

WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

BATHURST 2023

Biographical Entry List



**WORLD ATHLETICS
CROSS COUNTRY
CHAMPIONSHIPS
BATHURST 23**

15:30 – Mixed Relay

16:10 – Under-20 Women's Race

16:50 – Under-20 Men's Race

17:30 – Women's Race

18:30 – Men's Race

BIOGRAPHICAL ENTRY LIST

Mixed Relay

From Team Manual: The relay will consist of teams of two men and two women, each running one loop of the course. The order of running is Man-Woman-Man-Woman. The final composition of the team and the running order must be declared by 14:00 on February 18. Athletes must carry on their wrist or in their hands a wristband that will be transferred to the next athlete within the takeover zone. It will be 20m long, with the scratch line at the centre. Entrance and exit of the takeover zone will be marked with small flags or cones.

15:30 – 8092m – 4 laps
(Long start lap + 2x 1943m + finish lap)
So the first and last runners go a bit further

Sex ATHLETE REFUGEE TEAM

		<u>Age</u>	<u>1500m PB</u>
M	GHAFARI Seyed Full name-Seyed Taha Ghafari // 10,000 pb: 30:08.95 -21. 5K pb: 14:18 -21. 5000 pb: 14:34.97 -21. At EXC: 2022-49. 5 'Great' Scottish 10K 2022. Fled from a Kurdistan Province of Iran to UK in November 2021. He is a member of British clubs Shettleston Harriers and Highgate Harriers In 2023: 11 Scottish inter-District XC; 1 Glasgow Barge Memorial 10K; 4 South of England XC	ART 27y	-
M	IDBAFDIL Fouad Moroccan origin, based in France Sixty-first at two successive European Cross Country Championships Half Mar pb: 66:35 -20. 10K pb: 29:43 -21. 3000SC pb: 8:38.45 -21. ht WCH 3000SC 2019. 108 World Half Mar 2020. 6 French 3000SC 2020. At EXC: 2021-61, 2022-61	ART 35y	-
W	AUGUSTINO Josephine Tain Born-Kakuma Refugee Camp in Kenya. Former footballer In 2022 was selected to join IOC Refugee Scholarship Athletes program for Paris 2024, hosted by the National Olympic Committee of Kenya	ART 24y	-
W	LOHALITH Anjelina Nadai 2023 European Clubs Cross Country Champion // ht OLY 1500 2016/2021; ht WCH 1500 2017/2022; ht WIC 1500 2022; 10 African Champs 1500 2022. In 2002 she fled to Kenya from the conflict in South Sudan. She began training with the Tegla Loroupe Foundation in Kenya in 2015, after her talent was noticed while she was living in the Kakuma Refugee Camp In 2023: 1 European Clubs XC (representing Alley Runners Club, of Tel Aviv ISR)	ART 30y	4:23.84 -22

Sex AUSTRALIA

		<u>Age</u>	<u>1500m PB</u>
M	DAVIES Callum Mile pb: 3:56.06 -23. 5000 pb: 13:48.63 -23. 11 WJC 1500 2018. 1 Australian Universities 1500 2019/2021 (1 5000 2021); 3 Australian 1500 2022 In 2023: 2 Australian World Trial short course XC; 2 New Zealand Mile; 2 Adelaide Classic 5000	AUS 23y	3:37.78 -22
M	HOARE Olli At Birmingham 2022, became Australia's first Commonwealth 1500m Champion since Herb Elliott 1958 Mile pb: 3:47.48 -22. 5000 pb: 13:09.96i, 13:22.16 -21, 11 OLY 1500 2021; 5 WIC 1500 2022; sf WCH 1500 2022; 1 COM 1500 2022. 1 NCAA 1500 2018; 1 Australian 1500 2022. His late father Greg Hoare was a beach running world champion. Studied Economics at the University of Wisconsin-Madison. Born-Caringbah, New South Wales. Lives-Boulder, Colorado. Coach-Dathan Ritzenhein Ritual – he like to clean his teeth just before races (“Got to have those pearly whites glistening for the cameras as you hit the track.”) In 2023: paced Boston University Terrier 5000 (won by Woody Kincaid in US record 12:51.61)	AUS 26y	3:30.12 -22
M	McSWEYN Stewart Oceanian record holder at 1500m & 3000m // Mile pb: 3:48.37 -21. 3000 pb: 7:28.02 -20. 5000 pb: 12:56.50 -22. 10,000 pb: 27:23.80 -19. Half Mar pb: 62:52 -21. 14 WSG 5000 2015; ht WCH 3000SC 2017; 5 COM 5000 2018 (11 10,000); 12 WCH 5000 2019 (sf 1500); 7 OLY 1500 2021; 9 WCH 1500 2022. At WXC: 2013-86J, 2017-53; 1 Australian XC 2016; 1 Melbourne Zatopek (Australian) 10,000 2017 & 5000 2020. Born-Launceston, Tasmania. Coach-Nic Bideau His 2022 season was hampered by the lasting effects of a covid infection, then he strained a glute muscle in Doha, but still cut 11 seconds from his 5000m best in Brussels In 2023: 1 Australian World Trial short course XC He is also entered for the senior race in Bathurst (athletes are allowed to do both races)	AUS 27y	3:29.51 -21
M	RAMSDEN Matthew 2019 Oceanian Champion at 1500m // Mile pb: 3:51.23 -20. 3000 pb: 7:35.65 -21. 5000 pb: 13:16.63 -20. 6 WJC 1500 2016 (15 5000); 1 Oceanian 1500 2019; sf WCH 1500 2019; 12 WIC 3000 2022; ht WCH 1500 2022; 10 COM 5000 2022. At WXC: 2015-dnfJ, 2019-38. 1 Australian 5000 2022. He won the Elimination Mile at the first of the Melbourne “Nitro” meetings in 2017. Lives-Cooloongup. Coach-Nic Bideau In 2023: 2 Australian World Trial XC He is also entered for the senior race in Bathurst (athletes are allowed to do both races)	AUS 25y	3:34.08 -21
W	BILLINGS Sarah Mile pb: 4:32.30 -23. 800 pb: 2:03.09 -22 (2:04.77 -23). sf WJC 800 2016; 3 Oceanian 1500 2019 In 2023: 4 Australian World Trial short course XC; 2 New Zealand Mile; 2 Melbourne Box Hill 1000; 4 Adelaide Classic 800	AUS 24y	4:09.73 -22
W	CALDWELL Abbey 2022 Commonwealth Games bronze at 1500m // 800 pb: 1:59.31 -22. ht WJC 1500 2018; 2 Oceanian 1500 2022; 3 COM 1500 2022. At WXC: 2019-72J. 1 Australian 1500 2022. Lives-Warrandyte. Coach-Gavin Burren In 2023: 1 Australian World Trial short course XC; 1 Melbourne Box Hill Burn 1000	AUS 21y	4:04.18 -22
W	HALL Linden In 2021 became the first Oceanian women under 4:00 for 1500m. Sixth at 2021 Olympics & 2022 World indoors. Twice fourth at Commonwealth Games 800 pb: 1:59.22 -21. 4 COM 1500 2018/2022; sf WCH 1500 2019/2022 (2017-ht); 6 OLY 1500 2021 (2016-sf); 6 WIC 1500 2022. 1 Australian 1500 2018/2021. Studied dietetics at Florida State University. Lives-Melbourne. Coach-Ned Brophy-Williams Her grandfather's cousin is Ken Hall, who clocked 3:55.2 for One Mile in 1975 when placing second to John Walker's epic world record of 3:49.4 In 2023: 3 Australian World Trial short course XC	AUS 31y	3:59.01 -21
W	HULL Jessica Oceanian record holder at 1500m // Mile pb: 4:19.89 -22. 3000 pb: 8:36.03 -20. 5000 pb: 14:43.80 -20. 7 WJC 3000 2014; 11 OLY 1500 2021; 6 WIC 3000 2022; 8 COM 1500 2022. At WXC: 2015-59J. 1 Australian 5000 2022; 7 WCH 1500 2022 (2019-sf). 1 NCAA 1500 2018 & indoor 3000 2019, representing the University of Oregon where she studied Human Physiology & Psychology. Lives-Beaverton. Coaches-Pete Julian & Sonia O'Sullivan In 2023: 2 Australian World Trial short course XC	AUS 26y	3:58.81 -21

Sex	CANADA		Age	1500m PB
M	BEAUDET Matthew	CAN	22y	3:39.67 -22
	(3:48.01i -23). 5000 pb: 13:48.57i -22, 13:58.97 -21. Student of Engineering at McGill University in Montreal In 2023: 2 Montreal McGill 1500 (3 1000)			
M	MACKINNON Perry	CAN	25y	3:44.43 -22
	5000 pb: 13:46.28 -22. 10,000 pb: 29:11.46 -22. 10 Canadian 5000 2022. 124 NCAA XC 2022. Student of Agriculture and Life Sciences at Cornell University at Ithaca, New York In 2023: 2 New York Sander Invitational Mile			
M	SHEFFAR Jack	CAN	26y	3:43.49i -21, 3:47.55 -17
	Mile pb: 3:59.79i -23, 4:17.87 -21. 5000 pb: 14:17.80 -19. 7 Canadian 1500 2021. Coach-Dave Mills In 2023: 7 Boston University Terrier Classic Mile (pb 3:59.79i)			
W	CURRENT Kate	CAN	25y	4:12.76 -22
	3000 pb: 9:08.92i -22 (9:15.95i -23). 1 Canadian Universities indoor 1500/3000 2022; 4 Canadian 1500 2022. Former gymnast. Civil engineering graduate. Coach-Guy Schultz In 2023: 7 Seattle Washington Invitational 3000			
W	PLOURDE Simone	CAN	22y	4:14.93 -22
	3000 pb: 8:57.12i -23. 5000 pb: 16:57.79 -19. 6 Canadian 1500 2022. Coach-Kyle Kepler In 2023: 4 Seattle Washington Invitational 3000; 2 Seattle Husky 3000 (substantial pbs both times, first 9:07.00 then 8:57.12)			
w	SHUKLA Jazz	CAN	24y	4:16.60 -22
	2016 World Junior relay bronze // 800 pb: 2:00.67 -22. sf WJC 800 2016; 2 Pan-Am junior 800 2017; 4 NACAC 800 2022. 3 Canadian 800 2022. Ran in heats of 2016 World Junior 4x400m (she deputised for Ashlan Best), so awarded bronze medal won by Canada in final In 2023: 1 Windsor Can Am 1000; 4 Boston University Hemery 1000			
W	TESCHUK Erin	CAN	28y	4:11.21 -22
	Twice Canadian Steeplechase Champion // 3000SC pb: 9:40.07 -15. 3000 pb: 8:46.46i -23, 9:12.75-18. 4 Pan-Am Games 3000SC 2015; ht WCH 3000SC 2015; ht OLY 3000SC 2016; 5 NACAC 1500 2017. 1 Canadian 3000SC 2015/2016. Was at North Dakota State University. Coach-Andrew Carlson In 2023: 1 Toronto 'Mini 2' 1000 5 New York Sander Mile; 5 Boston University Hemery 3000 (pb 8:46.46i)			
Sex	PR of CHINA		Age	1500m PB
M	GUO Zhongrui	CHN	23y	-
	Marathon pb: 2:13:13 -20. 10,000 pb: 29:29.80 -22. 5000 pb: 14:10.86 -22. From Guizhou province Marathons (5): 13 Xuzhou 2019, 12 Nanjing 2020, 33 Xuzhou 2021, 21 Xi'an 2021, 25 Xiamen 2022 He is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
M	REN Guangyue	CHN	23y	-
	Marathon pb: 2:15:19 -20. 10,000 pb: 29:04.29 -21. 5000 pb: 13:51.87 -22. 3 Chinese National Games 5000/10,000 2021. From Liaoning province Marathon (1): 23 Nanjing 2020 He is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
M	ZONG Qinghua	CHN	26y	3:47.52 -19
	10,000 pb: 29:17.05 -22. 5000 pb: 13:50.19 -21. 3000SC pb: 8:50.52 -19. At WXC: 2015-51J. 1 Chinese long & short XC 2019. 1 Chinese World Championship Trial 1500 2019 (but did not have qualifying time for championships)1 Chinese 5000 2021; 2 Chinese National Games 5000 2021. Born (at altitude) at Lincang (Yunnan province). His coach-Gao Jinhai competed at the 1995 World Cross Country Championships He is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
W	LI Yingcui	CHN	20y	-
	Half Mar pb: 74:10 -21. 10,000 pb: 34:13.38 -22. 5000 pb: 16:10.15 -22. 3000 pb: 9:56.50 -17. 1 Chinese Youth Games 3000 2019 She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
W	YAO Miao	CHN	26y	-
	Prolific marathoner, including four top 10s in Chinese Championship races Marathon pb: 2:30:41 -20. 10,000 pb: 33:51.11 -21. From Hubei province Marathons (16): 7 Kunming 2016, 3 Shangluo 2017, 11 Lanzhou 2017, 2 Sanya 2018, 9 Shanghai 2018, 6 Xuzhou 2019, 18 Hengshui 2019, 9 Hefei 2019, 1 Taiyuan 2020, 2 Wuxi 2020, 5 Nanjing 2020, 9 Xuzhou 2021, 14 Xi'an 2021, 9 Hangzhou 2022, 2 Chengdu 2022, 8 Xiamen 2022 She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
W	ZHOU Xia	CHN	25y	-
	Marathon pb: 2:35:12 -22. Half Mar pb: 73:57 -21. 10,000 pb: 33:51.35 -21. 5000 pb: 16:25.54 -22. 9 Chinese XC 2019. From Shandong province Marathons (6): 15 Nanjing 2020, 17 Xuzhou 2021, 10 Xi'an 2021, 2 Dongying 2021, 8 Hangzhou 2022, 4 Shanghai 2022 She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
Sex	SPAIN		Age	1500m PB
M	MAIJO Adam	ESP	21y	3:38.88 -22
	Full name-Adam Maijo Frigola // 5000 pb: 13:40.07 -22. 3000 pb: 7:53.88i -23, 7:57.11 -22. 6 EJC 3000 2019. At EXC: 2019-74J, 2021-54u23, 2022-18u23. Coach-Carles Castillejo In 2023: 2 Catalan indoor 3000; 4 Spanish under-23 XC; 1 Spanish under-23 indoor 3000			
M	MARTÍNEZ Miguel Ángel	ESP	20y	3:44.73 -22
	Full name-Miguel Ángel Martínez Chazarra // 5000 pb: 14:22.32 -22. 3000 pb: 8:11.47i -23, 8:11.76 -22. At EXC: 2022-36u23. Coach-José Antonio Redolat In 2023: 2 Spanish under-23 XC; 3 Spanish under-23 3000			
M	ORIACH Pol	ESP	20y	3:37.10 -22
	Full name-Pol Oriach Enjuanes 2021 European Junior Steeplechase Champion 3000 pb: 7:55.65 -21, 8:11.35i -23. 5000 pb: 14:54.82 -20. 3000SC pb: 8:41.36 -21. 2 European Youth 2000SC 2018; 7 Youth Olympic combined 2000SC/XC 2018 (8th SC + 20th XC); 1 European Youth Olympic Festival 2000SC 2019; 1 EJC 3000SC 2021; 4 WJC 1500 2021. At EXC: 2019-13J, 2021-4J, 2022-33u23. Coach-José Fernando García Herbera In 2023: 21 Elgoibar XC; 8 Jaén 10K; 3 Spanish under-23 XC; 2 Spanish under-23 indoor 3000			
W	COSTA Miriam	ESP	25y	4:17.31i -23. 4:17.59 -22
	800 pb: 2:08.98 -19. 5 Spanish 1500 2020 (2022-6) In 2023: 3 Valencia International 1500; 6 Sabadell 1500			
W	FORERO Maria	ESP	19y	4:26.65 -22
	Full name-Maria Forero Pérez 2022 European Junior Cross Country Champion (where she also led Spain to team gold) 5000 pb: 16:17.31 -22. 3000 pb: 9:25.14 -22. 3 European Youth Olympic Festival 3000 2019; 15 EJC 5000 2021; 5 WJC 5000 2022. At EXC: 2019-56J, 2021-13J, 2022-1J. 1 Spanish junior 3000 2022. Coach-José Enrique Villacorta In 2023: 7 Jaén 10K; 11 Spanish XC; 12 Calzadilla XC			

W	TÁRRAGA Rosalía	ESP	26y	4:13.72 -22, 4:18.41i -23
	Full name-Rosalía Tárraga Sanchez Anchored Spain to Mixed Relay sliver at 2022 European Cross Country Championships 5000 pb: 15:59.60 -22. 3000 pb: 9:25.17 -21. 800 pb; 2:06.21 -22. At EXC: 2022-2 relay. 3 Spanish 1500 2022. Coach-Juan Carlos Galán In 2023: 17 Elgoibar XC; 2 Valencia International 1500; 8 Spanish XC (behind two under-23s); 13 European Clubs XC			
Sex	ETHIOPIA		Age	1500m PB
M	KASAYE Adihana	ETH	19y	3:36.38i -22, 3:36.91 -21
	3 African Champs 1500 2022; 4 WJC 1500 2022. 1 Ethiopian 1500 2022 (senior & junior) In 2023: First leg for the Commercial Bank Of Ethiopia team which placed third in the mixed relay at the Ethiopian Championships (but he put them into a 30m lead)			
M	WALE Getnet	ETH	22y	3:35.54i -21
	Full name-Getnet Wale Bayabil Fourth at Steeplechase at Doha 2019, Tokyo 2021 & Eugene 2022 3000 pb: 7:24.98i -21, 7:39.31 -22. 5000 pb: 12:53.28 -21. 3000SC pb: 8:05.21 -19. 3 WJC 3000SC 2016 (despite falling twice in the final)/2018; 3 African Champs 3000SC 2018; 2 African Games 3000SC 2019; 4 WCH 3000SC 2019/2022 (2017-9); 4 OLY 3000SC 2021. 1 Ethiopian 3000SC 2018/2019. Won 2019 Diamond League Steeplechase & 2020 World Indoor Tour 3000. Born-Sekela. Coach-Teshome Kebede At Liévin 2021 clocked 7:24.98 for 3000m, #2 all-time indoors after Daniel Komen's 1998 world record 7:24.90 [now #4 after Lamecha Girma ETH 7:23.81 WR & Mohamed Katir ESP 7:24.68 ER in Liévin on 15 Feb 23] In 2023: First leg for the Sidama Coffee Sport Club team which placed sixth in the mixed relay at the Ethiopian Championships			
W	ABEBE Mekides	ETH	21y	-
	Full name-Mekides Abebe Demewoz 2022 World steeplechase bronze (where she cracked nine minutes for the first time) 3000SC pb: 8:56.08 -22. 3000 pb: 8:45.38 -22. 1 African junior 3000SC 2017; 2 Youth Olympic combined 2000SC/XC 2018 (2nd in the 2000SC, 11th in the XC); 1 African Games 3000SC 2018; 4 OLY 3000SC 2021; 3 WCH 3000SC 2022 (2019-11). 1 Ethiopian 3000SC 2021. Born-Lay Gayint. Coach-Teshome Kebede In 2023: 3 Ethiopian XC			
W	ABERA Hawi	ETH	16y	-
	She anchored an Oromia Regional mixed relay team to a clear-cut victory at the 2023 Ethiopian Cross Country Championships [Team of Tadesse Lemi, Hiyane Gashe, Diriba Girma, her]			
W	HAYLOM Birke	ETH	17y	4:02.25 -22
	(aka Birke Haile) 2022 World Junior Champion at 1500m // 1 WJC 1500 2022, setting a championship record of 4:04.27. She was the world's fastest junior 1500m runner in 2022 and remains a junior until the end of 2025 In 2023: 5 Ethiopian junior XC			
Sex	FIJI		Age	1500m PB
M	GOUNDER Pratik	FIJ	17y	4:27.1 -22
	3 Fijian Schools Games under-17 1500 2022. Also plays a defender with Lautoka Youth Football Club (their senior team plays in the Fijian Premier League). Attends Lautoka Andhra Sangam School			
M	MOALA Sailasa	FIJ	19y	4.24.4 -22
	3 Fijian Schools Games 1500 2022. Attends Lomaivuna Secondary School			
W	MASAU Adi Ama	FIJ	18y	-
	800 pb: 2:25.06 -22. 3 Fijian Schools Games 800 2022. Attends St Joseph's Secondary School, Suva. Younger sister of Adi Fulori Masau (also in Bathurst)			
W	MASAU Adi Fulori	FIJ	20y	-
	Elder sister of Adi Ama Masau (also in Bathurst)			
Sex	GREAT BRITAIN & NI		Age	1500m PB
M	ELSON Callum	GBR	24y	3:40.32 -22
	2022 NCAA (division 2) Champion indoors & out // Mile pb: 3:59.07 -22. 5000 pb: 13:52.76 -22. At EXC: 2022-5 relay, 9 UK 1500 2022. 1 NCAA div 2 indoor mile & outdoor 1500 2022, representing the American International College (at Springfield, Massachusetts). As a schoolboy, he played football at Leeds United Academy. Mother-Sara Elson (Gateshead H) was an international 400m hurdler In 2023: 17 Elgoibar XC			
M	WHEELER Charlie	GBR	24y	3:41.73 -22
	10,000 pb: 28:55.23 -22. 5000 pb: 13:34.84i, 13:38.67 -22. 3000 pb: 7:54.20i -23, 8:10.64 -22. 6 UK 5000 2022. 54 NCAA XC 2022 (representing University of Wisconsin). Coach-James Bennett In 2023: 3 Sheffield BMC 3000; 4 Manchester 3000; 9 Lee Valley Mile			
M	WIGFIELD Joe	GBR	23y	3:40.85 -20
	3000 pb: 8:17.95 -19. 800 pb: 1:52.83 -19. ht EJC 3000 2019. At EXC: 2022-13u23. Attends St. Mary's University, Teddington. Coach-Craig Winrow In 2023: 31 Valencia 10K; 8 Hannut XC; 3 British Universities XC			
W	BELL Alexandra	GBR	30y	4:07.06 -21
	2021 Olympic 800m finalist. Twice European XC relay gold, running decisive legs each time 800 pb: 1:57.66 -21. 5 COM 800 2018 (2022-6); 1 Europe v USA 800 2019; sf WCH 800 2019/2022; 7 OLY 800 2021; 6 ECH 800 2022. At EXC: 2018-4 relay, 2019-1 relay, 2021-1 relay. 2 English Schools 800 2010/2011; 3 UK 800 2019. 1 Yorkshire XC 2015. Coach-Andrew Henderson In 2023: 1 Armagh 3K			
W	MILLARD Alexandra	GBR	21y	4:12.95 -22
	Under-23 bronze & team gold at 2023 European Cross Country Championships 5000 pb: 15:47.78 -22. 3000 pb: 9:15.79 -22. At EXC: 2022-3u23. 1 English 'National' under-20 XC 2022; 1 English under-23 1500 2022; 6 UK 1500 2022; 1 British Universities XC 2023. Coach-Bill Foster In 2023: 11 Hannut XC; 1 British Universities XC (representing Loughborough University)			
W	TWELL Stephanie	GBR	33y	4:02.54 -10
	2010 Commonwealth 1500m bronze, 2016 European 5000m bronze // Marathon pb: 2:26:40 -19. Half Mar pb: 70:52 -19. 10,000 pb: 31:08.13 -19. 5000 pb: 14:54.08 -10. 3000 pb: 8:40.98 -16. 10,000 pb: 32:16.23 -17. 800 pb: 2:02.58 -16. 2 EJC 1500 2007; 1 WJC 1500 2008 (2006-8); ht OLY 1500 2008; ht WCH 1500 2009; 5 ECH 1500 2010; 3 COM 1500 2010 (4 5000); 12 WCH 5000 2015 (2017-ht); 6 WIC 3000 2016; 3 ECH 5000 2016; ht OLY 5000 2016; 5 EIC 5000 2017; 7 COM 1500 2018 (14 5000); 10 ECH 5000 2018; 1 ECP 10,000 2019; 15 WCH 10,000 2019. 1 UK 5000 2013/2015/2016/2017/2018 & 10,000 2019. 1 UK indoor 3000 2016. At WXC: 2005-60J, 2006-30J, 2009-38, 2010-23, 2013-40. At EXC: 2005-7J, 2006/2007/2008-1J, 2009-11u23, 2010-20, 2011-4u23, 2013-15, 2014-7, 2015/2016-6. She broke her ankle in three places during a cross country race in February 2011. Self-coached (formerly coached by Mick Woods & Geoff Wightman). Husband-Joe Morwood (19 London Marathon 2022, 2:20:37) Marathons (5): 7 Valencia 2019, 8 Frankfurt 2019, dnf London 2020 (at 15M, injured), 68 OLY 2021, 12 London 2022 In 2023: 11 Elgoibar XC; 15 Valencia 10K She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			

