

IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

BYDGOSZCZ 2013

Biographical Summaries



Junior Women.....	12:00
Junior Men.....	12:30
Women	13:15
Men.....	14:10

Junior Women's Race

12:00
88 Entrants
22 Countries

6000 metres (start + 3 laps/1950m + finish)
6 to run, 4 to score

		Age
1	BADJI Lalia ALG	17y
3	DOUIS Sara ALG In 2013: 6 Arab junior XC	18y
4	KHOUDOUR Kaouther ALG	18y
5	SENANI Nabila ALG In 2013: 3 Arab junior XC	17y
6	SOUKHAL Hadjer ALG ht World Youth 2000SC 2011; ht WJC 3000SC 2012 In 2013: 1 Arab junior XC	18y
7	YAH I Sabrina ALG In 2013: 10 Arab junior XC	16y
9	CASHIN Amy AUS 3000 pb: 9:50.0 -11 In 2013: 3 Australian Junior World Cross Trial XC	18y
12	PRIME Samantha AUS 3000 pb: 9:41.54 -12 In 2013: 1 Melbourne 3000; 1 Australian Junior World Trial XC	17y
13	QUINN Michaela AUS In 2013: 2 Australian Junior World Trial XC	18y
14	SCOTT Courtney AUS 3000 pb: 9:51.55 -13 In 2013: 1 Geelong 3000; 4 Australian Junior World Trial XC	17y
19	da SILVA July BRA 6 Youth Olympic Games 2000SC 2010	18y
23	RAMALHO Nathalia BRA Full name-Nathalia de Assis Ramalho In 2013: 2 Brazilian junior XC; 6 South American junior XC	17y
24	SANTOS Jacira BRA	18y
26	SOARES Jessica BRA Full name-Jessica Ladeira Soares In 2013: 1 South American junior XC	19y
33	MIRCHEVA Militsa BUL 1 Bulgarian junior XC 2012 ... In 2013: 4 Belgrade "White Cross" XC	18y
37	FORSEY Jillian CAN 1 Canadian junior XC 2012 In 2013: 8 North/Central American & Caribbean junior XC	17y
40	HAWTHORN Natalia CAN In 2013: 13 North/Central American & Caribbean junior XC	18y
41	MacDONALD Madeline CAN 3000 pb: 9:46.92 -12. 1 Canadian junior 3000 2012. 3 Canadian junior XC 2012 In 2013: 4 North/Central American & Caribbean junior XC; 3 Seattle 3000	18y
42	STAFFORD Gabriela CAN 4 Canadian junior XC 2012 In 2013: 3 North/Central American & Caribbean junior XC	17y
43	WISMER Sarah CAN 9 Canadian junior XC 2012 In 2013: 17 North/Central American & Caribbean junior XC	16y
44	YUNGBLUT Madeline CAN 2 Canadian junior XC 2012 In 2013: 2 North/Central American & Caribbean junior XC; 6 Edmonton 3000	18y
45	CAO Xin CHN 10,000 pb: 36:31.26 -12. 6 Chinese youth XC 2012	17y
51	EFREM Brak ERI	17y
54	MEKONEN Winta ERI	15/16y
56	ZEMUY Yohana ERI 1500 pb: 4:27.71 -11. ht World Youth 1500 2011	17y
58	ÁLVAREZ Beatriz ESP 1500 pb: 4:26.01 -12. ht WJC 1500 2012 In 2013: 3 Spanish junior XC	18y
61	del SER Diana ESP In 2013: 5 Spanish junior XC	17y
63	ESPEJO Cristina ESP In 2013: 4 Spanish junior XC	18y
66	GUTIÉRREZ Adriana ESP At EXC: 2012-51J ... In 2013: 2 Spanish junior XC	18y

71	AGA Ruti ETH Full name-Ruti Aga Sora ... 5000 pb: 15:21.36 -12. 4 African junior XC 2012; 2 WJC 5000 2012 (she led for most of the way before losing by 0.01 to Buze Diriba) In 2013: 4 Ethiopian junior XC	19y
73	DIRIBA Buze ETH Full name-Buze Diriba Kejela 2012 World Junior Champion at 5000m (by a margin of 0.01 from her compatriot Ruti Aga) 5000 pb: 14:53.06 -12. 3000 pb: 8:39.65 -12. 6 African junior XC 2012; 1 WJC 5000 2012. At WXC: 2011-10J In 2013: 4 Elgóibar XC; 2 Ethiopian junior XC	19y
75	GEBRESLASE Gotytom ETH (aka Geytetom Gebreselassie) 2011 World Youth Champion at 3000m ... 5000 pb: 15:46.89 -12. 1 World Youth 3000 2011; 6 African Games 5000 2011; 3 African Champs 5000 2012 In 2013: 9 Boston New Balance 2M	18y
76	HAWI Alemitu ETH In 2013: 3 Ethiopian junior XC	16y
77	HEROYE Alemitu ETH Name previously reported as Haroye ... 3000 pb: 9:04.53 -11. 5000 pb: 15:55.36 -12. 5 World Youth 3000 2011; 4 African Champs 5000 2012; 7 Great Ethiopian Run 10K 2012 In 2013: 1 Ethiopian junior XC	17y
81	SHEMSU Sofiya ETH 800 pb: 2:04.28 -12. sf World Youth 800 2011; 8 African Champs 800 2012 In 2013: 3 Le Mans XC; 1 Hannut XC; 5 Ethiopian junior XC	18y
89	GEYER-CARLES Johanna FRA 3000 pb: 9:50.70 -12. 1500 pb: 4:29.14 -12 In 2013: 1 French junior XC	17y
92	CLAY Alex GBR 2012 English under-17 Champion at 3000m, her younger sister Bobby is 2012 English under-17 Champion at 800m 3000 pb: 9:38.23 -12. 1500 pb: 4:31.86 -12. At EXC: 2012-19J. 1 English Schools under-17 3000 2012; 1 English under-17 3000 2012. Coach-Peter Mullervy In 2013: 4 "Great" Edinburgh junior XC (Bobby Clay 5th); 4 Cardiff junior XC (Bobby Clay 1st); 1 Kent Schools XC (Bobby Clay won the under-17 race); 2 South of England under-17 XC (Bobby Clay 1st); 3 English "National" under -17 XC; 6 UK Inter-Counties junior XC (Bobby Clay 2nd); ... so she has been beaten by her younger sister 3-1 so far in 2013	17y
93	CLAY Bobby GBR Winner of multiple English age group titles, her older sister Alex is 2012 English under-17 Champion at 3000m 800 pb: 2:07.29 -12. 1500 pb: 4:24.91 -12. 3000 pb: 9:34.95 -12. 1 English under-15 800 2011 & under-17 800 2012. 1 English Schools under-15 800 2011 & under-17 1500 2012; 1 English "National" under-15 XC & English Schools under-17 XC 2012. Coach-James Roberts In 2013: 5 "Great" Edinburgh junior XC (Alex Clay 4th); 1 Cardiff junior XC (Alex Clay 4th); 1 Kent Schools under-17 XC (Alex won the senior girl's race); 1 South of England under-17 XC (Alex Clay 2nd); 2 UK Inter-Counties junior XC (Alex Clay 6th); ... so Bobby has beaten her older sister 3-1 so far in 2013	15y
96	GORECKA Emelia GBR 2011 European Junior Cross Country Champion ... 2012 World junior bronze at 3000m 5000 pb: 15:34.21 -12. 3000 pb: 8:55.11 -12. 1500 pb: 4:14.22 -12. 11 WJC 3000 2010; 2 EJC 5000 2011; 1 Commonwealth Youth Games 3000 2011. At WXC: 2010-23J, 2011-15J. At EXC: 2010-3J, 2011-1, 2012-2. 1 UK junior 3000 2010 & 5000 2011; 1 English Schools junior 1500 2008/2009 & intermediate 3000 2009; 1 English junior 3000 2012 ... her grandparents are from Poland ... coach-Mick Woods In 2013: 1 "Great" Edinburgh junior XC; 1 British Universities XC; 1 South of England under-20 XC; 1 English "National" under-20 XC; 1 UK Inter-Counties junior XC	19y
99	NEALE Amy-Eloise GBR 2011 World Youth Steeplechase finalist ... 2000SC pb: 6:37.27 -11. 11 World Youth 2000SC 2011 In 2013: 5 Seattle Mile (Jan 26); 3 Seattle 800 (Feb 10); 1 Seattle Mile (Feb 24); 4 UK Inter-Counties junior XC	17y
102	TAYLOR-BROWN Georgia GBR 3000 pb: 9:52.57 -10. 6 English Schools under-17 1500 2009. Coach-Paul Roden In 2013: 1 North of England under-20 XC; 5 British Universities XC; 4 English "National" under-20 XC; 3 UK Inter-Counties junior XC	19y
104	WESTON Rebecca GBR 1500 pb: 4:37.23 -12. 800 pb: 2:12.43- 09. 3 English under-15 800 2008 & English "National" under-20 XC 2013. Coach-James Roberts In 2013: 3 "Great" Edinburgh junior XC; 3 English "National" under-20 XC; 5 UK Inter-Counties junior XC; 2 South of England XC	18y
113	AOKI Nanami JPN 5 Asian junior XC 2012 ... In 2013: 4 Fukuoka junior XC	18y

114	FUKUDA Yui JPN 1500 pb: 4:17.15 -11. 7 World Youth 1500 2011. 1 Japanese Schools 1500 2011 In 2013: 4 Chiba junior XC; 3 Fukuoka junior XC	17y	158	WIERA Natalia POL In 2013: 1 Polish Short Course junior XC	17y
117	IZUMIDA Maki JPN 5000 pb: 15:51.62 -12. 3000 pb: 9:13.30 -12. 1500 pb: 4:20.41 -12. 12 Japanese 1500 2012 In 2013: 3 Chiba junior XC	17y	159	DIAS Silvana POR 2012 Portuguese Junior Cross Country Champion ... At EXC: 2011-29J, 2012-30J In 2013: 1 Portuguese junior indoor 3000; 1 Portuguese junior XC	18y
119	SUMI Azusa JPN 3000 pb: 9:11.30 -12 ... In 2013: 1 Fukuoka junior XC	16y	163	BOTHMA Annie RSA In 2013: 3 South African Junior World Trial XC; 16 Cape Town 10K	17y
122	UEHARA Miyuki JPN 2012 Asian Junior Cross Country Champion ... 5000 pb: 15:47.88 -12. 3000 pb: 9:06.91 -12. 1 Asian junior XC 2012; 8 WJC 3000 2012 In 2013: 1 Chiba junior XC; 5 Fukuoka junior XC	17y	166	HADEBE Zandile RSA In 2013: 4 South African Junior World Trial XC	18y
123	YOSHIMIZU Saki JPN 5000 pb: 16:02.10 -11. 3000 pb: 9:25.77 -12. 3 Asian junior 1500 2012; 11 WJC 1500 2012. 2 Japanese Schools 1500 2012 (5 800) In 2013: 2 Fukuoka junior XC	17y	171	MANZANA Thandeka RSA At WXC: 2011-73J ... In 2013: 6 South African Junior World Trial XC	17y
124	CHEPNGETICH Rosefine KEN (aka Roseline, "Rosefine" is the name which was submitted to the IAAF) 5000 pb: 16:07.0 -12. 4 Kenyan junior 5000 2012 In 2013: 2 Kericho XC; 3 Kenyan junior XC	16y	174	XABA Glenrose RSA In 2013: 2 South African Junior World Trial XC	18y
126	(Kamulu) KAVEKE Pauline KEN 5000 pb: 16:30.6 -10. She won the 2012 Pune Half Marathon, but there is a question mark over her winning time there of 68:37 In 2013: 6 Kericho XC; 2 Kenyan Prisons XC; 6 Kenyan junior XC	18y	178	ABDENNEBI Rafika TUN At WXC: 2011-77J. ht World Youth 2000SC 2011	19y
127	KETER Sheila KEN Full name-Sheila Chepngetich Keter ... 1500 pb: 4:14.8 -11. 6 World Youth 1500 2011 In 2013: 5 Kenyan junior XC	17y	179	DHAHRI Soumaya TUN	18y
129	KIPKIRUI Caroline KEN Full name-Caroline Chepkoech Kipkirui ... 5000 pb 15:58.10 -12. 3000 pb: 8:58.63 -11. 3 World Youth 3000 2011; 5 WJC 5000 2012 In 2013: 4 Kenyan junior XC	18y	180	DOURI Soumaya TUN	17y
130	KIPYEGON Faith KEN DEFENDING WORLD JUNIOR CROSS COUNTRY CHAMPION Full name-Faith Chepngetich Kipyegon Reigning World Junior Champion at 1500m & Cross Country, reigning World Youth Champion at 1500m, and she's still be a junior until the end of 1993 1500 pb: 4:03.82 -12. 1 World Youth 1500 2011; 1 WJC 1500 2012; ht OLY 1500 2012. 1 African junior XC 2012. At WXC: 2010-4J (but only the fourth Kenyan finisher), 2011-1J. Her older sister is Beatrice Mutai (5 Kenyan XC 2013) In 2013: 3 Kericho junior XC; 1 Kenyan junior XC	19y	181	ISSAOUI Afef TUN In 2013: 7 Arab junior XC	17y
135	TIROP Agnes KEN Full name-Agnes Jebet Tirop ... 5000 pb: 15:36.74 -12. 2 African junior XC 2012; 3 WJC 5000 2012 In 2013: 2 Kenyan junior XC; 2 Embu junior XC	17y	182	LAASOUED Jihen TUN	17y
137	ATANANE Soukaina MAR 20 African junior XC 2012. At WXC: 2011-63J	18y	183	MANAI Ameni TUN	17y
140	MADANE Fadwa Sidi MAR 2011 World Youth Steeplechase silver ... 2 World Youth 2000SC 2011	18y	187	CHEBET Rachael Zena UGA In 2013: 4 Ugandan junior XC	16y
142	CURASI Laydy PER In 2013: 2 Peruvian junior XC	17y	190	CHEMUTAI Phanice UGA At WXC: 2011-20J	18y
143	ESCOBAR Evelyn PER In 2013: 1 Peruvian junior XC	16y	191	CHEPTEGEI Nancy UGA 5000 pb: 16:15.49 -12. 8 World Youth 2000SC 2011; 2 Commonwealth Youth Games 3000/2000SC 2011; 9 WJC 5000 2012. At WXC: 2011-18J In 2013: 1 Ugandan junior XC	18y
144	LOZANO Sunilda PER Full name-Lozano Sunilda Ely ... In 2013: 3 Peruvian junior XC; 5 South American junior XC	16y	193	CHESANG Stella UGA At WXC: 2011-39J ... In 2013: 3 Ugandan junior XC	17y
145	PALACIOS Hetaira PER In 2013: 3 South American junior XC	16y	197	FINN Erin USA 2013 North/Central American & Caribbean Junior Cross Country Champion 5000 pb: 16:18.02i -13. 1 North/Central American & Caribbean junior XC 2013. Coach-Ryan Robinson In 2013: 1 North/Central American & Caribbean junior XC; 2 US junior XC; 2 New York Schools 5000	18y
146	JALAYTA Sandra PLE ht Asian Games 400 2010	16y	200	KNIGHT Katie USA 3000 pb: 9:36.23i -13. Coach/father-Jon Knight was 46th in the junior race at the 1982 World Cross Country Championships and was part of the US team which won junior bronzes She comes to Bydgoszcz with a lucky dollar note given to her father by a priest en route to the 1982 world cross country championships In 2013: 8 Seattle 3000; 4 US junior XC	18y
149	ENNAQUI Sofia POL 1500 pb: 4:13.68 -12. ht World Youth 800 2011; 10 WJC 1500 2012. 1 Polish junior indoor 3000; 1 Polish junior XC 2013 In 2013: 1 Polish junior indoor 3000; 1 Polish junior XC	17y	201	NADEL Samantha USA 5000 pb: 16:59.02i -11. Coach-Michael Smith In 2013: 4 State College 3000; 5 US junior XC	18y
150	KONIECZEK Alicja POL ht World Youth 2000SC 2011 ... In 2013: 3 Polish junior XC	18y	202	SCOTT Sydney USA She plays the violin for the West Virginia University Symphony Orchestra ... coach-Sean Cleary In 2013: 6 US junior XC	18y
155	PAWŁOWSKA Paulina POL In 2013: 5 Polish junior XC	17y	204	STITES Emily USA 5000 pb: 16:05.71i -13. Coach-Jill Miller In 2013: 7 "Great" Edinburgh junior XC; 1 US junior XC; 5 New York 5000	18y
156	RUTKOWSKA Katarzyna POL At EXC: 2012-48J. 1 Polish junior XC 2012 (2013-2) In 2013: 2 Polish junior XC	19y	206	VERDON Carrie USA 5000 pb: 16:47.59i -13. Coaches-Mark Wetmore & Heather Burroughs In 2013: 4 Seattle 5000; 3 US junior XC; 1 Seattle Mountain Pacific Sports Federation indoor 3000 'B'	19y
157	ŚLĘZAK Sylwia POL In 2013: 4 Polish junior XC	17y			

