

Junior Men's Race

15:00

121 Entrants

29 Countries

8000m – (200m + 1x 1500m + 3x 2000m + 300m)
6 run, 4 score

Age

2	BECHAREF Boubakar El Seddik ALG	19y	
3	CHEOUAF Mohammed El Amin ALG	18y	
4	LAFI Sami ALG 7 World Youth 3000 2007; 1 North African junior XC 2008	18y	
5	MAOUNI Ameer ALG	18y	
6	TRAKIA Anes ALG	17/18y	
7	ZIANI Moussa ALG At WXC: 2009-70J	18y	
13	EVEREST Richard AUS 3000 pb: 8:00.76 -09. 5000 pb: 13:49.25 -09. 6 World Youth 2000SC 2007; 6 Commonwealth Youth Games 5000 2008. 1 Australian junior 3000SC 2008. At WXC: 2008-47J In 2009: 2 Adelaide 3000 (8:00.76, then an Australian junior record); 4 Hobart 5000; 2 Australian World Championship junior trial XC; 1 Adelaide 2000SC; 7 Australian 5000; 2 Christchurch 3000	19y	
14	GREGSON Ryan AUS In February 2009 broke the Australian junior 1500m record which had stood to Mike Hillardt since 1977 5000 pb: 13:56.83 -09. 3000 pb: 7:57.45 09. 1500 pb: 3:37.24 -09. 5 World Youth 1500 2007. Australian Junior Mountain Running Champion 2007. Coach-Ian Hatfield In 2009: 1 Australian World Championship junior trial XC; 3 Sydney 1500 (Set Oceanian junior record 3:37.24); 8 Australian 5000; 1 Christchurch 3000 (Set Oceanian junior record 7:57.45)	18y	
15	JOHNSON Joshua AUS 3000 pb: 8:18.78 -08 In 2009: 5 Australian World Championship junior trial XC	17y	
16	RICKETTS David AUS In 2009: 4 Australian World Championship junior trial XC	18y	
17	ROBINSON Brett AUS 1500 pb: 3:47.03 -09 In 2009: 6 Australian World Championship junior trial XC; 5 New South Wales State	17/18y	
19	SUMMERS Harry AUS 5000 pb: 14:15.69 -09 In 2009: 9 Hobart 5000; 3 Australian World Championship junior trial XC	18y	
21	IRADUKUNDA Olivier BDI	18y	
22	MANIRAZIKA Anselme BDI	19y	
23	NIHORIMBERE Pierre-Célestine BDI At WXC: 2006-30J, 2007-32J	18/19y	
24	NSENGIYUMA Dieudonné BDI	19y	
25	NYANDWI Sylvain BDI	18y	
37	PEREIRA Ederson BRA At WXC: 2008-100J. Full name-Ederson Vilela Pereira In 2009: 2 Brazilian junior XC; 3 South American junior XC	18y	
39	SILVA Valdison das Neves BRA In 2009: 5 South American junior XC	18/19y	
40	BEKELE Alemu BRN TRANSFEREE – Ethiopian origin 2009 Asian Junior Cross Country Champion ... nicknamed "little Kenenisa" but no relation to multi World Champion 1500 pb: 3:46.0 -08. 12 Ethiopian 1500 2008. 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 2009: 1 Asian junior XC	19y	
41	CHELIMO Isaac Kemboi BRN TRANSFEREE – Kenyan origin ... In 2009: 8 Asian junior XC	16y	
42	KIMURER Edwin Chebii BRN TRANSFEREE – Kenyan origin ... In 2009: 2 Asian junior XC	17y	
43	AHMED Mohammed CAN 9 WJC 10,000 2008. At WXC: 2008-51J. 1 Canadian junior 5000 2008 In 2009: 3 North, Central American & Caribbean junior XC	18y	
47	KUTERNIN Aleksandr CAN 2008 North, Central America & Caribbean XC Champion ... originally from Estonia, emigrated to Canada in 2004 At WXC: 2008-50J. 1 North & Central American and Caribbean junior XC 2008. Lives-Toronto In 2009: 7 North, Central American & Caribbean junior XC	18y	
48	LEAKOS James CAN In 2009: 8 North, Central American & Caribbean junior XC	16y	
49	MAJOCK Nyjal CAN 11 WJC 10,000 2008 In 2009: 6 North, Central American & Caribbean junior XC	19y	
50	MALETTE John Paul CAN 6 Canadian junior XC 2008 In 2009: 10 North, Central American & Caribbean junior XC	18y	
52	WOLTER Mattias CAN 9 Canadian junior XC 2008	17/18y	
54	LI Zicheng CHN Chinese Champion at 10000m ... 5000 pb: 13:59.10 -08. 10,000 pb: 28:46.03 -08. 1 Chinese senior & junior 10,000 2008. Ran fifth stage for Chinese team which placed 10th in 2008 Chiba Ekiden, clocking 29:58 for 10K In 2009: 1 Chinese junior 6K XC/8K XC	18y	
62	ANDOM Mulue ERI	17y	
63	DAWUD Nassir ERI	17/18y	
64	KIFLE Goitom ERI	15y	
70	TADESE Merhawi ERI 5000 pb: 14:19.83 -08. Younger brother of Zersenay and Kidane Tadesse, he was entered also for Edinburgh 2008 but could not get a travel visa	16y	
71	TESFAMARIAM Gebrebrhan ERI	17y	
72	TEWELDE Abraham ERI	17y	
74	ABADIA Antonio ESP 3000SC pb: 9:11.28 -08. 5 World Youth 2000SC 2007. At EXC: 2008-8J. Coach-José Luis Mareca In 2009: 1 Spanish junior indoor 3000; 2 Spanish Clubs junior 8.05K XC; 2 Spanish junior XC	18y	
78	FERNÁNDEZ Aitor ESP In 2009: 3 Spanish Clubs junior XC; 5 Spanish junior XC	17y	
81	MOLA Mario ESP ht World Youth 3000 2007 In 2009: 2 Spanish junior indoor 3000; 1 Spanish junior XC	19y	
82	ORTIZ Martín ESP	18y	
84	VILLA Jaime ESP 15 World Youth 3000 2007 (ht 3000). 12 European Clubs Cup junior XC 2007 In 2009: 1 Spanish Clubs junior 8.05K XC; 4 Spanish junior XC	18y	
85	ABSHERO Ayele ETH 2008 World Junior Cross Country silver ... clocked the world's third-quickest 15K mark of 2008 at age 17 5000 pb: 13:35.22 -08. 1 Nijmegen "Seven Hills Run" 15K 2007 (the race in which Kenenisa Bekele placed third, injured). At WXC: 2008-2J In 2009: 1 Elgoibar XC; 5 Seville XC; 1 Ethiopian junior XC	18y	
86	BIFTU Gashaw ETH In 2009: 6 Ethiopian junior XC	18y	
89	KENDE Yetwale ETH At WXC: 2008-21J. 2 Ethiopian junior 5000 2007. From the same region (Amhara) as Meselech Melkamu In 2009: 2 Ethiopian junior XC	18y	
90	LAMISO Legese ETH 3000SC pb: 8:30.39 -08. 1 World Youth 2000SC 2007; 5 African Champs 3000SC 2008; 5 WJC 3000SC 2008 In 2009: 1 Addis Ababa 3000SC; 7 Ethiopian junior XC	19y	
94	WOLDSENBET Debebe ETH In 2009: 5 Ethiopian junior XC	17y	
96	YIRSAW Atalay ETH In 2009: 3 Sululta junior XC; 4 Ethiopian junior XC	18y	
99	BOUCENA Vincent FRA In 2009: 2 French junior XC	18y	
100	DENISSEL Simon FRA At WXC: 2008-64J. At EXC: 2008-21J ... In 2009: 1 French junior XC	18y	
105	FARRELL Tom GBR 3000 pb: 8:37.87 -08 4 English Schools intermediate XC 2007; 8 English Schools 3000 2008 In 2009: 5 UK Inter-Counties junior XC	18y	
108	GOOLAB Nick GBR 2009 English National & UK Inter-Counties Champion at Cross Country 1500 pb: 3:54.60 -08. At EXC: 2008-65J. 1 English "National" under-20 XC 2009; 1 UK Inter-Counties junior XC 2009. Ran second leg for winning Belgrave Team at 2008 UK National six-stage road relay In 2009: 12 Edinburgh short course XC; 1 English "National" under-20 XC; 1 UK Inter-Counties junior XC	19y	
109	HAY Jonathan GBR 3000 pb: 8:33.30 -08. 1 English Schools intermediate 3000 & XC 2008; 1 UK Schools Games 3000 2008; 1 English "National" under-17 XC 2009 In 2009: 1 South of England under-17 XC; 1 English "National" under-17 XC; 4 UK Inter-Counties junior XC	17y	
110	HORSFIELD Simon GBR 2007 World Youth finalist at 1500m ... 1500 pb: 3:50.67 -07. 3000 pb: 8:17.04 -07. 7 World Youth 1500 2007. At WXC: 2008-81J. 1 English Schools intermediate 3000 2006. Father-Steve was a Rugby player, mother-Dale was a sprinter ... his great uncle is the actor Bill Tarmey who plays "Jack Duckworth" in Coronation Street ... coach-Harry Kelly In 2009: 15 Edinburgh short course XC; 7 English "National" under-20 XC; 3 UK Inter-Counties junior XC	18y	

