

2022 European Cross-Country Championships - Statistical Reference file

Summary Page:

Senior Men

Margin of Victory for individual championships

	Difference	Winning time	Name	Nat	Venue	Year
Max	35 sec	32:37	Jon Brown	GBR	Charleroi	1996
Min	0 sec	32:19	Polat Kemboi Arikan	TUR	Samokov	2014

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	43	21	FRA	ESP	Tilburg	2005
Min	0	47	FRA	ESP	Edinburgh	2003

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	53	ITA	Ferrara	1998
Min	13	FRA	Dublin	2021

Multiple Gold Medalists:

Sergey Lebid (UKR): 1998, 2001, 2002, 2003, 2004, 2005, 2007, 2008, 2010

Paulo Guerra (POR): 1994, 1995, 1999, 2000

Alemayehu Bezabeh (ESP): 2009, 2013

Aras Kaya (TUR) 2016, 2019

European Cross Country Championships – individual:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Jakob Ingebrigtsen	NOR	30:15	Aras Kaya	TUR	30:29	Jimmy Gressier	FRA	30:34
2019	Aras Kaya	TUR	30:10	Yemaneberhan Crippa	ITA	30:21	Julien Wanders	SUI	30:25
2018	Filip Ingebrigtsen	NOR	28:49	Isaac Kimeli	BEL	28:52	Aras Kaya	TUR	28:56
2017	Kaan Kigen Ozbilen	TUR	29:45	Adel Machaal	ESP	29:54	Andrew Butchart	GBR	30:00
2016	Aras Kaya	TUR	27:39	Polat Kemboi Arikan	TUR	27:42	Callum Hawkins	GBR	27:49
2015	Ali Kaya	TUR	29:20	Alemayehu Bezabeh	ESP	29:31	Adel Mechaal	ESP	29:51
2014	Polat Kemboi Arikan	TUR	32:19	Ali Kaya	TUR	32:19	Alemayehu Bezabeh	ESP	32:30

Under-23 Men: (inaugurated in 2006)

Margin of Victory for individual championships

	Difference	Winning time	Name	Nat	Venue	Year
Max	10 sec	24:30	Henrik Ingebrigtsen	NOR	Budapest	2012
Min	2 sec	23:14	Barnabas Bene	HUN	San Giorgio su Legnano	2006
		24:31	Kemal Koyuncu	TUR	Toro	2007
		25:31	Ilgizar Safiulin	RUS	Samokov	2014
		24:35	Jimmy Gressier	FRA	Samorin	2017

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	50	28	RUS	ITA	San Giorgio su Legnano	2006
Min	0	52	GBR	POL	Toro	2007

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	60	IRL	Albufeira	2010

Min	7	FRA	Samorin	2017
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Multiple Gold Medalists:

Jimmy Gressier (FRA): 2017, 2018, 2019

European Cross Country Championships U-23:

Year	Gold	Nat	time	Silver	Nat		Bronze	Nat	
2021	Charles Hicks	GBR	24:29	Darragh McElhinney	IRL	24:33	Ruben QUerinjean	LUX	24:36
2019	Jimmy Gressier	FRA	24:17	Elzan Bibic	SRB	24:25	Abdessamad Oukhelfen	ESP	24:34
2018	Jimmy Gressier	FRA	23:37	Samuel Fitwi	GER	23:45	Hugo Hay	FRA	23:48
2017	Jimmy Gressier	FRA	24:35	Hugo Hay	FRA	24:37	Yemaneberthan Crippa	ITA	24:42
2016	Isaac Kimeli	BEL	22:48	Carlos Mayo	ESP	22:53	Yemeneberhan Crippa	ITA	22:54
2015	Jonathan Davies	GBR	23:32	Carlos Mayo	ESP	23:35	Amanal Petros	GER	23:39

Junior (U20) Men: (inaugurated in 1997; 1996 (exhibition) results not included)

Margin of Victory for individual Championships

	Difference	Winning time	Name	Nat	Venue	Year
Max	38 sec	18:20	Jakob Ingebrigtsen	NOR	Lisboa	2019
Min	0 sec	20:52 18:07	Yevgeniy Rybakov Abdelaziz Merzougui	RUS ESP	Edinburgh Albufeira	2003 2010

