

# Men's Cross Country Senior Race

Final

30.03.2024

<b>1</b>	<b>Mohammad Karim YAQOOT (AFG)</b>	<b>34y</b>
<b>GENERAL:</b> Asian Championships finalist <b>HONOURS:</b> <b>2024:</b> 3000m (i) Glasgow (GBR) 12. 9:37.10		
<b>2</b>	<b>Miguel Ángel BARZOLA (ARG)</b>	<b>41y</b>
<b>GENERAL:</b> 4 times South American Championships finalist   South American Championships Silver medallist 10,000m (09)   <b>WA World Rankings: 68th</b> <b>OTHER PBs:</b> 28:37 10km Road(20) - 1:02:41 Half Marathon(22) - 2:14:52 Marathon(19) <b>HONOURS:</b> <b>Sam. Ch. (1xSilver)</b>   <b>IberoAM Ch. (1xBronze)</b>   <b>NCH (2xWin)</b> <b>2024:</b> 10km Road Castellón (ESP) 23. 29:38 <b>INFO:</b> Born in Bragado.		
<b>3</b>	<b>Liam ADAMS (AUS)</b>	<b>37y</b>
<b>GENERAL:</b> 3 times Commonwealth Games finalist Marathon (22)   National champion Half Marathon (23) <b>OTHER PBs:</b> 28:11.76 10,000m(12) - 34:27 12 km Road(18) - 2:08:39 Marathon(23) <b>HONOURS:</b> <b>NCH (1xWin)</b> <b>INFO:</b> Born in Melbourne. Human Movement studies at Victoria University. Nickname: Sledgehammer. Also an Electrician.		
<b>4</b>	<b>Zachary FACIONI (AUS)</b>	<b>24y</b>
<b>OTHER PBs:</b> 7:46.76 3000m (i)(23) - 13:27.71 5000m(23) - 13:34.21 5000m (i)(22) <b>2024:</b> 5000m Melbourne (AUS) 11. 13:45.52 - 3000m Sydney (AUS) 5. 7:49.48 <b>INFO:</b> Hometown: Sydney. Studies: Wake Forest University. Major in Econometrics.		
<b>5</b>	<b>Edward MARKS (AUS)</b>	<b>22y</b>
<b>OTHER PBs:</b> 8:00.79 3000m(23) - 13:39.57 5000m(24) - 28:13 10km Road(23) <b>2024:</b> 1500m Melbourne (AUS) 8. 3:54.08 - 5000m Melbourne (AUS) 9. 13:39.57 <b>INFO:</b> Based in Melbourne. Engineering studies at Monash University.		
<b>6</b>	<b>Haftu STRINTZOS (AUS)</b>	<b>24y</b>
<b>OTHER PBs:</b> 7:56.07 3000m (i)(22) - 13:34.41 5000m(24) - 13:48.72 5000m (i)(22) <b>2024:</b> Mile Melbourne (AUS) 10. 4:15.85 - 5000m Melbourne (AUS) 6. 13:34.41 - 3000m Sydney (AUS) 14. 7:57.99 <b>INFO:</b> Hometown: Melbourne. Studies: Villanova University. Major in Electrical Engineering. Likes watching Netflix.		
<b>7</b>	<b>Patrick TIERNAN (AUS)</b>	<b>29y</b>
<b>OTHER PBs:</b> 7:37.76 3000m(17) - 27:22.55 10,000m(20) - 2:07:45 Marathon(24) <b>2024:</b> Marathon Houston, TX (USA) 4. 2:07:45 <b>INFO:</b> Born in Toowoomba. Mathematics and Economics studies at Villanova University. Nickname: Pat.		
<b>8</b>	<b>Andre WARING (AUS)</b>	<b>30y</b>
<b>OTHER PBs:</b> 7:52.23 3000m(23) - 13:31.33 5000m(23) - 28:30.57 10,000m(23) <b>2024:</b> 5000m Melbourne (AUS) 14. 13:54.19 <b>INFO:</b> Athlete from Victoria.		
<b>9</b>	<b>Therence BIZOZA (BDI)</b>	<b>20y</b>
<b>OTHER PBs:</b> 28:13.72 10,000m(23) - 1:01:30 Half Marathon(22) - 2:09:18 Marathon(23) <b>2024:</b> Half Marathon Milano (ITA) 8. 1:03:06 <b>INFO:</b> Has been training in Italy.		
<b>10</b>	<b>Jean Marie BUKURU (BDI)</b>	<b>21y</b>
<b>OTHER PBs:</b> 8:04.02 3000m(23) - 13:50.43 5000m(21) - 1:03:03 Half Marathon(23) <b>INFO:</b> Has been training in Italy.		
<b>11</b>	<b>Emile HAFASHIMANA (BDI)</b>	<b>19y</b>
<b>GENERAL:</b> Francophone Games Bronze medallist 5000m (23) <b>OTHER PBs:</b> 7:55.67 3000m(23) - 13:27.16 5000m(23) <b>HONOURS:</b> <b>Franc. G. (1xBronze)</b> <b>2024:</b> 10,000m Accra (GHA) AfG 10. 30:12.66 - 5000m Accra (GHA) AfG 13. 14:10.03		
<b>12</b>	<b>Célestin NDIKUMANA (BDI)</b>	<b>22y</b>
<b>GENERAL:</b> 2 times All-African Games finalist 10,000m (24)   <b>WA World Rankings: 10th</b> <b>OTHER PBs:</b> 7:45.02 3000m(23) - 13:18.74 5000m(23) - 13:36 5 km Road(23) <b>HONOURS:</b> <b>2024:</b> 3000m (i) Valencia (ESP) 12. 8:04.14 - 10,000m Accra (GHA) AfG 4. 29:48.02 - 5000m Accra (GHA) AfG 6. 13:45.34 <b>INFO:</b> Has been training in Italy.		
<b>13</b>	<b>Lionel NIHIMBAZWE (BDI)</b>	<b>18y</b>
<b>GENERAL:</b> World U20 Championships finalist <b>OTHER PBs:</b> 3:47.82 1500m(23) - 8:04.07 3000m(21) - 13:56.05 5000m(23) <b>HONOURS:</b> <b>INFO:</b> Has been training in Italy.		
<b>14</b>	<b>Patrick NIMUBONA (BDI)</b>	<b>23y</b>
<b>OTHER PBs:</b> 8:02.59 3000m(23) - 29:09.55 10,000m(23) <b>2024:</b> 5 km Road Lille (FRA) 11. 14:17 <b>INFO:</b> Has been training in Italy.		
<b>15</b>	<b>Ivo BALABANOV (BUL)</b>	<b>27y</b>
<b>GENERAL:</b> 8 times National champion 1500m (21, 19), 5000m (23, 21, 19, 18), 3000mSC (23, 18)   2 times National Indoor champion 1500m (i) (19), 3000m (i) (24) <b>OTHER PBs:</b> 7:57.83 3000m (i)(23) - 28:43.33 10,000m(20) - 8:39.55 3000mSC(22)   <b>Current Records: 1xNBP:</b> NBP 13:41 5 km Road Riga(23) <b>HONOURS:</b> <b>NCH (8xWin)</b>   <b>NICH (2xWin)</b> <b>2024:</b> 3000m (i) Sofia (BUL) 1. 8:12.26 - 3000m (i) Gent (BEL) 13. 8:03.43 - 3000m (i) Istanbul (TUR) 2. 8:10.61 - 1500m (i) Sofia (BUL) 2. 3:50.76 - 3000m (i) Sofia (BUL) 1. 8:30.20 - 5 km Road Leicester (GBR) 12. 13:54 <b>INFO:</b> Hometown: Blagoevgrad. Studies: California Baptist University. Major in Kinesiology. Likes boxing, movies.		
<b>16</b>	<b>Zoubairou AFIZ (CAF)</b>	<b>23y</b>
<b>17</b>	<b>Connor BLACK (CAN)</b>	<b>28y</b>
<b>OTHER PBs:</b> 3:43.05 1500m(22) - 3:47.69 1500m (i)(22) - 13:38.09 5000m(22) <b>INFO:</b> Hometown: Forest, ON. Studies: University of Guelph. Major in Human Kinetics.		

<b>18</b>	<b>Andrew DAVIES (CAN)</b>	<b>23y</b>
<b>WA World Rankings: 191st</b>		
<b>OTHER PBs:</b> 7:55.85 3000m (i)(22) - 13:37.39 5000m(22) - 13:50.64 5000m (i)(21)		
<b>2024:</b> 10km Road Cowichan (CAN) 1. 29:32 - Half Marathon Vancouver (CAN) 2. 1:04:34 - 5 km Road Vancouver (CAN) 2. 14:20 - 5000m Vancouver (CAN) 2. 14:26.93		
<b>INFO:</b> Hometown: Sarnia. Studies: McMaster University. Major in Integrated Business and Humanities.		
<b>19</b>	<b>Thomas FAFARD (CAN)</b>	<b>25y</b>
<b>GENERAL:</b> NACAC Championships Silver medallist 5000m (22)   Pan American U20 Championships Silver medallist 5000m (17)		
<b>OTHER PBs:</b> 3:40.58 1500m(21) - 7:51.37 3000m (i)(22) - 13:31.50 5000m(22)		
<b>HONOURS:</b> NACAC Ch. (1xSilver)   PanAm. U20 Ch. (1xSilver)		
<b>2024:</b> Half Marathon Houston, TX (USA) 12. 1:02:19 - 10,000m San Juan Capistrano, CA (USA) 5. 28:39.29		
<b>INFO:</b> Based in Quebec. Studies: Laval University.		
<b>20</b>	<b>Philippe MORNEAU-CARTIER (CAN)</b>	<b>22y</b>
<b>OTHER PBs:</b> 7:55.93 3000m (i)(23) - 13:46.58 5000m(23) - 13:51.53 5000m (i)(23)		
<b>2024:</b> 3000m Ottawa (CAN) 1. 8:13.58		
<b>INFO:</b> Hometown: La Pocatière. Medicine studies at Laval University.		
<b>21</b>	<b>Mike TATE (CAN)</b>	<b>28y</b>
<b>GENERAL:</b> NACAC U23 Championships Silver medallist 1500m (16)   National champion 5000m (21)		
<b>OTHER PBs:</b> 3:41.22 1500m(21) - 13:34.28 5000m(17) - 13:41.15 5000m (i)(20)		
<b>HONOURS:</b> NACAC U23 Ch. (1xSilver)   NCH (1xWin)		
<b>2024:</b> Mile (i) Boston, MA (USA) 12. 4:11.26		
<b>INFO:</b> Hometown: Antigonish, Nova Scotia. Studies: Southern Utah University. Major in Integrated Engineering.		
<b>22</b>	<b>Max TUREK (CAN)</b>	<b>24y</b>
<b>WA World Rankings: 180th</b>		
<b>OTHER PBs:</b> 4:02.67 Mile (i)(23) - 7:56.37 3000m (i)(23) - 13:50.37 5000m (i)(22)		
<b>2024:</b> 10,000m San Juan Capistrano, CA (USA) 8. 29:12.18		
<b>INFO:</b> Hometown: Whitby. Studies: McMaster University. Major in Mechatronics Engineering.		
<b>23</b>	<b>Alex KABAMBALE PALUKU (COD)</b>	<b>23y</b>
<b>2024:</b> 5000m Nairobi (KEN) 15. 15:07.27		
<b>24</b>	<b>Rupeni MATAITOGA (COK)</b>	<b>32y</b>
<b>INFO:</b> Hometown: Rarotonga.		
<b>25</b>	<b>Rafael Vicente LOZA BEJARANO (ECU)</b>	<b>29y</b>
<b>GENERAL:</b> South American U23 champion 1500m (16)   2 times South American Half Marathon Championships Silver medallist Half Marathon (23, 22)		
<b>OTHER PBs:</b> 29:22.0h 10,000m(23) - 1:02:23 Half Marathon(22) - 2:12:57 Marathon(24)		
<b>HONOURS:</b> Sam. HM Ch. (2xSilver)   Sam. U23 Ch. (1xGold)		
<b>2024:</b> Marathon Sevilla (ESP) NCH 66. 2:12:57 - 10,000m Quito (ECU) 2. 30:22.56 - 3000mSC Quito (ECU) 2. 9:21.7h		
<b>INFO:</b> Athlete from Los Ríos.		
<b>26</b>	<b>Brhane Negasi GEBREKRSTOS (ERI)</b>	<b>19y</b>
<b>27</b>	<b>Awet HABTE (ERI)</b>	<b>26y</b>
<b>GENERAL:</b> All-African Games finalist   World U20 Championships finalist   <b>WA World Rankings: 177th</b>		
<b>OTHER PBs:</b> 13:16.09 5000m(17) - 27:48.35 10,000m(18) - 2:06:25 Marathon(22)		
<b>HONOURS:</b>		
<b>2024:</b> Marathon Doha (QAT) 2. 2:13:00		
<b>INFO:</b> Based in Madrid, Spain.		
<b>28</b>	<b>Filmon KIBROM (ERI)</b>	<b>21y</b>
<b>WA World Rankings: 24th</b>		
<b>OTHER PBs:</b> 28:00 10km Road(23)		
<b>2024:</b> 10km Road Valencia (ESP) 35. 28:29 - 10,000m Accra (GHA) AfG 12. 30:29.90		
<b>29</b>	<b>Aron KIFLE (ERI)</b>	<b>26y</b>
<b>GENERAL:</b> World Championships finalist   All-African Games Silver medallist 10,000m (19)   <b>WA World Rankings: 48th</b>		
<b>OTHER PBs:</b> 13:07.59 5000m(18) - 27:09.92 10,000m(17) - 59:51 Half Marathon(18)		
<b>HONOURS:</b> World Ch. (1xFinal): 7. 5000m London(17) 13:36.91   World HM Ch. (1xBronze)   World U20 Ch. (1xSilver)		
<b>INFO:</b> Hometown: Asmara.		
<b>30</b>	<b>Merhawi MEBRAHTU (ERI)</b>	<b>20y</b>
<b>GENERAL:</b> World U20 Championships Silver medallist 5000m (22)   2 times World U20 Championships finalist 3000m (21)   <b>WA World Rankings: 7th</b>		
<b>OTHER PBs:</b> 13:04.49 5000m(22) - 28:07.91 10,000m(23) - 13:29 5 km Road(23)		
<b>HONOURS:</b> World U20 Ch. (1xSilver)		
<b>2024:</b> 10km Road Valencia (ESP) 28. 28:18 - 10,000m Accra (GHA) AfG 8. 30:02.26		
<b>31</b>	<b>Abderezak SULEMAN (ERI)</b>	<b>20y</b>
<b>GENERAL:</b> 4 times National champion 800m (22, 21), 1500m (22, 21)   World U20 Championships finalist		
<b>OTHER PBs:</b> 1:46.56 800m(22) - 13:17.89 5000m(23) - 27:49 10km Road(24)		
<b>HONOURS:</b> NCH (4xWin)		
<b>2024:</b> 10km Road Castellón (ESP) 6. 27:49		
<b>32</b>	<b>Miguel BAIDAL (ESP)</b>	<b>22y</b>
<b>GENERAL:</b> European U23 Championships Bronze medallist 10,000m (23)   <b>WA World Rankings: 55th</b>		
<b>OTHER PBs:</b> 3:47.06 1500m(22) - 28:21.03 10,000m(24) - 29:19 10km Road(23)		
<b>HONOURS:</b> Eur. U23 Ch. (1xBronze)		
<b>2024:</b> 10,000m Gavá (ESP) NCH 4. 28:21.03		
<b>INFO:</b> Based in Alicante. Biomedical Data Science studies.		
<b>33</b>	<b>Fernando CARRO (ESP)</b>	<b>31y</b>
<b>GENERAL:</b> European Championships Silver medallist 3000mSC (18)   2 times European Team Championships winner 3000mSC (21, 19)   <b>WA World Rankings: 20th</b>		
<b>OTHER PBs:</b> 3:35.90 1500m(20) - 7:41.20 3000m(21) - 8:05.69 3000mSC(19)		
<b>HONOURS:</b> Eur. Ch. (1xSilver): 2. 3000mSC Berlin(18) 8:34.16   Eur. Team Ch. (2xGold)   IberoAM Ch. (1xSilver)		
<b>2024:</b> 10,000m Gavá (ESP) NCH 3. 28:20.04		
<b>INFO:</b> Born in Madrid. Sport studies at Catholic University of Murcia. His sporting heroes are Jesus Espana and Arturo Casado. Likes going to cinemas.		
<b>34</b>	<b>Nassim HASSAOUS (ESP)</b>	<b>30y</b>
<b>WA World Rankings: 30th</b>		
<b>OTHER PBs:</b> 3:36.95 1500m(20) - 7:45.90 3000m(20) - 7:52.84 3000m (i)(21)		
<b>2024:</b> 10,000m Gavá (ESP) NCH 5. 28:27.78		
<b>INFO:</b> Born in Las Palmas, Gran Canaria. Earlier played football.		