Junior Men's Race

12:30

113 Entrants

27 Countries

8000 metres (start + 4 laps/1950m + finish)
6 to run, 4 to score

	Age		
5 DJARMOUNI Seif ALG In 2013: 6 Arab junior XC	18y	79 CELADA Raúl ESP In 2013: 5 Spanish junior XC	17y
6 DOUCEN Fayçal ALG ht World Youth 2000SC 2011	17y	82 JELLOUL Mohamed ESP In 2013: 4 Spanish junior XC	18y
7 GOUASMIA Nadhir ALG In 2013: 5 Arab junior XC	18y	87 ROMEO Jonathan ESP ht World Youth 2000SC 2011; ht WJC 3000SC 2012	18y
8 MAHAMMEDI Brahim ALG In 2013: 3 Arab junior XC	18y	91 ADANE Yihunilign ETH In 2013: 6 Ethiopian junior XC	17y
10 SLIMANE Ahmed ALG	17/18y	94 DIDA Bonsa ETH Full name-Bonsa Dida Deriba (or Diribi) ... 10,000 pb: 28:58.68 -11. 3 Luanda 10K 2010 (28:37 for road 10K at age 15); 5 African junior 10,000 2011. At WXC: 2011-4J In 2013: 3 Egmond Aan Zee Half Mar; 3 Ethiopian junior XC	18y
12 YOUNCEFI Hamza ALG In 2013: 7 Arab junior XC	17y	95 EDRIS Muktar ETH Full name-Muktar Edris Awel 2012 African Junior Cross Country Champion, 2012 World Junior Champion at 5000m 5000 pb: 13:04.34 -12. At WXC: 2011-7J. 4 African junior 10,000 2011; 1 African junior XC 2012; 1 WJC 5000 2012. At WXC: 2011-7J In 2013: 1 San Giorgio su Legnano XC; 1 Villa Lagarina XC; 1 San Vittore Olona "Cinque Mulini" XC; 5 Ethiopian junior XC So three big wins in Europe, then only fifth at the Ethiopian Junior Championships In the New Year's Eve 10K in Bolzano, he ran Imane Merga close, clocking 29:12.7 to Merga's 29:12.3	19y
15 BIRTHWHISTLE Jacob AUS 2013 Oceanian Junior Triathlon Champion ... 3000 pb: 8:09.12 -12. 1 Australian under-18 1500/3000 2012. Coach-Kim Gillard In 2013: 1 Australian Youth Olympic Festival Triathlon; 5 Oceania Cup Sprint Triathlon; 1 Oceanian Junior Triathlon	18y	97 GBERHIWET Hagos ETH Full name-Hagos Gebrhiwot Berhe World junior record holder at 5000m outdoors & 3000m indoors and still a junior throughout 2013 5000 pb: 12:47.53 -12. 5 World Youth 3000 2011; 11 OLY 5000 2012 (was pressurising Mo Farah at the bell, but then fell back injured). Coach-Dr Yilma Berta (who was once coach to Haile Gebrselassie), he trains with Dejen Gebremeskel Like Olympic silver medallist Dejen Gebremeskel, he is from the Tigray Region of Northern Ethiopia; when he was a child he was given a scarified marking of a cross on his forehead to identify him as Tigrayan In 2013: 1 Boston New Balance 3000 (set world junior indoor record 7:32.87); 1 Ethiopian junior XC	18y
17 CURRAN Jack AUS 3000 pb: 8:19.73 -12 ... In 2013: 1 Australian Junior World Trial XC	18y	99 HILUF Tsegay ETH Full name-Tsegay Hliuf (or Hiuf) Berhe ... 13 African junior XC 2012 In 2013: 4 Ethiopian junior XC; 13 Tripoli 10K	19y
18 DAVIES Jack AUS In 2013: 3 Australian Junior World Trial XC	17y	102 NEBEBEW Birhan ETH Full name-Birhan Nebebew Tesfaye ... 10K pb: 27:59 -12 In 2013: 2 Ethiopian junior XC	
19 GUINEY Sean AUS In 2013: 4 Australian Junior World Trial XC	18y	103 BELHADJ Mehdi FRA In 2013: 7 French junior XC	17y
21 McDONALD Morgan AUS 3000 pb: 8:17.71 -12 ... In 2013: 2 Australian Junior World Trial XC	16y	104 DELATTRE Daniel FRA In 2013: 7 Elgôibar junior XC; 3 French junior XC	19y
22 McSWEYN Stewart AUS 4 Australian youth 3000 2012 In 2013: 5 Australian Junior World Trial XC	17y	105 HABJAOU Hamza FRA At EXC: 2012-20J ... In 2013: 4 French junior XC	18y
29 KIMELI Isaac BEL Full name-Isaac Kipruto Kemeli (Kenyan origin) ... 9 European Youth Olympic Festival 1500 2011. At EXC: 2012-6J In 2013: 2 "Great" Edinburgh junior XC	19y	106 KLEIN Theodore FRA In 2013: 5 French junior XC	18y
30 BURDUKEVICH Andrei BLR In 2013: 1 Belarussian junior indoor 2000SC	17y	107 ROUDOLFF-LÉVISSE Emmanuel FRA At EXC: 2012-19J. Son of Pierre Levisse, who competed in 14 World Cross Country Championships with a best placing of seventh in 1984 In 2013: 6 French junior XC	17y
31 ANDRÉ Thiago BRA Full name-André Thiago do Rosrio ... New South American Junior Cross Country Champion In 2013: 1 Brazilian junior XC; 1 South American junior XC	17y	108 SADDEDINE Alexandre FRA ht World Youth 1500 2011. At EXC: 2012-7J In 2012: 4 French junior XC	18y
33 da SILVA José Rodrigo BRA Full name-Jose Rodrigo Vieira da Silva In 2013: 3 Brazilian junior XC; 6 South American junior XC	18y	109 BENSON Gordon GBR 3000 pb: 8:21.27 -11. 1500 pb: 3:54.93 -10. 2 European Youth Olympic Festival 3000 2011. 1 English under-17 3000 2009. Coach-Philip Townsend In 2013: 6 British Universities XC; 2 UK Inter-Counties junior XC	18y
35 da SILVA Victor Vinicius BRA	17y	110 CALLEGARI Michael GBR 3000 pb: 8:19.72 -12. 3 English Schools under-17 3000 2011; 2 English under-17 3000 2011 In 2013: 2 Trujillo XC; 2 Cáceres junior XC; 2 English "National" under-20 XC; 5 UK Inter-Counties junior XC	18y
36 dos SANTOS Adélio BRA In 2013: 2 Brazilian junior XC; 2 South American junior XC	18y	111 DAVIES Jonathan GBR 2012 English Schools Cross Country Champion ... 5000 pb: 14:15.99 -12. 1 English Schools under-17 3000 2011; 2 English junior 5000 2012; 1 English Schools XC 2012 In 2013: 4 "Great" Edinburgh junior XC; 1 Cardiff junior XC; 1 Berkshire Schools XC; 2 South of England under-20 XC; 1 UK Inter-Counties junior XC	18y
47 YOTOVSKI Aleksandar BUL	17y	112 LLOYD Lewis GBR 800 pb: 1:54.43 -11. 5 English Schools under-17 1500 2009. Cambridge University student In 2013: 1 Surrey under-20 XC; 15 British Universities XC; 4 UK Inter-Counties junior XC	18y
49 ALLEN Brandon CAN 6 Canadian junior XC 2012 In 2013: 14 North/Central American & Caribbean junior XC	17y		
51 FLANAGAN Ben CAN ht World Youth 1500 2011. 2 Canadian junior XC 2012	18y		
52 GRAVEL Christian CAN 7 Canadian junior XC 2012 In 2013: 12 North/Central American & Caribbean junior XC	19y		
54 SLEIMAN Ryan CAN ht World Youth 3000 2011. 3 Canadian junior XC 2012 In 2013: 4 North/Central American & Caribbean junior XC	17y		
55 SMITH Troy CAN 5 Canadian junior XC 2012 In 2013: 5 North/Central American & Caribbean junior XC	17/18y		
56 TATE Mike CAN 4 Canadian junior XC 2012 In 2013: 15 North/Central American & Caribbean junior XC	17y		
60 CIWANG Danmuzhen CHN 2 Chinese youth XC 2012	16y		
63 NIMA Mijue CHN 1 Chinese youth XC 2012	17y		
69 GHEBRESLASSIE Ghirmay ERI 5000 pb: 13:40.17 -12. 10,000 pb: 28:33.37 -12. 9 African junior XC 2012	17y		
75 TUEMAY Tsegay ERI 11 African junior XC 2012. At WXC: 2011-21J	17y		
76 ALCALÁ Marc ESP 1500 pb: 3:48.00 -12, ht World Youth 1500 2011; ht WJC 1500 2012	18y		

114	PAULSON William GBR 1500 pb: 3:46.91 -12. At EXC: 2012-40J. 1 English Schools under-17 1500 2011. Coach-Chris Frapwell In 2013: 13 "Great" Edinburgh junior XC; 2 Antrim junior XC; 3 UK Inter-Counties junior XC	18y	152	CHEMLAL Jaouad MAR Fourth in 2012 World Junior Steeplechase ... 3000SC pb: 8:25.98 -12. 4 World Youth 2000SC 2011; 4 WJC 3000SC 2012	18y
120	WARD Mike GBR 2013 Welsh Junior Cross Country Champion ... 1500 pb: 3:54.88 -12 In 2013: 11 Cardiff under-20 XC; 1 Welsh under-20 XC; 1 Welsh Schools XC; 6 UK Inter-Counties junior XC	18y	154	GHACHOUI Hassan MAR	17/18y
121	CHIAPPINELLI Yohannes ITA Ethiopian origin ... 2000 pb: 5:29:15 -12. Coach-Maurizio Cito	15y	155	KAHLAOUI Marouane MAR ht World Youth 3000 3000 2011	19y
122	CRIPPA Nekagenet ITA 5 World Mountain Junior Running Champs 2012. At EXC: 2012-41J	18y	156	TALBI Zouhair MAR	17y
123	CRIPPA Yemaneberhan ITA 2012 Italian Youth Cross Country Champion He clocked 3:59.57 for 1500m apparently at age 13 in 2010, a European age-best At EXC: 2012-32J. 1 Italian youth XC 2012	16y	159	GARCIA Edgar Alan MEX ht World Youth 1500 2011 In 2013: 1 North/Central American & Caribbean junior XC	19y
124	DINI Lorenzo ITA His twin brother Samuele was 18th in the 2012 World Junior 5000m ... 5000 pb: 14:22.97 -12. 9 World Youth 1500 2011; 3 European Youth Olympic Festival 3000 2011; 15 WJC 5000 2012. At EXC: 2012-13J In 2013: 1 Elgóibar junior XC	18y	160	GARCIA Ricardo MEX In 2013: 6 North/Central American & Caribbean junior XC	18y
125	DINI Samuele ITA His twin brother Lorenzo was 15th in the 2012 World Junior 5000m ... 1500 pb: 14:43.43 -12. 2 European Youth Olympic Festival 3000 2011; ht World Youth 3000 2011; 18 WJC 5000 2012. At EXC: 2012-44J In 2013: 4 Elgóibar junior XC	18y	162	MONTAÑEZ Victor MEX In 2013: 3 North/Central American & Caribbean junior XC	19y
126	QUAZZOLA Italo ITA 3000SC pb: 9:05.28 -12. ht World Youth 2000SC 2011; ht WJC 3000SC 2012. At EXC: 2012-28J In 2013: 5 Elgóibar junior XC	18y	165	BIELAWIEC Maciej POL 1 Polish junior 3000SC 2012 ... In 2013: 2 Polish junior XC	19y
127	HAYASHI Tatsuya JPN In 2013: 1 Kasugai 10K; 4 Chiba junior XC; 4 Fukuoka junior XC	18y	169	KUSMIERZ Aleksander POL In 2013: 5 Polish junior XC	17y
128	HIROTA Yuki JPN 3000 pb: 8:13.65 -11. 9 World Youth 3000 2011 In 2013: 3 Chiba junior XC	18y	170	MATUSZCZAK Rafał POL In 2013: 1 Polish junior XC	18y
130	ISSHIKI Tadashi JPN 5000 pb: 14:02.46 -12 ... In 2013: 5 Fukuoka junior XC	16y	171	PANKRATOW Paweł POL In 2013: 4 Polish junior XC	17y
131	NISHIYAMA Yusuke JPN 3000 pb: 8:29.31 -10 ... In 2013: 5 Chiba junior XC	18y	172	RUDNIK Damian POL In 2013: 1 Polish Short Course junior XC	17y
133	TAKAHASHI Kazuki JPN In 2013: 3 Fukuoka junior XC	18y	174	TOPOLNICKI Szymon POL In 2013: 3 Polish junior XC	19y
135	YAMANAKA Hideto JPN 10,000 pb: 9:26.74 -12 In 2013: 2 Chiba junior XC; 2 Fukuoka junior XC	19y	179	MARQUES Miguel POR At WXC: 2012-100J In 2013: 13 European Clubs Cup junior XC; 1 Portuguese junior XC	18y
137	BAROTON Leonard KEN Full name-Leonard Kiplimo Barsoton ... 5000 pb: 13:26.84 -12. 2 Kenyan junior XC 2013 (2011-44, 2012-6) In 2013: 2 Kenyan junior XC	18y	181	ARROYO Andrés PUR In 2013: 8 North/Central American & Caribbean junior XC	17y
138	BETT Michael KEN In 2013: 7 Kenyan junior XC	17y	182	SANTANA Victor PUR In 2013: 7 North/Central American & Caribbean junior XC	18y
139	KIPRONO Emmanuel KEN Full name-Emmanuel Bett Kiprono ... 10,000 pb: 29:05.0 -12. 5 Kenyan junior 10,000 2012. Not to be confused with Emmanuel Kipkemei Bett (born 30 Mar 83), winner of 2012 Brussels 10,000 in 26:51.16 In 2013: 5 San Sebastián XC; 5 Amorebieta XC; 2 Kericho XC; 4 Kenyan junior XC	17y	183	CHAVALALA Creel RSA In 2013: 2 South African Junior World Cross Trial XC; 4 South of Africa Regional junior XC	16y
140	KIPRUTO Conseslus KEN Reigning World Youth & World Junior Champion at 3000m Steeplechase 3000 pb: 7:44.09 -12. 3000SC pb: 8:03.49 -12. 1 World Youth 2000SC 2011; 1 WJC 2012. 1 Kenyan junior 3000SC 2012 With his 8:03.49 steeplechase to win in Monaco 2012, he is second on the world junior all-time list and was ranked #5 in the world last year In 2013: 1 Elgóibar XC (beat good senior field including Leonard Komon & Vincent Chepkok); 3 Seville XC; 6 Kenyan junior XC	18y	189	MOKOPANE Rantso RSA In 2013: 2 South of Africa Regional junior XC	18/19y
144	KWEMOI Ronald KEN Full name-Ronald Kwemoi Chebolei ... 2013 Kenyan Junior Cross Country Champion In 2013: 1 Kericho junior XC; 1 Kenyan junior XC	17y	190	MONNATLALA Tumisang RSA 25 African junior XC 2012	18y
145	LETOYIE Moses KEN Full name-Moses Mukono Letoyie, he was known as Moses Mukono when he ran at the 2012 World Junior Championships 5000 pb: 13:42.75 -12. 8 WJC 5000 2012 In 2013: 7 Kericho XC; 3 Kenyan junior XC	17y	193	NKUNA Thabang RSA In 2013: 8 South African World Junior Cross Trial XC	17y
150	ABID Mohammed MAR 3000 pb: 7:57.45 -11. 1500 pb: 3:38.39 -12. 6 World Youth 3000 2011; 4 WJC 1500	18y	211	BANGBUNNAK Sornram THA	18y
151	AiT CHITACHEN Omar MAR	18y	212	INNUM Nattawat THA His twin brother Nattawut Innum is the Thai junior record holder at 10,000m; Nattawat holds it at 5000m 5000 pb: 15:19.70 -12. 10,000 pb: 32:50.86 -12	19y
			213	INNUM Nattawut THA His twin brother Nattawat Innum is the Thai junior record holder at 5000m; Nattawut holds it at 10,000m 5000 pb: 15:25.76 -12. 10,000 pb: 32:00.51 -12	19y
			214	RATTANAPHOLSAN Thanapon THA	17y
			215	AYOUNI Abdessalem TUN 2013 Arab Junior Cross Country Champion ... 1500 pb: 3:45.65 -12. 800 pb: 1:48.80 -12. ht World Youth 800 2011; ht WJC 1500 2012 In 2013: 1 Arab junior XC	18y
			216	BADRI Romdhane TUN	18y
			217	DHIAB Fahmi TUN	19y
			218	GTARI lheb TUN	19y
			219	HANNACHI Najmeddine TUN	18y
			221	MAROUANI Bilel TUN In 2013: 8 Arab junior XC	18y
			224	CHEROP Alex Kapcheromit UGA Full name-Alex Kapcheromit Cherop ... In 2013: 3 Ugandan junior XC	18y
			225	CHEROP Michael UGA 2012 World Junior Mountain Running Champion ... 10,000 pb: 28:41.48 -11. 19 African junior XC 2012 In 2013: 1 Ugandan junior XC	17y
			231	KURONG Moses UGA Full name-Moses Martin Kurong ... 10,000 pb: 29:06.87 -12. 5000 pb: 13:52.96 -12. 5 WJC 10,000 2012 (7 5000). 4 World Junior Mountain Running Champs 2012 In 2013: 2 Ugandan junior XC	18y
			233	MANDE Abdallah UGA Full name-Abdallah Kibet Mande ... 8 World Junior Mountain Running Champs 2012 In 2013: 4 Ugandan junior XC	17y

