

## Men's 5000 Metres

31 Entrants

Aug 11 / 20:55

	Age	(Days)	Born	SB	PB
<b>206</b> <b>ABDI Bashir</b> BEL	<b>29y</b>	181d	1989	<b>13:19.80</b>	<b>13:06.10 -15</b>
Fourth in 2012 European 10,000m, fifth in 2014 ... then silver in 2018 10,000 pb: 27:36.40 -14 (28:11.76-18). 3000 pb: 7:40.44 -15. 1500 pb: 3:36.55 -14 . 4 ECH 10,000 2012 (8 5000); 23 WCH 10,000 2013 (2015-dnf); 5 ECH 10,000 2014 (16 5000); 6 'Great' North Run 2015; 20 OLY 10,000 2016 (ht 5000); ht WCH 5000 2017; 2 ECH 10,000 2018. At EXC: 2010-41u23, 2013-8 (team silver). Born-Mogadishu, moved to Belgium in 2002 to avoid the conflict in Somalia Marathon (1): 8 Rotterdam 2018 In 2018: 8 San Giorgio su Legnano XC; 8 Rotterdam; 1 Gentbrugge 5000; 10 Bengaluru 10K; 9 Heusden 5000; Here: 10,000 2-28:11.76					
<b>207</b> <b>BOUCHIKHI Soufiane</b> BEL	<b>28y</b>	141d	1990	<b>27:41.20</b>	<b>27:41.20 -18</b>
2012 European under-23 Cross Country silver // Half Mar pb: 63:03 -18. 10,000 pb: 27:41.20 -18. 7 EJC 10,000 2009; 15 ECH 5000 2014; 6 ECH 10,000 2018. At EXC: 2009-39J, 2009-11J, 2012-2u23, 2013-28, 2017-5. Studied Technology at Eastern Kentucky University. His younger brother Lahsene Bouchikhi is also an international distance runner for Belgium (56 EXC-j 2010) In 2018: 4 'Great' Edinburgh XC; 1 Hannut XC; 1 Rotselaar XC; 2 Brussels XC; 6 New York Half Mar (pb); 2 Stanford Jordan 10,000 (pb); 1 Herve 5000; 4 Oordegem IFAM 5000; 8 Heusden 5000 (pb); Here: 10,000 6-28:19.04					
<b>213</b> <b>ABADIA Antonio</b> ESP	<b>28y</b>	39d	1990	<b>13:24.18</b>	<b>13:12.68 -16</b>
Full name-Antonio Abadia Beci ("Toni") 2016 European 10,000m bronze 10,000 pb: 28:07.14 -16 (28:17.24 -18). 3000 pb: 7:46.36i -14, 7:48.14 -17. 1500 pb: 3:37.24 -16. 3000SC pb: 8:34.75 -11. 5 World Youth 2000SC 2007; 1 EJC 3000SC 2009; 4 under-23 ECH 3000SC 2011; ht WIC 3000 2014; 8 ECH 5000 2014; 3 ECH 10,000 2016; ht OLY 5000 2016; 1 ECP 10,000 2017 (2018-10); 1 ETCh 5000 2017. 1 Spanish 5000 2014/2018. At WXC: 2015-58. At EXC: 2008-8J, 2009-17J, 2010-14u23, 2012-6u23, 2013-22, 2014-12, 2016-11. Coach-José Luis Mareca In 2018: 6 Amorebieta XC; 7 Elgoibar XC; 11 Seville XC; 2 Valladolid XC; 4 Cáceres XC; 2 Spanish XC; 2 Laredo 10K (Spanish record 27:48); 1 Braga 10,000; 1 Spanish Universities 5000; 10 ECP 10,000; 3 Maia 1500; 4 Huelva 5000; 4 Mediterranean Games 5000; 1 Barcelona 3000; 1 Spanish 5000					
<b>219</b> <b>MECHAAL Adel</b> ESP	<b>27y</b>	248d	1990	<b>13:29.94</b>	<b>13:15.40 -16</b>
Full name-Adel Mechaal Mechaal (sic) Fourth in 2017 World 1500m and also in 2018 European 10,000m 10,000 pb: 27:50.56 -18. 3000 pb: 7:35.28 -17. 1500 pb: 3:34.70 -17 (3:43.10i -18). 5 ETCh 1500 2013 (2015-6); ht WIC 1500 2014; ht ECH 1500 2014; 2 ECH 5000 2016; ht OLY 1500/5000 2016; 1 EIC 3000 2017 (2015-6); 4 WCH 1500 2017; 5 WIC 3000 2018; 4 ECH 10,000 2018. 1 Spanish 1500/5000 2015/2017, 1 indoor 3000 2015/2017/2018 & 1500 2015/2018. At WXC: 2015-68, 2017-43. At EXC: 2015-3, 2016-8, 2017-2. Born-Morocco, gained Spanish citizenship in February 2013 (though had been living in Spain since 1995). Younger brother Said Mechaal is also a Spanish international distance runner. Their coach-Antonio Serrano In 2018: 25 'Great' Edinburgh XC; 9 Seville XC; 4 Karlsruhe 3000; 3 Düsseldorf 3000; 4 Boston New Balance 3000; 1 Spanish indoor 1500/3000; 3ht WIC 3000; 1 Bilbao Road Mile; 1 Barcelona Road Mile; 4 ECP 10,000; 1 Mollet des Vallès 1500/5000; 13 Rome Diamond; dnf Stockholm Diamond 5000; 6 Barcelona 1500; 1 Spanish Autonomic 3000/5000; 3 Dublin Morton 5000; 2 Spanish 1500/5000; Here: 10,000 4-28:13.78					
<b>221</b> <b>PÉREZ Juan Antonio</b> ESP	<b>29y</b>	276d	1988	<b>13:28.30</b>	<b>13:28.30 -18</b>
Full name-Juan Antonio Pérez Moreno Three times second in European Cup 10,000s Half Mar pb: 64:16 -18. 10,000 pb: 28:25.66 -15 (28:31.31 -18). 2 ECP 10,000 2015/2016/2017 (2018-15); 6 ECH 10,000 2016 (2018-9); 86 World Half Mar 2018. At WXC: 2007-dnfJ. At EXC: 2007-72J, 2015-44, 2017-36. Born-Ciudad Real, coach-José Luis Mareca In 2018: 7 Valencia 10K; 4 Spanish Half Mar; 4 San Sebastián 10K; 2 Castellón XC; 3 Spanish XC; 86 World Half Mar; 15 ECP 10,000; 4 Los Corrales de Buelna 5000; 5 Huelva 5000; dnf Barcelona 3000; 2 Spanish Autonomic 5000; 3 Spanish 5000; Here: 10,000 9-28:31.31					
<b>226</b> <b>AMDOUNI Mourad</b> FRA	<b>30y</b>	201d	1988	<b>13:19.93</b>	<b>13:14.19 -09</b>
France's first ever European Champion at 10,000m // 13:11.18i -17.10,000 pb: 27:36.80 -18. 3000 pb: 7:37.50 -09. 1500 pb: 3:34.05 -15. ht WJC 1500 2006; 1 EJC 5000 2007; dnf ETCh 3000 2009; ht WCH 5000 2009; 1 ETCh 5000 2015; sf WCH 1500 2015; 5 ECH 5000 2016 (13 1500); 1 ECH 10,000 2018. 1 French 1500 2015 & 5000 2016. At WXC: 2007-38J (first European), 2009-62. At EXC: 2006-12J, 2007-1J, 2008-8u23, 2010-5, 2015-9, 2016-17. Born-Porto-Vecchio (Corsica). In May 2009 he clocked his best 5000m of 13:14.19 but the following month at the first European Team Championships in Leiria, he was forced to drop out of the 3000m as he was in last place with four laps remaining In 2018: 1 French XC; 2 ECP 10,000; 7 Stockholm Diamond 5000; Here: 10,000 1-28:11.22					
<b>228</b> <b>CARVALHO Florian</b> FRA	<b>29y</b>	154d	1989	<b>13:27.76</b>	<b>13:27.76 -18</b>
2012 European silver at 1500m // Half Mar pb: 63:40 -18. 10,000 pb: 28:06.78 -18. 1500 pb: 3:33.47 -13. sf WJC 800 2006; 4 EJC 800 2007; 7 WJC 1500 2008; 2 ECH 1500 2012 (2014-ht, 2016-5); sf OLY 1500 2012 (2016-ht); 5 EIC 3000 2013 (2011-8, 2015-11); 11 WCH 1500 2013; 4 ETCh 1500 2014 (2011-8); 59 World Half Mar 2018; 8 ECH 10,000 2018. 1 French 1500 2011/2012/2013. At EXC: 2007-2J, 2008-1J, 2009-4u23, 2010-2u23, 2014-4, 2015-6, 2016-30. 1 French 1500 2016 & 5000 2018. Grandfather was Portuguese. He loves chocolate and hates seafood. Coach-Gerard Sautret In 2018: 4 French XC; 59 World Half Mar; 1 Noisy-le-Grand 3000; 8 ECP 10,000; 2 Paris 10K; 6 Carquefou 5000; 1 French 5000; Here: 10,000 8-28:29.78					
<b>234</b> <b>CONNOR Ben</b> GBR	<b>25y</b>	296d	1992	<b>13:29.35</b>	<b>13:29.35 -18</b>
Team gold at 2016 European Cross Country Championships, then sixth individually in 2017 to cap a year of great advancement (after becoming a full time athlete in January last year) Half Mar pb: 61:12 -18. 10,000 pb: 28:14.56 -18. 3000 pb: 7:54.01 -17. 10 ECP 10,000 2016 (2018-13); 64 World Half Mar 2018. At WXC: 2011-67J. At EXC: 2010-23J, 2016-16, 2017-6. 1 English 'National' XC 2017; 8 'Great' North Half Mar 2016; 3 UK 5000 2017. His late father David Connor played football for the Nottingham Forest junior squad in the 1980s. Based-Manchester. Coach-Steve Vernon In 2018: 5 Edinburgh XC; 8 Barcelona Half Mar (pb down from 64:03 to 61:12); 64 World Half Mar; 11 Stanford Jordan 10,000; 13 ECP 10,000; 7 Nijmegen 5000					
<b>235</b> <b>THOMPSON Chris</b> GBR	<b>37y</b>	115d	1981	<b>13:25.29</b>	<b>13:11.51 -10</b>
2010 European 10,000m silver. 2003 European under-23 Champion at 5000m (ahead of Mohamed Farah) Marathon pb: 2:11:19 -14. Half Mar pb: 61:00 -12 (62:43 -18). 10,000 pb: 27:27.36 -11 (27:52.56 -18). 3000 pb: 7:43.34 -10. 1500 pb: 3:41.04 -04. ht WJC 3000SC 98; 12 EJC 5000 99; 11 WJC 5000 2000; 8 WSG 5000 2001; 1 under-23 ECH 5000 2003 (2001-5); ht ECH 5000 2006; 2 ECH 10,000 2010 (8 5000); 5 COM 5000 2010 (8 10,000); 25 OLY 10,000 2012; 7 ECP 10,000 2018; 11 ECH 10,000 2018. At EXC: 98-17J, 99-11, 2000-2J, 2003-46, 2004-18, 2006-23, 2009-55. 1 AAA 5000 2004 & UK 5000 2010. Coach-Alan Storey (formerly Mark Rowland). Partner-Jemma Simpson (1:58.74 800m) History of untimely injuries: 2010/2011-hernia; 2012/2013-back; Achilles operation 2014 and continuing problems in 2015/2016 – "I have the engine of a Ferrari in the body of a Ford Focus" Marathons (3): 11 London 2014, 16 London 2016, 52 London 2017 In 2018: 3 Doha Half Mar; 3 New York Half Mar; 20 Raleigh 5000; 11 Stanford Jordan 5000; 7 ECP 10,000 (3rd Briton, so he just missed out on auto-selection for Berlin); 3 UK 5000; Here: 10,000 11-28:33.12					

