

# 38th IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

## BYDGOSZCZ 2010

### Biographical Start Lists



On these pages the athletes's name, country and age are shown along with their personal bests, most significant achievements (international then domestic) and other data. The athlete's main achievement is summarised in the first lines after their name.

#### Main Abbreviations:

AAA – AAA (English) Championships; COM – Commonwealth Games; ECH – European Championships; ECP – European Cup;  
EIC – European Indoor Championships; EJC – European Junior Championships; ETCh – European Team Championships;  
EXC – European Cross Country Championships; Half Mar – half marathon; NACAC – North/Central American & Caribbean;  
NCAA – National Collegiate Athletic Association Championships, USA; Mar – marathon; pb – personal best; OLY – Olympic Games;  
WAF – World Athletics Final; WCH – World Championships; WCP – World Cup; WIC – World Indoor Championships;  
WJC – World Junior Championships; WSG – World University Games; WXC – World Cross Country Championships; XC – cross-country

# Junior Women's Race

12:00

95 Entrants

26 Countries

6000m – 3 laps of 2000m  
(incorporating 40m straight from start & 96m straight to finish)  
6 run, 4 score

		Age
1	<b>ALMANI Imane ALG</b>	18y
2	<b>BAKADDOUR Naïma ALG</b>	19y
3	<b>MADOUJ Nabila ALG</b> In 2010: 6 Arab junior XC	17y
4	<b>SIFI Nabila ALG</b> At WXC: 2009-72J ... In 2010: 10 Arab junior XC	18y
5	<b>SOUADIA Hadda ALG</b> 2010 Arab Junior Cross Country Champion ... 11 World Youth 3000 2009. At WXC: 2009-59J In 2010: 1 Arab junior XC	17y
6	<b>YAHY Nawal ALG</b> At WXC: 2009-68J ... In 2010: 3 Arab junior XC	18y
10	<b>THEK Grace AUS</b> 3000 pb: 9:48.40 -10 In 2010: 2 Australian Junior Trial XC; 1 Melbourne 3000	18y
14	<b>WOOD Demi AUS</b> 3000 pb: 9:31.26 -10. Her father Grenville Woods was an international marathoner In 2010: 1 Australian Junior Trial XC; 1 Adelaide 3000	17y
20	<b>KALODZICH Hanna BLR</b>	18y
22	<b>PHORISA Idah BOT</b> 14 World Youth 3000 2007	19y
24	<b>DABA Tejitu BRN</b> TRANSFEREE – Ethiopian origin ... 5000 pb: 16:05.45 -09. 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). At WXC: 2009-23J In 2010: 2 Arab XC	18y
28	<b>SHUMI Genzeb BRN</b> TRANSFEREE – Ethiopian origin	19y
31	<b>DAVIDSON Madeleine CAN</b>	17y
32	<b>GRAHAM Chelsea CAN</b> At WXC: 2009-42J ... In 2010: 4 NACAC junior XC	17y
33	<b>KARY Clara CAN</b>	17y
34	<b>PFISTER Caroline CAN</b> 10 World Youth 3000 2009. At WXC: 2009-50J In 2010: 3 NACAC junior XC	18y
35	<b>REMPEL Karley CAN</b>	16y
36	<b>WALKOW Samantha CAN</b> In 2010: 10 Seattle 3000 'C'	18y
42	<b>CARRETERO Tania ESP</b> At WXC: 2009-83J. At EXC: 2008-51J. Coach-Joaquin Casquero In 2010: 4 Spanish junior XC	19y
44	<b>GUTIÉRREZ Ana ESP</b> In 2010: 2 Spanish junior XC	18y
47	<b>PÉREZ María José ESP</b> ht World Youth 2000SC 2009 ... In 2010: 3 Spanish junior XC	17y
49	<b>TOBAL Estefanía ESP</b> 3000SC pb: 10:15.68 -09. 4 EJC 3000SC 2009. At WXC: 2009-74J. At EXC: 2008-71J, 2009-69J. 1 Spanish youth 2000SC 2007/2008. Coach-Miguel Ángel Rvero In 2010: 1 Spanish junior XC	18y
51	<b>ANTENEH Emebet ETH</b> 3000 pb: 9:12.11 -09. 4 World Youth 3000 2009. At WXC: 2009-7J In 2010: 2 Hulshout XC; 3 Suluta junior; 3 Ethiopian Trial junior XC	18y
53	<b>DIBABA Genzebe ETH</b> DEFENDING WORLD JUNIOR CHAMPION – She's going for a third title which is something no junior has ever done in these championships Younger sister of Ejegayehu and Tirunesh 5000 pb: 14:55.52 -09. 3000 pb: 8:53.72 -08. 2 WJC 5000 2008; 8 WCH 5000 2009. At WXC: 2007-5J, 2008-1J, 2009-1J. She was one of the group which miscounted the laps at the 2007 World Cross Country Championships but recovered well to placed fifth In 2010: 2 Boston 3000 (8:47.01i); 1 Ghent 1500 (4:04.80i); dnf Ethiopian Trial injured (senior race)	19y
55	<b>GODFAY Afera ETH</b> From-Tigray Region ... In 2010: 1 Ethiopian Trial junior XC	18y
57	<b>MEKASHA Waganesh ETH</b> In 2010: 4 Ethiopian Junior Trial XC	18y
59	<b>MOHAMMED Merima ETH</b> Full name-Merima Mohammed Hasen ... Mar pb: 2:33:56 -09. 12 World Youth 1500 2009. 1 Nice to Cannes Marathon 2009 at age 17, apparently Marathons (2): 1 Nice to Cannes 2009, 8 Mumbai 2010 In 2010: 6 Ethiopian Junior Trial XC	17y
62	<b>YALEW Genet ETH</b> 3000 pb: 9:08.95 -09. 3 World Youth 3000 2009 In 2010: 4 Hulshout XC; 2 Suluta junior; 2 Ethiopian Trial junior XC (apparently she had the same time to 1/100th as the winner Afera Godfay)	17y
64	<b>CHEVILLARD Cecile FRA</b> In 2010: 4 French junior XC	17y
65	<b>HAMELIN Marjorie FRA</b> In 2010: 1 French junior XC	17y
66	<b>MATHIAS Estelle FRA</b> In 2010: 2 French junior XC	18y
67	<b>PLUMECOCQ Lea FRA</b> In 2010: 3 French junior XC	18y
69	<b>AVERY Kate GBR</b> 2009 European Junior silver at 3000m & bronze at cross country ... 3000 pb: 9:13.68 -09. 1500 pb: 4:25.60 -09. 2 EJC 3000 2009. At WXC: 2009-25J. At EXC: 2009-3J. 1 "Junior" Great North Run 2008. Coach-Bob Ashwood In 2010: 11 Antrim XC; 1 Durham Schools XC; 1 Hannut junior XC; 2 English "National" under-20 XC; 7 UK Trial junior XC	18y
71	<b>GORECKA Emelia GBR</b> Winner of multiple British and English national age group titles ... holder of UK under-15 bests at One Mile & 3000m 3000 pb: 9:22.80 -08. 1500 pb: 4:24.95 -08. 1 UK Inter-Counties under-13 XC 2007 & junior 2010; 1 English Schools junior 1500 2008/2009 & intermediate 3000 2009; 1 English Schools junior XC 2008 & intermediate XC 2009; 1 English 1 AAA under-15 1500 2008; 1 UK Schools 3000 2009; 1 English "National" under-17 XC 2010 ... her grandparents are from Poland ... coach-Mick Woods In 2010: 1 Surrey Schools XC; 1 South of England under-17 XC; 1 English "National" under-17 XC; 1 UK Trial junior XC	16y
72	<b>GUMMOW Annabel GBR</b> 3000 pb: 9:30.06 -10. 7 World Youth 3000 2009. 3 English Schools junior 1500 2008 & intermediate XC 2009; 2 English "National" under-17 XC. Coach-Chris Wooldridge In 2010: 1 Cardiff under-17 XC; 1 Cornwall Schools XC; 1 English Midland under-17 XC; 1 South West Schools XC; 2 UK Trial junior XC	16y
73	<b>INGLIS Sarah GBR</b> (Inglis is pronounced "Ingles" as in Shingles) ... 3000 pb: 9:26.02 -09. 1500 pb: 4:24.21 -09. 1 Scottish junior indoor 1500 2008; 1 Scottish Universities indoor 3000 2009. She won the junior 3000m staged at the London Grand Prix at Crystal Palace 2009. Coach-Steve Cotton In 2010: 1 Antrim junior XC; 5 Glasgow 3000; 5 Scottish 4K XC; 31 British Universities XC; 3 Scottish junior XC; 2 Edinburgh 5K; 4 UK Trial junior XC	18y
75	<b>POTTER Beth GBR</b> 3000 pb: 9:15.76 -09. 10 World Youth 3000 2007; 5 Commonwealth Youth Games 1500 2008 (6 3000); 5 EJC 3000 2009. At EXC: 2009-25J. 1 English junior 3000 2009. Coach-John Nuttall In 2010: 13 British Universities XC; 2 Scottish junior XC; 5 UK Trial junior XC	18y
78	<b>WALKER Hannah GBR</b> 5000 pb: 16:45.6 -09. 3000 pb: 9:39.64 -09. 4 English Schools 3000 2009. Coach-Mike Dunphy In 2010: 10 Hyde Park 10K; 1 South of England under-20; 3 Hannut junior XC; 3 English "National" under-20 XC; 3 UK Trial junior XC	18y
82	<b>BEVILACQUA Federica ITA</b> Fifth at 2009 European Juniors ... 3000 pb: 10:05.38 -09. At EXC: 2009-5J In 2010: 9 San Vittore Olona XC; 1 Italian junior XC	18y
83	<b>CEOLONI Anna ITA</b> In 2010: 2 Italian junior XC	18y
85	<b>KHALIFAH Ala JOR</b> 6 Asian Champs 3000SC 2009. At WXC: 2008-63J	18y
86	<b>ANDO Yuka JPN</b> 3000 pb: 9:18.98 -09 In 2010: 5 Chiba junior XC; 2 Fukuoka junior XC	16y
88	<b>HIDAKA Yuki JPN</b> 3000 pb: 9:18.38 -09. 5000 pb: 15:54.93 -09 In 2010: 4 Chiba junior XC	17y

<b>89</b>	<b>IZAWA Nanaka JPN</b>	<b>18y</b>	<b>528</b>	<b>SCHNETTLER Ashleigh RSA</b>	<b>18y</b>
	3000 pb: 9:08.44 -09. 5000 pb: 15:50.06 -09. 1 Japanese Schools 3000 2009. At WXC: 2009-17J In 2010: 1 Chiba junior XC			At WXC: 2009-77J ... In 2010: 6 South African Junior Trial XC	
<b>94</b>	<b>SUEYOSHI Akane JPN</b>	<b>18y</b>	<b>161</b>	<b>TSHETLANYANA Sylvia Kedireng RSA</b>	<b>16y</b>
	3000 pb: 9:17.02 -09. 5000 pb: 16:08.05 -08 In 2010: 3 Chiba junior XC; 4 Fukuoka junior XC				
<b>95</b>	<b>SUZUKI Minori JPN</b>	<b>17y</b>	<b>162</b>	<b>ALEKSANDROVA Dina RUS</b>	<b>17y</b>
	3000 pb: 9:19.95 -09 ... In 2010: 3 Fukuoka junior XC			In 2010: 1 Volga junior indoor 3000; 2 Russian junior indoor 3000; 6 Russian Universities indoor 3000	
<b>97</b>	<b>TANABE Chihiro JPN</b>	<b>18y</b>	<b>163</b>	<b>BUKINA Yevdokiya RUS</b>	<b>17y</b>
	3000 pb: 9:27.65 -08 ... In 2010: 2 Chiba junior XC			In 2010: 3 European Junior Clubs Cup XC	
<b>98</b>	<b>DEDOCHENKO Darya KAZ</b>	<b>17y</b>	<b>165</b>	<b>FAZLITDINOVA Gulshat RUS</b>	<b>17y</b>
	ht World Youth 2000SC 2009			2009 European Junior Cross Country silver ... 5000 pb: 16:01.31 -09. At EXC: 2009-2J. 1 Russian youth 3000 2008 In 2010: 4 Russian under-23 indoor 3000	
<b>101</b>	<b>CHEMTAI Esther KEN</b>	<b>16y</b>	<b>166</b>	<b>IVANOVA Viktoriya RUS</b>	<b>18y</b>
	She is not the same Esther Chemtai who clocked 15:10.34 for 5000m in 2009 In 2010: 6 Kenyan junior XC			In 2010: 1 Volga junior indoor 3000SC; 2 European Junior Clubs Cup XC	
<b>104</b>	<b>CHERONO Mercy KEN</b>	<b>18y</b>	<b>167</b>	<b>MIKHAYLOVA Veronika RUS</b>	<b>17y</b>
	2007 World Youth & 2008 World Junior Champion at 3000m ... 3000 pb: 8:53.94 -07. 5000 pb: 15:46.74 -09. 10,000 pb: 34:33.4 -06. 1 World Youth 3000 2007; 1 Commonwealth Youth Games 3000 2008; 1 WJC 3000 2008; 1 African junior 3000 2009 (2 5000). At WXC: 2007-23J, 2009-2J. 3 Brussels Golden League 2000 2009 In 2010: 2 Eldoret junior; 4 Kenyan junior XC			4 Russian youth XC 2008	
<b>106</b>	<b>CHEPNGETICH (Kipyegon) Faith KEN</b>	<b>16y</b>	<b>168</b>	<b>SYSOYEVA Anna RUS</b>	<b>18y</b>
	Full name-Faith Chepngetich Kipyegon ... 3 Kenyan junior XC 2010 (2009-5) In 2010: 3 Kenyan junior XC			1 Russian youth 5000 2008	
<b>109</b>	<b>APROT (Nawuwon) Alice KEN</b>	<b>16y</b>	<b>180</b>	<b>ALOUI Hanen TUN</b>	<b>18y</b>
	Full name-Alice Aprot Nawuwon In 2010: 2 Kapsokwony junior; 5 Kenyan junior XC				
<b>110</b>	<b>NGEIYWO Nelly KEN</b>	<b>18y</b>	<b>181</b>	<b>DEROUICH Amina TUN</b>	<b>18y</b>
	2009 World Youth Champion at 1500m ... 2008 World Junior bronze at 5000m 5000 pb: 15:47.18 -08. 1500 pb: 4:12.76 -09. 3 WJC 5000 2008; 1 World Youth 1500 2009. At WXC: 2009-5J In 2010: 1 Kapsokwony junior XC; 1 Eldoret junior XC; 1 Kenyan junior XC				
<b>111</b>	<b>RIONORIPU Purity KEN</b>	<b>16y</b>	<b>182</b>	<b>HDIDI Kawther TUN</b>	<b>18y</b>
	Full name-Purity Rionoripo Cherotich ... 000SC pb: 10:05.1 -09. 3000 pb: 9:03.7 -09 In 2010: 4 Eldoret junior XC (Jan 16); 1 Eldoret junior XC (Jan 31); 2 Kenyan junior XC				
<b>112</b>	<b>MASAILE Makampong LES</b>	<b>18y</b>	<b>183</b>	<b>ISSAOUI Narjes TUN</b>	<b>18y</b>
	Placed 62nd at two successive World Championships ... At WXC: 2007-62J, 2008-62J			At WXC: 2009-51J ... In 2010: 7 Arab junior XC	
<b>120</b>	<b>DIAZ Karla MEX</b>	<b>19y</b>	<b>184</b>	<b>JAMMELI Safa TUN</b>	<b>18y</b>
	In 2010: 7 NACAC junior XC			ht World Youth 800 2007. At WXC: 2009-60J In 2010: 4 Arab junior XC	
<b>125</b>	<b>McFADZIEN Nikki NZL</b>	<b>18y</b>	<b>186</b>	<b>NASRI Marwa TUN</b>	<b>18y</b>
	At WXC: 2009-36J ... In 2010: 2 Christchurch 3000			At WXC: 2009-86J	
<b>126</b>	<b>TREVIS Danielle NZL</b>	<b>19y</b>	<b>187</b>	<b>CHEBET Linnnet UGA</b>	<b>17y</b>
	1 New Zealand under-17 5000/2000SC ... In 2010: 3 Wellington 3000				
<b>127</b>	<b>DELGADO Eliona PER</b>	<b>18y</b>	<b>188</b>	<b>CHELANGAT Mercy UGA</b>	<b>18y</b>
				At WXC: 2007-31J ... In 2010: 4 Ugandan junior XC	
<b>130</b>	<b>DZIEDZIECH Izabela POL</b>	<b>18y</b>	<b>189</b>	<b>CHEMOS Viola UGA</b>	<b>18y</b>
	800 pb: :07.20 -09. 1 Polish junior 800 2009 In 2010: 6 Polish junior XC			At WXC: 2007-21J ... In 2010: 3 Ugandan junior XC	
<b>131</b>	<b>FURMANSKA Paulina POL</b>	<b>18y</b>	<b>190</b>	<b>CHEPTEGEI Rebecca UGA</b>	<b>19y</b>
	In 2010: 4 Polish junior XC			In 2010: 2 Ugandan junior XC	
<b>132</b>	<b>GIERAT Aleksandra POL</b>	<b>18y</b>	<b>191</b>	<b>NEGESA Annet UGA</b>	<b>18/19y</b>
	In 2010: 1 Polish junior XC			1500 pb: 4:19.3 -09. 1 Ugandan 1500 2009 In 2010: 1 Ugandan junior XC	
<b>136</b>	<b>KOPCIEWSKA Paula POL</b>	<b>17y</b>	<b>192</b>	<b>BOTTORFF Juliet USA</b>	<b>19y</b>
	In 2010: 2 Polish junior XC			3000 pb: 9:36.40i -10. Attends Duke University (Durham, NC) ... born-Newark, Delaware ... coach-Kevin Jermyn In 2010: 1 Blacksburg 3000 (Jan 22); 3 US Junior XC; 5 Blacksburg 3000 (Feb 27)	
<b>139</b>	<b>PLACZEK Lena POL</b>	<b>18y</b>	<b>195</b>	<b>GREANY Shelby USA</b>	<b>18y</b>
	1500 pb: 4:23.80 -09 ... In 2010: 3 Polish junior XC			2010 US Junior Cross Country Champion ... 3000 pb: 9:28.23i -10. Attends Providence College ... born-Suffern, New York ... coach-Ray Treacy In 2010: 8 Boston 3000; 1 US junior XC; 5 "Big East" Conference 3000; 1 Boston 3000	
<b>140</b>	<b>SUCHAR Monika POL</b>	<b>18y</b>	<b>198</b>	<b>JONES Emily USA</b>	<b>19y</b>
	In 2010: 5 Polish junior XC			3000 pb: 9:27.14i -10. 2 US High Schools 3000 2009. Born-Newton, Massachusetts ... coach-Chris Miltenberg In 2010: 8 State College 3000; 4 US Junior XC; 3 New York 3000	
<b>149</b>	<b>SANTOS Debora POR</b>	<b>17y</b>	<b>202</b>	<b>SISSON Emily USA</b>	<b>18y</b>
	In 2010: 1 Portuguese junior XC			5000 pb: 16:34.36 -09. 3 Pan-American junior 5000 2007. 1 US junior 5000 2007; 1 US High School 5000 2009, Born-Germantown, Wisconsin ... coach/father-Mark Sisson In 2010: 1 Lawrence 3000; 2 US Junior XC	
<b>150</b>	<b>COOPER Juan-Marie RSA</b>	<b>17y</b>	<b>203</b>	<b>TREMBLAY Laura USA</b>	<b>19y</b>
	In 2010: 7 South African Junior Trial XC			3000 pb: 9:25.73 -10. She can play the cello ... attends University of Colorado ... born-Loveland, Colorado ... coach-Mark Wetmore In 2010: 6 Seattle 3000; 5 US Junior XC	
<b>151</b>	<b>MAKHAFOLA Thato RSA</b>	<b>15y</b>	<b>204</b>	<b>ZIEMIAN Sophia USA</b>	<b>18y</b>
	In 2010: 4 South African Junior Trial XC			5000 pb: 16:48.43i -10. Attends Duke University (Durham, NC) ... born-Ithaca, New York ... coach-Kevin Jermyn In 2010: 6 US Junior XC; 5 Blacksburg 5000	
<b>157</b>	<b>SAAYMAN Letitia RSA</b>	<b>17y</b>	<b>205</b>	<b>BURNE Olivia NZL</b>	<b>18y</b>
	At WXC: 2009-80J ... In 2010: 1 South African Junior Trial XC			2 New Zealand junior 1500 2009 ... In 2010: 4 Waitakere 3000	

