

## Under-20 Men's Race

9:35

103 Entrants

Six to run, three to score

28 Countries

5772m – Start + 4 long laps + Finish

(10m+1440m+1440m+1440m+1346m+46m)

Age

- 19 BEZECNY Emil AUT 18y**  
5000 pb: 14:28.59 -22. 1 Balkan youth indoor 3000 2021. At EXC: 2021-35J. 1 Austrian junior 5000 2020/2021  
In 2022: 6 Austrian indoor 3000; 7 Austrian 5000; 12 Eisenstadt Austrian Open 3000; 2 Eisenstadt 'Go to Munich' 3000; 4 Graz 1500; 1 Burgenland 3000; dnf Brasov 10K; 5 Berlin 10K
- 21 HINTERDORFER Timo AUT 18y**  
5000 pb: 14:48.11 -22. 4 Balkan youth 3000 2021  
In 2022: 7 Austrian 10K; 9 Austrian 5000; 7 Regensburg Gala 3000; 11 Austrian 1500; 10 Berlin 10K
- 22 KAMENSCHAK Kevin AUT 18y**  
2022 World junior 1500m finalist // 3000 pb: 7:54.54 -22. 1500 pb: 3:40.95 -22. 7 EJC 1500 2021; 1 Balkan youth 1500 2021; 3 Balkan 1500 2022; 8 WJC 1500 2022. At EXC: 2021-24J. 1 Austrian indoor 1500 2021  
In 2022: dnf Austrian 10K; 4 Pliezhausen 3000; 4 Vienna 1500; 4 Regensburg Gala 1500; 1 Austrian under-23 1500 (2 800); 3 Balkan 1500; 8 WJC 1500; 12 Zagreb 3000 (pb 7:54.54, #3 European junior in 2022); 5 Düsseldorf Road Mile
- 25 WINDISCHBAUER Thomas AUT 19y**  
He's primarily a Triathlete, also 1 Austrian Aquathlon 2021/2022 (run-swim-run)
- 31 JEUKENNE Simon BEL 17y**  
1500 pb: 3:53.06 -22. 6 European Youth 2000SC 2022  
In 2022: 2 Herentals 3000 'B'; 1 Tongeren 2000SC; 7 Nivelles 800 'B'; 6 European Youth 2000SC; 1 Lier 800 'C'; 1 Kessel-Lo 1500 'B'; 1 Brussels Diamond youth 1000
- 33 KONTEH Noah BEL 19y**  
2022 Belgian Junior Champion at 5000m // 5000 pb: 14:47.72 -22. 3000 pb: 8:04.87 -22. 1500 pb: 3:43.88 -22. 9 EJC 3000 2021; 12 WJC 3000 2022. At EXC: 2021-18J. 1 Belgian youth 3000 2020  
In 2022: 8 Herentals 3000; 1 Aartselaar; 7 Oordegem IFAM; 4 Oordegem Buyle 3000; 5 Belgian; 10 Huizingen Flanders Cup; 12 WJC 3000; 1 Belgian junior 5000; 23 Mol XC
- 34 LIEVENS Mathis BEL 18y**  
3000 pb: 8:26.06 -22. 1500 pb: 3:47.13 -22. At EXC: 2021-48J  
In 2022: 1 Herentals 3000 'B'; 8 Lier 1500; 5 Lokeren 1500
- 39 VAN WINCKEL Vince Desalegn BEL 18y**
- 41 BAKSIC Marian CRO 17y**  
10,000 pb: 35:21.90 -21. 5000 pb: 15:22.07 -22. 1 Croatian junior 1500 2022  
In 2022: 3 Croatian indoor 1500; 8 Zagreb 1000 (May 14); 1 Zagreb 800 'B' (May 21); 3 Balkan youth 1500; 1 Croatian junior 1500; 1 Zagreb junior 3000 (Sep 17); 2 Zagreb 2000SC (Oct 2); 5 Croatian youth 5K
- 44 JAMBRESIC Nino CRO 18y**  
5000 pb: 14:47.36 -22. At EXC: 2021-81J. 1 Croatian junior 5000 2021/2022  
In 2022: 3 Balkan junior indoor 1500; 2 Croatian indoor 1500; 1 Cuprija Vera Nikolić Memorial 800; 4 Zagreb 1000; 1 Waidhofen 1500; 2 Maribor 1500; 2 Croatian 1500 (5 800); 2 Cakovec 800; 3 Novo Mesto 1500; 2 Balkan junior 3000 (4 1500); 1 Zagreb 800 'B'; 1 Croatian Clubs Cup junior 3000/5000 (2 1500); 4 Croatian 10K
- 45 TONCINIC Noa CRO 18y**  
1500 pb: 4:00.51 -22. 1 Croatian junior 1500 2021  
In 2022: 4 Croatian indoor 3000; 5 Croatian 1500; 13 Croatian 10K
- 46 DRAZAN Marián CZE 18y**  
1500 pb: 3:53.63 -22  
In 2022: 2 Czech under-23 1500; 4 Czech Clubs 3000SC; 4 Domažlice 1000
- 47 HREBACKA Matěj CZE 19y**  
5000 pb: 14:25.20 -22. 1500 pb: 3:51.24 -21. 14 EJC 5000 2021; ht WJC 3000 2022. 1 Czech junior 5000 2022  
In 2022: 4 Czech junior indoor 3000; 5 Czech indoor 3000; 1 Ostrava Czech 'Extraliga' 5000; 1 Ostrava 1500; 5 Eisenstadt Austrian Open 3000; 2 Plzen 3000; 1 Czech junior 5000 (3 1500); 15ht WJC 3000; 3 Czech under-23 1500; 7 Oderzo 'European U20' 10K
- 49 MATOLIN Maximilian CZE 19y**  
3000SC pb: 8:57.03 -22. ht WJC 3000SC 2022  
In 2022: 5 Czech junior indoor 1500; 6 Czech indoor; 2 Prague 800; 6 Liberec 800; 6 Ostrava Golden Spike national 1500; 8 Prague Odložil 3000SC; 2 Plzen 3000SC; 2 Czech junior 3000SC; 4 Czech 3000SC; 1 Prague 1500; 2 Maribor 3000SC; 8ht WJC 3000SC; 3 Jablonec 1500; 3 Czech under-23 3000SC
- 50 SLAPAK David CZE 19y**  
2022 World junior finalist at 3000m // 5000 pb: 14:33.04 -21. 3000 pb: 8:05.09 -22. 1500 pb: 3:43.15 -22. 13 EJC 3000 2021; 11 WJC 3000 2022. At EXC: 2019-75J, 2021-49J. 1 Czech youth 1500/3000 2020. Coach-Jan Šebelka  
In 2022: 2 Czech junior indoor 1500/1500; 10 Pliezhausen 3000; 2 Děčín 1500; 4 Liberec 800; 1 Ostrava Golden Spike national 1500; 2 Eisenstadt Austrian Open 3000; 4 Kolín 800; 2 Czech junior 1500; 6 Czech 1500; dnf Prague 800; 11 WJC 3000
- 51 VINDUSKA Pavel CZE 18y**  
1500 pb: 3:42.86 -22. ht WJC 1500 2022  
In 2022: 1 Děčín 1500; 1 Prague 800; 2 Ostrava Golden Spike national 1500; 10 Prague Odložil 1500; 2 Kolín 800/1500; 5 Czech 1500; 13ht WJC 1500; 1 Jablonec 1500; 2 Czech under-23 1500. 1 Roztoky 1500;
- 53 BØGEBJERG Malthé DEN 19y**  
Full name-Malthé Juel Bøgebjerg // 5000 pb: 14:42.87 -22. At EXC: 2021-60J. 1 Danish junior indoor 1500/3000 2022  
In 2022: 2 Copenhagen 10K; 11 Danish indoor 3000; 1 Danish junior indoor 1500/3000; 34 Danish 10K; 3 Herning 3000; 5 Viby 1500; 1 Randers 5000 (3 1500); 1 Aalborg 1500; 6 Danish 1500; 8 Mannheim Junior Gala 1500; 4 Nordic junior 1500; 8 Nordic junior XC; 2 Skive 5000; 3 Aarhus 5000; 1 Viborg 3000; 3 Danish junior 5000 (4 1500); 1 Danish junior XC
- 54 CHRISTENSEN Axel Vang DEN 18y**  
DEFENDING EUROPEAN JUNIOR CROSS COUNTRY CHAMPION  
In 2021 he replaced Jakob Ingebrigtsen as European Junior Cross Country Champion (winning by 25 seconds)  
3000SC pb: 8:29.12 -22. 5000 pb: 13:44.52 -21. 3000 pb: 7:59.30i -21. 2 EJC 2021. At EXC: 2021-1J. 1 Danish 10K 2021/2022 & XC 2021. Sensationally won the 2021 Danish road 10K title in April 2021 at age 16. From Hillerød in the North Zealand area of Denmark. Attends Birmingham University where he trains with the group of Luke Gunn (4x UK Steeplechase Champion). Danish coach-Nicolaj Raagaard Sørensen says "with his long legs, he is built for his sport, and he has a will and a talent I have not seen in others."  
In 2022: 1 Monaco 5K (13:42 while still 17y); 1 Danish 10K; 3 Birmingham University BMC Grand Prix 3000SC; 7 Bergen Games 3000SC; dnf/ht ECH 3000SC (injured his knee after falling at a barrier when well-placed; was then sportingly assisted by Andorra's Nahuel Carabaña); 1 Dyrehaven 'Hermitage' 13.3K; 7 Liverpool senior XC (fell)
- 60 LILLESØ Joel Ibler DEN 19y**  
2021 European Junior Champion at 5000m, then cross country bronze  
5000 pb: 13:29.58 -22. 3000 pb: 7:49.61 -21. ht EIC 3000 2021; 1 EJC 5000 2021; ht WIC 3000 2022; 6 WJC 3000 2022; 22 ECH 5000 2022. At WXC: 2019-42J. At EXC: 2019-16J, 2021-3J. 1 Danish 5000 2021/2022 & 2022 XC. Club-Bagsværd  
In 2022: 3 Danish indoor 3000; 10ht WIC 3000; dnf Stanford Jordan Invitational 5000; dnf Bagsværd 5000; 2 Stockholm 5000; 4 Oordegem IFAM 1500; 5 Manchester International 5000; 7 Copenhagen Games 1500; 1 Danish 5000; 3 Oslo Boysen Memorial 5000; 6 WJC 3000; 22 ECH 5000; 2 Dyrehaven 'Hermitage' 13.3K; 4 Hole 10K; 1 Danish (senior) XC; 2 Tillburg junior XC
- 64 TVISTHOLM Victor DEN 18y**  
Full name-Victor Tvistholm Jørgensen // 5000 pb: 14:47.75 -22. 10K pb: 30:33 -22. 1 Danish youth 5000 2021  
In 2022: 1 Copenhagen 10K; 2 Danish junior indoor 1500 (3 3000); 1 Hillerød 5K; 9 Danish 10K; 3 Nordic junior 5000; 2 Danish junior 5000 (3 1500); 9 Nordic junior XC; 2 Danish junior XC
- 70 CANTERO David ESP 19y**  
Full name-David Cantero del Campo  
2021 European junior silver at 5000m in his first year of competitive athletics, his first sport being triathlon  
5000 pb: 14:20.59 -22. 2 EJC 5000 2021. 40 World Junior Triathlon 2021. At EXC: 2021-67J. Coach-Robert Cejuela  
In 2022: 3 Spanish junior XC; 3 Spanish junior indoor 3000; 2 Iberian Trophy 5000; 6 Nerja 5000  
Triathlon results include: 2x 1st in European Junior Cup; 1st Asian Cup
- 78 LORE Eric ESP 19y**  
Full name-Eric Loré Amigo // 5000 pb: 14:49.82 -22. At EXC: 2021-29J. 1 Spanish junior mountain running champs 2021. Coach-Juan Carlos Galán  
In 2022: 2 Spanish junior XC; 3 Catalan junior indoor 3000; 14 Spanish junior indoor 3000; 4 Hueska Spanish Club Champs 'Joma' League 3000SC; 2 Mollet del Vallès 5000; 10 Spanish junior 3000
- 83 MIGALLON Jaime ESP 19y**  
Full name-Jaim Migallón Estringana // 1500 pb: 13:58.78 -22. 8 EJC 5000 2021; 14 WJC 5000 2022. 1 Spanish junior 3000 & XC 2022. Coach-Mario Peinado  
In 2022: 4 Valencia Grand Prix 3000 'B'; 2 Madrid 1500; 2 Spanish junior indoor 3000; 1 Iberian Trophy 5000; 12 Nerja 5000; 1 Fuenlabrada 3000; 9 Los Corrales de Buelna 5000; 14 Heusden Night of Athletics 5000 'B'; 12 Barcelona 'B'; 1 Spanish junior 3000; 14 WJC 5000
- 84 MONREAL Mario ESP 19y**  
Coach-Mario Monreal Lozano // 5000 pb: 14:54.70 -22. 3000 pb: 8:11.16 -22. 13 WJC 3000 2022. 2 Spanish junior 3000 2022. Coach-Juan Guardiola  
In 2022: 4 Spanish junior XC; 1 Valencia Autonomous indoor 3000; 1 Spanish junior indoor 3000; 1 Albacete 3000; 1 Jumilla 1500; 9 Málaga 1500; 5 Spanish Autonomous 3000; 2 Spanish junior 3000; 13 WJC 3000
- 85 OLIVO Ronaldo ESP 18y**  
Full name-Ronaldo Olivo Mercedes // 5000 pb: 14:54.61 -21. 1500 pb: 3:45.75 -22. 1 Spanish junior 1500 2022. Coach-Juan Guardiola  
In 2022: 1 Madrid Clubs indoor 3000; 6 Spanish junior XC; 4 Madrid City indoor 1500; 1 Madrid 1500; 1 Madrid City junior indoor 800; 1 International Schools Gymnasiade 1500; 4 Los Corrales de Buelna 1500; 2 Ordizia 1500; 1 Madrid 1500; 4 Barcelona 1500 'B'; 1 Spanish junior 1500
- 92 VIVES Aleix ESP 18y**  
Full name-Alex Vives Espulgas // 1500 pb: 3:50.31 -22. Coach-Xavier Garcia  
In 2022: 11 Spanish junior XC; 1 Sabadell 3000 'B'; 1 Catalanian junior indoor 3000; 5 Spanish junior indoor 3000; 3 Spanish junior 3000

- 93 ANNUS Oliver EST** 19y  
3000 pb: 8:46.83 -22  
In 2022: 1 Estonian junior indoor 3000; 6 Estonian indoor 1500; 2 Baltic Teams junior indoor 1500 (4 3000); 1 Kohila 2000 (May 18); 2 Tallinn 3000; 2 Rakvere 1500/5000; 3 Baltic Teams junior 3000 (4 1500); 3 Kohila 1000 (Jul 27)
- 96 JOONAS Jürgen EST** 18y  
International Orienteer // 3000 pb: 8:45.8 -21. 1500 pb: 4:08.28 -21. 3 Baltic junior 1500/3000 2021. At EXC: 2021-91J. 1 Estonian junior 1500 2021  
In 2022: 5 Estonian indoor 3000; 3 Baltic Teams junior indoor 3000; 1 Võru 1000; 8 Estonian 5000; 1 Võru 3000; 31 World Junior Orienteering Champs 'Middle' & 37 'Long'
- 99 SIHT Morten EST** 18y  
10,000 pb: 33:19.30 -22. 3000SC pb: 9:38.11 -22. 1 Estonian junior 3000SC 2022  
In 2022: 12 Estonian Cup 3000; 12 Estonian junior indoor 800; 4 Estonian junior indoor 3000; 1 Valga 1500; 5 Estonian 3000SC; Karksi-Nuia 400; 1 Estonian junior 3000SC (3 5000); 1 Baltic Teams junior 3000SC; 1 Viljandi 800/1500/5000; 6 Estonian 10,000
- 110 BOUDY Pierre FRA** 18y  
Mountain running international // 5000 pb: 14:33.94 -22. 11 World Junior Mountain Running Champs 2022  
In 2022: 14 French junior XC; 19 French 10K 'B'; 1 Rochefort 3000SC; 5 Angoulême 3000; 2 Bordeaux 5000; 1 Limoges 3000SC; 3 French junior 3000SC; 1 Saint Georges de Didonne 10K; 1 Tulle 5K; 3 French junior 5K; 11 World Junior Mountain Running Champs
- 113 CARTIEAUX Baptiste FRA** 19y  
Twice World Junior Steeplechase finalist // 3000SC pb: 8:41.81 -22. 1500 pb: 3:48.48 -22. 4 EJC 3000SC 2021; 11 WJC 3000SC 2021 (2022-13); =7 World Junior Mountain Running Champs 2022  
In 2022: 4 French junior XC; 2 French 10K 'B'; 2 Versailles 1500; 1 Pontoise 3000SC; 14 Oordegem IFAM 3000SC; 13 Décines-Charpieu 3000SC; 3 Saint-Maur 3000; 4 Ciney 1500; 1 French junior 3000SC; 13 WJC 3000SC; 5 Oderzo 'European U20' 10K; 6 French junior 5K; =7 World Junior Mountain Running Champs
- 120 LE RICHOMME Adrien FRA** 19y  
5000 pb: 14:30.12 -22  
In 2022: 6 French junior XC; 12 Lille 5K; 10 Montesson 5000 'B'; 5 Coutances 3000; 15 Saint-Maur 3000
- 123 POULIN Valentin FRA** 19y  
10K pb: 29:51 -22. 5000 pb: 14:50.39 -22  
In 2022: 3 Rennes 3000; 9 French junior XC; 4 Rennes 1500/3000; 2 Rennes 10K 'B'; 1 Dijon 3000
- 128 TIMBA Gabriel FRA** 19y  
10K pb: 29:41 -22. 5K pb: 14:27 -22. 1500 pb: 3:44.60 -22. ht WJC 1500 2022. 1 French junior 1500 2022. Coach-Slim Ghomrasni  
In 2022: 3 Lyon Elite 3000; 3 French junior XC; 14 Lille 10K; 5 Fontainebleau 1500; 2 Oordegem IFAM; 6 Décines-Charpieu 'C'; 4 Saint-Maur 3000; 4 Kortrijk national 800; 1 French junior 1500; 12ht WJC 1500; 11 Lille 5K; 2 French junior 5K
- 129 YALAOUI Suleyman FRA** 18y  
3000 pb: 8:15.74 -22. 1500 pb: 3:48.45 -22. Born-Elancourt. Coach-Thierry Choffin  
In 2022: 5 Lyon Elite 3000; 4 Île-de-France indoor 1500; 4 Val-de-Reuil; 1 Trappes 10K; 6 Versailles 800; 2 Le Plessis Robinson 1500; 1 Saint-Maur 1500 (8 3000); 4 French junior 1500; 1 Montreuil 3000;
- 130 BARNICOAT Will GBR** 19y  
Junior team gold at 2021 European Cross Country Championships // 3000 pb: 8:06.76 -22. 1500 pb: 3:50.04 -22.1. 5 EJC 3000 2019. At EXC: 2019-22J, 2021-9J. 1 English Schools under-17 3000 2019; 1 English 'National' under -20 XC 2022. Coach-Tim Eglan  
In 2022: 4 British Universities XC; 1 English 'National' under-20 XC; 1 Loughborough Open 3000; 7 Birmingham University BMC Grand Prix 1500 'B'; 9 Loughborough International 3000; 1 Milton Keynes BMC Classic 3000; 12 Watford International BMC 1500; 4 UK junior 3000; 2 University of Birmingham Festival 3000; 8ht WJC 3000; 1 Liverpool junior XC
- 131 BIRD Edward GBR** 17y  
2022 European Youth bronze at 3000m // 5000 pb: 14:36.07 -22. 3000 pb: 8:14.59 -22. 3 European Youth 3000 2022. 1 English Schools under-17 3000 2021. Coach-Mark Pauley  
In 2022: 4 English 'National' under-17 XC; 1 Bournemouth 3000; 2 Milton Keynes BMC Classic 3000; 1 South-West Schools 3000; 2 UK junior 3000; 3 European Youth 3000; 1 English junior 3000; 1 Loughborough BMC 1500 'E'; 1 Exeter 5000; 1 Cardiff junior XC; 4 Milton Keynes junior XC; 6 Liverpool junior XC
- 132 BIRDSEYE Luke GBR** 17y  
2000SC pb: 5:44.57 -22. 1500 pb: 3:54.49 -22. 4 European Youth 2000SC 2021. 1 English Schools under-17 1500SC 2021. Coach-Shireen Higgins  
In 2022: 8 English 'National' under-17 XC; 15 English Schools XC; 1 Eton; 7 Wormwood Scrubs BMC 3000 (Apr 27); 2 Milton Keynes BMC Classic 2000SC; 1 Berkshire Schools 1500; 1 Wormwood Scrubs BMC Regional 1500 (Jun 22); 4 European Youth 2000SC; 3 English junior; 1 Watford Open 3000; 1 Milton Keynes junior XC; 3 Liverpool junior XC
- 138 DEACON Jacob GBR** 17y  
5000 pb: 14:56.13 -22. 3000 pb: 8:21.44 -22. 7 English Schools 3000 2022. Coach-Katie Hewison  
In 2022: 3 English 'National' under-17 XC; 12 English Schools XC; 10 Kingsley 5K; 2 Stretford Trafford Grand Prix 3000; 9 Birmingham University BMC Gold 3000; 6 Milton Keynes BMC Classic 3000; 2 Lancashire Schools 3000; 1 North of England junior 5000; 13 Leicester 5K; 7 English Schools 3000; 9 Milton Keynes junior XC; 4 Liverpool junior XC
- 145 LIVINGSTONE Johnny GBR** 19y  
5000 pb: 13:51.03 -22. 3000SC pb: 8:09.23 -22. 19 WJC 5000 2022. 3 UK junior 3000 2022. Coach-Taylor Gullely  
In 2022: 39 Battersea Park 'Podium' 5K; 2 UK Inter-Counties junior XC; 3 Birmingham University BMC Gold 3000; 11 Birmingham University BMC Grand Prix 5000; 5 Loughborough International 3000; 5 Watford International BMC 5000; 3 UK junior 3000; 19 WJC 5000; 5 Liverpool junior XC
- 149 MILLS Sam GBR** 18y  
800 pb: 1:53.71 -22. 1500 pb: 3:49.13 -22. 1 English Schools 800 2022  
In 2022: 1 Devon Schools XC; 1 Dundonald junior XC; 1 Diest junior XC; 1 English 'National' under-17 XC; 1 Yeovil 3000; 1 Exeter BMC; 3 Birmingham University BMC Grand Prix 1500 'D'; 4 Manchester BMC Grand Prix 1500 'C'; 6 Street BMC Classic 3000; 1 English Schools 800; 2 English junior 1500; 2 Liverpool junior XC
- 163 CARLS Constantin GER** 19y  
10,000 pb: 29:59.04 -22. 5000 pb: 14:22.13 -22  
In 2022: 2 German junior 5000; 20 Karlsruhe 'Long Run Night' 5000; 5 German junior 3000; 4 Bergisch Gladbach 3000 (18 Aug); 1 Bergisch Gladbach 10,000 (Sep 1); 4 German junior XC
- 164 DERN Benjamin GER** 19y  
5000 pb: 14:39.21 -21. 1500 pb: 3:49.20 -22. At EXC: 2021-20J. 1 German junior 5000 2021 & 3000 2022  
In 2022: 4 German junior 5000; 1 Karlsruhe 'Long Run Night' 1500; 1 Mainz 3000; 8 Hillesheim 5000; 7 Pfungstadt 1500 'B'; 4 Saarbrücken 800; 3 Mannheim Junior Gala 1500; 1 German junior 3000; 7 German under-23 1500; 1 Föhren 10K; 2 German junior XC
- 165 EHRLE Lukas GER** 18y  
In 2022 became European Junior Mountain Running Champion on his international début  
5000 pb: 14:43.81 -22. 1 European Junior Uphill Mountain Running Champs 2022 (5.3K, climbing 700m). 1 German youth 10K & XC 2022. From Villingen-Schwenningen (Baden-Württemberg). Coach-Timo Zeiler  
In 2022: 6 German junior 5000; 9 Karlsruhe 'Long Run Night' 5000 'B'; 2 Baden-Württemberg junior 3000; 1 European Junior Uphill Mountain Running Champs; 29 German 10K; 3 German junior XC
- 171 LAUER Kurt GER** 19y  
3000SC pb: 8:51.70 -22. 5 EJC 3000SC 2021; ht WJC 3000SC 2022. At EXC: 2021-62J. 1 German youth 2000SC 2020 & junior 2000SC 2021/2022  
In 2022: 2 Berlin Invitational 10K 'B'; 1 German junior 5000; 10 Oordegem IFAM 3000SC 'B'; 6 Pfungstadt 1500 'B'; 1 Mannheim Junior Gala 3000SC; 3 Ludwigsburg 201K; 1 German junior 2000SC; 11ht WJC 3000SC; 35 German 10K; 1 German junior XC
- 177 ZAHLTEN Silas GER** 18y  
5000 pb: 14:53.72 -22. 3000SC pb: 9:01.97 -22. ht WJC 3000SC 2022. 1 German youth 2000SC 2021  
In 2022: 2 German junior indoor 1500; 1 Rheine 5000; 12 Pliezhausen 2000SC; 1 Karlsruhe 'Long Run Night' 3000SC 'B'; 7ht Dortmund 1500; 3 Pfungstadt 'B'; 3 Mannheim Junior Gala 3000SC; 9 Pfungstadt 1500; 2 German junior 2000SC (3 1500); 10ht WJC 3000SC; 5 German junior XC
- 184 KIKAS Odisseas GRE** 18y  
Full name-Odisseas-Antonios Kikas // 2000SC pb: 5:59.15 -21. 800 pb: 1:54.99 -21. 1 Greek youth 800 2021  
In 2022: 4 Greek 1500 indoors & out; 10 Athens 5K
- 186 PAPAIOANNOU Petros GRE** 19y  
2022 Greek (senior) Champion at 1500m // 1500 pb: 3:50.17 -22. 800 pb: 1:51.44 -22. 3 Balkan junior 1500 2021; 1 Balkan junior indoor 1500 2022. At EXC: 2021-71J. 1 Greek 1500 2022  
In 2022: 1 Balkan junior indoor; 2ht Greek indoor; 10 Oordegem IFAM national 1500 'C'; 1 Chalkida 1500; 1 Greek 1500; 1 Greek junior 1500 (2 800); 3 Ninove Flanders Cup 1500
- 189 ZYGOURIS Athanasios-Marios GRE** 18y  
1500 pb: 3:55.73 -22. 3000 pb: 8:44.21i -22. 3 Greek junior 1500 2022  
In 2022: 5 Balkan junior indoor 3000; 1 Sérres 800; 2 Greek Schools 800; 3 Chalkida 1500; 6 Greek 1500; 3 Greek junior 1500; 2 Athens 1500; 6 Pátra 800
- 191 KOVACS Ferenc Soma HUN** 18y  
Hungarian junior record holder at 1500m // 1500 pb: 3:39.88 -22. 5000 pb: 14:08.24 -22. 3000SC pb: 8:52.25 -22. ht EJC 3000SC; ht WJC 1500 2022. 1 Hungarian junior 1500 2022  
In 2022: 1 Charlottesville 3200; 1 Richmond 800/1600/3200; 2 Székesfehérvár Honvéd Cup 1500; 2 Hungarian 3000SC (5 1500); 1 Hungarian junior 1500; 6 Pápa 800; 2 Maribor 1500; 4ht WJC 1500
- 196 CASEY Dean IRL** 19y  
10,000 pb: 28:57.32 -22. 5000 pb: 13:58.70 -21. 6 EJC 5000 2021; 13 WJC 5000 2022. At EXC: 2021-13J. Club-Ennis Track. Coach-Pat Hogan  
In 2022: 1 Oeiras junior XC; 2 Dublin IMC 5000; 1 London Parliament Hill 10,000 'B' (set Irish junior record 28:57.32); 10 Cork City Sports 3000; 2 Irish junior 1500; dnf Irish junior 3000; 13 WJC 5000; 2 Irish junior XC