244	<b>PETROS Amanal GER</b>	23y	85d	1995	13:34.15	13:34.15 -18
<p>2015 European under-23 cross country bronze, then silver at 10,000m in 2017  10,000 pb: 28:29.78 -18. 3000 pb: 8:03.33 -18. 3 ETCh 5000 2017; 2 under-23 ECH 10,000 217 (4 5000); 16 ECH 10,000 2018. At EXC: 2015-3u23, 2016-4u23, 2017-21u23. 1 German under-23 5000 &amp; XC 2015/2016. Born-Eritrea, moved to Ethiopia at age 2, came to Germany as a asylum seeker in 2012 aged 16  In 2018: 5 German indoor 3000; 3 Braga 10,000; 2 Pliezhausen 3000; 5 Oorddegem IFAM 5000; dnf Oslo Diamond 10,000; 3 German 5000;  Here: 10,000 16-29:01.19</p>						
247	<b>RINGER Richard GER</b>	29y	164d	1989	13:22.48	13:10.94 -15
<p>European bronzes outdoors at 5000m &amp; indoors at 3000m. 2018 European Cup winner at 10,000m  10,000 pb: 27:36.52 -18. 3000 pb: 7:46.59 -16 (7:49.84i, 7:55.20 -18). 5000 pb: 13:10.94 -15 (13:22.48 -18). 1500 pb: 3:38.83 -16 (3:43.84i, 3:48/05 -18). 13 EJC 5000 2007; ht WJC1500 2008; 7 under-23 ECH 5000 2011; 1 ETCh 3000 2014/2015 (2013-5); 7 IAAF Continental Cup 3000 2014; 14 WCH 5000 2015 (2017-ht); 3 EIC 3000 2017 (2015-5); dq ht WIC 3000 2018; 1 ECP 10,000 2018; dnf ECH 10,000 2018. At EXC: 2010-31u23, 2011-4u23, 2013-7, 2017-12. 1 German XC 2013/2014, 5000 2014/2015/2016/2017, 10,000 2014 (1 indoor 3000 2015/2017/2018). His partner Nada Pauer AUT is also an international distance runner. Coaches-Birgit and Eckhardt Sperlich  In 2018: 1 German indoor 3000; dq/ht WIC 3000 (obstruction); 1 Korschenbroich 10K; 1 Pliezhausen 3000; 1 ECP 10,000; 7 Turku Nurmi 1500; 10 Stockholm Diamond 5000; 1 Tübingen 5000;  Here: 10,000-dnf</p>						
262	<b>CRIPPA Yemaneberhan ITA</b>	21y	298d	1996	13:18.83	13:18.83 -18
<p>(Familiar name-Yeman)  2017 European under-23 Champion at 5000m (thanks to a 53.5 last lap and passing four men in the last 100m). 2018 European 10,000m bronze  10,000 pb: 27:44.21 -18 (28:12.15-18). 1500 pb: 3:38.22 -18. 6 World Youth 1500 2013; 10 WJC 1500 2014; 3 EJC 5000 2015; 8 ECH 5000 2016; 7 EIC 3000 2017; 1 under-23 ECH 5000 2017; 3 Mediterranean Games 5000 2018; 3 ECH 10,000 2018. At WXC: 2013-38J, 2015-20J. At EXC: 2012-32J, 2013-7J, 2014-1J, 2015-1J, 2016/2017-3u23. 1 Italian 1500 2016. Born-Ethiopian, lives-Trento. His older brother Nekagenet Crippa is also an international runner. Coach-Massimo Pegoretti  In 2018: 6 San Giorgio su Legnano XC; 5 San Vittore Olona XC; 4 Stanford Jordan 5000; 3 ECP 10,000; 11 Rome Diamond; 9 Ostrava Golden Spike 3000; 3 Mediterranean Games 5000;  Here: 10,000 3-28:12.15</p>						
263	<b>DINI Lorenzo ITA</b>	23y	312d	1994	13:40.10	13:40.10 -18
<p>2013 European Junior silver at 10,000m; his twin Samuele won silver at 10,000m at the same Championships  Half Mar pb: 64:20 -17 (64:26 -18). 10,000 pb: 28:30.01 -18. 9 World Youth 1500 2011; 3 European Youth Olympic Festival 3000 2011; 15 WJC 5000 2012; 2 EJC 10,000 2013; 13 ECH 10,000 2018. At WXC: 2013-32J. At EXC: 2012-13J, 2013-5J, 2015-6u23, 2016-12u23, 2017-17. Coach-Saverio Marconi  In 2018: 10 San Vittore Olona XC; 6 Italian XC; 74 World Half Mar; 3 Oderzo 10K; 1 ECP 10,000 'B'; 17 Ostrava Golden Spike 3000; 11 Montreuil 5000; 6 Mediterranean Games 5000;  Here: 10,000 13-28:45.04</p>						
272	<b>DE HAAN Ben Rainero NED</b>	25y	164d	1993	13:35.77	13:35.77 -18
<p>10,000 pb: 28:44.84 -18. 1500 pb: 3:43.54 -18. 22 ECH 10,000 2018. 1 Dutch 5000 2018 &amp; indoor 3000 2018  In 2018: 1 Dutch indoor 3000; 4 Oorddegem IFAM 5000 'B'; 3 Leiden 10,000; 1 Dutch 5000; 5 Brussels; 5 Heusden 5000 'B';  Here: 10,000 22-29:38.31</p>						
291	<b>WANDERS Julien SUI</b>	22y	144d	1996	13:27.72	13:27.72 -18
<p>Swiss record holder at Half Marathon // Half Mar pb: 60:09 -18. 10,000 pb: 28:06.17 -17 (28:07.15 -18). 5000 pb: 13:27.72 -18. 1500 pb: 3:43.39 -18. 18 WJC 5000 2014; 14 EJC 5000 2015; 8 World Half Mar 2018; 7 ECH 10,000 2018. At WXC: 2015-36J. At EXC: 2013-54J, 2014-16J, 2015-12J, 2016-12J, 2017-12J. 1 Swiss 5000 2016/2017 &amp; 1500 2018. He spends six months each year living and training in Kenya – "I have long admired the way the Africans run. It is an example to follow." In 2017 helped pace Monza "Breaking2" Exhibition Marathon in 2017. Coach-Marco Jaeger  Won Houilles 10K on December 31, 2017, defeating top Ethiopians Jemal Yimer &amp; Yasin Haji  In 2018: 2 Barcelona Half Mar (60:09, a European under-23 record); 8 World Half Mar; 2 Oorddegem IFAM 5000; 3 Oslo Diamond 10,000; 10 Berne; 13 Lausanne Diamond 5000; 1 Swiss 1500 (pb 3:43.39 -18); 6 Bellinzona 3000;  Here: 10,000 7-28:22.02</p>						
296	<b>ARİKAN Polat Kemboi TUR</b>	27y	241d	1990	13:51.10	13:05.98 -11
<p>Allegiance transferee from Kenya – formerly Paul Kipkosgei Kemboi. Became a Turkish citizen on June 9, 2011 and under IAAF competition ruling, was not due to be eligible to compete for Turkey until June 2013. On February 27, 2012 the IAAF Council agreed to end the waiting period for him (and İliham Tanui Özbilen), enabling them to enter the 2012 World Indoor Championships  Twice European Champion at 10,000m. He set his pb at 10,000m for ninth at the London Olympics, where he was the second European finisher (after Mo Farah)  Half Mar pb: 61:03 -18. 10,000 pb: 27:35.50 -16 (27:56.53 -18). 3000 pb: 7:42.31 -12. ht WIC 3000 2012; 1 ECP 10,000 2012; 1 ECH 10,000 2012 (3 5000); 9 OLY 10,000 2012 (ht 5000); 10 EIC 3000 2013; 1 Mediterranean Games 10,000 2013; dnf WCH 10,000 2013/2017; 16 World Half Mar 2014; 4 ECH 10,000 2014 (2018-dnf); 1 ECH 10,000 2016 (dnf Half Mar); 13 OLY 10,000 2016. At WXC: 2017-dnf. At EXC: 2013-2 (in spite of a heavy fall over the one obstacle on the course); 2014-1, 2015-dnf, 2016-2, 2017-9. Coach-Berk Peki  In 2018: 1 Huesca XC; 4 San Sebastián XC; 1 Cáceres XC; 13 Lisbon Half Mar (pb); 6 Istanbul Half Mar; 2 European Clubs Cup 5000 (4 3000); 6 Maia 10,000; 10 Mediterranean Games 5000;  Here: 10,000-dnf</p>						
300	<b>OZBİLEN Kaan Kigen TUR</b>	32y	207d	1986	13:38.03	12:58.58 -06
<p>Reigning European Cross Country Champion  Allegiance transferee from Kenya – full original name-Mike Kipruto Kigen. Has lived in Turkey since March 23, 2015, gained Turkish citizenship on June 24, 2015 and cleared by IAAF to represent Turkey from June 24, 2016  Marathon pb: 2:06:10 -16. Half Mar pb: 59:58 -11 (61:05 -18). 10,000 pb: 27:03.49 -12 (28:32.93 -18). 3000 pb: 7:35.87 -06. 2 African Champs 5000/10,000 2006; 2 WCP 5000 2006; 2 ECH Half Mar 2016; 9 World Half Mar 2018; 10 ECH 10,000 2018. At WXC: 2006-5 long. At EXC: 2016-10, 2017-1. 1 Kenyan 5000 2006; 2 'Great' North Run 2014 (right behind Mo Farah). Wife-Violet Chebet, their daughter Shantel born June 29, 2009  Marathons (10): 8 Dubai 2013, 11 Chicago 2013, 7 Paris 2014, 2 Frankfurt 2014, 4 Paris 2015, 3 Amsterdam 2015, 3 Seoul 2016, 17 OLY 2016, 14 WCH 2017, 9 Istanbul 2017. Also paced London 2013  In 2018: 2 Edinburgh XC; 8 Riyadh Half Mar; 9 World Half Mar; 3 Istanbul Half Mar; 1 Mersin 3000 (2 5000); 10 Montreuil 5000; 3 Mediterranean Games Half Mar;  Here: 10,000 10-28:32.93</p>						
504	<b>AKHMADIYEV Rinas ANA</b>	29y	77d	1989	13:39.53	13:35.75 -15
<p>Russian national; the IAAF Doping Review Board approved his application to compete internationally in 2018 as a neutral athlete on July 13, 2018  Third at 2015 World Student Games  ht WCH 5000 2013; 3 WSG 5000 2015. At EXC: 2011-23u23  In 2018: 4 Russian indoor 3000 (5 1500); 2 Moscow 10,000; 1 Moscow Half Mar; 1 Tomsk Half Mar; 3 Zhukovskiy Znamenskiy 10,000; 5 Russian 5000</p>						
525	<b>VOJTA Andreas AUT</b>	29y	62d	1989	3:39.98	3:36.11 -14
<p>Twice European finalist at 1500m // 5000 pb: 13:38.03 -17 (13:52.88 -18). 3000 pb: 7:53.81 -14. 800 pb: 1:46.59 -13. 11 ECH 1500 2010/2012 (2014/2016-ht); 4 under-23 ECH 1500 2011; ht WCH 1500 2011/2013; ht OLY 1500 2012; ht EIC 1500 2013 &amp; 3000 2015; 3 WSG 800 2013; ht WIC 1500 2014; 11 WSG 1500 2015; 10 EIC 3000 2017. At EXC: 2009-57u23, 2010-46u23, 2012-61, 2013-59, 2014-46, 2015-49, 2017-32. 1 Austrian 1500 2009/2010/2011/2012/2013/2014/2018 (1 indoor 2010/2011/2012/2013/2014/2015/2016/2017/2018); 1 Austrian 5000 2017/2018 &amp; indoor 3000 2012/2018. 1.89 tall  In 2018: 6 Attnang Road Mile; 2 ECP 10,000 'B'; 1 Regensburg 1500; 7 Tübingen 5000; 7 Šamorin 1500; 1 Austrian 1500/5000</p>						
541	<b>HENDRIX Robin BEL</b>	23y	221d	1995	13:29.57	13:29.57 -18
<p>3000 pb: 7:56.74 -18. 300 pb: 3:39.11 -18. At EXC: 2007-9u23  In 2018: 8 European Clubs Cup XC; 4 Rotselaar XC; 4 Brussels XC; 5 Azusa 5000; 3 Herentals 800; 6 Gentbrugge 800; 2 Karlsruhe 1500; 4 Nijmegen 1500; 9 Heusden 1500; 7 Ninove 1500; 4 Kessel-Lo 3000</p>						

542	<b>KIMELI Isaac BEL</b>	24y	154d	1994	13:21.09	13:21.09 -18
Full name-Isaac Kipruto Kemeli (Kenyan origin) 2016 European under-23 Cross Country Champion 5000 pb: 13:21.09 -18. 1500 pb: 3:36.51 -18. 800 pb: 1:46.93 -16. 3000 pb: 7:57.77 -15. 9 ECH 1500 2016. At WXC: 2013-30J, 2017-dnf. At EXC: 2012-6J, 2013-2J, 2014-20u23, 2015-38u23, 2016-1u23. ht ECH 1500 1500 2014; 2 under-23 ECH 5000 2015. 1 Belgian 1500 2014 & XC 2015. Coach-Tim Moriau In 2018: 2 'Great' Edinburgh 4x1K XC; 3 Hannut XC; 2 European Clubs Cup XC; 2 Rotselaar XC; 1 Brussels XC; 2 Azusa 5000; 7 Stanford Jordan 5000; 1 Gentbrugge 3000; 1 Karlsruhe 1500; 1 Nijmegen 1500; 2 Marseille 1500						
720	<b>MEKHISSI Mahiedine FRA</b>	33y	148d	1985	13:20.53	13:20.53 -18
Full name-Mahiedine Mekhissi Benabbad Three successive Olympic steeplechase medals (something no Kenyan has managed), four European steeplechase golds 3000SC pb: 8:00.09 -13 (8:16.97-18). 1500 pb: 3:33.12 -13 (3:43.29 -18). ht WJC 3000SC 2004; 8 ECP 1500 2006; 8 WCP 1500 2006; 1 under-23 ECH 3000SC 2007; 1 ECP 3000SC 2008 (2007-2); 2 OLY 3000SC 2008/2012 (2016-3); 8 WIC 1500 2010; 3 IAAF Continental Cup 3000SC 2010; 1 ECH 3000SC 2010/2012/2016/2018 (2014-dq); 3 WCH 3000SC 2011/2013 (2007/2009-ht, 2017-4); 1 EIC 1500 2013; 1 ECH 1500 2014 (Clocked 12.24 for the 100m from 1100m to 1200m); 1 ETCh 3000SC 2017 (4 1500); ht WCH 1500 2017. At WXC: 2004-61J. 1 French 3000SC 2008/2013/2016/2018 (1 1500 2014). Was first across the line in the 2014 European Steeplechase final, but disqualified after having removed his vest in the homestraight in celebration. Missed 2015 following Achilles surgery on his right foot Coach-Farouk Madaci. 1.90 tall In 2018: 5 Stanford Jordan 5000 (pb 13:20.53); 1 Grenoble 1500; 5 Rome Diamond 3000SC; dnf Marseille 1500; 2 Tomblaine; 1 French; He is bidding for gold in a fifth successive European Championships. Steeplechase gold in 2010-2012-2016, 1500m gold in 2014; Here: 3000SC 2/h2-8:28.61; 3000SC 1/8-31.66						
770	<b>SCOTT Marc GBR</b>	24y	232d	1993	13:29.27	13:22.37 -17
2017 US Collegiate Champion at 10,000m // 10,000 pb: 28:07.97 -17. 3000 pb: 7:43.37 -17 (7:59.22 -18). 1500 pb: 3:42.39 -16. 6 under-23 ECH 10,000 2015; 2 ETCh 3000 2017; 3 WCH 3000SC 2011/2013 (2007/2009-ht, 2017-4); 10 NCAA XC 2015. 1 UK 5000 2017. Student of sports and exercise science at the University of Tulsa. Coach-Steve Gulley (USA) & Ken Harker (GBR) He is the youngest (by two minutes) of triplets, his older brothers being Robert and Ben In 2018: 1 Portland 5000; 1 UK 5000; 8 Bellinzona 3000						
794	<b>FEHR Marcel GER</b>	26y	50d	1992	13:37.28	13:31.29 -17
1500 pb: 3:40.06 -15 (3:41.11 -18). 7 World Youth 3000 2009; 6 WJC 1500 2010; 10 ETCh 5000 2015; 5 ETCh 3000 2017. 1 German under-23 5000 2014 In 2018: 1 Schwäbisch Gmünd; 3 Pliezhausen 1000; 3 Karlsruhe; 4 Tübingen 5000; 5 German 5000						
821	<b>ORTH Florian GER</b>	29y	17d	1989	13:34.03	13:23.67 -16
Twice tenth in European Championship 1500m finals // 10,000 pb: 29:29.09 -18. 3000 pb: 7:44.65 -14. 1500 pb: 3:34.54 -14. ht WJC 1500 2008; ht EIC 1500 2011/2013; 10 ECH 1500 2012/2014; 8 EIC 3000 2015; 4 ETCh 1500 2015; 7 ECH 5000 2016; ht OLY 5000 2016. At EXC: 2007-13J, 2008-9J, 2010-10u23, 2011-22u23, 2015-19, 2016-39. 1 German 1500 2015 (1 indoor 2011/2013/2016); 1 German indoor 3000 2016. Wife-Maren Kock (6 ECH 1500 2016). Coach-Klaus Borrmann In 2018: 5 German XC; 3 German 10,000; 2 Regensburg 1500; 7 Pfungstadt 1500; 5 Tübingen 5000; 3 Heusden 5000 'B'; 2 German 5000						
974	<b>INGEBRIGTSEN Filip NOR</b>	25y	112d	1993	13:30.48	13:30.48 -18
2017 World bronze & 2016 European Champion at 1500m // 1500 pb: 3:30.01 -18. Mile pb: 3:53.23 -17 (3:57.97 -18). 800 pb: 1:47.79 -16. 9 WJC 1500 (ht 800) 2012; ht EIC 1500 2015/2017; 1 ECH 15002016b (2014-ht); dq ht OLY 1500 2016 (he he was judged to have impeded Charlie Grice GBR and Homiyu Tesfaye GER); 3 WCH 1500 2017. At EXC: 2012-46J, 2015-19u23. 1 Norwegian 2013 (1 800 2016). Suffered liver failure in April 2014. Coach/father-Gjert Ingebrigtsen Older brother Henrik (1 ECH 1500 2012, 5 OLY 1500 2012), younger brother Jakob (1 EJC 5000/3000SC 2017, 3:31.18 1500m at age 17) In 2018: dnf Stanford Jordan 5000; 4 Oslo Diamond Mile; 12 Stockholm Diamond 5000; 6 Paris Diamond; 2 Rabat Diamond; 3 Monaco Diamond; 13 Heusden 5000						
975	<b>INGEBRIGTSEN Henrik NOR</b>	27y	167d	1991	13:16.97	13:16.97 -18
2012 European Champion at 1500m, then silver in 2014 and bronze in 2016 when his brother Filip was the winner 1500 pb: 3:31.46 -14 (3:35.61-18). 3000 pb: 7:42.19 -13. Mile pb: 3:50.72 -14 (3:58.46 -18). 6 ETCh 1500 2010; 1 ECH 1500 2012 (when he managed to avoid several collisions in the closing stages to move from seventh to first in the last 150m); 5 OLY 1500 2012 (2016-sf); 1 under-23 ECH 5000 2013; 8 WCH 1500 2013 (2015-ht); 2 ECH 1500 2014 (2016-3); 4 IAAF Continental Cup 1500 2014; 3 EIC 3000 2015 (2013-11); 6 EIC 1500 2015; 4 ECH 5000 2016. 1 Norwegian 1500 2014/2015. At EXC: 2008-23J, 2009-12J, 2012-1u23, 2015-26. Coach/father-Gjert Ingebrigtsen Younger brothers Filip (1 ECH 1500 2016) & Jakob (1 EJ XC 2016/2017 – they say that he as the best physical talent of the three) In 2018: 1 Stanford Jordan 5000; 5 Eugene Diamond 2M; 11 Eugene Diamond National Mile; 6 Oslo Diamond Mile; 9 Stockholm Diamond 5000; 12 Lausanne Diamond 5000; 4 London Diamond 1500						
976	<b>INGEBRIGTSEN Jakob NOR</b>	17y	324d	2000	13:20.78	13:20.78 -18
His older brothers Henrik and Filip have both been European Champions at 1500m, now Jakob is European Junior Champion across three events, and World Junior Championship medallist in two 1500 pb: 3:31.18 -18, Mile pb: 3:52.28 -18. 3000SC pb: 8:26.81 -17. 9 WJC 1500 2016; 1 EJC 5000/3000SC 2017 (8 1500); ht WJC 3000SC 2017.; 2 WJC 1500 2018 (3 5000). At EXC: 2016-1J. In Eugene 2017 with 3:58.07 at age 16 became the youngest ever four minute miler (later improved to 3:56.29 in Oslo). 1 Norwegian 1500/5000/3000SC 2017 & indoor 800/1500/3000 2018. Coach/father-Gjert Ingebrigtsen In 2018: 2 Norwegian indoor 800/1500/3000; 1 Stanford Jordan 1500; 4 Eugene Diamond Mile; 3 Oslo Diamond 1500; 1 Stockholm Diamond National 1500; 2 WJC 1500 (3 5000); 4 Monaco Diamond 1500 (Stunning European junior record of 3:31.18)						
983	<b>SVELA Per NOR</b>	26y	143d	1992	13:41.30	13:41.30 -18
10,000 pb: 29:09.03 -18. 2 Norwegian 5000 2016 In 2018: 5 Norwegian indoor 3000; 7 Mt SAC Relays Invitational 10,000; 2 Bergen 3000; 9 Oordegem IFAM 5000; dnf Oslo Diamond 10,000; 2 Loughborough BMC 5000; D Merkssem 5000; 10 Heusden 5000 'B'						
1079	<b>RAESS Jonas SUI</b>	24y	155d	1994	13:39.08	13:39.08 -18
Twice Swiss Champion at 5000m // 1500 pb: 3:43.20 -17. 8 WSG 5000 2017. At EXC: 2012-69J, 2015-33u23, 2016-17u23, 2017-29. 1 Swiss 5000 2017/2018 In 2018: 5 Oordegem IFAM 5000 'B'; 9 Huelva 5000; 3 Brussels 1500; 1 Swiss 5000; 9 Bellinzona 3000						
1140	<b>ÖZDEMİR Ramazan TUR</b>	27y	35d	1991	13:58.51	13:37.58 -17
He was the vital third scorer for Turkey's winning team at the 2014 European Cross Country Championships (after Arıkan & Kaya) 10,000 pb: 29:08.80 -18. 3000 pb: 7:52.64i -17, 8:05.61 -16 (8:15.61 -18); 1500 pb: 3:41.24 -16. 1 Balkan indoor 1500 2015; ht EIC 1500 2015; 1 Balkan 3000 2016; 11 EIC 3000 2017; 7 WSG 5000 2017 (dnf 10,000). At EXC: 2012-19u23, 2013-29u23, 2014-19, 2015-15, 2016-63 (caused concern when he collapsed at the ceremony where Turkey took silvers. He had been affected by the heat in Sardinia, but made a complete recovery), 2017-8R In 2018: 3 European Clubs Cup XC; 2 Istanbul 3000; 6 Batman Half Mar; 1 Mersin 10,000; 14 Huelva 5000; 12 Mediterranean Games 5000; 1 Turkish 5000; 2 Balkan 3000						

