

Under-20 Women's Race

10:15
82 Entrants
22 Countries

4150m – Start/90m + 2 short/500m + 2 long/1500m + finish/60m
6 run, 4 score

	Age
401 WOHLFAHRT Cornelia AUT 16y 3000 pb: 9:45.19i, 10:07.3 -16. 1500 pb: 4:31.66i, 4:33.65 -16. 800 pb: 2:12.00 -16. 1 Austrian youth & senior 800/1500 2016 In 2016: 1 Austrian youth indoor 1500/3000; 2 Austrian junior indoor 3000; Klagenfurt 3000; 1 Kranj 800; 15 European youth 3000	
404 TINCK Justine BEL 17y 3000 pb: 9:18.39 -16. 1500 pb: 4:21.90 -16. 3 European Youth Olympic Festival 3000 2015 In 2016: 1 Herentals 3000; 7 Nijmegen 1500; 14 Oordegem IFAM 1500; 1 Roeselare junior XC	
405 SHABANAVA Tatsiana BLR 18y 3000SC pb: 10:29.28 -15. 13 World Youth 2000SC 2015; ht WJC 3000SC 2016 In 2016: 1 Belarusian junior indoor 3000/2000SC; 2 Belarusian University Games; 2 Belarusian Cup 3000 (3 3000SC); 1 Belarusian junior 1500/1500; 9ht WJC 3000SC	
408 CIVÍNOVA Adéla CZE 28y	
416 GOTTLIEB Helene Holm DEN 18y 800 pb: 2:07.75 -16. ht World Youth 800 2016 In 2016: 3 Danish indoor 800; 1 Danish junior indoor 800/1500; 1 Bagsværd 1500; 1 Tårnby 400; 2 Oordegem Buyle 800 'B'; 1 Hvidovre 800; 4 Mannheim Junior Gala 800; 1 Gothenburg 800; 2 Danish 800; 2 Middlefart XC; 6 Nordic junior XC	
417 HELWIGH Anna Mark DEN 16y 2016 European Youth Steeplechase Champion // 2000SC pb: 6:34.52 -16. 1500 pb: 4:26.06 -16. 1 European youth 2000SC 2016 In 2016: 4 Danish indoor 1500; 1 Danish youth indoor 1500/3000; 1 Tårnby 3000; 1 Danish Clubs 1500; 5 European Clubs Cup 1500; 1 Bagsværd 2000SC; 2 Copenhagen Games 1500; 4 Mannheim Junior Gala 1500; 1 Gothenburg VUS youth 1500 (2 800); 1 European youth; 1 Middlefart XC; 5 Nordic junior XC	
420 MØLLER Anna Emilie DEN 19y Two medals at 2015 European Junior Championships // 3000SC pb: 9:32.68 -16. 5000 pb: 16:07.43 -15. 3000 pb: 9:10.30 -15. 1500 pb: 4:21.59 -16. 2 EJC 5000 2015 (3 3000); 5 WJC 3000SC 2016; ht OLY 3000SC 2016. At EXC: 2014-6J, 2015-8J (team bronze). 1 Danish 1500/5000 2015 & 800/1500 2016. Coach-Per Le Fevre Hansen In 2016: 3 'Great' Edinburgh junior; 1 European Clubs Cup junior XC; 1 Allerød 1500; 12 Oordegem IFAM 3000SC; 2 Bagsværd 3000SC; 1 Geneva 3000SC; 1 Mannheim Junior Gala 1500; 3 Turku 3000SC; 5 WJC 3000SC; 6ht OLY 3000SC (just missed final by took another nine seconds from her Danish record); 1 Danish 800/1500; 1 Middlefart XC	
421 RODE Louise DEN 19y 3000SC pb: 10:45.85 -16. At WXC: 2015-71J. At EXC: 2014-39J, 2015-32J In 2016: 4 European Clubs Cup junior XC; 1 Tårnby 3000; 3 Bagsværd 3000SC; 8 Geneva 3000SC; 1 Gothenburg 3000SC; 3 Middlefart XC; 4 Nordic junior XC	
422 SØFELDT Sophie DEN 16y 3000SC pb: 10:58.16 -16. 5000 pb: 17:05.63 -15 In 2016: 6 Danish indoor; 2 Danish youth indoor 3000 (3 1500); 2 Tårnby 3000; 3 Danish Clubs 1500; 5 European Clubs Cup 3000; 2 Bagsværd 2000SC; 5 Copenhagen Games 1500; 10 Mannheim Junior Gala 1500; 1 Gothenburg VUS youth 1500SC (2 1500 flat); 13 European youth 3000; 1 Copenhagen 3000SC; 1 European Junior Clubs Cup 3000SC; 6 Middlefart XC; 9 Nordic junior XC	
424 BARREIRO Isabel ESP 17y 3000 pb: 9:48.74 -16. 1500 pb: 4:30.96 -16. 9 European youth 3000 2016. Coach-Mario González In 2016: 1 Spanish youth indoor 3000; 1 Oviedo 3000; 1 Gijón 1500; 9 Alcobendas 3000; 1 Spanish youth 3000; 9 European youth 3000; 9ht Spanish 1500	
425 CASILLAS Maria del Mar ESP 19y 3000 pb: 10:04.64 -14. 1500 pb: 4:31.22 -16. Coach-Paco Gil In 2016: 17 European Clubs Cup junior XC; 2 Spanish junior indoor 1500; 16 Huelva 1500; 2 Spanish junior 1500; dnf Andújar 800; 8ht Spanish 1500; 1 Torredonjimeno XC	
430 GALLARDO Carla ESP 17y 3000 pb: 9:48.65 -16. 1500 pb: 4:29.98 -16. 6 European youth 1500 2016. Coach- Santiago de la Parte In 2016: 2 Sabadell 3000; 1 Valladolid 1500; 1 Spanish youth indoor 1500; 2 Valladolid 3000; 1 Spanish youth 1500; 6 European youth 1500	
431 GARCÍA Marta ESP 18y 3000 pb: 9:48.78 -16. 1 Spanish junior 3000 2016. Coach-Uriel Reguero In 2016: 2 Spanish junior indoor 3000; 1 Durango 3000; 1 Burgos 1500; 1 Spanish junior 3000; 1 Soria junior XC	
437 PRIETO Idaira ESP 19y Full name-Idaira Prieto Suárez // 1500 pb: 4:30.45 -16. 800 pb: 2:12.79 -16. At EXC: 2015-35J. Coach/father- Antonio Prieto was fifth at the World Cross Country Championships in 1981 & 1983, also 10th in 1988 Olympic 10,000m In 2016: 2 Fuenlabrada 800 (Apr 21); 4 Madrid 1500; 3 Fuenlabrada 800 (May 26); 15 Huelva 1500; 4 Spanish junior 1500; 10ht Spanish 1500	
438 RODRIGUEZ Lucía ESP 18y 5000 pb: 16:49.76 -16. 1500 pb: 4:21.97 -16. 800 pb: 2:06.62 -16. 17 World youth 3000 2015; ht WJC 1500 2016. 1 Spanish youth 3000 2015 & junior 1500 2016. At EXC: 2015-33J. Coaches- Luis Miguel Martín & Juan del Campo. In 2016: 3 European Clubs Cup junior XC; 6 Spanish indoor; 1 Spanish junior indoor 3000; 1 Maia 5000; 1 Fuenlabrada 800; 11 Huelva 1500; 3 Castellón 1500; 3 Alcobendas 800; 1 Spanish junior 1500; 9ht WJC 1500; 2 European Junior Clubs Cup 800	
441 BENAITEAU Alizee FRA 16y 1500 pb: 4:31.37 -16 In 2016: 3 Antony 1500; Blois 1500; 4 Saint-Maur 1500 (Jun 8); 2 Saint-Maur 1500 (Jun 22)	
447 HADJI Leila FRA 18y 3000SC pb: 10:49.89 -16. 3000 pb: 9:46.14 -16. 1500 pb: 4:31.57 -16 In 2016: 2 Fontainebleau 1500 'B'; 5 French junior XC; 3 St-Denis-Réunion 3000; 1 Longjumeau 3000; Tergnier 3000SC; Compiègne 1500; 4 Blois 3000SC; 14 French 3000SC; 2 French junior 3000	
449 LEJEUNE Cecile FRA 18y 10K pb: 34:31 -15. 3000 pb: 9:45.57 -15. At EXC: 2014-21J, 2015-13J. 1 French youth 3000 2014 In 2016: 4 French junior 3000	
450 MAUNOURY Perle FRA 18y 5000 pb: 16:56.66 -16. 3000 pb: 9:54.55 -16. 1500 pb: 4:33.03 -16. 1 French junior 3000 2015 In 2016: 1 La Roche-sur-Yon 3000; Laval 1500; 11 Carquefou 5000; 4 Beaupréau 1500; 5 French junior 3000; 2 Rennes 10K	
452 MITON Oriane FRA 18/19y 3000 pb: 9:57.32 -16 // In 2016: 1 Grenoble 3000	
459 SENECHAL Mathilde FRA 18y 3000 pb: 9:49.29 -16. 1500 pb: 4:33.32 -16. 3 French junior 3000 2016 In 2016: 2 Val-de-Reuil; 4 French junior XC; Blois 1000; 3 French junior 3000	
465 HOLLOWAY Gemma GBR 19y 3000 pb: 9:27.21 -16. 1500 pb: 4:18.46 -16. 3 English 1500 2016. Coach-Brenda Stone In 2016: 1 Essex under-20 XC; 2 UK Inter-Counties junior XC; 15 Rugby 3000; 3 English; 2 Milton Keynes junior 5K XC; 5 Liverpool junior XC	
469 KNOWLES-JONES Harriet GBR 18y Second at 2015 European Junior Cross Country Championships (after she led into the finishing straight) 1500 pb: 4:15.49 -16. 3000 pb: 9:23.76 -14. 4 World Youth 1500 2015; 8 WHC 1500 2016. At EXC: 2015-2J. 1 English under-17 3000 2013; 1 UK Inter-County under-17 XC 2014; 2 London Mini Marathon 2014; 1 English junior 3000 2014; 1 English Schools under-17 3000 2014; 1 UK Schools Games 3000 2014. Sixth-form student at Loreto Grammar School, Altrincham. Mother-Jayne Knowles (1 UK 1500 93 as Jayne Spark), father-Martin Jones (4 COM 10,000 94). Coach-Paul Roden In 2016: 2 'Great' Edinburgh junior XC; 1 Cardiff junior XC; 2 Stretford 1500 'B'; 2 English junior 1500; 7ht UK 1500; 4 Solihull BMC 800 'B'; 8 WJC 1500; 1 Lausanne Diamond junior 1500; 1 Milton Keynes junior 5K XC; 2 Liverpool junior XC	
470 LAW Phoebe GBR 19y 5000 pb: 16:32.61 -16. 1500 pb: 4:24.91 -14. 3000 pb: 9:29.60 -16. 14 EJC 5000 2015. At EXC: 2014-14J. 1 English junior 3000 2015. Coach-Mick Woods (formerly Richard Holt) In 2016: 6 'Great' Edinburgh junior XC; 2 South of England under-20 XC; 3 UK Inter-Counties junior XC; 3 Manchester BMC 3000; 10 Watford BMC 5000; dnf English junior 3000; 20 UK 5000; 4 Liverpool junior XC	
472 NUTTALL Hannah GBR 19y 2014 English Schools Champion at 3000m // 3000 pb: 9:28.62 -14. At WXC: 2015-45J. 2 English junior 3000 2104; 1 English Schools 3000 2014. Father/coach-John Nuttall (3 COM 5000 1994). Mother-Alison Wyeth (3 COM 3000 1994 and former IAAF Development officer) Both her parents had a best placing of 28th at the World Cross Country Championships. Mother was 28th in 1989 and father 28th in 1996 In 2016: 3 Liverpool junior XC	