- 201 GRIGGS Nicholas IRL 17y**  
2021 European Junior Champion at 3000m // 5000 pb: 14:15.98 -21. 3000 pb: 7:53.40 -22. 1500 pb: 3:42.72 -22. 1 EJC 3000 2021; 9 WJC 3000 2022. At WXC: 201-16J. 1 Irish junior XC 2021/2022 & 3000 2022. He dedicated his 2021 European junior title to his older brother Josh, who had been tragically killed in a road accident one month earlier Club-Mid Ulster. Coach-Mark Kirk  
In 2022: 2 Irish indoor 3000; 1 Belfast 5K; 2 Belfast IMC 1500; 2 Loughborough International 3000; 1 Watford International BMC 1500 'B'; 2 Northern Irish 800; 5 Irish 1500; 6 Dublin Morton Games Mile; 6 Cork City Sports 3000; 1 Irish junior 3000; 9 WJC 3000; 1 Cardiff Welsh International Mile; 2 Belfast XC; 1 Irish junior XC
- 202 HANRAHAN Mark IRL 19y**  
5000 pb: 14:46.86 -21. 1500 pb: 3:48.52 -22. 1 Irish junior 1500 2022  
In 2022: 2 Irish junior indoor 1500; 9 Belfast IMC 1500; 1 Templemore Irish League div 1 round 1 1500; 11 Manchester BMC Grand Prix 1500 'B'; 4 British League Premiership/Kingston 800; 15 Watford International BMC 1500; 8 Watford BMC Gold 1500; 18 University of Birmingham Festival 3000; 1 Irish junior 1500; 1 Athlone Irish League div 1 round 2; 4 Irish junior XC
- 213 MCGINLEY Sean IRL 19y**  
1500 pb: 3:50.68 -21. 3000SC pb: 9:27.83 -22. 1 Irish junior indoor 1500 2022  
In 2022: 1 Irish junior indoor 1500; 1 Irish League div 1 round 1 3000SC; 3 Belfast Mary Peters Gold 50th Anniversary 1500; 1 Irish Schools 1500/2000SC; 11 Watford International BMC 1500; 6 Irish junior XC
- 216 MORGAN Callum IRL 19y**  
5000 pb: 14:25.30 -22. 1500 pb: 3:50.28 -22. 21 EJC 5000 2021; ht WJC 3000 2022  
In 2022: 9 Irish Indoor Games 3000; 11 Irish indoor 3000; 2 Coleraine 5K; 7 Belfast 5K; 12 Belfast IMC 5000; 7 Loughborough International 3000; 10 Watford International BMC 5000 'B'; 2 Stretford Trafford Grand Prix 3000; 9 Irish 1500; 12 Cork City Sports 3000; 3 Irish junior 3000; 14ht WJC 3000; 6 Belfast 1500; 8 Belfast XC; 5 Irish junior XC
- 220 STAFFORD Jonas IRL 17y**  
3000 pb: 8:27.50 -22. 3 Irish junior XC 2022  
In 2022: 3 Leinster youth indoor 1500 (4 800); 5 Irish youth indoor; 1 Leinster junior 3000; 2 Irish Schools under-18 5000; 1 Cork Leevale 3000; 1 Tullamore 3000; 4 Leeds BMC 3000; 3 Irish junior XC
- 225 DANIELI Yuval ISR 19y**  
3000 pb: 8:21.84 -22. 1500 pb: 3:53.17 -21  
In 2022: 4 Tel Aviv 2000SC (Apr 19); 4 Tel Aviv 3000 (Apr 26); 11 Kessel-Lo 3000
- 226 DEMISIE Ateka ISR 19y**  
(aka Ataka Damsia) // 10,000 pb: 30:21.82 -22. 5000 pb: 14:08.76 -22. ht EJC 3000 2021; 15 WJC 5000 2022. At EXC: 2021-45J  
In 2022: 7 Tel Aviv 10,000 (Jan 4); 5 Tel Aviv 3000 (Feb 5); 2 Balkan junior indoor 3000; 4 Tel Aviv 10K (Feb 25); 9 Tel Aviv 5000 (Mar 23); 13 Birmingham University BMC Grand Prix 5000; 11 Karlsruhe 'Long Run Night' 5000; 15 WJC 5000
- 229 MUALEM Tomer ISR 19y**  
3000SC pb: 9:03.81 -22. 3000 pb: 8:19.39 -22. ht EJC 3000SC 2021; ht WJC 3000SC 2021. 1 Israeli junior 3000 2022  
In 2022: 2 Tel Aviv 2000SC; 3 Tel Aviv 3000; 2 Tel Aviv 3000SC; 13 Lokeren 1500; 22 Oordegem IFAM 3000SC 'B'; 1 Israeli junior 3000; 2 Tel Aviv 3000SC; 3 Israeli 1500; 2 Mannheim Junior Gala 3000SC; 9ht WJC 3000SC
- 231 SCHEIN Har'el ISR 19y**  
(aka Harael Shain) // 5000 pb: 14:42.32 -21. 3000SC pb: 9:08.63 -21. At EXC: 2021-75J  
In 2022: 3 Tel Aviv 2000SC; 5 Tel Aviv 3000; 4 Karlsruhe 'Long Run Night' 3000SC 'B'; 12 Oordegem IFAM 3000SC 'C'
- 236 BARDEA Matteo ITA 19y**  
International Mountain runner // 5000 pb: 14:45.64 -22. 22 World Junior Mountain Running Champs 2022  
In 2022: 3 Italian junior XC; 13 Rodengo Saiano 3000; 12 Milan Walk & Middle Distance Night 5000 'B'; 13 European Junior 'Up & Down' Mountain Running Champs; 5 Italian junior 5000; 22 World Junior Mountain Running Champs; 4 Turin La Mandria 'Test' junior XC
- 240 CORNALI Nicolò ITA 19y**  
5000 pb: 15:29.05 -22. 3000 pb: 8:52.07 -20. At EXC: 2021-70J. 1 Italian junior 3000 2021  
In 2022: 8 Fiorano Modenese 3000 'B'; 9 Italian junior 5000; 3 Turin La Mandria 'Test' junior XC
- 246 MAGGI Konjoneh ITA 18y**  
5000 pb: 14:54.51 -21. At EXC: 2021-64J  
In 2022: 2 Turin La Mandria 'Test' junior XC
- 248 MATTIO Elia ITA 19y**  
2022 European Junior 'Up and Down' Mountain Running Champs (5.4K including two peaks)  
10K pb: 31:22 -21/22. 3000 pb: 8:55.01 -20. 1 European Junior 'Up & Down' Mountain Running Champs 2022 (5 Uphill only); 9 World Junior Mountain Running Champs. At EXC: 2021-42J  
In 2022: 2 Italian junior XC; 5 European Junior Uphill Mountain Running Champs; 1 European Junior 'Up & Down' Mountain Running Champs; 9 World Junior Mountain Running Champs; 75 Italian 10K; 14 Oderzo 'European U20' 10K; 7 Turin La Mandria 'Test' junior XC
- 250 ROPELATO Francesco ITA 20y**  
3000 pb: 8:29.44 -22. 1500 pb: 3:56.25 -22. 16 European Youth 3000 2022  
In 2022: 9 Zogno 1500 'B'; 16 European Youth 3000; 6 Trento 3000; 6 Turin La Mandria 'Test' junior XC
- 251 SAMMARTINO Federico ITA 18y**  
3000 pb: 8:38.98 -21. 1500 pb: 3:57.63 -22  
In 2022: 2 Palermo 800; 2 Sicilian 1500; 5 Turin La Mandria 'Test' junior XC
- 255 CERNIAVSKI Erik LTU 18y**  
5000 pb: 15:29.06 -22. 1500 p b: 4:06.04 -22. 1 Lithuanian junior 5000 2022  
In 2022: 7 Palanga 3000; 2 Baltic Junior Teams 3000 (5 1500); 10 Lithuanian XC
- 256 MOCKUS Valentas LTU 16y**  
3000 pb: 9:06.32 -22  
In 2022: 2 Baltic Youth Team Champs 3000; 13 Lithuanian XC  
**He is the youngest male athlete entered for Turin 2022**
- 258 VANAGAS Ignas LTU 18y**  
5000 pb: 15:40.19 -22. At EXC: 2021-94J  
In 2022: 1 Lithuanian junior indoor 3000; 1 Baltic Junior Team Champs indoor 1500 (2 3000); 11 Lithuanian XC
- 260 GIERENS Maurice LUX 19y**  
Full name-Maurice Fernand Marcel Gierens // 5000 pb: 16:36.08 -22. At EXC: 2021-96J  
In 2022: 8 Luxembourger indoor 3000; 4 Luxembourger 5000
- 261 HENZ Vivien LUX 18y**  
2022 World junior 1500m finalist // 1500 pb: 3:38.89 -22. 800 pb: 1:49.90 -22. 12 EJC 1500 2021; 7 WJC 1500 2022; 1 European Small States Games 800 2022. 1 Luxembourger 800 2020/2021 & 1500 2022. Attends Harvard University  
In 2022: 1 Luxembourger indoor 3000; 2 French junior XC; 1 Luxembourg 600/3000; 1 Dudelage 1500; 3 Reims 1500; 1 Oordegem IFAM 1500 'E'; 1 European Small States Games 800; 1 Luxembourger 1500; 3 Liège 1500; 11 Heusden Night of Athletics 1500; 7 WJC 1500; 194 Wisconsin Invitational XC; 12 US 'Ivy' League Champs XC; 190 NCAA XC
- 262 KLUCKERS Gaspar LUX 18y**  
3000 pb: 8:35.82 -22. 1500 pb: 3:55.43 -22. At EXC: 2021-92J  
In 2022: 6 Luxembourger indoor 3000; 2 Luxembourg 3000; 2 Luxembourger junior 3000; 1 Oordegem IFAM national 1500 'F'; 4 Oordegem Buyle national 1500 'B'
- 268 FARRUGIA Gabriel MLT 18y**  
5000 pb: 15:30.89 -22. 3000 pb: 8:53.34 -22. At EXC: 2021-87J  
In 2022: 3 Marsa 3000 (Jan 15); 3 Marsa 5000 (Jan 29); 3 Marsa Maltese Pre-Season #3 3000 race 1; 2 Maltese Winter 5000; 2 Marsa Maltese Challenge 1 1500; 7 Marsa Maltese Challenge 2 400; 3 Marsa 5000 (Apr 30); 4 Maltese Challenge #5 1500; 6 Maltese 1500
- 274 LAROS Niels NED 17y**  
Two golds at 2022 European Youth Championships // 5000 pb: 13:57.78 -22. 3000 pb: 7:48.25 -22. 1500 pb: 3:39.46 -22. 800 pb: 1:46.3 -22. 1 European Youth 1500/3000 2022. 1 Dutch youth 800. Father-Marcel Laros was a 8:21.90 steeplechaser and 2 WSG 97. Also At EXC: 95-41, 96-62  
In 2022: 1 Dutch youth indoor 1500; 4 Dutch indoor 3000; 2 Pliezhhausen 3000; 1 Utrecht 800; 9 Oordegem IFAM 5000 'B'; 2 Hengelo FBK Games national 1500; 1 Dutch youth; 3 European Youth 1500/3000; 1 Oordegem 800; 8 Lucerne 1500; 10 Zagreb 3000; 3 Tilburg junior XC  
[It is reported that he has withdrawn from the championships with illness]
- 276 NILLESSEN Stefan NED 19y**  
1500 pb: 3:44.05 -22. 3000 pb: 8:05.65 -22. ht WJC 1500/3000 2022. 1 Dutch junior 800/1500 2022  
In 2022: 1 Dutch junior indoor 1500; 40 WSG XC; 2 Utrecht 1500; dnf Lisse Specke Cup 3000; 1 Wageningen 800; 1 Nijmegen 1500; 1 Utrecht 800/3000; 1 Dutch junior 800/1500; 6 Dutch 1500; 10ht WJC 1500; 7ht WJC 3000; 7 Tilburg junior XC
- 279 TER HAAR Teun NED 19y**  
2022 Dutch Junior Champion at 5000m // 5000 pb: 15:04.64 -22. 3000 pb: 8:08.59 -22. ht WJC 3000 2022. 1 Dutch junior 5000 2022  
In 2022: 1 Dutch junior indoor 3000; 12 Dutch indoor 1500; 2 Birmingham University BMC Gold 3000; 7 Nijmegen 1500; 8 Hengelo FBK Games national 1500; 6ht Dortmund 1500; 1 Dutch junior 5000; 2 Heusden Night of Athletics national 1500 'B'; dnf/ht WJC 3000; 5 Tilburg junior XC
- 282 ZIJDERLAAN Juan NED 17y**  
3000 pb: 8:20.65 -22. 1500 pb: 3:53.68 -22. 5 European Youth 3000 2022  
In 2022: 4 Utrecht 'B'; 1 Nijmegen 3000; 17 Hengelo FBK Games national; 5 European Youth 3000; 6 Tilburg junior XC
- 284 HALVORSEN Andreas Fjeld NOR 17y**  
Two silvers at 2022 European Youth Championships // 5000 pb: 14:16.75 -22. 3000 pb: 8:06.67 -22. 1500 pb: 3:44.49 -22. ht EJC 1500 2021; 2 European Youth 1500/3000 2022  
In 2022: 5 Norwegian indoor 3000; 1 Norwegian youth indoor; 5 Tønsberg; 13 Jessheim; 1 Bærum 800/3000; 6 Norwegian 1500; 2 European Youth 1500/3000; 6 Jessheim 3000; 2 Nittedal 800; 2 Stretford BMC 1500; 2 Norwegian junior 5000 (3 1500); 3 Nordic junior XC
- 285 HAUEN Esten Hansen-Møllerud NOR 19y**  
Norwegian Junior Champion in 2021 in three events, then two more in 2022  
5K pb: 14:46 -21. 1500 pb: 3:40.35 -22. 800 pb: 1:49.89 -22. ht WJC 1500/3000 2022. At EXC: 2021-36J. 1 Norwegian junior 800/3000/2000SC 2021 & 3000/2000SC 2022  
In 2022: 2 Jessheim 1500 'B'; 14 Bergen Games 3000; 4 Oslo Diamond national 1500; 3 Norwegian 1500; 1 Nordic junior 1500; 7ht WJC 1500; 10ht WJC 3000; 1 Moelv Mile; 1 Norwegian junior 3000/2000SC (2 800/1500); 26 Hole 10K; 1 Nordic junior XC



