

Under-20 Women's Race

10:45

89 Entrants

24 Countries

Six to run, three to score

4.3K – 2 long laps of 1500m + 1 finish lap of 1300m

	Age
501 REICHT Carina AUT 17y 3000 pb: 9:35.66 -18. 1500 pb: 4:30.74 -18 In 2018: 1 Austrian junior indoor 3000; 1 Austrian youth indoor 1500/3000; 6 Pliezhausen 3000; 4 Munich 1500; 8 Vienna 5K; 1 Reutte 1500; 1 Tübingen youth 3000; 6 European Youth 3000; 2 Austrian 800/1500; 8 Darmstadt junior XC	
502 DESWAEF Mathilde BEL 19y 1500 pb: 4:18.55 -18. 800 pb: 2:08.37 -18. ht WJC 1500 2018. At EXC: 2017 -61J. 1 Belgian junior 5000 2018 In 2018: 1 Hannut XC; 6 Belgian indoor 800; 1 Belgian Universities indoor 3000; 3 Belgian junior indoor 800; 7 Herentals 3000; 1 Bertrix 800; 2 Naimette-Xhovémont 800; 13 Oordegem IFAM 1500 'B'; 4 Oordegem Bulye 1500; 11 Brussels 800; 13ht WJC 1500; 12 Heusden 1500; 8 Ninove 'C'; 1 Belgian junior 5000; 2 Mol junior XC	
506 TRIEST Febe BEL 18y 1500 pb: 4:29.37 -18. 1 Belgian junior 1500 2018 In 2018: 4 Hannut XC; 2 Oordegem IFAM 800; 5 Oordegem Bulye 800 'C'; 6 Huizingen 1500; 6 Belgian 1500; 2 Kortrijk 1500; 5 Ninove 800; 1 Belgian junior 1500; 5 Mol junior XC	
516 FARKAS Leonarda CRO 18y 800 pb: 2:15.90 -18 // In 2018: 2 Zagreb 800	
517 RAKIJASIC Paula CRO 18y 1500 pb: 4:35.19 -18. 1 Croat youth 800/1500 2017 In 2018: 1 Croat indoor 1500; 1 Zagreb 800; 6 Zagreb 1500; 2 Zagreb 1500; 2 Varaždin 800; 2 Split 1500; 2 Balkan Junior 1500; 4 Croat 800	
518 ŠRUT Sandra CRO 19y 3000SC pb: 10:19.80 -18. ht WJC 3000SC 2018; At EXC: 2017-102J. 1 Croat 3000SC 2018 In 2018: 1 Zagreb 1500; 1 Croat junior 10,000; 1 Zagreb 3000SC (May 19); 1 Zagreb 3000SC (Jun 2); 6 Karlovac 10K; 1 Split 3000SC (3 3000); 14 European Junior Mountain Running Champs; 10ht WJC 3000SC; 1 Croat 3000SC	
519 VUKANČIĆ Katarina CRO 19y 5000 pb: 16:52.01 -18. 3000 pb: 9:44.75 -18. At EXC: 2017-69J. 2 Croat 1500 2015; 1 Slovenian 3000 2018 In 2018: 1 Serbian indoor 3000; 3 Sofia 3000; 10 Balkan indoor 3000; 1 Zagreb 3000 (Mar 3); 7 Zagreb 1500 (May 5); 2 Zagreb 3000 (May 20); 7 Karlovac 10K; 1 Split 3000; 1 Slovenian 3000; 4 Balkan 5000 (5 3000); 3 Croat 5000	
524 KOLACKOVA Adela CZE 17y 3000 pb: 9:56.51 -18 In 2018: 4 Czech indoor 3000; 1 Czech youth indoor 3000; 11 Pliezhausen 3000; 2 Ptuj 3000; 1 Prague 3000; 7 Ostrava 3000; 4 Czech under-23 3000; 4 European Junior Clubs Cup 3000; 7 Pettinengo 4K	
530 HELWIGH Anna Mark DEN 18y 2016 European Youth Steeplechase Champion // 1500 pb: 4:21.47 -17. 3000SC pb: 10:16.38 -18. 1 European youth 2000SC 2016; 4 World Youth 2000SC 2017; ht WJC 1500/3000SC 2018. At EXC: 2016-33J, 201732J. 1 Danish indoor 1500. 0218 In 2018: 1 European Junior Clubs Cup XC; 1 Danish indoor 1500 (2 800); 3 Skovlunde 5K; 1 Oderzo 5K; 1 Skive 1500; 4 European Clubs Cup 3000SC; 3 Jessheim 1500; 1 Mannheim Junior Gala 1500; 6 Copenhagen Games 1500; 2 Gothenburg VUS; 10ht WJC 1500 (14h 3000SC); 1 Nordic junior 1500; 2 Danish 1500; 1 European Junior Clubs Cup 2000SC (3 800); 9 Nordic junior XC	
535 MYGIND SØRENSEN Kristine DEN 16y 1500 pb: 4:52.76 -18 // In 2018: 6 Nordic junior XC	
538 PETERSEN Laura Valgreen DEN 17y 5000 pb: 16:33.8 18. 10,000 pb: 35:24.83 -18. At EXC: 2017-58J. 1 Danish (senior) 10,000 2018 at age 17 In 2018: 1 Odense 5K; 1 Skive 5000; 6 Aarhus 3000; 6 Nordic junior 3000; 1 Danish 10,000 (2 5000); 2 Nordic junior XC	
539 SØFELDT Sophie DEN 18y 1500 pb: 4:23.29 -18. 3000 pb: 9:32.30 -18. 5000 pb: 17:05.63 -15. 3000 pb: 9:37.37 -17. 3000SC pb: 10:47.00 -17. 10 World Youth 3000 2017. At EXC: 2016-44J, 2017-47J In 2018: 9 European Junior Clubs Cup XC; 2 Danish indoor 1500/3000; 5 European Clubs Cup 3000; 4 Aarhus 3000; 2 Mannheim Junior Gala; 7 Copenhagen Games; 2 Gothenburg VUS 1500/3000; 12ht WJC 1500; 2 Nordic junior 3000 (4 3000SC); 3 Danish 5000; 8 Nordic junior XC	
542 BARREIRO Isabel ESP 19y Full name-Isabel Barreiro García // 5000 pb: 16:50.55 -18. 3000 pb: 9:38.66 -17. 1500 pb: 4:29.58 -17. 9 European youth 3000 2016. At EXC: 2016-75J, 2017-80J. 1 Spanish youth 3000 2016. Coach-Carlos Francisco Rionda In 2018: 2 Spanish junior indoor 3000; 2 Spanish junior XC; 2 Avilés Road Mile; 1 Braga 5000; 1 Gijón 1500 (Apr 15); 2 Gijón 5000 (May 26); 1 Ferrol 3000	
543 CAMPOS Ana Patricia ESP 19y Full name-Ana Patricia Campos Moreno // 1500 pb: 4:31.31 -16. 800 pb: 2:12.74 -17. Coach-Arturo Martín In 2018: 6 Spanish Clubs indoor 1500; 2 Spanish junior indoor 1500; 4 Spanish junior XC; 4 Jaén XC	
547 CASAJOANA Laia ESP 19y Full name-Laia Casajoana Guardia // 1500 pb: 4:29.71 -18. Coaches-Juan del Campo & Luis Miguel Martín In 2018: 3 Spanish junior indoor 3000; 7 Spanish junior XC; 1 Alcorcón 1500; 1 Valencia 1500; 3 Spanish junior; 4 Barcelona 1500; 7ht Spanish 1500	
550 GALLARDO Carla ESP 19y Full name-Carla Gallardo Puertas // 3000 pb: 9:10.07 -18. 1500 pb: 4:25.55 -18. At WXC: 2017-71J. At EXC: 2016-25J, 2017-19J. 6 European youth 1500 2016; 5 EJC 3000 2017; 7 WJC 3000 2018. Coach-Santiago de la Parte In 2018: 17 'Great' Edinburgh junior XC; 1 Spanish Clubs junior 3000; 1 Madrid 1500; 1 Minsk 1500; 1 Spanish junior indoor 3000; 1 Spanish junior XC; 1 Jaén XC; 2 Valencia 1500; 11 Ourense 1500; 1 Castellón 3000; 1 Valladolid 800; 5 Huelva 'B'; 4 Valladolid 800; 7 WJC 3000; 11 Spanish 1500	
564 RUIZ Cristina ESP 19y 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	
565 SAURA Elia ESP 18y Full name-Elia Saura Petegnief // 1500 pb: 4:27.52 -18. 1 Spanish youth 1500 2017 & junior 1500 2018. Born-Barcelona. Coach-Juan Carlos Galán In 2018: 9 Elgóibar XC; 5 Sabadell 3000; 3 Spanish junior indoor; 9 Spanish junior XC; 1 Barcelona 1500 (May 12); 2 Barcelona 1500 (May 30); 2 Alcorcón 3000; 1 Spanish junior 1500; 1 Barcelona 1500 'B'; 6ht Spanish 1500	
567 KORKEALAKSO Moona FIN 16y 2018 Nordic Cross Country Champion // 3000 pb: 9:46.06 -18. 1500 pb: 4:34.15 -17. 1 Finnish under-16 800/2000 2017 & under-17 1500/3000 2108 In 2018: 1 Lappeenranta 3000 (Jun 4); 1 Lappeenranta 3000 (Jun 19); 2 Saarijärvi 3000; 14 European Youth 3000; 1 Lappeenranta 1500 (Jul 15); 5 Finnish 5000; 1 Ruokolampi 800; 1 Finnish under-17 1500/3000; 1 FIN v SWE youth 3000; 1 Jyväskylä 10K; 1 Nordic junior XC (led Finland to team gold)	
568 LAUKKANEN Salla FIN 18y 5000 pb: 17:22.47 -18. 3000 pb: 10:02.42 -18. 3000SC pb: 10:36.38 -18. ht WJC 3000SC 2018. 1 Finnish junior 3000SC 2018 In 2018: 6 European Junior Clubs Cup XC; 4 Finnish indoor 3000; 3 Finnish junior indoor 1500; 1 Lahti 5000; 8 Helsinki 3000; 3 Helsinki 1500; 7 Jyväskylä 1500; 8 Espoo 3000SC; 4 Raasepori 5000; 1 Saarijärvi 3000SC; 1 Jämsä 3000SC; 8 Lahti 1500; 12ht WJC 3000SC; 11 Finnish 5000; 1 Finnish junior 3000SC; 3 Nordic junior 3000SC (7 3000); 6 FIN v SWE 3000SC; 6 Lidingöloppet under-23 10K; 11 Nordic junior XC	
569 SNÄLL Astrid FIN 19y 3000SC pb: 10:07.67 -18. 3000 pb: 9:32.25 -18. 8 European Youth 2000SC 2016; 8 EJC 3000SC 2017 (10 5000); 16 WJC 3000 2018 (ht 3000SC) In 2018: 7 Espoo 3000SC; 13 Kuortane 1500; 1 Saarijärvi 3000; 7 Lahti 1500; 16 WJC 3000 (ht 3000SC); 3 Finnish 3000SC; 1 Nordic junior 3000SC (4 3000); 4 FIN v SWE 3000SC (6 10,000); 1 Turku Half Mar; 2 Lidingöloppet under-23 10K; 3 Nordic junior XC	
570 BENFARES Sara FRA 17y 1500 pb: 4:37.59 -18 In 2018: 6 Fontainebleau 800; 1 Nogent-sur-Marne 800 'B'; 6 Paris Diamond National 1500; 2 Saint-Maur 1500; 3 Bondoufle 1500; 8 French youth 800; 1 Savigny-le-Temple 1000; 4 Créteil junior XC	
573 CONTOIS Jenipher FRA 19y 3000SC pb: 10:15.89 -18. 1500 pb: 4:29.28 -18. 9 EJC 3000SC 2017; ht WJC 3000SC 2018 In 2018: 2 Tours 800; 1 Saran 1500; 17 Oordegem IFAM 3000SC; 2 Decines Charpieu 3000SC; 5 Carquefou 1500; 1 Ambilly 3000SC; 9ht WJC 3000SC; 1 French junior 2000SC; 6 Créteil junior XC	
580 JULIEN Melody FRA 19y 3000 pb: 9:52.80 -18 In 2018: 2 French junior XC; 1 Montauban 800; 1 Blagnac 3000; 7 French junior 3000; 8 Castres 800; 2 Créteil junior XC	
585 MOREL Eugénie FRA 19y 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	
591 TRAPP Manon FRA 18y 3000 pb: 9:45.63 -18 In 2018: 1 Versailles 3000; 1 Montgerom "Cadets" 3000; 3 Créteil junior XC	
593 ZARBO Alessia FRA 17y 3000 pb: 9:25.25 -18. 1500 pb: 4:28.39 -17. 1 European Youth Olympic Festival 3000 2017; 6 Youth Olympic 3000/XC 2018 (8th in the 3000m, 12th overall in XC). 1 French youth 3000 2017/2018 In 2018: 2 Malakoff 3000; 1 Créteil 3000; 2 Decines Charpieu 3000 'B'; 3 European Youth 3000; 4 Saint-Maur Mile; 6 Youth Olympic (8th in the 3000m, 12th overall in XC); 5 Créteil junior XC	

