerb); 10 Balkan 3000; 6 Romanian 5000; 19 World Junior Mountain Running Champs; 2 Balkan junior XC

BIBIC Elzan	SRB	19y	333d	1999
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2016 European Youth Champion at 3000m. 4x World Junior Championship finalist
5000 pb: 13:44.25 -18. 3000 pb: 7:51.51 -18. 1500 pb: 3:37.79 -18. 1 European Youth Olympic Festival 3000 2015; 1 European Youth 3000 (8 800); 8 WJC 5000 2016 (11 1500); 6 WJC 1500 2018 (8 5000). At EXC: 2015-28J, 2016-28J, 2018-31J. 1 Serbian 1500 2016/2018

In 2018: 1 Serbian indoor 1500/3000; 1 Balkan indoor 3000; 1 Novi Pazar 3000; 2 on a 5000; 1 Serbian junior 1500 (2 800); 1 Balkan Junior 1500/3000; 13 Mediterranean Games 5000; 1 Serbian 1500; 6 WJC 1500 (8 5000); 1 Balkan 1500/3000; 2 Bergen 3000; 13 Zagreb 1500 (with 3:37.79 broke the Serbian record which had stood to Dragan Zdravkovic since 1978); 1 Belgrade 4.5K; 1 Serbian junior XC; 1 Balkan junior XC

SENIOR WOMEN

Name	Country	Age	Birth Year	
GEBRE Trihas	ESP	28y	222d	1990

Full name-Trihas Gebre Aunoon
5x Spanish Cross Country Champion // Marathon pb: 2:32:13 -18. Half Mar pb: 69:51 -18. 10,000 pb: 32:03.39 -13. 5000 pb: 15:27.94 -15. 1 ECP 10,000 2015; 7 ETCh 5000 2015; 16 WCH 10,000 2015; 10 ECH 10,000 2016; 29 OLY 10,000 2016; 33 World Half Mar 2018. At WXC: 2015-15, 2017-20. At EXC: 2014-13, 2015-11, 2016-7, 2017-13. 1 Spanish XC 2014/2015/2016/2017/2018 & 5000 2016.
Allegiance transferee from ETH –her husband Aitzol Urruzola is Spanish. She has had continuous residence in Spain since October 31, 2011. Gained Spanish citizenship on July 30, 2014 and cleared by the IAAF to represent Spain from November 14, 2014. Coaches-Juan del Campo / Luis Miguel Martin
Marathons (2): 1 San Sebastian 2010, 9 ECH 2018
In 2018: 1 Amorebieta XC; 5 Elgoibar XC; 5 Seville XC; 4 European Clubs Cup XC; 1 Spanish XC (5th time); 33 World Half Mar; 3 Olomouc Half Mar; 9 ECH Marathon; 8 Atapuerca XC; 3 Alcobendas XC

Name	Country	Age	Birth Year	
DUARTE Sophie	FRA	37y	129d	1981

2013 European Cross Country Champion // Half Mar pb: 74:25 -15. 10,000 pb: 32:34.07 -18. 5000 pb: 15:14.57 -13. 3000SC pb: 9:25.62 -09. 2 ECP 3000SC 2007; 5 WCH 3000SC 2007 (2009-14); ht OLY 3000SC 2008; 2 ETCh 3000SC 2009 (2010-5, 2011-6); 5 ECH 3000SC 2010; 9 IAAF Continental Cup 3000SC 2010; 6 ETCh 5000 2013; ht WCH 5000 2013; 47 ECH Half Mar 2016; 59 World Half Mar 2018; 6 ECP 10,000 2018; 16 ECH 10,000 2018 (2014-dnf). At WXC: 2013-16; At EXC: 2008-15, 2012-6, 2013-1, 2014-5, 2015-49. 1 French 3000SC 2007/2008/2010/2011 & 5000 2013. Born-Guadeloupe
In 2018: 2 Nice 10K; 7 Le Mans XC; 4 French XC; 59 World Half Mar; 6 ECP 10,000; 15 Languex 10K; 16 ECH 10,000; 10 Cardiff XC; 2 Toulouse 10K; 5 Allonnes XC

Name	Country	Age	Birth Year	
ARTER Charlotte	GBR	27y	172d	1991

2018 UK Champion at 10,000m (when finishing third in the European Cup)
Half Mar pb: 71:34 -18. 10K pb: 32:19 -18. 5000 pb: 15:40.15 -17. 3000 pb: 8:58.48 -17. 1500 pb: 4:14.41 -15. 31 World Half Mar 2018; 3 ECP 10,000 2018 (= UK Champion). At EXC: 2016-43. 2 UK indoor 1500 2012; 1 British Universities indoor 1500 2012; 2 English under-23 1500 2012; 3 UK 5000 2017. Paced 2017 London Marathon
In 2018: 3 London 'Big' Half Mar; 31 World Half Mar; 1 Brighton 10K; 3 ECP 10,000 (UK Champion); 9 New York 'Mini' 10K; 4 UK 5000; 9 Atapuerca XC; 1 Liverpool XC; She missed the European Championship 10,000m with an ankle injury

Name	Country	Age	Birth Year	
COURTNEY Melissa	GBR	25y	99d	1993

2018 Commonwealth bronze at 1500m // 5000 pb: 15:04.75 -18. 3000 pb: 8:39.20 -18. 1500 pb: 4:03.44 -18. Mile pb: 4:23.15 -17 (4:27.29 -18). 800 pb: 2:04.03 -17. 10 under-23 ECH 1500 2015; ht ECH 1500 2016; 5 WSG 1500 2017; 3 COM 1500 2018 (9 5000); 5 ECH 5000 2018. At EXC: 2017-1R. 1 Welsh 1500 2014; 1 English under-23 1500 2014/2015. Her partner is international decathlete Ashley Bryant. Coach-Rob Denmark (formerly Mark Pauley)
In 2018: 1 Glasgow 3000m; 1 Eaubonne 3000; 4 UK indoor 3000; 2 Brisbane Classic 1500; 3 COM 1500 (9 5000); 1 Westminster Road Mile; 5 Hengelo Mile; 1 Nijmegen 5000; 2 UK 5000; 10 Lausanne Diamond 1500; 5 London Diamond 3000; 5 ECH 5000; 5 Birmingham Diamond 3000; 13 Zurich Diamond 5000; 3 Fifth Avenue Road Mile; 4 Liverpool XC