WORLD ALL-TIME LIST

1.....	12:37.35..	Kenenisa Bekele	ETH.....	2004
2.....	12:39.36..	Haile Gebrselassie	ETH.....	1998
3.....	12:39.74..	Daniel Komen	KEN.....	1997
4.....	12:46.53..	Eliud Kipchoge	KEN.....	2004
5.....	12:46.81..	Dejen Gebremeskel	ETH.....	2012
6.....	12:47.04..	Sileshi Sihine	ETH.....	2004
7.....	12:47.53..	Hagos Gebrhiwet	ETH.....	2012
8.....	12:48.64..	Isiah Koech	KEN.....	2012
9.....	12:48.66..	Isaac Songok	KEN.....	2006
10...	12:48.77..	Yenew Alamirew	ETH.....	2012

2018 EUROPEAN LIST

1.....	13:16.97..	Henrik Ingebrigtsen	NOR
2.....	13:18.83..	Yemaneberhan Crippa	ITA
3.....	13:19.55..	Soufiane Bouchikhi	BEL
4.....	13:19.80..	Bashir Abdi	BEL
5.....	13:19.93..	Morad Amdouni	FRA
6.....	13:20.53..	Mahiedine Mekhissi	FRA
7.....	13:20.78..	Jakob Ingebrigtsen	NOR
8.....	13:21.09..	Isaac Kimeli	BEL
9.....	13:22.48..	Richard Ringer	GER
10...	13:23.57..	Yevgeniy Rybakov	ANA

## Men's Marathon

73 Entrants

Aug 12 / 10:00

	Age	(Days)	Born	SB	PB
<b>201</b> <b>GATKUOTH Puok Thiep</b> ART	<b>28y</b>	221d	1990	-	-
Refugee from South Sudan // Half Mar pb: 68:16 -18. According to olympicchannel.com, he was given the chance to compete at Rio 2016 but turned the opportunity because he thought that other people were more deserving					
<b>202</b> <b>HERZOG Peter</b> AUT	<b>31y</b>	9d	1987	<b>2:16:57</b>	<b>2:16:57 -18</b>
Half Mar pb: 63:22 -18. 53 World Half Mar 2018. 1 Austrian XC 2018 Marathons (4): 18 Frankfurt 2016, 18 Vienna 2017, 27 Berlin 2017, 10 Vienna 2018 In 2018: 1 Austrian XC; 53 World Half Mar; 10 Vienna Marathon					
<b>203</b> <b>KETEMA Lemawork</b> AUT	<b>32y</b>	292d	1985	<b>2:14:35</b>	<b>2:14:23 -15</b>
Full name-Lemawork Ketema Weldearegaye Allegiance transferee from Ethiopia – has lived in Austria since June 11, 2013, acquired Austrian citizenship in February 2016 and cleared by IAAF to represent Austria from June 27, 2016 Marathon pb: 2:14:23 -15. 20 ECH Half Mar 2016; 68 World Half Mar 2018. At EXC: 2017-62 Marathons (5): 1 Graz 2014, 2 Rio 2015, 18 Hamburg 2016, 4 Linz 2017, 6 Linz 2018 In 2018: 68 World Half Mar; 6 Linz Marathon					
<b>204</b> <b>PFEIL Valentin</b> AUT	<b>30y</b>	23d	1988	-	<b>2:14:50 -17</b>
Half Mar pb: 64:16 -16. 10,000 pb: 29:30.00 -16. 5000 pb: 14:03.16 -16. 3000SC pb: 8:50.91 -12. 11 WSG 5000 2015; 71 ECH Half Mar 2016. At EXC: 2008-54u23, 2009-dnfu23, 2010-47u23, 2013-61, 2016-40, 2017-44. 1 Austrian 5000 2011, 10,000 2016 & XC 2015 Marathons (3): 13 Vienna 2016, 11 Vienna 2017, 23 WCH 2017 In 2018: 7 'Great' Manchester 10K; 3 České Budejovice Half Mar; 1 Oberägeri 14.5K					
<b>205</b> <b>STEINHAMMER Christian</b> AUT	<b>29y</b>	292d	1988	-	<b>2:17:54 -17</b>
Half Mar pb: 65:09 -18. 3000SC pb: 8:43.40 -14. 5000 pb: 14:01.66 -13. 6 under-23 ECH 2009; 90 World Half Mar 2018. At EXC 2006-83J, 2008-48u23, 2009-31u23, 2012-55, 2013-33, 2014-37, 2016-52. 1 Austrian 5000 2013/2014 Marathon (1): 21 Frankfurt 2017 In 2018: 90 World Half Mar					
<b>209</b> <b>NAERT Koen</b> BEL	<b>28y</b>	341d	1989	-	<b>2:10:16 -17</b>
First European finisher at 2015 Berlin Marathon // Marathon pb: 2:10:16 -17. 10,000 pb: 28:32.29 -12. 5000 pb: 13:32.83 -14. 1500 pb: 3:42.99 -14. 7 under-23 ECH 10,000 2009; 11 ECH 10,000 2014. At EXC: 2008-35J, 2009-40u23, 2010-39u23, 2013-9 (team silver), 2015-28. 1 Belgian 5000 2015/2016 Marathons (5): 13 Hamburg 2015, 7 Berlin 2015, 22 OLY 2016, 8 Frankfurt 2016, 10 Rotterdam 2017 In 2018: 6 Egmond Aan Zee Half Mar; 2 Apeldoorn 8K; 1 Alphen Aan den Rijn 20K					
<b>210</b> <b>DALY Daniel</b> CRO	<b>32y</b>	360d	1985	<b>2:27:54</b>	<b>2:20:26 -13</b>
Half Mar pb: 66:51 -13. 70 World Half Mar 2016 Marathons (5): 22 New York 2011, dnf Boston 2012, 23 Duluth 2013, 19 Houston 2016, 11 Boston 2018 In 2018: 11 Boston Marathon					
<b>212</b> <b>ULAD Abdi Hakin</b> DEN	<b>27y</b>	57d	1991	-	<b>2:14:03 -16</b>
Fifth at 2016 European Half Marathon Championships // 10,000 pb: 28:39.14 -14. 5000 pb: 13:56.64 -13. 3 under-23 ECH 10,000 2013; 15 ECH 10,000 2014; 5 ECH Half Mar 2016; 29 World Half Mar 2018 (2012-44, 2014-34). At EXC: 2011-29u23, 2012-11u23, 2013-23u23, 2014-58, 2015-11, 2017-25. 1 Nordic XC 2012/2013. 1 Danish 5000 2015, 2016-12. Came to Denmark in 2002 at age 10 as a refugee from Somalia. Coach-Leo Madsen Marathons (4): 19 Frankfurt 2015, 11 Hamburg 2016, 35 OLY 2016, 35 WCH 2017 In 2018: 3 Kerkrade XC; 29 World Half Mar; Valencia 20K					
<b>214</b> <b>ARROSPIDE Iraitz</b> ESP	<b>30y</b>	4d	1988	<b>2:16:24</b>	<b>2:16:24 -18</b>
Half Mar pb: 65:05 -18. 24 'Great' North Run 2016; 13 Yorkshire XC 2017. Lives and works in Sheffield (he studied Engineering at the University of Sheffield). A member of British club of Sheffield & Dearne. Originally a swimmer, he started running at age 20 but initially stopped when he moved to the UK in 2013 because of the colder climate, he says. Coach-John Wood Marathons (4): 48 London 2016, 33 London 2017 (8th mass finisher), 29 Berlin 2017, 14 Seville 2018 In 2018: 13 Valencia 10K; 14 Seville Marathon; 4 Gijón Half Mar					
<b>215</b> <b>ESPANA Jesús</b> ESP	<b>39y</b>	354d	1978	<b>2:13:24</b>	<b>2:11:58 -16</b>
Full name-Jesús España Cobo 2006 European Champion at 5000m & silver in 2010 Marathon pb: 2:11:58 -16. Half Mar pb: 63:28 -16. 3000 pb: 7:38.26 -06. 5000 pb: 13:04.73 -11. 10,000 pb: 28:26.27. 4 WIC 3000 2003; 2 ECP 5000 2003; 1 ECP 3000 2005; 1 ECH 5000 2006 (2002-11, 2010-2, 2012-20, 2014-11); 6 WCP 3000 2006; 3 EIC 3000 2002/2007/2009 (2015-4); 7 WCH 5000 2007 (2005-dq ht, 2009-10, 2011-12, 2015-ht); 14 OLY 5000 2008; 1 ETCh 3000 2009/2010 & 5000 2011/2015 (2 5000 2014/2015); 6 WIC 3000 2010; 10 ECH Half Mar 2016. 1 Spanish 5000 2010. At WXC: 2001-111 short, 2003-58 short. At EXC: 2010-9, 2017-41. Coaches-Juan del Campo & Luismi Martín Berlanas Marathons (3): 6 Seville 2016, 65 OLY 2016, 8 Seville 2018 In 2018: 8 Seville Marathon; 14 Laredo 10K					
<b>216</b> <b>GUERRA Javier</b> ESP	<b>34y</b>	273d	1983	<b>2:08:36</b>	<b>2:08:36 -18</b>
Full name-Javier Guerra Polo First European finisher in 2013 World Championship Marathon, then fourth iat 2014 European Championships Half Mar pb: 61:38 -18. 5000 pb: 13:46.12 -07. 10,000 pb: 28:53.03 -09. 15 WJC 5000 2002; 7 WSG 5000 2009 (2007-12); 38 World Half Mar 2014. At WXC: 2001-89J, 2002-44J, 2005-dnf long, 2010-78. At EXC: 2001-9J, 2002-18J, 2005-45, 2008-15, 2009-30, 2010-39, 2011-5, 2012-8, 2013-42, 2017-14. Coach-Antonio Serrano Marathons (8): 1 La Coruña 2013, 15 WCH 2013, 4 ECH 2014, 7 London 2015 (first non-African), 9 Tokyo 2016, 9 London 2017, 17 WCH 2017, 4 Seville 2018 In 2018: 9 Elgóibar XC; 3 Granollers Half Mar; 4 Seville Marathon; 13 Prague Half Mar; 5 Madrid Half Mar; 8 Mediterranean Games Half Mar					
<b>220</b> <b>NIMO Pedro</b> ESP	<b>38y</b>	65d	1980	-	<b>2:12:10 -09</b>
Full name-Pedro Nimo del Oro // Half Mar pb: 62:48 -09 (63:40 -14). 10,000 pb: 29:18.30 -05. 8 EJC 10,000 99. At WXC: 98-50J, 99-31J. Coach-Antonio Serrano Marathons (8): 8 Vienna 2009, 66 WCH 2009, 7 Berlin 2011, 22 Paris 2012, 2 La Coruña 2013, 14 London 2014, 9 Los Angeles 2017, 4 San Sebastian 2017					
<b>222</b> <b>SANTIAGO Camilo Raul</b> ESP	<b>35y</b>	231d	1982	<b>2:13:56</b>	<b>2:13:56 -18</b>
Half Mar pb: 62:40 -18. 1 Bilbao Half Mar 201; 39 World Half Mar 2018. Born-Murcia, coach-Ángel Gómez Marathons (3): 19 Seville 2016, 21 Valencia 2016, 5 Milan 2018 In 2018: 2 Spanish Half Mar; 7 San Sebastián 10K; 9 Spanish XC; 39 World Half Mar; 5 Milan Marathon					