- 235** **NOWAK Craig USA** **18y**
 2013 US Junior Cross Country Champion ... 3000 pb: 8:15.45i -13. Attends
 Oklahoma State University ... coach-Dave Smith
 In 2013: 3 "Great" Edinburgh junior XC; 5 Fayetteville 3000 'C'; 1 US junior
 XC
- 237** **FAHY Darren USA** **18y**
 3000 pb: 8:10.36i -13. 3000SC pb: 9:03.15 -12. ht WJC 3000SC 2012.
 Coach-Patrick Henner
 In 2013: 4 US junior XC; 4 New York 3000 (indoors)
- 238** **GARDNER Andrew USA** **18y**
 800 pb: 1:55.53 -12. Born/lived Ethiopia to age 8, then adopted by an
 American couple ... coach-Steve Kiesel
 In 2013: 9 North/Central American & Caribbean junior XC; 6 US junior XC
- 239** **GRAHAM Thomas USA** **18y**
 5000 pb: 14:11.23 -12. Coach-Chris Miltenberg
 In 2013: 10 Seattle 3000; 5 US junior XC
- 242** **McCLINTOCK Matt USA** **19y**
 5000 pb: 14:18.95i -13. Attends Purdue University, West Lafayette,
 Indiana ... his nickname is "The Truth" according to the university's website ...
 coach-Dave Hartman
 In 2013: 3 US junior XC
- 243** **SCHROBILGEN Malachy USA** **19y**
 Attends the University of Wisconsin ... coach-Mick Byrne
 In 2013: 2 US junior XC
- 247** **ABDULLAH Emad Mahdi YEM** **18/19y**
 In 2013: 10 Arab junior XC
- 249** **WELDESILASIE Dawit ERI**
 12 African junior XC 2012

Women's Race

13:15

97 Entrants

29 Countries

8000 metres (start + 4 laps/1950m + finish)
6 to run, 4 to score

Age

2	TIFAHİ DAHMANI Kenza ALG	32y
Marathon pb: 2:39:38 -08. Half Mar pb: 74:10 -07. 2 Arab Half Mar 2007; 3 African Games Half Mar 2007. At WXC: 98-56J, 97-58J, 99-44J, 2008-59, 2009-32 Marathons (3): 1 Mossel Bay 2008, 3 Madrid 2008, 1 Toulouse 2009 In 2013: 3 Arab XC		
8	BARKER Sophie AUS	26y
5000 pb: 16:20.42 -12 (16:37.45 -13) In 2013: 2 Australian World Trial XC; 2 Adelaide 5000; 6 Sydney "Classic" 5000		
10	McMAHON Tasmin AUS	19y
5000 pb:16:36.67 -13 In 2013: 2 Adelaide 5000 (Jan 11); 1 Adelaide 3000 (Jan 16); 1 Australian World Trial XC; 3 Adelaide 1500 (Mar 2); 1 Adelaide 5000 (Mar 9)		
11	PALM Tara AUS	27y
5000 pb: 15:52.36 -10 (16:25.50 -12). 3000 pb: 9:18.75 -09. At WXC: 2009 -80. 1 South Australian State 3000SC 2009 In 2013: 1 Adelaide 5000 (Jan 11); 3 Australian World Trial XC; 5 Sydney "Classic" 5000		
15	SULLOHERN Celia AUS	20y
5000 pb: 16:14.47 -11. At WXC: 2011-21J In 2013: 4 Australian World Trial XC		
17	BELETE Almensch BEL	23y
Ex-Ethiopia, acquired Belgian citizenship through residency on June 15, 2012 and cleared by IAAF to compete for Belgium one week later ... now resident in Belgium with her older sister Mimi Belete, who competes for Bahrain and was Asian Games Champion at 5000m in 2010 5000 pb: 15:03.63 -11. 3000 pb: 8:51.76 -06. 1500 pb: 4:06.87 -10 (4:11.36i -13). 800 pb: 2:03.88 -10. ht OLY 5000 2012; 5 EIC 3000 2012. At EXC: 2012-4. 1 Belgian 1500 2009/2010/2011 In 2013: 5 EIC 3000; 3 Vienna XC		
20	das CHAGAS Michele BRA	25y
Full name-Christina Michele das Chagas Lima ... Marathon pb: 2:35:09 -11. 10,000 pb: 34:14.2 -10. At WXC: 2007-76. 3 South American Half Mar 2010 & XC 2013 Marathons (6): 3 Florianopolis 2009, 1 Porto Alegre 2010, 10 Amsterdam 2010, 3 Padua 2011, dnf Pan-American Games (Guadalajara) 2011, 4 Padua 2012 In 2013: 3 South American XC		
21	de CARVALHO Tatiele Roberta BRA	23y
10,000 pb: 34:20.10 -11. 5000 pb: 16:15.92 -11. 1 South American Games under-23 5000 2010; 1 Ibero-American 3000 2012. 1 Brazilian 1500 2010 & XC 2012. At WXC: 2011-58 In 2013: 5 South American XC		
22	dos SANTOS Juliana Paula BRA	29y
(Née Azevedo) ... husband is twice New York Marathon winner Marilson dos Santos 1500 pb: 16:56.73 -13. 1500 pb: 4:07.30 -10. 800 pb: 2:01.25 -05. 3 WJC 800 2002; 1 South American 1500 2003/2006; 1 Pan-American Games 1500 2007; 2 Ibero-American 1500 2010. 1 Brazilian 1500 2003-08/2012 (1 800 2006/2012) In 2013: 1 São Paulo 5000		
25	SILVA Valdilene BRA	21y
Full name-Valdilene dos Santos Silva ... 10,000 pb: 35:54.22 -12. 3 South American under-23 10,000 2012		
28	DABA Tejitu BRN	21y
TRANSFEREE – Ethiopian origin Full name-Tejitu Daba Chalchissa 2011 Asian Champion at 5000m 5000 pb: 15:05.59 -12. 3000 pb: 9:01.22 -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); 5 IAAF Continental Cup 3000 2010; 7 Asian Games 10,000 2010; 1 Asian Champs 5000 2011; 9 WCH 5000 2011; 1 Arab Games 10,000 2011; 3 Asian Indoor Champs 3000 2012; 12 OLY 5000 2012. At WXC: 2009-23J, 2010-10J, 2011-27 In 2013: 2 Arab XC; 1 Gulf Cooperation Council Women's Games 3000		

29	ESHETE Shitaye BRN	22y
TRANSFEREE – Ethiopian origin Full name-Shitaye Eshete Habtegebrel Eleventh at 2010 World Cross Country Championships, sixth at the 2011 World Championships 10,000m 5000 pb: 15:14.49 -12 (16:02.90 -13). 10,000 pb: 30:47.25 -12. 1 Asian junior XC 2009; 2 Arab 5000 2009; 6 Asian Champs 5000 2009; 1 Arab XC 2010 & 5000/10,000 2011; 6 IAAF Continental Cup 5000 2010; 1 Asian Champs 10,000 2011; 1 World Military Games 5000 2011; 1 Asian Indoor Champs 3000 2012. At WXC: 2009-24J, 2010-11 In 2013: 1 Arab XC; 1 Gulf Cooperation Council Women's Games 5000		
30	JASSEM Karima Saleh BRN	25y
TRANSFEREE – Kenyan origin, but her original Kenyan name has not been disclosed 10,000 pb: 32:17.14 -06. 5000 pb: 15:20.01 -10 (16:09.37 -13). 1 Arab 5000/Half Mar 2005 (1 Half Mar 2007); 13 WJC 3000 2006; 1 Asian Champs 5000/10,000 2007; 1 West Asian 10,000/3000SC 2010; 4 Asian Games 5000/3000SC 2010. At WXC: 2006-28 short, 2008-17, 2011-25 In 2013: 5 Arab XC; 3 Gulf Cooperation Council Women's Games 5000		
31	SHUMI Genzebe BRN	22y
Full name-Genzeb Shumi Regasa TRANSFEREE – Ethiopian origin (aka Genzebe Shami) 2011 Asian Champion at 1500m 1500 pb: 4:05.16 -12 (4:19.11 -13). 800 pb: 2:01.18 -12. 1 Asian junior 1500 2010 (2 3000); 10 WJC 1500 2010; 8 Asian Games 800 2010; 1 Asian Champs 1500 2011 (5 800); 1 Asian Indoor Champs 1500 2012 (2 800); sf OLY 800 2012 (ht 1500). At WXC: 2010-17J, 2011-30 In 2013: 6 Arab XC; 1 Gulf Cooperation Council Women's Games 1500		
32	TESFAYE Aster BRN	22y
TRANSFEREE – Ethiopian origin Full name-Aster Tesfaye Tilahun ... 3000 pb: 9:58.34 -13. 6 Asian Games 3000SC 2010. At WXC: 2010-65, 2011-80 In 2013: 4 Arab XC; 3 Gulf Cooperation Council Women's Games 3000		
34	BERNARD Maria CAN	19y
1500 pb: 4:21.45 -12. ht WJC 1500 2012. At WXC: 2011-60J In 2013: 12 North/Central American & Caribbean XC		
35	CARSON Lindsay CAN	23y
5000 pb: 15:55.62 -09. 3000 pb: 9:10.04i -09. ht World Youth 1500 2005; 1 North & Central America and Caribbean junior 1500 2006 & XC 2007. At WXC: 2006-58J, 2007-55J, 2008-31J In 2013: 9 North/Central American & Caribbean XC		
36	CLIFF Rachel CAN	24y
5000 pb: 16:06.41i -13. At WXC: 2007-51J. 2 North/Central American & Caribbean XC 2013 In 2013: 2 North/Central American & Caribbean XC; 16 Seattle 3000 (Feb 9); 5 Seattle 5000 (Mar 1)		
38	FRASER Natasha CAN	31y
(Née Wodak) ... Half Mar pb: 75:12 -12. 5000 pb: 16:12.09 -10. 3000 pb: 9:02.57i -13. 1 North/Central American & Caribbean XC 2013. Canadian 5000 2010; 3 Canadian XC 2012 In 2013: 1 Saanichton 8K; 1 North/Central American & Caribbean XC; 2 Seattle 3000		
39	HANNAH Rachel CAN	26y
5000 pb: 16:38.14i -13. 3000 pb: 9:42.53i -13 In 2013: 6 North/Central American & Caribbean XC; 1 Geneva OH 5000; 1 Ontario indoor 3000		
46	FU Tinglian CHN	25y
3000SC pb: 9:43.71 -11. Marathon pb: 2:38:41 -12. 10,000 pb: 32:39.99 -11. 5000 pb: 15:47.82 -12. 5 Asian Indoor Champs 3000 2012. 1 Chinese 3000SC 2011 & 5000/Short Course XC 2012 Marathons (3): 21 Dalian 2011, 18 Beijing 2011, 15 Beijing 2012		
47	JIANG Xiaoli CHN	23y
Marathon pb: 2:33:15 -11. 10,000 pb: 32:53.62 -11. 5000 pb: 15:41.94 -12. 5 WSG 10,000 2011 (6 Half Mar). 2 Chinese 10,000 2012 Marathons (8): 5 Dongying 2009, 2 Dongying 2010, 7 Beijing 2010, 5 Zhengzhou 2011, 3 Pattaya 2011, 5 Shanghai 2011, 5 Dongying 2012, 1 Taiyuan 2012		
48	XIAO Huimin CHN	21y
2012 Chinese Champion at 10,000m ... 10,000 pb: 32:23.49 -12. 5000 pb: 15:38.15 -12. 1 Chinese 10,000 2012 (2 5000). 38 World Half Mar 2012		
49	ASEFAW Fiori ERI	20y
Half Mar pb: 74:06 -12. At WXC: 2011-75. 16 African XC 2012; 2 Shanghai Half Mar 2012		
50	BERHANE Luula ERI	19y
Full name-Luula Berhane Kebedom ... 5000 pb: 15:57.38 -12. 1500 pb: 4:14.11 -12. 9 World Youth 3000 2011. At WXC: 2011-25J		
55	WELDU Nazret ERI	22/23y
1500 pb: 4:16.34 -08. 800 pb: 2:04.26 -08. At WXC: 2011-45		

