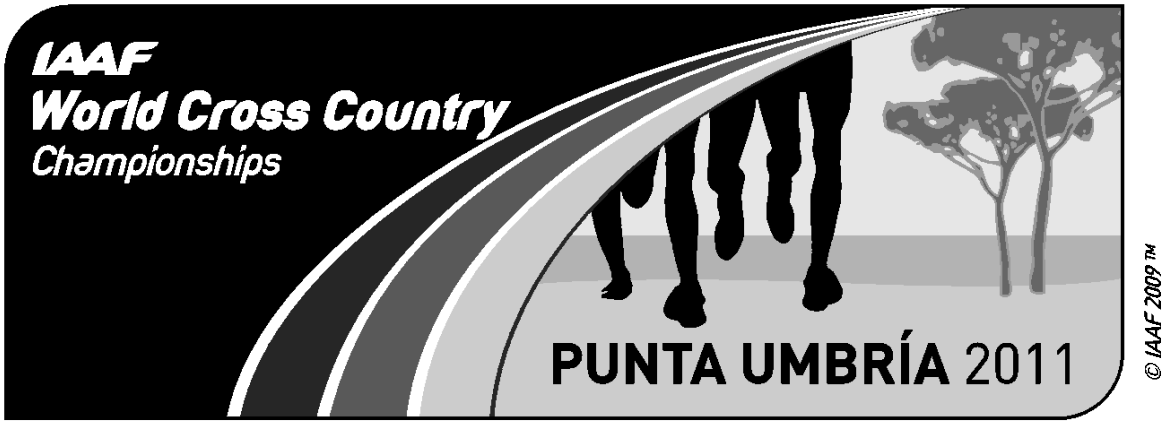
39th IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

PUNTA UMBRÍA 2011

Biographical Summaries of Preliminary Entries



These are summarised biographies of athletes shown on the preliminary entry list of March 15, 2010, reserves included. Please check with the final start lists in case of late changes, and to see who has been finally declared to compete

BIOGRAPHICAL LIST OF PROVISIONAL ENTRIES

Junior Women's Race

11:30
106 Entrants
31 Countries

6000m – 3 laps of 2000m
6 run, 4 score

Age

1 **BENAMER Darine ALG** **17y**
In 2011: 3 Algerian junior XC

2 **CHAIB DRAA Nabila ALG** **18y**
At WXC: 2009-87J ... In 2011: 6 Algerian junior XC

3 **MADOUI Nabila ALG** **17y**
At WXC: 2010-46J ... In 2011: 2 Algerian junior XC

4 **SENANI Riham ALG** **17y**
In 2011: 4 Algerian junior XC

5 **SOUADIA Hadda ALG** **18y**
11 World Youth 3000 2009. At WXC: 2009-59J, 2010-38J
In 2011: 1 Algerian junior XC

6 **ZEROUKHI Loubna ALG** **18y**
In 2011: 5 Algerian junior XC

8 **SULLOHERN Celia AUS** **18y**
In 2011: 1 Australian Trial junior XC

13 **HATUNGIMANA Yvette BDI** **18/19y**

14 **NDAYIRAGIYE Aurélie BDI** **17y**

15 **VANGANSBEKE Zenobie BEL** **18y**
1500 pb: 4:17.90 -10. ht WJC 1500 2010. At EXC: 2009-18J, 2010-6J

16 **SAVINA Nina BLR** **17y**
3000 pb: 9:45.00 -10. 6 Youth Olympic Games 3000 2010. At EXC: 2010-47J

18 **GALEITSIWE Kefilwe BOT** **15y**
In 2011: 7 African junior XC

19 **TAWANDA Thamani BOT** **16y**

30 **BENSON Fiona CAN** **18y**
In 2011: 2 North / Central American & Caribbean junior XC

31 **BERNARD Maria CAN** **17y**
In 2011: 3 NACAC junior XC

32 **DRIEDGER Emily CAN** **18y**
In 2011: 9 North / Central American & Caribbean junior XC

34 **KARY Ciara CAN** **18y**
2 Canadian XC 2010
In 2011: 8 North / Central American & Caribbean junior XC

35 **PFISTER Caroline CAN** **19y**
10 World Youth 3000 2009; 3 NACAC junior XC 2010; 22 WJC 3000 2010. At WXC: 2009-50J, 2010-40J

36 **THOMPSON Carise CAN** **19y**
In 2011: 6 North / Central American & Caribbean junior XC

40 **BERHANE Luula ERI** **17y**

43 **TSEGAY Fikadu ERI** **16y**

45 **WOLDU Mekdes ERI** **18y**
Half Mar pb: 79:21 -10

46 **ZEMUY Yohama ERI** **15y**

50 **CASPAR Beatriz ESP** **17y**
At EXC: 2010-32J ... In 2011: 3 Spanish junior XC

51 **CUETO Patricia ESP** **18y**
In 2011: 6 Spanish junior XC

52 **DíEZ Victoria ESP** **17y**
In 2011: 8 Spanish junior XC

53 **FERNÁNDEZ Blanca ESP** **18y**
sf World Youth 800 2009. At EXC: 45J ... In 2011: 1 Spanish junior XC

54 **FERNÁNDEZ Leticia ESP** **18y**
1500 pb: 4:32.36 -10 ... In 2011: 7 Spanish junior XC

59 **PéREZ María José ESP** **18y**
3000SC pb: 10:16.81 -10. ht World Youth 2000SC 2009; ht WJC 3000SC 2010. At WXC: 2010-74J. At EXC: 2010-74J
In 2011: 13 European Clubs junior XC; 4 Spanish junior XC

61 **RUIZ Sara ESP** **17y**
In 2011: 5 Spanish junior XC

62 **SÁNCHEZ Irene ESP** **18y**
In 2011: 11 European Clubs junior XC; 2 Spanish junior XC

64 **ANTENEH Emebet ETH** **19y**
Full name-Emebet Anteneh Mengistu
2010 World junior silver at 3000m
5000 pb: 14:44.90 -10. 3000 pb: 9:12.11 -09. 4 World Youth 3000 2009; 2 WJC 3000 2010. At WXC: 2009-7J, 2010-6J
In 2011: 5 Seville "Cross Internacional de Itálica" XC; 4 Ethiopian junior XC

67 **AYELE Zewdnesh ETH** **17y**
1 Ethiopian Clubs junior XC 2010

69 **DIRIBA Buze ETH** **17y**
In 2011: 3 Ethiopian junior XC

70 **GEBRU Azmera ETH** **18y**
ht WJC 800 2010. 3 Ethiopian 800 2010
In 2011: 5 Ethiopian junior XC

71 **MEKASHA Waganesh ETH** **19y**
3000 pb: 9:09.47 -10. At WXC: 2010-13J

74 **MOKONNIN Alem ETH** **16y**
Full name-Alem Mokonnin Ourge ... 2 East African Youth Olympic Trial 1000 2010

76 **YALEW Genet ETH** **18y**
5000 pb: 15:03.52 -10. 3000 pb: 9:08.95 -09. 3 World Youth 3000 2009. At WXC: 2010-5J
In 2011: 1 Ethiopian junior XC

79 **GUILLEMIN Marion FRA** **18y**
2011 French Junior Cross Country Champion ... At EXC: 2010-54J
In 2011: 1 French junior XC

81 **ALDERSON Hannah GBR** **19y**
3 English Schools 3000 2010. Coach-Keith Brackstone
In 2011: 1 South West junior XC; 4 Elgóibar junior XC; 3 Midland under-20 XC; 25 British Universities XC; 17 English "National" under-20 XC; 8 UK Inter-Counties junior XC

83 **CARTER Beth GBR** **18y**
5000 pb: 16:51.8 -07. 3000 pb: 9:39.52 -09. 2 English Schools intermediate 3000 2008 & senior 2010; 2 English under-17 3000 2008. Coach-Mick Woods
In 2011: 21 British Universities XC; 2 Hannut junior XC; 4 English "National" under-20 XC; 2 London College League XC; 4 UK Inter-Counties junior XC

85 **GORECKA Emelia GBR** **17y**
2010 European Junior Cross Country bronze ... winner of multiple British and English national age group titles ... holder of UK under-15 bests at One Mile & 3000m
5000 pb: 15:56.87 -10. 3000 pb: 9:13.93 -10. 1500 pb: 4:16.79 -10. 11 WJC 3000 2010. At WXC: 2010-23J. At EXC: 2010-3J. 1 English junior 3000 2010; 1 English Schools junior 1500 2008/2009 & intermediate 3000 2009; 1 English Schools junior XC 2008 & intermediate XC 2009 ... her grandparents are from Poland ... coach-Mick Woods
In 2011: 12 "Great Edinburgh" XC; 1 Surrey Schools XC; 1 South of England under-17 XC; 1 English "National" under-17 XC; 1 UK Inter-Counties junior XC

86 **GUMMOW Annabel GBR** **17y**
3000 pb: 9:30.06 -09. 7 World Youth 3000 2009. At WXC: 2010-30J. At EXC: 2010-10J. 3 English Schools junior 1500 2008 & intermediate XC 2009; 2 English "National' under-17 XC. Coach-Mick Woods
In 2011: 2 Cardiff junior XC; 3 English "National" under-17 XC; 2 UK Inter-Counties junior XC

87 **HAYNES Ruth GBR** **17y**
3000 pb: 9:40.19 -10. 2 English Schools XC 2008 & 3000 2009/2010. Coach-Mick Woods
In 2011: 1 Surrey under-17 XC; 4 South of England under-17 XC; 1 Hannut junior XC; 9 English "National" under-17 XC; 2 Bushy Park 5K; 6 UK Inter-Counties junior XC

88 **PEEL Georgia GBR** **16y**
Sixth in 2010 Youth Olympic 1000m ... 3000 pb: 9:35.35 -10. 1500 pb: 4:16.24 -09. 800 pb: 2:06.20 -09. 6 Youth Olympic 1000 2010. At EXC: 2010 -27J. 1 English Schools intermediate 1500 2009 & 800 2010; 1 UK Schools Games 1500 2009; 1 English under-17 800 2009. Coach-Mick Woods
In 2011: 1 South East Schools' Inter-Counties XC; 5 English "National" under -17 XC; 5 UK Inter-Counties junior XC

91 **SMALL Louise GBR** **18y**
2009 European junior bronze at 3000m ... 1500 pb: 4:21.07 -09. 3000 pb: 9:15.47 -09. 5 World Youth 1500 2009 (2007-ht); 3 EJC 3000 2009. At WXC: 2009-34J. 1 English "National" under-17 XC 2009. Coach-Mick Woods
In 2011: 13 "Great Edinburgh" XC; 1 Cardiff junior XC; 1 Antrim junior XC; 1 South of England under-20 XC; 8 British Universities XC; 3 English "National" under-20 XC; 1 London College League XC; 3 UK Inter-Counties junior XC

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95 **WALSH Jennifer GBR** 18y
3000 pb: 9:52.46 -10. 4 English Schools 3000 2010. Coach-Deborah Rowlands
In 2011: 1 Yorkshire & Humberside under-20 XC; 2 Elgóibar junior XC; 2 North of England under-20 XC; 1 West Yorkshire Schools XC; 4 Dewsbury 10K; 9 English "National" under-20 XC; 7 UK Inter-Counties junior XC

104 **TITON Letizia ITA** 18y
1 Italian Junior Mountain Running Championships 2010
In 2011: 30 San Giorgio su Legnano XC; 1 Italian junior XC

105 **AYOUB Rasha JOR** 17y
At WXC: 2009-92J

107 **KIMURA Tomoka JPN** 16y
5000 pb: 15:44.02 -10. 3000 pb: 9:18.49 -10. 1500 pb: 4:22.08 -10. 6 Japanese Schools 1500 2010
In 2011: 3 Chiba junior XC; 2 Fukuoka XC

108 **KOSAKI Yuriko JPN** 17y
3000 pb: 9:16.75 -10. 4 Japanese Schools 3000 2010
In 2011: 2 Chiba junior XC; 3 Fukuoka XC

112 **SHIBUYA Risa JPN** 18y
5000 pb: 16:07.95 -10. 3000 pb: 9:08.07 -10
In 2011: 4 Chiba junior XC

114 **SUGA Katsuki JPN** 17y
3000 pb: 9:11.63-10. 5000 pb: 15:55.32 -09. 2 Asian junior 5000 2010; 6 Japanese Schools 3000 2010
In 2011: 1 Chiba junior XC; 1 Fukuoka XC

116 **YOKOE Risa JPN** 16y
3000 pb: 9:15.70 -10. 1500 pb: 4:16.90 -10. 10 Japanese 1500 2010
In 2011: 6 Fukuoka junior XC

117 **YOSHIDA Natsumi JPN** 17y
3000 pb: 9:26.23 -10. Student at Sendai Ikuei High School, an area hard-hit by the 2011 earthquake and tsunami
In 2011: 5 Fukuoka junior XC

119 **CHEPKWEMOI Nancy KEN** 17y
2010 World Junior 1500m bronze ... 1500 pb: 4:11.04 -10. 3 WJC 1500 2010
In 2011: 7 Iten junior XC; 4 Kenyan junior XC

123 **KIPKOECH Jepkorir KEN** 16y
Full name-Brilliant Jepkorir Kipkoech
In 2011: 5 Iten junior XC; 2 Kenyan junior XC

124 **CHEPNGETICH Faith KEN** 17y
Full name-Faith Chepngetich Kipyegon ... 1500 pb: 4:17.1 -10. At WXC: 2010 -4J (but only the fourth Kenyan finisher)
In 2011: In January it was reported that she and her team-mate Naomi Chepngeno were allegedly beaten by a school teacher and left unable to train because of their injuries; 1 Iten junior XC; 3 Kenyan junior XC

125 **KISA Janeth KEN** 19y
5000 pb: 16:02.2 -10 ... In 2011: 1 Kenyan junior XC

128 **CHEPNGENO Naomi KEN** 16y
Full name-Naomi Chepngeno Mitei ... 1500 pb: 4:24.0 -10
In 2011: In January it was reported that she and her team-mate Faith Chepngetich were allegedly beaten by a school teacher and left unable to train because of their injuries; 3 Iten junior XC; 5 Kenyan junior XC

129 **RIONORIPO Purity KEN** 17y
Full name-Purity Rionoripo Cherotich
Second in junior race at 2010 World Cross Country Championships
3000 pb: 8:44.54 -10. 4 WJC 3000 2010. At WXC: 2010-2J

130 **MAKHATSEANE Liteboho LES** 19y
1 Pretoria 10K 2010

131 **ALLAOUI Hayat MAR** 19y
2 Arab junior XC 2010 ... In 2011: 3 Moroccan junior XC

132 **ATANANE Soukaina MAR** 16y

136 **HANYN Amal MAR** 17y

138 **KARDADI Fatima Zahra MAR** 19y

142 **QALLOUJ Hanane MAR** 19y
sf World Youth 800 2009; ht WJC 1500 2010
In 2011: 2 Moroccan junior XC

144 **SIDI MADANE Fadoua MAR** 16y
1 Arab Schools Games 1500/3000 2010

145 **TAHIRI Amina MAR** 18y
3000 pb: 9:44.0 -09. 9 World Youth 3000 2009

146 **ZINADI Ahlam MAR** 18y
In 2011: 1 Moroccan junior XC

147 **DIAZ Said MEX** 18y

148 **VILLANUEVA Vianney MEX** 18y

150 **OGUNKOYA Muibat NGR** 16y

154 **APARICIO Aleli PER** 18y
Full name-Alelí Aparicio Armas ... 5000 pb: 16:39.6 -10. 1 South American junior XC 2011
In 2011: 1 South American junior XC

155 **DE LA CRUZ Jovana PER** 18y
ht World Youth 1500 2009; ht WJC 3000SC 2010
In 2011: 3 South American junior XC

156 **INGA Charo PER** 17y
At WXC: 2009-57J. 1 South American junior XC 2009
In 2011: 6 South American junior XC

157 **ROJAS Luz PER** 17y

158 **JENDRO Justyna POL** 19y
In 2011: 2 Polish junior XC

162 **GODINHO Susana POR** 18y
At EXC: 2009-68J, 2010-dnfJ
In 2011: 6 European Clubs junior XC; 1 Portuguese junior XC; 5 Portuguese indoor 3000

167 **BUNEA Anca Maria ROU** 16y
At EXC: 2010-16J ... In 2011: 7 Romanian indoor 3000

168 **GILDENHUYS Anneke RSA** 18y
In 2011: 7 South African Trial junior XC

169 **GWEGWA Khonzeni RSA** 16y

173 **MAKHAFOLA Thato RSA** 16y
8 Youth Olympic Games 1000 2010. At WXC: 2010-52J. 1 South African under-18 800 2010
In 2011: 3 Potchefstroom XC; 3 South African Trial junior XC

175 **MANZANA Thandeka RSA** 15y
In 2011: 5 South African Trial junior XC

176 **MARANDELA Caroline RSA** 17y
In 2011: 2 Potchefstroom XC; 2 South African Trial junior XC

180 **SAAYMAN Letitia RSA** 18y
At WXC: 2009-80J, 2010-39J
In 2011: 1 Potchefstroom XC; 1 South African Trial junior XC

181 **SCOTT Dominique RSA** 18y
1500 pb: 4:28.69 -09. 2 South African junior 10K 2008
In 2011: 8 South African Trial junior XC

182 **TSHETLANYANA Sylvia Kedireng RSA** 17y
At WXC: 2010-81J

185 **MUREKATETE Jacqueline RWA** 18y
5000 pb: 16:48.83 -09. 7 Francophone Games 5000 2009; 1 Youth Olympic Games 3000 'B' race 2010; 9 COM 5000 2010

189 **TERZIC Amela SRB** 18y
Second in junior race at 2010 European Cross Country Championships ... 2009 World Youth bronze at 1500m
1500 pb: 4:13.46 -10. 3000 pb: 9:17.90 -09. 3 World Youth 1500 2009; 6 EJC 3000 2009 (9 1500)č 8 WJC 1500 2010. At EXC: 2009-12J, 2010-2J
In 2011: 1 Belgrade XC; 1 Serbian XC; 1 Balkan junior XC

190 **AUF DER MAUR Priska SUI** 19y
1500 pb: 4:29.83 -10. 5000 pb: 16:51.65 -10. 1 Swiss junior 5000 2010. At EXC: 2008-49J, 2009-52J
In 2011: 1 Italian junior XC (as a guest); 1 Swiss junior XC

191 **ABDENNEBI Rafika TUN** 17y

194 **BEN KHEMISSA Nesrine TUN** 18y

197 **JERFEL Hallouma TUN** 17y
dq ht World Youth 800 2009 (Running out of lane)

198 **KADDACHI Selma TUN** 18y

199 **SIOUD Nour TUN** 17y
dnf Youth Olympic Games 2000SC 2010

205 **CHEMUTAI Phanice UGA** 16y

206 **CHEPTEGEI Nancy UGA** 16y
4 Kampala 10K 2010 (36:17) ... In 2011: 1 Ugandan junior XC

209 **CHESANG Stella UGA** 15y

211 **SANDE Doreen UGA** 15y

212 **CUFFE Aisling USA** 17y
(Aisling pronounced "Ash-lynn") ... 2011 US Junior Cross Country Champion
5000 pb: 16:43.58 -09. 2 Pan-American junior 5000 2009. 1 US junior 5000 2009/2010 & XC 2011. Born-New York ... coach-Dave Feuer
In 2011: 1 US junior XC (winning margin of 26 seconds); 1 New York "New Balance" indoor Two Miles

214 **FLOOD Katie USA** **19y**
3000 pb: 9:09.85i -11. 78 NCAA XC 2010. Attends University of Washington ... born-Des Moines ... coach-Greg Metcalf
In 2011: 6 Seattle Mile (Jan 29); 3 US junior XC; 13 Seattle 3000 (Feb 12)

215 **GRABILL Molly USA** **18y**
Mile pb: 4:49.64 -10. 1 California State junior XC 2009. Born-Cincinnati ... coach-Terry Dockery
In 2011: 2 US junior XC

220 **NACOUZI Julie USA** **17y**
1 US West Regional Schools XC 2010. Born-Santa Rosa, California ... coach/mother-Stephanie Nacouzi
In 2011: 5 US junior XC

222 **VALENZUELA Hannah USA** **17y**
Born-Apple Valley, California ... coach-Michael Dunne
In 2011: 6 US junior XC

223 **VEGA Sierra USA** **18y**
5000 pb: 17:03.78i -11. Born-Orange County, California ... coach-Forest Braden
In 2011: 4 US junior XC; 15 Seattle 5000

BIOGRAPHICAL LIST OF PROVISIONAL ENTRIES

Junior Men's Race

12:00

123 Entrants

32 Countries

8000m – 4 laps of 2000m
6 run, 4 score

Age

4 **HAMDANE Chouaib ALG** 18y
ht WJC 800 2010 ... In 2011: 3 Algerian junior XC

5 **HARAOUI Mansour ALG** 18y
ht World Youth 3000 2009; 15 WJC 10,000 2010. At WXC: 2010-92J
In 2011: 6 Algerian junior XC

