

## European 10,000m Cup 2019, London/GBR

Tot. Number of countries
28

Tot. Number of athletes
134

Tot. Number of Men
69

Tot. Number of Women
65

### FINAL ENTRIES - Men

10,000m Senior Men	Num. of countries: 23	Num. of athletes: 69			
Member Federation	Surname	First Name	DoB	PB	SB
AUT	Listabarth	Stephan	29/05/1993	29:20.85	
AUT	Vojta	Andreas	09/06/1989	28:33.99	
BEL	Bouchikhi	Soufiane	22/03/1990	27:41.20	28:20.97
BEL	Poncelet	Valentin	30/05/1991	30:04.29	30:04.29
BEL	Somers	Michael	02/03/1995	28:50.07	
DEN	Nijhuis	Thijs	20/09/1992	29:19.17	
ESP	Abadía	Antonio	02/07/1990	28:07.14	28:13.19
ESP	Hassaous	Nassim	23/03/1994	28:46.72	28:46.72
ESP	Jelloul	Mohamed	30/06/1994	28:26.64	28:26.64
ESP	Palacio	David	08/06/1988	28:35.14	28:35.14
ESP	Pérez	Juan	06/11/1988	28:25.66	28:27.14
ESP	Rajo	Yago	23/03/1995	28:27.39	28:27.39
EST	Nurme	Tiidrek	18/11/1985	28:59.88	
FIN	Granberg	Hannu	02/02/1990		
FIN	Kekki	Ossi	29/10/1993	29:31.26	30:46.51
FIN	Nummela	Aki	30/05/1985	30:23.51	
FRA	Amdouni	Morhad	21/01/1988	27:36.80	
FRA	Bour	Félix	25/03/1994	28:37.61	
FRA	Brulet	Mathieu	13/07/1987	29:13.88	29:13.88
FRA	Guillorell	Arsène	18/01/1994	28:51.75	
GBR	Connor	Ben	17/10/1992	28:14.56	
GBR	Goolab	Nick	30/01/1990		
GBR	Gray	Jack	10/04/1993	29:12.36	29:12.36
GBR	Heyes	Andrew	22/06/1990		
GBR	Hickey	Adam	30/05/1988	29:08.19	29:08.19
GBR	Leach	Matthew	25/09/1993	28:21.05	28:21.05
GER	Boch	Simon	18/04/1994	28:45.34	28:45.34
GER	Fitwi	Samuel	01/01/1996	28:52.03	28:52.03
GER	Hendel	Sebastian	01/12/1995	28:43.67	28:43.67
GER	Petros	Amanal	17/05/1995	28:29.78	28:42.59
GER	Pflieger	Philipp	16/07/1987	28:40.39	29:02.15
GER	Ringer	Richard	27/02/1989	27:36.52	28:28.89
IRL	Bergin	Matt	02/03/1993	29:52.23	
IRL	Forsyth	Ryan	07/07/1996	29:03.07	29:03.07

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IRL	Pollock	Paul	25/06/1986	28:32.18	
IRL	Tobin	Seán	20/07/1994		
ISR	Abuhay	Yitayew	01/12/1996	29:20.45	29:20.45
ISR	Alame	Haimro	08/06/1990	28:09.42	28:44.16
ISR	Ayale	Gashau	22/08/1996	29:16.83	29:16.83
ITA	Crippa	Yemaneberhan	15/10/1996	27:44.21	
ITA	Dini	Lorenzo	02/10/1994	28:30.01	28:51.99
ITA	El Otmani	Said	14/10/1991	29:22.46	
ITA	Meucci	Daniele	07/10/1985	27:32.86	
ITA	Quazzola	Italo	10/05/1994	28:48.89	28:48.89
ITA	Salami	Marco Najibe	07/07/1985	29:18.01	
LAT	Serjogins	Dmitrijs	23/02/1993		
LTU	Dopolskas	Valdas	30/04/1992	30:29.56	
NED	de Haan	Benjamin	27/02/1993	28:17.25	28:17.25
NOR	Moen	Sondre Nordstad	12/01/1991	28:15.12	
NOR	Rypdal	Petter M.	30/10/1993	29:47.90	29:47.90
POL	Grycko	Tomasz	16/09/1992	28:56.81	28:59.05
POL	Zalewski	Krystian	11/04/1989	28:39.95	28:39.95
POR	Gregório	Daniel	07/09/1989	29:34.69	29:34.69
POR	Rocha	António	04/08/1992	29:33.04	29:33.04
ROU	Soare	Nicolae Alexandru	25/08/1991	28:25.38	
SUI	Brunet	Sullivan	06/03/1988	29:39.65	
SUI	Rüttimann	Eric	07/12/1992		
SUI	Wägeli	Patrik	01/01/1991	30:13.94	
SWE	Fsiha	Robel	07/03/1996	29:15.45	29:15.45
SWE	Nilsson	David	16/04/1987	29:06.79	
SWE	Solomon	Napoleon	14/02/1994	28:33.33	
SWE	Walleräng	Olle	05/02/1985	30:04.45	
TUR	Ataç	Sezgin	21/03/1998	29:33.32	29:59.55
TUR	Kaya	Ali	20/04/1994	27:24.09	27:53.39
TUR	Kaya	Aras	04/04/1994		28:49.21
UKR	Horodyskyy	Bohdan-Ivan	18/05/1994	28:49.97	28:49.97
UKR	Nyzhnyk	Mykola	26/07/1995	28:50.71	28:50.71
UKR	Romanenko	Roman	30/01/1988	28:28.54	28:54.63
UKR	Siruk	Dmytro	12/04/1991	28:34.36	28:55.81

