We believe in pushing the boundaries, to finding new solutions, to doing whatever it takes to make sport part of everyone’s life.
We use the collective power of public service media organizations to showcase sport at its best.
For federations, it’s an opportunity to build visibility and to help their sport thrive. It’s an attitude that makes everyone a winner.
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It is my pleasure to welcome you to European Athletics’ Annual Review for 2019, our highly-regarded annual publication celebrating a momentous 12 months of success and progress for our sport.

As always, we shine the spotlight on European Athletics’ extensive competition programme, where our athletes and the wonderful shows they delivered attracted record audiences in many countries, as well as the great performances of Europeans at the very top level of our sport, including the World Athletics Championships in Doha.

In addition, we look at European Athletics’ innovations in 2019 including the launch of our new, youth-oriented DNA competition format at the European Games and the first edition of The Match – the late-summer clash of select teams from Europe and the USA that sold out two nights at the Dinamo National Olympic Stadium in Minsk.

We should also point out that 2019 was an important year for European Athletics from the corporate and organisational point of view. Our Congress in Prague elected a new Council, which is already hard at work, and our annual Convention in Tallinn saw all our Member Federations engaged in planning ways to extend our sport’s growth and help realise the vision of athletics in every home and on every phone in Europe.

I want to take this opportunity to announce that the themes of celebration, innovation and growth will continue to be features throughout 2020 as we mark the 50th anniversary of European Athletics.

Watch out for activities tracking where we have come from in the last half-century and a new programme of strategic projects, developed with input from the Member Federations, that will position athletics in Europe for even more success in the next 50 years.

Finally, I want to recognise everyone in our organisation, our Member Federations and the sport across Europe for their part in the many achievements of 2019 as well as throughout the 2015-2019 period, during which it was my honour to serve as President of European Athletics.

Together, we have overcome significant challenges and accomplished many great things. We are right to be proud and we are right to look to the future with confidence.

Thank you for your support.

SVEIN ARNE HANSEN
European Athletics President
“It is a huge honour to be recognised as Athlete of the Year and win this award. It was a thrill to become the first high jumper to win at the World Championships on three occasions.”

Mariya Lasitskene
A GOLDEN NIGHT IN TALLINN

Karsten Warholm and Mariya Lasitskene received their prestigious Golden Tracks trophies, which annually go to the European Athlete of the Year, at a glittering occasion in the spectacular Nobelssner Centre on the coast of the Estonian capital Tallinn.

Both athletes were very worthy recipients, being able to look back on a year of outstanding successes, both indoors and outdoors, winning European indoor titles before defending their global crowns at the World Athletics Championships Doha 2019.

The Norwegian hurdler went unbeaten in 17 competitions during 2019 and improved the European 400m hurdles record three times, becoming the second fastest man in history when he ran 46.92 to win the Diamond League title in Zurich.

Lasitskene, from Russia but competing throughout the year as an Authorised Neutral Athlete, won 22 of her 24 high jump competitions and, in addition to her global and continental titles, cleared a world-leading mark of 2.06m in Ostrava, Czech Republic.

The pair had previously been recipients of the European Athletics Rising Star award, winning these accolades in 2017 and 2014 respectively.
European Athletics First Vice President Dobromir Karamarinov presents Mariya Lasitskene with her Golden Tracks trophy, flanked by European Athletics Vice President Cherry Alexander and presenter Ksenija Batia.

**Opposite top** Ukrainian high jumper Yaroslava Mahuchikh accepts her European Athletics Rising Star award via videolink.

**Opposite bottom** Svein Arne Hansen makes presentations to former Council Members Gabriela Szabo (ROU), Alfio Giomi (ITA) and Jorge Salcedo (POR) commemorating their service to European Athletics.
“My plan is to keep up the good work. I know that achievements are made in training and this is where I will put in the effort.”

Karsten Warholm
LANDMARK DECISIONS

The two main forums in 2019 for European Athletics Member Federations to make their voices heard were the Congress in April and the Convention in October.

The 26th European Athletics Congress, this year held in Prague, delivered a resounding vote of confidence in Svein Arne Hansen who was re-elected as President for a second four-year term that runs until 2023.

Elections also saw three Vice Presidents elected – Bulgaria’s Dobromir Karamarinov, Czech Republic’s Libor Varhanik and Great Britain’s Cherry Alexander – and 13 Council Members.

The biennial Congress heard the financial reports for 2017 and 2018 and approved the financial plan for 2020-23 as well as voting on amendments to the Constitution and proposals from both the Council and European Athletics Member Federations.

No fewer than seven new members of the Council were elected in the Czech capital and, for the first time ever, five women were selected to serve on European Athletics’ main decision-making body.

The first meeting of the newly-elected Council, the day after the Congress, saw the composition of the European Athletics Executive Board and various Commissions decided.

The annual Convention, this year held in the Estonian capital Tallinn, which will also stage the event in 2020, stretched across four days before and after the Golden Tracks award ceremony. There was an extensive programme, which saw regional and special interest groups meet to plan for the future. Member Federations benefited from 10 workshops during which they could improve their management skills and knowledge base.
Clockwise from top left: World Athletics President Sebastian Coe attends the European Athletics Congress; Svein Arne Hansen addresses the Congress; European Athletics Vice President Libor Varhanik talks to the local media in Prague; and the first meeting of the newly-elected European Athletics Council.
PARIS PREPARES

The Paris 2020 European Athletics Championships this August could quite possibly conclude with a title for one of France’s most popular and decorated athletes.

The relays traditionally close out the programme but the organisers have gone against convention. They will be bringing the curtain down on the championships in the Charlety Stadium with the decathlon 1500m in which world record-holder Kevin Mayer will surely feature in the contest for the title.

Mayer is based in Montpellier in the south of the country but this will be very much a home event for the 2017 world champion who was born in the Parisian suburb of Argenteuil.

Another exciting development is the news that 2019 European Athlete of the Year Karsten Warholm from Norway will chase an unprecedented 400m/400m hurdles double. Warholm is already well acquainted with the Charlety Stadium, winning the 400m hurdles at the Paris Diamond League last August in 47.26 before breaking his European record five days later in Zurich in 46.92.

The championships transcends the confines of the Charlety Stadium and fans who are unable to purchase tickets will be able to follow proceedings inside the specially-built Athletics Park which will be constructed in the shadow of the Eiffel Tower on the Trocadero.