Sex	KENYA		Age	1500m PB
M	KIPSANG Mathew	KEN	27y	3:38.58 -22
	Full name-Matthew Kipchumba Kipsang // 800 pb: 1:47.60 -21. 2 Kenyan Defence Forces 1500 2019 (2022-3); 7 Kenyan 1500 2022 [He was third at Kenya's World Cross Country Championships 2K Trial in December 2022]			
M	MUNGUTI Kyumbe	KEN	27y	3:36.12 -22
	(better known as Daniel Munguti) // 800 pb: 1:46.96 -19. 2 Kenyan Defence Forces 1500 2022; 3 Kenyan 1500 2022 (2019-5) [He was second at Kenya's World Cross Country Championships 2K Trial in December 2022]			
M	WANYONYI Emmanuel	KEN	18y	3:43.19 -22
	2021 World Junior Champion at 800m. Fourth at 2022 World Championships (at age 17) 800 pb: 1:43.76 -22. 1 WJC 800 2021; 4 WCH 800 2022 [He won Kenya's World Cross Country Championships 2K Trial in December 2022]			
W	CHEBET Brenda	KEN	18y	4:04.64 -22
	3000 pb: 8:44.08 -22. 800 pb: 2:02.10 -22. ht WJC 800 2021; 4 African Champs 1500 2022 (6 1500); 2 WJC 1500 2022 [She won Kenya's World Cross Country Championships 2K Trial in December 2022]			
W	CHEPKOECH Beatrice	KEN	31y	4:03.09 -18
	Full name-Beatrice Chepkoech Sitonik 2019 World Steeplechase Champion & record holder (but also known for the U-turn she needed to perform in the 2017 World Championship final when she forgot to clear the first water jump) 3000SC pb: 8:44.32 -18. 5000 pb: 14:39.33 -17. 3000 pb: 8:22.92 -20. 4 OLY 3000SC 2016 (2021-7); 4 WCH 2017; 7 WIC 1500 2018; 2 COM 1500 2018; 1 African Champs 3000SC 2018; 1 WCH 3000SC 2019 (2017-4). At WXC: 2017-1 mixed relay, 2019-7 (team gold). At Monaco 2018 she improved the world steeplechase record by > 8 seconds [She was third at Kenya's World Cross Country Championships 2K Trial in December 2022] In 2023: 1 Kenyan Police XC			
W	CHEROP Mirriam	KEN	23y	4:10.43 -18
	Former African Junior Cross Country Champion // 3000 pb: 9:01.43 -17. 1 African junior XC 2016 (2018-6); 2 WJC 1500 2018 [She was second at Kenya's World Cross Country Championships 2K Trial in December 2022]			
Sex	MOROCCO		Age	1500m PB
M	RIZKY Hafid	MAR	25y	3:36.48 -22
	(aka Hafid Rizqy) // 800 pb: 1:46.26 -22. 3 Islamic Solidarity Games 800 2022. 1 Moroccan 800/1500 2022			
M	SADIKI Abdelatif	MAR	24y	3:33.59 -21
	Set a world elimination 1500m record of 3:33.59 in the 2021 Olympic semi-finals (no-one has ever run that fast and not reached a final) (3:39.21i -23). 800 pb: 1:46.23 -22. 2 Arab 1500 2021; sf OLY 1500 2021; ht WIC 1500 2022; 8 African Champs 1500 2022; 2 Mediterranean Games 1500 2022; ht WCH 1500 2022; 1 Islamic Solidarity Games 1500 2022. Lives-Fes In 2023: 2 Padua 1500			
W	OUAZIZ Ikram	MAR	23y	-
	3x Moroccan Steeplechase Champion // 3000SC pb: 9:32.87 -22. 5000 pb: 16:05.96 -22. ht WJC 3000SC 2018; 5 African Games 3000SC 2019; 5 African Champs 3000 2022; 3 Mediterranean Games 3000SC 2022; 3 Islamic Solidarity Games 2022. 1 Moroccan 3000SC 2019/2021/2022 In 2023: 7 Arab XC			
W	HAJJI Soukaina	MAR	26y	4:16.65 -22
	800 pb: 2:01.59 -22 (2:08.22i -23). 1 Arab 4x400 2021 (ran second leg); 2 Islamic Solidarity Games 800 2022 (3 1500). 1 Moroccan 800 2022 In 2023: 5 Lyon 800			
Sex	NEW ZEALAND		Age	1500m PB
M	SPEAKMAN Eric	NZL	32y	3:37.44 -16
	1500 pb: 13:22.08 -21. 1 New Zealand 1500 2017 (2021-2). Coach-Steve Willis 6 Hastings 800; 5 New Zealand Mile; 3 New Zealand 3000			
M	TANNER Samuel	NZL	22y	3:31.34 -22
	New Zealand's second-fastest ever at 1500m (after Nick Willis, ahead of Sir John Walker) (3:37.87i -23). Mile pb: 3:52.85i, 3:54.56 -23, ht WJC 1500 2018; 3 Oceanian 1500 2019; ht OLY 1500 2021; sf WCH 1500 2022; 6 COM 1500 2022. 1 New Zealand 1500 2019/2022 (1 Mile 2021/2023). 10 NCAA 1500 2021. In 2019 at age 18y with 3:58.41, he became the youngest New Zealander to run a four-minute mile. He is Māori. Coach-Craig Kirkwood In 2023: 1 New Zealand Mile; 2 Boston Grand Prix Mile (lost to Neil Gourley GBR by one hundredth)			
W	GREENE Rebekah	NZL	29y	4:14.81 -21
	Mile pb: 4:32.92 -23. 3000 pb: 9:17.22 -22 (9:19.89 -22). 11 WJC 1500 2010; 7 WJC 3000 2012 (ht 1500); 4 Oceanian 5000 2019 (7 1500). 1 New Zealand 5000 2020 & Mile 2023. Coach-Craig Kirkwood 1 Timaru Mile; 3 New Zealand Mile (behind two Australians, so she is national champion); 2 New Zealand 3000			
W	GROGAN Anneke	NZL	26y	4:18.45 -22
	Twice New Zealand Steeplechase Champion // Mile pb: 4:37.48 -22 (4:45.90 -23). 5000 pb: 16:11.92 -22. 3000SC pb: 10:34.20 -22. 1 New Zealand 3000SC 2014/2022. Was at Southern Methodist University at University Park, Texas. Coach/mother-Glenys Kroon Grogan (54 WXC 1987) In 2023: 4 New Zealand Mile; 5 New Zealand 3000; 4 Hamilton Porritt 1500			
Sex	PAPUA NEW GUINEA		Age	1500m PB
M	GOIYE Dilu	PNG	20y	-
	5000 pb: 15:31.123 -21. 10,000 pb: 33:04.04 -22. 1 Pacific Mini Games 10,000 2022 He is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
M	SIUNE Abel	PNG	21y	4:09.67 -20
	8 Pacific Mini Games Half Mar 2022. 1 Papua New Guinean 1500 2020 He is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
M	TURALOM Aquila	PNG	21y	4:01.15 -23
	3000SC pb: 9:46.99 -22. 2 Pacific Mini Games 3000SC 2022; 3 Oceanian 3000SC 2022 (6 1500) In 2023: 5 Brisbane Sally Pearson Shield 1500 He is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
W	GOIR Aina	PNG	23y	5:24.07 -22
	6 Oceanian 1500 2022 (7 800) She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
W	HERMAN Scholastica	PNG	19y	4:56.54 -22
	6 Oceanian 800 2022; 1 Pacific Mini Games 800/1500 2022; ht WJC 800 2022 She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			
W	KUA Mary	PNG	21y	5:16.29 -22
	800 pb: 2:26.72 -22. 5 Oceanian 800/1500 2022; 5 Pacific Mini Games Half Mar 2022 She is also entered for the senior race in Bathurst (athletes are allowed to do both races)			

<u>Sex</u>	<u>SOUTH AFRICA</u>		<u>Age</u>	<u>1500m PB</u>
M	MPHAHLELE Ryan	RSA	24y	3:34.66 -22
	Full name-Mafori Ryan Mphahlele 2022 Commonwealth Games finalist at 1500m 3000 pb: 7:53.96 -18. 2 African Champs 1500 2022; 11 COM 1500 2022. At WXC: 2017-68J, 2019-69. 1 South African 1500 2019 [He was second at South Africa's World Cross Country Championships 2K Trial in December 2022]			
M	TSHITE Tshupo	RSA	26y	3:36.09 -22
	3x South African Champion at 800m // 800 pb: 1:44.59 -22. 1500 pb: 3:36.09 -22. sf WCH 800 2019 (2022-ht); ht COM 800 2022. 1 South African 800 2018/2021/2022 [He won South Africa's World Cross Country Championships 2K Trial in December 2022]			
W	SEKGODISO Prudence	RSA	21y	4:09.88 -22
	Full name-Tebogo Prudence Sekgodisa Broke through from 2:01 to 1:58 for 800m in 2022 800 pb: 1:58.41 -22. 3 African Youth 800 2018; 3 African Champs 800 2022; sf WCH 800 2022; ht COM 800 2022. At WXC: 2019-19J. 1 South African 800 2019/2021/2022 & 1500 2022. At the 2018 Youth Olympics she placed second in her stage 1 800m heat, but then lost all chance of a medal when she was disqualified for running out of her lane in stage 2 [She won South Africa's World Cross Country Championships 2K Trial in December 2022]			
W	SEMENYA Caster	RSA	32y	3:59.92 -18
	Full name-Mokgadi Caster Semenya Three times World & twice Olympic & Champion at 800m (now that Mariya Savinova's results have been annulled for doping) 5000 pb: 15:31.50 -22. 800 pb: 1:54.25 -18. 400 pb: 49.62 -18. ht WJC 800 2008; 1 WCH 800 2009/2011/2017 (2015-sf); 1 OLY 800 2012/2016; 1 African Games 800 2015; 1 African Champs 800/1500 2016 & 400/800 2018; 3 WCH 1500 2017; 1 COM 800/1500 2018. 1 South African 800 2009/2011/2012/2014/2015/2016/2017/2018 (1 400 2016/2017, 1 1500 2011/2016/2018/2019, 1 5000 2019/2021). Married her partner Violet Raseboya in 2015, they have two children. She has not competed at 800m or 1500m since May 2019 [She won South Africa's 4K Cross Country Championship in September 2022]			
<u>Sex</u>	<u>UGANDA</u>		<u>Age</u>	<u>1500m PB</u>
M	MAYANJA Abu Salim	UGA	27y	3:39.55 -19
	Multiple Ugandan Champion at 800m & 1500m // 800 pb: 1:45.73 -17. ht WCH 800 2017; ht COM 1500 2022. 1 Ugandan 800 2014/2016 & 1500 2016/2017/2022			
M	MUSAGALA Ronald	UGA	30y	3:30.58 -19
	2016 Olympic finalist & Ugandan record holder at 1500m // 800 pb: 1:45.27 -14. Mile pb: 3:53.04 -21. 3000 pb: 7:44.78 -18. 5000 pb: 13:24.41 -15. sf WCH 800 2013; 8 COM 800 2014 (11 1500); 11 OLY 1500 2016 (2021-ht); sf WCH 1500 2017/2019 (2015/2022-ht); ht COM 1500 2018; 3 African Champs 1500 2018. At WXC: 2017-dq relay (team ran in a different order to that declared); 2019-5 relay			
W	ACIRU Knight	UGA	24y	4:16.97 -31
	800 pb: 2:03.65 -22. 5000 pb: 16:38.18 -19. 11 WSG 5000 2019; 7 WSG XC 20122; 8 African Champs 1500 2022			
W	CHEBET Linda	UGA	21y	-
<u>Sex</u>	<u>UNITED STATES</u>		<u>Age</u>	<u>1500m PB</u>
M	BASTEN Alec	USA	24y	3:40.91i -23, 3:43.64 -22
	Second at 2021 US Collegiate Championship steeplechase, representing the University of Minnesota 3000SC pb: 8:22.22 -21. Mile pb: 3:57.37i -23, 3:58.55 -22. 2 NCAA 3000SC 2021 (2022-7); 10 US 3000SC 2021. Lives-St. Louis, Missouri In 2023: 3 New York Sander Mile			
M	MANN Jordan	USA	30y	3:39.64 -19
	("J-Mann") Third in 2018 NACAC Steeplechase // 3000SC pb: 8:26.65 -19. 3000 pb: 7:49.57i -23, 7:55.79 -17. 3 North/Central American & Caribbean 3000SC 2018. At WXC: 2019-4 relay. 5 US 3000SC 2018, after having "never made a final in my life". Lives-Providence, Rhode Island [Third leg for US team mixed team which finished fourth at the 2019 World Championships; for an hour they were on the podium while second-placed Morocco were disqualified, but that team were reinstated on appeal] In 2023: 1 Boston Suffolk 3000; 19 US XC			
W	COBURN Emma	USA	32y	4:03.82 -20
	2017 World Steeplechase Champion, 2019 World Championship silver, 2016 Olympic bronze (4:10.39i -23) 3000SC pb: 9:02.35 -19. 3000 pb: 8:48.60 -17. 3 OLY 3000SC 2016 (2012-8, 2021-dq [fell at halfway, got up to finish 14th but had stepped inside the track]); 1 WCH 3000SC 2017 (2011-8, 2015-5, 2019-2, 2022-8). 1 US 3000SC 2011/2012/2014/2015/2016/2017/2018/2019/2021. 1 NCAA 3000SC 2011/2013 - representing the University of Colorado from where she is a graduate of Business Marketing & Real Estate. Lives-Boulder, Colorado. Husband/coach-Joe Bosshard (13:34.44 5000m) In 2023: 7 Boston Grand Prix Mile			
W	MACLEAN Heather	USA	27y	3:58.76 -22
	(4:06.07i -23) 2022 North/Central American & Caribbean Champion at 1500m // 800 pb: 1:59.72 -21 (2:01.33i -23). sf OLY 1500 2021; 7 WIC 1500 2022; 1 NACAC 1500 2022. 3 US 1500 2021; 1 US indoor 1500 2022. Studied Psychology at the University of Massachusetts Amherst. Lives-Water-town, Massachusetts In 2023: 2 Boston University Terrier 800; 1 Boston Grand Prix Mile; 2 Boston University Hemery 1000			

Under-20 Women's Race

16:10
70 Entrants
16 Countries

Six to run, four to score

6139m – Start + 3 laps of 1943m + Finish

	Age
503 ANDERSON Aspen AUS 16y 5000 pb: 16:45.25 -22. 3000 pb: 9:31.16 -21. 1 Queensland State under-17 800/1500/3000 2022. She also competes as a triathlete (6th at 2022 Oceania Junior Cup). Lives-Currumbin. Coach-Jackson Elliott In 2023: 4 Australian World Trial junior XC	
506 BUNNAGE Amy AUS 17y Won the 2023 Australian World Trial junior race by a margin of 82 seconds 3000 pb: 9:00.60 -22. 1500 pb: 4:14.62 -21. 1 Australian junior 3000 2022. Lives-Aspendale. Coach-Tim O'Shaughnessy In 2023: 1 Australian World Trial junior XC	
509 CARLYON Charli-Rose AUS 17y 5000 pb: 17:09.77 -22 (17:29.74 -23). 3000 pb: 9:44.49 -22. 1 Western Australia State youth 3000 2022. Lives-Sorrento VIC. Coach-Suzi Graves In 2023: 7 Australian World Trial junior XC; 3 Perth 'Strive' 1500 (x2); 1 Western Australia State 5000	
511 DE JONG Emma AUS 17y 1500 pb: 4:38.24 -23. 3 Australian youth XC 2022 In 2023: 8 Australian World Trial junior XC; 6 Melbourne VMC #3 1500 'B'	
516 MEAKER Claudia AUS 15y 3000 pb: 9:48.00 -23. 1500 pb: 4:32.06 -22. 1 New South Wales State Schools under-16 3000 2022. Lives-Summer Hill. Coach-Bradley Woods Mother-Michelle O'Rourke competed [at 800m] in the first World Junior Championships in 1986 Cousin-Joe Pincus was a Rugby 7s Olympian for Australia at Tokyo 2021 (team reached quarter-finals) In 2023: 5 Australian World Trial junior XC; 1 Sydney NSW Milers 3000 [she becomes the youngest ever Australian to compete in the under-20 events (men or women) at the World Cross Country Championship]	
519 SCHMIDT Gabrielle AUS 16y 5000 pb: 16:42.35 -23. 3000 pb: 9:24.36 -22. 1500 pb: 4:27.94 -22. 2 Australian under-16 3000 2021. Lives-Kenmore Hills. Coach-Kerry Schreiber (née Jukes) She is a distant relative of cricketing legend Don Bradman In 2023: 2 Australian World Trial junior XC; 1 Brisbane Pearson Shield 5000	
520 VAN DER KAMP Fieke AUS 18y 5000 pb: 17:29.49 -23. 3000 pb: 9:58.16 -22. 6 Australian junior 5000 2021. Former gymnast, her hobbies include woodworking. She is fluent in Flemish. Lives-Diamond Creek. Coach-Maxwell Balchin In 2023: 6 Australian World Trial junior XC; 1 Geelong 5000	
521 VINCENT Gabrielle AUS 16y 3000 pb: 9:27.85 -22. 1500 pb: 4:25.35-22. 800 pb: 2:11.38 -22. 1 Australian under-17 2022. She started running to keep up her fitness for netball. Lives-Port Melbourne. Coach-Keith Fearnley In 2023: 3 Australian World Trial junior XC	
527 BALLARD Ella CAN 17y 33000 pb: 9:55.77 -22. 1500 pb: 4:35.78 -22. Canadian junior XC 2022. Coach-Bruce Deacon In 2023: 9 Saanichton 8K	
528 BARIL Leane CAN 18y 5000 pb: 17:40.29 -20. 8 Canadian junior XC 2022. Coach-Christian Villeneuve	
531 CESCONE Emily CAN 16y 2022 Canadian Junior Champion at 1500m // 1500 pb: 4:29.05 -22. 3000 pb: 9:37.95i, 9:39.41 -22 (9:53.10i -23). 1 Ontarian Schools 800/1500 2022; 1 Canadian junior 1500 2022. 4 Canadian junior XC 2022. Coach-Ethan Davenport In 2023: 1 Toronto Classic 3000	
532 COUTURE Marika CAN 18y 3000 pb: 10:04.35i -32 Canadian junior XC 2022. She is also an international at Triathlons. Coach-Vincent Filion In 2023: 6 Montreal Team Challenge 3000	
534 GRAY Michelle CAN 18y 3000 pb: 10:05.26i -23, 10:14.20 -20. 1500 pb: 4:33.33 -22. 6 Canadian junior XC 2022. Coach-Paul Carter In 2023: 4 Windsor Can Am Classic 3000	
536 LOVSHIN Muriel CAN 16y 3000 pb: 9:54.56 -22. 1500 pb: 4:38.82 -22. 2 Ontarian Schools 3000 2022; 5 Canadian junior XC 2022. Coach/father-Brian Lovshin	
539 RODRIGUES Sierra CAN 18y 3000 pb: 9:44.40i -23, 10:25.02 -19. 2000SC pb: 6:58.19 -22. 7 Canadian junior XC 2022. Coach-Chris Belof In 2023: 10 Boston University Hemery 3000 'G'	
543 VRINGER Erin CAN 19y 3000 pb: 9:31.34i -23. 1500 pb: 4:28.19 -22. 1 Canadian junior indoor 3000 & Canadian junior XC 2022. 133 NCAA XC 2022, representing the University of Utah. Coach-Kyle Kepler In 2023: 12 Seattle Washington Invitational 3000 'E'	
548 POSTRYGAGACZ Maya COK 15y Overall Cook Islander Intermediate Girls Athletics Champion in 2022 1 Rarotonga 'Nutters Cross Island' 10K Run 2022 barefoot (mother Adrianna Skurosos 2nd, younger sister Olivia 3rd, her brother Edmund was fourth in the men's section). Race includes mountain ridges, valleys & riverbeds. She is also a cyclist & triathlete The Cook Islands are represented at the World Cross Country Championships for the first time	
550 ROJAS Laura Cristina COL 19y 3000 pb: 10:32.59 -22. 1500 pb: 4:45.17 -22	
551 MOHAMED ABDU SHAH D EGY 17y 2022 Egyptian 1500m Champion across three age groups // 3000 pb: 9:39.29 -22. 1500 pb: 4:27.05 -21. 800 pb: 2:10.27 -21. 1 Egyptian 800 2021; 1 Egyptian youth, junior & senior 1500 2022	
555 BENKERT Mariam ESP 18y 5000 pb: 16:45.17 -22. 3000 pb: 9:42.89 -21. 1500 pb: 4:37.46 -21. 1 Spanish youth 3000 2021; 3 Spanish junior XC 2022/2023 In 2023: 3 Spanish junior XC	
556 BLANCO Jimena ESP 18y 3000 pb: 9:40.46i, 9:55.63 -21 (10:19.61i -23). 1 Spanish youth 3000 2021 In 2023: 4 Spanish junior XC; 2 Spanish Clubs junior indoor 3000	
560 MARTINEZ Xela ESP 17y Spanish youth record holder at 2000m Steeplechase // 5000 pb: 16:45.53 -22. 3000 pb: 9:14.96i, 9:26.1 -22 (9:22.03i -23). 2000SC pb: 6:30.31 -22. 9 European youth 2000SC 2022. 1 Spanish youth 2000SC 2022 In 2023: 2 Spanish junior XC; 3 Galician indoor 3000	
565 VICIOSA Maria ESP 16y Full name-Maria Viciosa Villa Junior team gold at 2022 European Cross Country Championships 3000 pb: 9:49.87 -22. 1500 pb: 4:35.14 -22. 4 European youth 2000SC 2022. At EXC: 2022-24J. 1 Spanish junior XC 2022. She is one of eight children, seven of which are athletes. "It's like having a High Performance Centre at home" says father Isaac Viciosa (1 ECH 5000 98, former European record holder at 3000m). Coach-Eladio Barredo In 2023: 1 Spanish junior XC	
570 ASRES Tinebeb ETH 17y In 2023: 4 Ethiopian junior XC	
571 EISA Medina ETH 18y Full name-Medina Eisa Kumanda 2022 World Junior Champion at 5000m 10K pb: 32:39 -22. 5000 pb: 14:59.53 -21. 3000 pb: 8:41.42 -22. 1 WJC 3000 2022. 2 Ethiopian junior XC 2022 (2023-6); 4 Ethiopian 5000 2022; 1 Belfast XC 2022 (junior compatriot Melknat Wudu 2nd, as she was also at 5000m in the World juniors) In 2023: 6 Ethiopian junior XC	
574 GETACHEW Senayet ETH 17y 5000 pb: 15:53.3 -22. 000 pb: 9:18.2 -22. 1 Ethiopian youth 3000 2022; 6 Ethiopian 5000 2022 In 2023: 3 Ethiopian junior XC	
578 NIBRET Lemlem ETH 18y Half Mar pb: 71:55 -22. 5000 pb: 15:23.93 -22. 11 Ethiopian 5000 2022 In 2023: 1 Ethiopian junior XC	
580 WUDU Melknat ETH 18y World junior 5000m silvers in 2021 & 2022 // 10K pb: 31:45 -22. 5K pb: 15:54 -21. 5000 pb: 15:08.65 -22. 3000 pb: 8:45.76 -22. 2 WJC 5000 2021/2022; 3 WJC 3000 2021; 4 African Champs 5000 2022. 3 Ethiopian 5000 2021/2022; 1 Ethiopian junior 5000 2022. 2 Belfast XC 2022 In 2023: 2 Ethiopian junior XC	
581 YESHANEH Meseret ETH 17y 2022 World junior steeplechase silver // 3000SC pb: 9:33.34 -22. 3 WJC 3000SC 2022. 1 Ethiopian youth 2000SC 222 In 2023: 7 Ethiopian junior XC	
582 LUTU Akeneta FIJ 15y The first-ever junior to represent Fiji at the WXC // 3 Fijian Schools Games 3000 2022	
588 FLAHERTY Rebecca GBR 17y 2022 World Junior Mountain Running silver medalist // 10K pb: 35:01 -22. 3000 pb: 9:37.47 -22. At EXC: 2022-18J. 2 World Junior Mountain Running Champs 2022. 1 Yorkshire under-17 3000 2022. Coach-Karen Glerum In 2023: 1 Yorkshire under-20 XC; 2 Scottish Inter-District junior XC; 2 Hannut junior XC	
589 GILBODY Zoe GBR 16y 3000 pb: 9:40.5 -22. 4:25.51 -22. 1 English Schools under-17 1500 2022; 1 UK Schools Games 1500 2022. Coach-John Skevington In 2023: 1 Elgoibar junior XC; 4 Scottish Inter-District junior XC; 1 Midland under-17 XC	
590 HARRIS Megan GBR 18y 3000 pb: 9:40.19i -22. 1500 pb: 4:28.83 -22. At EXC: 22-23J. 1 Essex junior 3000 2021. Attends Loughborough University. Coach-Hayley Hemmings In 2023: 1 Scottish Inter-District junior XC; 15 British Universities XC	
594 REID Meredith GBR 18y 10K pb: 34:13 -23. 5000 pb: 17:02.83 -22. 3000 pb: 9:40.57i -23, 9:50.09 -22. 8 UK junior 3000 2022; 2 Scottish 500 2022 In 2023: 1 Glasgow New Year Bash 3000; 1 Glasgow Barge Memorial 10K	