223	<b>FOSTI Roman</b> EST	35y	65d	1983	2:19:40	2:17:54 -14
Multiple Estonian Champion at distances from 800m // Half Mar pb: 63:45 -18. 1500 pb: 3:46.18 -11. 800 pb: 1:49.07 -05. sf WJC 800 2002; ht EIC 1500 2011; 31 ECH Half Mar 2016; 63 World Half Mar 2018 (2014-73). At WXC: 2005-132 short. 1 Estonian 800 2004/2009 (1 indoor 2011); 1 Estonian 1500 2002 (1 indoor 800 2011 & 1500 2005); 1 Estonian 5000/10,000/Half Mar 2014 (1 Half Mar 2015) Marathons (13): 27 Paris 2013, 6 Tallinn 2013, 13 Seville 2014, 18 ECH 2014, 10 Tiberias 2015, 20 WCH 2015, 9 Shanghai 2015, 61 OLY 2016, 4 Shanghai 2016, 20 Gold Coast 2017, 53 WCH 2017, 10 Toronto 2017, 13 Hamburg 2018 In 2018: 10 European Clubs Cup XC; 3 Estonian indoor 3000; 63 World Half Mar; 13 Hamburg Marathon; 3 Narva Half Mar; 3 Estonian 5000						
224	<b>NURME Tiidrek</b> EST	32y	265d	1985	2:18:28	2:17:59 -16
Estonian record holder at 1500m & 3000m // Half Mar pb: 63:13 -13 (65:16 -17). 10,000 pb: 28:59.88 -13 (29:05.49 -18). 5000 pb: 13:31.87 -10. 3000 pb: 7:48.24 -14. 1500 pb: 3:38.59 -08 (3:49.39 -17). 5 under-23 ECH 5000 2007; ht OLY 1500 2008; ht WCH 1500 2009; 4 WSG 5000 2011 (2007-10, 2009-5, 2013-8); 10 ECH 5000 2014 (2012 -16). 1 Estonian 1500 2006/2008/2009/2010 (1 5000 2007/2017/2018). At WXC: 2005-129 short. At EXC: 2007-dnf u23, 2008-71, 2011-32, 2012-28, 2014-43 Marathons (3): 24 Hamburg 2016, 63 OLY 2016, 40 WCH 2017 In 2018: 1 Birmingham AL Marathon; 20 ECP 10,000; 2 Narva Half Mar; 1 Estonian 5000						
229	<b>CHAHDI Hassan</b> FRA	29y	95d	1989	-	2:10:20 -17
Full name-Sidi Hassan Chadi 2010 European under-23 Cross Country Champion, then silver as a senior in 2012 & close fourth in 2017 Half Mar pb: 61:38 -15. 10,000 pb: 29:06.25 -14. 5000 pb: 13:38.93 -18. 10 WJC 5000 2008; 16 under-23 ECH 5000 2009; 19 World Half Mar 2016; 7 ECH Half Mar 2016. At WXC: 2007-61J, 2008-23J, 2011-23, 2015-dnf. At EXC: 2007-8J, 2008-3J, 2009-2u23, 2010-1u23, 2011-3, 2012-2, 2013-5, 2014-39, 2017-4. 1 French indoor 3000 2015; 1 French XC 2015. Born-Cluses (south-eastern France) Marathons (2): 14 Rotterdam 2016, 12 Paris 2017 In 2018: 14 Edinburgh XC; 5 French XC; 4 'Great' Birmingham 10K; 1 Moulins 3000; 1 Brussels 20K; 1 Paris 10K; 9 Carquefou 5000						
230	<b>DURAND Yohan</b> FRA	33y	88d	1985	-	2:14:00 -15
Fourth in 2012 European 5000m // 5000 pb: 13:17.90 -12. 3000 pb: 7:46.46 -11. 1500 pb: 3:38.12 -11. 2 under-23 ECH 1500 2007 (4 5000); 4 ETCh 3000 2010; 7 EIC 3000 2011; 7 ETCh 5000 2011; ht WIC 3000 2012; 4 ECH 5000 2012; 5 ETCh 3000 2014; 53 ECH Half Mar 2016. At WXC: 2004-61J, 2009-101. At EXC: 2004-17J, 2006-27u23, 2013-39, 2015-8 Marathons (3): 15 Paris 2015, dnf Berlin 2015, 16 Paris 2017						
231	<b>OPAPRURsMP!7ea□ iama:6è□e</b> FRA	41y	248d	1976	2:15:13	2:12:40 -13
Rwandan origin, cleared to compete for France from September 12, 2012 Half Mar pb: 63:35 -12. 5000 pb: 14:06.02 -09. 10K pb: 28:44 -06. 20 World Half Mar 2012 Marathons (3): 13 Berlin 2013, 13 ECH 2014, 17 Paris 2018 In 2018: 17 Paris Marathon						
232	<b>MALATY Benjamin</b> FRA	32y	95d	1986	-	2:12:00 -13
Half Mar pb: 64:20 -11 (63:54 -18). 10,000 pb: 28:54.99 -12. 5000 pb: 13:47.86 -10. 31 World Half Mar 2012 (2018-67). At WXC: 2005-123J, 2009-80. At EXC: 2006-65u23, 2007-21u23, 2008-5u23, 2011-11, 2013-34, 2017-47. 1 French XC 2012. Coach-Messaoud Settati. Born-Agen Marathons (8): 19 Paris 2012, 13 Paris 2013, 28 WCH 2013, 15 ECH 2014, 27 Frankfurt 2015, 14 Paris 2016, 15 Paris 2017, 11 Berlin 2017 In 2018: 67 World Half Mar; 5 Angoulême 3000; 4 Grenoble 3000; 9 Mediterranean Games Half Mar						
233	<b>MEFTAH Abdellatif</b> FRA	36y	219d	1982	-	2:09:46 -11
Born-Bouchane (MAR), ex-Morocco, ex-Foreign Legion. French half marathon record holder Half Mar pb: 60:46 -10 (66:22 -18). 10,000 pb: 27:34.81 -08. 5000 pb: 13:27.68 -08. 2 ECP 10,000 2010 (2011-dnf); 10 ECH 10,000 2010; 54 World Half Mar 2014. 1 French 10,000 2007. At WXC: 2010-38. At EXC: 2009-23, 2010-4, 2011-dnf, 2013-45, 2016-22. Coach-Saadi Harzouz Marathons (10): 10 Paris 2011, 13 Frankfurt 2011, dnf Ostu 2012, dnf OLY 2012, 15 Paris 2013, 10 Frankfurt 2013, 6 ECH 2014, 11 Paris 2015, 15 London 2017, 10 Stockholm 2017 In 2018: 12 Safi Half Mar; 12 Le Mans XC; 8 Paris Half Mar; 5 French 10,000						
238	<b>KHARAZISHVILI Daviti</b> GEO	26y	107d	1992	-	2:16:17 -15
At EXC: 2012-92u23 Marathons (4): 34 Berlin 2015, 71 OLY 2016, 11 Prague 2017, 56 WCH 2017 In 2018: 1 Istanbul 3000; 100 World Half Mar; dnf Balkan 3000/5000						
239	<b>BAAR Philipp</b> GER	26y	54d	1992	2:16:17	2:16:17 -18
Half Mar pb: 64:57 -17 (65:47 -18). 10,000 pb: 29:31.34 -18. 1 German Half Mar 2017. Studied management at Texas A&M University, Corpus Christi. Club: ART Dusseldorf Marathons (2): 63 Frankfurt 2017, 8 Düsseldorf 2018 In 2018: 28 European Clubs Cup XC; 3 German Half Mar; 6 Düsseldorf Marathon; 13 Hamburg Half Mar						
241	<b>GRÖSCHEL Tom</b> GER	26y	350d	1991	2:15:20	2:15:20 -18
Half Mar pb: 64:52 -16 (66:21 -18). 10,000 pb: 29:34.39 -13. 5000 pb: 14:15.13 -16. 9 under-23 ECH 10,000 2013. At EXC: 2009-22J, 2010-19J, 2012-42u23, 2013-20u23. Club-TC Fiko Rostock Marathon (1): 3 Düsseldorf 2018 In 2018: 4 German Half Mar; 3 Düsseldorf Marathon; 8 Oelde 10K						
243	<b>KOLLER Jonas</b> GER	25y	141d	1993	-	2:16:03 -17
Half Mar pb: 65:23 -18. 10,000 pb: 29:40.37 -17 (30:15.75 -18). 5000 pb: 13:58.61 -17. 18 WJC 10,000 2012. At EXC: 2013-49u23, 2014-dnfu23 Marathons (2): 24 Frankfurt 2016, 15 Frankfurt 2017 In 2018: 5 Regensburg 3000; 1 Berlin 25K; 4 Regensburg 10,000						
245	<b>PFLIEGER Philipp</b> GER	31y	25d	1987	2:13:39	2:12:50 -15
Half Mar pb: 63:14 -18. 10,000 pb: 28:40.39 -14 (28:41.75 -18). 5000 pb: 13:31.24 -12 (13:50.61 -18). 15 ECH 5000 2012; 17 ECP 10,000 2013; 33 ECH Half Mar 2016. At EXC: 2007-54u23, 2013-14. 1 German 10,000 2012 & XC 2011 Marathons (3): 16 Berlin 2015, 55 OLY 2016, 11 Hamburg 2018. Also helped pace Berlin 2017 In 2018: 11 Barcelona Half Mar; 1 German XC; 1 Regensburg 10,000; 13 Berlin Half Mar; 11 Hamburg Marathon; 6 Tübingen 5000; 1 Regensburg 10,000						
246	<b>REINWAND Sebastian</b> GER	31y	3d	1987	2:15:27	2:15:27 -18
Half Mar pb: 65:10 -16 (65:35 -18). 10,000 pb: 29:16.80 -17. 16 'Great' North Run 2013. Club: ART Düsseldorf Marathons (4): 35 Frankfurt 2015, 5 Cologne 2015, 33 Frankfurt 2016, 4 Düsseldorf 2018 In 2018: 1 Kandel Half Mar; 9 Korschenbroich 10K; 4 Düsseldorf Marathon; 15 Hamburg Half Mar						
248	<b>SCHOFISCH Marcus</b> GER	31y	34d	1987	2:15:59	2:15:59 -18
Half Mar pb: 65:52-18. 3000SC pb: 8:53.50 -10. At EXC: 2008-66u23. 1 German under-23 3000SC 2009; 2 German Police 10,000 2017 Marathons (2): 12 Hamburg 2017, 5 Düsseldorf 2918 In 2018: 3 Dresden 10K; 18 Berlin Half Mar; 5 Düsseldorf Marathon						
249	<b>ROGERS Arnold</b> GIB	27y	340d	1990	2:42:12	2:42:12 -18
Lance Corporal in the Gibraltar Regiment of the British Army // Half Mar pb: 71:15 -16 (73:33 -18). 138 World Half Mar 2018 Marathons (4): 36 Malaga 2015, 35 Madrid 2017, 29 Malaga 2017, 190 London 2018 (2:42:07 chip, 2:42:12 gun) In 2018: 1 Gibraltar Half Mar; 138 World Half Mar						