Name	Country	Age	Birth Year	
MAGEEAN Ciara	IRL	26y	269d	1992

2016 European bronze at 1500m, then close fourth in 2018 // 3000 pb: 8:55.09i -15. Mile pb: 4:22.40 -17. 1500 pb: 4:01.46 -16. 800 pb: 2:00.79 -16. 10 WJC 1500 2008; 3 Commonwealth Youth Games 1500 2008 (5 800); 2 World Youth 800 2009; 2 WJC 1500 2010; 10 COM 1500 2010 (2018-13); 2 EJC 1500 2011; 3 ECH 1500 2016 (2012-ht, 2018-4); sf OLY 1500 2016; dnf EIC 1500 2017; ht WCH 1500 2017; ht WIC 1500 2018; ht COM 800 2018. 1 Northern Irish 1500 2010; 1 Irish 800 2015/2017/2018 (1 indoor 800 2016) & 1500 2011/2014/2016/2018. 1 Irish indoor 3000 2017. At EXC: 2008-17J, 2009-9J, 2010-7J
In 2018: 7ht WIC 1500; She was selected as captain of the Northern Irish team in Gold Coast; 13 COM 1500 (ht 800); 1 Watford BMC/May 26 1500; 4 Tübingen 1500; 4 Belfast 'International' 800; 1 Barcelona 1500; 2 Dublin Morton 800; 1 Irish 800/1500; 4 ECH 1500; 9 Birmingham Diamond 1500; 1 Stretford BMC/Aug 28 800; 7 Berlin ISTAF Mile; 1 Irish XC

Name	Country	Age	Birth Year	
KOSTER Maureen	NED	26y	156d	1992

2015 European Indoor 3000m bronze (when she held on after trying to break away at 2000m)
5000 pb: 15:07.20 -16. 3000 pb: 8:44.63i -17, 8:48.46 -16. 1500 pb: 3:59.79 -15. 800 pb: 2:02.15 -14. ht WJC 1500 2010; sf WCH 1500 2013/2015; ht ECH 1500 2014; 3 EIC 3000 2015 (2017-4); ht OLY 1500 2016; 6 ETCh 1500 2017 (2014-7); 8 ECH 5000 2018. At EXC: 2012-21u23, 2013-14u23, 2014-5u23, 2015-9. 1 Dutch 1500 2012/2015. 1 Dutch indoor 3000 2016. Coach/uncle-Bert Koster
In 2018: 1 Apeldoorn 8K; 1 Dutch 10K; 1 Schoorl 10K; 1 Brunssum 10K; 6 Stanford Jordan 5000; dnf Eugene Diamond 5000; 14 Hengelo Mile; 8 Tübingen 1500; 6 Madrid 1500; dnf Heusden 5000; 8 ECH 5000; dnf Birmingham Diamond 1500; 3 Utrecht 10K; 4 Groningen 4M; 6 Nijmegen Seven Hills 15K

Name	Country	Age	Birth Year	
KRUMINS Susan	NED	32y	152d	1986

(Née Kuijken pronounced "Cow-kun")
2014 European 5000m bronze, 2018 European 10,000m silver
10,000 pb: 31:20.24 -17. 5000 pb: 14:51.25 -17. 3000 pb: 8:34.41 -17. 1500 pb: 4:02.25 -17. 800 pb: 2:02.24 -09. Half Mar pb: 70:52 -17. 3 European Youth 1500 2003; dnf WJC 3000 2004; 2 EJC 3000 2005; 4 under-23 ECH 1500 2007; ht WCH 1500 2009; ht ECH 1500 2010; 8 WCH 5000 2013/2015/2017; 3 ECH 5000 2014 (2016-4); 10 WCH 10,000 2015; 8 OLY 5000 2016 (14 10,000); 5 WCH 10,000 2017; 2 ECH 10,000 2018. At WXC: 2004-71J, 2005-58J. At EXC: 2002-34J, 2004-40J, 2005-3J, 2006-16u23, 2007-dnf u23, 2008-1u23. 1 NCAA indoor 3000 2008; 1 NCAA 1500 2009 (2 XC 2008/2009); 1 Dutch 1500 2014 & 5000 2016. Married Andrew Krumins (AUS) in 2016, he's a 1:47.16 800m runner
In 2018: 1 Vienna 5K; 6 Nijmegen 5000; 2 London Diamond 3000; 2 ECH 10,000 (6 5000); 12 Birmingham Diamond 3000; 5 Zagreb 3000; 2 'Great' North CityGames Road Mile; 3 Amsterdam to Zaandam 10M; 3 Groningen 4M; 3 Nijmegen Seven Hills 15K
She has finished 8th in the 5000m at Moscow 2013, Beijing 2015, Rio 2016 & London 2017!

Name	Country	Age	Birth Year	
VASTENBURG Jip	NED	24y	261d	1994

2015 European under-23 Champion at 10,000m // 10,000 pb: 31:35.48 -15. 5000 pb: 15:15.77 -18. 3000 pb: 8:49.50 -15. 1500 pb: 4:10.11 -14. Half Mar pb: 71:01 -13. 16 WJC 5000 2012; 1 EJC 5000 2013; 3 ETCh 5000 2014; 4 ECH 10,000 2014 (2016-8); 1 under-23 ECH 10,000 2015; 11 WCH 10,000 2015; 28 OLY 10,000 2016; 24 ECP 10,000 2018. 1 Dutch 5000 2014/2018. At EXC: 2011-25J, 2012-27J (fell), 2013-21J, 2015-2u23. Lives-Apeldoorn. Coach-Johan Voogd. 1.81 tall
She says "my ultimate goal is to run the Olympic marathon in 2020"
In 2018: 3 Apeldoorn 8K; 2 Schoorl 10K; 24 ECP 10,000; 1 Utrecht 3000; 4 Leiden 10,000; 1 Dutch 5000; 3 Appingedam 10K; 10 Heusden 5000 (pb); 15 ECH 10,000; 8 Tilburg 10K; 9 Amsterdam to Zaandam 10M; 9 Nijmegen Seven Hills 15K; 2 Tilburg 'Warandeloop' XC