595	RYDING Hannah GBR	17y	3000 pb: 9:28.09 -22. 1500 pb: 4:23.85 -22. 3 Scottish 1500 2022; 1 Scottish junior 1500 2022 In 2023: 3 Scottish Inter-District junior XC
599	MORO Sherifa GHA	16y	
605	KOTAJIMA Aya JPN	17y	3000 pb: 9:20.02 -22. 1500 pb: 4:31.11 -22 Ran first stage for Hakuho Joshi High School in the Japanese High School Ekiden Championships on December 25, 2022 (clocking 19:29 for 6K) (team finished fifth overall) In 2023: 2 Hitachinaka 10K
606	MIZOGAMI Kana JPN	18y	3000 pb: 9:18.16 -22. 1500 pb: 4:19.24 -22. 4 Japanese junior XC 2022; 5 Japanese Schools 1500 2022 In 2023: Ran fourth stage for team Kumamoto at the Japanese Inter-Prefectural Ekiden Championships
607	MURAOKA Miku JPN	18y	3000 pb: 9:15.38 -21. 1500 pb: 4:27.70 -22. 6 Japanese junior XC 2022 Anchored Nagano Higashi High School to victory in the Japanese High School Ekiden Championships on December 25, 2022 (15:45 for 5K)
608	NODA Mariya JPN	18y	5000 pb: 15:50.98 -22. 3000 pb: 9:05.85 -22. 1500 pb: 4:26.04 -22. 5 Japanese junior 3000 2021 In 2023: Ran first stage for team Fukuoka at the Japanese Inter-Prefectural Ekiden Championships (they finished third overall); Ran first stage for Kitakyushu Shiritsu High School at the Kitakyushu Invitational Ekiden, setting a stage record of 16:49 for 5.3K
609	SAWADA Yuya JPN	16y	Sixth at 2022 World junior 1500m // 3000 pb: 9:13.12 -22. 1500 pb: 4:12.87 -22. 6 WJC 1500 2022. 10 Japanese 1500 2022 In 2023: Ran second stage for team Shizuoka at the Japanese Inter-Prefectural Ekiden Championships
611	YONEZAWA Nanaka JPN	18y	5000 pb: 15:31.33 -21. 3000 pb: 8:59.57 -21. 1500 pb: 4:14.74 -21. 2 Japanese 1500 2020; 2 Japanese Schools 1500 2021 She set a stage record in her contribution to the victory of Meijo University at the Mount Fuji Women's Ekiden on December 30, 2022
616	CHEPKEMOI Diana KEN	16y	5000 pb: 16:35.24 -22. 3000SC pb: 9:45.47 -22. 5 Kenyan junior XC; 9 Kenyan 3000SC 2022 [She was second at Kenya's junior World Cross Country Championships Trial in December 2022]
617	CHEPKEMOI Joyline KEN	18y	5000 pb: 16:12.86 -22. 3000 pb: 8:57.02 -22. 3 Kenyan World Junior Champions trial 3000 2022, so she just missed a place at those championships [She was also third at Kenya's junior World Cross Country Championships Trial in December 2022]
621	CHEROP Nancy KEN	16y	2022 World junior bronze at 3000m // 5000 pb: 16:16.97 -22. 3000 pb: 8:52.86 -22. 1500 pb: 4:17.41 -22. 3 WJC 3000 2022. 9 Kenyan 1500 2022 [She was fourth at Kenya's junior World Cross Country Championships Trial in December 2022]
622	CHEROTICH Diana KEN	17y	3000 pb: 9:18.06 -22 [She was sixth at Kenya's junior World Cross Country Championships Trial in December 2022]
623	CHEROTICH Faith KEN	18y	2022 World Junior Steeplechase Champion (and already mixing with the world's best at Diamond Leagues) 3000SC pb: 9:06.14 -22. Mile pb: 4:28.97 -22. 1 WJC 3000SC 2022 (2021 -3). 4 Brussels Diamond 3000SC 2022; 3 Zurich Diamond 3000SC 2022. 1 Kenyan junior XC 2022 [She won Kenya's junior World Cross Country Championships Trial in December 2022]
625	KOSGEI Pamela KEN	18y	5000 pb: 16:20.86 -22. 3000SC pb: 9:54.20 -22. 5 WJC 3000SC 2022. 1 Cardiff XC 2022. She is the younger sister of world marathon record holder (and Tokyo Olympic silver medallist) Brigid Kosgei [She was seventh at Kenya's junior World Cross Country Championships Trial in December 2022]
643	EARL Bella NZL	17y	5000 pb: 17:05.57 -22. 3000 pb: 9:50.86 -22. 1 New Zealand youth XC 2021. Coach-Ian Babe In 2023: 3 Auckland McKinnon #6 Mile
646	LUND Catherine NZL	17y	5000 pb: 16:51.14 -22. 3000 pb: 9:54.50 -22. 1 New Zealand youth XC 2022
648	MORGAN Mackenzie NZL	19y	5000 pb: 17:21.85 -22. 3000 pb: 9:59.61 -23. 15000 pb: 4:39.37 -22. Coach-Paul Hamblyn In 2023: 3 New Zealand junior 3000; 4 New Zealand junior Mile
649	RITCHIE Boh NZL	16y	5000 pb: 17:24.8 -22. 3000 pb: 9:45.49 -23. 1500 pb: 4:27.18 -22 (4:29.54 -23). 1 New Zealand junior XC/5K 2022 & junior Mile/3000 2023. Coach-Angela Russek In 2023: 1 Auckland McKinnon #6 Mile; 1 New Zealand junior 3000; 1 New Zealand junior Mile; 7 New Zealand 3000; 5 Hamilton Classic 1500
659	DEKKER Li-Mari RSA	17y	5000 pb: 17:53.91 -20. 3000 pb: 9:31.93 -21. 1500 pb: 4:35.66 -22. 2 South African Schools under-18 3000 2022 [She was fourth at South Africa's junior World Cross Country Championships Trial in December 2022]
660	DIKAO Omaatla RSA	15y	3000 pb: 10:57.61 -22. 1500 pb: 4:56.57 -22 [She was third at South Africa's junior World Cross Country Championships Trial in December 2022]
662	MAKGATHA Naledi RSA	17y	10K pb: 35:49 -21. 3000 pb: 9:22.02 -21. 1500 pb: 4:19.48 -22. 8 WJC 3000 2021; ht WJC 1500 2022. 1 South African Schools under-18 1500/3000; 1 South African youth 3000 2022 [She won South Africa's junior World Cross Country Championships Trial in December 2022]
663	MATSHABA Phemelo RSA	17y	2000SC pb: 7:13.79 -22. 3000 pb : 10:11.53 -21. 2 South African youth 2000SC 2022 [She was second at South Africa's junior World Cross Country Championships Trial in December 2022]
666	SCHOEMAN Wiepke RSA	16y	3000 pb: 10:06.29 -21. 1500 pb: 4:18.91 -22. 2 South African Schools under -18 1500 2022; 2 South African youth 3000 2022 [She was third at South Africa's junior World Cross Country Championships Trial in December 2022]
678	CHEBET Peace UGA	15y	6 Ugandan junior XC 2022
679	CHEKWEMOI Felista UGA	15y	5000 pb: 17:02.96 -22. 3000 pb: 10:00.18 -22. 7 Ugandan junior XC 2022
682	CHEROP Charity UGA	15y	3 Ugandan junior XC 2022
684	CHEROP Risper UGA	16y	3000 pb: 9:45.32 -22. 1500 pb: 4:27.14 -21. 3 Ugandan 1500 2022. 6 Ugandan junior XC 2022
688	YEKO Benatlin UGA	15y	5 Ugandan junior XC 2022
690	BALOGA Karrie USA	17y	(Karrilyn) 2022 World junior steeplechase finalist. 2022 New York State Schools Cross Country Champion 3000SC pb: 10:27.13 -22. 3000 pb: 9:31.87 -22. 11 WJC 3000SC 2022. 1 New York State Schools XC 2022; 1 US [Champs] Schools XC 2022. Her mother Katie was a 10:36.73 steeplechaser in 2000. Lives-New Windsor, New York In 2023: 5 US junior XC
695	KLINGBEIL Eva USA	17y	3000 pb: 9:17.26i -23, 9:25.77 -22. Attends University of North Carolina-Chapel Hill In 2023: 6 US junior XC; 1 Winston-Salem Camel Invitational 3000 'D' (pb down from 9:25 to 9:17)
698	MACCHIA Zariel USA	16y	1500 pb: 4:29.06i -23, 4:47.47 -22. 1 US junior XC 2022 (2023-3); 1 US [Nike] Schools indoor 2M 2022. Lives-Shirley, New York In 2023: 3 US junior XC; 2 New York Millrose school Mile
701	RIGGS Irene USA	18y	2023 US Cross Country Champion // 3000 pb: 9:14.72 -22. 1500 pb: 4:30.32i -22. 1 US [Nike] Schools XC 2022; 1 US XC 2023. Nasty foot injury in September 2022 when a friend accidentally drove over it. From family of competitive swimmers. Lives-Morgantown, West Virginia. Coach-Mike Ryan In 2023: 1 Geneva OH Spire 3200
702	SHEA Ellie USA	17y	10K pb: 34:11 -22. 5000 pb: 15:49.47i -22, 16:10.42 -22. 3000 pb: 9:08.54i -22, 9:30.62 -21. 1500 pb: 4:14.35 -22. 1 US Northeast Regional Schools XC 2022; 2 US junior XC 2023. Lives-Belmont, Massachusetts. Coach-Fred Treseler In 2023: 2 US junior XC; 2 Boston Grand Prix junior Mile; 6 Boston University Terrier Classic 1000
704	TON-THAT Elia USA	18y	Full name-Elia Ai-My Ton-That // 5000 pb: 15:55.89i -23. 3000 pb: 9:27.10i -23. 177 NCAA XC 2022. She is a trained ballet and jazz dancer. Student of biomedical engineering at Columbia University, New York Mother-Maricruz Ponce De Leon has run multiple marathons with a best of 3:19:23. Father-Hieu Ton-That has contested an ironman triathlon In 2023: 10 US junior XC; 1 New York Sander Invitational 3000; 6 Boston University Hemery 5000 'B'
-	WEIMER Ali USA	18y	Attends the University of Minnesota. In 2023: 9 US junior XC
706	ZEALAND Allie USA	16y	3000 pb: 9:25.29i -23. 1500 pb: 4:25.83 -22. 1 US Schools indoor Mile 2022. Lives-Forest, Virginia In 2023: 8 US junior XC; 1 Winston-Salem Elite schools Mile; Lynchburg Dixon Memorial 3000

Under-20 Men's Race

16:50

82 Entrants

16 Countries

Six to run, four to score

8082m – Start + 4 laps of 1943m + Finish

Age

	167	LEONARDO Ruben ESP	19y
		2022 World junior Steeplechase finalist // 3000SC pb: 8:33.00 -22. 1500 pb: 3:47.35 -22. 11 WJC 3000SC 2022. 1 Spanish junior 3000SC 2022 In 2023: 4 Spanish junior XC	
	173	VIVES Aleix ESP	18y
		Full name-Alex Vives Espulgas // 1500 pb: 8:20.15 -22. At EXC: 2022-20J. 3 Spanish junior 3000 2022. Coach-Xavier García In 2023: 2 Spanish junior XC	
	177	ASMARE Yohannes ETH	16y
		1500 pb: 3:43.6 -22. 1 Ethiopian youth 1500 2022 In 2023: 7 Ethiopian junior XC	
	179	BEKELE Abel ETH	17y
		In 2023: 3 Ethiopian junior XC	
	180	DILLU Yismaw ETH	17y
		In 2023: 4 Ethiopian junior XC	
	181	DIRIBA Boki ETH	18y
		A 60:34 Half Marathon in 2022 at age 18 // Half Mar pb: 60:34 -22. 10,000 pb: 28:32.8 -22. 5000 pb: 14:06.7 -22. 3 'Great' Ethiopian Run 10K 2022. 1 Ethiopian junior 5000 2022; 3 New Delhi Half Mar 2022 In 2023: 2 Ethiopian junior XC	
	184	NEGA Bereket ETH	18y
		10K pb: 29:22 -22. 5K pb: 13:33 -22. 5000 pb: 13:54.2 -22. 1500 pb: 3:43.0 -21. 11 Ethiopian 5000 2022; 13 'Great' Ethiopian 10K 2022 In 2023: 6 Ethiopian junior XC	
	188	ZELEKE Bereket ETH	18y
		2023 Ethiopian junior trials winner // 5000 pb: 14:07.5 -22. 2 Ethiopian junior 5000 2022 In 2023: 1 Ethiopian junior XC	
	346	GIRMA Kuma ETH	17y
		3000 pb: 8:13.8 -22. 3 Ethiopian youth 3000 2022 In 2023: 5 Ethiopian junior XC	
	195	BIRD Edward GBR	18y
		2022 European Youth bronze at 3000m // 5000 pb: 14:36.07 -22. 3000 pb: 8:14.59 -22. 3 European Youth 3000 2022. At EXC: 2022-9J (team gold). 1 English Schools under-17 3000 2021. Coach-Mark Pauley In 2023: 2 Elgoibar junior XC; 1 Scottish inter-District under-20 XC	
	196	BIRDSEYE Luke GBR	18y
		Fifth and junior team gold at 2022 European Cross Country Championships 2000SC pb: 5:44.57 -22. 1500 pb: 3:54.49 -22. 4 European Youth 2000SC 2021. At EXC: 2022-5J (team gold). 1 English Schools under-17 1500SC 2021. Coach-Shireen Higgins In 2023: 1 Hannut junior XC; 3 South of England under-20 XC	
	197	DEACON Jacob GBR	18y
		5000 pb: 14:56.13 -22. 3000 pb: 8:21.44 -22. At EXC: 2022-28J (team gold). 7 English Schools 3000 2022. Coach-Katie Hewison In 2022: 2 Hannut junior XC	
	199	HODGSON Samuel GBR	19y
		5000 pb: 14:40.64 -22. 2 English Schools 3000 2022. Attends Loughborough University. Coach-Shireen Higgins In 2023: 2 Scottish Inter-District under-20 XC; 1 South of England under-20 XC; 7 British Universities XC	
	201	MILLS Sam GBR	18y
		Fourth and junior team gold at 2022 European Cross Country Championships 800 pb: 1:53.71 -22. 1500 pb: 3:49.13 -22. At EXC: 2022-4J (team gold). 1 English Schools 800 2022 In 2023: 3 Elgoibar junior XC	
	207	KENT Hugh GUM	16y
		5000 pb: 16:23.14 -22. 3 Oceanian junior 5000 2022	
	215	NAGASHIMA Sonata JPN	18y
		5000 pb: 13:37.46 -22. 1500 pb: 3:44.87 -21. 3 Japanese junior XC 2022. 4 Japanese Schools 1500 2021/2022 On Christmas Day 2022, he clocked a super-fast 29:11 to win the opening 10K stage of the Japanese Schools Ekiden. His team Nishiwaki Kogyo ended up sixth	
	216	OKADA Kaisei JPN	17y
		5000 pb: 14:03.20 -22. 1500 pb: 3:53.47 -22. 12 Japanese Schools 5000 2022	
	217	SHIBATA Daichi JPN	18y
		5000 pb: 14:30.95 -22. 3000SC pb: 9:01.47 -21. 8 Japanese Schools 3000SC 2021 Ran first stage for Rakunan High School at the Japanese Schools Ekiden on December 25, 2022	
	218	TOSEN Taiga JPN	19y
		10,000 pb: 29:55.93 -22. 5000 pb: 13:57.65 -22. 1500 pb: 3:53.69 -21	
	219	YASUHARA Kaisei JPN	18y
		5000 pb: 13:59.02 -22. 3000 pb: 8:20.17 -22. 1500 pb: 3:48.19 -22 Ran third stage for Shiga Gakuen High School at the Japanese Schools Ekiden on December 25, 2022	
	221	YOSHIOKA Hiroto JPN	18y
		5000 pb: 13:22.99 -22. 3000 pb: 8:01.29 -22. 7 WJC 5000 2022. 1 Japanese junior XC & 5000 2022. Attends Saku Chosei High School On December 25, 2022 he clocked an extremely fast 22:51 for a 8K leg [28:35 10K pace] in the Japanese National High School Ekidens, defeating strong Kenyan opposition and helping his school to second place	
	103	COOMBER Jack AUS	17y
		3000 pb: 8:47.55 -22. 1500 pb: 4:04.75 -22. Former footballer, playing in the Brisbane Youth Premier League. Lives-Sherwood. Coach-Jayden Russ In 2023: 3 Australian World Trial junior XC	
	104	CORNELIUS Lachlan AUS	18y
		3000 pb: 8:23.39 -22. 1500 pb: 3:49.07 -23. 1 Australian youth 1500 2021 In 2023: 8 Australian World Trial junior XC; 5 Brisbane Boyd 3000; 1 Adelaide Classic junior 1500	
	106	HABLER Bailey AUS	18y
		3000 pb: 8:15.59 -23. 1500 pb: 3:47.71 -22. 5 Australian junior 1500 2022. His aunt Leigh Habler reached the final of the 200m backstroke swimming event at the 1992 Olympics. Lives-Malabar. Coach-Jeremy Roff In 2023: 6 Australian World Trial junior XC; 1 Sydney NSW Milers 3000	
	109	JANETZKI Logan AUS	18y
		2023 Australian World Cross Junior Trial winner // 5000 pb: 14:20.16 -22. 3000 pb: 8:12.94 -21. 2 Australian junior 5000 2022. Lives-Bentleigh East. Coach-Tim O'Shaughnessy In 2023: 1 Australian World Trial junior XC	
	111	MULHOLLAND Cael AUS	18y
		5000 pb: 14:30.76 -22. 3000 pb: 8:09.21 -22 (8:26.69 -23). 1 South Australia State junior 1500 2022. Club-Flagstaff Hill. Coach-Michael Nitschke In 2023: 4 Australian World Trial junior XC; 6 South Australia State 3000	
	112	NOAKES Archie AUS	18y
		2022 Australian Junior Champion at 5000m & Steeplechase // 5000 pb: 14:05.91 -22. 3000 pb: 8:08.42 -22. Mile pb: 4:01.63 -23. 1500 pb: 3:45.75 -23. 18 WJC 5000 2022 (ht 1500). 1 Australian junior 5000/2000SC 2022. Mother-British, father-Australian, so he has dual nationality with GBR. Lives-Brunswick East. Coach-Charlotte Wilson In 2023: 2 Australian World Trial junior XC; 5 Melbourne VMC #3 1500; 9 Melbourne Box Hill Burn 5000; 2 Melbourne VMC #4 Mile	
	113	PUMPA Flynn AUS	18y
		3000SC pb: 9:06.68 -22 (9:22.29 -23). 3000 pb: 8:31.73 -22. ht WJC 3000SC 2022. 1 Queensland State junior 3000SC 2022 In 2023: 7 Australian World Trial junior XC; 11 Brisbane Boyd 3000; 10 Adelaide Classic 3000SC	
	118	RUSHTON Ciaran AUS	18y
		5000 pb: 14:54.27 -21. 3000 pb: 8:12.52 -21. 1 New South Wales Schools 3000 2021. Lives-Balgowlah Heights. Coaches-Ben St Lawrence & Gary Howard In 2023: 5 Australian World Trial junior XC	
	128	COLES Tristan CAN	18y
		5000 pb: 14:56.94 -22. 1500 pb: 3:51.14 -22. 5 Canadian junior 1500 2022; 11 Canadian junior XC 2022. Coach-Dave Mills	
	132	HUEGLIN Tanner CAN	19y
		1500 pb: 3:55.54 -22 (4:01.45i -23). 16 Canadian junior XC 2022. Coach-Derek Hackshaw In 2023: 3 Montreal Team Challenge 1000 (7 1500)	
	133	KUCHAR Jaxon CAN	18y
		5000 pb: 14:55.88 -22. 3000 pb: 8:23.53i -22. 1500 pb: 4:00.42 -21. 12 Canadian junior XC 2022. Coach-Hilary Stellingwerff (11 COM 1500 2006/2010) In 2023: 7 Seattle Washington Invitational 3000	
	134	LEHTO Jack CAN	18y
		3000 pb: 8:35.49 -22 (8:37.91i -23). 7 Canadian junior XC 2022. Coach-Terry Radchenko In 2023: 8 Windsor Can Am Classic 3000 'B'	
	136	McALLISTER Heath CAN	18y
		3000 pb: 8:14.36 -22. 1500 pb: 3:51.02 -22. 1 Ontario Schools 3000 2022; 6 Canadian junior XC 2022. Coach-Dave Mills	
	137	McLEISH Tion CAN	19y
		300 pb: 8:31.88 -22. 1500 pb: 3:55.17 -22. 9 Canadian junior XC 2022	
	139	POCCHI Gaetano CAN	18y
		3000 pb: 8:29.90 -22. 1500 pb: 3:53.71 -22. 13 Canadian junior XC 2022. Coach-Ben Devito In 2023: 6 Windsor Classic 3000	
	141	SKINNER Angus CAN	17y
		3000 pb: 8:48.72 -22. 14 Canadian junior XC 2022. Coach-Brant Stachel	
	152	MARIN Pedro Alejandro COL	18y
		2023 South American Junior Cross Country Champion // 1500 pb: 3:54.10 -22. 800 pb: 1:50.88 -22. ht WJC 800 2022. 1 South American junior XC 2023. 1 Colombian junior 800 2022 In 2023: 1 South American junior XC (won by 26 seconds)	
	163	DEL BARRIO Sergio ESP	18y
		2022 European Youth Steeplechase Champion // 1500 pb: 3:47.26i -23. 3:49.75 -22. 2000SC 5:38.55 -22. 1 European youth 2000SC 2022 In 2023: 1 Spanish junior XC; 2 Aragón and La Rioja indoor 1500	
	164	GARCIA Aitor ESP	18y
		800 pb: 1:54.29 -22. In 2023: 3 Spanish junior XC	