# Junior Men's Race

12:30

121 Entrants

29 Countries

8000m – 4 laps of 2000m  
(incorporating 40m straight from start & 96m straight to finish)  
6 run, 4 score

	Age		
<b>1</b> ANOU Abderrahmane ALG	19y	<b>79</b> MIRABEL Mario ESP	18y
In 2010: 7 Arab junior XC		At EXC: 2009-69J	
<b>2</b> BOUCHACHE Issam ALG	19y	<b>80</b> NAVARRO Gabriel ESP	17y
<b>3</b> CHEOUAF Mohammed El Amin ALG	19y	ht World Youth 3000 2009 ... In 2010: 8 Spanish junior XC	
At WXC: 2009-76J ... In 2010: 8 Arab junior XC		<b>83</b> ABRAHA Gebretsadik ETH	17y
<b>4</b> HARAOUI Mansour ALG	17y	From Tigray Region	
ht World Youth 3000 2009		In 2010: 3 Ethiopian Trial junior XC; 7 Arab junior XC	
<b>5</b> SALHI Mohamed ALG	18y	<b>85</b> ASSEFA Belete ETH	19y
In 2010: 9 Arab junior XC		In 2010: 5 Ethiopian Junior Trial XC	
<b>6</b> TRAIKIA Anes ALG	19y	<b>86</b> BAYABEL Yekeber ETH	18y
At WXC: 2009-102J ... In 2010: 10 Arab junior XC		From Amhara Region ... In 2010: 2 Ethiopian Trial junior XC	
<b>10</b> BATT Kevin AUS	19y	<b>88</b> BIFTU Gashaw ETH	19y
5000 pb: 14:04.77 -10. Coach-Ian Hatfield (same as his housemate Ryan Gregson)		At WXC: 2009-7J ... In 2010: 6 Ethiopian Junior Trial XC	
In 2010: 1 Australian Junior Trial XC; 7 Hobart 5000		<b>90</b> GEREMEW Mosinet ETH	18y
<b>12</b> HEYWOOD Ethan AUS	17y	In 2010: 4 Ethiopian Junior Trial XC	
In 2010: 3 Australian Junior Trial XC		<b>95</b> WOLDBENBET Debebe ETH	18y
<b>15</b> RICKETTS David AUS	19y	At WXC: 2009-8J ... In 2010: 7 Ethiopian Junior Trial XC	
At WXC: 2009-69J ... In 2010: 2 Australian Junior Trial XC		<b>97</b> CANTERO Bryan FRA	18y
<b>16</b> TEDESCO Joshua AUS	18y	1500 pb: 3:44.89 -09. 7 EJC 1500 2009. At EXC: 2009-8J	
In 2010: 4 Australian Junior Trial XC		In 2010: 1 French junior XC	
<b>25</b> KUPREVICH Vitaliy BLR	19y	<b>98</b> COLLENOT-SPRIET Romain FRA	18y
<b>35</b> CHELIMO Isaac BRN	17y	In 2010: 3 French junior XC	
TRANSFEREE – Kenyan origin. Full name-Isaac Kemboi Chelimo ... 6 World Youth 2000SC 2009. At WXC: 2009-41J		<b>100</b> GOSSE David FRA	18y
In 2010: 2 Arab junior XC		In 2010: 7 French junior XC	
<b>37</b> KIMURER Edwin BRN	18y	<b>101</b> GRAS Michael FRA	18y
TRANSFEREE – Kenyan origin. Full name: Edwin Chebii Kimurer ... 2 Asian junior XC 2009. At WXC: 2009-28J		At EXC: 2009-29J ... In 2010: 4 French junior XC	
<b>41</b> AHMED Mohammed CAN	19y	<b>106</b> PEPIOT Tanguy FRA	18y
2009 Pan-American Junior Champion at 5000m ... 5000 pb: 14:05.59i -10. 9 WJC 10,000 2008; 1 Pan-American junior 5000 2009. At WXC: 2008-51J, 2009-57J. 1 Canadian junior 5000 2008/2009. Born-Somalia, attends University of Wisconsin		Twin brother Valentin is also an international runner, he was fifth with Tanguy sixth in the steeplechase at the 2009 European Junior Championships 3000SC pb: 8:58.69 -09. 6 EJC 3000SC 2009. At EXC: 2009-16J	
In 2010: 4 Madison 3000; 10 Seattle 5000 'B'; 2 NACAC junior XC		In 2010: 2 French junior XC	
<b>43</b> BAITON Wyatt CAN	19y	<b>107</b> ZOUHRY Anass FRA	18y
In 2010: 7 NACAC junior XC		1500 pb: 3:48.10 -09. 12 EJC 1500 2009. 1 French youth 3000 2008	
<b>44</b> BRUCHET Lucas CAN	19y	In 2010: 6 French junior XC	
In 2010: 8 NACAC junior XC		<b>109</b> FARRELL Tom GBR	19y
<b>45</b> HAIGHT Dylan CAN	18y	British junior record holder indoors at 3000m & 5000m ... 3000 pb: 7:58.68i -10. 5000 pb: 14:12.62i -10. At WXC: 2009-58J (first Briton). At Oklahoma State University ... mother-Jennifer Little was eighth in the 1986 Commonwealth Games High Jump with a best of 1.86, father-David was a 4:05.8 miler in 1991 ... coach-Andy Farrell	
2 Canadian junior XC 2009 ... In 2010: 9 NACAC junior XC		In 2010: 2 Wichita Mile; 2 Fayetteville 3000; 1 Seattle 3000 (set British junior indoor best 7:58.68); 3 "Big 12" Indoor 5000	
<b>46</b> SMITH Daryl CAN	18/19y	<b>110</b> GOODMAN Richard GBR	16y
4 Canadian junior XC 2009		1500 pb: 3:54.71 -09. At EXC: 2009-5J. 1 English "National" under-20 XC 2010. Coach-Geoff Williams	
<b>47</b> WOLTER Mattias CAN	19y	In 2010: 1 Cardiff under-20 XC; 2 Elgoibar junior XC; 1 South of England under-20 XC; 1 English "National" under-20 XC; 1 UK Trial junior XC	
3000SC pb: 9:05.28 -09. 1 Pan-American junior 3000SC 2009. At WXC: 2009-99J. Father-German, mother-Canadian		<b>111</b> HAWKINS Callum GBR	17y
In 2010: 6 NACAC junior XC		Junior team gold at 2009 European Cross Country Championships ... 5000 pb: 14:37.78 -09. 1 European Youth Olympic Festival 3000 2009. At EXC: 2009-19J. Coach/father-Richard Hawkins	
<b>51</b> ABDALLAH Ahmed Abdelbasset EGY	15y	In 2010: 11 "Great Edinburgh" short course XC; 1 Antrim junior XC; 1 Renfrewshire 5M; 1 Scottish under-20 XC; 5 "Rás na hÉireann" XC; 3 UK Trial junior XC	
<b>52</b> ABDELWAHED Ahmed Abdelrazek EGY	15y	<b>112</b> HAY Jonathan GBR	18y
<b>53</b> ARABY Ali Ahmed EGY	16y	2009 English under-17 "National" Champion ... junior team gold at 2009 European Cross Country Championships	
<b>54</b> ATTIATALLA Salem Mohamed EGY	16y	3000 pb: 8:17.17 -09. At WXC: 2009-90J. At EXC: 2009-23J. 1 English Schools intermediate 3000 & XC 2008; 1 UK Schools Games 3000 2008; 1 English "National" under-17 XC 2009. Coach-Mick Woods	
ht World Youth 2000SC 2009		In 2010: 3 Cardiff under-20 XC; 1 Elgoibar junior XC; 2 Southern of England junior XC; 5 English "National" under-20 XC; 4 UK Trial junior XC	
<b>55</b> MOHAMED Hassan Hosny EGY	15y	<b>113</b> NORRIS Ben GBR	18y
<b>56</b> MOHAMED AHME Hamada Mohamed EGY	17y	5000 pb: 14:59.3 -09. 1 Nottinghamshire under-20 XC 2009. Coach-Andy McNeill	
<b>58</b> ANDOM Mulue ERI	18y	In 2010: 3 Nottinghamshire under-20 XC; 2 Midland under-20 XC; 2 Hannut junior XC; 3 English "National" under-20 XC; 2 UK Trial junior XC	
At WXC: 2009-18J		<b>115</b> SPARKE Ronnie GBR	18y
<b>59</b> DAWUD Nassir ERI	18/19y	1500 pb: 3:54.45 -08. At WXC: 2009-83J. 1 South of England under-20 XC 2008/2009. Coach-Richard Thurston	
At WXC: 2009-19J		In 2010: 4 South of England under-20 XC; 25 British Universities XC; 1 Hannut junior XC; 4 English under-20 XC; 5 UK Trial junior XC	
<b>61</b> GEBREYOHANNES Samson ERI	18y	<b>119</b> GOMEZ Aitor GIB	17y
<b>62</b> KIFLE Goitom ERI	16y	<b>120</b> TRAVERS John IRL	19y
5000 pb: 13:49.23 -09. 3 World Youth 3000 2009. At WXC: 2009-14J. He is the younger brother of Eritrean marathon record holder Yonas Kifle		2 Irish Schools 5000 2009 ... In 2010: 15 Irish indoor 3000	
<b>67</b> TEWELDEBRHAN Teklit ERI	16y	<b>125</b> GETAHUN Yimer ISR	17y
<b>70</b> CARRO Fernando ESP	17y	Holds Israeli youth records at 800m & 1500m ... 800 pb: 1:53.49 -09; 1500 pb: 3:53.39 -09. ht World Youth 1500 2009	
ht World Youth 3000 2009 ... In 2010: 7 Spanish junior XC		<b>127</b> TAFERI Maro ISR	18y
<b>72</b> FERNÁNDEZ Aitor ESP	18y		
5000 pb: 14:20.14 -09. 3 EJC 5000 2009. At WXC: 2009-78J. At EXC: 2009 -36J			
In 2010: 1 Valladolid junior XC; 3 Spanish junior XC			

128	<b>TEKELE Indelau ISR</b> 5000 pb: 14:34.85 -08. 10,000 pb: 30:04.21 -10. 14 EJC 5000 2009	19y	190	<b>MOEN Sondre Nordstad NOR</b> 2008 European Junior Cross Country silver ... 5000 pb: 14:02.95 -08. 10,000 pb: 29:17.99 -09. 5 EJC 5000 2009. At WXC: 2008-28J, 2009-74J. At EXC: 2007-6J, 2008-2J, 2009-4J. 1 Nordic junior XC 2008/2009. Former cross country skier, he was Norwegian Youth Champion in 2006 In 2010: 8 Portuguese XC	19y
131	<b>FONTANA Michele ITA</b> 5000 pb: 14:48.1 -09. At EXC: 2009-40J In 2010: 2 Italian junior XC	18y	195	<b>PULFORD Aaron NZL</b> In 2010: 1 New Zealand junior 10,000	18y
132	<b>GERRATANA Giuseppe ITA</b> 12 World Youth 2000SC 2009 ... In 2010: 4 Italian junior XC	17y	200	<b>HAMMER Krzysztof POL</b> In 2010: 5 Polish junior XC	19y
133	<b>MARZETTA Francois ITA</b> 3000SC pb: 9:25.10 -09. At EXC: 2009-24J In 2010: 5 Italian junior XC	18y	201	<b>KARON Bartosz POL</b> In 2010: 6 Polish junior XC	18y
134	<b>RUATTI Paolo ITA</b> In 2010: 6 Italian junior XC	18y	202	<b>KAWIK Tomasz POL</b> In 2010: 4 Polish junior XC	19y
136	<b>UCCELLARI Davide ITA</b> In 2010: 3 Italian junior XC	18y	203	<b>KOWALSKI Marek POL</b> 2 Polish junior 5000 2009. 1 Polish junior XC 2010 In 2010: 1 Polish junior XC	18/19y
140	<b>HONDA Takumi JPN</b> In 2010: 5 Chiba junior XC	17y	204	<b>MAIK Mateusz POL</b> In 2010: 3 Polish junior XC	17y
141	<b>ICHIDA Takashi JPN</b>	16y	206	<b>SKORUPA Marek POL</b> In 2010: 2 Polish junior XC	19y
142	<b>MOROZUMI Shun JPN</b> In 2010: 4 Chiba junior XC	19y	209	<b>COSTA José POR</b> 5000 pb: 14:39.12 -09. 11 EJC 5000 2009. At WXC: 2009-77J. At EXC: 2009-55J In 2010: 2 Portuguese junior XC	18y
143	<b>MURASAWA Akinobu JPN</b> 5000 pb: 13:50.85 -09. 10,000 pb: 28:44.23 -09. 13 World Youth 3000 2007; 12 WJC 5000 2008. At WXC: 2008-37J, 2009-27J In 2010: 2 Fukuoka XC	17y	215	<b>PINTO Rui POR</b> 1500 pb: 3:49.14 -09. 9 World Youth 1500 2009; 1 European Youth 1500 2009. At EXC: 2009-6J In 2010: 6 Portuguese indoor 1500; 1 Portuguese junior XC	17y
144	<b>NISHIIKE Kazuto JPN</b> 10,000 pb: 28:39.04 -09. 5000 pb: 14:02.39 -09. 8 World Youth 3000 2009. At WXC: 2009-44J In 2010: 1 Chiba junior XC; 2 Fukuoka junior XC	18y	227	<b>BOTHOBUTLE Lucas RSA</b> In 2010: 2 South African Junior Trial XC	18/19y
147	<b>OSAKO Suguru JPN</b> 5000 pb: 13:58.66 -08. 10,000 pb: 28:57.00 -09 In 2010: 2 Chiba junior XC	18y	228	<b>DIKO Sityhilo RSA</b> 5000 pb: 14:30.26 -07. 14 World Youth 3000 2007. At WXC: 2008-80J, 2009-65J In 2010: 3 South African Junior Trial XC	18y
151	<b>KIBET (Chepkurui) Charles KEN</b> Full name-Charles Kibet Chepkurui (also known as Charles Chebet) ... 5000 pb: 14:04.73 -07. 10,000 pb: 29:09.5 -08. At WXC: 2008-15J, 2009-13J. 1 Kenyan junior XC 2010 In 2010: 4 Eldoret junior XC; 1 Kenyan junior XC	17y	229	<b>FADANE Mfumaneko RSA</b> At WXC: 2009-47J	17y
153	<b>KIPKETER Gideon KEN</b> Full name-Gideon Kipketer Kipkemoi In 2010: 2 Hulshout XC; 1 Breda XC; 5 Kenyan junior XC	16y	231	<b>MMONE Joel RSA</b> At WXC: 2009-53J	18y
154	<b>KOECH Isaiah KEN</b> Full name-Isaiah Kiplangat Koech 2009 World Youth Champion at 3000m 3000 pb: 7:51.51 -09. 1 World Youth 3000 2009. 1 Kenyan junior 3000 2009 In 2010: 6 Kenyan junior XC	16y	235	<b>TSHOBA Vuyisile RSA</b> ht World Youth 1500 2007. At WXC: 2009-98J In 2010: 1 South African Junior Trial XC	19y
156	<b>KORIR Japheth KEN</b> Full name-Japheth Kipyegon Korir ... 5000 pb: 13:57.2 -08. 3 Commonwealth Youth Games 5000 2008. At WXC: 2009-5J In 2010: 1 Eldoret junior XC; 4 Kenyan junior XC	18y	238	<b>WILDERS Pieter RSA</b> In 2010: 7 South African Junior Trial XC	15y
157	<b>LANGAT Clement KEN</b> Full name-Clement Kiprono Langat In 2010: 5 Eldoret junior XC; 7 Kenyan junior XC	17y	246	<b>ABDELMUNAIM Adam SUD</b> At WXC: 2009-79J	16/17y
160	<b>NDIKU Caleb KEN</b> Full name-Caleb Mwangangi Ndiiku ... 1500 pb: 3:38.2 -09. 2 World Youth 1500 2009 In 2010: 3 Kenyan junior XC	18y	247	<b>DAIF ALLA Yousif Musa SUD</b>	15/16y
163	<b>AL-MUTAIRI Abdullah KUW</b>	17y	248	<b>HAROON Adam SUD</b> At WXC: 2009-35J	17/18y
166	<b>AL-QABANDI Abdullah KUW</b>	18y	249	<b>MOHAMMED Elsmani Ali SUD</b>	18y
168	<b>RABEAA Abdullah KUW</b> At WXC: 2009-117J	18y	258	<b>ABBASSI Khemais TUN</b>	17y
174	<b>DACHA Abdellah MAR</b> 3 World Youth 2000SC 2007 (2009-4). At WXC: 2008-58J In 2010: 1 Arab junior XC	17y	259	<b>ANNACHI Hammadi TUN</b>	18y
177	<b>EL GOUMRI Othmane MAR</b>	18y	260	<b>BEN SALAH Ahmed TUN</b>	18y
178	<b>EL HISSOUF Abdelmajid MAR</b> In 2010: 4 Arab junior XC	18y	261	<b>CHAABANI Housseem TUN</b> 15 World Youth 3000 2009 ... In 2010: 7 Arab junior XC	18y
179	<b>LAAROUSSI Othmane MAR</b> 8 World Youth 1500 2009	17y	264	<b>OUERFELLI Khalil TUN</b>	18y
180	<b>LABALI Abdelhadi MAR</b> In 2010: 5 Arab junior XC	18y	266	<b>TELI Salah TUN</b>	19y
183	<b>SIGUENI Hicham MAR</b> 4 World Youth 3000 2009. At WXC: 2009-49J In 2010: 6 Arab junior XC	18y	267	<b>AYEKO Thomas UGA</b>	18y
186	<b>BAUTISTA Diego MEX</b> In 2010: 10 NACAC junior XC	17y	268	<b>CHEROP Alex UGA</b> 800 pb: 1:47.7 -09. 1500 pb: 3:41.7 -09. 9 World Youth 3000 2007; 2 Commonwealth Youth Games 1500 2008. 1 Ugandan 800/1500 2009	19y
		17y	271	<b>KIBET Moses UGA</b> 5000 pb: 13:24.94 -09. ht WJC 1500 2008. 1 Commonwealth Youth Games 5000 2008; ht WCH 5000 2009. At WXC: 2009-3J In 2010: 4 Seville XC; 4 Elgôibar XC; 1 Ugandan junior XC	19y
		18y	272	<b>KIBET Soyekwo UGA</b> 11 World Youth 3000 2009	17y
		16y	277	<b>TOROTICH Timothy UGA</b> At WXC: 2009-25J ... In 2010: 3 Ugandan junior XC	18y
		17y	280	<b>COLLEY Andrew USA</b> 3000 pb: 8:19.44i -10. Attends North Carolina State University ... born-Williamsburg, Virginia ... coach-Rollie Geiger In 2010: 3 US junior XC	18y
		19y			