With inspiration taken from the European Mile, which proved such a success at the 2018 European Championships in Berlin, the men’s and women’s long jump qualifying rounds will take place in the Athletics Park in between sessions at the Charlety Stadium and the medal ceremonies will be showcased against the iconic backdrop of the Eiffel Tower.

Fans will also be able to follow the action on big screens around the Athletics Park as well as take part in various sporting, cultural and gastronomic activities. The mass participation 10km on the last day of the championships also finishes in the Athletics Park.
Laura Muir was one of the first athletes to confirm their participation at the Glasgow 2019 European Athletics Indoor Championships. When the event rolled around in March, she enthralled the capacity crowds at the Emirates Arena, one of her principal training venues, by doing the double at the championships for a second time and retaining both her 1500m and 3000m titles.

One of the stars of the Berlin 2018 European Championships, Jakob Ingebrigtsen attempted the same feat and the teenager almost achieved it. He won gold in the 3000m before having to settle for silver in the 1500m behind Poland’s Marcin Lewandowski.

Lewandowski’s gold was one of six won by Polish athletes, earning them the honour of topping the medal table for the second successive edition of the championships.

In contrast to Muir, Karsten Warholm only made a late decision to compete in Glasgow but he must have been glad he did as it paid off richly. The Norwegian won the 400m title in 45.05 to tie Thomas Schonlebe’s long-standing European indoor record.

Two championship records and six world leading marks were set over the three days. Athletes from 26 nations came away with medals and 35 participating countries had at least one athlete reaching a final.
Opposite Katarina Johnson-Thompson and Niamh Emerson extended Great Britain’s fine combined events tradition with gold and silver in the pentathlon

Left Norway’s Karsten Warholm won his first international indoor title with victory in the 400m in 45.05 to equal the European indoor record

Bottom Ana Peleteiro won the triple jump title with a Spanish indoor record of 14.73m, one of three gold medals for Spain on the last day of the championships

“To get this result, in this arena, will be one of the highlights of my career, if not the best moment. I have run on this track hundreds, if not thousands, of times so I felt I could do what I normally do here, and that was good enough to win.”

Laura Muir, 1500m & 3000m winner
SNAPSHOTS

- 521 hours broadcast
- 51 channels
- 31 countries
- 63 million hours viewed

# 246 million reached through #Glasgow2019

33.2 million views through EA’s new GIPHY channel

- 3.3 million video views across social channels
- 800K minutes of video viewed across social media channels
- 500K total social media audience across all platforms

- 89% of television hours viewed live
- 10% increase in total social media interactions
- 69% increase in Instagram followers
Opposite Laura Muir successfully defended her European indoor 1500m (4:05.92) and 3000m (8:30.61) titles on home soil.

Left Serbia's Ivana Spanovic returned from injury to successfully defend her long jump title with a leap of 6.99m.

Right Jakob Ingebrigtsen from Norway added to his medal haul with gold in the 3000m and silver in the 1500m.
DNA DEBUTS

Twenty four nations took to their blocks and a more exciting climax to the official debut of Dynamic New Athletics (DNA) in Minsk could have scarcely been scripted.

Both Ukraine and hosts Belarus were tied on 72 points after the penultimate event, with everything to play for in the last race of the programme: the winner-takes-all mixed medley relay, known as The Hunt.

But despite the best efforts of the Belarusian team and a partisan crowd inside the Dinamo National Olympic Stadium, the hosts were unable to cope with the challenge of the Ukrainians who forged to the overall victory, albeit by a narrow winning margin of 0.67 after four laps of racing.

“We cheered, we yelled for our athletes. The fight was close, the points were the same [before the last event] but we proved Ukraine had the strongest team. The atmosphere was great – everybody was cheering,” said javelin thrower Hanna Hatsko-Fedusova, succinctly summing up the innovative team format of DNA.

The race for bronze went down to even finer margins with Germany beating the Czech Republic by 0.19 in The Hunt.

Top European champion Elvira Herman from Belarus was one of her country’s best scoring athletes in the 100m hurdles.

Left A strong team element was one of the main features of the first staging of Dynamic New Athletics.

Bottom Team Ukraine forge a clear path to victory in The Hunt.
GLASGOW 2019
EUROPEAN ATHLETICS INDOOR CHAMPIONSHIPS ON HYDRAULIC MONDO TRACK

SINCE 1988 EUROPEAN ATHLETICS AND MONDO HAVE COOPERATED IN A LONG SERIES OF SUCCESSFUL EVENTS ACROSS EUROPE, TO BRING ATHLETICS TOWARDS NEW GOALS.

European Athletics Indoor Championship
The Hague 1988
Glasgow 1990
Genoa 1992
Paris 1994
Stockholm 1996
Valencia 1998
Gent 2000
Vienna 2002
Madrid 2005
Birmingham UK 2007
Turin 2009
Paris 2011
Glasgow 2019

European Athletics Championships
Göteborg 2006
Barcelona 2010
Helsinki 2012
Paris 2020

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GLORIOUS GAVLE

Five championship records were set at the Gavle 2019 European Athletics U23 Championships, although few performances were as remarkable as Germany’s Niklas Kaul in the decathlon.

Kaul charged to the title over the course of the last two events, setting a championship best of 77.36m in the javelin before closing with 4:17.63 in the 1500m. His score of 8572 points eclipsed the championship record and also secured his ticket to the World Athletics Championships in Doha where he was to triumph on the global stage.

The championships were also highlighted by the appearance of individual European champions Elvira Herman and Miltiadis Tentoglou who both duly delivered. Herman broke the championship record with 12.70 in the 100m hurdles and Tentoglou set an outdoor lifetime best of 8.32m in the long jump.

There was also home success courtesy of Henrik Larsson. The youngest athlete in the final at 19, Larsson sped to the 100m title in 10.23, giving Sweden its only gold medal of the championships.

Germany topped the medal table with nine gold medals but there were also notable firsts for Albania and North Macedonia, which both had athletes reaching a final for the first time in championship history.

SNAPSHOTS

- 157 hours broadcast (114 live)
- 35+ hours broadcast on Eurosport
- Broadcast in 54 countries
- Nearly 9 million hours viewed

150,000

Unique users watched the live stream which was especially popular in:
- Germany - 26,800 users
- Finland - 21,800 users
- France - 16,600 users

Increase over 2017
- 54% uplist in broadcast hours
- 80% increase in viewing hours

“In the 1500m, I could relax a bit but I’d looked at what the championship record was before the competition and I thought I could break it. I’m so happy it all came together.”