6 **MADOUI Mouloud ALG** 17y
In 2011: 1 Algerian junior XC

7 **ZINELABEDINE Mahcene ALG** 19y
In 2011: 2 Algerian junior XC

11 **SALHI Ilyas ALG** 19y
In 2011: 4 Algerian junior XC

12 **ZAGHDANE Issam ALG** 18y
In 2011: 5 Algerian junior XC

18 **HEYWOOD Ethan AUS** 18y
AT WXC: 2010-83J ... In 2011: 4 Australian Trial junior XC

19 **JOHNSON Joshua AUS** 18y
3000 pb: 8:18.78 -08. At WXC: 2009-86J
In 2011: 2 Australian Trial junior XC

24 **WILLIAMS Hugh AUS** 19y
In 2011: 1 Australian Trial junior XC

25 **YARHAM Glen AUS** 19y
In 2011: 3 Australian Trial junior XC

31 **PIATRAHA Dzianis BLR** 18y

32 **MAITISO Selibi BOT** 18y

36 **DE SOUZA Ataíde BRA** 19y

38 **ETCHECHURY Ioran BRA** 18y
1 Brazilian youth 2000SC 2010 ... In 2011: 7 South American junior XC

39 **FILHO João Luis BRA** 18y
In 2011: 5 South American junior XC

41 **SANTOS Guilherme Ademilson BRA** 19y
Full name-Guilherme Ademilson dos Anjos Santos ... 1 South American youth XC 2008
In 2011: 3 South American junior XC

43 **CHELIMO Isaac BRN** 18y
TRANSFEREE – Kenyan origin. Full name-Isaac Kemboi Chelimo ... 6 World Youth 2000SC 2009; 2 Asian junior 3000SC 2010; ht WJC 3000SC 2010. At WXC: 2009-41J, 2010-34J

51 **TSENOV Mitko BUL** 17y
3000SC pb: 9:27.46 -10. 1 Bulgarian 3000SC 2010
In 2011: 2 Bulgarian indoor 3000; 8 Balkan junior XC

53 **DARLINGTON Jonathon CAN** 17y

54 **DENAULT Robert CAN** 17y
1 Canadian youth XC 2010
In 2011: 14 North / Central American & Caribbean junior XC

56 **JANIKOWSKI Paul CAN** 18y
3 NACAC junior XC 2011
In 2011: 3 North / Central American & Caribbean junior XC

57 **KING Xavier CAN** 17y
1 Canadian youth 2000SC 2010
In 2011: 6 North / Central American & Caribbean junior XC

58 **KOWALSKY Andrew CAN** 19y
In 2011: 7 North / Central American & Caribbean junior XC

60 **PROUDFOOT Ross CAN** 18y
2011 North / Central American & Caribbean Junior Cross Country Champion 14 WJC 5000 2010; 1 NACAC junior XC 2011. 1 Canadian junior XC 2010
In 2011: 1 North / Central American & Caribbean junior XC

69 **TAVARES Nilson CPV** 18/19y

73 **AYAHUNEY Tesfagaber ERI** 16y

74 **GEBREYOHANNES Samson ERI** 19y
Half Mar pb: 63:01 -10. At WXC: 2010-23J

75 **GHEBRESELASSIE Weynay ERI** 16y
8 East African Youth Olympic Trial 1000 2010

76 **KIFLE Goitom ERI** 17y
2009 World Youth bronze ... 5000 pb: 13:49.23 -09. 3 World Youth 3000 2009. At WXC: 2009-14J, 2010-15J. He is the younger brother of Eritrean marathon record holder Yonas Kifle

80 **TADESSE Merhawi ERI** 18y
5000 pb: 14:16.98 -10

82 **TUEMAY Tsegay ERI** 15y

84 **ACHENGLI Karim ESP** 18y
In 2011: 4 European Clubs junior XC; 7 Spanish junior XC

85 **ARCE Daniel ESP** 18y
3000SC pb: 9:05.37 -10. ht WJC 3000SC 2010. At EXC: 2010-dnfJ
In 2011: 1 Spanish junior XC

86 **CARRO Fernando ESP** 18y
Full name-Fernando Carro Morillo ... 3000SC pb: 9:08.41 -10. ht World Youth 3000 2009. At WXC: 2010-81J. At EXC: 2010-61J
In 2011: 5 Spanish junior XC

89 **CASTRO David ESP**
In 2011: 2 Fuensalida junior XC

93 **MARTíNEZ Sergio ESP** 18y
In 2011: 10 Spanish junior XC

94 **NAVARRO Gabriel ESP** 18y
10,000 pb: 29:57.78 -10. ht World Youth 3000 2009; 11 WJC 10,000 2010. At WXC: 2010-88J
In 2011: 2 European Clubs junior XC; 2 Spanish junior XC

95 **PUYUELO Víctor ESP** 18y
ht World Youth 2000SC 2009. At EXC: 2010-65J
In 2011: 9 Spanish junior XC

96 **RONCO Angel ESP** 18y
In 2011: 8 Spanish junior XC

101 **ATNAFU Yitayal ETH** 18y
Full name-Yitayal Atnafu Zerihun ... 3000 pb: 8:01.22 -10. 2 East African Youth Olympic Trial 3000 2010
In 2011: 5 Ethiopian junior XC

102 **BELAY Andualem ETH** 18y
Name did not appear in the top six at the 2011 Ethiopian Championships

103 **CHERU Tesfaye ETH** 18y
In 2011: 1 Ethiopian junior XC

104 **DIDA Bonsa ETH** 16y
Full name-Dida Deriba Bonsa ... 3 Luanda 10K 2010 (28:37 for road 10K at age 15)
In 2011: 3 Ethiopian junior XC

105 **EDRIS Muktar ETH** 17y
In 2011: 6 Ethiopian junior XC

106 **HAFTU Fikadu ETH** 17y
In 2011: 2 Ethiopian junior XC

112 **TAFESE Teshome ETH** 17y
Name did not appear in the top six at the 2011 Ethiopian Championships

113 **BEDRANI Djilali FRA** 17y
In 2011: 3 French junior XC

115 **COLLENOT-SPRIET Romain FRA** 19y
3000SC pb: 8:54.36 -10. 9 WJC 3000SC 2010. At WXC: 2010-71J. At EXC: 2010-11J
In 2011: 1 French junior XC

117 **SALMERON Maxime FRA** 18y
In 2011: 2 French junior XC

118 **BAILEY Ian GBR** 18y
5000 pb: 15:03.66 -10. 8 English junior 5000 2010. Coach-Mick Woods
In 2011: 3 Cardiff junior XC; 9 South of England under-20 XC; 6 English "National" under-20 XC; 4 UK Inter-Counties junior XC

119 **CONNOR Ben GBR** 18y
Junior team gold at the 2010 European Cross Country Championships
3000 pb: 8:23.97 -10. At EXC: 2010-23J. 1 British Inter-Counties under-13 XC 2006. 5 English Schools intermediate 3000 2009. Coach-Jerry Hall
In 2011: 3 North of England under-20 XC; 3 English "National" under-20 XC; 9 UK Inter-Counties junior XC

120 **CURR Tom GBR** 18y
1500 pb: 3:48.34 -10. 1 English Schools intermediate 3000 2009; 1 English under-17 1500 2009. Coach-Chris Frapwell
In 2011: 1 Midland under-20 XC; 2 English junior indoor 1500; 5 UK Inter-Counties junior XC

121 **DIXON Harvey GBR** 17y
1500 pb: 3:48.83 -10. 1 English Schools intermediate XC 2010 (2 1500). Coach-Mick Woods
In 2011: 1 Hampshire junior XC; 5 Cardiff junior XC; 3 Antrim junior XC; 5 South of England under-17 XC; 2 English "National" under-17 XC; 6 UK Inter-Counties junior XC

122 **GOODMAN Richard GBR** 17y
2010 English Schools 3000m Champion ... 1500 pb: 3:54.71 -09. At WXC: 2010-74J. At EXC: 2009-5J. 1 English "National" under-20 XC 2010; 1 English Schools 3000 2010. Coach-Geoff Williams
In 2011: 27 "Great Edinburgh" XC; 1 South of England under-20 XC; 2 English "National" under-20 XC; 2 UK Inter-Counties junior XC

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125 **HAY Jonny GBR** 19y
Junior team gold at 2009 European Cross Country Championships ... Britain's quickest junior 5000m runner in 2010
5000 pb: 14:02.29 -10. 3000 pb: 8:08.84 -10. At WXC: 2009-90J, 2010-62J. At EXC: 2009-23J, 2010-14J. 1 English Schools intermediate 3000 & XC 2008; 1 UK Schools Games 3000 2008; 1 English "National" under-17 XC 2009 & under-20 XC 2011. Coach-Mick Woods
In 2011: 1 Cardiff junior XC; 29 European Clubs XC; 1 Hannut junior XC; 1 English "National" under-20 XC; 1 UK Inter-Counties junior XC

128 **MATHESON Ross GBR** 18y
Outdoor 1500 pb: 3:54.79 -10. 3 UK Schools Games 1500 2009. Coach-David Campbell
In 2011: 2 Edinburgh 4M; 4 Scottish East District XC; 1 Scottish Athletics Open 1500; 1 Celtic Cup 1500; 2 Celtic Nations XC; 1 Scottish under-20 XC; 3 UK Inter-Counties junior XC

131 **THOMPSON Paul GBR** 18y
5000 pb: 14:48.80 -10. 1 English under-17 3000 2008; 4 English junior 5000 2010
In 2011: 2 Warwickshire XC; 7 Elgóibar junior XC; 5 Midland under-20 XC; 82 English "National" XC; 7 UK Inter-Counties junior XC

136 **QUINN Shane IRL** 18y
2 European Youth Olympic Festival 3000 2009. At EXC: 2008-dnfJ, 2010 -12J. 1 AAA under-15 1500 2006; 2 English under-17 1500 2008.
In 2011: 10 Armagh 5K

137 **GETAHUN Yimer ISR** 18y
Holds Israeli youth records at 800m & 1500m ... 800 pb: 1:53.49 -09; 1500 pb: 3:53.39 -09. ht World Youth 1500 2009. At WXC: 2010-99J. 1 Maccabiah Games 1500 2009

138 **ED DERRAZ Abdelmjid ITA** 18y
In 2011: 8 Italian junior XC

140 **GERRATANA Giuseppe ITA** 18y
3000SC pb: 8:53.25 -10. 12 World Youth 2000SC 2009; ht WJC 3000SC 2010. At WXC: 2010-90J

141 **MASSIMI Stefano ITA** 18y
In 2011: 1 Ancona 3000; 4 Italian junior XC

143 **ALJOHAR Tha'er JOR** 18y

144 **ARIMURA Yuki JPN** 18y
5000 pb: 13:59.85 -09 ... In 2011: 4 Chiba junior XC; 3 Fukuoka XC

145 **HATTORI Yuma JPN** 17/18y
10,000 pb: 28:58.08 -10. Student at Sendai Ikuei High School, an area hard-hit by the 2011 earthquake and tsunami
In 2011: 2 Chiba junior XC; 4 Fukuoka junior XC

147 **ICHIDA Takashi JPN** 18y
5000 pb: 13:57.45 -09. 10,000 pb: 29:20.39 -09. At WXC: 2010-40J
In 2011: 3 Chiba junior XC

148 **KUBOTA Kazuma JPN** 17y
3000 pb: 8:23.45 -09
In 2011: 5 Chiba junior XC; 6 Fukuoka junior XC; 2 Tamana 10K

152 **YAGISAWA Genki JPN** 18y
5000 pb: 13:57.37 -10
In 2011: 1 Chiba junior XC; 5 Fukuoka junior XC

153 **YOKOTE Ken JPN** 17y
In 2011: 9 Fukuoka junior XC

156 **CHERUIYOT Justin KEN** 17y
Full name-Justin Kiprop Cheruiyot ... In 2011: 2 Kenyan junior XC

157 **KIPSANG Geoffrey KEN** 18y
Full name-Geoffrey Kipsang Kamworor ... 5000 pb: 13:42.01 -10. 3000 pb: 7:54.15 -10
In 2011: 1 Eldoret XC; 4 Kenyan junior XC

159 **KOECH Isaiah KEN** 17y
Full name-Isaiah Kiplangat Koech
2009 World Youth Champion at 3000m ... set two world junior indoor bests within 48 hours in February 2011
5000 pb: 12:53.29i -11. 3000 pb: 7:37.50i -11. 1 World Youth 3000 2009. At WXC: 2010-4J
In 2011: 1 Maliaño XC; 1 Düsseldorf 5000 (World junior indoor best 12:53.29); 1 Ghent 3000 (World junior indoor best 7:37.50); 1 Kenyan junior XC

163 **MUTUNGA Patrick KEN** 16y
Full name-Patrick Mutunga Mwikya ... In 2011: 6 Kenyan junior XC

164 **GITAHI James KEN** 18y
In 2011: 9 Iten junior XC; 5 Kenyan junior XC

166 **YATOR Philemon KEN** 18y
Full name-Philemon Kipchumba Yator ... In 2011: 3 Kenyan junior XC

168 **ABID Mohamed MAR** 16y
In 2011: 1 Moroccan junior XC

169 **BOUDAD Zakaria MAR** 17y

170 **SOUFIANE Bouqantar MAR** 18y
In 2011: 2 Moroccan junior XC; 9 African junior XC

172 **CHEMLAL Jaouad MAR** 16y
1 Arab Schools Games 3000SC 2010

176 **EL GOUMRI Othmane MAR** 18y
At WXC: 2010-33J

177 **EL HISSOUF Abdelmajid MAR** 18y
At WXC: 2010-37J ... In 2011: 3 Moroccan junior XC

179 **LABÄLI Abdelhadi MAR** 17y
dq Youth Olympic Games 1000 2010 (ran inside kerb). At WXC: 2010-26J

182 **SIGUENI Hicham MAR** 18y
4 World Youth 3000 2009; 3 Youth Olympic Games 3000 2010; dnf WJC 5000 2010; 1 Arab Schools Games 3000 2010. At WXC: 2009-49J, 2010-25J
In 2011: 8 Mondeville 3000

185 **GYANG Emmanuel Gwom NGR** 17y
7 African junior 10,000 2009

196 **ROJAS José PER** 18y
Full name-Jose Luis Rojas Ramos ... 2011 South American Junior Cross Country Champion
In 2011: 1 South American junior XC

197 **KULKA Szymon POL** 17y
1 Polish youth 3000 2010 & junior XC 2011
In 2011: 1 Polish junior XC

205 **PINTO Rui POR** 18y
2010 European Junior Cross Country bronze ... 1500 pb: 3:49.14 -09. 9 World Youth 1500 2009; 1 European Youth 1500 2009. At WXC: 2010-46J. At EXC: 2009-6J, 2010-3J
In 2011: 1 Portuguese under-23 indoor 3000; 2 Portuguese Clubs indoor 3000; 1 Portuguese junior XC

207 **ANDREAS Jeromy RSA** 19y
2 South African Schools under-18 3000 2009
In 2011: 3 Potchefstroom junior XC

208 **FADANE Mfumaneko RSA** 18y
ht World Youth 3000 2009. At WXC: 2009-47J, 2010-87J
In 2011: 8 South African Trial junior XC

209 **KAPTEIN William RSA** 18y
In 2011: 1 Potchefstroom junior XC

210 **KLAASTE Merlin RSA** 18y
In 2011: 2 Potchefstroom junior XC

211 **MABISELE Teboho RSA** 19y
In 2011: 7 South African Trial junior XC

213 **MDZANGA Sydwell Luxolo RSA** 18y
In 2011: 5 South African Trial junior XC

216 **QOLO Luyanda RSA** 19y
In 2011: 4 South African Trial junior XC

218 **SESIPI Edwin RSA** 18y
In 2011: 6 South African Trial junior XC

223 **KRASNOV Eduard RUS** 17y
1 Russian youth XC 2010 ... In 2011: 12 European Clubs junior XC

224 **LAGUSHIN Vitaliy RUS** 17y
14 European Junior Mountain Racing Championship 2010
In 2011: 13 European Clubs junior XC

225 **LYALIKOV Nikolay RUS** 19y
At EXC: 2010-32J ... In 2011: 3 Russian junior indoor 3000

226 **RUSAKOV Andrey RUS** 18y
At EXC: 2010-6J
In 2011: 14 Yekaterinburg 3000; 1 European Clubs junior XC; 2 Moscow City under-23 3000; 5 Russian under-23 indoor 3000

227 **SAFIULIN Ilgizar RUS** 18y
3000SC pb: 8:49.28 -10. 3 European Youth Olympic Festival 3000 2009 (4 1500); ht WJC 3000SC 2010. At EXC: 2010-30J. 1 Russian junior indoor 3000 2010/2011
In 2011: 1 Russian junior indoor 3000

228 **STRIZHAKOV Andrey RUS** 18y
2 Russian junior XC 2010 ... In 2011: 2 Russian junior indoor 3000

236 **ABDELMUNAIM Adam SUD** 17/18y
At WXC: 2009-79J, 2010-36J

237 **AHMED Khalid Mohammed SUD** 16/17y

238 **DAIF ALLA Yousif Musa SUD** 16/17y
At WXC: 2010-80J

239 **MOHAMMED Elsmani Ali SUD** 16y
At WXC: 2010-93J

240 **UBHOR Chol SUD** 18/19y

243 **ABBASSI Khemais TUN** 19y
At WXC: 2010-94J

244 **CHAABANI Houssem TUN** 18y
15 World Youth 3000 2009. At WXC: 2010-70J

245 **GOURRIDA Taha TUN** 19y
7 World Youth 2000SC 2009; ht WJC 3000SC 2010

247 **TUN** 18y

248 **MEJRI Chihebeddine TUN** **18y**

250 **ARAPTANY Jacob UGA** **19y**
2010 World Junior steeplechase bronze ... 3000SC pb: 8:28.14 -10. 3 WJC 3000SC 2010
In 2011: 2 Ugandan junior XC

251 **AYEKO Thomas UGA** **19y**
At WXC: 2010-18J ... In 2011: 1 Ugandan junior XC

254 **KIBET Peter UGA** **18y**
4 Ugandan 5000 2009 ... In 2011: 3 Ugandan junior XC

257 **KIPYEGO Phillip UGA** **16y**

259 **ROTICH Daniel UGA** **19y**
4 Ugandan 10,000 2009

263 **LUTZ Craig USA** **18y**
Born-Barrington, Illinois ... coach-Steve Telaneus
In 2011: 3 US junior XC

265 **MOUSSA Ammar USA** **17y**
Mile pb: 4:10.10 -11. 5000 pb: 14:13.82 -11. At WXC: 2010-66J. 1 US "Junior Olympic" XC 2010. Father-Egyptian, mother-Moroccan ... born-Encino, California ... coach-Jim O'Brien
In 2011: 6 US junior XC; 1 Fullerton 5000

267 **OLSON Erik USA** **19y**
2009 World Youth finalist at 3000m ... 3 NACAC junior XC 2010; 10 World Youth 3000 2009. 1 US junior XC 2011. Born-Palm Springs ... coach-Jason Dunn
In 2011: 2 Seattle 3000; 1 US junior XC

268 **POLAND Ryan USA** **19y**
Coaches-Martin Smith & Dave Moreland ... born-Westminster, Colorado ... 1.88 tall
In 2011: 5 US junior XC

269 **STRANEVA Maxwell USA** **18y**
5000 pb: 14:29.53i -11. Born-Binghampton, New York ... coach-Chris Fox
In 2011: 2 US junior XC

272 **VILHAUER Justin USA** **19y**
3000 pb: 8:17.37 -10. Born-Hanford, California ... coach-Joe Gonzalez
In 2011: 4 US junior XC

273 **GARRIDO Lucirio VEN** **18y**
3 South American junior 1500 2009

BIOGRAPHICAL LIST OF PROVISIONAL ENTRIES

Women's Race

12:45

118 Entrants

28 Countries

8000m – 4 laps of 2000m
6 run, 4 score

Age

7 **McKNIGHT Kaila AUS** **24y**
1500 pb: 4:08.78 -10. 3000 pb: 9:06.6 -10. 800 pb: 2:04.04 -10. 2 WSG 1500 2010. 9 IAAF Continental Cup 1500/3000 2010; ht COM 1500 2010. 1 Australian 1500 2010. Coach-Nic Bideau
In 2011: 3 Australian Trial XC; 1 Illawong 3000; 5 Hobart 800