- 282 DUNBAR Trevor USA 18y**  
2010 US Junior Cross Country Champion (while suffering from a sore throat) ... one of the all-time best runners to emerge from Alaska  
Mile pb: 4:06.65 -09. 5000 pb: 14:33.96-09. 1 US High Schools 3000 2009; 76 NCAA XC 2009; 1 US junior XC 2010. Born-Anchorage ("there are some very cold runs where I always question my desire to put my body through that suffering") ... attends University of Portland ... coach-Rob Conner  
In 2010: 4 Seattle 3000 (Jan 16); 1 US junior XC; 1 Seattle 3000 (Mar 6)
- 283 KIMPEL Andrew USA 18y**  
Attends Washington State University ... born-Omaha, Nebraska ... coach--Pete Julian competed at the World Cross Country Championships in 1997 & 1998  
In 2010: 4 US junior XC
- 284 LYNCH Michael USA 18y**  
Attends Oklahoma State University ... born-Columbia, Maryland ... coach-Dave Smith  
In 2010: 5 US junior XC
- 286 MOUSSA Ammar USA 16y**  
Mile pb: 4:14.13i -10. Father-Egyptian, mother-Moroccan ... born-Encino, California ... coach-Jim O'Brien  
In 2010: 6 US junior XC
- 287 SCHAFFER Walter USA 18y**  
Ritual: "I wear the same shirt every race day" ... Polish heritage ... born-Denver, Colorado ... coach-Steve Lohman  
In 2010: 2 US junior XC; 4 NACAC junior XC

# Women's Race

13:15

86 Entrants

27 Countries

8000m – 4 laps of 2000m  
(incorporating 40m straight from start & 96m straight to finish)  
6 run, 4 score

Age

- |  |                               |     |
|--|-------------------------------|-----|
| 7  | <b>CARVOLTH Tamara AUS</b>    | 19y |
| 5000 pb: 16:36.35 -08. At WXC: 2008-34J, 2009-66J. Coach-Brian Chapman<br>In 2010: 5 Australian Trial XC; 9 Melbourne 5000   |                               |     |
| 9  | <b>TAMSETT Lara AUS</b>       | 21y |
| Former World Junior Mountain Running Champion ... 10,000 pb: 32:20.39<br>-09. 5000 pb: 15:28.70 -10. 1500 pb: 4:22.87 -06. 3000 pb: 9:25.13 -06. 1<br>World Mountain Running Trophy junior 2007. 11 WJC 3000 2006; At WXC:<br>2006-42J, 2008-37J, 2009-26. 1 Melbourne "Zatopek" 10,000 2008<br>(Australian Championships) ... coach-Sean Williams<br>In 2010: 3 Australian Trial XC; 1 Sydney 3000; 3 Hobart 5000; 2 Melbourne<br>5000  |                               |     |
| 11   | <b>THOMPSON Anna AUS</b>      | 33y |
| Team bronze at 2008 World Cross Country Championships ... Mar pb:<br>2:33:20 -05. 10,000 pb: 32:27.74 -06. 5000 pb: 15:42.31 -04. 9 COM 5000<br>2002; 5 COM 10,000 2006. 1 Australian 3000 2003; 1 Gold Coast 2004; 4<br>Rotterdam 2005; 18 World Road 20K 2006; dnf Berlin 2007. 1 Australian XC<br>2002/2004. At WXC: 2002-15 short, 2003-26 short, 2004-26 long & 33 short,<br>2005-16 long & 19 short, 2006-27 long & 25 short, 2007-18, 2008-27.<br>Graduated as a Occupational Therapist ... born/lives-Melbourne ... coach-<br>Chris Wardlaw<br>In 2010: 4 Australian Trial XC; 2 Scottsdale 5M; 28 Chiba XC  |                               |     |
| 12   | <b>WELLINGS Eloise AUS</b>    | 27y |
| (Née Poppett) ... 2003 World Student Games Champion at 5000m ... 10,000<br>pb: 32:19.08 -09. 5000 pb: 14:54.11 -06. 3000 pb: 8:41.78 -06. 1500 pb:<br>4:13.63 -06. 11 WJC 3000 98; 4 World Youth 3000 99; 1 WSG 5000 2003; 4<br>COM 5000 2006; 4 WCP 3000 2006. At WXC: 2003-70 short, 2005-67 long,<br>2006-22 long & 39 short ... born-New York ... clocked 15:18.60 at age 16<br>when she weighed only 40kg, she was later diagnosed with osteoporosis,<br>suffered stress fractures and did not compete again until 2003 ... born-New<br>York, lives-Sydney ... coach-Nic Bideau<br>In 2010: 6 Australian Trial XC; 2 Newcastle 1500; 1 Hobart 5000; 2 Sydney;<br>4 Melbourne 5000   |                               |     |
| Won Australian Championships "Zatopek" 10,000 in December 2009   |                               |     |
| 13   | <b>WILLIS Benita AUS</b>      | 30y |
| (Formerly Johnson) ... Former World Cross Country Champion ... Oceanian<br>record holder at 5000m, 10,000m & Marathon<br>Mar pb: 2:22:36 -06. Half Mar pb: 67:55 -04. 10,000 pb: 30:37.68 -03. 5000<br>pb: 14:47.60 -02 (15:48.64 -10). 3000 pb: 8:38.06 -03. 1500 pb: 4:07.05 -00.<br>7 WJC 1500 98; 5 WSG 1500 99; ht OLY 5000 2000; 6 WIC 3000 2001<br>(2003-7); 12 WCH 5000 2001; 6 COM 5000 2002; 4 WCP 5000 2002; 8<br>WCH 10,000 2003 (2005-19, 2007-17); 3 World Half Mar 2003; 24 OLY<br>10,000 2004; 1 Great North Run 2004 (2006-2). At WXC: 2001-6 short, 2002<br>-4 short, 2003-5 short, 2004-1 long, 2005-7 long, 2006-4 long & 4 short, 2008<br>-11. Was an under-20 hockey international (position: striker, she scored five<br>goals for her country in seven matches) ... born-Mackay (same as Cathy<br>Freeman), lives-Melbourne ... coach-Nic Bideau<br>Marathons (6): 14 New York 2004, 6 London 2005, 3 Chicago 2006, 7<br>London 2007, 5 Chicago 2007, 21 OLY 2008<br>In 2010: 1 Australian Trial XC; 1 Melbourne 1500 (Jan 28) |                               |     |
| 15   | <b>SAFAROVA Gezashign AZE</b> | 20y |
| TRANSFEREE – Formerly Gemega Gezashign Hunduma ETH ... 3000 pb:<br>9:17.59 -09. 1500 pb: 4:15.72 -09. 4 EJC 3000 2009 (8 1500)<br>In 2010: 14 Ras Al Khaimah Half Mar  |                               |     |
| 21   | <b>DINTWE Oneile BOT</b>      | 24y |
| ht World Youth 1500 2001. At WXC: 2007-80  |                               |     |
| 23   | <b>BELETE Mimi BRN</b>        | 21y |
| TRANSFEREE – Ethiopian origin, now resident in Belgium with her younger<br>sister who is also a world-class distance runner<br>1500: 4:04.36 -09. 5000 pb: 15:44.20 -08. 3000 pb: 8:54.40 -08. 2 Asian XC<br>2009; sf WCH 1500 2009; 2 Asian Indoor Games 1500 2009 (4 800); 6 Asian<br>Champs 1500 2009. At WXC: 2009-28. Her younger sister Almensch Belete<br>clocked 4:10.86 in 2008<br>In 2010: 1 Diekirch XC; 3 Arab XC  |                               |     |
| 25   | <b>DULA Lishan BRN</b>        | 23y |
| TRANSFEREE – Ethiopian origin ... 3 Ethiopian Regional 800 2004  |                               |     |
| 26   | <b>ESHETE Shitaye BRN</b>     | 19y |
| TRANSFEREE – Ethiopian origin<br>2010 Arab Cross Country Champion ... 5000 pb: 16:24.91 -09. 1 Asian junior<br>XC 2009; 2 Arab 5000 2009; 6 Asian Champs 5000 2009. At WXC: 2009-24J<br>In 2010: 4 Suluta "junior" XC; 1 Arab XC   |                               |     |
| 29   | <b>TESFAYE Aster BRN</b>      | 19y |
| TRANSFEREE – Ethiopian origin  |                               |     |
| 30   | <b>DANEKOVA Silviya BUL</b>   | 27y |
| 8 Balkan XC 2009   |                               |     |
| 37   | <b>DING Changqin CHN</b>      | 18y |
| 5000 pb: 16:15.16 -09. 10,000 pb: 34:54.95 -09. 1 Chinese junior 4K/6K XC<br>2009/2010<br>In 2010: 1 Chinese junior 4K/6K XC   |                               |     |
| 38   | <b>HAO Xiaofan CHN</b>        | 20y |
| 5000 pb: 15:29.68 -09. Half Mar pb: 71:24 -09. 1500 pb: 4:11.10 -04. 1 Asian<br>junior 5000 2008. Born-Wuxi<br>In 2010: 4 Beijing 1500; 2 Chinese 4K XC (3 8K)   |                               |     |
| 39   | <b>LU Minhong CHN</b>         | 23y |
| 3000SC pb: 10:09.77 -08. 5000 pb: 15:52.40 -09<br>In 2010: 12 Chinese 4K XC (14 8K)  |                               |     |
| 40   | <b>AGUILAR Alessandra ESP</b> | 31y |
| Half Mar pb: 71:33 -08. 10,000 pb: 32:42.49 -02. 5000 pb: 15:42.66 -07. 9<br>under-23 ECH 5000 99. At WXC: 96-38J, 97-34J, 2000-60 long, 2001-48<br>long, 2002-35 long, 2003-29 long, 2004/2005-47 long, 2006-63 long, 2008<br>-35, 2009-24. At EXC: 99-33, 2000-27, 2001-35, 2002-28, 2003-21, 2004-31,<br>2007-17, 2008-31, 2009-17. Coach-Antonio Serrano<br>Marathons (4): 3 Rotterdam 2008, 54 OLY 2008, 1 Hamburg 2009, 25 WCH<br>2009<br>In 2010: 16 Seville XC; 9 Elgoibar XC; 16 European Clubs Cup XC; 5<br>Spanish XC   |                               |     |
| These are her 12th World Cross Country Championships   |                               |     |
| 41   | <b>BARRACHINA Gema ESP</b>    | 23y |
| 5000 pb: 16:46.41 -08. 10,000 pb: 31:54.64 -10. 10 under-23 ECH 5000<br>2007. At EXC: 2007-35u23, 2008-25u23, 2009-38. 1 Spanish under-23 5000<br>2008. At WXC: 2005-103J. Coach-José Ríos<br>In 2010: 18 Seville XC; 4 San Sebastián XC; 5 Montehermoso XC; 3 Spanish<br>XC; 2 Manresa 10,000   |                               |     |
| 45   | <b>MARTÍN Jacqueline ESP</b>  | 35y |
| Spanish Cross Country Champion at long course in 2004 & short course in<br>2005<br>1500 pb: 4:13.22 -96. 3000 pb: 8:59.22 -00. 5000 pb: 15:27.82 -00. ht EIC<br>3000 2005. At WXC: 92-78J, 93-69J, 95-115, 98-42 short, 99-41 short, 2001<br>-60 short, 2002-36 short, 2004-58 short, 2005-dnf long, 2008-40, 2009-42. At<br>EXC: 97-21, 99-28, 2000-12, 2001-28, 2003-35, 2004-dnf ... coach-Vicente<br>Egido<br>In 2010: 8 Amorebieta XC; 6 Maliaño XC; 4 Valladolid XC; 23 European<br>Clubs Cup XC; 6 Spanish XC   |                               |     |
| These are her 12th World Cross Country Championships   |                               |     |
| 46   | <b>MORATÓ Rosa María ESP</b>  | 30y |
| 2009 European Cross Country silver medallist ... 6x Spanish Champion at<br>Steeplechase<br>3000SC pb: 9:26.23 -07. 10,000 pb: 31:54.16 -10. 2 ECP 3000SC 2006<br>(2004-3); ht ECH 3000SC 2006; 8 WCH 3000SC 2007 (2005-ht); ht OLY<br>3000SC 2008. 1 Spanish 3000SC 2003-2008. At WXC: 97-61J, 98-85J, 2001<br>-54 short, 2004-dnf short, 2005-45 long, 2006-36 long, 2007-20, 2008-dnf. At<br>EXC: 98-10J, 2002-54, 2003-38, 2004-26, 2005-9, 2006-12, 2008-5, 2009-2.<br>Coach-Octavio García<br>In 2010: 4 Amorebieta XC; 14 Seville XC; 3 San Sebastián XC; 1<br>Montehermoso XC; 1 Manresa 10,000 (pb 31:54.16)   |                               |     |
| 48   | <b>PLÁ Judith ESP</b>         | 31y |
| 5000 pb: 15:20.87 -08. 1500 pb: 4:17.78 -08. 4 EJC 5000 97; 11 under-23<br>ECH 5000 99; 5 WSG 5000 2003; ht WCH 5000 2009. At WXC: 96-29J, 97<br>-15J, 2001-43 short, 2004/2005-54 long, 2006-45 long, 2007-43, 2008-61,<br>2009-20. At EXC: 97-19J, 2006-23, 2007-20, 2008-55. 1 Spanish 5000 2009.<br>Coach-Manuel Pla<br>In 2010: 18 European Clubs Cup XC; 8 Spanish XC  |                               |     |
| 50   | <b>AFEWORK Abebech ETH</b>    | 19y |
| Half Mar pb: 71:15 -09. 8 Great Ethiopian Run 10K 2009<br>In 2010: 5 Ethiopian Trial XC  |                               |     |