Name	Country	Age	Birth Year	
GRØVDAL Karoline Bjerkeli	NOR	28y	176d	1990

Third at European Cross Country Championships 2015/2016 & 2017 and European Championships at 10,000m in 2016 & Steeplechase 2018
3000SC pb: 9:13.35 -17. Half Mar pb: 69:41 -12. 10,000 pb: 31:14.07 -16. 5000 pb: 14:57.53 -16. 3000 pb: 8:37.58 -17. 1500 pb: 4:05.57 -18. 5 WJC 3000SC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009; 3 ETCh 5000 2010 (7 3000SC); 9 ECH 5000 2010 (dnf 10,000); ht OLY 5000 2012; 13 WCH 5000 2013 (2015-ht); 20 World Half Mar 2014; 12 ECH 5000 2014; 3 ECH 10,000 2016; 7 OLY 5000 2016 (9 10,000); dnf WCH 5000 final (ht 1500); 3 ECH 3000SC 2018. At WXC: 2010-dnf. At EXC: 2006-2J, 2009-1J, 2013-5, 2015-3, 2016-3, 2017-3
In 2018: 3 New York Half Mar; 3 Cambridge MA 'Boston Games' 1500; 1 Florø 2000; 7 Oslo Diamond 3000SC; 10 Stockholm Diamond 1500 (pb 4:05.57); 9 Paris Diamond 3000SC; 11 Monaco Diamond 3000SC; 3 ECH 3000SC; 12 Brussels Diamond 3000SC; 2 Hole 'Hytteplanmila' 10K

Name	Country	Age	Birth Year	
MONTEIRO Inês	POR	38y	202d	1980

Twice European Cup winner at 10,000m // Marathon pb: 2:30:36 -08. Half Mar pb: 70:06 -09. 10,000 pb: 31:13.58 -10. 5000 pb: 15:01.06 -09. 3000SC pb: 9:39.20 -05. 7 WJC 3000 98; 4 EJC 3000 99; 4 under-23 ECH 2001; 16 EIC 3000 2002; 12 ECH 5000 2002; 4 WSG 10,000 2003; 5 Ibero-American 5000 2004; ht OLY 5000 2004; 13 WCH 3000SC 2005; ht ECH 3000SC 2006; 11 EIC 3000 2009; 1 ECP 10,000 2009/2010; 3 ETCh 3000 2009; 10 WCH 10,000 2009; dnf ECH 10,000 2018. At WXC: Nine appearances. At EXC: 98-2J, 99-1J, 2000-43, 2001-7, 2002-11; 2003-30, 2004-7, 2005-19, 2007-29, 2008-3, 2009-5, 2016-21, 2017-22.
Coach-Pedro Martins
Marathons (3): 5 Rotterdam 2008; dnf OLY 2008, dnf Berlin 2018
In 2018: 1 Portuguese 10K; 11 Seville XC; 7 European Clubs Cup XC; 4 Cáceres XC; 3 Portuguese XC; 2 Lisbon 3000; 2 European Clubs Cup 5000; 3 Maia 10,000; 2 Mediterranean Games 5000; dnf ECH 10,000; dnf Berlin Marathon; 1 Dão Half Mar; 2 Ovar Half Mar (71:34); 1 Torres Vedras XC

Name	Country	Age	Birth Year	
MOREIRA Sara	POR	33y	51d	1985

2016 European Half Marathon Champion. 2013 European Indoor Champion at 3000m
Marathon pb: 2:24:49 -15. Half Mar pb: 69:18 -15. 10,000 pb: 31:12.93 -15. 5000 pb: 14:54.71 -10. 3000 pb: 8:42.69 -10. 1500 pb: 4:07.11 -10. 3000SC pb: 9:28.64 -09. 3 under-23 ECH 3000SC 2007; 12 WCH 3000SC 2007 (2011-dq); ht OLY 3000SC 2008; 10 WCH 5000 2009 (ht 3000SC); 1 WSG 5000/3000SC 2009; 5 WIC 3000 2010; 2 ECH 5000 2010 (2012-3, 2014-6); 6 IAAF Continental Cup 3000 2010; 7 EIC 1500 2011; 2 WSG 5000 2011; dq WCH 3000SC 2011; 14 OLY 10,000 2012; 1 EIC 3000 2013 (2009-2); 5 ECH 10,000 2014; 12 WCH 10,000 2015; 1 ECH Half Mar 2016; 1 ECP 10,000 2017. At WXC: 2011 -20. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10, 2010-9, 2012-12. Coach/husband-Pedro Ribeiro was Portuguese Steeplechase Champion in 2010, their son Guillermo born November 1, 2013
Marathons (5): 3 New York 2014, 2 Prague 2015, 4 New York 2015, dnf OLY 2016 (right leg injury), dnf Prague 2018
In 2018: 2 Portuguese 10K; 10 Seville XC; 5 European Clubs Cup XC; 1 Portuguese indoor 3000; 2 Portuguese XC; 1 Braga 10,000; dnf Prague Marathon; 1 Maia 3000; 1 Portuguese 5000 (4 1500); 1 Portuguese League div 1/Jul 21 5000; dnf ECH 10,000; 12 Lisbon autumn Half Mar; 13 Atapuerca XC; 3 Allonnes XC

ROCHA Carla Salomé **POR** **28y** **226d** **1990**
Top 10 at four European Cross Country Championships // Marathon pb: 2:25:27 -18. Half Mar pb: 72:12 -18. 10,000 pb: 32:05.82 -16. 5000 pb: 15:52.17 -14. 3000SC pb: 9:51.91 -12. 7 under-23 ECH 10,000 2011; ht ECH 3000SC 2012; 5 WSG 5000 2013 (6 10,000); 12 ECH 10,000 2016 (2014-16); 26 OLY 10,000 2016; 7 ECP 10,000 2017; 28 WCH 10,000 2017. At WXC: 2011-77, 2013-44. At EXC: 2007-31J, 2008-44J, 2009-11J, 2010-17u23, 2011-9u23, 2012-7u23, 2013-9, 2014-10, 2015-21, 2016-18. 1 Portuguese 5000 2013/2016. 3000SC 2013 & XC 2016
Marathons (2): 6 Prague 2017, 8 Berlin 2018
In 2018: 9 Seville XC; 12 European Clubs Cup XC; 3 Cáceres XC; 2 Portuguese League div 1/Jul 22 3000; 8 Berlin Marathon (pb 2:25:27); 9 Lisbon autumn Half Mar; 10 Atapuerca XC; 4 Alcobendas XC