9 **TAMSETT Lara AUS** **22y**
Former World Junior Mountain Running Champion ... 10,000 pb: 32:20.39 -09. 5000 pb: 15:28.70 -10. 1 World Mountain Running Trophy junior 2007. 11 WJC 3000 2006; At WXC: 2006-42J, 2008-37J, 2009-26, 2010-32. 1 Melbourne "Zatopek" 10,000 2008 (Australian Championships) ... coach-Sean Williams
In 2011: 1 Australian Trial XC

10 **THOMPSON Anna AUS** **34y**
Team bronze at 2008 World Cross Country Championships ... Mar pb: 2:33:20 -05. 10,000 pb: 32:27.74 -06. 5000 pb: 15:42.31 -04. 9 COM 5000 2002; 5 COM 10,000 2006. 1 Australian 3000 2003; 1 Gold Coast 2004; 4 Rotterdam 2005; 18 World Road 20K 2006; dnf Berlin 2007. 1 Australian XC 2002/2004. At WXC: 2002-15 short, 2003-26 short, 2004-26 long & 33 short, 2005-16 long & 19 short, 2006-27 long & 25 short, 2007-18, 2008-27, 2010 -58. Graduated as a Occupational Therapist ... born/lives-Melbourne ... coach-Chris Wardlaw
In 2011: 2 Australian Trial XC

11 **TRENGOVE Jessica AUS** **23y**
1 Adelaide Half Mar 2010 ... In 2011: 6 Australian Trial XC

12 **WELLINGS Eloise AUS** **28y**
(Née Poppett) ... 2003 World Student Games Champion at 5000m ... 10,000 pb: 32:19.08 -09. 5000 pb: 14:54.11 -06. 3000 pb: 8:41.78 -06. 11 WJC 3000 98; 4 World Youth 3000 99; 1 WSG 5000 2003; 4 COM 5000 2006 (2010-5); 4 WCP 3000 2006; 6 COM 10,000 2010. 1 Australian 5000 2010 & 10,000 2009. At WXC: 2003-70 short, 2005-67 long, 2006-22 long & 39 short, 2010 -48 ... born-New York ... clocked 15:18.60 at age 16 when she weighed only 40kg, she was later diagnosed with osteoporosis, suffered stress fractures and did not compete again until 2003 ... born-New York, lives-Sydney ... coach-Nic Bideau

17 **DINTWE Oneile BOT** **25y**
ht World Youth 1500 2001. At WXC: 2007-80, 2010-45

20 **DA SILVA Simone Alves BRA** **26y**
2011 South American Cross Country Champion ... Half Mar pb: 75:43 -10. 5000 pb: 15:27.69 -11. 2 Ibero-American 5000 2010. 1 South American XC 2011. 1 Brazilian 10,000 2010. . Served three-month doping suspension in 2010
In 2011: 1 South American XC; 1 São Paulo 5000 (pb 15:27.69)

21 **de CARVALHO Tatiele Roberta BRA** **21y**
1 South American Games under-23 5000 2010. 1 Brazilian 1500 2010
In 2011: 7 South American XC

22 **dos SANTOS Camila Aparecida BRA** **20y**
In 2011: 8 South American XC

23 **MORAES Maria Lúcia BRA** **37y**
(Full name-Maria Lucia Alves Vieira, she formerly appeared as Maria Vieira) ... 2004 South American Cross Country Champion
Half Mar pb: 78:09 -08. 10K pb: 34:27 -03. At WXC: 2001-90 long, 2004-85 long, 2005-73 long, 2007-73. 1 South American XC 2004

24 **DABA Tejitu BRN** **19y**
TRANSFEREE – Ethiopian origin ... 3000 pb: 9:01.22 -10. 5000 pb: 15:29.78 -10. 10,000 pb: 34:26.07 -09. 2 Asian junior XC 2009; 1 Asian Indoor Games 3000 2009; 2 Asian Champs 5000 2009 (4 10,000); 4 WJC 5000 2010 (5 3000); 6 IAAF Continental Cup 3000 2010; 7 Asian Games 10,000 2010. At WXC: 2009-23J, 2010-10J

25 **ESHETE Shitaye BRN** **20y**
TRANSFEREE – Ethiopian origin
Eleventh at 2010 World Cross Country Championships
1 Asian junior XC 2009; 2 Arab 5000 2009; 6 Asian Champs 5000 2009; 1 Arab XC 2010; 6 IAAF Continental Cup 5000 2010. At WXC: 2009-24J, 2010 -11

26 **JAMAL Maryam BRN** **26y**
TRANSFEREE – originally known as Zenebech Tola ETH, she moved to Lausanne in 2002 and had been seeking Swiss citizenship but could not travel outside the country while waiting for that so opted for Bahrain
Twice World 1500m Champion, she's been the world number one since 2005
1500 pb: 3:56.18 -06. 800 pb: 1:57.80 -08. 3000 pb: 8:28.87 -05. 5000 pb: 14:51.68 -05. Half Mar pb: 71:43 -04. 1 WCP 1500 2006; 1 Asian Games 800/1500 2006; 1 WCH 1500 2007/2009 (2005-5); 2 WIC 1500 2008 (2006 -3); 5 OLY 1500 2008; 1 Asian XC 2009; 1 Asian Games 1500 2010 (6 800). At WXC: 2005-33 short, 2006-37 short, 2009-9. Husband/coach Mnashu Taye has also transferred from Ethiopian to Bahrain and is now named Tareq Yaqoob, he also coaches the 2009 World Men's 1500m Champion Youssef Saad Kamel
In 2011: 1 Diekirch XC

27 **JASSEM Karima Saleh BRN** **23y**
2007 Asian Champion at both 5000m & 10,000m ... 10,000 pb; 32:17.14 -06. 5000 pb: 15:52.15 -07. 1 Arab 5000/Half Mar 2005 (1 Half Mar 2007); 13 WJC 3000 2006; 1 Asian Champs 5000/10,000 2007; 4 Asian Games 5000/3000SC 2010. At WXC: 2006-28 short, 2008-17
In 2011: 2 Marrakech Half Mar

28 **SHUMI Genzeb BRN** **20y**
TRANSFEREE – Ethiopian origin ... At WXC: 2010-17J

29 **TESFAYE Aster BRN** **20y**
TRANSFEREE – Ethiopian origin ... At WXC: 2010-65

33 **HARRISON Kate CAN** **21y**
2011 North / Central American & Caribbean Cross Country Champion ... 5000 pb: 16:24.40 -20. 1 NACAC XC 2011. 1 Canadian XC 2010. Student of Exercise Physiology at the University of West Virginia
In 2011: 1 North / Central American & Caribbean XC

37 **XU Lihong CHN** **17y**
5000 pb: 16:24.14 -10. 10,000 pb: 34:42.89 -10. 2 Chinese youth 1500 2010

38 **ALILA Kalombo COD** **26y**

39 **ASEFAW Fiori ERI** **18y**

41 **HABTEMARIAM Nebiat ERI** **32y**
Eritrean record holder at marathon ... Marathon pb: 2:32:04 -08. 5000 pb: 15:50.18 -01. ht OLY 5000 96/2000; ht WCH 5000 97/99/2001; 7 African Games 10,000 99; 38 World Half Mar 2003; ht OLY 5000 2004; 15 African Games Half Mart 2007. At WXC: 2000-82 long, 2001-54 long, 2002-37 long, 2003-16 long, 2004-46 long, 2007-25
Marathons (4): 16 Hamburg 2007; 13 Frankfurt 2007; 7 Hamburg 2008, 47 OLY 2008

42 **MEHARI Rehaset ERI** **22y**

44 **WELDU Nazret ERI** **20/21y**
1500 pb: 4:16.34 -08. 800 pb: 2:04.26 -08

47 **AGUILAR Alessandra ESP** **32y**
Seventh in 2010 European Championships Marathon ... Mar pb: 2:29:01 -09. Half Mar pb: 71:33 -08. 10,000 pb: 32:42.49 -02. 5000 pb: 15:42.66 -07. 9 under-23 ECH 5000 99. At WXC: 96-38J, 97-34J, 2000-60 long, 2001-48 long, 2002-35 long, 2003-29 long, 2004/2005-47 long, 2006-63 long, 2008 -35, 2009-24, 2010-40. At EXC: 99-33, 2000-27, 2001-35, 2002-28, 2003 -21, 2004-31, 2007-17, 2008-31, 2009-17, 2010-8. Coach-Antonio Serrano
Marathons (5): 3 Rotterdam 2008, 54 OLY 2008, 1 Hamburg 2009, 25 WCH 2009, 7 ECH 2010
In 2011: 6 "Great Edinburgh" XC; 6 Seville "Cross Internacional de Itálica" XC; 4 Elgóibar XC; 7 European Clubs XC; 10 Spanish XC

These are her 13th World Cross Country Championships

48 **BARRACHINA Gemma ESP** **24y**
10,000 pb: 31:54.64 -10. 5000 pb: 15:44.22 -10. 10 under-23 ECH 5000 2007; 16 ECH 5000 2010. At EXC: 2007-35u23, 2008-25u23, 2009-38. 1 Spanish under-23 5000 2008. At WXC: 2005-103J, 2010-59. Coach-José Rios
In 2011: 3 Amorebieta XC; 14 Seville "Cross Internacional de Itálica" XC; 3 Elgóibar XC; 3 San Sebastián XC; 7 Casar de Cáceres XC; 3 Spanish XC

49 **BEJARANO Sonia ESP** **29y**
Reigning Ibero-American Champion at 5000m ... 3000 pb: 9:04.12 -06. 5000 pb: 15:37.08 -05. 9 WJC 3000 2000; 3 European under-23 5000 (2001-11); 7 ECP 3000 2006; 1 Ibero-American 5000 2008; 4 WSG 5000 2009 (2003-7); ht EIC 3000 2011. 1 Spanish under-23 5000 2003. At WXC: 99-107J, 2000 -72J, 2003-64 short, 2004-49 short, 2005-87 short. At EXC: 99-21J, 2007-21, 2009-28
In 2011: 16 Seville "Cross Internacional de Itálica" XC; 10 Elgóibar XC; 13 European Clubs XC; 3 Spanish indoor 3000; 6ht EIC 3000

55 FERNÁNDEZ Nuria ESP **34y**
Full name-Nuria Fernández Domínguez
2010 European Champion at 1500m
Outdoor 1500 pb: 4:02.43 -09. 800 pb: 2:00.35 -08. 3000 pb: 8:38.05 -10. ht EIC 800 98; ht ECH 800 98; sf OLY 1500 2000/2004; 8 ECH 1500 2002 (2006-ht); 7 WCP 1500 2002; ht WIC 1500 2004/2006; 7 EIC 1500 2005; 4 EIC 3000 2009; 2 ETCh 1500 2009; 4 WCH 2009 (99-ht, 2001-12, 2003-sf, 2005-ht); 1 ECH 1500 2010; 2 EIC 1500 2011. At EXC: 2008-42, 2009-23, 2010-16. 1 Spanish 1500 2006. Born-Switzerland
In 2011: 1 San Sebastián XC; 2 Casar de Cáceres XC; 1 Spanish XC; 2 EIC 1500

56 GARCíA Alba ESP **27y**
5000 pb: 16:14.28 -10. At WXC: 2001-56J, 2002-37J. At EXC: 2000-56J, 2001-55J, 2002-76J
In 2011: 2 Maliaño XC; 2 Valladolid XC; 8 Casar de Cáceres XC; 7 Spanish XC

57 MARTíN Diana ESP **29y**
3000SC pb: 9:42.39 -09 17 under-23 ECH 3000SC 2001; ht ECH 3000SC 2006; 6 WSG 3000SC 2007; ht WCH 3000SC 2007/2009. At WXC: 2000 -109J, 2005-81 short, 2008-39, 2009-31. At EXC: 2000-30J, 2005-60, 2008 -49, 2010-14. Coach-Antonio Serrano
(There is another Diana Martin born 31-7-1990 who was 73 EXC 2009)
In 2011: 2 Elgóibar XC; 4 Casar de Cáceres XC; 2 Spanish XC

58 MARTíN Jacqueline ESP **36y**
Spanish Cross Country Champion at long course in 2004 & short course in 2005
5000 pb: 15:27.82 -00. 10,000 pb: 32:59.93 -10. ht EIC 3000 2005; 12 ECH 10,000 2010. At WXC: 92-78J, 93-69J, 95-115, 98-42 short, 99-41 short, 2001-60 short, 2002-36 short, 2004-58 short, 2005-dnf long, 2008-40, 2009 -42, 2010-52. At EXC: 97-21, 99-28, 2000-12, 2001-28, 2003-35, 2004-dnf, 2010-37 ... coach-Vicente Egido
In 2011: 5 Amorebieta XC; 6 Maliaño XC; 12 European Clubs XC; 6 Spanish XC

These are her 13th World Cross Country Championships

60 RODRíGUEZ Natalia ESP **31y**
2009 European & 2010 World indoor silvers at 1500m ... disqualified from 2009 World 1500m & 2009 European Team 3000m after crossing line first
1500 pb: 3:59.51 -05. 800 pb: 2:01.35 -01. ht WJC 800 96; 5 EJC 1500 97; 6 WJC 1500 98; 2 under-23 ECH 1500 2001 (99-4); 6 WCH 1500 2001/2005 (2003-sf, 2009-dq final); 1 ECP 1500 2003; 6 OLY 1500 2008 (2000-ht, 2004 -10); 2 EIC 1500 2009; 2 WIC 1500 2010; 4 ETCh 3000 2010; 3 ECH 1500 2010 (2002-6). At WXC: 97-48J, 98-71J. At EXC: 97-31J, 2010-41. 1 Spanish 1500 2000/2001/2002/2003/2004/2005/2009/2010 (1 indoor 2004/2009/2010)
In 2011: 8 Spanish XC

63 AFEWORK Abebech ETH **20y**
Half Mar pb: 70:49 -10 (72:53 -11). 10,000 pb: 32:52.67 -09. 14 World Half Mar 2010. At WXC: 2010-18. 2 Great Ethiopian Run 10K 2010
In 2011: 1 Egmond Aan Zee Half Mar

65 AYALEW Hiwot ETH **21y**
6 Great Ethiopian Run 10K 2010. She is the younger sister of 2009 World 10,000m bronze medallist Wude Ayalew (Ayelew pronounced "A-yall-yew")
In 2011: 1 Le Mans "Cross Ouest-France" XC; 2 Ethiopian XC

66 AYALEW Wude ETH **23y**
Full name-Wude Ayalew Yimer (Ayelew pronounced "A-yall-yew")
2009 World 10,000m bronze ... twice fifth at World Cross Country Championships
Half Mar pb: 68:36 -10. 10,000 pb: 30:11.87 -09. 5000 pb: 14:38.44 -09. 3000 pb: 8:35.50 -08. 5 WJC 5000 2006; 3 African Champs 10,000 2008 (2010-4); 3 WCH 10,000 2009. At WXC: 2006-5 long, 2007-10, 2009-5. 1 Great Ethiopian Run 10K 2008; 1 Ethiopian XC 2009
In 2011: 4 Ethiopian XC

68 DIBABA Genzebe ETH **20y**
Twice World Junior Cross Country Champion ... 2010 World Junior 5000m Champion ... younger sister of Ejegayehu and Tirunesh
1500 pb: 4:04.80i, 4:06.10 -10. 5000 pb: 14:55.52 -09. 3000 pb: 8:48.35 -10. 2 WJC 5000 2008; 8 WCH 5000 2009; 1 WJC 5000 2010. At WXC: 2007-5J, 2008-1J, 2009-1J, 2010-11J
In 2011: 2 "Great Edinburgh" XC; 5 Ethiopian XC

72 MELKAMU Meselech ETH **25y**
(Meselech pronounced "Messel-etch") ... 5x third at World Cross Country Championships ... world silver and second-fastest of all-time at 10,000m
10,000 pb: 29:53.80 -09. 5000 pb: 14:31.91 -10. 3000 pb: 8:34.73 -05. 4 WCH 5000 2005 (2007-6, 2009-5); 6 African Champs 5000 2006; 2 African Games 5000 2007; 2 WIC 3000 2008; 8 OLY 5000 2008; 2 WCH 10,000 2009 (5 5000); 2 African Champs 10,000 2010. At WXC: 2003-4J, 2004-1J, 2005-4 long & 6 short, 2006-3 short & long, 2007-3, 2008-9, 2009-3, 2010-3. 1 Great Ireland Run 2006. Father-Melkamu Haile Yesus was a marathon runner
In 2011: 1 Ethiopian XC (4th time)

73 MOHAMMED Merima ETH **18y**
Full name-Merima Mohammed Hasen
2:23:06 marathon in Toronto 2010, the second-fastest ever by a junior
Mar pb: 2:23:06 -10. 12 World Youth 1500 2009. 1 Nice to Cannes Marathon 2009 at age 17, apparently
Marathons (4): 1 Nice to Cannes 2009, 8 Mumbai 2010, 3 Toronto 2010, 2 Mumbai 2011
In 2011: 2 Mumbai; 6 Ethiopian XC

She's not 20 until June 2012, so she could have gone in the junior race here

75 OLJIRA Belaynesh ETH **20y**
Full name-Belaynesh Oljira Jemama ... 3000 pb: 8:40.73 -10. 5000 pb: 14:58.16 -10. Half Mar pb: 70:22 -10
In 2011: 3 Ethiopian XC

77 BARDELLE Christine FRA **36y**
Twice French Champion at 5000m ... 3000 pb: 9:01.67 -07. 1500 pb: 4:13.79 -03. 5000 pb: 15:38.85 -07. 10,000 pb: 32:42.82 -09. 3000SC pb: 9:56.92 -08. 6 ECP 5000 2007; 31 World Half Mar 2008; 7 ECP 10,000 2009; 11 EIC 3000 2011. 1 French 5000 2006/2009. At WXC: 2003-65 short, 2004-63 short, 2005-60 short, 2006-20 long, 2007-22, 2008-55, 2010-50. At EXC: 2004-59, 2006-36, 2007-27, 2008-20, 2009-37, 2010-13 ... born-Provins ... coach-Gérard Pezerat
In 2011: 3 Nice 10K; 10 Le Mans "Cross Ouest-France" XC; 4 Liévin 3000; 3 French XC; 11 EIC 3000

78 CALVIN Clémence FRA **20y**
5000 pb: 16:38.55 -10. 3000 pb: 9:39.75 -09. 5 European Youth Olympic Festival 3000 2007; 9 EJC 3000 2009. At WXC: 2009-28J. At EXC: 2006 -29J, 2007-28J, 2009-38J, 2010-14u23
In 2011: 4 Nice 10K; 12 Le Mans "Cross Ouest-France" XC; 2 Aubière 1500; 5 French indoor 1500; 7 French XC

80 KLILECH-FAUVEL Fatiha FRA **36y**
Ex-Morocco ... Klilich pronounced "Klee-leash" ... Half Mar pb: 70:40 -07. Mar pb: 2:34:28 -09. 24 World Half Mar 2003/2004. At WXC: 98-67 long (for Morocco), 2004-33 long, 2005-23 long. At EXC: 2003-31, 2004-30, 2005-25, 2006-20, 2010-11 ... born-Sidi Kacem (Morocco) ... coach/husband-Cédric Fauvel
Marathons (2): dnf Berlin 2007, 3 Reims 2009
In 2011: 6 French XC

82 BLEASDALE Julia GBR **29y**
3000 pb: 9:14.93 -05. 5000 pb: 16:04.84 -05. 1500 pb: 4:25.51 -04. 1 Inter-Counties 5000 2004; 4 AAA 5000 2005. 1 South of England 1500 2004. Self-Coached
In 2011: 77 Kenyan XC (she was on a self-financed training trip in Kenya); 5 UK Inter-Counties XC

84 DEAN Hatti GBR **29y**
Unexpected fourth at 2010 European Championship steeplechase ... three British steeplechase records within 36 days in June/July 2007 (but record since broken by Barbara Parker and Helen Clitheroe)
3000SC pb: 9:30.19 -10. 3000 pb: 8:58.77 -07. 1500 pb: 4:16.57 -07. 5000 pb: 16:06.53 -09. 10,000 pb: 33:31.76 -09. ht ECH 3000SC 2006; ht WCH 3000SC 2007; 7 ECP 3000SC 2008; 4 ECH 3000SC 2010. 1 AAA 3000SC 2006. At WXC: 2005-47 short, 2006-66 long, 2007-15. At EXC: 2007-26, 2008-8, 2010-7. 1 English Schools XC 99; 1 British Universities XC 2005. Played lacrosse for England ... works as a statistician for the civil service ... missed 2008 Olympic Games with a stress fracture to her ankle ... coach-Bud Baldaro
In 2011: 5 "Great Edinburgh" XC; 1 Alsager 5M; 2 English "National" XC; 2 UK Inter-Counties XC