474	QUIRK Amelia GBR 16y 3000 pb: 9:38.53 -16. 1500 pb: 4:23.95 -16. 1 South of England under-17 1500 2015/2016. Coach-Beverley Kitching In 2016: 1 Berkshire under-17 XC; 3 English Schools under-17 XC; 8 UK Inter-Counties under-17 5K XC; 3 Street 3000; 1 Reading 1500; 1 London 'Westminster' junior Road Mile; 1 Milton Keynes BMC 3000; 1 Berkshire Schools under-17 3000; 4 English Schools under-17 3000; 1 Milton Keynes youth 5K XC; 1 Liverpool youth XC	525	CESARO' Michela ITA 17y 3000 pb: 10:05.73 -16. Coach-Gianni Crepaldi In 2016: 4 Italian youth 3000
482	WEIR Victoria GBR 18y 2016 English Schools Steeplechase Champion // 1500 pb: 4:30.4 -16. 800 pb: 2:09.69 -16. 1 English Schools 1500SC 2016 (2015-5). Coach-Simon Anderson In 2016: 1 Plymouth 3000/1500SC; 1 Devon junior 1500/1500SC; 1 Devon Schools 1500SC; 1 English Schools 1500SC; 1 Liverpool junior XC	528	CURTABBI Eleonora ITA 19y 3000SC pb: 10:50.46 -16. 1 Italian junior 3000SC 2016 (2015-2). Coach-Gianni Crepaldi In 2016: 3 Turin 1500; 7 Castiglione della Pescaia 3000SC; 1 Italian junior 3000SC; 16ht WJC 3000SC; 3 Rennes 10K
488	DATTKE Miriam GER 18y 5000 pb: 16:58.61 -15. 3000 pb: 9:22.66 -15. 1500 pb: 4:28.23 -15.12 World Youth 3000 2015 In 2016: 4 Erfurt 1500; 9 German junior indoor 1500; 1 Berlin 1500; 2 Osterode 3000; 4 Regensburg Open Extra 3000; 1 Berlin 3000	540	TOMMASI Francesca ITA 18y 3000 pb: 9:44.81 -14. 3 European Youth Olympic Festival 3000 2013. At EXC: 2015-43J. Coach-Gianni Ghidini In 2016: 16 San Giorgio su Legnano; 8 San Vittore Olona XC
493	KLOSTERHALFEN Konstanze GER 19y DEFENDING EUROPEAN JUNIOR CROSS COUNTRY CHAMPION // 5000 pb: 15:16.98 -16. 3000 pb: 8:46.74 -16. 800 pb: 2:01.55 -16. 4 Youth Olympic Games 1500 2014; 3 EJC 1500 2015; 3 WJC 3000 2016; sf OLY 1500 2016. At EXC: 2014-28J, 2015-1J. 1 German 1500 2016. She can play the piano and the flute. Familiar name-"Koko". Coach-Sebastian Weiss In 2016: 1 German junior indoor 800; 1 German indoor 3000; 1 Leverkusen 10K; 1 Pliezhausen 3000; 5 Herzogenaurach 800; 1 Ostrava Golden Spike 1500; 1 Dessau 1500; 1 German 1500; 1 Leverkusen 800; 3 WJC 3000; 10sf OLY 1500; 1 Bergisch Gladbach 5000 (set German junior record 15:16.98); 1 Darmstadt junior XC (33 seconds ahead of Alina Reh)	541	ZANNE Federica ITA 19y 5000 pb: 17:47.01 -16. 3000 pb: 10:05.58 -16. 1500 pb: 4:35.20 -16. 11 World Junior Mountain Running Champs 2016. Her twin sister Giulia is also an international distance runner. Their coach-Adriano Serina In 2016: 3 Rovereto junior XC; 4 Italian junior XC; 4 Pavia 1500; 4 Nembro 1500; 5 Italian junior 5000 (9 1500); 11 Trento 1500; 11 World Junior Mountain Running Champs
494	OED Lisa GER 17y 3000 pb: 9:57.29 -16. 18 World Junior Mountain Running Champs 2016. 1 German youth 3000 2016 In 2016: 6 Pliezhausen 2000SC; 3 Regensburg Open Extra 2000SC; 1 Kassel 1500; 3 Walldorf 3000; 1 Wiesbaden 1500; 18 World Junior Mountain Running Champs	542	ZANNE Giulia ITA 19y 5000 pb: 17:39.36 -16. 3000 pb: 10:07.74 -16. 1500 pb: 4:35.47 -16. Her twin sister Federica is also an international distance runner. Their coach-Adriano Serina In 2016: 1 Rovereto junior XC; 3 Italian junior XC; 4 Pavia 1500; 5 Nembro 1500; 4 Italian junior 5000 (8 1500); 2 European Junior Mountain Running Champs; 12 Trento 1500
495	REH Alina GER 19y Double European Junior Champion in 2015 on the track // 5000 pb: 15:41.62 -16. 3000 pb: 9:00.58i -16. 9:05.07 -14 1500 pb: 4:14.64 -16. 5 World Youth 3000 2013; 2 Youth Olympic Games 3000 2014; 1 EJC 3000/5000 2015; 9 WJC 5000 2016. At EXC: 2013-5J, 2014-4J, 2015-3J. Coach-Jürgen Austin-Kerl In 2016: 2 German indoor 3000; 1 Celle 5000; 1 Ellwangen 1500; 3 Karlsruhe 1500; 1 Rechberghausen 800; 5 Regensburg Open 1500; 9 WJC 5000; 1 German junior 1500/3000; 1 Pforzheim junior XC; 2 Darmstadt junior XC	543	ZENONI Federica ITA 19y 3000SC pb: 10:30.50 -15. 3000 pb: 9:57.36 -16. ht World Youth 1500 2013; 15 EJC 3000SC 2016. Her younger sister Marta is also a junior international runner (3 World youth 800 2015). Coach-Sara Naso In 2016: 1 European Junior Clubs Cup 3000
499	SCHIEL Antonia GER 18y In 2016: 6 Pliezhausen 2000SC; 3 Regensburg Open Extra 2000SC; 1 Kassel 1500; 3 Walldorf 3000; 1 Wiesbaden 1500; 18 World Junior Mountain Running Champs	547	LINKUTĖ Auksė LTU 16y
503	FARRELL Amy Rose IRL 16y 3000 pb:10:00.59 -16 In 2016: 21 'Great' Edinburgh junior XC; 1 Irish Schools under-17 3000; 2 Irish junior XC	548	MORENAITE Egle LTU 19y 1500 pb: 4:33.94 -16. At EXC: 2015-60J In 2016: 7 European Clubs Cup junior XC; 3 Lithuanian indoor 3000; 2 Valmiera 1500; 3 Lithuanian 5000; 1 Rakvere 1500
507	JOYCE Aisling IRL 18y 1500 pb: 4:37.10i, 4:37.94 -16. 1 Irish Schools 3000 2016 In 2016: 9 Irish indoor 1500; 2 Irish under-19 indoor 1500; 1 Irish Schools 3000; 10 Irish 1500; 2 Irish junior 1500	549	ŠALTENYTĖ Monika LTU 16y 800 pb: 2:13.10 -15 In 2016: 2 Lithuanian Teams indoor; 4 Lithuanian indoor
509	McCANN Jodie IRL 16y 3000SC pb: 10:20.84 -16 In 2016: 4 Dublin 3000; 7 Milton Keynes youth XC; 2 Irish youth XC	550	VAIDŽIULYTĖ Kamile LTU 18y 10,000 pb: 37:33.32 -16. At EXC: 2015-62J In 2016: 12 European Clubs Cup junior XC
512	MURPHY Sophie IRL 18y 1500 pb: 4:33.50 -16. 3000 pb: 10:01.63 -16. At EXC: 2015-54J. 1 Irish junior XC 2016 In 2016: 34 'Great' Edinburgh junior 4K XC; 3 European Clubs Cup 'B' 800; 2 Irish Schools 3000; 4 Irishtown IMC 1500; 3 Irish junior 1500; 1 Solihull BMC 'C'; 3 Milton Keynes junior XC; 1 Irish junior XC	551	BAKKER Jasmijn NED 17y 3000SC pb: 10:38.58 -16. 2000SC pb: 6:43.52 -16. 1500 pb: 4:26.91 -16. 1 European Youth Olympic Festival 2000SC 2015. 1 Dutch youth 2000SC 2015/2016 (1 3000 2016). Her older sister Veerle Bakker is also an international distance runner In 2016: 2 Dutch youth indoor; 2 Vught 3000; 1 Barendrecht 2000SC; 13 Oordegem IFAM 1500 'B'; 2 Dutch 3000SC; 1 Dutch youth 3000/2000SC; 1 Utrecht 1500; 1 Ninove 1500 'C'
514	O'BRIEN Emma IRL 17y 1500 pb: 4:32.77 -16. At EXC: 2015-55J. 1 Irish junior 1500 2016; 1 Irish youth XC 2016 In 2016: 44 'Great' Edinburgh junior XC; 5 Irish youth indoor 1500; 4 Greystones IMC 800; 2 Irish Schools 1500; 5 Tullamore 800; 3 Irishtown IMC 1500; 2 Cork City Sports junior 800; 1 Irish junior 1500; 12 European youth; 1 Irish youth XC	552	BAKKER Veerle NED 19y 3000SC pb: 10:20.44 -15. 3000 pb: 9:37.48 -16. 1500 pb: 4:29.87 -16. 4 EJC 3000SC 2015. At EXC: 2015-68J. Her younger sister Jasmijn Bakker is also an international distance runner In 2016: 1 Dutch junior indoor 3000; 27 Oordegem IFAM 3000SC; 1 Dutch 3000SC (9 5000); 1 Dutch junior National 1500; 11 Kortrijk 3000SC; 1 Utrecht 3000; 2 Ninove 1500 'C'; 25 World Junior Mountain Running Champs
518	SWEENEY Carla IRL 18y 1500 pb: 4:25.72 -16. 800 pb: 2:06.53 -16. sf WJC 800 2016. 1 Irish junior indoor 1500 2015 In 2016: 1 Irish junior indoor 1500; 8 Irish indoor 800; 1 Irish under-19 indoor 1500; 1 Greystones IMC 800; 10 Belfast IMC 800; 3 Watford BMC 800 'B'; 3 Dublin 400 'B'; 1 Irishtown IMC 1500; 5 Mannheim Junior Gala 800; 2 Irish junior 800; 6sf WJC 800; 3 Irish junior XC	554	LAU Jasmijn NED 17y 5000 pb: 16:37.04 -16. 3000 pb: 9:48.48 -15. 1500 pb: 4:28.57 -16. 1 Dutch junior 5000 2016 In 2016: 2 Dutch indoor 3000; 5 Vught 3000; 4 Nijmegen 5K; 1 Wageningen 1500; 5 Dutch 5000; 1 Dutch junior 5000; 8 Heusden National 1500; 1 Wageningen 5000
520	HAIAT Noa ISR 18y	555	VAN DE MAREL Merel NED 17y 1500 pb: 4:21.78 -16. 3000 pb: 9:52.07i, 10:05.38 -16. 1 European Youth Olympic Festival 1500 2015. 1 Dutch youth 1500 2016 In 2016: 1 Dutch youth indoor 1500; 3 Dutch indoor 1500; 6 Vught 3000; 12 Oordegem IFAM 1500 'B'; 6 Oordegem Buyle 1500 'B'; 6 Leiden 800 'B'; 4 Dutch 1500; 1 Dutch youth 1500; 5 Kortrijk 1500 'B'; 7 Heusden National 1500
		557	NÆSS Christine NOR 15y 3000 pb: 9:45.17 -16. 1500 pb: 4:32.68 -16. 10 European youth 3000 2016. 1 Nordic junior XC 2016 In 2016: 6 Hvam 1500; 4 Norwegian indoor 1500; 8 Oslo 10K; 3 Bærum 3000; 8 Gothenburg 3000 'B'; 10 European youth 3000; 2 Norwegian junior 1500 (3 3000); 3 Nordic junior 3000; 2 Norwegian youth 3000; 3 Norwegian junior XC; 8 Hole 10K; 1 Nordic junior XC

- 558 WANGBERG Stine NOR** 17y
3000 pb: 9:25.89 -16. 1500 pb: 4:29.27 -16. 2 European youth 3000 2016
In 2016: 1 Norwegian youth indoor 800/1500; 5 Oslo 10K; 2 Hamar 3000; 2 Lillestrøm 800; 4 Jessheim 1500; 1 Bærum 3000 (6 800); 7 Oslo Boysen 800; 2 European youth 3000; 1 Norwegian junior 3000; 1 Nordic junior 3000 (2 1500); 1 Norwegian junior XC; 2 Nordic junior XC
- 560 GRZELAK Dominika POL** 19y
5000 pb: 17:58.28 -16. 3000 pb: 10:08.86 -16
In 2016: 3 Polish junior 5000 (5 3000); 2 Bialogard 3000
- 562 KONIECZEK Aneta POL** 19y
Polish junior record holder at 2000m & 3000m steeplechase // 3000SC pb: 10:00.58 -16. 7 European Youth Olympic Festival 1500 2013; 9 Youth Olympic Games 2000SC 2014; 9 WJC 3000SC 2016. 1 Polish junior 2000SC 2015. Her older brother Dawid was Polish youth steeplechase champion in 2013. Her older sister Alicja was Polish under-23 steeplechase champion in 2014 and is also an international distance runner
In 2016: 1 Zielona Góra 2000SC; 1 Zamosc 2000SC; 1 Bialogard 3000; 1 Wroclaw 1500; 1 Polish junior 2000SC; 9 WJC 3000SC; 1 Częstochowa 2000SC (6:31.32, the fastest junior time in the world for 2016)
- 563 LIZAKOWSKA Weronika POL** 18y
1500 pb: 4:23.73 -16. 3000 pb: 10:02.43 -16. 1 Polish junior 1500 2016
In 2016: 2 Postomino 3000; 1 Slupsk 800; 1 Bialogard 1500 'B'; 9 Bydgoszcz Festival 1500; 15 Szczecin 1500; 1 Polish junior 1500
- 564 MEGGER Eliza POL** 17y
3000 pb: 9:53.25 -16. 1500 pb: 4:31.59 -16. 7 European Youth Olympic Festival 3000 2015
In 2016: 7 Biala Podlaska 800; 13 Bydgoszcz Festival 1500; 1 Gdansk 3000; 16 Polish 1500; 2 Polish youth 3000
- 565 PAWLUS Klaudia POL** 16y
2000SC pb: 6:55.41 -16. 1500 pb: 4:40.45 -16
In 2016: 2 Zielona Góra 2000SC; 1 Bialogard 2000SC; 5 Wroclaw 1500; 3 Warsaw 2000SC; 8 World Junior Mountain Running Champs
- 567 WIKTOROWICZ Łucja POL** 17y
3000SC pb: 10:04.28 -16
In 2016: 4 European Junior Mountain Running Champs; 1 Bialogard 3000
- 572 MARTINS Lilia POR** 19y
At EXC: 2015-58J
- 575 TEIXEIRA Sofia POR** 19y
3000 pb: 10:07.69 -16. 1500 pb: 4:37.25 -16. 1 Portuguese junior 3000 2016
In 2016: 2 Portuguese indoor 3000 'B'; 3 Maia 5000 (Apr 9); 2 Póvoa do Varzim 1500; 4 Maia 1500 (Jun 15); 10 Portuguese 1500; 1 Portuguese junior 3000 (2 1500)
- 583 ALEMANNI Lara SUI** 18y
3000 pb: 9:53.97 -15. 1500 pb: 4:27.77 -16. ht WJC 1500 2016. At EXC: 2014-71J, 2015-45J. 1 Swiss junior 5000 2016
In 2016: 3 Langenthal 1000; 2 Zofingen 1500; 3 Basle 1500; 4 Regensburg Open Extra 1500; 12 Mannheim Junior Gala 1500; 9 Nottwil 800; 14ht WJC 1500; 1 Swiss junior 5000; 5 Darmstadt junior XC
- 586 RUBIN Kerstin SUI** 19y
1500 pb: 4:30.37 -15. At EXC: 2015-64J. 1 Swiss junior 1500 2016
In 2016: 1 Swiss junior indoor 1000; 6 Lausanne Diamond junior 1500; 1 Swiss junior 1500; 9 Darmstadt junior XC
- 588 SCLABAS Delia SUI** 16y
Double European Youth Champion in 2016, the month after becoming World Junior Duathlon Champion
3000 pb: 9:23.44 -16. 1500 pb: 4:22.51 -16. 1 European youth 1500/3000 2016. 1 Swiss 1500 2015
On June 4, 2016 in Aviles, Spain she became World Junior Duathlon Champion (1st Run 5K, Bike 20K, 2nd Run 2.5K)
In 2016: 2 Swiss junior indoor 1000; 1 Langenthal 3000; 1 Berne 4.7K (May 14); 1 Langenthal 800; 1 Berne 1500 (May 28); 11 Lausanne 800/1500; 1 European youth 3000; 1 European youth 1500/3000; 3 Lausanne Diamond junior 1500; 2 Beinwil am See 10K; 1 Lausanne 10K; 3 Darmstadt junior XC
- 591 WIDMER Valerie SUI** 19y
- 592 BELÁKOVÁ Lucia SVK** 18y
- 597 SLANČIKOVÁ Eva SVK** 17y
3000 pb: 9:43.04 -16. 1500 pb: 4:30.57 -16
In 2016: 6 European Clubs Cup 3000
- 598 ŠTEFUNDOVÁ Nikola SVK** 18y
- 600 ZAVADSKÁ Alexandra SVK** 16y
- 602 CHRISTIANSSON Sara SWE** 19y
1500 pb: 4:28.20 -16. 3000 pb: 10:25.60 -16. 1 Swedish junior 1500/XC 2016
In 2016: 2 Sättra 1500; 5 Swedish indoor 1500; 2 Jessheim 1500; 2 Gothenburg 1500; 2 Portland 1500; 4 Copenhagen Games; 10 Gothenburg 1500; 12 Karlstad 1500; 1 Swedish junior 1500; 5 Nordic junior 1500 (6 3000); 1 Swedish junior XC; 7 Nordic junior XC
- 606 AKBINGÖL Emine TUR** 16y
3000 pb: 9:43.13 -16. 1500 pb: 4:30.44 -16. 1 Balkan youth 1500 2016; 4 European youth 3000 2016
In 2016: 1 Turkish youth indoor 3000 (2 1500); 2 European Clubs Cup junior XC; 1 Turkish junior indoor 3000 'B'; 1 Denizli 1500; 2 Mersin 3000; 1 Turkish youth 1500/3000; 1 Balkan youth 1500; 4 European youth 3000; 10 European youth; 7 Sivas junior XC; 3 Adana junior XC
- 609 ATALAY Bahar TUR** 18y
2 European Junior Mountain Running Champs 2014. At EXC: 2014-27J
In 2016: 13 European Clubs Cup junior XC; 4 Sivas junior XC; 4 Adana junior XC
- 613 DEMIRTAŞ Pinar TUR** 18y
5000 pb: 16:49.61 -16. 3000 pb: 9:39.69 -14. 17 EJC 5000 2015; 1 Balkan junior 5000 2016
In 2016: 6 European Clubs Cup junior XC; 2 Turkish Schools; 1 Turkish 5000; 1 Turkish junior 3000; 1 Balkan junior 5000; 2 Sivas junior XC; 4 Balkan junior XC; 1 Adana junior XC
- 615 EROL Sümeyye TUR** 19y
2015 European Junior Steeplechase Champion // 3000SC pb: 10:19.15 -15. 1 Balkan junior 3000SC 2014; ht WJC 3000SC 2014; 1 EJC 3000SC 2015. At EXC: 2014-34J, 2015-34J (sic)
In 2016: 9 European Clubs Cup junior XC; 5 Mediterranean under-23 3000SC; 3 Turkish 3000SC; 3 Turkish junior 3000SC; 5 Adana junior XC
- 617 GÜNES Latife TUR** 17/18y
1500 pb: 4:33.85 -16
In 2016: 2 Turkish junior 1500; 8 Balkan indoor 1500; 2 Turkish 1500; 3 Mersin 1500; 5 Sivas junior XC; 6 Adana junior XC
- 620 KILIÇ Yayla TUR** 19y
3000SC pb: 10:31.28 -16. ht WJC 3000SC 2016. At EXC: 2015-53J
In 2016: 1 Turkish junior indoor 3000; 1 Turkish 3000SC; 4 Mediterranean under-23 3000SC; 2 Turkish junior 3000SC; 2 Balkan junior 3000SC; 15ht WJC 3000SC; 1 Sivas junior XC; 3 Balkan junior XC; 2 Adana junior XC
- 622 FEDCHYK Viktoriya UKR** 19y
10,000 pb: 39:06.09 -16. 3000SC pb: 10:52.81 -16. 1 Ukrainian junior 10,000/3000SC 2016
In 2016: 1 Ukrainian junior 10,000; 1 Ukrainian Teams junior 3000SC; 4 Ukrainian 3000SC; 1 Ukrainian junior 3000SC
- 624 KHODAKIVSKA Yuliya UKR** 17y
5000 pb: 17:07.72 -16. 3000 pb: 9:56.40 -16. 5 European Youth Olympic Festival 3000 2015
In 2016: 1 Ukrainian Teams youth 3000; 1 Ukrainian Teams junior 3000/5000; 1 Ukrainian junior 3000 (2 1500); 3 Ukrainian Teams 5000
- 627 PALINKASH Tetyana UKR** 17y
2000SC pb: 6:59.24 -16
In 2016: 3 Ukrainian junior indoor 2000SC; 14 European youth 2000SC
- 628 PLEMYANNYK Iryna UKR** 19y
3000SC pb: 10:55.71 -15. 1 Ukrainian junior 3000SC 2015
In 2016: 2 Ukrainian junior indoor 2000SC