115	SPARKE Ronnie GBR 1500 pb: 3:54.45 -08. 1 South of England under-20 XC 2008/2009 In 2009: 2 Essex under-20 XC; 1 South of England under-20 XC; 3 English "National" under-20 XC; 6 UK Inter-Counties junior XC	17y	192	MOEN Sondre Nordstad NOR 2008 European Junior Cross Country silver ... In 2008 set Norwegian junior records at 5000m & 10,000m despite being only 17 5000 pb: 14:02.95 -08. 10,000 pb: 29:21.92 -08. At WXC: 2008-28J. At EXC: 2007-6J, 2008-2J. 1 Nordic junior XC 2008. Former cross country skier, he was Norwegian Youth Champion in 2006	18y
119	WILKINSON James GBR Britain's fastest junior 5000m runner and steeplechaser in 2008 ... 5000 pb: 14:35.99 -08. 3000SC pb: 9:12.21 -08. 7 Commonwealth Youth Games 5000 2008. 1 AAA under-17 1500SC 2006; 1 English junior 3000SC 2008 & English Schools 2000SC 2008 In 2009: 5 English "National" under-20 XC; 2 UK Inter-Counties junior XC	18y	197	BALI Mamoun PLE 21 Asian Junior XC 2007 (2009-25) ... In 2009: 25 Asian junior XC	19y
129	GUZZI Antonio ITA In 2009: 1 Italian junior XC	19y	198	COSTA José POR 1 Portuguese youth XC 2008; 1 Portuguese junior XC 2009 In 2009: 1 Portuguese junior XC	17y
130	SANTORO Dario ITA In 2009: 1 Rovereto junior XC; 2 Italian junior XC	19y	212	DIKO Sityhilo RSA 5000 pb: 14:30.26 -07. 14 World Youth 3000 2007. At WXC: 2008-80J In 2009: 21 Durban 10K	17y
133	ABU MHARAB Ra'ed JOR	17y	213	FADANE Mfumaneko RSA 7 South African junior XC 2008	16y
134	ABUNAJA Yazan JOR	19y	215	JONAS Windy RSA 2008 Commonwealth Youth Champion at 800m ... 1500 pb: 3:46.05 -08. 800 pb: 1:49.80 -08. 1 Commonwealth Youth Games 800 2008 (5 1500). 8 South African junior XC 2008 In 2009: 11 Port Elizabeth 1500; 12 South African 1500	19y
135	AKKAWI Motasem JOR At WXC: 2008-107J ... In 2009: 33 Asian junior XC	19y	217	MMONE Joel RSA 3 South African junior XC 2008	18y
138	AL-HAYAMI Salameh JOR	16y	221	TSHOBA Vuyisile RSA ht World Youth 1500 2007; 4 South African junior XC 2008	18y
141	AL-NAJJAR Hasan JOR In 2009: 26 Asian junior XC	19y	223	DMITRIYEV Andrey RUS In 2009: 4 European Clubs junior XC	18y
143	BARHUMAH Hamza JOR	16y	232	ABDELGHANI Hamid SUD	15/16y
145	CHIBA Kenta JPN 5000 pb: 14:03.62 -08. At WXC: 2008-44J In 2009: 6 Chiba junior XC; 7 Fukuoka junior XC	18y	233	ABDELMUNAIM Adam SUD	15/16y
147	FUKUSHI Yutaro JPN 5000 pb: 14:00.65 -08. 10,000 pb: 29:16.78 -08. 3 Japanese High Schools 5000 2008 In 2009: 4 Fukuoka junior XC	18y	234	HAROON Adam SUD	16/17y
148	HATTORI Shota JPN 5000 pb: 14:04.32 -08	17y	235	AHMED Diaaeldin Hassan SUD At WXC: 2007-78J	18/19y
151	MURASAWA Akinobu JPN 5000 pb: 13:50.86 -08. 13 World Youth 3000 2007; 12 WJC 5000 2008. At WXC: 2008-37J In 2009: 1 Chiba junior XC; 2 Fukuoka junior XC	18y	236	ISMAIL Hassan SUD 1500 pb: 3:45.38 -08	17/18y
152	NISHIIKE Kazuto JPN In 2009: 3 Chiba junior XC; 8 Fukuoka junior XC	16y	237	MUSA Mubarak SUD	16/17y
155	UENO Wataru JPN 5000 pb: 14:02.82 -08. 5 Japanese High Schools 5000 2008 In 2009: 3 Fukuoka junior XC	18y	249	ALOUI Bilel TUN	18y
157	CHEPKURUI Charles Kibet KEN Full name-Charles Kibet Chepkurui (formerly known as Charles Chebet) 5000 pb: 14:04.73 -07. At WXC: 2008-15J In 2009: 3 Eldoret junior XC; 2 Hannut XC; 6 Kenyan junior XC	17y	253	SAAD Mohamed TUN	19y
158	CHERUIYOT John Kemboi KEN Winner of junior race as 2009 Kenyan World Cross Country Championship Trial In 2009: 10 Eldoret junior XC; 3 Kenyan North Rift Valley Provincial junior XC; 1 Kenyan junior XC	18y	255	CHEPTOCH Bernard Kibekei UGA	16y
160	KIPKOECH John KEN Also known as John Chepkowny In 2009: 1 Kenyan North Rift Valley Provincial junior XC; 4 Kenyan junior XC	17y	256	HURU Dickson UGA 5000 pb: 14:11.06 -08. 2 Commonwealth Youth Games 5000 2008. At WXC: 2007-23J	18y
164	KORIR Japheth KEN 5000 pb: 14:11.39 -08. 3 Commonwealth Youth Games 5000 2008. Full name-Japheth Kipyegon Korir In 2009: 1 Eldoret junior XC; 1 South Rift Provincial junior XC; 3 Kenyan junior XC	15y	258	KIBET Moses UGA 5000 pb: 14:10.86 -08. ht WJC 1500 2008. 1 Commonwealth Youth Games 5000 2008 In 2009: 2 Hulshout 8.78K; 1 Ugandan junior XC	17y
165	MBISHEI Titus KEN 2008 World Junior silver at 10,000m (in 27:31.65!) ... 10,000 pb: 27:31.65 -08. 5000 pb: 13:27.54 -08. 2 WJC 10,000 2008. At WXC: 2008-5J. Full name- Titus Kipjumba Mbishei In 2009: 5 Eldoret junior XC; 5 Kenyan junior XC	18y	261	KIPROTICH Ronald UGA In 2009: 3 Ugandan junior XC	17y
168	TANUI Paul KEN Full name-Paul Kipngetch Tanui In 2009: 8 Eldoret junior XC; 1 Nyanza South Provincial junior XC; 2 Kenyan junior XC	18y	266	TOROITICH Timothy UGA In 2009: 4 Ugandan junior XC	17y
171	AL-AJEMI Manae KUW	18y	268	DERRICK Chris USA 5000 pb: 13:44.02i -09. 4 NCAA indoor 5000 2009. Attends Stanford University ... born-Albany, New York ... coach-Jason Dunn In 2009: 1 Wash Invitational indoor 5000; 2 US junior XC; 4 NCAA indoor 5000	18y
172	NODUM Mohamed KUW	18y	269	DuPONT Pat USA Attends Syracuse University ... born-Smithtown, New York ... coaches-Chris Fox/Brian Bell In 2009: 5 US junior XC	19y
173	AL-RWEIH Abdullateef KUW	18y	270	FERNANDEZ Gorman USA (German pronounced HER-Monn) ... twice US Junior Champion at cross country ... holds world junior indoor best at one mile ... "arguably the best high school runner ever" Mile pb: 3:55.02i -09. 3000 pb: 7:47.97i -09. At WXC: 2008-25J ("I learned that cross country is a full contact sport!"). 1 US junior XC 2008/2009. Attends Oklahoma State University ... born-Watsonville, California ... coach-Dave Smith In 2009: 1 Fayetteville Mile ; 1 US junior XC; 1 Seattle 3000 (7:47.97 on oversized track); 1 "Big 12" Conference Indoor Mile (set world junior indoor best 3:55.04)/3000 (set US junior indoor best 7:57.71)	18y
174	SALEM Hamed KUW	18y			
175	MOURAD Omar KUW	17y			
176	RABEAA Abdullah KUW	17y			
178	HASSAN Fares LBA ht World Youth 3000 2007	17y	272	HILL Ryan USA 2009 North, Central American & Caribbean Junior Cross Country Champion. Born-Raleigh, North Carolina ... attends-North Carolina State University .. coach-Rollie Geiger In 2009: 4 US junior XC; 2 Blacksburg 3000; 1 North, Central American & Caribbean junior XC	19y
179	AFROUNE Azzedine MAR	16y	274	MEDRANO Francisco USA "Tito" ... Born-Lafayette, Indiana ... attends-Syracuse University ... coaches-Chris Fox/Brian Bell In 2009: 6 US junior XC	19y
183	DAZZA El Mahjoub MAR	18y			
184	EL MEKKAOUI Yahya MAR	16y			
187	NASIR Youssef MAR 10,000 pb 29:19.85 -08. 6 WJC 10,000 2008. At WXC: 2008-27J	19y			
188	RACHID Adil MAR 5000 pb: 13:47.98 -08. 9 WJC 5000 2008	18y			
190	SIGUENI Hicham MAR	16y			