<b>35</b>	<b>Aarón LAS HERAS (ESP)</b>	<b>23y</b>
<b>GENERAL:</b> European U20 champion 5000m (19)   European U23 Championships Silver medallist 5000m (21)   <b>WA World Rankings: 32nd</b>		
<b>OTHER PBs:</b> 3:36.39 1500m(23) - 7:37.26 3000m(24) - 13:16.68 5000m (i)(24)		
<b>HONOURS:</b> Eur. U23 Ch. (1xSilver)   Eur. U20 Ch. (1xGold)		
<b>2024:</b> 5000m (i) Boston, MA (USA) 1. 13:16.68 - 3000m Seattle, WA (USA) 2. 7:37.26 - Mile Seattle, WA (USA) 1. 3:58.22 - 5000m (i) Spokane, WA (USA) 1. 13:36.25 - Mile (i) Spokane, WA (USA) 2. 4:03.21 - 5000m (i) Boston, MA (USA) 7. 13:31.55 - 3000m (i) Boston, MA (USA) 9. 7:50.54		
<b>INFO:</b> Born in Barcelona.		
<b>36</b>	<b>Thierry NDIKUMWENAYO (ESP)</b>	<b>27y</b>
<b>GENERAL:</b> European Team Championships winner 5000m (23)   Youth Olympic Games Silver medallist 3000m (14)   <b>WA World Rankings: 3rd</b>		
<b>OTHER PBs:</b> 7:25.93 3000m(22) - 7:48.38 3000m (i)(23) - 12:55.47 5000m(23)		
<b>HONOURS:</b> Eur. Team Ch. (1xGold)   Youth OG (1xSilver)		
<b>INFO:</b> Spanish-Burundian athlete.		
<b>37</b>	<b>Deniss ŠALKAUSKAS (EST)</b>	<b>25y</b>
<b>GENERAL:</b> 2 times National Indoor champion 800m (i) (21), 3000m (i) (24)		
<b>OTHER PBs:</b> 1:49.92 800m(21) - 1:50.70 800m (i)(22) - 3:48.28 1500m (i)(22)		
<b>HONOURS:</b> NICH (2xWin)		
<b>2024:</b> 1500m (i) Vilnius (LTU) 1. 3:57.96 - 3000m (i) Tallinn (EST) 1. 8:27.78 - 1500m (i) Tallinn (EST) 2. 3:56.15 - 3000m (i) Tallinn (EST) 1. 8:27.56 - 2000m (i) Tartu (EST) 1. 5:38.05		
<b>INFO:</b> Studies: University of Tartu.		
<b>38</b>	<b>Berihu AREGAWI (ETH)</b>	<b>23y</b>
<b>GENERAL:</b> Diamond League Final winner 5 km Road (21)   3 times World Championships finalist 10,000m (23)		
<b>OTHER PBs:</b> 7:26.20 3000m (i)(22) - 12:40.45 5000m(23) - 26:33 10km Road(23)   <b>Current Records: 1xWR:</b> WR 12:49 5 km Road Barcelona(21)		
<b>HONOURS:</b> OG (1xFinal): 4. 10,000m Tokyo(21) 27:46.16   <b>World Ch. (3xFinal):</b> 4. 10,000m Budapest(23) 27:55.71 - 7. 10,000m Eugene, OR(22) 27:31.00 - 8. 5000m Budapest(23) 13:12.99   <b>DF (1xWin)   World CC Ch. (1xSilver)</b>		
<b>INFO:</b> Born and raised in Atsbi Womberta. His idols are Kenenisa Bekele and Haile Gebrselassie.		
<b>39</b>	<b>Chimdessa DEBELE (ETH)</b>	<b>20y</b>
<b>GENERAL:</b> African Championships Silver medallist 10,000m (22)   World Cross Country Championships finalist		
<b>OTHER PBs:</b> 27:46.38 10,000m(22) - 27:10 10km Road(22) - 1:00:15 Half Marathon(21)		
<b>HONOURS:</b> Afr. Ch. (1xSilver)		
<b>2024:</b> Half Marathon Barcelona (ESP) 8. 1:00:23		
<b>40</b>	<b>Boki DIRIBA (ETH)</b>	<b>20y</b>
<b>GENERAL:</b> World Cross Country Championships Bronze medallist XC U20 Race (23)		
<b>OTHER PBs:</b> 27:30.46 10,000m(23) - 28:25 10km Road(22) - 1:00:10 Half Marathon(24)		
<b>HONOURS:</b> World CC Ch. (1xBronze)		
<b>2024:</b> Half Marathon Ras Al Khaimah (UAE) 9. 1:00:10		
<b>41</b>	<b>Getachew MASRESHA (ETH)</b>	<b>23y</b>
<b>OTHER PBs:</b> 13:38.47 5000m(21) - 28:33 10km Road(22) - 1:00:08 Half Marathon(22)		
<b>42</b>	<b>Berehanu TSEGU (ETH)</b>	<b>24y</b>
<b>GENERAL:</b> All-African Games winner 10,000m (19)		
<b>OTHER PBs:</b> 27:00.73 10,000m(19) - 27:36 10km Road(18) - 59:42 Half Marathon(19)		
<b>HONOURS:</b> All-Afr. G. (1xGold)		
<b>2024:</b> Half Marathon Santa Pola (ESP) 2. 1:01:12		
<b>43</b>	<b>Tadese WORKU (ETH)</b>	<b>22y</b>
<b>GENERAL:</b> World U20 champion 3000m (21)   World Cross Country Championships Silver medallist XC U20 Race (19)		
<b>OTHER PBs:</b> 26:45.91 10,000m(22) - 26:56 10km Road(21) - 58:47 Half Marathon(22)		
<b>HONOURS:</b> World CC Ch. (1xSilver)   World U20 Ch. (1xGold, 1xSilver)   NCH (1xWin)		
<b>2024:</b> 10km Road Castellón (ESP) 1. 27:02		
<b>INFO:</b> His idol is Selemon Barega.		
<b>44</b>	<b>Peni BULIKIOBO (FIJ)</b>	<b>17y</b>
<b>INFO:</b> Hometown: Taveuni. Studies: Bouma District School.		
<b>45</b>	<b>Pramesh PRASAD (FIJ)</b>	<b>49y</b>
<b>Current Records: 1xNBP:</b> NBP 26:49 5km Walk Melbourne(22)		
<b>INFO:</b> Based in Melbourne, AUS. Working on ways to promote race walking in Fiji and Melbourne. Has 4 children.		
<b>46</b>	<b>Vishant REDDY (FIJ)</b>	<b>19y</b>
<b>INFO:</b> Based in Nadi. Studies: Korovuto College.		
<b>47</b>	<b>Jeremiah SINGH (FIJ)</b>	<b>33y</b>
<b>INFO:</b> Grew up in Tovata Village. Automotive Electronics studies at Fiji National University.		
<b>48</b>	<b>Evueli TOIA (FIJ)</b>	<b>21y</b>
<b>INFO:</b> Based in Tailevu. Studies: Saint Vincent College.		
<b>49</b>	<b>Mehdi FRÈRE (FRA)</b>	<b>27y</b>
<b>OTHER PBs:</b> 28:03.90 10,000m(21) - 1:00:34 Half Marathon(22) - 2:05:43 Marathon(23)		
<b>2024:</b> Half Marathon Paris (FRA) 2. 1:01:15		
<b>INFO:</b> Based in Paris. Studies: Panthéon-Assas University Paris II.		
<b>50</b>	<b>Michaël GRAS (FRA)</b>	<b>32y</b>
<b>OTHER PBs:</b> 58:19 20km Road(22) - 1:02:49 Half Marathon(23) - 2:08:40 Marathon(23)		
<b>INFO:</b> Based in Clermont-Ferrand. Studies: Bordeaux Segalen University. Also a pathologist.		
<b>51</b>	<b>Emmanuel ROUDOLFF (FRA)</b>	<b>28y</b>
<b>GENERAL:</b> European U23 Championships Bronze medallist 10,000m (17)   National champion 10,000m (17)		
<b>OTHER PBs:</b> 28:06.28 10,000m(22) - 1:01:51 Half Marathon(24) - 2:09:38 Marathon(23)		
<b>HONOURS:</b> Eur. U23 Ch. (1xBronze)   NCH (1xWin)		
<b>2024:</b> Half Marathon Barcelona (ESP) 12. 1:02:05 - Half Marathon Paris (FRA) 4. 1:02:11 - Half Marathon Lille (FRA) 9. 1:01:51		
<b>INFO:</b> Hometown: Verrières-le-Buisson. Studies: University of Portland.		
<b>52</b>	<b>Will BARNICOAT (GBR)</b>	<b>21y</b>
<b>GENERAL:</b> European U23 Championships Bronze medallist 5000m (23)		
<b>OTHER PBs:</b> 3:40.78 1500m(23) - 13:45.24 5000m(23) - 13:43 5 km Road(24)		
<b>HONOURS:</b> Eur. U23 Ch. (1xBronze)		
<b>2024:</b> 5 km Road Leicester (GBR) 6. 13:43		
<b>INFO:</b> Hometown: Guildford.		

<b>53</b>	<b>Tom EVANS (GBR)</b>	<b>32y</b>
OTHER PBs: 13:41 5 km Road(20) - 1:03:14 Half Marathon(20) INFO: Born in London. Former British Army captain.		
<b>54</b>	<b>Calum JOHNSON (GBR)</b>	<b>29y</b>
OTHER PBs: 28:28 10km Road(21) - 1:03:16 Half Marathon(22) - 2:13:30 Marathon(23) INFO: Based in Newcastle.		
<b>55</b>	<b>James KINGSTON (GBR)</b>	<b>22y</b>
OTHER PBs: 13:54.84 5000m(23) INFO: In 2023 he became the 1st athlete from Tonbridge AC to win an English National Cross Country Championships.		
<b>56</b>	<b>Scott STIRLING (GBR)</b>	<b>30y</b>
OTHER PBs: 13:57.02 5000m(23) INFO: Athlete of Falkirk.		
<b>57</b>	<b>See Yeung CHONG (HKG)</b>	<b>23y</b>
2024: Marathon Hong Kong (HKG) 19. 2:25:44 INFO: Studies: Hong Kong Shue Yan University.		
<b>58</b>	<b>Chun Yin TSE (HKG)</b>	<b>22y</b>
GENERAL: National champion 5000m (23)   WA World Rankings: 86th HONOURS: NCH (1xWin) 2024: 1500m Hong Kong (HKG) 2. 4:01.54 - 1500m Hong Kong (HKG) 2. 4:04.57 - 5000m Hong Kong (HKG) 1. 15:02.33		
<b>59</b>	<b>Iván ZARCO (HON)</b>	<b>40y</b>
OTHER PBs: 1:04:08 Half Marathon(20) - 2:18:19 Marathon(19) 2024: Marathon Sevilla (ESP) NCH 143. 2:23:43		
<b>60</b>	<b>Hemraj GURJAR (IND)</b>	<b>24y</b>
WA World Rankings: 70th OTHER PBs: 13:45.91 5000m(23) INFO: Based in New Delhi.		
<b>61</b>	<b>Kartik KUMAR (IND)</b>	<b>24y</b>
GENERAL: Asian Games Silver medallist 10,000m (23)   2 times National champion 5000m (21), 10,000m (23) OTHER PBs: 13:48.59 5000m(22) - 28:01.90 10,000m(24) - 1:04:00 Half Marathon(22) HONOURS: Asi. G. (1xSilver)   Asi. U20 Ch. (1xBronze)   NCH (2xWin) 2024: 10,000m San Juan Capistrano, CA (USA) 9. 28:01.90 INFO: Born in Western Uttar Pradesh. Member of the Indian Army.		
<b>62</b>	<b>Gulveer SINGH (IND)</b>	<b>25y</b>
GENERAL: Asian Championships Bronze medallist 5000m (23)   Asian Games Bronze medallist 10,000m (23) OTHER PBs: 13:29.93 5000m(23) - 27:41.81 10,000m(24) HONOURS: Asi. Ch. (1xBronze)   Asi. G. (1xBronze)   NCH (1xWin) 2024: 10,000m San Juan Capistrano, CA (USA) 2. 27:41.81 INFO: Born in Western Uttar Pradesh.		
<b>63</b>	<b>Hugh ARMSTRONG (IRL)</b>	<b>29y</b>
WA World Rankings: 131st OTHER PBs: 22:41 5 Miles Road(20) - 1:03:37 Half Marathon(20) - 2:12:26 Marathon(20) 2024: Half Marathon Barcelona (ESP) 31. 1:04:54 INFO: Athlete from Connacht. Studies: Providence College.		
<b>64</b>	<b>Keelan KILREHILL (IRL)</b>	<b>23y</b>
WA World Rankings: 116th OTHER PBs: 8:03.36 3000m(22) - 8:03.82 3000m (i)(24) - 13:58.19 5000m (i)(24) 2024: 3000m (i) Gent (BEL) 14. 8:03.82 - 5000m (i) Boston, MA (USA) 2. 13:58.19 - 10,000m San Juan Capistrano, CA (USA) 11. 29:25.70 INFO: Studies: Dublin City University. Degree in Economics, Politics and Law. Works in HR for a logistics company.		
<b>65</b>	<b>Hiroto FUJIMAGARI (JPN)</b>	<b>26y</b>
OTHER PBs: 27:50.57 10,000m(21) - 1:01:06 Half Marathon(24) - 2:08:20 Marathon(22) 2024: Half Marathon Marugame (JPN) 20. 1:01:28 - Half Marathon Yamaguchi (JPN) 13. 1:01:06 INFO: Athlete of Kyushu.		
<b>66</b>	<b>Ryuto IGAWA (JPN)</b>	<b>23y</b>
OTHER PBs: 13:45.30 5000m(20) - 27:47.21 10,000m(23) - 1:02:39 Half Marathon(22) INFO: Based in Tokyo. Studies: Waseda University.		
<b>67</b>	<b>Tomoya OGIKUBO (JPN)</b>	<b>26y</b>
OTHER PBs: 13:30.13 5000m(23) - 27:44.74 10,000m(21) - 1:00:43 Half Marathon(22) 2024: Half Marathon Marugame (JPN) 13. 1:01:13		
<b>68</b>	<b>Tomonori YAMAGUCHI (JPN)</b>	<b>20y</b>
OTHER PBs: 7:57.68 3000m(23) - 13:34.95 5000m(23) - 1:01:16 Half Marathon(23) 2024: Half Marathon New York, NY (USA) 10. 1:04:36 INFO: Based in Tokyo. Studies: Waseda University.		
<b>69</b>	<b>Islam AMANGOS (KAZ)</b>	<b>28y</b>
GENERAL: National champion 3000mSC (22)   Asian Marathon Championships finalist Current Records: 1xNBP: NBP 6:03.55 2000mSC Shimkent(13) HONOURS: NCH (1xWin) 2024: Marathon Hong Kong (HKG) 16. 2:23:26 INFO: Based in Almaty. Studies: Al-Farabi Kazakh National University.		
<b>70</b>	<b>Alexander MARUSICH (KAZ)</b>	<b>19y</b>
2024: 1500m (i) Astana (KAZ) 2. 4:05.84		
<b>71</b>	<b>Nicholas KIPKORIR (KEN)</b>	<b>25y</b>
GENERAL: Diamond League Final winner 5 km Road (22)   3 times World Championships finalist OTHER PBs: 7:31.19 3000m(22) - 12:46.33 5000m(22) - 26:51 10km Road(22) HONOURS: OG (1xFinal): 4. 5000m Tokyo(21) 12:59.17   World Ch. (3xFinal): 7. 5000m Eugene, OR(22) 13:11.97 - 8. 10,000m Budapest(23) 28:03.38 - 8. 5000m Doha(19) 13:05.27   DF (1xWin)   World RR Ch. (1xBronze) INFO: Born in Eldoret.		