Niklas Kaul, decathlon gold medalist
Opposite Germany’s Niklas Kaul achieved a championship record of 8572 points in the decathlon
Left Poland’s Konrad Bukowiecki defended his shot put title with a winning effort of 21.51m
Centre Belarus’ Elvira Herman broke the championship record in the 100m hurdles with 12.70 to add U23 gold to her Berlin 2018 title
Right Ukraine’s Yuliya Levchenko dominated the women’s high jump competition, clearing two heights more than anyone else and going over 1.97m
The Boras 2019 European Athletics U20 Championships were highlighted by performances from two exceptional Ukrainian athletes.

The record books largely remained intact across the four days but Myhaylo Kokhan smashed both the championship record and European U20 record in the hammer. His best throw of the competition hit the turf at 84.73m which added nearly two metres to the previous European U20 record.

His teammate Yaroslava Mahuchikh also backed up her gold medal from the 2018 European Athletics U18 Championships in Gyor with another title in the high jump. Mahuchikh won her fourth major age-group title with a faultless display, clearing six successive heights from 1.75m to 1.92m on her first attempts before coming close with three efforts at 2.02m, a height which she cleared – and then surpassed – later in the season.

The results in Sweden show that athletics across Europe is thriving. Eight nations won three or more gold medals over the four days with the Netherlands and Italy both accruing a record five gold medals apiece.

Turkey and Switzerland also celebrated their best ever campaigns with ten and seven medals respectively, including three gold medals each. In total, 34 participating nations had at least one athlete in the top eight of a final.
BORA 2019 EUROPEAN ATHLETICS U20 CHAMPIONSHIPS
For the first time in event history, Poland were the Super League title winners at the European Athletics Team Championships. And they achieved this historic victory in front of an exhuberant and enthusiastic crowd on home soil at the Zawisza Stadium in Bydgoszcz.

Team captain Marcin Lewandowski provided one of 10 victories for the home contingent, winning the 1500m with an outstanding last lap of 51.6.

Justyna Swiety-Ersetic was another influential member of the Polish team, contributing maximum points in both the individual 400m and 4x400m relay.

Piotr Lisek handed France's Renaud Lavillenie his first defeat in the pole vault in this competition since 2011 and European champion Michal Haratyk dominated the shot put, setting a championship record of 21.83m.

With the Super League being streamlined to eight teams from 2021 onwards, five teams suffered relegation to the First League with a significant domino effect through the other groupings. Only group winners Portugal gained direct promotion from the First League, which took place in Sandnes, Norway.

Sandra Perkovic broke the championship record in the discus at the Second League with 68.58m in Varazdin, Croatia, where Estonia topped the standings. Iceland also topped the standings in the Third League in Skopje, North Macedonia.

“I’m very happy to have achieved this win in my home stadium as the team captain. I may be an old fox, but I can still learn something from every race.”

Marcin Lewandowski
Poland’s Marcin Lewandowski, who runs for local club Zawisza Bydgoszcz, won a tactical 1500m on home soil in 3:47.88.

European champion Wojciech Nowicki from Poland won the hammer with a second round throw of 78.84m.

Greece were one of five nations to be relegated from the Super League despite Ekaterini Stefanidi clearing 4.70m for victory in the pole vault.
Opposite top left  The Portuguese team celebrates their victory in Sandnes and promotion back into the Super League in 2021

Opposite bottom  Pedro Pablo Pichardo provided one of four victories for Portugal in the triple jump with 16.98m

Opposite right  Racing on his home track, Norway's Jakob Ingebrigtsen celebrates maximum points in the 1500m after winning in 3:43.43

Top  Magnus Kirt helped Estonia to the overall victory in the Second League in Varazdin, Croatia, by winning the javelin with 81.47m

Right  Winners Iceland celebrate a dramatic team victory in the Third League in Skopje, North Macedonia
MATCH FIT

The spectacular Dinamo National Olympic Stadium in Minsk was the setting as the sport’s heavyweights went head-to-head in the much anticipated first instalment of The Match Europe v USA in September – a concept based on the Ryder Cup in golf.

Capacity crowds in the Belarus capital and a large global audience watched with interest over the two days as Team Europe pulled away convincingly from their US rivals on the second day, prevailing with a total of 724.5 points to the United States’ 601.5 points, to lift the trophy. Despite the overwhelming winning margin in favour of the hosts, the American team – which included Britney Reese, Allyson Felix and Darrell Hill – fought resolutely and came away with more individual wins across the programme, 20 to 17.

Team Europe, however, was fortified by the inclusion of six reigning world and 15 European champions and their superior depth, especially in the field events, proved the deciding factor.

Individual highlights included Maksim Nedasekau clearing a lifetime best of 2.35m on home soil in the high jump, Ukraine’s Yuliya Levchenko improving her PB to 2.02m in the women’s high jump and Germany’s Johannes Vetter returning to form after injury problems with a winning throw of 90.03m in the javelin.

“I would like to congratulate Team Europe on a fantastic victory at The Match and to pay tribute to Team USA who were great visitors and fought for every point.”

Svein Arne Hansen
Event ambassador Armand Duplantis won the pole vault with a 5.85m clearance, leading Team Europe to a sweep of the top four places.

Great Britain’s Alexandra Bell celebrates her victory in the 800m in 2:04.81 ahead of Team Europe teammate Olha Lyakhova from Ukraine.

Amel Tuka from Bosnia & Herzegovina was one of Team Europe’s star performers, winning the 800m and then anchoring the hosts to victory in the mixed medley relay.
Fulfilling her role as favourite, five-time European champion Sandra Perkovic from Croatia won the discus for Team Europe with 67.65m.

Ukraine’s Hanna Ryzhykova won the 400m hurdles in 55.32 ahead of Team Europe teammates Lea Sprunger (55.46) and Meghan Beesley (55.49).

After clearing a lifetime best of 2.35m in the high jump, Belarus’ Maksim Nedasekau is greeted in celebration by his Team Europe teammate Ilya Ivanyuk.
"Europe v USA is a great rivalry and it brought a fun aspect to the sport."