276	PUSKEDRA Luke USA	19y
5000 pb: 13:46.52i -09. 3000 pb: 7:58.42i -09. 5 NCAA XC 2008. Born-Ogden, Utah ... attends-University of Oregon ... coaches-Vin Lananna/Andy Powell		
In 2009: 3 US junior XC; 5 Seattle 5000; 6 NCAA indoor 5000		
280	AL-ABIDI Ali Hussein YEM	15y
281	AL-ABIDI Waleed Mohammed YEM	16/17y
282	AL-GARBI Nabil Mohammed YEM	16y
283	AL-KHAWLANI Ali Mohammed YEM	15/16y
284	ELAYEH Waleed Saleh YEM	15y
294	SEHOHLE Folavia RSA	18y
1500 pb: 3:48.43 -08. 8 World Youth 3000 2007; 4 Commonwealth Youth Games 1500 2008; 2 South African junior XC 2008		
In 2009: 1 Rodepoort 800/1500		

Men's Race

16:30

153 Entrants

44 Countries

12,000m – (200m + 1x 1500m + 5x 2000m + 300m)
6 run, 4 score

Age

- 1 AGGOUNE Khoudir ALG** 28y
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, 2004-24 short, 2006-16 short. Born-Souk El-Tenine
In 2009: 5 Le Mans XC
- 8 BARZOLA Miguel Angel ARG** 26y
5000 pb: 13:47.30 -07. 10,000 pb: 28:44.54 -08. Half Mar pb: 64:22 -06
In 2009: 10 Elgoibar XC; 1 Almería Half Mar; 4 Castellón XC; 6 Spanish Clubs XC; 4 Spanish XC
- 9 CARRIQUEO Javier ARG** 29y
2008 Ibero-American Champion at 5000m ... 1500 pb: 3:38.62 -07. 5000 pb: 13:40.26 -07. 1 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
In 2009: 12 Elgoibar XC
- 10 YEGHIKYAN Sevak ARM** 23y
5000 pb: 13:45.41 -09. 61 European Mountain Running Champs 2006; ht EIC 800 2007; ht WCH 1500 2007. At WXC: 2008-148. At EXC: 2007-57u23, 2008-47u23
- 11 ADAMS Liam AUS** 22y
5000 pb: 13:45.41 -09. 10,000 pb: 28:58.05 -08. At WXC: 2008-69
In 2009: 1 Adelaide 3000; 1 Melbourne 1500; 3 Hobart 5000; 4 Australian World Championship trial XC; 3 Victoria State 1500; 6 Australian 5000
- 12 BIRMINGHAM Collis AUS** 24y
2009 Australian Champion at 5000m ... twice Scottish Champion at 1500m 10,000 pb: 28:08.23 -08. 5000 pb: 13:16.26 -09. 3000 pb: 7:46.01 -07. 1500 pb: 3:37.01 -08. ht OLY 5000 2008. 1 Scottish 1500 2007/2008. At WXC: 2003-84J, 2007-67, 2008-73. Coach-Nic Bideau
In 2009: 1 Hobart 5000; 3 Australian World Championship trial XC; 1 Australian 5000; 2 Christchurch Mile
- 18 SHELLEY Michael AUS** 25y
Half Mar pb: 62:41 -08. 1500 pb: 3:39.90 -04. 5000 pb: 13:38.30 -09. ht WJC 3000SC 2002; 16 World Half Mar 2008. At WXC: 2004-103 short, 2008-50
In 2009: 2 Hobart 5000; 2 Australian World Championship trial XC; 5 Australian 5000
- 20 PASHAYEV Samir AZE** 23y
- 26 TETERYUKOV Igor BLR** 30y
5000 pb: 14:04.44 -08. 68 World Road 20K 2006. At WXC: 97-77J, 2003-82 short, 2008-113
In 2009: 1 Belorussian indoor 3000
- 27 DAMBE Unaswi BOT** 26y
At WXC: 2008-121
- 28 KENATSHELE Shepherd BOT** 20y
At WXC: 2008-155
- 29 MOSALAGAE Kaelo BOT** 28y
Half Mar pb: 65:58 -05. 1 Southern African Half Mar 2003. 39 World Half Mar 2005 (2002-111, 2004-55, 2007-71, 2008-41). At WXC: 2000-116 short, 2004-53 long, 2005-25 long, 2006-87 long, 2008-103
- 30 RAOBINE Ramoseka BOT** 29y
30 Mumbai Marathon 2007
- 31 BARBOSA Gladson BRA** 29y
5000 pb: 13:54.44 -08. 3000SC pb: 8:35.77 -08. 3 South American 3000SC 2007 (2006-3); 3 Ibero-American 3000SC 2008. At WXC: 2005-107 short. 1 Brazilian 3000SC 2006/2007/2008. Full name-Gladson Alberto Silva Barbosa
In 2009: 1 Brazilian XC; 2 South American XC
- 33 da SILVA Daniel Chaves BRA** 20y
5000 pb: 14:09.26 -08. 10,000 pb: 29:25.63 -08. 16 WJC 10,000 2006
In 2009: 10 South American XC
- 34 da SILVA Sérgio Celestino BRA** 24y
5000 pb: 14:09.85 -06. 10,000 pb: 29:21.86 -07. At WXC: 2006-73 long
In 2009: 3 Brazilian XC; 3 South American XC
- 35 DOLBERTH Adilson Alves BRA** 25y
5000 pb: 14:35.29 -08
In 2009: 2 Brazilian XC; 5 South American XC
- 38 RODRIGUES Claudir BRA** 32y
Prolific marathon runner on South American circuit ... Mar pb: 2:15:27 -04. 1 Porto Alegre 2002/2004/2006 (2007-3); 19 Rotterdam 2004; 2 Florianópolis 2004; 41 WCH 2005; 1 Curitiba 2005/2008 (2004-2, 2007-5); 1 Blumenau 2006/2007; 24 Rome 2007; 1 São Paulo 2008; . At WXC: 2004-88 long, 2006-102 long
In 2009: 4 South American XC
- 44 BOURGEOIS Joël CAN** 37y
7x Canadian Steeplechase Champion ... 1999 Pan-American Games Steeplechase Champion
3000SC pb: 8:20.08 -99. 2 WSG 3000SC 95 (91/93-5, 97-14, 99-3); sf OLY 3000SC 96 (2000-ht); 4 COM 3000SC 98 (94-6, 2002-5); 1 Pan-Am Games 3000SC 99 (2003-2); 14 WCH 3000SC 2001 (99-ht); 8 WCP 3000SC 2002. 18 Ottawa Marathon 2007. 1 Canadian 3000SC 96/97/98/99/2000/2001/2002. At WXC: 90-32J, 92-89, 97-147, 98-41 short, 99-35 short, 2000-72 short, 2001-44 short, 2002/2003-46 short, 2004-41 short & 67 long, 2005-91 short, 2008-95. Studied musical interpretation and classical guitar at the University of Moncton ... lives-Grande-Digue, NB .. coach-Sylvan Lavallée
In 2009: 6 North, Central American & Caribbean XC
- These are his 13th World Cross Country Championships
- 45 GENEST Alex CAN** 22y
3000SC pb: 8:30.82 -06. 6 World Youth 2000SC 2003; ht WJC 3000SC 2004. At WXC: 2005-76J
In 2009: 18 Boston 3000; 9 North, Central American & Caribbean XC
- 46 KHAN Saheed CAN** 24y
11 Canadian XC 2008
In 2009: 7 North, Central American & Caribbean XC
- 51 NAKLUSKI Derek CAN** 26y
5000 pb: 14:16.61 -08.. At WXC: 2008-138. Ran first stage for Canadian team which placed ninth in 2008 Chiba Ekiden, clocking 14:30 for 5K
In 2009: 15 Edinburgh XC; 10 North, Central American & Caribbean XC
- 53 CHENG Tao CHN** 25y
Half Mar pb: 63:22 -07. 5000 pb: 13:55.88 -08. 10,000 pb: 28:43.81 -08. 16 Asian Champs XC 2007. 6 Chinese 5000 2008 (8 10,000)
In 2009: 3 Chinese 6K XC/12K XC
- 55 LIN Xiangqian CHN** 22y
Third in 2006 Asian Games Steeplechase ... 3000SC pb: 8:29.78 -06. 5000 pb: 13:42.55 -07. 10,000 pb: 29:46.83 -06. 5 WJC 3000SC 2006; 3 Asian Games 3000SC 2006. 1 Chinese 5000/3000SC 2006
- 56 ADAMES Yovanny DOM** 23y
3 Central American & Caribbean Champs 3000SC 2008
- 57 BAKRY Ahmed EGY** 24y
Appears to be the athlete previously known as Ahmed Saber Mohammed
At WXC: 2003-91J, 2004-32J, 2005-120 short, 2006-126 long, 2007-121
- 58 EISA Hassan Marzouk EGY** 29y
- 59 HASSEIN Ahmed EGY** 27y
At WXC: 99-101J, 2000-107J, 2008-147
- 60 MOHARM Hmadallah Mohammad EGY** 25y
- 61 ZAKI ABDELHALEM Abdel Fattah EGY** 18y
- 65 KIFLEMARIAM Samson ERI** 25y
10,000 pb: 28:08.97 -05. 5000 pb: 13:21.43 -04. 10 WJC 10,000 2002; 12 African Champs 10,000 2002; ht OLY 5000 2004; 15 World Half Mar 2004 (2005-74, 2007-16); ht WCH 5000 2005; 7 African Games Half Mar 2007. At WXC: 2002-19J, 2003-24J, 2004-29 long, 2005-17 long, 2006-19 long; 2007-32
- 66 MEDHIN Teklemariam ERI** 19y
10,000 pb: 27:46.50 -08. 5000 pb: 13:48.18 -08. 12 WJC 5000 2006; 32 OLY 10,000 2008. 3 French 10,000 2008. At WXC: 2006-13J, 2007-14J, 2008-23
In 2009: 1 Fuensalida XC; 1 San Sebastián XC
- 67 SIBHATU Issak ERI** 20y
5000 pb: 13:40.68 -08. 5 World Youth 3000 2005. At WXC: 2006-7J, 2007-6J, 2008-16J
In 2009: 1 Jaén 9.7K; 2 Maliaño XC; 8 Haro XC
- 68 TADESE Kidane ERI** 21y
Full name-Kidane Tadesse Habtesilase
Younger brother of Zersenay Tadesse
10,000 pb: 27:06.16 -08. 5000 pb: 13:13.17 -08. 10 OLY 5000 2008 (12 10,000). At WXC: 2005-16J, 2006-11J, 2007-86, 2008-26
In 2009: 3 Amorebieta XC; 5 Fuensalida XC; 5 Huesca XC
- 69 TADESE Zersenay ERI** 27y
Tadesse pronounced with three syllables: "Ta-de-see"
Twice World Half Marathon Champion, former World Cross Country Champion
5000 pb: 12:59.27 -06. 10,000 pb: 26:37.25 -06. 6 African Champs 10,000 2002; 8 WCH 5000 2003 (2005-14); 3 OLY 10,000 2004 (7 5000); 1 Great North Run 2005; 1 World 20K 2006; 4 WCH 10,000 2007 (2005-6); 1 World Half Mar 2007/2008 (2003-7, 2002-21); 5 OLY 10,000 2008. At WXC: 2002-30 long, 2003-9 long, 2004-6 long, 2005-2 long, 2006-4 long, 2007-1, 2008-3. Two sisters & 4 brothers including younger brothers Kidane and Merhawit who are both international runners ... divides his time between Madrid & Eritrea ... his first sport was cycling ... coach-Jeronimo Bravo
- Married Merhawit Solomon in Asmara on November 16, 2008, wedding had 2500 guests and was televised live on Eritrean TV
- In 2009: 3 Edinburgh XC. : Marathon début set for London, he says he is up to 150 miles per week