<b>72</b>	<b>Ishmael Rokitto KIPKURUI (KEN)</b>	<b>19y</b>
<b>GENERAL:</b> World Cross Country champion XC U20 Race (23)   African Championships finalist   <b>WA World Rankings: 17th</b>		
<b>OTHER PBs:</b> 7:38.06 3000m(23) - 8:09.23 2 Miles(23) - 13:05.47 5000m(23)		
<b>HONOURS:</b> World CC Ch. (1xGold)		
<b>INFO:</b> In 2023 he won the U20 title at the World Athletics Cross Country Championships, became the 1st Kenyan U20 male athlete to achieve this in 12 years.		
<b>73</b>	<b>Benson KIPLANGAT (KEN)</b>	<b>20y</b>
<b>GENERAL:</b> World U20 champion 5000m (21)		
<b>OTHER PBs:</b> 13:02.74 5000m(23) - 27:09.83 10,000m(22) - 27:18 10km Road(23)		
<b>HONOURS:</b> World U20 Ch. (1xGold)		
<b>INFO:</b> In 2021 at the U20 WCH in Nairobi he won Kenya's first gold of the event.		
<b>74</b>	<b>Samwel Chebolei MASAI (KEN)</b>	<b>23y</b>
<b>GENERAL:</b> National champion 5000m (18)   World Cross Country Championships finalist		
<b>OTHER PBs:</b> 13:11.72 5000m(21) - 27:10.06 10,000m(22) - 27:18 10km Road(22)		
<b>HONOURS:</b> NCH (1xWin)		
<b>INFO:</b> Hometown: Setagaya. His idol is Ronald Kwemoi.		
<b>75</b>	<b>Gideon Kipkertich RONO (KEN)</b>	<b>21y</b>
<b>WA World Rankings: 31st</b>		
<b>OTHER PBs:</b> 13:16.51 5000m(22) - 27:11.03 10,000m(22) - 27:41 10km Road(24)		
<b>2024:</b> 10km Road Ibiza (ESP) 1. 27:41		
<b>INFO:</b> Hometown: Eldama Ravine.		
<b>76</b>	<b>Sabastian Kimaru SAWE (KEN)</b>	<b>29y</b>
<b>GENERAL:</b> World Road Running champion Half Marathon (23)   Diamond League meeting winner 1 Hour (22)		
<b>OTHER PBs:</b> 21:25.0 1 Hour(22) - 58:02dh Half Marathon(22) - 58:29 Half Marathon(23)   <b>Current Records: 2xWBP:</b> WBP 41:51.64 15,000m Bruxelles(22) - WBP 44:57.65 10 Miles Bruxelles(22) <b>1xABP:</b> ABP 56:20.55 20,000m Bruxelles(22)		
<b>HONOURS:</b> World RR Ch. (1xGold)		
<b>77</b>	<b>Samat KAZAKBAYEV (KGZ)</b>	<b>26y</b>
<b>GENERAL:</b> Asian Indoor Championships finalist		
<b>HONOURS:</b>		
<b>2024:</b> 1500m (i) Ust-Kamenogorsk (KAZ) 4. 3:54.67 - 1500m (i) Tehran (IRI) 9. 4:00.10 - 3000m (i) Tehran (IRI) 6. 8:38.36		
<b>78</b>	<b>Omar ABOU HAMAD (LBN)</b>	<b>31y</b>
<b>79</b>	<b>Tony HANNA (LBN)</b>	<b>39y</b>
<b>80</b>	<b>Imad JIZZINI (LBN)</b>	<b>43y</b>
<b>INFO:</b> Motto: "Don't blame the circumstances; fight till your last breath".		
<b>81</b>	<b>Munir KABBARA (LBN)</b>	<b>24y</b>
<b>OTHER PBs:</b> 3:44.11 1500m(22) - 8:44.05 3000mSC(22)		
<b>INFO:</b> Hometown: San Rafael, California. Studies: University of California, Los Angeles. Major in Business. Interested in Finance. Admires Tom Brady. Likes cooking and skiing. His father is Lebanese, his mother is Brazilian.		
<b>82</b>	<b>Ali Alrida KANAAN (LBN)</b>	<b>20y</b>
<b>83</b>	<b>Ali H. MOURTADA (LBN)</b>	<b>24y</b>
<b>GENERAL:</b> 6 times National champion 800m (22, 21, 19), 1500m (23, 21), 3000mSC (22)   Francophone Games Bronze medalist 4x400m (23)		
<b>HONOURS:</b> NCH (6xWin)		
<b>INFO:</b> P.E. studies.		
<b>84</b>	<b>Meng Tak LEONG (MAC)</b>	<b>24y</b>
<b>INFO:</b> Studies: University of Macau.		
<b>85</b>	<b>César Daniel GOMEZ PONCE (MEX)</b>	<b>22y</b>
<b>GENERAL:</b> Pan American Games finalist 3000mSC (23)   2 times National champion 3000mSC (23, 21)		
<b>OTHER PBs:</b> 5:45.76 2000mSC(23) - 8:34.37 3000mSC(23)   <b>Current Records: 1xNBP:</b> NBP 5:56.45 2000mSC Salinas, CA(18)		
<b>HONOURS:</b> NCH (2xWin)		
<b>2024:</b> 5000m Puerto Vallarta (MEX) 6. 14:55.63 - 3000m Puerto Vallarta (MEX) 1. 8:23.02		
<b>INFO:</b> Hometown: Tepatlilán de Morelos.		
<b>86</b>	<b>Emmanuel REYES (MEX)</b>	<b>26y</b>
<b>INFO:</b> Hometown: Ocoyoacac.		
<b>87</b>	<b>Željko DABOVIĆ (MNE)</b>	<b>27y</b>
<b>GENERAL:</b> National champion 10km Road (23)		
<b>HONOURS:</b> NCH (1xWin)		
<b>INFO:</b> Hometown: Herceg Novi.		
<b>88</b>	<b>William LITTLE (NZL)</b>	<b>24y</b>
<b>GENERAL:</b> National champion 5000m (24)		
<b>OTHER PBs:</b> 4:03.66 Mile(24) - 7:59.64 3000m(24) - 13:50.04 5000m(23)		
<b>HONOURS:</b> NCH (1xWin)		
<b>2024:</b> Mile Whanganui (NZL) 4. 4:03.66 - 3000m Wellington (NZL) 3. 7:59.64 - 5000m Wellington (NZL) NCH 1. 14:44.72 - 3000m Sydney (AUS) OC 8:01.95		
<b>INFO:</b> Based in Christchurch.		
<b>89</b>	<b>Winer CANCHANYA (PER)</b>	<b>25y</b>
<b>OTHER PBs:</b> 29:25.97 10,000m(21)		
<b>INFO:</b> Athlete from Ica.		
<b>90</b>	<b>Julio CHACON (PER)</b>	<b>24y</b>
<b>GENERAL:</b> South American Half Marathon Championships finalist		
<b>OTHER PBs:</b> 1:04:26 Half Marathon(23)		
<b>HONOURS:</b>		
<b>91</b>	<b>Ulises MARTIN (PER)</b>	<b>30y</b>
<b>OTHER PBs:</b> 29:00.44 10,000m(23)		
<b>INFO:</b> Athlete from Pichanaki.		
<b>92</b>	<b>Walter NINA (PER)</b>	<b>30y</b>
<b>GENERAL:</b> 2 times South American U23 Championships Silver medalist 5000m (16), 3000mSC (16)   2 times National champion 800m (20), 1500m (22)		
<b>OTHER PBs:</b> 13:55.89 5000m(17) - 8:51.11 3000mSC(17) - 2:14:44 Marathon(22)		
<b>HONOURS:</b> Sam. U23 Ch. (2xSilver)   NCH (2xWin)		
<b>INFO:</b> Athlete from Puno.		

<b>93</b>	<b>Mathews LEETO (RSA)</b>	<b>33y</b>
OTHER PBs: 29:26 10km Road(21) - 1:01:34 Half Marathon(23) - 2:15:35 Marathon(23) 2024: 5000m Pretoria (RSA) 6. 14:38.82 INFO: Based in Durban.		
<b>94</b>	<b>Chris MHLANGA (RSA)</b>	<b>22y</b>
2024: 5000m Pretoria (RSA) 4. 14:35.33 - 5000m Johannesburg (RSA) 1. 14:37.71 - 10km Road Johannesburg (RSA) NCH 5. 30:19 INFO: Based in Johannesburg. Studies: University of Johannesburg. Earlier played soccer.		
<b>95</b>	<b>Kabelo MULAUDZI (RSA)</b>	<b>26y</b>
OTHER PBs: 8:54.83 3000mSC(17) - 28:31 10km Road(22) 2024: 5000m Pretoria (RSA) 3. 14:34.49 - 10km Road Johannesburg (RSA) NCH 2. 29:50 INFO: Based in Pretoria.		
<b>96</b>	<b>Bennett SELOYI (RSA)</b>	<b>23y</b>
OTHER PBs: 2:18:01 Marathon(23) 2024: 5000m Pretoria (RSA) 7. 14:45.14 INFO: Based in Durban.		
<b>97</b>	<b>Andries SESEDI (RSA)</b>	<b>22y</b>
GENERAL: National champion 10,000m (23) OTHER PBs: 29:14.57 10,000m(23) - 28:39 10km Road(22) - 1:04:23 Half Marathon(23) HONOURS: NCH (1xWin) 2024: 5000m Pretoria (RSA) 2. 14:27.65 - 5000m Johannesburg (RSA) 2. 14:40.33 - 1500m Johannesburg (RSA) 1. 3:55.11 - 10km Road Johannesburg (RSA) NCH 8. 30:33 INFO: Hometown: Randfontein.		
<b>98</b>	<b>Nadeel WILDSCHUTT (RSA)</b>	<b>27y</b>
OTHER PBs: 8:02.54 3000m(19) - 13:53.73 5000m(22) - 28:55.62 10,000m(19) INFO: Hometown: Ceres. Studies: Coastal California University.		
<b>99</b>	<b>Noel HITIMANA (RWA)</b>	<b>34y</b>
OTHER PBs: 46:58 10 Miles Road(18) - 1:02:01 Half Marathon(19)   <b>Current Records: 1xNBP: NBP 46:58 10 Miles Road Tilburg(18)</b> INFO: Based in Italy.		
<b>100</b>	<b>Felicien MUHITIRA (RWA)</b>	<b>29y</b>
OTHER PBs: 28:12.75 10,000m(17) - 1:01:58 Half Marathon(19) - 2:10:58 Marathon(19) INFO: Born in Bugesera.		
<b>101</b>	<b>Emmanuel MUTABAZI (RWA)</b>	<b>31y</b>
<b>102</b>	<b>Jean Claude NSABIMANA (RWA)</b>	<b>28y</b>
<b>103</b>	<b>Yannick MAGNAN (SEY)</b>	<b>27y</b>
<b>104</b>	<b>Shaun GOH (SGP)</b>	<b>27y</b>
INFO: Studies: National University of Singapore.		
<b>105</b>	<b>Chun Khai Jon LIM (SGP)</b>	<b>22y</b>
INFO: Studies: St. Andrew's Junior College.		
<b>106</b>	<b>Ming Wei Marcus ONG (SGP)</b>	<b>38y</b>
INFO: Has also competed in modern pentathlon. Occupation: data engineer.		
<b>107</b>	<b>Ethan YAN (SGP)</b>	<b>23y</b>
INFO: Studies: Tufts University.		
<b>108</b>	<b>Najmuddin ZUHURSHOHI (TJK)</b>	<b>22y</b>
GENERAL: 3 times National champion 800m (23), 3000mSC (23, 22) HONOURS: NCH (3xWin) 2024: 1500m (i) Ust-Kamenogorsk (KAZ) 5. 3:57.98 - 3000m (i) Astana (KAZ) 6. 8:45.70 - 1500m (i) Tehran (IRI) 11. 4:06.38 - 3000m (i) Tehran (IRI) 10. 9:01.56		
<b>109</b>	<b>Leonard CHEMUTAI (UGA)</b>	<b>20y</b>
GENERAL: 2 times World U20 Championships finalist 3000mSC (22)   <b>WA World Rankings: 40th</b> OTHER PBs: 8:17.14 3000mSC(23) - 13:36 5 km Road(23) HONOURS:		
<b>110</b>	<b>Joshua CHEPTEGEI (UGA)</b>	<b>27y</b>
GENERAL: 3 times World champion 10,000m (23, 22, 19)   Olympic champion 5000m (21) OTHER PBs: 12:35.36 5000m(20) - 26:11.00 10,000m(20) - 26:38 10km Road(19)   <b>Current Records: 2xNBP: NBP 8:07.54 2 Miles Palo Alto, CA(19) - NBP 45:15 10 Miles Road Amsterdam(18) 2xWR: WR 12:35.36 5000m Monaco(20) - WR 26:11.00 10,000m Valencia(20) 1xWBP: WBP 41:05 15 km Road Nijmegen(18)</b> HONOURS: <b>OG (1xGold, 1xSilver):</b> 1. 5000m Tokyo(21) 12:58.15 - 2. 10,000m Tokyo(21) 27:43.63 - 6. 10,000m Rio de Janeiro(16) 27:10.06 - 8. 5000m Rio de Janeiro(16) 13:09.17   <b>World Ch. (3xGold, 1xSilver):</b> 1. 10,000m Budapest(23) 27:51.42 - 1. 10,000m Eugene, OR(22) 27:27.43 - 1. 10,000m Doha(19) 26:48.36 - 2. 10,000m London(17) 26:49.94   <b>World CC Ch. (1xGold, 1xBronze)</b> 2024: 10km Road Laredo (ESP) 2. 26:53 INFO: Born in Kapchorwa; trains in Uganda and Kenya. Won Uganda's 1st senior gold at the WA (IAAF) World Cross Country Champs and he led the team to win the gold too and it was another 1st for the country (2019) Studies: Kampala University. An avid Manchester United fan; earlier played football. Motto: "Everything starts in the mind"; member of the Uganda Police. Likes Literature; looks up to Kenenisa Bekele.		
<b>111</b>	<b>Dan KIBET (UGA)</b>	<b>20y</b>
GENERAL: African U20 champion 5000m (23)   2 times World U20 Championships finalist OTHER PBs: 7:45.73 3000m(22) - 13:16.31 5000m(23) - 28:59 10km Road(23) HONOURS: <b>Afr. U20 Ch. (1xGold)   NCH (1xWin)</b> INFO: Studies: Goshen College. Likes listening to music and traveling.		
<b>112</b>	<b>Hosea KIPLANGAT (UGA)</b>	<b>24y</b>
GENERAL: World Cross Country Championships finalist OTHER PBs: 13:15.98 5000m(23) - 13:13 5 km Road(21) - 27:14 10km Road(23) HONOURS:		
<b>113</b>	<b>Jacob KIPLIMO (UGA)</b>	<b>23y</b>
GENERAL: 2 times Commonwealth Games winner 5000m (22), 10,000m (22)   Olympic Games Bronze medallist 10,000m (21)   <b>WA World Rankings: 2nd</b> OTHER PBs: 12:41.73 5000m(23) - 26:33.93 10,000m(21) - 57:31 Half Marathon(21)   <b>Current Records: 1x=WBP: =WBP= 41:05 15 km Road Nijmegen(23) 1xWR: WR 57:31 Half Marathon Lisboa(21)</b> HONOURS: <b>OG (1xBronze):</b> 3. 10,000m Tokyo(21) 27:43.88 - 5. 5000m Tokyo(21) 13:02.40   <b>World Ch. (1xBronze):</b> 3. 10,000m Eugene, OR(22) 27:27.97   <b>World HM Ch. (1xGold)   World CC Ch. (2xGold, 1xSilver)</b> 2024: 10km Road Valencia (ESP) 1. 26:48 INFO: Grew up in Bukwo on Mount Elgon. Member of Sebei ethnic group. 1st Ugandan athlete to win an individual medal at the Half Marathon WCH (2020) His idol is Stephen Kiprotich.		

<b>114</b>	<b>Martin Magengo KIPROTICH (UGA)</b>	<b>20y</b>
<b>WA World Rankings: 18th</b>		
<b>OTHER PBs:</b> 13:21.85 5000m(22) - 28:46.1h 10,000m(23) - 28:21 10km Road(22)		
<b>INFO:</b> Member of Uganda Police Forces.		
<b>115</b>	<b>Christian ALLEN (USA)</b>	<b>26y</b>
<b>OTHER PBs:</b> 7:55.00 3000m (i)(23) - 13:34.06 5000m (i)(22) - 28:26.35 10,000m(22)		
<b>INFO:</b> Hometown: West Jordan. Studies: Brigham Young University. Major in Professional Sales. Served a full-time mission in Japan. Likes hiking.		
<b>116</b>	<b>Emmanuel BOR (USA)</b>	<b>35y</b>
<b>GENERAL:</b> Pan American Games finalist   2 times NACAC Championships finalist 5000m (22, 18)   <b>WA World Rankings: 109th</b>		
<b>OTHER PBs:</b> 7:44.93 3000m (i)(18) - 13:00.48 5000m (i)(22) - 27:22.80 10,000m(21)		
<b>HONOURS:</b>		
<b>2024:</b> 5000m (i) Boston, MA (USA) 9. 13:23.75 - 10,000m San Juan Capistrano, CA (USA) 21. 27:42.99		
<b>INFO:</b> Born in Eldoret. Studies: University of Alabama. 500th American to break the 4 min in the mile. Joined the U.S. Army in 2014.		
<b>117</b>	<b>Reid BUCHANAN (USA)</b>	<b>31y</b>
<b>GENERAL:</b> Pan American Games Silver medalist 10,000m (19)   <b>WA World Rankings: 213th</b>		
<b>OTHER PBs:</b> 3:59.24 Mile (i)(18) - 27:52.74 10,000m(22) - 2:11:38 Marathon(20)		
<b>HONOURS: PanAm G. (1xSilver)</b>		
<b>2024:</b> Half Marathon Naples, FL (USA) 1. 1:05:14 - 15 km Road Jacksonville, FL (USA) NCH 27. 48:39		
<b>INFO:</b> Hometown: Manhattan. Electrical Engineering studies at University of Portland. Played basketball and football in high school.		
<b>118</b>	<b>Anthony CAMERIERI (USA)</b>	<b>24y</b>
<b>OTHER PBs:</b> 3:38.34 1500m(23) - 7:52.98 3000m (i)(23) - 13:27.24 5000m (i)(24)		
<b>2024:</b> 5000m (i) Boston, MA (USA) 3. 13:27.24 - 1500m San Juan Capistrano, CA (USA) 6. 3:39.41		
<b>INFO:</b> Hometown: Brecksville. Studies: University of Mississippi.		
<b>119</b>	<b>Ahmed MUHUMED (USA)</b>	<b>26y</b>
<b>OTHER PBs:</b> 13:16.09 5000m(23) - 13:16.99 5000m (i)(24) - 27:56.99 10,000m(23)		
<b>2024:</b> 5000m (i) Boston, MA (USA) 1. 13:16.99		
<b>INFO:</b> Hometown: Salem. Studies: Boise State University.		
<b>120</b>	<b>Anthony ROTICH (USA)</b>	<b>33y</b>
<b>GENERAL:</b> 3 times NCAA champion 3000mSC (15, 14, 13)   NCAA Indoor champion Mile (i) (14)   <b>WA World Rankings: 117th</b>		
<b>OTHER PBs:</b> 13:17.52 5000m (i)(24) - 27:08.94 10,000m(24) - 8:13.74 3000mSC(23)		
<b>HONOURS: NCAA Ch. (3xWin)   NCAA Ind. Ch. (1xWin)</b>		
<b>2024:</b> 5000m (i) Boston, MA (USA) 2. 13:17.52 - 10,000m San Juan Capistrano, CA (USA) 11. 27:08.94		
<b>INFO:</b> Born in Nairobi. Studies: University of Texas at El Paso. Likes football.		
<b>121</b>	<b>Wellington VAREVI (ZIM)</b>	<b>29y</b>
<b>GENERAL:</b> 3 times National champion 1500m (21, 18), 5000m (21)		
<b>OTHER PBs:</b> 13:57.54 5000m(24) - 29:13 10km Road(22) - 1:02:10 Half Marathon(23)		
<b>HONOURS: NCH (3xWin)</b>		
<b>2024:</b> 10,000m Accra (GHA) AfG 15. 30:38.70 - 5000m Accra (GHA) AfG 12. 13:57.54		
<b>INFO:</b> Based in Harare.		