Armand Duplantis
The course and the conditions were in stark contrast to the Beekse Bergen Safari Park in Tilburg twelve months prior, but that did not prevent five of the six individual champions from successfully retaining their titles at the SPAR European Cross Country Championships in Lisbon.

Norway’s Jakob Ingebrigtsen coasted to an unprecedented fourth successive U20 title at the Bela Vista Park in the heart of the Portuguese capital, opening up a winning margin of 38 seconds over his nearest rival.

Italy’s Nadia Battocletti followed suit in a very competitive U20 race on the women’s side, defeating four reigning European U20 champions to clinch back-to-back titles.

This theme continued throughout the afternoon. France’s Jimmy Gressier won his third successive individual and team titles in the U23 race and Denmark’s Anna Emilie Moller retained her U23 title at a canter.

Turkey’s Yasemin Can matched Ingebrigtsen’s record by winning an unprecedented fourth successive senior women’s title and there was success for the home contingent as Dulce Felix and Carla Salome Rocha helped hosts Portugal to bronze in the team race, their third medal of the afternoon.
TOP OF THE WORLD

An overall haul of eleven gold medals at the World Athletics Championships in Doha might have been slightly below the corresponding tally in London two years prior but European athletes still left an indelible mark in the Khalifa International Stadium.

None more so than Sifan Hassan from the Netherlands. She won an unprecedented 1500/10,000m double and in the process surpassed the longest standing European record, improving Tatyana Kazankina’s 39-year-old record from 3:52.47 to 3:51.95 in the 1500m.

Malaika Mihambo was another outstanding performer, just missing the championship record in the long jump with a world leading 7.30m. Her performance came three days after German teammate Niklas Kaul won the decathlon title with a European U23 record of 8691 points.

Katarina Johnson-Thompson made it a European double in the combined events, breaking the British record with 6981 points in the heptathlon while Dina Asher-Smith opened the British gold medal tally in the 200m in 21.88 to become the first British woman to win a global sprint title.

Karsten Warholm and Mariya Lasitskene won gold medals on the same evening to duly embellish their European Athlete of the Year credentials. Warholm defended his 400m hurdles title in 47.42 and Lasitskene jumped 2.04m to become the first high jumper in championship history to win three successive titles.

“I said to Leif [Olav Alnes, his coach] today I am going to dig deeper than I ever did. If my heart stops then you know I was happy while it happened.”
Karsten Warholm
Opposite Dina Asher-Smith powered to gold in the 200m in 21.88 and also won silver medals in the 100m and 4x100m.

Right Niklas Kaul became the youngest ever winner of the world decathlon title, scoring a European U23 record of 8691 points.

Below Poland’s Paweł Fajdek continued his dominance of the hammer by winning an unprecedented fourth successive world title.

Below right Katarina Johnson-Thompson handed Nafissatou Thiam her first defeat in a combined event competition in more than three years, winning the heptathlon with 6981 points.
THROWING UP A STORM

Now celebrating its 19th edition, the European Throwing Cup is proving an enduringly popular fixture. Its place on the continental athletics calendar means it acts as an international curtain opener to the season for the majority of competitors.

More than 300 athletes representing 38 nations travelled to Samorin, Slovakia, for the 2019 edition which was held at the state-of-the-art x-bionic sphere, the country’s principal Olympic training centre. The cold mid-March conditions might not have initially seemed conducive for throwers with aspirations of recording big early season distances, but the weekend was highlighted by two world leading marks: 74.95m for Hanna Malyshik in the hammer and 65.89m for her Belarusian teammate Tatsiana Khaladovich in the javelin.

In total, 48 athletes came away from Samorin having set lifetime bests and the depth of talent in the throwing events from all around Europe was on display as well. From the 24 individual competitions across the two days, there were winners from 17 different nations including a notable first for Georgia with Giorgi Mujaridze winning the U23 shot put with a championship record of 20.27m.
LE SUMMUM DE LA TECHNOLOGIE EN MATIÈRE DE PERFORMANCE SPORTIVE

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Left: Italy’s Yemaneberhan Crippa won both individual and team titles in the men’s race.

Bottom left: Wavelight technology was one of the new innovations of the 2019 edition of the event.

Bottom: Stephanie Twell took the British title which was part of the evening’s programme.

Opposite: Israel’s Lonah Chemtai Salpeter successfully defended her individual title at the European 10,000m Cup.
The Night of the 10,000m PBs in north-west London lived up to its billing once again.

For the second successive year, the European 10,000m Cup was held in conjunction with this annual fixture at the Parliament Hill Athletics Track and 11 of the top 15 finishers in the men’s race and eight of the top ten finishers in the women’s race all came away having revised their lifetime bests.

European champion Lonah Chemtai Salpeter was one the athletes to rewrite the record books. She lowered her Israeli record to 31:15.78 to retain her title, although she was run down in the late stages by Stephanie Twell who went on to win the British title which was held as part of the Cup race.

And even though Twell wasn’t eligible for the team contest, the Brits still prevailed on home soil with Eilish McColgan leading the way for the host nation in third in 31:16.76.

There was double success for Yemaneberhan Crippa in the men’s race. Crippa might have missed his lifetime best but he improved on his third-place finish from twelve months before, winning in 27:49.79 to lead Italy to the team title.

Known affectionately as the Glastonbury of athletics, trackside beer tents and live bands once again contributed to the festival-like atmosphere in Highgate and the organisers also used wave light technology for the first time to help athletes maintain their pace and keep the spectators informed.
Regardless of the profile of the course or the conditions on offer, Maude Mathys from Switzerland continues to be an unstoppable force at the European Mountain Running Championships. On a predominantly uphill course in the Swiss Alps, Mathys won her third successive individual title. This one may have been her most cherished prize to date coming as it did in front of her home supporters, friends and family in the idyllic setting of Zermatt.

Mathys became just the second woman to win three successive individual titles at this championships after Austria’s Andrea Mayr, whom Mathys beat into the silver medal position after 10.1 kilometres of uphill racing. A fourth title in 2020 would match Mayr’s record overall title haul.