59	BARRACHINA Gemma ESP	26y
10,000 pb: 31:54.64 -10. 5000 pb: 15:44.22 -10. 10 under-23 ECH 5000 2007; 14 ECH 5000 2010. At EXC: 2007-35u23, 2008-25u23, 2009-38. 1 Spanish under-23 5000 2008. At WXC: 2005-103J, 2010-59, 2011-74. Coach-José Rios In 2013: 11 Amorebieta XC; 12 Elgóibar XC; 13 European Clubs XC; 11 Spanish Clubs XC; 3 Spanish XC		
60	BEJARANO Sonia ESP	31y
Full name-Sonia Bejarano Sanchez 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 2003 (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 2013: 11 Elgóibar XC; 8 Seville XC; 4 Trujillo XC; 4 Cáceres XC; 7 Spanish XC		
62	DIAZ Maria Azucena ESP	30y
Half Mar pb: 72:08 -08. 10,000 pb: 34:27.14 -09. 5000 pb: 16:24.90 -08. 3000SC pb: 10:02.55 -06. 16 World Half Mar 2008 (2010-34, 2012-23). 2 Spanish under-23 5000/3000SC 2004. At EXC: 2006-21, 2012-25 In 2013: 13 Amorebieta XC; 5 Valladolid XC; 8 Spanish Clubs XC; 8 Spanish XC		
68	MARTÍN Diana ESP	31y
SPANISH WOMEN'S TEAM CAPTAIN ... 3000SC pb: 9:38.41 -12. 5000 pb: 15:53.05 -10. 6 WSG 3000SC 2007; ht WCH 3000SC 2007/2009; 5 ETCh 3000SC 2011; 8 ECH 3000SC 2012 (2006-ht); ht OLY 3000SC 2012. At WXC: 2000-109J, 2005-81 short, 2008-39, 2009-31. At EXC: 2000-30J, 2005 -60, 2008-49, 2010-14, 2011-64 (There is another Diana Martin born 31-7-1990 who was 73 EXC 2009) In 2013: 3 Amorebieta XC; 5 Elgóibar XC; 4 Seville XC; 3 San Sebastián XC; 1 Trujillo XC; 4 Spanish XC		
70	URBINA Teresa ESP	28y
Full name-Maria Teresa Urbina Gomez 2004 World Junior finalist at Steeplechase 5000 pb: 16:48.42 -05. 3000SC pb: 9:41.95 -09. 11 WJC 3000SC 2004; 2 Ibero-American 3000SC 2006; 5 under-23 ECH 3000SC 2007 (2005-7); 5 WJC 3000SC 2009; ht EIC 3000 2013. At WXC: 2004-72J. At EXC: 2003 -48J, 2004-58J, 2006-24u23, 2007-dnfu23, 2008-51 In 2013: 1 Spanish Clubs 3000; 5 Trujillo XC; 7ht EIC 3000		
72	AYALEW Hiwot ETH	23y
Full name-Hiwot Ayalew Yemer (Ayelew pronounced "Eye-yall-yew") She is the younger sister of 2009 World 10,000m bronze medallist Wude Ayalew 3000SC pb: 9:09.61 -12. 5000 pb: 14:49.36 -11. 2 African Games 3000SC 2011; 5 OLY 3000SC 2012. At WXC: 2011-11 In 2013: 1 European Clubs XC (representing Turkish Club Istanbul Üsküdar Belediyesi); 1 Ethiopian XC		
78	MELESE Yebrrqual ETH	22y
Full name-Yebrrqual Melese Arage ... Half Mar pb: 69:45 -12 (71:14 -13). 12 African XC 2012. AKA Yebergual Meleje, Yebergual Melese, Yebegruual Melese, Yebrrqual Meles Arage, Yebrrgual Melese, Yebrugul Melese, Yedzqual Melese In 2013: 3 Egmond Aan Zee Half Mar; 2 Coamo Half Mar; 3 Ethiopian XC		
79	MELKAMU Meselech ETH	27y
(Meselech pronounced "Messel-etch") ... 5x third at World Cross Country Championships with a total of 17 individual and team medals Marathon pb: 2:21:01 -12. Half Mar pb: 68:05 -13. 10,000 pb: 29:53.80 -09. 5000 pb: 14:31.91 -10. 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; 5 WCH 10,000 2011. At WXC: 2003-4J, 2004-1J, 2005-4 long & 6 short, 2006 -3 short & long, 2007-3, 2008-9, 2009-3, 2010-3, 2011-4. Father-Melkamu Haile Yesus was a marathon runner, she made her marathon début to win Frankfurt 2012 (2:21:01) She thought she had won the 2009 World 10,000m and celebrating at the finishing line, not realising that Linet Masai KEN had edged ahead – "I never saw the Kenyan" In 2013: 7 R'as Al Khaimah Half Mar (pb 68:05); 4 Ethiopian XC		
80	OLJIRA Belaynesh ETH	22y
ETHIOPIAN WOMEN'S TEAM CAPTAIN Full name-Belaynesh Oljira Jemama Fifth in 2012 Olympic 10,000m Half Mar pb: 67:27 -11. 10,000 pb: 30:26.70 -12. 3000 pb: 8:40.73 -10. 5000 pb: 14:58.16 -10. At WXC: 2011-10. 5 OLY 10,000 2012. 1 Ethiopian 10,000 2011 Marathon (1): 5 Dubai 2013 In 2013: 5 Dubai Marathon (2:25:01 on her marathon début); 5 Ethiopian XC		
83	UTURA Sule ETH	23y
Full name-Sule Utura Gedo 2008 World Junior Champion at 5000m ... long distance double winner at the 2011 African Games 10,000 pb: 31:41.54 -12. 5000 pb: 14:44.21 -10. 3000 pb: 8:46.52 -09. 3 World Youth 3000 2007; 1 WJC 5000 2008; 1 African Games 5000/10,000 2011. At WXC 2007-4J, 2009-6J. 1 Ethiopian junior XC 2007/2009; 1 Ethiopian 5000 2011. She had only been running seriously for sixth months prior to her fourth place at the 2007 World Cross Country Championships as a junior ... before that she was taking care of cattle and sheep at her village in the Oromiya region of Ethiopia In 2013: 6 Ethiopian XC		
84	YALEW Genet ETH	20y
Full name-Genet Yalew Kassahun She was named as third woman in Ethiopia's 2012 Olympic squad at 5000m, but was ultimately replaced by "reserve" Tirunesh Dibaba once the final declarations were made 10,000 pb: 32:05.90 -11. 5000 pb: 14:48.43 -12. 3000 pb: 9:08.95 -09. 3 World Youth 3000 2009; 6 WJC 3000 2010.; 8 African XC 2012 At WXC: 2010-5J, 2011-2J In 2013: 2 Ethiopian XC		
85	BARDELLE Christine FRA	38y
3x French Champion at 5000m ... 5000 pb: 15:20.84 -12. 3000 pb: 9:01.67 -07. 1500 pb: 4:13.79 -03. 10,000 pb: 32:59.31 -11. 3000SC pb: 9:56.92 -08. 6 ECP 5000 2007; 31 World Half Mar 2008; 7 ECP 10,000 2009 (2011-10); 8 ETCh 5000 2011; 12 ECH 5000 2012; 7 EIC 3000 2013 (2011-10). 1 French 5000 2006/2009/2012. At WXC: 2003-65 short, 2004-63 short, 2005-60 short, 2006-20 long, 2007-22, 2008-55, 2010-50, 2011-39. At EXC: 2004-59, 2006-36, 2007-27, 2008-20, 2009-37, 2010-13, 2011-11, 2012-13 ... born-Provins ... coach-Gérard Pezerat In 2013: 4 Eaubonne 3000; 7 EIC 3000		
86	CALVIN Clémence FRA	22y
2012 European Cross Country under-23 bronze ... 5000 pb: 15:57.85 -12. 3000 pb: 9:09.24 -11. 5 European Youth Olympic Festival 3000 2007; 9 EJC 3000 2009. At WXC: 2009-28J, 2011-70. At EXC: 2006-29J, 2007-28J, 2009 -38J, 2010-13u23, 2012-3u23. 1 French XC 2013. Coach-Nordine Ghezelle (husband of international runner Bouchra Ghezelle) In 2013: 9 Le Mans XC; 5 Metz 3000; 1 French XC		
87	DAUNAY Christelle FRA	38y
French record holder at 15K, 20K, Half Marathon, 25K & Marathon, all set since 2010 Half Mar pb: 68:34 -10. 5000 pb: 15:24.48 -10. 10,000 pb: 31:35.81 -12. 5 ECP 5000 2004 (2006-7); 16 ECH 10,000 2006; 22 World Half Mar 2007 (2003-33, 2004-26); 12 WCH 10,000 2012; 3 ECP 10,000 2012 (2010-5). At WXC: 2004-35 long, 2005-68 short. At EXC: 2005-41, 2006-25. 1 French 10,000 2008/2009, 5000 2011 & XC 2011 ... born-Mans ... coach-Cédric Thomas Marathons (6): 3 Paris 2007, 10 Osaka 2008, 20 OLY 2008, 3 Paris 2009, 3 New York 2009, 2 Paris 2010, 5 New York 2010, 5 Chicago 2011 In 2013: 1 Nice 10K; 2 French XC		
88	DUARTE Sophie FRA	31y
French record holder at steeplechase ... fifth in 2007 World Championships 3000SC pb: 9:25.62 -09. 2 ECP 3000SC 2007; 5 WCH 3000SC 2007 (2009 -15); ht OLY 3000SC 2008; 2 ETCh 3000SC 2009 (2010-5, 2011-6); 7 ECH 3000SC 2010; 10 IAAF Continental Cup 3000SC 2010. At EXC: 2008-15, 2012-6. 1 French 2007/2008/2010/2011. Born-Guadeloupe ... coach-David Heath (former British international distance runner, 19 WXC short 1999) In 2013: 12 "Great" Edinburgh XC; 4 French XC		
90	PICOCHÉ Laurane FRA	27y
5000 pb: 16:52.86 -11. 1500 pb: 4:11.60 -09. 800 pb: 2:01.95 -09. 6 ECP 1500 2008. At WXC: 2004-46J. At EXC: 2003-52J, 2006-36u23, 2007-22u23, 2008-30, 2009-39, 2011-40, 2012-5 In 2013: 5 French XC; 1 The Hague Half Mar		
91	BAKER Eile GBR	29y
Full name-Eleanor Team gold at 2011 European Cross Country Championships 5000 pb: 15:44.98 -12. 3000 pb: 9:05.12i, 9:11.51 -12. 1500 pb: 4:17.5 -05. 6 under-23 ECH 5000 2005; 2 AAA under-23 1500 2005; 1 North of England 1500 2011; 3 UK indoor 3000 2012. At WXC: 2006-44 short, 2007-60. At EXC: 2005-33, 2011-14, 2012-18. Former international dressage rider ... coach-Dave Turnbull ... fiancé-Steve Vernon (also running for Britain in Bydgoszcz) In 2013: 13 "Great" Edinburgh XC; 2 North of England XC; 2 UK Inter-Counties XC		