BĂRCĂ Roxana **ROU** **30y** **167d** **1988**
Fourth at 2017 European Cross Country Championships // Half Mar pb: 73:48 -17. 10,000 pb: 32:30.97 -18. 5000 pb: 15:13.40 -12. 3000 pb: 8:56.79 -11. 1500 pb: 4:10.24 -12. 4 EJC 5000 2007; 9 EIC 3000 2011/2013; 8 WSG 5000 2011; 5 ECH 5000 2012 (2010-13); ht OLY 5000 2012; 1 Francophone Games 10,000 2017 (3 5000); 62 World Half Mar 2018; 12 ECH 10,000 2018. At EXC: 2005-18J, 2006-66J, 2007-25J, 2009-25u23, 2010-4u23, 2011-7, 2017-4. 1 Romanian 5000 2010/2012/2017 (1 10,000 2017). Served two-year doping ban in 2013-2015 after failing a test for a steroid on winning the 5000m at that year's World Student Games
In 2018: 7 'Great' Edinburgh XC; 2 Hannut XC; 1 Romanian indoor 1500/3000; 62 World Half Mar; 1 Oderzo 5K; 1 ECP 10,000 'B'; 1 Bucharest 1500; 2 Cluj-Napoca 5000; 7 Marseille 5000; 2 Romanian 5000; 12 ECH 10,000; 2 Balkan XC

BOBOCEL Ancuța **ROU** **31y** **65d** **1987**
Former European under-23 Cross Country Champion. Second at 2018 European Cup 10,000m
Half Mar pb: 70:21 -18. 10,000 pb: 31:43.12 -18. 5000 pb: 15:16.13 -18. 3000 pb: 8:52.86i -13, 9:10.58 -07. 3000SC pb: 9:25.70 -12. 2 EJC 3000SC 2003/2005; 2 WJC 3000SC 2004/2006; ht OLY 3000SC 2008/2012/2016; 7 EIC 3000 2009 (2013-11); 1 under-23 ECH 3000SC 2009 (2007-2); ht WIC 3000 2010; ht EIC 1500 2011; 4 ECH 3000SC 2012 (2010-7, 2016-ht); 13 WCH 3000SC 2013 (2007/2009-ht); 1 Francophone Games 3000SC 2013; 11 EIC 3000 2017; 15 World Half Mar 2018; 2 ECP 10,000 2018; dnf ECH 10,000 2018. At EXC: 2004-2J, 2005-1J, 2006-3J, 2007-1u23, 2008-5u23, 2011-41, 2015-5, 2016-4, 2017-11. Coach-Marin Istrate
In 2018: 15 'Great' Edinburgh XC; 3 European Clubs Cup XC; 2 Cáceres XC; 2 Gijón XC; 15 World Half Mar (pb 70:21); 2 ECP 10,000; 12 Bengaluru 'World' 10K; 1 Cluj-Napoca 5000; 1 Romanian 5000 (2 1500); 7 ECH 5000 (dnf 10,000); 7 Amsterdam to Zaandam 10M

SIMION Cristina **ROU** **27y** **17d** **1991**
(Née Negru) // Half Mar pb: 75:15 -18. 10,000 pb: 33:20.97 -18. 5000 pb: 16:36.98 -17. 5 World Junior Mountain Running Champs 2010; 19 ECP 10,000 2010; 19 under-23 ECH 10,000 2015; 1 Balkan 5000 2017. 1 Romanian 10,000 2018. At EXC: 2007-68J, 2015-29, 2016-27, 2016-16, 2017-16
In 2018: 14 'Great' Edinburgh XC; 2 Romanian indoor 3000; 68 World Half Mar; 5 ECP 10,000 'B'; 2 Bucharest; 3 Cluj-Napoca 5000; 8 Leiden 10,000; 2 Balkan 3000; 1 Romanian 10,000; 4 Balkan XC

SCHLUMPF Fabienne **SUI** **28y** **20d** **1990**
2018 European silver medallist at steeplechase // Half Mar pb: 70:17 -17. 5000 pb: 15:47.29 -17. 3000SC pb: 9:21.65 -17. dq ht WCH 3000SC 2013 (ran inside kerb); 5 ECH 3000SC 2016 (2014-13); 18 OLY 3000SC 2016; ht WCH 3000SC 2017; 16 World Half Mar 2018; 2 ECH 3000SC 2018. At EXC: 2011-30u23, 2012-14u23, 2013-37, 2015-31, 2016-8, 2017-7. 1 Swiss 3000SC 2009/2012/2017, 5000 2016 & 1500 2014/2016/2018. Coach/partner-Michi Ruegg
In 2018: 16 World Half Mar; 1 Berne 5K; 4 Lucerne; 1 Swiss 1500; 5 Bellinzona 5000; 2 ECH 3000SC (led until the final water jump, then Gesa-Felicitas Krause sprinted clear); 1 Zürich-Uster Half Mar; 3 Berlin 10K (Swiss record 32:01); 1 Reigensdorf XC; 1 Bulle 6K; 1 Tilburg 'Warandeloop' XC

FOUGBERG Charlotta **SWE** **33y** **171d** **1985**
Full name-Charlotta Emma Katarina Fougberg
2014 European steeplechase silver
3000SC pb: 9:23.96 -14. 10,000 pb: 32:34.47 -18. 5000 pb: 15:23.80 -18. 3000 pb: 8:58.56 -14. 12 ETCh 3000 2011; 1 ETCh 3000SC 2014; 2 ECH 3000SC 2014; 5 IAAF Continental Cup 3000SC 2014; 11 EIC 3000 2015 (2017-12); ht WCH 3000SC 2015/2017; ht OLY 3000SC 2016 (missed final by 0.62); 23 ECP 10,000 2018; 7 ECH 10,000 2018 (9 5000). At EXC: 2013-32, 2016-14. 1 Swedish 3000SC 2010/2011/2012/2013/2018 (1 1500 indoor 2010/2013/2015) & XC 2016. She made her international championship debut at age 28. Coach-Johan Wettergren
In 2018: 3 Verbania Half Mar; 23 ECP 10,000; 1 Swedish Team Champs 5000; 12 Heusden 5000; 7 ECH 10,000 (9 5000); 1 Swedish 3000SC; 1 FIN v SWE 10,000/3000SC; 2 Lidingöloppet 10K; 2 Swedish short course XC/long course XC