250	<b>GELAOUZOS Konstadinos</b> GRE	27y	262d	1990	-	2:21:55	-16
Half Mar pb: 68:01 -16 (68:30 -18). 10,000 pb: 30:59.85 -18. 5000 pb: 14:22.41 -17 (15:21.19 -18). 12 ETCh 3000 2013; 61 ECH Half Mar 2016; 9 ETCh 5000 2017. 1 Greek indoor 3000 2013/2014 (2015/2016-2) Marathons (3): 14 Düsselddorf 2016, 12 Athens 2016, 8 Athens 2017 (but first Greek, so he was the Greek Marathon Champion fo 2017) In 2018: 1 Greek XC; 1 Athens Half Mar; 2 Thessaloniki 10K; 1 Thessaloniki 5000							
251	<b>KARAIKOS Panayiôtis</b> GRE	29y	236d	1988	-	2:28:57	-17
5 Greek 3000SC 2017. 10 Athens Marathon 2017 (3rd Greek) In 2018: 5 Greek indoor 3000; 1 Hamburg Half Mar; 8 Mégara 10,000							
252	<b>MAGGINAS Dímos</b> GRE	36y	43d	1982	-	2:28:59	-17
7x Greek Champion at 10,000m // Half Marpb: 67:10 -18. 10,000 pb: 30:10.51 -18. 5000 pb: 14:20.1 -18. 1500 pb: 3:49.06 -08. Set his Marathon pb in Los Angeles 2017. 1 Greek 5000 2011/2014/2015 & 10,000 2009/2010/2011/2013/2014/2015/2017. (1 Indoor 1500 2007 & indoor 3000 2011/2015). 1.88 tall In 2013: 2 Greek indoor 3000; 1 Greek 10,000							
253	<b>CSERE Gáspár</b> HUN	26y	363d	1991	-	2:16:03	-17
Half Mar pb: 64:55 -15 (67:42-18). 10 WSG Half Mar 2015. At EXC: 2010-60J, 2011-79u23, 2012-77u23 Marathons (6): 19 Frankfurt 2014, 21 Hamburg 2015, 36 Berlin 2015, 108 OLY 2016, 21 Berlin 2017, 2 Budapest 2017 In 2018: 18 Gothenburg Half Mar							
254	<b>CIOBANU Sergiu</b> IRL	35y	today	1983	-	2:15:14	-15
(Sergiu pronounced like Sir-Jew) Twice winner of Cork Marathon // Half Mar pb: 64:48 -12 (66:19 -18). 10,000 pb: 30:11.47 -10. 57 ECH Half Mar 2016; 50 World Half Mar 2016 (2018-101). At EXC: 2005 -87, 2015-52. Allegiance transferee from Moldova – based in Ireland since 2006, gained Irish citizenship on January 23, 2015 and cleared by IAAF to represent Ireland from July 7, 2015. Coach-Jerry Kiernan Marathons (17): 3 Belfast 2009, 15 Dublin 2009, 1 Cork 2010; 12 Dublin 2010, 1 Cork 2011, 14 Dublin 2011, 13 Rotterdam 2012, 2 Cork 2012, 16 Dublin 2012, 47 WCH 2013, 3 Dublin 2013, 15 Hamburg 2014, 5 Dublin 2014, 24 Berlin 2015, 7 Dublin 2016, 12 Dublin 2017, 17 Valencia 2017 In 2018: 101 World Half Mar; 4 'Great' Irish 10K; 7 Oderzo 10K; 28 ECP 10,000 'B'; 1 Cork Half Mar; 9 Irish 10,000							
255	<b>CLOHISEY Mick</b> IRL	32y	209d	1986	2:14:55	2:14:55	-18
102nd in Rio 2016 // Half Marpb: 54:25 -16. 10,000 pb: 29:24.36 -16 (29:36.42 -18). 5000 pb: 14:23.24 -08 (14:42.62 -18). 32 ECH Half Mar 2016. At WXC: 2008-135. At EXC: 2005-68J, 2006-46u23, 2007-53u23, 2008-37u23, 2009-52, 2013-56, 2014-44, 2015-37, 2016-43 Marathons (7): 18 Rotterdam 2015, 29 Berlin 2015, 9 Seville 2016, 102 OLY 2016, 28 London 2017, 22 WCH 2017, 12 Seville 2018 In 2018: 2 Dublin 5M (Jan 28); 26 European Clubs Cup XC; 12 Seville Marathon; 3 'Great' Irish 10K; 2 Dublin 5M (May 13); 19 ECP 10,000 'B'; 5 České Budejovice Half Mar; 20 Dublin Morton 5000; 2 Irish 10,000							
256	<b>HEHIR Sean</b> GBR	33y	195d	1985	-	2:16:22	-17
Hehir pronounced like "Hair" In 2013 became the first Irishman in 20 years to win the Dublin Marathon Half Mar pb: 65:24 -11 (67:12-18). 10,000 pb: 30:16.02 -11. 5000 pb: 14:32.86 -11. dq World Half Mar 2016 (tampered with his transponder). 3 Irish 10,000 2011; 1 Irish Half Mar 2011. At EXC: 2012-12. Primary school teacher from Kilkishen, Co Clare Marathons (8): 13 Dublin 2012, 1 Dublin 2013, 15 Rotterdam 2014, 20 ECH 2014, 23 Rotterdam 2015, 20 London 2016, 19 London 2017 (2:16:08 chip, 2:16:22 gun), 63 WCH 2017 In 2018: 93 Armagh 5K; 27 Berlin Half Mar; 10 'Great' Irish 10K; 7 Irish 10,000							
257	<b>POLLOCK Paul</b> IRL	32y	46d	1986	-	2:15:30	-17
First Irish finisher at Rio Olympic Marathon // Half Mar pb: 62:10 -14 (64:29 -18). 10,000 pb: 28:32.18 -14. 5000 pb: 14:07.89 -14. 19 COM 10,000 2014; 14 World Half Mar 2016 (2012-34, 2018-77); 17 ECH Half Mar 2016. 1 Northern Irish 1500 2005/2007 & XC 2011; 1 Irish XC 2017. At WXC: 2005-116J. At EXC: 2005-46J, 2008-57u23, 2011 -25, 2013-26, 2014-23, 2015-45, 2016-36, 2017-48. Older brother Noel Pollock (3:44.56 1500m in 2005) is now Sports Medicine Doctor for UK Athletics. Paul also works part-time as an Accident and Emergency doctor. Coach-Andy Hobdell Marathons (6): 9 Dublin 2012, 13 London 2013, 21 WCH 2013, 30 Berlin 2015, 32 OLY 2016, 18 Oita 2017 In 2018: 28 Barcelona Half Mar; 77 World Half Mar							
259	<b>SEAWARD Kevin</b> IRL	32y	311d	1985	2:19:54	2:14:52	-15
Fourth at 2018 Commonwealth Games (for Northern Ireland) // Half Mar pb: 64:56 -18. 10,000 pb: 30:29.30 -11. 5000 pb: 14:19.05 -15. 42 World Half Mar 2016 (2018-85); 34 ECH Half Mar 2016. At EXC: 2012-107J. 1 Northern Ireland junior 5000 2002. Lives-Loughborough. Coach-Andy Hobdell Marathons (7): 3 Manchester 2014, 28 ECH 2014, 21 Berlin 2015, 64 OLY 2016, 22 London 2017, 19 Berlin 2017, 4 COM 2018 In 2018: 7 Telford 10K; 85 World Half Mar (pb 64:56); 4 COM Marathon							
261	<b>TEFERI Maru</b> ISR	26y	174d	1992	2:18:35	2:17:55	-17
33rd at 2018 World Half Marathon // Half Mar pb: 62:24 -18. 10,000 pb: 29:19.91 -15. 5000 pb: 14:02.09 -15. 17 under-23 ECH 10,000 2013; 56 ECH Half Mar 2016; 33 World Half Mar 2018. Emigrated from Ethiopia in 2006 Marathons (7): 47 Berlin 2015, 23 Rotterdam 2016, 73 OLY 2016, 4 Tel Aviv 2017, 18 Paris 2017, dnf WCH 2017, 2 Tiberias 2018 In 2018: 2 Tiberias Marathon; 1 Rishon Letzion 15K; 3 Tel Aviv XC; 33 World Half Mar; 5 Israeli 10,000; 2 Tel Aviv 1500 (May 23); 1 European Clubs Cup 'B' 5000; 4 Tel Aviv 5000 (Jun 2); 4 Hamburg Half Mar							
264	<b>GHEBREHIWET FANIEL Eyob</b> ITA	25y	256d	1992	-	2:12:16	-17
Won 2017 Venice Marathon with a personal best by three minutes (after the lead pack in that race took a wrong turn just after halfway) Half Mar pb: 62:37 -18. 10,000 pb: 29:04.55 -17. 37 World Half Mar 2018; 2 Mediterranean Games Half Mar 2018. 3 Italian 10,000 2017. Eritrean origin, became Italian citizen in October 2015. Coach-Ruggero Pertile (4 WCH Marathon 2015) Marathons (3): 3 Florence 2016, 1 Venice 2017, 4 Verona 2017 In 2018: 10 S.Giorgio Legnano XC; 10 Doha Half Mar; 1 Santa Margherita Ligure Half Mar; 4 Paris Half Mar; 37 World Half Mar; 10 Prague Half Mar; 2 Turin 10K; 2 Mediterranean Games Half Mar							
265	<b>LA ROSA Stefano</b> ITA	32y	322d	1985	2:11:08	2:11:08	-18
2011 World Student Games bronze at 5000m // Half Mar pb: 62:15 -12 (62:57 -18). 10,000 pb: 28:13.62 -12. 5000 pb: 13:23.58 -12. 16 WJC 5000 2004; 7 ETCh 1500 2009; 2 Mediterranean Games 5000 2009; 6 ETCh 3000 2010 (2014-7); 10 ECH 5000 2010; 10 EIC 3000 2011; 4 WSG 5000 2011; 11 ECH 5000 2012 (12 10,000); 8 ECH 10,000 2014; 9 ETCh 3000 2015; 25 World Half Mar 2016; 5 ECP 10,000 2016/2017; 13 ECH Half Mar 2016. 1 Italian 10,000 2008/2009 (1 5000 2009/2013). At WXC: 2003 -51J, 2004-dnfJ, 2008-dnf. At EXC: 2003-38J, 2004-18J, 2006-10u23, 2007-5u23, 2008-16, 2009-15, 2010-dnf, 2011-13, 2012-dnf, 2014-8, 2016-20. 1 Italian 10,000 2008 & 5000 2010/2011/2012. Born-Grosseto. Coach-Giuseppe Giambrone Marathons (6): 1 Treviso 2015, 12 Amsterdam 2015, 57 OLY 2016, 1 Treviso 2017, dnf WCH 2017, 7 Seville 2017. Also paced Milan 2017 In 2018: 5 Naples Half Mar; 7 Seville; 12 Prague Half Mar; 2 Oderzo 10K; 2 Ferrara 10,000; 4 'Great' Manchester 10K							
266	<b>RACHIK Yassine</b> ITA	25y	60d	1993	2:14:01	2:13:22	-17
2015 European under-23 10,000m bronze // 10,000 pb: 28:50.45 -14 (29:09.00 -18). 5000 pb: 13:37.88 -15. 1500 pb: 3:40.56 -16. 3 under-23 ECH 10,000 2015 (8 5000); 6 Mediterranean Games Half Mar 2018. At EXC: 2016-41. 1 Italian 5000 2016 & Half Mar 2017. Born-Morocco, has lived in Italy since 2006, acquired Italian citizenship on June 16, 2015 and cleared by IAAF to compete for Italy from July 3, 2015. Coach-Alberto Colli Unhappy that Rachik was being kept waiting in the system, the Italian Democratic Party MP Khalid Chaouki in 2015 launched an online petition for Rachik to be granted citizenship. It collected 21,000 signatures Marathons (3): 6 Milan 2017, 8 Hangzhou 2017, 6 Milan 2018 In 2018: 13 European Clubs Cup XC; 9 San Vittore Olona XC; 6 Milan Marathon; 6 Marina di Carrara 10,000; 6 Mediterranean Games Half Mar							

267	<b>VISKERS Janis</b> LAT	29y	133d	1989	-	2:18:15 -17
Half Mar pb: 66:11 -18. 5000 pb: 14:29.99 -13. 63 World Half Mar 2016 (2018-97); 55 ECH Half Mar 2016; 8 WSG Half Mar 2017 (2013-15). At EXC: 2010-72u23, 2011-56u23, 2012-73, 2013-54. 1 Latvian indoor 3000 2013; 1 Latvian 3000 2013; 1 Latvian 5000/Half Mar 2015 Marathons (4): 14 Vienna 2014, 41 Frankfurt 2015, 8 Riga 2016, 22 Valencia 2017 In 2018: 97 World Half Mar; 1 Ogre 5000						
268	<b>BRASEVICIUS Ignas</b> LTU	33y	322d	1984	-	2:18:56 -16
Half Mar pb: 67:16 -18. 21 World Youth 10,000 Walk 2001; 113 World Half Mar 2018 Marathons (5): 21 Warsaw 2015, 42 Frankfurt 2015, 25 Berlin 2016, 12 Hannover 2016, 51 WCH 2017 In 2018: 113 World Half Mar						
269	<b>DOPOLSKAS Valdas</b> LTU	26y	101d	1992	-	2:16:35 -15
Half Mar pb: 66:24 -18. 5000 pb: 14:34.62 -14. 104 World Half Mar 2018. At EXC: 2014-48u23. 1 Lithuanian 5000 2014 Marathons (4): 6 Poznan 2014, 22 Frankfurt 2015, 110 OLY 2016, 4 Poznan 2017 In 2018: 104 World Half Mar; 8 Irish 10,000						
270	<b>KANČYS Remigijus</b> LTU	31y	24d	1987	-	2:13:12 -17
24th at London World Championships // Half Mar pb: 66:36 -16. 5000 pb: 14:27.89 -15. 48 ECH Half Mar 2016. 2 Lithuanian 5000 2015 Marathons (4): 1 Vilnius 2014, 28 Berlin 2015, 74 OLY 2016, 7 Hannover 2017, 24 WCH 2017						
271	<b>VIRSILAS Mindaugas</b> LTU	32y	124d	1986	-	2:23:49 -17
2017 Kaunas Marathon winner // Marathons include: 3 Poznan 2016 & 1 Kaunas 2017						
273	<b>NAGEEYE Abdi</b> NED	29y	161d	1989	2:23:16	2:10:24 -15
Eleventh at Rio Olympics // Half Mar pb: 62:08 -16 (64:34-18). 10,000 pb: 28:21.29 -13. 5000 pb: 13:38.86 -12. 3000 pb: 7:57.07 -09. 4 under-23 ECH 5000 2009 (11 1500); 6 ECH Half Mar 2016. At EXC: 2007-24J, 2008-12J, 2009-7u23, 2010-33u23. 1 Dutch XC 2009. Born-Somalia Marathons (8): 3 Enschede 2014, 9 Rotterdam 2015, 8 Amsterdam 2015, 8 Boston 2016, 11 OLY 2016, 9 Rotterdam 2017, 9 Amsterdam 2017, 7 Boston 2018. Helped pace Monza "Breaking2" Exhibition Marathon in 2017. In 2018: 4 Egmond Aan Zee Half Mar; 7 Boston Marathon						
274	<b>GEBRETSADIK Weldu Negash</b> NOR	31y	271d	1986	2:10:39	2:09:14 -18
Full name-Weldu Negash Gebretsadik, he has variously been called Weldu Negash and Weldu Gebretsadik Half Mar pb: 64:00 -18. 10,000 pb: 29:21.23 -18.1 Norwegian 10,000 2014. 1 Birkebeinerløpet (a prestigious 21Km Trail Race finishing near Lillehammer) 2012-2016/2018. Asylum seeker from Eritrea, granted Norwegian citizenship in 2017 and cleared by IAAF to represent Norway from August 2, 2018 Marathons (8): 12 Prague 2011, 2 Warsaw 2013, 5 Rotterdam 2014, 6 Vienna 2016, 7 Frankfurt 2016, 2 Düsseldorf 2017, 6 Ljubljana 2017, 7 Daegu 2018 In 2018: 13 Barcelona Half Mar; 7 Daegu Marathon; 2 Oslo Sentrumsløpet 10K; 7 Oslo Diamond 10,000; 1 Birkebeinerløpet 21K (6th time); 1 Mount Gaustatoppen "Viking Challenge" 12K climb of 1600m (in a course record 1:24:26); 5 Oslo Boysen 5000						
275	<b>MOEN Sondre Nordstad</b> NOR	27y	210d	1991	-	2:05:48 -17
European record holder at marathon, when he went from 2:10:07 to 2:05:48 when winning at Fukuoka 2017 Half Mar pb: 59:48 -17. 10,000 pb: 28:25.23 -15 (28:37.92 -18). 5000 pb: 13:20.16 -17 (13:42.60 -18). 5 EJC 5000 2009; 14 ECH 10,000 2010; 1 under-23 ECH 10,000 2011; 9 ECH 10,000 2014; 9 ETCh 5000 2015; ht WCH 5000 2017. At WXC: 2008-28J, 2009-74J, 2010-31J, 2011-36. At EXC: 2007-6J, 2008-2J, 2009-4J, 2010-5J (fell), 2011-3u23, 2014-13, 2016-13. 1 Nordic junior XC 2008/2009. Former cross country skier, he was Norwegian Youth Champion in 2006. Underwent tendon replacement surgery in 2013 "I had to re-learn how to walk as my foot had lost its strength". Coach-Renato Canova (since 2016 when he became a full-time athlete), the same as top Kenyans such as Abel Kirui (1 WCH 2009/2011) Marathons (4): 4 Florence 2015; 19 OLY 2016, 3 Hannover 2017, 1 Fukuoka 2017 (European marathon record of 2:05:48 with splits of 63:19/62:29) In 2018: 7 San Giorgio su Legnano XC; 4 Würzburg 10K; 10 Oordegem IFAM 5000; 5 Oslo Diamond 10,000 (we'd been told that he was targeting the 10,000m in Berlin, but that plan appeared to change after he ran only 28:37 in this race)						
277	<b>BRZEZIŃSKI Błażej</b> POL	31y	11d	1987	2:12:43	2:11:27 -17
2017 Warsaw Marathon winner // Half Mar: 65:06 -10. At WXC: 2010-102. At EXC: 2008-26u23, 2012-53. Coach-Ryszard Marczak Marathons (13): 14 Vienna 2010, 2 Debno 2011, 7 Warsaw 2011, 7 Łódź 2012, 17 Frankfurt 2012, 9 Warsaw 2013, 14 Warsaw 2014, 43 ECH 2014, 18 Warsaw 2016, 8 World Military 2016, 16 Ottawa 2017, 1 Warsaw 2017, 11 Oita 2018 In 2018: 11 Oita Marathon; 10 Warsaw Half Mar						
278	<b>GARDZIELEWSKI Arkadiusz</b> POL	32y	59d	1986	2:15:57	2:11:34 -12
12. Half Mar pb: 63:28 -11. 10,000 pb: 29:08.48 -09. 5000 pb: 13:53.56 -08. 8 EJC 10,000 2005; 8 under-23 10,000 2007. At WXC: 2005-81J, 2013-38. At EXC: 2005-10J, 2006-43u23, 2007-14u23, 2008-41u23, 2010-74 Marathons (6): 5 Athens 2010, 4 World Military Games 2011, 10 Valencia 2011, 10 Vienna 2012, 15 Berlin 2013, 8 Warsaw 2013 In 2018: 5 Verona Half Mar; 9 Warsaw Marathon						
279	<b>GIZYNSKI Mariusz</b> POL	37y	45d	1981	2:15:17	2:11:20 -12
Half Mar pb: 64:17 -15. 3000SC pb: 8:34.09 -04 1 Polish XC 2009. At EXC: 2004-66 Marathons (15): 4 Debno 2009, 3 Warsaw 2009, 11 Vienna 2010, 12 Barcelona 2010, 25 Frankfurt 2011, 8 Rotterdam 2012, 16 Warsaw 2014, 10 Eindhoven 2014, dnf Vienna 2015, 14 Frankfurt 2015, 11 Rotterdam 2016, 5 World Military 2016, 7 Ottawa 2017, 6 Warsaw 2017, 8 Warsaw 2018 In 2018: 8 Warsaw Marathon						
280	<b>KOZŁOWSKI Artur</b> POL	33y	203d	1985	-	2:10:58 -12
2016 Warsaw Marathon winner // Half Mar pb: 63:36 -08. 10,000 pb: 28:48.74 -09. 5000 pb: 13:46.66 -12. 7 under-23 ECH 10,000 2007; 43 World Half Mar 2012 (2008-43). At EXC: 2006-23u23, 2007-7u23. 1 Polish 5000 2009 Marathons (8): 20 Eindhoven 2009, 4 Warsaw 2011, 8 Vienna 2012, 15 Warsaw 2015, 4 Houston 2016, 1 Warsaw 2016, 39 OLY 2016, 3 Warsaw 2017						
281	<b>SHEGUMO Yared</b> POL	35y	212d	1983	2:13:53	2:10:34 -13
2014 European silver // Half Mar pb: 63:42 -13. 10,000 pb: 30:18.77 -14. 5000 pb: 13:58.34 -04 (14:25.45-18). 3000 pb: 7:54.04i -14, 8:04.24 -05. 1500 pb: 3:40.12 -03. sf World Youth 400 99; 6 ECP 5000 2004; ht EIC 1500 2005; 3 ECP 3000 2005 (2006-7); dq under-23 ECH 1500 2005. 1 Polish 10,000 2014. Competed in 1999 World Youth 400m at Bydgoszcz for Ethiopia under the name Yared Nida, then decided to stay in that country. His transfer to Poland confirmed by IAAF on August 27, 2003. Coach-Janusz Wąsowski Marathons (12): 3 Debno 2012, 2 Warsaw 2012, 4 Łódź 2013, 1 Warsaw 2013, 1 Łódź 2014, 2 ECH 2014, 4 Łódź 2015, 8 Berlin 2015, 127 OLY 2016, 3 Düsseldorf 2017, 14 Frankfurt 2017, 6 Warsaw 2018 In 2018: 6 Warsaw Marathon; 2 Piaseczno 5000						
282	<b>SZOST Henryk</b> POL	36y	202d	1982	2:13:37	2:07:39 -12
(Pronounced "Shosht") Polish record holder // Half Mar pb: 62:35 -11. 10,000 pb: 28:31.90 -09. 5000 pb: 13:58.89 -07. 16 World Mountain Running Trophy 2003; 38 World 20K 2006. 1 Polish 5000 2008. Former cross-country skier Marathons (26): 2 Debno 2007; 2 Debno 2008; 34 OLY 2008, dnf Oita 2010, 4 Vienna 2010, dnf ECH 2010, 4 Athens 2010, 9 Vienna 2011, 12 Frankfurt 2011, 2 Otsu 2012, 9 OLY 2012, dnf Warsaw 2013, 3 Fukuoka 2013, 3 Warsaw 2014, dnf ECH 2014, 9 Eindhoven 2014, 6 Fukuoka 2014, 9 Warsaw 2015, 5 Mungyeong 2015, dnf Otsu 2016, 2 Warsaw 2016, dnf OLY 2016, 6 Fukuoka 2016, 9 Ottawa 2017, 7 Frankfurt 2017, 5 Hannover 2018 In 2018: 5 Hannover Marathon						