- 598 BROCK Grace GBR 17y**
10K pb: 34:26 -18. 3000 pb: 9:39.35 -18. 1500 pb: 4:33.0 -18. 1 UK Inter-Counties youth XC 2018; 6 English Schools 3000 2018
In 2018: 1 Seville junior XC; 1 South of England junior XC; 2 English 'National' under-15 5K XC; 1 UK Inter-Counties youth XC; 8 International Schools World XC; 8 Street 3000; 1 Cornwall junior 1500; 8 Loughborough 'International' 3000; 9 Watford BMC/May 26 1500 'C'; 7 Brighton BMC 1500 'E'; 11 English junior 3000; 2 Exeter 1500; 6 English Schools 3000; 1 Worcester 10K; 1 Cardiff junior XC; 6 Atapuerca junior XC; 4 Liverpool junior XC
- 604 HUGHES Cari GBR 19y**
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
- 606 MacFADYEN Anna GBR 19y**
Mountain running international // 3000 pb: 9:52.44 -18. 2 European Junior Mountain Running Champs 2018; 29 World Junior Mountain Running Champs 2018. At WXC: 2017-48J. Coach-John Lees
In 2018: 27 British Universities XC; 1 Scottish under-20 XC; 4 UK Inter-Counties XC; 6 Scottish Schools International XC; 8 Glasgow BMC 3000; 10 English junior 3000; 2 European Junior Mountain Running Champs; 29 World Junior Mountain Running Champs; 5 Liverpool junior XC
- 608 MHLANGA Khahisa GBR 18y**
(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
- 612 PENFOLD Tiffany GBR 19y**
3000 pb: 9:37.25 -18. Coach-Mark Bleasdale
In 2018: 6sf British Universities 800; 2 Stretford 1500 'B' (Jun 12); 1 Stretford 3000 'B' (Jul 24); 6 Liverpool junior XC; Has contested 23 "parkruns" across Croxteth Hall, Ormskirk, Southport, Whitehaven and Workington, winning all of them
- 614 QUIRK Amelia GBR 18y**
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
- 625 DREES Annasophie GER 16y**
2000SC pb: 6:50.38 -18. 3000 pb: 10:13.44 -18
In 2018: 3 German junior 5000; 1 Osterode 2000SC; 12 Schweinfurt 1500; dnf European Youth 2000SC; 2 German youth 3000; 5 Darmstadt junior XC
- 630 KOPPE Klara GER 18y**
3000 pb: 9:56.83 -18. 1500 pb: 4:39.88 -18
In 2018: 3 German junior XC; 5 Osterode 3000; 2 Duisburg 1500; 4 German junior 3000; 9 Berlin 10K; 3 Pforzheim junior XC; 6 Darmstadt junior XC
- 632 OED Lisa GER 19y**
(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
- 634 SCHNEIDERS Paula GER 17y**
1500 pb: 4:30.33 -18. 2000SC pb: 6:40.00 -18. 3 European Youth 2000SC 2018; 7 Youth Olympic 2000SC/XC 2018
In 2018: 2 Menden 3000; 3 Pliezhausen 2000SC; 4 Oordegem Bulye 1500 'C'; 4 Schweinfurt 1500; 3 European Youth 2000SC; 2 German youth 1500SC; 7 Youth Olympic 2000SC/XC (6th in the 2000SC, but let down by only 28th overall in the XC); 4 Darmstadt junior XC
- 637 VORTMEIER Anneke GER 16y**
3000 pb: 9:38.30 -18. 1500 pb: 4:36.44 -18. 8 European Youth 3000 2018
In 2018: 3 Menden 3000; 3 Osterode 3000; 8 Schweinfurt 1500; 8 European Youth 3000; 1 German youth 3000; 2 Pforzheim junior XC; 3 Darmstadt junior XC
- 638 FLOROU Efstathía GRE 19y**
5000 pb: 17:50.09 -18
In 2018: 2 Halkída 3000; 1 Greek junior 5000; 1 Balkan Junior 5000
- 639 LAVASA Dáfní-Eftihía-Tereza GRE 17y**
3000 pb: 9:50.40 -18. 1500 pb: 4:35.60 -18
In 2018: 3 Greek indoor 3000; 1 Halkída 3000; 3 Balkan youth 3000; 3 Greek junior 3000; 2 Greek youth 3000; 1 Pátra 1500; 4 Greek under-23 1500
- 642 COTTER Stephanie IRL 19y**
1500 pb: 4:22.52 -18. 800 pb: 2:07.24 -18. At EXC: 2017-27J. 1 Irish junior XC 2017 & junior 1500 2018
In 2018: 8 Antrim junior XC; 21 'Great' Edinburgh junior XC; dnf Hannut XC; 2 Irish junior indoor 1500; 10 Irish indoor 1500; 5 Greystones 1500; 1 Irish junior 1500; 2 Dublin Morton 800 'B'; 10 Stanford Invitational 6K XC
- 648 HEALY Sarah IRL 17y**
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. Coach-Eoghan Marnell
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
- 651 McCANN Jodie IRL 18y**
1500 pb: 4:22.85 -17. 3000SC pb: 10:20.84 -16. At EXC: 2016-72J, 2017-34J
In 2018: 7 Irish indoor 1500; 3 Greystones 1500; 14 Manchester BMC/May 12 1500; 5 Ostrava Golden Spike; 4 Mol junior XC; 3 Irish junior XC
- 653 NICHOLSON Laura IRL 18y**
1500 pb: 4:30.17 -18. At EXC: 2017-39J. 1 Irish under-19 3000 2018
In 2018: 7 Leixlip 3000 'B'; 5 Loughborough BMC 1500 'C'; 1 Irish under-19 3000; 1 Stretford 1500 'B'; 4 Irish junior XC
- 654 O'BRIEN Emma IRL 19y**
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
- 658 O'SULLIVAN Sophie IRL 16y**
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)
- 665 BATTOCLETTI Nadia ITA 18y**
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
- 666 CAVALLI Ludovica ITA 17y**
1500 pb: 4:34.58 -18. 3000SC pb: 10:46.83 -17. At EXC: 2017-54J
In 2018: 15 San Vittore Olona XC; 1 Boissano 5000 (2 1500); Savona 3000SC; 1 Italian junior 3000SC; 8ht WJC 3000SC; 1 Monaco 1000 'B'; 1 Alba 3000; 5 Italian 3000SC
- 667 CORNIA Martina ITA 17y**
3000 pb: 9:50.46 -18. 1500 pb: 4:33.23 -18
In 2018: 3 Modena 1500 (Apr 25); 1 Reggio Emilia 3000; 3 Bressanone 1500; 3 Rome Diamond National 1500; 1 Italian youth 3000; 1 Modena 1500 (Sep 15); 1 Cinisello Balsamo 3000 (3 1500)
- 671 MARANGI AGOSTINO Francesca ITA 19y**
1500 pb: 4:25.99 -99 // In 2018: Borgaretto 1500; Bergamo 800
- 672 MATTEVI Angela ITA 17y**
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
- 673 PALMERO Elisa ITA 19y**
1500 pb: 4:23.06 -18. 800 pb: 2:12.58 -17. ht WJC 1500 2018
In 2018: 4 Milan 3000; 2 Turin 1500; 5 Castiglione della Pescaia 1500; 2 Italian junior 1500; 9ht WJC 1500; 4 Biella Road Mile
- 679 PETRAKOVA Anna Marija LAT 18y**
At EXC: 2017-100J // In 2018: 5 Ogře 3000SC
- 683 KARINAUSKAITE Greta LTU 17y**
3000 pb: 10:01.52 -17. 9 European Youth Olympic Festival 3000 2017. At EXC: 2017-92J
In 2018: 15 European Junior Clubs Cup XC; 5 Lithuanian indoor 3000; 2 Vöru 3000; 7 Ogře 1500; 11ht European Youth 1500; 2 European Junior Clubs Cup 'B' 3000
- 684 KLYBAITĖ Ramunė LTU 19y**
At EXC: 2017-96J
In 2018: 44 European Junior Clubs Cup XC; 3 Lithuanian indoor (9 1500); 4 European Junior Clubs Cup 'B' 2000SC

687	PETRASKAITE Dominyka LTU 17y 800 pb: 2:12.74 -18 In 2018: 5 Utena 800; 1 Marijampole 800; 2 Lithuanian youth 800; 3 Lithuanian junior 800; 3 Vilnius 800; 7ht European Youth 800; 7 Lithuanian 800; 3 European Junior Clubs Cup 'B' 1500	
688	REPSYTE Meda LTU 16y 2000SC pb: 6:59.36 -18. 800 pb: 2:13.56 -18 In 2018: 1 Alytus 800 'B'; 4 Utena 800; 1 Lithuanian youth 2000SC (3 800); 5 Lithuanian 800	
690	ZVINKLYTE Ugnė LTU 17y 3000 pb: 10:04.55 -18. 1500 pb: 4:35.65 -17. 9 European Youth Olympic Festival 1500 2017. At EXC: 2017-87J. 1 Lithuanian junior 1500 2017 In 2018: 5 Lithuanian indoor 1500; 3 Vėru 3000; 1 Utena 1500; 1 Lithuanian youth 1500; 1 Jelgava 1500; 5 Lithuanian 1500	
691	BAKKER Jasmijn NED 19y 3000SC pb: 10:06.48 -18. 1500 pb: 4:25.41 -17. 1 European Youth Olympic Festival 2000SC 2015; 10 EJC 3000SC 2017; ht WJC 3000SC 2018. At EXC: 2016-30J, 2017-40J. 1 Dutch indoor 1500 & Dutch junior 1500 2017. Her older sister Veerle Bakker is also an international distance runner In 2018: 3 Kerkrade XC; 1 Dutch junior indoor 3000; 6 Vught 3000; 15 Oordegem IFAM 3000SC; 2 Nijmegen 3000SC; 1 Emmeloord 3000SC (3 5000); 3 Dutch 3000SC; 5 Ninove 1500 'C'; 6 Tilburg 'Warandeloop' junior XC	
692	BLOKHUIS Roos NED 17y 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	
693	HEINST Famke NED 19y Dutch junior steeplechase record holder // 5000 pb: 16:51.45 -18. 3000SC pb: 10:11.03 -18. ht WJC 3000SC 2018. 1 Dutch youth indoor 2016. Student of exercise science at High Point University in High Point, North Carolina In 2018: 5 Charlotte 1500; 2 Winston-Salem 1500; 10 Raleigh 5000 'C'; 1 High Point 3000SC; 1 Charlottesville Invitational 3000SC; 1 Boone 1500; 1 Lynchburg 800; 1 High Point 1500/5000/3000SC; 7ht NCAA East Preliminary 3000SC; 1 Nijmegen 800; 3 Leiden 800; 2 Emmeloord 800/1500; 8ht WJC 3000SC; 5 Bethlehem PA 'Gold' XC; 1 US 'Big South' Conference XC; 13 NCAA Southeast Regional XC; 5 Tilburg 'Warandeloop' junior XC	
694	HIGHTOWER Anna NED 16y 1500 pb: 4:27.39 -18. 3000 pb: 9:45.37 -17. 3 European Youth Olympic Festival 3000 2017 In 2018: 1 Dutch youth indoor 1500; 7 Nijmegen 1500; 7 Tilburg 'Warandeloop' junior XC	
698	LAU Jasmijn NED 19y 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 Schoorl 10K; 6 Paderborn 10K; 14 Nijmegen 5000; 3 Emmeloord 1500; 4 Dutch 5000; 6 Groningen 4M; 3 Tilburg 'Warandeloop' junior XC	
700	van ES Diane NED 19y 5000 pb: 16:44.96 -18. 3000 pb: 9:15.68 -18. 1500 pb: 4:27.92 -18. 12 EJC 3000 2017. 1 Dutch junior indoor 1500 2017 In 2018: 1 Kerkrade XC; 10 Schoorl 10K; 4 Herentals 3000; 1 Vught 3000; 2 Duffel; 1 Leiden; 16 Nijmegen 5000; 1 Emmeloord 1500/5000; 1 Lokeren 3000; 1 Rotterdam 3000; 11 Heusden National 'B'; 1 Zoetermeer 3000; 4 Tilburg 'Warandeloop' junior XC	
709	MEGGER Eliza POL 19y 1500 pb: 4:21.72 -17. 3000 pb: 9:36.07 -17. 5000 pb: 17:19.54 -17. 7 European Youth Olympic Festival 3000 2015; 11 EJC 3000 2017. At EXC: 2016-35J, 2017-84J In 2018: 3 Wroclaw 1500; 2 Polish junior 3000 (3 1500); 6 Polish 1500	
710	PAWLUS Klaudia POL 18y 3000SC pb: 10:44.49 -18. 1500 pb: 4:37.38 -17. 5 World Youth 2000SC 2017. At EXC: 2016-70J In 2018: 8 Bialogard 1500; 22 Oordegem IFAM 3000SC; 1 Bialogard 2000SC; 1 Slubice 3000SC; 2 Polish junior 2000SC; 38 World Mountain Running Champs	
716	LEMONS Lia POR 17y 3000 pb: 9:44.76 -18. 1500 pb: 4:36.20 -18. 11 European Youth 3000 2018 In 2018: 1 Portuguese junior 3000; 1 Portuguese Clubs indoor div 1 3000; 13 Ourense 1500; 11 European Youth 3000	
717	MACHADO Mariana POR 18y 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	
726	SILVA Patricia POR 19y 800 pb: 2:06.45 -18. 1500 pb: 4:17.90 -18. ht EJC 800 2017; ht WJC 1500 2018 In 2018: 2 Portuguese junior 800; 3 Madrid 1500; 3 Faro 800; 1 Lisbon 1500; 1 Maia 800; 11 Huelva 1500; 4 Mannheim Junior Gala 800; 10ht WJC 1500; 3 Portuguese League div 1/Jul 22 800; 2 Portuguese junior 800/1500	
727	TABORDA Laura POR 19y 3000SC pb: 11:10.47 -18 In 2018: 20 European Junior Clubs Cup XC; 13 Huelva 3000SC; 1 European Junior Clubs Cup 'B' 2000SC	
731	OLENICI Angela Veronica ROU 18y 1500 pb: 4:32.07 -17. 800 pb: 2:12.20 -17. 9 World Youth 1500 2017. At EXC: 2017-57J. 1 Romanian junior 800 2017 In 2018: 2 Romanian junior indoor 1500; 2 Tel Aviv 1500; 2 Bucharest 800; 3 Cluj-Napoca 1500; 3 Balkan junior 1500; 5 Romanian 1500; 3 Balkan junior XC	
735	GONZA Spela SLO 16y In 2018: 26 World Junior Mountain Running Champs	
736	LUKAN Klara SLO 18y 3000 pb: 9:32.96 -18. 1500 pb: 4:21.04 -18. sf World Youth 800 2017; ht WJC 800/1500 2018 In 2018: 3 Slovenian junior XC; 2 Klagenfurt 800; 1 Zagreb 1500 'B'; 1 Maribor 1000; 1 Slovenian Teams junior 800; 1 Ljubljana 800; 3 Vyškov; 2 Ljubljana 1500; 7ht WJC 800 (8ht 1500); 1 Nova Gorica 800; 1 European Junior Clubs Cup 'B' 800/1500; 1 Slovenian Teams 1500/3000	
738	AMMANN Aita SUI 18y 3000 pb: 9:55.32 -18. 5000 pb: 17:10.22 -18 In 2018: 4 Swiss indoor 3000; 5 Basle 3000; 10 Berne 5K; 6 Swiss 5000; 9 Darmstadt junior XC	
739	GIUDICE Laura SUI 16y 1500 pb: 4:27.86 -18. 3000 pb: 9:56.56 -18. 10 European Youth 1500 2018. 4 Swiss 1500 2017 (2018-5) In 2018: 6 Langenthal 3000; 5 Basle 1500 (May 21); 1 Berne 1500; 6 Basle 3000 (Jun 2); 1 Berne 800 'B'; 1 Thun 1500; 10 European Youth 1500; 5 Swiss 1500	
740	HÄRING Sibylle SUI 18y 3000SC pb: 10:28.02 -18. 1500 pb: 4:26.32 -17. 10 European Youth 2000SC 2016; 13 EJC 3000SC 2017; ht WJC 3000SC 2018. At EXC: 2017-35J In 2018: 2 Pulversheim 3000; 4 Langenthal 1000; 1 Pliezhausen 2000SC; 1 Karlsruhe 3000SC 'B'; 2 Regensburg 3000SC; 7 Berne 3000; 2 Thun 1500; 2 Nottwil 1500; 8ht WJC 3000SC	
741	HERNANDEZ-PITA Carolina SUI 19y 800 pb: 2:08.29 -18 In 2018: 22 European Junior Clubs Cup XC; 1 Berne 800; 7 Geneva 800; 12 Lausanne Diamond 800 'B'; 7ht WJC 800; 12 Darmstadt junior XC	
744	SCLABAS Delia SUI 18y Two medals at 2018 World Junior Championships. 2017 European Junior Champion at 3000m, and also World/European Junior Duathlon & World Junior Aquathlon Champion in 2017 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	
746	WIND Joceline SUI 18y 1500 pb: 4:35.59 -18 In 2018: 2 Berne 800 'C'; 4 Lausanne Diamond 800 'B'; 2 Swiss junior 1500; 15 Darmstadt junior XC	
748	DUSKOVA Elena SVK 17y 3000 pb: 10:01.24 -18. 1 Slovak youth 3000 2018 In 2018: 1 Ptuj 3000; 5 Vyškov 1500; 1 Slovak youth 3000; 7ht European Youth 1500; 1 Slovak under-23 1500	
749	ZAVADSKÁ Alexandra SVK 18y 3000 pb: 10:14.11 -18. At EXC: 2016-76J, 2017-78J In 2018: 2 Slovak indoor 3000; 6 Nové Mesto nad Metují 1500; 1 Andorf 3000	
758	AKBINGOL Emine TUR 18y 3000 pb: 9:38.41 -17. 1500 pb: 4:30.44 -16. 1 Balkan Youth 1500 2016; 4 European Youth 3000 2016; 8 EJC 3000 2017. At EXC: 2016-26J, 2017-21J In 2018: 2 European Junior Clubs Cup XC; 2 Turkish junior XC	
763	GUZELYURT Sabriye TUR 18y In 2018: 20 World Junior Mountain Running Champs; 4 Turkish junior XC	
764	KALKAN İnci TUR 17y 3000 pb: 9:24.01 -18. 1500 pb: 4:29.81 -17. 1 Balkan Youth 3000 3000 2018; 2 European Youth 3000 2018; 10 Youth Olympic 3000/XC 2018 In 2018: 3 European Junior Clubs Cup XC; 1 Mersin 3000; 1 Trabzon; 1 Turkish youth 1500/3000; 1 Balkan Youth 3000; 2 European Youth 3000; 1 Eskisehir 1500; 10 Youth Olympic 3000/XC (10th in 3000m, 19th overall in XC)	
768	KUNUR Derya TUR 19y 3000SC pb: 10:03.46 -18. 5 EJC 3000SC 2017; 12 WJC 3000SC 2018 In 2018: 5 European Junior Clubs Cup XC; 2 Mersin 3000SC; 1 Turkish junior 3000SC; 1 Balkan Junior 3000SC; 12 WJC 3000SC; 1 Turkish junior XC	