- 286** **HOVDEJORD Vebjørn NOR** 19y  
Norwegian Junior Champion at both 5000m & Steeplechase in 2021 // 5000 pb: 14:22.26 -21. 3000SC pb: 8:55.97 -22. 7 EJC 5000 2021. At EXC: 2021 -14J. 1 Norwegian junior 3000SC 2021/2022 & 5000 2021  
In 2022: 3 Norwegian 3000SC (13 5000); 15 Oslo Boysen Memorial 5000; 7 Oslo Summer 5000; 1 Nordic junior; 10ht WJC 3000SC; 1 Norwegian junior 3000SC (4 5000); 3 Drammen Half Mar; 1 Rjukan 3000; 2 Nordic junior XC
- 292** **RABI Abdullahi Dahir NOR** 19y  
Allegiance transferee from Somalia – has lived in Norway since 2014, gained Norwegian citizenship on September 30, 2021 and effectively cleared by World Athletics to represent Norway from October 1, 2021  
10,000 pb: 28:11.71 -22. 5000 pb: 13:42.84 -22. 1500 pb: 3:43.77 -22. At EXC: 2021-2J. 1 Norwegian youth XC 2020 & junior XC 2021. Somalian origin, moved to Norway at age 12. At the 2021 European Cross Country Championships in Dublin, he was initially told he could not compete for Norway, but that decision was reversed after World Athletics took into account the length of time (seven years) he had been resident in Norway  
In 2022: 5 Monaco 5K; 3 Oslo 10,000; 4 Sollentuna Folksam 5000; 4 Norwegian 5000; 4 Oslo Boysen Memorial 5000; 4 Jessheim 3000; 1 Bergen 1500; 1 Norwegian junior 1500/5000; 2 Hole 10K; 1 Drammen 5K (Filip Ingebrigtsen 4th); 1 Tilburg junior XC
- 293** **STENSRUD Simen Gløgård NOR** 17y  
5000 pb: 14:41.32 -22. 3000 pb: 8:14.86 -21. 20 European Youth 3000 2022  
In 2022: 2 Oslo 3000; 16 Jessheim 1500 'B'; 1 Bærum 3000; 11 Bergen 3000; 11ht Norwegian 1500; 20 European Youth 3000; 17 Jessheim 3000; 1 Møldal 1500; 6 Copenhagen 5000; 4 Nordic junior XC
- 297** **HERZYK Kamil POL** 18y  
1500 pb: 3:51.99 -22. 800 pb: 1:52.09 -22. 1 Polish youth XC 2021; 2 Polish junior 1500 2022  
In 2022: 6 Polish junior indoor; 1 Czestochowa 1000/1500; 2 Chorzów 800; 1 Raciborz 1500 (May 21); 1 Raciborz 800/1500 (May 28/29); 1 Bielsko-Biala 1500; 2 Polish junior 1500; 4 Maribor 1500; 1 Czestochowa 3000; 2 Gliwice 800; 1 Krakow 1500; 3 Polish junior XC
- 298** **MEGIER Maciej POL** 19y  
5000 pb: 14:13.97 -22. 3000SC pb: 8:55.26 -22. ht WJC 3000SC 2022. 1 Polish junior indoor 3000 2022; 1 Polish junior 2000SC & XC 2022  
In 2022: 1 Polish junior indoor 3000; 2 Polish junior 5000; 3 Olesnica 3000SC; 4 Gdansk 1500; dnf Chorzów Kusocinski 3000; 4 Polish 3000SC; 15 Polish 5000; 1 Polish junior 2000SC; 1 Maribor 3000SC; 10ht WJC 3000SC; 4 Bydgoszcz XC; 1 Polish junior XC
- 299** **POGORZELSKI Konrad POL** 19y  
5000 pb: 14:09.29 -22. 1500 pb: 3:44.48 -22. 21 WJC 5000 2022. 1 Polish junior 5000 2022  
In 2022: 1 Poznań Okregowy; 1 Polish junior 5000; 5 Gdansk; dnf Chorzów Kusocinski 3000; 1 Polish junior 3000; 1 Maribor 5000; 21 WJC 5000; 2 Olsztyn 3000; 3 Warsaw 1500; 2 Polish junior XC
- 304** **FREITAS Rodrigo POR** 18y  
5000 pb: 15:20.05 -22. In 2022: 6 Portuguese junior indoor 3000
- 305** **LIMA Rodrigo POR** 19y  
1500 pb: 3:48.93 -21. 800 pb: 1:51.20 -22. 1 Portuguese junior indoor 1500 & outdoor 800/1500 2022  
In 2022: 6 Oeiras junior XC; 1 Portuguese junior indoor 1500 (2 3000); 2 Lisbon 800 (Apr 25); 3 Lisbon Trabalhador 1500; 1 Faro 800; 2 Lisbon 800 (May 29); 10 Maia Ribeiro Gala 1500; 3 Lisbon Pereira Memorial 1500; 2 Castellón 800 'C'; 5 Portuguese 800; 5 Portuguese under-23 1500 (7 800); 1 Portuguese junior 800/1500; 2 Viana do Castelo 800; 13 Maia 1500; 3 Lisbon 800 (Jul 26)
- 306** **MONTEIRO Leandro POR** 19y  
3000SC pb: 9:05.33 -22. ht WJC 3000SC 2022. 1 Portuguese junior 3000SC 2022  
In 2022: 8 Lisbon Trabalhador 1500; 4 Maia Ribeiro Gala 3000SC; 1 Lisbon Pereira Memorial 3000SC; 5 Braga 3000SC; 4 Portuguese under-23 3000SC; 1 Portuguese junior 3000SC; 11ht WJC 3000SC; 52 Portuguese 10K
- 310** **PIRES Rúben POR** 18y  
5000 pb: 14:42.40 -21  
In 2022: 4 Portuguese junior indoor 3000; 12 Portuguese under-23 3000SC; 21 Portuguese 10K
- 311** **SANTOS Duarte POR** 19y  
5000 pb: 14:35.00 -22. 3000SC pb: 9:35.37 -22. At EXC: 2021-63J  
In 2022: 5 Portuguese junior indoor 3000; 6 Lisbon Trabalhador 1500; 2 Faro 5000; 4 Maia Ribeiro Gala 1500 'B'; 6 Lisbon Pereira Memorial 1500; 6 Portuguese under-23 5000 (8 3000SC); 1 Portuguese junior 3000; 43 Portuguese 10K
- 315** **POP Dragoș-Luca ROU** 17y  
5000 pb: 14:30.32 -22. 1 Romanian junior 5000 2021  
In 2022: 7 Oeiras junior XC; 4 Balkan junior indoor 3000; 2 Romanian indoor 3000 'B'; 1 Romanian youth indoor; 4 Romanian 5000; 5 International Schools Gymnasiade 3000; 10 European Youth 3000; 2 Balkan junior 5000 (6 3000)
- 317** **KLEMENCIC Aleksej SLO** 18y  
3000 pb: 9:02.21 -22. 1500 pb: 4:11.29 -22. 800 pb: 2:00.71 -22. 3 Slovenian indoor 800 2022  
In 2022: 3 Slovenian indoor 800; 2 Slovenian junior 1500 (6 800)
- 321** **BROSSET Romuald SUI** 17y  
2021 & 2022 Swiss Youth Champion at 3000m & Steeplechase // 3000 pb: 8:13.95 -22. 1500 pb: 3:52.19 -22. 2000SC pb: 6:03.53 -21. 6 European Youth 3000 2022. At EXC: 2021-40J. 1 Swiss youth 3000/2000SC 2021/2022  
In 2022: 1 Délémont 3000; 2 Éyio 1500; 2 Swiss youth 2000SC; 6 European Youth 3000; 4 Aarau 3000; 10 Regensdorf 1500; 1 Swiss youth 3000/2000SC
- 322** **HOFER Jonathan SUI** 19y  
3000 pb: 8:13.95 -22. 1500 pb: 3:52.19 -22. At EXC: 2019-60J. 1 Swiss youth 3000 2022  
In 2022: 11 Pliezhausen 3000; 6 Swiss Inter-Clubs 3000; 5 Swiss 5000; 8 Heusden Night of Athletics 5000; 7 Regensdorf 5000; 1 Lausanne Diamond junior 1500; 1 Swiss youth 3000; 11 Berlin 10K
- 324** **LIEBL Aarno SUI** 17y  
2000SC pb: 5:40.45 -22. 1500 pb: 3:50.05 -22. 3 European Youth 2000SC 2022  
In 2022: 1 Pliezhausen 2000SC; 3 Langenthal 1500; 1 Swiss youth 2000SC; 5 Swiss 1500; 3 European Youth 2000SC; 5 Aarau 3000; 4 Pfungstadt 800; 7 Regensdorf 1500
- 325** **SCHAUB Jonas SUI** 19y  
3000 pb: 8:46.12 -22. 2000SC pb: 6:16.12 -22. 1 Swiss junior 2000SC 2022  
In 2022: 1 Swiss junior 2000SC; 4 Meilen 3000; 5 Tübach 3000
- 326** **SIMASOTCHI Keanu SUI** 18y  
2000SC pb: 6:18.77 -22. 1500 pb: 4:11.57 -22  
In 2022: 2 Swiss junior 2000SC (9 1500)
- 332** **OTTFALK Karl SWE** 16y  
Swedish youth record holder at 5000m // 5000 pb: 14:28.28 -22. 3000 pb: 8:21.13 -22. 1500 pb: 3:51.47 -22. 1 European Youth Olympic Festival 3000 2022. 1 Swedish under-17 1500/3000 2022  
In 2022: Stockholm 3000 'B'; 1 Stockholm 5000 'B' (May 21); 1 Sollentuna Folksam 1500 'C'; 3 Gothenburg 800; 1 Gothenburg 3000 (3 800); 1 European Youth Olympic Festival 3000; 7 Swedish 1500; 1 Swedish under-17 1500/3000; 1 FIN v SWE youth 3000; 1 Lidingöloppet youth XC; 1 Swedish youth XC; 5 Nordic junior XC
- 336** **GOLER Utku TUR** 17y  
1500 pb: 3:48.11 -22. 3000 pb: 8:14.79 -22. 4 European Youth 3000 2022  
In 2022: 2 Turkish junior indoor 1500 (3 3000); 3 International Schools Gymnasiade 3000 (5 1500); 2 Turkish junior 1500/3000; 2 Turkish 1500 (4 3000); 4 European Youth 3000; 3 Balkan junior 3000
- 338** **TAŞYUREK İsmail TUR** 19y  
2022 Balkan Junior Champion at 5000m // 5000 pb: 14:26.97 -22. 3000 pb: 8:20.25 -22. 1500 pb: 3:52.24 -22. 1 Balkan junior 5000 2022. 1 Turkish junior 3000/5000 & indoor 1500 2022  
In 2022: 1 Turkish junior indoor 1500 (2 3000); 2 Balkan junior indoor 1500; 4 Turkish indoor 3000 (8 1500); 2 Mersin 1500 (Apr 26); 1 Mersin 3000 (3 1500) (May 14/15); 1 Bursa 5000 'B'; 1 Turkish junior 3000 (5 1500); 5 Turkish 3000; 1 Balkan junior 5000
- 340** **TUNÇTAN Taner TUR** 19y  
5000 pb: 14:44.43 -22. 3000 pb: 8:19.81i, 8:38.69 -22. 1 Balkan junior indoor 3000 2022. 1 Turkish junior indoor 3000 2022  
In 2022: 1 Turkish junior indoor 3000 (6 1500); 1 Balkan junior indoor 3000; 7 Turkish indoor 3000; 4 Mersin 1500; 2 Turkish junior 5000; 5 Turkish 5000 (11 3000)
- 341** **YAZICI Enbiya TUR** 19y  
5000 pb: 14:47.06 -21. 3000 pb: 8:12.23 -22. 1500 pb: 3:50.14 -22. 1 Balkan junior 3000 2022. 1 Turkish junior 3000/5000 2021  
In 2022: 5 Oeiras junior XC; 41 WSG XC; 4 Bursa 3000; 4 Turkish Super League #1 3000; 1 Balkan junior 3000; 2 Bursa 1500
- 347** **TORHACHOV Dmytro UKR** 19y  
3000 pb: 8:58.42i -22. 1500 pb: 3:59.46 -20. 3 Ukrainian junior 1500 2021  
In 2022: 2 Ukrainian junior indoor 3000

## Under-23 Men's Race

11:30

84 Entrants

27 Countries

Six to run, three to score

7662m – Start + 2 short laps + 4 long laps + Finish

(10m+970m+970m+1440m+1440m+1440m+1346m+46m)

Age

- 20 FREY Sebastian AUT 20y**  
2022 Austrian Champion at both 10,000m & Cross-Country // 10,000 pb: 29:15.05 -22. 5000 pb: 13:39.86 -22. 1500 pb: 3:48.22 -22. ht European Youth 1500 2018; 1 Balkan junior 3000 2021. At EXC: 2019-dnfJ, 2021-12J. 1 Austrian 10,000/XC 2022. Coach-Karl Sander  
In 2022: 7 Balkan indoor 3000; 1 Austrian 10,000 (3 5000); 3 Eisenstadt Austrian Open 3000; 1 Vienna 800; 1 Austrian under-23 5000 (2 1500, 6 800); 4 Balkan 5000; 1 Heusden Night of Athletics 5000 'B'; 2 Regensdorf 5000; 1 Austrian XC; 7 Tilburg XC
- 23 TOBLER Marcel AUT 21y**  
2021 Austrian Champion at 1500m // 5000 pb: 14:04.42 -22. 1500 pb: 3:44.72 -22. 1 Austrian 1500 2021; 1 Austrian under-23 1500 2021 & 800 2022  
In 2022: 1 Austrian indoor 1500 (3 3000); 5 Balkan indoor 1500; 4 Austrian 5000; 1 Eisenstadt Austrian Open 3000; 1 Austrian under-23 800 (3 1500); 4 Balkan 1500; 2 Austrian 800/1500; 2 Austrian XC
- 27 COLLARD Arnaud BEL 22y**  
10K pb: 29:35 -21. 5000 pb: 14:20.17 -22. At EXC: 2021-37u23  
In 2022: 8 Hannut XC; 7 Brussels XC; 2 Seraing 3000; 19 Karlsruhe 'Long Run Night' 5000; 7 Oordegem IFAM national 1500 'C'; 6 Nivelles 1500; 12 Belgian 1500; 10 Heusden Night of Athletics 5000; 3 Huizingen Flanders Cup 1500; 3 Lier 1500; 7 Kessel-Lo 3000; dnf Bergisch Gladbach 1500; 1 Belgian under-23 5000/9 Mol XC
- 36 VAN DE KERKHOVE Yorick BEL 21y**  
10K pb: 29:40 -21. 5000 pb: 14:34.72 -21  
In 2022: 1 Lier 'B'; 6 Kessel-Lo 3000; 8 Evergem 1500; 1 Mol 800; 2 Belgian under-23 5000; 11 Mol XC
- 37 VANDERPOORTEN Marco BEL 22y**  
5000 pb: 14:17.46 -22. 3000SC pb: 8:44.62 -22. At EXC: 2021-33u23. 3 Belgian 3000SC 2020/2022. Not related to Rayan Vanderpoorten (8:44.93 for 3000SC)  
In 2022: 15 Brussels XC; 2 Karlsruhe 'Long Run Night' 3000SC; 16 Oordegem IFAM 3000SC; 5 Oordegem Buyle national 1500 'B'; 3 Belgian 3000SC; 3 Heusden Night of Athletics 5000; 2 Lier 1500 'B'; 3 Kessel-Lo 3000; 9 Evergem 1500; 7 Mol XC
- 38 VANDERPOORTEN Rayan BEL 22y**  
5000 pb: 14:50.64 -19. 3000SC pb: 8:44.93 -21. 6 under-23 ECH 3000SC 2021. 1 Belgian junior 5000 2019. He clocked 8:45.46 on his steeplechase debut in 2021. Not related to Marco Vanderpoorten (8:44.62 for 3000SC)  
In 2022: 5 High Point Meet of Champions 5000; 4 Charlotte Invitational 3000SC; 3 Big South Conference 3000SC; 7 Maia 1500 'B'
- 52 BJØRNSSEN Andreas Bock DEN 22y**  
5000 pb: 14:40.44 -22. 3000 pb: 8:14.11 -22. At EXC: 2019-80J  
In 2022: 7 Danish indoor 3000; 2 Viby 5000; dnf Danish 5000; 2 Nordic under -23 5000; 6 Danish XC
- 59 KJELDSSEN Markus Kirk DEN 21y**  
5000 pb: 14:32.45 -20. 1500 pb: 3:45.52 -21. WXC: 2019-77J. At EXC: 2018 -53J, 2021-51U23. 1 Danish junior indoor 800/1500 2020  
In 2022: 3 Danish indoor 800; 1 Danish under-23 indoor 800/1500; 9 Danish XC
- 62 MAKWARTH Jonathan DEN 22y**  
1500 pb: 3:53.20 -22. 1 Danish under-23 indoor 800/1500 2020; 1 Danish under-23 800 2020  
In 2022: 1 Danish under-23 indoor 3000 (2 1500, 3 800); 22 Danish 10K; 1 Copenhagen 800; 1 Frederiksberg 1500; 1 Copenhagen 1500; 3 Nordic under-23 1500; 3 Odense 1500; 11 Danish XC
- 63 RISVIG Jeppe DEN 21y**  
5000 pb: 14:55.46 -20. 3000SC pb: 9:18.56 -19. At WXC: 2019-87J. At EXC: 2019-dnfJ  
In 2022: 1 Philadelphia Temple Invitational 1500; 1 Princeton Ellis Invitational 1500; 7 Danish XC
- 68 BAIDAL Miguel ESP 21y**  
Full name-Miguel Baidal Marco // 10,000 pb: 29:44.69 -21. 5000 pb: 14:19.00 -21. At WXC: 2019-66J. At EXC: 2019-56J. 1 Spanish junior XC 2019. Coach-Adrián Peris  
In 2022: 20 Elgóibar XC; 1 Spanish Universities 10,000; 3 Hueska 5000; 3 Spanish 5K; 1 Gandía 1500; 1 Spanish under-23 5000; 33 Atapuerca XC; 32 Seville XC; 9 Alcobendas XC
- 71 CEBALLOS Adrià ESP 20y**  
Full name-Adrià Ceballos Camañes // 5000 pb: 14:35.83 -22. 3000SC pb: 8:56.89 -22. Coach-Mateu Cañellas  
In 2022: 2 Ibiza 3000; 2 Tarragona 3000SC; 2 Catalanian Clubs 5000; 8 Spanish Autonomous 5000; 1 2 Balearic 3000SC
- 75 LAS HERAS Aarón ESP 22y**  
Full name-Aaron La Heras Ruperez  
2019 European junior 5000m gold, then under-23 silver  
10,000 pb: 28:13.82 -22 (though mark does not count for world rankings as shoes were illegal). 5000 pb: 13:38.02 -22. 1500 pb: 3:42.89 -21. 12 WJC 5000 2018; 1 EJC 5000 2019; 2 under-23 ECH 5000 2021. At EXC: 2021 -8u23. 1 Spanish under-23 5000 2021. Student of Biology at Wake Forest University in Winston-Salem, North Carolina. Coach-Domingo López Ágreda  
In 2022: 1 Raleigh Relays 10,000; 11 Charlottesville Virginia Challenge Invitational 'B'; 3 Atlantic Coast Conference 5000; 14 Oklahoma Cowboy Jamboree XC; 3 Atlantic Coast Conference XC; 20 NCAA Southwest Regional XC; 26 NCAA XC
- 79 MAIJO Adam ESP 21y**  
Full name-Adam Maijo Frigola // 5000 pb: 13:40.07 -22. 3000 pb: 7:57.11 -22. 1500 pb: 3:38.88 -22. 6 EJC 3000 2019. At EXC: 2019-74J, 2021-54u23. Coach-Carles Castillejo  
In 2022: 39 Valencia 10K; 1 Spanish under-23 XC; 10 Sabadell Catalanian International 3000; 2 Spanish under-23 indoor 3000; 9 Serradilla XC; 10 WSG XC; 5 Ibiza 3000; 2 Mataró 5000; 14 Oordegem IFAM 5000; 6 Andújar 1500; 1 Castellón 1500 'B'; 4 Ordizia 800; 7 Spanish 1500; 2 Spanish Autonomous; 6 Barcelona; 3 Spanish under-23 5000 (6 1500); 3 Mediterranean under-23 5000; 3 Madrid Road Mile; 29 Atapuerca XC; 14 San Sebastián XC; 23 Seville XC
- 80 MARTINEZ Miguel Angel ESP 20y**  
Full name-Miguel Angel Martínez Chazarra // 5000 pb: 14:22.32 -22. 1500 pb: 3:44.73 -22. Coach-José Antonio Redolat  
In 2022: 6 Spanish under-23 indoor 3000; 1 Burjassot 5000; 9 Ibiza 3000; 1 Ontinyent 1500; 3 Sagunto 1500; 1 Valencia Autonomous 5000; 1 Gandía 5000; 6 Spanish Autonomous 3000; 7 Spanish under-23 5000
- 87 ORIACH Pol ESP 20y**  
Full name-Pol Oriach Enjuanes  
2021 European Junior Steeplechase Champion  
5000 pb: 14:54.82 -20. 3000 pb: 7:55.65 -21. 1500 pb: 3:37.10 -22. 3000SC pb: 8:41.36 -21. 2 European Youth 2000SC 2018; 7 Youth Olympic combined 2000SC/XC 2018 (8th SC + 20th XC); 1 European Youth Olympic Festival 2000SC 2019; 1 EJC 3000SC 2021; 4 WJC 1500 2021. At EXC: 2019-13J, 2022-4J. Coach-José Fernando García Herbera  
In 2022: 15 Elgóibar XC; 2 Spanish under-23 XC; 5 Sabadell Catalanian International 3000; 1 Spanish under-23 indoor 3000; 14 Serradilla XC; 24 WSG XC; 6 Ibiza 3000; 5 Villafranca 3000SC; 13 Ibero-American 3000SC; 8 Andújar 3000SC; 5 Castellón 1500; 9 Spanish 1500; 9 Sotteville 1500; 3 Spanish under-23 3000SC; 1 Pontevedra; 12 Alcobendas XC
- 94 HOLPUS Kalev EST 21y**  
1500 pb: 3:51.62 -22. 800 pb: 1:53.38 -22. 1 Estonian junior 800/1500 2019/2020  
In 2022: 5 Estonian short course XC; 1 Kohila 1500 (3 2000); 2 Rakvere 1500; 3 Estonian 1500; 4 Pärnu Beach; 1 Rakvere 800/1500; 4 Nordic under -23 1500; 3 Viljandi 3000; 3 Kehtna 600; 4 Estonian XC
- 101 HELANDER Eemil FIN 21y**  
Multiple Finnish Champion at 5000m & Steeplechase, through the age groups  
5000 pb: 13:55.80 -21. 3000 pb: 7:55.31 -22. 3000SC pb: 8:39.75 -21. 1500 pb: 3:42.74 -21. 8 European Youth 2000SC 2018; 6 Youth Olympic combined 3000SC/XC 2018; 5 EJC 3000SC 2019; 4 under-23 ECH 3000SC 2021. At EXC: 2021-27u23. 1 Finnish 5000/3000SC 2021 as a senior and under-23  
In 2022: 1 Finnish under-23 indoor 3000 (2 1500); 3 Lahti 3000; dnf Oordegem IFAM; 6 Finnish 5000; 7 Lappeenranta 5000; 5 FIN v SWE 5000
- 102 KOTIRANTA Mika FIN 22y**  
2022 Finnish Champion at 5000m & 10,000m // 10,000 pb: 30:02.27 -22. 5000 pb: 13:40.67 -22. 13 EJC 5000 2019. At EXC: 2018-46J. 1 Finnish 5000/10,000 2022  
In 2022: 2 Finnish indoor 3000; 20 Oordegem IFAM 5000; 11 Bergen Games 3000; 7 Kuortane Games; dnf Oulu 5000; 3 Heusden Night of Athletics 5000 'B'; 2 Nordic under-23; 3 Jyväskylä Grand Prix 3000; 1 Finnish 5000/10,000; 6 Lappeenranta 5000; 6 FIN v SWE 5000; 5 Nordic junior XC
- 103 MUUSE Mustafe FIN 21y**  
5000 pb: 14:02.22 -22. 1500 pb: 3:46.55 -22. At EXC: 2018-90J. 1 Finnish junior indoor 3000 2019; 1 Nordic under-23 5000 2022. Somalian heritage. Coach-Ady Ruitter  
In 2022: 2 Málaga mass 5K; 3 Oordegem IFAM 5000 'C'; 2 Espoo 800 'C'; 1 Kuortane Games 'B'; 1 Nordic under-23 5000; 1 Turku Tilastopaja #4 1500; 2 Finnish 5000 (3 10,000); 2 Munich 10K
- 108 BANINI Teo-Ruben FRA 21y**  
10K pb: 30:49 -22. 1500 pb: 3:51.69 -22  
In 2022: 15 French short course XC; 4 Aubergenville 10K; 18 French 10K; 9 Saint-Maur 1500; 6 Renne 10K; 20 Allonnes XC
- 109 BORDEAU Pierre FRA 21y**  
2022 French under-23 Champion at 10,000m // 10,000 pb: 28:36.32 -21. 5000 pb: 13:58.34 -21. 8 under-23 ECH 10,000 2021. At WXC: 2019-44J. 1 French under-23 10,000 2022. Coach-Matthew Pinto  
In 2022: 8 French XC; 6 French 10K; 1 French under-23 10,000; 1 Parempuyre 10K; 21 Allonnes XC
- 111 BRESC Valentin FRA 21y**  
3000SC pb: 8:36.13 -22. 10K pb: 29:27 -20. 5000 pb: 13:51.76 -21. 1500 pb: 3:43.82 -20. 11 European Youth 3000 2018. At EXC: 2018-10J, 2019-18J. From Marseille. Coach-Jeffrey Freitas. Club-Decines Meyzieu Athletism  
In 2022: 6 French under-23 indoor; 5 French short course XC; 1 Vénissieux 3000SC; 1 Montélimar 1500; 7 Oordegem IFAM 3000SC; 5 Thonon-les-Bains 1500; 9 French 3000SC; 4 French under-23 3000SC (5 5000); 2 Dijon 2000SC; 13 Allonnes XC