# Women's Cross Country Senior Race

Final

30.03.2024

<b>1</b>	<b>Farida ABAROGÉ (ART)</b>	<b>30y</b>
<b>2024:</b> 800m (i) Luxembourg (LUX) 1. 2:16.35 <b>INFO:</b> Grew up in Ethiopia. Likes football and karate. Has been training and living in France.		
<b>2</b>	<b>Esterina Irino JULIUS (ART)</b>	<b>20y</b>
<b>3</b>	<b>Anjelina Nadai LOHALITH (ART)</b>	<b>29y</b>
<b>WA World Rankings:</b> 259th <b>OTHER PBs:</b> 4:23.84 1500m(22) - 15:33.85 5000m(23) <b>2024:</b> 1500m Nairobi (KEN) h 4:30.65 - 1500m Nairobi (KEN) 9. 4:30.19 - 5000m Nairobi (KEN) 6. 17:01.36 <b>INFO:</b> Born in South Sudan; based in Kenya. Likes reading.		
<b>4</b>	<b>Perina Lokure NAKANG (ART)</b>	<b>21y</b>
<b>INFO:</b> Athlete from South Sudan.		
<b>5</b>	<b>Paige CAMPBELL (AUS)</b>	<b>27y</b>
<b>GENERAL:</b> 2 times Oceania champion 5000m (22), 3000mSC (19)   National champion 3000mSC (19) <b>OTHER PBs:</b> 32:39.16 10,000m(18) - 9:44.00 3000mSC(20) - 32:35 10km Road(22) <b>HONOURS:</b> Oce. Ch. (2xWin)   NCH (1xWin) <b>2024:</b> 5000m Sydney (AUS) 2. 15:44.64 <b>INFO:</b> Based in Canberra.		
<b>6</b>	<b>Melissa DUNCAN (AUS)</b>	<b>34y</b>
<b>GENERAL:</b> 2 times IAAF World Relays Bronze medallist 4x800m (14), 4x1500m (14)   World Indoor Championships finalist <b>OTHER PBs:</b> 4:05.56 1500m(15) - 4:06.93 1500m (i)(16) - 39:00 12 km Road(18)   <b>Current Records:</b> 2xAR: AR 8:13.26 4x800m Nassau(14) - AR 17:08.65 4x1500m Nassau(14) 1xABP: ABP 10:46.94 Distance Medley Nassau(15) <b>HONOURS:</b> Oce. Ch. (1xWin) <b>2024:</b> 1500m Melbourne (AUS) 1. 4:24.35 - Mile Melbourne (AUS) 1. 4:43.39 - 5000m Melbourne (AUS) 16. 15:52.30 - 1500m Melbourne (AUS) 2. 4:19.60 - 3000m Sydney (AUS) 14. 9:07.65 <b>INFO:</b> 'Fan' of rest days generally takes Fridays off. Likes to swim and bike ride. Has a teaching degree. Her role model is Sarah Jamieson.		
<b>7</b>	<b>Micheline NIYOMAHORO (BDI)</b>	<b>22y</b>
<b>OTHER PBs:</b> 9:09.76 3000m(23) - 15:39.68 5000m(23) - 16:04 5 km Road(23) <b>2024:</b> 5000m Accra (GHA) AfG 10. 16:37.12		
<b>8</b>	<b>Katelyn AYERS (CAN)</b>	<b>29y</b>
<b>WA World Rankings:</b> 136th <b>OTHER PBs:</b> 4:09.74 1500m(18) - 9:09.66 3000m (i)(24) - 10:00.09 3000mSC(19) <b>2024:</b> 3000m Seattle, WA (USA) 12. 9:19.81 - 3000m (i) Boston, MA (USA) 9. 9:09.66 - 1500m (i) Boston, MA (USA) 4:21.75 - Mile (i) Boston, MA (USA) 11. 4:41.57 - 3000m (i) Boston, MA (USA) 10. 9:10.07 - 5 km Road Vancouver (CAN) 3. 16:17 <b>INFO:</b> Grew up in Central Ontario. Studies: University of Guelph. Degree in Agriculture. Also a content creator; passionate about storytelling, running, farming.		
<b>9</b>	<b>Kate BAZELEY (CAN)</b>	<b>40y</b>
<b>WA World Rankings:</b> 137th <b>OTHER PBs:</b> 55:06 10 Miles Road(21) - 1:14:36 Half Marathon(23) - 2:36:35 Marathon(19) <b>2024:</b> Half Marathon Vancouver (CAN) 3. 1:14:42 <b>INFO:</b> Born in St. John's, Newfoundland and Labrador.		
<b>10</b>	<b>Mikaela LUCKI (CAN)</b>	<b>25y</b>
<b>OTHER PBs:</b> 4:17.62 1500m(22) - 4:40.94 Mile (i)(23) - 9:20.17 3000m (i)(24) <b>2024:</b> 3000m (i) State College, PA (USA) 2. 9:20.17 <b>INFO:</b> Hometown: Toronto. Studies: West Virginia University. Major in Accounting.		
<b>11</b>	<b>Katie NEWLOVE (CAN)</b>	<b>21y</b>
<b>OTHER PBs:</b> 16:10.29 5000m(23) <b>2024:</b> 10km Road Cowichan (CAN) 3. 35:30 - 5 km Road Vancouver (CAN) 7. 16:35 <b>INFO:</b> Hometown: Ottawa. Studies: University of British Columbia. Major in Nutrition and Health.		
<b>12</b>	<b>Leslie SEXTON (CAN)</b>	<b>36y</b>
<b>GENERAL:</b> 5 times National champion 5000m (11), 10,000m (22, 14, 12), 10km Road (21) <b>OTHER PBs:</b> 32:31.89 10,000m(22) - 32:04 10km Road(21) - 2:28:14 Marathon(24) <b>HONOURS:</b> NCH (5xWin) <b>2024:</b> Marathon Houston, TX (USA) 8. 2:28:14 - Half Marathon Vancouver (CAN) 8. 1:15:25 - 5 km Road Vancouver (CAN) 2. 16:07 <b>INFO:</b> Native of British Columbia. Also a coach.		
<b>13</b>	<b>Glynis SIM (CAN)</b>	<b>25y</b>
<b>GENERAL:</b> World Road Running Championships finalist <b>OTHER PBs:</b> 4:11.75 1500m(23) - 8:52.57 3000m (i)(24) - 15:35.82 5000m(23) <b>HONOURS:</b> <b>2024:</b> 10km Road Cowichan (CAN) 1. 33:23 - 3000m (i) Boston, MA (USA) 1. 8:52.57 - 5 km Road Vancouver (CAN) 1. 15:37 - 5000m Vancouver (CAN) 1. 15:37.06 <b>INFO:</b> Hometown: Salmon Arm. Studies: University of British Columbia. Faculty: Nursing. Likes cycling.		
<b>14</b>	<b>Adrianna SKUROSZ (COK)</b>	<b>42y</b>
<b>15</b>	<b>Shellcy Ester SARMIENTO (COL)</b>	<b>23y</b>
<b>GENERAL:</b> South American U23 champion 1500m (22)   South American U23 Championships Silver medallist 5000m (22) <b>OTHER PBs:</b> 4:21.79 1500m(23) <b>HONOURS:</b> Sam. U23 Ch. (1xGold, 1xSilver)   NCH (2xWin)		
<b>16</b>	<b>Silvia Patricia ORTIZ MOROCHO (ECU)</b>	<b>31y</b>
<b>GENERAL:</b> South American Championships Silver medallist 10,000m (21)   2 times South American Championships finalist 10,000m (23) <b>OTHER PBs:</b> 34:06.61 10,000m(21) - 1:11:30 Half Marathon(22) - 2:24:50 Marathon(23) <b>HONOURS:</b> Sam. Ch. (1xSilver)   Sam. HM Ch. (1xGold)   Sam. Mar. Ch. (1xGold)   NCH (2xWin)		
<b>17</b>	<b>Isabel BARREIRO (ESP)</b>	<b>24y</b>
<b>WA World Rankings:</b> 11th <b>OTHER PBs:</b> 15:27.47 5000m(22) - 32:03.37 10,000m(23) - 32:00 10km Road(23) <b>2024:</b> 10,000m Gavá (ESP) NCH 2. 32:22.68 - 10km Road Laredo (ESP) 7. 32:15 <b>INFO:</b> Hometown: Gijón. Also a physiotherapist.		

<b>18</b>	<b>Majida MAAYOUF (ESP)</b>	<b>34y</b>
<b>WA World Rankings: 73rd</b> <b>OTHER PBs:</b> 15:39.55 5000m(23) - 15:24 5 km Road(23) - 2:21:01 Marathon(22) <b>INFO:</b> Born in Brarha, Morocco. Represents ESP since October 2023.		
<b>19</b>	<b>Carolina ROBLES (ESP)</b>	<b>32y</b>
<b>GENERAL:</b> 2 times National champion 10,000m (24), 3000mSC (22)   <b>WA World Rankings: 30th</b> <b>OTHER PBs:</b> 8:59.93 3000m (i)(21) - 32:14.43 10,000m(24) - 9:24.71 3000mSC(23) <b>HONOURS:</b> NCH (2xWin) <b>2024:</b> 10,000m Gavá (ESP) NCH 1. 32:14.43 <b>INFO:</b> Born in Sevilla. P.E. studies. She runs an athletics school in Spain. Likes video games and drawing.		
<b>20</b>	<b>Irene SÁNCHEZ-ESCRIBANO (ESP)</b>	<b>31y</b>
<b>GENERAL:</b> 6 times National champion 3000mSC (21, 20, 19, 18, 17, 15)   European Championships finalist   <b>WA World Rankings: 20th</b> <b>OTHER PBs:</b> 6:13.03 2000mSC(20) - 9:20.04 3000mSC(23) - 31:35 10km Road(24)   <b>Current Records:</b> 1xNBP: NBP 6:13.03 2000mSC Cergy-Pontoise(20) <b>HONOURS:</b> Eur. Team Ch. (1xSilver, 2xBronze)   IberoAM Ch. (1xSilver)   NCH (6xWin) <b>2024:</b> 10km Road Laredo (ESP) 3. 31:35 <b>INFO:</b> Born in Toledo. Medicine studies at Complutense University of Madrid. Likes travelling.		
<b>21</b>	<b>Laura MAASIK (EST)</b>	<b>30y</b>
<b>GENERAL:</b> 6 times National champion 400mH (12), 3000mSC (23, 22, 20, 18), 10km Road (23)   National Indoor champion 3000m (i) (18)   <b>WA World Rankings: 78th</b> <b>OTHER PBs:</b> 44:72 300mH(12) - 6:32.96 2000mSC(21) - 9:56.90 3000mSC(23) <b>HONOURS:</b> NCH (6xWin)   NICH (1xWin) <b>INFO:</b> Based in Tallinn. Also Head of Credit Risk Control. Degree in Business Administration and Management.		
<b>22</b>	<b>Tadelech BEKELE (ETH)</b>	<b>31y</b>
<b>OTHER PBs:</b> 34:08 10km Road(13) - 1:12:29 Half Marathon(15) - 2:28:04 Marathon(22)		
<b>23</b>	<b>Girmawit GEBRZIHAI (ETH)</b>	<b>22y</b>
<b>GENERAL:</b> World U20 Championships Bronze medallist 5000m (18)   World Cross Country Championships finalist <b>OTHER PBs:</b> 14:46.12 5000m(23) - 30:23.69 10,000m(23) - 1:04:14 Half Marathon(22) <b>HONOURS:</b> World U20 Ch. (1xBronze)		
<b>24</b>	<b>Mebrat GIDEY (ETH)</b>	<b>19y</b>
<b>OTHER PBs:</b> 4:21.25 1500m(23) - 33:46.3h 10,000m(22) - 31:24 10km Road(23)		
<b>25</b>	<b>Sisay Meseret GOLA (ETH)</b>	<b>26y</b>
<b>GENERAL:</b> Major Marathon finalist <b>OTHER PBs:</b> 1:09:02 Half Marathon(20) - 2:20:50 Marathon(22) <b>HONOURS:</b>		
<b>26</b>	<b>Bekelech TEKU (ETH)</b>	<b>20y</b>
<b>OTHER PBs:</b> 15:58.1h 5000m(22) - 33:59 10km Road(19) - 1:09:04 Half Marathon(23)		
<b>27</b>	<b>Bertukan WELDE (ETH)</b>	<b>19y</b>
<b>GENERAL:</b> World U20 Championships finalist 3000m (22) <b>OTHER PBs:</b> 8:59.10 3000m(22) - 32:00 10km Road(23) - 1:07:44 Half Marathon(23) <b>HONOURS:</b> <b>2024:</b> Half Marathon Riyadh (KSA) 1. 1:10:22		
<b>28</b>	<b>Adi Ama MASAU (FIJ)</b>	<b>19y</b>
<b>29</b>	<b>Adi Fulori MASAU (FIJ)</b>	<b>21y</b>
<b>30</b>	<b>Cecile JAROUSSEAU (FRA)</b>	<b>31y</b>
<b>OTHER PBs:</b> 16:25.04 5000m(19) - 32:51 10km Road(23) - 1:14:25 Half Marathon(22) <b>2024:</b> 10km Road Castellón (ESP) 19. 33:24 <b>INFO:</b> Athlete from Mauges-sur-Loire.		
<b>31</b>	<b>Niamh BROWN (GBR)</b>	<b>24y</b>
<b>OTHER PBs:</b> 9:29.23 3000m(14) <b>INFO:</b> Based in Redhill. Studies: University of Birmingham. Degree in Philosophy.		
<b>32</b>	<b>Abbie DONNELLY (GBR)</b>	<b>27y</b>
<b>WA World Rankings: 32nd</b> <b>OTHER PBs:</b> 32:10.16 10,000m(23) - 31:59 10km Road(24) - 1:09:10 Half Marathon(24) <b>2024:</b> 10km Road Valencia (ESP) 22. 31:59 - Half Marathon Barcelona (ESP) 5. 1:09:10 - 5 km Road Leicester (GBR) 4. 15:18 <b>INFO:</b> Born in Lincoln. Studies: Loughborough University; PhD in International Relations, Politics and History.		
<b>33</b>	<b>Alice GOODALL (GBR)</b>	<b>22y</b>
<b>GENERAL:</b> European U23 champion 10,000m (23) <b>OTHER PBs:</b> 32:29.71 10,000m(23) - 32:08 10km Road(24) <b>HONOURS:</b> Eur. U23 Ch. (1xGold) <b>2024:</b> 10km Road Valencia (ESP) 24. 32:08 <b>INFO:</b> Based in Edinburgh. Studies: University of Edinburgh. Also a gym instructor.		
<b>34</b>	<b>Lauren HEYES (GBR)</b>	<b>33y</b>
<b>GENERAL:</b> European Indoor Championships finalist   National Indoor champion 3000m (i) (13) <b>OTHER PBs:</b> 8:52.00 3000m (i)(13) - 20:01 4 Miles Road(13) - 32:23 10km Road(24) <b>HONOURS:</b> NICH (1xWin) <b>2024:</b> 10km Road Pulford (GBR) 2. 32:23 <b>INFO:</b> Athlete of Hallamshire. Has a daughter.		
<b>35</b>	<b>Lauren MCNEIL (GBR)</b>	<b>24y</b>
<b>OTHER PBs:</b> 33:44.64 10,000m(23) - 33:45 10km Road(21) - 1:11:01 Half Marathon(22) <b>INFO:</b> Hometown: Buxton. Studies: University of British Columbia.		
<b>36</b>	<b>. ANKITA (IND)</b>	<b>22y</b>
<b>GENERAL:</b> Asian Indoor Championships Silver medallist 3000m (i) (24)   Asian Championships Bronze medallist 5000m (23) <b>OTHER PBs:</b> 8:59.69 3000m(23) - 15:33.03 5000m(23) - 32:48.71 10,000m(24) <b>HONOURS:</b> Asi. Ch. (1xBronze)   Asi. Ind. Ch. (1xSilver) <b>2024:</b> 3000m (i) Tehran (IRI) 2. 9:26.22 - 10,000m San Juan Capistrano, CA (USA) 8. 32:48.71 <b>INFO:</b> Grew up in Uttarakhand.		
<b>37</b>	<b>Anjali KUMARI (IND)</b>	<b>24y</b>

