



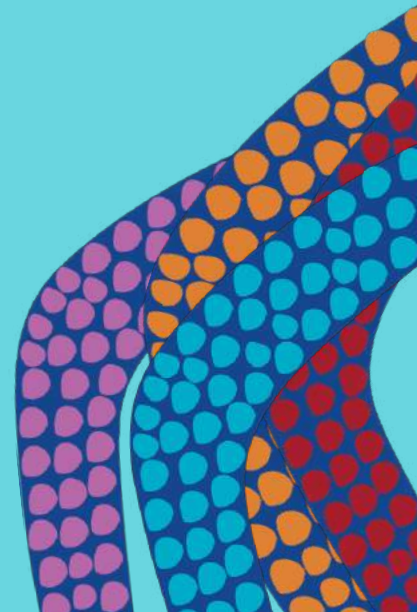
WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS
BATHURST 23



WXC BATHURST 23

OFFICIAL PROGRAM

We acknowledge the Wiradjuri people on whose Traditional Lands the World Athletics Cross Country Championships Bathurst 23 will be hosted, and pay our respects to Elders past and present. We extend that respect to all Aboriginal and Torres Strait Islander peoples.



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PRESIDENT'S WELCOME

I am pleased to welcome you all to the 44th edition of the World Athletics Cross Country Championships here in Bathurst, Australia.

I know I speak for all of us in the international athletics community when I say that we are thrilled to be back in Australia for the first World Athletics Series event to be held here in 25 years. In fact, this the first time the Cross Country Championships are being held in Australia, and only the second time they are being held in Oceania, following the 1988 edition in Auckland, New Zealand.

The Cross Country Championships is the oldest World Athletics Series event on the calendar. Indeed, it was first held in 1903, as the International Cross Country Championships before World Athletics (formerly the IAAF) was founded.

This event has always been close to my heart. Growing up on the cross country circuit, I have often said that cross country racing laid the foundation for everything I have achieved as an athlete. It is the great equalizer, an event where athletes specialising in the middle and long-distance both stand a chance of taking home top prize – it is truly anyone's race!

Two countries have dominated these championships for the last four decades. Between them, Ethiopia and Kenya have won every women's team medal since 1995. In fact, only once in the last 40 years has the men's team medal gone to anyone else.

This year, over 500 athletes from more than 60 countries, including the Athlete Refugee Team, will descend on Mount Panorama to participate in the elite event. Five cross country races will be held on 18 February at the foot of this storied mountain in what will



undoubtedly be a sensational afternoon of distance running. In addition to the World Championships races, hordes of cross country enthusiasts are set to take part in the mass participation events that have been organised in parallel to the Championships, and that will allow athletes of all levels to run along the same course as the elites.

I hope these mass participation events will help to raise the profile of distance running in the region as we continually look for new and innovative ways to expand the reach of our sport and increase participation across all corners of the globe.

I would like to thank the Local Organising Committee, the City of Bathurst, the Government of New South Wales, Destination NSW, Athletics Australia and World Athletics' Official Partners and Suppliers for their contribution to the running of these championships.

I offer my very best wishes to all athletes, coaches, officials, volunteers, and of course our loyal fans for the most successful and enjoyable championships.

With kind regards,

Sebastian Coe,
President, World Athletics

MINISTER'S WELCOME



I am delighted to welcome you to Bathurst for the World Athletics Cross Country Championships 23, proudly supported by the NSW Government through its tourism and major events agency, Destination NSW.

Bathurst is known for adrenaline-fuelled sporting achievements, and the World Athletics Cross Country Championships will be right at home at Mount Panorama. Bathurst will be host to more than 500 athletes competing from more than 60 nations.

This event forms part of the NSW Government's 10 World Cups in 10 Years strategy through which we have secured the top international sporting events for our state to drive visitation and provide a major boost for the many businesses engaged in our visitor economy.

Events like these are key to the vitality of our regional centres, attracting thousands of athletes, officials and spectators who stay in our hotels, visit our attractions and spend locally.

Aside from the on-course action, there is plenty of entertainment and activities around the precinct for the whole family to enjoy. I encourage you to take some time away from the track to discover the many great attractions of Bathurst and the Central West from spectacular limestone caves, stunning heritage listed buildings, scenic natural surroundings and charming historic villages.

I wish all competitors the very best of luck and hope visitors enjoy all the action and the warm hospitality of this beautiful part of NSW.

The Hon. Ben Franklin MLC
Minister for Tourism





LOC CO-CHAIR WELCOME

It is with great excitement that we welcome the world to the long-awaited World Athletics Cross Country Championships 23 in Bathurst, New South Wales after two postponements.

Cross country is a much-loved discipline in Australia. Cross country competition takes place at both primary and secondary school levels across Australia and sees tens of thousands of children compete at school, zone, regional and national championships every year. At an elite level, we proudly boast our very own World Athletics Cross Country champion in Benita Willis, who claimed the title in Brussels in 2004. The legendary Steve Moneghetti sits on the all-time list of most appearances, having competed in eleven World Athletics Cross Country Championships between 1985 and 2004

WXC Bathurst 23 will feature the highest quality field of more than 500 athletes drawn from more than 60 Member Federations. We are particularly delighted to have strong representation by athletes from our Oceania neighbours and acknowledge the important role played by the Oceania Athletics Association in promoting the event in our region. This event will lay the foundation for the further development of cross country across Oceania as we showcase the sport on a whole new level in the region and create aspiration among the region's athletes to compete on the world stage.

In a world first, the WXC Bathurst 23 programme includes the inaugural edition of the World Masters Athletics Short Course Cross Country Championships as part of our comprehensive mass participation program and we thank World Masters Athletics for enabling this concept to be realised.

Another exciting innovation in our programming is the Golden Ticket participation events, which give the first seven runners across the line the opportunity to participate in the Open and Under 20 championship races 30 hours later.

Staging this event in New South Wales would not have been possible without the profound support of the New South Wales Government through Destination NSW, Regional NSW and the Office of Sport.

The setting for this event – Bathurst - is one of Australia's oldest regional towns with a rich Indigenous history. We are very grateful for the support we have received from the Bathurst Regional Council and the welcoming community of Bathurst.

We thank World Athletics for entrusting us with the staging of this event and for guiding our planning over the last four years. And we are grateful to have benefited from the wisdom and hard work of many experienced individuals from the Athletics family throughout Australia and Oceania.

We invite all athletes, coaches, officials, partners, participants and guests to enjoy some laid-back Australian hospitality, exemplified by the friendly nature of our volunteers.

Our kind regards,

Jill Davies and Matt Whitbread

Co-Chairs of the Local Organising Committee

WORLD ATHLETICS COUNCIL MEMBERS



PRESIDENT	Sebastian CEO (GBR)
SENIOR VICE PRESIDENT	Sergey BUBKA (UKR)
VICE PRESIDENTS	Geoff GARDNER (NFI) Nawaf AL SAUD (KSA) Ximena RESTREPO (COL)
COUNCIL MEMBERS	Valerie ADAMS (NZL) Dahlan Jumaan AL HAMAD (QAT) Beatrice AYIKORU (UGA) William BANKS (USA) Sylvia BARLAG (NED) Raul CHAPADO (ESP) Nawal EL MOUTAWAKEL (MAR) Robin Sapong EUGENIO (NMI) Helio Marinho GESTA DE MELO (BRA) Abby HOFFMAN (CAN) Alberto JUANTORENA DANGER (CUB) Hamad KALKABA MALBOUM (CMR) Dobromir KARAMARINOV (BUL) Renaud LAVILLENIE (FRA) Antti PHILAKOSKI (FIN) Anna RICCARDI (ITA) Mike SANDS (BAH) Adille J SUMARIWALLA (IND) Nan WANG (CHN) Hiroshi YOKOKAWA (JPN)

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LOCAL ORGANISING COMMITTEE



WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS
BATHURST 23

The Local Organising Committee for the World Athletics Cross Country Championships Bathurst 23 comprises a talented team of board members and management with significant major event experience across Olympic Games, Commonwealth Games, World Athletics Cross Country Championships and major mass participation events.



MATTHEW WHITBREAD
CO-CHAIR



JILL DAVIES
CO-CHAIR



SHAUN CREIGHTON
DIRECTOR



STEVE MONEGHETTI
DIRECTOR



CHRIS WARDLAW
DIRECTOR



AARON JONES
DIRECTOR



PETER BROMLEY
CEO, ATHLETICS AUSTRALIA



BRIAN ROE
COMPANY SECRETARY



NATHAN REES
DIRECTOR

COMPETITION TIMETABLE

SATURDAY FEBRUARY 18, 2023 | Times are AEDT

1500	Opening Ceremony and Welcome to Country	-
1530	Mixed Relay World Championship	8km
1610	Under 20 Women World Championship	6km
1650	Under 20 Men World Championship	8km
1730	Senior Women World Championship	10km
1830	Senior Men World Championship	10km
1910	Medal Ceremonies	-

WORLD ATHLETICS COMPETITION DELEGATES

TECHNICAL DELEGATE	Khan SHARP (AUS)
PRESS DELEGATE	Zacharias VAILAKIS (GRE)
MEDICAL DELEGATE	Paolo Emilio ADAMI (ITA)
ANT-DOPING	Richard Driscoll (GBR)
JURY OF APPEAL	Beatrice AYIKORU (UGA)
	Anne LORD (AUS)
	Trevor SPITTLE (NZL)

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WORLD ATHLETICS MEMBER FEDERATIONS

COUNTRY	CODE	NAME	AREA
Afghanistan	AFG	Afghanistan Athletic Federation	AAA
Albania	ALB	Albanian Athletics Federation	EA
Algeria	ALG	Fédération Algérienne d'Athlétisme	CAA
American Samoa	ASA	American Samoa Track & Field Association	OAA
Andorra	AND	Federacio Andorrana d'Atletisme	EA
Angola	ANG	Federacao Angolana de Atletismo	CAA
Anguilla	AIA	Anguilla Amateur Athletic Association	NACAC
Antigua & Barbuda	ANT	Athletic Association of Antigua & Barbuda	NACAC
Argentina	ARG	Confederacion Argentina de Atletismo	CONSUDATLE
Armenia	ARM	Armenian Athletic Federation	EA
Aruba	ARU	Arubaanse Atletiek Bond	NACAC
Australia	AUS	Athletics Australia	OAA
Austria	AUT	Osterreichischer Leichtathletik-Verband	EA
Azerbaijan	AZE	Azerbaijan Athletics Federation	EA
Bahamas, The *	BAH	Bahamas Association of Athletic Associations	NACAC
Bahrain	BRN	Bahrain Athletics Association	AAA
Bangladesh	BAN	Bangladesh Athletic Federation	AAA
Barbados	BAR	Athletics Association of Barbados	NACAC
Belarus	BLR	Belarus Athletic Federation	EA
Belgium	BEL	Ligue Royale Belge d'Athlétisme	EA
Belize	BIZ	Belize Athletics Association	NACAC
Benin	BEN	Fédération Béninoise d'Athlétisme	CAA
Bermuda	BER	Bermuda National Athletics Association	NACAC
Bhutan	BHU	Bhutan Amateur Athletic Federation	AAA
Bolivia	BOL	Federacion Atletica de Bolivia	CONSUDATLE
Bosnia & Herzegovina	BIH	Athletic Federation of Bosnia & Herzegovina	EA
Botswana	BOT	Botswana Athletics Association	CAA
Brazil	BRA	Confederação Brasileira de Atletismo	CONSUDATLE
British Virgin Islands	IVB	British Virgin Islands Athletics Association	NACAC
Brunei	BRU	Brunei Darussalam Athletics Federation	AAA
Bulgaria	BUL	Bulgarian Athletic Federation	EA
Burkina Faso	BUR	Fédération Burkinabe d'Athlétisme	CAA
Burundi	BDI	Fédération d'Athlétisme du Burundi	CAA
Cabo Verde	CPV	Federação Caboverdiana de Atletismo	CAA
Cambodia	CAM	Khmer Amateur Athletics Federation	AAA
Cameroon	CMR	Fédération Camerounaise d'Athlétisme	CAA
Canada	CAN	Athletics Canada	NACAC
Cayman Islands	CAY	Cayman Islands Athletic Association	NACAC
Central African Republic	CAF	Fédération Centrafricaine d'Athlétisme	CAA
Chad	CHA	Federation Tchadienne d'Atletisme	CAA
Chile	CHI	Federacion Atletica de Chile	CONSUDATLE
China (People's Republic of)	CHN	Chinese Athletic Association	AAA
Colombia	COL	Federacion Colombiana de Atletismo	CONSUDATLE

COUNTRY	CODE	NAME	AREA
Comoros	COM	Fédération Comorienne d'Athlétisme	CAA
Congo	CGO	Fédération Congolaise d'Athlétisme	CAA
Congo (Democratic Republic of the)	COD	Fédération d'Athlétisme du Congo	CAA
Cook Islands	COK	Athletics Cook Islands Inc.	OAA
Costa Rica	CRC	Federacion Costarricense de Atletismo	NACAC
Cote d'Ivoire	CIV	Fédération Ivoirienne d'Athlétisme	CAA
Croatia	CRO	Croatian Athletics Federation	EA
Cuba	CUB	Federacion Cubana de Atletismo	NACAC
Cyprus	CYP	The Amateur Athletic Association of Cyprus	EA
Czech Republic	CZE	Czech Athletic Federation	EA
Denmark	DEN	Dansk Atletik Forbund	EA
Djibouti	DJI	Fédération Djiboutienne d'Athlétisme	CAA
Dominica	DMA	Dominica Amateur Athletics Association	NACAC
Dominican Republic	DOM	Federacion Dominicana de Asociaciones de Atletismo	NACAC
Ecuador	ECU	Federacion Ecuatoriana de Atletismo	CONSUDATLE
Egypt	EGY	Egyptian Athletic Federation	CAA
El Salvador	ESA	Federacion Salvadoreña de Atletismo	NACAC
Equatorial Guinea	GEQ	Federacion Ecuatoguineana de Atletismo	CAA
Eritrea	ERI	Eritrean National Athletics Federation	CAA
Estonia	EST	Estonian Athletic Association	EA
Eswatini	SWZ	Athletics Eswatini	CAA
Ethiopia	ETH	Ethiopian Athletic Federation	CAA
Fiji	FIJ	Athletics Fiji	OAA
Finland	FIN	Suomen Urheiluliitto RY	EA
France	FRA	Fédération Française d'Athlétisme	EA
French Polynesia	PYF	Fédération d'Athlétisme de Polynésie Française	OAA
Gabon	GAB	Fédération Gabonaise d'Athlétisme	CAA
Gambia, The *	GAM	The Gambia Athletics Association	CAA
Georgia	GEO	Athletic Federation of Georgia	EA
Germany	GER	Deutscher Leichtathletik Verband	EA
Ghana	GHA	Ghana Athletics Association	CAA
Gibraltar	GIB	Gibraltar Amateur Athletic Association	EA
Great Britain & Northern Ireland	GBR	UK Athletics	EA
Greece	GRE	Association Hellénique d'Athlétisme Amateur	EA
Grenada	GRN	Grenada Athletic Association	NACAC
Guam	GUM	Guam Track and Field Association	OAA
Guatemala	GUA	Federacion Nacional de Atletismo de Guatemala	NACAC
Guinea	GUI	Fédération Guinéenne d'Athlétisme	CAA
Guinea-Bissau	GBS	Federacao de Atletismo da Guinea-Bissau	CAA
Guyana	GUY	Athletics Association of Guyana	CONSUDATLE
Haiti	HAI	Fédération Haitienne d'Athlétisme Amateur	NACAC
Honduras	HON	FENHATLE	NACAC
Hong Kong, China	HKG	Hong Kong Amateur Athletic Association	AAA
Hungary	HUN	Hungarian Athletics Association	EA
Iceland	ISL	Icelandic Athletic Federation	EA
India	IND	Athletics Federation of India	AAA
Indonesia	INA	Indonesian Athletics Federation	AAA
Iran	IRI	Athletic Federation of Islamic Republic of Iran	AAA
Iraq	IRQ	Iraqi Athletics Federation	AAA
Ireland	IRL	Athletic Association of Ireland	EA
Israel	ISR	Israeli Athletic Association	EA
Italy	ITA	Federazione Italiana di Atletica Leggera	EA
Jamaica	JAM	Jamaica Athletics Administrative Association	NACAC
Japan	JPN	Japan Association of Athletics Federations	AAA
Jordan	JOR	Jordan Athletics Federation	AAA