- 73 TSEGAY Samuel ERI** **20y**
5000 pb: 13:24.14 -08. 10,000 pb: 28:21.68 -07. 4 WJC 10,000 2006; 8 African Games 10,000 2007. At WXC: 2005-17J, 2006/2007-8J, 2008-10J. Full name-Samuel Tsegay Tesfamariam
In 2009: 1 Amorebieta XC; 2 Fuensalida XC; 1 Huesca XC; 3 Haro XC; 2 Valladolid XC
- 75 BEZABEH Alemayehu ESP** **22y**
Highest-placed European in 2008 Olympic 5000m ... 5000 pb: 13:20.46 -08. 3000 pb: 7:46.49 -08. 11 OLY 5000 2008. At EXC: 2008-7. Born-Ethiopia, moved to Spain in 2004 "because it looked attractive on television ... and it seemed to have a good sporting tradition" ... became a Spanish citizen on July 25, 2008 and immediately cleared to compete for Spain because he never competed for Ethiopia ... coach-Manuel Pascua

His older brother Sisay Bezabeh defected to Australia in 1996 and placed 60th for that country in the 2004 Olympic marathon

In 2009: 6 Amorebieta XC; 8 Fuensalida XC; 7 Haro XC; 1 European Clubs XC; 1 Spanish Clubs 12.05K XC; 1 Spanish XC
- 76 BLANCO José Luis ESP** **33y**
2006 European Steeplechase silver ... 3000SC pb: 8:12.86 -06. 1 Ibero-American 3000SC 2000; 2 Mediterranean Games 3000SC 2001; 8 WCH 3000SC 2003 (2005-14, 2007-dq final for running inside track); 2 ECH 3000SC 2006; 7 ECP 3000SC 2008; ht OLY 3000C 2008. At WXC: 2001-35 short, 2002-27 short, 2003-69 short, 2004-59 short, 2005-42 short, 2006-34 short, 2007-120, 2008-83
In 2009: 7 Spanish XC

These are his ninth successive World Cross Country Championships
- 77 CASTILLEJO Carles ESP** **30y**
10,000 pb: 27:39.79 -08. 5000 pb: 13:15.72 -08. 3000 pb: 7:43.24 -03. 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. 1 Spanish 5000 2004. At WXC: 2003-57 long, 2004-57 long, 2005-26 long, 2006-29 long, 2008-64. At EXC: 2006-10, 2007-14, 2008-34. Coach-Juan Ramón Muñoz
In 2009: 2 Zaragoza XC; 4 Huesca XC; 6 San Sebastián XC; 2 Spanish Clubs 12.05K XC; 2 Spanish XC
- 79 LAMDASSEM Ayad ESP** **27y**
Ex-Morocco, transferred to Spain in 2007 ... fourth in 2008 European Cross Country Championships
Half Mar pb: 61:29 -04. 10,000 pb: 27:45.58 -08. 5000 pb: 13:17.49 -06; 24 OLY 10,000 2008. At WXC: 2000-114J (for Morocco), 2008-36 (for Spain). At EXC: 2008-4. 1 Spanish 10,000 & XC 2007. Coach-Antonio Cánovas
In 2009: 5 Amorebieta XC; 6 Fuensalida XC; 3 Huesca XC; 4 Haro XC; 3 Spanish Clubs XC; 3 Spanish XC
- 80 LÓPEZ Francisco Javier ESP** **25y**
5000 pb: 13:53.90 -06 ... In 2009: 7 Spanish Clubs XC; 5 Spanish XC
- 83 PENAS Manuel Ángel ESP** **31y**
5000 pb: 13:22.83 -04. 3000 pb: 7:44.70 -04. 6 Ibero-American 1500 2000. Coach-Pepe Tuimil
In 2009: 6 Maliaño XC; 9 Haro XC; 4 Spanish Clubs XC; 6 Spanish XC
- 87 FIKADU Habtamu ETH** **21y**
Full name-Habtamu Fikadu Awash
10,000 pb: 27:06.47 -07. 7 African Games 10,000 2007. At WXC: 2006-6J, 2007-28J, 2008-9
In 2009: 2 Sululta XC; 6 Ethiopian XC
- 88 GEBREMARIAM Gebre-egziabher ETH** **24y**
2008 African Champion and 27:20.65 for 10,000m in 2008, but that ranked him only eighth among Ethiopians
10,000 pb: 26:52.33 -07. 5000 pb: 12:52.80 -05. 1 WJC 10,000 2002 (3 5000); 6 WCH 5000 2003; 2 African Games 10,000 2003 (2007-3); 2 Afro-Asian Games 10,000 2003; 4 OLY 5000 2004; 6 WCH 10,000 2007 (2005-15); 1 African Champs 10,000 2008. 1 Great Ethiopian Run 2002. At WXC: 2002-1J, 2003-3 long, 2004-2 long & 2 short, 2005-dnf long & 9 short, 2006-30 short & 13 long, 2008-17. Married international runner Worknesh Kidane in Addis Ababa on February 4, 2006, their son Natnael born May 2, 2006 and a second son Mussie born August 2, 2007
In 2009: 1 Ethiopian XC

Already winner of 13 medals at World Cross Country Championships, his wife has 20
- 91 LILESA Feyisa ETH** **19y**
Second in the 2009 Ethiopian Championships while still a junior ... 5000 pb: 13:34.80 -08. 1 Rovereto 10K 2008; 1 Agadir Half Mar 2008; 2 Great Ethiopian Run 10K 2008 (20070-3). At WXC: 2008-14J. He ran a 62:26 Half Marathon in 2008 at age 18

His name spelling is reported variously: Lilesa Gemechu Feyisa, Feyissa Lelisa, Falesa Lelisa, Feyisa Lelisa, Feysa Lelisa, Feyisa Liesa, Gemechu Feysa Lilesa (in Edinburgh 2008 he was presented as Feyisa Liesa)