- 115 DAGUINOS Etienne FRA 22y**  
2022 Mediterranean under-23 5000m Champion (and down from 13:55 to 13:26 for 5000m in 2022)  
10K pb: 28:53 -22. 5000 pb: 13:26.41 -22. 3000 pb: 8:04.99 -22. 21 EJC 5000 2019; 1 Mediterranean under-23 5000 2022. At EXC: 2019-86J. At WXC: 2019-54J. 1 French junior XC 2018/2019. Coach-Emmanuelle Roux. Club-Us Talence  
In 2022: 10 French XC; 1 Saint Medard en Jalles 10K; 5 Málaga 5K; 1 Pessac 5000; 1 Bordeaux 1500; 1 French Elite Club Championships 3000; 1 Oordegem IFAM 5000; 2 Décines-Charpieu 'B'; 2 Bordeaux 1500; 1 French under-23 5000 (3 1500); 1 Mediterranean under-23 5000; 1 Dax 10K; 2 French 5K; 4 St Denis 10K; 12 Allonnes XC
- 119 LE BARON Luc FRA 20y**  
10K pb: 29:34 -22. 5000 pb: 13:57.17 -22. 1500 pb: 3:42.34 -22. At EXC: 2021-23J; 1 French junior XC 2021  
In 2022: 2 Vierzon 5K; 23 French short course XC; 10 Lille 10K; 13 French 10K; 3 Sarreguemines 1500; 10 Oordegem IFAM national 1500; 3 Montreuil 1500; 4 Pontoise 800; 9 Décines-Charpieu 1500 'B'; 1 Saint-Maur 3000 (4 3000); 9 French under-23 1500; 10 Ninove Flanders Cup 1500 'B'; 2 Saint-Denis Half Mar; 18 Allonnes XC
- 125 SENARD Antoine FRA 22y**  
3000 pb: 7:57.80i -21. 1500 pb: 3:41.23 -21. 1 French youth XC 2017. At EXC: 2017-33J, 2021-7u23. Was at Eastern Kentucky University. Born-Belgium  
In 2022: 11 Lyon Elite 3000; 6 Mol XC; 15 Allonnes XC
- 143 HICKS Charles GBR 21y**  
DEFENDING EUROPEAN under-23 CROSS COUNTRY CHAMPION  
New NCAA Cross Country Champion  
10,000 pb: 27:40.16 -22. 5000 pb: 13:24.58 -22. At EXC: 2019-5J, 2021-1u23. 6 NCAA 10,000 2022; 1 US NCAA XC 2022 (2021-4). Based-USA, born and lived in London until age 12. Was at High School in Florida, now a student of Cognitive Science at Stanford University. Coach-Ricardo Santos His late uncle John Corse USA (1960-2021) was a quarter-finalist at the junior Wimbledon tournament of 1978  
In 2022: 3 NCAA indoor 3000; 2 Stanford Invitational invitational 5000; 3 Stanford Jordan Invitational 10,000; 3 Stanford U v U of California; 1 Pacific 12 Conference 10,000; 6 NCAA 10,000; 2 Oklahoma Cowboy Jamboree XC; 3 Wisconsin Invitational XC; 1 'Pac 12' Conference XC; 3 NCAA West Regional XC; 1 NCAA XC ("One week later and I still can't really believe it," he said on Instagram)
- 144 LEONARD Rory GBR 21y**  
2019 English 'National' under-20 Cross Country Champion // 5000 pb: 13:50.22 -21. 1500 pb: 3:44.75 -21. 9 European Youth 3000 2018. 9 EJC 5000 2019. At WXC: 2019-37J, At EXC: 2018-71J, 2021-16u23. 1 English 'National' under-20 XC 2019. Attends Oklahoma State University. Coach-Dave Smith  
In 2022: 21 Stanford Invitational 5000 'B'; 17 Oregon Relays 5000; 7 'Big 12' Conference 10,000; 17 Oklahoma Cowboy Jamboree XC; 2 'Big 12' Conference XC; 13 NCAA Midwest Regional XC; 32 NCAA XC
- 147 MAHAMED Zakariya GBR 22y**  
2020 English under-20 Cross Country Champion // 10,000 pb: 29:14.16 -22. 5000 pb: 13:53.64 -22. At WXC: 2019-65J. At EXC: 2019-11J, 2021-9u23. 1 English 'National' under-20 XC 2020. He is the younger of three brothers all of whom are athletes: Mahamed Mahamed (3 EJC 2016) and Abdi Mahamed (1 Hampshire 3000SC 2017). Coach-Ildris Hamud. Attends Southampton University  
In 2022: 1 Dundonald Northern Irish International XC; 2 British Universities XC; 20 Battersea Park 'Podium' 5K; 4 English 'National' XC; 2 UK Inter-Counties XC; 3 Cardiff Half Mar; 2 Battersea Park 'Comeback' 5000; 1 British Universities 5000 'B'; 23 UK 10,000; 8 Watford International BMC 5000; 15 UK 5000; 8 Dublin Morton Games 5000; 10 Cardiff Half Mar; 7 Cardiff XC; 2 Milton Keynes XC; 8 Liverpool XC
- 155 STONIER Matthew GBR 21y**  
1500m finalist at both the Commonwealth Games & European Championships  
1500 pb: 3:32.50 -22 -22. 800 pb: 1:46.91 -22. 7 COM 1500 2022; 5 ECH 1500 2022. At EXC: 2019-72J, 2021-23u23. 1 English Schools XC 2020; 1 British Universities 2022. Student of sports science and geography at Loughborough University. Originally from Sturry, near Canterbury. Coaches-Chris & Sonia McGeorge and Peter Mullervy  
In 2022: 11 Elgöbar XC; 7 Dundonald Northern Irish International XC; 1 British Universities; 1 London Emsley Carr Mile; 8 Birmingham Diamond 1500; 3 Bydgoszcz Szewińska 1500; 6 Sollentuna Folksam 1500; 6 UK 1500; 2 Stockholm Diamond 1500; 1 Stretford BMC Grand Prix 800 'B'; 7 COM 1500 (pb down from 3:35 to 3:32); 5 ECH 1500; 10 Lausanne 1500; 7 Fifth Avenue Mile; 6 Milton Keynes XC; 9 Liverpool XC
- 156 TARRAGANO Tomer GBR 21y**  
5000 pb: 14:16.47 -22. 1500 pb: 3:48.97 -22. 7 English Schools 3000 2019; 1 Sussex junior XC 2020. Student of Chemistry at the University of Birmingham. He can speak Mandarin. Coach-Dean Miller  
In 2022: 2 Sussex XC; 12 British Universities XC; 36 English 'National' XC; 2 Loughborough Open 1500; 15 British Universities 5000; 1 Birmingham University BMC Gold 3000; 6 Birmingham University BMC Grand Prix 1500 'C'; 1 Manchester BMC Grand Prix 1500
- 157 WIGFIELD Joe GBR 22y**  
1500 pb: 3:40.85 -20. 3000 pb: 8:17.95 -19. 800 pb: 1:52.83 -19. ht EJC 3000 2019. Coach-Craig Winrow  
In 2022: 5 Loughborough International 1500; 9 Manchester BMC Grand Prix 1500 'B'; 3 Watford International BMC 1500 'C'; 1 Bebington 1500; 1 Twickenham 10M; 10 Liverpool XC
- 159 ASSMANN Tim GER 22y**  
1500 pb: 3:40.95 -22. 800 pb: 1:48.31 -20. ht EJC 800 2019. 4 German indoor 800 2021 & 1500 2022  
In 2022: 4 German indoor 1500; 4 Pliezhausen 1000; 3 Karlsruhe 'Long Run Night' 1500 'B'; 3 Oordegem IFAM 1500; 5 Pfungstadt 1500; 7 German 1500; 2 German under-23 1500; 6 Pfungstadt 800; 2 Bochum-Wattenscheid 1500; 2 Hockenheim 10K; 3 German under-23 XC
- 161 BREM Benedikt GER 21y**  
5000 pb: 14:06.92 -21. 3000 pb: 8:08.18 -21. 1500 pb: 3:43.69 -22. ht EJC 3000 2019. 1 Bavarian 1500 2022  
In 2022: 1 Regensburg 1500 (2 3000); 10 Vienna 5000; 8 Karlsruhe 'Long Run Night' 'C'; 10 Regensburg Gala 3000; 20 German 5000; 1 Bavarian 1500; 2 Pfungstadt 1500; 12 Ninove Flanders Cup 5000; 5 German under-23 1500; 45 German 10K; 4 German under-23 XC
- 162 BREMM Florian GER 22y**  
5000 pb: 13:42.03 -22. 3000 pb: 8:09.40 -21. 1500 pb: 3:47.08 -21. ht EJC 3000SC 2019. At EXC: 2019-41J, 2021-59u23. 1 German junior 2000SC 2019; 1 German under-23 5000 & XC 2022  
In 2022: 3 German indoor 3000; 1 Oordegem IFAM 5000 'B'; 2 Regensburg Gala 1500; 13 German 5000; 4 Heusden Night of Athletics 5000 'B'; 1 German under-23 5000; 1 German Police 1500; 3 Munich 10K; 115 Valencia Half Mar; 1 German under-23 XC
- 167 GROSSKOPF Julian GER 22y**  
Half Mar pb: 66:18 -21. 10,000 pb: 29:50.14 -22. 5000 pb: 14:58.09 -21. He won the 2021 Europe Triathlon Challenge Middle Distance Championships (1900m swim, 86km cycle, 20.4km run)  
In 2022: 12 German 10,000; 12 German 10K; 5 German Half Mar; 5 German under-23 XC
- 175 SPECHT Paul GER 19y**  
5000 pb: 14:55.85 -20. 3000 pb: 8:18.42 -20. 1500 pb: 3:48.83 -22. At EXC: 19-65J. 1 German junior indoor 3000 2020  
In 2022: 6 Oordegem IFAM national 1500 'B'; 1 Ulm 1500; 2 German under-23 XC
- 185 LIGONIS Athanasios GRE 22y**  
5000 pb: 14:55.38 -21. 3000 pb: 8:33.61 -21  
In 2022: 7 Greek indoor 3000 (9 1500); 7 Greek 10,000; 5 Greek 1500; 1 Athens 1500; 3 Pátra 3000
- 187 PETROULAKIS Panayiótis GRE 20y**  
5000 pb: 14:35.76 -22. 3000 pb: 8:30.06 -21. 1500 pb: 3:48.42 -21. ht EJC 3000 2021. 1 Greek junior 1500 2021  
In 2022: 2 Greek indoor 3000 (3 1500); 4 Balkan indoor 1500; 1 Greek 10,000 'B'; 1 Eyio 1500; 1 Athens 800; 3 Greek 1500 (4 5000)
- 188 STAMOULIS Nikolaos GRE 20y**  
5000 pb: 14:26.10 -22. 1500 pb: 3:53.14 -21. 1 Balkan junior 5000 2021. 1 Greek junior 1500 2019; 1 Greek junior 5000 2020/2021  
In 2022: 1 Peloponnesus & Western Clubs 1500 (2 5000); 5 Greek 10,000; 1 Lefkáda 1500; 2 Eyio 5000; 3 Greek 5000 (4 1500); 12 Ninove Flanders Cup 1500 'E'; 2 Pátra 3000
- 194 BATTLE Jamie IRL 22y**  
Under-23 team gold at 2021 European Cross Country Championships // 5000 pb: 14:23.07 -21. 3000 pb: 8:16.48 -21. 14 EJC 5000 2019. At WXC: 2019-68J. At EXC: 2018-21J, 2019-28J, 2021-44u23  
In 2022: 8 Dundonald Northern Irish International XC; 7 Irish Universities indoor; 3 Irish Universities 5000; 22 Irish 5000; 13 Irish XC
- 200 GIDEY Efrém IRL 22y**  
2019 European junior cross country bronze // 10,000 pb: 27:59.22 -22. 5000 pb: 13:44.59 -22. 6 ECP 10,000 2022; 6 ECH 10,000 2022. At EXC: 2019-3J. 1 Irish junior 5000 2018; 1 Irish 5K 2022. Came to Ireland from Eritrea, via a refugee camp in Calais, in March 2017. Coach-Joe Cooper  
In 2022: 1 Dublin 5M; 3 Irish Indoor Games 3000; 10 Irish indoor 3000; 1 Dublin IMC 5000; 1 Irish 5K; 6 ECP 10,000; 1 Meath 10K; 3 Irish 5000; 5 Dublin Morton Games 5000; 1 Schifflange 5000; 6 ECH 10,000; 1 Groningen 4M; 4 Irish XC  
In November, he was named as the Irish Endurance Athlete of the Year by Athletics Ireland
- 207 KILREHILL Keelan IRL 22y**  
Under-23 team gold at 2021 European Cross Country Championships // 5000 pb: 14:09.51 -22. 1500 pb: 3:48.48 -22. At EXC: 2019-26J, 2021-6u23. Club-Moy Valley. Coach-Emmet Dunleavy  
In 2022: 1 Irish Universities indoor 3000; 6 Battersea Park 'Podium' 5K; 3 Irish indoor 3000; 2 Irish Universities 5000; 7 Belfast IMC; 24 Oordegem IFAM 5000 'B'; 6 Irish 5000; 17 Dublin Morton Games 5000; 11 Cork City Sports 3000; 5 Irish XC
- 211 McELHINNEY Darragh IRL 22y**  
2019 European junior 5000m bronze, 2021 European under-23 cross country silver (& team gold)  
5000 pb: 13:17.17 -22. 3000 pb: 7:42.86 -22. 1500 pb: 3:37.72 -22. 18 WJC 5000 2018; 3 EJC 5000 2019; 9 under-23 ECH 5000 2021; ht WIC 3000 2022; 16 ECH 5000 2022. At WXC: 2019-53J. At EXC: 2016-38J, 2017-39J, 2018-16J, 2019-12J. 1 Irish 5000 2020/2022 & indoor 3000 2022. Former soccer and gaelic football player. Club-University College Dublin. Coach-Emmet Dunleavy  
In 2022: 1 Irish indoor 3000; 9ht WIC 3000; 6 Karlsruhe 'Long Run Night'; 6 Oordegem IFAM 5000; 2 Copenhagen Games; 1 Irish 5000; 3 Dublin Morton Games; 1 Cork City Sports 3000; 1 Nembro 3000; 16 ECH 5000; 1 Irish XC



- 212 McEVOY Shay IRL** 21y  
5000 pb: 13:46.45 -19. 3000 pb: 8:22.78 -19. 14 EJC 3000 2019. At EXC: 2019-76J. Student of Political Science at the University of Tulsa  
In 2022: 7 Stanford Invitational 5000 'B'; 22 Oklahoma Cowboy Jamboree XC; 14 Wisconsin Invitational XC; 3 NCAA Midwest Regional XC; 23 NCAA XC
- 215 McSTAY Thomas IRL** 22y  
3000 pb: 8:43.25 -18. At EXC: 2019-24J. Club-Galway City H. Coach-Matt Lockett  
In 2022: 2 Templemore Irish League Premiership round 1 1500; 16 Irish XC
- 222 AYALE Derba ISR** 20y  
(aka Derebe Ayele)  
Junior team bronze at 2021 European Cross Country Championships  
10,000 pb: 29:42.25 -22. 5000 pb: 13:46.57 -22. 4 EJC 5000 2021. At EXC: 2019-39J, 2021-19J. 3 Israeli 5000 2022  
In 2022: 5 Tel Aviv 10,000 (Jan 4); 4 Tel Aviv 3000 (Feb 5); 3 Tel Aviv (Feb 22); 1 Tel Aviv 10K (Feb 25); 5 Kfar Saba 10K; 3 Tel Aviv 5000 (Mar 23); 2 Tel Aviv 1500 (Apr 12); 1 Birmingham University BMC Grand Prix 5000; 4 Karlsruhe 'Long Run Night' 5000; 3 Israeli 5000; 10 Heusden Night of Athletics 5000 'B'; 3 Ninove Flanders Cup 5000
- 223 CARMIN Jonathan ISR** 21y  
5000 pb: 14:01.07 -21. 1500 pb: 3:46.81 -21. 800 pb: 1:52.24 -22. At EXC: 2021-53u23. 2 Israeli 800/1500 2022. Student of Exercise Science at the University of New Mexico  
In 2022: 1 Tel Aviv 800 (Feb 15); 1 Tel Aviv 1500 (Feb 22); 7 Tel Aviv 5000 (Mar 23); 1 Tel Aviv 1500 (Apr 12); 9 Birmingham University BMC Grand Prix 5000; 4 Karlsruhe 'Long Run Night' 1500 'C'; 4 Oordegem IFAM national 1500 'B'; 2 Israeli AA Cup 800; 2 Israeli 800/1500; 6 Heusden Night of Athletics national 1500 'B'; 6 Pfungstadt 800; 10 Kortrijk 1500 'B'; 90 Wisconsin Invitational XC; 17 Mountain West Conference XC; 51 NCAA Mountain Regional XC
- 224 CHEKOLE Dereje ISR** 22y  
Junior team bronze at 2021 European Cross Country Championships // 10,000 pb: 28:25.55 -22. 5000 pb: 14:04.86 -21. 6 EJC 5000 2019. At EXC: 2019-6J, 2021-24u23  
In 2022: 5 Tel Aviv 15K; 5 Israeli 10,000; 31 ECP 10,000
- 227 GUADIA Adisu ISR** 20y  
Junior team bronze at 2021 European Cross Country Championships // 10,000 pb: 29:21.80 -21. 5000 pb: 13:51.11 -22. 1500 pb: 3:48.25 -22. 9 Youth Olympic combined 3000/XC 2018; 1 European Youth Olympic Festival 3000 2019; 11 EJC 3000 2021. 1 Balkan junior XC 2019. At EXC: 2019-35J, 2021-11J. 1 Israeli 1500 2022  
In 2022: 6 Tel Aviv 10,000 (Jan 4); 3 Tel Aviv 3000 (Feb 5); 2 Tel Aviv 1500 (Feb 22); 5 Tel Aviv 10K (Feb 25); 4 Tel Aviv 5000 (Mar 23); 3 Tel Aviv 1500 (Apr 12); 6 Birmingham University BMC Grand Prix 5000; 8 Karlsruhe 'Long Run Night' 5000; 22 Oordegem IFAM 5000; 1 Israeli AA Cup 3000; 1 Israeli 1500; 11 Heusden Night of Athletics 5000 'B'
- 228 HARARI Assaf ISR** 21y  
10,000 pb: 29:33.70 -22. 5000 pb: 13:59.68 -22. 1 Balkan junior 3000 2019; 12 EJC 5000 2019. At EXC: 2019-50J, 2021-30u23. Attends Syracuse University  
In 2022: 41 European Clubs Cup XC; 4 Tel Aviv 1500; 9 Israeli 10,000; 4 Tel Aviv 1500; 10 Lokeren 1500; 14 Oordegem IFAM 5000 'B'; 5 Oordegem Buyle 3000; 3 Israeli AA Cup 3000; 10 Heusden Night of Athletics 5000 'C'; 6 Penn State U Invitational XC; 34 Oklahoma Cowboy Jamboree XC; 92 Wisconsin Invitational XC; 46 Atlantic Coast Conference XC; 17 NCAA Northeast Regional XC; 123 NCAA XC
- 230 MUCHIE Zemenu ISR** 22y  
10,000 pb: 29:55.85 -22. 5000 pb: 14:37.34 -22. 3000SC pb: 8:53.58 -21. At EXC: 2019-63J, 2021-45u23. 1 Israeli 3000SC 2020/2022  
In 2022: 1 Tel Aviv 3000SC (May 2); 5 Tel Aviv 1500 (May 10); 18 Oordegem IFAM 3000SC 'B'; 1 Israeli AA Cup 3000SC; 1 Israeli 3000SC (5 5000); 1 Tel Aviv 3000 (Jul 11); 1 Maccabiah Games 5000; 7 Mediterranean under-23 3000SC
- 233 ALFIERI Luca ITA** 22y  
10,000 pb: 28:52.75 -22. 5000 pb: 14:05.69 -22. At EXC: 2017-19J, 2018-41J, 2019-19J, 2021-18u23  
In 2022: 10 San Giorgio Legnano XC; 13 San Vittore Olona XC; dnf Rovereto XC; 3 Italian XC; 3 Correggio 10,000; 13 Milan Walk & Middle Distance Night 5000; 7 Italian 10,000; 8 ECP 10,000 'B'; 3 Carate Brianza 3000; 1 Italian under-23 5000 (12 1500); 10 San Sebastián XC; 10 Turin La Mandria 'Test' XC
- 238 CAVAGNA Alain ITA** 21y  
10K pb: 29:04 -21. 5000 pb: 14:01.70 -21. 15 EJC 3000 2019; 2 under-23 ECH 5000 'B' 2021. At EXC: 2018-48J. 1 Italian junior 5000 2020  
In 2022: 23 European Clubs Cup XC; 8 Italian XC; 23 Milan Walk & Middle Distance Night 5000; 1 Morbegno 10K; 1 Nembro 1500; 7 Zogno 5000; dnf Carate Brianza 3000; 25 Italian 10K; 3 Levico Terme XC; 7 Turin La Mandria 'Test' XC
- 244 FONTANA GRANOTTO Marco ITA** 22y  
3000SC pb: 9:04.37 -20. 5000 pb: 14:43.50 -19. At EXC: 2019-38J, 2021-39u23  
In 2022: 29 San Giorgio Legnano XC; 16 Italian XC; 12 Correggio 10,000; 10 Italian 10,000; 2 Vittorio Veneto 3000SC; 3 Italian under-23 3000SC; 5 Italian 3000SC; 11 Trento 5000
- 245 GUERRA Francesco ITA** 21y  
10K pb: 28:56 -21. 5000 pb: 13:42.33 -22. 10,000 pb: 28:45.70 -22. 6 European Youth 3000 2018; 7 Youth Olympic 3000 2018, but he did not get a final overall placement as he dnf-ed in the XC race; 10 EJC 5000 2019; 1 under-23 ECH 5000 'B' 2021. At EXC: 2019-70J, 2021-29u23  
In 2022: 33 Italian XC; 5 Milan Walk & Middle Distance Night 5000; 3 Italian 10,000; dnf ECP 10,000 'B'; 8 Milan Mile; 7 Italian 5000; 5 Heusden Night of Athletics 5000 'B'; 4 Mediterranean under-23 5000; 5 Italian 10K; 6 Trento 10K; 3 Forlì 10K; 7 Biella Road Mile; 7 Pettinengo 9.6K; 11 Turin La Mandria 'Test' XC
- 247 MARTELLATO Riccardo ITA** 22y  
5000 pb: 14:20.47 -22. 2 Italian under-23 5000 2022  
In 2022: 43 Italian XC; 2 Milan Walk & Middle Distance Night 5000 'B'; 1 Padua 5000; 2 Italian Universities 5000; 5 Florence Challenge 5000; 2 Italian under-23 5000; 11 Italian 5000; 2 Trento 5000; 10 Italian 10K; 17 Turin La Mandria 'Test' XC
- 253 VECCHI Enrico ITA** 21y  
3000SC pb: 8:39.43 -22. 7 EJC 3000SC 2019; 2 Mediterranean under-23 3000SC 2022. At EXC: 2018-34J, 2019-51J. His father Angelo clocked 8:34.55 for 3000SC in 1987. Coach-Maurizio Affò  
In 2022: 26 San Vittore Olona XC; 32 Italian XC; 3 Brescia 2000; 7 Rodengo Saiano 3000; 3 Nembro 1500; 1 Italian Team Champs 3000SC; 1 Italian Universities 3000SC; 6 Zogno 1500; 5 Brescia 3000; 2 Italian under-23 3000SC; 4 Italian 3000SC; 1 Cernusco sul Naviglio 1500; 2 Mediterranean under-23 3000SC; 5 Levico Terme XC; 14 Turin La Mandria 'Test' XC
- 257 VALINCIUS Giedrius LTU** 22y  
10,000 pb: 29:26.57 -22. 5000 pb: 13:57.76 -22. 3000SC pb: 8:59.67 -21. 11 EJC 3000SC 2019. At EXC: 2017-80J, 2018-64J, 2019-54J, 2021-50u23. 1 Lithuanian 3000SC 2020/2021/2022 (1 5000 2022). Student of Kinesiology at California Baptist University (in Riverside, California)  
In 2022: 2 Riverside City College Invitational 3000; 3 Fullerton Brown Invitational 10,000; 3 Fresno West Coast Relays invitational 5000; 4 Azusa Clay Invitational; 7 Fresno 5000; 6 San Juan Capistrano 'Track Meet' 'C'; 2 Western Athletic Conference; 1 Marijampole 3000; 1 Lithuanian 5000/3000SC; 23 Falcon Heights Griak Invitational 'Gold' XC; 9 Weis-Crockett Invitational XC; 2 Western Conference XC; 14 NCAA West Regional XC
- 263 QUERINJEAN Ruben LUX** 20y  
Surprise 2021 European under-23 Cross Country bronze, he even led as the finish approached  
3000 pb: 7:53.60 -22. 1500 pb: 3:39.02 -22. 3000SC pb: 8:41.16 -22. ht under-23 ECH 1500 2021. At EXC: 2021-3u23. 1 Luxembourg 3000SC 2022  
In 2022: 3 Herentals 3000; 1 Ciney 800; 12 Karlsruhe 'Long Run Night' 1500; 6 Oordegem IFAM 1500 'B'; 8 Marseille International 3000SC; 1 Luxembourg 3000SC; 7 Liège 1500; 12 Heusden Night of Athletics 1500; 1 Pfungstadt 3000SC; 5 Schifflange; 4 Kessel-Lo 3000; 1 Aalst 800; 3 Mol XC; 2 Roeselare XC  
["I learned today that I have a torn muscle, which will be holding me out for a while," he reported on Instagram on December 6]
- 265 WEICHERDING Gil LUX** 21y  
3000SC pb: 8:56.15 -22. 5000 pb: 14:40.57 -22. At EXC: 2019-90J. 1 Luxembourg 3000SC 2021  
In 2022: 94 European Clubs Cup XC; 2 Luxembourg indoor 1500; 1 Luxembourg 3000SC; 13 Pliezhausen 2000SC; 2 Dudelange 1500; 1 Oordegem IFAM 3000SC 'C'; 1 Hillesheim 5000 'B'; 2 Luxembourg 3000SC; 2 Remich Half Mar; 1 Diekirch 800; 4 Darmstadt XC
- 266 VANDEVSKI Leonid MKD** 22y  
3000SC pb: 9:16.25 -22. ht under-23 ECH 3000SC 2021; 8 Mediterranean under-23 3000SC 2022  
In 2022: 1 North Macedonian Cup, 3000SC; 8 Balkan 3000SC; 1 Köngen 3000; 8 Mediterranean under-23 3000SC
- 267 BORG David MLT** 20y  
5000 pb: 15:05.11 -22. At EXC: 2021-88J  
In 2022: 2 Marsa Maltese Pre-Season #3 3000 race 1; 2 Marsa Maltese Challenge 2; 2 Marsa 5000 (Apr 30); 6 Maltese 10K; 1 Maltese Challenge #5 5000; 3 Maltese European Small States Games Trials 5000; 1 Maltese Challenge #6 3000; 2 Maltese 5000 (3 3000); 4 Marsa 5000 (Jul 16); 1 Eltham BMC Regional 5000; 5 Quiberon 10K
- 271 FOKKENROOD Jesse NED** 20y  
5000 pb: 13:58.99 -22. 1500 pb: 3:42.58 -22. 10 EJC 3000 2021. At EXC: 2021-52J  
In 2022: 2 Lokeren 1500; 4 Nijmegen 5000; 7 Hengelo FBK Games national 1500; 4 Leiden Golden Spike 1500; 9 Dutch 1500; 3 Heusden Night of Athletics 5000 'C'; 4 Kortrijk 1500 'B'; 7 Ninove Flanders Cup 1500 'B'; 7 Huizingen Flanders Cup 1500; 9 Kessel-Lo 3000; 9 Groningen 4M; 27 Mol XC; 13 Brasov 5K; 11 Tilburg XC
- 273 IJTSMA Job NED** 22y  
5000 pb: 14:30.19 -20. 1500 pb: 3:39.35 -22. 15 under-23 ECH 2021. At EXC: 2019-68J  
In 2022: 2 Dutch indoor 1500 (5 3000); 2 Utrecht 3000; dnf Oordegem IFAM 1500; 5 Troyes 1500; 2 Oslo Diamond national 1500; 4 Dutch 1500; 3 Heusden Night of Athletics 1500 'B'; 8 Ninove Flanders Cup 1500 'B'; 10 Kessel-Lo 3000; 5 Groningen 4M; 5 Tilburg XC
- 278 SCHIPPEREN Stan NED** 21y  
5000 pb: 14:14.92 -21. 1500 pb: 3:46.63 -21. At EXC: 2021-55u23  
In 2022: 8 Dutch indoor 3000; 6 Dutch 10K; 6 Nijmegen 5000; 14 Hengelo FBK Games national 1500; 5 Leiden Golden Spike 1500; 14 Dutch 5000; 10 Heusden Night of Athletics national 1500 'B'; 4 Utrecht 3000; 22 Amsterdam to Zaandam 10M; 4 Tilburg XC