COUNTRY	CODE	NAME	AREA
Kazakhstan	KAZ	Athletic Federation of the Republic of Kazakhstan	AAA
Kenya	KEN	Athletics Kenya	CAA
Kiribati (Republic of)	KIR	Kiribati Athletics Association	OAA
Korea	KOR	Korea Association of Athletics Federations	AAA
Korea (Democratic People's Republic of)	PRK	Amateur Athletic Association of DPR of Korea	AAA
Kosovo	KOS	Kosovo Athletic Federation	EA
Kuwait	KUW	Kuwait Athletics Federation	AAA
Kyrgyzstan	KGZ	Athletics Federation of Kyrgyz Republic	AAA
Laos	LAO	Laos Amateur Athletic Federation	AAA
Latvia	LAT	Latvian Athletics Association	EA
Lebanon	LBN	Fédération Libanaise d'Athlétisme	AAA
Lesotho	LES	Lesotho Amateur Athletics Association	CAA
Liberia	LBR	Liberia Athletics Federation	CAA
Libya	LBA	Libyan Athletics Federation	CAA
Liechtenstein	LIE	Liechtensteiner Leichtathletik Verband	EA
Lithuania	LTU	Athletic Federation of Lithuania	EA
Luxembourg	LUX	Fédération Luxembourgeoise d'Athlétisme	EA
Macao, China	MAC	Associação de Atletismo de Macau	AAA
North Macedonia	MKD	Athletic Federation of Macedonia	EA
Madagascar	MAD	Federation Malagasy d'Athletisme	CAA
Malawi	MAW	Athletics Association of Malawi	CAA
Malaysia	MAS	Malaysia Athletic Federation	AAA
Maldives	MDV	Athletics Association of Maldives	AAA
Mali	MLI	Fédération Malienne d'Athlétisme	CAA
Malta	MLT	Malta Amateur Athletic Association	EA
Marshall Islands	MHL	Marshall Islands Athletics Federation	OAA
Mauritania	MTN	Fédération d'Athlétisme R.I Mauritanie	CAA
Mauritius	MRI	Mauritius Athletics Association	CAA
Mexico	MEX	Federación Mexicana de Asociaciones de Atletismo, A.C	NACAC
Micronesia (Federated States of)	FSM	Federated States of Micronesia Athletic Association	OAA
Moldova	MDA	Federatia de Atletism din Republica Moldova	EA
Monaco	MON	Fédération Monégasque d'Athlétisme	EA
Mongolia	MGL	Mongolian Athletic Federation	AAA
Montenegro	MNE	Athletic Federation of Montenegro	EA
Montserrat	MNT	Montserrat Amateur Athletic Association	NACAC
Morocco	MAR	Fédération Royale Marocaine d'Athlétisme	CAA
Mozambique	MOZ	Federação Moçambicana de Atletismo	CAA
Myanmar	MYA	Myanmar Track & Field Federation	AAA
Namibia	NAM	Athletics Namibia	CAA
Nauru (Republic of)	NRU	Nauru Athletics Association	OAA
Nepal	NEP	Nepal Athletics Association	AAA
Netherlands	NED	Royal Dutch Athletics Federation	EA
New Zealand	NZL	Athletics New Zealand	OAA
Nicaragua	NCA	Federacion Nicaragüense de Atletismo	NACAC
Niger	NIG	Fédération Nigérienne d'Athlétisme	CAA
Nigeria	NGR	Athletic Federation of Nigeria	CAA
Norfolk Island	NFI	Athletics Norfolk Island	OAA
Northern Mariana Islands	NMI	Northern Marianas Athletics	OAA
Norway	NOR	Norwegian Athletics Federation	EA
Oman	OMA	Oman Athletic Association	AAA
Pakistan	PAK	Athletics Federation of Pakistan	AAA
Palau (Republic of)	PLW	Palau Track and Field Association	OAA
Palestine	PLE	Palestine Athletic Federation	AAA
Panama	PAN	Federacion Panameña de Atletismo	CONSUDATLE
Papua New Guinea	PNG	Athletics Papua New Guinea	OAA
Paraguay	PAR	Federacion Paraguaya de Atletismo	CONSUDATLE
Peru	PER	Federacion Peruana de Atletismo	CONSUDATLE
Philippines	PHI	Philippine Athletics Track & Field Association	AAA

COUNTRY	CODE	NAME	AREA
Poland	POL	Polish Athletics Association	EA
Portugal	POR	Federação Portuguesa de Atletismo	EA
Puerto Rico	PUR	Federacion de Atletismo de Puerto Rico	NACAC
Qatar	QAT	Qatar Athletics Federation	AAA
Romania	ROU	Federatia Romana de Atletism	EA
Russia	RUS	Russian Athletic Federation	EA
Rwanda	RWA	Fédération Rwandaise d'Athlétisme	CAA
Saint Kitts & Nevis	SKN	Saint Kitts & Nevis Amateur Athletic Association	NACAC
Saint Lucia	LCA	Saint Lucia Athletics Association	NACAC
Saint Vincent & the Grenadines	VIN	Team Athletics Saint Vincent & The Grenadines	NACAC
Samoa	SAM	Athletics Samoa	OAA
San Marino	SMR	Federazione Sammarinese Atletica Leggera	EA
Sao Tomé e Príncipe	STP	Federação Santomense de Atletismo	CAA
Saudi Arabia	KSA	Saudi Arabian Athletics Federation	AAA
Senegal	SEN	Fédération Sénégalaise d'Athlétisme	CAA
Serbia	SRB	Athletic Federation of Serbia	EA
Seychelles	SEY	Seychelles Athletics Federation	CAA
Sierra Leone	SLE	Sierra Leone Amateur Athletic Association	CAA
Singapore	SGP	Singapore Athletic Association	AAA
Slovakia	SVK	Slovak Athletic Federation	EA
Slovenia	SLO	Slovenian Athletics Association	EA
Solomon Islands	SOL	Athletic Solomons	OAA
Somalia	SOM	Somali Athletics Federation	CAA
South Africa	RSA	Athletics South Africa	CAA
South Sudan	SSD	South Sudan Athletics Federation	CAA
Spain	ESP	Real Federacion Española de Atletismo	EA
Sri Lanka	SRI	Athletic Association of Sri Lanka	AAA
Sudan	SUD	Sudan Athletic Association	CAA
Suriname	SUR	Surinaamse Athletiek Bond	CONSUDATLE
Sweden	SWE	Swedish Athletic Association	EA
Switzerland	SUI	Schweizerischer Leichtathletik-Verband	EA
Syria	SYR	Syrian Arab Athletic Federation	AAA
Taipei, China	TPE	Chinese Taipei Athletics Association	AAA
Tajikistan	TJK	Athletics Federation of the Republic of Tajikistan	AAA
Tanzania	TAN	Athletics Tanzania	CAA
Thailand	THA	Athletic Association of Thailand	AAA
Timor-Leste	TLS	Federação Timor-Leste de Atletismo	AAA
Togo	TOG	Fédération Togolaise d'Athlétisme	CAA
Tonga	TGA	Tonga Athletic Association	OAA
Trinidad & Tobago	TTO	Nat'l Association of Athletics Admin. of Trinidad & Tobago	NACAC
Tunisia	TUN	Fédération Tunisienne d'Athlétisme	CAA
Turkey	TUR	Turkish Athletic Federation	EA
Turkmenistan	TKM	Amateur Athletic Federation of Turkmenistan	AAA
Turks & Caicos Islands	TKS	Turks & Caicos Islands Amateur Athletic Association	NACAC
Tuvalu	TUV	Tuvalu Athletics Association	OAA
Uganda	UGA	Uganda Athletics Federation	CAA
Ukraine	UKR	Ukrainian Athletic Federation	EA
United Arab Emirates	UAE	UAE Athletics Federation	AAA
United States of America	USA	USA Track & Field	NACAC
Uruguay	URU	Confederacion Atletica del Uruguay	CONSUDATLE
Uzbekistan	UZB	The Athletic Federation of Uzbekistan	AAA
Vanuatu	VAN	Athletics Vanuatu	OAA
Venezuela	VEN	Federacion Venezolana de Atletismo	CONSUDATLE
Vietnam	VIE	Vietnam Athletics Federation	AAA
Virgin Islands (US)	ISV	Virgin Islands Track & Field Federation	NACAC
Yemen	YEM	Yemen Athletics Federation	AAA
Zambia	ZAM	Zambia Amateur Athletic Association	CAA
Zimbabwe	ZIM	National Athletic Association of Zimbabwe	CAA

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VENUE MAP



WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS
BATHURST 23



**MOUNT
PANORAMA,
(WAHLUU)
BATHURST:
AN ICON OF
AUSTRALIAN
SPORT**



BATHURST, NEW SOUTH WALES

Bathurst is Australia's first inland colonial settlement, and the stories of Bathurst's history and culture come alive on the city's streets.

See them on the walls of Bathurst Regional Art Gallery, taste them at the tables of the city's thriving dining scene, or create new stories with Bathurst's performing arts and sports communities. And outside the city, explore green rolling hills, picturesque vineyards and caves fit for an adventure.

HERITAGE AND CULTURE

The vast plains of the Central Tablelands are home to thousands of years of Wiradjuri history, and more than 200 years of colonial history, with Bathurst being settled in 1815 then quickly becoming a base for gold rush adventurers.

Heritage architecture can be seen throughout Bathurst's leafy streets. Book a visit to Abercrombie House, for an immersive example of Victorian Tudor architecture. To be transported back to the gold rush era, nearby Hills End and Sofala are full of stories. Bathurst Regional Art Gallery is one of the most celebrated regional galleries in the state. For something more interactive, duck into Miss Trail's House, a Victorian style cottage hosting Murder at the Speakeasy, half-play, and half-murder mystery the audience needs to solve.



OUTDOORS

Bathurst is famous for motor sports, but that's just one of the city's pastimes. Bathurst Gliding provides lightweight, no-engine airplanes for the young and old to slowly drift through the country sky. Cyclers can link up with the local riding community through Central West Tours and Escapalicious, or, if you BYO'd, explore many of the region's easy-to-insane routes through vineyards and manicured farmland. Just an hour outside of Bathurst lies Abercrombie Karst Conservation Reserve, home to an epic network of gnarled caves.

EAT AND DRINK

Church Bar, a pizza-slinging diner set in an old church, is a casual option, while Vine and Tap is more upmarket Italian. Look to Hub or Harvest for coffee or longer brunch option. Outside Bathurst it's all about the region's cool climate wines, check out Vale Creek Wines for a range of Italian reds.

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LETESENBET GIDEY

ETHIOPIA

D.O.B: 20 March 1998

Coach: Haile Eyasu

Letesenbet Gidey may have become one of the world's best athletes, but early in her career, she was a very reluctant competitor. So much so that in 2011 she was expelled from school for refusing to run in physical education classes.

"I really did not like racing," she said, recalling her 13-year-old self. "I brought my parents to school to talk to the headmaster with the hope of getting reinstated. He agreed to reinstate me only if I ran for the school."

That headmaster deserves at least a modicum of credit for the career trajectory of the Ethiopian distance running star, because if any reluctance remained, Gidey hid it well.

Born in Endameskel in the Tigray region of northern Ethiopia, Gidey – the fourth child in a family of two brothers and two sisters – grew up on her family's farm looking to initially pursue academic interests. But after getting drawn to the sport in an unorthodox fashion, she started to think that it could be her calling in life.

After working her way into the national ranks, Gidey's global breakthrough came in 2015 when she led an Ethiopian U20 medal sweep at the World Cross Country Championships in Guiyang. Two years later, she successfully defended that title in Kampala.



She performed admirably on the track in her international debut, finishing fourth in the 3000m at the 2015 World U18 Championships, and her steady rise continued. In 2018, her first season in the senior ranks, she improved to 8:30.96 and 14:23.14 in the 3000m and 5000m, respectively.

She returned to the global spotlight in 2019. In the March she raced to bronze at the World Cross Country Championships in Aarhus and improved by a spot in Doha, where she took 10,000m silver at the World Championships. She then capped the year with a 44:20 world best over 15km in Nijmegen.

The Covid-19 pandemic, coupled with the ongoing conflict in Tigray, made it difficult for Gidey to travel outside of Ethiopia in 2020, but she managed two competitive appearances. The second of those was her stunning 14:06.62 world 5km record in Valencia, where she improved the previous mark by almost five seconds.

Another record was to fall the following year. Racing in Hengelo in June 2021, Gidey added the world 10,000m record to her CV, clocking 29:01.03 to improve a mark that had been set by Sifan Hassan on the same track just two days earlier. Gidey went on to claim her first Olympic medal in Tokyo in the August, claiming 10,000m bronze in a race won by Hassan.

Then, in the October, the Ethiopian capped her year by smashing the world half marathon record in Valencia, taking 70 seconds off the previous record with a remarkable 1:02:52.

Gidey won her first senior individual world title in 2022, clocking 30:09.94 to get 10,000m gold in Oregon, and then she further impressed on the roads, running 2:16:49 back in Valencia for the fastest ever women's marathon debut.

A great talent across all surfaces, in Bathurst the 24-year-old returns to the terrain on which she first really made her mark, seeking more global success.



JOSHUA CHEPTEGEI

UGANDA

D.O.B: 12 September 1996

Coach: Addy Ruiter

Joshua Cheptegei's star has risen to unprecedented heights since his international debut in the U20 race at the 2014 African Cross Country Championships on home soil in Kampala. He finished a distant seventh there, 42 seconds behind the winner.

But his successful follow-up soon after, a victory at the World University Cross Country Championships, captured the attention of Dutch manager Jurrie van der Velden, who brought Cheptegei to race Geoffrey Kamworor at the TCS World 10K in Bangalore. Cheptegei finished second to Kamworor, who just seven weeks prior had won the world half marathon title. "We realised then he was special," said Van der Velden.

Cheptegei won the world U20 10,000m title in Eugene in the July and the following year he finished ninth in the 25-lap event when making his senior championships debut in Beijing.

His improvement continued and in 2016 he finished eighth in the 5000m and sixth in the 10,000m at the Olympic Games in Rio.