In 2009: 1 Sululta XC; 2 Ethiopian XC
- 92 MESFIN Hunegnaw ETH** **20y**
10,000 pb: 27:27.57 -08. 4 WJC 10,000 2008. Ran fifth stage for Ethiopian team which won 2008 Chiba Ekiden, clocking 28:54 for 10K
In 2009: 1 Sululta "junior" XC; 5 Ethiopian XC
- 93 SEFIR Dino ETH** **20y**
3 African junior 5000 2007; 8 Great Ethiopian Run 10K 2007 (2008-12)
In 2009: 2 Le Mans XC; 1 Hannut XC; 7 Ethiopian XC
- 95 TOLA Tadesse ETH** **21y**
2007 Ethiopian Cross Country Champion (a surprise) and first Ethiopian finisher at the Mombasa World Cross Country Championships
Half Mar pb: 60:58 -08. 10,000 pb: 27:04.89 -07. 3000 pb: 7:43.70 -07. 5 African Champs 10,000 2006; 7 World 20K 2006; 2 African Games 10,000 2007; 13 WCH 10,000 2007. At WXC: 2006-10J. Full name-Tadesse Tola Woldegebre

Scored five big road wins in 2008: Puy-en-Velay 15K; New York Half Mar; Minneapolis 10K; Falmouth 7M & Madrid 10K

In 2009: 3 Ethiopian XC; 23 "World's Best" San Juan 10K
- 97 AMDOUNI Morhad FRA** **20y**
In 2009: 20 French XC
- 98 BENHARI Mokhtar FRA** **34y**
Half Mar pb: 63:47 -07. Mar pb: 2:23:27 -07. 10,000 pb: 28:18.89 -06. 5000 pb: 13:32.74 -05. 3000 pb: 7:49.50 -08. 7 EIC 3000 2005; 3 ECP 5000 2004 (2005-5); 13 ECH 10,000 2006; 24 Paris 2007; dnf World Half Mar 2007; dnf Rotterdam 2008. At WXC: 2004-80 short, 2005-dnf long. At EXC: 98-42, 2004-14, 2005-6, 2006-20, 2007-15, 2008-11 ... born-Oujda (MAR) ... coach-Lahcen Taghret
In 2009: 4 Nice 10K; 15 Le Mans XC; 7 French XC
- 101 DURAND Yohan FRA** **23y**
Second in 2007 European under-23 1500 ... 1500 pb: 3:44.22 -07. 5000 pb: 13:54.37 -07. 2 under-23 ECH 1500 2007 (4 5000). At EXC: 2004-17J, 2006-27u23
In 2009: 18 French XC
- 102 HIRT Hassan FRA** **29y**
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. At EXC: 2008-21. 2 French 5000 2007. Coach-Christian Geffray
In 2009: 26 European Clubs XC; 8 French XC
- 103 MALATY Benjamin FRA** **22y**
1500 pb: 3:44.27 -08. 5000 pb: 14:08.52 -08. At WXC: 2005-123J. At EXC: 2006-65u23, 2007-21u23, 2008-5u23. Born-Agen ... coach-Messaoud Settati
In 2009: 7 "Almond Blossom" Lisbon XC; 22 French XC
- 104 MAYAUD Denis FRA** **22y**
5000 pb: 13:39.83 -08. 12 under-23 ECH 10,000 2007. 1 French under-23 5000 2008. At WXC: 2005-90J. At EXC: 2006-72u23, 2007-38u23, 2008-18u23. Born-Blanc ... coach-Hadj Kahlal
In 2009: 18 Edinburgh XC; 14 French XC
- 107 GERRARD Keith GBR** **23y**
5000 pb: 14:26.45 -08. 10,000 pb: 29:39.72 -08. 2 Island Games 1500/5000 2005 (representing Isle of Man). At WXC: 2004-50J, 2005-101J. At EXC: 2005-69J, 2007-41u23, 2008-7u23. 5 AAA under-17 3000 2002; 3 English Schools 3000 2002. 1 Lancashire XC 2006. Born-Douglas, Isle of Man ... 1.65 tall ... coach-Nick Anderson
In 2009: 3 Lancashire XC; 24 English "National" XC; 6 UK Inter-Counties XC
- 112 MERRIEN Lee GBR** **30y**
From the Channel Island of Guernsey ... 3x Island Games Champion at 1500m
800 pb: 1:49.97 -05. 1500 pb: 3:40.79 -05. 5000 pb: 13:57.66 -07. Mile pb: 3:59.18 -05. ht COM 1500 2002/2006; 1 Island Games 1500 2003/2005/2007 (1 5000 2007). At EXC: 2008-22. Missed 2002 Commonwealth final by three tenths after front-running in his heat ... graduate of Bath University ... coach-Liam Cain
In 2009: 7 San Vittore Olona "Cinque Mulini" XC; 13 English "National" XC; 3 UK Inter-Counties XC
- 113 NICHOLLS Phil GBR** **25y**
2007 English Champion at 10,000m ... 3000 pb: 8:08.43i -07. 5000 pb: 13:56.17 -07. 10,000 pb: 28:40.85 -07. At WXC: 2007-74. 1 AAA under-23 5000 2004; 1 English 10,000 2007. Graduate of Birmingham University ... coach-Dave Sunderland
In 2009: 1 English Midland XC; 15 English "National" XC; 5 UK Inter-Counties XC
- 114 SKINNER Mike GBR** **29y**
Second in 2007 UK 5000m ... Outdoor 5000 pb: 13:51.61 -06. 3000 pb: 8:01.89 -08. 1500 pb: 3:42.35 -04. 800 pb: 1:49.9 -04. At WXC: 2005-64 short, 2008-65. At EXC: 2005-35, 2006-28, 2007-17, 2008-20. 2 AAA indoor 1500 2001 & 3000 2004; 2 UK 5000 2007. 1 Southern 1500 2002/2004. Chelsea football club season ticket holder ... works as a Competition Manager for Richmond & Kingston School Sport Partnership ... coach-Conrad Milton
In 2009: 3 Bushy Park 5K; 5 Edinburgh short course XC; 22 Seville XC; 9 Sydney 1500; 17 Melbourne 5000
- 116 TICKNER Frank GBR** **25y**
2009 English "National" Cross Country Champion ... 3000SC pb: 8:31.40 -07. 5000 pb: 14:07.04 -05. 1500 pb: 3:45.25 -07. 7 ECP 5000 2007. At WXC: 2006-83 long, 2008-72. At EXC: 2005-37, 2006-32, 2007-37, 2008-10. 1 English Schools XC 2000; 1 South of England XC 2008; 1 English "National" XC 2009. Graduate of French from Birmingham University ... older Ben is an international cross country runner ... coach-Clive Thomas
In 2009: 11 Edinburgh XC; 3 San Vittore Olona "Cinque Mulini" XC; 1 English "National" XC; 2 UK Inter-Counties XC