- 281 VERBAANDERT Tim NED** 22y  
Double Dutch indoor middle-distance champion in 2022 // 5000 pb: 13:28.62 -22. 3000 pb: 7:47.42i -22, 8:09.97 -21. 1500 pb: 3:38.91 -22. 8 EJC 3000 2019; 12 under-23 ECH 5000 2021; ht WIC 3000 2022. At EXC: 2018-26J, 2019-43J. 1 Dutch indoor 1500/3000 2022  
In 2022: 1 Lyon Elite 3000; 3 Miramas 1500; 4 Dortmund PSD Bank 2M; 1 Dutch indoor 1500/3000; 8ht WIC 3000; 4 Oordegem IFAM 1500 'B'; 17 Manchester International 5000; 3 Dutch 1500; 6 Heusden Night of Athletics 5000; 5 Kortrijk 1500; 9 Ninove Flanders Cup 1500; 9 Pfungstadt 1500; 4 Gothenburg Folksam 3000; 7 Kessel-Lo 3000; 3 Düsseldorf Road Mile; 9 Korschbroich 5K; 12 Tilburg XC
- 290 MYHRE Magnus Tuv NOR** 22y  
Fourth at 2021 European under-23 Cross Country Championships // 10,000 pb: 28:02.18 -22. 5000 pb: 13:27.06 -22. 3000 pb: 7:48.07 -22. 18 ECP 10,000 2022. 1500 pb: 3:43.78 -21. 6 under-23 ECH 5000 2021; 7 ECH 10,000 2022. At EXC: 2019-40J, 2021-4u23. 1 Norwegian 5000 & XC 2022  
In 2022: 7 Monaco 5K; 2 Oslo 10,000; 1 Stockholm 5000; 18 ECP 10,000; 9 Jessheim 1500; 3 Bergen Games 3000; 12 Oslo Diamond 5000; 1 Norwegian 5000; 3 Jessheim 3000; 7 ECH 10,000; 3 Drammen 5K; 1 Jessheim 5K; 6 Hole 10K; 1 Norwegian XC
- 295 CZERONEK Mikolaj POL** 22y  
Twice Polish Steeplechase Champion // 3000SC pb: 8:47.71 -22. 5000 pb: 14:16.28 -22. At WXC: 2019-59J. At EXC: 2018-58J, 2019-32J, 2021-dnfu23. 1 Polish 3000SC 2021/2022  
In 2022: 7 Polish 10,000; 2 Poznań Okręgowy 1500; 3 Polish under-23 5000; 2 Olesnica 3000SC; 4 Chorzów Kusocinski 3000; 1 Polish 3000SC (4 5000); 5 Warsaw 1500; 11 Barcelona 3000SC; 2 Polish under-23 3000SC; 3 Győr under-23 International 3000SC; 5 Bydgoszcz XC; 2 Polish XC
- 296 GOS Mateusz POL** 20y  
5000 pb: 14:16.87 -22. 1500 pb: 3:51.57 -22. At EXC: 2021-38J  
In 2022: 5 Polish indoor 3000; 8 Polish 10,000; 4 Polish under-23 5000; 1 Warsaw 3000; 2 Gdansk 1500 'B'; 2 Polish 5000; 4 Warsaw National; 8 Polish under-23; 3 Polish XC
- 300 WIĄCEK Aleksander POL** 22y  
2017 World Youth steeplechase finalist // 10,000 pb: 29:45.82 -21. 5000 pb: 14:05.20 -21. 3000 pb: 8:01.03i -21, 8:09.05 -20. 1500 pb: 3:45.79 -21. 12 World Youth 2000SC 2017; 7 EJC 3000 2019; 7 ETCh 5000 2021. At EXC: 2019-dnf. 1 Polish 5000 2021  
In 2022: 4 Polish indoor 3000; 5 Polish 10,000; 2 Polish under-23 5000; 2 Gdansk 1500; 1 Chorzów Kusocinski 3000; 3 Polish 5000; 4 Polish under-23 1500; 2 Győr under-23 International 5000; 3 Polish 5K; 5 Polish XC
- 301 AMARAL Rúben POR** 21y  
Reigning Portuguese Champion indoors at 3000m & outdoors at 5000m  
5000 pb: 13:46.01 -22. 1500 pb: 3:39.52 -22. At EXC: 2019-44J, 2021-56u23. 1 Portuguese indoor 3000 2022. 1 Portuguese 5000 2022  
In 2022: 1 Portuguese indoor 3000; 2 Portuguese under-23 indoor 1500/3000; 1 Lisbon 3000; 1 Lisbon Pereira Memorial; 12 Castellón 5000; 1 Portuguese 5000; 3 Portuguese under-23 1500/5000; 3 Maia 1500; 2 Leiria Portuguese Clubs 3000/5000
- 302 AMARO Pedro POR** 20y  
His twin João Amaro is also an international distance runner // 10,000 pb: 29:43.18 -22. 5000 pb: 14:11.74 -22. At EXC: 2021-28J. 1 Portuguese junior 5000 2021  
In 2022: 11 Iberian Trophy 10,000 'B'; 2 Maia 5000; 7 Maia Ribeiro Gala 'B'; 4 Lisbon Pereira Memorial 5000; 5 Braga 5000; 3 Portuguese under-23 5000; 4 Viana do Castelo 5000; 9 Portuguese 10K; 35 Seville XC
- 303 BARROS Etsen POR** 21y  
European under-23, youth & junior medallist // 3000SC pb: 8:25.98 -22. 5000 pb: 14:34.93 -20. 1500 pb: 3:42.89 -21. 3 European Youth 2018; 13 Youth Olympic combined 2000SC/XC 2018; 3 EJC 3000SC 2019; 7 ETCh 3000SC 2021; 2 under-23 ECH 3000SC 2021; ht ECH 3000SC 2022. At EXC: 2019-4J, 2021-38u23. 1 Portuguese 3000SC 2021/2022  
In 2022: 2 Portuguese indoor 1500; 1 Iberian Trophy 2000SC; 5 Ibero-American 3000SC; 4 Huelva 3000SC; 7 Andújar 3000SC; 1 Braga 3000SC; 1 Portuguese 3000SC; 10 Mediterranean Games 3000SC; 1 Portuguese under-23 800/3000SC; 8 Maia 1500; 1 Leiria Portuguese Clubs 3000SC; 8ht ECH 3000SC; 30 Seville XC
- 307 MOREIRA Miguel POR** 22y  
1500 pb: 3:39.73 -22. 800 pb: 1:51.16 -22. 10 EJC 1500 2019. At EXC: 2019-21J, 2021-60u23. 2 Portuguese 1500 2022  
In 2022: 2 Portuguese Clubs indoor 800; 3 Portuguese indoor 1500; 1 Guimarães 800/1500; 2 Portuguese 1500; 2 Portuguese under-23 1500 (3 800); 1 Pontevedra 1500; 4 Maia 1500
- 316 BOTOLIN Vid SLO** 20y  
Multiple Slovenian and Slovenian Junior Champion, indoors & out // 5000 pb: 13:41.61 -22. 3000 pb: 7:56.46 -22. 1500 pb: 3:43.66 -22. 6 EJC 3000 2021; 13 WJC 3000 2021; 1 Balkan indoor 3000 2022. At EXC: 221-47J. 1 Slovenian indoor 3000 2019/2021/2022; 1 Slovenian indoor 1500 2021/2022; 1 Slovenian 3000 2021/2022 (1 1500 2021)  
In 2022: 1 Slovenian indoor 1500/3000; 1 Balkan indoor 3000; 1 Slovenian XC; 3 Rijeka; 2 Vienna; 4 Karlsruhe 'Long Run Night' 'B'; 4 Lahti 3000; 17 Oordegem IFAM 5000; 1 Celje 1500/3000; 1 Slovenian 3000; 7 Heusden Night of Athletics 5000 'B'; 6 Kortrijk 'B'; 4 Jyväskylä Grand Prix 3000; dnf Schifflange 5000; 2 Karlovac 2000; 13 Zagreb 3000
- 323 LADERMANN Leo SUI** 20y  
5000 pb: 14:30.94 -22  
In 2022: 6 Swiss indoor 3000; 5 Karlsruhe 'Long Run Night'; 20 Oordegem IFAM national 5000; 9 Swiss 5000; 9 Lucerne 1500; 2 Geneva 1500
- 328 STANIK Michal SVK** 20y  
5000 pb: 14:59.63 -11. At EXC: 2021-59J. 1 Slovak junior 5000 2021  
In 2022: 6 Slovak indoor 3000; 5 Banská Bystrica 3000; 6 Samorín PTS national 1500; 4 Slovak 5000; 2 Trnava 3000; 3 Slovak XC
- 333 PHLSTROM Samuel SWE** 21y  
2022 Swedish Champion at 1500m // 3000 pb: 7:59.02 -21. 1500 pb: 3:37.23 -22. 800 pb: 1:49.32 -22. ht EIC 1500 2021; 14 under-23 ECH 1500 2021; ht ECH 1500 2022. 1 Swedish 1500 2022. His first sport was orienteering, in which he was a European Champion as an under-18 and a World under-20 silver medallist. Coach-Ulf Friberg  
In 2022: 81 Valencia 10K; 4 Swedish indoor 1500; 5 Dessau 1500; 8 Jessheim 1500; 9 Sollentuna Folksam 1500; 1 Kuortane Games 1500; 5 Stockholm Diamond 1500; 5 Karlstad 800; 8 Söderhamn 1500; 1 Swedish 1500; 8ht ECH 1500; 3 Lappeenranta 1500; 2 Loughborough BMC 1500; 4 FIN v SWE 1500; 5 Swedish short course XC
- 335 BAŞTUG Ramazan TUR** 22y  
Half Mar pb: 66:46 -21. 10,000 pb: 28:58.90 -22. 5000 pb: 13:53.76 -22. 16 under-23 ECH 10,000 2021; 2 Mediterranean under-23 5000 2022. At EXC: 2017-45J, 2018-13J, 2021-41u23. 1 Turkish 10,000 2021  
In 2022: 2 Mersin 10,000; 1 Turkish Universities 5000; 5 ECP 10,000 'B'; 1 Turkish Super League #1 3000; 1 Heusden Night of Athletics 5000 'C'; 2 Bursa 3000; 2 Mediterranean under-23 5000 (7 1500);
- 342 ATAMANIUK Andrii UKR** 20y  
5000 pb: 14:03.41 -22. 1500 pb: 3:48.81 -22. 8 EJC 3000 2021. At EXC: 2021-5J. 1 Ukrainian junior 5000 2020  
In 2022: 1 Sofia 3000; 5 Balkan 5000; 3 Ukrainian 5000; 1 Ukrainian Team Champs 3000 (4 1500)
- 343 KRAKOVETSKYY Andriy UKR** 22y  
Fourth in 2019 European Junior 5000m // 5000 pb: 14:43.72 -19. 3000 pb: 8:18.48 -19. 1500 pb: 3:44.91 -19. 4 EJC 5000 2019. At EXC: 2018-33J, 2019-66J  
In 2022: 10 Ukrainian Clubs indoor 3000; 1 Kraków 800; 1 Ukrainian Cup; 5 Ukrainian 1500 (9 800)
- 344 KUNIN Iliya UKR** 20y  
5000 pb: 14:11.91 -22. 1500 pb: 3:48.03 -22. ht EJC 1500 2021. 1 Ukrainian 5000 2022; 1 Bulgarian 1500 2022  
In 2022: 2 Sofia 3000; 1 Bulgarian 1500; 7 Balkan 5000; 1 Ukrainian 5000 (7 1500)
- 345 SABUNYAK Vasyl UKR** 22y  
3000SC pb: 9:02.15 -21. At WXC: 2019-89J. At EXC: 2019-79J  
In 2022: 3 Ukrainian 3000SC; 2 Ukrainian Team Champs 3000SC



## Men's Race

13:10

85 Entrants

28+ART Countries

Six to run, three to score

9672m – Start + 1 short lap + 6 long laps + Finish

(10m+970m+1440m+1440m+1440m+1440m+1440m+1346m+46m)