<b>38</b>	<b>. SEEMA (IND)</b>	<b>23y</b>
<p><b>GENERAL:</b> Asian YOG Qualification Silver medallist 3000m (18)   National champion 10,000m (23)  <b>OTHER PBs:</b> 15:40.60 5000m(22) - 32:07.67 10,000m(24) - 34:30 10km Road(23)  <b>HONOURS:</b> Asi. YOG. Q (1xSilver)   NCH (1xWin)  <b>2024:</b> 10,000m San Juan Capistrano, CA (USA) 3. 32:07.67  <b>INFO:</b> Grew up in Reta.</p>		
<b>39</b>	<b>Danielle DONEGAN (IRL)</b>	<b>22y</b>
<p><b>WA World Rankings:</b> 204th  <b>OTHER PBs:</b> 34:15 10km Road(24)  <b>2024:</b> 10km Road Dunboyne (IRL) NCH 7. 34:15  <b>INFO:</b> Athlete of Tullamore.</p>		
<b>40</b>	<b>Fiona EVERARD (IRL)</b>	<b>25y</b>
<p><b>WA World Rankings:</b> 125th  <b>OTHER PBs:</b> 9:29.29 3000m(23) - 9:30.13 3000m (i)(23) - 33:22 10km Road(24)  <b>2024:</b> 10km Road Dunboyne (IRL) NCH 3. 33:22  <b>INFO:</b> Athlete of Enniskeane.</p>		
<b>41</b>	<b>Momoka KAWAGUCHI (JPN)</b>	<b>25y</b>
<p><b>GENERAL:</b> Asian Championships Silver medallist 10,000m (23)  <b>OTHER PBs:</b> 8:54.80 3000m(22) - 15:23.09 5000m(22) - 31:57.81 10,000m(22)  <b>HONOURS:</b> Asi. Ch. (1xSilver)  <b>2024:</b> 10km Road Yamaguchi (JPN) 5. 32:57</p>		
<b>42</b>	<b>Azusa MIHARA (JPN)</b>	<b>21y</b>
<p><b>OTHER PBs:</b> 4:23.10 1500m(20) - 9:02.86 3000m(20) - 15:33.29 5000m(21)</p>		
<b>43</b>	<b>Miku SAKAI (JPN)</b>	<b>21y</b>
<p><b>OTHER PBs:</b> 9:07.34 3000m(19) - 15:35.66 5000m(23) - 1:12:52 Half Marathon(24)  <b>2024:</b> Half Marathon Yamaguchi (JPN) 23. 1:12:52</p>		
<b>44</b>	<b>Erika TANOURA (JPN)</b>	<b>24y</b>
<p><b>OTHER PBs:</b> 9:21.26 3000m(22) - 15:32.14 5000m(23)</p>		
<b>45</b>	<b>Daisy JEPKEMEI (KAZ)</b>	<b>28y</b>
<p><b>GENERAL:</b> World U20 champion 3000mSC (12)   World U18 Championships Silver medallist 2000mSC (13)  <b>OTHER PBs:</b> 14:45.69 5000m(22) - 9:06.66 3000mSC(19) - 31:01dh 10km Road(19)  <b>HONOURS:</b> World U20 Ch. (1xGold, 1xBronze)   World Youth Ch. (1xSilver)  <b>INFO:</b> Born in Kenya. Represents Kazakhstan since 2022.</p>		
<b>46</b>	<b>Emmaculate Anyango ACHOL (KEN)</b>	<b>23y</b>
<p><b>GENERAL:</b> African U20 Championships Silver medallist 3000m (19)   <b>WA World Rankings:</b> 79th  <b>OTHER PBs:</b> 15:22.80 5000m(23) - 32:51.58 10,000m(23) - 28:57 10km Road(24)  <b>HONOURS:</b> Afr. U20 Ch. (1xSilver)  <b>2024:</b> 10km Road Valencia (ESP) 2. 28:57</p>		
<b>47</b>	<b>Beatrice CHEBET (KEN)</b>	<b>24y</b>
<p><b>GENERAL:</b> Diamond League Final winner 5 km Road (22)   World Championships Silver medallist 5000m (22)   <b>WA World Rankings:</b> 1st  <b>OTHER PBs:</b> 8:24.05 3000m(23) - 14:05.92 5000m(23) - 14:13 5 km Road(23)   <b>Current Records:</b> 1xWR*: WR* 14:13 5 km Road Barcelona(23)  <b>HONOURS:</b> World Ch. (1xSilver, 1xBronze): 2. 5000m Eugene, OR(22) 14:46.75 - 3. 5000m Budapest(23) 14:54.33   <b>DF (1xWin)</b>   <b>World RR Ch. (1xGold)</b>   <b>World CC Ch. (2xGold)</b>  <b>INFO:</b> Based in Londiani. Made history in 2018 when won gold for Kenya in the 5000m at U20 WCH, she became the 1st non-Ethiopian since 2006 to win gold in this event. After trainings she helps her parents in their farm.</p>		
<b>48</b>	<b>Cintia CHEPNGENO (KEN)</b>	<b>23y</b>
<p><b>WA World Rankings:</b> 22nd  <b>OTHER PBs:</b> 9:11.84 3000m(18) - 15:07.75 5000m(23) - 30:08 10km Road(24)  <b>2024:</b> 10km Road Valencia (ESP) 7. 30:08</p>		
<b>49</b>	<b>Margaret Chelimo KIPKEMBOI (KEN)</b>	<b>31y</b>
<p><b>GENERAL:</b> World Championships Silver medallist 5000m (19)   3 times World Championships finalist 5000m (23, 22)   <b>WA World Rankings:</b> 36th  <b>OTHER PBs:</b> 8:21.53 3000m(21) - 29:50 10km Road(21) - 1:04:46 Half Marathon(23)  <b>HONOURS:</b> World Ch. (1xSilver, 1xBronze): 2. 5000m Doha(19) 14:27.49 - 3. 10,000m Eugene, OR(22) 30:10.07 - 4. 5000m Budapest(23) 14:56.62 - 4. 5000m Eugene, OR(22) 14:47.71 - 5. 5000m London(17) 14:48.74   <b>World RR Ch. (1xSilver)</b>   <b>Afr. Ch. (1xSilver)</b>   <b>All-Afr. G. (1xGold)</b>  <b>2024:</b> Half Marathon Ras Al Khaimah (UAE) 4. 1:06:31  <b>INFO:</b> Born in Nandi County.</p>		
<b>50</b>	<b>Agnes Jebet NGETICH (KEN)</b>	<b>23y</b>
<p><b>GENERAL:</b> World Championships finalist   World Cross Country Championships Bronze medallist XC Senior Race (23)  <b>OTHER PBs:</b> 14:36.70 5000m(23) - 14:13 5 km Road(24) - 28:46 10km Road(24)   <b>Current Records:</b> 2xWR*: WR* 14:13 5 km Road Valencia(24) - WR* 28:46 10km Road Valencia(24)  <b>HONOURS:</b> World Ch. (1xFinal): 6. 10,000m Budapest(23) 31:34.83   <b>World CC Ch. (1xBronze)</b>  <b>2024:</b> 5 km Road Valencia (ESP) 14:13 - 10km Road Valencia (ESP) 1. 28:46</p>		
<b>51</b>	<b>Lilian Kasait RENGERUK (KEN)</b>	<b>26y</b>
<p><b>GENERAL:</b> World Championships finalist   All-African Games winner 5000m (19)  <b>OTHER PBs:</b> 14:23.05 5000m(23) - 14:26 5 km Road(23) - 29:32 10km Road(24)  <b>HONOURS:</b> World Ch. (1xFinal): 5. 5000m Doha(19) 14:36.05   <b>World RR Ch. (1xSilver)</b>   <b>World CC Ch. (1xBronze)</b>   <b>World U20 Ch. (1xSilver)</b>  <b>2024:</b> 10km Road Valencia (ESP) 3. 29:32  <b>INFO:</b> Studies: Kenya Prisons College.</p>		
<b>52</b>	<b>Nada EL KURDI (LBN)</b>	<b>39y</b>
<p><b>INFO:</b> Hometown: Beirut. Also a journalist and media consultant. Degree in Communications.</p>		
<b>53</b>	<b>Joan MAKARY (LBN)</b>	<b>30y</b>
<p><b>GENERAL:</b> 4 times National champion 1500m (23, 22, 21), 5000m (23)  <b>HONOURS:</b> NCH (4xWin)  <b>2024:</b> 3000m Beirut (LBN) 1. 10:08.21  <b>INFO:</b> Hometown: Beirut. Studies: Saint Joseph University. Degree in Economics. Likes cycling and swimming.</p>		
<b>54</b>	<b>Chirine NJEIM (LBN)</b>	<b>39y</b>
<p><b>GENERAL:</b> 2 times National champion 5000m (19), 10,000m (19)  <b>OTHER PBs:</b> 1:16:02 Half Marathon(21) - 2:36:40 Marathon(21)  <b>HONOURS:</b> NCH (2xWin)  <b>INFO:</b> Also competed in the Winter Olympics, in alpine skiing. Was twice LBN's flagbearer at the Olympics' Opening Ceremony.</p>		

<b>55</b>	<b>Karine SHRAIM (LBN)</b>	<b>38y</b>
<b>INFO:</b> Studies: Lebanese American University. Also a dietitian, sports nutritionist.		
<b>56</b>	<b>Jennifer TOMAZOU (LBN)</b>	<b>32y</b>
<b>GENERAL:</b> 4 times National champion 3000mSC (23, 22, 21, 19) <b>HONOURS:</b> NCH (4xWin) <b>INFO:</b> Sports and Business Law studies. Also an attorney.		
<b>57</b>	<b>Loaa ZAAROUR (LBN)</b>	<b>31y</b>
<b>GENERAL:</b> 2 times Pan American Games finalist   CAC Games winner Marathon (14) <b>OTHER PBs:</b> 15:37.62 5000m(16) - 32:11.04 10,000m(16) - 2:25:54 Marathon(23) <b>HONOURS:</b> CAC G. (1xWin) <b>INFO:</b> Born in Toluca de Lerdo. Studies: Autonomous University of Mexico State.		
<b>58</b>	<b>Margarita HERNANDEZ FLORES (MEX)</b>	<b>38y</b>
<b>GENERAL:</b> 13 times National champion 800m (20, 19), 1500m (23, 20, 16, 14), 3000m (23, 22, 20, 19), 5000m (20), 3000mSC (19), 5 km Road (23) <b>OTHER PBs:</b> 9:30.60 3000m (i)(14) - 1:12:29 Half Marathon(11) - 2:39:07 Marathon(12) <b>HONOURS:</b> NCH (13xWin) <b>INFO:</b> Born in Niksic.		
<b>59</b>	<b>Sladana PEJOVIĆ (MNE)</b>	<b>40y</b>
<b>GENERAL:</b> Oceania champion 10,000m (22) <b>HONOURS:</b> Oce. Ch. (1xWin) <b>2024:</b> 3000m (i) Spokane, WA (USA) 7. 10:37.18 - 3000m Seattle, WA (USA) 11. 10:19.39 - 5000m (i) Spokane, WA (USA) 14. 18:14.97 - 3000m (i) Spokane, WA (USA) 16. 10:41.20 <b>INFO:</b> Hometown: Saipan. Studies: Fordham University. Major in Digital Technology.		
<b>60</b>	<b>Nathania TAN (NMI)</b>	<b>22y</b>
<b>GENERAL:</b> 2 times European Championships Bronze medallist 10,000m (16), 3000mSC (18)   Olympic Games finalist <b>OTHER PBs:</b> 14:31.07 5000m(22) - 9:13.35 3000mSC(17) - 30:32 10km Road(20)   <b>Current Records:</b> 2xNBP: NBP 5:41.04 2000m Florø(18) - NBP 6:21.39 2000mSC Stavanger(08) <b>1xAU18B:</b> AU18B 9:33.19 3000mSC Neerpelt(07) <b>HONOURS:</b> OG (1xFinal): 7. 5000m Rio de Janeiro(16) 14:57.53   <b>World Ch. (1xFinal):</b> 8. 5000m Eugene, OR(22) 14:57.62   <b>World Youth Ch. (1xBronze)</b> <b>2024:</b> 10km Road Castellón (ESP) 8. 31:00 - Half Marathon New York, NY (USA) 1. 1:09:09 <b>INFO:</b> Born in Alesund. Graduation from Norwegian elite sports high school in Lillehammer; then studied Sociology. Nickname: Karo; she became the first Norwegian athlete to win a medal at the European Cross Country Championships; earlier competed in cross-country skiing. Her sporting heroes are Grete Waitz and Ingrid Kristiansen.		
<b>61</b>	<b>Karoline Bjerkeli GRØVDAL (NOR)</b>	<b>33y</b>
<b>GENERAL:</b> 3 times National champion 10,000m (24), 3000mSC (23, 22)   World Cross Country Championships finalist <b>OTHER PBs:</b> 4:18.45 1500m(22) - 4:37.48 Mile(22) - 16:11.92 5000m(22) <b>HONOURS:</b> NCH (3xWin) <b>2024:</b> 10,000m Dunedin (NZL) NCH 1. 35:15.84 - 1500m Hamilton (NZL) 7. 4:36.64 - 5000m Wellington (NZL) NCH 3. 16:18.63 <b>INFO:</b> Based in Auckland. Studies: Southern Methodist University. Degree in Psychology. Earlier played netball and volleyball.		
<b>62</b>	<b>Anneke ARLIDGE (NZL)</b>	<b>27y</b>
<b>GENERAL:</b> 6 times National champion 800m (21, 20, 19), 1500m (19), 4x400m (20, 19) <b>OTHER PBs:</b> 1:28.33 600m(17) - 2:02.63 800m(19) - 4:15.09 1500m(20)   <b>Current Records:</b> 1xAU20R: AU20R 57.74 400m sh Fayetteville, AR(11) <b>HONOURS:</b> NCH (4xWin) <b>2024:</b> Mile Timaru (NZL) 3. 4:51.64 <b>INFO:</b> Hometown: Hamilton. Studies: University of Tulsa. Major in Exercise and Sports Science. Also a Sports Massage Therapist.		
<b>63</b>	<b>Katherine CAMP (NZL)</b>	<b>32y</b>
<b>GENERAL:</b> 4:41.52 Mile(22) - 15:51.54 5000m(22) - 1:12:58 Half Marathon(23) <b>INFO:</b> Born in Auckland; based in London, UK. Studies: University of Auckland. Degree in Geography and Statistics. Also a business analyst.		
<b>64</b>	<b>Georgie GRGEC (NZL)</b>	<b>30y</b>
<b>GENERAL:</b> 2:07.48 800m(20) - 4:24.40 1500m(21) - 6:46.04 2000mSC(14) <b>INFO:</b> Hometown: Tamborine, Australia. Studies: University of Florida.		
<b>65</b>	<b>Caitlin MCQUILKIN-BELL (NZL)</b>	<b>26y</b>
<b>GENERAL:</b> 4:26.63 1500m(12) <b>2024:</b> 5000m Wellington (NZL) NCH 6. 16:45.40 <b>INFO:</b> Hometown: Auckland. Studies: Massey University. Degree in Business Administration and Management. Also a running coach and digital media manager.		
<b>66</b>	<b>Annika PFITZINGER (NZL)</b>	<b>31y</b>
<b>GENERAL:</b> 16:25.37 5000m(23) <b>OTHER PBs:</b> 16:25.37 5000m(23)		
<b>67</b>	<b>Meliza Estefany CASAICO (PER)</b>	<b>20y</b>
<b>GENERAL:</b> Pan American Games finalist Marathon (23) <b>OTHER PBs:</b> 33:26.28 10,000m(23) - 1:13:20 Half Marathon(23) - 2:29:31 Marathon(23) <b>HONOURS:</b>		
<b>68</b>	<b>Aydee LOAYZA HUAMAN (PER)</b>	<b>29y</b>
<b>GENERAL:</b> South American Half Marathon Championships finalist <b>OTHER PBs:</b> 1:15:04 Half Marathon(23) <b>HONOURS:</b>		
<b>69</b>	<b>Zarita SUÁREZ (PER)</b>	<b>29y</b>
<b>GENERAL:</b> 2 times Asian Championships finalist <b>OTHER PBs:</b> 4:23.01 1500m(22) - 4:41.66 Mile(23) - 4:50.53 Mile (i)(22) <b>HONOURS:</b>		
<b>70</b>	<b>Layla ALMASRI (PLE)</b>	<b>24y</b>
<b>GENERAL:</b> 2 times National champion 5 km Road (23), 10km Road (21) <b>OTHER PBs:</b> 15:43.40 5000m(22) - 15:50 5 km Road(23) - 32:10 10km Road(21) <b>HONOURS:</b> NCH (2xWin) <b>2024:</b> 10km Road Scottburgh (RSA) 1. 35:04 <b>INFO:</b> Athlete of Durban.		
<b>71</b>	<b>Kyla JACOBS (RSA)</b>	<b>29y</b>
<b>GENERAL:</b> African Championships finalist   National champion 5000m (23) <b>OTHER PBs:</b> 9:01.54 3000m(23) - 15:20.61 5000m(23) - 15:51 5 km Road(23) <b>HONOURS:</b> NCH (1xWin) <b>2024:</b> 800m Cape Town (RSA) 2. 2:18.85 - 1500m Cape Town (RSA) 1. 4:31.52 - 1500m Cape Town (RSA) 1. 4:40.79 - 800m Cape Town (RSA) 1. 2:14.31 <b>INFO:</b> Based in Cape Town. Studies: Coastal Carolina University. MBA degree.		
<b>72</b>	<b>Tayla KAVANAGH (RSA)</b>	<b>22y</b>