Ahead of the World Cross Country Championships in Kampala at the start of 2017, both Cheptegei and his coach Addy Ruiter felt confident that he would deliver gold on home soil. For much of the race he looked to be on course as he built a huge lead, but then Cheptegei's body shut down in the hot and humid conditions and he jogged across the line in 30th place.



The experience had a profound effect on Cheptegei. Once he overcame the disappointment, his memories of the event helped to fuel his motivation. Little more than four months later at the World Championships in London, he claimed 10,000m silver behind Britain's Mo Farah.

A knee injury cut short Cheptegei's 2018 campaign, but he still managed to win the 5000m and 10,000m double at the Commonwealth Games earlier in the year. He returned to full fitness and set a world 15km best of 41:05 in Nijmegen.

In 2019 he returned to the World Cross Country Championships a far stronger athlete – mentally and physically. Cheptegei was one of the few elite athletes to travel to Aarhus long before the event, so on the weekend itself nothing about its absurdly steep inclines took him by surprise.

Cheptegei came home four seconds clear of compatriot Jacob Kiplimo to strike gold, becoming the first Ugandan man to win a senior global title in athletics.

Later that year he won world 10,000m gold in Doha and ended his momentous 2019 campaign with a world 10km record of 26:38 in Valencia.

Starting 2020 where he left off, Cheptegei scorched to a world 5km record of 12:51 in Monaco. While major events were hit by postponements, Cheptegei focused on a new target: breaking the world 5000m record. He achieved that goal in his first track race of the year, clocking 12:35.36 in Monaco.

Less than two months later, he was back in Valencia and claimed the world record in the 10,000m, running 26:11.00.

Then it was back to winning medals. The following year at the Olympic Games in Tokyo, Cheptegei claimed silver in the 10,000m and returned eight days later to gain 5000m gold.

His most recent global victory came at the World Athletics Championships Oregon22, where the 26-year-old retained his 10,000m title.

Now Cheptegei heads to Bathurst looking for another successful title defence, to further cement his status among the all-time greats.



ROSE DAVIES

AUSTRALIA

D.O.B: 21 December 1999

Coach: Scott Westcott

After Rose Davies was upstaged by Leanne Pompeani in her bid to win a third straight Zatopek 10,000 metres in December, she retreated to the mountains to re-group.

One month to the day later, Davies turned the tables on Pompeani, defeating the Canberran on home turf in the World Athletics Cross Country Championships Bathurst 23 selection trial at Canberra's Stromlo Forest Park.

Davies had won two Zatopek races in succession with her trademark late-race surge. Pompeani moved earlier in their most recent encounter, surging clear not far past the half-way point and going on to win unchallenged. Davies hung on better than anyone else in the field but was also collared by Isobel Batt-Doyle in the final lap to finish third.

Rather than being demoralised, Davies made the long trek to Falls Creek on Victoria's Bogong High Plains to put in some solid training in preparation for the cross country trial. The solid bloc at altitude was the bedrock on which her run at the trials was built. This time it was Davies who made the decisive moves, running away from the field to win by 50 metres.

The first three finishers were guaranteed selection in the team for Bathurst, but it must have been a sweet reversal of fortune for Davies after the upset at the Zatopek. It was a complete reversal of roles: Davies went into the Zatopek as favourite only to lose to Pompeani; in turn, local favourite Pompeani was upset on home ground by Davies.

Davies has become arguably Australia's top female distance runner in recent years, with her Zatopek wins and representation at 5000 metres at the Tokyo Olympic Games, the Birmingham Commonwealth Games and World Athletics Championships Oregon23.



Yet to be added to her career resume, however, is the sort of performance to take her to the next level. A home World Athletics Cross Country Championships would be an appropriate place to produce one.

Davies won by eight seconds in Canberra. The same margin covered the next four finishers. Following Pompeani in were Caitlin Adams (the third automatic selection), Isobel Batt-Doyle and Holly Campbell. It's the basis for a solid team, needing one or two to step up to challenge for a top-eight finish, or even something better.

The team also represents generational change with names such as Eloise Wellings, Madeline Heiner and Genevieve Gregson – all mainstays of recent distance events – giving way to newcomers.

Davies is the spearhead. Coached by Scott Westcott in Newcastle, just short of two hours drive north of Sydney, the 23-year-old has blossomed as she has moved up in distance. Fairly average results at 1500 metres were belied when she won the Lisa Ondieki U20 3000 at the 2018 Zatopek meeting from Amelia Mazza-Downie and Abbey Caldwell. She made her debut at 10,000 in the following year's edition of the annual meeting, finishing fourth (third Australian) behind Gregson, Canada's Andrea Seccafien and Emily Brichacek.

Seccafien and then Batt-Doyle looked to have the following year's Zatopek won before Davies burst through on the latter's inside in the final 300 metres to sprint to victory in 31:39.97, almost two minutes faster than her previous best.

The Zatopek doubles as Australia's national title and Davies established her pre-eminence by successfully defending her title a year later.

The next step, however, has proven more difficult to take. Opting for the 5000 metres each time, Davies was run out in the heats in the Tokyo 2020 (delayed till 2021) Olympics and again in last year's World Athletics Championships Oregon23. The Commonwealth 5000 was a straight final: Davies finished seventeenth. It feels like she is capable of much more, it is just a matter of producing it at the right time.

Davies turned things around significantly between 15 December (the Zatopek) and 15 January (the trial). There are a few days more from the trial to the 18 February world cross country championship.

A home championships will undoubtedly help the home team who have the benefit of living in a warm summer climate while rivals need to adapt quickly to it. The team aspect of the championships promotes good performances, too. Everyone is aiming for the one goal so athletes are not liable to being distracted by the success or failures of teammates in different events.

A favourable home environment will not do the running for you, of course, but hopefully it will inspire Rose Davies and her teammates to take it up to the best the world can offer.



JACK RAYNER

AUSTRALIA

D.O.B: 19 December 1995

Coach: Nic Bideau

Jack Rayner ran the Australian selection trial for the home World Athletics Cross Country Championships Bathurst 23 like a man on a mission.

Ignoring the fast early pace set by Matthew Ramsden, Rayner settled in the pack before producing a strong second half of the race. He and Brett Robinson chased down the early leader before Rayner summoned a powerful finish to cross the line in first place.

Ramsden held off Robinson over the closing stages with the first three taking the automatic spots for WXC Bathurst 23.

Rayner knew Ramsden was planning to get out fast. His goal, however, was to get one of the automatic spots in the team.

“I saw ‘Rambo’ take it out quickly, but I wanted to sit back in the pack for a bit. I wanted to run even.”

To win was a bonus, but not really a surprise given the form Rayner has been in. His 2022 started and finished with wins in the Zatopek 10,000 metres: one in January, the last one held on the revised domestic schedule enforced by the Covid-19 virus and the second in December as the race returned to its usual spot in the calendar.

In between, Rayner broke the Australian record for 10,000 metres in California in March, set a personal best for 5000 in Oslo’s Bislett meeting and ran a national record for 10km road.

All of which confirms what we already know. Jack Rayner can run. His versatility and level of performance make him one of the best of this strong current generation of Australian runners and stands up well against any other generation.



After the trial, Rayner said running well at a home World Athletics Cross Country Championship was “high on the list” as a desirable career achievement. His two performances in the championships to date – a fortieth in Kampala in 2017 and a 62nd placing in Aarhus two years later – are solid enough, but he wants more and is capable of delivering it.

It’s always difficult to assess form in a trial. The aims are diffuse, as the goal of making the team does not necessarily mean winning the race. For that reason it is fraught reading too much into Rayner versus Robinson, say, who has been Australia’s best male performer at recent World Athletics Cross Country Championships.

But Rayner ran impressively, clinched his spot in the team and won the race to boot.

“Hopefully that can translate to world cross country where it’s a whole different story,” he said of his chances in Bathurst. He, along with the other trials winners Rose Davies, Stewart McSweyn and Abbey Caldwell, were part of a group to inspect the World Athletics Cross Country Championships course the following day.

“It feels great to be here,” Rayner said then. “It was a quick turnaround after the race but it’s really exciting to check out the course. It will look completely different come race day, but it’s a massive advantage because it won’t be a shock when we get here.”

Shocks, of course, are to be expected in a race like the World Athletics Cross Country Championships. If there's an early breakaway, for example, it's unlikely the leader will have shared his thoughts with you the day before, as Ramsden did. But having the race in Australia will be a huge advantage for the home team. For one fundamental thing, it won't be Australians having to adjust from summer to winter but the rest of the world coping – as best they can - with the opposite 180-degree change in climate.

And, courtesy of a trial raced in warm to hot temperatures on a clear, sunny Canberra morning, Rayner and his teammates will already have attuned themselves to the expected Bathurst conditions.

Rayner, along with many others racing in Bathurst, will be looking for that one outstanding performance which will take his career up to a higher level. To date, he has shown himself to be a good to very good athlete competitive on the track, the road and over the country. A top-10 finish in Bathurst would be the sort of achievement which would elevate him from good to excellent in the eyes of many.

In the lead-up to the championships most of the speculation about a possible Australian medal has been the mixed relay, and why wouldn't it be with three Olympic 1500 metres finalists and a Commonwealth Games 1500 medallist.

That should not obscure the possibilities of a team medal. In the world cross country, team scores are calculated by adding up the raw finishing positions of a country's first four team members. Since 2009, the bronze medal score in the men's race has ranged from a low of 46 points up to 72. Two inside the top-20 and another two just outside it would make an Australian men's team very competitive.

It's a possibility not lost on Jack Rayner, either. He is bullish about the team's prospects.

A top-10 finish or close to it for Rayner would be something to hang his hat on, but a top-10 and a team medal would be the whole darned hat-stand.



WXC HISTORY

No athletics event has as rich a history as cross country running.

For 120 years, cross country running has played a key role in the sport. In 1903, the first international cross country race took place in Scotland with just 41 athletes from four nations in participation.

Cross country courses were thought to be tough and too long for women to participate. For this reason, women remained in the backyard of international cross country running until 1957. For many years, it also remained out of reach for junior athletes.

Although the event gained international status, for 69 years (1903-1972), it was restricted geographically and was gender and age limited. The first official World Cross Country Championships took place in 1973, in Waregem, Belgium. It included races for senior men, senior women and U20 men.

Two years later, in 1975, the event went to Africa for the first time when it was held in Rabat, Morocco. In Madrid six years later, the first Sub-Saharan African countries participated at the World Cross Country Championships, with Kenya and Ethiopia making their debut. Inexperience cost Africa its first individual gold medal in the senior men's race; Mohammed Kedir from Ethiopia miscounted the laps but managed to earn individual silver medal and went on to win gold in 1982 when the event was hosted by Italy at the Hippodromodella Campanella in Rome.

Since then, there have been great stories and surprises in cross country running as the event has experienced a wide range of temperatures and conditions – from the heat of Mombasa to the cold of Bydgoszcz, and from the mud of Ostend to the woodlands of Punta Umbria.



The World Cross Country Championships has so far travelled to five of the six continents, excepting South America. Europe has hosted the event most with 32 out of the past 43 editions. The event has been to Oceania twice (New Zealand 1988, Australia 2023) and Asia three times (Japan 2006, Jordan 2009 and China 2015). Africa hosted the World Cross Country Championships for the fifth time in Uganda in 2017, after South Africa (1996), Morocco (1975 and 1998) and Kenya (2007).

Cross country running's uniqueness takes different forms. Traditionally long races of approximately 12km and 8km were competed for by senior men, senior women and U20 men respectively. The junior women's race was officially introduced in 1989 during the 17th edition of the championships in Norway.

Eighteen-year-old Zola Budd's victory in the senior women's race at the 1985 edition in Lisbon may have inspired the introduction of the U20 women's race. More women under 20 years of age were selected by member federations after that landmark win.

The event was becoming used increasingly by many athletes and coaches as a foundation and perfect conditioning for the track season, particularly for middle distance athletes and even some quarter milers. The short race was born and made ready for competition in 1998 at the Marrakesh World Cross Country Championships. This increased the number of races to six and the event was extended to a period of two days.

Many athletes continued to compete in both short and long races. Three athletes – Ireland’s Sonia O’Sullivan (1998), Ethiopia’s Kenenisa Bekele (2002-2006) and Tirunesh Dibaba (2005) won both short and long races at the same championships. The event reverted to being one day again in 2006 during the 34th edition in Fukuoka, Japan. All six races were competed for on the same day, but this was the last time the short race featured at the world event.

In 1997, a year before the short event was added, individual prize money was introduced for the senior races as the global sport shifted towards greater professionalism. Team prizes were introduced after four years in 2001.

The World Cross Country Championships reverted to four races again in 2007 at Mombasa, in Kenya. For the first time in its history, the championships shifted from being an annual to a biennial event after the 39th edition in Punta Umbria, Spain in 2011. This decision by the World Athletics Cross Country Committee was to encourage and develop cross country running at national and continental levels as a foundation event for the sport of athletics. Among some of key arguments by the committee was the expansion of the event to make it fairer and more even. This saw the introduction of the same distance for senior men and women, while the distances for the junior men and women have been retained.

The push for constant innovation and modernisation was reflected in the addition of the mixed relay to the programme in 2017. The shorter legs have attracted some of the world’s leading middle-distance athletes to compete at the World Cross.

Cross country running will remain an event for current and future champions. Most of the champions from 800m to marathon distances at the World Championships and Olympic Games have prepared by participating in cross country at national, continental and world levels. Paul Tergat, Paula Radcliffe, Kenenisa Bekele, Tirunesh Dibaba, Genzeba Dibaba, Vivian Cheruiyot, Stephen Kiprotich, Eliud Kipchoge, Mo Farah, Joshua Cheptegei, Letesenbet Gidey and Hellen Obiri – to name but a few – have competed at cross country and many have identified it as their major competition.

Now the World Cross Country Championships have arrived in Australia for the first time and our hosts have produced a spectacular course that embraces both cross country’s traditions and showcases Mount Panorama (Wahluu), a setting that will challenge the world’s best runners.

After 120 years, cross country is still going strong.



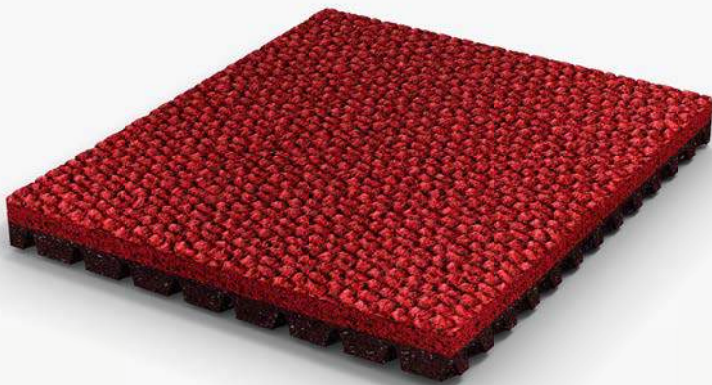
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WXC FACTS & FIGURES

Some 12,041 athletes from 175 countries (plus Athlete Refugee Team) have competed in the World Cross Country Championships, with athletes from five countries participating in all 43 editions: France, Great Britain & NI (ENG, GBR, NIR, SCO, WAL), Italy, Spain, and the United States.