- 774 KOVBA Viktoriya UKR 19y**
1500 pb: 4:26.54 -18. 800 pb: 2:10.64 -18. ht WJC 1500 2018
In 2018: 1 Ukrainian junior indoor 1500; 1 Kiev 800; 1 Tel Aviv 1500; 1 Kiev 800/1500 (May 22/23); 1 Ukrainian Teams junior 1500; 2 Ukrainian junior 1500; 2 Ukrainian junior 800; 7 Ukrainian 1500; 7 Balkan junior XC
- 775 KUKH Ivanna UKR 17y**
3000SC pb: 11:21.24 -18
In 2018: 3 Ukrainian youth indoor; 4 Ukrainian junior indoor; 1 Kropyvnytskyi; 1 Ukrainian Teams junior; 3 Ukrainian youth 2000SC; 1 Ukrainian junior 3000SC; 4 Ukrainian 3000SC; 10 Ukrainian 5000; 14 Balkan junior XC
- 780 SEMYONOVA Bogdana UKR 19y**
5000 pb: 16:31.17 -18. 10,000 pb: 34:47.23 -18. 12 WJC 5000 2018. At EXC: 2017-36J
In 2018: 1 Ukrainian Teams junior 5000; 1 Ukrainian junior 3000; 2 Ukrainian Teams 3000SC; 12 WJC 5000; dnf Ukrainian 3000SC
- 781 VDOVYCHENKO Daria UKR 19y**
800 pb: 2:08.89 -18
In 2018: 2 Ukrainian junior indoor 1500 (4 3000); 14 Ukrainian indoor 3000; 1 Ukrainian junior 800; 13 Balkan junior XC

Under-23 Women's Race

11:35

71 Entrants

19 Countries

Six to run, three to score

6.3K – 2 short laps of 1000m + 2 long laps of 1500m

+ 1 finish lap of 1300m

Age

- 504 ROOMS Lisa BEL** 22y
5000 pb: 16:10.35 -17. 3000 pb: 9:13.38 -18. 1500 pb: 4:19.19 -18. At EXC: 2015-51J, 2016-33u23. 2 Belgian 1500 2018 (2016-3)
In 2018: 8 Mt SAC Relays Invitational 1500; 1 Herentals 3000; 3 Virton 800; 1 Duffel 1500; 4 Oordegem IFAM 1500 'B'; 2 Belgian 1500; 12 Heusden National 1500; 11 Ninove 1500 'B'; 7 Roeselare XC
She is also entered for the mixed relay in Tilburg
- 505 SCAUNET Vanessa BEL** 22y
1500 pb: 4:27.28 -18. 800 pb: 2:05.02 -18. At EXC: 2014-54J, 2015-31J, 2017-40u23. 1 Belgian junior XC 2015
In 2018: 13 Hannut XC; 1 Virton 800; 1 Naimette-Xhovémont 1500; 5 European Clubs Cup 800; 6 Oordegem Bulye 800; 1 Nivelles 1500; 8 Brussels 800; 3 Belgian 1500; 7 Zurich Diamond under-23 800; 6 Roeselare XC
- 513 RADZEYUK Karyna BLR** 21y
10,000 pb: 36:16.57 -18. 5000 pb: 17:18.30 -18
In 2018: 8 Belarusian indoor 3000; 1 Brest 5000/10,000 *(May 25/26); 2 Brest 3000 (Jun 8); 6 Belarusian 10,000
- 514 SHABANAVA Tatsiana BLR** 20y
2017 European junior steeplechase silver // 3000SC pb: 10:03.32 -17. 13 World Youth 2000SC 2015; ht WJC 3000SC 2016; 2 EJC 3000SC 2017. At EXC: 2016-20J, 2017-14J. 1 Belarusian 3000SC 2017/2018
In 2018: 1 Belarusian indoor 3000SC (6 3000); 8 Rehlingen 3000SC; 1 Brest 3000SC; paced Espoo 3000SC; 3 Minsk International 3000SC; 1 Belarusian 3000SC (4 1500)
- 520 CHLEBIKOVÁ Aneta CZE** 21y
5000 pb: 16:36.21 -18. 3000 pb: 9:49.47 -18
In 2018: 2 Czech indoor 3000; 3 POL v CZE v HUN v SLO under-23 3000; 5 Czech 5000; 1 Břeclav 5000; 2 Czech under-23 5000
- 521 DIVIŠOVÁ Kateřina CZE** 21y
23 European Junior Mountain Running Champs 2016. At EXC: 2015-76J. 1 Czech junior 3000 2015
In 2018: 8 Uherské Hradiště 3000; 5 Czech under-23 5000
- 522 DVORAKOVA Kristina CZE** 22y
5000 pb: 16:54.81 -18. 10,000 pb: 36:08.41 -18. 5 World Mountain Running Champs 2018
In 2018: 12 Prague Half Mar; 2 Brno 10,000; 3 Karlovy Vary Half Mar; 5 České Budejovice Half Mar; 4 Czech 5000; 3 Czech under-23 5000; 5 World Mountain Running Champs
- 523 HROCHOVA Tereza CZE** 22y
5000 pb: 16:34.65 -18. 3000 pb: 9:48.40 -18. 3000SC pb: 10:43.75 -18. 1 Czech under-23 5000/3000SC 2018
In 2018: 14 Pliezhausen 2000SC; 2 Prague 3000SC (May 19); 3 Ostrava Golden Spike 'B'; 3 Ostrava 3000 (9 1500) (Jul 1); 3 POL v CZE v HUN v SLO under-23 3000SC; dnf Czech 5000; 3 Czech 3000SC (4 1500); 3 Uherské Hradiště 3000; 1 Czech under-23 5000/3000SC (3 1500); 1 Hradec Králové 3000SC
- 525 KORVASOVA Tereza CZE** 22y
Unusual combination of road running, mountain running, steeplechasing and race walking
3000SC pb: 10:44.55 -14. Half Mar pb: 77:47 -15. 20 EJC 10,000 Walk 2015; 4 World Junior Mountain Running Champs 2015 (2013-11)
- 527 AHM Maria DEN** 20y
5000 pb: 17:33.12 -18. Half Mar pb: 80:28 -18
- 531 KRISTENSEN Sara Schou DEN** 21y
Half Mar pb: 81:25 -17. At EXC: 2017-54u23. 1 Danish XC 2018
In 2017: 54 European Clubs Cup XC; 7 Danish XC; 15 Nordic XC
- 532 LARSEN Maria DEN** 22y
Fourth at 2015 European Junior 3000m // 5000 pb: 16:52.65 -16. 3000 pb: 9:19.56i, 9:20.48 -15. 1500 pb: 4:17.45 -14. ht World Youth 800 2013; ht WJC 1500 2014; 4 EJC 3000 2015. At WXC: 2015-30J. At EXC: 2013-28J, 2015-12J, 2016-28u23, 2018-48u23. 1 Danish 1500 2012 & 800/1500 2014 (1 indoor 800 2014, 1500 2015 & 3000 2015/2016)
In 2018: 1 Danish indoor 3000; 5 European Clubs Cup 1500; 17 Loughborough BMC 1500 'B'; 2 Copenhagen Games 1500 'B'; 4 Danish 1500
- 533 MØLLER Anna Emilie DEN** 21y
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
In 2018/2019 based at St Mary's University, Twickenham (GBR), studying sports medicine. Advised by British coach Mick Woods
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
- 537 PEDERSEN Alberte Kjær DEN** 20y
2017 Nordic Junior Cross Country Champion // 3000SC pb: 16:34.62 -18. 10K pb: 34:34 -18. 10 Youth Olympic Triathlon 2014; 1 Nordic junior XC 2017. At WXC: 2015-48J. At EXC: 2014-11J, 2015-16J, 2017-8J. 1 Danish 5000 2018
In 2018: 3 SWE v DEN v FIN v NOR 3000; Copenhagen 10K; 1 Danish 5000. She has contested 11 international triathlons including the Nordic Championships on September 1 in Fredericia, Denmark
- 540 THESTRUP Josephine DEN** 22y
5000 pb: 16:54.89 -18. 1500 pb: 4:21.66 -14. 3000 pb: 9:32.08i 18, 9:39.33 -14. ht WJC 1500 2014; 6 EJC 1500 2015. At EXC: 2013-59J, 2014-60J, 2017-22u3. Attends Butler University, Indianapolis
In 2018: 4 'Big' East indoor Mile (5 3000); 4 Nashville 1500; 16 Raleigh 5000 'B'; 2 Normal 800; 11 Normal 1500; 2 Bloomington 1500; 4 Geneva OH 1500 (8 5000); 9 'Big East' Conference XC; 29 NCAA Great Lakes Regional XC
- 541 ANTON Célia ESP** 21y
Full name-Celia Antón Alonso
2015 European junior silver at 3000m
1500 pb: 4:18.35 -18. 3000 pb: 9:12.01 -15. 2 EJC 3000 2015. At EXC: 2014 -9J, 2015-4J, 2017-17u23. Coaches-Juan del Campo & Luis Miguel Martín
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
- 544 CANO Noemi ESP** 20y
Full name-Noemi Cano Lopez // 1500 pb: 4:26.37 -18. 3000 pb: 9:45.91 -18. 10K pb: 35:52 -18. Born-Santa María de Cayón. Coach-Carlos Diez
In 2018: 3 San Sebastián 1500; 15 Laredo 10K; 1 Santander 3000; 2 Pontevedra 800; 1 Valladolid 1500; 1 Los Corrales de Buelna 1500; 2 Alcorcón 800; 3 Spanish under-23 1500; 2 Los Corrales de Buelna 800; 17 Soria XC; 3 Ajo 2.7K
- 545 CARDAMA Carmela ESP** 22y
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-Olivia 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
- 552 GARCIA Marta ESP** 20y
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
- 554 GONZÁLEZ Paula ESP** 22y
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-Carlos 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
- 556 LEOZ Maider ESP** 20y
Full name-Maider Leoz Garciandia // 10,000 pb: 36:13.04 -18. Born-Pamplona. Coach-Sagrario Izquierdo
In 2018: 7 Spanish under-23 XC; 9 Laredo 10K; 6 Braga 10,000 'B'; 12 Spanish; 13 Soria XC
- 574 DELANIS Eméline FRA** 21y
3000SC pb: 10:22.80 -18. 5000 pb: 16:08.21 -18. Student of business administration at California Baptist University
In 2018: 1 Claremont 3000 'B'; 3 Los Angeles 5000; 7 San Diego 1500; 1 San Francisco 3000SC; 10 Azusa 5000; 1 Fresno 5000/3000SC; 1 Fresno 3000SC; 4 Adrian OR 1500 'B'; 4 NCAA div 2 5000; 4 Jesolo 5000; 6 French 5000
- 579 HADJI Leila FRA** 20y
5000 pb: 16:22.77 -18. 3000SC pb: 10:49.89 -16. 3000 pb: 9:38.45 -18. 1500 pb: 4:17.75 -17. 7 EJC 1500 2017. At EXC: 2016-16
In 2018: 10 French short course XC; 2 Franconville 3000; 1 Coullaines 3000; 14 Oordegem IFAM 1500 'B'; 7 Carquefou 5000; 5 Halluin 1500; 10 French 5000