Age

- 10 KELLEZI Ilir ALB** **34y**  
Mountain running international // Marathon pb: 2:35:11 -17. 10,000 pb: 33:29.09 -13. 20 WSG Half Mar 2011; 73 World Half Mar 2012 (2014-107, 2018-150); 6 Mediterranean Games 10,000 2013; 47 European Mountain Running Champs 2014 (2013-57, 2011-66, 2017-64, 2018-61, 2019-69); 78 World Mountain Running Champs 2016 (2018-82). 1 Albanian 10,000 2015/2018. At EXC: 2008-80u23, 2010-96u23, 2012-79, 2014-68, 2015-72, 2016-73, 2017-76, 2018-84, 2019-80  
Marathon (1): 3 Thessaloniki 2017  
In 2022: 7 Balkan Half Mar; 49 European 'Up & Down' Mountain Running Champs
- 11 CARABANA Nahuel AND** **23y**  
2021 European under-23 Steeplechase bronze // 3000SC pb: 8:32.03 -22. 10,000 pb: 29:30.91 -22. 5000 pb: 14:23.25 -21. 1500 pb: 3:48.74i, 3:51.89 -22. ht WJC 3000SC 2018; 3 under-23 ECH 3000SC 2021 (2019-15). At EXC: 2017-43J, 2018-52J, 2019-46u23, 2021-68u23  
In 2022: 11 Spanish indoor 3000; 17 Serradilla XC; 4 Iberian Trophy 10,000 'B'; 1 Barcelona Spanish Club Champs 'Joma' League 3000SC; 2 Ibero-American 3000SC; 8 Huelva 3000SC; 15 Spanish 3000SC; 12 Mediterranean Games 1500; 6 Barcelona 3000SC; 16ht ECH 3000SC (he sportingly stopped to assist the injured Axel Vang Christensen DEN); 21 Soria XC; 50 Atapuerca XC
- 14 EISA MOHAMMED Jamal Abdelmaji ART** **29y**  
10,000 pb: 28:09.80 -22. 5000 pb: 14:02.79 -22. At WXC: 2019-84. ht WCH 5000 2019; ht OLY 5000 2021; ht WCH 5000 2022. At EXC: 2021-31. A native of Darfur (western Sudan), when he was 10 his father was killed by militia. Now living in Israel  
In 2022: 1 Tel Aviv 10,000 (Jan 4); 6 Tel Aviv 3000 (Feb 5); 2 Tel Aviv 10K; 1 Kfar Saba 10K; 3 (guest) Israeli 10,000; 13 UK 10,000; 27 ECP 10,000; 4 Israeli 5000; 20ht WCH 5000; dnf ECH 10,000
- 15 FELFELE Tesfay ART** **36y**  
Full name-Tesfay Felfele Yohannes  
Affiliated to Eritrea until December 9, 2021; thereafter approved by World Athletics to compete for the Athlete Refugee Team  
Marathon pb: 2:13:51 -19. Half Mar pb: 63:46 -21. 10K pb: 29:10 -11. At EXC: 2006-69 short (for Eritrea); 2 World Mountain Running Champs 2007 (for Eritrea), staged in Switzerland where he sought asylum. 1 Matterhornlauf 2011 (14.35K, climbing 975m)  
Marathon (1): 23 Berlin 2019  
In 2022: 2 Annecy Half Mar; 3 Lausanne 10K; 7 Málaga Half Mar; 3 Lausanne 10K
- 16 GABRIYESOS Tachlowini ART** **24y**  
He was the Refugee Olympic Team's flagbearer at the opening ceremony in Tokyo 2021 (along with swimmer Yusra Mardini)  
Marathon pb: 2:10:09 -22. Half Mar pb: 62:21 -20. 10,000 pb: 28:47.67 -20. 5000 pb: 14:15.05 -19. ht WCH 5000 2019. At EXC: 2021-49. Eritrean origin (formerly known as Takhluiini Malaka). Based-Israel  
Marathons (5): 1 Tiberias 2020, 6 Hula Valley 2021, 16 OLY 21, 21 Seville 2022, dnf ECH 2022  
In 2022: 21 Seville Marathon; 8 (guest) Israeli 10,000; 20 ECP 10,000 'B'
- 17 GHAFARI Seyed ART** **27y**  
Full name-Seyed Taha Ghafari // 10,000 pb: 30:08.95 -21. 5K pb: 14:18 -21. 5000 pb: 14:34.97 -21. Irani origin  
In 2022: 23 ECP 10,000 'B'; 9 Glasgow Pollak 10K; 5 'Great' Scottish 10K
- 18 IDBAFDIL Fouad ART** **34y**  
Moroccan origin, based in France // Half Mar pb: 66:35 -20. 10K pb: 29:43 -21. 3000SC pb: 8:38.45 -21. ht WCH 3000SC 2019. 108 World Half Mar 2020. 6 French 3000SC 2020. At EXC: 2021-61  
In 2022: 4 Sagunto 3000SC; 2 Romilly sur Seine 1500; 6 Décines-Charpieu 3000SC
- 24 VOJTA Andreas AUT** **33y**  
Twice European finalist at 1500m  
36x Austrian Champion as he has gradually moved up in distances  
Marathon pb: 2:23:21 -22. Half Mar pb: 63:18 -22. 10,000 pb: 28:06.88 -22. 5000 pb: 13:24.03 -20. 1500 pb: 3:36.11 -14. 800 pb: 1:46.59 -13. 11 ECH 1500 2010/2012 (2014/2016-ht); 4 under-23 ECH 1500 2011; ht WCH 1500 2011/2013; ht OLY 1500 2012; ht EIC 1500 2013; 3 WSG 800 2013; ht WIC 1500 2014; 11 WSG 1500 2015; 10 EIC 3000 2017 (2015/2021-ht); 19 ECH 5000 2018; 1 Balkan indoor 3000 2020/22 ECH 10,000 2022. At EXC: 2009 -57u23, 2010-46u23, 2011-35u23, 2012-60, 2013-58, 2014-45, 2015-49, 2016-48, 2017-32, 2018-66, 2019-38, 2021-29. 1.89 tall  
Marathon (1): 19 Vienna 2022  
In 2022: 9 Berlin Invitational 10K; 13 Prague Half Mar; 19 Vienna Marathon; 1 Austrian 5000; 13 ECP 10,000; 2 Vienna 1500; 5 Heusden Night of Athletics 5000; 22 ECH 10,000; 5 Brussels One Hour; 2 Munich Half Mar; 2 Linz Half Mar; 10 Tilburg XC  
[These are his 13th European Cross Country Championships, so he's this year's longest runner]
- 29 HENDRIX Robin BEL** **27y**  
2019 World Student Games bronze at 5000m // 10,000 pb: 28:01.65 -22. 5000 pb: 13:19.50 -19. 1500 pb: 3:39.11 -18. 15 ECH 5000 2018; 3 WSG 5000 2019; ht WCH 5000 2019; 12 EIC 3000 2021 (2019-ht); ht OLY 5000 2021. At EXC: 2007-9u23, 2018-15, 2019-4 Relay. 1 Belgian indoor 3000 2020  
In 2022: 2 Pacé 10,000; 2 Lier 1500; 9 Montreuil International 5000; 13 Castellón 5000; 3 Eagle Rock Sunset Tour 5000; 1 Kessel-Lo 3000; 15 Brussels Diamond 5000; 3 Trier 3000; 5 Roeselare XC
- 30 HEYMANS John BEL** **24y**  
3000 pb: 7:51.71i -21, 7:57.25 -20. 5000 pb: 13:42.84 -20. At EXC: 2017-24J, 2019-24u23. 1 Belgian indoor 3000 2021  
In 2022: 45 European Clubs Cup XC; 6 Brussels XC; 4 Roeselare XC
- 32 KIMELI Isaac BEL** **28y**  
Full name-Isaac Kipruto Kimeli (Kenyan origin)  
2018 European Cross Country silver, 2021 European indoor 3000m silver (both times behind members of the Ingebrigtsen family)  
10,000 pb: 27:22.70 -21. 5000 pb: 13:04.72i -22. 3000 pb: 7:47.48 -20. 1500 pb: 3:36.51 -18. 800 pb: 1:46.93 -16. 2 under-23 ECH 5000 2015; 9 ECH 1500 2016 (2014/2018-ht); 14 WCH 5000 2019 (sf 1500); 2 EIC 3000 2021; 18 OLY 10,000 2021 (ht 5000); 10 WCH 10,000 2022; 11 ECH 5000 2022. At WXC: 2013-30J, 2017-dnf. At EXC: 2012-6J, 2013-2J, 2014-20u23, 2015 -38u23, 2016-1u23, 2018-2, 2019-7, 2021-9. 1 Belgian 1500 2014 & indoor 3000 2022. Disqualified from fifth place in the 2018 European 5000m final after cutting in too early from the outer echelon at the start. Moved from Kenya to Belgium in 2009, joining his mother. Coach-Tim Moriau  
In 2022: 1 Belgian indoor 3000; dns WIC 3000 final (suffered hamstring tear in heat); 2 Montreuil International 5000; 1 Hillesheim 5000; 12 Paris Diamond 5000; 10 WCH 10,000 (first European, one place ahead of Jimmy Gressier); 11 ECH 5000 (dnf 10,000); 3 Bulle 8.131K; 1 Roeselare XC
- 35 SOMERS Michael BEL** **27y**  
Fifth at 2021 European Cross Country Championships // 10,000 pb: 27:53.50 -22. 5000 pb: 13:29.03 -22. 3000 pb: 7:48.72i, 7:56.66 -22. 1500 pb: 3:39.36 -21. 9 WSG 5000 2019; dq ht EIC 1500 2021 (lane); 13 WIC 3000 2022; 21 ECH 10,000 2022 (23 5000). At EXC: 2016-35u23, 2017-11u23, 2018-22, 2019-23, 2021-5. 1 Belgian 5000 2019  
In 2022: 2 Belgian indoor 3000; 1 Brussels XC; 13 WIC 3000; 1 Antwerp 10M; 3 Lier 3000; 11 Oordegem IFAM 1500 'B'; 8 Manchester International 5000; 3 Dutch 10,000; 2 Belgian 5000; 9 Heusden Night of Athletics 5000; 6 Kessel-Lo 3000; 21 ECH 10,000 (23 5000); 2 Mol XC; 3 Roeselare XC
- 48 KOVAR Jáchym CZE** **26y**  
Curiously won the Czech steeplechase titles in 2018 & 2019 in exactly the same time [9:01.97] but better known as a mountain runner  
3000SC pb: 8:40.40 -21. 5000 pb: 14:42.49 -17. 23 European Mountain Running Champs 2018 (2017-55); 9 ETCh 3000SC 2019; 10 World Mountain Running Champs 2019 (2016-82). At EXC: 2014-90J, 2018-68u23. 1 Czech 3000SC 2018/2019  
In 2022: 2 Ostrava Czech 'Extraliga' 3000SC; 7 Prague Odložil; 1 Plzen 3000SC; 5 Czech; 19 European Uphill Mountain Running Champs; 15 European 'Up & Down' Mountain Running Champs; 19 World Mountain Running Champs / Uphill; 10 World Mountain Running Champs 'Up + Down'; 1 Czech Clubs 3000SC; 29 World Military XC; 1 Czech XC
- 55 DAHL-JESSEN Mikkel DEN** **27y**  
1500 pb: 3:41.32 -19. 3000 pb: 7:55.12i -21. 7:58.43 -20. 5000 pb: 13:40.78 -21. 8 WSG 1500 2019; ht EIC 3000 2021. At WXC: 2017-102, 2019-103. At EXC: 2011-54J, 2012-27J, 2013-101J, 2016-44u23, 2017-74, 2018-72, 2021 -70. 1 Danish 5000 2019, indoor 3000 2020/2022, XC 2020. Club-Aarhus Gymnastik Forening Atletik  
In 2022: 12 European Clubs Cup XC; 1 Danish indoor 3000; 16 Danish 10K; dnf London Parliament Hill 10,000 'B'; 1 Aarhus 3000; 25 Oordegem IFAM 5000; dnf Viby 1500; 15 Bergen Games 3000; dnf Copenhagen Games 1500; 3 Danish 5000; 168 Copenhagen Half Mar; 2 Danish XC
- 56 GERTSEN Jonas DEN** **23y**  
5000 pb: 13:51.37 21. 3000 pb: 8:43.20 -18. 1500 pb: 4:00.91 -17. At EXC: 2017-61J, 2018-22u23. Attends University of Portland  
In 2022: 147 Wisconsin Invitational XC; 44 NCAA West Regional XC; 16 Boston University 5000
- 65 ALAIZ Roberto ESP** **32y**  
Full name-Roberto Alaiz Villacorta  
Fifth at 2014 European Championship 5000m  
10,000 b: 28:04.01 -22. 5000 pb: 13:35.11 -22. 3000SC pb: 8:19.85 -15. 12 EJC 2009; 5 under-23 ECH 5000 2011; 7 EIC 3000 2013; ht WCH 3000SC 2013/2015; 5 ECH 5000 2014; 2 ETCh 5000 2015; 8 ECP 10,000 2022; 14 ECH 10,000 2022. At EXC: 2011-21u23, 2012-17u23, 2014-15, 2015-7. Coach-José Enrique Villacorta  
In 2022: 8 Spanish XC; 7 San Sebastián 10K; 8 Jaén 10K; 3 Iberian Trophy 10,000; 8 ECP 10,000; 10 Castellón 5000; 5 Spanish 5000; 6 Dublin Morton Games 5000; 14 ECH 10,000; 9 Amorebieta XC; 13 Atapuerca XC; 4 San Sebastián XC; 10 Seville XC
- 73 HASSAOUS Nassim ESP** **28y**  
Full name-Nassim Hassaous Garcia // 10,000 pb: 28:46.72 -19. 5000 pb: 13:42.18 -18. 3000 pb: 7:45.90 -20. 1500 pb: 3:36.95 -20. 6 Ibero-American 3000 2018. At EXC: 2015-7u23, 2019-dnf, 2022-7. Born-Las Palmas. Coach-Uriel Reguero  
In 2022: 6 Elgóibar XC; 2 Spanish XC; 2 Villafranca 3000; 16 Manchester International 5000; 2 La Nucia Spanish Club Champs 'Joma' League 3000; 13 Spanish 5000; 2 Spanish Autonomous 5000; 4 Barcelona 1500; 5 Maia 1500; 4 Amorebieta XC; 8 Atapuerca XC; 7 Soria XC; 7 Seville XC

- 74 KATIR Mohamed ESP 24y**  
Full name-Mohamed Katir El Haouzi, familiar name 'Mo'  
2022 World 1500m bronze, then European 5000m silver. Enormous margins of improvement in 2021 to set Spanish records at 1500m, 3000m & 5000m (which were all tough records to begin with)  
5000 pb: 12:50.79 -21. 3000 pb: 7:27.64 -21. 1500 pb: 3:28.76 -21. 4 EIC 3000 2021; 8 OLY 5000 2021; 3 WCH 1500 2022; 2 ECH 5000 2022. 1 Spanish indoor 3000 2019 (2021-2). Born-Morocco (mother-Egyptian, father-Moroccan), has lived in Spain since the age of five, obtained Spanish nationality in November 2019. Former footballer and boxer. Coach-Gabriel Lorente  
In 2022: 5 Jaén 10K; 1 Málaga 5K; 2 Birmingham Diamond 1500; 7 Rabat Diamond 1500; dnf Oslo Diamond Mile; 1 Spanish 5000 (2 1500); 3 WCH 1500; 2 ECH 5000; 1 Guadalajara Road Mile; 36 Atapuerca XC; 6 Seville XC
- 81 MAYO Carlos ESP 27y**  
Full name-Carlos Mayo Nieto  
Thirteenth over 10,000m at both Tokyo 2021 & Eugene 2022 (3rd European both times)  
Half Mar pb: 60:06 -20. 10,000 pb: 27:25.00 -21. 5000 pb: 13:18.15 -21. 10 WJC 10,000 2014 (14 5000); 3 under-23 ECH 5000 2015/2017; 13 ECH 5000 2016; 8 EIC 3000 2017; 1 under-23 ECH 10,000 2017; 3 ETCh 5000 2021; 13 OLY 10,000 2021; 2 ECP 10,000 2022 (2021-3); 13 WCH 10,000 2022. At EXC: 2013-35J, 2014-2J, 2015-2u23, 2016-2u23, 2019-13, 2021 -11. 1 Spanish 5000 2021. Born-Madrid, coach-Juan Carlos Galán  
He has reported how neighbours screamed in anger at him during the 2020 Covid lock down when he – as an elite athlete – was first allowed outdoors to train that year  
In 2022: 8 Valencia 10K; 3 Ibiza 10K; 4 San Sebastián 10K; 5 Laredo 10K; 1 Zaragoza 10K; 1 Iberian Trophy 10,000; 13 Herzogenaurach 10K; 1 Ibero-American 5000; 2 ECP 10,000; 4 Spanish 5000; 13 WCH 10,000; 11 Atapuerca XC
- 88 OUKHELLEN Abdessamad ESP 23y**  
Full name-Abdessamad Oukhelfen Ben Haddou  
2019 European under-23 5000m bronze, 2019 European under-23 XC bronze  
10,000 pb: 28:30.03 -19. 5000 pb: 13:17.95 -20. 1500 pb: 3:40.45 -22. 3 under-23 ECH 5000 2019 (5 10,000); 12 ECH 5000 2022. At EXC: 2019-3J, 2021-12. 1 Spanish 5000 2020. Born-Morocco, his family moved to Spain in 2005, gained Spanish citizenship on March 7, 2019. He is the sixth of seven children, older brother-Abdenasser Oukhelfen (7:59.75i 3000m in 2021). Coach-Maria Carbó  
In 2022: 8 Eugene Diamond 5000; 1 Catalanian 1500; 3 Castellón 5000; 8 Paris Diamond 5000; 3 Spanish 5000; 3 Barcelona 1500; 12 ECH 5000; 5 Atapuerca XC; 5 San Sebastián XC
- 89 PANIAGUA Sergio ESP 27y**  
Full name-Sergio Paniagua Escolar // 3000 pb: 7:55.81 -22. 1500 pb: 3:38.63 -21. 800 pb: 1:47.96 -17. ht EIC 1500 2017; 11 under-23 ECH 1500 2017. At EXC: 2017-17u23. Coach-Francisco Javier Garcia  
In 2022: 19 Spanish XC; 6 Miramas 1500; 10 Sabadell Catalanian International 1500; 4 Spanish indoor 1500; 2 Jaén 10K; 1 Córdoba Spanish Clubs 3000; 3 Ibiza 3000; 2 Villafranca 1500; 5 Ibero-American 1500; 1 Andújar 1500; 1 Madrid Spanish Club Champs 'Joma' League 3000; 3 Cáceres 800; 9 Barcelona 1500; 14 Atapuerca XC; 8 Seville XC; 2 Alcobendas XC
- 95 HUSSAR Karel EST 27y**  
10,000 pb: 29:45.57 -21. 5000 pb: 14:54.80 -18. 1500 pb: 3:59.30 -18. At EXC: 2018-81, 2019-71, 2021-77. 2 Estonian indoor 3000 2019 & 1500 2021  
In 2022: 5 Albufeira XC; 19 Prague Half Mar; 3 Estonian short course XC; 2 Kohila 2000; 2 Rapla 10K; 6 Tallinn 1000; 3 Rakvere 1500; 3 Estonian 5000; 1 Viljandi 3000; 2 Tallinn 10K; 3 Baltic Teams XC
- 97 KIVISTIK Kaur EST 31y**  
Estonian steeplechase record holder & 6x champion // Marathon pb: 2:16:38 -22. 3000SC pb: 8:28.55 -19. 10,000 pb: 29:38.91 -21. 5000 pb: 13:57.53 -19 (14:48.16 -22). 1500 pb: 3:43.83 -14. 5 under-23 ECH 3000SC 2013; 2 WSG 3000SC 2015; ht WCH 3000SC 2015/2019; 6 ECH 3000SC 2016 (2012-15, 2018-9); ht OLY 3000SC 2016. At EXC: 2009-78J, 2010-36J, 2012-69u23, 2013-19u23, 2018-58. 1 Estonian 3000SC 2017/2018/2019/2020/2021/2022 & 5000 2022  
Marathons (2): 63 Seville 2022, 32 ECH 2022  
In 2022: 63 Seville Marathon; 2 Estonian Half Mar; 1 Estonian 5000/3000SC; 4 Tallinn 10K; 1 Estonian XC; 2 Baltic Teams XC
- 98 LATSEPOV Leonid EST 24y**  
Marathon pb: 2:18:50 -22. 10,000 pb: 29:42.22 -21. 5000 pb: 14:17.15 -21. At EXC: 2017-83J, 2019-86u23, 2021-64. 1 Estonian indoor 3000 2022; 1 Estonian 10,000 2022  
Marathon (1): 3 Tallinn 2022  
In 2022: 15 Berlin Invitational 10K; 29 Berlin Half Mar; 3 Tallinn 10,000; 4 Estonian short course XC; 15 ECP 10,000 'B'; 4 Estonian Half Mar; 2 Estonian 5000; 14 Ninove Flanders Cup 5000; 1 Baltic Team Champs 5000; 1 Estonian 10,000; 3 Tallinn Marathon; 6 Berlin 10K; 1 Baltic Team Champs XC; 2 Estonian XC
- 106 AMDOUNI Morhad FRA 34y**  
2018 European 10,000m Champion. He is also known for the moment in the 2021 Olympic Marathon when he knocked over a row of drinks on one of the refreshment tables. He later apologised and claimed it had not been intentional  
Marathon pb: 2:05:22 -22. 10,000 pb: 27:23.39 -21. 5000 pb: 13:11.18i -17, 13:14.19 -09. 3000 pb: 7:37.50 -09. 1500 pb: 3:34.05 -15. ht WJC 1500 2006; 1 EJC 5000 2007; dnf ETCh 3000 2009; ht WCH 5000 2009; 1 ETCh 5000 2015; sf WCH 1500 2015; 5 ECH 5000 2016 (13 1500); 1 ECH 10,000 2018 (3 5000); 1 ECP 10,000 2021; 10 OLY 10,000 2021. 1 French 1500 2015 & 5000 2016. At WXC: 2007-38J, 2009-62. At EXC: 2006-12J, 2007-1J, 2008-8u23, 2010-5, 2015-9, 2016-17. Born-Porto-Vecchio (Corsica) to Tunisian parents. Coach-Abderrazak Zbairi  
Marathons (3): 8 Paris 2019, 17 OLY 2021, 3 Paris 2022  
In 2022: 1 French XC; 3 Paris Marathon (French record 2:05:22); 1 Montereau Fault Yonne 3000; 8 Langueux 10K; 2 Roissy-en-Brie 10K; 10 Paris 20K; 4 Allonnes XC
- 107 AUGUSTO Bastien FRA 23y**  
1500 pb: 3:38.33 -21. 10K pb: 28:15 -22. 10,000 pb: 29:26.87 -21. 5K pb: 13:38 -21. 5000 pb: 14:06.85 -20. 16 under-23 ECH 1500 2021. At EXC: 2021-34u23. 1 French indoor 1500 2021 & 3000 2022  
In 2022: 1 French indoor 3000; 1 Vierzon 5K; 2 French XC; 2 French 10K; 9 Lille 10K; 8 World Military XC; 2 Allonnes XC
- 114 CHRISTIEN Donovan FRA 24y**  
10K pb: 29:19-19. 5000 pb: 13:35.99 -22  
In 2022: 1 Landerneau 10K; 2 Pessac 5000; 1 Saint-Renan 1500; 13 Oordegem IFAM 5000; 8 Carquefou 5000; 10 French 5000; 3 French 5K; 8 Allonnes XC
- 117 GONDOUIN Valentin FRA 23y**  
2021 European under-23 10,000m bronze // 10,000 pb: 28:27.68 -22. 5000 pb: 13:40.06 -22. 1500 pb: 3:43.97 -21. 3 under-23 ECH 10,000 2021 (8 5000)  
In 2022: 8 French indoor 3000; 4 French short course XC; 7 Lille 10K; 7 Pacé 10,000; 1 Le Plessis Robinson 1500; 19 Oordegem IFAM 5000; 2 Montreuil; 9 Carquefou 5000; 5 French 5000; 11 Sotteville 1500; 6 Saint-Maur 1500; 1 Montfort sur Meu 3000; 2 Ninove Flanders Cup 5000; 7 Allonnes XC
- 121 MEKDAFOU Youssef FRA 30y**  
10,000 pb: 29:23.79 -15. 5000 pb: 13:50.85 -22. At EXC: 2013-25u23, 2014 -11u23. 2 French 10,000 2015. Born-Morocco, moved to France at age 6, gained French nationality in 2012  
In 2022: 7 French short course XC; 1 Aubergenville 10K; 5 French 10K; 2 Saint-Maur 1500; 2 Pontoise 1500; 15 Carquefou 5000; 4 French 5K; 1 Joinville 5K; 2 Rouen 10K; 4 Montereau 10K
- 124 SCHRUB Yann FRA 26y**  
2022 European 10,000m bronze // Half Mar pb: 63:38 -20. 10,000 pb: 27:47.13 -22. 5000 pb: 13:37.22 -21. 3000 pb: 7:49.27i -21. 1500 pb: 3:46.46 -19. ht World Youth 3000 2013; 2 WSG 5000 2019; 2 ETCh 3000 2019; 4 ECP 10,000 2022 (2021-5, when he outkicked Mo Farah among others); 3 ECH 10,000 2022. At EXC: 2018-18u23, 2019-18, 2021-6. 1 French XC 2021. He was training to be a Doctor at Faculty of Medicine of Nancy – but decided to pause his studies, for two years, to concentrate on Paris 2024  
One of his coaches Anthony Notebaert said in November 2022: "he will no longer have the excuse of saying that his studies and his overloaded schedule prevented him to prepare well ... he will be a normal professional athlete, like the others."  
In 2022: 9 Metz Moselle 3000; 1 Nancy Half Mar; 4 Montgeron 5000; 1 Sarreguemines; 4 ECP 10,000; dnf Dutch 10,000; 3 ECH 10,000; 1 Sarreguemines 5K (1 Oct) & 10K (16 Oct); 1 Paris 20K; 5 Allonnes XC; 1 Nancy 10K
- 133 CAIRESS Emile GBR 24y**  
2019 European under-23 10,000m bronze // Half Mar pb: 60:32 -22.10,000 pb: 27:34.08 -22. 5000 pb: 13:26.40 -22. 3000 pb: 7:44.74 -22. 3 under-23 ECH 10,000 2019; 10 ECP 10,000 2021; 11 ECH 10,000 2022. At EXC: 2018-8u23, 2019-60u23. 1 British Universities 5000 2018; 1 English under-23 5000 2018. Coach-Renato Canova (formerly Alan Storey)  
In 2022: 5 Valencia 10K (29:44 to equal the UK record of Mo Farah); 41 Eldoret Agnes Tirop Classic XC; 5 Ghent Half Mar (pb 61:16); 14 Herzogenaurach 5K; 3 UK 10,000; 4 Heusden Night of Athletics 5000; 2 Cork City Sports 3000; 4 Nembro 3000 (pb 7:44.74); 11 ECH 10,000; paced London Marathon; 4 Cardiff XC; 12 Valencia Half Mar (pb 60:32); 1 Liverpool XC
- 135 CONNOR Ben GBR 30y**  
Team gold at 2016 European Cross Country Championships, then sixth individually in 2017  
Marathon pb: 2:11:20 -20. Half Mar pb: 60:55 -20. 10,000 pb: 27:51.82 -22. 5000 pb: 13:19.47 -19 (13:49.15 -22). 10 ECP 10,000 2016; 63 World Half Mar 2018; 11 ECH 5000 2018; ht WCH 5000 2019. At WXC: 2011-67J. At EXC: 2010-23J, 2016-16, 2017-6, 2019-8. 1 English 'National' XC 2017. His late father David Connor played football for the Nottingham Forest junior squad in the 1980s. Self-coached  
Marathons (3): 15 London 2020, 2 Kew Gardens 2020 (British Olympic Trial), dnf OLY 2021 ("I hit the wall at 25km"). Also paced London 2019/2022 & Manchester 2022  
In 2022: 3 Manchester Trafford 10K; 21 New York Half Mar; paced Manchester Marathon; 1 Battersea Park 'Comeback' 5000; 5 UK 10,000; 6 'Great' Manchester 10K; 1 Derby Half Mar; 2 Barrowford 'Podium' 10K; 1 Liverpool Half Mar; 11 'Great' North Half Mar; paced London Marathon; 1 'Great' South 10M; 26 Atapuerca XC; 6 Liverpool XC. He was selected for but withdrew from the European Championships Marathon, not having fully recovered from contracting covid