The largest edition of the championships was in Vilamoura (POR) in 2000, when 806 athletes (excluding declared non-starters) from 76 countries took part. That athlete total may never be beaten now that the format of the championships has reverted from six to four main individual races. The biggest single race was the 1986 senior men's race with 337 competitors from 50 countries, 39 of which produced scoring teams. The race with the most different countries represented was the 1997 men's race with 58, 27 of which had scoring teams.

The most medals won by a country is 320 by Kenya, followed by 271 by Ethiopia and 63 by the United States.

The most individual golds won is 12 by Kenenisa Bekele, under-20 winner in 2001 and long/short course winner in 2002-2006 and winner in 2008. The most by a woman is five by Grete Waitz (NOR), who won the women's title in 1978-1981 & 1983 and Tirunesh Dibaba who was under-20 champion in 2003, short course winner in 2005 and long course winner in 2005, 2006 & 2008.

The most medals won at a single championships is four: two individual and two team. This has been achieved 13 times by seven athletes, all Ethiopian. Haylu Mekonnen in 1999, Gete Wami in 2001, Kenenisa Bekele in 2001-2006, Worknesh Kidane in 2003/2005, Gebreegziabher Gebremariam in 2004, Tirunesh Dibaba in 2005 and Meselech Melkamu in 2006.

The most medals won as an under-20 is eight, including three golds, by Vivian Cheruiyot (KEN) in 1998-2001. The most by an under-20 man is seven, by Boniface Kiprop (UGA) in 2000-2004.

The most team gold medals won (including the mixed relay) is 85 by Kenya, with at least one every year since 1986, followed by Ethiopia 48. The most team medals is 130 by Ethiopia compared with 128 by Kenya.

The longest winning streak in the championships are the 18 successive titles won by Kenya's men's team in the long race (1986-2003).

The closest finish was in the 1973 men's race when Pekka Päivärinta (FIN) finished just one tenth ahead of Mariano Haro (ESP), 35:46.4 to 35:46.5. The result of that race was recorded in tenths of a second, but in three later races the first three all shared the same time to the nearest second; the 1983 men's, the 2000 women's short course and the under-20 women's in 2001.

Sweeps of all four individual titles were achieved by Kenya in 1994 & 2010 and Ethiopia 2008.



The youngest gold medallists are all Kenyans, with the youngest of all Elizabeth Cheptanui, under-20 team gold medallist in 1994 at 13 years 199 days. The youngest individual winner is Lydia Cheromei, 1991 champion at 13 years 317 days. The youngest under-20 male winner is Ismael Kirui, under-20 team gold medallist in 1990 at 15 years 32 days. Individually, the youngest is Robert Kipchumba, 2000 World Under-20 Cross Country Champion at 16 years 24 days.

The youngest competitor is Su Su-Ning of Chinese Taipei who was 12 years 130 days when she placed 119th in the 1991 under-20 race. The youngest male is Junior Hines (CAY) who was 13 years 58 days when he also placed 119th, this time in the under-20 race of 2002. Current IAAF regulations prevent anyone younger than 16 in the year of competition from competing in the championships.

Sweeps of all four individual titles were achieved by Kenya in 1994 & 2010 and Ethiopia 2008. Sweeps of all available team titles were achieved by Kenya in 1991, 1993, 1995, 1996 and 2010. In all those years, the Kenyans won team gold in the senior and under-20 races, men and women. In 2010, Kenya also won all four individual titles. In the six-race format, Ethiopia won five of six titles in 2014.

The largest winning margin in the history of the championships came in 1980 in Paris when Grete Waitz finished 44 seconds ahead of the runner-up, Irina Bondarchuk of the USSR. The best by a man was 33 seconds by Kenenisa Bekele in the 2001 under-20 men's race. John Ngugi (KEN) won the 1989 senior men's race by 28 seconds, while the biggest winning margin in the under-20 women's race was 27 seconds by Gelete Burka (ETH) in 2005.

Individual medal sweeps have been achieved 20 times, only by Kenya or Ethiopia. These were: Senior men long in 1988 & 1993 (both KEN) & 2004 (ETH); Senior men short in 1998 & 2000 (both KEN) & 2004 (ETH); Under-20 men 1993, 2000, 2005, 2007 & 2010 (all KEN); Senior women: 2017 (KEN); Under-20 women: 1993, 1994, 2000, 2006, 2007 & 2010 (all KEN) and 2004 & 2015 (both ETH).

Perfect team scores have been achieved in 12 races, the men's short course races of 1998 and 2000, the under-20 men's races of 1993, 2000, 2005, 2007 and 2010, the senior women's race of 2017 and the under-20 women's race in 1993, 2004, 2006 & 2010. On each occasion apart from 2004, Kenyan runners placed first, second, third and fourth to gain a score of 10 points. In 2004 the dominant country was Ethiopia. The best example of domination in the senior (long) races was in 1988 when (with six to score) Kenyan men placed 1-2-3-4-6-7-8-9. For the women, Kenyans filled the first sixth places in the 2017 senior race. The highest-ever score is 1874 by the Maltese men's team which placed 39th in the 1986 men's race.

The most championships contested is 18 by Domingos Castro (POR) who competed in men's races between 1982 and 2003. The women's record is 17 by Conceição Ferreira (POR) in 1982-2000. Co-incidentally, both athletes placed seventh in the 1990 championship at Aix-les-Bains. That remained Castro's best finishing position, but Ferreira went on to win an individual bronze in 1994.

Kenya and Ethiopia are far and away the most successful countries in the history of the championships, winning 132 of the 171 available team titles (including the mixed relay). The two countries have met 133 times where both have fielded full teams, with Kenya beating Ethiopia 83-50.



The oldest champion and medallist is Jack Foster (NZL), team gold medallist in 1975 at 42 years 297 days. The oldest individual champion and medallist is Portugal's Carlos Lopes, who in 1985 won the third of his World Cross Country titles at 38 years 34 days. The oldest women's champion is Edith Masai (KEN), who won the 2004 short course race at 36 years 352 days. Foster went on to become the oldest ever competitor in 1979, aged 46 years 306 days. The oldest female participant is Sweden's Ewy Palm 45 years 50 days in 1987.

Successful twins have included Grenville & Graham Tuck (ENG), Dionisio & Domingos Castro (POR), Ann Ford & Paula Fudge (Née Yeoman, ENG) and Angela & Susan Tooby (GBR). The Tucks won a total of five team medals including two golds. Domingos Castro competed in 18 championships and won three team medals. Ford and Fudge won six team medals, with Ann finishing fourth in 1974 & 1976. The Toobys each won team silvers in the 1988 women's race, where Angela placed second and Susan 16th.

SUMMARY OF PAST CHAMPIONSHIP VENUES

1973: Waregem BEL (March 17); 1974: Monza ITA (March 16); 1975: Rabat MAR (March 16); 1976: Chepstow WAL (February 28); 1977: Düsseldorf FRG (March 20); 1978: Glasgow SCO (March 25); 1979: Limerick IRL (March 25); 1980: Paris FRA (March 9); 1981: Madrid ESP (March 28); 1982: Rome ITA (March 21); 1983: Gateshead GBR (March 20); 1984: New York USA (March 25); 1985: Lisbon POR (March 24); 1986: Neuchâtel SUI (March 23); 1987: Warsaw POL (March 22); 1988: Auckland NZL (March 26); 1989: Stavanger NOR (March 19); 1990: Aix-les-Bains FRA (March 25); 1991: Antwerp BEL (March 24); 1992: Boston USA (March 21); 1993: Amorebieta ESP (March 23); 1994: Budapest HUN (March 26); 1995: Durham GBR (March 25);

1996: Cape Town RSA (March 23); 1997: Turin ITA (March 23); 1998: Marrakech MAR (March 21/22); 1999: Belfast GBR (March 27/28); 2000: Vilamoura POR (March 18/19); 2001: Ostend BEL (March 24/25); 2002: Dublin IRL (March 23/24); 2003: Lausanne SUI (March 29/30); 2004: Brussels BEL (March 20/21); 2005: St Galmier FRA (March 19/20); 2006: Fukuoka JPN (April 1/2); 2007: Mombasa KEN (March 24); 2008: Edinburgh GBR (March 30); 2009: Amman JOR (March 28); 2010: Bydgoszcz POL (March 28); 2011: Punta Umbría ESP (March 20); 2013: Bydgoszcz POL (March 24); 2015: Guiyang CHN (March 28); 2017: Kampala UGA (March 26); 2019: Aarhus DEN (March 30); 2023: Bathurst AUS (Feb 18).

RECENT HISTORY

From 2004, the IAAF ruled that under-20 athletes may compete in one race only, which was also the case up to 1997 when all races were staged on one day. In 2005, the IAAF Council decided that starting from 2007, the championships should revert to a single day of competition with no short course races. It was felt that these had generally failed to attract middle distance runners.

At the 2009 IAAF Congress, it was proposed that the championships should be held every two years, alternating with area championships. This was approved by 132 votes to 32. In 2015 it was announced that the senior race distances were to be standardised at approximately 10Km for both men and women, while in August 2016, the IAAF Council decided on the introduction of a mixed relay race composed of two men and two women per team, running one loop of the course in any order.

OVERALL NUMBERS OF MEN & WOMEN

Those in multiple races (Possible in 1998-2006 and from 2017)

Year	Course	Countries	Athletes	All Men	All Women	Men	Women
1973 (1)	Waregem Racecourse	21	287	212	75		
1974 (2)	Monza Racecourse	23	269	200	69		
1975 (3)	Souissi Racecourse	26	316	245	71		
1976 (4)	Chepstow Racecourse	21	306	237	69		
1977 (5)	Graffenberg Racecourse	22	346	249	97		
1978 (6)	Bellahouston Park	27	360	260	100		
1979 (7)	Green Park Racecourse	27	383	283	100		
1980 (8)	Longchamp Racecourse	28	381	277	104		
1981 (9)	Hippodromo de la Zarzuela	39	460	342	118		
1992 (10)	Hippodromo della Campanelle	33	382	273	109		
1983 (11)	Riverside Park	35	432	321	111		
1984 (12)	The Meadowlands	40	443	334	109		
1985 (13)	Sports Complex Jamor	50	574	443	131		
1986 (14)	Planeyse Colombier	57	671	510	161		
1987 (15)	Sluzewiec Racecourse	47	576	424	152		
1988 (16)	Elleslie Racecourse	41	443	302	141		
1989 (17)	Scanvest Ring	41	568	334	234		
1990 (18)	Aix-les-Bains Racecourse	59	618	358	260		
1991 (19)	Linkerover Racecourse	51	633	380	253		
1992 (20)	Franklin Park	53	580	347	233		
1993 (21)	Jaureguibarria Course	54	653	386	267		
1994 (22)	Kincsem Park	60	760	470	290		
1995 (23)	University of Durham	58	619	375	244		

OVERALL NUMBERS OF MEN & WOMEN

Those in multiple races (Possible in 1998-2006 and from 2017)

Year	Course	Countries	Athletes	All Men	All Women	Men	Women
1996 (24)	Danie Craven Stadium, Stellenbosch	65	669	421	248#		
1997 (25)	Parco del Valentino	72	725	440	285		
1998 (26)	Menara district of Marrakech	66	708	409*	299*	8	7
1999 (27)	Barnett Demesne/Queen's University Playing Fields	66	759	442§	317*	21	19
2000 (28)	Sporting Complex of Vilamoura	76	806	474	332	24	23
2001 (29)	Wellington Hippodrome	67	790	457§	333	22	14
2002 (30)	Leopardstown Racecourse	59	664	373	291	14	9
2003 (31)	Institut National Equestre Avenches	65	605	348*	257	12	12
2004 (32)	Ossegem Park	72	673	383*	290	13	13
2005 (33)	Hippodrome de Saint-Galmier	72	695	402	293	19	15
2006 (34)	Umi no Nakamichi Seaside Park	59	574	331*	243	35	26
2007 (35)	Mombasa Golf Course	63	470	289	181		
2008 (36)	Holyrood Park	57	448	288	160		
2009 (37)	Al Bisharat Golf Course	59	461	266	195		
2010 (38)	Myslecinek Park	51	437	256	181		
2011 (39)	Polideportivo Antonio Gil Hernández	51	423	229	194		
2013 (40)	Myslecinek Park	41	398	215	183		
2015 (41)	Qingzhen Training Base	51	410	228	182		
2017 (42)	Kokolo Independence Park	59	507	274	233	0	0
2019 (43)	Aarhus	59 (+ART)	508	267	241	3	2

- * Includes athletes who were later disqualified when it was proved they were over-age
- # Includes athletes who were found to be under-age
- § Includes athletes who were wrongly declared, above the limit of allowable competitors.



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WOMEN'S MEDALLISTS

SHORT COURSE WOMEN (INTRODUCED IN 1998, HELD UNTIL 2006)

Individuals		Gold			Silver			Bronze		
1998	4000m	Sonia O'Sullivan	IRL	12:20	Zahra Ouaziz	MAR	12:34	Kutre Dulecha	ETH	12:37
1999	4236m	Jackline Maranga	KEN	15:09	Yamna Belkacem	FRA	15:16	Annemari Sandell	FIN	15:17
2000	4180m	Kutre Dulecha	ETH	13:00	Zahra Ouaziz	MAR	13:00	Margaret Ngotho	KEN	13:00
2001	4100m	Gete Wami	ETH	14:46	Paula Radcliffe	GBR	14:47	Edith Masai	KEN	14:57
2002	4208m	Edith Masai	KEN	13:30	Worknesh Kidane	ETH	13:36	Isabella Ochichi	KEN	13:39
2003	4030m	Edith Masai	KEN	12:43	Worknesh Kidane	ETH	12:44	Jane Wanjiku	KEN	12:46
2004	4000m	Edith Masai	KEN	13:07	Tirunesh Dibaba	ETH	13:09	Teyiba Erkesso	ETH	13:11
2005	4196m	Tirunesh Dibaba	ETH	13:15	Worknesh Kidane	ETH	13:16	Isabella Ochichi	KEN	13:21
2006	4000m	Gelete Burka	ETH	12:51	Priscah Jepleting	KEN	12:53	Meselech Melkamu	ETH	12:54

Teams		Gold		Silver		Bronze	
1998	Morocco	57	Ethiopia	58	United States	68	
1999	France	40	Ethiopia	48	Morocco	69	
2000	Portugal	46	Ethiopia	55	France	57	
2001	Ethiopia	26	Kenya	32	Romania	78	
2002	Ethiopia	32	Kenya	34	Ireland	85	
2003	Kenya	18	Ethiopia	24	Russia	76	
2004	Ethiopia	19	Kenya	21	Canada	87	
2005	Ethiopia	18	Kenya	19	United States	67	
2006	Ethiopia	25	Kenya	26	Australia	69	