- 584 MITARD Alice FRA 20y**
3000 pb: 9:55.91 -17. 1500 pb: 4:22.42 -18. At EXC: 2017-33J
In 2018: 8 French short course XC; 1 Pontoise 1500; 1 Joué-lès-Tours 1500; 9 Decines Charpieu 800; 1 Tours 800; 3 Blois 1500; 5 French 1500; 1 French under-23 1500
- 588 PILOT-DOCO Tifenn FRA 22y**
5000 pb: 16:37.30 -18. At EXC: 2016-21u23, 2017-34u23
In 2018: 10 French XC; 3 Grenoble 3000 (May 20); 1 Decines Charpieu 5000; 1 Grenoble 1500 (Jun 16); 3 Ambilly 5000
- 589 RACASAN Elsa FRA 21y**
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
- 590 SENECHAL Mathilde FRA 20y**
2017 European Junior silver at 3000m // 5000 pb: 16:06.42 -18. 3000 pb: 9:19.78 -18. 1500 pb: 4:21.32 -18. 2 EJC 3000 2017. At EXC: 2016-29J, 2017-7J. 1 French junior 3000 2017 & French under-23 5000 2018
In 2018: 1 French under-23 indoor; 9 French XC; 1 Tours 800; 1 Laval 1500; 1 Blois 3000 (Jun 1); 1 Jesolo 5000; 2 Blois 1500 (Jun 23); 3 French 5000; 1 French under-23 5000; 11 Sotteville-lès-Rouen 1500
- 599 CHATTENTON Dani GBR 22y**
2018 English under-23 Steeplechase Champion // 3000SC pb: 10:47.47 -18. 3000 pb: 4:24.57 -18. 2 British Universities indoor 1500 2018 (2017-3); 1 English under-23 3000SC 2018 (8 1500). Attends Oxford University. Coach-Kyle Bennett
In 2018: 3 South of England indoor 1500; 30 British Universities XC; 2 British Universities indoor 1500; 5 Watford BMC 1500 (May 2); 4 British Universities 2000SC; 5 Loughborough 'International' 3000SC; 5 Watford BMC/May 26 1500 'B'; 1 Watford 3000 (May 30); 1 English under-23 3000SC (8 1500); 13ht UK 1500; 1 Cheltenham 5000 'B'; 15 Milton Keynes XC; 25 Liverpool XC
- 601 DONNELLY Abbie GBR 22y**
2015 English Schools Cross Country Champion // 5000 pb: 16:31.89 -18. 3000 pb: 9:26.67 -18. At WXC: 2015-80J. 1 English Schools XC 2015; 2 English under-23 5000 2018. Coach-Rob Lewis
In 2018: 2 'Great' Edinburgh inter-district XC; 4 North of England XC; 11 British Universities XC; 10 English 'National' XC; 3 UK Inter-Counties XC; 6 British Universities 5000; 9 Loughborough 'International' 3000; 6 Watford BMC/May 26 5000; 2 English under-23 5000; 1 Stretford 3000; 1 Lincoln 10K (Jul 1); 1 Lincoln 1500 (Jul 8); 9 Milton Keynes XC; 29 Liverpool XC
- 602 GRIFFITHS Amy GBR 22y**
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
- 609 MOYES Emily GBR 20y**
5000 pb: 16:30.99 -18. 3000SC pb: 10:16.46 -18. 11 EJC 3000SC 2017. 2 English Schools 1500SC 2015 (2016-3); 1 British Universities 2000SC 2017/2018; 1 English junior 3000SC 2017; 1 English under-23 5000 2018. Attends St Mary's University, Twickenham. Coach-Mick Woods
In 2018: 7 British Universities indoor 3000; 1 Hemel Hempstead 2000SC; 1 British Universities 2000SC; 1 Lee Valley BMC 5000 'B'; 3 Loughborough 'International' 3000SC; 5 South of England 1500; 1 English under-23 5000; 2 Loughborough BMC/Jun 23 1500 'B'; 3 UK 3000SC; 3 Basingstoke 3000; 2 Stowmarket Road Mile; 31 Liverpool XC
- 615 TANK Poppy GBR 21y**
5000 pb: 16:37.48 -17. 3000 pb: 9:26.29i -18. 16 English Schools under-17 3000 2013; 12 English junior 3000 2016. Biology student at University of Utah. Coach-Simon Anderson
In 2018: 1 Los Angeles 'B'; 8 San Francisco 5000; 20 Palo Alto 5000; 6 Stanford Invitational XC; 19 Liverpool XC
- 616 TURNER Lydia GBR 22y**
2014 European Junior Cross Country bronze // 3000 pb: 9:21.25 -14. 1500 pb: 4:23.58 -14. At EXC: 2013-13J, 2014-3J. 1 Junior Great North Run 2013; 1 English 'National' junior XC 2014. Coach-Thomas Millmore
In 2018: 1 Whitley Bay 1500; 8 North of England 1500; 1 Stanley (multi-terrain) 10K; 13 Cardiff XC; 26 Atapuerca XC
- 624 DATTKÉ Miriam GER 20y**
2017 European Junior 5000m silver, then cross country bronze // Half Mar pb: 74:37 -18. 10,000 pb: 32:40.58 -18. 5000 pb: 15:44.41 -18. 3000 pb: 9:22.66 -15. 1500 pb: 4:18.99 -17. 12 World Youth 3000 2015; 2 EJC 5000 2017. At EXC: 2016-34J, 2018-3J. Coach-Kurt Ring
In 2018: 2 German under-23 XC; 1 Regensburg 10,000 (Mar 17); 2 German Half Mar; 1 Regensburg 3000 (Apr 27); 12 ECP 10,000; 1 Regensburg 1500 (4 1500) (Jun 2/3); 10 Tübingen 5000; 3 Regensburg 10,000; dnf Bellinzona 5000; 6 German 5000; 5 Darmstadt XC
- 626 GEHRING Anna GER 22y**
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
- 631 MEYER Lea GER 21y**
3000SC pb: 9:58.16 -17. 5000 pb: 16:51.54 -14. 3000 pb: 9:33.60 -14. 1500 pb: 4:22.76 -18. 6 under-23 ECH 3000SC 2017. At EXC: 2013-55J
In 2018: 12 Oordegem IFAM 3000SC; 3 Nijmegen 3000SC; 4 German under-23 3000SC; 8 German 3000SC; 9 Ninove 3000SC; 5 Pforzheim XC; 8 Darmstadt XC
- 633 PINGPANK Svenja GER 22y**
1500 pb: 4:23.50 -18. 800 pb: 2:11.67 -17. At EXC: 2017-46u23
In 2018: 7 German indoor 1500; 4 German under-23 XC; 2 Los Angeles 1500 'B'; 1 Hannover 800; 2 Osterode 1500; 2 Rhede 800; 4ht German under-23 1500; 5ht German 1500; 5 German 10K; 9 Pforzheim XC; 12 Darmstadt XC
- 636 TERTSCH Lisa GER 20y**
5000 pb: 16:39.18 -15. 3000 pb: 9:39.77 -15. 3000SC pb: 10:04.66 -18. At EXC: 2017-18J. Attends Harvard University
In 2018: 1 Sacramento 3000SC; 7 Pliezhausen 2000SC; 1 Karlsruhe 3000SC; 2 Osterode 3000SC; 3 Pfungstadt 1500; 18 Wisconsin Invitational 'White' XC; 3 US 'Ivy League' XC; 3 NCAA Northeast Regional XC; 100 NCAA XC; 10 Darmstadt XC
- 645 FLANAGAN Eilish IRL 20y**
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
- 646 FLANAGAN Roisin IRL 20y**
1500 pb: 4:22.62 -18. 800 pb: 2:06.41 -18. 3 Northern Irish junior 800 2015; 2 NCAA div 2 indoor Mile 2018 (5 1500 outdoors). Attends Adams State University in Alamosa, Colorado, as does her twin sister Eilish Flanagan (10:00.81 for 3000SC)
In 2018: 2 NCAA div 2 indoor Mile; 1 Pueblo 800; 5 Azusa 1500 'C'; 3 Long Beach 800 'C'; 1 Golden 800; 5 NCAA div 2 1500; 7 Belfast 'International' 800; 17 Stanford Invitational XC
- 650 McALISTER Sorcha IRL 20y**
In 2018: 18 Irish XC
- 657 O'FLAHERTY Siobhra IRL 20y**
3000 pb: 9:42.47 -13
In 2018: 16 Antrim XC; 17 Hannut XC; 9 Leixlip 3000 'B'; 26 NCAA Southeast Regional XC
- 659 RICHARDSON Aoibhe IRL 22y**
(Aoibhe pronounced "A-vah") // 5000 pb: 16:41.89 -18. 10,000 pb: 33:59.21 -18. At EXC: 2016-61J. Attends University of Portland
In 2018: 3 Portland 1500; 6 San Francisco 5000; 1 Mt SAC Relays 10,000; 7 Adrian OR 5000; 30ht NCAA West Preliminary 10,000
- 661 SWEENEY Fian IRL 20y**
5000 pb: 17:25.98 -18. 1500 pb: 4:35.21 -14. At EXC: 2017-72J
In 2018: 26 British Universities XC; 13 Watford BMC/May 26 5000; 1 Eton 3000 'B'; 1 Wolverhampton 'B'; 8 English under-23 5000; 16 Irish XC
- 669 GHIDINI Mara ITA 21y**
5000 pb: 16:43.68 -18. 3000 pb: 9:39.52 -18. 1500 pb: 4:33.60 -18. At EXC: 2017-44u23
In 2018: 9 Rovereto XC; 6 Italian under-23 indoor 3000 (8 1500); 2 Bergamo 5000 (3 1500); 4 Italian under-23 5000 (8 1500); 5 Ponzano Veneto; 4 Modena 5000; 6 Nembro 3000; 13 Trento 1500; 10 Italian 5000; 4 Osimo XC
- 670 LONEDO Rebecca ITA 22y**
5000 pb: 16:31.27 -18. 3000 pb: 9:39.72 -17. 3 Italian 10,000 2018
In 2018: 5 Italian under-23 indoor 3000; 1 Treviso 10,000; 9 Oderzo 5K; 1 Caorle 5000; 3 Italian 10,000; 1 Isernia 5000; 5 Italian under-23 5000; 2 Jesolo 10,000; 6 Modena 5000; 3 Trento 3000 (Jul 17); 10 Trento 1500 (Jul 24); 6 Italian 5000
- 678 ZANNE Federica ITA 21y**
5000 pb: 17:03.77 -17. 3000 pb: 9:52.75 -17. 1500 pb: 4:35.20 -16. 11 World Junior Mountain Running Champs 2016. At EXC: 2016-40J, 2017-28u23. Her twin sister Giulia is also an international distance runner. Their coach-Adriano Serina
In 2018: 1 Italian under-23 indoor 3000; 3 Italian indoor 3000; 1 Bergamo 1500/5000; 2 Italian under-23 5000 (6 1500); 5 Jesolo 5000; 5 Modena 1500; 4 Nembro 3000; 3 Osimo XC
- 685 MORENAITE Eglė LTU 21y**
5000 pb: 17:37.12 -16. 3000 pb: 10:04.55 -15. 1500 pb: 4:33.43 -16. At EXC: 2015-60J, 2016-66J, 2017-26u23. Attends Iona College in New Rochelle, New York
In 2018: 12 Raleigh 3000SC; 3 Lawrenceville 3000SC; dnf Princeton 3000SC 'B'; 1 US 'Metro Atlantic' Conference XC; 2 NCAA Northeast Regional XC; 28 NCAA XC
- 686 PAUŽAITĖ Gabrielė LTU 21y**
3000 pb: 10:16.28 -17
In 2018: 4 Lithuanian indoor 3000 (6 1500); 2 Vilnius 800; 3 Lithuanian 800/1500

- 689 VAIDZIULYTE Kamile LTU 20y**
Half Mar pb: 77:31 -18. 10,000 pb: 37:31.67 -17. 3000 pb: 10:10.99 -17. At EXC: 2015-62J, 2016-50J, 2017-73J
In 2018: 3 Lithuanian indoor 3000 (4 1500); 2 Utena 3000; 3 Ogre 5000; 3 Lithuanian 5000 (4 1500)
- 699 van der KOLK Ellen NED 20y**
5000 pb: 17:21.27 -17. 4 Dutch junior 5000 2017
In 2018: 9 Kerkrade XC; 23 Tilburg 'Warandeloop' XC
- 708 KAPALA Patrycja POL 21y**
3000SC pb: 10:11.72 -18. 5000 pb: 17:21.67 -18. ht WJC 3000SC 2016; ht under-23 ECH 3000SC 2017. 2 Polish under-23 3000SC 2017/2018
In 2018: 2 Łódź 3000; 8 Goleniów 3000SC; 2 Polish under-23 3000SC; 2 POL v CZE v HUN v SLO under-23 3000SC; 6 Polish 3000SC; 15 Polish 5000; 1 Polish under-23 XC
- 711 PYZIK Weronika POL 22y**
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
- 713 ALVES Helena POR 21y**
10,000 pb: 36:02.14 -17. 3000 pb: 9:58.09i, 10:12.73 -17. 1500 pb: 4:30.62 -17. 20 under-23 ECH 10,000 2017. At EXC: 2017-56u23. 1 Portuguese under-23 3000 2017
In 2018: 3 Portuguese indoor 1500; 11 Braga 10,000 'B'; 3 Oordegem IFAM 1500; 2 Maia 3000; 8 Portuguese 1500
- 718 MARTINS Lilia POR 21y**
58th-58th-59th at successive European Championships // 3000 pb: 10:05.18 -18. 1500 pb: 4:39.84 -17. At EXC: 2015-58J, 2016-58J, 2017-59u23
In 2018: 8 Portuguese indoor 3000
- 719 MARTINS Manuela POR 20y**
10,000 pb: 36:14.44 -18. At EXC: 2017-90J
In 2018: 7 Braga 10,000 'B'
- 730 BUTNARIU Alina Dumitrita ROU 20y**
At EXC: 2015-70J, 2017-88J // In 2018: 3 Balkan under-23 XC
- 737 ALEMANNI Lara SUI 20y**
3000 pb: 9:41.67 -17. 1500 pb: 4:27.77 -16. ht WJC 1500 2016. At EXC: 2014-71J, 2015-45J, 2016-15J, 2017-46J. 1 Swiss junior 5000 2016
In 2018: 20 Tilburg 'Warandeloop' XC
- 742 SCHERRER Chiara SUI 22y**
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
- 745 STUTZ Flavia SUI 22y**
10,000 pb: 35:27.52 -17. 5000 pb: 16:40.58 -16. 12 EJC 5000 2015; 18 under-23 ECH 10,000 2017. At EXC: 2014-17J, 2015-24J, 2016-37u23, 2017-36u23. 1 Swiss XC 2017
In 2018: 4 Langenthal 3000; 7 Berne 5K; 5 Berne 3000; 7 Lucerne 3000; 5 Swiss 5000; 2 Beinwil am See 10K; 10 Tilburg 'Warandeloop' XC
- 747 DURCOVÁ Zuzana SVK 22y**
10,000 pb: 36:28.92 -17. At EXC: 2015-52J, 2016-49u23. 39 European Mountain Running Champs 2017. 1 Slovak XC 2015 & 5000 2017
- 750 ZRAŠŤÁKOVÁ Veronika SVK 22y**
10,000 pb: 37:15.45 -18. At EXC: 2017-58u23
In 2018: 2 Slovak 10,000; dns Ostrava Golden Spike 'B'; 1 Košice Half Mar; 1 Slovak XC
- 759 ATALAY Bahar TUR 20y**
2 European Junior Mountain Running Champs 2014 (2018-31); 2 World Junior Mountain Running Champs 2017; 42 European Mountain Running Champs 2018. At EXC: 2014-27J, 2016-37J
In 2018: 2 Turkish indoor 3000; 42 European Mountain Running Champs; 31 World Mountain Running Champs; 2 Turkish under-23 XC
- 762 EROL Sümeyye TUR 21y**
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
- 766 KILIÇ Yayla TUR 21y**
3000SC pb: 10:28.64 -18. Half Mar pb: 77:53 -17. ht WJC 3000SC 2016. At EXC: 2015-53J, 2016-32J, 2017-19u23
In 2018: 20 European Clubs Cup XC; 3 Turkish 3000SC; 3 Balikesir 12K; 4 Turkish under-23 XC
- 767 KOKU Büşra Nur TUR 22y**
Marathon pb: 2:47:05 -18. Half Mar pb: 74:28 -18. 10,000 pb: 33:24.74 -18. 5000 pb: 16:11.64 -17. 11 EJC 5000 2015; 16 WSG Half Mar 2017 (dnf 10,000); 3 under-23 ECH 10,000 2017. At EXC: 2015-21J, 2017-16u23
Marathon (1): 10 Istanbul
In 2018: 7 Adana Half Mar; 61 World Half Mar; 1 Urfa Half Mar; 1 Adana 3000; dnf Mediterranean Games Half Mar; 1 Izmir 10,000; 1 Turkish under-23 XC; 10 Istanbul Marathon
- 769 SUBATAN Burcu TUR 21y**
1500 pb: 4:26.68 -18. 3000 pb: 9:40.92 -15. 3 European Junior Mountain Running Champs 2014 (2016-20, 20180-46); 19 EJC 5000 2015. 1 Turkish junior 5000 2015
In 2018: 5 Mersin 3000; 46 European Mountain Running Champs; 5 Turkish 1500; 3 Turkish under-23 XC
- 772 FEDCHYK Viktoriya UKR 21y**
3000SC pb: 10:24.04 -18. 10,000 pb: 39:06.09 -16. At EXC: 2016-67J. 1 Ukrainian under-23 3000SC 2018
In 2018: 5 Minsk International 3000SC; 1 Ukrainian Teams 3000SC; 1 Ukrainian under-23 3000SC; 2 Ukrainian 3000SC
- 776 MOROZ Yuliya UKR 22y**
1500 pb: 4:22.09 -18. ht World Youth 800 2013; 8 EJC 1500 2015. At EXC: 2015-9J
In 2018: 1 Kiev 1500; 1 Ukrainian under-23 1500; 4 Ukrainian 1500; 1 Chernivtsi Road Mile
- 777 NEMCHENKO Maryna UKR 22y**
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
- 782 ZHMURKO Anna UKR 22y**
At EXC: 2015-65J. 1 Ukrainian under-23 short course XC 2017