CAN Yasemin **TUR** **21y** **360d** **1996**
DEFENDING EUROPEAN CROSS COUNTRY CHAMPION
Allegiance transferee from Kenya – formerly Vivian Jemutai. Has lived in Turkey since March 13, 2015, acquired Turkish citizenship on May 25, 2015 and cleared by IAAF to represent Turkey from March 13, 2016
10,000 pb: 30:26.41 -16. 5000 pb: 14:36.82 -17. 3000 pb: 8:43.46i -17, 8:53.16 -16. 1 ECH 5000/10,000 2016; 6 OLY 5000 2016 (7 10,000); 2 EIC 3000 2017; 1 under-23 ECH 5000/10,000 2017; 11 WCH 10,000 2017 (ht 5000); 3 ECH 5000 2018 (5 10,000). At WXC: 2017-3R; At EXC: 2016-1, 2017-1. 1 Turkish indoor 3000/5000 2016; 1 Turkish 10,000 2016. Not to be confused with the Turkish-born Yasemin Can (1 Aug 92) who was the World Junior Mountain Running Champion in 2010
In 2018: 1 'Great' Edinburgh XC; 9 Doha Diamond 3000; 1 Mersin 3000/5000; 1 European Clubs Cup 3000/5000; 3 ECH 5000 (5 10,000); 5 Ndalat XC; 1 Istanbul 15K (pb 48:18)

UNDER-23 WOMEN

Name	Country	Age	Birth Year	
MØLLER Anna Emilie	DEN	21y	132d	1997

2017 European under-23 Steeplechase Champion // 3000SC pb: 9:31.66 -18. 5000 pb: 15:44.95 -18. 3000 pb: 8:47.83 -16. 1500 pb: 4:11.83 -17. 2 EJC 5000 2015 (3 3000); 5 WJC 3000SC 2016; ht OLY 3000SC 2016; 1 under-23 ECH 3000SC 2017; ht WCH 3000SC 2017; 7 ECH 3000SC 2018; 4 IAAF Continental Cup 3000SC 2018. At WXC: 2017-71. At EXC: 2014-6J, 2015-8J, 2016-2J, 2017-7u23. 1 Danish 1500/5000 2015 & 800/1500 2016, 5000 2017 & 800/3000SC 2018. Coach-Per Le Fevre Hansen
In 2018: 2 Montbéliard 3000SC; 14 Ostrava Golden Spike 3000SC; 2 Copenhagen Games; 7 ECH 3000SC; 1 Bergen 3000; 1 Danish 800/3000SC; 4 IAAF Continental Cup 3000SC; 1 Cardiff XC; 2 Soria XC; 1 Nordic XC; 1 Skanderborg XC

ANTÓN Célia	ESP	21y	318d	1997
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Full name-Celia Antón Alonso
2015 European junior silver at 3000m
1500 pb: 4:18.35 -18. 3000 pb: 9:18.20i -15. 2 EJC 3000 2015. At EXC: 2014-9J, 2015-4J, 2017-17u23. Coaches-Juan del Campo & Luismi Martín Berlanas
In 2018: 3 Ibiza 1000; 4 Aranda de Duero Road Mile; 12 Huelva 1500; 9 Madrid 800; 6 Castellón 1500; 5 Spanish under-23 1500; 5 Spanish 1500; 12 Atapuerca XC; 8 Alcobendas XC

CARDAMA Carmela	ESP	22y	2d	1996
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Full name-Carmela Cardama Baez
2015 European junior bronze at 5000m
5000 pb: 16:12.15 -18. 3000 pb: 9:18.20i -17, 9:31.6 -15. 3 EJC 5000 2015. At EXC: 2014-40J, 2017-18u23. 1 Spanish under-23 5000 2016. Psychology student at Florida State University. Coach-Oliva Román
In 2018: 14 Stanford Invitational Invite 10,000; 3 Eugene 3000; 12 Azusa 5000; dnf Corvallis Invitational 5000; 4 Palo Alto 10,000 (12 5000); 19ht NCAA West Preliminary 10,000; 4 Springfield 'Bill Dellinger' XC; 19 Wisconsin Invitational 'Cardinal' XC; 8 'Pac-12' Conference XC; 13 NCAA West Regional XC; 31 NCAA XC

GARCÍA Marta	ESP	20y	340d	1998
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Full name-Marta García Alonso // 5000 pb: 16:31.39 -18. 3000 pb: 9:34.61 -17. 1500 pb: 4:18.57 -18. 5 EJC 5000 2017 (7 3000); At WXC: 2017-54J. At EXC: 2016-28J, 2017-13J. 1 Spanish junior 3000 2016. Coach-Uriel Reguero
In 2018: 2 Spanish indoor 1500; 7 Gijón XC; 3 Spanish under-23 10K XC; 2 Gijón 5000; 3 Ourense 1500; 1 Burgos 1500; 5 Aranda de Duero Road Mile; 2 Jesolo 5000; 1 Alcorcón 1500; 4 Castellón 1500; 1 Spanish under-23 5000; 9 Spanish 1500; 10 Soria XC; 4 Palencia XC

GONZÁLEZ Paula	ESP	22y	217d	1996
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Full name-Paula González Blanco (as opposed to marathoner Paula González Blanco, born 1985)
5000 pb: 16:48.59 -15. 10,000 pb: 34:09.78 -18. 15 EJC 5000 2015; 19 under-23 ECH 10,000 2017. At WXC: 2015-73J. At EXC: 2014-30J, 2016-18u23, 2017-24u23. Coach-Claudio Francisco Rionda
In 2018: 1 Spanish indoor 3000; 6 Gijón XC; 1 Spanish under-23 10K XC; 9 Braga 10,000; 1 Langreo 10K; 4 Jesolo 10,000; 2 Spanish under-23 5000; 11 Alcobendas XC