- 95 DAMEN Louise GBR 30y**
Team bronze at 2004 World XC ... Marathon pb: 2:30:00 -11. Half Mar pb: 70:47 -07. 10,000 pb: 33:28.61 -03. 12 EJC 3000 2001; dnf World Half Mar 2007. At WXC: 2001-32J, 2003-28 long, 2004-22. At EXC: 2001-15J, 2002 -51, 2007-34, 2008-9, 2010-17, 2012-11. 1 English "National" XC 2011/2013. She was born with a dislocated left hip socket, but luckily this was spotted and treated immediately with traction and splints ("otherwise I may not have been able to walk") ... self-coached (formerly Nick Anderson)
Marathons (3): 21 London 2011, dnf Yokohama 2011, 16 London 2012
In 2013: 2 Antrim XC; 1 Cardiff XC; 1 English "National" XC; 1 UK Inter-Counties XC
- 97 HOWARTH Lauren GBR 22y**
2013 UK Indoor Champion at 3000m ... top European finish (13th) in junior race at 2009 World Cross Country Championships
3000 pb: 8:52.00i -13, 9:10.10 -11. 5000 pb: 15:51.49 -11. 11 WJC 3000 2008; 6 EIC 3000 2013. At WXC: 2009-13J. At EXC: 2008-3J, 2009-6J, 2012 -5u23. 4 UK 5000 2011 (2012-11). Medical student at Birmingham University ... coach-Peter Riley
In 2013: 10 "Great" Edinburgh XC; 2 British Universities XC; 1 UK indoor 3000; 2 Birmingham 3000; 6 EIC 3000
- 101 STEEL Gemma GBR 27y**
2011 European Cross Country bronze (& team gold) ... seventh at 2012 World Half Marathon
Half Mar pb: 70:46 -12. 10K: pb: 32:06 -12. 10,000 pb: 32:34.81 -12. 5000 pb: 15:47.21 -11. 3000 pb: 9:01.86i -12. 9 ECH 10,000 2012; 7 World Half Mar 2012. At WXC: 2011-54. At EXC: 2010-27, 2011-3. Her twin sister Louise is a singer and author of children's books which Gemma has illustrated ... coach-John Nuttall
In 2013: 1 Alsager 5M; 3 English "National" XC; 3 UK Inter-Counties XC
- 103 TWELL Stephanie GBR 23y**
2010 Commonwealth 1500m bronze ... 2008 World Junior Champion at 1500m, Britain's first World Champion at that distance since Steve Cram
5000 pb: 14:54.08 -10. 1500 pb: 4:02.54 -10. 800 pb: 2:02.59 -10. 3000 pb: 8:42.75 -10. 5 European Youth 1500 2005; 8 WJC 1500 2006; 2 EJC 1500 2007; 1 WJC 1500 2008; ht OLY 1500 2008; ht WCH 1500 2009; 7 ECH 1500 2010; 3 COM 1500 2010 (4 5000). 1 English Schools 3000 2006. At WXC: 2005-60J, 2006-30J, 2009-38, 2010-23. At EXC: 2005-7J, 2006/2007/2008-1J, 2009-11u23, 2010-20, 2011-4u23. 1 English "National" XC 2010. Born-Colchester ... mother-Isobel is Scottish (lives Paisley) ... her father Andy is an Lieutenant Colonel based in Aldershot and competed for the British Army as a middle distance runner ... coach-Mick Woods
- In February 2011 at the Hannut XC, her foot got stuck in the mud and she broke her right ankle in three places (a trimalleolar fracture), she had a metal plate pinned to her fibula and then 200 hours of physiotherapy, resuming running in August 2011; She returned to track competition and gain an Olympic qualifying time but suffered a stress fracture in June 2012 and abandoned her season, undergoing further surgery to have the metal removed from her leg in August 2012
- In 2013: 15 "Great" Edinburgh XC; 7 Antrim XC; 1 Chichester 10K; 2 South of England XC; 16 English "National" XC; 5 UK Inter-Counties XC
- 105 WICKS Emily GBR 28y**
(Née Adams) ... Half Mar pb: 74:16 -13. 5000 pb: 16:51.16 -11. 1500 pb: 4:24.61 -07. At EXC: 2006-29u23, 2011-dnf, 2012-33. Married international distance runner Phil Wicks in 2010 ... coach-Keith Donkin
In 2013: 23 "Great" Edinburgh XC; 2 Cardiff XC; 1 Wokingham Half Mar; 4 UK Inter-Counties XC
- 106 BRITTON Fionnuala IRL 28y**
Twice European Cross Country Champion ... Outdoor 5000 pb: 15:12.97 -12. 10,000 pb: 31:29.22 -12. 3000SC pb: 9:37.60 -11. 12 WCH 3000SC 2007 (2011-ht); ht OLY 3000SC 2008; 6 WSG 2009 (2005-11); 11 ECH 3000SC 2010 (2006-ht); 4 ECH 10,000 2012; 15 OLY 10,000 2012 (ht 5000); 3 EIC 3000 2013. At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36, 2011-16. At EXC: 2001-74J, 2002-49J, 2003-21J, 2005-39, 2006-2u23, 2007-7, 2009-11, 2010-4, 2011/2012-1. 1 Irish 2008/2009. Graduate in Sports Science and Health from Dublin City University ... Coach-Chris Jones
In 2013: 1 "Great" Edinburgh XC; 1 Antrim XC; 3 Karlsruhe 3000; 1 Irish indoor 1500; 5 Stockholm XL-Galan 3000; 3 EIC 3000
- 107 BYRNE Linda IRL 26y**
Fourth in 2005 European Junior Steeplechase ... Marathon pb: 2:36:23 -11. Half Mar pb: 73:48 -11. 10,000 pb: 35:15.28 -10. 5000 pb: 15:54.29 -09. 1500 pb: 4:17.63 -06. 3000SC pb: 10:21.00 -05. ht WJC 3000SC 2004; 4 EJC 3000SC 2005; 9 WSG 5000 2009. 1 Irish 5000 2009. At WXC: 2002-87J, 2004-54J, 2005-68J, 2008-57, 2009-65, 2010-69. At EXC: 2003-26J, 2004 -38J, 2005-4J, 2006-35u23, 2007-6u23, 2008-10u23, 2009-25, 2012-8. Graduate of Sports Science ... coach-Enda Fitzpatrick
Marathons (2): 6 Dublin 2011, 66 OLY 2012
In 2013: 6 "Great" Edinburgh XC; 4 Antrim XC; 2 Dublin 5M; 11 European Clubs XC; 2 Irish Inter-Clubs XC
- 108 CULLEN Mary IRL 30y**
2009 European indoor bronze at 3000m ... fourth in 2008 European Cross Country Championships ... 2006 US Collegiate Champion
1500 pb: 4:16.34 -06. 3000 pb: 8:48.17 -07. 12 ECH 5000 2006; ht WCH 5000 2007; 3 EIC 3000 2009 (2007-7). 1 NCAA 5000 2006. 1 Irish 5000 2005 & 1500 2006/2007. At EXC: 2000-66J, 2005-11, 2006-14, 2008-4, 2009 -12. She has a social science degree from Providence College, Rhode Island ... coach-Ray Treacy (older brother of John Treacy, the World Cross Country Champion in 1978/89)
In 2013: 1 Dublin 5M; 1 Armagh 3K; 1 Irish Inter-Clubs XC
- 109 HUTCHINSON Ava IRL 29y**
Marathon pb: 2:35:33 -12. Half Mar pb: 74:17 -11. 10,000 pb: 34:10.75 -10. 5000 pb: 15:58.93 -09. At WXC: 2001-110J, 2002-101J, 2011-87. At EXC: 2009-34, 2012-20. 1 Irish Half Mar 2011. Coach-Ray Treacy
Marathons (3): 11 Dublin 2011, 4 Houston 2012, 68 OLY 2012
In 2013: 9 European Clubs XC; 2 Armagh 3K; 2 Manchester "Trafford" 10K
- 110 LEE Lizzie IRL 32y**
5000 pb: 16:54.76 -10. 1 Irish 5000 2011. At EXC: 2010-35, 2012-23. Coach-Donie Walsh (Ran in the first eight World Cross Country Championships, winning a team silver in 1979)
In 2013: 1 Irish indoor 3000
- 111 SAMIRI Touria ITA 25y**
5000 pb: 16:54:29 -09. Born-Khorigba (Morocco), moved to Italy in 1996 & gained Italian citizenship in 2008
In 2013: 2 Rome 10K; 3 San Vittore Olona XC
- 112 ABE Yukari JPN 23y**
Half Mar pb: 73:19 -11 (74:44 -12). 10,000 pb: 33:54.76 -12. 5000 pb: 15:53.03 -08. 3000 pb: 9:10.30 -12. At WXC: 2008-48J. This is not the same Yukari Abe (born 29 Nov 91) who clocked 16:22.47 for 5000m in 2012
In 2013: 22 Marugame Half Mar; 4 Chiba XC; 3 Tokyo 10K; 18 Matsue Half Mar
- 115 IHARA Miho JPN 25y**
Half Mar pb: 73:02 -08. 10,000 pb: 32:18.00 -11. 5000 pb: 15:48.23 -12
In 2013: 6 Chiba XC; 7 Fukuoka XC; 2 Yamaguchi 10K
- 116 ISHIBASHI Mai JPN 23y**
2011 World Student Games bronze at 10,000m ... 5000 pb: 15:35.38 -10. 10,000 pb: 32:37.25 -11. 3 WSG 10,000 2011 (9 5000). 6 Japanese 5000 2011 (2012-12)
In 2013: 4 Fukuoka XC
- 118 NIIYA Hitomi JPN 25y**
Led for much of the first half of the 2012 Olympic 10,000m before finishing ninth
Marathon pb: 2:30:58 -09. 5000 pb: 15:13.12 -11 (15:17.92 -12). 3 World Youth 3000 2005; 2 Asian Champs 5000 2011; 13 WCH 5000 2011; 9 OLY 10,000 2012 (ht 5000). At WXC: 2004-19J, 2005-13J, 2006-13J, 2010-31, 2011-26. 1 Japanese 5000 2012
Marathons (3); 1 Tokyo 2007; 2 Sapporo 2008; 8 Nagoya 2009
In 2013: 1 Fukuoka XC
- 120 SUZUKI Ayuko JPN 21y**
5000 pb: 15:34.15 -12. 5 WJC 5000 2010; 10 Asian XC 2012. 1 Japanese Universities 5000 2011/2012
In 2013: 5 Chiba XC; 3 Fukuoka XC
- 121 TANAKA Hanae JPN 23y**
Half Mar pb: 69:18 -13. 10,000 pb: 32:27.56 -11. 5000 pb: 15:34.21 -12. 7 World Youth 1500 2007. 1 Japanese Universities 10,000 2010. At WXC: 2011-33. Coach-Sachiko Yamashita (2 WCH Marathon 91)
In 2013: 3 Chiba XC; 5 Fukuoka XC; 2 Japanese Corporate Half Mar (pb 69:18)
- 125 CHEPTAI Irene KEN 20y**
Full name-Irene Chebet Cheptai (sometimes she gets called Chebet Cheptai)
5000 pb: 16:02.0 -12. 7 World Youth 3000 2007. At WXC: 2008-2J. 3 Kenyan World XC junior trial 2007, but too young then to compete at the World Cross Country Championships
In 2013: 3 Elgôibar XC; 2 Seville XC; 2 Kenyan XC
- 128 KIBIWOTT Viola KEN 29y**
Full name-Viola Jelagat Kibiwott
Former World Junior Champion at 1500m & Cross Country
Sixth in 2012 Olympic 5000m and sub-4 for 1500m
5000 pb: 14:34.86 -11. 3000 pb: 8:40.14 -03. 1500 pb: 3:59.25 -12. 800 pb: 2:04.7 -12. 1 WJC 1500 2002; 7 COM 1500 2006/2010; 5 WCH 1500 2007 (2009/2011-sf); ht OLY 1500 2008; 6 OLY 5000 2012. At WXC: 2000-3J, 2001/2002-1J, 2003-22 short; 2005-23 short. 2 African XC 2011
In 2013: 6 Kenyan XC
- 131 KISA Janet KEN 20y**
5000 pb: 14:57.68 -12. At WXC: 2011-5J. Narrowly failed to make Kenya's 2012 Olympic team; she was fifth in their Olympic Trial race over 5000m
In 2013: 3 Kenyan Police XC; 3 Kenyan XC

132	CHEBET Emily KEN	27y	Surprise World Cross Country Champion at Bydgoszcz in 2010 (to defeat Linet Masai, Meselech Melkamu & Tirunesh Dibaba) 10,000 pb: 31:33.39 -06. 3 African Champs 10,000 2006; 7 WCH 10,000 2007; 3 African XC 2012. 1 Kenyan World Championship Trial 10,000 2007. At WXC: 2003-5J, 2007-dnf, 2010-1. Please don't confuse her with the younger athlete from Uganda with the same name who was 79th at the 2007 World Cross Country Championships In 2013: 1 Kericho XC; 4 Kenyan XC
133	MURIUKI Margaret KEN	27y	KENYAN WOMEN'S TEAM CAPTAIN Full name-Margaret Wangari Muriuki (Wangari may be spelt Wangare) Sixth at 2010 World Cross Country Championships Half Mar pb: 69:21 -12. 5000 pb: 14:48.94 -10. 3000 pb: 8:37.97 -10. 1500 pb: 4:06.50 -12. 2 African XC 2012; 3 African Champs 1500 2012. At WXC: 2008-8, 2010-6. 1 Kenyan XC 2013. She was third in the 2007 Kenyan World Championship 1500m trial but could not be selected for Osaka as she did not have the qualifying time In 2013: 1 Kenyan XC
134	MUTAI Beatrice KEN	25y	Full name-Beatrice Chepkemai Mutai ... 5000 pb: 15:40.64 -12. 9 Kenyan Olympic Trial 5000 2012. Her younger sister is Faith Kipyegon (1 World Junior XC 2011) In 2013: 3 Kericho XC; 5 Kenyan XC
136	SATOROVA Gulshanai KGZ	20y	
138	ALAMI Salima MAR	29y	Full name-Alami Salima El Ouali ... 3000SC pb: 9:31.03 -12. 5000 pb: 16:10.29 -09. 3 World Military Games 3000SC 2011; ht WCH 3000SC 2011; ht OLY 3000SC 2012. At WXC: 2009-34, 2010-28. 1 Moroccan 3000SC 2010
139	NOUJANI Nadia MAR	31y	5000 pb: 15:16.50 -12. 1500 pb: 4:12.45 -11. 3 International Military Champs 1500 2009; dnf ht OLY 5000 2012
141	HAITOPE Lavinia NAM	23y	Half Mar pb: 78:36 -12. 5000 pb: 16:56.28 -12. 9 World Youth 3000 2007; 40 World Half Mar 2012 In 2013: 1 South of Africa Regional XC
147	CICHOCKA Angelika POL	25y	(Cichocka = "Hick - ot - ska") ... 2012 World indoor finalist at 1500m 1500 pb: 4:06.50 -11. 800 pb: 2:00.20 -11. 8 under-23 ECH 1500 2009; dq ht WIC 800 2010; ht ECH 800 2010; 7 ETCh 800 2011; 8 WIC 1500 2012; ht ECH 1500 2012; ht EIC 1500 2013. At EXC: 2007-17J, 2010-dnf/u23. 1 Polish 800 2011/2012 (1 1500 2011) In 2013: 4ht EIC 1500; 1 Polish short course XC
148	MIERZEJEWSKA Agnieszka POL	27y	(Née Ciolek) ... Marathon pb: 2:34:15 -12. 10,000 pb: 33:41.00 -10. 5000 pb: 15:50.33 -11. 8 ETCh 5000 2009. At WXC: 2010-61. At EXC: 2007-26u23. 1 Polish 10,000 2010 Marathons (2): 3 Kraków 2012, 1 Warsaw 2012 In 2013: 4 Diekirch XC; 2 Polish XC
151	KOPCIEWSKA Paula POL	20y	At WXC: 2010-48J. At EXC: 2011-32J. 1 Polish junior XC 2011 In 2013: 6 Polish XC
152	KOWALSKA Katarzyna POL	27y	Twice European under-23 Steeplechase Champion ... 2009 World finalist ... 2007 European Cup winner 3000SC pb: 9:26.93 -09. Half Mar pb: 71:27 -11. 5000 pb: 15:50.65 -07. 1 under-23 ECH 3000SC 2005/2007; 8 ECH 3000SC 2006 (2010-10); 8 WCP 3000SC 2006; 1 ECP 3000SC 2007 (2006-3); 12 WCH 3000SC 2009 (2007-ht); 3 ETCh 3000SC 2010 (2009-dnf). At WXC: 2010-36. At EXC: 2004-21J, 2006-9u23, 2007-3u23. 1 Polish 2009/2010/2011/2012 & XC 2009/2010/2011/2012/2013. Coach-Marian Nowakowski In 2013: 3 Albufeira XC; 1 Polish XC (4th time)
153	NAPIERAJ Dominika POL	21y	5000 pb: 16:37.22 -12 ... In 2013: 3 Polish XC
154	NECKA Urszula POL	28y	10,000 pb: 35:12.40 -12. 5000 pb: 16:15.33 -11. 8 EJC 3000SC 2003. 1 Polish indoor 3000 2011 In 2013: 5 Albufeira XC; 4 Polish XC
160	ROCHA Carla Salomé POR	22y	Top 10 in under-23 race at the past two European Cross Country Championships 10,000 pb: 32:40.86 -12. 5000 pb: 16:04.40 -12. 3000SC pb: 9:51.91 -12. 7 under-23 ECH 10,000 2011; ht ECH 3000SC 2012. At WXC: 2011-78. At EXC: 2007-31J, 2008-44J, 2009-11J, 2010-17u23, 2011-9u23, 2012-7u23 In 2013: 22 "Great" Edinburgh XC; 2 Portuguese indoor 3000; 1 Portuguese short course XC; 4 Portuguese XC
161	RAMOS Beverly PUR	25y	Puerto Rican record holder at 1500m, 5000m, 10,000m & Steeplechase 3000SC pb: 9:39.33 -12. 1500 pb: 4:12.61 -10. 3000 pb: 9:16.23i -10. 5000 pb: 15:49.31 -11. 10,000 pb: 33:51.54 -09. ht World Youth 800 2003; 4 Central American & Caribbean Champs 5000 2009; 1 Central American & Caribbean Games 5000/3000SC; 2 Central American & Caribbean Champs 3000SC 2011; ht OLY 3000SC 2012. At WXC: 2004-106J In 2013: 3 North/Central American & Caribbean XC; 9 Coamo Half Mar; 5 Ames 5000; 10 San Juan "World's Best" 10K
162	FLOREA Monica ROU	20y	Full name-Monica Madalina Florea Seventh in 2012 World Junior 5000m 5000 pb: 16:08.07 -12. 1500 pb: 4:19.59 -12. 5 Youth Olympic Games 3000 2010; 6 EJC 5000 2011; 7 WJC 5000 2012. At EXC: 2009-45J, 2012-9J
164	CONRAD Nolene RSA	27y	Former South African Champion at Steeplechase ... Half Mar pb: 75:47 -10. 3000SC pb: 9:54.42 -12. 10 WSG 3000SC 2005 (2011-9); 13 COM 3000SC 2006; 7 African Champs 3000SC 2012 (2006-8); 37 World Half Mar 2012. 1 South African 3000SC 2009 & XC 2012 In 2013: 4 Bedfordview Half Mar; 3 South African World Trial XC; 5 South of Africa Regional XC; 3 Edenvale Half Mar; 6 Cape Town 10K
167	KALMER Christine RSA	27y	British Grandfather ... younger sister of René Kalmer, they have each finished 12th at past World Cross Country Championships Half Mar pb: 75:23 -12 (79:59 -13). 5000 pb: 16:11.77 -09. 12 World Youth 1500 2003 (2001-ht). At WXC: 2001-12J, 2004-28J, 2005-53J. 46 World Half Mar 2012 In 2013: 3 Bedfordview Half Mar; 5 South African World Trial XC; 3 Benoni Half Mar; 1 Alberton 10K; 11 South of Africa Regional XC; 7 Cape Town 10K
170	MAKHANYA Mapaseka RSA	27y	1500 pb: 4:08.18 -10. 800 pb: 2:03.36 -10. ht World Youth 1500 2001; ht WJC 3000SC 2004; 6 African Championships 800 2010. 1 South African 800 2010. At WXC: 2011-84 In 2013: 2 South African World Trial XC; 2 Pretoria 10K; 3 South of Africa Regional XC; 2 Cape Town 10K
173	PHALULA Dina Lebo RSA	29y	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. 2011-44. 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 2013: 1 South African World Trial XC; 1 Pretoria 10K
184	MATHNANI Imen TUN	26y	
185	ACHOLA Janet UGA	24y	Ugandan record holder at 1500m ... 1500 pb: 4:05.52 -12. 800 pb: 2:05.57 -12. 11 WSG 1500 2009; 9 African Champs 1500 2010; 9 COM 1500 2010; 5 African Games 3000SC 2011; ht OLY 1500 2012. At WXC: 2011-32 In 2013: 5 Ugandan XC
186	CHEBET Linnet UGA	20y	At WXC: 2010-27J
188	CHEKWEL Juliet UGA	22y	1500 pb: 4:18.73 -10. 4 Commonwealth Youth Games 1500 2008; 1 East African junior XC 2008. At WXC: 2011-22 In 2013: 2 Ugandan XC
189	CHEMOS Viola UGA	21y	5000 pb: 16:13.31 -11. 11 African XC 2012; 6 African Champs 5000 2012; 11 World Mountain Running Champs 2012. At WXC: 2007-21J, 2010-25J, 2011 -38 In 2013: 1 Ugandan XC
192	CHEPTEGEI Rebecca UGA	22y	At WXC: 2010-15J. 2011-56 ... In 2013: 4 Ugandan XC
195	CONLEY Kim USA	27y	Came from behind to grab third place at 5000m in the 2012 US Olympic Trials and attain the 'A' qualifier at the same time 5000 pb: 15:14.48 -12. 10,000 pb: 32:00.94 -12. 3 North/Central American & Caribbean XC 2011; 7 Pan-Am Games 5000 2011; ht OLY 5000 2012. 2 US 5K 2011. Coach-Drew Wartenburg In 2013: 4 San Giorgio su Legnano XC; 2 US XC
196	DICRESCENZO Delilah USA	30y	She was the inspiration behind the 2007 hit song "Hey There Delilah" written by Tom Higginson, lead singer of "The Plain White Ts" 3000SC pb: 9:40.63 -11. 3000 pb: 9:02.50i -09. 1500 pb: 4:12.78 -09. 5000 pb: 15:40.00 -10. 1 North/Central American & Caribbean XC 2010. At WXC: 2009-33. 3 US 3000SC 2006/2011. Graduate of Sociology from Columbia University ... coach-Frank Gagliano In 2013: 6 US XC; 8 US 15K (Jacksonville)