- 117 VERNON Andy GBR** 23y
2008 UK 5000m Champion ... 2008 European under-23 Cross Country silver
1500 pb: 3:42.98 -08. 5000 pb: 13:45.35 -08. 3000SC pb: 9:05.20 -04. 4
EJC 5000 2005; 9 under-23 ECH 5000 2007. 1 AAA junior 5000 2005; 1
English under-23 5000 2006 & 1500 2008; 1 UK 5000 2008. At WXC: 2004
-65J, 2005-48J, 2008-114. At EXC: 2005-2J, 2006-14u23, 2007-3u23, 2008
-2u23. Mother Fiona Hawes was an international rower ... coach-Nick
Anderson
In 2009: 4 Edinburgh short course XC; 4 San Vittore Olona "Cinque Mulini"
XC; 3 English "National" XC; 1 UK Inter-Counties XC
- 120 KHOPERIA Jeiran GEO** 26y
121 HALLMANN Sebastian GER 32y
5000 pb: 13:26.43 -00. 12 WJC 5000 96; 5 under-23 ECH 5000 99; 3 ECP
5000 2000 (99-5); 3 ECP 5000 2002. At WXC: 2000-30 short. At EXC: 2000
-26, 2003-26, 2004-56, 2005-47, 2008-33. Coach-Burkhardt Hallmann
In 2009: 7 German indoor 3000; 2 German XC
- 123 KENNEALLY Mark IRL** 27y
10,000 pb: 28:55.49 -07. 5000 pb: 13:45.84 -07. At WXC: 2002-94 short,
2004-72 long, 2005-89 long. At EXC: 2002-47, 2003-61, 2004-59, 2005-51,
2006-30
In 2009: 15 European Clubs XC
- 124 AL-DARRAJI Noori IRQ** 38/39y
125 AL-MOHAMMEDAWI Abdulzahra IRQ 28y
126 AL-RASHEDI Mahmood IRQ 27y
127 SALIH Ali IRQ 29y
128 DE NARD Gabriele ITA 34y
Fourth in 2001 European XC Championships ... Half Mar pb: 63:45 -06. 5000
pb: 13:34.19 -99. 10,000 pb: 28:58.51 -99. At WXC: 97-76, 98-88 long, 2001
-30 long, 2002-42 long, 2005-43 long, 2006-33 long & 55 short. At EXC: 96
-24, 97-14, 98-12, 2000-28, 2001-4, 2002-36, 2003-42, 2004-17, 2005-15,
2006-17, 2007-22, 2008-25. Born-Belluno, coach-Andrea Bartoli
In 2009: 10 San Giorgio su Legnano "Campaccio" XC; 5 Rovereto XC; 11
European Clubs XC; 1 Italian Clubs XC; 4 Italian indoor 3000; 9 Roma to
Ostia Half Mar; 2 Italian XC
- 131 ABU DRAIS Methkal JOR** 25y
137 AL-RUBAIAT Ayman JOR 21y
In 2009: 20 Asian XC
- 139 AL-KUFRINI Bashar JOR** 28y
8 Asian Games 1500 2006
- 140 AL-MADAHNA Hamza JOR** 21y
142 ALGHODRAN Suliman JOR 26y
64 World Half Mar 2004. At WXC: 2005-114J ... In 2009: 18 Asian XC
- 144 MOMANI Hussein JOR** 30y
In 2009: 25 Asian XC
- 146 FUKUI Makoto JPN** 24y
5000 pb: 13:51.32 -08. 10,000 pb: 28:37.28 -07. 1500 pb: 3:47.08 -07. 4
Japanese 1500 2008
In 2009: 3 Chiba XC; 7 Fukuoka XC
- 149 IKEGAMI Seigo JPN** 28y
5000 pb: 13:46.47 -07. 10,000 pb: 28:16.12 -07. 20 Japanese 5000 2007
In 2009: 4 Fukuoka XC
- 150 ISHIKAWA Suehiro JPN** 29y
5000 pb: 13:42.64 -03. 10,000 pb: 28:18.30 -03. Half Mar pb: 62:23 -03. 6
Japanese 5000 2003
In 2009: 5 Chiba XC; 5 Fukuoka XC
- 153 OKAMOTO Naoki JPN** 24y
5000 pb: 13:47.54 -08. 10,000 pb: 28:15.52 -07. Ran third stage for
Japanese team which placed second in 2008 Chiba Ekiden, clocking 28:20
for 10K
In 2009: 7 Chiba XC; 9 Asian XC; 7 All Japan Corporate Half Mar (pb 62:19)
- 156 UMEGAE Hiroyoshi JPN** 25y
5000 pb: 13:49.92 -08. 3000SC pb: 8:36.96 -08. At WXC: 2008-122. 8 World
Youth 2000SC 2001; 7 Asian Champs 3000SC 2005. 3 Japanese 3000SC
2007
In 2009: 6 Chiba XC; 6 Fukuoka XC
- 159 CHUMBA Linus KEN** 29y
5000 pb: 13:21.52 -05. 3000SC pb: 8:11.98 -05. 6 Kenyan World
Championship Trials 3000SC 2005; 7 Kenyan Olympic Trials 3000SC 2008
(2004-12). Full name-Linus Kipwambok Chumba
In 2009: 5 Kenyan Armed Forces XC; 4 Kenyan XC
- 161 KIPTOO Mark KEN** 32y
Full name-Mark Kosgei Kiptoo
Member of Kenyan Air Force, he served on peacekeeping missions in
Burundi
10,000 pb: 27:14.67 -08. 5000 pb: 13:06.60 -08. 3000 pb: 7:36.43 -08. 9
African Games 5000 2007; 1 World Military Games 5000 2007 (2 10,000). 4
Kenyan Olympic Trials 10,000 2008. At WXC: 2008-14
In 2009: 7 Kenyan Armed Forces XC; 1 Haro XC; 1 Valladolid XC; 3 Kenyan
XC

He was the Kenyan Team Captain in Edinburgh 2008 and again in Amman
- 162 KISORIO Mathew KEN** 19y
Third in junior race at 2007 World Cross Country Championships, his father
was third as a senior in the same championships 24 years earlier
5000 pb: 13:28.43 -07. 10,000 pb: 28:50.1 -06. 1 African junior 5000/10,000
2007. At WXC: 2007-3J, 2008-6J. Won the 2007 Kenyan junior trial for the
World Cross Country Championships ... full name-Mathew Kipkoeh Kisorio

He is the fourth of seven children of the late Some Moge, who was Kenya's
first medalist at the World Cross Country Championships with a bronze in
Gateshead 1983

In 2009: 1 Eldoret XC; 2 Kenyan XC
- 163 KOMON Leonard KEN** 21y
Full name-Leonard Patrick Komon
Second in 2008 World Cross Country Championships at age 20
10,000 pb: 26:57.08 -08. 5000 pb: 13:04.12 -06. 3000 pb: 7:34.06 -08. At
WXC: 2006-2J, 2007-4J, 2008-2. Youngest of 14 children
In 2009: 3 San Giorgio su Legnano "Campaccio" XC; 3 Elgoibar XC; 6 Seville
XC
- 166 MOSOP Moses KEN** 23y
2005 World bronze at 10,000m fairly close behind Bekele & Sihine ..
Nicknamed "Engine Kubwa" (Big Engine) in the Kenyan press
10,000 pb: 26:49.55 -07. 5000 pb: 12:54.46 -06. 7 OLY 10,000 2004; 3 WCH
10,000 2005. At WXC: 2002-10J, 2003-7J, 2005-18 long, 2007-2. 1 Kenyan
10,000 2006 ... Police officer ... Improved at 10,000m from 28:40.6 to
27:13.66 in Brussels 2003 ... partner-Florence Kiplagat (1 Kenyan XC
2007/2009) ... coach-Renato Canova
In 2009: 11 San Giorgio su Legnano "Campaccio" 10K XC; 2 Elgoibar XC; 4
Seville XC; 1 Kenyan XC (won by almost 100 metres, his partner Florence
Kiplagat won the Kenyan men's title)
- 167 NDIWA Mang'ata KEN** 21/22y
Full name- Mang'ata Kimai Ndiwa
2006 World Junior Cross Country Champion, missed 2007 with ankle injury
3000 pb: 7:40.39 -08. 5000 pb: 13:05.27 -08. At WXC: 2005-5J, 2006-1J. 3
Kenyan 5000 2005; 2 African junior 5000 2005; 3 Brussels Golden League
5000 2008. His father was a middle distance runner ... born-Kongit, near
Kapsakwony, Mt. Elgon District
In 2009: 2 Edinburgh XC; 6 Kenyan XC
- 169 AL-HAMDAH Hussain Jamaan KSA** 25y
5000 pb: 13:30.77 -08. 10,000 pb: 28:35.46 -08. 7 Pan Arab Games 5000
2007. He is also known as Hussein Al-Yami
In 2009: 15 Asian XC
- 170 AL-JOUD Abdullah KSA** 33y
5000 pb: 14:41.92 -08 ... In 2009: 12 Asian XC
- 177 GIAEDA Khaled LBA** 26y
180 BADAY Ahmed MAR 30y
1998 World Junior bronze at 5000m ... 5000 pb: 13:03.82 -07. 10,000 pb:
27:48.85 -05. 3 WJC 5000 98; 1 Francophone Games 10,000 2001; 5 African
Champs 5000 2004 (2006-7); ht WCH 5000 2007. At WXC: 98-18J, 99-15
short, 2003-15 short, 2004-26 long, 2005-31 long, 2006-50 long, 2007-18,
2008-35
In 2009: 1 Safi XC; 4 Diekirch XC
- 181 BELOUA Brahim MAR** 36/37y
At WXC: 2007-35, 2008-37. 2 World Military Games 5000 2007; 1 Arab Half
Mar 2007
In 2009: 3 Safi XC
- 182 BOUJATTAOUI Chakir MAR** 26y
3000SC pb: 8:21.81 -08. At WXC: 2008-40
- 185 MAAROUFIT Mourad MAR** 27y
3000 pb: 7:45.94 -03. 5000 pb: 13:15.87 -07. Half Mar pb: 61:43 -06. ht WCH
5000 2007; ht OLY 5000 2008. At WXC: 2004-54 short, 2007-33, 2008-47. 1
Marrakech Half Mar 2006/2007
In 2009: 2 Safi XC; 3 Paris 3000
- 186 MOUBSSIT Mouhssin MAR** 33y
4 Rabat Half Mar 2008
- 189 SELMOUNI Anis MAR** 30y
5000 pb: 13:11.24 -08. 1500 pb: 3:35.35 -03. ht WIC 1500 2003; ht OLY
5000 2008. At WXC: 2006-47 short, 2007-14, 2008-32. 1 Moroccan XC 2007
- 191 MASTER Chauncy MAW** 23y
Malawi record holder at 1500m ... 1500 pb: 3:42.73 -08. 800 pb: 1:49.44 -07.
ht COM 1500 2006; ht WCH 1500 2007; 12 African Champs 1500 2008; ht
OLY 1500 2008
- 193 AL-MAHROUKI Kais Salem OMA** 20y
1 Gulf XC 2008
- 196 AWAJNA Abdel PLE** 30y
At WXC: 97-157J ... In 2009: 44 Asian XC
- 199 DAMIÃO Manuel POR** 30y
Half Mar pb: 63:07 -08. 8 EJC 97; 6 under-23 ECH 99; 2 Ibero-American
2002; sf OLY 2004; ht ECH 2006. At WXC: 97-75J, 2000-31 short, 2004-45
short, 2005-51 short, 2006-51 short, 2007-75, 2008-76. At EXC: 97-16J,
2003-50, 2004-63. 1 Portuguese junior XC 97
In 2009: 2 Faro 10K; 10 Portuguese; 20 European Clubs XC; 6 Portuguese
XC
- 200 MBENGANI Eduardo POR** 24y
Born-Congo ... 5000 pb: 14:21.71 -06. At EXC: 2008-38. 1 Portuguese under
-23 indoor 3000 2005/2007. Coach-Eduardo Henriques
In 2009: 4 Faro 10K