222	(Cheruiyot) KIPKORIR Reynold KEN Full name-Reynold Kipkorir Cheruiyot 2022 World Junior Champion at 1500m 10K pb: 28:26 -22. 5000 pb: 13:33.05 -22. 3000 pb: 7:38.83 -22. 1500 pb: 3:34.02 -22. 1 WJC 1500 2022 [He was second at Kenya's junior World Cross Country Championships Trial in December 2022]	18y	290	MOSWEU Reatlegile RSA 5000 pb: 14:58.99 -22. 1 South African junior XC 2022 [He was second at South Africa's junior World Cross Country Championships Trial in December 2022]	18y
226	KINYANJUI Daniel KEN 5K pb: 13:27 -21. 3000 pb: 7:54.90 -22. 7 WJC 3000 2021 [He was only 13th at Kenya's junior World Cross Country Championships Trial in December 2022]	18y	292	MSIBI Sibusiso RSA 1500 pb: 3:53.44 -22. 7 South African junior 800 2022 (8 1500). [He was eighth at South Africa's junior World Cross Country Championships Trial in December 2022]	18y
228	KIPKURUI Dennis KEN 5K pb: 13:45 -22. 5000 pb: 14:02.83 -22. 7 Kenyan junior XC 2022 [He was sixth at Kenya's junior World Cross Country Championships Trial in December 2022]	19y	294	NAKO Dino RSA 3000 pb: 8:52.92 -21. 1500 pb: 4:13.19 -22 [He won at South Africa's junior World Cross Country Championships Trial in December 2022]	18y
229	KIPKURUI Ishmael KEN 5000 pb: 13:26.98 -22. 6 African Champs 5000 2022. 1 Kenyan Central Rift junior XC 2022; 2 Kenyan (senior) 5000 2022. [He won Kenya's junior World Cross Country Championships Trial in December 2022, when his name was listed as Ismael Kirui]	18y	295	ROSSLEE Jayde RSA 5000 pb: 15:04.78 -22. 3000 pb: 8:34.82 -21. 5 South African junior XC 2022. [He was fourth at South Africa's junior World Cross Country Championships Trial in December 2022]	18y
233	MUTUKU Dennis KEN 3000 pb: 8:00.76 -22. 11 Kenyan World Junior Trial 3000 2022 [He was only eighth at Kenya's junior World Cross Country Championships Trial in December 2022]	17y	297	XOWANA Siyabonga RSA 4 South African junior XC 2022. [He was fifth at South Africa's junior World Cross Country Championships Trial in December 2022]	18y
234	ROTICH Charles KEN 5000 pb: 13:39.40 -22. 3000 pb: 8:03.87 -21. 7 Kenyan World Junior Trial 3000 2021 (& 9 5000 2022) [He was sixth at Kenya's junior World Cross Country Championships Trial in December 2022]	17y	310	CHELEGOI Feb UGA 5000 pb: 14:17.77 -22. 10 Ugandan 5000 2022. 5 Ugandan junior XC 2022	17y
245	ABDELMOUMEN Oualid MAR 10,000 pb: 30:47.98 -22. 5000 pb: 14:41.01 -22. 4 Moroccan junior 10,000 2022	18y	311	CHEMUTAI Hosea UGA 1500 pb: 3:51.89 -22. 10 Ugandan 1500 2022. 6 Ugandan junior XC 2022	16y
246	BENCHAHYD Moheddine MAR 3000 pb: 14:40.75 -22. 3000 pb: 8:13.74 -22. 3000SC pb: 9:32.46 -22. 6 Arab junior 3000SC 2022; ht WJC 3000 2022	18y	313	KIBET Allan UGA 5000 pb: 14:35.98 -22. 4 Ugandan junior XC 2022	17y
247	HASSOU Abdellah MAR 1500 pb: 3:55.43 -22	17y	314	KIBET Dan UGA Twice Ugandan junior finalist at 3000m // 5000 pb: 13:19.38 -22. 3000 pb: 7:45.73 -22. 7 WJC 3000 2022 (2021-8). 1 Oordegem Buyle 3000 2022; 2 Bergen Games 3000 2022. 3 Ugandan junior XC 2022	19y
248	HITRANE EI Houssaine MAR 3000 pb: 8:15.70 -22. 1500 pb: 3:54.80 -22. 5 Moroccan youth 3000 2022	17y	319	KIPROP Keneth UGA 2022 Ugandan Junior Cross Country Champion // 5000 pb: 14:06.61 -22. 3000 pb: 8:11.6 -22. 5 Ugandan 5000 2022. 1 Ugandan junior XC 2022	17y
249	KHCHINA Jaouad MAR 3000 pb: 8:45.16 -22. 1500 pb: 3:49.44 -22. 2 Moroccan youth 1500/3000 2022	17y	323	ROTICH Silas UGA 5000 pb: 13:46.56 -22. 4 World Junior Mountain Running Champs 2022. 2 Ugandan junior XC 2022	17y
250	REDOUANE Zouhair MAR 3000 pb: 8:14.93 -22. 1500 pb: 3:52.86 -22	18y	331	DISTEL Jamar USA 5000 pb: 14:08.91i -23 In 2023: 11 US junior XC; 1 Seattle Classic 5000	19y
253	AMADOR Ricardo MEX 3000SC pb: 9:05.01 -22. 1500 pb: 3:59.77 -22. 3 Mexican junior 1500 2022 (4 3000SC)	18y	332	HENDERSON Austin USA In 2023: 8 US junior XC	18y
254	CASTRO Roberto MEX 5000 pb: 14:40.44 -22	19y	333	JENKINS Evan USA 3000 pb: 8:01.69i -23. 1500 pb: 3:52.22 -22. Lives-Camas, Washington. Attends University of Washington In 2023: 4 US junior XC; 8 Seattle Classic 3000	18y
258	LOPEZ Mark MEX 5000 pb: 14:04.15 -21. 1500 pb: 3:53.97 -21. 2 Mexican junior 1500 2022 (3 800)	18y	334	LANGON Marco USA 3000 pb: 8:35.06 -22. Mile pb: 4:05.91 -22. 1500 pb: 3:48.67i -22. 121 NCAA XC 2022; 3 US junior XC 2023. Lives-Raritan, New Jersey. Student of Communications at Villanova University In 2023: 3 US junior XC	18y
260	DESZECSAR Koszta NFI 4 Norfolk Island 'Around Island' 25K 2021, at age 16 Norfolk Island is represented at the World Cross Country Championships for the first time	17y	337	MATHISON Kole USA Mile pb: 4:15.92 -21. 1500 pb: 3:51.45i -23. 1 Indiana State Schools XC 2022, Lives-Carmel, Indiana In 2023: 7 US junior XC; 5 Boston Grand Prix junior mile	18y
265	CODYRE Ronan NZL 10,000 pb: 31:33.97 -22. 5000 pb: 14:30.36 -22. 3000 pb: 8:16.88 -23. 1 New Zealand junior 5000 2022. Father/coach-Nick Codyre In 2023: 3 Auckland McKinnon Mile; 12 New Zealand 3000	18y	339	SANNES Max USA 5000 pb: 14:13.50i -23, 14:29.56 -22. Lives-Big Bear Lake, California In 2023: 9 Boulder 3000; 5 US junior XC; 7 Boston University Hemery 5000	19y
266	de VAAL Christian NZL Reigning New Zealand Junior Champion at 3000m & Cross Country // 10,000 pb: 31:19.15 -22. 5000 pb: 14:12.71 -22. 3000 pb: 8:09.59 -23. 1 New Zealand youth 3000 2022 & junior 3000 2023; 1 New Zealand junior XC 2022. Coach-Nick Codyre In 2023: 2 Auckland McKinnon Mile; 1 New Zealand junior 3000; 7 New Zealand Mile; 5 New Zealand 3000	18y	341	WILSON Micah USA 5000 pb: 14:38.06 -21. 3000 pb: 8:19.38i -23. 5 US Schools indoor 3000 2021; 2 US junior XC 2023. Lives-St. Charles, Illinois. Attends the University of Wisconsin In 2023: 2 US junior XC	19y
267	HILL Matt NZL 10,000 pb: 31:25.92 -22. 5000 pb: 15:19.78 -22. 3000 pb: 8:37.70 -23. 1 New Zealand youth XC 2022 In 2023: 10 New Zealand junior 3000	18y	342	YOUNG Leo USA (Emilio) 2023 US Junior Cross Country Champion. One of three distance running brothers Mile pb: 4:00.77 -22. 3000 pb: 8:27.31 -22. His twin Lex Young (5000 pb: 13:43.95 -22, 3000 pb: 7:57.06i -22). Their elder brother Nico Young (5000 pb: 13:11.30 -22) was 2nd in the 2022 NCAA XC (to Charles Hicks GBR). Lives-Camarillo, California. Attends Newbury Park High School in California Both he and Lex plan to enter Stanford University. They have a YouTube channel entitled 'L&L' with films of their thoughts and races. Coach-Sean Brosnan In 2023: 1 US junior XC (his twin Lex was 12th, but was nursing an injury)	17y
268	MONRO Angus NZL 10,000 pb: 31:26.08 -22. 3000 pb: 8:44.06 -23. Mile pb: 4:20.21 -23. Coach-Phil Clode In 2023: 4 Auckland McKinnon junior Mile; 19 New Zealand 3000	18y			
269	MORA Jamie NZL 10,000 pb: 31:48.88 -22. 5000 pb: 14:37.76 -22. 3000 pb: 8:25.82 -23. Coach-Nick Codyre In 2023: 1 Auckland McKinnon 800; 4 New Zealand junior 3000	17y			
271	PUGH Elliott NZL 3000 pb: 8:22.85 -23. 1500 pb: 3:53.44 -22. Mile pb: 4:11.02 -23 In 2023: 2 Wanganui junior Mile; 3 New Zealand youth 3000	17y			
289	MNISI Musawenkosi RSA 3000 pb: 8:49.63 -22. 2 South African youth 3000 2022. [He was second in South Africa's junior World Cross Country Championships Trial in December 2022]	17y			

Women's Race

17:30

101 Entrants

30 Countries

Six to run, four to score

10,025m – Start + 5 laps of 1943m + Finish

Age

- 502 ADAMS Caitlin AUS 25y**
10,000 pb: 33:45.52 -18. 5000 pb: 15:29.00 -21. 3000 pb: 8:55.32 -21. 8 WSG 5000 2019. At WXC: 2019-69. 3 Australian XC 2022. Lives-Clarence Park. Coach-Adam Didyk
In 2023: 3 Australian World Trial XC
- 504 BATT-DOYLE Isobel AUS 27y**
("Izzi") // Marathon pb: 2:28:10 -22. Half Mar pb: 69:27 -23. 10,000 pb: 31:40.10 -22. 5000 pb: 15:04.10 -21. 6 WSG 10,000 2019 (2017-7); ht OLY 500 2021; 8 COM 5000/10,000 2022. 3 NCAA 10,000 2019. Studied Psychology at St. John's University, New York, then transferred to the University of Washington in Seattle. Then pursued a further degree at Flinders University in Adelaide. Lives-Adelaide. Coach-Nic Bideau
Marathon (1): 2 Melbourne 2022
In 2023: 4 Australian World Trial XC; 3 Marugame Half Mar
- 508 CAMPBELL Holly AUS 26y**
5000 pb: 16:00.51 -23. 3000 pb: 9:08.03 -22. 1500 pb: 4:13.99 -22. 2 Oceanian 800/1500 2015. 1 Australian Universities 1500/5000 2016. Twin sister-Paige Campbell (1 Oceanian 3000SC 2019). Lives-Forest Lodge. Coach-Jeremy Roff
In 2023: 5 Australian World Trial XC; 1 New South Wales State 5000
- 510 DAVIES Rose AUS 23y**
2023 World Cross Country Championship Trial winner // 10,000 pb: 31:18.54 -22. 5000 pb: 15:07.49 -22. 3000 pb: 8:49.86 -22. ht OLY 5000 2021; 17 COM 5000 2022. 1 Australian 3000 2022 & 10,000 2021. Lives-Merewether. Coach-Scott Westcott (4 Commonwealth Games Marathon 2006)
In 2023: 1 Australian World Trial XC
- 513 HANSEN Georgia AUS 24y**
5000 pb: 15:43.38 -23. 3000 pb: 8:49.67 -22. 1500 pb: 4:11.22 -19 (4:16.21 -23). ht WJC 800 2016; 10 WSG 1500 2019. 1 Australian XC 2022
In 2023: 8 Australian World Trial XC; 2 Melbourne VMC #3 1500; 1 Melbourne Box Hill Burn 5000
- 515 MAZZA-DOWNIE Amelia AUS 23y**
10,000 pb: 32:45.70 -22. 5000 pb: 15:18.54i -23, 15:37.46 -21. 3000 pb: 9:09.19 -18.14 World Youth 3000 2015; 6 WJC 3000 2018. At WXC: 2017 -35J. 9 NCAA 5000 2021 & 10,000 2022; 7 NCAA indoor 5000 2022. Attends University of New Mexico
In 2023: 7 Australian World Trial XC; 1 Seattle Classic 5000 (on an indoor 300m track, which World Athletics currently classify as outdoors)
- 517 PASHLEY Ellie AUS 34y**
(Née O'Kane)
Four minutes from her marathon best in 2018 and again in 2019
Marathon pb: 2:26:41 -19. Half Mar pb: 69:14 -19. 10,000 pb: 31:18.89 -19. 5000 pb: 15:54.77 -23. 24 World Half Mar 2018; 2 Oceanian 10,000 2019; 13 WCH 10,000 2019. Daughter Tiggy born June 15, 2022. Lives-Torquay, VIC. Coach-Julian Spence
Marathons (7): 4 Melbourne 2016, 13 Berlin 2017, 6 Cape Town 2018, 14 Nagoya 2019, dnf Nagoya 2020, 12 London 2020, 23 OLY 2021. Also paced Osaka 2019
In 2023: 6 Australian World Trial XC; 2 Geelong 5000 (pb 15:54.77, but in race with men)
- 518 POMPEANI Leanne AUS 26y**
2022 Australian Champion at 10,00m // Half Mar pb: 70:40 -21. 10,000 pb: 32:20.35 -22. 5000 pb: 15:25.14 -22. 3000 pb: 9:06.85 -21. At WXC: 2015 -47J, 2019-45. 1 Australian 10,000 2022. Former soccer player. Lives-Farrer. Coach-Des Proctor
In 2023: 2 Australian World Trial XC
- 522 NIYONSABA Francine BDI 29y**
Twice World Indoor Champion & World/Olympic silver at 800m, now reinvented as a high world class runner at events longer than one mile
10,000 pb: 30:41.93 -21. 5000 pb: 14:25.34 -21. 2M pb: 8:59.08 -22. 3000 pb: 8:19.08 -21. 2000 pb: 5:21.56 -21. 800 pb: 1:55.47 -17. 400 pb: 53.48 -18. 1 African Champs 800 2012 (2018-2); 2 OLY 800 2016 (2012-5); 1 WIC 800 2016/2018; 2 WCH 800 2017; 2 African Champs 800 2018; 5 OLY 10,000 2021 (controversial dq 5000 ht, stepped inside border). Great post-Olympic season in 2021: Four Diamond League wins and a world 2000m record in Zagreb
In 2022: 6/7 wins but missed the World Championships with a foot injury
Her last 800m race was the same as that of Caster Semenya, at the Doha Diamond League on May 3, 2019
In 2023: 5 Elgoibar XC; 5 Eldoret XC
- 525 ALLEN Natalia CAN 28y**
(Née Hawthorn) // 5000 pb: 15:05.91 -21. 1500 pb: 4:04.20 -21. 800 pb: 2:02.35 -21. ht OLY 1500 2021; ht WCH 1500 2022. At WXC: 2013-63J, 2019-86. 2 Canadian 1500 & XC 2022. Lives-Vancouver. Married Coleman Allen at Silver Star Mountain on August 27, 2022. Coach-Chris Johnson
- 526 AYERS Katelyn CAN 28y**
5000 pb: 15:53.66 -22. 1500 pb: 4:09.74 -18. 800 pb: 2:04.89 -14. 9 WJC 1500 2014; 9 North/Central American & Caribbean XC 2019. At WXC: 2019 -57. 3 Canadian 1500 2018 & XC 2022. Coach-Hilary Stellingwerff
In 2019: 3 Toronto 1500; 6 New York Mile; 9 NACAC XC
- 529 BAZELEY Kate CAN 39y**
Marathon pb: 2:36:35 -19. Half Mar pb: 74:53 -18. 1 Canadian Half Mar 2012; 4 Canadian XC 2022. Coach-Jon Brown (4 OLY Marathon 2000/2004)
Marathons (3): 17 Houston 2019, 13 Toronto 2019, 16 Chicago 2021
- 530 BERNARD-GALEA Maria CAN 29y**
5000 pb: 15:51.63 -22. 1500 pb: 4:21.21 -19. 3000SC pb: 9:36.12 -19. ht WJC 1500 2012; 2 North/Central American & Caribbean under-23 3000SC 2014; 6 WSG 3000SC 2015; ht OLY 3000SC 2016; ht WCH 3000SC 2017/2019. At WXC: 2011-60J, 2013-76. 2 Canadian 3000SC 2016, XC 2021, 5000 2022. Coach/husband Matthew Galea
- 535 LACOURSE Jessie CAN 26y**
3000SC pb: 9:40.86 -21. 5000 pb: 15:44.05 -21. ht WJC 3000SC 2014; 11 WSG 3000SC 2019; 5 Pan-Am XC 2022. Coach-Félix-Antoine Lapointe
In 2023: 5 Boston University Terrier Classic 1000; 1 Boston University Hemery Mile
- 537 MACDOUGALL Branna CAN 24y**
Marathon pb: 2:28:36 -22. Half Mar pb: 73:35 -22. 10,000 pb: 33:15.32 -19. 5000 pb: 15:48.80 -16. 10 WJC 5000 2016; 9 Pan-American XC 2018; 4 WSG 10,000 2019. At WXC: 2015-42J. Coach-Steve Boyd
Marathon (1): 5 Duluth 2022
In 2015: 3 Pan-American Cup junior XC
- 541 STAEHLI Julie-Anne CAN 29y**
Reigning Canadian Champion at road 5K & Cross Country // 5000 pb: 14:57.50 -21 (15:15.64i -23). 3000 pb: 8:51.98 -21. 1500 pb: 4:04.82 -21. 3 North/Central American & Caribbean 3000SC 2014; ht OLY 5000 2021; 18 WIC 3000 2022; 15 COM 5000 2022. At WXC: 2017-58. 1 Canadian 1500 2021 & XC/5K 2022. Coach-Mark Coogan
In 2023: 6 Boston Grand Prix 3000; 5 Boston University 5000
- 544 YEE Regan CAN 27y**
Former Canadian steeplechase record holder // 3000SC pb: 9:27.54 -21. 5000 pb: 15:31.62 -19. 3000 pb: 8:48.53i -23, 8:58.31 -22. 1500 pb: 4:08.92 -22. ht WJC 3000SC 2014; 7 WSG 3000SC 2015; 1 North/Central American & Caribbean under-23 3000SC 2016 (3 1500); 9 WSG 1500 2017; 5 Pan-Am Games 3000SC 2019; ht WCH 3000SC 2019/2022; ht OLY 3000SC 2021. At WXC: 2019-7 relay. 1 Canadian 3000SC 2021. Coach-Stephen Haas
In 2023: 1 Iowa City Classic Mile; 1 Boston University Terrier Classic 3000 (10-second pb of 8:48.53)
- 545 LI Yingcui CHN 20y**
Half Mar pb: 74:10 -21. 10,000 pb: 34:13.38 -22. 5000 pb: 16:10.15 -22. 3000 pb: 9:56.50 -17. 1 Chinese Youth Games 3000 2019
- 546 YAO Miao CHN 26y**
Prolific marathoner, including four top 10s in Chinese Championship races
Marathon pb: 2:30:41 -20. 10,000 pb: 33:51.11 -21. From Hubei province
Marathons (16): 7 Kunming 2016, 3 Shangluo 2017, 11 Lanzhou 2017, 2 Sanya 2018, 9 Shanghai 2018, 6 Xuzhou 2019, 18 Hengshui 2019, 9 Hefei 2019, 1 Taiyuan 2020, 2 Wuxi 2020, 5 Nanjing 2020, 9 Xuzhou 2021, 14 Xi'an 2021, 9 Hangzhou 2022, 2 Chengdu 2022, 8 Xiamen 2022
- 547 ZHOU Xia CHN 25y**
Marathon pb: 2:35:12 -22. Half Mar pb: 73:57 -21. 10,000 pb: 33:51.35 -21. 5000 pb: 16:25.54 -22. 9 Chinese XC 2019. From Shandong province
Marathons (6): 15 Nanjing 2020, 17 Xuzhou 2021, 10 Xi'an 2021, 2 Dongying 2021, 8 Hangzhou 2022, 4 Shanghai 2022
- 549 CUSARIA Laura COL 32y**
Full name-Laura Geraldine Cusaria // Marathon pb: 2:45:45 -18. Half Mar pb: 79:07 -16. 10K pb: 34:39 -17. 10,000 pb: 35:38.17 -17. 2 South American XC 2023 (2019-8). 1 Colombian 3000SC 2018 & XC 2022
Marathon (1): 4 Medellín 2018
In 2023: 2 South American XC
- 552 DANIEL Rahel ERI 21y**
Full name-Rahel Daniel Ghebreneghannes
2021/2022 World Cross Country Tour winner
10,000 pb: 30:12.15 -22. 5000 pb: 14:36.66 -22. 10 African Games 1500 2019; ht OLY 5000 2021; 8 WIC 3000 2022; 5 WCH 10,000 2022 (ht 5000). 1 Eritrean 5000/10,000/XC 2022. Coach-Livingston Abraham (ERI), who also coaches Nazret Weldu ERI [4 WCH Marathon 2022]
She hasn't lost a cross country race since finishing second to Gete Alemayehu ETH at the Ethiopian Jan Meda race on February 13, 2022
In 2023: 1 San Giorgio su Legnano XC; 1 Elgoibar XC; 1 Hannut XC (she leads the 2022/2023 World Cross Country Tour standings)
- 553 TESFU Dolshi ERI 23y**
Marathon pb: 2:20:40 -22. Half Mar pb: 70:59 -21. 10,000 pb: 31:12.86 -21. 5000 pb: 15:43.38 -19. 20 World Half Mar 2018; 6 WJC 5000 2018; 7 African Champs 5000 2018; 15 OLY 10,000 2021; 18 WCH 10,000 2022. At WXC: 2017-28J, 2019-38
Marathon (1): 9 Valencia 2022
- 554 AIT ALIBOU Naima ESP 23y**
Naima Ait Alibou Ouahda // 10K pb: 35:04 -19. 1500 pb: 4:14.46 -22. At EXC: 2022-23. 1 Catalan under-23 800/1500 2021. Born-Morocco. Coach-Fernando García Herbera
In 2023: 8 Elgoibar XC; 5 Jaén 10K; 9 Spanish XC (or 7th excluding guests); 9 European Clubs XC
- 559 LUENGO Laura ESP 25y**
34th place in her two appearances at the European Cross Country Championships
Half Mar pb: 72:39 -22. 10,000 pb: 33:45.80 -22. 5000 pb: 16:10.55 -22. At EXC: 2019-34u23, 2021-34. Coaches-Juan de la Campo & Luis Miguel Martín Berlanas
In 2023: 1 Valladolid XC; 5 Spanish XC (or 3rd excluding guests); 3 Calzadilla XC