- 198 INFELD Emily USA 23y**
 5000 pb: 15:28.60 -12. 3000 pb: 9:00.13i -12. 1500 pb: 4:07.77 -12. 1 NCAA indoor 3000 2012; 8 US Olympic Trial 5000 2012. Her older sister Maggie Infeld has run 4:08.31 for 1500m and was seventh in the 2012 US Olympic Trials ... their mother Susan is the Mayor of University Heights, Ohio ... coach-Jerry Schumacher
 In 2013: 4 US XC; 8 New York Millrose Games Mile
- 199 KASTOR Deena USA 40y**
 US WOMEN'S TEAM CAPTAIN
 (Née Drossin) ... 2004 Olympic bronze after cautious start ... twice second at World Cross Country Championships ... North American marathon record holder
 Marathon pb: 2:19:36 -06 (2:32:39 -13). Half Mar: 67:34 -06 (72:57 -13). 5000 pb: 14:51.62 -00. 10,000 pb: 30:50.32 -02. 1 WSG 10,000 97; ht OLY 10,000 2000 (injured); 6 WCH 10,000 2007 (99/2001-11, 2003-12); 16 World Half Mar 2007. 1 US 10,000 2000/2001/2003/2004/2007. At WXC: 90-72J, 91-40J, 97-29, 98-20 long, 99-10 long, 2000/2001-12 long; 2002/2003-2 long. Lives-Mammoth Lakes, California (7200 ft altitude) ... she was a figure skater until age 10, then her mother encouraged her to take up running ... coach/husband Andrew Kastor is a 2:57 marathon runner, their daughter Piper Bloom Kastor born February 21, 2011
 Marathons (17): 7 New York 2001, 6 Chicago 2002, 3 London 2003, 2 St. Louis (US Olympic Trials) 2004, 3 OLY 2004 (made up 30 seconds on leaders in last 2K), dnf New York 2004, 1 Chicago 2005, 1 London 2006, 6 New York 2006, 5 Boston 2007, 1 Boston (US Olympic Trials) 2008, dnf OLY 2008 (broken right foot), 6 Chicago 2009, 17 London 2010, 4868 Los Angeles 2010, 6 Houston (US Olympic Trial) 2012, 3 Los Angeles 2013. Also paced New York 2003
 In 2013: 3 US XC; 1 Pasadena Half Mar; 3 Los Angeles Marathon (Sunday, March 17, 2:32:39; she rested from running until arriving in Bydgoszcz)
- 203 SPENCE Neely USA 22y**
 Full name-Neely Spence Gracey, she married Dillon Gracey on December 31, 2012
 10,000 pb: 32:16.51 -12. 5000 pb: 15:27.72 -10. 3000 pb: 9:10.82 -11. 8 Pan-American Games 5000 2011; At WXC: 2009-19J. 1 US junior XC 2009; 1 NCAA div 2 XC 2010/2011 & 5000 2011. Attends-Shippensburg University ... father-Steve Spence (1991 World Championship marathon bronze medallist) ... coach-Kevin Hanson
 In 2013: 1 Orlando 5K; 5 US XC; 1 Greenville 10K
- 205 SUVER Mattie USA 25y**
 (Née Bridgmon) ... 10,000 pb: 33:37.73 -09. 5000 pb: 16:02.48i -10. 1 US Clubs XC 2012; 123 US Olympic Trial (Houston) Marathon 2012 (2:50:23). Coach-Scott Simmons
 In 2013: 3 "Great" Edinburgh XC; 7 US XC; 5 US 15K (Jacksonville)
- 207 NAMAKANDO Namakando ZAM 27y**
- 208 MUGOVE Olivia ZIM 25y**

Men's Race

14:10

101 Entrants

30 Countries

12,000 metres (start + 6 laps/1950m + finish)
6 to run, 4 to score

Age

1	ABOUT Rabah ALG	32y
5000 pb: 13:19.00 -11. 3 World Military Games 5000 2007; 5 World Military Games 5000 2011; ht OLY 5000 2012. At WXC: 2005-23 short, 2006-52 short, 2008-97, 2011-20 In 2013: 5 Arab XC		
2	BELKHIR Lyes ALG	25y
3	BOUCHICHA Hicham ALG	23y
3000SC pb: 8:35.69 -12. 1 Algerian 3000SC 2011		
4	DALI Ahmed ALG	29y
At WXC: 2008-131 ... In 2013: 8 Arab XC		
9	MIOUT Mounir ALG	28y
5000 pb: 13:19.73 -11. 1500 pb: 3:39.4 -11. 5 World Military Champs 5000 2009 (2011-6); ht WCH 5000 2011. At WXC: 2011-85 In 2013: 8 Arab XC		
11	TOUIL Abdelmadjed ALG	24y
3000SC pb: 8:31.01 -12. 5000 pb: 13:58.93 -12. 1500 pb: 3:39.87 -09. 11 WJC 1500 2009; 2 WSG 1500 2011. At WXC: 2007-50J, 2008-42J		
13	ADAMS Liam AUS	26y
Half Mar pb: 63:28 -12. 10,000 pb: 28:11.76 -12. 5000 pb: 13:43.32 -12 (13:59.77 -13). 23 World Half Mar 2012. At WXC: 2008-69, 2009-69, 2010 -37, 2011-80. Coach-Ken Hall In 2013: 3 Australian World Trial XC; 12 Newcastle 1500; 7 Hobart 5000		
14	BIRMINGHAM Collis AUS	28y
2009 World finalist at 5000m ... Oceanian record holder at 10,000m & Half Marathon 10,000 pb: 27:29.73 -09. 5000 pb: 13:09.57 -12 (13:27.35 -13). 3000 pb: 7:35.45 -12. Mile pb: 3:54.30 -09. 1500 pb: 3:35.50 -10 (3:39.09 -13). ht OLY 5000 2008/2012; dnf WCH 10,000 2009 (2011-ht); 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 2013: 1 Australian World Trial XC; 1 Marugame Half Mar (set Oceanian records at 20K/57:38 & Half Mar/60:56); 7 Chiba XC; 1 Hobart 5000; 5 Sydney "Classic" 1500		
16	BROWN Mitch AUS	24y
10,000 pb: 28:44.16 -12. 5000 pb: 13:55.47 -12. 2 Australian 10K 2012 In 2013: 6 Australian World Trial XC; 5 Newcastle 1500; 9 Sydney "Classic" 1500 (pb 3:44.58)		
20	KELLY Steve AUS	24y
10,000 pb: 28:52.30 -12. 5000 pb: 13:53.27 -12 In 2013: 4 Australian World Trial XC		
23	ROBINSON Brett AUS	21y
10,000 pb: 28:45.39 -12. 5000 pb: 13:37.75 -13. 1500 pb: 3:38.94 -12. 8 WJC 1500 2010. At WXC: 2009-46J. Training partner of Collis Birmingham In 2013: 2 Australian World Trial XC; 4 Newcastle 1500; 4 Hobart 5000; 8 Sydney "Classic" 1500		
32	CHAVES Daniel BRA	24y
Full name-Daniel Chaves da Silva ... Half Mar pb: 63:37 -12. 10,000 pb: 28:49.42 -09. 5000 pb: 13:46.56 -10. 16 WJC 10,000 2006. At WXC: 2009-dnf. 9 Great North Run 2011 (Half Marathon début) In 2013: 3 Cuiaba 10K; 2 Brazilian XC; dnf South American XC		
34	da SILVA Sérgio Celestino BRA	28y
Marathon pb: 2:17:02 -11. 10,000 pb: 29:21.86 -07. 5000 pb: 14:09.85 -06. At WXC: 2006-73 long, 2009-92, 2010-98 Marathons (3): 16 Berlin 2010, 36 Frankfurt 2011, 5 Buenos Aires 2012 In 2013: 8 São Paulo Half Mar		
37	FABIANO Valério BRA	24y
38	LOPES Gilmar BRA	23y
Full name-Gilmar Silvestre Lopes 2013 South American Cross Country Champion 10,000 pb: 29:09.27 -12. Half Mar pb: 63:02 -11. At WXC: 2010-dnf. dnf World Half Mar 2012 In 2013: 2 São Sebastião 10K; 1 Comodoro Rivadavia; 1 Brazilian XC; 1 South American XC		
39	PEREIRA Éderson BRA	22y
Full name-Ederson Vilela Pereira ... At WXC: 2008-100J, 2009-61J, 2011-89 In 2013: 6 South American XC		