- 52** **DESKA Mamitu ETH** **26y**  
2010 Dubai Marathon winner ... when she was 12th in Amman 2009 we called her Deska Mamitu  
Mar pb: 2:24:19 -10. Half Mar pb: 68:07 -09. 10,000 pb: 31:36.88 -09. At WXC: 2009-12. She helped to pace the One Hour run world record by her compatriot Dire Tune in Ostrava 2008  
Marathons (2): 3 Berlin 2009; 1 Dubai 2010  
In 2010: 1 Dubai Marathon; 2 Ethiopian Trial XC (where she stayed with Melkamu until last 400m)
- 54** **DIBABA Tirunesh ETH** **24y**  
2008 Olympic Champion at 5000m & 10,000m ... twice World Champion at both 5000m & 10,000m ... world record holder at 5000m & 15Km  
3000 pb: 8:29.55 -06. 5000 pb: 14:11.15 -08. 10,000 pb: 29:54.66 -08. 2 WJC 5000 2002; 1 WCH 5000 2003; 3 OLY 5000 2004; 1 WCH 5000/10,000 2005; 2 African Champs 5000 2006; 1 WCP 3000 2006; 1 WCH 10,000 2007 (60.16 last lap but almost dropped out earlier in the race with injury); 1 African Champs 10,000 2008; 1 OLY 5000/10,000 2008. At WXC: 2001-5J, 2002-2J, 2003-1J, 7 short, 2004-2 short, 2005-1 long/1 short, 2006-1 long, dnf short, 2007-2, 2008-1. Cousin of Derartu Tulu ... one of seven children, she has five sisters including 2004 Olympic 10,000m silver medallist Ejegayehu and twice World Junior Cross Country Champion Genzebe ... husband-Sileshi Sihine (2 OLY 10,000 2004/2008)  
  
Just four races in 2009 due to unspecified injuries, but she finished with an epic world 15Km record of 46:28 in Nijmegen on November 15, 2009, her final 5Km taking just 15:05  
  
In 2010: 1 "Great Edinburgh" XC; 1 Boston 5000; 1 Birmingham 2M  
  
She's already won 19 medals at the World Cross Country Championships (12 team & 7 individual), only Kenenisa Bekele (27) and Worknesh Kidane (20) have more  
  
We're still not sure of her exact birthdate: June 1 or October 1, 1985 (I have gone with the October date for this compilation)
- 56** **KIDANE Worknesh ETH** **29y**  
Winner of 20 medals at World Cross Country Championships (including the individual gold in 2003), the most ever by a woman ... her husband has "only" 15  
Half Mar pb: 68:09 -05. 3000 pb: 8:36.39 -05. 5000 pb: 14:33.04 -03. 10,000 pb: 30:07.15 -03. 4 African Junior 10,000 97; 6 WJC 5000 98; ht WCH 5000 99/2001; 4 African Games 5000 99; 7 OLY 5000 2000; 9 WIC 3000 2001; 2 WCH 10,000 2003 (2005-6); 2 African Games 10,000 2003; 4 OLY 10,000 2004. At WXC: 97-13J, 98-3J, 99-1J, 2000-9J, 2001-5 short, 2002-2 short, 2003-1 long & 2 short, 2004-3 long & 4 short, 2005-3 long & 2 short. 1 Ethiopian 4K XC 2001/2002. 1 Great Ethiopian Run 10K 2002; 2 Great North Run 2005  
  
Married international runner Gebre-egziabher Gebremariam in Addis Ababa on February 4, 2006, their son Natnael born May 2, 2006 and a second son Mussie born August 2, 2007  
  
In 2010: 3 Ethiopian Trial XC
- 58** **MELKAMU Meselech ETH** **24y**  
(Meselech pronounced "Messel-etch") ... world silver and second-fastest of all-time at 10,000m ... fourth, fifth & sixth in world 5000m finals  
3000 pb: 8:34.73 -05. 5000 pb: 14:33.83 -07. 10,000 pb: 29:53.80 -09. 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. At WXC: 2003-4J, 2004-1J, 2005-4 long & 6 short, 2006-3 short & long, 2007-3, 2008-9, 2009-3. 1 Great Ireland Run 2006. Father-Melkamu Haile Yesus was a marathon runner  
In 2010: 1 Ethiopian Trial XC  
  
She's won 14 medals at World Cross Country Championships including four individual bronzes as a senior
- 61** **TADESE Feysa ETH** **21y**  
10 Venice Marathon 2009 (2:36:57) ... In 2010: 4 Ethiopian Trial XC
- 63** **BARDELLE Christine FRA** **35y**  
Twentieth at 2006 World Cross Country Championships ... 1500 pb: 4:13.79 -03. 5000 pb: 15:38.85 -07. 10,000 pb: 32:42.82 -09. 3000SC pb: 9:56.92 -08. 6 ECP 5000 2007; 31 World Half Mar 2008; 7 ECP 10,000 2009. 1 French 5000 2006. At WXC: 2003-65 short, 2004-63 short, 2005-60 short, 2006-20 long, 2007-22, 2008-55. At EXC: 2004-59, 2006-36, 2007-27, 2008-20, 2009-37 ... born-Provins ... coach-G rard Pezerat  
In 2010: 2 Nice 10K; 10 Le Mans XC; 2 French XC
- 68** **YVELAIN Fatima FRA** **40y**  
(Pronounced Hever-lan) ... 4x French Champion at 5000m ... Mar pb: 2:35:03 -03. 10,000 pb: 31:43.29 -00. 5000 pb: 14:58.18 -99. 3000 pb: 8:43.53 -00. 8 EIC 3000 2000; 4 ECP 1500 2000; ht OLY 5000 2000; 3 ECP 3000 2001; 14 WCH 5000 2001 (99-ht); 3 ECP 5000 2002; 18 ECH 10,000 2002. At WXC: 98-62 long, 99-9 short, 2000-5 short, 2001-43 long, 2002-44 long, 2004-50 long, 2005-41 long. At EXC: 97-13, 98-10, 99-8, 2001-16, 2009-30. 1 French 5000 99/2000/2001/2002 (1 10,000 2002)  
One of 13 children ... born-Khemisset (MAR) ... coach-Joseph Mahmoud  
Marathons - 34 WCH 2003, 8 Paris 2003 (2006-8), 28 ECH 2006; 5 La Rochelle 2008  
In 2010: 1 Nice 10K; 5 Le Mans XC; 2 Bloemfontein 10K; 2 Cannes 10K; 1 French XC
- 70** **FULLERTON Faye GBR** **25y**  
2006 AAA under-23 Champion at 1500m ... multiple winner of London "mini" marathon  
3000 pb: 9:07.52 -06. 1500 pb: 4:10.45 -08. ht World Youth 1500 2001; 7 EJC 1500 2003. 1 AAA under-23 1500 2006 At WXC: 2001-48J, 2002-46J, 2003-44J, 2004-66 short. At EXC: 2003-5J, 2004-49, 2006-25u23. 1 English under-20 XC 2004... father was a national schoolboy boxing champion ... she plays the piano and clarinet ... coach-Georgina Fullerton  
In 2010: 1 Sheffield "City Challenge" 1500; 4 UK indoor 3000; 3 UK Trial XC; 4 English "National" XC
- 74** **MURRAY Freya GBR** **26y**  
2009 UK Champion at 5000m ... 1500 pb: 4:15.85 -05. 3000 pb: 9:19.0 -09. 5000 pb: 15:44.37 -09. At WXC: 2002-63J, 2003-79 short, 2004-52 short. At EXC: 2001-18J, 2002-7J, 2009-9. 1 UK 5000 2009 ... former Mountain running international ... studied structural engineering at Heriot Watt University in Edinburgh ... coach-Steve Jones  
In 2010: 8 "Great Edinburgh" XC; 1 Scottish XC; 1 South African Trial; 2 Fukuoka XC; 1 UK Trial XC
- 76** **STOCKTON Stevie GBR** **20y**  
Team gold in under-23 race at 2009 European Cross Country Championships  
1500 pb: 4:14.37 -09. 800 pb: 2:07.97 -09. 6 EJC 3000 2007. At EXC: 2009 -10u23. At WXC: 2007-52J. At EXC: 2009-u23. 1 English Schools 1500 2007; 12 UK 1500 2008; 2 English under-23 1500 2009. Coach-George Gandy  
In 2010: 11 "Great Edinburgh" XC; 12 Antrim XC; 2 British Universities XC; 2 English "National" XC
- 77** **TWELL Stephanie GBR** **20y**  
Three times European Junior Cross Country Champion ... 2008 World Junior Champion at 1500m, Britain's first World Champion at that distance since Steve Cram  
1500 pb: 4:03.48 -09. 5000 pb: 15:18.47 -09. 5 European Youth 1500 2005; 8 WJC 1500 2006; 2 EJC 1500 2007; 1 WJC 1500 2008; ht OLY 1500 2008. 1 English Schools 3000 2006. At WXC: 2005-60J, 2006-30J, 2009-38. At EXC: 2005-7J, 2006/2007/2008-1J, 2009-11u23. 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 2010: 4 San Giorgio su Legnano XC; 5 "Great Edinburgh" XC; 12 Seville; 4 San Vittore Olona XC; 1 English "National" XC; 2 UK Trial XC
- 80** **YELLING Hayley GBR** **36y**  
Twice European Cross Country Champion ... missed Olympic qualifying at 10,000m by 0.14 seconds in 2004 & 4.29 seconds in 2008  
10,000 pb: 31:45.14 -04. 5000 pb: 15:16.44 -05. 6 ECP 5000 2000; ht WCH 5000 2001; 5 COM 10,000 2002 (2006-6); 18 ECH 5000 2002; 37 World Half Mar 2003; 15 ECH 10,000 2006. 1 AAA 5000 2002/2003/2005 & 10,000 2006. At EXC: 96-33, 99-26, 2000-30, 2001-8, 2002-14, 2003-5, 2004/2009 -1, 2005/2006-6, 2007-9, 2008-19. 1 English XC 2003/2005. 5 Great North Run 2007 (2006-8). Maths teacher at Sir William Borlase School, Marlow ... brother-runner Martin Yelling (husband of Liz Talbot-Yelling) ... born-Dorchester, lives-Bourne End ... coach-Conrad Milton  
  
Married Jamie Higham on August 1, 2009, then made unexpected comeback to top-class athletics by regaining her European Cross Country title in Dublin, running from the front  
  
In 2010: 4 "Great Edinburgh" XC; 5 Antrim XC
- 81** **BYRNE Linda IRL** **23y**  
Fourth in 2005 European Junior Steeplechase ... 1500 pb: 4:17.63 -06. 5000 pb: 15:54.29 -09. 3000SC pb: 10:21.00 -05. 9 European Youth Olympics 1500 2003; 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. At EXC: 2003-26J, 2004-38J, 2005-4J, 2006-35u23, 2007-6u23, 2008-10u23, 2009-25. Graduate of Sports Science .... coach-Enda Fitzpatrick  
In 2010: 2 Breda XC; 1 Dublin 5M; 4 Diekirch XC



- 84 ROMAGNOLO Elena ITA** 27y  
Italian record holder & Olympic finalist at steeplechase ... 3000SC pb: 9:27.48 -08. 3000 pb: 8:54.14i -09. 9:08.62 -07. 1500 pb: 4:07.98 -09. 5000 pb: 15:13.19. ht ECH 300SC 2006; ht WCH 300SC 2007; 4 ECP 3000SC 2008; 11 OLY 3000SC 2008; 2 Mediterranean Games 5000 2009. At WXC: 2007-27, 2008-32. At EXC: 2006-33, 2007-32, 2008-10, 2009-13. 1 Italian 3000SC 2005/2006/2007, 1500 2009 & 5000 2008. Born-Biella ... coach-Tiziao Bozzo  
In 2010: 2 San Giorgio su Legnano XC; 9 European Clubs Cup; 1 Italian XC
- 87 HAYASHI Nanako JPN** 21y  
5000 pb: 15:35.66 -08. 10,000 pb: 33:24.59 -08. Half Mar pb: 72:07 -09. 9 WJC 5000 2008  
In 2010: 4 Chiba XC
- 90 KOJIMA Kazue JPN** 22y  
5000 pb: 15:35.87 -08. 10,000 pb: 32:55.43 -09. 5 World Student Games 5000 2007. 1 Japanese Universities 10,000 2009. At WXC: 2005-17J, 2008-56  
In 2010: 5 Chiba XC; 1 Fukuoka XC
- 91 MIZUGUCHI Yuko JPN** 24y  
5000 pb: 15:50.94 -09. Half Mar pb: 73:27 -08  
In 2010: 6 Fukuoka XC
- 92 NIIYA Hitomi JPN** 22y  
Three team bronzes in the World Cross Country Championships as a junior Mar pb: 2:30:58 -09. 5000 pb: 15:23.27 -09. At WXC: 2004-19J, 2005-13J, 2006-13J  
Marathons (3); 1 Tokyo 2007; 2 Sapporo 2008; 8 Nagoya 2009  
In 2010: 2 Chiba XC; 3 Fukuoka XC
- 93 SHIMIZU Yuko JPN** 24y  
1500 pb: 4:15.51 -08. 5000 pb: 15:30.29 -09. At WXC: 2009-18. 2 Japanese Corporate 5000 2008 (2009-3)  
In 2010: 5 Fukuoka XC
- 96 TAKENAKA Risa JPN** 20y  
3000 pb: 9:11.40 -07. 5000 pb: 15:41.60 -09. At WXC: 2008-26J  
In 2010: 3 Chiba XC; 4 Fukuoka XC
- 99 PYATKINA Anna KAZ** 19y
- 100 CHEBET Emily KEN** 24y  
10,000 pb: 31:33.39 -06. 3 African Champs 10,000 2006; 7 WCH 10,000 2007. 1 Kenyan World Championship Trial 10,000 2007. At WXC: 2003-5J, 2007-dnf. 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 2010: 5 Eldoret XC
- 102 CHEMWENO Gladys KEN** 21y  
Full name-Gladys Jepkemoi Chemweno  
Placed 7th-9th-8th-9th-7th as a junior in five successive World Cross Country Championships  
3000 pb: 9:13.92 -04. 5000 pb: 16:01.2 -05. 5 WJC 3000 2004; 5 Kenyan 5000 2005. At WXC: 2003-7J, 2004-9J, 2005-8J, 2006-9J, 2007-7J  
In 2010: 1 Eldoret XC (Jan 16); 1 Eldoret XC (Jan 31); 29 Kenyan XC
- 103 CHEPKURUI Lineth KEN** 22y  
Fourth & team gold at 2009 World Cross Country Championships ... 10,000 pb: 31:31.92 -09. Half Mar pb: 70:09 -06. At WXC: 2008-12, 2009-4. Won 2006 Philadelphia Half Marathon in 70:09 at age 18; 3 UK Champs 10,000 2009  
In 2010: 10 Abu Dhabi Half Mar; 2 Kenyan XC
- 105 WANJIRU (Gatheru) Hannah KEN** 23y  
Full name-Hannah Wanjiru Gatheru ... 10,000 pb: 34:54.4 -09. 3 Kenyan Police 10,000 2009  
In 2010: 6 Kenyan XC
- 107 MASAI Linet KEN** 20y  
Full name-Linet Chepkwemioi Masai  
2009 World 10,000m Champion where she outkicked the Ethiopians after winding up the pace from 3000m out  
3000 pb: 8:38.97 -07. 5000 pb: 14:34.36 -09. 10,000 pb: 30:26.50 -08 (30:51.24 -09). 4 OLY 10,000 2008; 1 WCH 10,000 2009. 1 Kenyan 10,000 2009. At WXC: 2007-1J, 2008-3, 2009-2. Younger sister of 26:49.20 10,000m runner Moses Masai (3rd in 2009 World 10,000m), they have a younger brother Dennis who is starting to compete in international races  
In 2010: 1 Seville XC; 2 Kenyan Police XC; 1 Kenyan XC (won by 20 seconds despite losing her right shoe during the race)
- 108 MURIUKI Margaret KEN** 24y  
Full name-Margaret Wangare Muriuki (Wangare may be spelt Wangari)  
1500 pb: 4:12.7 -09. 7 African Games 1500 2007. At WXC: 2008-8. 3 Kenyan 1500 2007. 3 Kenyan World Championship trial 1500 2007 but she did not have qualifying time for Osaka  
In 2010: 5 Kenyan Police XC; 3 Kenyan XC
- 113 CHAABI Bouchra MAR** 29y  
2004 African Steeplechase Champion ... 1500 pb: 4:03.62 -07. 5000 pb: 15:21.32 -04. 10,000 pb: 32:17.70 -00. 3000SC pb: 9:30.35 -04. ht OLY 10,000 2000; 6 African Champs 5000 2002; 49 World Half Mar 2003; 1 African Champs 3000SC 2004; 10 WCH 3000SC 2005; ht OLY 1500 2008; 1 Francophone Games 5000 2009 (2 10,000). At WXC: 2000-47 short, 2002-12 short, 2003-17 short, 2004-16 short, 2006-20 short, 2007-dnf, 2009-27  
In 2010: 6 Amorebieta XC; 17 European Clubs Cup XC
- 114 EL OUALI ALAMI Salima MAR** 26y  
5000 pb: 16:33.06 -09. At WXC: 2009-34. 1 Moroccan 5000 2009
- 115 GHIZLANE Asmae MAR** 22y  
3000 pb: 9:39.36 -05. 11 World Youth 3000 2005. At WXC: 2004-60J, 2005-23J, 2006-32J
- 116 HILALI Siham MAR** 23y  
2008 Olympic finalist at 1500m ... 1500 pb: 4:03.74 -09. 3000 pb: 9:00.87i -05. 9:03.16 -04. At WXC: 2003-19J, 2004-12J. 1 World Youth 3000 2003; 3 WJC 1500/3000 2004; ht WCH 1500 2007/2009; 7 WIC 1500 2008; 10 OLY 1500 2008. At WXC: 2003-19J, 2004-12J, 2009-23  
In 2010: 8 Valencia 1500
- 118 LAKHOUD Btissam MAR** 29y  
2008 Olympic finalist at 1500m ... 1500 pb: 4:03.23 -09 -09. 12 OLY 1500 2008; 2 Mediterranean Games 1500 2009; sf WCH 1500 2009. At WXC: 2000-dnfJ
- 119 OUHADDOU Hanane MAR** 27/28y  
Arab Champion & Moroccan record holder at Steeplechase ... 3000SC pb: 9:22.12 -09. 3000 pb: 8:54.51i -08, 9:04.24 -06. 5000 pb: 15:49.19 -07. 5 African Champs 3000SC 2006; 1 Arab 5000/3000SC 2007 & 3000SC 2009; 9 WCH 3000SC 2007 (2009-ht); ht WIC 3000 2008; ht OLY 3000SC 2008; 1 Mediterranean Games 5000 2009; 2 Francophone Games 5000/3000SC 2009. At WXC: 2006-31 short, 2007-33, 2009-dnf  
In 2010: 3 Fuensalida XC; 3 Maliaño XC; 6 San Sebastián XC
- 121 NAVARRO Anayeli MEX** 24y  
In 2010: 3 NACAC XC
- 122 KIBET Hilda NED** 29y  
Ex-Kenya, became a Dutch citizen on October 13, 2007 ... 2008 European Cross Country Champion  
10,000 pb: 30:51.92 -09. 5000 pb: 15:32.07 -04. Mar pb: 2:30:33 -09. Half Mar pb: 68:39 -10. Mar pb: 2:32:10 -07. 1 Hague Half Mar 2007; 6 Amsterdam 2007; 15 OLY 10,000 2008. At WXC: 2008-5, 2009-6. At EXC: 2008-1. Physiotherapist ... began running seriously in 2002 ... cleared to represent the Netherlands from February 16, 2008 ... cousin of Lornah Kiplagat  
Marathons (2): 6 Amsterdam 2007; 3 Amsterdam 2009. Also paced New York 2005  
In 2010: 4 Seville XC; 7 R'as Al Khaimah Half Mar (pb 68:39)
- 123 GRØVDAL Karoline Bjerkeli NOR** 19y  
Twice European Junior Champion at steeplechase, now also at 5000m and Cross Country  
3000SC pb: 9:33.19 -07. 5000 pb: 15:29.82 -09. Road 10K pb: 31:29 -09. 5 WJC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009. At EXC: 2006-2J, 2009-1J. 1 Norwegian 3000SC 2006/2009  
In 2010: 3 European Clubs Cup XC; 2 Mustasaari 3000SC
- 124 KINGSFORD Rachel NZL** 21y  
5000 pb: 16:49.38 -09. 1 New Zealand 5000 2009  
In 2010: 2 New Zealand 10,000; 4 Wellington 3000; 1 Dunedin 3000
- 129 CIOLEK Agnieszka POL** 24y  
5000 pb: 15:59.69 -09. 8 ETCh 5000 2009. At EXC: 2007-26u23  
In 2010: 4 Polish indoor 3000; 5 Polish XC
- 133 JAWOR Aleksandra POL** 23y  
5000 pb: 16:25.03 -09. 10 World Youth 3000 2003. At EXC: 2008-28u23  
In 2010: 6 Diekirch XC; 4 Polish XC
- 134 JERZYK Agnieszka POL** 22y  
In 2010: 3 Polish XC
- 135 KONOWALSKA Mariola POL** 27y  
3000SC pb: 10:25.80 -05. 10 EJC 2000SC 2001. At WXC: 2009-83  
In 2009: 2 Polish XC
- 137 KOWALSKA Katarzyna POL** 24y  
Twice European under-23 Steeplechase Champion ... 2009 World finalist ... 2007 European Cup winner but then removed from the corresponding race at the 2009 European Team Championships for being at the back of the field with five laps remaining  
3000SC pb: 9:26.93 -09. 5000 pb: 15:50.65 -07. ht WJC 3000SC 2004; 1 under-23 ECH 3000SC 2005/2007; 8 ECH 23000SC 2006; 8 WCP 3000SC 2006; 1 ECP 3000SC 2007 (2006-3); dnf ETCh 3000SC 2009; 12 WCH 3000SC 2009 (2007-ht). At EXC: 2004-21J, 2006-9u23, 2007-3u23. 1 Polish 3000SC 2009 & XC 2009/2010  
In 2010: 5 Portuguese XC; 1 Polish XC