Under-23 Women's Race

11:30

62 Entrants

18 Countries

6Km (100m + 3 long laps [1500m each] + 1400m)
6 run, 4 score

Age

- 406 VANGANSBEKE Zenobie BEL** **21y**
1500 pb: 4:14.06 -13. 800 pb: 2:04.57 -13. ht WJC 1500 2010; 5 EJC 1500 2011. At WXC: 2011-53J. At EXC: 2009-18J, 2010-6J, 2011-5J, 2012-20u23
In 2013: 8 Hannut XC; 6 Hulshout XC; 3 Dour XC; 1 Lokeren 800; 5 Oordegem IFAM 1500; 12 ETCh 1st League 800; 6 Oordegem Buyle 800; 11ht under-23 ECH 1500; 1 Huizingen 800; 2 Merksem 1500; 5 Roeselare XC
- 410 PUZAKOVA Nastassia BLR** **19y**
2013 Belarussian Champion at 3000m Steeplechase ... 3000SC pb: 10:06.33 -13. 7 Youth Olympic Games 2000SC 2010; ht WJC 3000SC 2012. At EXC: 2011-48J, 2012-55J. 1 Belarussian 3000SC 2013
In 2013: 1 Belarussian Cup 3000SC; 6 Zhukovskiy 3000SC; 10 under-23 ECH 3000SC; 1 Belarussian 3000SC (4 1500); 4 Dubnica nad Váhom 2000SC
- 411 SAVINA Nina BLR** **20y**
3000 pb: 9:45.00 -10. 6 Youth Olympic Games 3000 2010. At WXC: 2011-71J. At EXC: 2010-47J
In 2013: 7 Belarussian indoor 3000; 4 Belarussian 10,000
- 436 CARRETERO Tania ESP** **22y**
5000 pb: 16:14.82 -13. At WXC: 2009-83J, 2010-79J. At EXC: 2008-51J, 2010-56J, 2012-22u23. Coach-Joaquin Casquero
In 2013: 19 Spanish Clubs XC; 8 Spanish 10,000; 13 Huelva 5000; 1 Spanish under-23 5000; 4 under-23 ECH 10,000 (8 5000)
- 439 FERNÁNDEZ Blanca ESP** **21y**
1500 pb: 4:20.47 -13. sf World Youth 800 2009. At WXC: 2011-76J. At EXC: 2010-45J, 2011-27J, 2012-40u23
In 2013: 3ht Spanish indoor 1500; 3 Barcelona 10K; 1 Valladolid 1500; 1 Spanish under-23 1500; 8ht under-23 ECH 1500; 5 Spanish 1500
- 447 PÉREZ María José ESP** **21y**
3000SC pb: 10:16.81 -10. ht World Youth 2000SC 2009; ht WJC 3000SC 2010; 6 EJC 3000SC 2011. At WXC: 2010-74J, 2011-67J. At EXC: 2010-73J
- 455 TAMBET Heleene EST** **20y**
At EXC: 2012-52J. Attends University of New Mexico
In 2013: 3 Estonian 5000; 24 South Bend XC; 65 Terre Haute XC; 10 NCAA Missouri Valley Conference XC; 36 NCAA div 1 Mountain Regional XC; 146 NCAA XC
- 464 CHARKAOUI Fatima FRA** **21y**
- 465 CHEVALIER GARENNE Floriane FRA** **22y**
5000 pb: 16:47.42 -13
In 2013: 11 Carquefou 5000; 1 French under-23 5000; 8 French 5000
- 470 JAROUSSEAU Cecile FRA** **20y**
5000 pb: 16:57.15 -13. At EXC: 2011-73J, 2012-25J
In 2013: 15 Carquefou 5000; 17 Cremona Half Mar
- 471 JOLY TESTAULT Marion FRA** **22y**
10,000 pb: 34:32.40 -13. 5000 pb: 16:39.93i -13. 12 under-23 ECH 10,000 2013. At EXC: 2009-36J, 2013-53u23
In 2013: 2 Penn Relays 10,000; 12 under-23 ECH 10,000; 20 Cremona Half Mar
- 473 LECOQ Salome FRA** **22y**
In 2013: 1 Birmingham AL 3000
- 478 WESTPHAL Liv FRA** **19y**
5000 pb: 16:03.69 -13. 11 EJC 5000 2011; 11 WJC 3000 2012. At EXC: 2012-12J. Born-Milan ... student of Management at Boston College
In 2013: 2 Princeton 5000; 30 Waltham 5000; 5 under-23 ECH 5000; 1 Amherst XC; 3 Boston XC; 19 Terre Haute XC; 3 NCAA Atlantic Coast Conference XC; 6 NCAA div 1 Northeast Regional XC; 17 NCAA XC
- 479 ANDREWS Jess GBR** **21y**
5000 pb: 17:16.92 -12. 7 Island Games 1500 2011 (representing the Isle of Wight); 3 English under-23 5000 2012. Coach-Mick Woods
In 2013: 7 Bushy Park 5K; 4 Parliament Hill XC; 5 English "National" under-20 XC; 1 Watford 3000; 1 Parliament Hill XC; 11 Portsmouth "Great South" 10M; 9 Liverpool XC

- 480 AUCKLAND Rhona GBR** **20y**
10,000 pb: 34:07.61 -13. 5000 pb: 16:34.72 -13. 3000 pb: 9:29.28 -12. 1 British Universities 10,000 2013. Attends Edinburgh University ... coach-Joyce Hogg
In 2013: 1 Falkirk XC; 8 UK Inter-Counties XC; 1 Grangemouth 3000; 5 Balmoral 5K; 1 British Universities 10,000; 10 Solihill BMC 5000; 4 English under-23 5000; 9 under-23 ECH 10,000; 1 Loch Ness 10K; 3 Glasgow XC; 7 Liverpool XC

- 481 AVERY Kate GBR** **22y**
European junior & under-23 medallist ... third in 2013 US Collegiate Cross Country Championships after leading for most of the race
5000 pb: 15:35.12 -12. 3000 pb: 8:58.90 -13. 1500 pb: 4:20.0 -12. 2 EJC 3000 2009; 3 under-23 ECH 5000 2013. At WXC: 2009-25J, 2010-20J. At EXC: 2009-3J, 2010-12J. 1 Junior Great North Run 2008; 1 English 1500 2012 & English under-23 1500 2013. Former School International Freestyle swimmer ... attends Iona College (New York) ... coach-Tony Simmons (2 WXC 1976)
In 2013: 1 Penn Relays "Olympic Development" 10,000; 5 Manchester BMC 5000; 4 Watford BMC 1500 (Jun 12); 1 English under-23 5000; 1 Watford BMC 3000 (Jun 26); 2 Watford BMC 1500 (Jun 30); 3 under-23 ECH 5000; 14 London Diamond 3000; 1 Bronx XC; 4 Bethlehem PA XC; 9 Terre Haute open XC; 1 NCAA Metro Atlantic Conference XC; 5 NCAA div 1 Northeast Regional XC; 3 NCAA XC

- 492 PARTRIDGE Lily GBR** **22y**
5000 pb: 16:11.81 -13. 3000 pb: 9:15.06 -13. 1500 pb: 4:23.83 -13. At WXC: 2008-43J, 2009-31J. At EXC: 2009-39J, 2010-9J, 2012-15u23. Coach-Mick Woods
In 2013: 25 "Great" Edinburgh XC; 1 South of England XC; 9 UK indoor 3000; 9 English "National" XC; 6 UK Inter-Counties XC; 16 Watford 3000; 1 Watford 3000 'B' (Apr 17); 3 Watford 3000 (May 1); 4 Watford BMC 1500 (May 15); 6 Solihill BMC 5000; 11 Manchester BMC 5000; 1 Kessel-Lo 5000; 3 English under-23 5000; 2 Twickenham 3000; 8 Watford BMC 1500 (Aug 7); 1 Yeovil 1500; 8 Watford 1500; 4 "Great" Birmingham Half Mar; 4 Liverpool XC

- 494 PURDUE Charlotte GBR** **22y**
("Charlie") ... 2010 European Junior Cross Country Champion ... 1500 pb: 4:19.13 -09. 3000 pb: 9:10.34 -10. 5000 pb: 15:23.4 -10. 10,000 pb: 32:03.55 -12. 2 EJC 5000 2009 (2007-10); 4 COM 10,000 2010 (6 5000); 6 ECH 10,000 2012. At WXC: 2007-15J, 2009-14J, 2011-14. At EXC: 2007-3J, 2008-2J, 2010-1J. 1 English Schools junior XC 2005 & 3000 2008; 1 English under-15 XC 2006 & under-17 XC 2007; 1 AAA under-17 3000 2006. She has achieved a grade five standard in ballet ... coach-Mick Woods
Knee operations in May 2010 (left) & May 2011 (right), then stress fractures in 2013
In 2013: 3 Portsmouth "Great South" 10M; 2 Liverpool XC

- 502 WEIGHTMAN Laura GBR** **22y**
2012 Olympic 1500m finalist ... name pronounced "weight-man" not "white-man"
1500 pb: 4:02.99 -12. 3000 pb: 8:43.46 -13. 800 pb: 2:02.52 -12. 6 WJC 1500 2010; 11 OLY 1500 2012; 2 ETCh 3000 2013; ht WCH 1500 2013. 1 English Schools 1500 2007/2008/2009; 1 UK Schools Games 1500 2009; 1 English junior 1500 2010; 1 UK 1500 2012. Missed much of 2011 season after having a knee operation in February that year ... coach-Steve Cram (1 WCH 1500 1983)
In 2013: 1 Stretford 3000; 11 Eugene Diamond 1500; 11 Hengelo 800; 2 ETCh 3000; 4 Birmingham Diamond 1500; dnf UK 1500 (fell); 11ht WCH 1500; 1 Hexham mixed 800; 5 Amsterdam Flame 2000; 5 Brussels Diamond 1000; 2 Great North CityGames Mile; 1 Sheffield Yourkshire League XC; 10 Liverpool XC

- 503 AMRHEIN Fabienne GER** **21y**
5000 pb: 16:52.60 -13
In 2013: 2 Baton Rouge 3000; 19 Columbia 5000; 3 German under-23 5000; 3 Baden-Württemberg Champs; 5 German 5000; 4 Pforzheim XC; 3 Darmstadt XC

- 506 FRANK Annika GER** **21y**
5000 pb: 16:45.69 -13. 12 EJC 5000 2011
In 2013: 1 Köngen 5000; 1 Tübingen 3000; 1 German under-23 5000; dnf German 5000; 8 Darmstadt XC