- 201 ORNELAS Hélder POR 34y**
Eighth in 2001 World long course XC ... winning marathon début in Milan 2005 to defeat Kenyan favourites with halves of 66:13 and 63:46
Mar pb: 2:09:59 -05. 5000 pb: 13:18.56 -00. 10,000 pb: 28:01.94 -01. 6 World Road Relay 98; ht OLY 5000 2000; 1 Milan 2005; 15 ECH 2006; 1 Prague 2007; dnf WCH 2007; 46 OLY 2008. At WXC: 98-22 long, 99-75 short, 2000 -46 short, 2001-8 long, 2003-28 long, 2005-81 long. At EXC: 2002-5. 1 Portuguese 5000 2004
In 2009: 4 Portuguese; 6 European Clubs XC; 5 Portuguese XC
- 202 PIMENTEL Licinio POR 31y**
5000 pb: 13:51.75 -06. 10,000 pb: 28:43.69 -08. At WXC: 2004-77 short, 2007-95, 2008-71. At EXC: 2006-25, 2007-33, 2008-58. Coach-Paulo Colaço
In 2009: 4 Portuguese XC
- 203 ROCHA José POR 32y**
5000 pb: 13:47.78 -08. At WXC: 2005-115 short, 2008-100. At EXC: 2007 -24. 1 Portuguese 5000 2007
In 2009: 14 European Clubs XC; 11 Diekirch XC; 20 Portuguese youth XC; 2 Portuguese XC
- 204 SILVA Rui Pedro POR 27y**
Fifth at 2006 European Cross Country Championships ... Half Mar pb: 63:33 -08. 10,000 pb: 28:05.78 -08. 5000 pb: 13:44.23 -05. 34 OLY 10,000 2008. 1 Portuguese 5000 2005 & 10,000 2008. At WXC: 2000-112J, 2003-76 short, 2004-66 short, 2005-71 short, 2007-dnf. At EXC: 98-74J, 2000-4J, 2005-44, 2006-5, 2007-34. Coach-João Campos
In 2009: 1 Portuguese; 8 European Clubs XC; 1 Portuguese XC
- 205 ABDULLAH Ahmad Hassan QAT 27y**
TRANSFEREE – formerly Albert Chepkurui KEN, now officially a citizen of Qatar having been issued with a Qatari passport on August 9, 2003 ... third in 2004 & 2008 World Half Marathon and 2005 World Cross Country long race
10,000 pb: 26:38.76-03. 5000 pb: 12:56.27 -03. 3000 pb: 7:43.01 -00. 3 Goodwill Games 10,000 2001; 4 WCH 10,000 2003 (2007-dnf); 1 Asian Champs 10,000 2003/2007 (2 5000 2007); 3 World Half Mar 2004/2008 (2007-24); 1 Asian XC 2007; 8 OLY 10,000 2008. 1 Brussels 10,000 2004. At WXC: 99-5J, 2001-6 short, 2002-6 long, 2004-4 short, 2005-8 short & 3 long, 2007-12, 2008-8. Born-Keiyo
In 2009: 5 Elgoibar XC; 9 Seville XC; 1 Asian XC
- 206 KIBORE Felix QAT 21y**
TRANSFEREE – Formerly: KEN (has retained original name)
Full name- Felix Kikwai Kibor ... sixth in 2008 World Cross
10,000 pb: 27:35.12 -08. 5000 pb: 13:16.11 -08. 1 Asian Champs 5000 2007; 9 WCH 5000 2007; 22 OLY 10,000 2008; 40 World Half Mar 2008. At WXC: 2008-6
In 2009: 13 Elgoibar XC; 18 Seville XC; 3 Asian XC
- 207 OBAID Musa Amer QAT 23y**
TRANSFEREE – Formerly: Moses Kipchirchir KEN ... fourth in 2004 Olympic Steeplechase ... 2005 Asian Champion
3000SC pb: 8:07.18 -04. 1 Asian junior 10,000/3000SC 2004; 2 WJC 3000SC 2004; 4 OLY 3000SC 2004; 9 WCH 3000SC 2005; 1 Asian Champs 3000SC 2005. At WXC: 2006-24 short. Two year doping suspension 2006 -2008
In 2009: 4 Asian XC
- 208 RASHED Essa Ismail QAT 22y**
TRANSFEREE – Formerly: Daniel Kipkosgei KEN ... 2005 Asian Champion at 10,000m
10,000 pb: 27:20.97 -06. 5000 pb: 13:08.02 -08. ht WCH 5000 2005; 1 Asian Champs 10,000 2005; 1 Arab 5000/10,000 2005; 14 World 20K 2006; 2 Asian Games 10,000 2006; dnf WCH 10,000 2007; 20 OLY 10,000 2008; 10 World Half Mar 2008. At WXC: 2005-15J, 2006-35 short, 2008-48
In 2009: 4 Eldoret XC; 4 Ghent 3000
- 209 SALEM Jamal Bilal QAT 30y**
TRANSFEREE – Formerly: James Kipkemboi Katui KEN ... 5000 pb: 13:06.81 -06. 3000 pb: 7:30.76 -05. 3000SC pb: 8:11.67 -05. 1 West Asian Games 10,000 2005 (2 5000); 16 World 20K 2006; 2 Asian Games 3000SC 2006. At WXC: 2005-5 short & 12 long, 2006-23 short & 18 long, 2008-3 .. 1.85 tall
- 210 SHAHEEN Saif Saeed QAT 26y**
Formerly- Stephen Cheronno KEN, his Arab name means "the Falcon of Qatar" ... world record holder & twice World Champion at Steeplechase
5000 pb: 12:48.81 -03. 1500 pb: 3:33.51 -06. 3000SC pb: 7:53.63 -04. 1 COM 3000SC 2002; 1 WCH 3000SC 2003/2005; 2 WIC 3000 2006; 1 WCP 5000/3000SC 2006 (unique double). At WXC: 2004-5 short, 2005-4 short & 8 long, 2006-9 short. Issued with a Qatari passport on August 9, 2003 ... fifth of 10 children including older brothers Christopher Kosgei (1 WCH 3000SC 95) and Abraham Cheronno (2 WJC 3000SC 98) ... unbeaten at steeplechase races 2002-2009 (28 successive wins including heats & 2000m races up to and including the 2006 World Cup), streak ended when he did not finish in Athens on July 13 2008 ... hampered by Achilles and knee injuries in 2007/2008
In 2009: dnf Eldoret XC; 1 San Vittore Olona "Cinque Mulinii" XC; dnf Kenyan XC