40	BEKELE Alemu BRN	23y
TRANSFEREE – Ethiopian origin 2012 Asian Cross Country Champion ... nicknamed "little Kenenisa" but no relation to multi World Champion 3000 pb: 7:54.47 -10. 5000 pb: 13:38.10 -10. 1 Asian junior XC 2009; 2 Asian Indoor Games 1500/3000 2009; 6 Asian Champs 5000 2009; 3 Asian Indoor Champs 2012; ht WIC 3000 2102; 1 Asian XC 2012 & Arab XC 2013. At WXC: 2009-26J, 2010-31, 2011-69. 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 In 2013: 1 Arab XC		
46	NIKOLOV Yolo BUL	29y
2 Sofia Marathon 2012 ... In 2013: 1 Bulgarian XC		
48	AHMED Mohammed CAN	22y
10,000 pb: 27:34.64 -12. 5000 pb: 13:34.23 -11 (13:40.43i -13). 1 Pan-American junior 5000 2009; 4 WJC 10,000 2010 (2008-9); 18 OLY 10,000 2012. At WXC: 2008-51J, 2009-57J, 2010-27J. 1 Canadian 10,000 2012; 2 Canadian XC 2013. Born-Somalia, attends University of Wisconsin In 2013: 7 Seattle 5000; 2 Geneva OH Big 10 indoor 5000 (6 3000)		
50	BRUCHET Lucas CAN	22y
5 Canadian XC 2012. At WXC: 2010-65J In 2013: 10 North/Central American & Caribbean XC		
53	LEVINS Cam CAN	23y
In 2012 he became the first ever student from Southern Utah University to win a US Collegiate title, and then he won another to claim the 5/10K double 10,000 pb: 27:27.96 -12. 5000 pb: 13:18.47 -12. 1 North/Central American & Caribbean XC 2012.; 11 OLY 10,000 2012 (14 5000). At WXC: 2011-56. 1 NCAA 5000/10,000 2012. 1 Canadian XC 2010/2011. From Vancouver island, British Colombia ... he claims to regularly run 150 miles a week in training ... coach-Eric Houle, manager-Ray Flynn In 2013: 1 Flagstaff 800; 2 North/Central American & Caribbean XC; 3 New York Millrose Games 2M		
57	WALTERS Matt CAN	23y
1500 pb: 3:40.33 -12. 1 Canadian Universities indoor 1500/3000 2012 In 2013: 7 Notre Dame 3000; 2 Windsor 1500		
58	WIEBE Kelly CAN	23y
5000 pb: 13:56.68 -11. 3 North/Central American & Caribbean XC 2013 (2011-9). 3 Canadian XC 2012. At WXC: 2011-58 In 2013: 3 North/Central American & Caribbean XC; 1 Seattle 3000 'B'		
59	WINTER Chris CAN	26y
2003 World Youth Steeplechase bronze medallist ... 3000SC pb: 8:28.46 -12. 5000 pb: 14:03.28 -10. 3 World Youth 2000SC 2003; ht WJC 3000SC 2004. At WXC: 2003-87J, 2004-87J, 2005-97J In 2013: 8 North/Central American & Caribbean XC; 10 Seattle 3000 'B'		
61	DONG Guojian CHN	26y
Marathon pb: 2:13:23 -10. Half Mar pb: 62:51 -09. 10,000 pb: 28:17.60 -09 (29:10.72 -12). 5000 pb: 13:43.47 -09. (14:11.22 -12). 5 Asian Champs 10,000 2009. 1 Chinese 5000 2007. At WXC: 2007-62, 2008-141 Marathons (6): 4 Dalian 2010, 4 Asian Games 2010, 17 Daegu 2011, 14 WCH 2011, 17 Chongqing 2012, 15 OLY 2012		
62	DUAN Qiquan CHN	24y
Marathon pb: 2:15:58 -11. Half Mar pb: 65:22 -10. 10,000 pb: 28:54.66 -12. 5000 pb: 14:02.34 -11. 1 Chinese junior XC 2007; 3 Chinese 5000 2012 Marathons (3): 9 Shanghai 2010, 7 Dalian (Chinese Championships) 2011, 38 Chongqing (Chinese Championships) 2012		
64	KOCOUREK Milan CZE	25y
3x Czech Champion at 5000m ... 10,000 pb: 29:06.21 -12. 5000 pb: 14:08.34 -10. 3000SC pb: 8:48.23 -09. 11 ETCh 5000 2011 (12 800, he replaced the injured Jakub Holuša). At WXC: 2007-128. At EXC: 2006-18J, 2007-62u23, 2008-32u23, 2010-60, 2011-11, 2012-12. 1 Czech 5000 2008/2010/2011 (1 1500 2010 & 3000SC 2011/2012) In 2013: 20 "Great" Edinburgh XC; 5 Linz Gugl 3000; 12 Düsseldorf 3000; 1 Czech indoor 1500		
66	OSMAN Abrar ERI	19y
Full name-Abrar Osman Adem 2010 Youth Olympic Champion at 3000m Eritrean junior record holder at 5000m 5000 pb: 13:17.32 -12. 1 Youth Olympic Games 3000 2010; 3 World Youth 3000 2001; 2 WJC 5000 2012; ht OLY 5000 2012		
68	GEFREYOHANNES Samsom ERI	21y
(Samsom aka Samson) ... Half Mar pb: 63:01 -10. At WXC: 2010-23J, 2011 -12J		
71	KIFLE Goitom ERI	19y
2009 World Youth bronze at 3000m ... 5000 pb: 13:22.92 -12. 3 World Youth 3000 2009. At WXC: 2009-14J, 2010-15J, 2011-17J. He is the younger brother of Eritrean marathon record holder Yonas Kifle		

72	MEDHIN Teklemariam ERI Full name-Teklemariam Medhin Weldeslasie 2010 World Cross Country silver medallist 10,000 pb: 27:16.69 -12. 5000 pb: 13:04.55 -10. 12 WJC 5000 2006;; 12 WCH 10,000 2009 (15 5000); 7 OLY 10,000 2012 (2008-32). At WXC: 2006 -13J, 2007-14J, 2008-23, 2009-9, 2010-2, 2011-14. Coach-Jeronimo Bravo (same as world half marathon record holder Zersenay Tadese)	23y	100	LILESA Feyisa ETH 2011 World bronze, the only non-Kenyan to win a marathon medal in Daegu and he became the youngest ever medallist in a World Championship marathon Marathon pb: 2:04:52 -12. Half Mar pb: 59:22 -12 (59:25 -13). 10,000 pb: 27:46.97 -08. 5000 pb: 13:34.80 -08. 2 Great Ethiopian Run 10K 2008 (2007 -3). At WXC: 2008-14J, 2009-12, 2010-25, 2011-17. He ran a 62:26 Half Marathon in 2008 at age 18 ... his 2:05:23 in the 2010 Rotterdam Marathon was the fastest ever by a 20 year-old Marathons (9): 1 Dublin 2009; 1 Xiamen 2010; 4 Rotterdam 2010; 3 Chicago 2010, 17 Rotterdam 2011, 3 WCH 2011, 4 Nice 2011; 10 London 2012; 2 Chicago 2012 In 2013: 1 Houston Half Mar; 4 R'as Al Khaimah Half Mar; 1 Ethiopian XC (Still in marathon training – "I didn't expect to win it")	23y
74	AMLOSOM Nguse ERI (aka Nguse Tesfaldet, which was the name he used at the 2012 Olympics) 10,000 pb: 27:28.10 -12. Half Mar pb: 61:39 -12. 4 World Military Games 10,000 2011; 19 African XC 2012; 15 OLY 10,000 2012	26y	101	MERGA Imane ETH DEFENDING WORLD CROSS COUNTRY CHAMPION ETHIOPIAN MEN'S TEAM CAPTAIN Full name-Imane Merga Jida 2011 World 10,00m bronze, he also collected the 5000m bronze, but was disqualified when it was noticed that on being boxed at the bell he took several strides inside the kerb at the start of the first bend 10,000 pb: 26:48.35 -11. 5000 pb: 12:53.58 -10. 1 World Athletics Final 5000 2009 (just one hundredth between first and third); 5 IAAF Continental Cup 5000 2010; 3 WCH 10,000 2011 (2009-4). 1 French 10,000 2008; 3 Great North Run 2012. At WXC: 2007-7J, 2011-1 He could not make Ethiopia's 2012 Olympic team, though came close at 5000m when he clocked (12:59.77) in Oslo ahead of the Bekele brothers In 2013: dnf Ethiopian XC ("I just felt tired")	24y
78	CASTILLEJO Carles ESP SPANISH MEN'S TEAM CAPTAIN Full name-Carles Castillejo Salvador Fifth at the 2010 & 2012 European 10,000m Marathon pb: 2:10:09 -11. Half Mar pb: 61:18 -13. 10,000 pb: 27:39.79 -08. 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 2010/2012; 3 ECP 10,000 2012. 1 Spanish 5000 2004, 10,000 2009 & XC 2012. At WXC: 2004-57 long, 2005-26 long, 2006-29 long, 2007 -68, 2008-64, 2009-26, 2010-32, 2011-31. At EXC: 2006-10, 2007-14, 2008 -34, 2009-35, 2012-5. Coach-Juan Ramón Muñoz Marathons (2): 1 Castellón 2011, 24 OLY 2012 In 2013: 6 "Great" Edinburgh XC; 2 Granollers Half Mar; 2 Trujillo XC; 2 Cáceres XC; 2 Spanish XC	34y	113	NICHOLLS Phil GBR 2007 UK Champion at 10,000m ... 2011 Edinburgh Marathon winner ... Marathon pb: 2:19:21 -11. Half Mar pb: 64:57 -10. 5000 pb: 13:49.16 -08. 10,000 pb: 28:40.85 -07. At WXC: 2007-74, 2009-86. At EXC: 2010-18. 1 AAA under-23 5000 2004; 1 English 10,000 2009; 2 UK 10,000 2009 (2008 -3). Graduate of Birmingham University ran ninth stage for winning Tipton team at the 2011 national 12-stage road relay, with the fastest long leg of the day ... coach-Bud Baldaro Marathon (1): 1 Edinburgh 2011 In 2013: 4 Alsager 5M; 13 English "National" XC; 7 UK Inter-Counties XC	29y
80	ESPAÑA José ESP 10,000 pb: 28:51.66 -12. 5000 pb: 14:14.03 -06. 15 World Youth 3000 2003; 4 European Youth Olympics 3000 2003; 4 EJC 10,000 2005. At WXC: 2005 -83J. At EXC: 2005-90J, 2007-45u23 In 2013: 7 Spanish Clubs XC; 8 Spanish XC	26y	116	SKINNER Mike GBR Second in 2007 UK 5000m ... two team medals at European Cross Country Championships 5000 pb: 13:51.61 -06. 3000 pb: 8:01.89 -08. At WXC: 2005-64 short, 2007 -63, 2008-65, 2009-87, 2010-65. At EXC: 2005-35, 2006-28, 2007-17, 2008 -20, 2009-13. 2 AAA indoor 1500 2001 & 3000 2004; 2 UK 5000 2007. 1 South of England 1500 2002/2004. Works as a Competition Manager for Richmond & Kingston School Sport Partnership ... coach-Andy Hobbell In 2013: 6 English "National" XC; 5 UK Inter-Counties XC	33y
83	JIMÉNEZ Antonio David ESP 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, 2012-14); 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, 2011-dnf. At EXC: 2000-17, 2006-52, 2012-20. 1 Spanish indoor 3000 2001/2002/2004 ... coach-Joaquín Muñoz In 2013: 11 Elgóibar XC; 3 San Sebastián XC; 4 European Clubs XC; 6 Trujillo XC	36y	117	TAYLOR Jonathan GBR 2011 English Steeplechase Champion ... 3000SC pb: 8:38.05 -12. 5000 pb: 14:06.0 -09. 3000 pb: 7:57.16 -12. 1500 pb: 3:41.63 -12. 13 under-23 ECH 5000 2009. At EXC: 2009-21u23, 2011-11. 1 UK under-23 5000 2009; 1 English 3000SC 2011. Coach-Gordon Surtees (who also coached Britain's fist sub-8:20 steeplechaser Dennis Coates and Britain's last 8:20 steeplechaser Tom Hanlon) In 2013: 16 "Great" Edinburgh XC; 5 Trujillo 10K XC; 5 Cáceres 10K XC; 8 English "National" XC; 4 UK Inter-Counties XC	25y
85	NUÑEZ Jesús Antonio ESP Full name-Jesus Antonio Nuñez Sanchez ... 10,000 pb: 28:43.73 -08. 5000 pb: 13:40.76 -07. 14 WSG 10,000 2005; 5 WSG 5000 2007; 4 Ibero-American 5000 2008 In 2013: 7 Amorebieta XC; 10 Elgóibar XC; 11 Seville XC; 6 European Clubs XC	32y	118	TICKNER Frank GBR 2007 & 2009 English Cross Country Champion ... 3000SC pb: 8:30.41 -07. 5000 pb: 14:07.04 -05. 1500 pb: 3:45.25 -07. 7 ECP 5000 2007. At WXC: 2006-83 long, 2008-72, 2009-74. At EXC: 2005-37, 2006-32, 2007-37, 2008 -10, 2010-48, 2011-37. 1 English Schools XC 2000; 1 South of England XC 2008; 1 English "National" XC 2007/2009. Graduate of French from Birmingham University ... older Ben is an international cross country runner ... self-coached In 2013: 4 Antrim XC; 2 Cardiff XC; 1 South of England XC; 1 UK Inter-Counties XC	29y
88	SÁNCHEZ Sergio ESP Full name-Sergio Sánchez Martínez Made sharp improvement in winter 2009/2010 with World indoor silver at 3000m, but not at that level since 10,000 pb: 28:25.22 -10. 5000 pb: 13:19.21 -10. 3000 pb: 7:32.41i -10. 1500 pb: 3:39.79 -04. 6 World Youth 3000 1999; 4 EIC 3000 2009; ht WCH 5000 2009; 2 WIC 3000 2010 (2008-8); dnf ECH 5000 2010. At WXC: 2001-83J. At EXC: 2000-22J, 2008-13, 2009-4 In 2013: 4 San Sebastián XC; 4 Amorebieta XC; 5 San Sebastián XC; 5 European Clubs XC; 4 Trujillo XC; 2 Spanish Clubs XC; 1 Spanish XC	30y	119	VERNON Steve GBR OVERALL BRITISH TEAM CAPTAIN 2011 English Cross Country Champion ... 1500 pb: 3:48.08 -02. 3000 pb: 8:06.31 -06. 3000SC pb: 8:58.45 -03. 13 World Mountain Running Trophy 2008. 1 English Schools XC 99; 1 UK short course XC 2003/2005; 1 English "National" XC 2011. At WXC: 99-32J, 2003-47 short, 2004-74 short, 2006-89 short, 2007-113. At EXC: 99-10J, 2005-74 short, 2006-dnf, 2012-10. Coach-Dave Turnbull ... born/lives-Stockport ... fiancé-Elle Baker is also an international distance runner In 2013: 9 "Great" Edinburgh XC; 2 English "National" XC; 2 UK Inter-Counties XC	32y
90	ABERA Tesfaye ETH Full name-Tesfaye Abera Dibara ... Half Mar pb: 60:32 -12 In 2013: 2 Jofra XC; 5 Ethiopian XC	20y	129	HONDA Takumi JPN 10,000 pb: 28:46.38 -12. At WXC: 2010-35J ... In 2013: 5 Chiba XC	21y
92	CHANE Abera ETH Full name-Abera Chane Lema ... 10,000 pb: 27:47.90 -05. Half Mar pb: 61:11 -12. 5 WJC 10,000 2004. At WXC: 2005-12 short (team gold). Third on section 1 of 2004 Chiba Ekiden for winning Ethiopian team; 2 Beirut Marathon 2010 (2:17:30) In 2013: 4 Ethiopian XC	27y	132	ONO Hiroyuki JPN 10,000 pb: 28:06.35 -11. 5000 pb: 13:44.76 -10. At WXC: 2005-52J, 2007 -108 In 2013: 7 Fukuoka XC	26y
93	DEMELASH Yigrem ETH 2012 World Junior Champion at 10,000m His best in that event down from 28:16.07 to 26:57.56 in Brussels 2012 10,000 pb: 26:57.56 -12. 5000 pb: 13:03.30 -12. 1 WJC 10,000 2012 In 2013: 2 Ethiopian XC	19y			
98	GEREMEW Mosinet ETH Full name-Geremew Bayih Mosinet ... 5000 pb: 13:17.41 -12. At WXC: 2010 -16J. 1 "Great" Ethiopian 10K 2011 In 2013: 3 Ethiopian XC	21y			