- 561 ROBLES Carolina ESP** 31y
Full name-Carolina Robles Campos
2021 Olympic Steeplechase finalist (she was advanced from the heats after having been accidentally brought down by another athlete in her heat)
3000SC pb: 9:28.24 -22. 5000 pb: 15:37.98 -22. 10,000 pb: 34:34.21 -19. 14 OLY 3000SC 2021; ht WCH 3000SC 2022. At EXC: 2011-28u23, 2021-18, 2022-28. 1 Spanish 3000SC 2022. Coach-Antonio Serrano
In 2023: 7 Spanish XC (or 5th excluding guests)
- 562 RUIZ Cristina ESP** 24y
Full name-Cristina Ruiz Fernández // 5000 pb: 15:34.49 -22. 3000 pb: 8:58.20i -22, 9:13.75 -18. 1500 pb: 4:17.85 -21. 6 EJC 3000 2017; 9 WJC 3000 2018; 6 under-23 ECH 5000 2021 (2019-11); 17 ECH 5000 2022. At WXC: 2017-51J. At EXC: 2017-20J, 2018-16J, 2019-10u23, 2021-7u23. 1 Spanish XC 2023. Coach-José Anastasio Vallejo
In 2023: 9 Elgoibar XC; 3 Spanish XC (or 1st excluding guests)
- 563 SANCHEZ-ESCRIBANO Irene ESP** 30y
Full name-Irene Sánchez-Escribano Figueroa
6x Spanish Steeplechase Champion
3000SC pb: 9:23.94 -22. 5000 pb: 15:33.29 -21. 3000 pb: 9:13.80i; 9:15.33 -18. 1500 pb: 4:17.55 -19. ht WCH 3000SC 2017/2019/2022; 8 ECH 3000SC 2018 (2016-ht, 2022-10); 2 ETCh 3000SC 2019 (2017/2021-3). 1 Spanish 3000SC 2015/2017/2018/2019/2020/2021. At WXC: 2011-87J, 2019-25. At EXC: 2011-55J, 2012-60u23, 2016-50. Coach-Antonio Serrano
She was selected for Tokyo 2021, but withdrew after fracturing a bone in her foot the week before she was due to travel to the Games
In 2023: 12 Elgoibar XC; 4 Spanish XC (or 2nd excluding guests); 2 European Clubs XC
- 566 MAASIK Laura EST** 29y
Former Estonian Champion at 400m Hurdles // Marathon pb: 3:05:13 -19. 10,000 pb: 35:21.94 -22. 5000 pb: 16:54.45 -21. 3000 pb: 9:20.98i, 9:25.17 -21. At EXC: 2021-72, 2022-22. 1 Estonian indoor 3000 2018 (2020/2021-2). 1 Estonian 400H 2012; 1 Estonian indoor 3000 2018; 1 Estonian 3000SC 2018/2020; 1 Estonian XC 2020/2022
Marathons (3): 45 Oslo 2015, 24 Dublin 2016, 3 Tallinn 2019
- 569 ALEMAYEHU Gete ETH** 24y
Full name-Gete Alemayehu Teklemichael // Half Mar pb: 66:37 -22. 10,000 pb: 30:53.32 -19. 10 African XC 2018; 3 African Champs 10,000 2018. 1 Ethiopian XC 2022 (defeated Rahel Daniel ERI) (2023-2). Helped pace 2022 London Marathon
In 2023: 2 Ethiopian XC
- 572 FEYSA Hawi ETH** 24y
Full name-Hawi Feysa Geja
Second in the junior race at the 2017 World Cross Country Championships
Marathon pb: 2:23:36 -20. Half Mar pb: 65:41 -21. 10,000 pb: 31:03.32 -22. 5000 pb: 14:33.66 -22. 4 African Champs 5000 2018; 2 African Games 5000 2019; 8 WCH 5000 2019. At WXC: 2017-2J, 2019-17. 1 Ethiopian 5000 2018
Marathon (1): 6 Dubai 2020
In 2023: 7 Ethiopian XC
- 573 GEBRESELAMA Tsigie ETH** 22y
Full name-Tsigie Gebreselama Geberufal
World Junior bronzes at 3000m & Cross Country
Half Mar pb: 65:46 -22. 10,000 pb: 30:06.01 -21. 5000 pb: 14:43.90 -22. 3000 pb: 8:38.20i -21, 8:59.20 -18. 2 African Junior XC 2018; 3 WJC 3000 2018; dnf OLY 10,000 2021. At WXC: 2019-3J. 1 Ethiopian junior 3000 2018; 1 "Great" Ethiopian 10K 2021 (2018-3, 2019-2); 1 Ethiopian 10,000 2021. In 2020 her training was interrupted not by Covid but by the civil war in Ethiopia
In 2023: 4 Ethiopian XC
- 575 GIDEY Letesenbet ETH** 24y
World record holder at 5000m, 10,000m and Half Marathon [where her 62:52 is five seconds quicker than the best time of 1980 Olympic Champion Miruts Yifter (62:57)]
Marathon pb: 2:16:49 -22. Half Mar pb: 62:52 -21. 10,000 pb: 29:01.03 -21. 5000 pb: 14:06.62 -20. 3000 pb: 8:20.27 -19. 1500 pb: 4:11.11 -17. 4 World Youth 3000 3000 2015; 11 WCH 5000 2017; 2 WCH 10,000 2019; 3 OLY 10,000 2021; 1 WCH 10,000 2022 (5 5000). At WXC: 2015/2017-1J, 2019-3 (team gold). Youngest of two brothers and two sisters
"Initially Letesenbet did not like running at all," reveals the biography on her management's website. "She was even temporary expelled from school for refusing to run in physical education classes."
Marathon (1): 2 Valencia 2023
In 2023: 1 Ethiopian XC
- 577 KEFALE Wede ETH** 22y
Full name-Wede Kefale Belew
Junior team gold at 2017 World Cross Country Championships
10K pb: 31:16 -22. At WXC: 2017-13J, 2019-8J
In 2023: 6 Ethiopian XC
- 579 TESFAY Fotyen ETH** 25y
Full name-Fotyen Tesfay Hailu
Team golds at the last two World Cross Country Championships. Twice winner of the important 'Great' Ethiopian 10K
Half Mar pb: 70:26 -19. 10K pb: 32:39 -17. 3000 pb: 8:41.08i -18, 8:47.46 -16. 5000 pb; 15:12.06 -17. 10,000 pb: 32:27.8 -19. 12 African XC 2016; 4 WJC 3000 2016. At WXC: 2017-6J, 2019-11. 1 'Great' Ethiopian 10K 2016 & 2018
In 2023: 5 Ethiopian XC
- 586 CARSON Grace GBR** 23y
10K pb: 32:49 -22 (32:51 -23). 5000 pb: 15:57.95 -22. 3000 pb: 9:16.12 -22. At EXC: 2022-5u23 (team gold). 1 Ulster Schools 3000 2018. Coach-Bill Foster
In 2023: 1 Warley Woods XC; 1 Leicester 10K
- 587 DONNELLY Abbie GBR** 26y
Twelfth, then ninth at the last two European Cross Country Championships
10,000 pb: 32:20.82 -22. 5000 pb: 15:42.65 -21. 3000 pb: 9:18.12 -19. At WXC: 2015-80J. At EXC: 2018-17u23, 2019-13, 2021-12, 2022-9. 1 English Schools XC 2015; 2 English under-23 5000 2018. Attends Loughborough University. Coach-Rob Lewis
In 2023: 1 Lincoln parkrun; 3 British Universities XC
- 591 KEITH Megan GBR** 20y
2021 European Junior Cross Country Champion, then under-23 silver in 2022
5000 pb: 15:53.34 -22. 3000 pb: 9:06.85 -21. 1500 pb: 4:17.26 -22. 4 EJC 3000 2021. At EXC: 2019-27J, 2021-1J, 2022-2u23. 1 Scottish 1500 2022. Coach-Ross Cairns
In 2023: 1 Scottish Inter-District XC; 3 Hannut XC; 5 British Universities XC
- 593 QUIRK Amelia GBR** 23y
Twice English under-20 'National' Cross Country Champion // 5000 pb: 15:27.75i -22, 15:43.35 -20. 3000 pb: 8:48.82i -21 (8:54.09 -20). 1500 pb: 4:14.85 -19. 4 EJC 2017; 12 under-23 ECH 5000 2019; 5 EIC 3000 2021. At WXC: 2017-dnfJ, 2019-79; At EXC: 2016-9J, 2018-5J, 2019-79, 2021-12u23. 1 English 'National' under-17 XC 2017 & under-20 XC 2019/2020; 1 English under-23 5000 2019. Attends Birmingham University. Coach-Mick Woods
In 2023: 10 Elgoibar XC; 11 Valencia 10K; 6 Hannut XC; 2 British Universities XC
- 596 TANK Poppy GBR** 25y
10,000 pb: 32:50.57 -21. 5000 pb: 15:45.07 -21. At EXC: 2018-9u23, 2019 -18u23, 2022-13. 9 NCAA 10,000 2021. Studied Biology at University of Utah. Coaches-Alistair Cragg and Amy Cragg
In 2023: 6 Elgoibar XC
- 597 TWELL Stephanie GBR** 33y
2010 Commonwealth 1500m bronze, 2016 European 5000m bronze // Marathon pb: 2:26:40 -19. Half Mar pb: 70:52 -19. 10,000 pb: 31:08.13 -19. 5000 pb: 14:54.08 -10. 3000 pb: 8:40.98 -16. 1500 pb: 4:02.54 -10. 10,000 pb: 32:16.23 -17. 800 pb: 2:02.58 -16. 2 EJC 1500 2007; 1 WJC 1500 2008 (2006-8); ht OLY 1500 2008; ht WCH 1500 2009; 5 ECH 1500 2010; 3 COM 1500 2010 (4 5000); 12 WCH 5000 2015 (2017-ht); 6 WIC 3000 2016; 3 ECH 5000 2016; ht OLY 5000 2016; 5 EIC 5000 2017; 7 COM 1500 2018 (14 5000); 10 ECH 5000 2018; 1 ECP 10,000 2019; 15 WCH 10,000 2019. 1 UK 5000 2013/2015/2016/2017/2018 & 10,000 2019. 1 UK indoor 3000 2016. At WXC: 2005-60J, 2006-30J, 2009-38, 2010-23, 2013-40. At EXC: 2005-7J, 2006/2007/2008-1J, 2009-11u23, 2010-20, 2011-4u23, 2013-15, 2014-7, 2015/2016-6. She broke her ankle in three places during a cross country race in February 2011. Self-coached (formerly coached by Mick Woods & Geoff Wightman). Husband-Joe Morwood (19 London Marathon 2022, 2:20:37)
Marathons (5): 7 Valencia 2019, 8 Frankfurt 2019, dnf London 2020 (at 15M, injured), 68 OLY 2021, 12 London 2022
In 2023: 11 Elgoibar XC; 15 Valencia 10K
- 598 ABDULAI Ramata GHA** 19y
10,000 pb: 37:07.45 -17. 3 Ghanaian Schools XC 2022
- 600 CHAUDHARY Parul IND** 27y
Marathon pb: 2:53:26 -18. Half Mar pb: 72:18 -20. 10,000 pb: 33:27.73 -17. 5000 pb: 15:36.03 -19. 4 Asian Champs 3000SC 2017; 3 Asian Champs 5000 2019 (5 3000SC); ht WCH 5000/3000SC 2022. 1 Indian 5000 2019/2021/2022 & 3000SC 2021/2022
Marathon (1): 9 Mumbai 2018
- 601 JADHAV Sanjivani IND** 26y
Full name-Sanjivani Baburao Jadhav
2017 World Student Games silver at 10,000m
Half Mar pb: 73:00 -20. 10,000 pb: 33:13.07 -22. 5000 pb: 15:42.80 -22. 6 WSG 10,000 2015 (13 5000); 3 Asian Champs 5000 2017 (5 10,000); 2 WSG 10,000 2017 (8 5000); 3 Asian XC 2018 (2016-7). 1 Indian XC 2018, 10,000 2021. Served two-year doping ban in 2018-2020
In 2023: 2 Indian XC
- 602 YADAV Chhavi IND** 30y
2023 Indian Champion at Cross Country and Marathon // Marathon pb: 2:50:35 -23. 5000 pb: 16:29.89 -19. 3000SC pb: 9:56.73 -18. 1 Indian XC. Based-Uttar Pradesh. Coach-Sandeep Pundir
Marathon (1) 12 Mumbai 2023
In 2023: 1 Indian XC; 12 Mumbai Marathon (she was first Indian home, so took the national title)
- 603 HIRONAKA Ririka JPN** 22y
Top 10 in both 5000m & 10,000m at Tokyo 2021, she was the highest-placed Japanese woman athlete at the Games
10,000 pb: 30:39.71 -22. 5000 pb: 14:52.84 -21. 3000 pb: 8:52.80 -20 (9:10.77i -23). 1500 pb: 4:16.48 -20. 2 Asian junior XC 2018; 1 Asian junior 1500 2018; 11 WJC 1500 2018; 7 OLY 10,000 2021 (9 5000); 12 WCH 10,000 2022 (ht 5000); 4 Asian Indoor Champs 3000 2023. At WXC: 2019 -15J. 1 Japanese 10,000 2021/2022. Competes for Japan Post
In 2023: 4 Asian Indoor Champs 3000
- 604 KAWAGUCHI Momoka JPN** 24y
Half Mar pb: 71:17 -21. 10,000 pb: 31:57.81 -22. 5000 pb: 15:23.09 -22. 3 Japanese XC 2022. Competes for the Toyota Industries Corporation

- 610 TANAKA Nozomi JPN 23y**
2018 World Junior Champion at 3000m. 2021 Olympic finalist at 1500m
1500 pb: 3:59.19 -21 (4:09.90i -23). 3000 pb: 8:40.02 -22 (8:45.64i -23). 5000 pb: 14:58.60 -22. 1. 10,000 pb: 31:59.89 -21. 4 Asian Champs 1500 2017; 1 WJC 3000 2018 (2016-8); 5 Asian Champs 5000 2019; 14 WCH 5000 2019; 8 OLY 1500 2021 (ht 5000, when she became the first woman to go sub-15 and not qualify for a final); ht WIC 1500 2022. At WXC: 2019-39. 1 Japanese XC 2019 & 1500 2020/2021. Mother-Chihiro Tanaka won the 2009 Copenhagen Marathon in 2:41:00 and had an all-time best of 2:29:30 in 2002. Coach/father-Katsutoshi Tanaka
In 2023: 8 Boston Grand Prix Mile; 4 Boston University Hemery 3000 (6 800). Set Japanese indoor records at both meetings
- 612 YOSHIMURA Reimi JPN 22y**
3000SC pb: 9:39.86 -22. 5000 pb: 15:48.96 -20. ht WCH 3000SC 2019/2022. 1 Japanese 3000SC 2019
On December 30 ran first stage for Daito Bunka University in the Mount Fuji Women's Ekiden. Team finished sixth overall
In 2023: 3 Adelaide Classic 3000SC
- 613 CHEBET Beatrice KEN 22y**
2022 World 5000m silver where she split the top Ethiopians. 2022 Commonwealth Games Champion at 5000m
5000 pb: 14:34.55 -21. 3000 pb: 8:27.14 -22. 4 World youth 3000 2017; 1 WJC 5000 2018; 1 African junior 5000 2019; 10 WIC 3000 2022; 1 African Champs 5000 2022; 2 WCH 5000 2022; 1 COM 5000 2022. Won 2022 Diamond League 5000m. At WXC: 2019-1J (when three women crossed the line on the same time. 1 Kenyan 5000 2022
In 2023: 5 Kenyan Police XC; 1 San Vittore Olona 'Five Mills' XC [Also scored three big XC wins in November]
- 615 CHEBET Emily KEN 37y**
Full name-Emily Chebet Muge
Twice World Cross Country Champion, as an individual and team
Half Mar pb: 68:01 -14. 10,000 pb: 30:47.02 -13. 5000 pb: 14:46.89 -13. 3 African XC 2012; 4 WCH 10,000 2013 (2007-8); 3 COM 10,000 2014; 2 African Champs 10,000 2014 (2006-3). At WXC: 2003-5J, 2007-dnf, 2010/2013-1, 2015-6. Served four-year doping ban in 2015-2019. Her husband Edward Muge was fifth in the 2007 African Games 10,000 [She was sixth at Kenya's junior World Cross Country Championships Trial in December 2022]
Her 37th birthday on February 18th, 2023
- 619 CHEPNGENO Cynthia KEN 22y**
5000 pb: 16:02.69 -22. 3000 pb: 9:11.84 -18. She was seventh at Kenya's junior World Cross Country Championships Trial in December 2022
In 2023: 5 Kenyan Defence Forces XC
- 624 JEBITOK Edina KEN 21y**
2018 Youth Olympic Champion // 1500 pb: 4:02.66 -22. 800 pb: 2:01.77 -21. 3 World youth 2017; 5 WJC 2021; 2 African youth 2021; 1 Youth Olympic combined 1500/XC 2018 (she won the 1500m section, then 2nd in the Cross Country, but first among those contesting the 1500m); sf OLY 1500 2021; 14 WIC 3000 2022; ht WCH 1500 2022; 9 COM 1500 2022
[She was second at Kenya's junior World Cross Country Championships Trial in December 2022]
In 2023: 2 Elgoibar XC
- 626 (Nawowuna) LOIBACH Grace KEN 19y**
Full name-Grace Loibach Nawowuna // 3000 pb: 9:19.56 -21. Shock winner at Kenya's junior World Cross Country Championships Trial in December 2022. Says she only started training seriously after leaving school [St Joseph's Secondary in Kapseret] in March 2022
- 627 NGETICH Agnes KEN 22y**
Full name-Agnes Jebet Ngetich // 10K pb: 30:30 -22. 5K pb: 15:02 -21. 5000 pb: 15:07.34 -21. 3 Kenyan junior XC 2020; 8 Kenyan Olympic Trial 5000 2021. She was fourth at Kenya's junior World Cross Country Championships Trial in December 2022]
- 628 TEUEI Betty KIR 20y**
Full name-Betty Matangare Teuei // Set what we thought was an I-Kiribati 800m record of 2:31.8 in 2020, but the track measurement was not confirmed
- 629 ABDULMASSIH Tiana LBN 29y**
19 Arab XC 2022. In 2023: 5 Lebanese XC
- 630 MAKARY Joan LBN 29y**
1500 pb: 4:35.96 -22. 17 Arab XC 2022. At WXC: 2019-111. 1 Lebanese 1500 2021/2022
In 2023: 2 Lebanese XC
- 631 NJEIM Nesrine LBN 39y**
Full name-Nesrine Leene Njeim // Marathon pb: 2:46:03 -22. Half Mar pb: 77:09 -20
Marathons (at least 14): 7 Beirut 2011, 247 Boston 2013, 86 Berlin 2013 (while pregnant), 9 Beirut 2014, 26 Beirut 2016, 28 Hamburg 2017, 9 Beirut 2017, 29 Paris 2018, 19 Beirut 2018, 34 Rotterdam 2019, 48 Berlin 2019, 29 New York 2019, 26 Amsterdam 2021, 45 Valencia 2021, 20 Amsterdam 2022, 15 Frankfurt 2022
Her younger sister Chirine Njeim is the Lebanese marathon record holder (2:36:40 -21), who competed as an Alpine skier in the 2002, 2006 & 2010 Winter Olympics, then placed 109th at the Rio Olympic marathon
In 2023: 1 Lebanese XC
- 632 TOMAZOU Jennifer LBN 31y**
21 Arab XC 2022. 1 Lebanese XC 2019. In 2023: 4 Lebanese XC
- 637 GALVAN Laura MEX 31y**
Full name-Laura Esther Galvan Rodriguez
Mexican record holder at 1500m, 3000m & 5000m, all improved in 2022
10,000 pb: 31:29.93 -21 (33:07.88 -23). 5000 pb: 14:51.15 -22. 3000 pb: 8:40.45i -23, 8:40.81i -22. 1500 pb: 4:04.98 -22 (4:17.90 -23). 21 WJC 3000 2010 (ht 1500); 1 Pan-American Games 5000 2019 (4 1500); ht OLY 1500/5000 2021; 9 WIC 3000 2022; ht WCH 1500/5000 2022. 1 Mexican 1500 2019/2021 (1 5000 2019). Was at Kansas State University, Manhattan
In 2023: 1 Guanajuato State 1500/10,000; 6 New York Millrose 3000 (her fastest ever , 8:40.45)
- 639 TAN Nathania NMI 21y**
Full name-Nathania Chung Yee Tan
Northern Mariana Island record holder at 3000m, 5000m & 10,000m
10,000 pb: 39:41.03 -22. 5000 pb: 18:51.02 -22, 3000 pb: 10:57.69i, 10:58.76 -22. 1 Oceanian 10,000 2022
The Northern Mariana Islands are represented at the World Cross Country Championships for the first time
- 640 CAMP Katherine NZL 31y**
(Née Marshall)
3x New Zealand Champion at 800m // 5000 pb: 16:28.64 -22. 1500 pb: 4:15.09 -20. 800 pb: 2:02.63 -19. 400 pb: 54.19 -14. 4 Oceanian 800/1500 2019. 1 New Zealand 800 2019/2020/2021 & 1500 2019. Coach-James Thie
In 2023: 5 Timaru Classic Mile; 7 Hastings Classic 800; 1 Christchurch Interclubs 5000
- 641 CROSS Lisa NZL 39y**
(Née Robertson) // Marathon pb: 2:41:12 -22. 10,000 pb: 34:56.57 -20. 5000 pb: 16:55.39 -22. 1 New Zealand 10K 2011, Half Mar 2012, XC 2018/2022, 10,000 2020. Former jockey. Mother of two. Coach-John Bowden
Marathons (8): 1 Auckland 2011, 12 Nagano 2012, 12 Gold Coast 2013, 5 Auckland 2013, 3 Christchurch 2019, 8 Sydney 2019, 1 Auckland 2022, 2 Tai Tapu 2022
- 642 DROUGHT Sarah NZL 34y**
10,000 pb: 34:36.41 -22. 5000 pb: 16:30.61 -13. 1 New Zealand 10K 2012. 6 New Zealand XC 2022
- 647 MILLER Hannah NZL 25y**
Won four New Zealand titles in 2022 // Marathon pb: 2:37:31 -22. Half Mar pb: 72:41 -22. 10,000 pb: 33:23.89 -19. 5000 pb: 15:54.97 -21. 3000 pb: 9:34.90 -18 (9:50.17 -23). 1 New Zealand 10,000, 10K, Half Mar & Marathon 2022. 3 New Zealand XC 2022. Coach-Joe Franklin, Laura Bowerman
Marathons (2): 1 The Woodlands 2022, 1 Canterbury 2022
In 2023: 6 New Zealand 3000
- 650 ROUGHAN Emily NZL 29y**
10K pb: 35:01 -18. 5000 pb: 16:22.76 -19. 3000 pb: 9:35.01 -23. At WXC: 2019-83. 2 New Zealand 5000 2019. Was at Northern Arizona University
In 2023: 4 New Zealand 3000
- 651 WHITE Kerry NZL 28y**
10,000 pb: 36:07.69 -22. 3000 pb: 9:59.27 -22. 1500 pb: 4:25.98 -22 (4:42.28 -23). 1 New Zealand XC 2021. Coach-Kelly Diprose
In 2023: 11 Hamilton Classic 1500
- 652 BANO Farhat PAK 26y**
Pakistan are represented at the World Cross Country Championships for the first time
- 653 AWA Ongan PNG 22y**
10,000 pb: 39:07.97 -15. 5000 pb: 18:24.48 -15. 1 Oceanian XC 2022
- 654 GOIR Aina PNG 23y**
1500 pb: 5:24.07 -22. 6 Oceanian 1500 2022 (7 800)
- 655 HERMAN Scholastica PNG 19y**
1500 pb: 4:56.54 -22. 6 Oceanian 800 2022; 1 Pacific Mini Games 800/1500 2022; ht WJC 800 2022
- 656 KUA Mary PNG 21y**
1500 pb: 5:16.29 -22. 800 pb: 2:26.72 -22. 5 Oceanian 800/1500 2022; 5 Pacific Mini Games Half Mar 2022
- 657 TENGE Mary PNG 22y**
3000SC pb: 11:43.82 -19. 1 Pacific Mini Games 3000SC 2022. 1 Papua New Guinea 3000SC 2020
- 658 BISCH Lauriane PYF 30y**
1 Polynesian Half Mar 2022 (1:33)
French Polynesia are represented at the World Cross Country Championships for the first time
- 661 JACOBS Kyla RSA 28y**
(Née van Graan) // 10,000 pb: 36:49.94 -15. 5000 pb: 15:37.56 -22. 3000 pb: 9:18.59 -21. 1500 pb: 4:19.57 -22. 7 African Champs 5000 2022. =1 South African XC 2021 (with Kesa Molotsane)
[She was second at South Africa's World Cross Country Championships Trial in December 2022]
- 664 MOLOTSANE Kesa RSA 31y**
Full name-Kesaelebogga Molotsane // 10K pb: 32:51 -21. 5000 pb: 16:01.76 -17. 3000 pb: 9:37.46 -17. 1500 pb: 4:25.80 -16. 9 WSG 5000 2017; 16 African XC 2018. At WXC: 2017-35, 2019-42. 1 South African XC 2016/2021 (=) & 5000 2017
[She was third at South Africa's World Cross Country Championships Trial in December 2022]
- 665 OLDKNOW Cian RSA 26y**
10,000 pb: 33:16.58 -22. 5000 pb: 15:55.52 -22. 12 African Champs 10,000 2022. 2 South African 10,000 2022. She won South Africa's World Cross Country Championships Trial in December 2022