<b>73</b>	<b>Karabo MAILULA (RSA)</b>	<b>22y</b>
OTHER PBs: 34:32.87 10,000m(24) - 34:35 10km Road(24) 2024: 5000m Pretoria (RSA) 3. 16:50.0h - 5000m Pretoria (RSA) 1. 16:43.34 - 10,000m Pretoria (RSA) 2. 34:32.87 - 10km Road Johannesburg (RSA) NCH 2. 34:35 - 10km Road Cape Town (RSA) 6. 34:43 INFO: Based in Pretoria. Studies: University of Pretoria. Coached by Caster Semenya.		
<b>74</b>	<b>Cacisile SOSIBO (RSA)</b>	<b>26y</b>
GENERAL: World Road Running Championships finalist OTHER PBs: 34:19.85 10,000m(22) - 33:06 10km Road(24) - 1:09:31 Half Marathon(23) HONOURS: 2024: 5000m Pretoria (RSA) 2. 16:27.4h - 5000m Johannesburg (RSA) 1. 17:53.90 - 10km Road Johannesburg (RSA) NCH 3. 35:52 - 10km Road Cape Town (RSA) 4. 33:06 INFO: Grew up in Kilmon.		
<b>75</b>	<b>Lisha VAN ONSELEN (RSA)</b>	<b>27y</b>
2024: 1500m Cape Town (RSA) 2. 4:34.12 - 5000m Cape Town (RSA) 1. 17:36.85 INFO: Hometown: Amanzimtoti. Studies: Appalachian State University.		
<b>76</b>	<b>Glenrose XABA (RSA)</b>	<b>29y</b>
GENERAL: 10 times National champion 10,000m (23, 22, 21, 19, 17, 16), 10km Road (24, 19), Half Marathon (22, 21)   African Championships finalist OTHER PBs: 32:04.08 10,000m(24) - 32:17 10km Road(24) - 1:08:37 Half Marathon(23) HONOURS: NCH (10xWin) 2024: 5000m Pretoria (RSA) 1. 15:56.1h - 800m Pretoria (RSA) 3. 2:08.88 - 1500m Pretoria (RSA) 1. 4:20.39 - 10,000m Pretoria (RSA) 1. 32:04.08 - 10km Road Johannesburg (RSA) NCH 1. 33:00 - 10km Road Cape Town (RSA) 1. 32:17 INFO: Trained by Caster Semenya.		
<b>77</b>	<b>Vanessa Ying Zhuang LEE (SGP)</b>	<b>26y</b>
<b>78</b>	<b>Rajabmo ABDULLOEVA (TJK)</b>	<b>19y</b>
<b>79</b>	<b>Rachael Zena CHEBET (UGA)</b>	<b>27y</b>
GENERAL: African Championships Silver medallist 10,000m (22)   4 times National champion 5000m (19, 14), 10,000m (22, 19) OTHER PBs: 32:17.66 10,000m(22) - 32:00 10km Road(20) - 1:08:46 Half Marathon(23) HONOURS: Afr. Ch. (1xSilver)   NCH (4xWin)		
<b>80</b>	<b>Loice CHEKWEMOI (UGA)</b>	<b>17y</b>
GENERAL: World U20 Championships finalist   National champion 3000mSC (22) OTHER PBs: 6:31.12 2000mSC(23) - 10:07.79 3000mSC(22) HONOURS: NCH (1xWin)		
<b>81</b>	<b>Annet Chemengich CHELANGAT (UGA)</b>	<b>30y</b>
WA World Rankings: 25th OTHER PBs: 34:00.4h 10,000m(21) - 50:26 15 km Road(21) - 1:10:16 Half Marathon(23)		
<b>82</b>	<b>Sarah CHELANGAT (UGA)</b>	<b>22y</b>
GENERAL: African Youth Games Silver medallist 3000m (18)   2 times African Championships finalist OTHER PBs: 8:32.53 3000m(23) - 14:40.88 5000m(23) - 30:24 10km Road(23) HONOURS: 2024: 10km Road Valencia (ESP) 10. 30:26 INFO: Grew up in Kween. Former UGA Youth Female Athlete of the Year.		
<b>83</b>	<b>Belinda CHEMUTAI (UGA)</b>	<b>23y</b>
GENERAL: National champion 5000m (23) OTHER PBs: 15:23.48 5000m(23) - 31:20 10km Road(24) - 1:10:40 Half Marathon(23) HONOURS: NCH (1xWin) 2024: 10km Road Valencia (ESP) 20. 31:43 - 10km Road Castellón (ESP) 11. 31:20 INFO: Based in Kampala.		
<b>84</b>	<b>Joy CHEPTOYEK (UGA)</b>	<b>21y</b>
GENERAL: World Road Running Championships finalist OTHER PBs: 32:09.52 10,000m(23) - 14:28 5 km Road(23) - 30:03 10km Road(24) HONOURS: 2024: 10km Road Valencia (ESP) 5. 30:03		
<b>85</b>	<b>Eliana SILVERA SILVA (URU)</b>	<b>36y</b>
INFO: Based and trains in Italy.		
<b>86</b>	<b>Katie CAMARENA (USA)</b>	<b>26y</b>
OTHER PBs: 4:08.73 1500m(23) - 15:18.81 5000m (i)(23) - 32:00.20 10,000m(24) 2024: 5000m Seattle, WA (USA) 8. 15:21.55 - 10,000m San Juan Capistrano, CA (USA) 19. 32:00.20 INFO: Hometown: San Juan Hills. Studies: Portland State University. Plans to become a sports psychologist.		
<b>87</b>	<b>Emma Grace HURLEY (USA)</b>	<b>26y</b>
OTHER PBs: 8:51.34 3000m (i)(23) - 15:27 5 km Road(23) - 52:41 10 Miles Road(23) 2024: 3000m (i) Boston, MA (USA) 15. 9:12.69 - 15 km Road Jacksonville, FL (USA) NCH 5. 49:52 INFO: Hometown: Roswell. Studies: Furman University.		
<b>88</b>	<b>Weini KELATI FREZGHI (USA)</b>	<b>27y</b>
GENERAL: World U20 Championships finalist   NCAA champion 10,000m (19)   WA World Rankings: 88th OTHER PBs: 8:33.72 3000m (i)(22) - 30:33.82 10,000m(24) - 1:06:25 Half Marathon(24)   Current Records: 3xNBP: NBP 10:00.38 2 Miles Greensboro, NC(16) - NBP 10:02.71 2 Miles sh New York, NY(16) - NBP 15:10 5 km Road Riga(23) 1xAR: AR 1:06:25 Half Marathon Houston, TX(24) HONOURS: NCH (1xWin)   NCAA Ch. (1xWin) 2024: Half Marathon Houston, TX (USA) 4. 1:06:25 - 10,000m San Juan Capistrano, CA (USA) 2. 30:33.82 INFO: Born in Eritrea. Hometown: Leesburg. Studies: University of New Mexico Lobos. Her favourite athlete is Usain Bolt. Music is her hobby.		
<b>89</b>	<b>Cailie LOGUE (USA)</b>	<b>25y</b>
GENERAL: World U20 Championships finalist OTHER PBs: 9:00.76 3000m(23) - 9:03.49 3000m (i)(22) - 32:19.37 10,000m(20) HONOURS: INFO: Hometown: Erie. Studies: Iowa State University. Major in Kinesiology.		
<b>90</b>	<b>Abby NICHOLS (USA)</b>	<b>27y</b>
OTHER PBs: 4:26.08 Mile(23) - 4:29.12 Mile (i)(23) - 8:48.58 3000m (i)(23) 2024: 3000m (i) New York, NY (USA) 8:57.87 - 2 Miles (i) New York, NY (USA) 9. 9:35.30 INFO: Grew up in Kettering, Ohio. Studies: University of Colorado. Earlier was involved in gymnastics. Likes water skiing and hiking.		

**91 Allie OSTRANDER (USA)**

**27y**

**GENERAL:** 3 times NCAA champion 3000mSC (19, 18, 17)

**OTHER PBs:** 8:48.94 3000m (i)(20) - 15:16.38 5000m (i)(18) - 9:26.96 3000mSC(21)

**HONOURS:** NCAA Ch. (3xWin)

**INFO:** Hometown: Kenai. Studies: Boise State University.

# Men's Cross Country U20 Race

Final

30.03.2024

<b>1</b>	<b>Jack COOMBER (AUS)</b>	<b>18y</b>
2024: 5000m Sydney (AUS) 9. 14:28.02 - 5000m Melbourne (AUS) 12. 14:23.55 INFO: Hometown: Brisbane. Studies: St. Laurence's College. Earlier played soccer. His idol is Lionel Messi.		
<b>2</b>	<b>Padraig HEFFERNAN (AUS)</b>	<b>18y</b>
2024: 3000mSC Brisbane (AUS) 3. 9:57.70 - 3000m Brisbane (AUS) 3. 8:36.98 - 1500m Brisbane (AUS) 7. 3:55.85 - 5000m Brisbane (AUS) 1. 14:37.78 - 1500m Brisbane (AUS) 4. 4:00.31 INFO: Athlete of Queensland.		
<b>3</b>	<b>Ky HEHIR (AUS)</b>	<b>17y</b>
OTHER PBs: 3:46.76 1500m(24) - 8:04.62 3000m(24) 2024: 1500m Perth (AUS) 3. 3:47.85 - 5000m Perth (AUS) 3. 14:24.23 - 1500m Perth (AUS) 3. 3:46.76 - 3000m Perth (AUS) 1. 8:04.62 INFO: Born in Heidelberg, Victoria.		
<b>4</b>	<b>Seth MAHONY (AUS)</b>	<b>18y</b>
2024: 5000m Sydney (AUS) 17. 14:56.25 - 1500m Brisbane (AUS) 1. 3:48.57 - 3000m Sydney (AUS) 6. 8:14.84 INFO: Athlete of Queensland. Earlier played rugby.		
<b>5</b>	<b>Charlie MOORE (AUS)</b>	<b>18y</b>
2024: 5000m Sydney (AUS) 10. 14:28.64 - 3000mSC Brisbane (AUS) 2. 9:15.99 - 5000m Melbourne (AUS) 9. 14:13.07		
<b>6</b>	<b>Logan TICKELL (AUS)</b>	<b>17y</b>
2024: 5000m Bendigo (AUS) 2. 14:36.78 INFO: Hometown: Bendigo.		
<b>7</b>	<b>Léo BÉDARD (CAN)</b>	<b>18y</b>
2024: 3000m (i) Montréal (CAN) 15. 8:49.85 - 3000m (i) Boston, MA (USA) 16. 8:46.76 INFO: Hometown: Alma, Quebec.		
<b>8</b>	<b>Elliot BÉLANGER (CAN)</b>	<b>18y</b>
2024: 1500m (i) Vaudreuil-Dorion (CAN) 1. 4:06.13 - 3000m (i) Boston, MA (USA) 11. 8:35.69 INFO: Hometown: Montmagny, Quebec.		
<b>9</b>	<b>Kamran BRAR (CAN)</b>	<b>18y</b>
INFO: Hometown: Oshawa. Computer Science studies at McMaster University.		
<b>10</b>	<b>Charles GENDRON-JETTÉ (CAN)</b>	<b>18y</b>
2024: 3000m (i) Boston, MA (USA) 17. 8:51.41 - 3000m Ottawa (CAN) 13. 8:45.99 INFO: Hometown: Magog, Quebec.		
<b>11</b>	<b>Ian MCALLISTER (CAN)</b>	<b>18y</b>
2024: 2 Miles (i) Boston, MA (USA) 10. 9:26.04 INFO: Hometown: London, Ontario. In 2023 he became the 12th runner since 1957 to win 2 consecutive Ontario High School XC Championships title.		
<b>12</b>	<b>Angus SKINNER (CAN)</b>	<b>19y</b>
2024: 3000m Ottawa (CAN) 10. 8:42.38 - 3000m (i) Montréal (CAN) 11. 8:42.79 - 1500m (i) Montréal (CAN) 9. 4:06.01 - Mile (i) Boston, MA (USA) 13. 4:20.54 INFO: Based in Kingston, Ontario. Studies: Frontenac Secondary School.		
<b>13</b>	<b>Dylan Joel CARRASCO (COL)</b>	<b>18y</b>
2024: 1500m Bucaramanga (COL) 7. 3:57.62 - 3000m Bucaramanga (COL) 2. 8:47.13		
<b>14</b>	<b>Yobiel WELDRUFAEL (ERI)</b>	<b>18y</b>
GENERAL: World Road Running Championships finalist OTHER PBs: 3:39.09 1500m (i)(24) - 3:57.94 Mile Road(23) HONOURS: 2024: 1500m (i) Gent (BEL) 6. 3:48.93 - 1500m (i) Beograd (SRB) 3. 3:39.09 - 1500m Accra (GHA) AfG h 3:41.10		
<b>15</b>	<b>Mesfin ESCAMILLA (ESP)</b>	<b>18y</b>
INFO: Hometown: Cuenca.		
<b>16</b>	<b>Oscar GAITAN (ESP)</b>	<b>18y</b>
OTHER PBs: 8:06.50 3000m(23) 2024: 5000m Gavá (ESP) 2. 14:38.47 - 3000m (i) Salamanca (ESP) 3. 8:31.77 INFO: Hometown: Plasencia.		
<b>17</b>	<b>Andres LARA (ESP)</b>	<b>17y</b>
<b>18</b>	<b>Unai NARANJO (ESP)</b>	<b>18y</b>
2024: 5000m Gavá (ESP) 1. 14:08.32 - 3000m (i) Salamanca (ESP) 1. 8:20.87 INFO: Athlete of Puertollano.		
<b>19</b>	<b>Gonçalo José SOUSA (ESP)</b>	<b>19y</b>
2024: 5000m Gavá (ESP) 4. 14:41.28		
<b>20</b>	<b>Carlos ZARATE (ESP)</b>	<b>18y</b>
2024: 1500m (i) Zaragoza (ESP) 1. 3:58.18 - 5000m Gavá (ESP) 3. 14:40.58 - 1500m (i) Salamanca (ESP) h 4:02.79 - 1500m (i) Salamanca (ESP) 6. 4:00.55 INFO: Athlete from Aragón.		
<b>21</b>	<b>Sewmehon ANTENEH (ETH)</b>	<b>17y</b>
<b>22</b>	<b>Abel BEKELE (ETH)</b>	<b>18y</b>
GENERAL: World Cross Country Championships finalist HONOURS:		
<b>23</b>	<b>Yismaw DILLU (ETH)</b>	<b>18y</b>
OTHER PBs: 27:08.85 10,000m(23) - 13:09 5 km Road(23)		
<b>24</b>	<b>Abdisa FAYISA (ETH)</b>	<b>18y</b>
OTHER PBs: 3:36.12 1500m(23) - 7:39.63 3000m(22) - 7:40.35 3000m (i)(23)		
<b>25</b>	<b>Mezgebu SIME (ETH)</b>	<b>18y</b>
OTHER PBs: 7:40.81 3000m (i)(24) 2024: 3000m (i) Liévin (FRA) 5. 7:40.81		

<b>26</b>	<b>Jenberu SISAY (ETH)</b>	<b>18y</b>
<b>27</b>	<b>Ishak DAHMANI (FRA)</b>	<b>19y</b>
INFO: Athlete of Val-de-Reuil.		
<b>28</b>	<b>Tristan DOUCHE (FRA)</b>	<b>18y</b>
INFO: Based in Metz. Has competed in triathlon.		
<b>29</b>	<b>Etienne LE ROUX (FRA)</b>	<b>17y</b>
<b>30</b>	<b>Theo PENARD (FRA)</b>	<b>18y</b>
OTHER PBs: 5:43.60 2000mSC(23) 2024: 1500m (i) Aubière (FRA) 2. 3:56.95 INFO: Athlete of Brive.		
<b>31</b>	<b>Gaston ROHMER (FRA)</b>	<b>18y</b>
INFO: Athlete of Obernai.		
<b>32</b>	<b>James DARGAN (GBR)</b>	<b>18y</b>
OTHER PBs: 3:44.47 1500m(23) - 8:04.53 3000m(23) INFO: Earlier played football. Likes swimming.		
<b>33</b>	<b>Henry DOVER (GBR)</b>	<b>18y</b>
INFO: Earlier played football. His idol is David Rudisha. Motto: The hard work pays off.		
<b>34</b>	<b>Quinn MIELL-INGRAM (GBR)</b>	<b>17y</b>
INFO: Athlete of Radley.		
<b>35</b>	<b>Craig SHENNAN (GBR)</b>	<b>17y</b>
INFO: Athlete of Giffnock.		
<b>36</b>	<b>Hugh KENT (GUM)</b>	<b>18y</b>
<b>37</b>	<b>Harry COLBERT (IRL)</b>	<b>19y</b>
2024: 1500m (i) Athlone (IRL) 5. 3:55.42 - 1500m (i) Dublin (IRL) 5. 3:54.09 - 5000m (i) Boston, MA (USA) 8. 14:18.14 INFO: Law studies at Dublin City University.		
<b>38</b>	<b>Seamus ROBINSON (IRL)</b>	<b>19y</b>
2024: 5 km Road Leicester (GBR) 63. 15:07 INFO: Athlete of Derry.		
<b>39</b>	<b>Yamato HAMAGUCHI (JPN)</b>	<b>17y</b>
OTHER PBs: 8:07.66 3000m(22) - 13:57.16 5000m(23)		
<b>40</b>	<b>Tomoya INOUE (JPN)</b>	<b>17y</b>
<b>41</b>	<b>Kaito MATSUI (JPN)</b>	<b>18y</b>
OTHER PBs: 13:56.81 5000m(23)		
<b>42</b>	<b>Nao NANATSUE (JPN)</b>	<b>18y</b>
OTHER PBs: 13:57.78 5000m(23)		
<b>43</b>	<b>Sota ORITA (JPN)</b>	<b>18y</b>
OTHER PBs: 13:28.78 5000m(23) INFO: Athlete of Hyogo.		
<b>44</b>	<b>Tetsu SASAKI (JPN)</b>	<b>17y</b>
<b>45</b>	<b>Ivan GONCHAROV (KAZ)</b>	<b>18y</b>
<b>46</b>	<b>Johana EROT (KEN)</b>	<b>18y</b>
<b>47</b>	<b>Samuel KIBATHI (KEN)</b>	<b>19y</b>
GENERAL: African U20 Championships Bronze medallist 10,000m (23)   World U20 Championships finalist OTHER PBs: 13:23.14 5000m(23) - 8:57.07 3000mSC(22) HONOURS: Afr. U20 Ch. (1xBronze) 2024: 5000m Nairobi (KEN) 1. 13:49.69		
<b>48</b>	<b>Shadrack Rono KIPKEMEI (KEN)</b>	<b>18y</b>
<b>49</b>	<b>Matthew Kipkoech KIPRUTO (KEN)</b>	<b>18y</b>
OTHER PBs: 13:42.50 5000m(23) - 13:18 5 km Road(23) - 27:59 10km Road(23)		
<b>50</b>	<b>Charles ROTICH (KEN)</b>	<b>18y</b>
GENERAL: World Cross Country Championships finalist OTHER PBs: 8:03.87 3000m(21) - 13:39.40 5000m(22) HONOURS:		
<b>51</b>	<b>Mahmoud ABOU ZEID (LBN)</b>	<b>16y</b>
<b>52</b>	<b>Weng Tou IP (MAC)</b>	<b>17y</b>
<b>53</b>	<b>Abdelwahed AACHOUR (MAR)</b>	<b>18y</b>
<b>54</b>	<b>Ilyas AAOURDOU (MAR)</b>	<b>18y</b>
OTHER PBs: 3:46.91 1500m(23)		
<b>55</b>	<b>Osama ER-RADOUANI (MAR)</b>	<b>16y</b>
<b>56</b>	<b>Ahmed FARIS (MAR)</b>	<b>18y</b>
<b>57</b>	<b>Zouhair REDOUANE (MAR)</b>	<b>19y</b>
<b>58</b>	<b>Victor Daniel PEREZ IGARI (MEX)</b>	<b>19y</b>
INFO: Studies: Technological University of Mexico.		
<b>59</b>	<b>Angel Luis REYES RAMIREZ (MEX)</b>	<b>18y</b>
<b>60</b>	<b>Azrael CABUSAO (NZL)</b>	<b>18y</b>
2024: Mile Auckland (NZL) 6. 4:25.00 - Mile Hastings (NZL) 5. 4:14.94 - 3000m Hamilton (NZL) 3. 8:36.12 - 1500m Hamilton (NZL) 2. 3:59.26 - 5000m Wellington (NZL) 3. 15:02.22 INFO: Studies: Papamoa College. Earlier was involved in surf.		