- 138 LEWANDOWSKA Iwona POL 25y**  
3000SC pb: 10:10.01 -07. At EXC: 2004-37J, 2007-38u23  
In 2010: 6 Polish XC
- 141 AUGUSTO Jessica POR 28y**  
Second in 2008 European Cross Country Championships ... Portuguese steeplechase record holder (though she says she is going to specialise in flat distances races from 2010)  
3000SC pb: 9:22.50 -08. 3000 pb: 8:41.53 -07. 5000 pb: 14:56.39 -07. 6 EJC 3000 99 (12 1500); 8 WJC 3000 2000; 10 under-23 ECH 1500 2001 (dnf 5000 2003); 1 WSG 5000 2007; 15 WCH 5000 2007 (2005-ht); 8 WIC 3000 2008/2010; ht OLY 5000/3000SC 2008; 10 EIC 3000 2009. At WXC: 2000 -32J, 2001-57 short, 2004-61 short, 2005-31 short, 2006-dnf long, 2007-12, 2008-dnf. At EXC: 98-12J, 99-8J, 2000-1J, 2002-16, 2004-18, 2005-30, 2006 -9, 2007-11, 2008-2, 2009-4. 1 Portuguese 5000 2006 & indoor 1500 2008. 1 Great North Run 2009 (2005-14, 2008-9). Coach-Elsa Amaral  
In 2010: 9 "Great Edinburgh" XC; 3 Valencia 1500; 4 Birmingham 2M (Set European indoor best 9:19.39); 1 Portuguese indoor 1500; 8 WIC 3000
- 143 CUNHA Daniela POR 19y**  
1500 pb: 4:19.29 -09. ht WJC 1500 2008. At WXC: 2008-45J, 2009-53J. At EXC: 2007-48J, 2008-38J, 2009-31J. 1 Portuguese junior 1500 2007  
In 2010: 3 Portuguese indoor 1500; 12 Portuguese XC
- 144 DIAS Ana POR 36y**  
1999 World Student Games silver at 5000m ... Mar pb: 2:28:49 -03. 10,000 pb: 31:39.52 -99. 5000 pb: 15:26.41 -01. 6 EJC 3000 93; ht WCH 5000 95; ht OLY 5000 96; 2 WSG 5000 99; 15 WCH 10,000 99 (2001-21); ht OLY 10,000 2000; 19 ECH 10,000 2002. 1 Portuguese 10,000 2001 & 5000 2009. Coach-Fernando Barão
- Marathons (9): 4 Berlin 2003; 62 OLY 2004; 2 Rotterdam 2005; 32 WCH 2005; 5 Rotterdam 2007; dnf Berlin 2007; 1 Seville 2008; 46 OLY 2008, 5 Venice
- At WXC: 93-23J, 95-51, 96-33, 99-13 long, 2000-29 long, 2001-34 long, 2002 -25 long, 2003-24 long, 2004-49 long & 31 short, 2005-21 long, 2006-43 long, 2009-19  
In 2010: 19 Seville XC; 3 Portuguese XC
- These are her 13th World Cross Country Championships, only four women have ever done more
- 146 FERNANDES Vanessa POR 24y**  
2 Portuguese XC 2008
- 147 MOREIRA Sara POR 24y**  
2009 European Indoor 3000m silver ... double World Student Games Champion in 2009  
3000 pb: 9:15.00 -07. 5000 pb: 14:58.11 -09. 1500 pb: 4:12.94 -09. 3000SC pb: 9:28.64 -09. 3 under-23 ECH 3000SC 2007; 13 WCH 3000SC 2007; ht OLY 3000SC 2008; 2 EIC 3000 2009; 4 ETCh 3000SC 2009 (7 1500); 1 WSG 5000/3000SC 2009; ht WCH 3000SC 2009; 6 WIC 3000 2010. 1 Portuguese 3000SC 2007/2008/2009. At WXC: 2008-50, 2009-16. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10. Coach-Pedro Ribeiro  
In 2010: 7 Montehermoso XC; 9 Birmingham 2M; 1 Portuguese indoor 3000; 6 WIC 3000
- 148 ROSA Analía POR 34y**  
Mar pb: 2:32:56 -06. Half Mar pb: 70:30 -09. 3000 pb: 9:09.57 -03. 5000 pb: 15:41.13 -01. 10,000 pb: 32:44.93 -06. 3000SC pb: 9:43.00 -04. 8 WIC 3000 2006; 18 World Half Mar 2009. At WXC: 95-103J, 2000-45 short, 2001-15 long, 2002-22 long, 2003-11 long & 16 short, 2004-40 long & 26 short, 2005 -15 long & 27 short, 2006-42 long, 2009-22. At EXC: 2000-10, 2002-15, 2003 -14, 2004-10, 2005-26, 2006-10, 2008-7, 2009-14. Coach-Ricardo Esteves  
Marathons (3): 11 Hamburg 2006; 10 ECH 2006; 36 WCH 2007  
In 2010: 5 European Clubs Cup XC; 5 Stockholm 5000; 2 Montehermoso XC; 8 Portuguese XC
- 152 MASEHLA Tebogo RSA 30y**  
South African record holder & 5 Champion ... 3000SC pb: 9:55.11 -07. 5 WSG 3000SC 2005; 10 COM 3000SC 2006; 4 African Games 3000SC 2007; ht WCH 3000SC 2007. 1 South African 2004/2005/2007/2008/2009  
In 2009: 4 Potchefstroom 3000; 2 Pretoria 3000; 2 Durban 3000SC; 1 South African 3000SC
- 153 MFUNZI Ntombesintu RSA 28y**  
She also competes under her married name Ntombesintu Ntshiliza ... 10K pb: 33:19 -09. Half Mar pb: 77:31 -08. Mar pb: 2:58:02 -07. dnf World Half Mar 2008. At WXC: 2008-86  
Marathons (2); 15 Port Elizabeth 2007, 10 Cape Town 2007  
In 2010: 1 Jeffreys Bay 15K; 6 South African Trial XC; 1 Port Elizabeth 10K (Feb 13); 4 Port Elizabeth 5000 (Feb 19)
- 154 PHALULA Dina Lebo RSA 26y**  
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. 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 2010: 2 South African Trial XC; 1 Port Elizabeth 5000
- 155 PHALULA Dinahrose Lebogang RSA 26y**  
Twin sister of Dina Lebo Phalula (twice South African 1500m Champion)  
800 pb: 2:02.43 -06. 1500 pb: 4:12.34 -06. 5000 pb: 16:02.55 -09. ht World Youth 800 99; sf COM 800 2006 (ht 1500); 4 African Games 800 2007. At WXC: 2001-71J, 2002-58J, 2005-49 short, 2009-29  
In 2000 Dinarose was selected for the World Junior Championships but Dina Lebo was sent by mistake  
In 2010: 3 South African Trial XC; 2 Port Elizabeth 5000
- 156 RETIEF Marelise RSA 24y**  
Half Mar pb: 78:18 -07. At WXC: 2004-dnfJ, 2008-78
- 160 THOMAS Ronelle RSA 38y**  
Half Mar pb: 72:57 -06. 10 World Road Relay 98 (96-15); 59 World Half Mar 2001. At WXC: 2000-42 short, 2002-43 short. 1 South African Half Mar 2006  
In 2010: 5 South African Trial XC; 5 Port Elizabeth 5000; 3 Pretoria 10K
- 172 ZAPHA Simone SEY 33y**  
At WXC: 2002-107 short. 59 World Half Mar 2009
- 178 MIRZOEVA Nadima TJK 22y**  
At WXC: 2003-99J, 2009-87. 1 Tadjiki 3000 2008
- 179 AISSAOUI Safa TUN 25y**  
At WXC: 2003-50J, 2004-22J, 2005-85 short, 2009-dnf  
In 2010: 5 Arab XC
- 185 LANOUAR Fatma TUN 32y**  
Tunisian record holder at 800m & 1500m ... 1500 pb: 4:06.91 -00. 800 pb: 2:02.87 -00. 4 African Champs 1500 2000; ht OLY 1500 2000; ht WIC 1500 2001/2003. At WXC: 2001-77 short, 2004-46 short, 2005-29 short  
In 2005: 2 Mounir Doukkali XC; 3 Maghreb short course XC
- 193 BROWN Emily USA 25y**  
5000 pb: 15:19.57 -08. 3000 pb: 9:10.60i -08. 3000SC pb: 9:56.62 -06. 4 NCAA 3000SC 2006 (2007-10). At WXC: 2008-18. Studied nutrition at the University of Minnesota. Born-West Allis, Wisconsin ... coach-Dennis Barker  
In 2010: 7 US XC; 7 NACAC XC
- 194 FLANAGAN Shalane USA 28y**  
2008 Olympic bronze at 10,000m ... North American record holder at 5000m & 10,000m  
5000 pb: 14:44.80 -07. 3000 pb: 8:33.25i, 8:35.34 -07. 10,000 pb: 30:22.22 -08. ht OLY 5000 2004; 8 WCH 5000 2007; 3 OLY 10,000 2008 (10 5000); 14 WCH 10,000 2009. At WXC: 2000-29J, 2004-14 short, 2005-20 short. Mother Cheryl Bridges was fourth in the 1969 International Cross Country Championships; father Steve was also an international cross country runner ... born-Boulder ... coach-Jerry Schumacher (previously John Cook, she's changed coaches since Beijing) ... husband/agent-Steve Edwraas
- Winner of US US senior titles at distances raging from indoor 3000m (2007) to Half Marathon (2010)
- In 2010: 1 US Half Mar; 1 US XC
- "I expect it will be my toughest race of the year"
- 196 HASTINGS Amy USA 26y**  
2006 US Collegiate Champion indoors at 5000m, representing Arizona State University  
5000 pb: 15:30.17i -07. 10,000 pb: 32:18.72 -08. 33 World Half Mar 2009. At WXC: 2003-20J, 2008-62. 1 NCAA indoor 5000 2006. Born-Long Beach ... coach-Terrence Mahon  
In 2010: 3 US Half Mar; 1 Seattle 3000; 3 US XC; 8 US 15K
- 197 HUDDLE Molly USA 25y**  
Second in 2006 US Collegiate 5000m, representing the University of Notre Dame  
3000 pb: 8:58.51 -07. 5000 pb: 15:17.13 -07. 10,000 pb: 31:27.12 -08. At WXC: 2008-23. 1 US 7M 2007 & 10K 2008/2009. Born-Elmira NY ... coach-Ray Treacy  
In 2010: 1 Seattle 5000; 2 US XC; 1 Somerville 5K

**199 LEWY-BOULET Magdalena USA 36y**

Born Poland, became a US Citizen on September 11, 2001 ... Mar pb: 2:30:19 -08. 10,000 pb: 32:20.45 -09. Half Mar pb: 71:46 -09. 1 US 10M 2002 & Half Mar 2009. 40 World Half Mar 2003. Volunteer assistant track & field coach at University of California ... former swimmer ... born-Jastrzebie, emigrated from Poland to Germany in 1989, then on to California in 1991 ... husband-Richie Boulet and 3:53.26 for a mile in 1998 ... their son Owen born 2005 ... "my dream is to climb Mt. Aconcagua, which is the highest peak in South America at 22,800 feet" ... coach-Jack Daniels  
Marathons (11): 3 Cleveland 2001, 2 Sacramento 2001, 1 Pittsburgh 2002, 2 Pittsburg 2003, 5 St Louis (US Olympic Trials) 2004, 1 Newport Beach 2006, 15 New York 2006, 2 Boston (US Olympic Trials) 2008, dnf OLY 2008, 11 New York, 6 New York 2009  
In 2010: 3 US 15K

**201 METIVIER-BAILLIE Renee USA 28y**

2005 US Collegiate Indoor Champion at 3000m, representing the University of Colorado  
5000 pb: 15:15.78 -05. 3000 pb: 9:00.47 -06. 1500 pb: 4:10.85 -06. At WXC: 2005-42 long, 2007-36. 1 NCAA indoor 3000 2005 & US indoor 3000 2010. At WXC: 2006-9 long. married name-Baillie ... born-Munster, Ind ... coach-Mark Wetmore  
In 2010: 1 Fayetteville 3000; 4 US Half Mar; 5 US XC; 1 US indoor 3000; 6 US 15K (Jacksonville)

## Men's Race

14:10

136 Entrants

39 Countries

12,000m – 6 laps of 2000m  
(incorporating 40m straight from start & 96m straight to finish)  
6 run, 4 score