- 509 HARRER Corinna GER 22y**
2013 European indoor silver at 3000m ... 2012 Olympic semi-finalist at 1500m
1500 pb: 4:04.30 -12. 3000 pb: 8:55.47 -12. 800 pb: 2:00.34 -12. 10,000 pb: 32:30.41 -13. 5000 pb: 16:47.04 -10. 400 pb: 55.18 -08. 2 EJC 800 2009; 6 WJC 800 2010; 2 under-23 ECH 1500 2011/2013; 9 ECH 1500 2012; 2 EIC 3000 2013; 4 ETCh 3000 2013 (2011-8); 2 under-23 ECH 1500 2013. 1 German youth 400 2007/2008. 1 German 1500 2011/2012 & indoor 3000 2013. At EXC: 2008-23J, 2009-4J, 2010-5J, 2011-3u23, 2012-6u23 ... good range: former German Youth Champion at 400m, and she's run a 10,000 in 33:13.62. Coach-Kurt Ring
In 2013: 1 German indoor 3000; 2 EIC 3000; 3 German XC; 1 Bayer Champs 10,000; 1 Regensburg 3000 (Apr 27); 2 German 10,000; 13 Rome Diamond 1500; 3 Regensburg 800 (Jun 8); 4 ETCh 3000; 6 Ostrava 1500; dnf Birmingham Diamond 1500; 1 German 1500; 2 under-23 ECH 1500; 3 Bottrop 1500; 15 London Diamond 1500; 2 German 10K; 1 Munich Half Mar; Anchored German team which placed seventh at Chiba Ekiden, clocking 24:04 for 7.195K
- 511 KRAUSE Gesa-Felicitas GER 21y**
2013 European under-23 Steeplechase Champion ... finalist in Daegu 2011, London 2012 & Moscow 2013
3000SC pb: 9:23.52 -13. 3000 pb: 9:01.16i -12. 1500 pb: 4:11.94 -12. 800 pb: 2:05.25 -11. 7 World Youth 2000SC 2009; 4 WJC 3000SC 2010; 1 EJC 3000SC 2011; 8 WCH 3000SC 2011 (2013-9); 4 ECH 3000SC 2012; 8 OLY 3000SC 2012; 1 under-23 ECH 3000SC 2013. At EXC: 2009-26J, 2010-11J, 2011-9J. Coach-Wolfgang Heinig (husband and former coach of German marathon legend Katrin Dörre)
In 2013: 12 Doha Diamond 3000SC; 9 Dessau 1500; 12 Rome Diamond 3000SC; 4 German under-23 800; 1 under-23 ECH 3000SC; dnf Bottrop 1500; 9 WCH 3000SC; 1 "DécaNation" 3000SC
- 515 REISCHMANN Anne GER 21y**
5000 pb: 16:51.78 -13. At EXC: 2011-59J
In 2013: 4 Pliezhausen 3000; 11 Regensburg 1500; 2 German under-23 5000; 11 Bottrop 1500; 4 Darmstadt XC
- 517 TRÄNKLE Melina GER 20y**
5000 pb: 16:58.18 -13
In 2013: 13 Koblenz 5000; 7 German under-23 5000; 10 German 5000; 8 Ludwigshafen 9.6K; 8 German 10K; 8 Pforzheim XC; 2 Darmstadt XC
- 533 ABATE Virginia Maria ITA 20y**
5000 pb: 16:47.03 -12. At EXC: 2011-35J, 2012-57J
In 2013: 13 Italian 10,000; 15 under-23 ECH 10,000; 24 Cremona Half Mar
- 534 BOTTINI Laura ITA 22y**
5000 pb: 16:34.25 -13. At EXC: 2009-47J, 2011-47u23
In 2013: 1 Pavia 3000; 1 Italian Universities 5000; 2 Imola 5000; 1 Italian under-23 5000; 19 under-23 ECH 5000; dnf Italian 5000; 5 Rovereto under-23 1500
- 539 GALIMBERTI Sara ITA 21y**
5000 pb: 16:41.82 -13. Half Mar pb: 76:50 -13. 8 under-23 ECH 10,000 2013. At EXC:2010-52J
In 2013: 7 Italian indoor 3000; 1 Bovisio Masciago 10,000; 6 Gavardo 3000; 1 Caprino Veronese 5000; 3 Nembro 3000; 8 under-23 ECH 10,000; 9 Italian 5000; 1 Rovereto under-23; 1 Monza Half Mar; 9 Cremona Half Mar
- 544 MERLO Martina ITA 20y**
3000SC pb: 10:40.39 -13. At EXC: 2011-66J
In 2013: 2 Italian Universities 3000SC; 2 Italian under-23 3000SC; 5 Italian 3000SC; 26 Cremona Half Mar
- 547 PAPAGNA Laura ITA 22y**
10,000 pb: 35:27.99 -13. 11 under-23 ECH 10,000 2013
In 2013: 15 San Giorgio su Legnano XC; 8 Italian 10,000; 11 under-23 ECH 10,000
- 551 VIOLA Giulia ITA 22y**
Full name-Giulia Alessandra Viola
2013 EUropean indoor finalist at 1500m
1500 pb: 4:10.00 -13. 5000 pb: 16:05.39 -13. 8 EJC 3000 2008; 7 EIC 1500 1500 2013; 5 under-23 ECH 1500 2013. 1 Italian 1500/5000 2013. At EXC: 2012-33u23. Coach-Vittorio Di Saverio
In 2013: 2 Italian indoor 1500 (4 3000); 7 EIC 1500; 2 Pavia 1500; 3 Gavardo 3000; 11 Dessau 1500; 1 Italian under-23 1500 (2 800); 6 Mediterranean Games 1500; 5 under-23 ECH 1500; 1 Italian 1500/5000; 5 Biella 4K; 7 Volpiano XC; 14 Dunkirk XC
- 553 JAKUBJANECA Diana LAT 21y**
In 2013: 1 Latvian 3000 (3 1500)
- 557 HASSAN Sifan NED 20y**
TRANSFEREE – Formerly Ethiopia, moved to Netherlands in 2008, acquired Dutch citizenship on November 19, 2013 and cleared by the IAAF to compete for that country from November 29, 2013
3000 pb: 8:32.53 -13. 1500 pb: 4:03.73 -13. 800 pb: 2:00.86 -13. 1 Dutch 1500 & XC 2013. Ranked third in the world at 3000m in 2013 after Meseret Defar & Mercy Cheronro
In 2013: 4 Hannut XC; 1 Hulshout XC; 1 Dour XC; 2 Korschenbroich 5K; 2 Lisse 1000; 1 Brandbu 3000; 1 Oordegem IFAM 1500; 1 Kessel-Lo 800; 1 Nijmegen 1500; 1 Ostrava 1500; 2 Lausanne Diamond 1500; 1 Heusden 800; 1 Dutch 1500; 1 Utrecht 3000; 3 Stockholm Diamond 3000 (pb down from 8:41 to 8:32); 9 Brussels Diamond 1500; 6 Groningen 4M; 1 Tilburg XC (She won by 20 seconds from Ana Dulce Félix)
- 558 KOSTER Maureen NED 21y**
1500 pb: 4:06.50 -13. ht WJC 1500 2010; sf WCH 1500 2013. At EXC: 2012 -21u23. 1 Dutch 1500 2012
In 2013: 1 Kerkrade 7.4K; 2 Breda 7.55K XC; 1 Utrecht 800; 1 Lisse 1000; 1 Hoorn 800; 3 Dessau 1500; 2 Nijmegen 1500; 1 ETCh 1st League 1500; dnf under-23 ECH 1500; 2 Dutch 1500; 10sf WCH 1500; 1 Gouda 10K; 11 Groningen 4M; 5 Tilburg XC
- 559 Van HAL Marlin NED 20y**
5000 pb: 16:14.52 -13. 6 EJC 3000 2011 (dnf 5000). At EXC: 2011-25J, 2012 -34J. Coach-Tonnie Dirks
In 2013: 4 Dutch indoor 3000; 4 Wageningen 5000; 1 Watford BMC 1500 'B'; 14 under-23 ECH 5000; 12 Groningen 4M; 11 Mol XC
- 560 van LIESHOUT Irene NED 20y**
Her younger sister Jamie van Lieshout is also an international distance runner
3000 pb: 16:19.30 -13. 15 WJC 5000 2012. At EXC: 2011-28J, 2012-35J. Coach-Tonnie Dirks
In 2013: 1 Lokeren 5000; 14 Watford BMC 5000; 9 under-23 ECH 5000; 3 Dutch 5000; 16 Groningen 4M
- 568 BRZEZIŃSKA Aleksandra POL 22y**
At EXC: 2012-41u23
In 2013: 7 Polish XC; 6 Polish 5000; 6 Polish Clubs 3000; 5 Plock 10K; 2 Polish under-23 XC
- 570 KACZYŃSKA Paulina POL 22y**
1500 pb: 4:25.83 -13
In 2013: 10 Polish XC; 1 Zielona Góza 1500; 1 Szczecin 1500
- 572 MIKIEWICZ Paulina POL 21y**
1500 pb: 4:22.86 -13. 800 pb: 2:05.80 -13. At EXC: 2011-54J
In 2013: 5 Polish Short Course XC; 3 Bialystok 800; 4 Siedlce 1500; 3 Szczecin 800; 2 Polish under-23 1500 (3 800); 3 Polish under-23 XC
- 573 NAPIERAJ Dominika POL 21y**
5000 pb: 16:12.68 -13. At WXC: 2013-73. 1 Polish under-23 5000 2013
In 2013: 3 Polish XC; 73 WXC; 1 Polish under-23 10,000; 1 Polish Universities 3000; 13 Manchester BMC 5000; 2 Wroclaw 1500; 1 Polish under-23 5000; 23 under-23 ECH 5000; 5 Polish 5000; 4 Polish under-23 XC
- 577 WACŁAWSKA Natalia POL 22y**
5000 pb: 16:19.52 -13
In 2013: 2 Polish under-23 5000 (3 1500); 11 under-23 ECH 5000; 5 Polish under-23 XC
- 580 CARVALHO Catarina POR 21y**
3000SC pb: 10:32.69 -11. 7 EJC 3000SC 2011. At EXC: 2010-37J, 2011-52J
In 2013: 2 Lisbon 3000SC; 4 Portuguese 3000SC
- 584 GODINHO Susana POR 21y**
10,000 pb: 35:40.82 -13. At WXC: 2011-dnf. At EXC: 2009-68J, 2010-dnfJ
In 2013: 2 Portuguese under-23 indoor 3000; 5 Portuguese indoor 3000; 3 Portuguese 10,000; 11 Huelva 1500
- 585 MARTINS Marta POR 21y**
5000 pb: 16:54.86 -13. At EXC: 2009-51J, 2010-62J, 2011-44J, 2012-51u23
In 2013: 2 Pombal 3000 'B'; 1 Portuguese under-23 indoor 3000; 4 Pombal 3000; 13 Spanish 10,000; 2 Lisbon 5000; 13 under-23 ECH 10,000
- 590 SANTOS Catia POR 21y**
At EXC: 2011-82J
- 599 FAZLITDINOVA Gulshat RUS 21y**
2013 European under-23 Champion at 10,000m ... 10,000 pb: 32:01.83 -13. 5000 pb: 15:43.58 -12. 3000SC pb: 9:56.98 -11. 12 WJC 5000 2010 (15 5000); 2 EJC 3000SC 2011; 1 under-23 ECH 10,000 2013; 17 WCH 10,000 2013. At WXC: 2010-16J. At EXC: 2009-2J, 2010-4J. 1 Russian under-23 10,000 2012
In 2013: 6 Russian indoor 3000 (9 5000); 3 Russian Clubs 5000 (5 1500); 1 Moscow Challenge 10,000; 1 under-23 ECH 10,000; 17 WCH 10,000; Ran second stage for Russian team which placed third at Chiba Ekiden, clocking 16:03 for 5K

600 FYODOROVA Anna RUS **20y**
5000 pb: 16:39.66 -13
In 2013: 2 Siberian under-23 indoor 3000; 4 Russian under-23 indoor 3000; 2 Russian under-23 5000; 2 Russian under-23 'B'; 13 Russian autumn XC

604 LITVINOVA Luiza RUS **20y**
At EXC: 2012-11J
In 2013: 8 Russian spring XC; 16 Russian autumn XC

607 RYAZANTSEVA Svetlana RUS **21y**
Marathon pb: 2:42:17 -13. 5000 pb: 15:54.83 -12. 3000 pb: 9:20.34i -13. At EXC: 2011-7J
Marathon (1): 6 Moscow 2013
In 2013: 2 Russian under-23 indoor 3000 (3 1500); 4 Russian spring XC; 6 Moscow Marathon

608 SOKOLENKO Yekaterina RUS **21y**
2013 European under-23 Steeplechase silver ... 3000SC pb: 9:43.50 -13. 2 under-23 ECH 3000SC 2013
In 2013: 1 Siberian under-23 indoor 1500/3000; 3 Russian short course spring XC; 2 Russian Clubs 3000SC; 2 under-23 ECH 3000SC; 1 Russian autumn XC

616 SIMOVIĆ Teodora SRB **20y**
5000 pb: 16:24.43 -13. 10 World Youth 2000SC 2009; 7 EJC 5000 2009; ht WJC 1500 2012. At EXC: 2009-72J, 2011-64J, 2012-53J
In 2013: 3 Bar 1500; 2 Kragujevac 1500; 2 Serbian Cup 1500/5000; dnf Velenje 1500; 1 Serbian 3000; 20 under-23 ECH 5000

619 TERZIĆ Amela SRB **20y**
2012 European Junior Cross Country Champion ... 2013 European under-23 Champion at 1500m
3000 pb: 9:16.59 -12. 1500 pb: 4:05.69 -13. 800 pb: 2:04.67 -13. 3 World Youth 1500 2009; 6 EJC 3000 2009 (9 1500); 1 EJC 1500/3000 2011; 2 WJC 1500 2012 (2010-8); 1 under-23 ECH 1500 2013. At WXC: 2011-32J. At EXC: 2009-12J, 2010-2J, 2011-3J, 2012-1J. Coach-Rifat Zilkic
In 2013: 3 Balkan indoor 3000; 1 Balkan under-23 XC; 2 Bar 1500; 1 Senta 1500; 1 Kragujevac 800/1500; 15 New York Diamond 1500; 1 Serbian Cup 800/1500; 1 Velenje 1500; 1 Serbian 800/1500; 1 ECP 2nd League 1500 (3 800); 1 under-23 ECH 1500; 1 Balkan 1500/3000; 13ht WCH 1500; 4 "DecaNation" 1500

622 AUF DER MAUR Priska SUI **21y**
5000 pb: 16:40.83 -11. 1500 pb: 4:29.83 -10. At WXC: 2011-46J. At EXC: 2008-49J, 2009-52J, 2011-18J, 2012-29u23
In 2013: 5 Uster 10K; 13 Lucerne 4.25K; 9 Koblenz 5000; 16 under-23 ECH 5000; 9 Darmstadt XC

632 BORGLUND Elin SWE **22y**
5000 pb: 16:28.44 -13. At EXC: 2010-24J. 1 Swedish under-23 XC 2013
In 2013: 16 Manchester BMC 5000; 3 Gothenburg 3000; 13 under-23 ECH 5000; 4 Swedish 5000; 6 SWE v FIN 5000; 4 Swedish short course XC; 1 Swedish under-23 XC; 7 Nordic XC

639 ADANIR Seyran TUR **20y**
In 2013: 5 Tarsus Half Mar

640 AKPINAR Sabahat TUR **20y**

642 AYDEMİR Esmā TUR **20/21y**
2011 European Junior Champion at 5000m ... 5000 pb: 15:50.05 -13. 3000 pb: 9:11.28 -13. 1500 pb: 4:09.06 -12. 20 WJC 3000 2010 (sf 800); 1 EJC 5000 2011 (2 3000); 8 ETCh 3000 2013 (9 5000). At EXC: 2010-23J, 2011-8J, 2012-31u23. 1 Turkish 5000 2011/2013 (1 1500 2012)
In 2013: 1 Turkish 5000 (2 800/1500); 1 Istanbul 1500; 8 ETCh 3000 (9 5000); 5 Mediterranean Games 1500; 12 under-23 ECH 5000; 4 Balkan 800; 1 Turkish Clubs 3000 (3 1500); 5 Palembang 1500

643 BÜYÜKBEZGIN Burcu TUR **22y**
4 World Mountain Running Champs 2012 (2013-10). At EXC: 2011-17u23
In 2013: 2 Turkish 10,000 (5 5000); 5 under-23 ECH 10,000; 10 World Mountain Running Championships