WOMEN'S MEDALLISTS

LONG COURSE

Individuals		Gold			Silver			Bronze		
1973	3990	Paola Cacchi	ITA	13:45.2	Joyce Smith	ENG	13:58.0	Josée van Santberghe	BEL	14:01.0
1974	4000	Paola Cacchi	ITA	12:42.0	Nina Holmen	FIN	12:47.6	Rita Ridley	ENG	12:54.0
1975	3900	Julie Brown	USA	13:42	Bronisława Ludwichowska	POL	13:47	Carmen Valero	ESP	13:48
1976	4800	Carmen Valero	ESP	16:19.4	Tatyana Kazankina	URS	16:39.0	Gabriela Dorio	ITA	16:56.0
1977	5100	Carmen Valero	ESP	17:26	Lyudmila Bragina	URS	17:28	Giana Romanova	URS	17:35
1978	4728	Grete Waitz	NOR	16:19	Natalia Marasescu	ROU	16:49	Maricica Puică	ROU	16:59
1979	5040	Grete Waitz	NOR	16:48	Raisa Smekhnova	URS	17:14	Ellison Goodall	USA	17:18
1980	4820	Grete Waitz	NOR	15:05	Irina Bondarchuk	URS	15:49	Yelena Chernysheva	URS	15:52
1981	4410	Grete Waitz	NOR	14:07	Jan Merrill	USA	14:22	Yelena Sipatova	URS	14:22
1982	4663	Maricica Puică	ROU	14:39	Fița Lovin	ROU	14:41	Grete Waitz	NOR	14:44
1983	4072	Grete Waitz	NOR	13:29	Alison Wiley	CAN	13:37	Tatyana Pozdnyakova	URS	13:37
1984	5000	Maricica Puică	ROU	15:56	Galina Zakharova	URS	15:58	Grete Waitz	NOR	15:58
1985	4990	Zola Budd	ENG	15:01	Cathy Branta	USA	15:24	Ingrid Kristiansen	NOR	15:27
1986	4650	Zola Budd	ENG	14:49.6	Lynn Jennings	USA	15:07.8	Annette Sergent	URS	15:12.2
1987	5050	Annette Sergent	FRA	16:46	Liz Lynch	SCO	16:48	Ingrid Kristiansen	NOR	16:51

WOMEN'S MEDALLISTS

LONG COURSE

Individuals		Gold			Silver			Bronze		
1988	5962	Ingrid Kristiansen	NOR	19:04	Angela Tooby	GBR	19:23	Annette Sergent	NOR	19:29
1989	6000	Annette Sergent	FRA	22:27	Nadezhda Stepanova	URS	22:34	Lynn Williams	FRA	22:41
1990	6000	Lynn Jennings	USA	19:21	Albertina Dias	POR	19:33	Yelena Romanova	NOR	19:33
1991	6425	Lynn Jennings	USA	20:24	Derartu Tulu	ETH	20:27	Liz McColgan	FRA	20:28
1992	6370	Lynn Jennings	USA	21:16	Catherina McKiernan	IRL	21:18	Albertina Dias	CAN	21:19
1993	6350	Albertina Dias	POR	20:00	Catherina McKiernan	IRL	20:09	Lynn Jennings	URS	20:09
1994	6220	Hellen Chepngeno	KEN	20:45	Catherina McKiernan	IRL	20:52	Conceição Ferreira	GBR	20:52
1995	6470	Derartu Tulu	ETH	20:21	Catherina McKiernan	KEN	20:29	Sally Barsosio	POR	20:39
1996	6300	Gete Wami	ETH	20:12	Rose Cheruiyot	GBR	20:18	Naomi Mugo	USA	20:21
1997	6600	Derartu Tulu	ETH	20:53	Paula Radcliffe	GBR	20:55	Gete Wami	POR	21:00
1998	8000	Sonia O'Sullivan	IRL	25:39	Paula Radcliffe	ETH	25:42	Gete Wami	KEN	25:49
1999	8012	Gete Wami	ETH	28:00	Merima Denboba	ETH	28:12	Paula Radcliffe	KEN	28:12
2000	8080	Derartu Tulu	ETH	25:42	Gete Wami	ETH	25:48	Susan Chepkemei	ETH	25:50
2001	7700	Paula Radcliffe	GBR	27:49	Gete Wami	USA	27:52	Lydia Cheromei	ETH	28:07
2002	7974	Paula Radcliffe	GBR	26:55	Deena Drossin	USA	27:04	Colleen de Reuck	GBR	27:17
2003	7920	Worknesh Kidane	ETH	25:53	Deena Drossin	ETH	26:02	Merima Denboba	KEN	26:28

WOMEN'S MEDALLISTS

LONG COURSE

Individuals		Gold			Silver			Bronze		
2004	8000	Benita Johnson	AUS	27:17	Ejagayou Dibaba	KEN	27:29	Worknesh Kidane	KEN	27:34
2005	8108	Tirunesh Dibaba	ETH	26:34	Alice Timbilil	NED	26:37	Worknesh Kidane	USA	26:37
2006	8000	Tirunesh Dibaba	ETH	25:21	Lornah Kiplagat	ETH	25:26	Meselech Melkamu	ETH	25:38
2007	8000	Lornah Kiplagat	NED	26:23	Tirunesh Dibaba	ETH	26:47	Meselech Melkamu	ETH	26:48
2008	7905	Tirunesh Dibaba	ETH	25:10	Mestawet Tufa	KEN	25:15	Linet Masai	ETH	25:18
2009	8000	Florence Kiplagat	KEN	26:13	Linet Masai	KEN	26:16	Meselech Melkamu	ETH	26:19
2010	7759	Emily Chebet	KEN	24:19	Linet Masai	KEN	24:20	Meselech Melkamu	KEN	24:26
2011	8000	Vivian Cheruiyot	KEN	24:58	Linet Masai	ETH	25:07	Shalane Flanagan	ETH	25:10
2013	7488	Emily Chebet	KEN	24:24	Hiwot Ayalew	ETH	24:27	Beleynesh Oljira	ETH	24:33
2015	8010	Agnes Tirop	KEN	26:01	Senbere Teferi	KEN	26:06	Netsanet Gudeta	USA	26:11
2017	9858	Irene Cheptai	KEN	31:57	Alice Aprot	KEN	32:01	Lilian Rengeruk	KEN	32:11
2019	10240	Hellen Obiri	KEN	36:14	Dera Dida	ETH	36:16	Letesenbet Gidey	ETH	36:24

WOMEN'S MEDALLISTS

LONG COURSE

Teams	Gold		Silver		Bronze	
1973	England	40	Finland	73	United States	90
1974	England	28	Italy	50	Finland	61
1975	United States	44	New Zealand	50	Poland	61
1976	USSR	33	Italy	59	United States	64
1977	USSR	15	United States	48	New Zealand	76
1978	Romania	30	United States	37	England	55
1979	United States	29	USSR	48	England	68
1980	USSR	15	England	49	United States	49
1981	USSR	24	United States	36	Italy	89
1982	USSR	44	Italy	57	England	67
1983	United States	31	USSR	41	Canada	53
1984	United States	52	England	65	New Zealand	91
1985	United States	42	USSR	77	Romania	96
1986	England	65	New Zealand	67	France	76
1987	United States	46	France	50	USSR	55
1988	USSR	51	Great Britain & NI	61	France	72
1989	USSR	58	France	60	United States	68
1990	USSR	37	Ethiopia	75	Portugal	80
1991	Kenya	36	Ethiopia	36	USSR	48
1992	Kenya	47	United States	77	Ethiopia	96
1993	Kenya	52	Japan	93	France	100
1994	Portugal	55	Ethiopia	65	Kenya	75
1995	Kenya	26	Ethiopia	38	Romania	84
1996	Kenya	24	Ethiopia	44	Romania	70

WOMEN'S MEDALLISTS

LONG COURSE

Teams	Gold		Silver		Bronze	
1997	Ethiopia	24	Kenya	34	Ireland	64
1998	Kenya	30	Ethiopia	37	Great Britain & NI	74
1999	Ethiopia	18	Kenya	27	Portugal	94
2000	Ethiopia	20	Kenya	23	United States	98
2001	Kenya	18	Ethiopia	70	France	77
2002	Ethiopia	28	United States	38	Kenya	41
2003	Ethiopia	17	Kenya	30	United States	36
2004	Ethiopia	26	Kenya	30	Great Britain & NI	74
2005	Ethiopia	16	Kenya	22	Portugal	86
2006	Ethiopia	16	Kenya	39	Japan	80
2007	Ethiopia	26	Kenya	26	Morocco	99
2008	Ethiopia	18	Kenya	22	Australia	84
2009	Kenya	14	Ethiopia	28	Portugal	72
2010	Kenya	14	Ethiopia	22	United States	76
2011	Kenya	15	Ethiopia	29	United States	57
2013	Kenya	19	Ethiopia	48	Bahrain	73
2015	Ethiopia	17	Kenya	19	Uganda	101
2017	Kenya	10	Ethiopia	45	Bahrain	59
2019	Ethiopia	21	Kenya	25	Japan	72

UNDER 20 WOMEN

LONG COURSE INDIVIDUALS

Individuals		Gold			Silver			Bronze		
1989	4000m	Malin Ewerlöf	SWE	15:23	Olga Nazarkina	URS	15:30	Esther Saina	KEN	15:41
1990	4400m	Liu Shixiang	CHN	14:19	Yan Qinglan	CHN	14:20	Susan Chepkemei	KEN	14:22
1991	4435m	Lydia Cheromei	KEN	13:59	Jane Ekimat	KEN	14:20	Melody Fairchild	USA	14:28
1992	4005m	Paula Radcliffe	GBR	13:30	Wang Junxia	CHN	13:35	Lydia Cheromei	KEN	13:43
1993	4450m	Gladys Ondo	KEN	14:04	Pamela Chepchumba	KEN	14:09	Sally Barsosio	KEN	14:11
1994	4300m	Sally Barsosio	KEN	14:04	Rose Cheruiyot	KEN	14:05	Elizabeth Cheptanui	KEN	14:15
1995	4470m	Annemari Sandell	FIN	14:04	Jebiwot Keitany	KEN	14:09	Nancy Kipron	KEN	14:17
1996	4220m	Kutre Dulecha	ETH	13:27	Annemari Sandell	FIN	13:32	Jepkorir Aiyabei	KEN	13:35
1997	4689m	Rose Koskei	KEN	14:58	Priscah Jepleting	KEN	14:59	Ayelech Worku	ETH	15:02
1998	6000m	Yimenashu Taye	ETH	19:32	Jeruto Kiptum	KEN	19:34	Worknesh Kidane	ETH	19:34
1999	6124m	Worknesh Kidane	ETH	21:26	Vivian Cheruiyot	KEN	21:37	Yoshiko Fujinaga	JPN	21:41
2000	6290m	Vivian Cheruiyot	KEN	20:34	Alice Timbillil	CHN	20:35	Viola Kibiwott	KEN	20:36
2001	5900m	Viola Kibiwott	KEN	22:05	Abebech Nigusie	KEN	22:05	Aster Bacha	ETH	22:05

UNDER 20 WOMEN

LONG COURSE INDIVIDUALS

Individuals		Gold			Silver			Bronze		
2002	5962m	Viola Kibiwott	KEN	20:13	Tirunesh Dibaba	KEN	20:14	Vivian Cheruiyot	KEN	20:22
2003	6215m	Tirunesh Dibaba	KEN	20:21	Peninah Chepchumba	KEN	20:22	Gelete Burka	ETH	20:28
2004	6000m	Meselech Melkamu	ETH	20:48	Aziza Aliye	KEN	20:53	Mestawet Tadesse	ETH	20:56
2005	6153m	Gelete Burka	ETH	20:12	Veronica Nyaruai	ETH	20:39	Beatrice Chepngeno	KEN	20:44
2006	6000m	Pauline Korikwian g	ETH	19:27	Veronica Nyaruai	ETH	19:27	Mercy Kosgei	KEN	19:45
2007	6000m	Linet Masai	KEN	20:52	Mercy Kosgei	KEN	20:59	Veronica Nyaruai	KEN	21:10
2008	6040m	Genzebe Dibaba	KEN	19:59	Irine Cheptai	KEN	20:04	Emebet Eta'a	ETH	20:06
2009	6000m	Genzebe Dibaba	KEN	20:14	Mercy Cherono	KEN	20:17	Jackline Chepngeno	KEN	20:27
2010	5833m	Mercy Cherono	ETH	18:47	Purity Rionoripo	ETH	18:54	Esther Chemtai	KEN	18:55
2011	6000m	Faith Kipyegon	ETH	18:53	Genet Yalew	ETH	18:54	Azemra Gebru	ETH	18:54
2013	5658m	Faith Kipyegon	KEN	17:51	Agnes Tirop	KEN	17:51	Alemitu Heroye	ETH	17:57
2015	6030m	Letesenbet Gidey	KEN	19:48	Dera Dida	KEN	19:49	Etagagne Woldu	ETH	19:53
2017	5858m	Letesenbet Gidey	ETH	18:34	Hawi Feysa	ETH	18:57	Celliphine Chespol	KEN	19:02
2019	5856m	Beatrice Chebet	KEN	20:50	Alemitu Tariku	ETH	20:50	Tsigie Gebreselama	ETH	20:50

UNDER 20 WOMEN

LONG COURSE INDIVIDUALS

Teams	Gold		Silver		Bronze	
1989	Kenya	40	USSR	68	Portugal	84
1990	Kenya	20	Japan	44	PR of China	68
1991	Kenya	18	Ethiopia	40	Japan	43
1992	Ethiopia	55	Romania	59	Kenya	59
1993	Kenya	10	Japan	41	Ethiopia	61
1994	Kenya	11	Ethiopia	46	Japan	60
1995	Kenya	18	Ethiopia	31	Japan	56
1996	Kenya	21	Ethiopia	26	Japan	70
1997	Kenya	15	Japan	38	Ethiopia	39
1998	Ethiopia	16	Kenya	20	Japan	68
1999	Ethiopia	20	Kenya	31	Japan	46
2000	Kenya	12	Ethiopia	24	Japan	78
2001	Ethiopia	16	Kenya	20	Japan	59
2002	Kenya	13	Ethiopia	24	Japan	63
2003	Ethiopia	14	Kenya	22	Morocco	78
2004	Ethiopia	10	Kenya	36	Japan	67
2005	Kenya	16	Ethiopia	22	Japan	56
2006	Kenya	10	Ethiopia	29	Japan	58
2007	Kenya	13	Eritrea	33	Ethiopia	36
2008	Ethiopia	16	Kenya	20	Japan	57
2009	Ethiopia	18	Kenya	18	Japan	76
2010	Kenya	10	Ethiopia	30	Uganda	81
2011	Ethiopia	17	Kenya	19	Japan	75
2013	Kenya	14	Ethiopia	23	Great Britain & NI	81
2015	Ethiopia	11	Kenya	33	Bahrain	52
2017	Ethiopia	19	Kenya	20	Uganda	62
2019	Ethiopia	17	Kenya	26	Japan	72



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MEN'S MEDALLISTS

SHORT COURSE MEN (INTRODUCED IN 1998, HELD UNTIL 2006)

Individuals		Gold			Silver			Bronze		
1998	4000m	John Kibowen	KEN	10:43	Daniel Komem	KEN	10:46	Paul Kosgei	KEN	10:50
1999	4236m	Benjamin Limo	KEN	12:28	Paul Kosgei	KEN	12:31	Haylu Mekonnen	ETH	12:35
2000	4180m	John Kibowen	KEN	11:11	Sammy Kipketer	KEN	11:12	Paul Kosgei	KEN	11:15
2001	4100m	Enock Koech	KEN	12:40	Kenenisa Bekele	ETH	12:42	Benjamin Limo	KEN	12:43
2002	4208m	Kenenisa Bekele	ETH	12:11	Luke Kipkosgei	KEN	12:18	Haylu Mekonnen	ETH	12:20
2003	4030m	Kenenisa Bekele	ETH	11:01	John Kibowen	KEN	11:04	Benjamin Limo	KEN	11:06
2004	4000m	Kenenisa Bekele	ETH	11:31	Gebre-egziabher Gebremariam	ETH	11:36	Maregu Zewdie	ETH	11:42
2005	4196m	Kenenisa Bekele	ETH	11:33	Abraham Chebii	KEN	11:38	Isaac Songok	KEN	11:39
2006	4000m	Kenenisa Bekele	ETH	10:54	Isaac Songok	KEN	10:55	Adil Kaouch	MAR	10:57