RACASAN Elsa	FRA	21y	332d	1997
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5000 pb: 16:37.36 -16. 1500 pb: 4:22.36 -16. 3 European Junior Mountain Running Champs 2015; 3 World Junior Mountain Running Champs 2015; 17 WJC 5000 2016. At EXC: 2015-41J. Student of Bioengineering at Rice University (Houston)
In 2018: 1 Houston 1500; 1 Fayetteville 1500; 4 Houston 1500; 7 Houston 5000; 2 Montbéliard 1500; 3 Decines Charpieu 1500; 5 Blois 1500; 3ht French under-23; 2 French under-23 (5 800); 6 St Paul Roy Griak Invitational 'Gold' XC

GRIFFITHS Amy	GBR	22y	259d	1996
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2015 European junior silver at 1500m. 800 pb: 2:04.56 -18. 1500 pb: 4:09.71 -18. 3000 pb: 9:13.47 -14. 11 WJC 1500 2014; 2 EJC 1500 2015; 5 under-23 ECH 1500 2017. 1 English junior & English Schools 1500 2014. At WXC: 2015-dnfJ. At EXC: 2013-47J, 2014-5J, 2015-38J, 2017-5u23. 1 English junior 2014. Coach-Rob Denmark. 1.80 tall
In 2018: 10 British Universities XC; 5 Armagh; 6 UK Inter-Counties XC; 5 British Universities 1500; 7 Manchester BMC/May 12 800; 5 Watford BMC/May 26 1500; 1 Watford 800; 4 Loughborough BMC/Jun 23 800; 7 UK 1500; 16 Dublin Morton 1500; 8 Liverpool XC

GEHRING Anna	GER	22y	21d	1996
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2016 European under-23 cross country silver. 10,000 pb: 32:20.37 -18. 5000 pb: 15:52.88 -17. 9 World Youth 3000 2013; dnf ECH 10,000 2018. At EXC: 2012-16J, 2014-23J, 2015-17J, 2016-2u23, 2017-12u23. 1 German under-23 5000 2017 & 10,000 2018
In 2018: 1 Leverkusen 5000; 1 German 10,000; dnf Nijmegen 5000; 2 Regensburg 10,000; dnf Bellinzona 5000; dnf German 5000; dnf ECH 10,000; 7 Berlin 10K; 2 Pforzheim XC; 2 Darmstadt XC

FLANAGAN Eilish	IRL	20y	219d	1998
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3000SC pb: 10:00.81 -18. 5000 pb: 16:24.26 -18. 4 Northern Irish junior 800 2015; 4 NCAA div 2 indoor 3000 2018; 2 NCAA div 2 3000SC & XC 2018. Attends Adams State University in Alamosa, Colorado, as does her twin sister Roisin Flanagan (4:22.62 for 1500)
In 2018: 4 NCAA div 2 indoor 3000; 2 Pueblo 1500; 17 Azusa 5000; 1 Mt SAC Relays Invitational 3000SC; dnf Golden 5000; 3 Golden 3000SC; 2 NCAA div 2 3000SC (16 5000); 4 Stanford Invitational XC; 2 NCAA div 2 XC

TOMMASI Francesca	ITA	20y	121d	1998
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5000 pb: 16:32.97 -17. 3000 pb: 9:33.54 -17. 1500 pb: 4:19.24 -18. 3 European Youth Olympic Festival 3000 2013. At WXC: 2017-dnfJ. At EXC: 2015-43J, 2016-14J, 2017-6J. 1 Italian junior 5000 & XC 2017. Coach-Gianni Ghidini
In 2018: 1 Italian under-23 5000; 3 Jesolo 5000; 9 Padua Mile; 2 Italian 5000; 1 Trento 1500; 1 Osimo XC

PYZIK Weronika	POL	22y	206d	1996
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Fifth at 2017 NCAA Cross Country Championships, representing the University of San Francisco
10,000 pb: 32:37.89 -18. 5000 pb: 15:59.00 -17. 1500 pb: 4:23.55 -17. At WXC: 2015-85J. At EXC: 2013-41J, 2014-10J, 2017-8u23. 1 Polish junior 5000 2015; 5 NCAA XC 2017 (2018-12)
In 2018: 1 Berkeley 10,000; 2 Adrian OR 5000; 10 NCAA 10,000; 2 Springfield 'Bill Dellinger' XC; 12 Wisconsin Invitational 'Cardinal' XC; 4 'Pac-12' Conference XC; 7 NCAA West Regional XC; 12 NCAA XC

SCHERRER Chiara	SUI	22y	317d	1996
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3000SC pb: 9:44.59 -18. 1500 pb: 4:18.20 -18. ht WJC 2014; 8 under-23 ECH 3000SC 2017.
In 2018: 1 Swiss indoor 3000; 1 Langenthal 3000; 6 Pliezhausen 2000SC; 5 Oordegem IFAM 3000SC; 4 Huelva 3000SC; 1 Winterthur 1500; 7 Lucerne 3000SC; 2 Swiss 1500; 10ht ECH 3000SC; 4 Bulle 6K; 6 Tilburg 'Warandeloop' XC

CHRISTIANSSEN Sara	SWE	21y	139d	1997
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2017 Nordic Cross Country Champion. 1500 pb: 4:18.67 -18. 3000 pb: 9:09.12 -18. 5000 pb: 15:43.63 -18. 10,000 pb: 33:54.55 -18. At EXC: 2016-27J, 2017-21u23. 1 Nordic XC 2017 (2018-3). 1 Swedish under-23 XC 2017 & 1500/5000 2018
In 2018: 2 Stockholm Diamond National 800; 4 Sollentuna 3000; dnf Kortrijk 5000; 1 Swedish under-23 1500/5000; 3 Swedish 5000; 2 FIN v SWE 5000 (4 10,000); 1 Swedish under-23 XC; 3 Nordic XC

EROL Sümeyye	TUR	21y	175d	1997
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2015 European Junior Steeplechase Champion. 3000SC pb: 9:56.19 -18. 1 Balkan junior 3000SC 2014; ht WJC 3000SC 2014; 1 EJC 3000SC 2015. At EXC: 2014-34J, 2015-34J (sic), 2016-68J
In 2018: 36 European Clubs Cup XC; 4 Istanbul 1500; 1 Mersin 3000; 3 Mersin 3000SC; 1 Cluj-Napoca 3000SC; 2 Jesolo 3000SC; 1 Turkish 3000SC; 3 Balkan 3000SC (3 5000); 6 Turkish under-23 XC; 1 Balkan under-23 XC