89 PURDUE Charlotte GBR **19y**
("Charlie") ... 2010 European Junior Cross Country Champion ... 10,000 pb: 32:36.75 -10. 5000 pb: 15:23.4 -10. 1500 pb: 4:19.13 -09. 3000 pb: 9:10.34 -10. 2 EJC 5000 2009 (2007-10); 4 COM 10,000 2010 (6 5000). At WXC: 2007-15J, 2009-14J. At EXC: 2007-3J, 2008-2J, 2010-1J. 1 English Schools junior XC 2005 & 3000 2008; 1 English under-15 XC 2006 & under-17 XC 2007; 1 AAA under-17 3000 2006. She has achieved a grade five standard in Ballet ... coach-Mick Woods
In 2011: 4 "Great Edinburgh" XC; 1 Cardiff XC; 1 Antrim XC; 1 British Universities XC; 1 English "National" under-20 XC; 1 UK Inter-Counties XC

90 SAMUELS Sonia GBR **31y**
(Née-Thomas) ... third in 2009 English 'National" ... 10,000 pb: 33:03.26, -10. 5000 pb: 15:53.1 -10. 3000SC pb: 10:15.24 -05. 3 AAA 3000SC 2004; 5 UK champs 3000SC 2007. At WXC: 97-93J, 98-89J, 2002-75 short, 2009-dnf. At EXC: 98-22J, 2009-21. 1 English under-20 XC 99. Won 1995 Junior Great North Run ... graduated in European Studies from Loughborough University ... coach-George Gandy
In 2011: 4 Antrim XC; 5 English "National" XC; 8 UK Inter-Counties XC

92 STEEL Gemma GBR **25y**
10K pb: 33:16 -10. At EXC: 2010-27. Coach-Roy Stowell
In 2011: 9 "Great Edinburgh" XC; 2 Cardiff XC; 5 Antrim XC; 6 European Clubs XC; 1 Hannut XC; 4 English "National" XC; 4 UK Inter-Counties XC

93 STOCKTON Stevie GBR **21y**
Team gold in under-23 race at 2009 European Cross Country Championships
1500 pb: 4:14.11 -10. 800 pb: 2:07.97 -09. 6 EJC 3000 2007. At WXC: 2007 -52J, 2010-47. At EXC: 2009-10u23. 1 English Schools 1500 2007; 12 UK 1500 2008; 2 English under-23 1500 2009. Coach-George Gandy
In 2011: 1 Manchester Area League XC; 11 "Great Edinburgh" XC; 6 Antrim XC; 2 British Universities XC; 6 English "National" XC; 7 UK Inter-Counties XC

94 TASCHIMOWITZ Naomi GBR **21y**
5000 pb: 16:10.3 -10. 1 English under-23 5000 2010. Student of Economics at Cambridge University ... Coach-Charlotte Fisher
In 2011: 1 South of England XC; 3 British Universities XC; 8 Hannut XC; 3 UK Inter-Counties XC

96 WHITMORE Hannah GBR **27y**
2009 Midland Champion at 1500m ... 5000 pb: 16:35.54 -10. 3000 pb: 9:19.46 -10. 1500 pb: 4:13.72 -07. 800 pb: 2:04.86 -07. 1 Midland 1500 2009. At WXC: 2009-58. At EXC: 2006-28u23). Works as a Ward Clerk at Leicester Royal Children's Hospital ... coach-Bill Foster
In 2011: 8 Elgóibar XC; 1 Midland XC; 16 European Clubs XC; 10 English "National" XC; 6 UK Inter-Counties XC

97 BRITTON Fionnuala IRL **26y**
2007 World steeplechase finalist ... fourth at 2010 European Cross Country Championships
1500 pb: 4:18.92 -06. 5000 pb: 15:44.76 -10. 3000SC pb: 9:41.36 -07. 12 WCH 3000SC 2007; ht OLY 3000SC 2008; 6 WSG 2009 (2005-11); 11 ECH 3000SC 2010 (2006-ht). At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36. At EXC: 2001-74J, 2002-49J, 2003 -21J, 2005-39, 2006-2u23, 2007-7, 2009-11, 2010-4. 1 Irish 2008/2009. Coach-Pat Diskan
In 2011: 1 Celtic Cup 1500; 4 "Sparkassen Cup" 3000 (pb 9:00.70); 5 Liévin 3000; 8 Karlsruhe 3000; 2 Albufeira "Almond Blossom" XC; 4 Antrim XC

98 HUTCHINSON Ava IRL **27y**
3000 pb: 9:14.80i -10 5000 pb: 15:58.93 -09. 1500 pb: 4:20.27 -05. At WXC: 2001-110J, 2002-101J. At EXC: 2009-34
In 2011: 29 San Vittore Olona XC; 5 Armagh 3K; 1 Partington "Trafford" 10K

99 EJJAFINI Nadia ITA **30y**
TRANSFEREE – Formerly: MAR and BRN (she is the Bahraini marathon record holder)
Marathon pb: 2:37:25 -07. Half Mar pb: 70:38 -07. 5000 pb: 15:22.39 -06. 10,000 pb: 32:29.53 -07. Half Mar pb: 70:38 -07. Mar pb: 2:37:25 -07. 4 WJC 5000 98; 2 Naples 2004; dnf OLY 2004; 41 WCH 2005 (2003-44); 4 Asian Games 5000 2006; 1 Arab 10,000 2007; 4 Milan 2007. At WXC: 98-18J, 99 -21J (for Morocco); 2003-30 long & 33 short, 2004-41 long (for Bahrain)
In 2011: 5 San Giorgio su Legnano XC; 2 Vallagarina XC; 2 Rovereto XC; 1 Italian XC; 5 European Clubs XC; 3 Italian Clubs XC

She is competing at the World Cross Country Championships for a third country (and all from different continents)

100 INGLESE Veronica ITA **20y**
5000 pb: 16:41.37 -09. At WXC: 2008-47J. At EXC: 2007-75J, 2008-37J, 2009-35J
In 2011: 10 San Giorgio su Legnano XC; 3 Italian XC (1st under-23); 23 European Clubs XC

101 MARAOUI Fatna ITA **33y**
Ex-Morocco ... Mar pb: 2:37:22 -07. 5000 pb: 15:42.21 -06. 10,000 pb: 33:05.79 -07. Half Mar pb: 72:27 -07. dnf World Half Mar 2007. 4 Venice 2007. At WXC 2008-dnf. At EXC: 2006-37, 2009-27. Born-Beli Beleu ... coach-Andrea Bello
In 2011: 42 European Clubs XC; 2 Italian Clubs XC

102 ROMAGNOLO Elena ITA **28y**
Italian record holder & Olympic finalist at steeplechase ... 3000SC pb: 9:27.48 -08. 5000 pb: 15:13.19 -09. 10,000 pb: 32:41.26 -10. 3000 pb: 8:54.14i -09, 9:02.14 -10. 1500 pb: 4:06.03 -10. ht ECH 3000SC 2006; ht WCH 3000SC 2007; 4 ECP 3000SC 2008; 11 OLY 3000SC 2008; 2 Mediterranean Games 5000 2009, 6 ETCh 3000SC 2010. At WXC: 2007-27, 2008-32, 2010-24. At EXC: 2006-33, 2007-32, 2008-10, 2009-13. 1 Italian 3000SC 2005/2006/20007, 1500 2009 & 5000 2008. Born-Biella ... coach-Tiziao Bozzo
In 2011: 17 European Clubs XC

103 SOUFYANE Laila ITA **27y**
Ex-Morocco ... 5000 pb: 16:09.22 -09. 10,000 pb: 34:34.94 -09. Half Mar pb: 76:36 -09
In 2011: 9 San Giorgio su Legnano XC; 4 Vallagarina XC; 4 Rovereto XC; 2 Italian XC; 15 European Clubs XC; 15 San Vittore Olona "Cinque Mulini' 5K XC; 5 Italian Clubs XC

106 IGARASHI Ai JPN **22y**
Half Mar pb: 73:20 -09. 5000 pb: 15:34.60 -09. 10 Japanese 5000 2010
In 2011: 8 Chiba XC; 3 Fukuoka XC

109 KUWASHIRO Nanae JPN **28y**
1500 pb: 4:14.02 -03. 3000 pb: 9:11.86 -08. 2 Japanese 1500 2007/2008
In 2011: 3 Chiba XC

110 NIIYA Hitomi JPN **23y**
Three team bronzes in the World Cross Country Championships as a junior
Mar pb: 2:30:58 -09. 5000 pb: 15:23.27 -09. At WXC: 2004-19J, 2005-13J, 2006-13J, 2010-31
Marathons (3); 1 Tokyo 2007; 2 Sapporo 2008; 8 Nagoya 2009
In 2011: 1 Chiba XC; 1 Fukuoka XC

111 OMATA Korei JPN **23y**
3000 pb: 9:21.80 -10. 5000 pb: 15:56.83 -08. At WXC: 2009-48
In 2011: 5 Chiba XC; 7 Fukuoka XC

113 SHIMIZU Yuko JPN **25y**
1500 pb: 4:15.51 -08. 5000 pb: 15:30.29 -09. At WXC: 2009-18, 2010-49. 2 Japanese Corporate 5000 2008; 1 Chiba XC 2009
In 2011: 2 Fukuoka XC

115 TANAKA Hanae JPN **21y**
5000 pb: 15:54.18 -10. 10,000 pb: 33:17.52 -10. 7 World Youth 1500 2007. 1 Japanese Collegiate 10,000 2010
In 2011: 2 Chiba XC

118 CHEPKURUI Lineth KEN **23y**
Fourth & team gold at 2009 World Cross Country Championships ... 10,000 pb: 31:31.92 -09. Half Mar pb: 70:09 -06. At WXC: 2008-12, 2009-4, 2010-5. Won 2006 Philadelphia Half Marathon in 70:09 at age 18, apparently; 3 UK Champs 10,000 2009; 1 Kenyan Armed Forces XC 2011
In 2011: 1 Iten XC; 1 Nanyuki XC; 1 Kenyan Armed Forces XC; 8 Kenyan XC

120 CHERONO Priscah KEN **30y**
Full name-Priscah Jepleting Cherono (Née Ngetich)
2007 World 5000m bronze ... World Cross Country silvers in 1997 (junior) & 2006 (senior short course)
5000 pb: 14:35.30 -06. 3000 pb: 8:29.06 -07. 7 WJC 5000 98 (96-6); 2 African Champs 5000 2004; 3 WCH 5000 2007 (2005-7); 11 OLY 5000 2008. 1 Kenyan 5000 2008. At WXC: 97-2J, 98-11J, 2000-78 short, 2002-18 short, 2003-11 short, 2004-4 short, 2006-2 short, 2007-7. Married Charles Cherono in December 2006, out for maternity reasons in 2009/2010
In 2011: 1 Eldoret XC; 3 Kenyan XC

121 CHERUIYOT Vivian KEN **27y**
Reigning World, African & Commonwealth Champion at 5000m ... 5000 pb: 14:22.51 -07. 3000 pb: 8:28.66 -07. 1500 pb: 4:06.65 -07. 3 World Youth 3000 99; 3 African Games 5000 99; 3 WJC 5000 2002; 5 OLY 5000 2008 (2000-14); 1 WCH 5000 2009 (2007-2); 2 WIC 3000 2010; 1 African Champs 5000 2010; 1 IAAF Continental Cup 5000 2010; 1 COM 5000 2010. At WXC: 98-5J, 99-2J, 2000-1J, 2001-4J, 2002-3J, 2004-8 short, 2006-8 short, 2007 -8. 1 Kenyan 5000 2010. 1.53/39kg
In 2011: 3 "Great Edinburgh" XC; 1 Seville "Cross Internacional de Itálica" XC; 2 Kenyan XC

122 KIBET Sylvia KEN **26y**
Full name-Sylvia Jebiwott Kibet
2009 World 5000m silver, previously fourth in Beijing & Osaka 5000s
3000 pb: 8:39.07 -10. 5000 pb: 14:31.91 -10. 10,000 pb: 31:39.34 -06. Half Mar pb: 71:37 -06. 3 African Champs 5000 2006; 3 African Games 5000 2007; 4 WIC 3000 2008/2010; 4 OLY 5000 2008; 2 WCH 5000 2009 (2007 -4); 2 COM 5000 2010. Her sister is former European Cross Country Champion Hilda Kibet, who has transferred from Kenya to the Netherlands
In 2011: 3 Iten XC; 5 Kenyan XC

126 **KORIKWIANG Pauline KEN** **23y**
Full name-Pauline Chemning Korikwiang
Former World Junior Cross Country Champion
10,000 pb: 31:06.29 -10. 5000 pb: 14:45.98 -06. 3000 pb: 8:41.11 -10. 2 World Youth 3000 2005; 4 African junior 5000 2003; 2 WJC 3000 2006; 6 African 10,000 2010. At WXC: 2005-7J, 2006-1J, 2007-dnfJ after miscounting laps, 2009-11
In 2011: 1 Amorebieta XC; 3 Seville "Cross Internacional de Itálica" XC; 6 Kenyan XC

127 **MASAI Linet KEN** **21y**
Full name-Linet Chepkwemoi Masai (formerly Barasa)
2009 World 10,000m Champion where she outkicked the Ethiopians after winding up the pace from 3000m out
10,000 pb: 30:26.50 -08. 3000 pb: 8:38.97 -07. 5000 pb: 14:31.14 -10. 4 OLY 10,000 2008; 1 WCH 10,000 2009; 3 African Champs 10,000 2010. 1 Kenyan 10,000 2009/2010 & XC 2010/2011. At WXC: 2007-1J, 2008-3, 2009 -2, 2010-2. Younger sister of 26:49.20 10,000m runner Moses Masai (3rd in 2009 World 10,000m), they have a younger brother Dennis who is starting to compete in international races ... she was declared Kenya's Sportswoman of the Year for 2009

Top three at last four World Cross Country Championships

In 2011: 1 "Great Edinburgh" XC; 2 Seville "Cross Internacional de Itálica" XC; 1 Kenyan XC

She says – "this time, round if I keep the pace high, It will be mine"

133 **AYACHI Fatima MAR** **25y**
Half Mar pb: 71:48 -10. 10,000 pb: 34:59.34 -05. 3000 pb: 9:19.61 -06. . 3 Francophone Games 10,000 2005. At WXC: 2006-56 short
In 2011: 1 Getafe Half Mar; 9 Casar de Cáceres XC

134 **BOULAID Kawtar MAR** **21y**
1500 pb: 4:22.29 -10

135 **CHAABI Bouchra MAR** **30y**
2004 African Steeplechase Champion ... 1500 pb: 4:03.62 -07. 5000 pb: 15:21.32 -04. 10,000 pb: 32:17.70 -00. 3000SC pb: 9:30.35 -04. ht OLY 10,000 2000; 6 African Champs 5000 2002; 49 World Half Mar 2003; 1 African Champs 3000SC 2004; 10 WCH 3000SC 2005; ht OLY 1500 2008; 1 Francophone Games 5000 2009 (2 10,000). At WXC: 2000-47 short, 2002 -12 short, 2003-17 short, 2004-16 short, 2006-20 short, 2007-dnf, 2009-27, 2010-39
In 2011: 3 Fuensalida XC; 1 Berkane XC

137 **HILALI Siham MAR** **24y**
2008 Olympic finalist at 1500m ... 3000 pb: 8:59.60i -11. 1 World Youth 3000 2003; 3 WJC 1500/3000 2004; ht WCH 1500 2007/2009; 7 WIC 1500 2008; 10 OLY 1500 2008. At WXC: 2003-19J, 2004-12J, 2009-23, 2010-26
In 2011: 6 Karlsruhe 3000; 6 Birmingham 3000

139 **LAKHOUAD Btissam MAR** **30y**
2008 Olympic finalist at 1500m ... much improved in 2009, down from 4:03.23 to Moroccan record 3:59.35
1500 pb: 3:59.35 -10. 800 pb: 2:01.66 -07. 12 OLY 1500 2008; 2 Mediterranean Games 1500 2009; sf WCH 1500 2009; 3 African Champs 1500 2010 (4 800); dnf IAAF Continental Cup 1500 2010. At WXC: 2000-dnfJ, 2009-34
In 2011: 4 Amorebieta XC; 5 Maliaño XC; 2 French XC

140 **MOUKIM Rkia MAR** **23y**
Half Mar pb: 71:49 -11
In 2011: 1 Boujaad XC; 1 Alicante Half Mar; 1 Moroccan XC; 9 African XC

141 **OUHADDOU Hanane MAR** **28/29y**
Arab Champion & Moroccan record holder at Steeplechase ... 3000SC pb: 9:22.12 -09. 3000 pb: 8.54,51i -08, 9:04.24 -06. 5000 pb: 15:49.19 -07. 5 African Champs 3000SC 2006/2010; 1 Arab 5000/3000SC 2007 & 3000SC 2009; 9 WCH 3000SC 2007 (2009-ht); ht WIC 3000 2008; ht OLY 3000SC 2008; 1 Mediterranean Games 5000 2009; 2 Francophone Games 5000/3000SC 2009; 5 African Champs 3000SC 2010; 4 IAAF Continental Cup 3000SC 2010. At WXC: 2006-31 short, 2007-33, 2009-dnf, 2010-56
In 2011: 4 Fuensalida XC; 3 Maliaño XC

143 **SAHLI Bouchra MAR** **29y**
Half Mar pb: 74:03 -03. 3 Marrakech Half Mar 2008
In 2011: 7 African XC

149 **DUNG Janet NGR** **23y**
In 2011: 11 Cross River State NGR 11.5K

151 **BISS Sarah NZL** **33y**
Marathon pb: 2:44:51 -10. Works as a physiotherapist at Rotorua Public Hospital ... youngest of five sisters ... coach-Craig Kirkwood
Marathons: 3 Invercargill 2009, 3 Melbourne 2010

152 **CROMBIE Fiona NZL** **28y**
3000SC pb: 9:59.16 -06. 8 WSG 3000SC 2005. At WXC: 2001-51J, 2002-96 short, 2004-80 short. 6 NCAA 3000SC 2005. 1 New Zealand 3000SC 2008/2010 & XC 2010
In 2011: 3 Wellington 3000

153 **JOY-PETRINA Leonora NZL** **28y**
3000 pb: 9:18.18i -11. 5000 pb: 15:50.96 -10. 3000SC pb: 10:03.82 -09. At WXC: 2002-61 short. 1 New Zealand 2000SC 2001 & 3000SC 2009. Lives-New York (Long Island)
In 2011: 4 Boston 3000 (Jan 28); 1 New York 5K; 3 Boston 3000 (Jan 30); 2 Auckland 3000

159 **COSTA Filomena POR** **26y**
Half Mar pb: 75:08 -10. 3000SC pb: 10:21.08 -09. At EXC: 2004-72J, 2006 -33u23, 2007-56u23
In 2011: 6 Portuguese 15K; 8 Viana do Castelo Half Mar; 8 Portuguese XC; 6 Portuguese short course XC

160 **CUNHA Daniela POR** **20y**
1500 pb: 4:19.29 -09. ht WJC 1500 2008. At WXC: 2008-45J, 2009-53J, 2010-60. At EXC: 2007-48J, 2008-38J, 2009-31J, 2010-22u23. 1 Portuguese junior 1500 2007
In 2011: 8 Portuguese 15K; 21 European Clubs XC; 5 Portuguese XC; 8 Portuguese short course XC

161 **DIAS Ana POR** **37y**
Thirteen appearances at World Cross Country Championships, 10 at European Cross Country Championships including the first edition in 1994

Mar pb: 2:28:49 -03. 10,000 pb: 31:39.52 -99. 5000 pb: 15:26.41 -01. 6 EJC 3000 93; ht WCH 5000 95; ht OLY 5000 96; 2 WSG 5000 99; 15 WCH 10,000 99 (2001-21); ht OLY 10,000 2000; 19 ECH 10,000 2002. 1 Portuguese 10,000 2001 & 5000 2009. Coach-Fernando Barão
At WXC: 93-23J, 95-51, 96-33, 99-13 long, 2000-29 long, 2001-34 long, 2002 -25 long, 2003-24 long, 2004-49 long & 31 short, 2005-21 long, 2006-43 long, 2009-19, 2010-44
Marathons (10): 4 Berlin 2003; 62 OLY 2004; 2 Rotterdam 2005; 32 WCH 2005; 5 Rotterdam 2007; dnf Berlin 2007; 1 Seville 2008; 46 OLY 2008, 5 Venice, 18 ECH 2010
In 2011: 3 San Giorgio su Legnano XC; 1 Faro 6.3K; 11 Seville "Cross Internacional de Itálica" XC; 11 Casar de Cáceres XC; 3 Portuguese XC; 3 Albufeira "Almond Blossom" XC

These are her 14th World Cross Country Championships, only two women have ever done more