<b>61</b>	<b>Matt HILL (NZL)</b>	<b>19y</b>
<b>62</b>	<b>Daniel PRESCOTT (NZL)</b>	<b>18y</b>
OTHER PBs: 3:46.85 1500m(24)		
2024: Mile Timaru (NZL) 7. 4:19.29 - Mile Hastings (NZL) 4. 4:10.01 - Mile Whanganui (NZL) 1. 4:07.27 - 1500m Hamilton (NZL) 4. 3:46.85 - 800m Christchurch (NZL) 9. 1:52.68 - 1500m Wellington (NZL) h 4:01.47 - 1500m Wellington (NZL) 4. 3:50.41		
INFO: Athlete of Tauranga.		
<b>63</b>	<b>Elliott PUGH (NZL)</b>	<b>18y</b>
2024: Mile Auckland (NZL) 5. 4:19.92 - Mile Hastings (NZL) 2. 4:08.13 - 1500m Hamilton (NZL) 12. 3:49.73 - 5000m Wellington (NZL) 2. 14:51.39 - 1500m Wellington (NZL) h 4:04.33 - 1500m Wellington (NZL) 10. 4:03.50		
INFO: Athlete of Tauranga. Earlier was involved in swimming.		
<b>64</b>	<b>Lorcan RABBITTE (NZL)</b>	<b>19y</b>
2024: Mile Hastings (NZL) 6. 4:18.47 - 3000m Whanganui (NZL) 1. 8:47.15 - 3000m Wellington (NZL) 2. 8:42.00 - 3000mSC Hamilton (NZL) 3. 9:28.13 - 1500m Wellington (NZL) 4. 3:59.81 - 3000mSC Wellington (NZL) 1. 9:39.03 - 5000m Wellington (NZL) 4. 15:04.88 - 3000mSC Wellington (NZL) NCH 5. 9:26.12		
INFO: Hometown: Hawkes Bay. Studies: Havelock North High School.		
<b>65</b>	<b>George WYLLIE (NZL)</b>	<b>16y</b>
OTHER PBs: 3:47.53 1500m(24)		
2024: Mile Auckland (NZL) 1. 4:11.88 - 1500m Hamilton (NZL) 8. 3:47.53 - 5000m Wellington (NZL) 1. 14:49.92 - 1500m Wellington (NZL) h 4:04.35 - 1500m Wellington (NZL) 5. 3:52.57		
INFO: Based in Tauranga. Studies: Tauranga Boy's College.		
<b>66</b>	<b>Luis HUAMAN (PER)</b>	<b>18y</b>
2024: 5000m Lima (PER) 1. 14:47.73 - 3000m Lima (PER) 1. 8:28.71		
INFO: Hometown: Huancavelica.		
<b>67</b>	<b>Brayan HUANCA (PER)</b>	<b>17y</b>
2024: 5000m Lima (PER) 2. 14:52.98		
<b>68</b>	<b>Khenny Porfirio MENESES (PER)</b>	<b>17y</b>
2024: 3000m Lima (PER) 2. 8:38.19		
<b>69</b>	<b>Corné DE FOUW (RSA)</b>	<b>18y</b>
OTHER PBs: 3:45.76 1500m(23)		
2024: 5000m Pretoria (RSA) 1. 14:37.96 - 800m Potchefstroom (RSA) 1. 1:53.39 - 1500m Johannesburg (RSA) 1. 3:55.29 - 800m Potchefstroom (RSA) 1. 1:53.68 - 1500m Pretoria (RSA) 1. 3:52.09 - 1500m Johannesburg (RSA) 1. 3:50.77 - 3000m Potchefstroom (RSA) 6. 8:32.43 - 5000m Pretoria (RSA) 1. 14:28.08		
INFO: Based in Krugersdorp. Studies: Hoerskool Monument High School.		
<b>70</b>	<b>Rico LEIJENAAR (RSA)</b>	<b>18y</b>
2024: 5000m Pretoria (RSA) 3. 14:39.58 - 3000m Potchefstroom (RSA) 1. 8:31.10 - 3000m Potchefstroom (RSA) 2. 8:22.09 - 5000m Potchefstroom (RSA) 2. 14:47.41 - 5000m Pretoria (RSA) 2. 14:32.12		
INFO: Athlete of Potchefstroom.		
<b>71</b>	<b>Musawenkosi MNISI (RSA)</b>	<b>18y</b>
2024: 5000m Pretoria (RSA) 2. 14:38.06 - 10km Road Johannesburg (RSA) NCH 16. 31:05 - 5000m Pretoria (RSA) 2. 14:39.79		
INFO: Athlete of Mpumalanga.		
<b>72</b>	<b>Zenzile PHEKO (RSA)</b>	<b>18y</b>
2024: 5000m Pretoria (RSA) 4. 14:55.47 - 5000m Johannesburg (RSA) 1. 14:58.37 - 10km Road Johannesburg (RSA) NCH 15. 30:58 - 5000m Pretoria (RSA) 3. 14:38.87		
INFO: Athlete of Gauteng.		
<b>73</b>	<b>Realeboga SMITH (RSA)</b>	<b>17y</b>
2024: 1500m Pretoria (RSA) 1. 3:58.44 - 1500m Pretoria (RSA) 7. 4:02.72		
INFO: Athlete of Gauteng.		
<b>74</b>	<b>Tseko Piet THOBALA (RSA)</b>	<b>18y</b>
<b>75</b>	<b>Aldin ĆATOVIĆ (SRB)</b>	<b>16y</b>
GENERAL: 3 times National Indoor champion 800m (i) (24), 1500m (i) (24, 23)		
OTHER PBs: 3:50.82 1500m (i)(24) - 8:12.76 3000m (i)(24)		
HONOURS: NICH (3xWin)		
2024: 1500m (i) Beograd (SRB) 1. 4:05.18 - 800m (i) Beograd (SRB) 1. 1:55.63 - 3000m (i) Beograd (SRB) 1. 8:25.86 - 1500m (i) Beograd (SRB) 1. 3:52.10 - 800m (i) Beograd (SRB) 1. 1:56.23 - 3000m (i) Beograd (SRB) 1. 8:13.62 - 3000m (i) Istanbul (TUR) 3. 8:12.76 - 1500m (i) Beograd (SRB) 9. 3:50.82 - 1500m (i) Beograd (SRB) 1. 3:53.69 - 800m (i) Beograd (SRB) 1. 1:53.83		
INFO: Hometown: Novi Pazar.		
<b>76</b>	<b>Sergej KOSTIĆ (SRB)</b>	<b>15y</b>
2024: 3000m (i) Beograd (SRB) 1. 8:44.81 - 3000m (i) Beograd (SRB) 4. 8:38.69		
INFO: Former Best SRB Youth Athlete of the Year.		
<b>77</b>	<b>Veljko VASILJEVIĆ (SRB)</b>	<b>18y</b>
GENERAL: National champion 5000m (23)		
HONOURS: NCH (1xWin)		
2024: 800m (i) Beograd (SRB) 1. 1:56.48 - 1500m (i) Beograd (SRB) 3. 4:01.94 - 3000m (i) Beograd (SRB) 1. 8:36.74 - 3000m (i) Beograd (SRB) 6. 8:55.26		
<b>78</b>	<b>Kabir ZILJKIĆ (SRB)</b>	<b>17y</b>
2024: 1500m (i) Beograd (SRB) 2. 3:57.45 - 1500m (i) Beograd (SRB) 2. 3:53.41 - 3000m (i) Beograd (SRB) 2. 8:37.94 - 1500m (i) Beograd (SRB) 3. 3:57.10 - 1500m (i) Beograd (SRB) 4. 4:03.93 - 3000m (i) Beograd (SRB) 3. 8:28.45		
INFO: Hometown: Novi Pazar.		
<b>79</b>	<b>Karl OTTFALK (SWE)</b>	<b>18y</b>
OTHER PBs: 3:44.57 1500m(23)		
INFO: Athlete of Lidingö.		
<b>80</b>	<b>Dolphine CHELIMO (UGA)</b>	<b>18y</b>
<b>81</b>	<b>Hosea CHEMUTAI (UGA)</b>	<b>17y</b>
GENERAL: World Cross Country Championships finalist		
HONOURS:		
<b>82</b>	<b>Simba Samuel CHEROP (UGA)</b>	<b>17y</b>
<b>83</b>	<b>Titus MUSAU (UGA)</b>	<b>17y</b>
<b>84</b>	<b>Sailas ROTICH (UGA)</b>	<b>18y</b>
OTHER PBs: 13:56.36 5000m(23)		

<b>85</b>	<b>Noah BREKER (USA)</b>	<b>19y</b>
<b>OTHER PBs:</b> 8:53.47 2 Miles (i)(23) <b>2024:</b> 3000m (i) Blacksburg, VA (USA) 4. 8:17.78 <b>INFO:</b> Hometown: Plymouth. Studies: University of North Carolina at Chapel Hill. Cousin of Philadelphia Eagles' tight end Dallas Goedert.		
<b>86</b>	<b>Birhanu HARRMAN (USA)</b>	<b>18y</b>
<b>INFO:</b> Hometown: Lebanon, N.H. Studies: Georgetown University.		
<b>87</b>	<b>Aidan JONES (USA)</b>	<b>18y</b>
<b>INFO:</b> Hometown: Minneapolis. Studies: University of Minnesota.		
<b>88</b>	<b>Kole MATHISON (USA)</b>	<b>19y</b>
<b>OTHER PBs:</b> 3:51.45 1500m (i)(23) - 4:06.48 Mile (i)(23) - 8:47.11 2 Miles (i)(23) <b>2024:</b> 3000m Boulder, CO (USA) 7. 8:20.38 <b>INFO:</b> Hometown: Carmel. Studies: University of Colorado-Boulder. Likes traveling and drawing. Hobbies are playing basketball and golf.		
<b>89</b>	<b>Berkley NANCE (USA)</b>	<b>18y</b>
<b>2024:</b> 2 Miles (i) Virginia Beach, VA (USA) 1. 9:05.64 <b>INFO:</b> Studies: Brigham Young University.		
<b>90</b>	<b>Kevin SANCHEZ (USA)</b>	<b>18y</b>
<b>INFO:</b> Studies: Notre Dame University.		

# Women's Cross Country U20 Race

Final

30.03.2024

<b>1</b>	<b>Sienna BUSH (AUS)</b>	<b>15y</b>
OTHER PBs: 10:26.38 3000mSC(24) 2024: 3000mSC Brisbane (AUS) 1. 10:26.38 - 3000m Brisbane (AUS) 1. 10:21.53 INFO: Athlete from Gold Coast.		
<b>2</b>	<b>Charli-Rose CARLYON (AUS)</b>	<b>18y</b>
2024: 3000m Perth (AUS) 1. 9:51.38 - 5000m Perth (AUS) 1. 16:59.14 - 5000m Sydney (AUS) 8. 17:11.92 INFO: Former AUS Junior Female Athlete of the Year.		
<b>3</b>	<b>Emma DE JONG (AUS)</b>	<b>18y</b>
INFO: Athlete from Victoria. Studies: Lauriston Girls' School.		
<b>4</b>	<b>Gretta JOHNSON (AUS)</b>	<b>17y</b>
2024: 1500m Brisbane (AUS) 5. 4:38.66 INFO: Based in Queensland. Studies: Stuartholme School.		
<b>5</b>	<b>Gabrielle SCHMIDT (AUS)</b>	<b>18y</b>
OTHER PBs: 4:22.46 1500m(24) - 9:24.26 3000m(22) - 16:23.46 5000m(24) 2024: 5000m Sydney (AUS) 3. 16:23.46 - 1500m Brisbane (AUS) 1. 4:22.46 INFO: Hometown: Brisbane. Studies: St. Peters Lutheran College. Likes puzzles.		
<b>6</b>	<b>Alexandra SCHULZ (AUS)</b>	<b>18y</b>
2024: 1500m Melbourne (AUS) 11. 4:37.12 - Mile Melbourne (AUS) 6. 4:58.21 - 5000m Sydney (AUS) 7. 17:05.10 - 1500m Melbourne (AUS) 2. 4:37.48 - 1500m Melbourne (AUS) 9. 4:36.96 INFO: Hometown: Williamstown.		
<b>7</b>	<b>Stephanie BERTRAM (CAN)</b>	<b>17y</b>
OTHER PBs: 4:25.67 1500m(23) 2024: 1000m (i) Toronto (CAN) 3. 2:58.31 - 3000m (i) Toronto (CAN) 2. 10:09.14 INFO: Based in Ontario.		
<b>8</b>	<b>Béatrice FILION (CAN)</b>	<b>17y</b>
2024: 3000m (i) Montréal (CAN) 1. 10:10.49 INFO: Based in Quebec. Also competes in triathlon.		
<b>9</b>	<b>Abby LEWIS (CAN)</b>	<b>17y</b>
GENERAL: 2 times NACAC U18 champion 1500m (23), 3000m (23) OTHER PBs: 4:25.13 1500m(22) - 9:35.40 3000m (i)(22) HONOURS: NACAC U18 Ch. (2xWin) INFO: Based in Nova Scotia.		
<b>10</b>	<b>Muriel LOVSHIN (CAN)</b>	<b>17y</b>
2024: 2000m (i) Toronto (CAN) 2. 6:31.82 - 3000m (i) Boston, MA (USA) 2. 9:57.64 INFO: Based in Toronto.		
<b>11</b>	<b>Charlotte SINKE (CAN)</b>	<b>18y</b>
GENERAL: Pan American U20 Championships Silver medallist 3000m (23) OTHER PBs: 2:49.08 1000m (i)(23) - 4:22.42 1500m(23) - 9:32.10 3000m(23) HONOURS: PanAm. U20 Ch. (1xSilver) 2024: 1500m (i) Calgary (CAN) 1. 4:37.21 - 3000m (i) Edmonton (CAN) 1. 9:58.55 - 3000m (i) Edmonton (CAN) 1. 9:43.77 - 1500m (i) Edmonton (CAN) 1. 4:35.74 - 3000m (i) Edmonton (CAN) 1. 9:43.58 - 1500m (i) Edmonton (CAN) 1. 4:36.30 INFO: Based in Calgary.		
<b>12</b>	<b>Chloe TURNER (CAN)</b>	<b>18y</b>
GENERAL: Pan American U20 champion 5000m (23) OTHER PBs: 9:15.37 3000m(24) - 9:36.88 3000m (i)(24) - 16:10.23 5000m(23) HONOURS: PanAm. U20 Ch. (1xGold) 2024: 3000m (i) Edmonton (CAN) 1. 9:36.88 - 1500m (i) Edmonton (CAN) 2. 4:33.28 - 3000m Seattle, WA (USA) 6. 9:15.37 - Mile Seattle, WA (USA) 3. 4:48.81 - 3000m (i) Edmonton (CAN) 1. 9:46.35 - 1500m (i) Edmonton (CAN) 3. 4:30.40 INFO: Hometown: Calgary. Studies: University of Calgary.		
<b>13</b>	<b>Laura Valentina CAMARGO (COL)</b>	<b>18y</b>
2024: 3000mSC Bucaramanga (COL) 3. 10:52.23		
<b>14</b>	<b>Marwa EL KHOUYA (ESP)</b>	<b>17y</b>
2024: 1500m (i) Sabadell (ESP) 1. 4:44.17 - 3000m (i) Ourense (ESP) 11. 10:12.38 - 5000m Gavá (ESP) 4. 17:36.86 - 3000m (i) Salamanca (ESP) 2. 10:18.08 INFO: Athlete from Lleida.		
<b>15</b>	<b>Ines HERAULT (ESP)</b>	<b>17y</b>
2024: 3000m (i) Madrid (ESP) 1. 10:07.04 - 5000m Gavá (ESP) 3. 17:34.80 - 3000m (i) Salamanca (ESP) 1. 10:17.60 INFO: Athlete from Burgos.		
<b>16</b>	<b>Emma MENDEZ (ESP)</b>	<b>18y</b>
2024: 3000m (i) Ourense (ESP) 2. 10:07.7h - 5000m Gavá (ESP) 7. 17:45.10		
<b>17</b>	<b>Daniela RUBIO (ESP)</b>	<b>17y</b>
2024: 3000m (i) Madrid (ESP) 2. 10:13.29 - 1500m (i) Madrid (ESP) 1. 4:50.93 - 5000m Gavá (ESP) 1. 17:31.15		
<b>18</b>	<b>Marta ALEMAYO (ETH)</b>	<b>15y</b>
<b>19</b>	<b>Asayech AYICHEW (ETH)</b>	<b>18y</b>
WA World Rankings: 8th OTHER PBs: 8:46.98 3000m(23) - 15:06.35 5000m(23)		
<b>20</b>	<b>Robe DIDA (ETH)</b>	<b>17y</b>
<b>21</b>	<b>Shito GUMI (ETH)</b>	<b>17y</b>
<b>22</b>	<b>Yenawa NBRET (ETH)</b>	<b>16y</b>
GENERAL: African U20 Championships Silver medallist 3000m (23) OTHER PBs: 8:44.47 3000m(23) - 14:44 5 km Road(23)   Current Records: 1xAU18B: AU18B 14:44 5 km Road Al Khobar(23) HONOURS: Afr. U20 Ch. (1xSilver)		