Women's Race

13:35

72 Entrants

20 Countries

Six to run, three to score

8.3K – 1 short lap of 1000m + 4 long laps of 1500m

+ 1 finish lap of 1300m

Age

- 503 LAUWAERT Nina BEL 30y**
Full name-Nina Henriette Lauwaert
2018 Eindhoven Marathon Champion (with a seven-minute pb)
Marathon pb: 2:30:24 -18. Half Mar pb: 71:50 -18. 5000 pb: 16:03.53 -18
1 Belgian 5000 2018. Coach-Dany Van de Putte
Marathons (2): 7 Hamburg 2018, 1 Eindhoven 2018
In 2018: 6 Hannut XC; 3 Breda XC; 3 Rotselaar XC; 4 Brussels XC; 4 Valenciennes 10K; 7 Hamburg Marathon; 2 Virton 3000; 5 Leiden 10,000; 6 Carquefou 5000; 1 Belgian 5000; 6 Tilburg 10K; 15 Copenhagen Half Mar; 1 Eindhoven Marathon; 1 Roeselare XC
- 507 TRUYERS Imana BEL 25y**
5000 pb: 15:59.93 -15. 3000 pb: 9:21.96 -16. 1500 pb: 4:23.48 -16. At EXC: 2010-17J, 2011-21J, 2012-13J, 2017-44. 3 Belgian 1500 2015
In 2018: 9 Amorebieta XC; 7 Hannut XC; 2 Rotselaar XC; 1 Brussels XC; 8 Korschenbroich 5K; 3 Herentals 3000; 1 Virton 3000; 6 European Clubs Cup; 5 Maia 10,000; 2 Lokeren 3000; 6 Mol XC; 5 Roeselare XC
- 509 VANDENBUSSCHE Hanna BEL 31y**
Marathon pb: 2:37:28 -17. Half Mar pb: 74:00 -16. 10,000 pb: 34:30.61 -16. 5000 pb: 16:29.61 -17. At EXC: 2008-39u23, 2009-32u23, 2017-61
Marathons (8): 2 Annecy 2014, 10 Rotterdam 2015, 7 Amsterdam 2015, 10 Paris 2016, 3 Düsseldorf 2016, 20 London 2017, 3 Eindhoven 2017, 6 Stockholm 2018
In 2018: 12 Hannut XC; 7 Bruxelles XC; 9 Roermond 10M; 6 Stockholm Marathon; 3 Belgian 5000; 10 Tilburg 10K; 7 Breda Half Mar; 8 Mol XC; 3 Roeselare XC
- 515 MIRCHEVA Militsa BUL 24y**
Shocking silver medal performance at 2014 European under-23 Cross Country Championships in front of a home crowd
Marathon pb: 2:44:23 -15. Half Mar pb: 76:54 -16. 10,000 pb: 33:33.70 -18. 5000 pb: 16:10.96 -18. 12 EJC 5000 2013; 8 under-23 ECH 10,000 2015; 65 World Half Mar 2016. At WXC: 2013-39J. At EXC: 2013-32J, 2014-2u23, 2015-12u23, 2016-30u23, 2017-46. 1 Bulgarian 5000 2016 & 3000SC 2015. Pursuing a degree in social science at Florida State University
Marathons (3): 1 Sofia 2015, 3 Podgorica 2015, 108 OLY 2016
In 2018: 13 Stanford Invitational Invite 10,000; 15 Mt SAC Relays Invitational 5000; 2 Tallahassee; 10 Coral Gables 5000; dnf NCAA 10,000; 5 Balkan 5000; 1 Notre Dame (US) Invitational 'Blue' 5K XC; 18 Wisconsin Invitational 'Cardinal' XC; 4 'Atlantic Coast' Conference XC; 1 NCAA South Regional XC; 25 NCAA XC
- 526 STEWARTOVÁ Moira CZE 23y**
5000 pb: 15:57.63 -18. 10,000 pb: 33:41.17 -18. 1500 pb: 4:27.67 -17. 8 ETCh 5000 2017; 7 under-23 ECH 5000 2017. At EXC: 2013-56J, 2014-15J, 2015-45u23, 2016-34u23, 2017-32u23. 1 Czech 10,000 2017 & XC 2018
In 2018: 4 Rovereto XC; 1 Brno 10,000; 1 Pliezhausen 3000; 8 ECP 10,000 'B'; 8 European Cup 10,000 'B'; 5 Carquefou 5000; 1 Ostrava 3000; 3 Nové Mesto nad Metují; 2 Czech 5000; 14 Prague 10K; 5 Biella Road Mile; 5 Pettinengo 4K; 1 Czech XC
- 528 ALM Maja Møller DEN 30y**
World Champion at 'sprint' orienteering in 2015-2016-2017-2018 (although a sprint in orienteering terms takes 12-15 minutes)
3000 pb: 9:05.88 -17. 5000 pb: 15:40.73 -17. 16 medals in World Orienteering Championships at individual events & relays (7 gold + 7 silver + 2 bronze). She is training to be a dentist. Her home town of Århus is the venue for the 2019 IAAF World Cross Country Championships
In 2018: 4 Karlsruhe 5000; 1 Aarhus 3000; 3 Sollentuna 3000; 4 Nordic XC
- 529 GLAD Simone DEN 28y**
Full name-Simone Christensen Glad
Multiple Danish Champion at 5000m and Steeplechase
Half Mar pb: 74:02 -17. 5000 pb: 15:52.72 -17. 3000SC pb: 10:23.07 -15. 8 WSG 3000SC 2013; 66 World Half Mar 2014; 10 WSG 5000 2015. At WXC: 2015-70. At EXC: 2012-19u23, 2013-46, 2014-22, 2015-60, 2017-36. 1 Danish 3000SC 2009/2010/2011/2012/2013/2014/2015 & 5000 2013/2014/2016. Former handball player. Works as a physiotherapist. Coach-Sonni Thelmark
In 2018: 5 European Clubs Cup 5000; 3 Aarhus 3000; 9 Nordic XC; 3 Skanderborg XC
- 546 CARRETERO Tania ESP 27y**
Full name-Tania Carretero Carretero // 10,000 pb: 33:04.43 -18. 5000 pb: 16:14.82 -13. 4 under-23 ECH 10,000 2013 (7 5000); 19 ECP 10,000 2018; dnf ECH 10,000 2018. At WXC: 2009-83J, 2010-79J. At EXC: 2008-51J, 2010-56J, 2012-22u23, 2013-19u23
In 2018: 15 Amorebieta XC; 12 Cáceres XC; 5 Gijón XC; 9 Spanish XC; 5 Braga 10,000; 13 Bilbao Road Mile; 19 ECP 10,000; 1 Palencia 3000; 5 Spanish Autonomic 1500; 5 Spanish 5000; dnf ECH 10,000; 3 Palencia XC; 17 Atapuerca XC; 7 Alcobendas XC

- 549 FUENTES-PILA Zulema ESP 41y**
Full name-Zulema Fuentes-Pila Ortiz
2008 Olympic steeplechase finalist
3000SC pb: 9:29.40 -08. Half Mar pb: 75:27 -18. 5000 pb: 15:55.44 -16. 3000 pb: 8:59.20 -04. 1500 pb: 4:04.72 -04. 8 EIC 1500 2002 (2007-ht); ht WIC 1500 2003; 3 ECP 3000 2004; 6 ECH 3000SC 2006 (2010-7, 2012-11); 6 ECP 3000SC 2007; ht WCH 3000SC 2007; 11 OLY 3000SC 2008. 1 Spanish 3000SC 2002/2011/2012 (1 1500 2003, XC 2006). At WXC: 2003-25 short, 2004-65 short, 2005-50 short. At EXC: 2002-23. Has two sisters who are also international runners – Iris (2002 European 1500m finalist) & Margarita. Coach-Antonio Serrano
In 2018: 7 Amorebieta XC; 7 Elgóibar XC; 19 European Clubs Cup XC; 3 Gijón XC; 5 Spanish XC; 2 Laredo 10K; 4 Azkoitia Half Mar; 2 Iurreta 10K; 7 Bilbao Road Mile; 6 Soria XC; 4 Ajo 2.7K; 14 Atapuerca XC
- 553 GEBRE Trihas ESP 28y**
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 Martín
Marathons (2): 1 San Sebastian 2010, 9 ECH 2018
In 2018: 1 Amorebieta XC; 5 Elgóibar 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
- 557 LOYO Elena ESP 35y**
Full name-Elena Loyo Menoyo // Marathon pb: 2:33:20 -18. Half Mar pb: 73:24 -17. 5000 pb: 16:18.86 -17. 55 World Half Mar 2018; 3 Mediterranean Games Half Mar 2018. Born-Vitoria
Marathons (3): 7 Seville 2017, 6 Milan 2018, 23 ECH 2018
In 2018: 2 Spanish Half Mar; 2 San Sebastián 10K; 12 Gijón XC; 55 World Half Mar; 6 Milan Marathon; 8 Bilbao; 3 Mediterranean Games Half Mar; 23 ECH Marathon; 3 Soria XC; 2 Madrid Half Mar; 18 Atapuerca XC; 2 Bilbao 15K
- 558 LUGUEROS Nuria ESP 30y**
Full name-Nuria Lugueros Diaz // 10,000 pb: 32:52.89 -18. 5000 pb: 15:57.95 -15. 3000 pb: 9:14.88 -15. 18 ECP 10,000 2015 (2018-22); 11 ECH 10,000 2018. At EXC: 2017-17. 2 Spanish 5000 2015 (2018-3). Coach-Uriel Reguero
In 2018: 3 Amorebieta XC; 5 'Great' Edinburgh XC; 6 Seville XC; 5 San Sebastián XC; 2 Gijón XC; 10 Spanish XC; 2 Jaén XC; 2 Braga 10,000; 1 Pontevedra 1500/3000; 22 ECP 10,000; 3 Aranda de Duero Road Mile; 2 Alcorcón 1500; 2 Braga 5000; 3 Spanish 5000; 11 ECH 10,000; 7 Soria XC; 6 Alcobendas XC
- 561 PEREZ María José ESP 26y**
Full name-María José Pérez Moreno // 3000SC pb: 9:40.51 -17. 5000 pb: 16:09.83 -17. ht World Youth 009; ht WJC 2010; 6 EJC 2011. At WXC: 2010 -74J, 2011-67J. At EXC: 2010-73J, 2011-33J, 2013-31u23, 2016-55. 1 Spanish 2016. Coach-Juan del Campo / Luis Miguel Martín
In 2018: 6 San Sebastián XC; 1 San Sebastián 10K; 6 Cáceres XC; 7 Spanish XC; 4 Braga 10,000; dnf ECP 10,000; 16 Rome Diamond 3000SC; 2 Castellón 3000SC; 6 Madrid 1500 'B'; 6 Székesfehérvár 3000SC; 1 Spanish Autonomic 5000; 2 Spanish 3000SC; 11ht ECH 3000SC; 5 Soria XC; 25 Atapuerca XC; 10 Alcobendas XC
- 571 BOUCHARD Marie FRA 25y**
3000SC pb: 9:41.32 -18. 5000 pb: 15:32.95 -18. 1500 pb: 4:19.28 -18. At EXC: 2015-20u23. 1 French under-23 3000SC 2015
In 2018: 1 Sacramento 1500; 2 Stanford Invitational Invite 3000SC; 1 Palo Alto Invitational 5000; 1 Stanford Jordan 3000SC; 1 Waltham 800; 6 Mediterranean Games 5000; 3 French 3000SC; 6 Dunkirk XC
- 572 CLAUDE-BOXBERGER Ophélie FRA 30y**
2018 French Steeplechase Champion // 3000SC pb: 9:31.84 -18. 1500 pb: 4:11.36 -18. 800 pb: 2:03.45 -13. 9 ETCh 1500 2015; 11 ETCh 3000 2017; 5 Francophone Games 3000SC 2017; 8 Mediterranean Games 1500 2018; 5 Athletics World Cup 1500 2018. 1 French 1500 2015 (1 indoor 2014) & 3000SC 2018. Her late father Jacky Boxberger was sixth in the 1968 Olympic 1500m final
In 2018: 2 French indoor 1500; 1 Pliezhausen 2000SC; 1 Belfort 1500; 3 Oorddegem IFAM 1500; 13 Rome Diamond 3000SC; 5 Montbéliard 1500; 9 Ostrava Golden Spike 3000SC; 8 Mediterranean Games 1500; 1 French 3000SC; 5 Athletics World Cup 1500 (she front-ran it); 15 Monaco Diamond 3000SC; 9 ECH 3000SC; 6 Berlin ISTAF 3000SC; dnf IAAF Continental Cup 3000SC (eliminated in mid-race, placed 6th overall); 3 Montbéliard Half Mar; 1 Paris 20K; 1 Arnay le Duc XC; 10 Dunkirk XC

- 576 DUARTE Sophie FRA 37y**
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
- 578 GUERIN Aurore FRA 28y**
Half Mar pb: 76:52 -17. 10,000 pb: 34:02.25 -16. 5000 pb: 16:02.87 -15. At WXC: 2015-58. At EXC: 2014-27, 2015-40, 2016-26, 2017-25
In 2018: 3 Nice 10K; 8 Dunkirk XC
- 587 PERRAUX Claire FRA 31y**
(Formerly Navez) // 1500 pb: 4:12.21 -14. 3000 pb: 9:08.27 -11. 3000SC pb: 9:43.70 -13. 6 ETCh 3000SC 2014 (2013-8). At EXC: 2007-42u23, 2009 -14u23, 2010-43, 2013-49, 2017-21. 1 French 3000SC 2012. 1 French indoor 1500 2008/2012/2013/2015 & indoor 3000 2018
In 2018: 1 French indoor 3000; 1 French short course XC; 1 Nantes 1500; paced Marseille 5000; 9 Dunkirk XC
- 592 WESTPHAL Liv FRA 24y**
2015 European under-23 Champion at 5000m // 5000 pb: 15:28.71 -15. 10,000 pb: 33:42.03 -15. 11 EJC 5000 2011; 11 WJC 3000 2012; 1 under-23 ECH 5000 2015 (2013-4); 4 ETCh 5000 2017. At EXC: 2012-11J, 2013 -6u23, 2015-20, 2016-9, 2017-39. Born-Milan. Student of Management at Boston College
In 2018: 7 Valencia 10K; dnf Stanford Invitational Invite 10,000; 12 Castellón 1500; 4 Mediterranean Games 5000; 2 French 5000; 3 Paris 20K; 13 Dunkirk XC
- 595 ARTER Charlotte GBR 27y**
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. Coach-Chris Jones
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
- 596 AVERY Kate GBR 27y**
Twice European Cross Country silver (now on the comeback from injuries)
10,000 pb: 31:41.44 -15. 5000 pb: 15:25.63 -15. 3000 pb: 8:53.12i -15, 8:56.24 -14. 2 EJC 3000 2009; 2 under-23 ECH 5000 2013; 4 COM 10,000 2014; ht EIC 3000 2015; 15 WCH 10,000 2015. 1 NCAA XC 2014. At WXC: 2009-25J, 2010-20J. At EXC: 2009-3J, 2010-12J, 2013-4u23, 2014/2015-2. 1 Junior Great North Run 2008; 1 English 1500 2012 & English under-23 1500 2013. Former School International Freestyle swimmer. Was at Iona College (New York)
In 2018: 11 Armagh 3K; 2 Barrowford 5K; 1 Watford 3000; 1 Derby 10K; 1 Lee Valley BMC 5000; 20 ECP 10,000; 7 Loughborough BMC/Jun 23 1500; 8 UK 5000; 1 Chester-le-Street BMC; 15 Eltham BMC 5000; 2 Cardiff XC; 1 Milton Keynes XC; 5 Liverpool XC
- 600 COURTNEY Melissa GBR 25y**
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
- 610 OCKENDEN Verity GBR 27y**
2017 English Champion at 5000m // 10,000 pb: 33:23.31 -17. 5000 pb: 15:46.11 -17. 3000 pb: 9:10.70 -17. 4 UK 5000 2017; 1 English 5000 2017. Born-Maidstone. Was at Swansea University, then Lamar University in Beaumont, Texas. Coach-Tony Houchin
In 2018: 4 Antrim XC; 8 'Great' Edinburgh XC; 8 Seville XC; 3 Armagh 3K; 17 UK Inter-Counties XC; 5 Milton Keynes XC; 2 Liverpool XC
- 613 PIASECKI Jess GBR 28y**
(Piasecki pronounced 'Pea-a-sed-ski')
(Née Coulson, married Mathew Piasecki in October 2017)
2012 European under-23 Cross Country Champion, but beset with injuries since, primarily multiple compression fractures in her spine
10,000 pb: 32:41.59 -15. 5000 pb: 15:29.50 -15. 3000 pb: 9:11.28 -15. 1500 pb: 4:18.75 -07. 7 EJC 3000 2007; 4 ECP 10,000 2015. At WXC: 2007-26J. At EXC: 2006-14J, 2012-1u23 (she revealed she felt so good that she was singing to herself during the race). 1 English 5000 2012
Marathon (1): dnf Frankfurt 2015 (tore plantar fascia in mid race when on pace for sub-2:30)
She says "I am attempting to educate as many young aspiring athletes as I can" of the issues which blighted the first part of her career
In 2018: 1 Manchester 'Trafford' 10K; 1 Barrowford 5K; 8 Berlin 10K; 2 Milton Keynes XC; 3 Liverpool XC
- 619 WOOLVEN Pippa GBR 25y**
2012 World junior steeplechase finalist // 3000SC pb: 9:47.97 -14. 5000 pb: 15:49.16i -17, 16:15.69 -16. 9 WJC 2012; 8 COM 2014. At EXC: 2016-17. 1 English Schools 1500SC 2010/2011; 1 British Universities 2000SC 2012/2016. Student of Psychology at Florida State University. Coach-Luke Gunn
In 2018: 1 Waddesdon 5K; 1 Marlow 10K; 12 Milton Keynes BMC 5000; 4 Milton Keynes XC; 6 Liverpool XC
- 620 AMRHEIN Fabienne GER 26y**
Marathon pb: 2:32:35 -18. Half Mar pb: 72:56 -18. 5000 pb: 16:12.39 -17. 6 WSG Half Mar 2017. At EXC: 2013-41u23, 2014-28u23, 2015-51, 2016-20, 2018-28
Marathons (3): 11 Berlin 2017, 2 Düsseldorf 2018, 11 ECH 2018
In 2018: 3 German Half Mar; 2 Düsseldorf Marathon; 3 Berlin 10K; 4 Regensburg 10,000; 5 Hamburg Half Mar; 11 ECH Marathon; 2 Karlsruhe Half Mar; 3 Pforzheim XC; 3 Darmstadt XC
- 622 BURKARD Elena GER 26y**
Fifth at 2017 European Cross Country Championships // 3000SC pb: 9:29.76 -18. 5000 pb: 15:12.17 -18. 3000 pb: 8:45.43 -18. 1500 pb: 4:10.92 -17. 8 EJC 5000 2011. At EXC: 2010-21J, 2011-11J, 2017-5. Now lives and studies at Tübingen, she was at the University of San Francisco. Her second sport is show jumping. Coach-Jörg Müller
In 2018: 4 'Great' Edinburgh XC; 1 Diekirch XC; 1 German XC; 2 Pliezhausen 2000SC; 2 Rehlingen 3000SC; 1 Montbéliard 3000SC; 3 Tübingen 5000; 1 Mannheim 800; 11 Paris Diamond 3000SC; 1 Riederich 1500; 2 Lucerne 3000SC; 10 Köngen 800 'B'; 2 German 1500; 6 ECH 3000SC; 9 Birmingham Diamond 3000; 1 Tübingen 10K; 1 Pforzheim XC; 1 Darmstadt XC
- 627 GRANZ Caterina GER 24y**
5000 pb: 15:46.64 -18. 1500 pb: 4:08.12 -18. 800 pb: 2:04.52 -16. ht WJC 1500 2012; 12 EJC 1500 2013; 4 Athletics World Cup 1500 2018; ht ECH 1500 2018. At EXC: 2012-41J, 2013-36J, 2016-6u23, 2017-55. 1 German under-23 1500 2016
In 2018: 3 German indoor 3000; 2 German XC; 9 Berlin 800; 3 Karlsruhe 5000; 5 Oordegem IFAM 1500; 4 Montbéliard 1500; 9 Tübingen 1500; 4 Athletics World Cup 1500; 4 German 1500; 9ht ECH 1500; 2 Tübingen 10K; 7 Darmstadt XC
- 628 KLEIN Hanna GER 25y**
2017 World 1500m finalist, then World Student Games Champion at 5000m
5000 pb: 15:17.14 -17. 1500 pb: 4:04.15 -17. 800 pb: 2:01.60 -15. 7 Youth Olympic Games 1000 2010; 8 EJC 800 2011; 8 under-23 ECH 1500 2015; 9 EIC 3000 2017; 2 ETCh 3000 2017; 11 WCH 1500 2017; 1 WSG 5000 2017; dnf ECH 5000 2018. 1 German 1500 2018
In 2018: 2 German indoor 1500; 5ht WIC 1500; 1 Weinstadt 800; 1 Schwäbisch Gmünd 1500; 1 Karlsruhe 5000; 2 Montbéliard 1500; 2 Tübingen 1500; 2 Mannheim 800; 1 German 5000; dnf ECH 5000; 4 Darmstadt XC
- 635 SCHONEBORN Deborah GER 24y**
10,000 pb: 33:37.48 -18. 5000 pb: 15:49.81 -18. 2 German 10,000 & 10K 2018
In 2018: 6 German indoor 3000; 5 German XC; 1 Dresden 10K; 7 Paderborn 10K; 2 Hamburg 5000; 2 German 10,000; 2 Berlin 10K (May 26); 7 Oelde 10K; 1 Hamburg 5000; 4 German 5000; 2 German 10K; 3 Cologne Half Mar; 6 Berlin 10K (Oct 14); 6 Darmstadt XC
- 644 FINN Michele IRL 28y**
4x Irish Steeplechase Champion // 3000SC pb: 9:43.19 -16. 3000 pb: 9:19.34 -15. 5000 pb: 16:35.93 -13. 35 World Junior Mountain Running Champs 2007; 16 European Junior Mountain Running Champs 2008; 5 WSG 3000SC 2013 (2017-14); ht WCH 3000SC 2015; 7 ECH 3000SC 2016 (2018-ht). At EXC: 2014-23, 2015-54, 2016-33, 2017-40. 1 Irish 3000SC 2012/2013/2016/2018. Coach-Donie Walsh
In 2018: 2 Dublin Raheny Shamrock 5M; 22 European Clubs Cup XC; 1 Irish League Premiership/Jun 24 3000SC; 1 Eltham BMC 3000SC; 4 Liège 3000SC; 1 Karlstad 3000SC; 1 Irish 3000SC; 16ht ECH 3000SC; 4 Irish XC