163 **MACHADO Ercília POR** **24y**
1500 pb: 4:21.69 -07. 13 EJC 1500 2005; 9 under-23 ECH 1500 2007. At WXC: 2005-75J. At EXC: 2005-57J, 2006-42u23, 2007-34u23, 2008-29u23
In 2011: 5 Portuguese 15K; 2 Portuguese Clubs indoor 1500/3000; 6 Portuguese XC; 1 Portuguese indoor 3000 (3 1500); 2 Portuguese short course XC

164 **MOREIRA Sara POR** **25y**
2009 European indoor 3000m silver ... 2010 European 5000m bronze (after dropping out of the 10,000m when in fourth place)
Outdoor 1500 pb: 4:07.11 -10. 3000 pb: 8:42.69 -10. 5000 pb: 14:54.71 -10. 10,000 pb: 31:26.55 -10. Half Mar pb: 70:08 -10. 3000SC pb: 9:28.64 -09. 3 under-23 ECH 3000SC 2007; 13 WCH 3000SC 2007; ht OLY 3000SC 2008; 2 EIC 3000 2009; 10 WCH 5000 2009 (ht 3000SC); 1 WSG 5000/3000SC 2009; 6 WIC 3000 2010; 3 ECH 5000 2010 (dnf 10,000); 7 IAAF Continental Cup 3000 2010; 7 EIC 1500 2011. 1 Portuguese 3000SC 2007/2008/2009. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10, 2010-9. Coach/husband-Pedro Ribeiro was Portuguese Steeplechase Champion in 2010
In 2011: 2 Portuguese 15K; 1 Elgóibar XC; 3 European Clubs XC; 3 Karlsruhe 3000 (pb 8:44.22); 2 Portuguese XC; 1 Portuguese indoor 1500; 7 EIC 1500; 1 Portuguese short course XC

She was expecting to run the 3000m and not the 1500m at the European Indoor Championships, but was entered for the the wrong event. Once the error was discovered, the EAA refused to allow a change, in accordance with championships rules. The episode led to the resignation of Portuguese Federation president, Fernando Mota

165 **ROCHA Carla Salomé POR** **20y**
3000SC pb: 10:47.95 -08. At EXC: 2007-31J, 2008-44J, 2009-11J, 2010 -18u23
In 2011: 2 Pombal 3000; 1 Portuguese under-23 indoor 3000; 7 Portuguese XC

166 **ROSA Analía POR** **35y**
Mar pb: 2:32:56 -06. Half Mar pb: 70:30 -09. 3000 pb: 8:59.99i -06, 9:09.57 -03. 5000 pb: 15:41.13 -01. 10,000 pb: 32:44.93 -06. 3000SC pb: 9:43.00 -04. 8 WIC 3000 2006; 18 World Half Mar 2009. At WXC: 95-103J, 2000-45 short, 2001-15 long, 2002-22 long, 2003-11 long & 16 short, 2004-40 long & 26 short, 2005-15 long & 27 short, 2006-42 long, 2009-22, 2010-35. At EXC: 2000-10, 2002-15, 2003-14, 2004-10, 2005-26, 2006-10, 2008-7, 2009-14, 2011-32. Coach-Ricardo Esteves
Marathons (3): 11 Hamburg 2006; 10 ECH 2006; 36 WCH 2007
In 2011: 3 Portuguese 15K; 10 European Clubs XC; 4 Portuguese XC; 4 Albufeira "Almond Blossom" XC

170 **KALMER Christine RSA** **25y**
British Grandfather ... younger sister of René Kalmer, they have each finished 12th at past World Cross Country Championships
1500 pb: 4:22.19 -03. 12 World Youth 1500 2003 (2001-ht). At WXC: 2001 -12J, 2004-28J
In 2011: 2 Johannesburg 15K; 8 South African Trial XC; 2 Johannesburg Half Mar; 4 Potchefstroom 3000; 2 Mossel Bay Half Mar; 2 South of Africa junior XC

171 **KALMER René RSA** **30y**
British Grandfather ... was South Africa's best junior distance runner since Zola Budd
5000 pb: 15:35.00 -07. 3000 pb: 8:44.17 -10. 1500 pb: 4:06.71 -08. ht WJC 1500 98; ht WCH 1500 2001; 11 WSG 5000 2001; ht OLY 1500 2008. 1 South African 1500 2001/2002/2003/2004/2008/2010 (1 5000 2000/2001/2007/2008/2010). 10 World Road Relay 98. At WXC: 96-34J, 97/98-12J, 2005-61 short, 2006-58 short. Studying Business Administration at University of Johannesburg ... younger sister Christine was also 12th at the World Cross Country Championships (in 2001)
In 2011: 3 Johannesburg 15K; 3 Bedfordview Half Mar; 6 South African Trial XC; 1 Benoni Half Mar; 1 Springs 32K; 1 Johannesburg Half Mar; 2 Potchefstroom 3000; 22 African XC

172 **MABUZA Mpho RSA** **31y**
Half Mar pb: 75:28 -10. Mar pb: 2:45:49 -08. 10,000 pb: 34:31.92 -09. 43 World Half Mar 2010.
1 South African 10,000 2008 (2009-2)
Marathons include: 5 Durban 2008, 5 Cape Town 2008, 5 Durban 2009, 4 Cape Town 2009, 6 Soweto 2009, 4 Soweto 2010, 4 George 2011
In 2011: 2 Bedfordview Half Mar; 7 South African Trial XC; 3 Sasolburg 10K; 4 George (South African) Marathon

174 **MAKHANYA Mapaseka RSA** **25y**
800 pb: 2:03.36 -10. 1500 pb: 4:08.18 -10. ht World Youth 1500 2001; ht WJC 3000SC 2004; 6 African Championships 800 2010. 1 South African 800 2010; 1 South African short course XC 2010
In 2011: 1 Johannesburg 15K; 4 Potchefstroom XC; 4 South African Trial XC; 2 Potchefstroom 800; 1 Pretoria 800; 16 African XC

177 **MASEHLA Tebogo RSA** **31y**
South African Steeplechase record holder & 5x Champion ... 3000SC pb: 9:55.11 -07. 5 WSG 3000SC 2005; 10 COM 3000SC 2006; 4 African Games 3000SC 2007; ht WCH 3000SC 2007. 1 South African 3000SC 2004/2005/2007/2008/2009/2010. At WXC: 2009-74, 2010-77
In 2011: 5 Potchefstroom XC; 5 South African Trial XC

178 **PHALULA Dina Lebo RSA** **27y**
Twin sister of Dinarose Lebogang Phalula ... 5000 pb: 15:57.15 -09. 1500 pb: 4:13.05 -09. 800 pb: 2:02.94 -06. ht WJC 1500 2000; ht COM 800/1500 2006. At WXC: 2005-79 short, 2009-39, 2010-22. 1 South African 1500 2006/2009 (1 5000 2009)
In 2000 Dinarose was selected for the World Junior (track) Championships but Dina Lebo was sent by mistake
In 2011: 6 Fuensalida XC; 6 Jaen 8.7K; 3 Potchefstroom XC; 3 South African Trial XC; 3 Potchefstroom 3000

179 **PHALULA Dinahrose Lebogang RSA** **27y**
Twin sister of Dina Lebo Phalula (twice South African 1500m Champion)
800 pb: 2:02.43 -06. 1500 pb: 4:12.34 -06. 5000 pb: 16:02.55 -09. ht World Youth 800 99; sf COM 800 2006 (ht 1500); 4 African Games 800 2007. At WXC: 2001-71J, 2002-58J, 2005-49 short, 2009-29, 2010-15
In 2000 Dinarose was selected for the World Junior Championships but Dina Lebo was sent by mistake
In 2011: 2 Fuensalida XC; 3 Jaén 8.7K; 1 Potchefstroom XC; 1 Potchefstroom 3000; 3 South African Trial XC

183 **van SCHALKWYK Annerien RSA** **32y**
Schalkwyk pronounced "Skalk-Vake" ... 2009 South African Half Marathon Champion
Marathon pb: 2:35:32 -10. Half Mar pb: 71:26 -09. 5000 pb: 16:25.25 -08. 20 World Half Mar 2009 (2008-dnf). At WXC: 2009-56. 1 South African Half Mar 2009
Marathon (1): 3 Singapore 2010
In 2011: 2 Potchefstroom XC; 2 South African Trial XC; 7 Potchefstroom 3000; 11 African XC

184 **MUKASAKINDI Claudette RWA** **30y**
2009 Francophone Games Champion at 10,000m ... 5000 pb: 16:34.56 -09. 10,000 pb: 35:32.60 -09. 7 African Champs 10,000 2008; 1 Francophone Games 10,000 2009 (4 5000); 47 World Half Mar 2009; 8 African Championships 5000 2010. At WXC: 2007-59, 2009-53

186 **NYIRABARAME Epiphanie RWA** **29y**
Rwandan record holder at marathon ... Marathon pb: 2:33:59 -09. Half Mar pb: 77:14 -07. ht WJC 3000 98; 4 Francophone Games 10,000 2001; 50 World Half Mar 2007; 10 African Champs 10,000 2010. At WXC: 2002-80J, 2007-52
Marathons (14): 6 Rome 2003, 57 WCH 2003, 54 OLY 2004, 8 Rome 2005, 3 Kigali 2005, 8 Tula 2005, 46 WCH 2005, 3 Niamey 2005, 11 Rome 2008, 66 OLY 2008; 14 Mumbai 2009, 26 WCH 2009, 1 Francophone Games 2009, 7 COM 2010
In 2011: 1 Modena 13.1K

187 **NYIRANSABIMANA Angeline RWA** **26y**
Half Mar pb: 72:44 -07. 10,000 pb: 33:51.27 -07. 5000 pb: 15:43.89 -08. 10 World Youth 3000 2005 (apparently over-age); 7 African Champs 10,000 2006 (10 5000); 7 African Champs 10,000 2006; ht WCH 5000 2007; 7 African Champs 5000 2008 (dnf 10,000); 26 World Half Mar 2008 (2007-31). At WXC: 2004-25J, 2006-51 long, 2007-31 ... based-Eldoret
In 2011: 6 Vallagarina XC; 6 Rovereto XC; 1 Monteforte d'Alpone Half Mar

188 **ZAPHA Simone SEY** **33y**
At WXC: 2002-107 short, 2010-83. 59 World Half Mar 2009

192 **AISSAOUI Safa TUN** **26y**
At WXC: 2003-50J, 2004-22J, 2005-85 short, 2009-dnf, 2010-57

193 **BELGACEM Mahbouba TUN** **25y**
1 La Marsa Half Mar 2009

195 **ISSAOUI Narjes TUN** **19y**
At WXC: 2009-51J, 2010-42J

196 **JAMMELI Safa TUN** **19y**
ht World Youth 800 2007; 7 African junior 800 2009. At WXC: 2009-60J, 2010-54J

200 **BELAYNEH Betlhem Desalegn UAE** **19y**
TRANSFEREE – Ethiopian origin, became a citizen of the United Arab Emirates on March 17, 2010
1500 pb: 4:19.99 -10. 8 Asian Games 1500 2010. Originally second in 2010 Asian Youth Olympic Trial 1000m, but result annulled as she was proved to be over-age ... competed under the name Mariam Abdullah Mubarak after her transfer, but now has reverted to her original Ethiopian name
In 2011: 1 Dubai 10K; 59 Kenyan XC

201 **MOHAMMED Alia Saeed UAE** **19y**
TRANSFEREE – Formerly Medina Kadir ETH, became a citizen of the United Arab Emirates on March 17, 2010
3000 pb: 9:27.46 -10. ht WJC 800 2006; ht World Youth 800 2007 (for Ethiopia). Originally first in 2010 Asian Youth Olympic Trial 3000m (in 9:15.15), but result annulled as she was proved to be over-age
In 2011: 2 Dubai 10K (33:21)

202 **ACHOLA Janet UGA** **22y**
2010 Commonwealth Games finalist at 1500m ... 1500 pb: 4:09.51 -10. 11 WSG 1500 2009; 9 African Championships 1500 2010; 9 COM 1500 2010. 1 Ugandan 800 2009
In 2011: 5 Ugandan XC

203 **CHEKWEL Juliet UGA** **20y**
1500 pb: 4:18.73 -10. 4 Commonwealth Youth Games 1500 2008; 1 East African junior XC 2008
In 2011: 2 Ugandan XC

204 **CHEMOS Viola UGA** **19y**
At WXC: 2007-21J, 2010-25J ... In 2011: 4 Ugandan XC

207 **CHEPTEGEI Rebecca UGA** **20y**
At WXC: 2010-15J ... In 2011: 1 Huesca XC; 4 San Sebastián XC

208 **CHESANG Dorcus UGA** **22y**
Half Mar pb: 74:10 -11. 10,000 pb: 34:56.1 -08. 5000 pb: 16:03.8 -08. At WXC: 2007-dnf
In 2011: 1 Khon Kaen Half Mar

210 **NEGESA Annet UGA** **18y**
2010 World Junior bronze at 800m ... 800 pb: 2:02.27 -10. 1500 pb: 4:19.3 -09. 3 WJC 800 2010; ht COM 800 2010. At WXC: 2010-14J
In 2011: 1 Ugandan (senior) XC

213 **FLANAGAN Shalane USA** **29y**

2008 Olympic bronze at 10,000m ... North American record holder at 10,000m ... winner of 13 US distances titles on road / country / track

5000 pb: 14:44.80 -07. 3000 pb: 8:33.25i, 8:35.34 -07. 10,000 pb: 30:22.22 -08. ht OLY 5000 2004; 8 WCH 5000 2007; 3 OLY 10,000 2008 (10 5000); 14 WCH 10,000 2009. At WXC: 2000-29J, 2004-14 short, 2005-20 short, 2010-12. Mother Cheryl Bridges was fourth in the 1969 International Cross Country Championships ... during an injury layoff in 2005/2006 it was found that she had been born with an extra bone in her foot ... born-Boulder ... coach-Jerry Schumacher (previously John Cook, she's changed coaches since Beijing) ... husband/agent-Steve Edwards

Marathon (1): 2 New York 2010 (2:28:40)

In 2011: 2 Seattle Mile; 1 US XC (winning margin of 41 seconds); 2 Stockholm 3000 (8:39.18)

216 **HUDDLE Molly USA** **26y**

North American record holder at 5000m (set in Brussels 2010) ... 5000 pb: 14:44.76 -10. 10,000 pb: 31:27.12 -08. 3 IAAF Continental Cup 5000 2010. At WXC: 2008-23, 2010-19. 1 US 7M 2007 & 10K 2008/2009. Born-Elmira NY ... coach-Ray Treacy

In 2011: 1 San Francisco "Bay Area Cross Challenge" XC; 2 US XC

217 **KOLL Lisa USA** **23y**

2010 US Collegiate Champion at both 5000m & 10,000m, representing Iowa State University

10,000 pb: 31:18.07 -10. 5000 pb: 14:55.74 -10. 1 NCAA 10,000 2008/2010 (1 5000 2010). 1 US 7M 2010. Her fiancé Kiel Uhl competed at the 2006 World Cross Country Championships ... Coach-Jerry Schumacher

In 2011: 1 Seattle 3000; 3 US XC

218 **LEWY-BOULET Magdalena USA** **37y**

Born Poland, became a US Citizen on September 11, 2001 ... Mar pb: 2:26:22 -10. 10,000 pb: 32:20.45 -09. Half Mar pb: 71:46 -09. 1 US 10M 2002 & Half Mar 2009. 40 World Half Mar 2003. At WXC: 2010-20. Volunteer assistant track & field coach at University of California ... former swimmer ... born-Poland, emigrated to Germany in 1989, then on to California in 1991 ... husband-Richie Boulet and 3:53.26 for a mile in 1998 ... their son Owen born 2005 ... coach-Jack Daniels

Marathons (14): 3 Cleveland 2001, 2 Sacramento 2001, 1 Pittsburgh 2002, 2 Pittsburg 2003, 5 St Louis (US Olympic Trials) 2004, 1 Newport Beach 2006, 15 New York 2006, 2 Boston (US Olympic Trials) 2008, dnf OLY 2008, 11 New York , 6 New York 2009, 2 Rotterdam 2010, 7 Chicago 2010, dnf Calistoga to Napa 2011

In 2011: 3 San Francisco "Bay Area Cross Challenge" XC; 9 US Half Mar (Houston); 4 US XC; dnf Calistoga to Napa Marathon (training run)

219 **McKAIG Alissa USA** **25y**

Marathon pb: 2:37:29 -10. 5000 pb: 15:47.25i -11. 10,000 pb: 33:48.17 09. 3 US 10M 2010. Studied Kinesiology at Michigan State University. Coach-Pete Rea

Marathon (1): 20 New York 2010

In 2011: 4 San Francisco "Bay Area Cross Challenge" XC; 6 US XC; 3 Seattle 5000; 2 Greenville 10K

221 **RUSSELL Blake USA** **35y**

(Née Phillips) ... third in 2008 US Olympic Marathon trial after finishing an agonising fourth four years earlier

Marathon pb: 2:29:10 -05. Half Mar pb: 71:55 -10. 10,000 pb: 31:35.25 -05. 5000 pb: 15:10.58 -06. 5 World Road Relay 98; 3 Pan-Am Games 5000 99; 22 WCH 10,000 2005. At WXC: 2005-15 short, 2006-11 long & 18 short. 1 US road 20K 2005 & 15K 2006. She was fourth in 2004 US Olympic Trials marathon after leading until 20M, she lost third place in the last half-mile ... has degree in Psychology & Exercise Science from the University of North Carolina ... lives-Marina, California ... coach-Bob Sevene

Marathons (7): 1 Twin Cities 2003, 4 St. Louis (US Olympic Trials) 2004, 9 Chicago 2004, 6 Chicago 2005, dnf London 2007, 3 Boston (US Olympic Trials) 2008, 27 OLY 2008

In 2011: 5 US XC

224 **NYASANGO Faithy ZIM** **27y**

(Née Kamangila) ... Half Mar: 74:18 -04. 5000 pb: 16:41.18 -07. 10,000 pb: 33:52.31 -05. 11 NCAA XC 2004. Husband is Cuthbert Nyasango, Zimbabwean record holder for 10,000m

Men's Race

13:40

153 Entrants

40 Countries

12000m – 6 laps of 2000m
6 run, 4 score

Age

1 **ABOUD Rabah ALG** **29/30y**
5000 pb: 13:39.28 -05. 3 World Military Games 5000 2007. At WXC: 2005-23 short, 2006-52 short, 2008-97
In 2011: 1 Algerian XC

2 **AGGOUNE Khoudir ALG** **30y**
Algerian record holder at 10,000m ... 10,000 pb: 27:58.03 -08. 5000 pb: 13:10.16 -06. 3000 pb: 7:43.63 -03. 6 WJC 5000 2000; ht WCH 5000 2001/2003/2007; ht WIC 3000 2003/2004; 1 Arab 5000 2004; ht OLY 5000 2004. At WXC: 2000-24J, 2002-26 short, 2003-27 short, 2005-24 short, 2006 -16 short, 2009-35. Born-Souk El-Tenine
In 2011: 5 Algerian XC

3 **BOUKENSA Tarek ALG** **29y**
Fifth at 2007 World Championship 1500m ... Mile pb: 3:49.95 -05. 1500 pb: 3:30.92 -07. 800 pb: 1:46.10 -06. 8 WJC 1500 2000; ht WIC 1500 2003; sf OLY 1500 2004/2008; 3 African Champs 1500 2006 (2002-5); 3 African Games 1500 2007; 5 WCH 1500 2007 (2003-sf, 2005-8, 2009-ht). At WXC: 2000-57J, 2002-34 short, 2003-48 short, 2004-12 short, 2006-36 short. Coach-Amar Brahmia
In 2011: 3 Algerian XC

8 **MESSELES Ahmed ALG** **23y**
5 International Military Champs 10,000 2009
In 2011: 7 Algerian XC

9 **MIOUT Mounir ALG** **26y**
5 International Military Champs 5000 2009 ... In 2011: 2 Algerian XC

10 **NAïLI Ahmed ALG** **31y**
15 WSG Half Mar 2001. At WXC: 98-56J, 2001-46 long, 2002-51 long, 2004 -57 short, 2005-45 long, 2006-38 long, 2008-59
In 2011: 4 Algerian XC

13 **DUMBO Avelino ANG** **25y**

14 **BARZOLA Miguel Angel ARG** **28y**
5000 pb: 13:42.55 -10. 10,000 pb: 28:44.54 -08. Half Mar pb: 63:44 -10. At WXC: 2009-97, 2010-46
In 2011: 18 Seville "Cross Internacional de Itálica" XC; 5 Elgóibar XC; 12 Spanish XC

15 **CARRIQUEO Javier ARG** **31y**
2008 Ibero-American Champion at 5000m ... 5000 pb: 13:35.30 -09. 11500 pb: 3:38.62 -07. South American junior 10,000 98; 13 WJC 10,000 98; 3 Ibero-American 1500 2000; 2 South American 5000 2007; 4 Pan-Am Games 1500 2007 (2003-7); 5 Pan-American 5000 2007; ht WIC 3000 2008; 1 Ibero-American 5000 2008; ht OLY 1500 2008. At WXC: 99-71 short, 2001-43 short & dnf long, 2002- 43 short, 2003-55 short, 2009-49
In 2011: 10 Elgóibar XC