<b>23</b>	<b>Lemlem NIBRET (ETH)</b>	<b>19y</b>
<b>GENERAL:</b> World Cross Country Championships finalist   <b>WA World Rankings:</b> 46th		
<b>OTHER PBs:</b> 8:50.95 3000m(23) - 14:56.00 5000m(23) - 14:57 5 km Road(23)		
<b>HONOURS:</b>		
<b>24</b>	<b>Mickaella AGUERA (FRA)</b>	<b>18y</b>
<b>2024:</b> 800m (i) Aubière (FRA) 4. 2:15.62		
<b>25</b>	<b>Margot DAJOUX (FRA)</b>	<b>18y</b>
<b>OTHER PBs:</b> 10:24.57 3000mSC(23)		
<b>2024:</b> 1500m (i) Aubière (FRA) 5. 4:37.96		
<b>INFO:</b> Athlete of Clermont-Ferrand.		
<b>26</b>	<b>Caroline DENNLAULER (FRA)</b>	<b>18y</b>
<b>OTHER PBs:</b> 34:33 10km Road(23)		
<b>2024:</b> 3000m (i) Vittel (FRA) 2. 9:59.43 - 1500m (i) Metz (FRA) 1. 4:50.16 - 1500m (i) Metz (FRA) 4. 4:42.85		
<b>INFO:</b> Athlete of Rennes.		
<b>27</b>	<b>Ambre GRASSET (FRA)</b>	<b>17y</b>
<b>OTHER PBs:</b> 34:17 10km Road(24)		
<b>2024:</b> 10km Road Nice (FRA) 12. 34:17 - 5 km Road Monaco (MON) 12. 17:17		
<b>INFO:</b> Has also competed in triathlon.		
<b>28</b>	<b>Jade LE CORRE (FRA)</b>	<b>18y</b>
<b>OTHER PBs:</b> 2:08.40 800m(23) - 4:19.78 1500m(23) - 9:20.95 3000m(23)		
<b>INFO:</b> Athlete of Saint-Quentin-en-Yvelines.		
<b>29</b>	<b>Jess BAILEY (GBR)</b>	<b>17y</b>
<b>GENERAL:</b> European U18 Championships Silver medallist 3000m (22)		
<b>OTHER PBs:</b> 4:22.56 1500m(22) - 9:19.12 3000m(22)		
<b>HONOURS:</b> Eur. U18 Ch. (1xSilver)		
<b>INFO:</b> Athlete of Leven Valley. Junior world champion in trail running.		
<b>30</b>	<b>Innes FITZGERALD (GBR)</b>	<b>17y</b>
<b>OTHER PBs:</b> 4:15.65 1500m(23) - 8:59.67 3000m(22)		
<b>INFO:</b> Native of Beer, Devon. Studies: Axe Valley Academy.		
<b>31</b>	<b>Eliza NICHOLSON (GBR)</b>	<b>16y</b>
<b>OTHER PBs:</b> 9:24.17 3000m(23)		
<b>INFO:</b> Based in Bromley.		
<b>32</b>	<b>Natasha PHILLIPS (GBR)</b>	<b>19y</b>
<b>OTHER PBs:</b> 16:18.50 5000m(23) - 1:11:20 Half Marathon(23)   <b>Current Records:</b> 1xAU20B: AU20B 1:11:20 Half Marathon Larne(23)		
<b>INFO:</b> Athlete of Dundee. Also competes in triathlon.		
<b>33</b>	<b>Anna GARDINER (IRL)</b>	<b>18y</b>
<b>INFO:</b> Athlete of East Down.		
<b>34</b>	<b>Kirsty MAHER (IRL)</b>	<b>18y</b>
<b>INFO:</b> Athlete of Moy Valley.		
<b>35</b>	<b>Aoi HOSOKAWA (JPN)</b>	<b>17y</b>
<b>OTHER PBs:</b> 9:22.25 3000m(22) - 16:04.95 5000m(23)		
<b>36</b>	<b>Chiseno IKEDA (JPN)</b>	<b>18y</b>
<b>OTHER PBs:</b> 4:23.48 1500m(23) - 9:17.68 3000m(22)		
<b>37</b>	<b>Miyu MURAKAMI (JPN)</b>	<b>16y</b>
<b>OTHER PBs:</b> 2:09.13 800m(23) - 4:19.51 1500m(23)		
<b>38</b>	<b>Narumi OKUMOTO (JPN)</b>	<b>18y</b>
<b>OTHER PBs:</b> 9:05.40 3000m(23)		
<b>INFO:</b> Based in Oita. Studies: Oita Tomei High School.		
<b>39</b>	<b>Misaki SHITAMORI (JPN)</b>	<b>18y</b>
<b>OTHER PBs:</b> 4:20.94 1500m(23) - 9:12.30 3000m(23) - 16:11.98 5000m(22)		
<b>INFO:</b> Based in Kitakyushu. Studies: Kitakyushu High School.		
<b>40</b>	<b>Arina GLADYSHEVA (KAZ)</b>	<b>18y</b>
<b>GENERAL:</b> National Indoor champion 1500m (i) (21)		
<b>OTHER PBs:</b> 4:24.78 1500m (i)(21) - 9:17.81 3000m (i)(21)   <b>Current Records:</b> 1xNBP: NBP 6:41.85 2000m Almaty(19)		
<b>HONOURS:</b> NICH (1xWin)		
<b>2024:</b> 1500m (i) Astana (KAZ) 1. 4:43.65 - 3000m (i) Astana (KAZ) 1. 10:24.25 - 1500m (i) Astana (KAZ) 3. 4:38.1h - 3000m (i) Astana (KAZ) 2. 10:09.08 - 1500m (i) Ust-Kamenogorsk (KAZ) 1. 4:38.76 - 3000m (i) Ust-Kamenogorsk (KAZ) 1. 9:54.46		
<b>INFO:</b> Athlete of Altay.		
<b>41</b>	<b>Deborah CHEMUTAI (KEN)</b>	<b>18y</b>
<b>42</b>	<b>Mercy CHEPKEMOI (KEN)</b>	<b>18y</b>
<b>43</b>	<b>Diana CHEROTICH (KEN)</b>	<b>18y</b>
<b>OTHER PBs:</b> 9:18.06 3000m(22) - 15:16.85 5000m(23) - 15:06 5 km Road(23)		
<b>44</b>	<b>Sheila JEBET (KEN)</b>	<b>18y</b>
<b>OTHER PBs:</b> 4:19.90 1500m(22)		
<b>45</b>	<b>Khaddouj EL BALI (MAR)</b>	<b>18y</b>
<b>46</b>	<b>Saida EL-BOUZY (MAR)</b>	<b>16y</b>
<b>47</b>	<b>Hiba GHIZLANE (MAR)</b>	<b>18y</b>
<b>INFO:</b> Based in Casablanca. Studies: Razi High School.		
<b>48</b>	<b>Hassana IBN ABDEL MATEY (MAR)</b>	<b>17y</b>
<b>49</b>	<b>Houssna IBN ABDEL MATEY (MAR)</b>	<b>17y</b>
<b>50</b>	<b>Miranda DURAN (MEX)</b>	<b>18y</b>
<b>2024:</b> 1500m Puerto Vallarta (MEX) 2. 4:49.15 - 3000m Puerto Vallarta (MEX) 1. 10:11.37		
<b>INFO:</b> Hometown: Puebla.		

<b>51</b>	<b>Zara GEDDES (NZL)</b>	<b>18y</b>
2024: 3000m Timaru (NZL) 2. 10:04.04 - 3000m Hamilton (NZL) 2. 9:47.09 - 5000m Wellington (NZL) 2. 17:30.91 - 1500m Wellington (NZL) 5. 4:38.71 INFO: Hometown: Dunedin. Plans to study Computer Science and Life Science at Harvard University.		
<b>52</b>	<b>Catherine LUND (NZL)</b>	<b>18y</b>
2024: 5000m Wellington (NZL) 1. 17:00.15 - 5000m Melbourne (AUS) 3. 16:59.35 INFO: Athlete of Otago.		
<b>53</b>	<b>Poppy MARTIN (NZL)</b>	<b>18y</b>
2024: Mile Hastings (NZL) 2. 5:02.08 - 3000m Wellington (NZL) 3. 9:56.48 - 3000m Hamilton (NZL) 1. 9:45.23 INFO: Based in Rotorua. Studies: John Paul College.		
<b>54</b>	<b>Boh RITCHIE (NZL)</b>	<b>17y</b>
OTHER PBs: 2:06.51 800m(24) - 4:25.60 1500m(24) 2024: 800m Auckland (NZL) 2. 2:16.58 - 800m Hastings (NZL) 4. 2:06.51 - Mile Whanganui (NZL) 5. 4:53.20 - 1500m Hamilton (NZL) 4. 4:25.60 - 1500m Auckland (NZL) 10. 4:28.94 - 800m Wellington (NZL) 1. 2:09.68 - 1500m Wellington (NZL) 1. 4:35.02 INFO: Based in Waikato. Studies: St. Peter's School.		
<b>55</b>	<b>Ava SUTHERLAND (NZL)</b>	<b>17y</b>
2024: Mile Hastings (NZL) 4. 5:05.96 INFO: Based in Wellington.		
<b>56</b>	<b>Luz Lizandra ARIAS (PER)</b>	<b>18y</b>
2024: 3000m Lima (PER) 1. 10:22.33 - 5000m Lima (PER) 1. 17:51.52		
<b>57</b>	<b>Yoselin LIMACHE (PER)</b>	<b>18y</b>
2024: 3000mSC Lima (PER) 3. 11:40.97 INFO: Hometown: Plateria.		
<b>58</b>	<b>Yessica PATATINGO (PER)</b>	<b>18y</b>
2024: 5000m Lima (PER) 2. 18:02.06 - 1500m Lima (PER) 3. 4:46.68 INFO: Hometown: Plateria.		
<b>59</b>	<b>Li-mari DEKKER (RSA)</b>	<b>18y</b>
OTHER PBs: 4:22.39 1500m(24) - 9:31.93 3000m(21) 2024: 5000m Pretoria (RSA) 1. 17:57.8h - 5000m Pretoria (RSA) 1. 16:49.87 - 1500m Pretoria (RSA) 1. 4:26.64 - 1500m Pretoria (RSA) 1. 4:22.39 - 10km Road Johannesburg (RSA) NCH 4. 37:11 - 1500m Pretoria (RSA) 1. 4:22.65		
<b>60</b>	<b>Omaatla DIKAO (RSA)</b>	<b>16y</b>
2024: 5000m Pretoria (RSA) 2. 17:59.8h - 3000m Pretoria (RSA) 1. 10:16.36 - 3000m Pretoria (RSA) 1. 10:02.23 - 1500m Pretoria (RSA) 3. 4:34.54 - 3000m Pretoria (RSA) 1. 9:58.45 INFO: Athlete of Pretoria. Studies: TuksSport High School.		
<b>61</b>	<b>Paballo DLOTHI (RSA)</b>	<b>15y</b>
2024: 5000m Pretoria (RSA) 4. 18:05.6h - 3000m Pretoria (RSA) 1. 10:35.10 - 1500m Pretoria (RSA) 6. 4:42.01 - 3000m Pretoria (RSA) 10. 10:32.46 INFO: Athlete of Gauteng.		
<b>62</b>	<b>Anoxolo MCETYWA (RSA)</b>	<b>15y</b>
2024: 2000mSC Pretoria (RSA) 2. 7:30.57 INFO: Athlete of Gauteng.		
<b>63</b>	<b>Wiepke SCHOEMAN (RSA)</b>	<b>17y</b>
2024: 5000m Pretoria (RSA) 2. 18:10.36 - 3000m Pretoria (RSA) 1. 10:09.01 - 10km Road Johannesburg (RSA) NCH 13. 38:44 - 3000m Pretoria (RSA) 1. 10:04.79 INFO: Based in Pretoria.		
<b>64</b>	<b>Lara VAN DER MERWE (RSA)</b>	<b>16y</b>
2024: 5000m Pretoria (RSA) 3. 18:03.3h - 3000m Pretoria (RSA) 2. 10:04.71 - 3000m Pretoria (RSA) 3. 10:02.93		
<b>65</b>	<b>Natalija GRUJIĆ (SRB)</b>	<b>18y</b>
GENERAL: 2 times National Indoor champion 3000m (i) (22), 4x400m (i) (24) OTHER PBs: 2:09.19 800m (i)(23) - 4:24.17 1500m (i)(24) HONOURS: NICH (1xWin) 2024: 800m (i) Beograd (SRB) 1. 2:12.55 - 1500m (i) Beograd (SRB) 1. 4:37.99 - 800m (i) Beograd (SRB) 4. 2:12.68 - 1500m (i) Beograd (SRB) 1. 4:24.17 - 800m (i) Beograd (SRB) 2. 2:11.54 - 1500m (i) Beograd (SRB) 1. 4:25.68 - 1500m (i) Beograd (SRB) 3. 4:34.48 - 800m (i) Beograd (SRB) 2. 2:13.09 INFO: Based in Belgrade.		
<b>66</b>	<b>Mejra MEHMEDOVIĆ (SRB)</b>	<b>17y</b>
OTHER PBs: 4:26.60 1500m (i)(23) - 6:38.70 2000mSC(23) - 10:26.48 3000mSC(23) 2024: 1500m (i) Beograd (SRB) 3. 4:29.12 - 1500m (i) Beograd (SRB) 3. 4:29.79 - 3000m (i) Beograd (SRB) 1. 9:38.56 - 3000m (i) Beograd (SRB) 1. 9:39.80 - 3000m (i) Beograd (SRB) 4. 10:03.69		
<b>67</b>	<b>Saima MURIĆ (SRB)</b>	<b>17y</b>
GENERAL: National champion 800m (22) OTHER PBs: 2:10.69 800m (i)(21) - 4:24.32 1500m (i)(24) - 9:28.58 3000m (i)(24) HONOURS: NCH (1xWin) 2024: 1500m (i) Beograd (SRB) 2. 4:28.79 - 1500m (i) Beograd (SRB) 2. 4:24.32 - 800m (i) Beograd (SRB) 3. 2:12.54 - 1500m (i) Beograd (SRB) 6. 4:34.60 - 3000m (i) Beograd (SRB) 2. 9:28.58 - 1500m (i) Beograd (SRB) 2. 4:34.39 - 3000m (i) Beograd (SRB) 2. 10:11.31 INFO: Athlete of Novi Pazar.		
<b>68</b>	<b>Lenka NIKOLIĆ (SRB)</b>	<b>17y</b>
2024: 3000m (i) Beograd (SRB) OC 10:19.49 - 1500m (i) Beograd (SRB) 1. 4:49.48 - 3000m (i) Beograd (SRB) 4. 10:34.99 INFO: Athlete of Novi Pazar.		
<b>69</b>	<b>Jana RAJIĆ (SRB)</b>	<b>15y</b>
2024: 1500m (i) Beograd (SRB) 2. 4:55.72 - 800m (i) Beograd (SRB) 2. 2:21.76		
<b>70</b>	<b>Elsa SUNDQVIST (SWE)</b>	<b>18y</b>
OTHER PBs: 4:24.62 1500m(23) - 9:28.51 3000m(23) - 16:20.07 5000m(23) INFO: Athlete of Uppsala.		
<b>71</b>	<b>Isella CHEBET (UGA)</b>	<b>15y</b>
OTHER PBs: 16:10.45 5000m(23) INFO: Athlete from Bukwo.		
<b>72</b>	<b>Keziah CHEBET (UGA)</b>	<b>15y</b>
<b>73</b>	<b>Vicky CHEKWEMBOI (UGA)</b>	<b>18y</b>
INFO: Hometown: Kapchorwa.		

<b>74</b>	<b>Charity CHEROP (UGA)</b>	<b>16y</b>
OTHER PBs: 4:20.78 1500m(23) - 16:13.31 5000m(23)		
<b>75</b>	<b>Nowel CHERUTO (UGA)</b>	<b>17y</b>
INFO: Based in Kampala.		
<b>76</b>	<b>Mary DALTON (USA)</b>	<b>18y</b>
OTHER PBs: 10:16.62 2 Miles (i)(24)		
2024: 2 Miles (i) Virginia Beach, VA (USA) 1. 10:16.62		
INFO: Athlete from North Carolina.		
<b>77</b>	<b>Maddie GARDINER (USA)</b>	<b>17y</b>
INFO: Based in Charlottesville. Studies: Covenant School.		
<b>78</b>	<b>Zariel MACCHIA (USA)</b>	<b>17y</b>
GENERAL: Pan American U20 Championships Bronze medallist 3000m (23)		
OTHER PBs: 4:47.00 Mile (i)(23) - 10:08.50 2 Miles(22) - 10:17.09 2 Miles (i)(22)		
HONOURS: PanAm. U20 Ch. (1xBronze)		
2024: Mile (i) New York, NY (USA) 11. 4:54.85		
INFO: Studies: William Floyd High School.		
<b>79</b>	<b>Jolena QUARZO (USA)</b>	<b>18y</b>
OTHER PBs: 16:36.19 5000m (i)(24)		
2024: 5000m (i) Boston, MA (USA) 16. 16:36.19		
INFO: Hometown: Brownsville. Studies: North Carolina State University.		
<b>80</b>	<b>Ellie SHEA (USA)</b>	<b>18y</b>
GENERAL: 2 times Pan American U20 champion 1500m (23), 3000m (23)   NACAC U23 Championships Silver medallist 1500m (23)		
OTHER PBs: 9:02.02 3000m (i)(23) - 9:49.82 2 Miles (i)(23) - 15:46.28 5000m (i)(23)		
HONOURS: NACAC U23 Ch. (1xSilver)   PanAm. U20 Ch. (2xGold)		
2024: Mile (i) Boston, MA (USA) 8. 4:48.41		
INFO: Hometown: Belmont. Studies: Belmont High School. Earlier played lacrosse.		
<b>81</b>	<b>Allie ZEALAND (USA)</b>	<b>17y</b>
OTHER PBs: 4:37.76 Mile (i)(24) - 9:25.29 3000m (i)(23) - 9:47.57 2 Miles (i)(24)		
2024: Mile (i) Boston, MA (USA) 2. 4:37.76 - 2 Miles (i) Boston, MA (USA) 1. 9:47.57		
INFO: Athlete from Virginia. Studies: Liberty University in Lynchburg.		
<b>82</b>	<b>Previous MUNSAKA (ZIM)</b>	<b>18y</b>