NEMCHENKO Maryna	UKR	22y	211d	1996
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10,000 pb: 33:44.13 -17. 5000 pb: 16:08.72 -17. 12 World Youth 3000 2013; 5 under-23 ECH 10,000 2017 (10,1000). At EXC: 2015-74J, 2016-31u23, 2017-29u23. 1 Ukrainian under-23 5000 2018
In 2018: 1 Vinnytsya 10,000; 3 Inowroclaw Half Mar; 1 Mainz Half Mar; 2 Ukrainian Teams 3000 (3 5000); 1 Ukrainian under-23 5000; 9 Ukrainian 10,000

UNDER-20 WOMEN

Name	Country	Age	Birth Year
RUIZ Cristina	ESP	19y	325d 1999

Full name-Cristina Ruiz Fernández. 3000 pb: 9:13.75 -18. 1500 pb: 4:20.46 -18. 6 EJC 3000 2017; 9 WJC 3000 2018. At WXC: 2017-51J. At EXC: 2017-20J. 1 Spanish junior 3000 2017. Coach-Benjamin Alvarez
In 2018: 18 'Great' Edinburgh junior XC; 3 Spanish junior XC; 2 Valladolid 3000; 1 Gijón 3000; 1 Spanish junior 3000; 1 Palencia 1500; 9 WJC 3000; 6 Spanish 1500; 2 Atapuerca junior XC

MOREL Eugenie	FRA	19y	243d 1999
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1500 pb: 4:24.75 -18. 800 pb: 2:08.65 -18. 1 French youth 800 2016
In 2018: 4 French junior XC; 2 Grenoble 1500; 2 Oordegem IFAM 1500; 3 Montbéliard 800; 11 Decines Charpieu 1500; 3 Ambilly 1500; 6 French 1500; 2 Saint-Maur 800; 2 French junior 1500; 1 Blois 3000; 1 Créteil junior XC

HUGHES Cari	GBR	19y	267d 1999
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2018 British Universities Champion at 1500m. 1500 pb: 4:17.51 -18. 3000 pb: 9:25.17 -18. At WXC: 2017-64J. At EXC: 2017-9J. 1 English under-15 800 2013; 1 Welsh 1500 2017; 1 British Universities 1500 2018. Coach-Andrew Walling
In 2018: 4 'Great' Edinburgh junior XC; 1 British Universities 1500; 9 Manchester BMC/May 12 1500; 4 English junior 1500; 8 Loughborough BMC/Jun 23 1500; 6ht UK 1500; 1 Liverpool junior XC

MHLANGA Khahisa	GBR	18y	346d 1999
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(Pronounced Kai-hisa)
2017 European Junior Champion at 800m (by margin of 0.05 from compatriot Ellie Baker)
1500 pb: 4:18.83 -17. 800 pb: 2:04.34 -17. 1 EJC 800 2017. At EXC: 2017-11J (team gold). 1 English Schools 800 2014/2016/2017/2018; 2 English junior 2017 (2018-4). Coach-Mick Judd
In 2018: 1 Essex junior XC; 21 English 'National' under-20 XC; 5 'Great' Edinburgh junior XC; 17 UK Inter-Counties junior XC; 1 Watford 3000 'C'; 1 Watford BMC 800; 1 Essex junior 800/1500; 6 Loughborough 'International' 800; 1 Watford BMC/May 26 800; 1 Milton Keynes BMC 800; 6 Watford BMC/Jun 13 800; 4 English junior 800; 1 Eltham BMC 1500 (Jun 20); 3 Loughborough BMC/Jun 23 800; 5ht UK 800; 8 Eltham BMC 1500 (Jul 7); 1 English Schools 800; 3 Eltham BMC 1500 (Jul 18); 2 Cardiff junior XC; 1 Milton Keynes junior XC; 3 Liverpool junior XC

QUIRK Amelia	GBR	18y	354d 1999
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Fourth at 2017 European Junior Championship 1500m. 3000 pb: 9:11.20 -18. 1500 pb: 4:16.32 21:53-17. 4 EJC 2017. At EXC: 2016-9J. At WXC: 2017-dnfJ. 1 South of England under-17 1500 2015/2016; 1 English 'National' under-17 XC 2017. Coach-Mick Woods
In 2018: 8 'Great' Edinburgh 4x1K XC; 1 Berkshire Schools XC; 1 South of England under-20 XC; 1 Berkshire junior; 2 Loughborough 'International' 3000; 6 Watford BMC/May 26; 3 English junior; 1 English junior 3000 (3 1500); 2 Liverpool junior XC

OED Lisa	GER	19y	339d 1999
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(Pronounced "Uuud")
2017 European Junior Steeplechase Champion. 3000SC pb: 9:57.45 -18. 5000 pb: 16:09.34 -18. 18 World Junior Mountain Running Champs 2016; 1 EJC 3000SC 2017; 8 WJC 3000SC 2018. At EXC: 2016-18J (team silver). 1 German junior 5000/XC 2018
Marathon (1): 11 New York mass 2018
In 2018: 1 German junior XC; 1 Frankfurt 5000; 9 Würzburg 10K; 1 Pfungstadt 3000SC; 1 German junior 5000; 5 Karlsruhe 5000; 3 Osterode 3000SC; 1 Fulda 5000; 2 German under-23 3000SC; 2 German junior 3000SC; 8 WJC; 10 German 3000SC; 1 German junior 3000; 2 World Junior Mountain Running Champs; 1 Berlin open 10K; 11 New York mass Marathon (training run – 2:52:58); 1 Pforzheim junior XC; 1 Darmstadt junior XC

HEALY Sarah	IRL	17y	297d 2001
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European Youth Champion at 1500m & 3000m in 2018. 3000 pb: 9:10.43i, 9:18.05 -18. 1500 pb: 4:09.25 -18. 200 pb: 2:02.76 -18. 1 European Youth Olympic Festival 1500 2017; 1 European Youth 1500/3000 2018
In 2018: 1 Irish indoor 3000; 1 Manchester BMC/May 12 1500; 1 Dublin 1500; 8 Oordegem IFAM 1500; 1 Tullamore 1500; 5 Watford BMC 800; 1 Tübingen youth 1500; 2 Belfast 'International' 800; 1 European Youth 1500/3000; 11 Dublin Morton 1500; 1 Irish junior XC