16 **ADAMS Liam AUS** **24y**
5000 pb: 13:45.41 -09. 10,000 pb: 28:57.11 -11. At WXC: 2008-69, 2009-69, 2010-37. Coach-Ken Hall
In 2011: 3 Australian Trial XC; 2 Illawong 3000; 4 Hobart 5000

17 **BIRMINGHAM Collis AUS** **26y**
2009 World finalist at 5000m ... Oceanian record holder at 10,000m
10,000 pb: 27:29.73 -09. 5000 pb: 13:10.97 -10. 3000 pb: 7:38.77 -10. Mile pb: 3:54.30 -09. 1500 pb: 3:35.50 -10. ht OLY 5000 2008; dnf WCH 10,000 2009; 6 IAAF Continental Cup 5000 2010; 6 COM 5000 2010 (9 10,000). 1 Australian 5000 2009; 1 Scottish 1500 2007/2008/2009. At WXC: 2003-84J, 2007-67, 2008-73, 2009-29, 2010-83. Coach-Nic Bideau
In 2011: 1 Australian Trial XC; 1 Illawong 3000

20 **McNEILL David AUS** **24y**
2010 US Collegiate Champion at 5000m indoors & out, representing Northern Arizona University where he was a student of physiotherapy
10,000 pb: 28:03.02 -08. 5000 pb: 13:25.63 -10. 4 Commonwealth Youth Games 3000 2004; 24 WCH 10,000 2009; 8 COM 5000 2010. At WXC: 2007 -64, 2008-68. 1 Australian 10,000 2008. 1 NCAA 5000 2010 indoors & out. Coaches-Tom Kelly / Eric Heins
In 2011: 5 Illawong 3000; 2 Hobart 5000

21 **MOTTRAM Craig AUS** **30y**
2005 World bronze & 2006 Commonwealth silver at 5000m ... 10,000 pb: 27:34.48 -08. 5000 pb: 12:55.76 -04. 3000 pb: 7:32.19 -06 (7:45.87 -10). 1500 pb: 3:33.97 -06. sf WCH 1500 2001; 1 WCP 3000 2002/2006; 8 OLY 5000 2004 (2000/2008-ht); 3 WCH 5000 2005 (2007-13); 2 COM 5000 2006 (2002-6); 9 COM 1500 2006; 1 WCP 3000 2006; 5 WIC 3000 2008 (2001-8, 2004-10). At WXC: 99-17J, 2001-8 short, 2002-5 short, 2004-9 short & 13 long, 2005-22 long, 2006-11 short. 1 Australian 5000 2004/2005/2006/2008. Mother-Dorothy Cameron was born in Scotland ... he holds British passport ... coach-Chris Wardlaw (formerly Nic Bideau)

22 **PERRETT Clint AUS** **27y**
5000 pb: 13:46.22 -10. 10,000 pb: 29:05.18 -10. 44 World Half Mar 2010. At WXC: 2002-55J, 2010-69. 1 Australian XC 2009. Coach-Mark Gorski
Marathon (1): 13 London 2010
In 2011: 5 Australian Trial XC

23 **ST. LAWRENCE Ben AUS** **29y**
10,000 pb: 28:05.73 -09. 5000 pb: 13:25.88 -09. 3000 pb: 7:42.94 -10. 8 IAAF Continental Cup 3000 2010; 7 COM 5000/10,000 2010. At WXC: 2008 -126. 1 Australian 5000 2010. Coach-Sean Williams
In 2011: 4 Australian Trial XC; 1 Hobart 5000

26 **NDAYIKUNDA Léonce BDI** **17y**

27 **NDIHO Vianney BDI** **18y**
9 WJC 5000 2010

28 **NIHORIMBERE Pierre-Célestin BDI** **21y**
At WXC: 2006-29J, 2007-32J, 2009-113J

29 **NIYUKURI Simon-Pierre BDI** **19y**
5 World Youth 3000 2009; 8 Francophone Games 5000 2009

30 **NSENGIYUMA Dieudonné BDI** **21y**
At WXC: 2009-12J

33 **da SILVA Clodoaldo BRA** **34y**
Former World Junior Champion at 20K road race ... Mar pb: 2:13:12 -05. Half Mar pb: 62:50 -07. 1 WJC 20K 94 (13 10,000).7 Hamburg 2005; 49 WCH 2005; 5 Pan-American Games 10,000 2007; 39 World Half Mar 2007; 18 Frankfurt 2007. At WXC: 94-72J, 95-53J, 2003-50 short

34 **da SILVA Joilson BRA** **23y**
Full name-Joilson Bernardo da Silva
Former South American Junior Cross Country Champion
10,000 pb: 29:02.0 -10. 5000 pb: 14:06.11 -08. At WXC: 2005-94J, 2006-52J, 2007-105, 2010-85. 1 South American junior XC 2006
In 2011: 5 South American XC

35 **de OLIVEIRA Leandro BRA** **29y**

37 **dos ANJOS Israel BRA** **34y**
dnf World Half Mar 2000; At WXC: 99-68 short, 2005-134 short. Served two-year doping suspension in 2005-2007

40 **PEREIRA Éderson BRA** **20y**
Full name-Ederson Vilela Pereira ... At WXC: 2008-100J, 2009-61J
In 2011: 4 South American XC

42 **BEKELE Alemu BRN** **20y**
TRANSFEREE – Ethiopian origin
2009 Asian Junior Cross Country Champion ... nicknamed "little Kenenisa" but no relation to multi World Champion
5000 pb: 13:38.10 -10. 1 Asian junior XC 2009; 2 Asian Indoor Games 1500/3000 2009; 6 Asian Champs 5000 2009. At WXC: 2009-26J, 2010-31. Fifth of nine children. Born-Lemu (7km from Bekoji, birthplace of Kenenisa Bekele & Derartu Tulu) ... full name-Alemu Bekele Gebre
His father threw him out of home for training when he could have been studying, according to IAAF's "Focus on Athletes". It was Bekele who made the first contact with Bahrain expressing his interest to compete for that country

44 **KIMURER Edwin BRN** **19y**
TRANSFEREE – Kenyan origin. Full name: Edwin Chebii Kimurer ... 1 Asian junior 5000 2010; dnf WJC 10,000 2010. At WXC: 2009-28J, 2009-19J

45 **MAHBOOB Ali Hasan BRN** **29y**
TRANSFEREE – Formerly: Silas Kirui KEN
Reigning Asian Champion at 10,000m & Asian Games Champion at 5000m ... Sixth at the 2010 World Cross Country Championships
10,000 pb: 27:24.46 -08. 5000 pb: 13:18.98 -08. Half Mar pb: 61:07 -05. 1 Asian Games 10,000 2006; 18 OLY 10,000 2008; 1 Asian Champs 10,000 2009 (2 5000); 1 Asian Games 5000 2010 (3 10,000). At WXC: 2008-dnf, 2010-6. Paced 2005 London Marathon. He was entered for both the 2007 & 2009 World 10,000m but did not start

46 **REGASSA Dejene BRN** **21y**
TRANSFEREE – Ethiopian origin
Full name-Degene Regassa Nigussie, as an Ethiopian he was better known as Degene Nigussie
Marathon pb: 2:11:29 -05. 5000 pb: 13:50.60 -10. 4 Asian Games 5000 2010. At WXC: 2010-84
Marathons (7): 3 Enschede 2004, 6 Rome 2005, 7 Vienna 2005, 2 Bangalore 2006, 5 Düsseldorf 2007, 1 Thessaloniki 2009, 20 Frankfurt 2009

47 **SHUGI Bilisuma BRN** **21y**
TRANSFEREE – Ethiopian origin ... At WXC: 2010-48

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48 **TAHER Tareq Mubarak BRN** **24y**
TRANSFEREE – Formerly: Dennis Kipkurui Keter KEN
Found guilty of lying about his age in order compete at world championships as a youth and a junior
3000SC pb: 8:06.13 -09. dq World Youth 2005 (originally 1st); 15 WCH 2005; 11 WIC 3000 2006; dq WJC 2006 (originally 2nd); 8 WCP 3000 2006; 8 WCH 2007 (2009-10); 11 OLY 2008; ht WIC 3000 2010; 7 IAAF Continental Cup 5000 2010; 1 Asian Games 3000SC 2010. At WXC: 2005-9, 2006-dq (originally 19th)
In March 2007 the IAAF reported: "After an extensive investigation by the IAAF, fully supported by the Kenyan government, it has emerged that the athlete falsified a birth certificate in order to obtain a Kenyan passport listing his birthday as 1 Dec 1989, when his real date of birth was 1 Dec 1986." Therefore he was over-age when he competed at the 2005 World Youth Championships, 2006 World Junior Cross Country Championships and 2006 World Junior Championships, the IAAF have officially annulled these "junior" performances

49 **YASEEN Khalid Kamal BRN** **28y**
TRANSFEREE – Formerly: Peter Ndegwa KEN ... Marathon pb: 2:11:43 -08. 10,000 pb: 28:10.89 -06. At WXC: 2008-39
Marathons (8): 12 Frankfurt 2005, 2 Asian Games 2006, 29 WCH 2007, 3 Los Angeles 2008, 4 Düsseldorf 2008, 1 Madrid 2009, 40 WCH 2009, 5 Asian Games 2010

50 **NIKOLOV Yolo BUL** **27y**
3000SC pb: 9:08.53 -08. 1 Bulgarian 3000SC 2008/2009
In 2011: 1 Bulgarian indoor 3000; 14 Balkan XC

52 **BRITT Barry CAN** **20y**
4 NACAC XC 2011. 7 Canadian XC 2010
In 2011: 3 Seattle 3000 'C'; 4 North / Central American & Caribbean XC

55 **GENEST Alex CAN** **24y**
Fourth at 2010 World Student Games Steeplechase ... 3000SC pb: 8:27.53 -09. 6 World Youth 2000SC 2003; ht WJC 3000SC 2004; 4 WSG 3000SC 2009. At WXC: 2005-76J, 2009-109
In 2011: 22 North / Central American & Caribbean XC

59 **LEVINS Cameron CAN** **21y**
5000 pb: 13:57.60 -11. 1500 pb: 3:43.20 -10. 2 NACAC XC 2011. 1 Canadian XC 2010
In 2011: 2 North / Central American & Caribbean XC; 1 Las Vegas 5000

61 **SNIDER Derek CAN** **25y**
In 2011: 27 North / Central American & Caribbean XC

62 **WIEBE Kelly CAN** **21y**
4 Canadian XC 2010
In 2011: 9 North / Central American & Caribbean XC

63 **RANKIN Jon CAY** **29y**
Former US Junior Champion at 1500m, obtained Caymanian citizenship in 2009 and cleared by the IAAF to compete for that country in June 2010
1500 pb: 3:35.26 -05. 800 pb: 1:47.01 -08. Mile pb: 3:54.24 -07. 1 US junior 1500 2001; 3 Fifth Avenue Mile 2007; 6 US Olympic Trials 1500 2008; sf COM 800 2010; 41 Sacramento Marathon 2010 (2:34:29). Lives-San Diego ... coach-Joaquim Cruz
He was the winner of the prestigious (British) Emsley Carr Mile at Stretford in England on August 8, 2007

He says he never looks at the start list before his races. He wishes to goes into every race not knowing who he's racing against!

In 2011: 1 Irvine 5K; 8 North / Central American & Caribbean XC

64 **GAO Laiyuan CHN** **24y**
2010 Chinese Champion at 5000m ... Half Mar pb: 63:49 -10. 5000 pb: 13:56.58 -07. 10,000 pb: 28:48.02 -07. 55 World Half Mar 2010. 1 Chinese 5000 2010 ... 1.82 tall

65 **ZHANG Zhenlong CHN** **24y**
Marathon pb: 2:13:28 -10. 5000 pb: 14:24.26 -10. 10,000 pb: 29:50.60 -10
Marathons (5): 21 Xiamen 2008, 4 Hangzhou 2008, 7 Hangzhou 2009, 5 Dalian 2010, 20 Macau 2010

66 **LUTUMBA Francois COD** **23y**

67 **MAYELA Mavungu COD** **38y**

68 **PATOU Mengi COD** **26y**
92 World Half Mar 2009

70 **MUNKHOLM Morten Toft DEN** **26y**
2009 Nordic Cross Country Champion (leading Denmark to team victory)
5000 pb: 14:38.02 -10. 1500 pb: 3:40.6 -10. At EXC: 2003-64J, 2009-32, 2010-23. 1 Nordic XC 2009. 1 Danish 1500 2008/2009/2010 (1 5000 2010)
In 2011: 10 Schoorl 10K

71 **ABRAHA Adhanom ERI** **33y**
Team silvers at 2009 & 2010 World Half Marathon Championships ... Half Mar pb: 62:13 -10. 14 World Half Mar 2010 (2009-19). At WXC: 2004-105 short, 2007-36

72 **ANDOM Mulue ERI** **19y**
At WXC: 2009-18J, 2010-17J

77 **MEDHIN Teklemariam ERI** **21y**
Full name-Teklemariam Medhin Weldeslasie
2010 World Cross Country silver medallist
5000 pb: 13:11.01 -09. 10,000 pb: 27:46.50 -08. 12 WJC 5000 2006; 32 OLY 10,000 2008; 12 WCH 10,000 2009 (15 5000). 3 French 10,000 2008. At WXC: 2006-13J, 2007-14J, 2008-23, 2009-9, 2010-2. Coach-Jeronimo Bravo (same as new world half marathon record holder Zersenay Tadese)
In 2011: 11 Seville "Cross Internacional de Itálica" XC

78 **MESEL Amanuel ERI** **20y**
2010 World Half Marathon team silver ... Half Mar pb: 62:07 -10. 5000 pb: 13:25.23 -08. 11 African Games 5000 2007; 8 African Champs 5000 2010; 13 World Half Mar 2010. At WXC: 2007-16J, 2008-9J
In 2011: 7 Amorebieta XC

79 **SIUM Kiflom ERI** **23/24y**
2 World Junior Mountain Running Trophy 2006. At WXC: 2008-86, 2007-29, 2010-23

81 **TSEGAY Samuel ERI** **23y**
Full name-Samuel Tsegay Tesfamriam
Fifth in at the last two World Half Marathons & 2010 World Cross Country Championships
Half Mar pb: 60:17 -09. 10,000 pb: 28:20.96 -09. 5000 pb: 13:16.59 -09. 4 WJC 10,000 2006; 8 African Games 10,000 2007; ht WCH 5000 2009; 5 World Half Mar 2009/2010. At WXC: 2005-17J, 2006/2007-8J, 2008-102, 2009-16, 2010-5. Full name-Samuel Tsegay Tesfamriam ... coach-Jeronimo Bravo (same as name world half marathon record holder Zersenay Tadese)

83 **AAKAOU Youssef ESP** **26y**
Full name-Youssef Aakaou Aagaou ... Marathon b: 2:19:44 -10. 5000 pb: 13:49.34 -07. 1 Spanish under-23 5000 2007; 8 Madrid Marathon 2010
In 2011: 5 Spanish XC

87 **CASADO Arturo ESP** **28y**
2010 European Champion at 1500m ... 1500 pb: 3:32.70 -10. 800 pb: 1:44.74 -10. 3 EJC 1500 2001; 6 WJC 1500 2002; 1 Mediterranean Games 1500 2005; 1 under-23 ECH 1500 2005 (2003-7); 5 WCH 1500 2005 (2007-7, 2009-ht); ht WIC 1500 2006; 3 EIC 1500 2007 (2005-4, 2009-5); 4 WIC 1500 2008; sf OLY 1500 2008; 1 ECH 1500 2010 (2006-4); 4 IAAF Continental Cup 1500 2010. At WXC: 2001-45J, 2002-80J. 1 Spanish 1500 2005/2007 ... coach-Arturo Martin
In 2011: 6 "Great Edinburgh" 4K XC; 3 Jaén 8.7K; 8 Spanish XC

88 **CASTILLEJO Carles ESP** **32y**
Full name-Carles Castillejo Salvador ... he was the highest-placed European in the 2009 World 10,000m final (15th)
5000 pb: 13:11.50 -09. 3000 pb: 7:42.02 -04. 2 ECP 3000 2003; 4 WSG 5000 2003; ht OLY 5000 2004; 6 WSG 10,000 2005; 2 ECP 5000/10,000 2008; 23 OLY 10,000 2008; 2 ETCh 5000 2009; 15 WCH 10,000 2009; 5 ECH 10,000 2010. 1 Spanish 5000 2004 & 10,000 2009. At WXC: 2004-57 long, 2005-26 long, 2006-29 long, 2007-68, 2008-64, 2009-26, 2010-32. At EXC: 2006-10, 2007-14, 2008-34, 2009-35. Coach-Juan Ramón Munoz
In 2011: 5 Huesca XC; 9 Spanish XC

90 **JIMéNEZ Antonio David ESP** **34y**
Former European Champion at 3000m Steeplechase ... 3000SC pb: 8:11.52 -01. 3 under-23 ECH 3000SC 99; 6 WCH 3000SC 2001/2005 (2007-ht); 2 EIC 3000 2002 (2005-ht); 1 ECH 3000SC 2002 (2006-5); 4 WIC 3000 2004 (2001-12); 14 OLY 3000SC 2004; 1 ECP 3000SC 2005/2006 (2001-2, 2003 -4). 1 Spanish 3000SC 2001/2002/2004/2005/2007. At WXC: 2001-31 short, 2002-7 short, 2004-49 short, 2007-dnf, 2008-85, 2010-67. At EXC: 2000-17, 2006-52. 1 Spanish indoor 3000 2001/2002/2004 ... coach-Joaquín Muñoz
In 2011: 4 Valladolid XC; 3 Cáceres XC; 2 Spanish XC

91 **LAMDASSEM Ayad ESP** **29y**
Ex-Morroco, transferred to Spain in 2007 ... second in 2010 European Cross Country Championships ... fourth in 2010 European 10,000m after great duel with eventual winner Mohamed Farah
Half Mar pb: 61:29 -04. 10,000 pb: 27:45.58 -08. 5000 pb: 13:17.49 -06; 24 OLY 10,000 2008; 4 ECH 10,000 2010. At WXC: 2000-114J (for Morocco), 2008-36 (for Spain), 2009-30, 2010-50. At EXC: 2008-4, 2009-5, 2010-2. 1 Spanish 10,000 2007/2010 (1 XC 2007/2011). Coach-Antonio Cánovas
In 2011: 3 "Great Edinburgh" XC; 5 Fuensalida XC; 6 Seville "Cross Internacional de Itálica" XC; 1 European Clubs XC; 1 Spanish XC

92 **MARTíNEZ José Manuel ESP** **39y**
(He's also known as Chema Martínez) ... 2002 European Champion at 10,000m, silver in 2006 & marathon silver in 2010 ... top 10 in past two World Championship marathons
Mar pb: 2:08:09 -03. 10,000 pb: 27:30.56 -03. 5000 pb: 13:11.13 -06. 31 World Half Mar 96; 19 WCH 10,000 99; 1 ECH 10,000 2002 (2006-2) ; 9 OLY 10,000 2004. 1 Spanish 10,000 2004. At WXC: 97-42, 2000-21 long, 2001-37 short, 2002-35 long, 2003-17 long, 2004-42 long, 2008-56. At EXC: 96-35, 97-dnf, 99-22, 2000-9, 2001-24, 2002-15, 2004-32, 2006-15, 2007-5

Marathons (17): 3 Rotterdam 2002, 3 Rotterdam 2003, 16 WCH 2003, 14 Tokyo 2004, 9 Rotterdam 2005, 30 WCH 2005, 6 Hamburg 2006, dnf ECH 2006, 2 Rome 2007, 10 WCH 2007, 1 Madrid 2008, 16 OLY 2008, 6 Fukuoka 2008, 8 WCH 2009 (top European), 3 Bilbao 2009, 2 ECH 2010, 7 Castellón 2010

In 2011: 15 Seville "Cross Internacional de Itálica" XC; 15 Elgóibar XC; 7 Cáceres XC; 11 Spanish XC; 1 Laredo 10K

97 **SERRANO Ricardo ESP** **30y**
Half Mar pb: 62:09 -07. 10,000 pb: 28:19.20 -05. 5000 pb: 13:37.47 -07. 7 EJC 5000 99; 9 ECH 10,000 2006; 31 World Half Mar 2007. At WXC: 99-54J, 2004-33, 2006-65 long. At EXC: 99-21J, 2003-32, 2004-16, 2005-55. Coached by, but no relation to Antonio Serrano (3 EXC 94)
In 2011: 7 Fuensalida XC; 4 Elgóibar XC; 4 San Sebastián XC