- 649 MAGEAN Ciara IRL 26y**
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. Coach-Steve Vernon
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
- 652 McGLYNN AnnMarie IRL 38y**
(Née Larkin)
Irish team Captain at 2014 European Cross Country Championships (where they won bronze, one point ahead of France)
Half Mar pb: 73:48 -18. 10,000 pb: 33:16.73 -17. 5000 pb: 16:03.64 -18. 1500 pb: 4:18.36 -01. At EXC: 97-20J, 98-50J, 99-62J, 2013-48, 2014-46. 1 Northern Ireland 800 2013. Son-Alfie, she was retired in 2008-2012. Coach-Teresa McDaid
In 2018: 1 Dublin Raheny Shamrock 5M; 1 Omagh Half Mar; 29 ECP 10,000; 2 Bangor 3000; 3 Irish 5000; 9 Cardiff Half Mar; 2 Irish XC
- 656 O'FLAHERTY Kerry IRL 37y**
(Née Harty)
Northern Irish record holder at 3000m Steeplechase // 3000SC pb: 9:42.61 -15. 1500 pb: 4:12.79 -15. 5000 pb: 15:58.67 -14. 3000 pb: 9:09.50 -09. 1500 pb: 4:12.79 -15. 11 COM 3000SC 2014; ht WCH 3000SC 2015; 12 ECH 3000SC 2016. At EXC: 2008-60, 2010-46, 2011-45, 2015-55, 2016-54, 2017 -38. 1 Northern Irish 1500 2007/2008/2012/2013 & 5000 2010; 1 Scottish 5000 2008. 1 Irish 3000SC 2011/2017 & indoor 3000 2011. Coach/partner-Richard Rodgers
In 2018: 4 'Great' Edinburgh XC; 17 Armagh 3K; 2 Irish indoor 3000 (6 1500); 2 'Great' Irish 10K; 3 Oordegem IFAM 3000SC; 5 Montbéliard 3000SC; 6 Espoo 3000SC; 13 Lucerne 3000SC; 5 Irish 1500; 17ht ECH 3000SC; 6 Irish XC
- 660 ROSS Fionnuala IRL 28y**
10,000 pb: 33:49.92 -18. Half Mar pb: 74:11 -18. Marathon pb: 2:49:00 -17. 82 World Half Mar 2018. At EXC: 2017-47. 3 'Great' Scottish Half Mar 2017
Marathons (5): 31 Berlin 2013, 37 Paris 2015, 21 London mass 2016, 15 Dublin 2016, 25 Frankfurt 2017
In 2018: 9 Antrim XC; 12 Armagh 3K; 5 Scottish XC; 82 World Half Mar; 1 Glasgow 10,000; 9 ECP 10,000 'B'; 6 Glasgow BMC 5000; 1 Paisley 10K; 1 Isle of Mull Half Mar; 1 Scottish 10K; 4 'Great' Scottish Half Mar; 1 Leeds 10K; 3 Irish XC
- 663 TREACY Sara IRL 29y**
2016 Olympic steeplechase finalist // 3000SC pb: 9:39.41 -16. 5000 pb: 16:18.64 -18. 3000 pb: 9:06.23i, 9:08.81 -15. 1500 pb: 4:16.29 -14. 800 pb: 2:08.65 -11. 9 under-23 ECH 1500 2011; ht WCH 3000SC 2015; 9 ECH 3000SC 2016; 17 OLY 3000SC 2016. At WXC: 2006-69J, 2008-32J. At EXC: 2006-47J, 2007-34J, 2008-12J, 2009-29u23, 2010-27u23, 2011-18u23, 2012 -41, 2013-30, 2014-12 (team bronze). 1 Irish 3000SC 2014/2015 (1 1500 2015). 1 UK indoor 3000 2015. Lives-Birmingham (GBR), coaches-Luke Gunn & Bud Baldaro
In 2018: 10 Watford 3000; 6 Watford BMC/Jun 13; 7 Birmingham University Relays 3000; 2 Eltham BMC 3000SC; 12 Liège 3000SC; 4 Karlstad 3000SC; 2 Irish 3000SC; 2 Barrowford Half Mar; 10 Milton Keynes XC; 5 Irish XC
- 668 EPIS Giovanna ITA 30y**
Marathon pb: 2:29:41 -18. Half Mar pb: 72:27 -18. 10,000 pb: 33:14.71 -18. 5000 pb: 16:27.97 -11. 3 Italian 10,000 2010
Marathons (6): 5 Florence 2015, 4 Rome 2016, 11 Frankfurt 2016, 6 Milan 2017, 9 Amsterdam 2017, 6 Seville 2018
In 2018: 6 Seville Marathon; 40 World Half Mar; 2 Turin Half Mar; 2 Milan 3000; 2 Oderzo 5K; 4 ECP 10,000 'B'; 1 Aosta Half Mar; 10 Lisbon autumn Half Mar; 3 Sgonico XC; 13 Tilburg 'Warandeloop' XC
- 674 ROFFINO Valeria ITA 28y**
Twice Italian Steeplechase Champion // 3000SC pb: 9:53.82 -14. 10,000 pb: 34:09.92 -15. 5000 pb: 15:57.42 -18. 11 World Youth 2000SC 2007; 5 EJC 3000SC 2009; 9 ETCh 3000SC 2014 (2015-10); ht ECH 3000SC 2014; 9 WSG 3000SC 2015. At WXC: 2008-50J, 2009-43J. At EXC: 2006-36J, 2007 -45J, 2010-36u23, 2012-23u23, 2013-45, 2014-21, 2016-22, 2017-24. 1 Italian 3000SC 2014/2015. Born-Biella. Coach-Clelia Zola
In 2018: 7 San Giorgio su Legnano XC; 25 'Great' Edinburgh XC; 3 Rovereto XC; 5 Italian XC; 13 Nijmegen 5000; 11 Tübingen 5000; 2 Nembro 3000; 9 Bellinzona 5000; 6 Trento 1500; 3 Italian 5000; 6 Pettinengo 4K; 4 Soria XC; 2 Sgonico XC
- 675 SANTI Christine ITA 23y**
10,000 pb: 35:51.05 -17. 5000 pb: 16:43.97 -18. 3000 pb: 9:42.81 -15. 9 European Youth Olympic Festival 3000 2011. At EXC: 2012-63J, 2015 -18u23, 2016-10u23, 2017-30u23. Coach-Luciano Gigliotti
In 2018: 5 Teslia 10K; 7 Modena 5000; 2 Rieti 5000; 8 Italian 5000; 2 Osimo XC
- 682 KANČYTĖ Loreta LTU 24y**
5000 pb: 16:40.87 -18. 3000 pb: 9:33.58 -18. 1 Lithuanian 5000 2013/2018. 1 Lithuanian XC 2017; 1 Lithuanian indoor 1500/3000 2018
In 2018: 1 Lithuanian indoor 1500/3000; 11 Berlin Half Mar; 25 ECP 10,000 'B'; 1 Utena 3000/5000; 2 Ogre 1500; 1 Kaunas 1500; 1 Lithuanian 5000 (2 1500); 2 Vilnius Half Mar
- 695 HOLTERMAN Jill NED 27y**
Half Mar pb: 73:34 -18. 10,000 pb: 33:37.20 -18. 5000 pb: 15:47.31 -17. 14 under-23 ECH 5000 2011. 2 Dutch XC & 5000 2017
In 2018: 6 Egmond Aan Zee Half Mar; 3 Dutch 10K; 3 Schoorl 10K; 5 The Hague Half Mar; 7 Braga 10,000; 1 Italian 10,000; 9 Oordegem IFAM 'B'; 3 Utrecht 3000; 7 Leiden 10,000; 3 Dutch 5000; dnf Heusden 5000; 13 Tilburg 10K; 10 Amsterdam to Zaandam 10M; 13 Valencia Half Mar; 12 Nijmegen Seven Hills 15K; 12 Tilburg 'Warandeloop' XC
- 696 KOSTER Maureen NED 26y**
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
- 697 KRUMINS Susan NED 32y**
(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!
- 701 van VELTHOVEN Julia NED 24y**
10K pb: 34:25 -18. 5000 pb: 16:04.77 -18. 1500 pb: 4:18.63 -18. At EXC: 2011-37J. 2 Dutch 5000 2018
In 2018: 3 Kerkrade XC; 2 Breda XC; 6 Dutch 10K; 6 Schoorl 10K; 1 Nijmegen 10K; 9 Korschenbroich 5K; 1 Oordegem Bulye 'B'; 12 Nijmegen 5000; 2 Dutch 5000; 1 Kortrijk 'C'; 10 Heusden National; 12 Tilburg 10K; 5 Groningen 4M; 5 Tilburg 'Warandeloop' XC
- 702 VASTENBURG Jip NED 24y**
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
- 703 FJØRTOFT Silje NOR 31y**
3x Norwegian Champion at steeplechase // 3000 pb: 9:16.88 -09. ht EJC 2005; 6 under-23 ECH 3000SC 2007 (2009-12); ht WCH 3000SC 2007/2009. 1 Norwegian 3000SC 2007/2008/2011 & 5000/10,000 2015; 2 NCAA 2008. At EXC: 2006-23J
In 2018: 3 Norwegian XC; 1 Jessheim 5000; 6 Nordic XC; 8 Tilburg 'Warandeloop' XC
- 704 GRØVDAL Karoline Bjerkeli NOR 28y**
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 'Hyttplanmila' 10K