The men’s race at this championships has been largely dominated in recent years by athletes from Turkey and Italy but there was a new winner in 2019. Great Britain’s Jacob Adkin became the first British man to win the individual senior crown, leading his country to the team title in the process. The British topped the medal table with four gold medals in total. Joseph Dugdale achieved the same double as his senior compatriot, sweeping both the individual and team titles in the U20 men’s race. There was a fascinating story in the U20 women’s race as Czech Republic’s Barbora Havlickova, who competed in the skiathlon at the 2018 Winter Olympics, showed her versatility by winning the individual title.
AT THE HEART OF SPORT

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History was made at the European Race Walking Cup in Alytus, Lithuania, as the women’s 50km race walk was part of the programme for the first time in competition history. This landmark moment was capped by a European record for Eleonora Giorgi. Making her debut at the distance, the Italian broke the tape in 4:04:50 to shave more than one minute from the previous record held by Portugal’s Ines Henriques.

As well as a record-breaking debut, there was also a pleasing return to form for one of the stalwarts of the distance. Yohann Diniz might have been 41 on race day but he marched clear of his rivals in the early stages, winning by more than eight minutes in 3:37:43.

There was some surprising home success in the last race of the day as Lithuania’s Živilė Vaiciukevičiūtė won the 20km race in 1:29:48 while Sweden’s Perseus Karlstrom continued his good form with victory in the men’s 20km.

Eleven nations came away from Alytus with Italy topping the medal table courtesy of five medals, including three titles.
The Permit Meetings were once again an important platform for all athletes on the path to the major championships in 2019. Ivana Spanovic marked her return from injury with a confidence boosting 6.92m in Belgrade on the eve of her successful title defence at the European Athletics Indoor Championships in Glasgow and Ewa Swoboda’s road to the 60m title passed through Lodz where she was a popular victor on home soil.

There might not have been a major global indoor championships in 2019 but the All Star Perche in Clermont-Ferrand assumed this de facto role with Piotr Lisek clearing a world lead of 5.93m to beat Sam Kendricks.

Throwing events were very much in the spotlight outdoors. Daniel Stahl took notable wins in Sollentuna (69.12m), Karlstad (68.93m) and Szekesfehervar (68.77m) on the road to gold in Doha and there was another memorable javelin battle between the Germans in Luzern with Thomas Rohler prevailing with 86.51m to win by six centimetres from Andreas Hofmann.

Estonia’s Magnus Kirt set the world lead of 90.61m in the javelin in Kuortane, Finland and the series concluded with Konrad Bukowiecki setting a European U23 record of 22.25m in the shot put in Chorzow, Poland.
European Athletics will mark its Golden Jubilee in 2020 – having come into being at the first European Athletic Association Congress in Paris on 7 November 1970 – and the anniversary will be commemorated throughout the year culminating with celebrations at the European Athletics Convention in October.

Stars of the sport from Europe who have made their mark on athletics across the last five decades will be present in Tallinn where their achievements will be honoured, along with those of many other leading European athletes of the last half-century who cannot be present in the Estonian capital or are no longer with us, and stand alongside the sport’s contemporary heroes.

Olympic, world and European champions will be present, along with personalities who have written their names in the annals of athletics history with record-breaking feats or gold-medal winning performances on the roads and at cross country.
Opposite: Czech javelin legend Jan Zelezny at the 2006 European Athletics Championships in Gothenburg and German 400m hurdler Harald Schmid at the 1982 event in Athens.

This page: Norwegian distance running great Ingrid Kristiansen in the 10,000m at the 1986 European Athletics Championships in Stuttgart.

#EA50
Left  Multiple record breaking pole vaulter Sergey Bubka from Ukraine.

Right Great Britain’s Steve Ovett, Steve Cram and Sebastian Coe in one of their epic battles for pre-eminence in the 1980s, this time at the 1984 Olympic Games.
SAVE THE DATE
15-17 October 2020

CONVENTION
Tallinn 2020
As my first mandate period ended, the 2019 European Athletics Congress in April was an opportunity to review what was achieved in the previous four years and start work on a new agenda for the future.

Thanks to the determined efforts and dynamic teamwork of the European Athletics Council, our staff, Member Federations and a legion of partners, collaborators and other lovers of athletics across the continent, most of the projects set out in my Leading Change manifesto were delivered and our sport is now well-positioned to take on the challenges ahead.

The outstanding indicator of where we are today has to be the stunning success of our 2018 European Athletics Championships in Berlin. Together we showed the world our best - the high-quality entertainment our athletes deliver and the incredible atmosphere they create.

Moreover, the increased media reach of the championships more than justified the challenging job of integrating our flagship event with the multi-sport European Championships concept of our partner, the European Broadcasting Union (EBU).

I am happy to report that 2019 brought even more positive news. Our 2019-2023 Council elected in Prague is already up to full speed and much of the year was used to organise our advisory structure and start developing the ideas necessary for realising our mission in the current mandate.

The foundation for our work was the security provided by our unprecedented eight-year partnership agreements with both the EBU and our long-time sponsor, SPAR International, which only came into effect on 1 January this year, and our other valued partnerships with Le Gruyère AOP, Mondo, Toyo Tires and the Royal Savoy Hotel in Lausanne.

Although there is always work to be done on the commercial side, it is more than safe to look forward with confidence.

Svein Arne Hansen
on the commercial side and our future operations are not yet fully funded, it is more than safe to look forward with confidence.

SPORTING HIGHLIGHTS
For me, the many sporting high points of 2019 include all of European Athletics competitions, starting with the sold-out European Athletics Indoor Championships in Glasgow, as well as the performances of European athletes at World Athletics Championships in Doha.

We will be remembering these together with many great moments and legendary athletes from the past throughout 2020 as European Athletics celebrates the 50th anniversary of our founding back in 1970.

But before that, and with the theme of moving ahead in mind, I want to draw special attention to some seeds we planted for the future during 2019.

The first, called Dynamic New Athletics or DNA, as reported on p18, is an exciting new competition format launched with the support of the European Olympic Committees at the 2nd European Games in Minsk in June.

A European Athletics project team spent over two years systematically conducting market research, gathering input from athletes and experts, field testing, and communicating with stakeholders to bring much-welcomed innovation to athletics while remaining true to the essence of our sport.

DNA is not a replacement for classical athletics; it is a complimentary product that opens up possibilities to reach new audiences, especially the younger age groups with their very specific demands in terms of the pace of action and digital interaction. We were delighted with the reaction of the packed stadium crowd for the DNA final in Minsk and our focus will now turn to a step-by-step development of the concept as a showcase event and a grassroots programme.