Teams		Gold		Silver		Bronze	
1998	Kenya	10	Morocco	60	Ethiopia	60	
1999	Kenya	14	Morocco	55	Ethiopia	55	
2000	Kenya	10	Ethiopia	68	Morocco	68	
2001	Kenya	13	Morocco	51	Ethiopia	51	
2002	Kenya	20	Ethiopia	57	Spain	57	
2003	Kenya	14	Ethiopia	44	Morocco	44	
2004	Ethiopia	17	Qatar	52	Kenya	52	
2005	Ethiopia	23	Kenya	32	Qatar	32	
2006	Kenya	21	Ethiopia	53	Morocco	53	

MEN'S MEDALLISTS

LONG COURSE

Individuals		Gold			Silver			Bronze		
1973	11,980m	Pekka Päivärinta	FIN	35:46.4	Mariano Haro	ESP	35:46.5	Rod Dixon	NZL	36:00
1974	12,000m	Erik de Beck	BEL	35:23.8	Mariano Haro	ESP	35:24.6	Karel Lismont	BEL	35:26.6
1975	12,000m	Ian Stewart	SCO	35:20.0	Mariano Haro	ESP	35:21.0	Bill Rodgers	USA	35:27.4
1976	12,000m	Carlos Lopes	POR	34:47.8	Tony Simmons	ENG	35:04.0	Bernie Ford	ENG	35:07.0
1977	12,300m	Léon Schots	BEL	37:43.0	Carlos Lopes	POR	37:48.2	Detlef Uhlemann	FRG	37:52.2
1978	12,300m	John Treacy	IRL	39:25	Aleksandr Antipov	URS	39:28	Karol Lismont	BEL	39:32
1979	12,000m	John Treacy	IRL	37:20	Bronisław Malinowski	POL	37:29	Aleksandr Antipov	URS	37:30
1980	12,580m	Craig Virgin	USA	37:01	Hans-Jürgen Orthmann	FRG	37:02	Nick Rose	ENG	37:05
1981	12,000m	Craig Virgin	USA	35:05	Mohamed Kedir	ETH	35:07	Fernando Mamede	POR	35:09
1982	11,978m	Mohamed Kedir	ETH	33:41	Alberto Salazar	USA	33:45	Rod Dixon	NZL	34:02
1983	11,994m	Bekele Debele	ETH	36:52	Carlos Lopes	POR	36:52	Some Muge	KEN	36:52
1984	12,086m	Carlos Lopes	POR	33:25	Tim Hutchings	ENG	33:30	Steve Jones	WAL	33:32
1985	12,190m	Carlos Lopes	POR	33:33	Paul Kipkoech	KEN	33:37	Wodajo Bulti	ETH	33:38
1986	12,000m	John Ngugi	KEN	35:32.9	Abebe Mekonnen	ETH	35:34.8	Joseph Kiptum	KEN	35:39.8
1987	11,950m	John Ngugi	KEN	36:07	Paul Kipkoech	KEN	36:07	Paul Arpin	FRA	36:51
1988	12,000m	John Ngugi	KEN	34:32	Paul Kipkoech	KEN	34:54	William Koskei	KEN	35:07

MEN'S MEDALLISTS

LONG COURSE

Individuals		Gold			Silver			Bronze		
1989	12,000m	John Ngugi	KEN	39:42	Tim Hutchings	GBR	40:10	Wilfred Kirochi	KEN	40:21
1990	12,200m	Khalid Skah	MAR	34:21	Moses Tanui	KEN	34:21	Julius Korir	KEN	34:22
1991	11,764m	Khalid Skah	MAR	33:53	Moses Tanui	KEN	33:54	Simon Karori	KEN	33:54
1992	12,530m	John Ngugi	KEN	37:05	William Mutwol	KEN	37:17	Fita Bayissa	ETH	37:18
1993	11,750m	William Sigei	KEN	32:51	Dominic Kirui	KEN	32:56	Ismael Kirui	KEN	32:59
1994	12,060m	William Sigei	KEN	34:29	Simon Chemoiywo	KEN	34:30	Haile Gebrselassie	ETH	34:32
1995	12,020m	Paul Tergat	KEN	34:05	Ismael Kirui	KEN	34:13	Salah Hissou	MAR	34:14
1996	12,150m	Paul Tergat	KEN	33:44	Salah Hissou	MAR	33:56	Ismael Kirui	KEN	33:57
1997	12,333m	Paul Tergat	KEN	35:11	Salah Hissou	MAR	35:13	Thomas Nyariki	KEN	35:20
1998	12,000m	Paul Tergat	KEN	34:01	Paul Koech	KEN	34:06	Assefa Mezegebu	ETH	34:28
1999	12,000m	Paul Tergat	KEN	38:28	Patrick Ivuti	KEN	38:32	Paulo Guerra	POR	38:46
2000	12,300m	Mohammed Mourhit	BEL	35:00	Assefa Mezegebu	ETH	35:01	Paul Tergat	KEN	35:02
2001	12,300m	Mohammed Mourhit	BEL	39:53	Sergey Lebid	UKR	40:03	Charles Kamathi	KEN	40:05
2002	11,998m	Kenenisa Bekele	ETH	34:52	John Yuda	TAN	34:58	Wilberforce Taleli	KEN	35:20
2003	12,355m	Kenenisa Bekele	ETH	35:56	Patrick Ivuti	KEN	36:09	Gebre-egziabher Gebremariam	ETH	36:17

MEN'S MEDALLISTS

LONG COURSE

Individuals		Gold			Silver			Bronze		
2004	12,000m	Kenenisa Bekele	ETH	35:52	Gebre-egziabher Gebremariam	ETH	36:10	Sileshi Sihine	ETH	36:11
2005	12,020m	Kenenisa Bekele	ETH	35:06	Zersenay Tadese	ERI	35:20	Abdullah Ahmad Hassan	QAT	35:34
2006	12,000m	Kenenisa Bekele	ETH	35:40	Sileshi Sihine	ETH	35:43	Martin Mathathi	KEN	35:44
2007	12,000m	Zersenay Tadese	ERI	35:50	Moses Mosop	KEN	36:13	Bernard Kipyego	KEN	36:37
2008	12,000m	Kenenisa Bekele	ETH	34:38	Leonard Komon	KEN	34:41	Zersenay Tadese	ERI	34:43
2009	12,000m	Gebre-egziabher Gebremariam	ETH	35:02	Moses Kipsiro	UGA	35:04	Zersenay Tadese	ERI	35:04
2010	11,611m	Joseph Ebuya	KEN	33:00	Teklemariam Medhin	ERI	33:06	Moses Kipsiro	UGA	33:10
2011	12,000m	Imane Merga	ETH	33:50	Paul Tanui	KEN	33:52	Vincent Chepkok	KEN	33:53
2013	11,148m	Japhet Korir	KEN	32:45	Imane Merga	ETH	32:51	Teklemariam Medhin	ERI	32:54
2015	11,970m	Geoffrey Kamworor	KEN	34:52	Bedan Karoki	KEN	35:00	Muktar Edris	ETH	35:06
2017	9858m	Geoffrey Kamworor	KEN	28:24	Leonard Barsoton	KEN	28:36	Abadi Hadis	ETH	28:43
2019	10240m	Joshua Cheptegei	UGA	31:40	Jacob Kiplimo	UGA	31:44	Geoffrey Kamworor	KEN	31:55

MEN'S MEDALLISTS

LONG COURSE

Teams	Gold		Silver		Bronze	
1973	Belgium	109	USSR	119	New Zealand	136
1974	Belgium	103	England	109	France	215
1975	New Zealand	127	England	198	Belgium	211
1976	England	90	Belgium	118	France	187
1977	Belgium	126	England	129	USSR	144
1978	France	151	United States	156	England	159
1979	England	119	Ireland	198	USSR	210
1980	England	100	United States	163	Belgium	175
1981	Ethiopia	81	United States	114	Kenya	220
1982	Ethiopia	98	England	114	USSR	257
1983	Ethiopia	104	United States	170	Kenya	191
1984	Ethiopia	134	United States	161	Portugal	223
1985	Ethiopia	129	Kenya	141	United States	153
1986	Kenya	45	Ethiopia	119	United States	204
1987	Kenya	53	England	146	Ethiopia	161
1988	Kenya	23	Ethiopia	103	France	134
1989	Kenya	44	Great Britain & NI	147	Ethiopia	162
1990	Kenya	42	Ethiopia	96	Spain	176
1991	Kenya	38	Ethiopia	104	Spain	198
1992	Kenya	46	France	145	Great Britain & NI	147
1993	Kenya	25	Ethiopia	82	Portugal	167
1994	Kenya	34	Morocco	83	Ethiopia	133

MEN'S MEDALLISTS

LONG COURSE

Teams	Gold		Silver		Bronze	
1995	Kenya	62	Morocco	111	Spain	120
1996	Kenya	33	Morocco	99	Ethiopia	107
1997	Kenya	51	Morocco	70	Ethiopia	125
1998	Kenya	12	Ethiopia	57	Morocco	60
1999	Kenya	12	Ethiopia	57	Portugal	76
2000	Kenya	18	Ethiopia	68	Portugal	69
2001	Kenya	33	France	72	United States	87
2002	Kenya	18	Ethiopia	43	Morocco	58
2003	Kenya	17	Ethiopia	23	Morocco	51
2004	Ethiopia	14	Kenya	30	Eritrea	66
2005	Ethiopia	24	Kenya	35	Qatar	42
2006	Kenya	24	Eritrea	28	Ethiopia	42
2007	Kenya	29	Morocco	152	Uganda	191
2008	Kenya	39	Ethiopia	104	Qatar	143
2009	Kenya	28	Ethiopia	28	Eritrea	50
2010	Kenya	20	Eritrea	44	Ethiopia	66
2011	Kenya	14	Ethiopia	38	Uganda	49
2013	Ethiopia	38	United States	52	Kenya	54
2015	Ethiopia	20	Kenya	20	Bahrain	54
2017	Ethiopia	21	Kenya	22	Uganda	72
2019	Uganda	20	Kenya	43	Ethiopia	46

UNDER 20 MEN

INDIVIDUALS

Individuals		Gold			Silver			Bronze		
1973	7020m	Jim Brown	SCO	20:52.8	José Haro	ESP	21:00.6	Léon Schots	BEL	21:07.2
1974	7100m	Rich Kimball	USA	21:30.8	Venanzio Ortis	ITA	21:33.0	John Treacy	IRL	21:42.4
1975	7000m	Bobby Thomas	USA	20:59.8	José Luis González	ESP	21:18.0	John Treacy	IRL	21:23.0
1976	7800m	Eric Hulst	USA	23:53.8	Thom Hunt	USA	24:06.8	Nat Muir	SCO	24:17.0
1977	7500m	Thom Hunt	USA	23:15.0	Santiago Llorente	ESP	23:28.0	Ari Paunonen	FIN	23:39.0
1978	7036m	Mick Morton	ENG	22:57	Rob Earl	CAN	23:10	Francisco Javier Alario	ESP	23:11
1979	7360m	Eddy De Pauw	BEL	23:02	Steve Binns	ENG	23:09	Ildar Denikeyev	URS	23:20
1980	7410m	Jorge García	ESP	22:17	Valeriy Gryaznov	URS	22:23	Ed Eyestone	USA	22:27
1981	7250m	Mohammed Chouri	TUN	22:04	Yevgeniy Zherebin	URS	22:06	Keith Brantly	USA	22:07
1982	7926m	Zurabachev Gelaw	ETH	22:46	Adugna Lema	ETH	22:47	Stefano Mei	ITA	22:49
1983	8033m	Followissa Abebe	ETH	24:58	Angaso Telega	ETH	24:59	Jon Richards	ENG	25:07
1984	8000m	Pere Casacuberta	ESP	21:32	Doju Tessema	ETH	21:34	John Castellano	CAN	21:37
1985	8190m	Kipkemboi Kimeli	KEN	22:18	Habte Negash	ETH	22:37	Woldesilase Milkessa	ETH	22:37
1986	7750m	Melese Feissa	ETH	22:47.6	Sammy Kibiwot	KEN	22:52.7	Demeke Bekele	ETH	22:56.0
1987	7050m	Wilfred Kirochi	KEN	22:18	Demeke Bekele	ETH	22:18	Debebe Demisse	ETH	22:20
1988	8031m	Wilfred Kirochi	KEN	23:25	Alfonce Muindi	KEN	23:39	Bedilu Kibret	ETH	23:41

UNDER 20 MEN

INDIVIDUALS

Individuals		Gold			Silver			Bronze		
1989	8000m	Addis Abebe	ETH	25:07	Kipyego Kororia	KEN	25:31	Stephen Nyamu	KEN	25:33
1990	8000m	Kipyego Kororia	KEN	22:13	Richard Chelimo	KEN	22:14	Fita Bayissa	ETH	22:24
1991	8415m	Andrew Sambu	TAN	23:59	Muindi Mumo	KEN	24:04	Fita Bayissa	ETH	24:04
1992	7800m	Ismael Kirui	KEN	23:27	Haile Gebrselassie	ETH	23:35	Josphat Machuka	KEN	23:37
1993	7150m	Philip Mosima	KEN	20:18	Christopher Kosgei	KEN	20:20	Josphat Machuka	KEN	20:23
1994	8140m	Philip Mosima	KEN	24:15	Daniel Komen	KEN	24:17	Abreham Tsige	ETH	24:46
1995	8470m	Assefa Mezegebu	ETH	24:12	Dejene Lidetu	ETH	24:14	David Chelule	KEN	24:16
1996	8350m	David Chelule	KEN	24:06	Assefa Mezegebu	ETH	24:19	Samuel Chepkok	KEN	24:24
1997	8511m	Elijah Korir	KEN	24:21	Million Wolde	ETH	24:28	Paul Kosgei	KEN	24:29
1998	8000m	Million Wolde	ETH	22:47	Richard Limo	KEN	22:50	Haylu Mekonnen	ETH	22:51
1999	8012m	Haylu Mekonnen	ETH	25:38	Richard Limo	KEN	25:43	Gideon Mitei	KEN	25:45
2000	8080m	Robert Kipchumba	KEN	22:49	Duncan Lebo	KEN	22:52	John Cheruiyot Korir	KEN	22:55
2001	7700m	Kenenisa Bekele	ETH	25:04	Duncan Lebo	KEN	25:37	Dathan Ritzenhein	USA	25:46
2002	7974m	Gebregziabher Gebremariam	ETH	23:18	Abel Cheruiyot	KEN	23:19	Boniface Kiprop	UGA	23:28
2003	7920m	Eliud Kipchoge	KEN	22:47	Boniface Kiprop	UGA	22:49	Solomon Bushendich	KEN	22:51