646 EYTEMİŞ Sevilay TUR **20y**
Former World Junior Mountain Running Champion ... 3 European Junior Mountain Running Champs 2011 (2010-9); 1 World Junior Mountain Running Champs 2012; 18 under-23 ECH 10,000 2013. At EXC: 2011-46J
In 2013: 2 Turkish Universities 3000; 3 Turkish 10,000; 18 under-23 ECH 10,000

650 KARABULUT Elif TUR **22y**
5000 pb: 16:42.17 -11. 3000SC pb: 10:07.79 -13. 2 European Junior Mountain Running Champs 2009; 8 under-23 ECH 1500 2013. At EXC: 2009-59J, 2010-25J, 2011-31u23, 2012-36u23
In 2013: 3 Istanbul 1500; 6 Mediterranean Games 800; 8 under-23 ECH 1500; 2 Balkan 1500/3000; 2 Turkish Clubs; 2 Palembang 3000SC (6 1500, dnf 5000)

657 DUNKAN Ganna UKR **20y**
5000 pb: 16:26.30 -13. At EXC: 2012-92J
In 2013: 11 Ukrainian Clubs 10,000; 4 Ukrainian 5000

662 SHMATENKO Yuliya UKR
1500 pb: 4:22.60 -13 ... In 2013: 8 Ukrainian 1500

22y

Women's Race

12:30

73 Entrants

21 Countries

8150m – Start/90m + 1 short/500m + 5 long/1500m + finish/60m
6 run, 4 score

Age

- 402 CARTON Louise BEL 22y**
2015 European under-23 Cross Country Champion // 5000 pb: 15:23.82 -15. 3000 pb: 9:07.61 -15. 1500 pb: 4:10.98 -15. 4 EJC 3000 2013; 2 under-23 ECH 5000 2015; 7 ECH 5000 2016; ht OLY 5000 2016. At EXC: 2013-18J, 2014-7u23, 2015-1u23. Coach-Dirk Engelen
In 2016: 7 Antrim XC; 2 Hannut XC; 1 Dour XC; 17 Stanford Jordan 5000; 4 Brussels 1500; 7 ECH 5000; 7 Heusden 5000; 5 Kessel-Lo 1500; 11ht OLY 5000; 2 Mol XC; 1 Roeselare XC
- 407 ČAPKOVÁ Tereza CZE 29y**
Fourth at 2012 European Championships 1500m // 10K pb: 34:04 -16. 1500 pb: 4:08.27 -12. 800 pb: 2:01.91 -11. 7 WJC 1500 2006; 6 ETCh 1500 2011 (2009-11); 4 WSG 1500 2011; 4 ECH 1500 2012; ht OLY 1500 2012. 1 Czech 1500 2006/2012 & 800 2011. At EXC: 2005-27J
In 2016: 1 Czech indoor 3000; 3 Plzen 800; 8 Ostrava Golden Spike 1500; 11 Dessau 1500; 1 Prague Academica 800; 6 Regensburg Open 1500; 3 Czech 1500; 12 Prague 10K (Sep 10); 2 Prague 10K (Sep 25)
- 409 KRCHOVA Eva CZE 27y**
5000 pb: 16:10.56 -15. 3000SC pb: 9:48.75 -15. 8 under-23 ECH 3000SC 2013; 7 WSG 3000SC 2013 (2011/2015-8). At EXC: 2013-59, 2015-50
In 2016: 2 Kolín 3000; 2 Czech 3000SC; 9 Madrid 3000SC; 8 Kortrijk 3000SC
- 410 MEZULIÁNIKOVÁ Diana CZE 24y**
1500 pb: 4:11.84 -14. 800 pb: 2:02.69 -14. 7 EJC 800 2011; 8 ETCh 1500 2014; ht ECH 1500 2014; 7 EIC 1500 2015; 6 WSG 1500 2015. At EXC: 2010-22J, 2014-32u23. 1 Czech 800 2015 (1 indoor 800 2014)
In 2016: 4 Plzen 800; 9 St. Pölten 800; 4 Osterode 1500; 1 Kolín 3000; 4 Czech 1500; 5 Tábor 800; 4 Nové Mesto nad Metují 1500
- 411 SEKANOVÁ Lucie CZE 27y**
3x Czech Champion at Steeplechase // 3000SC pb: 9:41.84 -15. 10,000 pb: 33:22.90 -14. 5000 pb: 15:43.94 -14. 3000 pb: 9:19.83 -11. 8 WJC 3000SC 2008; 11 ETCh 3000 2011 & 5000 2014; 10 under-23 ECH 3000SC 2011; 23 ECH 10,000 2014. 1 Czech 3000SC 2009/2010/2016 & 1500 2013. 1 Czech indoor 3000 2015. At EXC: 2006-46J, 2008-13J, 2009-23u23, 2010-9u23, 2011-24u23, 2013-24, 2015-42
In 2016: 2 Plzen 1500; 4 Hamburg 3000SC; 7 Prague Odložil 3000SC; 3 Kolín 1500; 1 Czech 3000SC; 4 Bilbao 3000SC; 13ht ECH 3000SC; 3 Schortens 10M; 2 Basle 5.9K
- 413 VRABCOVÁ-NYVLTOVÁ Eva CZE 30y**
She's taking a break from a successful career as a Nordic skier // Marathon pb: 2:30:10 -16. Half Mar pb: 71:06 -16. 5000 pb: 16:14.92 -15. 8 ECH Half Mar 2016. 1 Czech 5000 2014 (2015-2)
Marathons (2): 6 Prague 2016, 26 OLY 2016
At Winter Olympic in cross-country ski-ing: 2006 – 45th in 10K; 2010 – 33rd in Sprint; 2014 – 5th in 30K
In 2016: 10 Prague Half Mar; 6 Prague; 6 Olomouc Half Mar; 8 ECH Half Mar
- 414 VRZALOVÁ Simona CZE 28y**
10K pb: 34:20 -16. 5000 pb: 15:40.92 -16. 1500 pb: 4:13.54 -16. At EXC: 2004-87J. 1 Czech 1500/5000 2016
In 2016: 2 Czech indoor 1500; 1 Fridek-Mistek 3000; 1 Ostrava 1000; 1 Plzen 1500/5000; 12 Ostrava Golden Spike 1500; 1 Carquefou 5000; 2 Kolín 800/1500; 1 Czech 1500/5000; 12 Bilbao 5000; 1 Prague 10K
- 423 AGUILAR Alessandra ESP 38y**
Full name-Alessandra Aguilar Moran
Fifth at 2010 European & 2013 World Championship Marathons
Marathon pb: 2:27:00 -11. Half Mar pb: 70:56 -14. 10,000 pb: 32:42.49 -02. 5000 pb: 15:42.66 -07. 9 under-23 ECH 5000 99; 21 World Half Mar 2014 (2016-dnf); 27 EUC Half Mar 2016. At WXC: 96-38J, 97-34J, 2000-60 long, 2001-48 long, 2002-35 long, 2003-29 long, 2004/2005-47 long, 2006-63 long, 2008-35, 2009-24, 2010-40. At EXC: 99-33, 2000-27, 2001-35, 2002-28, 2003-21, 2004-31, 2007-17, 2008-31, 2009-17, 2010-8, 2011-41, 2012-17. Coach-Antonio Serrano
Marathons (15): 3 Rotterdam 2008, 54 OLY 2008, 1 Hamburg 2009, 24 WCH 2009, 5 ECH 2010, 4 Rotterdam 2011, dnf WCH 2011, 14 New York 2011, 25 OLY 2012, 4 Rotterdam 2013, 5 WCH 2013, dnf ECH 2014, 14 London 2015, 17 WCH 2015, dnf OLY 2016
In 2016: 1 San Sebastián XC; 4 Alicante Half Mar; 1 Valladolid XC; 7 Valencia XC; 3 Spanish XC; dnf World Half Mar; 27 ECH Half Mar; dnf OLY Marathon (dehydration); 18 Atapuerca XC; 1 Toledo XC; 5 Alcobendas XC
- 429 FERNÁNDEZ Blanca ESP 24y**
5000 pb: 15:59.75 -16. 1500 pb: 4:14.30 -14. sf World Youth 800 2009. At WXC: 2011-76J. At EXC: 2010-45J, 2011-27J, 2012-40u23, 2013-28u23, 2014-13u23. 11 NCAA 5000 2016. Attends Temple University in Philadelphia, Pennsylvania. Coach-José Enrique Villacorta
In 2016: 1 Princeton 1500 (5000); 9 Penn Relays Olympic Mile; 1 Orlando 1500/5000; 11 NCAA 5000; 11 Bilbao 5000; 1 Vitoria 800; 10 Spanish 5000; 13 Atapuerca XC; 6 Soria XC
- 432 GEBRE Trihas ESP 26y**
Full name-Trihas Gebre Aunoon
First European finisher at 2015 World Cross Country Championships
Marathon pb: 2:38:47 -10. 10,000 pb: 32:03.39 -13. 5000 pb: 15:27.94 -15. 1 ECP 10,000 2015; 7 ETCh 5000 2015; 16 WCH 10,000 2015; 10 ECH 10,000 2016; 29 OLY 10,000 2016. At WXC: 2015-15. At EXC: 2014-13, 2015-11. 1 Spanish XC 2014/2015/2016 & 5000 2016. Allegiance transferee from ETH –her husband Aitzol Urruzola is Spanish. She has had continuous residence in Spain since October 31, 2011. Gained Spanish citizenship on July 30, 2014 and cleared by the IAAF to represent Spain from November 14, 2014. Coach-Ricardo Jiménez
Marathon (1): 1 San Sebastian 2010
In 2016: 7 'Great' Edinburgh; 6 Seville XC; 5 Elgoibar XC; 3 European Clubs Cup XC; 3 Valencia XC; 1 Spanish XC; 1 Iberian Trophy 10,000; 2 Alcobendas 3000; 3 Bilbao 5000; 10 ECH 10,000; 1 Spanish 5000; 29 OLY 10,000; 7 Atapuerca XC; 3 Alcobendas XC
- 435 MARTIN Gema ESP 29y**
Full name-Gema Martin Borgas // 10,000 pb: 33:48.24 -16. 5000 pb: 16:27.72 -16. At EXC: 2009-55u23. Coach-Joaquín Bravo
In 2016: 15 Santa Pola Half Mar; 7 Valladolid; 9 Valencia XC; 2 Burgos 10K; 12 Iberian Trophy 10,000; 1 Spanish Universities 10,000 (2 5000); 9 ECP 10,000; 16 Atapuerca XC; 7 Soria XC
- 436 PÉREZ María José ESP 24y**
3000SC pb: 9:48.97 -16. ht World Youth 2000SC 2009; ht WJC 3000SC 2010; 6 EJC 3000SC 2011. At WXC: 2010-74J, 2011-67J. At EXC: 2010 -73J, 2013-31u23. 1 Spanish 3000SC 2016. Coach-Antonio Serrano
In 2016: 4 Hérouville 3000SC; 6 Alcobendas 3000; 2 Bilbao 3000SC; 5 Kortrijk 3000SC; 1 Spanish 3000SC; 17 Atapuerca XC
- 440 SÁNCHEZ Irene ESP 24y**
Full name-Irene Sánchez Escribano // 3000SC pb: 9:53.65 -15. ht ECH 3000SC 2016. At WXC: 2011-67J. At EXC: 2011-56J, 2012-60u23. 1 Spanish 3000SC 2015. Coach-Antonio Serrano
In 2016: 7 Spanish indoor 3000; 13 Oordegem IFAM 3000SC; 8 Huelva 3000SC; 7 Hérouville 3000SC; 3 Alcobendas 1500; 3 Bilbao 3000SC; 12ht ECH 3000SC; 2 Spanish 3000SC; 21 Atapuerca XC; 2 Toledo XC; 4 Alcobendas XC
- 442 CHEVALIER GARENNE Floriane FRA 25y**
10,000 pb: 34:06.08 -16. 5000 pb: 16:25.70 -14. At EXC: 2013-25u23
In 2016: 6 French XC; 3 French 10,000; 2 Cergy Pontoise 5000; 16 ECP 10,000; 8 French 5000; 11 Dunkirk XC
- 444 DUARTE Sophie FRA 35y**
2013 European Cross Country Champion // Half Mar pb: 74:25 -15. 10,000 pb: 32:36.32 -14. 5000 pb: 15:14.57 -13. 3000SC pb: 9:25.62 -09. 2 ECP 3000SC 2007; 5 WCH 3000SC 2007 (2009-14); ht OLY 3000SC 2008; 2 ETCh 3000SC 2009 (2010-5, 2011-6); 6 ECH 3000SC 2010; 9 IAAF Continental Cup 3000SC 2010; 6 ETCh 5000 2013; ht WCH 5000 2013; dnf ECH 10,000 2014; 47 ECH Half Mar 2016. At WXC: 2013-16. At EXC: 2008 -15, 2012-6, 2013-1, 2014-5, 2015-49. 1 French 3000SC 2007/2008/2010/2011 & 5000 2013. Born-Guadeloupe. Coach-David Heath (former British international distance runner, 19 WXC short 1999 & in 2015 voted world Master's athlete of the year)
In 2016: 4 French XC; 1 Toulouse 1500; 8 UK 10,000; 47 ECH Half Mar; 9 Paris 20K; 10 Dunkirk XC
- 446 GUERIN Aurore FRA 26y**
10,000 pb: 34:02.25 -16. 5000 pb: 16:02.87 -15. At EXC: 2015-58. At EXC: 2014-27, 2015-40
In 2016: 7 Le Mans XC; 2 French 10,000; 1 Rennes 3000; 1 Cergy Pontoise 5000; 14 ECP 10,000; 9 French 5000; 5 Allonnes XC; 9 Dunkirk XC
- 451 MEZEGHRANE Samira FRA 36y**
Half Mar pb: 75:56 -08. 5000 pb: 15:54.06 -13. 3000 pb: 9:01.24 -07. 58 World Half Mar 2016. At EXC: 2007-dnf, 2010-30. 1 French 5000 2007
In 2016: 10 French XC; 2 Val-de-Marne 10K; 58 World Half Mar; 3 Carquefou 5000; 4 French 10K; 4 French 5000; 2 Arras 10K; 15 Dunkirk XC

These are her 12th European Cross Country Championships

456 PICOCHÉ Laurane FRA **31y**
Fifth at 2012 European Cross Country Championships // Marathon pb: 2:39:22 -14. 5000 pb: 15:48.81 -13. 1500 pb: 4:11.60 -09. 800 pb: 2:01.95 -09. 6 ECP 1500 2008; 7 ETCh 1500 2009 (2013-9); 26 World Half Mar 2016; 41 ECH Half Mar 2016. At WXC: 2004-46J, 2013-33. At EXC: 2003 -52J, 2006-36u23, 2007-22u23, 2008-30, 2009-39, 2011-40, 2012-5, 2013 -27, 2014-33. Coach-Nicolas Jeudy
Marathon (1): 8 Paris 2014
In 2016: 5 French XC; 26 World Half Mar; 1 Aix-en-Provence 1500; dnf Montreuil 5000; 41 ECH Half Mar; 7 Paris 20K; 6 Allonnes XC; 7 Dunkirk XC