## FINAL ENTRIES - Women

10,000m Senior Women	Num. of countries: 23	Num. of athletes: 65			
Member Federation	Surname	First Name	DoB	PB	SB
BEL	Lauwaert	Nina	06/08/1988	33:19.80	33:49.47
BEL	Van Proeyen	Karen	18/11/1984	35:06.55	35:06.55
BEL	Vandenbussche	Hanna	03/07/1987	34:30.61	

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BLR	Karneyenka	Katsiaryna	17/03/1988	34:50.73	
BLR	Kudzelich	Sviatlana	07/05/1987	32:40.61	
BLR	Savina	Nina	21/07/1993		
BLR	Somava	Iryna	01/12/1990	33:42.22	
BLR	Stsefanenka	Tatsiana	27/10/1991		
BUL	Mircheva	Militsa	24/05/1994	32:30.07	32:30.07
CRO	Bjeljac	Bojana	10/04/1989	33:08.1h	33:08.1h
CRO	Hendel	Kristina	13/05/1996	35:10.3h	
CZE	Stewartová	Moira	09/06/1995	33:24.58	33:24.58
ESP	Cardama	Carmela	04/12/1996	32:55.50	32:55.50
ESP	Gebre	Trihas	29/04/1990	31:55.01	31:55.01
ESP	Lugueros	Nuria	09/04/1988	32:52.89	32:58.02
ESP	Martin	Gema	27/10/1987	33:11.67	33:11.67
ESP	Melero	Maitane	20/02/1983	32:44.09	32:44.09
ESP	Urbina	Teresa	20/03/1985	33:21.36	33:21.36
FRA	Duarte	Sophie	31/07/1981	32:34.07	
FRA	Ledhem	Fadouwa	28/09/1987	34:07.32	34:07.32
FRA	Westphal	Liv	22/12/1993	33:42.03	
GBR	Arter	Charlotte	18/06/1991	32:15.71	
GBR	Inglis	Sarah	28/08/1991	32:11.42	32:11.42
GBR	McColgan	Eilish	25/11/1990	32:10.59	
GBR	Ockenden	Verity	31/08/1991	33:23.31	
GBR	Piasecki	Jess	18/04/1990	32:41.59	
GBR	Wright	Alice	03/11/1994	31:56.52	31:56.52
GER	Gehring	Anna	15/11/1996	32:20.37	
HUN	Gyurkó	Fanni	18/01/1987	35:48.23	
IRL	McCormack	Fionnuala	24/09/1984	31:29.22	
IRL	McGlynn	AnnMarie	22/02/1980	33:16.73	
IRL	Mitchell	Emma	02/09/1993	32:49.91	
IRL	Richardson	Aoibhe	16/11/1996	33:59.21	34:10.32
IRL	Ross	Fionnuala	05/11/1990	33:49.92	33:50.86
ISR	Salpeter	Lonah Chemtai	12/12/1988	31:33.03	
ITA	Cascavilla	Maria Chiara	26/04/1995	34:09.53	34:09.53
ITA	Dossena	Sara	22/11/1984	33:11.98	
ITA	Epis	Giovanna	11/06/1988	33:14.71	33:28.75
ITA	Lonedo	Rebecca	05/12/1996	34:27.83	34:27.83
ITA	Mattuzzi	Isabel	23/04/1995	32:36.50	32:36.50
ITA	Roffino	Valeria	09/04/1990	34:09.92	
LTU	Bytautienė	Monika	17/03/1989	35:02.58	
NED	Vastenburger	Jip	21/03/1994	31:35.48	
NOR	Dahle	Vienna Søyland	06/01/1992	34:29.32	
NOR	Epland	Pernilla	29/11/1990	34:04.98	
NOR	Wågan	Maria Sagnes	22/05/1992	34:10.11	

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POL	Gosk	Anna	31/03/1990	33:15.16	33:15.16
POL	Kaczyńska	Paulina	24/07/1991	32:53.65	32:53.65
POL	Pliś	Renata	05/02/1985	33:07.35	33:07.35
POL	Pyzik	Weronika	14/05/1996	32:37.89	33:41.35
POR	Augusto	Jessica	08/11/1981	31:19.15	
POR	Félix	Dulce	23/10/1982	31:19.03	31:55.95
POR	Godinho	Susana	05/07/1992	33:23.31	33:23.31
POR	Moreira	Sara	17/10/1985	31:12.93	
POR	Ribeiro	Catarina	17/09/1998		
POR	Rocha	Carla Salomé	25/04/1990	32:05.82	32:28.02
ROU	Bârcă	Roxana	22/06/1988	32:30.97	
ROU	Simion	Cristina	20/11/1991	33:20.97	
SUI	Egger	Nicole	10/03/1985	35:40.05	
SUI	Schlumpf	Fabienne	17/11/1990		
SWE	Fougberg	Charlotta	19/06/1985	32:34.47	
TUR	Eytemiş	Sevilay	03/04/1993	33:45.55	
UKR	Kotovska	Olha	05/12/1983	33:20.80	33:20.80
UKR	Mykhaylova	Darya	29/04/1989	32:44.70	32:44.70
UKR	Zinenko	Valeriya	06/11/1995	32:47.35	32:47.35