Minsk was also the venue for a second big initiative in 2019, The Match, which brought together teams from Europe and the USA for a historic head-to-head contest that also thrilled the capacity crowds in the Dinamo National Olympic Stadium. With the exceptional support of the Belarusian authorities and the Belarus Athletic Federation, we created an iconic event and a new, much-needed payday for our best athletes.

As discussions are already under way for possible editions in 2021 and 2023, my hope is that The Match becomes a permanent fixture on the international calendar.

MEMBER FEDERATIONS
Away from the track and field arenas, 2019 saw new steps by European Athletics to help our Member Federations serve the recreational running community, which represents the largest active constituency in the sport as reported on p58. European Athletics’ Running for All website continued to attract new mass participation races seeking certification from the safety and quality standards system operated in conjunction with the federations.

The biggest highlight in this area was September’s European Running Business Conference in Prague, which drew more than 350 participants with a line-up of top international speakers addressing ways of engaging runners and brands to grow the sport.

In 2019 we continued the roll-out of our 25-language
I Run Clean anti-doping online anti-doping education programme. I Run Clean has now reached more than 15,000 athletes and the number is set to grow as it will be mandatory for every athlete wishing to participate in any future European Athletics event to complete the programme, making our sport the first to implement such a requirement in the fight against doping.

We are especially proud that the European Commission has recognised the programme’s success with a €324,000 grant to help a project team of six Member Federations and three universities to develop additional units and workshops for coaches and parents.

Finally, I want to mention our European Athletics Convention in Tallinn. In addition to expanding our programme of workshops for specialist Member Federation personnel, for the second year in a row we used the Member Federation Leaders Forum to collect, absorb and understand the needs and priorities for the whole sport.

**NEW GOALS**

Based on this input, we expect to publish a new manifesto or programme of strategic projects, one very much shaped by our federations, in early 2020. The overall aim will be to bring our great sport of athletics to every home and every phone in Europe.

I am fully aware that this is a huge and daunting goal. Maybe it is the sport’s equivalent of trying to go to the moon but I truly believe it is consistent with European Athletics’ Your Sport for Life promise.

We are in position to develop the entertainment products, the participation activities and the technology needed to grow the sport beyond what many think is possible. In today’s competitive and ever-changing environment we simply cannot sit still; we need to push forward towards the new era many of us feel is close.

We have a great sport, great values and great people at all levels. I am counting on your support and your commitment to make it happen.

SVEIN ARNE HANSEN
Also for go-getters.

Born in Switzerland in 1115.
www.gruyere.com
EUROPEAN ATHLETICS EDUCATION PROGRAMME

HIGH PERFORMANCE CONFERENCE
Over 60 delegates attended this year’s European Athletics High Performance Conference from 29-31 March in Warsaw, Poland.

The three-day event – following similar conferences in 2013 and 2017 – featured a programme of stimulating seminars and lectures aimed at broadening the knowledge and skills of senior coaches and Member Federation performance personnel ahead of the 18-month period which would include the World Athletics Championships Doha 2019, Tokyo 2020 Olympic Games and Paris 2020 European Athletics Championships.

COMPETITION SYSTEM DEVELOPMENT INITIATIVE
Bringing together senior federation officials and competition directors from Albania, Bosnia and Herzegovina, Kosovo, North Macedonia and host nation Montenegro in Bar, the innovative Competition System Development Initiative on 3-5 May was designed to strengthen the competitive structure and event delivery capabilities in these six countries with a customised educational seminar.

An additional aim included developing a template that can accompany these goals and be applied elsewhere.

YOUNG LEADERS SEMINAR
The Bulgarian capital, Sofia was the venue for the latest Young Leaders Seminar, which was held between 14-16 June. The event brought together 39 participants between the ages of 20 and 30 from 31 Member Federations. Identified as potential future leaders in the sport, the group were mentored in their quest to acquire new leadership skills, examined different leadership styles and addressed the theme ‘New Leadership for New Times.’

WOMEN’S LEADERSHIP MODERATOR SEMINAR
The six-day seminar in Belgrade, Serbia, for 25 participants from 23 Member Federations took place from 1-6 December. The main objective of the event was to train women so they would be able to deliver similar high-level leadership-orientated seminars in their home nations.

Participants included European Athletics commission member Jenny Meadows from Great Britain, Hungary’s Barbara Petrath, European Athletics Council Member Anna Kirnova from Slovakia and European Athletics Executive Board member Karin Grute Movin from Sweden.

HIGH PERFORMANCE CONFERENCE

COMPETITION SYSTEM DEVELOPMENT INITIATIVE

YOUNG LEADERS SEMINAR

WOMEN’S LEADERSHIP MODERATOR SEMINAR
EUROPEAN ATHLETICS EDUCATION PROGRAMME / COACHING SUMMIT SERIES

COACHING SUMMIT SERIES
The 2019 series began with the three-day European Shot Put Conference in Tallinn, Estonia, in early November. Lectures as well as practical demonstrations were the order of the day after the conference was formally opened by 2008 Olympic discus champion Gerd Kanter.

Later in November, the European Horizontal Jumps and Sprints Symposium in Karlstad, Sweden attracted 120 participants from 70 countries for the three-day event.

November also saw the European Hurdles Convention take place Manchester, Great Britain with 1992 Olympic Games 400m hurdles champion and world record holder Kevin Young and German National Event Coach Jan Mey on hand to impart their wisdom and experience.

The 2020 series kicks off with the International Festival of Athletics Coaching, which will take place at Loughborough University, Great Britain, on 28-29 March.

EUROPEAN RUNNING BUSINESS CONFERENCE
The second of these biennial conferences was held in Prague on 6-8 September and saw more than 350 participants from 55 different countries make their way to the Czech capital for one of the ‘must attend’ industry events on the road running calendar.

Presentations by industry leaders and opinion formers in the world of road running were accompanied by workshops, with the added advantage of numerous networking opportunities.

EUROPEAN RACE OF THE YEAR
The first of what will become an annual award was made at the European Running Business Conference to the NN Zevenheuvelenloop – the NN Seven Hills race – in Nijmegen. The Dutch race beat four other very strong short-listed contenders. “This is a special moment for European Athletics, as we celebrate the best of European road running,” said European Athletics Executive Board member Frank Hensel before presenting the award to Lotte Jacobs and Joan Merx from the Zevenheuvelenloop race organisation.