Age

- 7 BARZOLA Miguel Angel ARG 27y**  
5000 pb: 13:47.30 -07. 10,000 pb: 28:44.54 -08. Half Mar pb: 63:44 -10. At WXC: 2009-97  
In 2010: 11 Elgóibar XC; 1 Almería Half Mar; 10 Spanish XC
- 8 CARRIQUEO Javier ARG 30y**  
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, 2009-49  
In 2010: 2 San Sebastián XC; 14 Seville XC; 9 Elgóibar XC; 4 Castellón XC
- 9 ADAMS Liam AUS 23y**  
Placed 69th at the last two World Cross Country Championships ... 5000 pb: 13:45.41 -09. 10,000 pb: 28:58.05 -08. At WXC: 2008-69, 2009-69. Coach-Ken Hall  
In 2010: 4 Australian Trial XC; 1 Adelaide 3000; 1 Melbourne 1500/3000; 6 Melbourne 5000
- 11 BIRMINGHAM Collis AUS 25y**  
2009 World finalist at 5000m ... Oceanian record holder at 10,000m  
10,000 pb: 27:29.73 -09. 5000 pb: 13:14.53 -09. 3000 pb: 7:46.01 -07. Mile pb: 3:54.30 -09. 1500 pb: 3:37.01 -08. ht OLY 5000 2008; dnf WCH 10,000 2009. 1 Australian 5000 2009; 1 Scottish 1500 2007/2008/2009. At WXC: 2003-84J, 2007-67, 2008-73, 2009-29. Coach-Nic Bideau  
In 2010: 1 Australian Trial XC; 1 Hobart 5000; 2 Sydney 1500; 5 Melbourne 5000
- 13 HUNT Jeff AUS 27y**  
10,000 pb: 28:19.39 -09. Half Mar pb: 62:44 -09. 3000SC pb: 8:41.37 -07. 43 World Half Mar 2009. Coach-Ken Green  
In 2010: 5 Australian Trial XC; 2 Sydney 3000; 3 Oita Marathon (2:11:00, the fastest debut marathon by an Australian)
- 14 PERRETT Clinton AUS 26y**  
500 pb: 13:46.22 -10. 10,000 pb: 29:05.59 -08. At WXC: 2002-55J. 1 Australian XC 2009. Coach-Mark Gorski  
In 2010: 2 Australian Trial XC; 4 Hobart 5000; 7 Melbourne 5000
- 17 YOA Duer AUS 20y**  
Came to Australian from Sudan in 2002 ... 5000 pb: 13:50.50 -10. At WXC: 2008-54J. Coach-Rod Griffith  
In 2010: 3 Australian Trial XC; 5 Hobart 5000
- 18 ALIYEV Tilahun AZE 20y**  
TRANSFEREE – Formerly Senbete Tilahun Worku ETH ... Half Mar pb: 62:14 -10. 5000 pb: 14:48.48 -09  
In 2010: 11 R'as Al Khaimah Half Mar
- 24 BEKELE Atelaw BEL 22y**  
Full name-Atelaw Yeshetela Bekele  
Third in under-23 race at 2009 European Cross Country Championships  
5000 pb: 14:14.33 -09. At EXC: 2008-dnfu23, 2009-3u23. Born-Ethiopia, came to Belgium at the age of 16, now a Belgian citizen  
In 2010: 18 Hannut XC; 2 Belgian XC
- 26 DIPHOKO Rapula BOT 20y**  
73 World Half Mar 2009. At WXC: 2008-134 ... In 2010: 90 Kenyan XC
- 27 MOSALAGAE Kaelo BOT 29y**  
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, 2009-76). At WXC: 2000-116 short, 2004-53 long, 2005-25 long, 2006-87 long, 2008-103, 2009-100
- 28 RAOBINE Ramoseka BOT 30y**  
Also known as Raobene Lamoseka ... Mar pb: 2:20:59 -09. At WXC: 2009 -113.  
Marathons (4): 30 Mumbai 2007, 15 Mumbai 2008, 16 Carpi 2008, 16 Pyongyang 2009
- 29 da SILVA Joilson BRA 22y**  
Former South American Junior Cross Country Champion ... 5000 pb: 14:06.11 -08. At WXC: 2005-94J, 2006-53J, 2007-105. 3 Pan-American junior 5000/10,000 2005; 2 South American under-23 5000 2006; 1 South American junior XC 2006
- 30 da SILVA Sérgio Celestino BRA 25y**  
5000 pb: 14:09.85 -06. 10,000 pb: 29:21.86 -07. At WXC: 2006-73 long, 2009 -92  
In 2010: 2 Rio de Janeiro 10,000
- 31 LOPES Gilberto BRA 20y**  
10,000 pb: 29:17.62 -09. 1 South American junior XC 2008. At WXC: 2008 -63J  
In 2010: 2 South American XC
- 32 LOPES Gilmar Silvestre BRA 20y**  
9 Sao Paulo Half Mar 2009
- 33 GUEDES Leonardo Vieira BRA 37y**  
Mar pb: 2:11:33 -00. Half Mar pb: 61:03 -97. 3 World Road Relay 98; 68 World Half Mar 2000. At WXC: 96-147, 97-dnf  
Marathons: 14 Rotterdam 2000; 70 WCH 2001; 2 Taipei 2005; 7 Padua 2005
- 34 BEKELE Alemu BRN 20y**  
TRANSFEREE – Ethiopian origin  
2009 Asian Junior Cross Country Champion ... nicknamed "little Kenenisa" but no relation to multi World Champion  
5000 pb: 14:06.62 -09. 1 Asian junior XC 2009; 2 Asian Indoor Games 1500/3000 2009; 6 Asian Champs 5000 2009. At WXC: 2009-26J. 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 2010: 3 Arab XC
- 38 MAHBOOB Hasan BRN 28y**  
TRANSFEREE – Formerly: Silas Kirui KEN  
Bahraini record holder & 2009 Arab & Asian Games Champion at 10,000m  
10,000 pb: 27:24.46 -08. 5000 pb: 13:18.98 -08. Half Mar pb: 61:07 -05. 1 Asian Games 10,000 2006 & Asian Champs 10,000 2009; 1 Arab 10,000 2007/2009 & XC 2010; 18 OLY 10,000 2008. At WXC: 2008-dnf. Paced 2005 London Marathon. He was entered for both the 2007 & 2009 World 10,000m but did not start  
In 2010: 1 Arab XC
- 39 REGASSA Dejene BRN 20y**  
TRANSFEREE – Ethiopian origin ... 20 Frankfurt Marathon 2009 (2:15:30)  
In 2010: 17 Coamo "San Blas" Half Mar
- 40 SHUGI Bilisuma BRN 20y**  
TRANSFEREE – Ethiopian origin ... 13 Great Ethiopian Run 10K 2008
- 42 BAIRU Simon CAN 26y**  
Twice US Collegiate Cross Country Champion ... 7x Canadian XC Champion  
Half Mar pb: 62:47 -10. 5000 pb: 13:25.91 -07. 10,000 pb: 27:50.71 -07. dnf WCH 10,000 2007. 1 NCAA XC 2004/2005. At WXC: 2000-93J, 2001-30J, 2002-61J, 2003-52 long. 1 Canadian junior XC 2001; 1 Canadian XC 2002 -2006/2008/2009 & 5000 2009 ... father-Eritrean, mother-Ethiopian ... born-Saudi Arabia, came to Canada at age 4 ... coach-Jerry Schumacher ... graduate of Sociology at the University of Wisconsin  
In 2010: 1 Tempe Half Mar
- 60 ESTIFANOS Tewelde ERI 22y**  
In 2010: 5 Eritrean XC
- 63 MEDHIN Teklemariam ERI 20y**  
Full name-Teklemariam Medhin Weldeslasie ... ninth at 2009 World Cross Country Championships  
10,000 pb: 27:46.50 -08. 5000 pb: 13:11.01 -09. 12 WJC 5000 2006; 32 OLY 10,000 2008; 12 WCH 10,000 2009 (15 5000). 3 French 10,000 2008. At WXC: 2006-13J, 2007-14J, 2008-23, 2009-9. Coach-Jeronimo Bravo (same as new world half marathon record holder Zersenay Tadese)  
In 2010: 1 Fuensalida XC; 1 Huesca XC; 1 Eritrean XC
- 64 MESFIN Tesfayohannes ERI 35y**  
Second in 2004 World Mountain Running Trophy ... Mar pb: 2:12:17 -08. 5000 pb: 13:27.06 -05. 10,000 pb: 28:19.88 -08. Half Mar pb: 63:08 -05. 2 World Mountain Running Trophy 2004; 12 World Half Mar 2005 (2004-21, 2003-29); 6 African Champs 10,000 2006; 21 World 20K 2006. At WXC: 2002-78 long, 2003-41 long, 2004-22 long, 2005-20 long, 2006-9 long (team silver), 2007-dnf  
Marathons (6): 5 Madrid 2007; 20 Amsterdam 2007; 11 Hamburg 2008; dnf OLY 2008; 16 Seville 2009; 68 WCH 2009  
In 2010: 4 Eritrean XC
- 65 SIUM Kiflom ERI 22/23y**  
2 World Junior Mountain Running Trophy 2006. At WXC: 2007-29, 2007-29  
In 2010: 6 Eritrean XC
- 66 TADESE Kidane ERI 22/23y**  
Full name-Kidane Tadese Habtesilase  
Younger brother of new world half marathon record holder Zersenay Tadese  
10,000 pb: 27:06.16 -08. 5000 pb: 13:13.17 -08. 10 OLY 5000 2008 (12 10,000); 9 WCH 10,000 2009 (ht 5000). At WXC: 2005-16J, 2006-11J, 2007 -86, 2008-26, 2009-56  
In 2010: 6 Fuensalida XC; 2 Jaén; 2 Maliaño XC; 3 Eritrean XC

- 68 TSEGAY Samuel ERI** 21y  
Full name-Samuel Tsegay Tesfamriam  
Fifth in 2009 World Half Marathon  
Half Mar pb: 60:17 -09. 5000 pb: 13:16.59 -09. 10,000 pb: 28:20.96 -09. 4 WJC 10,000 2006; 8 African Games 10,000 2007; ht WCH 5000 2009; 5 World Half Mar 2009. At WXC: 2005-17J, 2006/2007-8J, 2008-102, 2009-16. Full name-Samuel Tsegay Tesfamriam ... coach-Jeronimo Bravo (same as name world half marathon record holder Zersenay Tadese)  
In 2010: 2 Eritrean XC
- 69 BEZABEH Alemayehu ESP** 23y  
2009 European Cross Country Champion ... highest-placed European in 2008 Olympic 5000m  
5000 pb: 13:10.10 -09. 3000 pb: 7:45.98 -05. 11 OLY 5000 2008; ht WCH 5000 2009. At WXC: 2009-31. At EXC: 2008-7, 2009-1. Born-Ethiopia, moved to Spain in 2004, 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 2010: 3 Amorebieta XC; 10 Seville XC; 1 Bilbao XC; 1 Spanish XC
- 71 CASTILLEJO Carles ESP** 31y  
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; 1 ETCh 5000 2009; 15 WCH 10,000 2009. 1 Spanish 5000 2004 & 10,000 2009. At WXC: 2004-57 long, 2005-26 long, 2006-29 long, 2007-68, 2008-64, 2009-26. At EXC: 2006-10, 2007-14, 2008-34, 2009-35. Coach-Juan Ramón Muñoz  
In 2010: 8 Seville XC; 1 Valladolid XC; 5 Spanish XC
- 73 GUERRA Javier ESP** 26y  
Full name-Javier Guerra Polo ... 5000 pb: 13:46.12 -07. 10,000 pb: 28:53.03 -09. 15 WJC 5000 2002; 7 WSG 5000 2009 (2007-12). At WXC: 2001-89J, 2002-44J, 2005-dnf long. At EXC: 2001-9J, 2002-18J, 2005-45, 2008-15, 2009-30. Coach-Antonio Serrano  
In 2010: 7 Fuensalida XC; 12 Seville XC; 7 Elgóibar XC; 9 Spanish XC
- 74 JIMÉNEZ Antonio David ESP** 33y  
Former European Champion at Steeplechase ... 3000SC pb: 8:11.52 -01. 3 under-23 ECH 3000SC 99; 6 WCH 3000 SC 2001/2005 (2007-ht); 2 EIC 3000 2002 (2005-ht); 1 ECH 3000SC 2002 (2006-5); 4 WIC 3000 2004 (2001-12); 14 OLY 3000SC 2004; 1 ECP 3000SC 2005/2006 (2001-2, 2003-4). 1 Spanish 3000SC 2001/2002/2004/2005/2007. At WXC: 2001-31 short, 2002-7 short, 2004-49 short, 2007-dnf, 2008-85. At EXC: 2000-17, 2006-53. 1 Spanish indoor 3000 2001/2002/2004 ... coach-Joaquín Muñoz
- 75 LAMDASSEM Ayad ESP** 28y  
Ex-Morocco, transferred to Spain in 2007 ... fourth in 2008 European Cross Country Championships, fifth in 2009  
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), 2009-30. At EXC: 2008-4, 2009-5. 1 Spanish 10,000 & XC 2007. Coach-Antonio Cánovas  
In 2010: 3 San Sebastián XC; 4 Amorebieta XC; 3 Huesca XC; 3 Valladolid XC; 2 Bilbao XC; 4 Montehermoso XC; 2 Spanish XC
- 76 LOZANO Alberto ESP** 23y  
10,000 pb: 29:45.39 -09. 15 under-23 ECH 10,000 2009. At EXC: 2008 -23u23, 2009-20u23. Coach-Carlos Muñoz  
In 2010: 4 Maliaño XC; 4 Spanish XC
- 82 KOSELEV Vjatseslav EST** 42y  
2 Tallinn Half Mar 2005
- 84 ABSHERO Ayele ETH** 19y  
2009 World Junior Cross Country Champion ... 5000 pb: 13:11.38 -09. 10,000 pb: 27:54.29 -09. 4 African junior 5000 2009. 1 Nijmegen "Seven Hills Run" 15K 2007 (the race in which Kenenisa Bekele placed third, injured). At WXC: 2008-2J, 2009-1J. His older brother is Tessema "Abshiro", who ran a 2:08:26 marathon in 2008  
In 2010: 2 Ethiopian Trial XC
- 87 BEKELE Azmeraw ETH** 24y  
Member of Ethiopian Federal Prisons club ... Half Mar pb: 60:57 -10  
In 2010: 1 Suluta "junior" XC; 1 Marrakech Half Mar; 1 Ethiopian Trial XC ("I was new to this kind of race. The Defense club runners in the race tried to unsettle me by changing the pace, but I managed to hold on. I hope to do well in Poland and finish in the top three.")
- 89 GEBREMARIAM Gebre-egziabher ETH** 25y  
DEFENDING WORLD CROSS COUNTRY CHAMPION  
2008 African Champion and 27:20.65 for 10,000m in 2008, but that ranked him only eighth among Ethiopians  
5000 pb: 12:52.80 -05. 10,000 pb: 26:52.33 -07. 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, 2009-10); 1 African Champs 10,000 2008. 1 Great Ethiopian Run 2002; 2 Great North Run 2008 (2009-4). At WXC: 2002-1J, 2003-3 long, 2004-2 long & 2 short, 2005-dnf long & 9 short, 2006-30 short & 13 long, 2008-17, 2009-1. 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 2010: 2 Amorebieta XC; 6 Seville XC
- 91 KUMA Abera ETH** 19y  
5000 pb: 13:29.40 -09. 5 World Youth 3000 2007; 1 African junior 5000 2009  
In 2010: 3 Ethiopian Trial XC
- 92 LILESA Feyisa ETH** 20y  
Winner of both the Dublin & Xiamen marathons, apparently before the age of 20  
Mar pb: 2:08:47 -10. 5000 pb: 13:34.80 -08. 10,000 pb: 27:46.97 -08. 1 Rovereto 10K 2008; 1 Agadir Half Mar 2008; 2 Great Ethiopian Run 10K 2008 (2007-3). At WXC: 2008-14J, 2009-12. He ran a 62:26 Half Marathon in 2008 at age 18  
Marathon (2): 1 Dublin 2009; 1 Xiamen 2010  
In 2010: 5 Ethiopian Trial XC
- 93 MESFIN Hunegnaw ETH** 21y  
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. At WXC: 2008 -11J, 2009-10  
In 2010: 1 Amorebieta XC (beat Gebre-egziabher Gebremariam); 3 Maliaño XC; 1 San Vittore Olona "Cinque Mulini" XC; 4 Ethiopian Trial XC
- 96 BERRIOUI Saïd FRA** 34y  
Sixth in 2000 Olympic 10,000m (for Morocco), he became eligible to compete for France from September 6, 2009  
3000 pb: 7:42.39 -98. 5000 pb: 13:15.10 -99. 10,000 pb: 27:31.00 -98. 16 WCH 10,000 99 (97-17, 2001-21); 6 OLY 10,000 2000; 13 WIC 3000 2001; 7 African Champs 10,000 2002. At WXC: 99-38 long, 2000-38 long, 2002-21 long  
In 2010: 16 Le Mans XC; 4 French XC
- 99 EL HIMER Driss FRA** 35y  
1998 & 2000 European XC bronze ... 8x French Cross Country Champion, a record total  
Mar pb: 2:06:48 -03. 10,000 pb: 27:48.00 -02. 5000 pb: 13:10.99 -00 (14:13.42 -09). 3000 pb: 7:34.46 -98. 7 ECH 5000 98; 11 WCH 5000 2001; 8 ECH 10,000 2006. At WXC: 93-32J (for Morocco), 98-50 long, 99-13 short, 2001-6 long, 2005-52 long, 2005-52 long. 1 World Military XC 2000. At EXC: 98/2000-3, 2003-10, 2005-13, 2006-6, 2008-14. Born-Rabat (Morocco), as a junior, he trained with Hicham El Guerrouj ... gained French citizenship by joining French Foreign Legion, in which he served from 1996 to 2001  
Marathons (15): 33 New York 97, 1 Amsterdam 2001, 7 Seoul 2002, 8 Chicago 2002, 4 Paris 2003, 60 WCH 2003, 13 Tokyo 2004, 68 OLY 2004, 29 Berlin 2005, dnf Otsu 2006, 6 Berlin 2006, 6707 Berlin 2007 (3:34:55), 10 Rotterdam 2008, 23 Paris 2009, 44 WCH 2009  
In 2010: 7 Le Mans XC; 1 French XC (eighth time)
- 102 HIRT Hassan FRA** 30y  
3000 pb: 7:56.05 -08. 5000 pb: 13:46.33 -08. 9 under-23 ECH 5000 2001; 7 ECP 5000 2008. At WXC: 2007-90, 2009-118. At EXC: 2008-21. 2 French 5000 2007. Coach-Christian Geffray  
In 2010: 14 Bilbao XC; 3 French XC
- 103 LEFRAND Stéphane FRA** 26y  
5000 pb: 13:37.10 -09. 4 Francophone Games 5000 2009  
In 2010: 5 Val-de-Reuil 3000; 6 French XC
- 104 MAYAUD Denis FRA** 23y  
2009 World Student Games silver at 10,000m ... 5000 pb 13:31.83 -09. 10,000 pb: 28:21.50 -09. 12 under-23 ECH 10,000 2007; 2 World Student Games 10,000 2009; 5 Francophone Games 10,000 2009. 1 French under -23 5000 2008. At WXC: 2005-90J, 2009-90. At EXC: 2006-72u23, 2007 -38u23, 2008-18u23, 2009-17. Born-Blanc ... coach-Hadj Kahla  
In 2010: 14 Le Mans XC; 5 French XC
- 105 MEFTAH Abdellatif FRA** 28y  
Ex-Morocco ... 5000 pb: 13:27.68 -08. 10,000 pb: 29:44.42 -09. 1 Arab Games Half Mar 2004; 1 French Half Mar (Lyon) 2008. At EXC: 2009-23  
In 2010: 11 Le Mans XC; 2 Metz 5000; 2 French XC