98 **SOLIS David ESP** **29y**
5000 pb: 14:04.89 -04. 10,000 pb: 29:06.23 -07. 14 WJC 10,000 2000. At WXC: 2000-102J. At EXC: 2000-32J
In 2011: 8 Maliaño XC; 19 European Clubs 10K XC; 10 Spanish XC

99 **YENEW Alamirew ETH** **20y**
5000 pb: 13:16.53 -10. 3000 pb: 7:27.80i -011, 7:28.82 -10. 3 Ethiopian 5000 2010. 2 Great Ethiopian Run 2010
In 2011: 1 Stuttgart Sparkassen Cup 3000 (7:27.80, third on the world all-time list indoors)

It's not clear which way round his name should go, most reports say Alamirew Yenew but I have also seen Yenew Alamirew

100 **ASSEFA Belete ETH** **20y**
5000 pb: 13:18.40 -10. 5 WJC 5000 2010. At WXC: 2010-10J
In 2011: 8 Le Mans "Cross Ouest-France" XC; 6 Ethiopian XC

107 **KUMA Abera ETH** **20y**
Full name-Abera Kuma Lema ... 5000 pb: 13:07.83 -10. 5 World Youth 3000 2007; 1 African junior 5000 2009; 1 Dutch road 10K 2010. At WXC: 2010-16
In 2011: 4 Seville "Cross Internacional de Itálica" XC; 5 Ethiopian XC

108 **LILESA Feyisa ETH** **21y**
His 2:05:23 in the 2010 Rotterdam Marathon was the fastest ever by a 20 year-old and the quickest ever fourth place
Mar pb: 2:05:23 -10. 5000 pb: 13:34.80 -08. 10,000 pb: 27:46.97 -08. 1 Rovereto 10K 2008; 1 Agadir Half Mar 2008; 2 Great Ethiopian Run 10K 2008 (2007-3). At WXC: 2008-14J, 2009-12, 2010-25. He ran a 62:26 Half Marathon in 2008 at age 18
Marathon (4): 1 Dublin 2009; 1 Xiamen 2010; 4 Rotterdam 2010; 3 Chicago 2010
In 2011: 4 Ethiopian XC

109 **MERGA Imane ETH** **22y**
Fourth in 2009 World 10,000m ... 2010 "Diamond Race" winner at 5000m
5000 pb: 12:53.58 -10. 10,000 pb: 27:15.94 -09. 3 African junior 10,000 2007; 4 WCH 10,000 2009; 1 World Athletics Final 5000 2009 (just one hundredth between first and third); 5 IAAF Continental Cup 5000 2010. 1 French 10,000 2008. At WXC: 2007-7J
Full name-Imane Merga Jida but he's also appeared with the names Imana Marga Jidha or Emana Merga
In 2011: 2 Ethiopian XC

110 **MESFIN Hunegnaw ETH** **22y**
10,000 pb: 27:27.57 -08. 4 WJC 10,000 2008; Ran fifth stage for Ethiopian team which won 2008 Chiba Ekiden. At WXC: 2008-11J, 2009-10, 2010-19. 1 Ethiopian XC 2011
In 2011: 1 Ethiopian XC

111 **SEFIR Dino ETH** **22y**
Full name-Dino Sefir Kemal ... 5000 pb: 13:11.69 -08. 3000 pb: 7:44.37 -09. 3 African junior 5000 2007. At WXC: 2009-15
Marathon (1): 8 Castellón 2010 (2:20:36)
In 2011: 3 Ethiopian XC

114 **CHAHDI Hassan FRA** **21y**
2010 European under-23 Cross Country Champion ... 5000 pb: 13:51.45 -08. 1 World Schools Games 3000 2006.; 10 WJC 5000 2008 (first European); 16 under-23 ECH 5000 2009. At WXC: 2007-61J, 2008-23J (first European). At EXC: 2007-8J, 2008-3J, 2009-2u23, 2010-1u23
In 2011: 7 Le Mans "Cross Ouest-France" XC; 2 French XC

116 **HIRT Hassan FRA** **31y**
3000 pb: 7:56.05 -08. 5000 pb: 13:46.33 -08. 9 under-23 ECH 5000 2001; 7 ECP 5000 2008. At WXC: 2007-90, 2009-118, 2010-54. At EXC: 2008-21. 2 French 5000 2007. Coach-Christian Geffray
In 2011: 4 French XC

123 **GUNN Luke GBR** **25y**
Twice UK Champion ... fourth at 2005 World Student Games ... third in 2008 US Collegiate Championships
3000SC pb: 8:28.48 -08. 5000 pb: 14:14.57 -08. ht WJC 3000SC 2004; 6 under-23 ECH 3000SC 2005; 4 WSG 3000SC 2005; 5 ETCh 3000SC 2010; 7 COM 3000SC 2010 (2006-12). 3 NCAA 3000SC 2008. At EXC: 2004-8J. 1 UK 3000SC 2009/2010. Was a Material Science Student at Birmingham University, then Florida State University ... partner-Hannah England (4 COM 1500 2010) ... born-Derby ... coach-Bud Baldaro
In 2011: 5 Alsager 5M; 7 UK Inter-Counties XC

124 **HAWKINS Derek GBR** **21y**
Twice Scottish Cross Country Champion ... 5000 pb: 14:27.87 -09. 1500 pb: 3:52.69 -10. At EXC: 2010-48u23. 1 Scottish XC 2009/2011. His younger brother Callum Hawkins won a junior team gold at the 2009 European Cross Country Championships ... Coach-Lawrie Spence
In 2011: 22 "Great Edinburgh" XC; 9 Antrim XC; 2 Celtic Nations XC; 1 Scottish XC; 6 UK Inter-Counties XC

126 **HICKEY Adam GBR** **22y**
2006 AAA Junior Champion at 5000m ... 5000 pb: 14:24.81 -06. At WXC: 2005-91J, 26, 2006-45J. At EXC: 2004-10J, 2005-13J. 1 English Schools 1500 2002 & XC/3000 2004; 1 AAA under-15 1500 2002; 1 English under-17 XC 2004/2005; 1 AAA junior 3000 2005 & 5000 2006. 1 London "mini-marathon" 2002/2004/2005. International Triathlete ... born-Rochford ... coach-Ron Dawson ... at Loughborough University ... 1.86 tall
In 2011: 21 Elgóibar XC; 20 South of England XC; 3 Chichester 10K; 20 Hannut XC; 27 English "National" XC; 11 UK Inter-Counties XC

127 **HUMPHRIES Tom GBR** **26y**
2008 English National Cross Country Champion ... 3000 pb: 8:13.46 -04. 1500 pb: 3:44.14 -06. 5000 pb: 13:56.87 -05. 9 EJC 5000 2003; 16 under-23 ECH 5000 2005. At WXC: 2003-48J, 2006-116 long, 2008-62. At WXC: 2008 -62. At EXC: 2002-45J, 2003-20J, 2005-68, 2006-25u23, 2007-16, 2010-15 (first Briton). 1 English under-17 XC 2002 & senior XC 2008 ... student of Graphic Design and Advertising at the University of Staffordshire ... coach-Phil Clamp
In 2011: 16 "Great Edinburgh" XC; 2 Alsager 5M; 1 Birmingham League XC; 3 UK Inter-Counties XC

129 **McLEOD Ryan GBR** **25y**
His coach & father Mike McLeod was 1984 Olympic silver medallist at 10,000m
3000 pb: 7:52.99 -10. 5000 pb: 13:54.43 -10. 1500 pb: 3:43.50 -09. 1 AAA junior 5000 2004; 2 British Universities 5000 2007. At WXC: 2003-54J. At EXC: 2003-dnf (ill), 2004-23, 2007-18u23 (team gold), 2010-29. Coach-John Nuttall
In 2011: 11 "Great Edinburgh" XC; 1 North of England indoor 3000; 5 UK indoor 3000; 8 Birmingham 5000; 4 UK Inter-Counties XC

130 **NOAD Ben GBR** **34y**
Degree in Marketing from Providence College ... team silver at 2000 World University XC
Marathon pb: 2:21:19 -03. Half Mar pb: 64:18 -02. 10,000 pb: 28:47.94 -00. 5000 pb: 13:57.93 -00. 1 English Schools XC & 3000 94. 36 Chicago 2003 (marathon début); Helped to pace 2006 & 2007 London marathons. At WXC: 94-49J, 2002-42 short, 2004-43 long, 2006-dnf long, 2007-101. At EXC: 2001-dnf, 2002-63. Did 4-year marketing degree course in Providence, RI in 1995-99 ... manages a health & fitness shop in central London
In 2011: 2 Cardiff XC; 1 Chichester 10K; 6 Armagh 5K; 8 English "National" XC; 8 UK Inter-Counties XC

132 **VERNON Andy GBR** **25y**
UK Champion at 5000m in 2008, 10,000m in 2009 & indoor 3000 in 2010
10,000 pb: 28:11.43 -10. 5000 pb: 13:28.60 -10. 3000 pb: 7:55.41 -08. 1500 pb: 3:42.98 -08. 4 EJC 5000 2005; 9 under-23 ECH 5000 2007. 1 UK 5000 2008, 10,000 2009 & indoor 3000 2010. 1 English "National' XC 2010. At WXC: 2004-65J, 2005-48J, 2008-114, 2010-43. At EXC: 2005-2J, 2006 -14u23, 2007-3u23, 2008-2u23, 2010-dnf (breathing problems). Mother Fiona Hawes was an international rower ... coach-Nick Anderson
In 2011: 5 "Great Edinburgh" XC; 7 Antrim XC; 25 European Clubs 10K XC; 1 UK Inter-Counties XC

133 **WALSH James GBR** **29y**
4x UK Midland XC Champion ... 10,000 pb: 29:04.62 -10. 5000 pb: 14:09.26 -08. Half Mar pb: 65:36 -05. 66 World Mountain Running Trophy 2007. At WXC: 2008-125. 1 Midland XC 2005/2006/2007/2010; 15 Great North Run 2005 (2003-19) ... coach-Mike Baxter
In 2011: 1 Warwickshire XC; 11 Antrim XC; 1 Midland XC; 5 Armagh 5K; 4 English "National" XC; 5 UK Inter-Counties XC

134 **CARACIOLO Roberto GEQ** **29y**
ht OLY 1500 2004

135 **ULICZKA Steffen GER** **26y**
2009 World Student Games Steeplechase bronze ... 3000SC pb: 8:25.39 -10. 3000 pb: 7:55.41 -09. 5000 pb: 13:59.66 -07. 9 EJC 3000SC 2003; 3 WSG 3000SC 2009 (2007-4); ht WCH 3000SC 2009; 2 ETCh 3000SC 2010; 7 ECH 3000SC 2010. At EXC: 2003-16J, 2005-70, 2006-dnfu23, 2007-29, 2008-46, 2009-19, 2010-12. 1 German 3000SC 2006/2010
In 2011: 3 Glasgow International 3000; 9 Düsseldorf 1500 'B'; 10 Ghent 3000; 8 Diekirch XC

139 **EL MAZOURY Ahmed ITA** **21y**
5000 pb: 14:05.76 -10. At WXC: 2008-69J. At EXC: 2008-29J, 2010-15u23
In 2011: 7 San Giorgio su Legnano XC; 9 European Clubs XC; 3 Italian indoor 3000; 2 Italian Clubs XC

142 **NASTI Patrick ITA** **21y**
3000SC pb: 8:45.98 -10. 5000 pb: 14:07.69 -10. At EXC: 2009-73u23, 2010 -55u23. 1 Italian junior 3000SC 2008
In 2011: 34 European Clubs XC; 5 Italian indoor 3000

146 **HAYAKAWA Tsubasa JPN** **20y**
5000 pb: 13:48.87 -10. 10,000 pb: 28:47.37 -10. At WXC: 2010-92
In 2011: 7 Chiba XC; 9 Fukuoka XC

150 **TAKABAYASHI Yusuke JPN** **23y**
5000 pb: 13:42.47 -10. 10,000 pb: 27:56.46 -10. Half Mar pb: 61:54 -10
In 2011: 5 Fukuoka XC

151 **TAMURA Hirotaka JPN** **19y**
5000 pb: 14:01.14 08. 10,000 pb: 28:55.90 -09. At WXC: 2008-20J
In 2011: 9 Chiba XC; 11 Fukuoka XC

154 **YOROIZAKA Tetsuya JPN** **21y**
5000 pb: 13:39.31 -10. 10,000 pb: 28:34.12 -10. At WXC: 2010-75
In 2011: 4 Chiba XC

155 **CHEPKOK Vincent KEN** **22y**
Full name-Vincent Kiprop Chepkok
2009 Kenyan Armed Forces Cross Country Champion
5000 pb: 12:51.45 -10. 3000 pb: 7:37.40 -09. 10,000 pb: 28:23.46 -06. 9 WCH 5000 2010. At WXC: 2007-2J. 1 Kenyan junior XC 2008
In 2011: 2 Amorebieta XC; 3 Nanyuki XC; 3 Kenyan XC

158 **KISORIO Mathew KEN** **21y**
Full name-Mathew Kipkoech Kisorio
2008 World Junior silver at 5000m ... sixth in the 2009 World Cross Country Championships, his father was third in the same race 26 years earlier
Half Mar pb: 60:10 -10. 10,000 pb: 27:15.44 -09. 5000 pb: 12:57.83 -10. 3000 pb: 7:34.29 -09. 1 African junior 5000/10,000 2007; 2 WJC 5000 2008; 4 African Championships 10,000 2010. At WXC: 2007-3J, 2008-6J, 2009-6. 1 Philadelphia Half Mar 2010
He is the fourth of seven children of the late Some Moge, who was Kenya's first medallist at the World Cross Country Championships with a bronze in Gateshead 1983
In 2011: 3 Fuensalida XC; 2 Seville "Cross Internacional de Itálica" XC; 2 Kenyan XC

160 **LIMO Philemon KEN** **25/26y**
Full name-Philemon Limo Kimeli ... member of Kenyan Police Club ... Half Mar pb: 61:34 -10. 5000 pb: 13:18.97 -10. 10,000 pb: 27:36.94 -10 (when apparently finishing only 8th in the Kenyan Championships at altitude in Nairobi)
In 2011: 4 Kenyan XC

161 **MACHARINYANG Hosea KEN** **24y**
Full name-Hosea Mwok Macharinyang
10,000 pb: 27:58.41 -07. 5000 pb: 13:09.85 -07. 4 WJC 10,000 2004; 2 African junior 10,000 2005. At WXC: 2004-6J, 2005-4J, 2006-6 long, 2007-5, 2008-11, 2010-9
In 2011: 2 Fuensalida XC; 3 Seville "Cross Internacional de Itálica" XC; 5 Kenyan XC

162 **MUTAI Geoffrey KEN** **29y**
Full name-Geoffrey Kiprono Mutai
Two super-fast second places in marathons in 2010: 2:04:55 & 2:05:10
Mar pb: 2:04:55 -10. Half Mar pb: 59:30 -09. 10,000 pb: 27:27.59 -10. 3 African Championships 10,000 2010. 2 Kenyan 10,000 2008/2010. Big half marathon wins in 2010 at R'as Al Khaimah & New Delhi
Marathons (7): 1 Monaco 2008, 1 Eindhoven 2008, dnf Seoul 2009, 8 Daegu 2009, 1 Eindhoven 2009, 2 Rotterdam 2010; 2 Berlin 2010
In 2011: 1 Iten XC (winning margin: 47.0 seconds); 1 Kenyan XC (winning margin: 44.4 seconds)

165 **TANUI Paul KEN** **20y**
Full name-Paul Kipngetich Tanui
Placed fourth in junior race at 2009 World Cross Country Championships, apparently in borrowed shoes
5000 pb: 13:37.15 -09. 10,000 pb: 27:25.24 -09. 1 Kenyan XC 2010. At WXC: 2009-4J, 2010-8. In Japan he is based in Fukuoka and competes for the Kyudenko Corporation (a provider of engineering services). Former student at the Kisii Technical College
In 2011: 7 Kenyan XC

167 **RAMONENE Tsepo LES** **19y**
In 2011: 16 African XC

171 **CHANI Hafid MAR** **25y**
Half Mar pb: 62:23 -11
In 2011: 1 Boujaad XC; 9 Ras Al Khaimah Half Mar

173 **DHAME Lahoussine MAR** **29y**
At WXC: 2002-29J, 2003-19J (when apparently over-age), 2010-29

174 **EL AMRI Khalid MAR** **34y**
10,000 pb: 27:26.24 -05. 5000 pb: 13:06.13 -06/07. 3000 pb: 7:34.77 -06. 1 Arab Games 10,000 2004; 21 WCH 10,000 2005. At WXC: 2002-9 short, 2003-6 short & 10 long, 2005-36 short & 21 long, 2006-15 short & 16 long, 2007-dnf

175 **EL-GADY Najim MAR** **30y**
Marathon pb: 2:14:29 -09. Half Mar pb: 61:51 -09. 2 WSG Half Mar 2007; 1 WSG XC 2008
Marathons (3): 8 Seoul 2009, 11 Marrakech 2010, 10 Luxembourg 2010
In 2011: 4 Hulshout XC; 3 Berkane XC; 1 Moroccan XC; 3 Diekirch XC

178 **EL MOUAZIZ Abdelhadi MAR** **33/34y**
Younger brother of marathon runner Abdelkader ... Mar pb: 2:12:45 -07. Half Mar pb: 62:42 -04. At WXC: 2007-31, 2008-33. 1 San Sebastián Marathon 2007; dnf Prague 2008
In 2011: 7 Spanish XC

180 **RACHED Adil MAR** **20y**
5000 pb: 13:47.1 -08. At WXC: 2007-35J, 2008-29J, 2009-31J
In 2011: 4 Moroccan XC; 14 African XC

181 **SELMOUNI Anis MAR** **32y**
2009 World finalist at 5000m ... 5000 pb: 13:11.24 -08. 3000 pb: 7:39.01 -10. 1500 pb: 3:35.35 -03. ht WIC 1500 2003; ht OLY 5000 2008; 1 Mediterranean Games 5000 2009; 14 WCH 5000 2009. At WXC: 2006-47 short, 2007-14, 2008-32, 2010-17. 1 Moroccan XC 2007. Former training partner of Hicham El Guerrouj
In 2011: 1 Berkane XC

183 **TAGHARRAFET Abdellah MAR** **25/26y**
Half Mar pb: 61:41 -10. 50 World Half Mar 2009
In 2011: 4 Berkane XC; 2 Moroccan XC; 2 Diekirch XC

184 **CORDERO Carlos MEX** **34y**
Full name-Carlos Cordero Gomez ... Marathon-2:12:48 -09. 10,000 pb: 29:37.78 -08. 2 Mexican 10,000 2008 (2009-3)
Marathons (9): 1 San Luis Potosi 2006, 7 Guadalajara 2006, 11 Torreón 2007, 4 Mexico City 2007, 3 Torreón 2008, 32 OLY 2008, 1 Torreón 2009, 49 WCH 2009, 1 Léon 2010; 2 Central American & Caribbean Games 2010

186 **IDIATA Samson NGR** **23y**

187 **JURBE Stephen NGR** **29y**

188 **BADHASO Dabaya NOR** **27y**
Ethiopian origin ... 5000 pb: 13:56.90 -10. 10,000 pb: 29:14.21 -09. 1 Norwegian 10,000 2009/2010 (1 5000 2009). At EXC: 2010-34
In 2011: 3 Hannut XC; 4 Diekirch XC

189 **BURAAS Sindre NOR** **21y**
2008 World Junior Mountain Running Champion ... 5000 pb: 13:41.74 -10. 10,000 pb: 29:36.63 -10. 12 EJC 5000 2007; 1 Nordic 10,000 2010; 10 ETCh 3000 2010; ht ECH 5000 2010. At EXC: 2006-26J, 2007-53J, 2008-10J, 2009-37u23, 2010-8u23. 1 World Junior Mountain Running Trophy 2008
In 2011: 1 Schoorl 10K

190 **FLØYSTAD Hans Kristian NOR** **22y**
1500 pb: 3:47.30 -10. 1 Norwegian junior 1500 2008 & under-23 1500 2010. At EXC: 2010-44u23
In 2011: 23 European Clubs XC

191 **MALDE Lars Erik NOR** **21y**
5000 pb: 14:08.31 -10. 10 EJC 5000 2009. At EXC: 2007-28J, 2008-16J, 2009-10J, 2010-23u23

192 **MOEN Sondre Nordstad NOR** **20y**
2008 European Junior Cross Country silver ... 5000 pb: 13:44.43 -10. 10,000 pb: 29:17.99 -09 -10. 5 EJC 5000 2009; 14 ECH 10,000 2010. At WXC: 2008 -28J, 2009-74J, 2010-31J. At EXC: 2007-6J, 2008-2J, 2009-4J, 2010-5J (fell). 1 Nordic junior XC 2008/2009. Former cross country skier, he was Norwegian Youth Champion in 2006
In 2011: 2 Schoorl 10K