- 705 VAG Sigrild Jervell NOR 26y**
10K pb: 33:30 -18. 5000 pb: 16:19.14 -18. 3000 pb: 9:18.75 -18. 1500 pb: 4:17.16 -18. Four Norwegian titles in 2018: XC long & short, 1500 & 5000 (also 1 Norwegian 1500 2017)
In 2018: 2 Norwegian indoor; 1 Tel Aviv Half Mar; 1 Norwegian short course XC; 4 Oslo Sentrumsløpet 10K; 1 Fornebu 5K; 1 Trondheim 800/1500; 2 Jessheim 1500; 5 Oslo Diamond National 800; 3 Copenhagen Games 1500; 2 Oslo Boysen 800; 1 Oslo 3000 (Jul 18); 2 Heusden National 'B'; 1 Norwegian 1500/5000; 1 Norwegian XC; 5 Hole 'Hytteplanmila' 10K; 5 Nordic XC
- 706 BRZEZINSKA Aleksandra POL 27y**
10,000 pb: 34:32.65 -17. 5000 pb: 16:12.78 -17. At EXC: 2012-41u23, 2013 -37u23. 1 Polish under-23 XC 2012
In 2018: 3 Polish indoor 3000; 7 Polish 10,000 (9 5000); 1 Raciborz Half Mar; 3 Krakow Half Mar
- 707 GOSK Anna POL 28y**
Half Mar pb: 74:49 -18. 10,000 pb: 35:19.48 -18. 5000 pb: 16:57.51 -18. 3000SC pb: 10:18.62 -18
In 2018: 7 Warsaw Half Mar; 8 Polish 10,000; 5 Wroclaw Half Mar; 5 Polish 3000SC; 11 Polish 5000; 8 Pila Half Mar; 1 Mol XC; 3 Tilburg 'Warandeloop' XC
- 714 AUGUSTO Jéssica POR 37y**
2010 European Cross Country Champion. 2014 European Championship Marathon bronze, then European half marathon bronze in 2016
Marathon pb: 2:24:25 -14. Half Mar pb: 69:08 -09. 10,000 pb: 31:19.15 -10. 5000 pb: 14:37.07 -10. 3000SC pb: 9:18.54 -10. 8 WJC 3000 2000; 1 WSG 5000 2007; 14 WCH 5000 2007 (2005-ht); ht OLY 5000/3000SC 2008; 9 EIC 3000 2009; 10 WCH 3000SC 2009; 10 WCH 10,000 2011; 7 WIC 3000 2010 (2008-8); 2 ECH 10,000 2010 (3 5000); 3 ECH Half Mar 2016. At WXC: 2000 -32J, 2001-57 short, 2004-61 short, 2005-31 short, 2006-dnf long, 2007-12, 2008-dnf, 2010-21. At EXC: 98-12J, 99-8J, 2000-1J, 2002-16, 2004-18, 2005 -30, 2006-9, 2007-11, 2008-2, 2009-4, 2010-1
She was born in Paris (where her late father was learning to be a pastry chef), did not move back to Portugal until age 7
Marathons (9): 7 London 2011, dnf New York 2011, 8 London 2012, 6 OLY 2012, dnf London 2013, 3 Yokohama 2013, 6 London 2014, 3 ECH 2014, 10 London 2016, dnf OLY 2016, 1 Hamburg 2017, 18 New York 2018
In 2018: 2 European Clubs Cup XC
- 720 MONTEIRO Inês POR 38y**
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
- 721 MOREIRA Sara POR 33y**
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
- 723 RIBEIRO Sara Catarina POR 28y**
2011 European under-23 bronze at 10,000m // Marathon pb: 2:33:13 -17. Half Mar pb: 72:13 -17. 10,000 pb: 32:21.19 -18. 5000 pb: 15:51.05 -18. 3 under-23 ECH 10,000 2011; 8 ECP 10,000 2013. At EXC: 2007-67J, 2008 -66J, 2009-10J, 2011-15u23, 2012-10u23, 2013-38, 2014-31, 2015-52, 2017 -18
Marathons (4): 2 Porto 2016, dnf WCH 2017, 9 Berlin 2017, dnf Berlin 2018
In 2018: 10 European Clubs Cup XC; 1 Portuguese XC; 11 Braga 10,000; 1 Padua Half Mar; 1 Lisbon 3000; 3 European Clubs Cup 3000; 4 Maia 10,000; 1 Braga 5000; 2 Portuguese 5000; 10 ECH 10,000; dnf Berlin Marathon; 1 Ovar Half Mar; 11 Atapuerca XC; 5 Alcobendas XC
- 724 ROCHA Carla Salomé POR 28y**
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
- 725 SANTOS Catia POR 26y**
Marathon pb: 2:52:08 -16. Half Mar pb: 76:46 -14. 10,000 pb: 33:21.98 -18. 5000 pb: 16:23.50 -18. At EXC: 2011-81J, 2013-52u23, 2014-81J
Marathon (1): 23 Seville 2016
In 2018: 3 Portuguese 10K; 2 Portuguese indoor 1500 (3 3000); 2 Portuguese Clubs indoor div 1 1500/3000; 6 Braga 10,000; 25 ECP 10,000; 1 Ribeira Brava 5000; 5 Braga 5000; 4 Maia 3000; 5 Portuguese 5000; 3 Portuguese League div 1/Jul 22 3000 (4 5000); 14 Alcobendas XC
She is also entered for the mixed relay in Tilburg
- 728 BĂRCĂ Roxana ROU 30y**
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
- 729 BOBOCEL Ancuța ROU 31y**
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 Giñon 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
- 732 PRISECARU Claudia ROU 21y**
3000SC pb: 9:57.37 -17. ht World Youth 2000SC 2013; 11 EJC 3000SC 2015; 4 under-23 ECH 3000SC 2017. At EXC: 2017-68. 1 Romanian 3000SC 2018
In 2018: 3 Romanian indoor 3000 (4 1500); 6 Balkan indoor 3000; 1 Pitești 5000; 3 Cluj-Napoca 3000SC; 4 Minsk International 3000SC; 1 Pitești 3000SC; 1 Balkan 3000SC; 1 Romanian 3000SC (3 5000); 3 Balkan XC
- 733 SIMION Cristina ROU 27y**
(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
- 734 TODORAN Paula ROU 33y**
Full name-Paula Claudia Todoran // Marathon pb: 2:36:44 -16. Half Mar pb: 72:59 -07. 10,000 pb: 33:12.08 -07. 5000 pb: 15:52.99 -07. 14 WJC 5000 2004; 4 under-23 ECH 10,000 2005/2007; 12 WSG Half Mar 2009; 33 World 20K 2006; 33 World Half Mar 2010 (2007-37, 2008-55, 2014-73, 2016-35, 2018-80); 22 ECH Half Mar 2016 At EXC: 2001-47J, 2002-56J, 2003-38J, 2004-18J, 2006-13u23, 2016-37, 2017-70. Coach-Mirel Seisanu
Marathons (16): 3 Bucharest 2009, 4 Kavarna 2010, 6 Bucharest 2011, 3 Bucharest 2012, 3 Podgorica 2013, 2 Pisa 2013, 1 Bucharest 2014, 17 Frankfurt 2015, dnf WCH 2015, 4 Bucharest 2015, 6 Podgorica 2015, 8 Seville 2016, 101 OLY 2016, 14 Hamburg 2017, dnf WCH 2017, 42 ECH 2018
In 2018: 80 World Half Mar; 2 Romanian 10,000; 42 ECH Marathon

- 743 SCHLUMPF Fabienne SUI 28y**
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 Regensdorf XC; 1 Bulle 6K; 1 Tilburg 'Warandeloop' XC
- 744 PROKOFYEVA Yevgeniya UKR 23y**
Half Mar pb: 72:13 -18. 10,000 pb: 32:59.58 -18. 5000 pb: 16:48.19 -17. 3000SC pb: 10:22.46 -18. ht WJC 3000SC 2014; 18 ECH 10,000 2018. At EXC: 2014-45J, 2017-50u23
Marathon (1): 4 Xichang 2018
In 2018: 7 Vinnytsya 10,000 race 1; 2 Inowroclaw Half Mar; 2 Karaganda Half Mar; 2 Ukrainian 10,000; 18 ECH 10,000; 3 Bila Tserkva Half Mar; 4 Xichang Marathon
- 745 RAYTA Oksana UKR 25y**
Ukrainian Champion at 3000m steeplechase indoors & out in 2017 // Half Mar pb: 76:37 -17. 10,000 pb: 34:05.26 -18. 5000 pb: 16:28.91 -18. 3000SC pb: 10:18.40 -13. 3 Youth Olympic Games 2000SC 2012; 12 WJC 3000SC 2012; 10 ETCh 3000SC 2014; 11 WSG 3000SC 2017. At EXC: 2015-31u23, 2017-69. 1 Ukrainian 3000SC 2017 (1 indoor 2017)
In 2018: 15 Vinnytsya 10,000; 4 Ukrainian Teams 3000/400; 5 Ukrainian 5000 (7 10,000); 1 Vilnius Half Mar; 4 Krakow Half Mar
- 746 ZINENKO Valeriya UKR 23y**
5000 pb: 16:06.84 -18. 10,000 pb: 33:12.30 -18. At EXC: 2013-75J, 2014 -36J, 2015-32u23, 2016-13u23, 2017-14u23
In 2018: 3 Vinnytsya 10,000 race 1; 3 ECP 10,000 'B'; 4 Ukrainian 5000/10,000
- 747 FOUGBERG Charlotta SWE 33y**
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
- 748 HAVELL Lisa SWE 30y**
(Née Ohberg) // 5000 pb: 15:48.94 -18. 3000 pb: 9:18.52 -18. 1500 pb: 4:16.62 -18. 2 Swedish indoor 3000 2018
In 2018: 2 Swedish indoor 3000 (3 1500); 9 Sollentuna 3000; 1 Swedish Team Champs; 1 Ninove 'C'; 4 Swedish 1500/5000; 4 FIN v SWE 5000; 3 Swedish short course XC/long course XC; 2 Nordic XC; 4 Tilburg 'Warandeloop' XC
- 749 MENGSTEAB Samrawit SWE 28y**
(Mengsteab aka Mengisteab)
Allegiance transferee from Eritrea – gained Swedish citizenship on March 31, 2017 after living for years in Gothenburg, cleared by IAAF to represent Sweden on November 2, 2018
3000 pb: 9:19.29 -18. 3 Youth Olympic Games 3000 2010 (when she was evidently over-age, having been entered by Eritrea with a birthdate of 15 Nov 94); 11 African Games 1500 2011. Mother of two, her husband is Samuel Tsegay Tesfamariam (ERI), the 2014 World Half Marathon silver medallist. Her brother Awet Mengsteab was the Swedish under-23 at 2000m Steeplechase in 2017
In 2018: 6 Hole 'Hytteplanmila' 10K; 4 Swedish XC (7 short course); 9 Tilburg 'Warandeloop' XC
- 750 CAN Yasemin TUR 21y**
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)
- 751 ERDAL Tubay TUR 23y**
Marathon pb: 2:39:45 -18. Half Mar pb: 77:24 -18. 3000SC pb: 10:21.74 -17. 3 World Junior Mountain Running Champs 2013; 77 ECH Half Mar 2016; 14 under-23 ECH 10,000 10,000 2017; 7 Mediterranean Games Half Mar 2017. At EXC: 2013-94J, 2015-46u23, 2016-26u23, 2017-31u23
Marathons (4): 13 Prague 2016, 7 Düsseldorf 2018, 35 ECH 2018, 12 Istanbul 2018
In 2018: 3 Trabzon Half Mar; 7 Düsseldorf Marathon; 7 Mediterranean Games Half Mar; 35 ECH Marathon; 1 Turkish XC; 5 Balkan XC; 12 Istanbul
- 752 KAYA Özlem TUR 28y**
2016 European steeplechasebronze // 3000 pb: 9:02.84 -16. 10,000 pb: 33:51.32 -12. 1500 pb: 4:12.55i -17, 4:19.66 -14. 11 under-23 ECH 3000SC 2011; ht OLY 3000SC 2012/2016; ht EIC 3000 2015; 3 WSG 3000SC 2015/2017; 13 WCH 3000SC 2015 (2017-ht); 3 ECH 3000SC 2016 (2012-ht, 2014-14, 2018-jt). At EXC: 2006-70J, 2008-25J, 2009-59J, 2013-31, 2014 -28, 2016-13 (team gold), 2017-26. Coach-Aytac Ozbakir
In 2018: 9 European Clubs Cup XC; 2 Balkan indoor 1500; 2 Mersin 3000SC; 5 Mediterranean Games 3000SC; 13ht ECH 3000SC; 8 Berlin ISTAF 3000SC; 1 Balikesir 12K
- 753 KALYUZHNA Viktoriya UKR 24y**
Half Mar pb: 71:50 -18. 10,000 pb: 33:10.66 -18. 5000 pb: 15:38.38 -16. 3000 pb: 9:09.66 -15. ht World Youth 2000SC 2011; ht WJC 3000SC 2012; 7 EJC 3000SC 2013; 3 under-23 ECH 5000 2015. At EXC: 2013-65J, 2014-33u23, 2016-8u23, 2017-14. 1 Ukrainian 10,000 2017
In 2018: 1 Kiev Half Mar; 1 Vinnytsya 10,000 race 1; 2 ECP 10,000 'B'; 11 Ukrainian 10,000; 2 Bila Tserkva Half Mar; 11 Lisbon autumn Half Mar

Mixed Relay (Women)

14:55

29 Entrants

12 Countries

5.8K – Men legs 1-3, Women legs 2-4
 1st leg: Start to changeover 1 (1200m)
 2nd leg: Long lap (1500m)
 3rd leg: Long lap (1500m)
 4th leg: Changeover 3 to finish (1600m)