- 669** **SOSIBO Cacisile RSA** **35y**
10K pb: 32:58 -22. 10,000 pb: 34:19.85 -22. 5000 pb: 16:48.28 -22. 13 African Champs 10,000 2022. 3 South African 10,000 2021/2022; 2 South African XC 2022
[She was second at South Africa's World Cross Country Championships Trial in December 2022]
- 670** **van GRAAN Aynslee RSA** **27y**
10,000 pb: 32:48.52 -22. 5000 pb: 15:42.72 -22. 3000 pb: 9:07.89 -21. 1500 pb: 4:18.88 -22. 15 WSG 5000 2019. At WXC: 2019-89. 1 New South Wales 10,000 2021. Was at Coastal Carolina University in Conway, South Carolina In 2023: 15 Australian World Trial XC
- 671** **XABA Glenrose RSA** **28y**
Multi-South African Champion at 10,000m, Half Marathon & cross country Half Mar pb: 69:26 -20. 10,000 pb: 32:31.49 -22. 5000 pb: 15:25.92 -22. 20 African XC 2018; 16 World Half Mar 2020; 6 African Champs 10,000 2022 (2016-11). At WXC: 2013-45J, 2017-64, 2019-67. 1 South African 10,000 2016/2017/2019/2021/2022, 10K 2019/2022, Half Mar 2021 & XC 2015/2018/2019/2022. Advised by clubmate Stephen Mokoka and Violet Raseboya (wife of Caster Semenya)
In 2020: 1 Pretoria 5000; 3 Naples Half Mar; 1 North Gauteng Half Mar
- 672** **LEE Vanessa Ying Zhuang SGP** **24y**
10,000 pb: 38:18.55 -22. 5000 pb: 18:06.41 -23
In 2023: 1 New South Wales 5000 'B'
- 673** **FIRISUA Sharon SOL** **29y**
Full name-Sharon Kikini Firisua
Solomon Islands record holder at 1500m, 3000m, 5000m, 10,000m, Marathon & 3000m Steeplechase
Marathon pb: 3:02:10 -21. 10,000 pb: 37:54.60 -17
Olympics: ht 5000 2016, 72 Marathon 2021
Commonwealths: 17 5000 2014, 19 5000 2018, 15 Marathon 2022
1 Oceanian 5000 2013/2014/2015 & 1 10,000 2014/2017
From Malaita, the most populous of the Solomon Islands. She was the Solomon Islander flagbearer at the opening ceremony in Tokyo 2021 (along with swimmer Edgar Iro)
The Solomon Islands are represented at the World Cross Country Championships for the first time
- 674** **MATEKALI Dianah SOL** **35y**
5000 pb: 19:06.80 -22. 3 Pacific Mini Games Half Mar 2022; 22 COM 5000 2022
The Solomon Islands are represented at the World Cross Country Championships for the first time
- 675** **ALMARZOOQI Ruqayya UAE** **26y**
- 681** **CHELANGAT Mercylaine UGA** **25y**
Twelfth at 2017 World Cross Country Championships // Half Mar pb: 68:27 -21. 10,000 pb: 31:15.05 -21. 5000 pb: 15:09.45 -17. 13 World Mountain Running Champs 2015; 4 WJC 5000 2016; 13 WCH 10,000 2017 (ht 5000); 3 COM 10,000 2018 (11 5000); 24 OLY 10,000 2021; 16 WCH 10,000 2022. At WXC: 2015-26J, 2017-12. 1 Ugandan XC 2017 (2022-5). Maternity break in 2019. Competes for Uganda Police Force
- 680** **(Chelangat) CHEMENGICH Annet UGA** **29y**
Full name-Annet Chemengich Chelangat
2022 World Mountain Running silver
Half Mar pb: 72:21 -22. 10,000 pb: 34:00.4 -21. 5000 pb: 16:10.58 -21. 2 World Mountain Running Champs 'Up + Down' 2022. 3 Ugandan XC 2022
- 683** **CHEROP Rispa UGA** **26y**
Half Mar pb: 70:11 -23. 5000 pb: 15:47.64 -22. dnf World Mountain Running Champs 'Up + Down' 2022. 6 Ugandan XC 2022
In 2023: 1 Dhaka Half Mar
- 685** **CHESANG Doreen UGA** **32y**
Half Mar pb: 71:04 -20. 10,000 pb: 32:09.82 -21. 5000 pb: 16:04.0 -08. 3000 pb: 9:13.70 -08. 11 World youth 3000 2007; 16 WJC 3000 2008; 2 Commonwealth Youth Games 3000 2008; 20 African XC 2014; 49 World Half Mar 2018 (2020-30); 3 Cardiff (Commonwealth Champs) Half Mar 2018. At WXC: 2007-dnfJ, 2017-25, 2019-63. 1 Ugandan Half Mar 2020; 4 Ugandan XC 2022
In 2020: 1 Ugandan Half Mar
- 686** **CHESANG Prisca UGA** **19y**
Bronze medals at the last two World Junior Championships // 5000 pb: 15:05.39 -21. 3000 pb: 9:03.44 -21. 1500 pb: 4:08.15 -21. ht OLY 5000 2021; 3 WJC 5000 2021 (4 3000); 3 WJC 5000 2022. 1 Ugandan 1500/5000 2022. 2 Ugandan XC 2022
- 687** **CHESANG Stella UGA** **26y**
2015 World Mountain Running Champion. 2018 Commonwealth 10,000m Champion. Ugandan record holder at 10,000m & Half Mar
Half Mar pb: 68:11 -22. 10,000 pb: 31:01.04 -22. 5000 pb: 15:00.72 -19. 1500 pb: 4:18.80 -15. 4 WJC 5000 2014; 3 African Junior 5000 2015; 1 World Mountain Running Champs 2015 (having been junior champion in 2014); ht OLY 5000 2016; ht WCH 5000 2018. 5 African XC 2018; 1 COM 10,000 2018; 4 African Champs 10,000 2018; 7 African Games 5000 2019; 14 WCH 10,000 2022 (2019-16); 4 COM 10,000 2022 (9 5000). At WXC: 2011-39J, 2013-14J, 2015-11J, 2017-18, 2019-21. 1 Ugandan XC 2022. She is a special constable within the Ugandan Police Force
In 2023: 9 Valencia 10K
- 689** **FERNANDEZ María Pía URU** **27y**
Full name-María Pía Fernández Moreira
Has placed 2nd-1st-4th-3rd in the last four editions of the South American Championships. Uruguayan record holder at 1500m, 3000m & 3000m steeplechase
1500 pb: 4:09.45 -19. 800 pb: 2:05.85 -21. 3000 pb: 9:12.80 -18. 3000SC pb: 10:37.12 -19. ht WJC 800 2014; 2 South American Games 1500 2018 (3 800); 1 Ibero-American 3000 2018 (2 1500); 1 South American 1500 2019 (2015-3, 2017-4, 2021-2); 5 Pan-Am Games 1500 2018 (2015-11); ht WCH 1500 2019; ht OLY 1500 2021. At WXC: 2019-100
In 2023: 3 Punta del Este 10K
- 691** **BUCHALSKI Allie USA** **28y**
5000 pb: 14:57.54 -21. 3000 pb: 8:58.35i -22. 1500 pb: 4:06.19 -21. 7 NCAA XC 2015 (2019-9); 4 NCAA indoor 5000 2017; 2 NCAA 5000 2018 (2017-6); 5 US 5000 2021. Was at Furman University in Greenville, South Carolina. Lives-Seattle, Washington
In 2023: 7 US XC
- 693** **IZZO Katie USA** **26y**
10,000 pb: 32:28.89 -20. 5000 pb: 15:13.09i -20, 15:16.44 -22. 3000 pb: 8:46.54i -22, 9:29.86 -19. 1500 pb: 4:13.43 -22. 3 NCAA XC 2019; 4 NCAA indoor 3000 2021; 4 NCAA 10,000 2021. Lives-Huntington Beach, California. Was at the University of Arkansas
In 2023: 6 US XC
- 694** **KELATI Weini USA** **26y**
Full name-Weini Kelati Frezghi
Allegiance transferee from Eritrea – has lived in the US since 2014, gained US citizenship in June 2021 and immediately cleared by World Athletics to represent the USA [from June 23, 2021]
10,000 pb: 31:10.08 -20. 5000 pb: 14:57.07 -22. 3000 pb: 8:33.72i -22, 8:53.89 -19. 8 African junior XC 2014 (2012-12); 8 WJC 3000 2014. 2 NCAA indoor 5000 2019 (3 3000); 1 NCAA 10,000 2019 (5 5000). 1 NCAA XC 2019 (2018-2); 3 US indoor 3000 2022; 1 US 5K 2022. Lives-Flagstaff, Arizona
She stayed in the US after competing at the 2014 World Junior Championships in Eugene. Was at the University of New Mexico
In 2023: 5 US XC
- 696** **KURGAT Ednah USA** **31y**
(Sergeant Ednah Kurgat)
2023 US Cross Country Champion // 10,000 pb: 31:21.65 -21. 5000 pb: 15:16.14 -22. 1 NCAA XC 2017; 2 NCAA indoor 5000 2018. 1 US XC 2023
Born-Kenya, gained US citizenship on February 19, 2021. She did not need to formally transfer allegiance [under the latest World Athletics regulations] as she had never competed for Kenya
On graduation from the University of New Mexico in 2020, she joined the US Army World Class Athlete Programme. Lives-Colorado Springs, Colorado
In 2023: 1 US XC
- 697** **LIPARI Emily USA** **30y**
3x US Road Mile Champion // 10,000 pb: 31:24.82 -22. 5000 pb: 15:07.22 -22. 3000 pb: 8:51.07i -18, 9:34.52 -10. 1500 pb: 4:05.68 -18. 2 North/Central American & Caribbean 10,000 2022. 1 NCAA indoor Mile 2014 (representing Villanova University); 1 US Road Mile 2018/2020/2022. Lives-San Diego, California. Husband-Tim Nangeroni is a submariner
In 2023: 4 US XC
- 700** **MORLEY Makena USA** **26y**
Marathon pb: 2:30:28 -22. Half Mar pb: 69:57 -21. 10,000 pb: 31:25.19 -21. 5000 pb: 15:26.22i -20, 15:33.81 -21. 6 NCAA indoor 3000 2019; 6 NCAA 5000 2019; 2 US 20K 2021; 2 US XC 2023. Lives-Bozeman, Montana. Studied anthropology & English at the University of Colorado in Boulder
Marathon (1): 10 Chicago 2022
In 2023: 2 US XC
- 703** **SULLIVAN Susanna USA** **32y**
Marathon pb: 2:25:14 -22. Half Mar pb: 70:50 -21. 10,000 pb: 31:56.38 -22. 5000 pb: 15:25.94i -23, 15:29.02 -22. 9 US Half Mar 2021; 8 US 10K 2021 (2017-9); 8 US XC 2023 (2022-10)
Marathons (9): 7 Duluth 2015, 20 Los Angeles 2016, 2 Richmond VA 2016, 4 Richmond VA 2019, 150 Atlanta 2020 (US Olympic Marathon Trial), 20 Chandler 2020, 16 Boston 2021, 6 Chicago 2022, 3 Duluth 2022
In 2023: 8 US XC; 1 Fairfax 1000/3000; 1 Boston University Lehane 3000/Mile 'B'; 6 Boston University Hemery 5000
- 705** **VERDON Carrie USA** **28y**
Marathon pb: 2:31:51 -21. Half Mar pb: 70:11 -21. 10,000 pb: 31:37.26 -22. 5000 pb: 15:18.56 -21, 15:29.54i -23. At WXC: 2013-20J. 3 US XC 2020 (2022-9, 2023 -10). Studied integrative physiology at the University of Colorado. Coach-Lee Troop
Marathons (2): 7 Chicago 2021, 16 Chicago 2022
In 2023: 10 US XC; 1 Boulder 3000 'B'; 7 Boston University Hemery 5000
- 707** **CHITATE Olivia ZIM** **35y**
Full name-Olivia Chitate Mugove // Marathon pb: 2:49:25 -17. Half Mar pb: 77:15 -08. 5000 pb: 16:34.70 -15. ht WCH 5000 2015; 7 African Games 5000 2015; 20 African XC 2016. At WXC: 2013-49, 2015-32
Marathons (6): 11 Cape Town 2009, 1 Mossel Bay 2016, 2 Mossel Bay 2017, 1 Gaborone 2018, 4 Mossel Bay 2018, 7 Soweto 2022

Men's Race

Six to run, four to score
10,025m – Start + 5 laps of 1943m + Finish

18:30

132 Entrants

43 Countries

Age

- 102 BUCHANAN Andrew AUS 31y**
Twice Australian Cross Country Champion // Marathon pb: 2:12:23 -22. Half Mar pb: 62:50 -19. 10,000 pb: 28:26.14 -19. 5000 pb: 13:42.19 -21. 3 Oceanian 5000 2019. 1 Australian XC 2017/2018. Lives-Bendigo (he works as a teacher at Bendigo South East College). Coach-Scott Westcott
Marathons (2): 15 Hamburg 2022, 7 COM 2022
- 108 HUNTER Rorey AUS 30y**
1500 pb: 3:36.42 -21. 2 Oceanian 1500 2019. 9 NCAA 2014; 3 Australian 2018/2019/2021. Studied exercise science at Indiana University. Lives-Canberra where he works as a physiotherapist. Coach-Dick Telford
In 2023: 4 Australian World Trial XC
- 110 McSWEYN Stewart AUS 27y**
Oceanian record holder at 1500m & 3000m // 1500 pb: 3:29.51 -21. Mile pb: 3:48.37 -21. 3000 pb: 7:28.02 -20. 5000 pb: 12:56.50 -22. 10,000 pb: 27:23.80 -19. Half Mar pb: 62:52 -21. 14 WSG 5000 2015; ht WCH 3000SC 2017; 5 COM 5000 2018 (11 10,000); 12 WCH 5000 2019 (sf 1500); 7 OLY 1500 2021; 9 WCH 1500 2022. At WXC: 2013-86J, 2017-53; 1 Australian XC 2016; 1 Melbourne Zatopek (Australian) 10,000 2017 & 5000 2020. Born-Launceston, Tasmania. Coach-Nic Bideau
His 2022 season was hampered by the lasting effects of a covid infection, then he strained a glute muscle in Doha, but still cut 11 seconds from his 5000m best in Brussels
In 2023: 1 Australian World Trial short course XC
- 114 RAMSDEN Matthew AUS 25y**
2019 Oceanian Champion at 1500m // 1500 3:34.08 -21. Mile pb: 3:51.23 -20. 3000 pb: 7:35.65 -21. 5000 pb: 13:16.63 -20. 6 WJC 1500 2016 (15 5000); 1 Oceanian 1500 2019; sf WCH 1500 2019; 12 WIC 3000 2022; ht WCH 1500 2022; 10 COM 5000 2022. At WXC: 2015-dnfJ, 2019-38. 1 Australian 5000 2022. He won the Elimination Mile at the first of the Melbourne "Nitro" meetings in 2017. Lives-Cooloongup. Coach-Nic Bideau
In 2023: 2 Australian World Trial XC
- 115 RAYNER Jack AUS 27y**
Oceanian record holder at 10,000m // Marathon pb: 2:11:06 -19. Half Mar pb: 61:01 -18 (61:24 -22). 10,000 pb: 27:15.35 -22. 5000 pb: 13:34.68 -21. 1 Cardiff (Commonwealth Champs) Half Mar 2018; 2 Oceanian 10,000 2019; 19 WCH 10,000 2022; 8 COM 10,000 2022. At WXC: 2017-40, 2019-62. 1 Australian 12K/Half Mar 2018. Trademark moustache from 2017 (he's only shaved it off once since, after losing a bet). Lives-Melbourne. Coach-Nick Bideau
Marathons (3): 12 London 2019, 22 New York 2019, dnf OLY 2021. He was part of Eliud Kipchoge's marathon pacing team when the Kenyan clocked 1:59:41 in Vienna in 2019
In 2023: 1 Australian World Trial XC; 9 Marugame Half Mar
- 116 ROBINSON Brett AUS 31y**
At Fukuoka 2022 with 2:07:31, he broke the Australian marathon record which had stood to Rob De Castella since 1986
Marathon pb: 2:07:31 -22. Half Mar pb: 59:57 -20. 10,000 pb: 27:51.51 -22. 5000 pb: 13:15.91 -18. 8 WJC 1500 2010; 15 WCH 5000 2013 (2015-ht); 11 WIC 3000 2016; 14 OLY 5000 2016 (that final was delayed because Robinson forgot his bib). At WXC: 2009-46J, 2013-29, 2015-28, 2017-dnf, 2019-30. 1 Australian Half Mar 2022. Lives-Melbourne. Coach-Nic Bideau
Marathons (6): dnf Fukuoka 2018, 11 London 2019, 23 New York 2019, dnf London 2020, 66 OLY 2021 (stomach pains), 1 Melbourne 2021, 8 London 2022, 4 Fukuoka 2022
In 2023: 3 Australian World Trial XC
- 117 ROBINSON Ky AUS 20y**
10,000 pb: 27:44.33 -22, 5000 pb: 13:11.53i -22, 13:21.85 -22. 3000SC pb: 8:32.01 -21. ht WCH 5000 2022; 6 COM 10,000 2022, 2 NCAA indoor 5000 2022. Student of Management Science and Engineering at Stanford University. Coach-Ricardo Santos
In 2023: 1 Seattle Preview Mile; 3 Fayetteville Razorback 3000
- 119 WARING Andre AUS 29y**
10,000 pb: 28:49.32 -22. 5000 pb: 13:45.68 -22 (13:48.48 -23). 6 Oceanian 10K 2022. 2 Australian 10,000 2022
In 2023: 7 Australian World Trial XC; 1 Melbourne Box Hill Burn 5000
- 120 BIZOZA Therence BDI 19y**
Half Mar pb: 61:30 -22
- 121 IRABARUTA Olivier BDI 32y**
Burundian record holder at marathon // Half Mar pb: 62:12 -19. 10,000 pb: 27:55.92 -16. 5000 pb: 13:17.98 -16. 3000 pb: 7:50.98 -16. 1500 pb: 3:48.70 -16. 5 African Champs 5000 2012 (2010-13); 6 African Champs 10,000 2012; ht OLY 5000 2012; 2 Francophone Games 10,000 2013 (5 5000); 6 African Champs 5000 2014 (7 10,000); 10 African Games 10,000 2015; 27 OLY 10,000 2016 (ht 5000); 54 World Half Mar 2018. At WXC: 2015-63, 2017-54, 2019-56. Based in Italy. He was the Burundian flag bearer at the opening ceremony in Rio 2016
Marathons (10): 2 Porto 2018, 5 Wuxi 2019, dnf WCH 2019, 2 Izmir 2020, 1 Reggio Emilia 2020, 39 OLY 2021, 3 Florence 2021, 2 Zürich 2022, 32 WCH 2022, 15 New York 2022
In 2023: 12 Rovereto XC
- 122 KWIZERA Rodrigue BDI 23y**
2021/2022 World Cross Country Tour winner
Eleventh at 2019 World Cross Country Championships
Half Mar pb: 61:53 -20. 10K pb: 26:56 -22. 10,000 pb: 27:25.47 -22. 5000 pb: 13:20.17 -22. 9 African Champs 5000 2018; 16 African Games 5000 2019; 15 WCH 10,000 2019 (2022-16). At WXC: 2017-39, 2019-11
[Excellent in late 2022 XC: 1 Amorebieta, 3 Atapuertca, 2 Seville, 1 Alcobendas, 1 Venta de Baños]
In 2023: 1 San Giorgio su Legnano XC; 4 Valencia 10K; 1 European Clubs XC
- 123 NDIKUMANA Celestin BDI 20y**
Half Mar pb: 62:49 -22. 10K pb: 28:57 -22. 5000 pb: 13:49.98 -22. 1 Rome Half Mar 2022
- 124 NTAKARUTIMANA Egide BDI 25y**
10,000 pb: 27:24.59 -22. 5000 pb: 13:08.43 -22. 18 WCH 10,000 2022
In 2023: 5 San Giorgio su Legnano 10K XC; 16 Valencia 10K; 1 Rovereto XC
- 127 BLACK Connor CAN 27y**
10K pb: 29:02 -21. 5000 pb: 13:38.09 -22. 3000 pb: 7:58.27i -23, 8:06.88 -21. 1500 pb: 3:43.05 -22. 9 Pan-American XC 2022. 1 Canadian XC 2022. Coach-Dave Mills
In 2023: 3 Ann Arbor Michigan Invitational 3000
- 129 COUGHLER Jeremy CAN 27y**
5000 pb: 13:33.09i -23, 13:37.69 -22. 10,000 pb: 29:01.94 -22. 4 Canadian 10,000 2022. 6 Francophone Games 3000SC 2017. Coach-Dave Mills
In 2023: 4 Boston University Hemery 5000
- 130 DAVIES Andrew CAN 22y**
5000 pb: 13:37.39 -22. 3 NACAC junior XC 2019. At WXC: 2019-48J. 1 Canadian junior XC 2019. Coach-Paula Schnurr
In 2023: 2 Windsor Can Am 3000
- 131 GAY John CAN 26y**
2021 Olympic Steeplechase finalist (after a 4-second pb in his heat). Fourth at 2022 Commonwealth Games
3000SC pb: 8:16.99 -21 (8:39.65 -23). 5000 pb: 13:29.82 -22. 1500 pb: 3:41.13 -22. 4 Francophone Games 3000SC 2017; 11 WSG 3000SC 2017; ht WCH 3000SC 2019/2022; 15 OLY 3000SC 2021; ht WIC 3000 2022; 4 COM 3000SC 2022 (9 5000). 1 Canadian 3000SC 2021/2022 & XC 2021. At WXC: 2019-101. Graduate of Business Management from the University of British Columbia. Club-Vancouver Thunderbirds. Coach-Chris Johnson
In 2023: 5 Seattle Preview Mile; 3 Adelaide Classic 3000SC
- 138 PARROT-MIGAS Philippe CAN 30y**
Marathon pb: 2:18:39 -22. Half Mar pb: 63:56 -20. 10,000 pb: 29:21.90 -21. 7 NACAC Half Mar 2022. 3 Canadian 10,000 2021; 1 Montreal Half Mar 2022. French Canadian with Italian, French and German heritage. Studied Kinesiology at Western University in London, Ontario, Canada. Coach-Dave Mills
Fought his way into Canada's team for the 2020 World Half Marathon Championships using GPS evidence of a fast run during lockdown, but then team were ultimately withdrawn due to the pandemic
Marathon (1): 23 Rotterdam 2022
- 142 TATE Mike CAN 27y**
2019 Canadian Champion at 5000m // 10,000 pb: 29:09.36 -18. 5000 pb: 13:34.28 -17. 1500 pb: 3:41.22 -21. At WXC: 2013-78J, 2019-107; 2 NACAC under-23 1500 2016; 7 NACAC XC 2019; 14 Pan-American XC 2022. 1 Canadian 5000 2019; 4 NCAA indoor 5000 2018. Was at Southern Utah University. Coach-Dave Mills
In 2023: 8 Ann Arbor Michigan 3000; 11 Boston University Terrier Mile
- 143 TUREK Max CAN 23y**
10,000 pb: 30:48.14 -18. 5000 pb: 13:50.37i, 14:19.38 -22. 22 WJC 10,000 2018. 3 Canadian XC 2022. Coach-Paula Schnurr
In 2023: 3 Boston University Terrier Mile
- 144 UBENE Mitchell CAN 24y**
5000 pb: 13:36.71 -22. 3000 pb: 7:51.35i -23, 8:24.80 -16. At WXC: 2017 -78J. 3 Canadian 5000 2022. Coach-Terry Radchenko
In 2023: 1 Boston University Terrier 3000
- 145 FAN Zuozheng CHN 20y**
- 146 GUO Zhongrui CHN 23y**
Marathon pb: 2:13:13 -20. 10,000 pb: 29:29.80 -22. 5000 pb: 14:10.86 -22. From Guizhou province
Marathons (5): 13 Xuzhou 2019, 12 Nanjing 2020, 33 Xuzhou 2021, 21 Xi'an 2021, 25 Xiamen 2022
- 147 HE Yingbing CHN 20y**
10,000 pb: 30:00.57 -22. 5000 pb: 14:27.75 -22. From-Yunnan province
- 148 MA Wenliang CHN 20y**
Marathon pb: 2:26:02 -22. 10,000 pb: 30:29.35 -21. 5000 pb: 14:32.25 -21. From-Qinghai province
Marathon (1): 17 Xiamen 2022
- 149 REN Guangyue CHN 23y**
Marathon pb: 2:15:19 -20. 10,000 pb: 29:04.29 -21. 5000 pb: 13:51.87 -22. 3 Chinese National Games 5000/10,000 2021. From Liaoning province
Marathon (1): 23 Nanjing 2020
- 150 ZONG Qinghua CHN 26y**
10,000 pb: 29:17.05 -22. 5000 pb: 13:50.19 -21. 1500 pb: 3:47.52 -19. 3000SC pb: 8:50.52 -19. At WXC: 2015-51J. 1 Chinese long & short XC 2019. 1 Chinese World Championship Trial 1500 2019 (but did not have qualifying time for championships) 1 Chinese 5000 2021; 2 Chinese National Games 5000 2021. Born (at altitude) at Lincang (Yunnan province). His coach-Gao Jinhai competed at the 1995 World Cross Country Championships