- 108 FARAH Mohamed GBR 27y**  
Britain's fastest 3000m & 5000m runner apart from David Moorcroft ... 2006 European Cross Country Champion ... 2009 European Indoor Champion at 3000m  
10,000 pb: 27:44.54 -08. 5000 pb: 13:07.00 -07. 3000 pb: 7:38.15 -06. 1500 pb: 3:33.98 -09. Mile pb: 3:56.49 -05. 1 EJC 5000 2001; 2 under-23 ECH 5000 2003/2005; 9 COM 5000 2006; 2 ECH 5000 2006; 6 WCH 5000 2007 (2009-7); 6 WIC 3000 2008; 1 ECP 5000 2008; ht OLY 5000 2008; 1 EIC 3000 2009 (2005-6, 2007-5); 1 ETCh 5000 2009. At WXC: 2000-25J, 2001-59J, 2003-74 short, 2006-40 short, 2007-11. At EXC: 99-5J, 2000-7J (fell), 2001-2J, 2002-30J, 2004-15, 2005-21, 2006-1, 2008/2009-2. 1 AAA indoor 3000 2003/2005; 1 UK indoor 3000 2007 & 1500 2009 ... born-Mogadishu (SOM), came to Britain in 1993  
In 2010: 3 "Great Edinburgh" 4K XC; 1 UK Trial XC (won by 44 seconds); Ran fastest short stage at South of England Road Relay Championships
- 114 SKINNER Mike GBR 30y**  
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. At EXC: 2005-35, 2006-28, 2007-17, 2008-20, 2009-13. 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-Andy Hobdell  
In 2010: 4 Bushy Park 5K; 8 "Great Edinburgh" XC; 16 Seville XC; 5 Antrim XC; 2 Glasgow 3000; 4 UK indoor 3000; 4 UK Trial XC
- 116 VERNON Andy GBR 24y**  
UK Champion at 5000m in 2008, 10,000m in 2009 & indoor 3000 in 2010  
10,000 pb: 28:43.41 -09. 5000 pb: 13:43.31 -09. 1500 pb: 3:42.98 -08. 4 EJC 5000 2005; 9 under-23 ECH 5000 2007. 1 UK 5000 2008, 10,000 2009 & indoor 3000 2010. 1 English "National" XC 2010. At WXC: 2004-65J, 2005-48J, 2008-114. At EXC: 2005-2J, 2006-14u23, 2007-3u23, 2008-2u23. Mother Fiona Hawes was an international rower ... coach-Nick Anderson  
In 2010: 1 Cardiff XC; 2 Antrim XC; 1 British Universities XC; 1 UK indoor 3000; 5 Birmingham 3000; 1 English "National" XC; 2 UK Trial XC
- 117 WILKINSON James GBR 19y**  
2009 European Junior steeplechase silver & cross country bronze ... 3000SC pb: 8:51.54 -09. 5000 pb: 14:35.99 -08. 7 Commonwealth Youth Games 5000 2008; 2 EJC 3000SC 2009. At WXC: 2009-85J. At EXC: 2009-3J. 1 AAA under-17 1500SC 2006; 1 English junior 3000SC 2008 & English Schools 2000SC 2008. Coach-Phil Townsend  
In 2010: 1 North of England XC; 8 British Universities XC; 9 UK indoor 3000; 2 English "National" XC; 7 UK Trial XC
- 118 BLAGG Richard GIB 21y**
- 121 AL-DARRAJI Noori IRQ 39/40y**  
At WXC: 2009-134
- 122 AL-RASHEDI Mahmood IRQ 28y**  
At WXC: 2009-125
- 123 LAFTA Sadeq Joafar IRQ 24/25y**
- 124 SUBAIHAWI Hussein Mohammed IRQ 26/27y**
- 126 TESSEME Moges ISR 22y**  
(= "Tasama Moogas") ... 5000 pb: 14:13.89 -09. 10,000 pb: 29:37.26 -09. 1 Israeli 5000 2009
- 130 DEMATTEIS Martin ITA 23y**  
Twin brother Bernard is also a junior international distance runner  
5000 pb: 14:32.55 -09. At EXC: 2004-38J, 2005-9J, 2006-29u23, 2008-9u23, 2009-43. 3 World Junior Mountain Running Trophy 2005; 6 European Mountain Running Champs 2009. Twin brother Bernard is also a junior international distance runner. Born-Rore ... coach-Luigi Peiracchia  
In 2010: 15 San Giorgio su Legnano XC; 7 Rovereto XC; 9 San Vittore Olona "Cinque Mulini" XC; 2 Italian XC
- 135 SLIMANI Kaddour ITA 31y**  
3000 pb: 7:55.41 -02. 5000 pb: 13:34.32 -09. 1 Italian XC 2010. Moroccan origin  
In 2010: 1 Italian XC
- 137 ABU DRAIS Methkal JOR 26y**  
At WXC: 2009-89
- 138 DEGUCHI Kazuya JPN 21y**  
5000 pb: 13:48.33 -09. 10,000 pb: 28:34.02 -09. Half Mar pb: 63:51 -09  
In 2010: 6 Chiba XC; 6 Fukuoka XC
- 139 HAYAKAWA Tsubasa JPN 19y**  
5000 pb: 13:50.11 -09. 10,000 pb: 29:05.08 -08  
In 2010: 8 Chiba XC
- 145 NOGUCHI Takuya JPN 21y**  
5000 pb: 13:50.28 -09. 10,000 pb: 28:30.06 -09. At WXC: 2007-54J  
In 2010: 5 Chiba XC
- 146 OISHI Minato JPN 21y**  
5000 pb: 14:10.90 -08 ... In 2010: 7 Chiba XC
- 148 UMEGAE Hiroyoshi JPN 26y**  
5000 pb: 13:49.92 -08. 3000SC pb: 8:35.19 09. At WXC: 2008-122, 2009-64. 8 World Youth 2000SC 2001; 7 Asian Champs 3000SC 2005. 1 Japanese Corporate 3000SC 2009  
In 2010: 11 Chiba XC; 3 Fukuoka XC
- 149 YOROIZAKA Tetsuya JPN 20y**  
5000 pb: 13:46.97 -09. 10,000 pb: 28:49.90 -08  
In 2010: 4 Chiba XC
- 150 MAMASHAYEV Takhir KAZ 30y**  
Ex-Belarus, cleared to compete for Kazakhstan from February 23, 2006  
Mar pb: 2:15:20 -03. 14 WJC 10,000 98 (15 5000); 60 World Half Mar 2002 (2001-82). At WXC: 97-85J, 98-28J, 99-111 long, 2000-93 long. 1 Russian junior 10,000 98  
Marathons (5): 20 Berlin 2003, 24 Paris 2004, 12 Beijing 2006, dnf WCH 2007, 70 OLY 2008
- 152 EBUYA Joseph KEN 22y**  
Fourth in 2006 Commonwealth Games 5000m (as a junior) & 2008 World Cross Country Championships  
3000 pb: 7:34.62 -08. 5000 pb: 12:51.00 -07, 10,000 pb: 28:53.46 -06. 4 COM 5000 2006; 2 WJC 10,000 2006 (3 5000); 13 WCH 5000 2009 (2007-ht). At WXC: 2008-4. He is the first international runner of any stature since 1988 Olympic 800m Champion Paul Ereng to emerge from the Turkana tribe who live in north west of Kenya ... full name is Josph Ebuya Nawawona  
In 2010: 1 "Great Edinburgh" XC (Kenenisa Bekele 4th); 3 Kenyan XC
- 155 KOMON Leonard KEN 22y**  
Full name-Leonard Patrick Komon  
Second in 2008 World Cross Country Championships at age 20, then fourth in 2009  
10,000 pb: 26:57.08 -08. 5000 pb: 12:58.24 -09. 3000 pb: 7:33.27 -09. At WXC: 2006-2J, 2007-4J, 2008-2, 2009-4. Youngest of 14 children  
In 2010: 1 Seville XC; 1 Elgöibar XC; 5 Kenyan XC
- 158 MACHARINYANG Hosea KEN 23y**  
Full name-Hosea Mwok Macharinyang  
10,000 pb: 27:58.41 -07. 5000 pb: 13:09.85 -07. 4 WJC 10,000 2004; 2 African junior 10,000 2005. At WXC: 2004-6J, 2005-4J, 2006-6 long, 2007-5, 2008-11. He is coming back from an Achilles injury  
In 2010: 3 Elgöibar XC; 2 Valladolid XC; 4 Kenyan XC
- 159 MATELONG Richard KEN 26y**  
Full name-Richard Kipkemboi Matelong  
2009 World silver at steeplechase ... 2007 World bronze ... 2008 Olympic bronze  
3000SC pb: 8:00.89 -09. 1 African Champs 3000SC 2008 (2004-2); 3 OLY 3000SC 2008; 2 WCH 3000SC 2009 (2007-3). 1 Kenyan XC 2007. At WXC: 2007-dnf (fell). He has the rank of Constable in the Kenyan Police where he is a PT instructor based in Nyeri ... wife-Ruth Chepkemboi, their son Kipchumba born 2006  
In 2010: 3 Kapsokwony XC; 4 Kenyan Police XC; 2 San Vittore Olona "Cinque Mulini" XC; 6 Kenyan XC
- 161 ROTICH Lucas KEN 19y**  
Full name-Lucas Kimeli Rotich  
Third in 2008 World Cross Country Championships junior race ... 12:58.70 for 5000m while still a junior  
5000 pb: 12:58.70 -09. 3000 pb: 7:41.14 -09. 2 World Youth 3000 2007. At WXC: 2008-3J. Born-Kapsiyo ... coaches-Patrick Sang & Joseph Chelimo  
In 2010: 3 Fuensalida XC; 3 Seville XC; 2 Kenyan XC
- 162 TANUI Paul KEN 19y**  
Full name-Paul Kipngetch Tanui  
Placed fourth in junior race at 2009 World Cross Country Championships, apparently in borrowed shoes  
5000 pb: 13:37.15 -09. 10,000 pb: 27:25.24 -09. At WXC: 2009-4J. In Japan he is based in Fukuoka and competes for the Kyudenko Corporation (a provider of engineering services). Former student at the Kisii Technical College  
In 2010: Ran fastest second stage at Japanese Corporate Ekiden in Maebashi on new year's day, clocking 22:02 for 8.3K (which is 26:33 10K pace!); Ran fastest fourth stage in Fukuoka to Kokura Ekiden, clocking 42:26 for 14.8K; 1 Kenyan XC (won by 30 seconds after he broke clear at halfway; "I was first not sure if I will win. But I was certain of making the team ... I made the decision to up the pace and it worked")
- 169 MOTSIELOA Ramolefi LES 20y**  
In 2010: 12 Port Elizabeth 5000

- 170** **BADAY Ahmed MAR** **35/36y**  
Originally won World Junior bronze at 5000m in 1998, but stripped of that medal as it transpired he must have been 24 years old at the time  
Mar pb: 2:10:58 -10. 5000 pb: 13:03.82 -07. 10,000 pb: 27:48.85 -05. dq WJC 5000 98; 1 Francophone Games 10,000 2001; 5 African Champs 5000 2004 (2006-7); ht WCH 5000 2007; 1 Mediterranean Games Half Mar 2009; 49 World Half Mar 2009. At WXC: 98-dqJ (originally 18th), 99-15 short, 2003 -15 short, 2004-26 long, 2005-31 long, 2006-50 long, 2007-18, 2008-35, 2009-27  
Marathons (4): 9 Hamburg 2008, dnf Seoul 2008, 3 Ottawa 2009, 3 Marrakech 2010  
In 2010: 3 Marrakech
- 171** **BELLANI Hicham MAR** **30y**  
2004 Olympic & 2007 World finalist at 5000m ... former training partner of Hicham El Guerrouj  
Outdoor 1500 pb: 3:33.71 -07. 3000 pb: 7:33.71 -06. 5000 pb: 12:55.52 -06. 10,000 pb: 29:33.51 -09. 3 WSG 5000 2003 (2001-6); 9 OLY 5000 2004; 12 WCH 5000 2007 (2005-ht); 1 Mediterranean Games 10,000 2009; 3 Francophone Games 5000/10,000 2009; 7 WIC 3000 2010. At WXC: 2005 -22 short, 2006-14 short. dnf London Marathon 2009  
In 2010: 1 Val-de-Reuil 3000 7 WIC 3000
- 173** **BOUJATTAOUI Chakir MAR** **27y**  
Surprising eighth at 2009 World Cross Country Championships ... 5000 pb: 13:09.62 -09. 3000 pb: 7:41.21 -09. 3000SC pb: 8:13.83 -09. 11 WCH 5000 2009; 1 Francophone Games 5000 2009 (2 3000SC); 2 Arab 3000SC 2009. At WXC: 2008-40, 2009-8. Coach-Khalid Boulami  
In 2010: 4 San Sebastián XC; 2 Montehermoso XC
- 175** **DHAM El Houssaine MAR** **28y**  
3000SC pb: 9:00.80 -09 ... In 2010: 1 Maliaño XC; 5 Arab XC
- 176** **EL ASRI Abderrahim MAR** **27y**  
5000 pb: 13:53.47 -09. 10,000 pb: 28:40.7 -09  
In 2010: 6 Marrakech Half Mar
- 182** **SELMOUNI Anis MAR** **31y**  
2009 World finalist at 5000m ... 5000 pb: 13:11.24 -08. 1500 pb: 3:35.35 -03. ht WIC 1500 2003; ht OLY 5000 2008; 1 Mediterranean Games 5000 2009; 14 WCH 5000 2009. At WXC: 2006-47 short, 2007-14, 2008-32, 2009-dnf. 1 Moroccan XC 2007. Former training partner of Hicham El Guerrouj  
In 2010: 2 Arab XC
- 185** **BARRIOS Juan Luis MEX** **26y**  
Seventh & top non-African in 2008 Olympic 5000m ... double silver at 2007 Pan-American Games  
5000 pb: 13:11.37 -07. 10,000 pb: 27:40.10 -09. 3000 pb: 7:37.64 -06. 1500 pb: 3:37.71 -07. 8 WJC 1500 2002; 1 Central American & Caribbean Champs 1500 2003 & 5000 2005; 1 Central American & Caribbean Games 1500/5000 2006; 2 Pan-Am Games 1500/5000 2007; 14 WCH 5000 2007 (sf 1500); 7 OLY 5000 2008; 18 WCH 10,000 2009. 5 Great North Run 2008 (2009-29). 1 Mexican 1500 2002/2004/2005 (1 800 2004). At WXC: 2001-47J, 2002-22J, 2005-57 short, 2006-62 short ... soldier in Mexican Army  
In 2010: 5 "Great Edinburgh" XC; 3 Antrim XC; 5 San Vittore Olona "Cinque Mulini" XC; 3 Guadalajara Half Mar
- 187** **CARERA Juan Carlos MEX** **22y**  
5000 pb: 14:27.95 -07. 3 World Junior Mountain Running Trophy 2004; 3 World Junior Mountain Running Trophy 2006; 5 Pan-American junior 5000 2007
- 188** **GONZALEZ Josafath MEX** **23y**  
3000SC pb: 8:43.08 -07. 1 North, Central America & Caribbean under-23 3000SC 2008. 1 Mexican 3000SC 2008/2009
- 189** **OLMEDO Pablo MEX** **34y**  
Twice World 5000m finalist ... Mar pb: 2:11:34 -07. 5000 pb: 13:13.32 -98. 10,000 pb: 28:11.75 -03. 4 WJC 5000 94; 33 World Half Mar 96; 2 Ibero-American 5000 98; 4 WCP 3000/5000 98; 10 WCH 5000 99 (97-15, 2001-ht); 1 Central American Games 5000/10,000 2002; 4 Pan-Am Games 10,000 2003. At WXC: 94-6J, 96-59, 97-111, 98-dnf long, 99-67 long  
Marathons (7): dnf London 2004, 12 Paris 2005, 11 Chicago 2005, 5 Otsu 2006, dnf New York 2006, 1 Torréon 2007, 46 WCH 2007  
Youngest of 10 children ... coach-Rafael Martínez  
In 2010: 9 NACAC XC
- 191** **DAVIDSON Andrew NZL** **27y**  
3000 pb: 8:05.17 -09 ... In 2010: 4 New Zealand Trial XC
- 192** **HENSHAW Edwin NZL** **24y**  
3000 pb: 7:58.821 -07. 5000 pb: 14:04.53 -07. 14 NCAA 5000 2007, representing the University of Tulsa  
In 2010: 9 Fayetteville 3000
- 193** **HOGARTH Kim NZL** **34y**  
Winner of five New Zealand titles in 2009 ... 10,000 pb: 29:55.47 -05. Half Mar pb: 66:05 -09. 3000SC pb: 8:29.12 -07. 1 New Zealand 3000SC 2003/2008/2009. 1 New Zealand Half Mar 2008/2009 (1 3000/5000/10K 2009)  
In 2010: 2 New Zealand 10,000; 2 New Zealand Trial XC
- 194** **KRAWITZ Shaun NZL** **25y**  
1500 pb: 14:24.09 -09. At WXC: 2004-88J  
In 2010: 7 Australian Trial XC; 1 New Zealand Trial XC; 15 Melbourne 5000
- 197** **BRZEZINSKI Blazej POL** **22y**  
5000 pb: 14:30.87 -07. At WXC: 2008-26u23. Local club (MUKS Bydgoszcz)  
In 2010: 5 Polish XC
- 198** **CICHOCKI Jaroslaw POL** **38y**  
(Cichocki pronounced "She-hot-ski") ... 5000 pb: 13:56.82 -98. 10,000 pb: 29:48.18 -98. Mar pb: 2:16:35 -04. At WXC: 89-14J, 90-62J. At EXC: 2000 -63. Not to be confused with the younger athlete of the same name who is an international shot putter (no relation)  
Marathons: 6 Wroclaw 1998, 1 Calvia 1998, 5 Hannover 1999, 15 Frankfurt 2000, 2 Dresden 2002, 3 Krakow 2003, 2 Mainz 2004, 7 Odense 2004, 7 Sacramento 2004, 4 Akron 2005, 3 Mainz 2006, 5 Detroit 2007, 5 Detroit 2007  
In 2010: 9 Diekirch XC; 6 Polish XC  
  