The two women for each team will come from this list

Age

- 504 ROOMS Lisa BEL 22y**
 5000 pb: 16:10.35 -17. 3000 pb: 9:13.38 -18. 1500 pb: 4:19.19 -18. At EXC: 2015-51J, 2016-33u23. 2 Belgian 1500 2018 (2016-3)
 In 2018: 8 Mt SAC Relays Invitational 1500; 1 Herentals 3000; 3 Virton 800; 1 Duffel 1500; 4 Oordegem IFAM 1500 'B'; 2 Belgian 1500; 12 Heusden National 1500; 11 Ninove 1500 'B'; 7 Roeselare XC
 She is also entered for the under-23 race in Tilburg
- 508 VAN ACCOM Sofie BEL 29y**
 7x Belgian Champion at 1500m (5 out + 2 in) // 1500 pb: 4:07.30 -16. 800 pb: 2:03.92 -17. 1 Belgian 1500 2013/2014/2015/2016/2018 & indoor 1500 2013/2014. 1 Belgian 3000SC 2015
 In 2018: 2 'Great' Edinburgh XC; 8 Hannut XC; 1 Rotselaar XC; 13 Korschenbroich 5K; 2 Herentals 3000; 2 Heusden 800; 10 Oordegem IFAM 1500; 15 Montbéliard 1500; 1 Huizingen 800; 14 Tübingen 1500; 1 Belgian 1500; 9 Liège 800; 9 Heusden 1500; 10 Ninove 1500; 7 Mol XC; 2 Roeselare XC
- 510 VANDERELST Elise BEL 20y**
 1500 pb: 4:05.75 -18. 400 pb: 2:04.02 -18. sf World Youth 800 2015; 4 WJC 800 2016; 7 EJC 800 2017; ht ECH 1500 2018. Coach-Raymond Castiaux
 In 2018: 1 Herentals 800; 1 Gaurain-Ramecroix 1500; 1 Oordegem IFAM 1500; 3 Leixlip 800; 3 Halluin 1500; 2 Brussels 800; 6ht ECH 1500 (missed final by one place); 1 Belgian under-23 1500; 11 Brussels Diamond 1500 (pb down from 4:09 to 4:05.75, #2 Belgian all-time after Veerle Dejaeghere 4:05.05); 12 Mol XC; 8 Roeselare XC
- 511 IVANAU Ilona BLR 24y**
 800 pb: 2:04.51 -18. 1500 pb: 4:23.89 -18. At EXC: 2013-45J, 2014-43u23. 1 Belarusian shot course XC 2017
 In 2018: 2 Belarusian indoor 800; 2 Brest 800; 3 Belarusian 800/1500
- 512 NEMAHAI Volha BLR 29y**
 800 pb: 2:03.71 -18. 1500 pb: 4:17.05 -18. 2 Belarusian 800/1500 2018
 In 2018: 4 Riga 800; 1 Brest 800/1500; 2 Minsk International 800; 2 Joensuu 800; 2 Belarusian 800/1500; dnf Lapinlahti 1500
- 534 MØLLER Laura Rosing DEN 24y**
 800 pb: 2:10.75 -17. 1500 pb: 4:40.76 -18. 3 Danish indoor 800 2018
 In 2018: 3 Danish indoor 800; 3 Skive 800/1500; 1 Aarhus 1000; 1 Nivelles 800 'B'; 1 Lokeren 800 'B'
- 536 OLSEN Dagmar DEN 24y**
 800 pb: 2:07.03 -18. ht World Youth 800 2011. 1 Danish 800 2012/2013 (1 indoor 2011)
 In 2018: 2 Skive 800; 6 European Clubs Cup 800; 3 Oordegem Bulye 800 'B'; 4 Loughborough BMC 800 'B'; 3 Sollentuna 800 'B'; 5 Ninove 800 'C'; 3 Danish 800
- 555 GUERRERO Esther ESP 28y**
 Full name-Esther Guerrero Puigdevall
 7x Spanish 800m Champion (4 out + 3 in)
 1500 pb: 4:07.90 -18. 800 pb: 2:00.77 -17. 400 pb: 54.77 -16. ht World Youth 800 2007; ht WCH 800 2015/2017; sf ECH 800 2016; ht OLY 2800 016; 6 EIC 800 2017; 3 ETCh 800 2017 (2015-7); ht WIC 800 2018. 1 Spanish 800 2015/2016/2017 (1 indoor 2015/2016/2017/2018). At EXC: 2017-2 Relay. Coach-Joan Lleonart
 In 2018: 3 'Great' Edinburgh 4x1K XC; 1 Spanish indoor; 5ht WIC 800; 3 Bilbao Road Mile; 2 Barcelona Road Mile; 3 Cantabria Road Mile; 2 Oordegem IFAM 800; 6 Andújar 1500; 4 Huelva 1500; paced Montreuil 2000; 2 Madrid 800; 4 Mediterranean Games 800; 3 Barcelona 800; 8 Rabat Diamond 1000; 1 Spanish Autonomic 800; 2 Spanish 1500; 11 ECH 1500; paced Birmingham Diamond 1000; paced Padua Mile; 2 Rome Road Mile; 4 Berango Road Mile; 20 Soria XC; 2 Atapuerca short course XC
- 569 PEREIRA Solange Andreia ESP 28y**
 Full name-Solange Andreia Pereira da Ponte
 5x Spanish Champion at 1500m (3 in + 2 out)
 1500 pb: 4:06.39 -17. 800 pb: 2:06.27 -16. 10 ETCh 1500 2015; 8 ECH 1500 2016; ht EIC 1500 2017; ht WCH 1500 2017. At EXC: 2009-42u23, 2010 -30u23, 2011-25u23, 2017-8R. 1 Spanish 1500 2015/2017 (1 indoor 1500 2015/2016/2017). Coaches-Juan del Campo / Luis Miguel Martin
 In 2018: 2 Spanish indoor 1500; 1 Bilbao Road Mile; 1 Valencia 1500; 1 Barcelona Road Mile; 1 Cantabria Road Mile; 1 San Sebastián 1500; 3 European Clubs Cup 800; 5 Huelva 1500; 1 Castellón 1500; 4 Madrid 800; 4 Mediterranean Games 1500; 7 Barcelona 1500; 1 Spanish Autonomic 1500; 3 Spanish 1500; 8ht ECH 1500; 4 Padua Mile; 6 Rome Road Mile; 1 Atapuerca short course XC; 1 Barcelona 6.6K
- 577 GEYER-CARLES Johanna FRA 23y**
 1500 pb: 4:10.38 -17. 6 EJC 1500 2013; ht WJC 1500 2014. Stress fracture in 2017. At WXC: 2013-60J. At EXC: 2013-J, 2013-16J, 2015-29u23, 2016 -15u23, 2017-42u23. 1 French junior XC 2013/2014
 In 2018: 2 French short course XC; 4 Rome Road Mile
- 581 LAMOTE Renelle FRA 24y**
 European silver medallist (at 800m) in 2016 & 2018, out injured in 2017
 800 pb: 1:58.01 -16. 400 pb: 53.92 -16. sf WJC 2012; sf EIC 2015; 1 ETCh 2015 (2014-2); 1 under-23 ECH 2015; 8 WCH 2015; 2 ECH 2016/2018 (2014-sf); ht OLY 2016. 1 French 2014/2016/2018 & indoor 2015. Her younger sister Manon was French Youth Champion 800m in 2015. Lives-Fontainebleau. Coach-Thierry Choffin
 In 2018: 7 French short course XC; 2 Franconville 400; 2 Rehlingen 800; 1 Oordegem IFAM 800; 5 Montreuil 800; 8 Paris Diamond 800; 1 French 800; 9 Monaco Diamond 800; 2 ECH 800; 2 Birmingham Diamond 1000; 1 Rovereto 800
- 583 LEREBOURG Lucie FRA 24y**
 1500 pb: 4:14.99 -18. 800 pb: 2:05.47 -16. 2 French 1500 2018
 In 2018: 3 French indoor 1500; 1 Vernon 1000; 1 Sotteville-lès-Rouen 800; 1 Reims 1500; 1 Pontoise 800; 1 Decines Charpieu 1500; 3 Héraultville 800; 1 Chartres 1500; 9 Pontoise 800; 1 Caen 800; 2 French 1500; 1 Saint-Maur Mile; 10 Sotteville-lès-Rouen 1500; 3 Lille 10K; 1 Créteil XC
- 597 BELL Alexandra GBR 26y**
 2018 Commonwealth Games finalist, despite being a late addition to the team
 800 pb: 1:59.93 -18. 1500 pb: 4:12.62 -17. 5 COM 2018. 2 English Schools 2010/2011; 4 UK 2015/2017/2018 (2016-5). 1 Yorkshire XC 2015. Coach-Andrew Henderson
 In 2018: 2 Yorkshire XC; 1 'Great' Edinburgh 4x1K XC; 14 Armagh 3K; 3 Brisbane Classic 800; 5 COM 800; 1 Watford BMC/May 26 800 (her first sub -2); 3 Prague Odložil 800; 4 UK 800; 1 Lignano 800; 8 London Diamond; 21 Liverpool XC
- 603 HOSKER THORNHILL Emily GBR 26y**
 2018 British Universities Champion at indoor 3000m // 1500 pb: 4:14.40 -18. 3000 pb: 9:15.37 -18. 5000 pb: 15:57.35 -18. 10,000 pb: 35:34.47 -18. At EXC: 2016-57. At WXC: 2017-89. 6 UK 1500 2018. Was at University of New Mexico, now at St Mary's University, Twickenham. Coach-Mick Woods
 In 2018: 2 Kingsley 5K; 2 South of England XC; 1 British Universities indoor 3000; dnf Stanford Invitational 1500; 1 Loughborough Student Trials 10,000; 4 British Universities 5000; 3 Loughborough 'International' 3000; 1 Watford BMC/May 26 5000; 2 Loughborough BMC/Jun 23 1500; 6 UK 1500; 1 Basingstoke 3000; 3 Cardiff XC; 7 Liverpool XC
 She is also entered for the senior women's race in Tilburg
- 605 JUDD Jessica GBR 23y**
 2013 European Team Championships 800m winner at age 18 // 5000 pb: 15:34.82 -17. 3000 pb: 8:43.24 -17; 1500 pb: 4:03.73 -17. 800 pb: 1:59.77 -14 (2:05.22 -18). 3 World Youth 800 2011; 2 WJC 800 2012 (5 1500); 1 ETCh 800 2013; ht WCH 800 2013; 4 COM 800 2014; 7 ECH 800 2014; sf WCH 1500 2017; 14 COM 1500 2018. At EXC: 2012-12J, 2014-2J, 2016 -12u22, 2017-3u23. 2 UK 800 2013 (2011-5, 2012-3, 2014-4); 3 UK 1500 2015; 1 English 1500 2016. Coach/father-Mick Judd. 1.80 tall
 In 2018: 9 'Great' Edinburgh XC; 5 British Universities XC; 2 Armagh 3K; 8 Brisbane Classic 1500; 14 COM 1500; 2 Loughborough Student Trials 800; 1 British Universities 5000; 3 Manchester BMC/May 12 5000; 1 Loughborough 'International' 3000; 3 Watford BMC/May 26 1500; 9 Ostrava 1500; 1 Loughborough BMC/Jun 23 1500; 5 UK 1500; 1 Loughborough Charwood Open 800/1500; 1 Tipton BMC/Jul 17 800; 11 London Diamond 3000; 1 Stretford 800 (Jul 24); 1 UK Inter-Counties/English 1500/3000; 1 Cleckheaton 800 (Aug 4); 1 Milton Keynes 5000; 1 Manchester Home 1500; 1 Stretford BMC/Aug 18 1500; 1 Stretford Trafford 1500; 3 'Great' North CityGames Road Mile; 4 Cardiff XC; 3 Milton Keynes XC; 15 Liverpool XC.
 Aslo ran legs in the North of England road relays, English road relays and English Cross Country Relays
 More than 40 races for her 2018
- 641 CLÉIRIGH BÜTTNER Siofra IRL 23y**
 800 pb: 2:01.98 -16. 1500 pb: 4:16.71 -18. 2 European Youth Olympic Festival 1500 2011; sf WJC 800 2012; 8 EJC 800 2013; ht WJC 800/15002014; ht ECH 800 2016/2018; 7 under-23 ECH 2017; ht WCH 2017. At EXC: 2011-48J, 2012-35J, 2013-37J. Student of Liberal Arts and Sciences at Villanova University
 In 2018: 2 NCAA indoor; 6 Florida Relays 'B'; 2 Princeton 1500; 1 Geneva OH; 4 NCAA; 6 Cork City Sports; 4 Dublin Morton; 4 Irish 1500; 6ht ECH 800
- 655 O'DONOGHUE Amy IRL 24y**
 1500 pb: 4:17.03 -18. 800 pb: 2:05.79 -18. At EXC: 2010-68J, 2013-58J, 2016-48u23. 1 Irish under-23 indoor 1500 2014/2015/2016
 In 2018: 3 Irish indoor 1500; 6 Athlone 800; 4 Manchester BMC/May 12 1500; 8 Watford BMC/May 26 1500; 2 Leixlip 800; 1 Birmingham University Relays Mile; 5 Brussels 800; 1 Eltham BMC 1500; 10 Dublin Morton 1500; 2 Irish 1500
- 662 TARPLEE Claire IRL 30y**
 2013 UK Indoor winner at 800m. Has British and Irish citizenship and opted to compete for Ireland in 2011
 1500 pb: 4:10.65 -16. 800 pb: 2:03.29 -16. ht EIC 2013; 5 WSG 2013; ht WIC 2014. 1 UK indoor 800 2013; 1 Irish indoor 2014/2016. Coach-Bud Baldaro
 In 2018: 1 Watford BMC/Aug 8 1500; 11 Irish XC
- 664 APRILE Giulia ITA 23y**
 2018 Italian Champion at 1500m // 1500 pb: 4:15.80 -18. 3000 pb: 9:37.92 -14. ht WJC 1500 2014; 7 under-23 ECH 1500 2017 (2015-13). At WXC: 2017-10 Relay. 1 Italian 1500 2018
 In 2018: dnf Italian indoor 3000; 1 Florence 800/1500; 5 Oordegem IFAM 1500 'B'; 16 Montbéliard 1500; 3 Nijmegen 1500; Orvieto 3000; 2 Modena 1500 (4 800); 5 Nembro 3000; dnf Lignano 1500; 7 Padua Mile; 1 Italian 1500; 3 Rome Road Mile; 3 Biella Road Mile; 9 Pettinengo 4K

- 677 VANDI Eleonora ITA** **22y**
1500 pb: 4:19.30 -17. 800 pb: 2:03.50 -18. ht World Youth 800 2013. 1 Italian under-23 800 2015/2016/2017 (1 1500 2017)
In 2018: 1 Bergamo 800 (2 1500); 6 Nembro 800; 1 Trieste 800; 1 Trento 3000 (Jul 17); 1 Pordenone 1500; 2 Trento 1500 (Jul 24); 2 Italian 1500 (3 800); 1 Pavia 800/1500; 2 Sgonico XC
- 680 STRAUSA Agata LAT** **29y**
5000 pb: 15:55.36 -16. 3000 pb: 9:11.56 -16. 1500 pb: 4:11.27 -13. 800 pb: 2:04.59 -10. ht ECH 1500 2014; 80 ECH Half Mar 2016. 3 NCAA indoor mile 2013. 1 German junior 1500/3000 2007; 1 German under-23 1500 2010. Holds dual nationality with Germany. Was at University of Florida
In 2018: 2 Hamburg 5000 (Jul 7); dnf Bellinzona 5000; 1 Latvian 1500/3000; 1 Hamburg 10,000 (Aug 10); 17 Darmstadt XC
- 681 VELVERE Līga LAT** **28y**
Latvian indoor record holder at 800m, but originally better-known at 400m hurdles
800 pb: 2:00.75 -18. 400H pb: 56.77 -15. 400 pb: 54.36 -14 (54.53 -18). ht World Youth 400H 2007; sf ECH 400H 2014/2016; ht WIC 800 2016/2018; sf EIC 800 2017; ht ECH 800 2018. 1 Latvian 400H 2014/2015/2016 & 800 2018. Was at University of Idaho
In 2018: 1 Kuldīga 1000; 1 (guest) Estonian indoor 800; 4ht WIC 800; 1 Ogre 800; 7 Šamorín 800; 1 Kortrijk 800 'B'; 5 Heusden National 800; 3 Karlstad 800; 1 Latvian 800 (2 400); 6ht ECH 800; 5 Rovereto 800; dnf Brussels Diamond 800; 2 Padua; 4 'Great' North CityGames Road 500
- 712 AFONSO Salomé POR** **21y**
1500 pb: 4:22.68 -16. 800 pb: 2:04.90 -18. sf WJC 800 2016 (ht 1500). 1 Portuguese 800 2015/2016; 1 Portuguese indoor 2015/2016/2017 (1 indoor 1500 2016); 1 Portuguese under-23 800 2017/2018 (1 1500 2017)
In 2018: 2 Faro 800; 5 Montgeron 800; 9 Rehlingen 800; 2 Oordegem IFAM 800 'C'; 8 Huelva 800; 10 Guadalajara ESP 800; 2 Portuguese 800; 1 Portuguese League div 1/Jul 22 800 (2 1500); 3 Castres 800; 1 Portuguese under-23 800
- 725 SANTOS Catia POR** **26y**
Marathon pb: 2:52:08 -16. Half Mar pb: 76:46 -14. 10,000 pb: 33:21.98 -18. 5000 pb: 16:23.50 -18. At EXC: 2011-81J, 2013-52u23, 2014-81J
Marathon (1): 23 Seville 2016
In 2018: 3 Portuguese indoor 1500 (3 3000); 2 Portuguese Clubs indoor div 1 1500/3000; 6 Braga 10,000; 25 ECP 10,000; 1 Ribeira Brava 5000; 5 Braga 5000; 4 Maia 3000; 5 Portuguese 5000; 3 Portuguese League div 1/Jul 22 3000 (4 5000); 14 Alcobendas XC
She is also entered for the senior women's race in Tilburg
- 754 HERMANSSON Hanna SWE** **29y**
Seventh in 2018 European 1500m after setting five successive personal bests at the distance up to and including the final in Berlin
1500 pb: 4:07.16 -18. 800 pb: 2:00.43 -17. sf WCH 800 2017; 7 ECH 1500 2018 (sf 800). At EXC: 2017-4 Relay. 1 Swedish 800/1500 2018. Originally a footballer, on the US Collegiate circuit, she decided to try athletics at the end of the 2013/2014 football season and ran her first 800m race only in 2015. Coaches-Urban Aruhn & Jorge Jabaz
In 2018: 1 Swedish indoor 800; 6 Stanford Jordan 1500; 7 Los Angeles 1500; 7 Prague Odložil 800; 8 Stockholm Diamond 800; 7 Ostrava Golden Spike 800; 2 Eltham BMC 800; 6 Sotteville-lès-Rouen 1500; 5 Karlstad 800; 4 Sopot 800; 7 ECH 1500 (sf 800); 1 Swedish 800/1500; 2 Brussels Diamond 800; 1 FIN v SWE 800
- 755 LINDH Lovisa SWE** **27y**
2016 European 800m bronze. Swedish record holder at 800m & 1000m // 800 pb: 1:58.77 -17. 1500 pb: 4:09.03 -17. ht WJC 800 2010; 9 ETCh 800 2014 (2015-10); ht WIC 800 2016; 3 ECH 800 2016 (2014-sf, 2018-9); sf OLY 800 2016; 4 EIC 800 2017. 1 Swedish 800 2012 (1 indoor 800 2009/2013/2017). Coach-Johan Wettergren
In 2018: 14 Montbéliard 1500; 10 Oslo Diamond 800; 7 Stockholm Diamond 800; 1 Loughborough BMC/Jun 23 800; 5 Sollentuna; 9 ECH 800; 2 Swedish 1500; 1 FIN v SWE 1500 (3 800); 14 Swedish short course XC
- 757 SILVANDER Anna SWE** **25y**
Full name-Anna Helena Silvander // 1500 pb: 4:11.23 -18. 800 pb: 2:02.53 -15. sf EIC 800 2015 (2017-ht); 8 ETCh 1500 2015; 5 under-23 ECH 800 2015; sf ECH 800 2016; ht ECH 1500 2018. 1 Swedish 800/1500 2015 (1 indoor 800 2015/2016). Former football player. Lives-Stockport GBR, coach-Steve Vernon
In 2018: 1 North of England indoor 800; 1 Swedish indoor 1500 (4 800); 2 Manchester BMC/May 12; 5 Watford BMC/May 26 800; 4 Stretford BMC 800; 5 Loughborough BMC/Jun 23 800; 9 Belfast 'International' 800; 8 Sollentuna 800; 1 Swedish Team Champs 800 (2 1500); 8 Dublin Morton 1500; 5 Ninove 1500; 11ht ECH 1500; 3 Swedish 800/1500; 3 FIN v SWE 1500; 9 'Great' North CityGames Road Mile
- 770 BUBNYAK Iryna UKR** **25y**
1500 pb: 4:16.08 -14. At EXC: 2014-50u23. 3 Ukrainian 1500 2015/2018
In 2018: 1 Kiev 1500 (May 4); 1 Kiev 1500 (May 22); 1 Kiev City 800 'B'; 3 Ukrainian 1500; 1 Ukrainian short course XC
- 771 DEMYANYUK Orysya UKR** **26y**
1500 pb: 4:23.67 -18. 800 pb: 2:04.62 -18. 2 Ukrainian 800/1500 2018
In 2018: 1 Ukrainian indoor 1500; 11 Toruń 1500; 1 Vinnytsya 800; 1 Łomża 1500; 3 Minsk International 800; 3 Ostrava 800/1500; 2 Ukrainian 800/1500