O'BRIEN Emma	IRL	19y	289d 1999
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1500 pb: 4:25.95 -17. At EXC: 2015-55J, 2016-24J. ht EJC 1500 2017. 1 Irish junior 1500 2016; 1 Irish youth XC 2016. From Wicklow
In 2018: 1 Mol junior XC (won by 59 seconds); 2 Irish junior XC

O'SULLIVAN Sophie	IRL	16y	349d 2001
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1500 pb: 4:22.22 -18. 800 pb: 2:06.05 -18. 2 European Youth 800 2018. 1 Australian under-17 800 2017. Daughter of Sonia O'Sullivan IRL (1 WXC short & long 98) & Nic Bideau AUS (distinguished Australian coach & manager), she has dual citizenship with Ireland. Coach-Tim O'Shaughnessy
In 2018: 3 Melbourne 1500 (Jan 18); 2 Melbourne 800 (Feb 6); 5 Australian youth 800; 2 Irish junior 800; 2 European Youth 800; 1 Cork City Sports junior 1500; 5 Melbourne 3000 (Nov 8)

BATTOCLETTI Nadia	ITA	18y	238d 2000
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Italian 5000m Champion in 2018, both as a junior and a senior. 5000 pb: 16:15.30 -18. 3000 pb: 9:13.45 -18. 1500 pb: 4:17.76 -08. 6 European Youth 3000 2016; 3 EJC 3000 2017; 8 WJC 3000 2018. At WXC: 2017-34J. At EXC: 2017-5J. 1 Italian 5000 2018 (she became the first became the first "millennial" athlete [born in the 2000s] to win a senior Italian title)
In 2018: 11 San Giorgio su Legnano XC; 8 'Great' Edinburgh junior XC; 6 Rovereto XC; 1 Milan 3000; 8 Ferrara 800; 1 Italian junior 5000; 5 Copenhagen Games 1500; 8 WJC 3000; 1 Trento 1500; 13 Rovereto 3000; 1 Italian 5000; 1 Sgonico XC; 11 Tilburg 'Warandeloop' XC

MATTEVI Angela	ITA	17y	359d 2000
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2018 European Junior Mountain Running Champion. 5000 pb: 17:20.76 -18. 3000 pb: 10:07.55 -18. 1 European Junior Mountain Running Champs 2018; 5 World Junior Mountain Running Champs 2018
In 2018: 1 Rovereto XC; 17 San Vittore Olona XC; 3 Italian junior 5000; 1 European Junior Mountain Running Champs; 5 World Junior Mountain Running Champs

BLOKHUIS Roos	NED	17y	305d 2001
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5000 pb: 16:37.28 -16. 5K pb: 16:30 -17. 3000 pb: 9:14.72 -17. 1500 pb: 4:20.91 -17. 5 European Youth 1500 2018. At EXC: 2017-16J
In 2018: 10 Oordegem IFAM 'B'; 7 Nijmegen 'B'; 1 Emmeloord 3000; 5 Dutch 1500; 5 European Youth 1500; 9 Groningen 4M; 2 Tilburg 'Warandeloop' junior XC

LAU Jasmijn	NED	19y	271d 1999
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2017 European Junior Champion at 5000m. 5000 pb: 16:16.64 -18. 3000 pb: 9:48.48 -15. 1500 pb: 4:28.57 -16. 1 EJC 5000 2017. At EXC: 2016-5J, 2017-4J. 1 Dutch junior 5000 2016. Coach-Honore Hoedt
She was second in the 2017 junior 'Great' Edinburgh Cross Country
In 2018: 3 'Great' Edinburgh junior XC; 5 Dutch 10K; 5 School 10K; 6 Paderborn 10K; 14 Nijmegen 5000; 3 Emmeloord 1500; 4 Dutch 5000; 6 Groningen 4M; 3 Tilburg 'Warandeloop' junior XC

MACHADO Mariana	POR	18y	24d 2000
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Portuguese junior record holder at 1500m. 1500 pb: 4:13.31 -18. 800 pb: 2:06.97 -18. 7 European youth 1500 2016; 4 WJC 1500 2018. At EXC: 2017-24J. 1 Portuguese junior 1500 2017
In 2018: 2 'Great' Edinburgh junior XC; 1 Portuguese junior/1500; 2 Pombal 800; 1 Portuguese Clubs indoor div 1 1500 (2 800); 1 Ourense 1500; 2 Maia 800; 9 Huelva 1500; 1 Braga 1500; 4 WJC 1500; 1 Portuguese League div 1/Jul 21 1500 (4 800); 1 Palencia XC; 1 Atapuerca junior XC

SCLABAS Delia	SUI	18y	28d 2000
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Two medals at 2018 World Junior Championships. 2017 European Junior Champion at 3000m, and also World/European Junior Duathlon & World Junior Aquathlon Champion in 2017
3000 pb: 9:09.33 -17. 1500 pb: 4:10.10 -18. 800 pb: 2:01.29 -18. 1 European Youth 1500/3000 2016; 1 EJC 3000 2017; 3 WJC 800/1500 2018; ht ECH 1500 2018. At EXC: 2016-6J, 2017-17J. 1 Swiss 1500 2015. At Duathlon: 1 World Junior 2016/2017
"I'm still young enough to reconcile everything". Coach-Louis Heyer
In 2018: 1 Murten 3000; 1 Horw 800; 1 Berne 4.7K; 12 Montbéliard 1500; 1 Basle 800; 1 Berne 800; 15 Lausanne Diamond 1500; 3 WJC 800/1500; 10ht ECH 1500; 1 Swiss junior 800/1500; 1 Swiss Teams 800; 3 European Junior Duathlon; 2 European Junior Aquathlon; 1 Regensdorf junior XC; 1 Tilburg 'Warandeloop' junior XC
In 2018: 4 Hannut XC; 1 Apeldoorn 8K; 2 Swedish indoor 1500/3000; 17 Brunsum 10K; 18 Paderborn 10K; 18 Oordegem IFAM 5000; 11 Nijmegen 5000; 4 Swedish 10K; 9 Sollentuna Folksam 1500; 4 Karlstad 3000; 4 Swedish 5000 (5 10,000); 1 FIN v SWE 10,000 (4 5000); 1 Nordic XC; 4 Tilburg 'Warandeloop' XC