UNDER 20 MEN

INDIVIDUALS

Individuals		Gold			Silver			Bronze		
2004	8000m	Meba Tadesse	ETH	24:01	Boniface Kiproop	UGA	24:03	Ernest Meli	KEN	24:16
2005	8108m	Augustine Choge	KEN	23:59	Bernard Kiproop Kipyego	KEN	24:00	Barnabas Kosgei	KEN	24:00
2006	8000m	Mang'ata Ndiwa	KEN	23:53	Leonard Komon	KEN	23:54	Tariku Bekele	ETH	23:56
2007	8000m	Asbel Kiproop	KEN	24:07	Vincent Chepkok	KEN	24:12	Mathew Kisorio	KEN	24:23
2008	7905m	Ibrahim Jeylan	ETH	22:38	Ayele Abshero	ETH	22:40	Lucas Rotich	KEN	22:42
2009	8000m	Ayele Abshero	ETH	23:26	Titus Mbishei	KEN	23:30	Moses Kibet	UGA	23:35
2010	7759m	Caleb Ndiku	KEN	22:07	Clement Langat	KEN	22:09	Japhet Korir	KEN	22:12
2011	8000m	Geoffrey Kipsang	KEN	22:21	Thomas Ayeko	UGA	22:27	Patrick Mutunga	KEN	22:32
2013	7488m	Hagos Gebrhiwet	ETH	21:04	Leonard Barsoton	KEN	21:08	Muktar Edris	ETH	21:13
2015	8010m	Yasin Haji	ETH	23:42	Geoffrey Korir	KEN	23:47	Alfred Ngeno	KEN	23:54
2017	7858m	Jacob Kiplimo	UGA	22:40	Amdework Walelegn	ETH	22:43	Richard Yator	KEN	22:52
2019	7728m	Milkesa Mengesha	ETH	23:52	Tadese Worku	ETH	23:54	Oscar Chelimo	UGA	23:55

UNDER 20 MEN

TEAMS

Teams	Gold		Silver		Bronze	
1973	Spain	18	Italy	22	England	24
1974	United States	22	Morocco	58	Italy	90
1975	United States	29	Ireland	35	Spain	44
1976	United States	16	Spain	60	England	91
1977	United States	36	Spain	40	Canada	67
1978	England	53	Canada	53	Spain	54
1979	Spain	57	England	74	USSR	75
1980	USSR	50	United States	75	Spain	79
1981	United States	23	England	61	Canada	66
1982	Ethiopia	12	Italy	37	United States	70
1983	Ethiopia	13	Spain	41	England	58
1984	Ethiopia	21	Spain	34	England	68
1985	Ethiopia	16	Kenya	26	Spain	64
1986	Ethiopia	13	Kenya	32	Spain	52
1987	Ethiopia	19	Kenya	20	Japan	73
1988	Kenya	12	Ethiopia	33	Spain	61
1989	Kenya	14	Ethiopia	22	Italy	76
1990	Kenya	12	Ethiopia	27	Italy	85
1991	Kenya	19	Ethiopia	26	Tanzania	54
1992	Kenya	18	Ethiopia	28	Japan	90
1993	Kenya	10	Ethiopia	27	Morocco	76
1994	Kenya	18	Ethiopia	27	Morocco	78
1995	Kenya	23	Ethiopia	25	Morocco	72
1996	Kenya	13	Ethiopia	26	Morocco	94
1997	Kenya	13	Ethiopia	31	Morocco	74

UNDER 20 MEN

TEAMS

Teams	Gold		Silver		Bronze	
1998	Ethiopia	16	Kenya	20	Morocco	66
1999	Kenya	16	Ethiopia	24	Tanzania	77
2000	Kenya	10	Ethiopia	47	Uganda	68
2001	Kenya	24	Ethiopia	25	Uganda	68
2002	Kenya	18	Ethiopia	24	Uganda	37
2003	Kenya	15	Ethiopia	28	Uganda	48
2004	Kenya	20	Ethiopia	25	Uganda	33
2005	Kenya	10	Ethiopia	37	Qatar	75
2006	Kenya	16	Ethiopia	24	Eritrea	44
2007	Kenya	10	Eritrea	44	Ethiopia	54
2008	Kenya	21	Ethiopia	28	Uganda	37
2009	Kenya	20	Ethiopia	22	Eritrea	72
2010	Kenya	10	Ethiopia	32	Uganda	56
2011	Kenya	20	Ethiopia	24	Uganda	50
2013	Ethiopia	23	Kenya	26	Morocco	65
2015	Kenya	19	Ethiopia	33	Eritrea	52
2017	Ethiopia	17	Kenya	28	Eritrea	57
2019	Ethiopia	18	Uganda	32	Kenya	34

MIXED RELAY

LONG COURSE

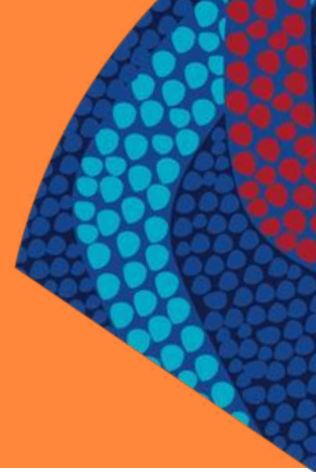
Mixed Relay	Distance	Gold	Time	Silver	Time	Bronze	Time
2017	7858m	Kenya (Man/Woman/Man/Woman)	22:11	Ethiopia (Man/Woman/Man/Woman)	22:30	Turkey (Man/Woman/Man/Woman)	22:37
2019	Distance	Ethiopia (Man/Woman/Man/Woman)	25:49	Morocco (Man/Woman/Man/Woman)	26:22	Kenya (Man/Woman/Man/Woman)	26:29

AGE OF WORLD CROSS COUNTRY CHAMPIONS

MEN'S SHORT COURSE

YEAR	NAME	COUNTRY	AGE
1998	John Kibowen	KEN	28 years 334 days
1999	Benjamin Limo	KEN	24 years 216 days
2000	John Kibowen	KEN	30 years 332 days
2001	Enock Koech	KEN	19 years 354 days
2002	Kenenisa Bekele	ETH	19 years 283 days
2003	Kenenisa Bekele	ETH	20 years 289 days
2004	Kenenisa Bekele	ETH	21 years 281 days
2005	Kenenisa Bekele	ETH	22 years 279 days
2006	Kenenisa Bekele	ETH	23 years 292 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS



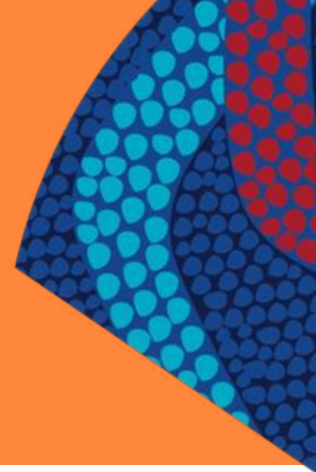
WOMEN SHORT COURSE

YEAR	NAME	COUNTRY	AGE
1998	Sonia O'Sullivan	IRL	28 years 114 days
1999	Jackline Maranga	KEN	21 years 102 days
2000	Kutre Dulecha	ETH	21 years 210 days
2001	Gete Wami	ETH	26 years 104 days
2002	Edith Masai	KEN	34 years 354 days
2003	Edith Masai	KEN	35 years 360 days
2004	Edith Masai	KEN	36 years 352 days
2005	Tirunesh Dibaba	ETH	19 years 170 days
2006	Gelete Burka	ETH	20 years 69 days

WOMEN LONG COURSE

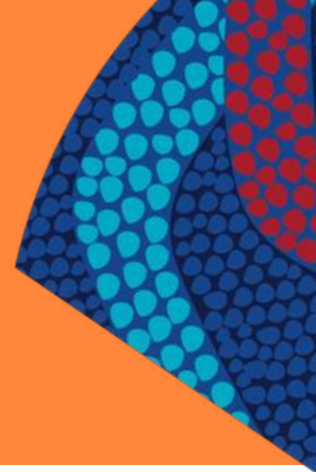
YEAR	NAME	COUNTRY	AGE
1973	Paola Pigni	ITA	27 years 77 days
1974	Paola Cacchi	ITA	28 years 76 days
1975	Julie Brown	USA	20 years 40 days
1976	Carmen Valero	ESP	20 years 147 days
1977	Carmen Valero	ESP	21 years 167 days
1978	Grete Waitz	NOR	24 years 176 days
1979	Grete Waitz	NOR	25 years 175 days
1980	Grete Waitz	NOR	26 years 160 days
1981	Grete Waitz	NOR	27 years 178 days
1982	Maricica Puică	ROU	31 years 235 days
1983	Grete Waitz	NOR	29 years 170 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS



WOMEN LONG COURSE			
YEAR	NAME	COUNTRY	AGE
1984	Maricica Puică	ROU	33 years 240 days
1985	Zola Budd	ENG	18 years 302 days
1986	Zola Budd	ENG	19 years 300 days
1987	Annette Sergent	FRA	24 years 125 days
1988	Ingrid Kristiansen	NOR	32 years 5 days
1989	Annette Sergent	FRA	26 years 122 days
1990	Lynn Jennings	USA	29 years 266 days
1991	Lynn Jennings	USA	30 years 266 days
1992	Lynn Jennings	USA	31 years 264 days
1993	Albertina Dias	POR	27 years 336 days
1994	Hellen Chepngeno	KEN	26 years 236 days
1995	Derartu Tulu	ETH	23 years 4 days
1996	Gete Wami	ETH	21 years 103 days
1997	Derartu Tulu	ETH	25 years 2 days
1998	Sonia O'Sullivan	IRL	28 years 113 days
1999	Gete Wami	ETH	24 years 106 days
2000	Derartu Tulu	ETH	27 years 363 days
2001	Paula Radcliffe	GBR	27 years 97 days
2002	Paula Radcliffe	GBR	28 years 96 days
2003	Worknesh Kidane	ETH	21 years 128 days
2004	Benita Johnson	AUS	24 years 319 days
2005	Tirunesh Dibaba	ETH	19 years 169 days
2006	Tirunesh Dibaba	ETH	20 years 182 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS



WOMEN LONG COURSE

YEAR	NAME	COUNTRY	AGE
2007	Lornah Kiplagat	NED	32 years 327 days
2008	Tirunesh Dibaba	ETH	22 years 181 days
2009	Florence Kiplagat	KEN	22 years 29 days
2010	Emily Chebet	KEN	24 years 38 days
2011	Vivian Cheruiyot	KEN	27 years 190 days
2013	Emily Chebet	KEN	27 years 34 days
2015	Agnes Tirop	KEN	19 years 156 days
2017	Irine Cheptai	KEN	25 years 5 days
2019	Hellen Obiri	KEN	29 years 107 days

UNDER 20 WOMEN

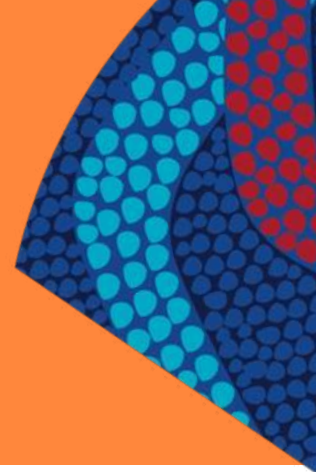
YEAR	NAME	COUNTRY	AGE
1989	Malin Ewerlöf	SWE	16 years 290 days
1990	Liu Shixiang	CHN	19 years 70 days
1991	Lydia Cheromei	KEN	13 years 317 days
1992	Paula Radcliffe	GBR	18 years 95 days
1993	Gladys Oudeyo	KEN	17 years 322 days
1994	Sally Barsosio	KEN	16 years 5 days
1995	Annemari Sandell	FIN	18 years 82 days
1996	Kutre Dulecha	ETH	17 years 214 days
1997	Rose Kosgei	KEN	15 years 213 days
1998	Yimenashu Taye	ETH	18/19 years
1999	Worknesh Kidane	ETH	17 years 126 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS

UNDER 20 WOMEN			
YEAR	NAME	COUNTRY	AGE
2000	Vivian Cheruiyot	KEN	16 years 189 days
2001	Viola Kibiwott	KEN	17 years 92 days
2002	Viola Kibiwott	KEN	18 years 91 days
2003	Tirunesh Dibaba	ETH	17 years 179 days
2004	Meselech Melkamu	ETH	18 years 336 days
2005	Gelete Burka	ETH*	19 years 55 days
2006	Pauline Korikwiang	KEN	18 years 31 days
2007	Linet Masai	KEN	17 years 109 days
2008	Genzebe Dibaba	ETH	17 years 51 days
2009	Genzebe Dibaba	ETH	18 years 48 days
2010	Mercy Cheron	KEN	18 years 325 days
2011	Faith Kipyegon	KEN	17 years 69 days
2013	Faith Kipyegon	KEN	19 years 73 days
2015	Letesenbet Gidey	ETH	17 years 8 days
2017	Letesenbet Gidey	ETH	19 years 6 day
2019	Beatrice Chebet	KEN	19 years 25 days

* Age is computed from her current accepted birthdate of January 23, 1986; Her entry birthdate at the 2005 championships was February 15, 1986

AGES OF WORLD CROSS COUNTRY CHAMPIONS

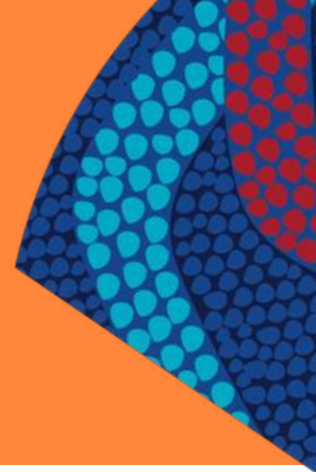


MEN'S LONG COURSE			
YEAR	NAME	COUNTRY	AGE
1973	Pekka Päivärinta	FIN	23 years 317 days
1974	Eric de Beck	BEL	22 years 283 days
1975	Ian Stewart	SCO	26 years 60 days
1976	Carlos Lopes	POR	29 years 10 days
1977	Léon Schots	BEL	24 years 282 days
1978	John Treacy	IRL	20 years 295 days
1979	John Treacy	IRL	21 years 294 days
1980	Craig Virgin	USA	24 years 220 days
1981	Craig Virgin	USA	25 years 238 days
1982	Mohamed Kedir	ETH	28 years 196 days
1983	Bekele Debele	ETH	20 years 8 days
1984	Carlos Lopes	POR	37 years 36 days
1985	Carlos Lopes	POR	38 years 34 days
1986	John Ngugi	KEN	23 years 316 days
1987	John Ngugi	KEN	24 years 316 days
1988	John Ngugi	KEN	25 years 321 days
1989	John Ngugi	KEN	26 years 313 days
1990	Khalid Skah	MAR	23 years 54 days
1991	Khalid Skah	MAR	24 years 54 days
1992	John Ngugi	KEN	29 years 316 days
1993	William Sigei	KEN	23 years 168 days
1994	William Sigei	KEN	24 years 166 days
1995	Paul T ergat	KEN	25 years 281 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS

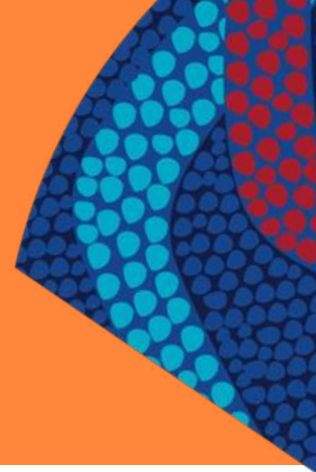
MEN'S LONG COURSE			
YEAR	NAME	COUNTRY	AGE
1996	Paul T ergat	KEN	26 years 280 days
1997	Paul T ergat	KEN	27 years 279 days
1998	Paul T ergat	KEN	28 years 278 days
1999	Paul T ergat	KEN	29 years 284 days
2000	Mohammed Mourhit	BEL	29 years 161 days
2001	Mohammed Mourhit	BEL	30 years 166 days
2002	Kenenisa Bekele	ETH	19 years 284 days
2003	Kenenisa Bekele	ETH	20 years 290 days
2004	Kenenisa Bekele	ETH	21 years 282 days
2005	Kenenisa Bekele	ETH	22 years 280 days
2006	Kenenisa Bekele	ETH	23 years 293 days
2007	Zersenay T adese	ERI	25 years 44 days
2008	Kenenisa Bekele	ETH	25 years 291 days
2009	Gebre-egziabher Gebremariam	ETH	24 years 199 days
2010	Joseph Ebuya	KEN	22 years 281 days
2011	Imane Merga	ETH	22 years 156 days
2013	Japhet Korir	KEN	19 years 267 days
2015	Geoffrey Kamworor	KEN	22 years 126 days
2017	Geoffrey Kamworor	KEN	24 years 124 days
2019	Joshua Cheptegei	UGA	22 years 199 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS



UNDER 20 MEN			
YEAR	NAME	COUNTRY	AGE
1973	Jim Brown	SCO	20 years 185 days
1974	Rich Kimball	USA	17 years 331 days
1975	Bobby Thomas	USA	18 years 231 days
1976	Eric Hulst	USA	18 years 92 days
1977	Thom Hunt	USA	19 years 3 days
1978	Mick Morton	ENG	18 years 132 days
1979	Eddy de Pauw	BEL	18 years 290 days
1980	Jorge García	ESP	18 years 312 days
1981	Mohammed Chouri	MAR	18 years 325 days
1982	Zurbachev Gelaw	ETH	16/17 years
1983	Feyissa Abebe	ETH	18/19 years
1984	Pere Casacuberta	ESP	18 years 348 days
1985	Kipkemboi Kimeli	KEN	18 years 114 days
1986	Melese Feissa	ETH	18 years 105 days
1987	Wilfred Kirochi	KEN	17 years 100 days
1988	Wilfred Kirochi	KEN	18 years 105 days
1989	Addis Abebe	ETH	18 years 195 days
1990	Kipyego Kororia	KEN	18 years 89 days
1991	Andrew Sambu	TAN	18 years 170 days
1992	Ismael Kirui	KEN	17 years 30 days
1993	Philip Mosima	KEN	16 years 85 days
1994	Philip Mosima	KEN	17 years 83 days
1995	Assefa Mezegebu	ETH	16 years 279 days

AGES OF WORLD CROSS COUNTRY CHAMPIONS



UNDER 20 MEN			
YEAR	NAME	COUNTRY	AGE
1996	David Chelule	KEN	18 years 260 days
1997	Elijah Korir	KEN	18 years 342 days
1998	Million Wolde	ETH	19 years 5 days
1999	Haylu Mekonnen	ETH	18 years 358 days
2000	Robert Kipchumba	KEN	16 years 24 days
2001	Kenenisa Bekele	ETH	18 years 285 days
2002	Gebre-egziabher Gebremariam	ETH	17 years 195 days
2003	Eliud Kipchoge	ETH	18 years 145 days
2004	Meba T adesse	ETH	17/18 years
2005	Augustine Choge	KEN	18 years 58 days
2006	Mang'ata Ndiwa	KEN	18 years 111 days
2007	Asbel Kiprop	KEN	17 years 267 days
2008	Ibrahim Jeylan	ETH	18 years 292 days
2009	Ayele Abshero	ETH	18 years 90 days
2010	Caleb Ndiku	KEN	17 years 170 days
2011	Geoffrey Kamworor	KEN	18 years 118 days
2013	Hagos Gebrhiwet	ETH	18 years 317 days
2015	Yasin Haji	ETH	19 years 65 days
2017	Jacob Kiplimo	UGA	16 years 132 days
2019	Milkesa Menghesha	ETH	18 years 348 days

MOST APPEARANCES WOMEN

APPEARANCES	NAME	COUNTRY	YEARS
17	Conceição Ferreira	POR	82-85/87-94/96-2000
15	Kathy Butler	CAN/GBR	90-97/99/2001-2006
14	Montserrat Abello	ESP	73-80/82-88
14	Anja Smolders	BEL	91-2004
14	Jacqueline Martín	ESP	92-93/95/98-99/2001-02/04-05/08-09/10/11/15
13	Mary O'Connor	NZL	79/81-91/93
13	Elena Fidatof	ROU	84-86/90-93/95-97/2000-02
13	Teresa Récio	ESP	85/86/87/94/96/98/99/2000-02/04-06
13	Anne Keenan-Buckley	IRL	85/87-88/91/93/95-96/98-2003
13	Ana Dias	POR	93/95-96/99-06/09/10
13	Alessandra Aguilar	ESP	96-97/2000-06/08-09/10/11
12	Merima Denboba	ETH	91-95/97-2003
11	Joelle Debrouwers	FRA	74-84
11	Annette Sergent/Palluy	FRA	85-90/93-96
11	Teresa Duffy	NIR/IRL	86-87/90/92-96/98-99/2002
11	Fatima Yvelain	MAR/FRA	86-87/90/98-2002/04-05/10
11	Julia Vaquero	ESP	89-98/2000
11	Getenesh Urge	ETH	89-90/92-2000
11	Paula Radcliffe	GBR	91-93/95-2002
11	Gete Wami	ETH	91-92/94-01/05
11	Analía Rosa	POR	95/2000-06/2009-2011
11	Judit Plá	ESP	96-97/2001-02/04-10
10	19 women		

MOST APPEARANCES MEN

APPEARANCES	NAME	COUNTRY	YEARS
18	Domingos Castro	POR	82/86-2001/2003
17	Alejandro Gómez	ESP	85-91/93-2001/2004/2005
15	Fernando Mamede	POR	73/76-89
15	Antonio Prieto	ESP	77-85/87-91
15	Paul McCloy	CAN	81-88/90-96
14	Pierre Levisse	FRA	76-78/81-91
13	Hans-Jürgen Orthmann	FRG	75-87
13	José Manuel García	ESP	83-85/90-92/94-99/2002
13	Joël Bourgeois	CAN	90/92/97-05/08/09
12	Gerry Deegan	IRL	73-74/76-83/86-87
12	Nat Muir	SCO	73-83/85/87
12	Dave Clarke	ENG/GBR	77/81-83/85-87/89/92-95
12	Ezequiel Canario	POR	78-79/82-84/86-91/94
12	Constantino Esparcía	ESP	78/79/82-91
12	José Carlos Adán	ESP	86/89-95/97/99-2002
12	Paulo Guerra	POR	89/92-2001/2007
11	Santiago de la Parte	ESP	73-83
11	John Treacy	IRL	74-75/78-80/82-86/88
11	Thierry Watrice	FRA	76/78/80-84/86-87/89-90
11	Jos Maes	BEL	79/84-85/87-93/96
11	Salvatore Bettiol	IT	80/86-92/94-96
11	Steve Moneghetti	AUS	85/86/87/88/89/91/92/96/97/2001/04
11	Umberto Pusterla	IT	86/92-95/97/99/02-05
11	Kevin Sullivan	CAN	90-93/99-01/03-06
11	Simon Labiche	SEY	97-2001/03-04/06-07/09/11
11	Manuel Damião	POR	97/00/04-13

WXC PREVIOUS EDITIONS

CHAMPIONSHIPS	VENUE	COUNTRY	DATE
1st IAAF World Cross Country Championships	Waregem (BEL)	BEL	17-Mar-73
2nd IAAF World Cross Country Championships	Monza (ITA)	ITA	16-Mar-74
3rd IAAF World Cross Country Championships	Rabat (MAR)	MAR	16-Mar-75
4th IAAF World Cross Country Championships	Chepstow (GBR)	GBR	28-Feb-76
5th IAAF World Cross Country Championships	Düsseldorf (GER)	GER	20-Mar-77
6th IAAF World Cross Country Championships	Glasgow (GBR)	GBR	25-Mar-78
7th IAAF World Cross Country Championships	Limerick (IRL)	IRL	25-Mar-79
8th IAAF World Cross Country Championships	Paris (FRA)	FRA	9-Mar-80
9th IAAF World Cross Country Championships	Madrid (ESP)	ESP	28-Mar-81
10th IAAF World Cross Country Championships	Ippodromo Capannelle, Roma (ITA)	ITA	21-Mar-82
11th IAAF World Cross Country Championships	Gateshead (GBR)	GBR	20-Mar-83
12th IAAF World Cross Country Championships	New York, NY (USA)	USA	25-Mar-84
13th IAAF World Cross Country Championships	Lisboa (POR)	POR	24-Mar-85
Neuchâtel IAAF World Cross Country Championships	Neuchatel (SUI)	SUI	23-Mar-86
Warszawa IAAF World Cross Country Championships	Warszawa (POL)	POL	22-Mar-87
Auckland IAAF World Cross Country Championships	Auckland (NZL)	NZL	26-Mar-88
Stavanger IAAF World Cross Country Championships	Stavanger (NOR)	NOR	19-Mar-89
Aix-les-Bains IAAF World Cross Country Championships	Aix-les-Bains (FRA)	FRA	25-Mar-90
Antwerpen IAAF World Cross Country Championships	Antwerpen (BEL)	BEL	24-Mar-91
Boston IAAF World Cross Country Championships	Boston, MA (USA)	USA	21-Mar-92
21st IAAF World Cross Country Championships	Amorebieta (ESP)	ESP	28-Mar-93

WXC PREVIOUS EDITIONS

CHAMPIONSHIPS	VENUE	COUNTRY	DATE
22nd IAAF World Cross Country Championships	Budapest (HUN)	HUN	26-Mar-94
23rd IAAF/SNICKERS World Cross Country Championships	Durham (GBR)	GBR	25-Mar-95
24th IAAF World Cross Country Championships	Stellenbosch (RSA)	RSA	23-Mar-96
Torino IAAF World Cross Country Championships	Torino (ITA)	ITA	23-Mar-97
Marrakesh IAAF World Cross Country Championships	Marrakesh (MAR)	MAR	21-Mar-98
Belfast IAAF World Cross Country Championships	Belfast (GBR)	GBR	27-Mar-99
Vilamoura IAAF World Cross Country Championships	Vilamoura (POR)	POR	18-Mar-00
Ostende IAAF World Cross Country Championships	Ostende (BEL)	BEL	24-Mar-01
Dublin IAAF World Cross Country Championships	Dublin (IRL)	IRL	23-Mar-02
Lausanne IAAF World Cross Country Championships	Lausanne (SUI)	SUI	29-Mar-03
Bruxelles IAAF World Cross Country Championships	Bruxelles (BEL)	BEL	20-Mar-04
St-Etienne IAAF World Cross Country Championships	St-Etienne (FRA)	FRA	19-Mar-05
Fukuoka IAAF World Cross Country Championships	Fukuoka (JPN)	JPN	1-Apr-06
Mombasa IAAF World Cross Country Championships	Mombasa (KEN)	KEN	24-Mar-07
Edinburgh IAAF World Cross Country Championships	Holyrood Park, Edinburgh (GBR)	GBR	30-Mar-08
Amman IAAF World Cross Country Championships	Golf Club Al Bisharat, Amman (JOR)	JOR	28-Mar-09
Bydgoszcz IAAF World Cross Country Championships	Myslecinek Park, Bydgoszcz (POL)	POL	28-Mar-10
Punta Umbria IAAF World Cross Country Championships	Punta Umbria (ESP)	ESP	20-Mar-11
Bydgoszcz IAAF World Cross Country Championships	Myslecinek Park, Bydgoszcz (POL)	POL	24-Mar-13
Guiyang IAAF World Cross Country Championships	Qingzhen, Guiyang (CHN)	CHN	28-Mar-15
Kampala IAAF World Cross Country Championships	Kololo, Kampala (UGA)	UGA	26-Mar-17
IAAF World Cross Country Championships	Åarhus (DEN)	DEN	30-Mar-19

MASS RACES COMPETITION TIMETABLE

FRIDAY FEBRUARY 17, 2023

START	FINISH	EVENT
0800	1000	Golden Ticket Races
1020	1250	Schools Challenge
1730	1930	Hot Laps

SATURDAY FEBRUARY 18, 2023

START	FINISH	EVENT
0730		Clubs Challenge
0800		Corporate Challenge
0830	0930	Teams Relays
0910	1010	Ambulant Races
1030	1130	World Masters Athletics Relay

Rio Tinto

Finding Better Ways to Increase Access to Athletics

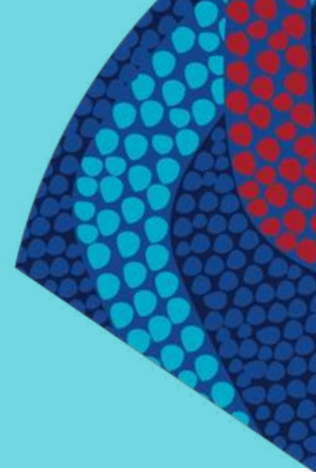
In 2022, more than 1,100 school aged participants from regional and remote Australia participated in the Rio Tinto Athletics for the Outback and Rio Tinto Raise the Bar programs. Held across Western Australia, Queensland and Northern Territory, the programs provide participants with access to unique athletics experiences and coaching, while also promoting tertiary education and career opportunities for young Indigenous Australians.



Scan the QR code to watch the Rio Tinto Athletics for the Outback and Rio Tinto Raise the Bar Video



MASS RACES COMPETITION TIMETABLE



SUNDAY FEBRUARY 19, 2023

START	FINISH	EVENT
0700	-	Under 7 Boys & Girls 800m
0710	-	Under 8 Boys and Girls 800m
0720	-	Under 8 Boys and Girls 800m
0730	-	Under 10 Boys and Girls 2km
0740	-	Under 11 Boys and Girls 2km
0755	-	Under 12 Boys 2km
0800	-	Under 12 Girls 2km
0820	-	Under 13 Boys 2km
0825	-	Under 13 Girls 2km
0845	-	Under 14 Boys 2km
0850	-	Under 14 Girls 2km
0910	-	Under 15 and Under 16 Boys 4km
0935	-	Under 15 and Under 16 Girls 4km
1000	-	Under 18 Boys 4km
1020	-	Under 18 Girls 4km
1040	-	Under 20 Boys 6km
1110	-	Under 20 Girls 6km
1145	-	World Masters Athletics 70+ Age Group 4km
1215	-	World Masters Athletics 35-69 Age Group 6km
1300	-	Open Men 10km
1400	-	Open Women 8km



WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS
BATHURST 23

WORLD ATHLETICS PARTNERS



WORLD ATHLETICS MEDIA PARTNER



WORLD ATHLETICS MEDIA DISTRIBUTION PARTNERS



WORLD ATHLETICS SUPPLIERS



PUBLIC INSTITUTIONS



EVENT SUPPORTER