These are her 10th European Cross Country Championships

461 WESTPHAL Liv FRA **22y**
2015 European under-23 Champion at 5000m // 10,000 pb: 33:42.03 -15. 5000 pb: 15:28.71 -15. 11 EJC 5000 2011; 11 WJC 3000 2012; 1 under-23 ECH 5000 2015. At EXC: 2012-12J, 2013-6u23, 2015-20. Born-Milan. Student of Management at Boston College
In 2016: 10 NCAA indoor 5000; 8 Stanford Invitational Open 5000; 21 Stanford Jordan 5000; 3 Tallahassee ACC 10,000; 7ht NCAA East 5000; 1 Boston Mayor's Cup XC; 1 New England Association XC

462 ARTER Charlotte GBR **25y**
Second in 2012 UK indoor 1500m // Half Mar pb: 73:16 -16. 10,000 pb: 34:26.42 -16. 5000 pb: 16:00.44 -15. 1500 pb: 4:14.41 -15. 800 pb: 2:08.06 -12. 9 UK 1500 2011; 2 UK indoor 1500 2012; 1 British Universities indoor 1500 2012; 2 English under-23 1500 2012. Coach-James Thie
In 2016: 5 'Great' Edinburgh XC; 2 Bermuda International 10K (5 Road Mile); 1 Cardiff Welsh International 3000; 2 Lee Valley Open 1500; 7 UK indoor 3000; 1 Cardiff Half Mar (she won the mass race held in conjunction with the World Championships); Helped pace London Marathon, went through halfway in 74:34; 22 UK 10,000; 2 Stoke Gifford 3000; 5 UK 5000; 6 Solihull BMC 5000; 11 Atapuerca XC; 2 Liverpool XC

466 HOSKER THORNHILL Emily GBR **24y**
1500 pb: 4:17.74 -16. 3000 pb: 9:25.94 -13. 7 English under-23 1500 2013; 2 South of England 1500/3000 2014. Attends University of New Mexico. Coach-Mick Woods
In 2016: 2 Azusa 1500 'B'; 6 Stanford Jordan 1500; 3 Fresno 1500; 10sf NCAA 1500; 6 Liverpool XC

478 STEEL Gemma GBR **31y**
Former European Cross Country Champion. Twice second at 'Great' North Runs
Half Mar pb: 68:13 -14. 10,000 pb: 32:34.81 -12. 5000 pb: 15:47.21 -11. 3000 pb: 9:01.86i -12. 9 ECH 10,000 2012; 7 World Half Mar 2012; 10 ECH Half Mar 2016. At WXC: 2011-53, 2015-18. At EXC: 2010-26, 2011-3, 2013-2, 2014-1, 2015-8. 2 'Great' North Run 2014/2015; 1 'Great' Ireland 10K 2012/2015 (2011/2013-2). She has a twin sister Louise who is a journalist. Coach-Rob Denmark
In 2016: 3 'Great' Edinburgh; 12 San Juan 10K (after which she caught a virus and abandoned plans to try to qualify for the Olympic track 10,000m); 1 Brighton 10K; 8 'Great' Manchester 10K; 10 ECH Half Mar; 1 Darlington 10K; 8 'Great' North Half Mar; 6 'Great' South Run 10M; 4 Milton Keynes XC; 1 Liverpool XC

480 TWELL Stephanie GBR **27y**
2010 Commonwealth 1500m bronze, 2016 European Championship 5000m bronze
5000 pb: 14:54.08 -10. 3000 pb: 8:40.98 -16. 1500 pb: 4:02.54 -10. 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; 6 WIC 3000 2016; 3 ECH 5000 2016; ht OLY 5000 2016. 1 UK 5000 2013/2015/2016; 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, 2015-6. She broke her ankle in three places during a cross country race in February 2011; after 200 hours of physiotherapy, resuming running in August 2011, then suffered a stress fracture in June 2012 and abandoned her season, undergoing further surgery to have the metal removed from her leg in August 2012. Coach-Mick Woods
In 2016: 1 'Great' Edinburgh 4x1K XC; 4 San Sebastián XC; 5 Glasgow IAAF Tour 3000; 1 UK indoor 3000; 6 WIC 3000; 6 Portland 3000; 7 Hengelo 1500; 11 Rome Diamond 5000; 3 Watford BMC 800; 1 UK 5000; 3 ECH 5000; 5 Monaco Diamond 3000; 13 London Diamond 1500; 8ht OLY 5000; 6 'Great' North CityGames Road Mile; 2 Twickenham 10K

These are her 11th European Cross Country Championships

483 WOOLVEN Pippa GBR **23y**
2012 World junior steeplechase finalist // 3000SC pb: 9:47.97 -14. 5000 pb: 16:15.69 -16. 9 WJC 2012; 8 COM 2014. 1 English Schools 1500SC 2010/2011; 1 British Universities 2000SC 2012/2016. Student of Psychology at Florida State University. Coach-Luke Gunn
In 2016: 1 British Universities XC; 12 Armagh 3K; 6 World University XC; 6 Watford BMC 1500 'D'; 1 British Universities 2000SC; 6 Manchester BMC 5000; 1 Milton Keynes XC; 7 Liverpool XC

484 WOOTTON Katrina GBR **31y**
Mother-Italian, father-British, she has dual nationality with Italy
2007 UK Champion at 1500m indoors & out
10,000 pb: 33:07.93 -16. 5000 pb: 15:30.82 -13. 3000 pb: 8:59.68 -07. 1500 pb: 4:06.69 -09. 800 pb: 2:04.29 -07. 1 European Youth 1500 2001; ht WJC 1500 2002; 11 EJC 1500 2003; 7 under-23 ECH 1500 2005; ht WIC 1500 2006; ht EIC 1500 2007; 8 EIC 3000 2009. 1 UK 1500 indoors & out 2007. At WXC: 2003-dnf, 2004-83J. At EXC: 2002-26J, 2004-23J, 2007-8u23, 2009 -20. 1 English Schools 1500 2001/2003. Coach-Harvey Rose
In 2016: 4 Alsager 5M; 7 Armagh 3K; 12 Stanford Invitational Open 10,000; dnf UK 10,000; 12 UK 5000; 1 Norwich 5K; 1 Solihull BMC 5000; 1 Ipswich 5K; 1 Swansea 10K; 2 Nottingham Half Mar; 2 Leeds 10K; 3 Milton Keynes XC; 4 Liverpool XC

486 AMRHEIN Fabienne GER **24y**
Half Mar pb: 74:57 -16. 5000 pb: 16:23.33 -15 At EXC: 2013-41u23, 2014 -28u23, 2015-51
In 2016: 8 Ludwigshafen 9.6K; 19 Hamburg 10K; 2 Karlsruhe Half Mar; 1 Pforzheim XC; 11 Tilburg XC

487 BLEASDALE Julia GER **35y**
Allegiance transferee from Great Britain & NI – cleared by IAAF to represent Germany from March 8, 2016
10,000 pb: 30:55.63 -12. 5000 pb: 15:02.00 -12. 3000 pb: 8:46.38 -12. 1500 pb: 4:16.56 -12. 4 ECH 5000 2012; 8 OLY 5000/10,000 2012. 1 Inter-Counties 5000 2004; 1 UK 5000 2011. At WXC: 2011-58. At EXC: 2013-7. Her grandparents were German and she has dual citizenship with Great Britain. Fastest European at 3000m & 5000m in 2012 when she set a total of 10 personal bests (while representing Great Britain). In 2016 wrote "It is now time to acknowledge the other side of my family tree and represent Germany"
In 2016: 2 Darmstadt XC; 5 Tilburg XC

498 SCHERL Anja GER **30y**
(Née Schneider) // Marathon pb: 2:27:50 -16. Half Mar pb: 71:17 -16. 5000 pb: 16:39.62 -15. 17 ECH Half Mar 2016. 1 South German 5000 2015. Coach/husband-Marco Scherl
Marathons (4): 16 Hamburg 2014, 9 Hamburg 2015, 3 Hamburg 2016, 44 OLY 2016
In 2016: 4 Barcelona Half Mar; 3 Hamburg; 17 ECH Half Mar (her international debut); 44 OLY Marathon; 14 Tilburg XC

500 SUSSMANN Jana GER **26y**
2011 European under-23 steeplechase silver // 3000SC pb: 9:43.28 -11. 5000 pb: 15:54.92 -11. 1500 pb: 4:16.98 -11. 7 WJC 1500 2008; 3 ETCh 3000SC 2011; 2 under-23 ECH 3000SC 2011; ht ECH 3000SC 2014/2016. At EXC: 2008-30J, 2009-13J, 2010-18u23, 2012-16u23. 1 German 3000SC 2011. She can speak in Latin and her twin sister Kim Sussmann is also an athlete
In 2016: 3 German XC; 1 Kiel 2000SC; 2 Hamburg 3000SC; 5 Prague Odložil 3000SC; 4 German 3000SC; 9ht ECH 3000SC; 1 Karlstad 3000SC; 2 Joensuu 3000; 13 Hamburg 10K; 3 Darmstadt XC

501 CROWE Laura IRL **29y**
Former Irish Champion at 1500m // 800 pb: 2:00.93 -13. 1500 pb: 4:11.49 -14. At EXC: 2014-53. 1 Irish 1500 2013; 2 Irish 800 2015. Coach-Donie Walsh
In 2016: 3 'Great' Edinburgh 4x1K XC; 2 Irish indoor 800; 2 Belfast IMC 800; 6 Nijmegen 800; 6 Oordegem IFAM 800 'B'; 10 Oordegem Buyle 800; 1 Irishtown IMC 800; 1 Cork City Sports 800; 9 Catalan 800; 7 Dublin Morton 800; 6 Leixlip 800; 4 Irish XC

504 FINN Michele IRL **26y**
3x Irish Steeplechase Champion // 3000SC pb: 9:43.19 -16. 3000 pb: 9:19.34 -15. 5000 pb: 16:35.93 -13. 35 World Junior Mountain Running Champs 2007; 16 European Junior Mountain Running Champs 2008; 5 WSG 3000SC 2013; ht WCH 3000SC 2015; 7 ECH 3000SC 2016. At EXC: 2014-23, 2015 -54. 1 Irish 3000SC 2012/2013/2016. Coach-Donie Walsh
In 2016: 1 Irish Universities indoor 800/1500; 3 Irish indoor 3000; 1 Irish Universities 3000SC; 6 Hamburg 3000SC; 15 Oordegem IFAM 3000SC; 1 Irish 3000SC; 7 ECH 3000SC; 11ht OLY 3000SC

506 HEASLIP Shona IRL **22y**
5000 pb: 16:33.93 -15. 3000 pb: 9:37.02 -15. At EXC: 2014-42u23, 2015 -33u23. 1 Irish XC 2016. Coach-Niamh O'Sullivan
In 2016: 14 Antrim 5.6K; 1 Irish Universities 5000; 1 Cork 3000; 15 Watford BMC 5000; 1 Irish League div 1/Jun 12 3000; 2 Irish 5000; 2 Irish under-23 1500; 4 Leixlip 1500; 1 Irish XC