134	UENO Wataru JPN 10,000 pb: 28:42.89 -11. 5000 pb: 13:46.79 -11. At WXC: 2009-40J In 2013: 5 Fukuoka XC	22y	173	SZYMKOWIAK Tomasz POL 5x Polish Champion at 3000m Steeplechase ... 3000SC pb: 8:18.23 -10. 7 under-23 ECH 3000SC 2005; 6 WSG 3000SC 2007; 5 ECP 3000SC 2008; ht OLY 3000SC 2008; ht WCH 3000SC 2009; 1 ETCh 3000SC 2010 (2009-6, 2011-7); 4 ECH 3000SC 2010 (2006-ht). 1 Polish 3000SC 2006/2007/2008/2009/2010, 10,000 2011 & XC 2012. Lives-Wrzesnik ... coach-Ryszard Biesiada In 2013: 16 San Giorgio su Legnano 10K XC; 7 Diekirch XC; 2 Albufeira XC; 3 Polish XC	29y
136	YANO Keigo JPN Half Mar pb: 63:16 -12. 10,000 pb: 29:28.12 -10 In 2013: 4 Chiba XC; 6 Fukuoka XC	21y			
141	KIPTOO Timothy KEN KENYAN MEN'S TEAM CAPTAIN Full name-Timothy Kosgei Kiptoo ... 5000 pb: 13:24.67 -12. 4 African XC 2012; 3 African Champs 5000 2012. Twice second at Kenyan Cross Country Championships In 2013: 1 Kenyan Prisons XC; 2 Kenyan XC	28y	175	ZALESKI Krystian POL 3000SC pb: 8:25.50 -12. 5000 pb: 14:38.45 -08. 8 EJC 3000SC 2007; 7 WJC 3000SC 2008; 3 under-23 ECH 3000SC 2009; 11 ETCh 3000SC 2011; 7 ECH 3000SC 2012. At WXC: 2008-71J, 2010-107. At EXC: 2007-44J, 2008 -53J. 1 Polish junior 5000/3000SC 2008 & XC 2008 In 2013: 5 San Vittore Olona "Cinque Mulini" XC; 4 Albufeira XC; 5 Polish XC	23y
142	KIRUI Geoffrey KEN In the 2011 Brussels Diamond League at age 18 he improved by 60.01 seconds from 27:55.74 to 26:55.73 10,000 pb: 26:55.73 -12. 5000 pb: 13:20.54 -11. 1 African junior 10,000 2011; 3 WJC 10,000 2012 In 2013: 3 San Giorgio su Legnano XC; 4 Kericho XC; 3 Kenyan XC; 5 Embu XC	20y	176	ŻEBROWSKI Krzysztof POL 1500 pb: 3:39.47 -12. ht ECH 1500 2012. At EXC: 2009-45J In 2013: 5 Albufeira XC; 1 Polish short course XC	22y
143	KORIR Japheth KEN Full name-Japheth Kipyegon Korir ... 5000 pb: 13:11.44i -12. 3 Commonwealth Youth Games 5000 2008; 1 African junior XC 2011 (2012-2). At WXC: 2009-5J, 2010-3J In 2013: 21 Kericho XC; 6 Kenyan XC	19y	177	COSTA Tiago POR Half Mar pb: 64:32 -11. 10,000 pb: 28:52.11 -11. 19 ECP 10,000 2011. At EXC: 2006-56J, 2007-10J, 2009-47u23, 2010-7u23, 2011-16 In 2013: 8 Portuguese 15K; 3 Portuguese short course XC; 4 Portuguese XC	25y
146	MACHARINYANG Hosea KEN Full name-Hosea Mwok Macharinyang Winner of seven medals at the World Cross Country Championships, all team golds 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, 2011-10 In 2013: 2 Kericho XC; 4 Kenyan XC; 2 Embu XC	26y	178	DAMIÃO Manuel POR 3000 pb: 7:55.93 -03. 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 2013: 1 Portuguese 15K; 3 European Clubs XC; 1 Albufeira XC; 1 Portuguese XC	34y
147	NDIKU Jonathan KEN Full name-Jonathan Muia Ndiku Twice World Junior Steeplechase Champion 3000SC pb: 8:07.75 -11. 5000 pb: 13:11.99 -09. 10,000 pb: 27:37.72 -09. 1500 pb: 3:41.83 -09. 4 World Youth 2000SC 2007; 1 WJC 3000SC 2008/2010; 1 Commonwealth Youth Games 3000SC 2008; 1 African junior 3000SC 2009. 1 Japanese Corporate 1500 2009/2010 (1 5000 2010, 1 3000SC 2012) In 2013: 5 Kenyan XC	21y	180	SILVA António POR 10,000 pb: 29:38.2 -07. 5000 pb: 14:17.74 -07. At WXC: 2006-81J. At EXC: 2004-47J, 2005-27J, 2006-25J, 2007-65u23, 2008-53u23, 2009-26u23, 2012 -45. 1 Portuguese 10,000 2007 In 2013: 5 Portuguese XC	25y
148	(Cherop) RONO Philemon KEN Full name-Philemon Rono Cherop 2013 Kenyan Cross Country Champion Half Mar pb: 60:58 -12. 10,000 pb: 28:35.4 -11 In 2013: 8 Kenyan Police XC; 1 Kenyan XC	22y	184	GELANT Elroy RSA 2012 World indoor finalist at 3000m when he set a South African indoor record of 7:48.64 5000 pb: 13:25.09 -11. 3000 pb: 7:41.59 -11. 1500 pb: 3:38.59 -09. 800 pb: 1:47.74 -08. 3 WSG 5000 2009; ht WCH 5000 2011; 12 WIC 3000 2012. 1 South African 10,000 2011 & XC 2012 In 2013: 1 Bedfordview Half Mar; 1 South African World Cross Trial XC; 1 South of Africa Regional XC	26y
149	KYSHTAKBETOV Adilet KGZ 10 Asian junior XC 2012	19y	186	MANJA David RSA 5000 pb: 14:05.58 -12 In 2013: 5 South African World Cross Trial XC; 3 Pretoria Half Mar; 3 South of Africa Regional XC; 3 Hartebeespoort Dam Half Mar	21y
153	FATHI Abdennacer MAR 5000 pb: 13:12.15 -12. 10,000 pb: 28:33.34 -11	25y	188	MOKGOBU Desmond RSA Half Mar pb: 62:29 -12 In 2013: 2 Bedfordview Half Mar; 3 South African World Cross Trial XC; 2 Pretoria Half Mar; 3 Pretoria 10K; 5 South of Africa Regional XC	24y
161	HERNÁNDEZ Miguel Angel MEX Full name-Miguel Angel Hernandez Rubio ...	27y	192	MZAZI Gladwin RSA Former World Student Games Champion at 10,000m ... Half Mar pb: 61:38 -12. 10,000 pb: 28:09.33 -11. 5000 pb: 13:24.50 -12. 1 WSG 10,000 2009 (2011-6); 5 WSG Half Mar 2011; 18 World Half Mar 2012. 1 South African 5000 2012 In 2013: 1 Pretoria 10K; 4 South of Africa Regional XC	24y
163	MYNHARDT Kawanivi NAM Full name-Mynhardt Mbeumuna Kawanivi ... 16 Cape Town Marathon 2009 (2:21:44)	29y	195	KAJUGA Robert RWA 10,000 pb: 27:56.67 -12. 5000 pb: 13:48.50 -11. 9 African Games 5000 2011; ht WIC 3000 2012; 5 African Champs 10,000 2012; 14 OLY 10,000 2012	28y
164	AL-MASRY Nader PLE (aka Almassri, Al-Massri) Carried flag at opening ceremony of 2008 Olympic Games 5000 pb: 14:24.81 -06. 8 Asian Games 5000 2006 (2002-13, 2010-12, 2011 -14); 7 Arab Games 5000 2011; ht OLY 5000 2012. At WXC: 99-147J, 2000 -135 long, 2004-124 short	33y	196	NDAYIKENGURUKIYE Cyriaque RWA Half Mar pb: 64:05 -12. 22 World Half Mar 2012	23y
166	BRZEZIŃSKI Błażej POL Marathon pb: 2:14:01 -12. Half Mar: 65:06 -10. At WXC: 2008-26u23, 2010 -104. At EXC: 2012-52 Marathons (5): 14 Vienna 2010, 2 Debno 2011, 7 Warsaw 2011, 7 Łódź 2012, 17 Frankfurt 2012 In 2013: 1 Polish XC	25y	197	NTIRENGANYA Felix RWA Half Mar pb: 63:59 -10. Mar pb: 2:21:02 -12. 1 Italian Half Mar 2010. At WXC: 2009-44 Marathons (4): 1 Bujumbura 2008, 2 Francophone Games 2009, 19 Rome 2012, 13 Kigali 2012	25y
167	GARDZIELEWSKI Arkadiusz POL Marathon pb: 2:11:34 -12. Half Mar pb: 63:28 -11. 10,000 pb: 29:08.48 -09. 5000 pb: 13:53.56 -08. 8 EJC 10,000 2005; 8 under-23 10,000 2007. At WXC: 2005-81J. At EXC: 2005-10J, 2006-43u23, 2007-14u23, 2008-41u23, 2010-76 Marathons (4): 5 Athens 2010, 4 World Military Games 2011, 10 Valencia 2011, 10 Vienna 2012 In 2013: 2 Polish XC	26y	198	SEBAHIRE Eric RWA 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); 20 African XC 2012. At WXC: 2009-82	28y
168	KUJAWSKI Łukasz POL 3000SC pb: 8:27.12 -11. 5000 pb: 14:06.96 -11. 10,000 pb: 29:13.59 -09. 4 EJC 5000 2007. 14 under-23 ECH 10,000 2009. 1 Polish 5000/3000SC 2011. At EXC: 2009-dnf/u23, 2010-21u23 In 2013: 4 Polish XC	25y	199	SIMUKEKA Jean Baptiste RWA 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 In 2013: 6 Italian Clubs XC	30y
			203	ABDELMUNAIM Adam SUD 1 Arab junior 10,000 2012. At WXC: 2009-79J, 2010-36J, 2011-31J In 2013: 10 Arab XC	19/20y
			204	HAWLI Ahmed SUD (Aka Hawli Ahmed Ebaidallah) ... 5000 pb: 13:51.11 -11. 6 African junior 5000 2005; 11 African Games 5000 2011	26y

205	ISMAIL Hassan SUD At WXC: 2009-64J	21/22y	244	STRANG James USA Full name-James Maynard Strang III ... 10,000 pb: 28:12.03 -12. 5000 pb: 13:44.18 -08. 4 Pan-American Games 10,000 2011. Ran first stage for US team which placed third in 2012 Chiba Ekiden, clocking 14:06 for 5K. Was at the University of Colorado In 2013: 9 US XC	28y
206	YOUSIF Edris SUD At WXC: 2007-36J	24y			
209	MARWA Dickson TAN Full name-Dickson Marwa Mkami Twice 16th in World Championships 10,000s Marathon pb: 2:12:53 -03. 10,000 pb: 27:38.58 -07. 5000 pb: 13:25.18 -07. 3000 pb: 7:42.94 -07. 6 COM 10,000 2006 (8 5000); 12 World 20K 2006; 4 African Games 10,000 2007 (13 5000); 16 WCH 10,000 2007/2009; 8 World Half Mar 2007 (2008-19). At WXC: 2007-66 Marathons (9): 1 Gold Coast 2003, 13 Frankfurt 2003, 27 Paris 2004, 3 Gold Coast 2004, 11 Zurich 2005, 1 Brisbane 2005, 13 Rotterdam 2009, 5 Stockholm 2011, dnf Venice 2011	31y	245	TRUE Ben USA Winner of three US road titles in 2011-2013 ... 10,000 pb: 27:41.17 -12. 5000 pb: 13:20.53 -12. 1 US 5K 2011/2012 & 15K 2013; 6 US Olympic Trial 5000 2012. At WXC: 2011-35. Former cross country skier, a sport in which he was part of the Dartmouth College team which won the 2007 NCAA team title. Coach-Mark Coogan In 2013: 5 US XC; 1 US 15K (Jacksonville)	27y
210	MBUYA Nelson TAN Half Mar pb: 64:41 -12	24y	246	VAIL Ryan USA Marathon pb: 2:11:45 -12. 10,000 pb: 27:51.07 -12. 5000 pb: 13:32.10 -10. 1500 pb: 3:42.80 -10. 5 Pan-American Games 10,000 2011. At WXC: 2005 -77J, 2009-33, 2010-44. Was at Oklahoma State University ... born-Gresham, Oregon ... coach-Dave Smith Marathons (2): 11 Houston 2012 (US Olympic Trial), 8 Fukuoka 2012 In 2013: 6 US XC; 3 US 15K (Jacksonville)	27y
220	HOSNI Wissem TUN Marathon pb: 2:16:35 -12. 22 World Half Mar 2010. At WXC: 2010-112, 2011 -61. 1 North African XC 2008 Marathons (3): 12 Valencia 2011, 10 Milan 2012, 71 OLY 2012	28y	248	MWANZA Edward ZAM 10 South of Africa junior XC 2008	24y
222	AL-MARASHDA Mubarak UAE	25y			
223	ARAPSUDI Fred UGA 10,000 pb: 28:46.9 -08. At WXC: 2006-19J, 2007-70J In 2013: 3 Ugandan XC	23y			
227	KIPLIMO Phillip UGA 10,000 pb: 29:04.0 -11. 30 African XC 2012 ... In 2013: 2 Ugandan XC	21y			
229	KIPSIRO Moses UGA Full name-Moses Ndiema Kipsiro In 2010 became the first man to win the long distance double at the Commonwealth Games since 1934 10,000 pb: 27:04.48 -12. 5000 pb: 12:50.72 -07. 3000 pb: 7:30.95 -09. 1 African Champs 10,000 2006 (2010-2); 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 5000/10,000 2010; 1 African Games 5000 2011; 7 WIC 3000 2012; 10 OLY 10,000 2012 (15 5000). At WXC: 2003-18J, 2005 -21J, 2006-29 short & 23 long, 2007-dnf, 2008-13, 2009-2, 2010-3, 2011 -11 ... second of seven children ... 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 2013: 4 San Giorgio su Legnano XC; 3 Le Mans XC; 1 Ugandan XC	26y			
232	KUSURO Geoffrey UGA 2007 World Junior Mountain Running Champion & third as a senior in 2010 5000 pb: 13:12.32 -11. 4 WJC 5000 2008 (2006-9); ht OLY 5000 2008/2012; ht WCH 5000 2009; 12 African Champs 5000 2010. At WXC: 2005-49J, 2006 -14J, 2007-10J, 2008-8J, 2009-19, 2010-1, 2011-13. 3 World Mountain Running Championships 2010 (1 junior 2007) In 2013: 5 Ugandan XC	24y			
234	TOROITICH Timothy UGA 3000SC pb: 8:23.61 -12. 10 African XC 2012. At WXC: 2009-25J, 2010-13J In 2013: 4 Ugandan XC	21y			
236	DERRICK Chris USA US MEN'S TEAM CAPTAIN 2013 US Cross Country Champion ... fourth at 2012 US Olympic Trial 10,000m 10,000 pb: 27:31.38 -12. 5000 pb: 13:12.00i -13, 13:29.74 -11. 3000 pb: 7:46.81i, 7:54.31 -12. 4 US Olympic Trial 10,000 2012. 2 NCAA XC 2011 & indoor 3000/5000 2012. At WXC: 2009-15J. Studied Economics at Stanford University ... coach-Jerry Schumacher In 2013: 1 US XC; 2 New York 5000 (he was second in the race at the Armory Track and Field Centre where Lopez Lomong won with a US indoor record of 13:07.00)	22y			
240	HEATH Elliott USA 5000 pb: 13:26.14 -11. 3000 pb: 7:45.08 -12. 2 Pan-American junior 5000 2007. 1 US junior XC 2007; 1 NCAA indoor 3000 2011. Studied Engineering at Stanford University ... coach-Jerry Schumacher His older brother Garrett Heath was seventh in the 2010 World Indoor 1500m In 2013: 4 US XC	24y			
241	MACK Bobby USA US Champion at 8K in 2011 & Cross Country in 2012 ... Half Mar pb: 64:13 -11. 10,000 pb: 28:11.00 -11. 5000 pb: 13:39.09 -10. At WXC: 2010-66. 3 North/Central America & Caribbean XC 2010. Ran fifth stage for US team which placed fifth in 2011 Chiba Ekiden, clocking 28:55 for 10K. 1 US Trail Running Championships 10K 2010; 1 US 8K 2011; 1 US XC 2012. Graduate of History Education from North Carolina State University ... coach-Rollie Geiger In 2013: 1 "Great" Edinburgh XC; 7 US XC	28y			