285	<b>ABRAHAM Tadesse SUI</b>	35y	363d	1982	-	2:06:40 -16
<p>Alligiance transferee from Eritrea – has lived in Switzerland since March 30, 2004, gained Swiss citizenship on June 10, 2014 and cleared by the IAAF to compete for Switzerland from July 19, 2014.  Half Mar pb: 60:42 -15 (62:16 -18). 10,000 pb: 28:41.37 -15. 1 ECH Half Mar 2016. At WXC: 2003-dqJ (originally 16th), 2004-J (originally 58th). 1 Swiss 10,000 2014. In the process of his transfer it became clear that he was born in 1982 and not 1986 as he presented when he competed as a junior for Eritrea at the World Cross Country Championships in 2003 and 2004. He has therefore been disqualified from those events for age manipulation  Marathons (15): 1 Zürich 2009, 2 Gongju 2009, 3 Otsu 2010, 7 Berlin 2010, 5 Toronto 2011, 7 Daegu 2012, 1 Zürich 2013, 7 Honolulu 2013, 9 ECH 2014, 10 Seoul 2015. 19 WCH 2015, 4 Seoul 2016, 7 OLY 2016, 5 New York 2017, dnf Otsu 2018 ("I had difficulties with my breathing and decided at around 24th km to stop.")  In 2018: dnf Otsu Marathon; 2 Kerzers 15K; 2 Berne 10M; 3 Lugano Half Mar</p>						
286	<b>BERNI Marcel SUI</b>	30y	65d	1988	2:19:19	2:19:19 -18
<p>Half Mar pb: 66:35 -18. 10,000 pb: 29:56.12 -12. 5000 pb: 14:18.87 -15. 67 ECH Half Mar 2016. At EXC: 2010-70u23, 2012-70. 39 World Student Games Half Mar 2013; 16 'Great' North Half Mar 2016  Marathons (4): 73 Berlin 2015, 22 Turin 2016, 49 Berlin 2017, 18 Rotterdam 2018  In 2018: 9 Nice 10K; 11 Roma to Ostia Half Mar; 18 Rotterdam Marathon</p>						
287	<b>KEMPF Andreas SUI</b>	30y	85d	1988	-	2:19:22 -17
<p>Half Mar pb: 65:24 -16 (76:17 -18). 10,000 pb: 29:42.64 -17. 5000 pb: 14:02.60 -15. 13 World Military 5000 2015; 80 ECH Half Mar 2016. At EXC: 2010-86u23, 2017-57. 2 Swiss 5000 2013/2014/2015  Marathon (1): 39 Berlin 2017  In 2018: 2 Payerne 10K; 6 Valencia Half Mar; dnf French 10,000; 8 Berne 3000</p>						
288	<b>KREIENBÜHL Christian SUI</b>	37y	65d	1981	-	2:13:57 -15
<p>Half Mar pb: 64:21 -16 (64:45 -18). 10,000 pb: 29:44.57 -13. 14 World Military Games 10,000 2011; 47 ECH Half Mar 2016  Marathons (10): 11 Zurich 2011, 11 Zurich 2012, 18 Berlin 2012, 7 Zurich 2013, 34 WCH 2013, 23 ECH 2014, 20 London 2015, 18 Berlin 2015, 75 OLY 2016, 26 Berlin 2017  In 2018: 20 Barcelona Half Mar; 10 Valencia Half Mar; 26 ECP 10,000 'B'</p>						
289	<b>von WARTBURG Geronimo SUI</b>	30y	114d	1988	-	2:19:25 -16
<p>Half Mar pb: 68:16 -18  Marathons (5): 25 Amsterdam 2012, 4 Munich 2013, 20 Zürich 2014, 30 Berlin 2016, 41 Berlin 2017  In 2018: 35 Berlin Half Mar</p>						
290	<b>WAGELI Patrik SUI</b>	27y	221d	1991	-	2:17:02 -17
<p>Half Mar pb: 64:51 -18. 10,000 pb: 30:13.94 -18  Marathons (5): 13 Barcelona 2015, 5 Zürich 2016, 19 Turin 2016, 15 Seville 2017, 18 Frankfurt 2017  In 2018: 21 Barcelona Half Mar; 19 Berlin Half Mar; 27 ECP 10,000 'B'; 2 Langenthal 3000</p>						
292	<b>SAHAJDA Tibor SVK</b>	27y	235d	1990	-	2:18:44 -17
<p>Half Mar pb: 66:26 -14. 150 World Half Mar 2018. At EXC: 2017-59  Marathon (1): 9 Košice 2017  In 2018: 150 World Half Mar; 1 Slovak 10,000; 3 Šamorín 5000</p>						
293	<b>EKVALL Mikael SWE</b>	29y	53d	1989	-	2:12:07 -15
<p>Swedish record holder at half marathon // Half Mar pb: 62:29 -14 (62:54 -18). 10,000 pb: 28:31.65 -15. 5000 pb: 13:51.70 -14. 15 WJC 10,000 2008; 6 under-23 ECH 10,000 2009; 40 World Half Mar 2014 (2018-43); 16 ECH 10,000 2014; 6 ETCh 5000 2015 (2014-9); 14 ECH Half Mar 2016. At EXC: 2008-48J, 2010-38u23, 2011-27u23, 2014-26, 2017-30. 1 SWE v FIN 10,000 2013; 1 Swedish XC 2013  Marathons (3): 11 Frankfurt 2015, 14 Berlin 2016, 32 WCH 2017  In 2018: 4 Swedish indoor 3000; 43 World Half Mar; 2 Korschenbroich 10K; 7 Gothenburg Half Mar; 9 Leiden 10,000</p>						
294	<b>AGRALI Yavuz TUR</b>	26y	122d	1992	-	2:17:15 -16
<p>Half Mar pb: 66:37 -17  73 ECH Half Mar 2016  Marathons (4): 14 Istanbul 2014, 37 Frankfurt 2015, 18 Rotterdam 2016, 9 Istanbul 2016</p>						
295	<b>ALKANOGLU Ömer TUR</b>	26y	349d	1991	2:19:44	2:19:44 -18
<p>Marathons (4): 9 Belgrade 2015; 6 Podgorica 2015; 20 Istanbul 2017; 15 Düsseldorf 2018  In 2018: 15 Düsseldorf Marathon</p>						
297	<b>BAYRAM Muzaffer TUR</b>	27y	272d	1990	2:17:57	2:17:57 -18
<p>Half Mar pb: 64:53 -14. 3 Mediterranean Games Half Mar 2013; 19 WSG Half Mar 2013. At EXC: 2013-60  Marathons (3): dnf ECH 2014, 32 Hamburg 2015, 10 Düsseldorf 2018  In 2018: 36 European Clubs Cup XC; 10 Düsseldorf Marathon</p>						
298	<b>GIRMALEGESE Mert TUR</b>	30y	253d	1987	-	2:11:56 -17
<p>Alligiance transferee from Ethiopia – formerly Girma Shilemis (aka Shimelis Mala), then he changed his name to Selim Bayrak TUR after gaining Turkish citizenship on February 8, 2008. Then he decided again change his name again, to Mert Girmalegese (aka Girmalegese) a mixture of Ethiopian and Turkish  Turkish record holder at 3000m, 5000m &amp; 10,000m  Half Mar pb: 63:36 -08 (66:26 -18). 10,000 pb: 27:29.33 -08. 5000 pb: 13:26.14 -08. 3000 pb: 7:55.12 -03. 3 World Youth 3000 2003 (for Ethiopia). 1 ECP 10,000 2008; 11 OLY 10,000 2008 (first European finisher); 5 EIC 3000 2009 (2011-9); 1 under-23 ECH 10,000 2009 (9 5000); 9 ECH 5000 2010; 8 IAAF Continental Cup 5000 2010; 97 World Half Mar 2014; 45 ECH Half Mar 2016. At EXC: 2008-3u23, 2009-13u23  Marathons (8): 6 Tempe 2008, 11 Istanbul 2014, 7 Istanbul 2015, 7 Seville 2016, 15 Rotterdam 2016, 14 Rotterdam 2017, 29 WCH 2017, 15 Istanbul 2017  In 2018: 13 Adana Half Mar; 12 Trabzon Half Mar</p>						
301	<b>SOYLEMEZ Üzeyir TUR</b>	30y	62d	1988	2:18:11	2:18:11 -18
<p>Half Mar pb: 66:29 -17 (67:04 -18)  Marathons (5): 7 Belgrade 2015, 50 Rotterdam 2016, 10 Mersin 2016, 9 Mersin 2017, 11 Düsseldorf 2018  In 2018: 16 Adana Half Mar; 15 Trabzon Half Mar; 11 Düsseldorf Marathon</p>						
303	<b>LASHYN Dmytro UKR</b>	30y	174d	1988	-	2:14:45 -17
<p>2007 European Junior Champion &amp; 2009 European under-23 bronze at 10,000m  Half Mar pb: 62:52 -15. 10,000 pb: 28:27.90 -16. 5000 pb: 13:56.60 -09. 1 EJC 10,000 2007 (3 5000); 3 under-23 ECH 10,000 2009; 4 ECP 10,000 2016 (2015-10); 4 ECH 10,000 2016 (11 Half Mar). At EXC: 2005-67J, 2006-6J, 2007-3J, 2009-71J, 2012-12, 2014-33, 2015-39, 2017-31. 15 'Great' North Run 2009; 1 Ukrainian 10,000 2015  Marathon (1): 14 Berlin 2017  In 2018: 8 Gdynia Half Mar; dnf Vinnytsya 10,000 race 1</p>						
304	<b>OLEFIRENKO Igor UKR</b>	28y	149d	1990	2:12:18	2:12:04 -15
<p>Half Mar pb: 63:36 -17 (64:47 -18). 10,000 pb: 29:08.83 -11. 18 under-23 ECH 10,000 2011. At EXC: 2012-78u23  Marathons (13): 18 Rome 2012, 1 Bila Tserkva 2012, 18 Paris 2013, 1 Bila Tserkva 2013, 4 Milan 2014, 29 ECH 2014, 9 Macau 2014, 1 Bila Tserkva 2015, 7 Oita 2016, 30 OLY 2016, 8 Barcelona 2017, 18 WCH 2017, 5 Xiamen 2018  In 2018: 5 Xiamen Marathon; 10 Ostia Half Mar; 20 Prague Half Mar; 6 Česká Budějovice Half Mar</p>						

305 **RUSS Igor** UKR

29y 335d 1988 2:15:51 2:12:45 -15

Half Mar pb: 64:35 -15 (66:53 -18). 10,000 pb: 30:18.80 -12  
Marathons (9): 1 Kharkiv 2014, 24 ECH 2014, 10 Łódź 2015, 3 Bila Tserkva 2015, 6 Santa Monica 2016, 48 OLY 2016, 7 Wuhan 2017, 27 WCH 2017, 4 Santa Monica 2018  
In 2018: 4 Santa Monica Marathon; 5 Karaganda Half Mar

306 **RUSYUK Yuriy** UKR

31y 99d 1987 - 2:15:56 -17

Second in 2017 Dublin Marathon // Half Mar pb: 64:12 -16 (66:05 -18). 54 ECH Half Mar 2016  
Marathons (8): 4 Bila Tserkva 2009, 4 Bila Tserkva 2013, 2 Bila Tserkva 2014, 7 Poznan 2015, 1 Mainz 2016, 5 Dublin 2016, 36 WCH 2017, 2 Dublin 2017  
In 2018: 9 Gdynia Half Mar; 2 Inowroclaw Half Mar; 2 Ukrainian Half Mar