- 508** **MAGEEAN Ciara IRL** **24y**
2016 European bronze at 1500m // 1500 pb: 4:01.46 -16. 800 pb: 2:00.79 -16. 10 WJC 1500 2008; 3 Commonwealth Youth Games 1500 2008 (5 800); 2 World Youth 800 2009; 1 European Youth Olympic Festival 1500 2009; 2 WJC 1500 2010; 10 COM 1500 2010; 2 EJC 1500 2011; 3 ECH 1500 2016 (2012-ht); sf OLY 1500 2016. 1 Irish junior 800 2008/2010. 1 Northern Ireland 1500 2010; 1 Irish 800 2015 (1 indoor 800 2016) & 1500 2011/2014/2016. At EXC: 2008-17J, 2009-9J, 2010-7J. Her second sport is Hurling. Coach-Jerry Kiernan
In 2016: 1 Irish indoor 800; 1 Belfast IMC 3000; 1 Oordegem IFAM 1500; 1 Northern Irish 800; 1 Irish 1500; 3 ECH 1500; 2 Dublin Morton 800; 11sf OLY 1500; 9 Paris Diamond 1500 (pb down from 4:06 to 4:01); 3 Irish XC
- 510** **McCORMACK Fionnuala IRL** **32y**
(Née Britton)
Twice European Cross Country Champion (& 3x 4th) // Marathon pb: 2:31:22 -16. Half Mar pb: 70:44 -16. 10,000 pb: 31:29.22 -12. 5000 pb: 15:12.97 -12. 3000SC pb: 9:37.60 -11. 12 WCH 3000SC 2007 (2011-ht); ht OLY 3000SC 2008; 6 WSG 2009 (2005-11); 10 ECH 3000SC 2010 (2006-ht); 4 ECH 10,000 2012/2016 (2014-8); 15 OLY 10,000 2012 (ht 5000); 3 EIC 3000 2013. At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36, 2011-16, 2013-14. At EXC: 2001-74J, 2002-49J, 2003 -21J, 2005-39, 2006-2u23, 2007-7, 2009-11, 2010-4, 2011/2012-1, 2013-4, 2014-6, 2015-4. Graduate in Sports Science and Health from Dublin City University. Borm/lives-Wicklow. Coach-Joe Doonan (formerly Chris Jones) Marathons (3): 10 ECH 2014 (her marathon début, after only announcing her decision to run two weeks earlier), 13 Chicago 2015, 20 OLY 2016
In 2016: 2 'Great' Edinburgh XC; 3 Antrim XC; 4 New York Half Mar (pb 70:44); 1 'Great' Ireland 10K; 5 'Great' Manchester 10K; 4 ECH 10,000; 20 OLY Marathon; 5 Atapuerca XC; 1 Alcobendas XC
- These are her 14th European Cross Country Championships, record for a women (the men's record is 19 by Sergiy Lebid UKR)
- 516** **O'FLAHERTY Kerry IRL** **35y**
(Née Harty)
Northern Irish record holder // 3000SC pb: 9:42.61 -15. 5000 pb: 15:58.67 -14. 3000 pb: 9:09.50 -09. 1500 pb: 4:12.79 -15. 11 COM 3000SC 2014; ht WCH 3000SC 2015; 12 ECH 3000SC 2016. At EXC: 2008-60, 2010-46, 2011-45, 2015-55 (team bronze). 1 Northern Ireland 1500 2007/2008/2012/2013 & 5000 2010; 1 Scottish 5000 2008. 1 Irish 3000SC 2011 & indoor 3000 2011. Coach/partner-Richard Rodgers
In 2016: 3 'Great' Edinburgh 4x1K XC; 11 Antrim XC; 8 Armagh 3K; 5 Lucerne 3000SC; 2 Irish 3000SC; 12 ECH 3000SC; 2 Ninove 3000SC; 14ht OLY 3000SC; 24 Atapuerca XC; 2 Irish XC
- 519** **KORLIMA Lonah Chemtai ISR** **27y**
Full name-Lonah Chemtai Korlima
Allegiance transferee from Kenya – has lived in Israeli since 2008, acquired Israeli citizenship on March 17, 2016 and cleared by IAAF to represent Israel from April 23, 2016
Marathon pb: 2:40:17 -16. Half Mar pb: 74:11 -16. 10,000 pb: 35:01.33 -16. 5000 pb: 16:23.64 -13. 40 ECH Half Mar 2016. 1 Israeli 10,000 2016. Coach/husband-Dan Salpeter, who she met while she was working as a nanny for a diplomat at the Kenyan Embassy. Their son Roy
Marathon (2): 1 Tel Aviv 2016, dnf OLY 2016
In 2016: 1 Tel Aviv Marathon; 8 Berlin Half Mar; 1 Israeli 10,000; 1 Tel Aviv 5000; 40 ECH Half Mar; dnf OLY Marathon
- 521** **BERTONI Francesca ITA** **22y**
5000 pb: 16:45.20 -16. 3000SC pb: 9:58.10 -16. At EXC: 2015-34u23. 1 Italian 3000SC 2016. Coach-Luciano Gigliotti
In 2016: 4 Pavia 1500; 2 Modena 5000; 2 Castiglione della Pescaia 3000SC; 8 Oordegem IFAM 3000SC; 8 Prague Odložil 3000SC; 1 Italian Universities 3000SC; 1 Italian 3000SC; 3 Trento 1500 (Jul 12); 4 Trento 5000 (Jul 19); 2 Osimo XC
- 524** **BROGIATO Sara ITA** **26y**
Half Mar pb: 75:32 -15. 10,000 pb: 34:45.41 -15. 5000 pb: 16:20.76 -15. Coach-Gianni Crepaldi
In 2016: 4 Pettinengo 4K; 4 Osimo XC
- 529** **DAL RI Federica ITA** **36y**
Marathon pb: 2:37:05 -16. 10,000 pb: 32:55.12 -10. 5000 pb: 15:39.21 -10. 1500 pb: 4:14.72 -06. 3000 pb: 9:03.76i -08, 9:11.68 -09. 6 ETCh 3000 2009 (7 5000 2010); dnf ECH 10,000 2010. At WXC: 99-88J, 2002-86 short, 2005 -53 long, 2009-47. At EXC: 99-53J, 2008-38, 2009-19, 2014-44, 2015-47. 1 Italian 5000 2009/2010 & indoor 3000 2010
Partner-international runner Gabriele De Nard, their daughter Chiara born July 2, 2013. Coach-Andrea Bartoli
Marathons (2): 1 Padua 2016, 9 World Military 2016
In 2016: 15 Italian XC; 8 Ostia Half Mar; 1 Padua Marathon; 1 Rovereto 5000; 3 Italian 5000; 9 World Military Marathon; 1 Osimo XC
- 531** **DOSSENA Sara ITA** **32y**
Half Mar pb: 73:25 -15. 5000 pb: 16:25.85 -16. At EXC: 2006-12u23, 2015 -44. 1 Italian XC 2015. Born-Lodi. Coach-Maurizio Brassini
In 2016: 10 San Giorgio su Legnano XC; 4 Rovereto XC; 2 Cinisello Balsamo 5000
- 533** **LA BARBERA Silvia ITA** **32y**
Former European Junior Champion at 5000m. Twin sister of international runner Barbara La Barbera
Half Mar pb: 76:14 -14. 10,000 pb: 34:15.10 -05. 5000 pb: 15:46.26 -04. 1 EJC 5000 2003 (5 3000); dnf World Half Mar 2016. At WXC: 2002-44J, 2005 -57 long. At EXC: 2002-35J, 2003-dnfJ, 2012-32, 2013-50, 2015-26. Coach-Antonio Cesarò
In 2016: 9 San Giorgio Legnano XC; 2 Rovereto XC; 5 San Vittore Olona XC; 3 Italian XC; dnf World Half Mar; 5 Turin 10K; 1 Palermo 5000; 3 Italian 10,000; 3 Ponzano Veneto 5000; 6 Osimo XC
- 537** **ROFFINO Valeria ITA** **26y**
Twice Italian Steeplechase Champion // 3000SC pb: 9:53.82 -14. 10,000 pb: 34:09.92 -15. 5000 pb: 16:18.16 -15. 3000 pb: 9:28.29 -13. 11 World Youth 2000SC 2007; 5 EJC 3000SC 2009; 9 ETCh 3000SC 2014 (2015-10); ht ECH 3000SC 2014; 9 WSG 3000SC 2015. At WXC: 2008-50J, 2009-43J. At EXC: 2006-36J, 2007-45J, 2010-36u23, 2012-23u23, 2013-45, 2014-21. 1 Italian 3000SC 2014/2015. Born-Biella. Coach-Clelia Zola
In 2016: 12 San Giorgio su Legnano; 5 Rovereto XC; 6 San Vittore Olona XC; 6 Italian XC; 1 Stanford Jordan 3000SC 'C'; 2 Turin 1500; 1 Castiglione della Pescaia 3000SC; dnf Oordegem IFAM 3000SC; 11 Prague Odložil 3000SC; 2 Italian 3000SC; 1 Olgiate Olona; 2 Trento 3000; 3 Italian 10K; 3 Pettinengo 4K; 1 Castel Romano XC; 3 Cuneo 10K; 3 Osimo XC
- 545** **ĠERMANE Guna LAT** **32y**
At EXC: 2015-67
In 2016: 2 Latvian indoor 1500; 1 Riga 1500; 3 Valmiera 1500 (Jun 11); 2 Valmiera 1500 (Jul 1)
- 553** **CHERONO Elizeba NED** **28y**
Allegiance transferee from Kenya – has lived in the Netherlands since May 15, 2012, acquired Dutch citizenship in January 2016 and cleared by IAAF to compete for the Netherlands on June 25, 2016
Half Mar pb: 70:10 -15. 10,000 pb: 32:15.53 -16. 5000 pb: 15:35.43 -15. 26 ECH Half Mar 2016. 1 Dutch Half Mar 2011; helped pace 2015 London Marathon
In 2016: 3 School 10K; 4 Venlo Half Mar; 1 Berlin Half Mar; 2 Leiden 10,000; 12 Ethiopian Olympic Trial (in Hengelo) 10,000; 26 ECH Half Mar; 5 Amsterdam to Zaandam 10M; 1 Utrecht 10K; 1 Birmingham Half Mar; 3 'Great' South Run 10M; 3 Tilburg XC
- 556** **GRØVDAL Karoline Bjerkeli NOR** **26y**
Third at 2015 European Cross Country Championships & 2016 European Championship 10,000m
Half Mar pb: 69:41 -12. 10,000 pb: 31:14.07 -16. 5000 pb: 14:57.77 -16. 3000 pb: 8:39.47 -16. 1500 pb: 4:09.03 -16. 3000SC pb: 9:33.19 -07. 5 WJC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009; 3 ETCh 5000 2010 (7 3000SC); 9 ECH 5000 2010 (dnf 10,000); ht OLY 5000 2012; 13 WCH 5000 2013 (2015-ht); 20 World Half Mar 2014; 13 ECH 5000 2014; 3 ECH 10,000 2016; 7 OLY 5000 2016 (9 10,000). At WXC: 2010-dnf. At EXC: 2006-2J, 2009-1J, 2013-5, 2015-3. 1 Norwegian 3000SC 2006/2009 & 5000 2012. Partner-Vladimir Vukicevic (Norwegian record holder at 110mH)
In 2016: 1 Paderborn 10K; 5 Stanford Jordan 10,000; 3 Oordegem IFAM 1500; 10 Rome Diamond 5000; 6 Oslo Diamond Mile (4:26.23 to break the Norwegian record of 4:26.90 which had stood to Grete Waitz since 1978); 3 Oslo Boysen 800; 3 ECH 10,000; 4 Monaco Diamond 3000; 9 OLY 10,000; 7 OLY 5000 (9 10,000); 1 Hole 10K; 1 United Nations Plaza to Central Park 5K; Personal bests in seven events in 2016: 800m, 1500m, Mile, 3000m, 5000m 5K, 10,000m
- 561** **KACZYŃSKA Paulina POL** **25y**
10,000 pb: 33:26.59 -15. 5000 pb: 15:33.82 -15. 4 WSG 5000 2015. At EXC: 2013-26u23. 1 Polish 10,000 2015
In 2016: 9 UK indoor 3000; 2 Polish indoor 3000; 6 Korschenbroich 5K; 1 Bialogard 1500; 1 Watford BMC 5000; 1 Bialogard 3000
- 568** **CUNHA Daniela POR** **26y**
Half Mar pb: 77:52 -16. 10,000 pb: 33:07.20 -16. 5000 pb: 16:07.94 -16. 1500 pb: 4:17.71 -11. ht WJC 1500 2008; 10 under-23 ECH 1500 2011; 10 WSG 10,000 2015. At WXC: 2008-45J, 2009-53J, 2010-59, 2011-71. At EXC: 2007 -48J, 2008-38J, 2009-31J, 2010-21u23, 2011-19u23, 2012-46u23. 1 Portuguese junior 1500 2007
In 2016: 1 Portuguese short course XC; 14 Iberian Trophy 10,000; 7 Lisbon 5K; 1 Póvoa do Varzim; 1 Maia 5000; 1 Lousada 3000; 2 Maia 1500; 3 Braga 10,000; 2 Portuguese 5000; 8 Porto Half Mar; 2 Torres Vedras XC
- 571** **FRANCISCO Susana POR** **25y**
10,000 pb: 34:32.99 -16. 5000 pb: 16:41.98 -16
In 2016: 18 Iberian Trophy 10,000; 2 Lisbon 1500 (7 5000); 4 Portuguese 5000 (6 1500); 3 Portuguese Clubs 3000/5000