- 136 CROSS Ellis GBR** 26y  
Headline maker when defeating Mo Farah in 2022 British 10K Championships (in London on May Bank Holiday Monday)  
Half Mar pb: 64:20 -22. 10,000 pb: 28:47.51 -18. 5000 pb: 13:46.03 -22. 1500 pb: 3:46.69 -19. 5 under-23 ECH 10,000 2017; 18 ECP 10,000 2018. At EXC: 2016-15u23. 1 English 'National' under-20 XC 2016/2017; 8 UK 10,000 2017; 9 UK 5000 2017; 1 British Universities 5000 2019; 1 British 10K 2022. Coach-Mick Woods  
In 2022: 1 London 'Vitality' 10K; dnf UK 10,000; 10 'Great' Manchester 10K; 1 Montesson 5000; 10 UK 5000; 8 London 'Big' Half Mar; paced London Marathon; 2 'Great' South 10M; 14 Liverpool XC  
[He replaces Marc Scott, who said he wasn't feeling 100%]
- 146 MAHAMED Mahamed GBR** 25y  
3x English 'National' Cross Country Champion // Half Mar pb: 62:08 -22. 10,000 pb: 28:19.27 -22. 5000 pb: 13:53.12 -19. 14 under-23 ECH 10,000 2019; 17 ECP 10,000 2021 (2022-23). At WXC: 2019-43. At EXC: 2015-22J, 2016-3J, 2017-12u23, 2018-17u23, 2019-8u23.1 English 'National' XC 2018/2019/2022. Born-Ethiopia, has lived in Britain since 2010 and received a British passport in 2014. Coach-Idris Hamud  
He is the middle of three brothers all of whom are athletes: older-Abdi Mahamed (1 Hampshire 3000SC 2017), younger-Zakariya Mahamed (1 English 'National' under-20 XC 2020)  
In 2022: 12 Valencia 10K; 4 Hannut XC; 1 English 'National' XC; 2 Cardiff Half Mar; 3 Battersea Park 'Comeback' 5000; 11 UK 10,000; 23 ECP 10,000; 13 Watford International BMC 5000; 2 Barrowford Half Mar; 3 Breda Half Mar; 6 Cardiff XC; 21 Valencia Half Mar; 1 Milton Keynes XC; 5 Liverpool XC
- 150 MILNER Hugo GBR** 24y  
10,000 pb: 28:36.95 -21. 5000 pb: 13:44.46 -21. 20 ECP 10,000 2021. At WXC: 2017-70J. 7 UK 5000 2021 (2022-13). Was at Harvard University. Coach-Steve Lloyd  
In 2022: 9 Elgöbar XC; 4 Dundonald Northern Irish International XC; 6 London 'Vitality' 10K; 20 UK 10,000; 13 UK 5000; 1 Loughborough BMC 5000; 4 Milton Keynes XC; 2 Liverpool XC
- 153 ROWE Jack GBR** 26y  
Third at 2021 'Great' Manchester 10K (defeating bigger names) // Half Mar pb: 62:04 -22. 10,000 pb: 28:20.31 -22. 5000 pb: 13:26.37 -22. 3000 pb: 7:42.15 -21. Mile pb: 3:58.76 -21. 1500 pb: 3:42.37 -21. 8 EJC 10,000 2015; 9 EIC 3000 2021. At EXC: 2017-31u23, 2021-18 (first Briton). 2 UK 5000 2020 (2021-3). Was at University of San Francisco, now based in London. Coach-Tim Eglan  
In 2022: 1 Battersea Park 'Podium' 5K; 3 Berlin Invitational 10K; 4 Stanford Jordan Invitational 5000; 12 UK 10,000; 7 Manchester BMC Grand Prix; 7 Manchester International 5000; 9 Watford International BMC; 3 UK 5000; 3 Dublin Morton Games 5000; 1 Oslo Summer 5000; 2 London 'Big' Half Mar; 24 Valencia Half Mar; 4 Liverpool XC
- 158 ABRAHAM Filmon GER** 30y  
Formerly one of the world's top mountain runners (representing Eritrea), now with German citizenship  
Half Mar pb: 62:35 -21. 10,000 pb: 28:03.39 -22. 10K pb: 28:47 -22. 5000 pb: 14:07.21 -21. 2 World Mountain Running World Cup 2019 (2018-8, 2017-7); 7 ECP 10,000 2022; 19 ECH 10,000 2022. At EXC: 2021-14. In 2014, he fled Eritrea through Sudan and Libya to Bavaria  
In 2022: 14 Naples Half Mar; 4 Berlin Invitational 10K; 2 German 10,000; 7 ECP 10,000; 3 Regensburg Gala 3000
- 160 BIENENFELD Davor Aaron GER** 25y  
Familiarly known as Aaron Bienenfeld  
German record holder for indoor 5000m  
5000 pb: 13:21.99i, 13:28.13 -22. 10,000 pb: 28:10.95 -21. 43 European Mountain Running Champs 2017; 15 under-23 ECH 10,000 2019; 20 ECH 5000 2022. At EXC: 2018-33u23, 2019-14u23. Was at University of Cincinnati, then the University of Oregon  
In 2022: 1 Boston University 'Last Chance' 5000 (German indoor record 13:21.99); 10 NCAA indoor 5000; 3 Eugene Hayward Premiere invitational 1500; 3 Oregon Relays 5000; 2 Eugene Oregon Twilight 1500 'B'; 3 Pacific 12 Conference 10,000 (6 5000); 8 NCAA 10,000 (13 5000); 5 German 5000; 2 Berlin 'City Night' 10K; 20 ECH 5000; 1 Springfield Dellinger Invitational XC; 24 Wisconsin Invitational XC; 2 'Pac 12' Conference XC; 2 NCAA West Regional XC; 14 NCAA XC; 3 German XC
- 166 FITWI Samuel GER** 25y  
Full name-Samuel Fitwi Sibhatu  
2018 European under-23 Cross Country silver  
Half Mar pb: 61:56 -21. 10,000 pb: 28:08.83 -22. 5000 pb: 13:35.56 -20. 9 ECH 10,000 2022. At EXC: 2018-2u23, 2019-5, 2021-19. 1 German XC 2021. Refugee from Eritrea, came to Germany in 2014, gained German citizenship in January 2018. Coach-Yannik Duppich  
In 2022: 1 Hannut XC; 11 Berlin Invitational 10K; 2 Iberian Trophy 10,000; 9 ECH 10,000; 15 Prague 10K; 1 Trier 10,000; 3 German 10K; 2 Cologne Half Mar; 1 German XC
- 169 KARL Patrick GER** 26y  
2015 European Junior steeplechase silver // 3000SC pb: 8:30.63 -21. 5000 pb: 14:11.56 -20. 10 World Youth 2000SC 2013; 12 WJC 3000SC 2014; 2 EJC 3000SC 2015. At EXC: 2015-30J, 2016-32u23, 2017-20u23. 1 German under-23 3000SC 2016/2018  
In 2022: 2 European Police XC; 5 German XC
- 173 PARSONS Sam GER** 28y  
Full name-George Samuel Parsons  
2022 World Championship 5000m finalist  
5000 pb: 13:21.17 -22. 3000 pb: 7:44.43 -19. 1500 pb: 3:36.22 -22. 12 EIC 3000 2019; ht WIC 3000 2022; 15 WCH 5000 2022 (2019-ht); 6 ECH 5000 2022. 8 US 5000 2018. 1 German indoor 3000 2019. Born-Newark, Delaware, mother-German. Dual national with the US, declared for Germany in 2018 (same as his Frankfurt clubmate Amos Bartelsmeyer). He gained a German passport on September 6, 2018  
In 2022: 2 German indoor 3000; 7ht WIC 3000; 1 Wilmington Mile; 10 San Juan Capistrano 'Track Meet' 5000; 8 Eugene Diamond 5000; 2 German 5000; 2 Eagle Rock Sunset Tour 'B'; 15 WCH 5000; 6 ECH 5000; 13 Berlin ISTAF 1500 (pb 3:36.22); 11 Fifth Avenue Mile Road Mile; 9 Rovereto 5000; 4 German XC
- 178 BLAGG Richard GIB** 34y  
He serves in Royal Gibraltar Regiment of the British Army // 1500 pb: 4:03.80 -11. 800 pb: 1:56.56 -11. At WXC: 2010-124. At EXC: 2019-dnf. 6 Island Games 1500 2009 (2001-7); 8 Island Games 800 2011; ht WCH 800 2011. 1 British Army 1500 2010; 1 Gibraltar Half Mar 2021  
In 2022: 2 Gibraltar Athletics International Half Mar
- 179 GORDON Leon GIB** 37y  
10 Island Games 10,000 2019  
In 2022: 2 Gibraltar 'Round the Rock' 10K
- 180 MATTO Robert GIB** 46y  
At EXC: 2021-80. Triathlon team medals at the Island Games of 2013, 2015 & 2017. 31 Commonwealth Games Triathlon 2018 (2022-36). Graduate of Architecture from Nottingham University  
In 2022: 36 Commonwealth Games Sprint Triathlon (750m swim, 20K bike, 5K run)
- 181 ROGERS Arnold GIB** 32y  
Lance Corporal in the Gibraltar Regiment of the British Army // Marathon pb: 2:32:41 -18. Half Mar pb: 70:58 -19. 137 World Half Mar 2018. At EXC: 2019-dnf, 2021-78  
Marathons (7): 36 Malaga 2015, 35 Madrid 2017, 29 Malaga 2017, 190 London 2018, 57 ECH 2018, 109 Seville 2022, 16 COM 2022  
In 2022: 33 Seville Half Mar; 109 Seville Marathon; 1 Gibraltar Athletics International Half Mar; 16 COM Marathon
- 182 TURNOCK Maurice GIB** 48y  
Half Mar pb: 76:35 -18. 147 World Half Mar 2018. At EXC: 2019-81, 2021-82  
In 2022: 4 Gibraltar Athletics International Half Mar; dnf European Small States Games 5000; 6 Gibraltar 'Round the Rock' 10K  
**He is the oldest athlete entered for Turin 2022 (as he was in Lisbon 2019 & Dublin 2021)**
- 183 ANAGNOSTOU Mários GRE** 23y  
Multiple Greek Champion on track & country // 10,000 pb: 29:15.92 -22. 5000 pb: 14:06.94 -21. 1 Balkan Junior 5000 2018; 19 WJC 10,000 2018; 11 ETCh 3000 2019; 3 9 under-23 ECH 10,000 2021 (2019-18). At EXC: 2018 -17J, 2019-37u23, 2021-46u23. 1 Greek 5000 2019/2021 & 10,000 2020/2022; 1 Greek XC 2020/2022  
In 2022: 1 Greek XC; 2 Greek indoor 1500; 4 Balkan indoor 3000; 1 Thessalg & Eastern Clubs; 1 Greek 10,000; 6 ECP 10,000 'B'; 8 Balkan 5000; 2 Greek 1500/5000; 10 Mediterranean Games 5000; 1 Athens 10K
- 198 DALTON Cormac IRL** 24y  
10,000 pb: 28:50.06 -22. 5000 pb: 13:43.77 -22. At EXC: 2019-49u23, 2021 -28. 3 Irish 10,000 2021. Student of Business Administration at the University of Tulsa  
In 2022: 21 Stanford Invitational 10,000; 2 Stanford Jordan Invitational 5000 'B'; 4 American Conference 1500/5000; 17ht NCAA West 10,000; 12 Oklahoma Cowboy Jamboree XC; 19 Wisconsin Invitational XC; 2 American Athletic Conference XC; 4 NCAA Midwest Regional XC; 15 NCAA XC
- 199 FAY Brian IRL** 24y  
Tenth at 2021 European Cross Country Championship // 5000 pb: 13:16.52 -22. 10,000 pb: 28:22.31 -22. 3000SC pb: 8:29.75 -21. 11 under-23 ECH 3000SC 2019; 8 ECH 5000 2022. At EXC: 2017-49J, 2018-29u23, 2019 -22u23. 2021-10. 1 Irish 3000SC 2021. Attends the University of Washington (He's taking a degree in Entrepreneurship). Club-Raheny Shamrock. Coach-Andy Powell  
[Sharp improvement by him since he went to America, starting with 10th place at the 2021 EXC. His 5000m pb has come down from 13:44 to 13:16]  
In 2022: 6 NCAA indoor 5000; 4 Raleigh Relays 10,000; 1 Azusa Clay Invitational 5000; 1 Washington Universities Dual 1500 (2 800, 4 3000); 9 San Juan Capistrano 'Track Meet' 1500; 1 Pacific 12 Conference 3000SC; 7 NCAA 5000; 2 Victoria BC Classic 3000SC; 8 ECH 5000; 34 Wisconsin Invitational XC; 8 'Pac 12' Conference XC; 1 NCAA West Regional XC; 13 NCAA XC  
[He set an Irish indoor 5000m record of 13:16.77 for 8th place at the Boston University meeting on December 3]



- 204 TONOSA Hiko IRL** 27y  
Full name-Hiko Tonosa Haso  
Allegiance transferee from Ethiopia. Sought asylum in Ireland in 2017 and cleared by World Athletics to represent Ireland from March 3, 2020  
5000 pb: 13:26.02 -22. 10,000 pb: 27:53.10 -22. 18 ECH 10,000 2022. At EXC: 2021-13. 1 Irish 5000 2016/2019/2021, 10,000 2021 & XC 2021. He is a member of the marginalised Oromo community in Ethiopia, where he was imprisoned in after joining protests. He stayed in Ireland after competing at Dublin, then Cork in 2017. Club-Dundrum South Dublin. Coach-Feidhlim Kelly  
In 2022: 2 Lyon Elite 3000; 1 Athlone Irish League round 2 3000; 3 European Clubs Cup XC; 3 Oeiras XC; 2 Penn Relays Invitational 4x1M; 3 San Juan Capistrano 'Track Meet' 10,000; 9 Oordegem IFAM 5000; 2 Sallentuna Folksam 5000; 2 Meath 10K; 2 Irish 5000; 18 ECH 10,000; 15 Brasov 10K; 2 Irish XC
- 206 KEANE Barry IRL** 25y  
10,000 pb: 28:15.60 -22. 5000 pb: 13:21.57i, 13:26.29 -22. 9 under-23 ECH 10,000 2019. At EXC: 2016-46J. 9 NCAA 10,000 2022 (2021-15). Attends Butler University at Indianapolis  
In 2022: 2 US 'Big East' Conference indoor 5000 (3 3000); 11 NCAA indoor 5000; 2 Raleigh Relays 10,000; 3 Stanford Jordan Invitational 5000; 1 Big East Conference 10,000; 9 NCAA 10,000; 4 Eagle Rock Sunset Tour 5000; 5 Penn State U Invitational XC; 9 Notre Dame Plane Invitational 'Blue' XC; 2 Weis-Crockett Invitational XC; 1 'Big East' Conference XC; 1 NCAA Great Lakes Regional XC; 17 NCAA XC  
[He set an outright 5000m pb of 13:21.57 for 14th place at the Boston University meeting on December 3]
- 209 LYNCH Peter IRL** 25y  
10,000 pb: 28:36.32 -22. 5000 pb: 13:43.52 -22. 12 US NCAA XC 2020 (held in 2021) (2019-13, 2021-42). At EXC: 2015-52J, 2016-24J, 2019-26u23. Attends The University of Tulsa  
In 2022: 17 Stanford Invitational 10,000; 1 Stanford Jordan Invitational 5000 'B'; 1 American Conference 10,000 (3 5000); 4 Fayetteville Chile Pepper Festival McDonnell XC; 3 Weis-Crockett Invitational XC; 3 Irish XC
- 217 MURCHAN Pierre IRL** 25y  
5000 pb: 14:06.29 -19. 1500 pb: 3:52.73 -16. 22 WJC 5000 2016; 21 under-23 ECH 5000 219. At EXC: 2015-65J  
In 2022: 3 Belfast IMC 5000; 21 Oordegem IFAM 5000 'B'; 5 Irish 5000; 15 Dublin Morton Games 5000; 6 Irish XC
- 221 ANDRESSON Hlynur ISL** 29y  
Icelandic record holder at 3000m, 5000m, 10,000m, Marathon & Steeplechase  
Marathon pb: 2:13:37 -21. 10,000 pb: 28:36.80 -21. 5000 pb: 13:41.06 -21. 3000 pb: 7:54.72 -21. 3000SC pb: 8:44.11 -18. 1 Small European States Games 5000 2015 & 3000SC 2019; ht EIC 3000 2017/2019; 52 World Half Mar 2020. At EXC: 2018-41, 2019-39. 1 Icelandic 5000 2016/2022 & 1500 2016. 1.88 tall  
Marathon (1): 5 Dresden 2021  
In 2022: 49 Valencia 10K; 7 Sabadell Catalonian International 3000; 5 Uppsala Nordenkampen 3000; dnf Padua 3000; 19 Berlin Half Mar; dnf ECP 10,000 'B'; 11 Dutch 10,000; 1 Icelandic 5000; dnf Heusden Night of Athletics 5000; 1 Reykjavik Half Mar; 2 Zola Predosa 5K; 15 Arezzo Half Mar
- 234 AOUANI Iliass ITA** 27y  
Allegiance transferee from Morocco has lived in Italy since the age of two, gained Italian citizenship on December 4, 2014 and cleared by World Athletics to represent Italy from July 3, 2015  
Marathon pb: 2:08:34 -22. Half Mar pb: 62:32 -22. 10,000 pb: 27:45.81 -21. 5000 pb: 13:28.09 -21. 14 under-23 ECH 10,000 2015; 4 WSG 10,000 2019 (7 Half Mar); 29 ECP 10,000 2021. At EXC: 2015-29u23. 1 Italian 10,000 10K & Half Mar 2021 & XC 2022. Studied Civil Engineering at Syracuse University (New York) (the same the same university was attended by Joe Biden). Coach-Massimo Magnani  
Marathons (2): 10 Milan 2022, 19 ECH 2022  
In 2022: 8 San Giorgio Legnano XC; 8 Elgöibar XC; 2 Dundonald Northern Irish International XC; 7 European Clubs Cup XC; 13 Naples Half Mar; 1 Italian XC; 10 Milan Marathon; 4 Dutch 10,000; 7 Telesse Terme 10K; 2 Castelbuono 11K; 19 ECH Marathon; 8 Italian 10K; 5 Trento 10K; 2 Pettinengo 9.6K; 2 Amorebiate XC; 4 Soria XC; 1 Turin La Mandria 'Test' XC  
[It is reported that he has withdrawn from the championships after testing positive for covid]
- 239 CHIAPPINELLI Yohanes ITA** 25y  
2018 European steeplechase bronze // 3000SC pb: 8:24.26 -19. Half Mar pb: 61:14 -22. 10,000 pb: 28:41.72 -22. 5000 pb: 13:55.88 -21. 10 World Youth 3000 2013; 6 WJC 3000SC 2014. 1 EJC 3000SC 2015; 5 WJC 3000SC 2016; 1 under-23 ECH 3000SC 2017; ht WCH 3000SC 2017/2019; 3 ECH 3000SC 2018. At WXC: 2013-44J, 2015-33J. At EXC: 2014-5J, 2015-20J, 2016-2J, 2017-23u23, 2019-5u23. Born-Ethiopia. Coach-Maurizio Cito  
In 2022: 7 San Giorgio Legnano XC; 12 Naples Half Mar; 2 Italian XC; 4 Italian 10,000; 3 Versailles 10,000; 10 Nembro 3000; 2 Arezzo 10K; 2 Italian 10K; 21 Copenhagen Half Mar; 2 Italian Half Mar; 4 Turin La Mandria 'Test' XC
- 241 CRIPPA Nekagenet ITA** 28y  
2013 World Junior Mountain Running Champion // Marathon pb: 2:21:17 -16. 10,000 pb: 27:51.93 -21. 5000 pb: 14:00.87 -19. dnf World Half Mar 2020. At WXC: 2013-71J. At EXC: 2012-41J, 2013-25J, 2014-dnf/u23, 2015-34u23, 2018-20, 2019-41. Ethiopian origin, his parents were killed in Ethiopia's conflict with Eritrea. He and his siblings were adopted by an Italian couple [Roberto and Luisa Crippa], younger brother is Yemaneberhan Crippa (1 ECH 10,000 2022)  
Marathon (1): 4 Verbania 2016  
In 2022: 14 Berlin Half Mar; dnf UK 10,000; 12 Trento 10K; 5 Rovereto 9.675K; 2 Rome 10K; 1 Osimo XC; 3 Turin La Mandria 'Test' XC
- 242 CRIPPA Yemaneberhan ITA** 26y  
("Yeman")  
New European Champion at 10,000m // Half Mar pb: 59:26 -22. 10,000 pb: 27:10.76 -19. 5000 pb: 13:02.26 -20. 6 World Youth 1500 2013; 10 WJC 1500 2014; 3 EJC 5000 2015; 8 ECH 5000 2016; 7 EIC 3000 2017; 1 under-23 ECH 5000 2017; 3 ECH 10,000 2018 (4 5000); 1 ECP 10,000 2019; 1 ETCh 5000 2019/2021; 8 WCH 10,000 2019 (ht 5000); 11 OLY 10,000 2021 (ht 5000); 1 ECH 10,000 2022 (3 5000). At WXC: 2013-38J, 2015-20J. At EXC: 2012-32J, 2013-7J, 2014-1J, 2015-1J, 2016/2017-3u23, 2018-6, 2019-2, 2021-dnf. 1 Italian 1500 2016 & 5000 2022. Born-Ethiopia, he was orphaned at age 7 then adopted by an Italian couple [Roberto and Luisa Crippa] along with his brother Nekagenet (who is also an international runner) and seven other brothers & sisters. Coach-Massimo Pegoretti  
In 2022: 1 Naples Half Mar; 7 Herzogenaurach 5K; 1 UK 10,000; 2 Brescia; 11 Rome Diamond League 5000; dnf Paris Diamond 5000; 1 Italian 5000; Missed Eugene with an injury to his right foot; 1 ECH 10,000 (3 5000); 1 Feltre 8.4K; dnf Rovereto 5000; 3 Trento 10K; 2 Forli 10K  
Deadly at the finish – in Munich he overhauled long time leader Zerei Kbrom Mezngi NOR with a 55.99 last lap including a 13.12 last 100m (Mezngi 59.02 / 14.47), after being 16m down at the bell  
[He spent one-month training at high altitude in Kenya in preparation for Turin]
- 252 SELVAROLO Pasquale ITA** 23y  
2021 Italian under-23 5000m Champion // Half Mar pb: 62:00 -22. 10,000 pb: 28:30.35 -22. 5000 pb: 13:47.53 -22. 4 under-23 ECH 10,000 2021. At EXC: 2018-30J, 2019-31u23, 2021-61u23  
In 2022: 5 Italian 10,000; 1 ECP 10,000 'B'; 1 Florence Challenge 5000; 5 Italian 5000; 7 Castelbuono 11.273K; 4 Feltre 8.4K; 4 Italian 10K; 1 Zola Predosa 5K; 4 Italian Half Mar; 20 Valencia Half Mar; 5 Turin La Mandria 'Test' XC
- 254 ZOGLAMI Osama ITA** 28y  
2022 European steeplechase bronze after leading for much of the race (might well be upgraded to silver if the positive doping test of his compatriot Ahmed Abdelwahed is confirmed)  
3000SC pb: 8:11.00 -21. 10,000 pb: 29:07.27 -21. 5000 pb: 13:34.97 -22. 1500 pb: 3:40.06 -22. 7 EJC 3000SC 2013; 3 under-23 ECH 3000SC 2015; 6 Mediterranean Games 3000SC 2018; ht WCH 3000SC 2019; 3 ETCh 3000SC 2021; ht OLY 3000SC 2021; 3 ECH 3000SC 2022 (2018-ht). At EXC: 2013-43J. 2 Italian 2019/2020 (1 10,000 2020). His twin brother Ala Zoghliami (Steeplechase pb 8:14.06 -21) was ninth at the Tokyo Olympics  
Allegiance transferee from Tunisia – Has lived in Italy since 1998, acquired Italian citizenship on July 13, 2013 and cleared by World Athletics to represent Italy from July 5, 2013  
In 2022: 14 San Vittore Olona XC; 1 Palermo 5000; 1 Rieti 2000SC; 6 Ostrava Golden Spike 3000SC; 7 Rome Diamond League 3000SC; 2 Milan; 3 Italian 5000; 3 ECH 3000SC; 4 Trento 10K; 8 Forli 10K; 2 Turin La Mandria 'Test' XC
- 259 BERTEMES Bob LUX** 28y  
18x Luxembourg Champion across middle distances // 5000 pb: 14:26.30 -22. 1500 pb: 3:48.24 -17. 4 European Small States Games 1500 2017 & 3000 2021. At EXC: 2019-76. There is also a Luxembourg shot putter called Bob Bertemes (pb 22.22), but there is no family connection between the two  
In 2022: 86 Valencia 10K; dnf Metz Moselle 3000 'B'; 1 Luxembourg indoor 1500 (2 3000); 6 Milan Walk & Middle Distance Night 5000 'B'; 1 Luxembourg 10,000; 21 ECP 10,000 'B'; dnf European Small States Games 5000; 1 Luxembourg 5000; dnf Schifflange 1500 'B'; 3 Darmstadt XC
- 264 WEICHERDING Charel LUX** 23y  
10,000 pb: 34:42.65 -22. 3 Luxembourg 10,000 2022  
In 2022: 3 Luxembourg indoor; 6 Luxembourg XC; 3 Luxembourg 10,000; 7 Darmstadt XC
- 269 MICALLEF Luke MLT** 33y  
Maltese steeplechase record holder & 4x champion // 5000 pb: 14:35.86 -22. 3000SC pb: 9:18.32 -22. 56 European Mountain Running Champs 2018 (2019-70); 84 World Mountain Running Champs 2018; 4 European Small States Games 5000 2021; 24 European 'Up & Down' Mountain Running Champs 2022. 1 Maltese 3000SC 2018/2019/2020/2022  
In 2022: 1 Maltese Winter 3000; 2 Maltese Challenge #4 1500; 2 Maltese 10K; 2 Maltese Challenge #5 1500; 1 Maltese European Small States Games Trials 5000; 4 European Small States Games 5000; 2 Maltese Challenge #6 1500; 24 European 'Up & Down' Mountain Running Champs; 1 Maltese 3000SC (2 1500); 4 Marsa 1500; 3 Lier 5000; 68 Copenhagen Half Mar
- 270 FOLCHERI Sonny MON** 34y  
Marathon pb: 2:49:31 -17. Half Mar pb: 76:01 -20. 116 World Half Mar 2020 (2018-145). At EXC: 2016-dnf, 2017-dnf, 2018-85, 2021-79. In 2018, he became the first Monégasque athlete to compete at the World Half Marathon Championships. He also competed in the World 'Ironman' Championships in 2018 & 2019. 1.90 tall  
Marathons include: 411 Amsterdam 2016; 186 Vienna 2017, 992 Boston 2018, 282 Seville 2019