308 **SITKOVSKYY Oleksandr** UKR

40y 62d 1978 2:10:12 2:09:11 -15

12th & 20th at the last two Olympics // Half Mar pb: 63:49 -06 (64.09 -18). 10,000 pb: 28:52.9 (29:15.02 -12). 5000 pb: 13:56.44 -00. 1 European Police 5000 2006; 17 'Great' North Run 2006; 5 ECP 5000 2007  
Marathons (26): 4 Ljubljana 2006, 1 Ljubljana 2007, 2 Turin 2008, dnf OLY 2008, 13 Prague 2009, 5 San Diego 2009, 1 La Rochelle 2009, 16 Rome 2010, dnf ECH 2010, 19 Daegu 2011, 1 Bila Tserkva 2011, 5 Shanghai 2011, 20 Tokyo 2012, 12 OLY 2012, dnf Bila Tserkva 2012, 3 Lanzhou 2013, 1 Florence 2013, dnf Rome 2014, 5 Vienna 2014, 3 Marrakech 2015, 2 Bila Tserkva 2015, 20 OLY 2016, dnf Istanbul 2016, 19 Guangzhou 2016, 5 Beijing 2017, 9 Seoul 2018  
In 2018: 9 Seoul Marathon; 16 Prague Half Mar; dnf Vinnytsya 10,000 race 1; 6 Karlovy Vary Half Mar; 4 České Budejovice Half Mar; 13 Olomouc Half Mar

WORLD ALL-TIME LIST

- 1.....2:02:57.....Dennis Kimetto KEN..... 2014
  - 2.....2:03:02a..Geoffrey Mutai KEN..... 2011
  - 3.....2:03:03.....Kenenisa Bekele ETH..... 2016
  - 4.....2:03:05.....Eliud Kipchoge KEN.....2016
  - 5.....2:03:06a..Moses Mosop KEN..... 2011
  - =6...2:03:13....Emmanuel Mutai KEN.....2014
  - .....2:03:13....Wilson Kipsang KEN..... 2016
  - 8.....2:03:38....Patrick Makau KEN.....2011
  - 9.....2:03:46....Guye Adola ETH..... 2017
  - 10...2:03:51....Stanley Biwott KEN..... 2016
- (a = aided course - Boston 2011)

2018 EUROPEAN LIST

- 1.....2:06:21....Mohamed Farah GBR
- 2.....2:08:36....Javier Guerra ESP
- 3.....2:10:12....Oleksandr Sitkovskyy UKR
- 4.....2:10:45....Daniele Meucci ITA
- 5.....2:10:46....Bashir Abdi BEL
- 6.....2:11:08....Stefano La Rosa ITA
- 7.....2:12:18....Igor Olefirenko UKR
- 8.....2:12:20....Aleksy Reunkov RUS
- 9.....2:12:43....Błażej Brzeziński POL
- 10...2:13:17....Stepan Kiselev RUS

## Men's 20 Kilometres Walk

31 Entrants

Aug 11 / 10:55

	Age	(Days)	Born	SB	PB
<b>10</b> <b>MIZINOV Vasily</b> ANA	<b>20y</b>	224d	1997	<b>1:18:54</b>	<b>1:18:54 -18</b>
Russian national; the IAAF Doping Review Board approved his application to compete internationally in 2018 as a neutral athlete on April 12, 2018 dq EJC 10,000 2015; 6 ECP junior 10K 2015; 16 WTCh 20K 2018. 1 Russian junior 10,000 2016 In 2018: 2 Russian winter 20K; 16 WTCh 20K; 2 Alytus 20K; 1 Simnas 5K					
<b>12</b> <b>LIKHOVICH Aliaksandr</b> BLR	<b>29y</b>	37d	1989	<b>1:21:53</b>	<b>1:21:12 -17</b>
16 WCP junior 10,000 2008; 18 WJC 10,000 2008; 11 under-23 ECH 20K 2011; 61 WCP 20K 2012; dq WSG 20K 2013; 45 WTCh 20K 2016; 43 OLY 20K 2017; 15 ECP 20K 2017; 22 WCH 20K 2017 (2015-dq); dnf WTCh 20K 2018. Attended the Belarusian State University of Physical Training in Minsk In 2018: 1 Belarusian indoor 5000 (dq 10,000); 1 Gomel 20K; dnf WTCh 20K					
<b>15</b> <b>AMEZCUA Luís Alberto</b> ESP	<b>26y</b>	100d	1992	<b>1:22:52</b>	<b>1:19:46 -17</b>
Ninth at 2017 World Championships (and sub-1:20 for the first time) 7 World youth 10,000 2009; 17 WCP junior 2010 (2008-31, 2012-dnf); 3 EJC 10,000 2011; 7 ECP junior 10K 2011; dnf under-23 ECH 20K 2013; 37 WCP 20K 2014; 10 ECH 20K 2014; 22 ECP 20K 2015; 51 WTCh 20K 2016; 9 WCH 20K 2017. Coach-Daniel Jacinto Garzón In 2018: 1 Algeciras 10K; 3 Spanish 20K; 22 WTCh 20K; dnf La Coruña 20K					
<b>18</b> <b>GARCÍA Diego</b> ESP	<b>22y</b>	203d	1996	<b>1:19:18</b>	<b>1:19:18 -18</b>
Full name-Diego García Carrera 2017 European under-23 Champion at 20K 10,000 pb: 39:47.77 -17. 3 World youth 10,000 2013; 4 WCP junior 10K 2014; 2 WJC 10,000 2014; 1 ECP junior 10K 2015 (2013-8); 1 EJC 10,000 2015; 19 WTCh 20K 2016; 7 ECP 20K 2017; 1 under-23 ECH 20K 2017; 13 WCH 20K 2017 (2015-29); 23 WTCh 20K 2018. Coached-José Antonio Quintana In 2018: 1 Móstoles 20K; 5 Glasgow Grand Prix indoor 3000; 4 Spanish 20K; 1 Rio Maior 20K; 1 Spanish Universities 10,000; 1 Spanish Clubs 5000; 23 WTCh 20K; 1 Vicálvaro 10,000; 2 La Coruña 20K; 1 Spanish under-23 10,000; 2 Spanish Autonomic 5000; 4 Spanish 10,000					
<b>19</b> <b>LOPEZ Miguel Angel</b> ESP	<b>30y</b>	37d	1988	<b>1:20:54</b>	<b>1:19:14 -15</b>
DEFENDING EUROPEAN CHAMPION Former World Champion // 50K pb: 3:53:52 -16. 6 World youth 10,000 2005; 10 EJC 10,000 2005; 2 WCP junior 10K 2006; 14 WJC 10,000 2006; 8 EJC 10,000 2007; 1 under-23 ECH 20K 2009; 5 OLY 20K 2012; 5 WCP 20K 2014 (2008-35, 2010-13, 2012-39); 1 ECH 20K 2014 (2010-13); 1 ECP 20K 2015 (2009-13, 2011-5, 2013/2017-2); 1 WCH 20K 2015 (2011-13, 2013-3, 2017-10); 11 OLY 20K 2016 (dnf 50K); 19 WTCh 20K 2018 (2016-33). 1 Spanish 10,000 2010/2013/2014/2015/2016; 1 Spanish 20K 2012. In Beijing 2015 he walked a rapid final 5K of 19:10 to open up a winning gap of 15 seconds. Coach-José Antonio Carrillo In 2018: 15 Monterrey 20K; 2 Spanish 20K; 2 Spanish Universities 10,000; 19 WTCh 20K; 7 La Coruña 20K; 1 Murcia 5000; 3 Spanish 10,000					
<b>20</b> <b>MARTIN Alvaro</b> ESP	<b>24y</b>	53d	1994	<b>1:20:46</b>	<b>1:19:36 -16</b>
Third at 2016 World Team Championship 20K (behind two Chinese) // 8 World youth 10,000 2011; 34 WCP junior 10K 2012; 5 WJC 10,000 12; dnf OLY 20K 2012; dq ECP junior 10K 2013; 3 EJC 10,000 2013; 19 WCP 20K 2014; 6 ECH 20K 2014; 2 under-23 ECH 20K 2015; 3 WTCh 20K 2016 (2018-8); 22 OLY 20K 2016; 31 ECP 20K 2017 (2015-34); 8 WCH 20K 2017 (2013-24, 2015-16). 1 Spanish 20K 2016/2017/2018 (1 10,000 2017/2018). Coach-José Antonio Quintana In 2018: 1 Spanish 20K; 2 Rio Maior 20K; 8 WTCh 20K; 6 La Coruña 20K; 1 Soría 5000; 1 Palencia 5000; 1 Spanish 10,000					
<b>25</b> <b>BORDIER Gabriel</b> FRA	<b>20y</b>	306d	1997	<b>1:22:15</b>	<b>1:22:15 -18</b>
2017 European under-23 bronze // 17 WTCh junior 10K 2016; 11 WJC 10,000 2016; 3 under-23 ECH 20K 2017; 16 WSG 20K 2017; 37 WTCh 20K 2018 In 2018: 1 Nantes indoor 5000; 1 Mondeville indoor 5000; 1 Lyon indoor 5000; 1 French 20K; 4 Poděbrady 20K; 37 WTCh 20K; 1 Nantes 5000; 12 La Coruña 20K					
<b>26</b> <b>CAMPION Kevin</b> FRA	<b>30y</b>	78d	1988	<b>1:25:30</b>	<b>1:20:28 -17</b>
2013 Francophone Games Champion at 20K // 23 WCP junior 10K 2006; 7 EJC 10,000 2007; 8 ECP 20K 2011 (2015-23, 2017-dq); 27 ECP 20K 2013; 1 Francophone Games 20K 2013; 24 WCP 20K 2014 (2010-28, 2012-66); 11 ECH 20K 2014; 49 OLY 20K 2016; 24 WCH 20K 2017 (2013-dnf, 2015-33); 30 WTCh 20K 2018. Coach-Gilles Garcia In 2018: 1 Val de Reuil indoor 5000; dq French 20K; 30 WTCh 20K					
<b>27</b> <b>BOSWORTH Tom</b> GBR	<b>28y</b>	205d	1990	<b>1:19:38</b>	<b>1:19:38 -18</b>
Sixth at Rio Olympics. Holds world walk bests at one mile (5:31.08 in July 2017) & 3000m indoors (10:30.28i in February 2018) & 3000m out (10:43.84 in July 2018) 5000 pb: 18:28.70i, 19:01.20 -18. 20K pb: 1:19:38 -18. 10,000 pb: 42:07.11 -17. 11 COM 20K 2010; 43 WCP 20K 2014 (2012-68); 12 ECH 20K 2014; 24 WCH 20K 2015 (2017-dq); 6 OLY 20K 2016; 4 ECP 20K 2017 (2011-28, 2013-31, 2015-16); 2 COM 20K 2018; 14 WTCh 20K 2018 (2016-34). 1 British 20K 2010/2011/2013; 1 UK 10,000 2011 & 5000 2014/2015/2017; 1 UK indoor 3000 2015/2016 & 5000 2017/2018. Coach-Andi Drake, he's based at the UK Race Walking centre in Leeds His first sport was trampolining (he is now a qualified trampolining coach and sports masseur). In 2009 he worked as a circus performer in the USA. He says: "I just wanted to come here and entertain and show that it's not just slow people walking round in circles" In 2018: 57 Birmingham parkrun 5K (beating several runners); 1 UK indoor 5000 (UK indoor record 18:28.70); 1 Glasgow Grand Prix indoor 3000 (world best 10:30.28, 5:38 milling pace); 2 Lugano 20K; 2 COM 20K (UK record 1:19:38); 14 WTCh 20K; 1 UK (RWA) 20K (so he is auto-selected for Berlin at that event); 1 UK 5000; 1 London Diamond 3000 (world best 10:43.84)					
<b>28</b> <b>WILKINSON Callum</b> GBR	<b>21y</b>	149d	1997	<b>1:22:35</b>	<b>1:22:17 -17</b>
2016 World Junior Champion at 10,000m (Britain's first global champion in race walking since Ken Matthews at the 1964 Olympics) 5000 pb: 18:56.96 -17 (19:17.41 -18). 10,000 pb: 40:41.62 -16. 20K pb: 1:22:17 -17 (1:22:35 -18). 12 ECP junior 10K 2015; 7 EJC 10,000 2015; 4 WTCh junior 10K 2016; 1 WJC 10,000 2016; 41 WCH 20K 2017; 7 COM 20K 2018. 1 English junior 10,000 2014/2015. Student at Leeds University. His first sport was table tennis. Mentored and advised by Ron Wallwork (1 Commonwealth Games 20M Walk 1966). Coach-Mick Graham In 2018: 1 English indoor 3000; dq UK indoor 5000; 2 Glasgow Grand Prix indoor indoor 3000; 7 COM 20K; 2 Leeds BMC 3000; 3 UK (RWA) 20K (but second British finisher after Tom Bosworth, so he is auto-selected for Berlin at that event); 2 UK 5000; 3 London Diamond 3000					
<b>29</b> <b>BREMBACH Nils</b> GER	<b>25y</b>	168d	1993	<b>1:23:18</b>	<b>1:20:42 -17</b>
50K pb: 3:54:47 -14. 7 WCP junior 10K 2012; 7 WJC 10,000 2012; 6 under-23 ECH 20K 2015 (2013-8); 34 WCH 20K 2015; 38 OLY 20K 2016; 16 ECP 20K 2017; 15 WCH 20K 2017 (2015-34); 53 WTCh 20K 2018 (2016-61). 1 German indoor 5000 2013; 1 German under-23 30K 2015. 1.84 tall In 2018: 2 Erfurt indoor 3000 (Feb 9); 1 Erfurt indoor 5000 (Mar 2); 6 Naumburg 20K					
<b>32</b> <b>LINKE Christopher</b> GER	<b>29y</b>	289d	1988	<b>1:20:40</b>	<b>1:18:59 -17</b>
Fifth at Rio Olympics // 50K pb: 3:47:33 -12. 7 ECP junior 10K 2007; 6 EJC 10,000 2007; 69 WCP 20K 2008; 4 under-23 ECH 20K 2009; dnf ECH 50K 2010; 3 ECP 50K 2011; 3 WCP 50K 2012; 9 WCH 20K 2013 (2011-17, 2015-38); 5 ECH 20K 2014; 10 WTCh 20K 2016 (2018-25); 5 OLY 20K 2016 (2012-21); 1 ECP 20K 2017 (2013-10, 2015-7). 1 German 10,000 2011/2014/2015/2016, 20K 2012/2014/2016/2018, 50K 2008. Coach-Ronald Weigel (ex-world record holder for 50K). 1.91 tall In 2018: 1 Erfurt indoor 3000; 1 Poděbrady 20K; 1 Naumburg 20K (German Championships); 25 WTCh 20K; 1 Alytus 20K; D Simnas 5K					