193 **PARLANE Alex NZL** **20y**
1 New Zealand XC 2010. Coach-Dave Drummond
In 2011: 3 New Zealand 10,000

194 **ROBERTSON Jake NZL** **21y**
5000 pb: 13:32.92 -10. 10K pb: 28:32 -10. ht World Youth 3000 2005. At WXC: 2006-45J, 2007-46J. Twin of Zane Robertson (also on team for Punta Umbría). Based-Kenya (they emigrated in 2007 to live and train in Iten)
In 2011: 7 Elgóibar XC

195 **ROBERTSON Zane NZL** **21y**
1500 pb: 3:44.93 -10. Twin of Jake Robertson (also on team for Punta Umbría). based-Kenya (they emigrated in 2007 to live and train in Iten)

198 **COSTA Nuno POR** **24y**
5000 pb: 14:18.30 -05. 10,000 pb: 29:33.44 -05. 8 EJC 5000 2005 (dnf 10,000). At WXC: 2004-66J, 2005-dnfJ, 2007-dnfJ. At EXC: 2003-91J, 2004 -28J, 2005-22J, 2006-22u23, 2007-17u23, 2008-21u23
In 2011: 4 Portuguese 15K; 4 Portuguese XC; 6 Albufeira "Almond Blossom" 10K XC

199 **COSTA Tiago POR** **23y**
At EXC: 2006-56J, 2007-10J, 2009-47u23, 2010-7u23
In 2011: 14 Elgóibar XC; 9 Portuguese XC; 3 Portuguese short course XC

200 **DAMIÃO Manuel POR** **32y**
1500 pb: 3:34.37 -04. 5000 pb: 13:35.90 -09. Half Mar pb: 63:07 -08. 8 EJC 1500 97; 6 under-23 ECH 1500 99; 2 Ibero-American 1500 2002; sf OLY 1500 2004; ht ECH 1500 2006; 6 ETCh 3000 2009. At WXC: 97-75J, 2000 -31 short, 2004-45 short, 2005-51 short, 2006-51 short, 2007-75, 2008-76, 2009-83, 2010-68. At EXC: 97-16J, 2003-50, 2004-63
In 2011: 2 Portuguese 15K; 5 European Clubs XC; 5 Portuguese XC; 2 Albufeira "Almond Blossom" 10K XC

201 **EL KALAI Youssef POR** **30y**
Born-Morocco ... 2010 European Cross Country bronze in front of his home crowd
5000 pb: 13:31.68 -09. 10,000 pb: 28:30.65 -09. Mar pb: 2:17:21 -08. 8 ECH 10,000 2010. At WXC: 2010-41. At EXC: 2010-3. 1 Portuguese indoor 3000 2009
Marathons (3): 2 Lisbon 2005, 2 San Sebastián 2007, 10 Enschede 2008
In 2011: 12 "Great Edinburgh" XC; 2 European Clubs XC

202 **MORGADO Marco POR** **29y**
5000 pb: 14:22.96 -08
In 2011: 3 Portuguese 15K; 2 Portuguese XC; 4 Albufeira "Almond Blossom" 10K XC

203 **PAULO Alberto POR** **25y**
3000SC pb: 8:24.06 -10. 7 under-23 ECH 3000SC 2007; ht OLY 3000SC 2008; 6 WSG 3000SC 2009; 9 ECH 3000SC 2010. At EXC: 2003-63J, 2004 -26J, 2006-16u23, 2007-dnf u23, 2009-dnf
In 2011: 7 Portuguese XC; 3 Portuguese indoor 3000

204 **PIMENTEL Licinio POR** **33y**
5000 pb: 13:51.75 -06. 10,000 pb: 28:43.69 -08. At WXC: 2004-77 short, 2007-95, 2008-71, 2009-72, 2010-59. At EXC: 2006-25, 2007-33, 2008-58, 2009-14, 2010-27. Coach-Paulo Colaço
In 2011: 5 Portuguese 15K; 10 European Clubs XC; 10 San Vittore Olona "Cinque Mulini' XC; 6 Portuguese XC; 3 Albufeira "Almond Blossom" XC

206 **ROCHA José POR** **34y**
5000 pb: 13:47.78 -08. 10,000 pb: 28:15.44 -09. 19 ECH 10,000 2010. At WXC: 2005-115 short, 2008-100, 2009-45, 2010-dnf. At EXC: 2007-24, 2009 -6, 2010-40. 1 Portuguese 5000 2007
In 2011: 3 Portuguese XC; 5 Albufeira "Almond Blossom" XC

212 **MDEDELWA Lungisa RSA** **26y**
Half Mar pb: 62:30 -10. 5000 pb: 13:32.70 -10. 10,000 pb: 28:21.52 -09. 3 World Student Games 10,000 2009; 16 World Half Mar 2010. At WXC: 2010 -51
In 2011: 8 African XC

214 **MOKOKA Steven RSA** **26y**
Fantastic range: from 3:38.55 1500m to 2:08:33 marathon in the same year ... reigning South African Champion at 1500m, 10,000m, 10K & 12K
Marathon pb: 2:08:33 -10. Half Mar pb: 61:26 -09. 10,000 pb: 28:18.54 -10. 5000 pb: 13:27.22 -10. 9 WSG 10,000 2005; 3 World Student Games 10,000 2007; 8 World Half Mar 2009 (2008-67). At WXC: 2008-74, 2009-32, 2010 -22. 1 South African 1500 210, 10,000 2009.2010, 10K 2009/2010, 12K 2010, Half Mar 2008/2009
Coach-Michael Seme (same as Caster Semenya) ... student of Sports Management at Tshwane University of Technology ... 50kg/1.57 tall
Marathon (1): 4 Seoul 2010. Also helped pace Ostu (lake Biwa) 2010

In 2011: 1 Bedfordview 5K; 2 Potchefstroom XC; 1 Potchefstroom 3000; 1 Pretoria 10K; 6 African XC; 1 Bellville 5000

215 **NZIMA Sibusiso RSA** **24y**
Half Mar pb: 62:10 -10. 5000 pb: 13:39.22 -11. 10K pb: 28:29 -10. 50 World Half Mar 2010. At WXC: 2009-95. 1 South African 10K 2008
In 2011: 4 Bedfordview 5K; 7 Potchefstroom XC; 1 Kempton Park RSA 15K; 1 Pretoria 10K; 1 Port Elizabeth 10K; 1 Pretoria Half Mar; 4 Bellville 5000

217 **RAMOLEFI Ruben RSA** **32y**
South African Steeplechase record holder & 7x Champion ... 3000SC pb: 8:11.63 -09. 800 pb: 1:47.6 -10. 9 WSG 5000 2003; 5 African Champs 3000SC 2004; 3 WSG 3000SC 2005; 7 COM 3000SC 2006; 8 African Games 3000SC 2007; 14 OLY 3000SC 2008; 13 WCH 3000SC 2009 (2005/2007-ht). 1 South African 3000SC 2004/2005/2006/2007/2008/2009/2010 (1 5000 2005). At WXC: 2005-38 short. Former footballer, he played in the South African League
In 2011: 8 Potchefstroom XC; 1 Bellville Mile

219 **SETONE Tshamano RSA** **23y**
2006 South African Champion at 5000m while still a junior ... 1500 pb: 3:38.29 -09. 5000 pb: 13:25.51 -10. 3000SC pb: 8:38.59 -08. 1 Commonwealth Youth Games 3000 2004; 1 South African 5000 2006 & 10K 2007; 14 COM 5000 2006; ht WJC 1500 2006; 8 African Champs 3000SC 2008; 22 World Half Mar 2008. At WXC: 2005-29J, 2007-48, 2009-51
In 2011: 2 Johannesburg 15K; 3 Bedfordview 5K; 6 Potchefstroom XC; 6 Potchefstroom 3000; 15 African XC; 7 Bellville 5000

220 **SOKE Moorosi RSA** **28y**
(Also known as Boy Soke) ... 3x South African Champion at 5000m ... 5000 pb: 13:39.83 -07. 10 WSG 5000 2005; 11 COM 5000 2006; 7 African Champs 5000 2008 (2006-11); 9 WSG 5000 2009; 24 World Half Mar 2010 (2008-52). At WXC: 2005-97 short, 2007-dnf, 2008-44, 2009-41. 1 South of Africa XC 2007/2008. 1 South African 10K 2006; 1 South African 5000 2007/2008/2009

221 **TSOSANE Kgosi RSA** **24y**
5000 pb: 13:30.88 -11. At WXC: 2009-107, 2010-61
In 2011: 2 Bedfordview 5K; 1 Potchefstroom XC; 2 Sasolburg 10K; 3 Potchefstroom 3000; 5 African XC

222 **TYALI Xolisa RSA** **22y**
Xolisa pronounced "Holisa" ... Half Mar pb: 61:58 -09. 5000 pb: 13:43.42 -10. ht World Youth 3000 2005; 85 World Half Mar 2009. At WXC: 2007-45J, 2010-70
In 2011: 1 Johannesburg 15K; 1 Bedfordview Half Mar; 5 Potchefstroom XC; 20 African XC; 10 Bellville 5000

229 **HAKIZIMANA Gervais RWA** **23y**
Half Mar pb: 62:43 -07. 3000SC pb: 8:44.57 -10. 16 African Games 10,000 2007; 38 World Half Mar 2007 (2008-45). At WXC: 2007-77, 2009-42

230 **NTIRENGANYA Felix RWA** **23y**
Half Mar pb: 63:59 -10. Mar pb: 2:24:23 -09. 1 Italian Half Mar 2010. At WXC: 2009-44
Marathons (2): 1 Bujumbura 2008, 2 Francophone Games 2009

231 **RUKUNDO Sylvain RWA** **22y**
Half Mar pb: 61:59 -07. 10,000 pb: 29:44.05 -10. 5000 pb: 14:05.22i -10. 11 WJC 10,000 2006; ht WIC 3000 2008; 11 World Half Mar 2008 (2007-26, 2009-37); 9 African Champs 5000 2008; 13 COM 5000 2010. At WXC: 2006 -86 long, 2007-38, 2009-52

232 **SEBAHIRE Eric RWA** **26y**
Half Mar pb: 64:06 -11. 10,000 pb: 28:47.33 -10. 5000 pb: 13:55.54 -10. 41 World Half Mar 2009; 6 COM 10,000 2010 (10 5000). At WXC: 2009-82
In 2011: 10 Vallagarina XC; 10 Rovereto XC; 4 Monteforte d'Alpone 10.6K; 4 Modena 13.1K; dnf Verona Marathon; 8 Roma to Ostia Half Mar; 5 Pieve Di Cento Half Mar

233 **SIMUKEKA Jean Baptiste RWA** **28y**
Half Mar pb: 64:02 -09. 6 WJC 10,000 2000 (2002-9). 39 World Half Mar 2009. At WXC: 2001-11J, 2004-35 long, 2005-39 long, 2006-72 long, 2007 -58, 2009-48

234 **LABICHE Simon SEY** **40y**
Half Mar pb: 67:24 -01. ht COM 5000 98; 61 World Half Mar 2004 (2000-80, 2001-93, 2003-dnf). At WXC: 97-221, 98-89 short, 99-103 short, 2000-95 short, 2001-107 short, 2003-116 short, 2004-126 short, 2006-120 long, 2007-dnf, 2009-133. Police Officer ... father of three

235 **SILLY Gaylord SEY** **25y**
Silly pronounced "See-E' ... 3000SC pb: 9:23.5 -10. 4 Island Games 3000SC 2008. At WXC: 2008-162, 2010-120. 90 World Half Mar 2009. Lives-Vendôme (Central France). Mother- from the Seychelles, father- French, he has dual nationality ... works as a tree surgeon

241 **BANDI Philipp SUI** **33y**
5000 pb: 13:25.83 -08. ht OLY 5000 2008; ht ECH 5000 2010. 1 Swiss 1500 2000. At WXC: 2003-45 short, 2004-89 short, 2005-65 short. At EXC: 2001 -53, 2002-27, 2010-22
In 2011: 1 Swiss indoor 3000; 1 European Military XC; 1 Swiss XC

242 **KHAITOV Sotyvoldy TJK** **24y**
He's finished in 119th place at all three of his World Cross Country Championships !
8 Asian Champs 10,000 2005. At WXC: 2005-119J, 2009-119, 2010-119

246 **HOSNI Wissem TUN** **26y**
Half Mar pb: 63:30 -10. 22 World Half Mar 2010. At WXC: 2010-112. 1 North African XC 2008

249 **ARAPSUDI Fred UGA** **21y**
10,000 pb: 28:46.9 -08. At WXC: 2006-19J, 2007-70J
In 2011: 6 Ugandan XC

252 **HURU Dickson UGA** **20y**
5000 pb: 13:32.28 --09. 2 Commonwealth Youth Games 5000 2008. At WXC: 2007-23J, 2009-17J, 2010-27. 14 World Mountain Running Championships 2010
In 2011: 5 Ugandan XC

253 **KIBET Moses UGA** **19y**
5000 pb: 13:22.93 -10. ht WJC 1500 2008. 1 Commonwealth Youth Games 5000 2008; ht WCH 5000 2009; 4 WJC 5000 2010. At WXC: 2009-3J, 2010 -5J
In 2011: 13 Seville "Cross Internacional de Itálica" XC; 5 Antrim XC; 11 African XC

255 **KIPROTICH Stephen UGA** **22y**
Second in 2011 African Cross Country Championships ... 5000 pb: 13:23.70 -08. 10,000 pb: 27:58.03 -10. ht WCH 5000 2007; 5 WJC 10,000 2008; 6 African Championships 10,000 2010; 2 African XC 2011. At WXC: 2006-24J, 2007-19J, 2008-12J, 2009-23. 1 UK 10,000 10,000 2010
In 2011: 5 Iten XC; 4 Eldoret XC; 2 Ugandan XC; 8 Kenyan XC; 2 African XC

256 **KIPSIRO Moses UGA** **24y**
Full name-Moses Ndiema Kipsiro, though he is familiarly known as "Kip or "The Versatile Ugandan"
In 2010 became the first man to win the long distance double at the Commonwealth Games since 1934 ... Second in 2009 World Cross Country Championships & third in 2010 ... 2007 World bronze at 5000m but then fourth in Beijing 2008 & Berlin 2009
5000 pb: 12:50.72 -07. 3000 pb: 7:30.95 -09. 10,000 pb: 27:15.44 -09. 1 African Champs 10,000 2006 (3 5000); 3 WCH 5000 2007 (2005-ht, 2009-4); 4 OLY 5000 2008; 2 African 10,000 2010 (4 5000); 2 IAAF Continental Cup 3000/5000 2010; 1 COM 5000 2010 (2006-7) & 10,000 2010. At WXC: 2003 -18J, 2005-21J, 2006-29 short & 23 long, 2007-dnf, 2008-13, 2009-2, 2010 -3 ... second of seven children ... he is reported to be a "passionate" fan of Manchester United (an English Premier League football club) ... in October 2010 the Ugandan Parliament recognised his achievements by awarding him a house and a four-wheel-drive car

Noted for his finishing kick: 53 second last laps to beat strong Kenyan opposition at both 5000m & 10,000m in the 2010 Commonwealth Games

In 2011: 1 Ugandan XC (4th time)

"I have not trained well but I have hope in the whole team," he admitted to allafrica.com

258 **KUSURO Geoffrey UGA** **22y**
2007 World Junior Mountain Running Champion & third as a senior in 2010
5000 pb: 13:18.38 -08. 4 WJC 5000 2008 (2006-9); ht OLY 5000 2008; ht WCH 5000 2009; 12 African Champs 5000 2010. At WXC: 2005-49J, 2006 -14J, 2007-10J, 2008-8J, 2009-19, 2010-15. 3 World Mountain Running Championships 2010 (1 junior 2007)
In 2011: 3 Ugandan XC

260 **BUMBALOUGH Andrew USA** **24y**
("Bumbi") ... 5000 pb: 13:16.77 -11. 3000 pb: 7:51.87 -10. 1500 pb: 3:38.23 -09. 10 WJC 1500 2006. At WXC: 2006-39J. 1 US junior 5000 2006; 2 NCAA indoor 3000 2008; 3 NCAA 5000 2010. Born-Nashville, member of Oregon Track Club ... coach-Jerry Schumacher
In 2011: 1 Seattle Mile; 2 US XC; 5 Melbourne 5000 (13:16.77, a personal best by 14 seconds)

261 **CARLSON Andrew USA** **28y**
2010 US Champion at 25K ... 10,000 pb: 28:25.86 -09. 5000 pb: 13:32.71 -06. 30 World 20K 2006; 20 World Half Mar 2009. 1 US 25K 2010. Coach-Greg McMillan
In 2011: 8 US XC; 1 Minneapolis 3000

262 **KING Max USA** **31y**
3x World Trial Running Champion at Half Marathon ... 2010 North / Central American & Caribbean Cross Country Champion
Half Mar pb: 63:08 -06. Marathon pb: 2:15:34 -10. 3000SC pb: 8:33.06 -05. 34 World Road 20K 2006; 1 Trail Running World Championship Half Mar 2008/2009/2010; 1 NACAC XC 2010. At WXC: 2006-57 long, 2008-54, 2009 -40. Born-Central Point, Oregon ... self-coached
Marathons (4): 18 New York 2009, 1 US Marathon Trail 2009/2010, 6 Baltimore 2010
In 2011: 3 San Francisco XC; 7 US XC

266 **OLINGER Brian USA** **27y**
Down from 8:50.02 to 8:19.56 so far in 2005 ... 5000 pb: 13:31.21 -08. 3000SC pb: 8:19.29 -07. 4 US 3000SC 2005, he was reserve for the 2005 World Championships; 5 NCAA 3000SC 2006 ... was at Ohio State University ... his brother Chris Olinger is a 2:22 marathoner ... coach-Robert Gary
In 2011: 6 US XC

270 **TRUE Ben USA** **25y**
5000 pb: 13:43.98 -10. Mile pb: 3:59.99 -07. 1500 pb: 3:40.17 -07. 8 NCAA 1500 2007; 7 US 7M 2010. Former cross country skier, a sport in which he was part of the Dartmouth College team which won the 2007 NCAA team title. Coach-Tim Broe (2004 Olympic 5000m finalist)
In 2011: 5 US XC; 2 US 15K (Jacksonville)

271 **VAUGHN Brent USA** **26y**
New US Cross Country Champion ... made great advancement in 2010, down from 13:30 to 13:18 for 5000m & 62:04 in his half marathon debut
5000 pb: 13:18.46 -08. 10,000 pb: 28:05.33 -10. Half Mar pb: 62:04 -10. 3 US Half Mar (Houston) 2010. Graduate of Mathematics from the University of Colorado ... wife-Sara Ensrud ran 4:11.39 for 1500m in 2009, they live at 9000 feet altitude in Colorado ... born-Denver ... coach-Jay Johnson
In 2011: dnf Houston (US Championships) Half Mar ("I couldn't breathe in the race"); 1 US XC (surprise winner); 4 US indoor 3000

274 **CHINTALI Linos ZAM** **25y**
65 World Half Mar 2005. At WXC: 2009-103

275 **MATUMBO Dunken Mabvuto ZAM** **23y**
At WXC: 2007-dnfJ

276 **WAMULWA Tonny ZAM** **21y**
10th at 2006 Commonwealth Games 5000m at age 16 ... 5000 pb: 13:25.58 -08. 10 World Youth 3000 2005; ht WCH 5000 2007/2009; 8 African Champs 5000 2008; 5 WJC 5000 2008 (2006-7); ht OLY 5000 2008; 9 COM 5000 2010 (2006-10). At WXC: 2007-9J (the only athlete from outside East Africa in the top 25 finishers), 2008-17J. 2009-66

277 **MAJAJI George ZIM** **33y**
Marathon pb: 2:14:55 -08. Half Mar pb: 63:31 -08. At WXC: 97-24J, 99-60 short & 104 long, 2007-84
Marathons (5): 9 Port Elizabeth 2006, 15 Rome 2007, 15 Rotterdam 2008, 7 Toronto 2008, 35 WCH 2009

278 **NYASANGO Cuthbert ZIM** **28y**
Zimbabwean record holder for 10,000m ... 5000 pb: 13:31.27 -07. 10,000 pb: 27:57.34 -07. Half Mar pb: 60:26 -07. 7 WJC 5000 2000; 15 World 20K 2006; 10 World Half Mar 2007; dnf OLY 10,000 2008. At WXC: 2001-46J, 2003-43 long, 2004-56 short & 25 long, 2005-20 short & 16 long, 2007-22, 2008-27. 1 South African 20K 2006. Paced 2008 London Marathon
In 2011: 8 Amorebieta XC; 1 Jaén 8.7K