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In the last 12 months, European Athletics has been making great efforts to realise the vision of bringing our sport into every home and onto every phone in Europe, embracing what is often called the digital revolution.

“I’m often asked ‘What do you mean when you talk about our sport on every phone?’” commented European Athletics President Svein Arne Hansen.

“My answer is simple: we now live in a world of technology and digital communications. Tablets and smartphones are an important way that the majority of people, and especially the younger generation, interact with each other and consume video material including sports programming. It is our responsibility to engage with people in this way if we want to diversify the audience of our sport and increase participation as well as have an impact on physical activity.”

European Athletics has dramatically increased the range and breadth of content available via its website during 2019 and expanded its presence on the social media platforms Twitter, Facebook, Instagram and YouTube. 2019 saw no fewer than six European Athletics competitions live streamed with English-language commentary to growing audiences through its website, with the support of its international partner, Eurovision Sport.
SNAPSHOTS

- 1.9 million users accessed European Athletics website www.european-athletics.org during 2019
- 4.9 million sessions throughout the year

246 million reached through #Glasgow2019

- 124.6K Twitter followers at the end of 2019
- Avg 2.6 million Tweet impressions/month in 2019 peaking at 6.3 million in July during European U23/U20 Championships
- 526.4K people reached, over 300K likes on Facebook
- Instagram followers now over 140K
- GIPHY Channel reached 55.2 million views

- 100% increase in Twitter impressions on 2018
- 10% uplift in website interactions in a year
- 70% increase in Instagram followers in 2019
- 6.9% uplift in Twitter followers in 2019
- 5.3% increase in website sessions

MOMENT OF 2019

1.1 million video views of Turkey’s 4x400m win at the European U20 Championships in Boras
KEEPING IT GREEN

In association with Green Inspiration Partner, Mondo, European Athletics continues to encourage its Member Federations to embark on sustainability programmes whether domestically or when they are the host of international competitions.

One shining example was the way in which the Lisboa 2019 SPAR European Cross Country Championships organisers implemented a range of practical activities to promote good environmental practices.

A tree planting programme at the host venue, the Bela Vista Park, in the centre of the Portuguese capital, gained considerable local publicity. On the morning before the championships, European Athletics Delegate Jean Gracia, Local Organising Committee President Jorge Salcedo, Deputy Mayor of Lisbon Carlos Castro and Portuguese middle distance running great Rui Silva were on hand to plant 80 trees as part of the LOC efforts to reduce the ecological footprint of the championships and to leave the venue in a better condition for the public in the future.

Food waste was also kept to a minimum as the organisers focused assiduously on recycling mechanisms and worked closely with a local association to ensure that food which wasn’t eaten at the venue was redistributed to meal centres and homeless shelters.
THE BRASSERIE DU ROYAL

SAVOUR ANY OF OUR DELICIOUS SIGNATURE DISHES AND REVISITED CLASSICS AS REINTERPRETED BY OUR CHEF.
Running For All and its Road Race Safety & Quality Standards System has grown to include over 900 races in 47 countries. It remains a European Athletics priority project.

In 2019, European Athletics was also extensively involved in two pan-continental projects which focused on the health and fitness of the general population. For the fourth successive year, since its inception in 2016, European Athletics took its place alongside some other high profile organisations as a proud supporter of Global Running Day.

Last year, Global Running Day took place on Wednesday 5 June and once again aimed at encouraging everyone to celebrate their love for running and inspire others to get active.

European Athletics promoted the initiative to all its Member Federations, 177 countries around the world participated with almost 300,000 people taking part.

European Athletics continues to be a proactive partner of the European Week of Sport. No less than 42 European countries – an increase of seven from 2018 – were involved in September 2019 with approximately 340,000 participants, up 40% on 2018, taking part in all activities with many of them athletics-related and several of them Running For All races.
## EUROPEAN ATHLETICS
### CALENDAR 2020

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT TITLE</th>
<th>CITY</th>
<th>COUNTRY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARCH</td>
<td>European Throwing Cup</td>
<td>Leiria</td>
<td>POR</td>
</tr>
<tr>
<td>21 – 22 March</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>JUNE</td>
<td>European 10,000m Cup</td>
<td>London</td>
<td>GBR</td>
</tr>
<tr>
<td>6 June</td>
<td></td>
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<tr>
<td>JULY</td>
<td>European Mountain Running Championships (up-downhill)</td>
<td>Cinfaes</td>
<td>POR</td>
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<tr>
<td>4 July</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>16 – 19 July</td>
<td>European Athletics U18 Championships</td>
<td>Rieti</td>
<td>ITA</td>
</tr>
<tr>
<td>AUGUST</td>
<td>European Athletics Championships</td>
<td>Paris</td>
<td>FRA</td>
</tr>
<tr>
<td>25 – 30 August</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DECEMBER</td>
<td>SPAR European Cross Country Championships</td>
<td>Dublin-Fingal</td>
<td>IRL</td>
</tr>
<tr>
<td>13 December</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
KEEPING ATHLETICS CLEAN

I Run Clean, the European Athletics anti-doping educational initiative that provides reliable information on the issues relating to doping in sport and the regulations that must be observed to compete fairly, issued 11,244 certificates to athletes by the end of January 2020. The number of athletes certified almost tripled during 2019 as undertaking the online e-learning programme is now mandatory to compete at all European Athletics competitions.

All 1105 athletes entered for the Gävle 2019 European Athletics U23 Championships and all 1114 for the Borås 2019 European Athletics U20 Championships last summer were certified.

European Athletics was also delighted to receive the news in October that it and a network of nine partners led by the Agency for the Development of Athletics in Europe (ADAE) have secured a grant of €324,000 from the European Union to expand I Run Clean to grassroots participants of the sport throughout Europe.