33	<b>POHLE Hagen GER</b>	26y	157d	1992	1:21:41	1:19:58 -16
Former World Youth & European Junior Champion // 50K pb: 3:51:18 -15. 34 WCP junior 10K 2008; 1 World youth 10,000 2009; 11 WJC 10,000 2010; 2 ECP junior 10K 2011 (2009-4); 1 EJC 10,000 2011; 69 WCP 20K 2012; 15 ECH 20K 2014; 12 ECP 20K 2015 (2013-24, 2017-18); 20 WTCh 20K 2016; 18 OLY 20K 2016 (dnf 50K); 17 WCH 20K 2017 (2015-18). 1 German junior 10,000 2010/2011. Member of German Federal Police Club (rank: Sergeant). Coach-Ronald Weigel In 2018: dq Erfurt junior 3000; 5 Poděbrady 20K; 3 Naumburg 20K (German Championships)						
35	<b>PAPAMIHAIL Alexandros GRE</b>	29y	325d	1988	1:22:46	1:21:12 -12
Greek record holder at both walks, and both set at the London Olympics 50K pb: 3:49:56 -12. 21 ECP junior 10K 2005; 10 WCP junior 10K 2006 (2004-39); 9 WJC 10,000 2006; 22 ECP 20K 2009; 6 under-23 ECH 20K 2009; 15 OLY 20K 2012 (22 50K); 16 WCH 20K 2013 (2015-26); dnf ECH 20K 2014; 13 ECH 50K 2014; 7 ECP 50K 2015 (2013-10); 25 WCH 20K 2015 (2017-42); 17 WTCh 20K 2016; 28 OLY 50K 2016. Coach-Napoléon Kefalópoulos In 2018: 1 Greek indoor 5000; 1 Mégara 20K; 6 Rio Maior 20K; 1 Ródos 10,000; 6 Alytus 20K; 2 Simnas 5K						
39	<b>McMANAMON Cian IRL</b>	26y	303d	1991	1:24:36	1:24:03 -17
84 WCP 20K 2014; 71 WTCh 20K 2016; 26 ECP 20K 2017 (2013-47); 13 WSG 20K 2017; 38 WTCh 20K 2018. 1 Irish 10,000 2018 In 2018: 4 Algeciras 10K; 2 Irish indoor 5000; 8 Lugano 20K; 38 WTCh 20K; 1 Irish 10,000						
40	<b>WRIGHT Alex IRL</b>	27y	234d	1990	1:23:18	1:21:17 -17
Allegiance transferee from Great Britain – gained Irish citizenship on January 2, 2014 (his father is Irish) and cleared by IAAF to represent Ireland from January 1, 2015 50K pb: 3:48:31 -16. 13 COM 20K 2010; 50 WCP 20K 2012; 31 WCH 20K 2013 (2015-dq); 55 WTCh 20K 2016 (2018-dnf); 46 OLY 20K 2016 (dnf 50K); 6 ECP 20K 2017 (2011-22, 2013-43, 2015-15). 1 English junior 10,000 2009. 1 English Schools 5000 2009; 1 UK 5000 2008/2009/2010/2012/2013; 1 Irish 10,000 2014/2015. Since his move to Ireland he has walked faster than Chris Maddocks's long-standing British record for that distance. Coach-Robert Heffernan (1 WCH 50K 2013) In 2018: 2 Bratislava 5000; 2 Algeciras 10K; 1 Irish indoor 5000; 6 Lugano 20K; 15 Poděbrady 20K; dnf WTCh 20K						
44	<b>FORTUNATO Francesco ITA</b>	23y	240d	1994	1:23:23	1:22:01 -17
Fifth in junior race at 2012 World Cup // 10,000 pb: 39:44.14 -17. 5 WCP junior 10K 2012; 22 WJC 10,000 2012; 9 ECP junior 10K 2013; 6 EJC 10,000 2013; 70 WCP 20K 2014; 11 under-23 ECH 20K 2015; 28 ECP 20K 2017 (2015-29); 25 WCH 20K 2017; 9 WTCh 20K 2018 (2016-48). 1 Italian indoor 5000 2017/2018; 1 Italian 20K 2017. Coached in Rome by Patrizio Parcesepe In 2018: 1 Italian indoor 5000; 10 Rio Maior 20K						
45	<b>RUBINO Giorgio ITA</b>	32y	117d	1986	1:24:03	1:19:37 -09
Third at 2009 World Championships, fifth in 2007 // 13 ECP junior 10K 2003; 4 World youth 10,000 2003; dq WCP junior 10K 2004; 4 EJC 10,000 2005; 17 WCP 20K 2006 (2012-18, 2014-20); dq under-23 ECH 20K 2007; 18 OLY 20K 2008 (2012-41); 1 ECP 20K 2009 (2007-10, 2011-4, 2013-13, 2015-11, 2017-8); 3 WCH 20K 2009 (2007-5, 2011-dq, 2013-28, 2015-20, 2017-16); 4 ECH 20K 2010 (2014-8); 17 WTCh 20K 2018 (2016-dnf). Coached in Siracusa by Alessandro Garozzo He is now the rightful 2009 World Championship bronze medalist, following the doping disqualification of the original winner Valeriy Borchin RUS In 2018: 1 Italian Clubs 35K; 6 Glasgow Grand Prix indoor 3000; dnf Italian 20K; 17 WTCh 20K						
46	<b>STANO Massimo ITA</b>	26y	164d	1992	1:21:02	1:21:02 -18
Third at 2018 World Team Championships – "I did not believe it ... I looked around, it did not seem true, I was the only European surrounded by Chinese and Japanese" 14 World youth 10,000 2009; 11 WCP junior 10K; 5 EJC 10,000 2011; 3 under-23 ECH 20K 2013; 46 WCP 20K 2014; 26 ECH 20K 2014; 19 WCH 20K 2015; 3 WTCh 20K 2018. 1 Italian 20K 2018. His wife Fatima Lotfi was fourth in the 2018 Italian indoor 3000m walk. Coach-Patrizio Parcesepe In 2018: 1 Italian 20K; 3 WTCh 20K; Matera 10,000; Bergamo 5000						
50	<b>HAUKENES Håvard NOR</b>	28y	110d	1990	1:24:58	1:25:06 -14
Seventh in Rio Olympic 50K, fourth in Berlin 2018 at 50K // 50K pb: 3:43:40 -17 (3:48:35 -18). 47 WCP junior 10K 2008; dq ECP junior 10K 2009; dq ECP 20K 2013/2015/2017; 66 WCP 20K 2014; dq ECH 20K 2014; 24 WCH 50K 2015 (2013/2017-dq); 37 WTCh 20K 2016; 7 OLY 50K 2016; 4 ECH 50K 2018. Coach-Stefan Plätzer In 2018: 21 La Coruña 20K; Here: 50K 4-3:48:35						
53	<b>BRZOZOWSKI Artur POL</b>	33y	134d	1985	1:22:18	1:20:33 -17
Twelfth at 2017 World Championships // 50K pb: 3:50:07 -10. 12 under-23 ECH 20K 2005 (2007-dq); 73 WCP 20K 2008; dq OLY 50K 2008; 25 WCH 20K 2009; dnf ECH 50K 2010; 4 ECP 50K 2011 (2009-dnf); dnf WCH 50K 2012; 47 OLY 20K 2016; 9 ECP 20K 2017; 12 WCH 20K 2017; 43 WTCh 20K 2018. 1 Polish 20K 2013/2017/2018 In 2018: 16 Australian 10,000; 17 Oceanian 20K; 6 Poděbrady 20K						
55	<b>TOMALA Dawid POL</b>	28y	348d	1989	1:22:43	1:20:30 -13
2011 European under-23 silver at 20K // 8 WJC 10,000 2008; 16 ECP 20K 2009; 36 WCP 20K 2010; 18 ECH 20K 2010; 2 under-23 ECH 20K 2011 (2009-7, 2013-dnf); 19 OLY 20K 2012; dnf WCH 20K 2013; 35 WTCh 20K 2016. 1 Polish indoor 5000 2012/2015/2016/2017/2018. 1 Polish 10,000 2018 & indoor 5000 2012/2015/2016/2017/2018 In 2018: 1 Polish indoor 5000; 4 Glasgow Grand Prix indoor 3000; 1 Olomouc 10K; dnf Poděbrady 20K; 1 Zaniemysl 20K; 48 WTCh 20K; dnf Alytus 20K; 2 Polish 20K; 1 Šamorín 3000; 1 Polish 10,000						
56	<b>CARVALHO Miguel POR</b>	23y	342d	1994	1:23:31	1:23:31 -17
50K pb: 4:00:47 -15. 26 World youth 10,000 2011; 37 WCP junior 10K 2012; 11 ECP junior 10K 2013; 10 EJC 10,000 2013; 83 WCP 20K 2014; 21 ECP 20K 2015 (2017-22); 10 under-23 ECH 20K 2015; 36 OLY 50K 2017; 69 WTCh 20K 2018 (2016-74). 1 Portuguese under-23 10,000 2014/2015. Coach-Jorge Fernandes Miguel In 2018: 2 Portuguese 35K; 2 Portuguese 20K; 2 Portuguese indoor 5000; 2 Portuguese Clubs indoor div 1 5000; 12 Rio Maior 20K						
58	<b>VIEIRA João POR</b>	42y	171d	1976	1:22:06	1:20:09 -06
Medals at two European Championship 20Ks (2006 & 2010) // 20K pb: 1:20:09 -06 (1:22:06 -18). 11 WJC 10,000 94; 3 ECP 20K 2003 (2001-15, 2002-4, 2005-dnf, 2007-7, 2009/2011/2015-dnf, 2013-7, 2015-dnf); 10 OLY 20K 2004 (2008-32, 2012-11, 2016-31); 8 WCP 20K 2006 (95-66, 97-27, 99-21, 2002-11, 2004-17, 2008-15, 2012-16, 2014-dnf); 2 ECH 20K 2010 (98-20, 2002-12, 2006-3, 2014-dnf); dnf OLY 50K 2012/2016; 4 WCH 20K 2013 (2001-dq, 2003-17, 2005-dnf, 2007-25, 2011-12, 2009-9, 2015-36); 30 WTCh 20K 2016 (2018-35); 11 WCH 50K 2017; dnf ECH 50K 2018. 1 Portuguese 20K 96/99-2005/2009/2013/2014/2017/2018 (1 50K 2004/2008, 1 10,000 2016/2017). Twin brother Sergio is also an international walker. Partner is international walker Vera Santos, who he also coaches In 2018: 1 Portuguese 35K; 1 Portuguese 20K; 1 Portuguese indoor 5000; 35 WTCh 20K; 11 La Coruña 20K; 1 Portuguese 10,000; 1 Portuguese League div 1/Jul 21 5000; Here: 50K-dnf						
60	<b>STIRBU Florin Alin ROU</b>	26y	110d	1992	1:24:44	1:24:44 -18
50K pb: 4:03:36 -17. 20K pb: 1:24:44 -18. dq ECP 20K 2015; dq WTCh 50K 2016; 17 ECP 50K 2017; dq WCH 50K 2017; dnf ECH 50K 2018 In 2018: 1 Romanian 20K; 1 Pitești 20K; Here: 50K-dnf						
63	<b>URADNIK Miroslav SVK</b>	22y	138d	1996	1:24:09	1:24:09 -18
10,000 pb: 42:44.21 -15. dnf World youth 10,000 2013; 17 EJC 10,000 2013; 16 WCP junior 10K 2014; 16 WJC 10,000 2014; 4 ECP junior 10K 2015 (2013-31); 41 ECP 20K 2017; 21 under-23 ECH 20K 2017; dnf WSG 20K 2017; 45 WTCh 20K (2016-93) In 2018: 4 Bratislava indoor 5000; 3 Dudince 20K; dnf Poděbrady 20K; 45 WTCh 20K; 2 UK (RWA) 20K; 3 Šamorín 3000						
66	<b>KARLSTROM Perseus SWE</b>	28y	100d	1990	1:20:30	1:19:11 -16
"Percy" // 50K pb: 3:44:35 -17 (3:48:54-18). 9 EJC 10,000 2009; 43 WCP 20K 2010 (2012-55); 17 ECH 20K 2014; 8 ECP 20K 2015 (2013-dnf); dnf OLY 20K 2016; 37 WCH 20K 2017 (2013-38, 2015-dnf); 8 WTCh 50K 2018 (2016-dnf). From-Eskilstuna His parents were both world-class walkers. Father-Enrique Vera MEX (2 WCH 50K 76), mother/coach-Siw Gustavsson SWE (2 ECH 10K 86). His brother is fellow Swedish race walker Ato Ibañez (Perseus has taken his mother's maiden name of Karlström) In 2018: 1 Australian 10,000; 1 Oceanian 20K; 6 Monterrey 20K; 7 Rio Maior 20K; 8 WTCh 50K; dnf La Coruña 20K						

67	<b>KORKMAZ Salih TUR</b>	<b>21y</b>	118d	1997	-	<b>1:23:11 -17</b>
2016 World junior 10,000m bronze // 10,000 pb: 40:45.53 -16 (43:00.15-18). 24 ECP junior 10K 2015; 20 EJC 10,000 2015; 1 Balkan junior 10K 2016; 11 WTCh junior 10K 2016; 3 WJC 10,000 2016; 30 ECP 20K 2017; 4 under-23 ECH 20K 2017; dnf WCH 20K 2017 In 2018: 1 Turkish indoor 5000; 7 Bratislava indoor 5000; 1 Mersin 10,000; 1 Mersin 20,000; 5 Jesolo 10,000; 2 Çorum 10K						
69	<b>KAZANIN Oleksiy UKR</b>	<b>36y</b>	80d	1982	<b>1:23:27</b>	<b>1:22:10 -09</b>
Top 10 at two World Cups over 50K // 50K pb: 3:47:01 -14. dnf OLY 50K 2008 (2012-dq); 19 WCH 50K 2011 (2005-dnf). 4 WCP 50K 2014 (2012-8). At ECP 50K: 2005-16, 2007-27, 2009-dnf, 2011-8, 2013-13 In 2018: 1 Ukrainian Teams indoor 5000; 7 Ukrainian winter 20K; 2 Ecka 20K; 1 Ukrainian 20K; 5 Ukrainian Teams 5000						
71	<b>LOSEV Ivan UKR</b>	<b>32y</b>	196d	1986	<b>1:20:53</b>	<b>1:19:33 -14</b>
50K pb: 4:01:51 -10. 11 under-23 ECH 20K 2011; 9 WCP 20K 2012 (2006-81, 2014-52); 46 OLY 20K 2012; 14 ECP 20K 2013 (2007-26, 2017-17); 8 WSG 20K 2013; 32 WCH 20K 2017 (2013-30, 2015-39); 20 WTCh 20K 2018 (2016-32). Attended Kiev's Inter-Regional Academy of Personnel Management. Coach-Stepan Borysiuk In 2018: 2 Kiev indoor 5000; 1 Ukrainian winter 20K; 20 WTCh 20K; 3 Alytus 20K; 3 Simnas 5K						
72	<b>SHUMIK Viktor UKR</b>	<b>20y</b>	81d	1998	<b>1:22:57</b>	<b>1:22:57 -18</b>
4 ECP junior 10K 2017; dq EJC 10,000 2017; 44 WTCh 20K 2018 In 2018: dnf Ukrainian Teams indoor 5000; 4 Ukrainian winter 20K						

#### WORLD ALL-TIME LIST

1.....	1:16:36....	Yusuke Suzuki	JPN.....	2015
2.....	1:16:43....	Sergey Morozov	RUS.....	2008
3.....	1:17:02....	Yohann Diniz	FRA.....	2015
4.....	1:17:16....	Vladimir Kanaykin	RUS.....	2007
5.....	1:17:21....	Jefferson Pérez	ECU.....	2003
6.....	1:17:22....	F. Javier Fernández	ESP.....	2002
7.....	1:17:23....	Vladimir Stankin	RUS.....	2004
8.....	1:17:25....	Sergey Shirobokov	RUS.....	2018
9.....	1:17:26....	Eiki Takahashi	JPN.....	2018
10...	1:17:33....	Nathan Deakes	AUS.....	2005

#### 2018 EUROPEAN LIST

1.....	1:17:25....	Sergey Shirobokov	RUS
2.....	1:18:54....	Vasily Mizinov	ANA
3.....	1:19:18....	Diego García Carrera	ESP
4.....	1:19:38....	Tom Bosworth	GBR
5.....	1:19:49....	Kirill Frolov	RUS
6.....	1:20:21....	Roman Yevstifeyev	RUS
7.....	1:20:30....	Perseus Karlström	SWE
8.....	1:20:31....	Marius Žiukas	LTU
9.....	1:20:40....	Christopher Linke	GER
10...	1:20:46....	Alvaro Martin	ESP