He last competed in the World Cross Country Championships in 1990!
- 199** **GARDZIELEWSKI Arkadiusz POL** **23y**  
5000 pb: 13:53.56 -08. 10,000 pb: 29:08.48 -09. 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  
In 2010: 2 Polish XC
- 205** **POCZWARDOWSKI Kamil POL** **25y**  
5000 pb: 14:45.19 -07. 3000SC pb: 9:02.20 -05  
In 2010: 4 Diekirch XC; 3 Polish XC
- 207** **ZALEWSKI Krystian POL** **20y**  
3000SC pb: 8:42.06 -09. 8 EJC 3000SC 2007; 7 WJC 3000SC 2008; 3 under -23 ECH 3000SC 2009. At WXC: 2008-71J. At EXC: 2007-44J, 2008-53J. 1 Polish junior 5000/3000SC 2008 & XC 2008; 1 Polish under-23 3000SC 2009  
In 2010: 4 Polish XC
- 208** **ZBLEWSKI Tadeusz POL** **25y**  
5000 pb: 14:17.51 -08. 10,000 pb: 30:05.02 -07  
In 2010: 7 Polish XC
- 210** **DAMIÃO Manuel POR** **31y**  
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. At EXC: 97-16J, 2003-50, 2004-63  
In 2010: 21 Bilbao XC; 4 Portuguese XC
- 211** **EL KALAI Youssef POR** **29y**  
2010 Portuguese Cross Country Champion ... born-Morocco ... 5000 pb: 13:31.68 -09. 10,000 pb: 28:30.65 -09. Mar pb: 2:17:21 -08. 1 Portuguese indoor 3000 2009  
Marathons (3): 2 Lisbon 2005, 2 San Sebastián 2007, 10 Enschede 2008  
In 2010: 2 Portuguese XC (1st Portuguese, as the winner of the race was guest Mark Bett KEN)
- 213** **ORNELAS Helder POR** **35y**  
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. 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  
Marathons (6): 1 Milan 2005, 15 ECH 2006, 1 Prague 2007, dnf WCH 2007, 46 OLY 2008, 23 New York 2009  
In 2010: 61 Bilbao XC; 3 Portuguese XC
- 214** **PIMENTEL Licinio POR** **32y**  
5000 pb: 13:51.75 -06. 10,000 pb: 28:43.69 -08. At WXC: 2004-77 short, 2007-95, 2008-71, 2009-72. At EXC: 2006-25, 2007-33, 2008-58, 2009-14. Coach-Paulo Colaço  
In 2010: 7 Bilbao XC
- 217** **ROCHA José POR** **33y**  
5000 pb: 13:47.78 -08. 10,000 pb: 28:15.44 -09. At WXC: 2005-115 short, 2008-100, 2009-45. At EXC: 2007-24, 2009-6. 3 European Cup 10,000 2009. 1 Portuguese 5000 2007  
In 2010: 12 Elgöibar XC; 9 Montehermoso XC; 9 Cáceres XC; 7 Portuguese XC
- 218** **SILVA Fernando POR** **29y**  
Mar pb: 2:12:09 -09. Half Mar pb: 63:47 -03. 5000 pb: 13:57.42 -02. At WXC: 2003-43 short, 2004-47 long, 2005-46 long, 2006-25 long. At EXC: 2003-10, 2004/2005-11, 2006-dq. Served two-year doping suspension to January 2009 and was stripped of the silver medal he originally won at the 2006 European Cross Country Championships  
Marathons (2): 6 Prague 2009, 13 WCH 2009  
In 2010: 16 Bilbao XC; 6 Portuguese XC

- 219 ABDULLAH Ahmad Hassan QAT** 28y  
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, 2009-11); 1 Asian Champs 10,000 2003/2007 (2 5000 2007, 3 10,000 2009); 3 World Half Mar 2004/2008 (2007-24); 1 Asian XC 2007/2009; 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, 2009-18. Born-Keiyo
- 220 BAKHET Mohamed Abdou QAT** 22y  
10,000 pb: 29:18.76 -06. 5000 pb: 13:59.8 -06. 1 Asain junior 10,000 2006; 8 WJC 10,000 2006; 21 World Half Mar 2007. At WXC: 2005-26J, 2006-32J
- 222 KIBORE Felix QAT** 22y  
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, 2009-20
- 223 RASHED Essa Ismail QAT** 23y  
TRANSFEREE – Formerly: Daniel Kipkosgei KEN ... 2005 Asian Champion at 10,000m  
Outdoor 5000 pb: 13:08.02 -08. 10,000 pb: 27:20.97 -06. ht WCH 5000 2005; 1 Asian Champs 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; 3 Asian Indoor Games 3000 2009 & Asian Indoor Champs 2010; 3 Asian Champs 5000 2009; 9 WIC 3000 2010. At WXC: 2005-15J, 2006-35 short, 2008-48, 2009-55  
In 2010: 4 Düsseldorf 5000; 2 Val-de-Reuil 3000; 2 Ghent 3000; 2 Asian Indoor Champs 3000; 9 WIC 3000
- 224 SALEM Jamal Bilal QAT** 31y  
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, 2008-34, 2009-28 ... 1.85 tall
- 225 SAADOUN Ali Al-Dawoodi QAT** 25y  
TRANSFEREE – Formerly: Elias Daudi TAN  
Alternative name-Ali Dawoud Sedam  
5000 pb: 13:33.22 -03. 10,000 pb: 28:04.74 -07. 1 Arab 10,000 2003; 3 Asian Champs 10,000 2005/2007; 14 World Half Mar 2007 (2005-dnf, 2008-18). At WXC: 2004-23 short, 2005-19 long, 2007-40, 2008-61
- 230 MDEDELWA Lungisa RSA** 25y  
5000 pb: 13:32.70 -10. 10,000 pb: 28:21.52 -09. 3 World Student Games 10,000 2009. 3 South African 10,000 2009  
In 2010: 1 South African Trial XC; 5 Port Elizabeth 5000
- 232 MOKOKA Steven RSA** 25y  
Reigning South African Champion at 10,000m & Half Marathon ... eighth in 2009 World Half Marathon  
5000 pb: 13:27.22 -10. 10,000 pb: 28:48.73 -09. 9 WSG 10,000 2005; 3 World Student Games 10,000 2007; 8 World Half Mar 2009 (2008-67). 1 South African Half Mar 2008/2009 & 10,000 2009. At WXC: 2008-74, 2009-32. Coach-Michael Seme (same as Caster Semanya)  
In 2010: 2 South African Trial XC; 3 Port Elizabeth 5000; dnf Otsu Marathon
- 233 MZAZI Sibabalwe RSA** 21y  
5000 pb: 14:09.58 -07. 10,000 pb: 29:17.9 -07
- 234 NKONDE Siyabonga RSA** 21y  
5000 pb: 14:11.31 -10. 10,000 pb: 28:40.69 -08. At WXC: 2006-74J  
In 2010: 6 South African Trial XC; 15 Port Elizabeth 5000
- 236 TSOSANE Kgosi RSA** 23y  
At WXC: 2009-107  
In 2010: 4 South African Trial XC; 2 Sasolburg 10K; 11 Port Elizabeth 5000
- 237 TYALI Xolisa RSA** 21y  
Xolisa pronounced "Holisa" ... Half Mar pb: 61:58 -09. 5000 pb: 13:43.42 -10. ht World Youth 3000 2005; 85 World Half Mar 2009. At WXC: 2007-45J  
In 2010: 1 Johannesburg 15K; 3 South African Trial XC; 7 Port Elizabeth 5000
- 242 RUKUNDO Sylvain RWA** 21y  
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, 2009-37); 9 African Champs 5000 2008. At WXC: 2006-86 long, 2007-38, 2009-52  
In 2010: 15 Rovereto XC; 4 Metz 5000; 4 Pieve di Cento Half Mar
- 244 SILLY Gaylord SEY** 24y  
Silly pronounced "See-E" ... 4 Island Games 3000SC 2008. At WXC: 2008 -162. 90 World Half Mar 2009. Lives-Vendôme (Central France). Mother-from the Seychelles, father- French, he has dual nationality ... works as a tree surgeon
- 245 ISAK Mohamed SOM** 20y  
dnf World Half Mar 2009
- 250 JOLY Stéphane SUI** 26y  
5000 pb: 14:18.87 -08. 57 World Half Mar 2008. At WXC: 2005-111 short, 2007-122. At EXC: 2002-71J, 2005-50, 2006-dnf, 2007-23, 2008-17. 1 Swiss long course XC 2006  
In 2010: 9 Fuensalida XC; 5 Huesca XC
- 253 JOSEPH Marco TAN** 20y  
3000 pb: 8:08.51 -09. 5000 pb: 13:27.74 -08. 10,000 pb: 27:42.75 -09. ht WCH 5000 2009; 16 World Half Mar 2009. At WXC: 2007-22J  
In 2010: 2 São Paulo 10K; 3 POCO de Caldas 10M; ht WIC 3000
- 254 JOSEPH (Naasi) Fabiano TAN** 24y  
Full name-Fabiano Josph Naasi  
2005 World Half Marathon Champion at age 19 ... carried Tanzanian flag at Opening Ceremony of 2008 Olympics  
5000 pb: 13:12.76 -06. 10,000 pb: 27:19.72 -08. Half Mar pb: 59:56 -08. Mar pb: 2:13:24 -06. 13 WCH 10,000 2003/2009; 2 WJC 10,000 2004 (6 5000); 10 OLY 10,000 2004 (ht 5000); dnf Seoul 2005; 1 World Half Mar 2005 (2003/2004-2, 2007-11, 2009-15); 15 WCH 5000 2005; 3 COM 10,000 2006 (5 5000). 10 Amsterdam 2006; 9 OLY 10,000 2008. 1 AAA 10,000 2003. At WXC: 2003-19 long, 2004-7 long. Has paced marathons in Dubai, Fukuoka & London  
In 2010: 8 Abu Dhabi Half Mar; 10 R'as Al Khaimah Half Mar; 1 Moshi Half Mar
- 255 SHAMBA Gitimi TAN** 26y  
31 World Half Mar 2009
- 256 SULLE Martin TAN** 27y  
1999 World XC team bronze ... full name-Martin Hhaway Sulle ... Half Mar pb: 60:27 -04. 10,000 pb: 28:15.60 -02. 5 COM 10,000 2002. At WXC: 99 -15J (team bronze), 2000-5J & 12 short
- 257 KHAITOV Sotyvoldy TJK** 23y  
8 Asian Champs 10,000 2005. At WXC: 2005-119J, 2009-119
- 262 HACHANI EI Akhdar TUN** 30y  
5000 pb: 13:51.57 -03
- 263 HOSNI Wissem TUN** 25y  
1 North African XC 2008
- 265 SAAD Atef TUN** 22y
- 269 HURU Dickson UGA** 19y  
5000 pb: 14:11.06 -08. 2 Commonwealth Youth Games 5000 2008. At WXC: 2007-23J, 2009-17J
- 270 KIBET James UGA** 25y  
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, 2009-80  
In 2010: 3 Ugandan XC
- 273 KIPSIRO Moses UGA** 23y  
Second in 2009 World Cross Country Championships ... 2007 World bronze at 5000m but then fourth in Beijing 2008 & Berlin 2009  
3000 pb: 7:30.95 -09. 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, 2009-4); 4 OLY 5000 2008. At WXC: 2003-18J, 2005-21J, 2006-29 short & 23 long, 2007-dnf, 2008-13, 2009-2 ... second of seven children  
In 2010: 1 Ugandan XC; 6 San Juan 10K
- 274 KUSURO Geoffrey UGA** 21y  
2007 World Junior Mountain Running Champion ... 5000 pb: 13:18.38 -08. 4 WJC 5000 2008 (2006-9); ht OLY 5000 2008; ht WCH 5000 2009. At WXC: 2005-49J, 2006-14J, 2007-10J, 2008-8J, 2009-19. 1 World Junior Mountain Running Trophy 2007  
In 2010: 2 Ugandan XC
- 275 SIWA Ben UGA** 20y  
At WXC: 2006-64 short, 2008-22J, 2009-43
- 276 TOROITICH Martin UGA** 26y  
Second in 2008 World Mountain Running Trophy ... 5000 pb: 13:34.84 -02. 10,000 pb: 27:57.11 -08. Half Mar pb: 62:19 -08. 2 African junior 10,000 2001; 13 World Half Mar 2004 (2002-87, 2003-43, 2009-24); 11 Cologne 2005; 13 World 20K 2006; 2 World Mountain Running Trophy 2008; 22 WCH 10,000 2009. At WXC: 98-41J, 2000/2002-11J, 2005-107 long, 2007-10, 2008-29  
In 2010: 11 Coamo "San Blas" Half Mar
- 278 BAUHS Scotty USA** 23y  
5000 pb: 13:28.92 -09. 10,000 pb: 27:48.06 -08. 70 World Half Mar 2009. At WXC: 2008-51. 1 NCAA Division 2 10,000 2007. Ran third stage for US team which placed fourth in 2007 Chiba Ekiden, clocking 28:31 for 10K. Studied Social Science and English at California State University, Chico ... born-Denver ... coach-Terrence McMahon  
In 2010: 2 Seattle 3000; 3 US XC; 4 US indoor 3000
- 279 BRUCE Ben USA** 27y  
3000 pb: 7:56.86 -08. 3000SC pb: 8:26.08 -09. 1 NACAC 5000 2007 (3 3000SC). Coach-Mark Conover  
In 2010: 3 Albuquerque 3000; 4 US XC; 3 Armagh 5K; 1 "Rás na hÉireann" XC



- 281** **CURTIS Bobby USA** **25y**  
2008 US Collegiate Champion at 5000m, representing Villanova University  
5000 pb: 13:25.66 -08. 10,000 pb: 28:06.74 -08. At WXC: 2009-37. 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 2010: 6 New York Mile; 8 Boston 5000; 5 US XC
- 285** **MACK Bobby USA** **25y**  
5000 pb: 14:03.77 -05. Graduate of History Education from North Carolina  
State University ... Coach-Rollie Geiger  
In 2010: 7 US XC; 3 NACAC XC
- 288** **SMYTH Patrick USA** **23y**  
Second at both US Half Marathon and US Cross Country Championships in  
2009  
Half Mar pb: 62:01 -10. 5000 pb: 13:39.50 -09. 10,000 pb: 28:25.85 -09. 11  
NCAA XC 2008; 8 NCAA indoor 3000 2009; 4 NCAA 10,000 2009; 4 US 10M  
2009; 2 US Half Mar/XC 2010. Attends University of Notre Dame (Indiana) ...  
born-Rock Springs, Wyoming ... coach-Denis Barker  
In 2010: 2 US Half Mar (Houston); 2 Albuquerque 3000; 2 US XC; 7 US 15K  
(Jacksonville)
- 289** **VAIL Ryan USA** **24y**  
1500 pb: 3:44.22 -08. 5000 pb: 13:37.02 -09. 5 NCAA 5000 2008 (2009-9); 9  
NCAA XC 2009. At WXC: 2005-77J, 2009-33. Attends Oklahoma State  
University ... born-Gresham, Oregon ... coach-Dave Smith  
In 2010: 4 Karlsruhe 3000; 6 US XC; 6 US 15K (Jacksonville)