- 151 LOGAN John COK** 48y
Full name-Andrew John Logan // Works as an airline pilot with an operator offering services throughout the Cook Islands and to Tahiti, French Polynesia, Niue, Samoa and Tonga
1 Rarotonga 'Cross Island' Run 2021; 1 Aitutaki Marathon 2022 (Aitutaki is the second most-populated island in the Cook Islands) in 4:08:43
The Cook Islands are represented at the World Cross Country Championships for the first time
- 153 TELLEZ Franklin COL** 32y
10,000 pb: 31:08.80 -21. 5000 pb: 14:40.43 -21. 3 South American XC 2023
In 2023: 3 South American XC
- 154 DAHL-JESSEN Mikkel DEN** 28y
1500 pb: 3:41.32 -19. 3000 pb: 7:55.12i -21, 7:58.43 -20 (7:57.99i -23). 5000 pb: 13:40.78 -21. 8 WSG 1500 2019; ht EIC 3000 2021. At WXC: 2017-102, 2019-103. At EXC: 2011-54J, 2012-27J, 2013-101J, 2016-44u23, 2017-74, 2018-72, 2021-70, 2022-31. 1 Danish 5000 2019, indoor 3000 2020/2022, XC 2020. Club-Aarhus Gymnastik Forening Atletik
In 2023: 1 Skive 3000; 23 European Clubs XC
- 155 SIMONSEN SOMMER Jacob DEN** 28y
Half Mar pb: 63:15 -22. 10,000 pb: 29:17.29 -22. 5000 pb: 13:55.59 -21. ht World Youth 3000 2011. At WXC: 2019-92. At EXC: 2013-42J, 2013-49J, 2016-19u23, 2017-37u23, 2018-69, 2019-67, 2021-38. 1 Danish 5000 2015 & 10,000 2019/2021
- 156 ATTIATALLA Salem Mohamed EGY** 29y
(aka Salim Mohammed Salim)
Egyptian steeplechase record holder // 3000SC pb: 8:28.87 -19. ht World Youth 2000SC 2009; 7 Youth Olympic Games 2000SC 2010; 119 World Half Mar 2018; 7 African Games 3000SC 2019; ht WCH 3000SC 2019. At WXC: 2010-112J. 1 Egyptian 3000SC 2018/2020/2021/2022
In 2019: 2 Arab; 3 Barcelona; 8 Castellón; 7 African Games
- 157 AMARE Samsom ERI** 29y
Half Mar pb: 60:08 -22. 10K pb: 29:00 -18. 5000 pb: 13:47.40 -18. 1 East African Half Mar 2022
- 158 HABTE Abraham ERI** 26y
Full name-Abraham Habte Ghebrezhabhar // Marathon pb: 2:11:56 -16. Half Mar pb: 62:17 -15. 10,000 pb: 27:53.38 -16. 5000 pb: 13:30.98 -15. 8 African Champs 3000SC 2014; 8 African Champs 10,000 2016. At WXC: 2015-6J
Marathon (1): 12 Lisbon 2022
[Clearly it's not the same Abraham Habte who was 97th at the 2003 World Cross Country Championships (he was born 1980)]
- 159 OSMAN Abrar ERI** 29y
Full name-Abrar Osman Adem
Former Youth Olympic Champion. Sixth at 2015 World 10,000m
Marathon pb: 2:07:46 -19. 10,000 pb: 27:37.16 -21. 5000 pb: 13:04.12 -16. 3000 pb: 7:39.70 -13. 1 Youth Olympic 3000 2010; 3 World Youth 3000 2001; 2 WJC 5000 2012; 3 African Champs 5000 2014; 6 WCH 10,000 2015 (ht 5000); 4 African Games 5000 2014; 7 World Half Mar 2016 (2018-25); 10 OLY 5000 2016 (2012-ht). At WXC: 2013-18, 2015-13. 1 Eritrean 10,000 2021
Marathons (2): 18 Amsterdam 2019, 18 Amsterdam 2021
- 160 SAMUEL Habtom ERI** 19y
Medals at the past two World Junior Championships // 10,000 pb: 27:20.08 -22. 5000 pb: 13:13.74 -22. 3 WJC 3000 2021 (6 5000); 3 WJC 5000 (8 3000); 17 WCH 10,000 2022. 1 Eritrean 5000/10,000 2022
- 161 SHUMAY Mogos ERI** 26y
Full name-Mogos Shumay Solomon // Marathon pb: 2:07:10 -21. Half Mar pb: 60:40 -18. 10,000 pb: 27:56.98 -16. 7 WJC 10,000 2016. At WXC: 2015-14J, 2017-28
Marathons (7): 5 Sydney 2016, 7 Sydney 2017, 1 Padua 2018, 3 Beijing 2018, 21 Valencia 2018, 11 Guangzhou 2019, 5 Eindhoven 2021
- 162 BLANES Andreu ESP** 31y
Full name-Andreu Blanes Reig
International mountain runner // Half Mar pb: 62:40 -21. 10K pb: 28:50 -20. 3000SC pb: 8:33.22 -20. 6 World Mountain Running Champs 'Up + Down' 10.7K 2022
In 2023: 4 Spanish XC (or 3rd if we exclude guest winner Thierry Ndikumwenayo)
- 165 HASSAOUS Nassim ESP** 28y
Full name-Nassim Hassaous García // 10,000 pb: 28:46.72 -19. 5000 pb: 13:42.18 -18. 3000 pb: 7:45.90 -20. 1500 pb: 3:36.95 -20. 6 Ibero-American 3000 2018. At EXC: 2015-7u23, 2019-dnf, 2021-7, 2022-25. Born-Las Palmas. Coach-Uriel Reguero
In 2023: 30 Valencia 10K; 5 Spanish XC (or 4th if we include guest winner Thierry Ndikumwenayo); 4 San Sebastian XC
- 166 LAS HERAS Aarón ESP** 22y
Full name-Aaron La Heras Ruperez
2019 European junior 5000m gold, then under-23 silver
10,000 pb: 28:13.82 -22 (though mark does not count for world rankings as shoes were illegal). 5000 pb: 13:38.02 -22. 1500 pb: 3:42.89 -21. 12 WJC 5000 2018; 1 EJC 5000 2019; 2 under-23 ECH 5000 2021. At EXC: 2021 -8u23, 2022-31u23. 1 Spanish under-23 5000 2021. Student of Biology at Wake Forest University in Winston-Salem, North Carolina. Coach-Domingo López Ágreda
In 2023: 5 Elgoibar XC; 7 Spanish XC (or 6th if we include guest winner Thierry Ndikumwenayo); 5 European Clubs XC
- 171 OUKHELLEN Abdessamad ESP** 24y
Full name-Abdessamad Oukhellen Ben Haddou
2019 European under-23 5000m bronze, 2019 European under-23 XC bronze
10,000 pb: 28:30.03 -19. 5000 pb: 13:17.95 -20. 3000 pb: 7:45.24 -20, 7:53.68i -23. 1500 pb: 3:40.45 -22. 3 under-23 ECH 5000 2019 (5 10,000); 12 ECH 5000 2022. At EXC: 2019-3J, 2021-12, 2022-10. 1 Spanish 5000 2020. Born-Morocco, his family moved to Spain in 2005, gained Spanish citizenship on March 7, 2019. He is the sixth of seven children, older brother-Abdenasser Oukhellen (7:59.75i 3000m in 2021). Coach-Maria Carbó
In 2023: 1 Sabadell 3000; 17 Spanish XC (or 15th excluding guests); 4 Calzadilla XC
- 172 PANIAGUA Sergio ESP** 27y
Full name-Sergio Paniagua Escobar // 3000 pb: 7:55.81 -22. 1500 pb: 3:38.63 -21. 800 pb: 1:47.96 -17. ht EIC 1500 2017; 11 under-23 ECH 1500 2017. At EXC: 2017-17u23, 2022-34. Coach-Francisco Javier García
In 2023: 6 Jaén 10K; 3 Spanish XC (or 2nd if we exclude guest winner Thierry Ndikumwenayo); 6 European Clubs XC
- 174 LATSEPOV Leonid EST** 24y
Marathon pb: 2:18:50 -22. 10,000 pb: 29:42.22 -21. 5000 pb: 14:17.15 -21. At EXC: 2017-83J, 2019-86u23, 2021-64, 2022-47. 1 Estonian indoor 3000 2022; 1 Estonian 10,000 2022
Marathon (1): 3 Tallinn 2022
In 2023: 54 Eldoret XC
- 175 AMARE Hailemariam ETH** 25y
Full name-Hailemariam Amare Tegegn
2022 African Champion at 5000m & Steeplechase
5000 pb: 13:12.72 -22. 3000SC pb: 8:06.29 -22. 5 WJC 3000SC 2014; 3 African junior 3000SC 2015; 3 African Games 3000SC 2015; ht OLY 3000SC 2016; 1 African Champs 5000/3000SC 2022; 10 WCH 3000SC 2022 (2015 -12)
[He was originally listed to compete at the 2021 Tokyo Olympics (having placed third in the Ethiopian Trial race), but was then replaced with Lamecha Girma – who to be fair did win a silver]
In 2023: 6 Ethiopian XC
- 176 AREGAWI Berihu ETH** 21y
World record holder at road 5K. 2021 Diamond League Champion at 5000m
10,000 pb: 26:46.13 -22. 5000 pb: 12:50.05 -22. 3000 pb: 7:26.20i, 7:26.81 -22. 3 WJC 10,000 2018; 1 African youth 3000 2018; 2 Youth Olympic combined 3000/XC 2018 (2nd in each section); 4 OLY 10,000 2021 (2nd to 4th in closing stages); ht WIC 3000 2022; 7 WCH 10,000 2022. 1 'Great' Ethiopian 10K 2019; 1 Ethiopian 10,000 2021 & XC 2023. Born-Tigray State
In 2023: 1 Ethiopian XC
- 178 BAREGA Selemon ETH** 23y
Full name-Selemon Barega Shirtaga
2021 Olympic Champion at 10,000m. 2022 World Indoor Champion at 3000m
10,000 pb: 26:44.73 -22. 5000 pb: 12:43.02 -18. 3000 pb: 7:26.10i -21, 7:32.17 -19. 1500 pb: 3:32.97 -20. 1 WJC 5000 2016 (2018-4); 1 World Youth 3000 2017; 1 African junior 5000 2017; 2 WIC 3000 2018; 4 African Champs 5000 2018; 2 WCH 5000 2019 (2017-5, 2022-12); 1 OLY 10,000 2021; 1 WIC 3000 2022; 5 WCH 10,000 2022. At WXC: 2017-5J, 2019-5. An image of him winning the 2018 Elgoibar cross (kneeling down and covered in mud), taken by Spain's Felix Sanchez Arrazola, won Athletics Photograph of the Year at the World Athletics Awards 2018
[A 53.94 last lap to upset the Ugandans and win the 10,000 at Tokyo 2021, but then the tables were turned in Eugene 2022 and he went from 2nd to 5th in the last 100m]
In 2023: 7 Ethiopian XC; 1 Elgoibar XC
- 183 MOLLA Getaneh ETH** 29y
Full name-Getaneh Tamire Molla
2015 African Games Champion at 5000m. 2019 Dubai Marathon winner
Marathon pb: 2:03:34 -19. Half Mar pb: 59:52 -22. 5000 pb: 12:59.58 -18. 1500 pb: 3:44.91 -16. 1 African Games 5000 2015; 5 World Half Mar 2018; 2 African Champs 5000 2018 (2016-4). At WXC: 2017-18 (team gold). 1 Ethiopian 5000 2015/2016 & XC 2016/2017; 1 'Bolder' Boulder 10K 2018
Marathons (3): 1 Dubai 2019 (2:03:34, then the fastest legitimate marathon début), 19 Tokyo 2020, 11 Valencia 2022
In 2023: 3 Ethiopian XC
- 185 TUEMAY Mogos ETH** 25y
Full name-Mogos Tuemay Abrah
2022 African Champion at 10,000m // Half Mar pb: 60:11 -22. 10,000 pb: 27:23.49 -19. 5000 pb: 13:15.04 -19. 4 World Youth 3000 2013; 1 African Champs 10,000 2022. At WXC: 2019-18. 1 Ethiopian XC 2019
In 2023: 4 Ethiopian XC
- 187 WORKU Tadese ETH** 21y
Full name-Tadese Worku Gebresilase
2021 World Junior Champion at 3000m. Second & junior team gold at 2019 World Cross
Half Mar pb: 58:47 -22. 10,000 pb: 26:45.91 -22. 5000 pb: 13:18.17 -19. 1 WJC 3000 2021 (2 5000); 14 WCH 10,000 2022. At WXC: 2019-2J
In 2023: 2 Ethiopian XC
- 345 DEBELE Chimdesa ETH** 19y
Full name-Chimdesa Debele Gudeta // Half Mar pb: 60:15 -21. 10K pb: 27:10 -22. 10,000 pb: 27:46.38 -222 African Champs 10,000 2022. 3 Cardiff Half Mar 2022
In 2023: 5 Ethiopian XC

- 189 ASHKETTLE Ben FIJ 34y**
Double allegiance transferee, from from Australia to New Zealand (cleared by World Athletics from March 26, 2014), then from New Zealand to Fiji (cleared from April 15, 2019)
Marathon pb: 2:19:16 -14. 10,000 pb: 28:52.72 -10. 3000SC pb: 9:01.02 -08. ht WJC 3000SC 2006 (for AUS). 87 World Half Mar 2014 (for NZL). At WXC: 2007-76J (for AUS). Born-New Zealand, moved to Australia at age five. Mother Christine was born in Fiji. Studied Finance at Northern Arizona University. Coach/father-Patrick Ashkettle
Marathons (3): 16 Houston 2014, 17 Vienna 2016, 58 Berlin 2017
- 192 PRASAD Pramesh FIJ 48y**
Fijian record holder at 20K, 35K & 50K walks, he has also run a marathon in 3:04
20K Walk pb: 1:44:14 -19. 35K Walk: 3:18:42 -18. 50K Walk pb: 4:56.55 -18. Best known as a race walker: 108 World Race Walk Cup 1995. After which he retired and became a father of four, but returned to racing in 2016. In 2021 at Coburg (Melbourne), he walked 100 miles in 20:43:42 (365 laps in lane 7 on a 400m track)
- 193 SINGH Jeremiah FIJ 32y**
194 TOIA Evueli FIJ 20y
1 Fijian Schools Games 1500/3000 2022
- 200 MAHAMED Zakariya GBR 22y**
Under-23 silver & team gold at 2022 European Cross Country Championships
10,000 pb: 29:14.16 -22. 5000 pb: 13:53.64 -22. At WXC: 2019-65J. At EXC: 2019-11J, 2021-9u23, 2022-2u23. 1 English 'National' under-20 XC 2020. He is the younger of three brothers all of whom are athletes: Mahamed Mahamed (3 EJXC 2016) and Abdi Mahamed (1 Hampshire 3000SC 2017). Coach-Idris Hamud. Attends Southampton University
In 2023: 9 Elgoibar XC; 24 Valencia 10K
- 204 AMPONSAH William GHA 23y**
"The King Of Long Distance In West Africa"
Ghanaian record holder at 5000m & Half Marathon
Marathon pb: 2:32:23 -18. Half Mar pb: 63:15 -22. 10,000 pb: 30:37.54 -22. 5000 pb: 13:51.63 -22. 13 COM 5000 2022, where he improved by more than one minute and became the first Ghanaian to break 14 minutes for the distance
Marathon (1): 21 Dubai 2018
In 2022: 10 Okpekpe 10K; 3 African University Games 10,000; 13 COM 5000
- 205 KOOGO Atia GHA 23y**
10,000 pb: 31:11.19 -22. 5000 pb: 15:11.08 -17
- 206 SEIDU Salifu GHA 24y**
208 MATIENZO Ryan GUM 37y
2022 Oceanian Cross Country Champion (event was staged in central Guam)
6 Pacific Mini Games Half Mar 2022; 1 Oceanian XC 2022. He is also known as a cyclist, triathlete and (according to his instagram) a paintballer
- 209 WONG Wan Chun HKG 27y**
Hong Kong record holder at 5000m & 10K // Marathon pb: 2:20:58 -19 (2:25:59 -23). Half Mar pb: 64:30 -22 (74:09 -23). 10K pb: 29:27 -22. 5000 pb: 14:50.78 -19. 17 WSG Half Mar 2019; 110 World Half Mar 2020. At WXC: 2019-134
Marathons (4): 19 Hong Kong 2019, 21 Hofu 2019, 26 Xi'an 2021, 9 Hong Kong 2023
In 2023: 3 Claremont AUS Half Mar; 9 Hong Kong Marathon
- 210 SABLE Avinash IND 28y**
Full name-Avinash Mukund Sable
India's greatest-ever steeplechaser: 2022 Commonwealth silver & twice World Championship finalist
3000SC pb: 8:11.20 -22. Half Mar pb: 60:30 -20. 5000 pb: 13:25.65 -22. 2 Asian Champs 3000SC 2019; ht OLY 3000SC 2021; 11 WCH 3000SC 2022 (2019-13); 2 COM 3000SC 2022 (just 0.05 behind the Kenyan winner Abraham Kibiwot). He is a sergeant in the Indian Army. Brave performance by him to reach the 2019 world final, despite being accidentally brought down by Takele Nigate ETH at the start then accidentally blocked by Nigate again at the first water jump. Coach-Amrish Kumar
- 211 SINGH Anand IND 32y**
Full name-Anand Singh Rawat // Half Mar pb: 66:36 -17. 2 Indian XC 2023 (2022-9)
In 2023: 2 Indian XC
- 212 HASEGAWA Shu JPN 25y**
Half Mar pb: 61:02 -22. 10,000 pb: 28:32.76 -18. 5000 pb: 13:28.30 -20 (14:07.03 -23). Competes for the Kao Corporation (a chemical and cosmetics company based in Tokyo)
In 2023: 8 Adelaide Classic 5000
- 213 HATTORI Hazuma JPN 28y**
2018 Japanese Champion at 5000m // Half Mar pb: 62:31 -14. 10,000 pb: 28:26.61 -20. 5000 pb: 13:29.65 -21. 1 Asian junior 10,000 2014; 8 WJC 10,000 2014; 3 Asian Champs 5000 2019. 1 Japanese 5000 2018. COMPETES FOR THE Osaka Gas Corporation. Older brother-Yuma Hattori (2018 Fukuoka Marathon winner, 73 OLY 2021)
- 214 KITAMURA Tomoya JPN 24y**
Half Mar pb: 63:03 -22 (64:58 -23). 10,000 pb: 28:40.69 -21. 5000 pb: 13:54.82 -21. Marathon pb: 2:33:43 -21 (25th Nara)
In 2023: 72 Osaka Half Mar
- 220 YOSHIDA Keita JPN 24y**
Half Mar pb: 61:46 -19. 10,000 pb: 28:13.34 -22. 5000 pb: 13:37.34 -20 (13:52.48 -23). At WXC: 2017-79J. 3 Japanese Universities 5000 2018 (representing Aoyama Gakuin University)
In 2023: 5 Adelaide Classic 5000
- 223 (Ebenyo) SIMIYU Daniel KEN 27y**
Full name-Daniel Simiyu Ebenyo
2022 Commonwealth Games silver at 10,000m (he split Jacob Kiplimo & Kibiwot Kandie)
Half Mar pb: 59:04 -22. 10,000 pb: 27:11.26 -22. 5000 pb: 12:54.90 -22. ht OLY 5000 2021; 4 WIC 3000 2022; 2 African Champs 5000 2022; 10 WCH 5000 2022; 2 COM 10,000 2022. 1 Valencia 10K 2022 (26:58, beat strong field). 1 Kenyan 5000 2019/2022; 1 Nairobi Half Mar 2022
Second in 2019 Kenyan World Championship Trial 5000m, and selected for Doha, but could not take his place as he had not been subject to sufficient out-of-competition testing (nobody expected that he would qualify). As a boy he used to run a 24km round trip to and from school. "I would be forced to take a longer route to escape being attacked by rustlers," he explains
In 2023: 2 Kenyan Police XC (1st Geoffrey Kamworor)
[He was also second to Sabastian Sawe in Kenya's World Cross Country Championships Trial in December 2022]
- 224 KAMWOROR Geoffrey KEN 30y**
Full name-Geoffrey Kipsang Kamworor
He won a World Championship title every year in 2014-2015-2016-2017 -2018 (3 Half Mar, 2 XC)
Marathon pb: 2:05:23 -22. Half Mar pb: 58:01 -19. 10,000 pb: 26:52.65 -15. 5000 pb: 12:59.98 -16. At WXC: 2011-1J, 2015-1, 2017-1 (closed an 11-second gap on the last lap to catch Joshua Cheptegei UGA), 2019-3. 1 World Half Mar 2014/2016/2018; 2 WCH 10,000 2015 (2017-6); 11 OLY 10,000 2016. 1 Kenyan 5000 2012/2015 & XC 2016.
Marathons (12): 3 Berlin 2012, 4 Rotterdam 2013, 3 Berlin 2013, 6 Tokyo 2014, 4 Berlin 2014, 2 New York 2015; 1 New York 2017, 3 New York 2018, 1 New York 2019, 4 Valencia 2021, 18 Boston 2022, 5 WCH 2022. Also paced Berlin 2011
His favourite colour is yellow. At the 2016 World Half Marathon Championships in Cardiff, he fell over at start and lost 10-15 seconds, but was back with the leaders within three minutes. He can sprint, 54.60 last 400m compared with Mo Farah's 54.15 at the 2015 World Championship 10,000m
In June 2020 he was hospitalised after being hit from behind by a speeding motorcycle while out running. He suffered a fracture to his right tibia and also bruising
In June 2021, he won the Kenyan Olympic Trial in a world altitude best of 27:01.06, but missed the Game after picking up a foot in jury
In 2023: 1 Kenyan Police XC
[He was sixth at Kenya's World Cross Country Championships Trial in December 2022, returning from a stress fracture]
- 225 KANDIE Kibiwot KEN 26y**
Former world record holder at Half Marathon, the first to better 58 minutes for the distance. 4x Kenyan Defence Forces Cross Country Champion (He has the rank of Bombardier)
Marathon pb: 2:13:43 -21. Half Mar pb: 57:32 -20. 10,000 pb: 27:20.34 -22. 2 World Half Mar 2020; 3 COM 10,000 2022. 1 Kenyan Defence Forces XC 2019/2020/2021/2023 (2022-7); 1 Kenyan XC 2020. Missed Tokyo 2021 with a knee injury
Marathon (1): 9 New York 2021
Dangerous at the finish: In the San Silvestre de São Paulo 15K on new year's eve 2019, he pipped Jacob Kiplimo on the line after the Ugandan had slowed down to celebrate. His winning time of 42:59 broke the 23 year-old course record of his near-neighbour Paul Tergat (both from Baringo county)
In 2023: 1 Kenyan Armed Forces XC (won by 21 seconds)
[He was third at Kenya's World Cross Country Championships Trial in December 2022]
- 227 KIPKORIR Nicholas KEN 24y**
Full name-Nicholas Kipkorir Kimeli
2022 Commonwealth Games 5000m silver & fourth at Tokyo 2021
10K pb: 26:51 -22. 10,000 pb: 26:58.97 -20. 5000 pb: 12:46.33 -22. 3000 pb: 7:31.19 -22. 1 African junior 10,000 2017; 4 OLY 5000 2021; 7 WCH 5000 2022 (2019-8); 2 COM 5000 2022 (2018-9). His best win at the 2022 Rome Diamond 5000m: outsprinted Jacob Krop, 12:46.33 to 12:46.79 to break Eliud Kipchoge's meeting record
[He was fifth at Kenya's World Cross Country Championships Trial in December 2022]
- 230 (Kipruto) KIPPROP Emmanuel KEN 23y**
Full name-Emmanuel Kiprop Kipruto // 10K pb: 27:24 -22. 5000 pb: 13:08.42 -22. 1 Central Kenyan XC 2022. Based-Nyahururu
[He was fourth at Kenya's World Cross Country Championships Trial in December 2022]
- 235 SAWE Sabastian KEN 27y**
Full name-Sabastian Kimaru Sawe // Half Mar pb: 58:02 -22. 10,000 pb: 27:09.46 -22. 1 Brussels Diamond League One Hour run 2022 (covered 21,250m or 53 laps). Big Half Marathons wins in 2022 at Seville, Ostia and Sakhr (Bahrain)
[He won Kenya's World Cross Country Championships Trial in December 2022, ahead of a strong field]
- 237 SALAHUDINOV Aleksandr KGZ 22y**
1 Kyrgyz XC 2021
- 238 BETERO Teiote KIR 23y**