- 272 FOPPEN Mike NED** **26y**  
Dutch record holder at 3000m indoors and 5000m outdoors (shared with Kamiel Maase)  
10,000 pb: 27:59.10 -20. 5000 pb: 13:13.06 -20. 1500 pb: 3:35.67 -22. 10 under-23 ECH 1500 2017; 14 WSG 5000 2017; ht EIC 3000 2019/2021; ht OLY 5000 2021; 5 ECH 5000 2021. At EXC: 2018-20u23, 2019-32. 1 Dutch 1500 2016, 5000 2019/2020/2021 & indoor 3000 2019/2020/2021. His journey to the Tokyo Olympics was delayed by two separate (and apparently false) positive tests for Coronavirus. Coach-Joshua Mols  
In 2022: 4 Dutch indoor 1500; 1 French 10K 'C'; 3 Montgeron 5000; 6 Oordegem IFAM 1500; 2 Manchester International 5000; 7 Décines-Charpieu 1500; 7 Paris Diamond 5000; 7 Stockholm Diamond 3000; 1 Versailles 10,000; 5 ECH 5000; 6 Rovereto 3000; 4 Pfungstadt 1500; 8 Nijmegen 'Seven Hills' 15K
- 275 NIESTEN Stan NED** **26y**  
2022 Dutch Champion at 10,000m (though only 10th in that race behind nine foreign athletes)  
10,000 pb: 28:30.81 -20. 5000 pb: 13:35.26 -20. 13 EJC 5000 2015. At EXC: 2014-27J, 2015-6J, 2019-29  
In 2022: 5 Nijmegen 5000; 5 Dutch 5000 (10 10,000); 19 Heusden Night of Athletics 5000; 11 Amsterdam to Zaandam 10M; 7 Breda Half Mar; 2 Tilburg XC
- 277 POLDERMAN Jurjen NED** **31y**  
10K pb: 29:29 -14. 5000 pb: 14:02.20 -22. 1500 pb: 3:43.82 -15. At EXC: 2015-33, 2016-60. 1 Dutch 1500 2015  
In 2022: 6 Dutch indoor 3000; 7 Vienna 5000; 1 Heerhugowaard 1500; 1 Nijmegen 5000; 4 Oordegem Buyle 1500 'B'; 10 Oslo Diamond national 1500; 11 Dutch 5000; 9 Heusden Night of Athletics 5000 'C'; 4 Ninove Flanders Cup 1500 'C'; 1 Huizingen Flanders Cup 1500 'B'; 8 Mol XC; 6 Tilburg XC
- 280 TESFU Filmon NED** **29y**  
10K pb: 28:35 -22. 10,000 pb: 29:06.94 -21. 5000 pb: 13:55.32 -21. 3 Dutch indoor 3000 2021 & outdoor 5000 2022. Born-Eritrea  
In 2022: 22 Valencia 10K; 10 Berlin Invitational 10K; 5 Utrecht; 1 Lisse Specke Cup 3000; 2 Dutch 10K; 3 Dutch 5000 (13 10,000); 2 Heusden Night of Athletics 5000 'C'; 1 Hem 10K; 10 Amsterdam to Zaandam 10M; 3 Groningen 4M; 13 Nijmegen 'Seven Hills' 15K; 3 Tilburg XC
- 283 BOUTERA Jacob NOR** **26y**  
2022 European finalist at steeplechase // 3000SC pb: 8:21.69 -22. 1500 pb: 3:40.23 -22. Mile pb: 3:57.38 -20. 5000 pb: 7:51.15 -22. ht EIC 1500 2021; ht WCH 3000SC 2022; 11 ECH 3000SC 2022. He has revealed that he is living with ulcerative colitis – a chronic inflammatory disease of the intestine. "I have some days where I am not super fresh."  
In 2022: 1 Norwegian short course XC; 4 Toulouse 3000SC; 7 Jessheim 1500; 4 Bergen Games 3000SC; 6 Turku Paavo Nurmi Games 3000SC; 9ht WCH 3000SC; 2 Jessheim 3000; 11 ECH 3000SC; 2 Jessheim 5K; 2 Norwegian XC
- 287 INGEBRIGTSEN Filip NOR** **29y**  
2017 World bronze & 2016 European Champion at 1500m. 2018 European Cross Country Champion  
5000 pb: 13:11.75 -19. 3000 pb: 7:34.00 -21. 1500 pb: 3:30.01 -18. Mile pb: 3:49.60 -19. 9 WJC 1500 (ht 800) 2012; ht EIC 1500 2015/2017/2019/2021; dq ht OLY 1500 2016 (he he was judged to have impeded Charlie Grice GBR and Homiyu Tesfaye GER); 1 ECH 1500 2016 (2018-12); 3 WCH 1500 2017 (2019-sf); dnf WCH 5000 2019; ht OLY 1500 2021. At EXC: 2012-46J, 2015 -19u23, 2018-1, 2019-11, 2021-dnf. 1 Norwegian 1500 2013 (1 800 2016/2019). Married international sprinter Astrid Mangen Cederqvist in Aurskog on September 15, 2018. their daughter Ellie  
Coach/father-Gjert Ingebrigtsen. Older brother Henrik (1 ECH 1500 2012), younger brother Jakob (1 OLY 1500 2021)  
In 2022: 1 Lier 5K; dnf Oslo 10,000; 11 Eugene Diamond Mile; dnf Oslo Diamond 5000; dnf Zagreb 3000; 4 Drammen 5K (14:03, he said he was pain-free)  
[His 2021 season was curtailed by illness, then he's been hampered with an Achilles injury in 2022 and wasn't able to run in spikes for most of the summer]
- 288 INGEBRIGTSEN Henrik NOR** **31y**  
Full name-Henrik Børkja Ingebrigtsen  
In the 2012 1500m, he became the first Ingebrigtsen to win a European title. Sidlined in recent years with toe surgery (2017) & hamstring surgery (2021)  
5000 pb: 13:15.38 -19. 3000 pb: 7:36.85 -19. Mile pb: 3:50.72 -14. 1500 pb: 3:31.46 -14 (3:40.23 -19). 6 ETC 1500 2010; 1 ECH 1500 2012 (when he managed to avoid several collisions in the closing stages to move from seventh to first in the last 150m); 5 OLY 1500 2012 (2016-sf); 1 under-23 ECH 5000 2013; 8 WCH 1500 2013 (2015-ht); 2 ECH 1500 2014 (2016-3, 2018-4); 3 EIC 3000 2015/2019 (2013-11); 6 EIC 1500 2015; 2 ECH 5000 2018 (2016-4); 13 WCH 5000 2019. 1 Norwegian 1500 2014/2015 & 5000 2018. At EXC: 2008-23J, 2009-12J, 2012-1u23, 2015-26, 2018-18. Coach/father-Gjert Ingebrigtsen  
Younger brothers Filip (1 ECH 1500 2016) & Jakob (1 OLY 1500 2021)  
In 2022: 4 Oslo 10,000; 8 Stanford Jordan Invitational 5000; 21 San Juan Capistrano 'Track Meet' 10,000; 14 Oslo Diamond 5000. He has been hampered by a heel injury, though travelled to both Eugene and Munich to work with his younger brother Jakob
- 289 INGEBRIGTSEN Jakob NOR** **22y**  
DEFENDING EUROPEAN CROSS CHAMPION  
2021 Olympic 1500m Champion. 2022 World 5000m Champion  
5000 pb: 12:48.45 -21. 3000 pb: 7:27.05 -20. Mile pb: 3:46.46 -22. 1500 pb: 3:28.32 -21. 3000SC pb: 8:26.81 -17. 2 WJC 1500 2018 (3 5000); 1 ECH 1500/5000 2018/2022; 1 EIC 3000 2019 (2 1500); 1 EIC 1500/3000 2021; 1 OLY 1500 2021; 2 WIC 1500 2021; 1 WCH 5000 2022 (2 1500). At WXC: 2019-12J. At EXC: 2016-1J, 2017-1J, 2018-1J, 2019-1J, 2021-1. In Eugene 2017 with 3:58.07 at age 16 became the youngest-ever four minute miler. He and his two older brothers have now all been European Champions at 1500m. Henrik in 2012, Filip in 2016, Jakob in 2018  
In 2022: 1 Liévin Gold Tour 1500 (world indoor record 3:30.60); 2 WIC 1500 (outkicked by Samuel Tefera); 1 San Juan Capistrano 'Track Meet' 5000; 1 Eugene Diamond Mile; 4 Bergen Games 800; 1 Oslo Diamond Mile (3:46.46, the first ever Norwegian winner of the Dream Mile); 1 WCH 5000 (2 1500, outkicked by Jake Wightman); 1 ECH 1500/5000
- 291 NORDAS Narve Gilje NOR** **24y**  
Twice Norwegian Champion at 5000m // 10,000 pb: 28:04.42 -22. 5000 pb: 13:15.82 -22. 3000 pb: 7:41.31 -21. 5 EJC 10,000 2017 (10 5000); 6 under -23 ECH 10,000 2019; 5 EIC 3000 2021; ht OLY 5000 2021; ht WCH 5000 2022; 17 ECH 5000 2022. At EXC: 2019-19u23, 2021-25 (team bronze). 1 Norwegian 5000 2020/2021 & indoor 1500 2021. Coach-Gjert Ingebrigtsen (who persuaded him to become a full-time athlete)  
In 2022: 1 Oslo 10,000; 1 Huelva 1500; 3 Manchester International 5000; 1 Bergen Games 3000; 9 Oslo Diamond 5000; 8 Stockholm Diamond 3000; 13ht WCH 5000; 1 Söderhamn 1500; 1 Jessheim 3000; 17 ECH 5000; 1 Hole 10K
- 294 SVELA Per NOR** **30y**  
Twice Norwegian Indoor Champion at 3000m // 10,000 pb: 28:35.79 -22. 5000 pb: 13:23.97 -20. 3000 pb: 7:52.73 -22. At EXC: 2019-56. 1 Norwegian indoor 3000 2019/2022  
In 2022: 1 Norwegian indoor 3000; 6 Oslo 10,000; 6 Lahti 3000; 6 Manchester International 5000; 4 Bergen Games 3000; 13 Paris Diamond 5000; 7 Heusden Night of Athletics 5000; 3 Söderhamn 5000; 5 Hole 10K
- 318 KOKALJ Jan SLO** **25y**  
Multiple Slovenian Champion, indoors & out // 5000 pb: 14:17.20 -19. At EXC: 2015-72J, 20114:17.206/2017/2019/2021, 5000 2019/2021. 1 Slovenian indoor 1500 2018.2020 & 3000 2017  
In 2022: 2 Slovenian indoor 3000; 1 Slovenian short course XC; 1 Ptuj 3000; 9 Eisenstadt Austrian Open 3000; 3 Zenica 3000; dnf Maribor 1500
- 319 BUGLI Lorenzo SMR** **24y**  
Half Mar 72:25 -21. 5000 pb: 16:05.88 -21. 99 World Mountain Running Champs 2018; 23 Balkan under-23 XC 2019  
In 2022: 5 Ancona 3000; 104 Italian 10K
- 320 BIBIC Elzan SRB** **23y**  
2019 European under-23 cross country silver // Half Mar pb: 63:58 -22. 5000 pb: 13:24.42 -22. 3000 pb: 7:39.45 -21. 1500 pb: 3:35.07 -20. 1 European Youth 3000 2016; 8 WJC 5000 2016; 6 WJC 1500 2018 (8 5000); ht EIC 1500 2019; 3 under-23 ECH 1500 2019 (2021-4); 18 ECH 5000 2022. At EXC: 2015-28J, 2016-27J, 2017-31J, 2018-3J, 2019-2u23  
His eight Balkan titles: 1500 2018/2022 & indoor 2019/2020; 3000 2018 & indoor 2016/2017/2018  
In 2022: 1 Serbian indoor 1500/3000; 6ht WIC 3000; 1 Cuprija Vera Nikolić Memorial 3000; 6 Huelva 5000; 4 Sollentuna Folksam 1500; 13 Oslo Diamond 5000; 1 Serbian 1500; 10 Mediterranean Games 1500; 18 ECH 5000; 12 Rovereto 5000; 4 Berlin ISTAF 1500; 1 Serbian XC; 1 Novi Pazar Half Mar (63:58 on début); 1 Tilburg XC
- 327 DUREC Peter SVK** **30y**  
Half Mar pb: 64:24 -22. 10,000 pb: 30:42.89 -19. 5000 pb: 14:14.22 -17. ht World Youth 800 2009; ht EIC 3000 2015. At EXC: 2014-55u23, 2015-66, 2016-58. 1 Slovak 1500 2014/206 & 5000 2016/2017. 1 Slovak indoor 1500 2016 & 3000 2015/2016/2017  
In 2022: 1 Košice Half Mar; 1 Slovak long & short course XC
- 329 ABOOTORABI Mohammadreza SWE** **33y**  
(Previously known as Mohammad Reza Abou Torabi)  
Allegiance transferee from Iran – moved to Sweden in 2016, gained Swedish citizenship in December 2021 and cleared by World Athletics to represent Sweden from June 13, 2022  
Marathon pb: 2:17:36 -22. Half Mar pb: 62:40 -20. 10,000 pb: 28:45.44 -22. 5000 pb: 13:30.05 -22. 3000 pb: 7:51.90i; 7:59.74 -22. 8 Asian Champs XC 2007 (2014-9, 2016-12). 1 Swedish short course XC 2019/2020; 2 Swedish indoor 3000 2021; 2 Swedish 10K 2022  
Marathons (2) 26 Dubai 2016, 67 Seville 2022  
In 2022: 2 Sollentuna 3000 (indoor); 4 European Clubs Cup XC; 67 Seville Marathon; 1 Sollentuna Fredrikshof 5000 (set Swedish indoor record 13:38.88); 17 UK 10,000; 4 Stockholm Hoka 5000; 7 Sollentuna Folksam 5000; 2 Swedish 10K; 1 Söderköping 5K; 1 Oslo Boysen Memorial 5000; 10 Heusden Night of Athletics 5000; 4 Swedish 10,000; 2 FIN v SWE 10K; 16 'Great' North Half Mar; 1 Stockholm Half Mar; 3 Lidingöloppet 30K XC; 2 Breda Half Mar; 4 Swedish XC; 1 Nordic XC
- 330 BEJMER Max Peter SWE** **30y**  
He is a primarily a competitor at orienteering, where runners have to navigate as well as run. His current (December 7) world ranking is 15  
10,000 pb: 30:07.86 -20. 5000 pb: 14:33.50 -20. 2 Nordic XC 2022. 5 Swedish XC 2021 (2022-6)  
In 2022: 5 Stockholm 10K; 6 Swedish short course XC; 6 Swedish XC; 2 Nordic XC. Plus eight orienteering contests, including five World Cups with a best placing of seventh and a gold medal in the mixed sprint relay at the World Championships

- 331 DANIELSSON Emil SWE 25y**  
 10,000 pb: 28:58.61 -22. 5000 pb: 13:25.62 -22. 3000 pb: 7:46.29 -21. 1500 pb: 3:37.57 -21. ht WJC 1500 2016; 22 under-23 ECH 5000 2019. At EXC: 2014-10J, 2015-56J, 2018-31u23, 2019-33u23, 2019-33u23. His father Jonny Danielsson was 10th in the 1988 Olympic 5000m and still holds the Swedish 10,000m record with 27:55.74 in 1989  
 In 2022: 42 European Clubs Cup XC; 23 Mt SAC Relays Elite 10,000; 1 Stanford Jordan Invitational 5000; 3 Stockholm 5000; 5 Jessheim 1500; 1 Sollentuna Folksam 1500; 4 Copenhagen Games 1500; 1 Swedish Club Champs 1500; 4 Söderhamn 5000; 3 Gothenburg Folksam 3000; 2 Swedish 5000 (3 1500); 2 Stockholm 10K; 4 Lappeenranta 1500; 3 FIN v SWE 5000; 8 Zagreb 3000; 2 Swedish short course XC; 5 Swedish XC
- 334 ATAÇ Sezgin TUR 24y**  
 Team gold at 2018 European Cross Country Championships // Half Mar pb: 62:20 -21. 10,000 pb: 28:37.38 -22. 5000 pb: 13:45.11 -22. 3 EJC 10,000 2017; 17 under-23 ECH 10,000 2019; 65 World Half Mar 2020. At EXC: 2016 -39J, 2018-98J, 2019-15. 1 Turkish 10,000 & XC 2019  
 In 2022: 2 ECP 10,000 'B'; 2 Turkish Super League #1 5000; 3 Balkan 5000; 4 Mediterranean Games Half Mar; 2 Bursa 5000 (3 3000); 1 Izmir Half Mar; 2 Tarsus Half Mar
- 337 KAYA Aras TUR 28y**  
 Allegiance transferee from Kenya – formerly Amos Kibitok, has lived in Turkey since May 5, 2015, acquired Turkish citizenship on June 14, 2016 and cleared by World Athletics to represent Turkey from July 4, 2016  
 Half Mar pb: 60:51 -20. 10,000 pb: 27:48.53 -15. 5000 pb: 13:23.91 -15. 3000SC pb: 8:29.91 -16. 2 ECH 3000SC 2016; ht OLY 3000SC 2016; 12 EIC 3000 2017; 1 Balkan 3000SC 2019; 24 World Half Mar 2020; 16 ECH 10,000 2022 (2018-dnf). At WXC: 2017-3 relay, 2019-26; At EXC: 2016-1, 2017-7, 2018-3, 2019-1, 2021-2. 1 Russian 5000 2015; 1 Turkish 5000 2020. He was initially in the process of receiving Russian nationalisation, having been based in Kazan  
 European Cross Country Champion in 2016 & 2019, after the man ahead of him then (Robel Fsiha SWE) was banned for four years after failing a doping test one month before the championships  
 In 2022: 39 Eldoret Agnes Tirop Classic XC; 15 Herzogenaurach 10K; 3 ECP 10,000; 1 Turkish Super League #1 5000 (3 3000); 4 Mediterranean Games 5000; 4 Islamic Solidarity Games 5000/10,000; 16 ECH 10,000; 1 Bursa 3000/5000; dnf Brasov 10K
- 339 TEKAL Ersin TUR 27y**  
 2013 European Junior Steeplechase bronze // Half Mar pb: 63:13 -22. 5000 pb: 13:57.48 -21. 3000SC pb: 8:46.31 -22. 3 EJC 3000SC 2013; ht WJC 3000SC 2016; 13 WSG Half Mar 2019. At EXC: 2012-29J, 2013-56J, 2017 -44u23, 2021-53  
 In 2022: 2 Trabzon Half Mar; 5 Mersin 10,000; 2 Bursa 3000SC; 3 Turkish Super League #1 5000; 2 Turkish 3000SC
- 346 SIRUK Dmytro UKR 31y**  
 Half Mar pb: 65:27 -20. 10,000 pb: 28:34.36 -12. 5000 pb: 14:16.19 -12. 7 under-23 ECH 10,000 2013; 82 World Half Mar 2014; 21 ECH 10,000 2018. At EXC: 2009-44J, 2010-28J, 2011-18u23, 2012-26u23, 2013-11u23, 2016 -42, 2017-35, 2019-49. 1 Ukrainian XC 2022  
 In 2022: 5 Ukrainian 10,000; 1 Ukrainian XC