"I will consider myself 'a new kid on the block,'" he told the IAAF website
- 214 GWEBU Jeffrey RSA 28y**
(Also known as Jabulane Gewbu) ... Mar pb: 2:23:15 -05. 5000 pb: 13:42.17 -02. 10,000 pb: 28:58.92 -02. 5 WJC 10,000 2000 (98-8), 14 WJC 5000 2000. 7 Lahore Marathon 2005; 31 World Half Mar 2005 (2008-39). At WXC: 98-19J, 99-21J, 2000-55J, 2006-79 long
In 2009: 14 Durban 10K; 12 Port Elizabeth 5000
- 216 MOKOKA Steven RSA 23y**
Reigning South African Champion at 10,000m & Half Marathon ... Half Mar pb: 62:04 -08. 5000 pb: 13:44.22 -09. 10,000 pb: 28:52.22 -09. 9 WSG 10,000 2005; 67 World Half Mar 2008. 1 South African Half Mar 2008 & 10,000 2009. At WXC: 2008-74
In 2009: 1 Pretoria 1500 (Jan 17); 6 Potchefstroom 3000; 1 Pretoria 3000; 1 Durban 5000 (Feb 6); 4 Durban 10K (Feb 8); 1 Pretoria 10,000 (Feb 14); 4 Port Elizabeth 5000; 1 South African 10,000
- 218 NZIMA Sibusiso RSA 22y**
5000 pb: 13:43.71 -09. 10K pb: 28:44 -09. 1 South African 10K 2008
In 2009: 3 Roodepoort 1500; 8 Pretoria 3000; 2 Durban 5000; 5 Durban 10K; 3 Port Elizabeth 5000
- 219 SETONE Tshamano RSA 21y**
2006 South African Champion at 5000m while still a junior ... 1500 pb: 3:38.29 -09. 5000 pb: 13:49.54 -06. 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
In 2009: 1 Roodepoort 1500; 4 Potchefstroom 3000; 2 Durban 1500; 2 Germiston 800; 8 South African 1500
- 220 SOKE Boy RSA 26y**
(Also known as Moorosi 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); 52 World Half Mar 2008. At WXC: 2005-97 short, 2007-dnf, 2008-44. 1 South of Africa XC 2007/2008. 1 South African 10K 2006; 1 South African 5000 2007/2008/2009
In 2009: 1 Potchefstroom 3000; 4 Durban 5000; 18 Durban 10K; 2 Port Elizabeth 5000; 1 South African 5000
- 222 TSOSANE Kgosi RSA 22y**
5 South African XC 2008
- 224 HAKIZIMANA Gervais RWA 21y**
Half Mar pb: 62:43 -07. 16 African Games 10,000 2007; 38 World Half Mar 2007 (2008-45). At WXC: 2007-77
In 2009: 3 Rwandan XC; 17 San Blas Half Mar
- 225 NTIRENGANYA Felix RWA 21y**
1 Bujumbura Marathon 2008 (2:45:05)
- 226 RUKUNDO Sylvain RWA 20y**
Half Mar pb: 61:59 -07. 10,000 pb: 29:47.96 -06. 11 WJC 10,000 2006; ht WIC 3000 2008; 11 World Half Mar 2008 (2007-26); 9 African Champs 5000 2008. At WXC: 2006-86 long, 2007-38.
In 2009: 14 San Blas Half Mar; 18 Ras Al Khaimah Half Mar
- 227 SEBAHIRE Eric RWA 25/26y**
- 228 SIMUKEKA Jean Baptiste RWA 26y**
6 WJC 10,000 2000 (2002-9). At WXC: 2001-11J, 2004-35 long, 2005-39 long, 2006-72 long, 2007-58
- 229 LABICHE Simon SEY 38y**
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
- 238 ALIBRAHIM Ahmad SYR 26y**
- 239 ALJAFAL Ahmad SYR 23/24y**
- 243 MUSA Faustin TAN 27y**
Half Mar pb: 61:39 -08
- 244 NGIMBA Ezekiel TAN 23y**
Full name-Ezekiel Jafari Ngimba ... 5000 pb: 13:30.77 -08. Half Mar pb: 61:28 -07. 19 World Half Mar 2007
- 245 SHAURI Samwel TAN 23y**
In 2009: 2 San Blas Half Mar
- 246 SULLE Peter TAN 24y**
10K pb: 29:31 -06. At WXC: 2007-46 ... In 2009: 19 Moshi Half Mar
- 247 WILLIAM Elisante TAN 22y**
- 248 KHAITOV Sotyvoldy TJK 22y**
8 Asian Champs 10,000 2005. At WXC: 2005-119J
- 250 AMOR Rached TUN 30y**
At WXC: 2001-66 short
- 251 BOUBAKER Raouf TUN 20y**
2 North African XC 2008
- 257 KIBET James UGA 24y**
Half Mar pb: 62:07 -07. 24 World 20K 2006; 28 World Half Mar 2007 (2004 -46, 2005-57). At WXC: 2003-13J, 2005-84 long, 2007-39
In 2009: 5 Ugandan XC; 17 Moshi Half Mar
- 260 KIPRONO Nicholas UGA 21y**
In 2009: 4 Ugandan XC
- 262 KIPROTICH Stephen UGA 20y**
5000 pb: 13:23.70 -08. 10,000 pb: 28:00.98 -08. ht WCH 5000 2007; 5 WJC 10,000 2008. At WXC: 2006-25J, 2007-19J, 2008-12J
In 2009: 6 Eldoret XC; 1 Keiyo District junior XC; 3 Ugandan XC
- 263 KIPSIRO Moses UGA 22y**
2007 World bronze at 5000m & fourth at 2008 Olympics ... 2006 African Champion at 10,000m
3000 pb: 7:32.03 -07. 5000 pb: 12:50.72 -07. 10,000 pb: 28:03.46 -06. 7 COM 5000 2006; 1 African Champs 10,000 2006 (3 5000); 3 WCH 5000 2007 (2005-ht); 4 OLY 5000 2008. At WXC: 2003-18J, 2005-21J, 2006-29 short & 23 long, 2007-dnf, 2008-13 ... second of seven children
In 2009: 1 Seville XC; 1 Ugandan XC; 5 "World's Best" San Juan 10K

- 264 KUSURO Geoffrey UGA** **20y**
2007 World Junior Mountain Running Champion ... 5000 pb: 13:18.38 -08. 4 WJC 5000 2008 (2006-9); ht OLY 5000 2008. At WXC: 2005-49J, 2006-14J, 2007-10J, 2008-8J. 1 World Junior Mountain Running Trophy 2007
In 2009: 2 Ugandan XC
- 265 SIWA Ben UGA** **19y**
At WXC: 2006-64 short, 2008-22J ... In 2009: 6 Ugandan XC
- 267 CURTIS Bobby USA** **24y**
2008 US Collegiate Champion at 5000m representing Villanova University
5000 pb: 13:25.66 -08. 10,000 pb: 28:06.74 -08. 1 NCAA 5000 2008 (2007-2); 2 Melbourne "Zatopek" 10,000 2008. Trained in Australia November / December 2008 ... coach-Marcus O'Sullivan (& agent Nic Bideau)
In 2009: 3 US XC
- 271 GOTCHER Brett USA** **24y**
5000 pb: 13:56.40 -08. 10,000 pb: 28:27.79 -08. Half Mar pb: 62:09 -08. At WXC: 2003-44J. 1 Pan-Am junior 10,000 2003. 1 US junior 10,000 2003; 17 US Olympic Trials 10,000 2008. Coach-Greg McMillan
In 2009: 3 Houston Half Mar; 7 US XC; 7 US 15K; 18 Central Park 10K
- 273 KING Max USA** **29y**
Half Mar pb: 63:08 -06. 3000SC pb: 8:31.26 -07. 3 North & Central America and Caribbean XC 2006; 34 World Road 20K 2006. At WXC: 2006-57 long, 2008-54. Born-Central Point, Oregon ... self-coached
In 2009: 10 Houston Half Mar; 9 US XC; 1 Portland 15K

Co-Captain of the US senior men in Amman (with Edwardo Torres)
- 275 MORAN Ed USA** **27y**
2007 Pan-American Games Champion at 5000m ... 5000 pb: 13:20.35 -07. 10,000 pb: 27:43.13 -07. 1 Pan-American Games 5000 2007. At WXC: 2008-dnf. 4 US Olympic Trials 10,000 2008 ... coach-Alex Gibby ... 1.78/56kg – they call him "Stick Bug"
In 2009: 1 Hampton VA 3000; 5 US XC; 1 Blacksburg 5000; 28 "World's Best" San Juan 10K; 11 US 15K
- 277 TORRES Edwardo USA** **28y**
Mar pb: 2:17:54 -08. 10,000 pb: 28:21.46 -03. At WXC: 2003-51 long. 61 Chicago 2006; dnf US Olympic Trial Marathon 2007; 3 Twin Cities 2008. Born-Chicago ... lives-Boulder, Colo. ... identical twin brother Jorge Torres (10 minutes older) is also an international cross country runner and won the 2002 US Collegiate title ... coach-Steve Jones (the British marathon record holder)
In 2009: 14 Edinburgh XC; 8 US XC; 15 US 15K

Co-Captain of the US senior men in Amman (with Max King)
- 278 VAIL Ryan USA** **23y**
1500 pb: 3:44.22 -08. 5000 pb: 13:41.61 -08. 5 NCAA 5000 2008. At WXC: 2005-77J. Born-Gresham, Oregon ... coach-Dave Smith
In 2009: 6 US XC; 1 Fayetteville 3000; 1 Czech XC (guest)
- 279 BLANCO Marvin VEN** **20y**
5000 pb: 14:35.86 -07. 3000SC pb: 8:42.82 -07. ht World Youth 3000 2005; ht WJC 3000SC 2006; 1 South American junior 1500/3000SC 2007; 1 Pan-American junior 3000SC 2007
- 285 CHINTALI Linos ZAM** **23y**
65 World Half Mar 2005
- 286 KALUMBA Richard ZAM** **32y**
- 287 WAMULWA Tonny ZAM** **19y**
Fifth and seventh in the past two World Junior 5000m finals ... 5000 pb: 13:40.78 -06. 10 World Youth 3000 2005; 10 COM 5000 2006; ht WCH 5000 2007; 8 African Champs 5000 2008; 5 WJC 5000 2008 (2006-7); ht OLY 5000 2008. At WXC: 2007-9J (the only athlete from outside East Africa in the top 25 finishers), 2008-17J
- 288 CHINYOKA Jonathan ZIM** **18y**
ht World Youth 1500 2007. 1 Zimbabwe junior XC 2008
In 2009: 16 Durban 10K
- 289 JUWAWO Wirimai ZIM** **28y**
Half Mar pb: 62:57 -07 (64:23 -09). At WXC: 98-39J, 99-57J, 2001-28 short & 90 long, 2007-73
In 2009: 2 Pretoria Half Mar (Jan 17); 1 Pretoria Half Mar (Jan 24); 1 Pretoria 10K
- 290 KANDIERO Oliver ZIM** **30y**
Mar pb: 2:16:33 -07. 10 Cologne 2004; 7 Singapore 2005 (2004-15, 2006-11); 6 Pyongyang 2007; 13 Cape Town 2007; 26 Istanbul 2007; 8 Durban 2009
In 2009: 8 Durban Marathon; 2 Vronkhorstspuit 10K
- 291 NYASANGO Cuthbert ZIM** **26y**
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 2009: 8 Amorebieta XC; 8 Huesca XC; paced Lake Biwa Mainichi (Otsu) Marathon
- 292 SIBANDA Elmore ZIM** **22y**
Half Mar pb: 64:24 -09. At WXC: 2005-37J
In 2009: 3 Pretoria Half Mar
- 293 SIBANDA Nkosiyazi ZIM** **27y**
1 Victoria Falls Marathon 2006