- 573 MONTEIRO Inés POR 36y**
2009 European Cup winner at 10,000m & 10th at the World Championships that year
Marathon pb: 2:30:36 -08. Half Mar pb: 70:06 -09. 3000SC pb: 9:39.20 -05. 5000 pb: 15:01.06 -09. 10,000 pb: 31:25.67 -09. 5000 pb: 15:01.06 -09. 3000 pb: 8:52.47 -02. 7 WJC 3000 98; 4 EJC 3000 99; 4 under-23 ECH 2001; 16 EIC 3000 2002; 12 ECH 5000 2002; 4 WSG 10,000 2003; 5 Ibero-American 5000 2004; ht OLY 5000 2004; 13 WCH 3000SC 2005; ht ECH 3000SC 2006; 11 EIC 3000 2009; 1 European Cup 10,000 2009; 3 ETCh 3000 2009; 10 WCH 10,000 2009. At WXC: Nine appearances. At EXC: 98-2J, 99-1J, 2000-43, 2001-7, 2002-11; 2003-30, 2004-7, 2005-19, 2007-29, 2008-3, 2009-5. Coach-Pedro Martins
Marathons (2): 5 Rotterdam 2008; dnf OLY 2008
In 2016: 2 Portuguese Clubs indoor 3000; 2 Ovar Half Mar; 1 Torres Vedras XC; 1 Barcelona 6.635K
- 574 ROCHA Carla Salomé POR 26y**
Top 10 at four European Cross Country Championships // 10,000 pb: 32:05.82 -16. 5000 pb: 15:52.17 -14. 3000SC pb: 9:51.91 -12. 7 under-23 ECH 10,000 2011; ht ECH 3000SC 2012; 5 WSG 5000 2013 (6 10,000); 12 ECH 10,000 2016 (2014-16); 26 OLY 10,000 2016. At WXC: 2011-77, 2013 -44. At EXC: 2007-31J, 2008-44J, 2009-11J, 2010-17u23, 2011-9u23, 2012 -7u23, 2013-9, 2014-10, 2015-21. 1 Portuguese 5000 2013/2016. 3000SC 2013 & XC 2016
In 2016: 8 European Clubs Cup XC; 1 Portuguese XC; 3 Iberian Trophy 10,000; 4 UK 10,000; 1 Setúbal 3000SC; 3 Lisbon 5000; 1 Portuguese 5000; 12 ECH 10,000; 2 Portuguese Clubs 3000; 26 OLY 10,000; 3 Middlefart XC
- 576 BARCĂ Roxana ROU 28y**
10,000 pb: 34:06.23 -16. 5000 pb: 15:13.40 -12. 3000 pb: 8:56.79 -11. 1500 pb: 4:10.24 -12. 4 EJC 5000 2007; 9 EIC 3000 2011/2013; 8 WSG 5000 2011; 5 ECH 5000 2012 (2010-13); ht OLY 5000 2012. At EXC: 2005-18J, 2006-66J, 2007-25J, 2009-25u23, 2010-4u23, 2011-7. 1 Romanian 5000 2010/2012. Served two-year doping ban in 2013-2015 after failing a test for a steroid on winning the 5000m at that year's World Student Games
In 2016: 5 Berne 10M; 7 Ostrava Golden Spike 3000; 9 Montreuil 5000; 1 Balkan 3000 (5 5000); 2 Cluj-Napoca 10,000; 3 Balkan XC
- 577 BOBOCEL Ancuta ROU 29y**
Former European under-23 Cross Country Champion // 3000SC pb: 9:25.70 -12. 5000 pb: 15:56.00 -15. 3000 pb: 9:10.58 -07. 2 EJC 3000SC 2003/2005; 2 WJC 3000SC 2004/2006; ht OLY 3000SC 2008/2012/2016; 7 EIC 3000 2009 (2013-11); 1 under-23 ECH 3000SC 2009 (2007-2); ht WIC 3000 2010; ht EIC 1500 2011; 4 ECH 3000SC 2012 (2010-8, 2016-ht); 13 WCH 3000SC 2013 (2007/2009-ht); 1 Francophone Games 3000SC 2013. At EXC: At EXC: 2004-2J, 2005-1J, 2006-3J, 2007-1u23, 2008-5u23, 2011-41, 2015-5. Coach-Marin Istrate
In 2016: 4 'Great' Edinburgh 6K; 7 Seville XC; 6 Elgoibar XC; 1 Romanian indoor 3000; 1 Balkan indoor 3000; 1 Romanian 'International' 3000SC; 1 Balkan 3000SC; 9ht ECH 3000SC; 1 Cluj-Napoca 5000/3000SC; 13ht OLY 3000SC; 1 Romanian XC; 1 Balkan XC
- 578 FLOREA Monica Mădălina ROU 23y**
Half Mar pb: 71:56 -16. 10,000 pb: 34:09.12 -14. 5000 pb: 16:01.13 -14. 1500 pb: 4:19.59 -12. 5 Youth Olympic Games 3000 2010; 6 EJC 5000 2011; 7 WJC 5000 2012; 4 under-23 ECH 5000/10,000 2015. At WXC: 2013-67. At EXC: 2009-45J, 2012-9J, 2013-52, 2014-14u23. 1 Romanian 5000/10,000 2014 (1 10,000 2015)
In 2016: 1 Oderzo 5.5K; 2 Balkan 5000; 1 Cluj-Napoca 10,000 (2 5000)
- 579 NEGRU Cristina ROU 25y**
10,000 pb: 35:02.68 -13. 5 World Junior Mountain Running Champs 2010; 19 ECP 10,000 2010; 19 under-23 ECH 10,000 2015. At EXC: 2007-68J, 2015 -29
- 580 PISCU Andreea Alina ROU 20y**
Half Mar pb: 77:07 -16. 10,000 pb: 34:28.62 -16. 7 World Junior Mountain Running Champs 2014 (2013-9); 66 World Half Mar 2016; 11 ECP 10,000 2016; 45 ECH Half Mar 2016. At EXC: 2013-83J, 2014-38J, 2015-69J
In 2016: 4 Romanian indoor 1500 (7 3000); 66 World Half Mar; 1 Pitești 3000/10,000; 11 ECP 10,000; 45 ECH Half Mar; 4 Cluj-Napoca 5000/10,000; 4 Balkan under-23 XC
- 581 TODORAN Paula ROU 31y**
Full name-Claudia Paula Todoran // Marathon pb: 2:36:44 -16. Half Mar pb: 72:59 -07. 10,000 pb: 33:12.08 -07. 5000 pb: 15:52.99 -07. 14 WJC 5000 2004; 4 under-23 ECH 10,000 2005/2007; 12 WSG Half Mar 2009; 33 World 20K 2006; 33 World Half Mar 2010 (2007-37, 2008-55, 2014-73, 2015-35); 22 ECH Half Mar 2016 At EXC: 2001-47J, 2002-56J, 2003-38J, 2004-18J, 2006-13u23. Coach-Mirel Seisanu
Marathons (13): 3 Bucharest 2009, 4 Kavarna 2010, 6 Bucharest 2011, 3 Bucharest 2012, 3 Podgorica 2013, 2 Pisa 2013, 1 Bucharest 2014, 17 Hamburg 2015, dnf WCH 2015, 4 Bucharest 2015, 6 Podgorica 2015, 8 Seville 2016, 101 OLY 2016
In 2016: 8 Seville; 35 World Half Mar; 1 Helsinki Half Mar; 22 ECH Half Mar; 3 Cluj-Napoca 10,000; 101 OLY Marathon
- 582 ROMAN Sonja SLO 37y**
2009 European indoor silver at 1500m // Marathon pb: 2:42:28 -16. Half Mar pb: 73:52 -16. 5000 pb: 15:40.41 -14. 3000 pb: 9:03.99 -09. 1500 pb: 4:02.13 -09. 800 pb: 2:02.47 -03. ht WJC 800/1500 96; 7 EJC 1500 97; 7 ECP 1500 98; sf WJC 800 98 (ht 1500); 12 under-23 ECH 1500 2001; ht ECH 1500 2002/2006/2014; 9 WSG 1500 2005 (2003-11); dnf WIC 1500 final 2008 (2003/2004-ht); ht OLY 1500 2008/2012; 2 EIC 1500 2009 (2007-7, 2005-ht); sf WCH 1500 2009/2013; ht ECH 1500 2014 (dnf 5000); 10 EIC 3000 2015. 1 Slovenian 800 2002/2004/2007/2008/2009/2012/2013 (1 1500 2006/2007). At EXC: 97-6J, 98-7J, 99-dnf, 2002-33, 2006-24, 2011-20
Marathon (1): 10 Valencia 2016
In 2016: 3 Paderborn Half Mar; 5 Würzburg 10K; 1 Lucerne 4.25K; paced Montreuil 5000; 2 Slovenian 3000; 42 ECH Half Mar; 5 Zagreb Half Mar; 1 Ljubljana Half Mar; 10 Valencia Marathon
- 584 KÄGI Yvonne SUI 29y**
10K pb: 34:39 -16. 5000 pb: 16:55.97 -10
In 2016: 5 Karlsruhe 5000; 2 Jona 3000 'B'; 12 Berne 5K; 6 Lucerne 1500; 5 Swiss 5000; 4 Berlin 10K; 1 Beinwil am See 10K; 18 Tilburg XC
- 585 RENFER Molly SUI 23y**
3000SC pb: 10:05.50 -16. 1500 pb: 4:18.25 -15. 800 pb: 2:08.33 -13. ht EJC 1500 2013. At EXC: 2015-9u23. 3 English Schools 800 2010. She also competed at Biathlon. Her father Thomas Renfer was an international skier. Was University of New Mexico and Harvard University. Based-Britain (Esher), Coach-Richard Holt
In 2016: 2 Stanford Invitational Open 3000SC 'C'; 5 Azusa 1500; 4 Stanford Jordan 3000SC 'C'; 14 Oordegem IFAM 3000SC; 9 Lucerne 3000SC; 3 London Road Mile; 14 San Jose 5K
- 587 SCHLUMPF Fabienne SUI 26y**
2016 Olympic steeplechase finalist. Swiss record holder // 3000SC pb: 9:30.54 -16. Half Mar pb: 73:56 -15. 5000 pb: 15:51.06 -14. 1500 pb: 4:22.89 -14 (4:25.58 -16). dq ht WCH 3000SC 2013 (ran inside kerb); 5 ECH 3000SC 2016 (2014-13); 18 OLY 3000SC 2016. At EXC: 2011-30u23, 2012-14u23, 2013-37, 2015-31. 1 Swiss 3000SC 2009/2012 & 1500 2014. Coach/partner-Michi Ruegg
In 2016: 6 Milan "Stramilano" Half Mar; 3 Lucerne; 1 Pliezhausen; 3 Hamburg; 1 Uster 2000SC; 2 Berne 5K; 1 Lucerne 3000SC; 1 Nottwil 1500; 5 ECH 3000SC; 1 Swiss 1500/5000; 18 OLY 3000SC; 3 Mol XC; 1 Bulle 6K; 1 Tilburg XC
- 590 TRESCH Martina SUI 27y**
Former Swiss Steeplechase record holder // Half Mar pb: 76:18 -15. 10,000 pb: 34:27.32 -16. 3000SC pb: 9:51.96 -14. 5 under-23 ECH 3000SC 2011; 65 ECH Half Mar 2016. At EXC: 2008-74J, 2014-34. 1 Swiss 3000SC 2014 & 10,000 2016; 10 NCAA XC 2011 & 3000SC 2013
In 2016: 3 Berne; 4 Langenthal 3000; 1 Swiss 10,000; 65 ECH Half Mar; 3 Sarnen Half Mar; 3 Fribourg 17.2K; 4 Bulle 6K; 9 Tilburg XC
- 594 FAŠUNGOVÁ Petra SVK 26y**
Half Mar pb: 79:48 -16. 10,000 pb: 35:04.23 -14. 1 Slovak 10,000 2012; 1 Slovak indoor 1500 2013/2014 (1 indoor 3000 2014)
In 2016: 3 Bratislava Half Mar; 6 European Clubs Cup 5000
- 603 FOUGBERG Charlotta SWE 31y**
Full name-Charlotta Emma Katarina Fougberg
2014 European steeplechase silver
3000SC pb: 9:23.96 -14. 10K pb: 32:51 -15. 5000 pb: 15:55.76 -16. 3000 pb: 8:58.56 -14. 1500 pb: 4:13.58 -14. 12 ETCh 3000 2011; ht WCH 32013; 1 ETCh 2014; 2 ECH 2014; 5 IAAF Continental Cup 2014; 11 EIC 3000 2015; ht WCH 3000SC 2015; ht OLY 3000SC 2016. At EXC: 2013-32. 1 Swedish 3000SC 2010/2011/2012/2013 (1 1500 indoor 2010/2013/2015) & XC 2016. Late developer, she made her international championship début at age 28
In 2016: 3 Swedish indoor 1500/3000; 1 Hamburg 5000; 6 Oordegem IFAM 3000SC; 5 Oslo Diamond 3000SC; 13 Stockholm Diamond 3000SC; 8ht OLY 3000SC; 1 FIN v SWE 3000SC; 2 Gothenburg 10K; 5 Lidingöloppet 10K XC; 1 Swedish XC (2 short course); 1 Nordic XC; 9 Soria XC
- 607 AKDAĞ Meryem TUR 24y**
Allegiance transferee from Kenya where she was called Mirriam Jepchirchir Maiyo – has lived in Turkey since March 13, 2015, acquired Turkish citizenship on May 21, 2015 and cleared by IAAF to compete for Turkey from March 13, 2016
3000SC pb: 9:36.54 -16. 5000 pb: 15:19.27i, 15:24.60 -16. 1500 pb: 4:10.59 -16. 13 ECH 3000SC 2016; ht OLY 3000SC 2016
In 2016: 18 Eldoret XC; 2 Turkish indoor 3000/5000; 3 Istanbul 1500; 3 Eldoret 1500; 1 Mersin 3000SC; 1 Turkish Clubs 1500 (2 800); 16 Rome Diamond 5000; 13 ECH 3000SC; 14ht OLY 3000SC; 7 Eldoret XC
- 608 AKPINAR Sebahat TUR 23y**
3000SC pb: 9:56.06 -15. 3 Mediterranean under-23 3000SC 2014; 11 under -23 ECH 3000SC 2016. At EXC: 2014-35u23, 2015-40u23. 1 Turkish 3000SC 2016
In 2016: 16 European Clubs Cup XC; 1 Turkish Universities 3000 (2 1500); 2 Konya 10K; 1 Turkish 3000SC; 4 Balkan 3000SC; 2 Balikesir XC; 4 Sivas XC; 4 Balkan XC; 4 Adana XC

- 610 AYDEMİR Esmā TUR** **24y**
 2016 European Cup winner at 10,000m // Marathon pb: 2:35:22 -16. Half Mar pb: 71:49 -16. 10,000 pb: 33:33.38 -16. 5000 pb: 15:50.05 -13. 3000 pb: 9:11.28 -13. 1500 pb: 4:09.06 -12. 20 WJC 3000 2010 (sf 800); 1 EJC 5000 2011 (2 3000); 8 ETCh 3000 2013 (9 5000); 10 ETCh 3000 2014; 1 Balkan 3000 2014 & 5000 2015; ht ECH 1500 2014; 1 ECP 10,000 2016; 5 ECH Half Mar 2016. At EXC: 2010-23J, 2011-8J, 2012-31u23, 2013-13u23, 2014-38u23, 2015-12. 1 Turkish 5000 2011/2013 (1 1500 2012)
 Marathons (3): 10 Rotterdam 2016, 58 OLY 2016, 4 Istanbul 2016
 In 2016: 4 Adana Half Mar; 26 'Great' Edinburgh; 10 Rotterdam; 1 ECP 10,000; 5 ECH Half Mar; 58 OLY Marathon; 1 Balikesir XC; 1 Sivas XC; 1 Kocaeli 10K; 4 Istanbul Marathon; 3 Adana XC
- 611 CAN Yasemin TUR** **20y**
 (Can pronounced "Jan").
 Allegiance transferee from Kenya – formerly Vivian Jemutai. Has lived in Turkey since March 13, 2015, acquired Turkish citizenship on May 25, 2015 and cleared by the IAAF to represent Turkey from March 13, 2016
 New European Champion at 5000m & 10,000m
 10,000 pb: 30:26.41 -16. 5000 pb: 14:37.61 -16. 1 ECH 5000/10,000 2016; 6 OLY 5000 2016 (7 10,000). 1 Turkish indoor 3000/5000 2016; 1 Turkish 10,000 2016. Confusingly, she has been given the same name as the Turkish-born Yasemin Can (1 Aug 92) who was the World Junior Mountain Running Champion in 2010
 In 2016: 1 Turkish indoor 3000/5000; 1 Eldoret 5000; 1 Turkish 10,000; 1 Turkish Clubs 3000/5000; 6 Rome Diamond 5000; 1 ECH 5000/10,000; 6 OLY 5000 (7 10,000); 5 Eldoret XC (Oct 23); 3 Eldoret XC (Nov 27)
 Her 20th birthday on Sunday, December 11
- 616 EYTEMİŞ Sevilay TUR** **23y**
 Former World Junior Mountain Running Champion // Half Mar pb: 75:09 -16. 10,000 pb: 33:45.55 -15. 3 European Junior Mountain Running Champs 2011 (2010-9); 1 World Junior Mountain Running Champs 2012; 9 under-23 ECH 10,000 2015 (2013-18); 4 ECP 10,000 2016; 43 ECH Half Mar 2016. At EXC: 2011-46J, 2013-20u23, 2014-6u23, 2015-30u23
 In 2016: 1 Samsun Half Mar; 4 ECP 10,000; 43 ECH Half Mar; 2 Sivas XC; 2 Balkan XC; 2 Adana XC
- 619 KAYA Özlem TUR** **26y**
 2015 World Student Games steeplechase bronze, 2016 European Championship steeplechase bronze
 3000SC pb: 9:30.23 -15. 10,000 pb: 33:51.32 -12. 3000 pb: 9:02.84 -16. 1500 pb: 4:19.66 -14. 11 under-23 ECH 3000SC 2011; ht OLY 3000SC 2012; ht EIC 3000 2015; 3 WSG 3000SC 2015; 13 WCH 3000SC 2015; 3 ECH 3000SC 2016 (2012-ht, 2014-14); ht OLY 3000SC 2016. At EXC: 2006-70J, 2008-25J, 2009-59J, 2013-31, 2014-28. Coach-Aytac Ozbakir
 In 2016: 2 European Clubs Cup XC; 3 Turkish indoor 3000/5000; 2 Turkish Clubs 3000; 3 ECH 3000SC; 9ht OLY 3000SC; 3 Sivas XC; 5 Balkan XC; 1 Adana XC
- 625 KILYARSKA Valentyna UKR** **26y**
 (Née Litvinova) // 5000 pb: 16:48.95 -13. 3000SC pb: 10:13.56 -13. At EXC: 2012-57u23, 2013-67, 2015-65
 In 2016: 3 Ukrainian XC; 12 Geneva 7.32K
- 629 POHORYELSKA Viktoriya UKR** **26y**
 Sixth in under-23 race at 2011 European Cross Country Championships, eighth in 2010
 5000 pb: 15:28.35 -13. 3000 pb: 8:57.75 -13. 1500 pb: 4:14.68 -11. 11 under-23 ECH 1500 2011; 5 ETCh 5000 2015 (2013-10). At EXC: 2007-12J, 2008-10J, 2009-20J, 2010-7u23, 2011-6u23, 2012-9u23. 1 Ukrainian 5000 2016
 In 2016: 1 Ukrainian 5000; 1 Kiev 5000; 2 Ukrainian Teams 5000; 2 Raciborz Half Mar
- 630 SHMATENKO Yuliya UKR** **25y**
 Half Mar pb: 72:20 -16. 10,000 pb: 34:22.54 -16. 5000 pb: 15:30.12 -16. At EXC: 2013-33u23. 1 Ukrainian XC 2016
 In 2016: 2 Korschenbroich 5K; 2 Ukrainian 10,000; 1 Ukrainian Cup 5000; 2 Ukrainian 5000; 2 Kiev 5000; 1 Ukrainian Teams 5000; 6 Prague 10K; 1 Altötting Half Mar; 2 Krakow Half Mar; 1 Ukrainian XC
- 632 ZHUDINA Valentyna UKR** **33y**
 (Née Horpynych)
 Ukrainian steeplechase record holder // Half Mar pb: 77:29 -16. 3000SC pb: 9:27.26 -08. 1 under-23 ECH 3000SC 2005 (2003-13); 2 WSG 3000SC 2007 (2005-4); 2 ECP 3000SC 2008 (2007-4); ht OLY 3000SC 2008/2012; 2 ETCh 3000SC 2013 (2009-8); 7 WCH 3000SC 2013 (2007-ht). 1 Ukrainian 3000SC 2003/2005/2008/2012 & 5000 2015
 In 2016: 6 New Orleans 10K; 14 Carlsbad 5K; dnf Ukrainian 5000; 13 Ústí nad Labem Half Mar