The funding from the European Union’s Erasmus+ programme will support the creation and testing of young ambassador-led workshops to be delivered in schools and sports clubs as well as new interactive units for the I Run Clean e-learning platform.
### European Outdoor Records Set in 2019

#### Men

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>Nationality</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Marathon</td>
<td>59:13</td>
<td>Julien WANDERS</td>
<td>SUI</td>
<td>Ras Al Khaimah/UAE</td>
<td>08.02.2019</td>
</tr>
<tr>
<td>5km</td>
<td>13:29</td>
<td>Julien WANDERS</td>
<td>SUI</td>
<td>Monaco/MON</td>
<td>17.02.2019</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>47.33</td>
<td>Karsten WARHOLM</td>
<td>NOR</td>
<td>Oslo/NOR</td>
<td>13.06.2019</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>47.12</td>
<td>Karsten WARHOLM</td>
<td>NOR</td>
<td>London/GBR</td>
<td>20.07.2019</td>
</tr>
<tr>
<td>400m Hurdles</td>
<td>46.92</td>
<td>Karsten WARHOLM</td>
<td>NOR</td>
<td>Zürich/SUI</td>
<td>29.08.2019</td>
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<tr>
<td>4x100m</td>
<td>37.36</td>
<td>Great Britain and N.I.</td>
<td>Doha/QAT</td>
<td>Doha/QAT</td>
<td>05.10.2019</td>
</tr>
<tr>
<td>Marathon</td>
<td>2:04:16</td>
<td>Kaan Kigen OZBILEN</td>
<td>TUR</td>
<td>Valencia/ESP</td>
<td>01.12.2019</td>
</tr>
</tbody>
</table>

#### Women

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>Nationality</th>
<th>Location</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>5km</td>
<td>14:44</td>
<td>Sifan HASSAN</td>
<td>NED</td>
<td>Monaco/MON</td>
<td>17.02.2019</td>
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<tr>
<td>50km RW</td>
<td>4:04:50</td>
<td>Eleonora GIORGI</td>
<td>ITA</td>
<td>Aytus/LTU</td>
<td>19.05.2019</td>
</tr>
<tr>
<td>3000m</td>
<td>8:18.49</td>
<td>Sifan HASSAN</td>
<td>NED</td>
<td>Stanford/USA</td>
<td>30.06.2019</td>
</tr>
<tr>
<td>Mile</td>
<td>4:12.33</td>
<td>Sifan HASSAN</td>
<td>NED</td>
<td>Monaco/MON</td>
<td>12.07.2019</td>
</tr>
<tr>
<td>5000m</td>
<td>14:22.12</td>
<td>Sifan HASSAN</td>
<td>NED</td>
<td>London/GBR</td>
<td>21.07.2019</td>
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<tr>
<td>1500m</td>
<td>3:51.95</td>
<td>Sifan HASSAN</td>
<td>NED</td>
<td>Doha/QAT</td>
<td>05.10.2019</td>
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</table>

#### Mixed

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>Nationality</th>
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</tr>
</thead>
<tbody>
<tr>
<td>4x400m mixed relay</td>
<td>3:12.27</td>
<td>Great Britain and N.I.</td>
<td>Doha/QAT</td>
<td>Doha/QAT</td>
<td>29.09.2019</td>
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</table>

#### U23 Men

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>Nationality</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500m</td>
<td>3:30.16</td>
<td>Jakob INGEBRIGTSEN</td>
<td>NOR</td>
<td>Lausanne/SUI</td>
<td>05.07.2019</td>
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<tr>
<td>Shot Put</td>
<td>22.25m</td>
<td>Konrad BUKOWIECKI</td>
<td>POL</td>
<td>Chorzów/POL</td>
<td>14.09.2019</td>
</tr>
<tr>
<td>Decathlon</td>
<td>8691 pts</td>
<td>Niklas KAUL</td>
<td>GER</td>
<td>Doha/QAT</td>
<td>03.10.2019</td>
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</tbody>
</table>

#### U23 Women

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>Nationality</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>3000m SC</td>
<td>9:24.21</td>
<td>Anna Emilie MØLLER</td>
<td>DEN</td>
<td>Oslo/NOR</td>
<td>13.06.2019</td>
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<tr>
<td>3000m</td>
<td>8:20.07</td>
<td>Konstanze KLOSTERHALFEN</td>
<td>GER</td>
<td>Stanford/USA</td>
<td>30.06.2019</td>
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<tr>
<td>3000m SC</td>
<td>09:18.92</td>
<td>Anna Emilie MØLLER</td>
<td>DEN</td>
<td>Doha/QAT</td>
<td>28.09.2019</td>
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<tr>
<td>3000m SC</td>
<td>9:13.46</td>
<td>Anna Emilie MØLLER</td>
<td>DEN</td>
<td>Doha/QAT</td>
<td>30.09.2019</td>
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#### U20 Men

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Athlete</th>
<th>Nationality</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1500m</td>
<td>3:30.16</td>
<td>Jakob INGEBRIGTSEN</td>
<td>NOR</td>
<td>Lausanne/SUI</td>
<td>05.07.2019</td>
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<tr>
<td>Hammer Throw</td>
<td>84.73m</td>
<td>Myhaylo KOKHAN</td>
<td>UKR</td>
<td>Borås/SWE</td>
<td>19.07.2019</td>
</tr>
<tr>
<td>5000m</td>
<td>13.02</td>
<td>Jakob INGEBRIGTSEN</td>
<td>NOR</td>
<td>London/GBR</td>
<td>20.07.2019</td>
</tr>
</tbody>
</table>
**European Indoor Records Set in 2019**

### Men

- **400m** 45.05 Karsten WARHOLM NOR Glasgow/GBR 02.03.2019

### U20 Women

- **High Jump** 1.99m + Yaroslava MAHUCHIKH UKR Hustopeče/CZE 26.01.2019
- **1000m** 2:42.70 Delia SCLABAS SUI Magglingen/SUI 02.02.2019
- **1000m** 2:41.79 Delia SCLABAS SUI Magglingen/SUI 24.02.2019

### U20 Men

- **1500m** 3:36.02 + Jakob INGEBRIGTSEN NOR Düsseldorf/GER 20.02.2019
- **3000m** 7:51.20 Jakob INGEBRIGTSEN NOR Glasgow/GBR 01.03.2019

Non-ratified European Records due to lack of doping control or other reasons

### U20 Women

- **1000m** 2:43.82 Delia SCLABAS SUI Magglingen/SUI 27.01.2019
- **1000m** 2:42.68 Delia SCLABAS SUI Magglingen/SUI 23.02.2019

### U20 Men

- **1500m** 3:36.21 + Jakob INGEBRIGTSEN NOR Baerum/NOR 10.02.2019

*also World Record / world best, * awaiting ratification