- 239 MEDVEDS Artūrs-Niklāvs LAT 23y**
10,000 pb: 29:32.23 -22. 5000 pb: 14:02.74 -22. 3000SC pb: 9:04.35 -21. 12 under-23 ECH 10,000 2021. At EXC: 2015-76J, 2016-67J, 2017-75J, 2018 -79J. 1 Latvian 3000SC 2017/2021. 3 NCAA Western Conference XC 2022, representing California Baptist University
- 240 AL SAYED Zaid LBN 22y**
44 Arab XC 2022. In 2023: 2 Lebanese XC
- 241 KABBARA Munir LBN 23y**
Lebanese record holder at 1500m, 5000m & Steeplechase // 5000 pb: 14:33.33 -21 (14:33.77i -23). 1500 pb: 3:44.11 -22. 3000SC pb: 8:44.05 -22. 6 Mediterranean under-23 1500 2022. Born-San Francisco to a Brazilian mother and Lebanese father. Attends University of California, Los Angeles His elder brother Nassim Kabbara is also an international cross country runner (6 Lebanese XC 2023)
In 2023: 1 Lebanese XC; 3 Boston University Terrier 5000 'C' (14 3000 'C')
- 242 KABBARA Nassim LBN 26y**
5000 pb: 14:39.53 -19. Student of Chemical Engineering at the Colorado School of Mines. His younger brother Munir Kabbara is also an international cross country runner (6 Lebanese XC 2023)
In 2023: 6 Lebanese XC
- 255 CRUZ Gonzalo MEX 25y**
10K pb: 29:22 -22. 5000 pb: 14:53.50 -18. 1500 pb: 3:50.79 -22. 9 Mexican 1500 2022
- 256 DEL VALLE Roberto MEX 21y**
5000 pb: 14:35.21 -21
- 257 LAGUERA Marcelo MEX 27y**
Half Mar pb: 63:07 -23. 10,000 pb: 28:59.37 -22. 5000 pb: 13:59.23 -22. 1 NCAA div 2 XC 2018; 2 NCAA div 2 10,000 2019. Was at Colorado State University-Pueblo
In 2023: 16 Houston Half Mar
- 259 BILDAD Bildad MHL 42y**
The Marshall Islands are represented at the World Cross Country Championships for the first time
- 261 VELORIA Sildrey NMI 20y**
Full name-Sildrey Job Noceja Veloria // 7 Oceanian XC 2022
The Northern Mariana Islands are represented at the World Cross Country Championships for the first time
- 262 AVERY Cameron NZL 25y**
2022 New Zealand Mountain Running Champion // Half Mar pb: 65:24 -22. 10,000 pb: 29:14.27 -21. 5000 pb: 13:59.00i -20, 14:00.71 -22. 1 Oceanian junior XC 2016; 1 New Zealand Mountain Running 2022. 2 New Zealand XC 2022. Studied Health science and creative writing at Stony Brook University in New York State
In 2023: 1 Timaru Mile; 11 New Zealand 3000
- 263 BAXTER Matt NZL 28y**
Second at 2017 US Collegiate Cross Country Championships (leading Northern Arizona University to team victory)
Marathon pb: 2:17:15 -22. Half Mar pb: 62:38 -21. 10,000 pb: 28:10.05 -18. 5000 pb: 13:27.61i -20, 13:30.57 -21. 1500 pb: 3:45.27 -17. 7 Commonwealth Youth Games 3000 2011; 2 Oceanian 5000 2019. At WXC: 2019-45. 2 NCAA XC 2017; 5 NCAA 10,000 2018; 1 New Zealand 5000 2019 & 10K 2020. Won 2022 Chicago Half Marathon in 61:54, but course was short. Coach-Ben Rosario
Marathon (1): 12 New York 2022
- 264 CHIGNELL Oli NZL 25y**
2019 Oceanian Champion at 5000m // 10,000 pb: 27:52.21 -22. 5000 pb: 13:27.03 -22. 3000 pb: 7:52.79 -22. 1 Oceanian 5000 2019. 1 New Zealand XC 2018/2021; 1 New Zealand 5000/10K 2018
In 2023: 4 New Zealand 3000
- 270 OAKLEY Julian NZL 29y**
2018 World indoor finalist at 3000m // Mile pb: 3:55.10i -18, 3:57.44 -18. 3000 pb: 7:44.34i, 7:52.29 -17. 5000 pb: 13:29.74 -22. ht WJC 800/1500 2012; 9 WIC 3000 2018. 1 New Zealand 1500 2021, Mile 2022, 3000 2022/2023 & 10,000 2021/2022. Was at Providence College in Providence, Rhode Island
In 2023: 1 New Zealand 3000
- 272 ROBERTSON Tim NZL 27y**
An orienteer of high world class
Based in Sweden (he needs to be in Europe in order to contest Orienteering World Cup season)
Half Mar pb: 67:36 -22. 10K pb: 29:26 -22. 5000 pb: 13:54.41 -22. 3000 pb: 8:01.80i -23. 3 New Zealand XC 2022.
As an 'Sprint' Orienteer: 2 World Champs 2018 (2021-3); 1 World Student Games 2018; 1 World Games 2022; 1 World Junior 2014/2015
He is a lover of espresso coffee – "I have a tradition of buying locally roasted beans from each new country I visit."
In 2023: 1 Norrköping Games 3000; 2 Sollentuna 3000
- 275 TAYLOR Matthew NZL 28y**
Reigning New Zealand Cross Country Champion // 5000 pb: 14:04.90 -22. 3000 pb: 8:01.58 -22 (8:12.79 -23). 1500 pb: 3:43.93 -22. 3 New Zealand 1500 2018; 1 New Zealand 3000 2020 & XC 2022 (2021-2). Coach-Chris Pilon
In 2023: 7 New Zealand 3000
- 276 AMIR Sohail PAK 25y**
10,000 pb: 31:05.86 -19. 5000 pb: 14:57.31 -19. 1 Pakistani 10,000 2022
Pakistan are represented at the World Cross Country Championships for the first time
- 277 GOIYE Dilu PNG 20y**
5000 pb: 15:31.123 -21. 10,000 pb: 33:04.04 -22. 1 Pacific Mini Games 10,000 2022
- 278 GUNDU James Kuadua PNG 30y**
10,000 pb: 32:48.28 -19. 5000 pb: 15:57.00 -19. 4 Oceanian 10,000 2019; 3 Pacific Games 5000/10,000 2019
- 279 KAGL Siune PNG 24y**
Half Mar pb: 75:58 -22. 10,000 pb: 32:44.08 -22. 5000 pb: 15:36.32 -22. 2 Pacific Mini Games 5000/10,000 2022; 2 Oceanian 10,000 2022 (4 5000)
- 280 SIUNE Abel PNG 21y**
1500 pb: 4:09.67 -20. 8 Pacific Mini Games Half Mar 2022. 1 Papua New Guinean 1500 2020
- 281 TAKAP Israel PNG 24y**
3000SC pb: 9:45.73 -22. 1 Pacific Mini Games 3000SC 2022
- 282 TURALOM Aquila PNG 21y**
3000SC pb: 9:46.99 -22. 1500 pb: 4:01.15 -23. 2 Pacific Mini Games 3000SC 2022; 3 Oceanian 3000SC 2022 (6 1500)
In 2023: 5 Brisbane Sally Pearson Shield 1500
- 283 TROQUENET Damien PYF 39y**
Former French international canoeist, moved to Tahiti in 2016 // Half Mar pb: 75:15 -22. 2 Pacific Mini Games Half Mar 2022; 1 Polynesian Half Mar 2022 (74 minutes)
Born-France, best known as a French international slalom canoeist, winning silvers in C2 [Canadian Men's Doubles] at the 2007 World & 2009 Europeans. His canoeing partner: Mathieu Voyemant
French Polynesia are represented at the World Cross Country Championships for the first time
- 284 CHAUMETON Maxime RSA 22y**
Twice South African Universities Champion at 5000m // 10K pb: 27:58 -22. 5000 pb: 13:42.56 -22. At WXC: 2019-28J. 1 South African Universities 5000 2021/2022
A breakthrough run by him to place third in the prestigious Bolzano 10K on December 31, 2022
[He was second at South Africa's World Cross Country Championships Trial in December 2022]
- 285 GELANT Elroy RSA 36y**
South African record holder at 5000m // Marathon pb: 2:10:31 -19. Half Mar pb: 61:01 -19 (66:47 -23). 10,000 pb: 27:41.30 -13. 5000 pb: 13:04.88 -16. 3000 pb: 7:39.55i -14, 7:41.38 -15. 1500 pb: 3:37.97 -15. 800 pb: 1:47.74 -08. 3 WSG 5000 2009; 12 WCH 5000 2013 (2011-ht); 7 WIC 3000 2014 (2012-12); 13 World Half Mar 2014 (2018-41); 2 African Champs 5000 2016 (2014-9); 13 OLY 5000 2016. At WXC: 2013-20, 2017-44. 1 South African 10,000 2011 & XC 2012. Coach-Jean Verster
Marathons (5): 5 Cape Town 2017, 4 Cape Town 2019, dnf London 2020, 1 Cape Town 2021, 34 OLY 2021
In 2023: 2 Bedfordview Half Mar
[He was third at South Africa's World Cross Country Championships Trial in December 2022]
- 286 LEETO Mathews RSA 32y**
Half Mar pb: 64:12 -22. 10,000 pb: 32:42.95 -15. 4 South African World Trial XC 2022
[He was fourth at South Africa's World Cross Country Championships Trial in December 2022]
- 287 MASHELE Lesiba Precious RSA 32y**
Full name-Lesiba Precious Mashele
Sixteenth at 2019 World Cross Country Championships
Half Mar pb: 60:00 -21. 10,000 pb: 27:55.87 -21. 5000 pb: 13:11.65 -21. 14 World Half Mar 2020 (2018-44); ht OLY 5000 2021; ht WCH 5000 2022. At WXC: 2015-39, 2017-57, 2019-16. 1 South African 5000 2019/2021/2022 & 10K 2018/2019/2021
[He won South Africa's World Cross Country Championships Trial in December 2022]
- 288 MATHANGA Mbuleli RSA 29y**
Full name-Mbuleli Mathanga
Twice South African Champion at both 10,000m and Cross Country
Half Mar pb: 60:17 -21. 10,000 pb: 28:03.45 -21. 5000 pb: 13:29.66 -21. 7 African Champs 10,000 2022. 1 South African XC 2021/2022; 1 South African 10,000 2021/2022. From KwaZulu-Natal. Coach-Mdu Khumalo
- 293 MULAUDZI Collen RSA 31y**
Full name-Collen Humbulani Mulaudzi // Marathon pb: 2:15:49 -19. Half Mar pb: 60:51 -20. 10,000 pb: 28:48.32 -22. 5000 pb: 13:47.24 -21. 19 WSG Half Mar 2019; 23 World Half Mar 2020. He's no relation to the late Mbulaeni Mulaudzi (1 WCH 800 2009)
Marathons (2): 15 Cape Town 2018, 13 Cape Town 2019
In 2023: 2 Centurion Half Mar
[He was fifth at South Africa's World Cross Country Championships Trial in December 2022]
- 298 SILLY Gaylord SEY 36y**
Silly pronounced 'See-E'
2019 Indian Ocean Island Games Champion at 3000m Steeplechase
3000SC pb: 8:57.71 -17. 1500 pb: 3:53.04 -17. 800 pb: 1:53.95 -12. Half Mar pb: 70:44 -09. 89 World Half Mar 2009; ht WIC 800 2012 & 1500 2022; 12 African Champs 3000SC 2014; 1 Indian Ocean Island Games 3000SC 2019. 1 French over-35 3000SC 2021. At WXC: 2008-162, 2010-118, 2011-105, 2015-104, 2019-120
Lives-Vendôme (Central France). Mother-Seychellois, father- French, he has dual nationality. Worked a tree surgeon, now training to be a sports teacher. He has recovered from suffering a brain haemorrhage while warming up at the 2016 French Cross Country Championships. Coach-Hervé Davaux

- 299 SOUNRARAJAH Jeevaneesh SGP 29y**
5000 pb: 15:10.43 -23. 1500 pb: 4:00.19 -22. 7 South East Asian Games 1500 2022. Member of Melbourne University Athletic Club. With 6:52.97 in 2022, he holds the record for the important Singaporean 6-lap 2400m "challenge" race (won \$700, 700 bottles of a soft drink supplied by the race sponsors and vouchers for 700 packets of chicken rice (most of which he donated to charity)
In 2023: 14 Melbourne Box Hill Burn 5000
- 300 WONG Melvin SGP 39y**
Full name-Melvin Wong Yao Han // 5000 pb: 15:22.7 -17. 10,000 pb: 32:59.10 -15. Marathon pb: 2:37:28 -19 (69th Gold Coast)
- 301 FAENI Martin SOL 30y**
Marathon pb: 2:50:40 -22. Half Mar pb: 79:48 -22. 7 Pacific Mini Games Half Mar 2022; 18 COM Marathon 2022
The Solomon Islands are represented at the World Cross Country Championships for the first time
- 302 FOASILAFU Gregory SOL 30y**
2 Oceanian youth 3000 2008
The Solomon Islands are represented at the World Cross Country Championships for the first time
- 303 SIOSI Rosefelo SOL 26y**
5000 pb: 15:47.76 -16. 6 Oceanian 5000 2013; ht OLY 5000 2016; 18 COM 5000 2022 (2014-24), finishing last both times but receiving huge cheers packed stadiums each time. Lives-Melbourne, member of Glenhunting Athletic Club. Coach-Trevor Vincent
The Solomon Islands are represented at the World Cross Country Championships for the first time
- 304 ROBLE Abdi Daud SOM 32y**
10,000 pb: 31:39.34 -22. Half Mar pb: 64:12 -22. Marathon pb: 2:24:06 -19. 1 Copenhagen Østerbro Half Mar 2019; 11 Islamic Solidarity Games 10,000 2022
Marathons (3): 28 Copenhagen 2018, 44 Hamburg 2019, 28 Amsterdam 2019
- 305 (Gisemo) JOSHUA Josephat TAN 30y**
Full name-Josephat Joshua Gisemo // Half Mar pb: 64:28 -22. 10,000 pb: 29:44.28 -20. 5000 pb: 13:56.16 -20. 16 COM 5000 2022. At WXC: 2017-46. 1 Tanzanian 1500 2021 & 10,000 2020
- 306 (Samhenda) SOMBI Mathayo TAN 28y**
Full name-Mathayo Sombi Samhenda // 10,000 pb: 29:47.78 -20. 5000 pb: 14:28.51 -20
- 307 SULLE Fabiano TAN 28y**
Full name-Fabiano Nelson Sulle // Half Mar pb: 60:57 -21. 10,000 pb: 28:01.53 -16. 5000 pb: 13:36.14 -16. 16 African Games 5000 2011; 14 COM 5000 2014. At WXC: 2015-33. 1 Tanzanian 5000 2018/2021
- 308 SULLEY Inyasi TAN 24y**
Full name-Inyasi Nicodemus Sulley // Half Mar pb: 62:22 -22. 10K pb: 28:32 -22
- 309 AL-BADWAWI Khalid UAE 23y**
5000 pb: 15:58.05 -17. 11 Asian Champs 5000/3000SC 2017; 28 Arab XC 2023 (2022-48)
In 2023: 28 Arab XC
- 312 CHEPTEGEI Joshua UGA 26y**
DEFENDING WORLD CROSS COUNTRY CHAMPION
Full name-Joshua Kiprui Cheptegei
World record holder at 5000m & 10,000m, formerly at 5K/10K
Reigning World Champion at 10,000m & Cross Country. Olympic Champion at 5000m
10,000 pb: 26:11.00 -20. 5000 pb: 12:35.36 -20. Half Mar pb: 59:21 -20. 15K pb: 41:05 -18. 10K pb: 26:38 -19. 5K pb: 12:51 -20
1 WJC 10,000 2014 (4 5000); 6 OLY 10,000 2016 (8 5000); 1 COM 5000/10,000 2018; 1 WCH 10,000 2019/2022 (2015-9, 2017-2); 4 World Half Mar 2020; 1 OLY 5000 2022 (2 10,000); 9 WCH 5000 2022. At WXC: 2015 -11J, 2017-30, 2019-1
One of nine children. He holds the rank of Assistant Superintendent in the Ugandan Police Force. Coach-Addy Ruitner NED
At the 2017 World Cross Country Championships in Kampala, he had an 11-second lead from the Kenyans at the start of the last lap, but then hit the wall and was passed by 29 men (yet his 30th place helped Uganda to win team bronzes)
[He picked up a knee injury after the Eugene World Championships and did not compete again until Madrid's San Silvestre Vallecana 10K on new year's eve, which he won in 27:09]
- 315 KIBET Isaac UGA 26y**
Half Mar pb: 60:20 -22 (62:29 -23). 10K pb: 27:41 -21. 10,000 pb: 28:23.05 -14. 5000 pb: 14:05.33 -22. 2 Ugandan XC 2022
In 2023: 2 Adana Half Mar
- 316 KIBET Rogers UGA 19y**
Two fifths at the 2022 world juniors // 10K pb: 27:07 -23. 10,000 pb: 27:31.08 -22. 5000 pb: 13:14.68 -22. 3000 pb: 7:50.95 -22. 5 WJC 3000/5000 2022. 1 Doha Diamond national 5000 2022; 11 'Great' Ethiopian Run 10K 2022. 4 Ugandan XC 2022
In 2023: 6 Valencia 10K (27:07)
- 317 KIBET Samuel UGA 21y**
2022 World Mountain Running Champion in the 'Up + Down' section (5K climb of 475m, then 5K descent of about the same distance)
10,000 pb: 28:22.26 -19. 5000 pb: 13:27.84 -20. 2 African junior 10,000 2019 (4 5000); 7 African Games 10,000 2019; 1 World Mountain Running Champs 'Up + Down' 2022. At WXC: 2019-9J. 2 Italian XC 2022 (as a guest). 3 Ugandan XC 2022
- 318 KIPLIMO Jacob UGA 22y**
World Champion & world record holder at Half Marathon. Double distance gold at 2022 Commonwealth Games. Olympic & World Championship bronzes at 10,000m
Half Mar pb: 57:31 -21. 10,000 pb: 26:33.93 -21. 5000 pb: 12:48.63 -20. 3000 pb: 7:26.64 -20. 3 WJC 10,000 2016; ht OLY 5000 2016; ht WCH 5000 2017; 4 COM 10,000 2018; 2 WJC 10,000 2018 (6 5000); 1 'Great' Manchester 10K 2019; 1 World Half Mar 2020; 3 OLY 10,000 2021 (5 5000); 3 WCH 10,000 2022; 1 COM 5000/10,000 2022. At WXC: 2017-1J, 2019-2. 1 'Great' North Run 2022. He was the youngest athlete entered for the athletics programme in Rio 2016. Older half-brother-Victor Kiplangat (2017 World Mountain Running Champion). Younger step-brother is Oscar Chelimo (3 WCH 5000 2022). Coaches-Peter Chelanga UGA & Iacopo Brasi ITA
- 320 KIPROTICH Martin UGA 19y**
Full name-Martin Magengo Kiprotich // 10K pb: 28:21 -22. 10,000 pb: 29:46.31 -19. 5000 pb: 13:21.85 -22. 9 WJC 5000 2021. 3 Ugandan 5000 2022. 1 Ugandan XC 2022, beating strong field
- 324 CATROFE Santiago URU 24y**
Full name-Santiago Catrofe Cacharron
Uruguayan record holder at 1500m, 3000m & 5000m
5000 pb: 13:26.78 -22. 1500 pb: 3:35.82 -21. 4 Pan-Am Games 1500 2019; 2 Pan-Am under-23 1500 2021; 3 South American 1500 2021 (2019-4); sf WCH 1500 2022. 1 Uruguayan 1500 2019/2021. Born-Uruguay, his family moved to Spain at the age of four
In 2023: 7 Elgoibar XC; 21 Spanish XC (including all guest finishers, of which he was one); 2 Calzadilla XC
- 326 BOR Emmanuel USA 34y**
(2nd Lieutenant Emmanuel Bor)
2023 US Cross Country Champion // Half Mar pb: 62:18 -19. 10,000 pb: 27:22.80 -21. 5000 pb: 13:00.48i, 13:13.15 -22. 4 WSG 1500 2007; 4 North/Central American & Caribbean 5000 2018/2022. At WXC: 2019-68. 1 US XC 2023. Was at the University of Alabama, now an environmental science officer (at Fort Huachuca, Arizona) with the US Army's World Class Athlete programme. Selected for the 2022 World Indoor Championships in Belgrade but did not compete because the US State Department discouraged travel to Serbia at that time
Younger brother Hillary Bor (7 OLY 3000SC 2016, 1st US Trials 2021), is also part of the US World Class Athlete Programme, having transferred allegiance from Kenya in 2016
In 2023: 1 US XC
- 327 BOR Hillary USA 33y**
(Staff Sergeant Hillary Bor)
Allegiance transferee from Kenya – born Eldoret, came to the USA in 2007 to attend Iowa State University and gained US citizenship on October 9, 2013, having joined the US Army that year. Cleared by World Athletics to represent USA on July 19, 2016
3000SC pb: 8:08.41 -17. 5000 pb: 13:10.98i -22, 13:26.74 -21. 10,000 pb: 27:38.53 -21. 7 OLY 3000SC 2016 (2021-ht); 8 WCH 3000SC 2019/2022 (2017-ht). At WXC: 2019-60. 1 US 3000SC 2019/2021/2022. 1 'Great' Stirling XC 2019. Became a member of the US Army World Class Athlete Programme in 2016. Elder brothers Julius Bor (18 UK XC 2016) & Emmanuel Bor (1 US XC 2023)
In 2023: 8 US XC
- 328 BUCHANAN Reid USA 30y**
2019 Pan-American 10,000m silver // Marathon pb: 2:11:38 -20. Half Mar pb: 61:45 -20. 10,000 pb: 27:52.74 -22. 5000 pb: 13:27.83 -17. 3000 pb: 7:50.26 -17. 1500 pb: 3:42.17 -15. 3 North/Central American & Caribbean XC 2019; 2 Pan-Am Games 10,000 2019. 7 US indoor 3000 2018; 7 US 5000 2018 (2017-8). Lives-San Diego, California
Marathons (3): 13 Chandler 2020, 22 Boston 2021, 24 Chicago 2022
In 2023: 3 Tempe Half Mar; 7 US XC
- 329 CHELANGA Samuel USA 37y**
(1st Lieutenant Samuel Chelanga)
Full name-Samuel Kiprono Chelanga
Allegiance transferee from Kenya – acquired US citizenship on August 14, 2015 and cleared by World Athletics to represent the USA from March 2, 2016
Marathon pb: 2:15:02 -17. Half Mar pb: 60:37 -18 (63:34 -22). 10,000 pb: 27:08.39 -10. 5000 pb: 13:04.35i -14, 13:09.67 -12. 14 World Half Mar 2018. At WXC: 2017-11. 1 US 10K 2021, 7M 2017, 12K 2015, 10M 2015/2016, 25K 2018; 1 NCAA XC 2009/20101, 10,000 2010 & 5000 2011. Came to US in 2006 on a scholarship arranged by Paul Tergat. Became a member of the US Army World Class Athlete Programme in 2016
His older brother Joshua Chelanga was fourth at the 1999 World Cross Country Championships and was second at the 2002 Commonwealth Games Marathon
Marathons (4): dnf Los Angeles 2016 (US Olympic Trial), 15 Chicago 2017, 18 London 2018, 21 Atlanta 2020 (US Olympic Trial). Also helped paced Monza "Breaking2" Exhibition Marathon in 2017
In 2023: 5 US XC; 1 Mesa Half Mar

- 330 COLLEY Andrew USA 31y**
 Second at 2023 US Cross Country Championships // Marathon pb: 2:12:15 -19. Half Mar pb: 62:24 -18. 10,000 pb: 28:26.27 -19. 5000 pb: 13:40.19 -14. At WXC: 2010-42J, 2015-90. 3 US Half Mar 2019. Born-Williamsburg, Virginia. Was at North Carolina State University. In 2017, underwent surgery to repair trapped arteries on the back of both legs (Popliteal Artery Entrapment Syndrome). Lives-Blowing Rock, North Carolina. Coach-Pete Rea
 Marathon (3): 16 Sacramento 2018, 2 Duluth 2019, dnf Atlanta 2020 (US Olympic Trial)
 Trademark long hair since he was a schoolboy – “I like to stick out and be noticed in the crowd”
 In 2023: 2 US XC
 [He is planning to contest the Rotterdam Marathon in April]
- 335 MAGGARD Dillon USA 27y**
 2022 World indoor finalist at 3000m // 10,000 pb: 27:37.26 -22. 5000 pb: 13:22.94 -22. 1500 pb: 3:37.43 -19. 9 WIC 3000 2022; 2 North/Central American & Caribbean 10,000 2022. 3 US indoor 2M 2019; 2 US XC 2022; 3 US indoor 3000 2022. Lives-North Logan, Utah. He is a Volunteer Assistant Coach at Utah State University (from where he graduated with a degree in natural resources)
 In 2023: 6 US XC
- 338 ROTICH Anthony USA 32y**
 (His Army rank is Specialist Anthony Rotich)
 4x US Collegiate Champion
 3000SC pb: 8:21.19 -13. 5000 pb: 13:31.59 -15. 3000 pb: 7:51.12 -17. 4 North/Central American & Caribbean 3000SC 2022. 1 US 5K 2019; 1 US XC 2020; 1 NCAA 3000SC 2013/2014/2015; 1 NCAA indoor Mile 2014. Born-Eldoret, Kenya. Attended the University of Texas at El Paso. Become a USA citizen after joining the US Army's World Class Athlete Programme
 In 2023: 3 US XC
- 340 SIMBASSA Abbabiya USA 29y**
 (“Biya”)
 2017 North/Central American & Caribbean Cross Country Champion
 Half Mar pb: 60:37 -22. 10,000 pb: 27:45.78 -17. 5000 pb: 13:19.12 -21. 1 North/Central American & Caribbean XC 2017. 1 US 25K 2021; 1 US 10K 2022. Reserve for 2017 World Championship 10,000m. Born-Ethiopia, his family moved to Texas when Abbabiya was aged 14. Graduated from the University of Oklahoma in 2015, with a degree in Sports Demonstration and Coaching
 In 2023: 9 US XC
- 343 ORTA Luis Alberto VEN 34y**
 Full name-Luis Alberto Orta Millan
 Venezuelan record holder at Half Marathon
 Marathon pb: 2:16:30 -18. Half Mar pb: 63:09 -18. 10,000 pb: 28:32.46 -18. 5000 pb: 13:49.00 -17. 12 WJC 3000SC 2008. 2 Central American & Caribbean Champs 5000 2011; 12 Pan-Am Games 5000 2011; 5 South American 3000SC 2013; 48 World Half Mar 2018 (2014-81, 2018-89). At WXC: 2007-80J. Was at The University of Kentucky
 Marathons (15): 2 Missoula 2014, dnf Central American & Caribbean Games 2014, 25 Rotterdam 2015, dnf Pan-Am Games 2015, 25 Rotterdam 2015, 25 Valencia 2015, 26 Rotterdam 2016, 105 OLY 2016, 66 WCH 2017, 8 Düsseldorf 2018, 21 Berlin 2018, 12 Buenos Aires 2019, dnf Valencia 2020, 14 Sacramento 2021, 2 Indianapolis 2022
- 344 WAISON Blessing ZIM 27y**
 Marathon pb: 2:15:10 -22. 5000 pb: 14:39.69 -17
 Marathons include: 1 Harare 2022, 2 Victoria Falls 2022; 6 Cape Town 2022