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	34	24	GBR	FRA	Dublin	2009
Min	1	50	FRA	NOR	Bruxelles	2008
	1	50	RUS	FRA	Budapest	2012
	1	34	GBR	IRL	Dublin	2021

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	68	ITA	San Giorgio su Legnano	2006
Min	18	ITA	Samokov	2014

Multiple Gold Medalists:

Jakob Ingebrigtsen (NOR): 2016, 2017, 2018, 2019
 Yemaneberhan Crippa (ITA): 2014, 2015
 Yevgeniy Rybakov (RUS): 2002, 2003
 Barnabas Bene (HUN): 2004, 2005

European Junior (U20) Cross Country Championships – individual:

Year	Gold	Nat	time	Silver	Nat	Time	Bronze	Nat	Time
2021	Axel Vang Christensen	DEN	17:53	Abdullahi Dahir Rabi	NOR	18:18	Joel Ibler Lillesø	DEN	18:21
2019	Jakob Ingebrigtsen	NOR	18:20	Ayetullah Aslanhan	TUR	18:58	Efrem Gidey	IRL	19:01
2018	Jakob Ingebrigtsen	NOR	18:00	Ouassim Oumaiz	ESP	18:09	Elzan Bibic	SRB	18:11
2017	Jakob Ingebrigtsen	NOR	18:39	Ramazan Barbaros	TUR	18:41	Louis Gilavert	FRA	18:45
2016	Jakob Ingebrigtsen	NOR	17:06	Yohanes Chiappinelli	ITA	17:14	Mohamd Mhamaed	GBR	17:16
2015	Yemaneberhan Crippa	ITA	17:39	Fabien Palcau	FRA	17:45	El Madhi Lahoufi	ESP	17:46
2014	Yemaneberhan Crippa	ITA	20:07	Carlos Mayo	ESP	20:22	Said Ettaqy	ITA	20:28
2013	Ali Kaya	TUR	17:49	Isaac Kimeli	BEL	17:51	Mikhail Strelkov	RUS	18:05

Senior Women:

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
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Max	15 sec	13:52 26:48 26:52	Annemari Sandell Yasemin Can Yasemin Can	FIN TUR TUR	Alnwick Samorin Lisboa	1995 2017 2019
Min	0 sec	28:27	Gemma Steel	GBR	Samokov	2014

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	53	25	GBR	IRL	Edinburgh	2003
Min	0	47 52	POR IRL	GBR FRA	San Giorgio su Legnano Budapest	2006 2012

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	52	RUS	Tilburg	2005
Min	16	POR	Ferrara	1998

Multiple Gold Medalists:

Yasemin Can (TUR): 2016, 2017, 2018, 2019
 Fionnuala Britton (IRL): 2011, 2012 (first to successfully defend the title)
 Paula Radcliffe (GBR): 1998, 2003
 Hayley Yelling (GBR): 2004, 2009

European Cross Country Championships – individual:

Year	Gold	Nat		Silver	Nat		Bronze	Nat	
2021	Karoline Bjerkeli Grøvdal	NOR	26:34	Meraf Bahta	SWE	26:44	Alina Reh	GER	26:53
2019	Yasemin Can	TUR	26:52	Karoline Grovdal	NOR	27:07	Samrawit Mengsteab	SWE	27:43
2018	Yasemin Can	TUR	26:05	Fabienne Schlumpf	SUI	26:06	Karoline Grøvdal	NOR	26:07
2017	Yasemin Can	TUR	26:48	Meraf Bahta	SWE	27:03	Karoline Grøvdal	NOR	27:04
2016	Yasemin Can	TUR	24:46	Meryem Akdag	TUR	24:56	Karoline Grøvdal	NOR	25:26
2015	Sifan Hassan	NED	25:47	Kate Avery	GBR	25:55	Karoline Grøvdal	NOR	25:57

Under-23 Women: (inaugurated in 2006)

Margin of Victory for individual races

	Difference	Winning time	Name	Nat	Venue	Year
Max	39 sec	20:30	Anna Emilie Moller	DEN	Lisboa	2019
Min	0 sec	19:46	Louise Carton	BEL	Hyeres	2015

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	35	19	GBR	RUS	Beograd	2013
Min	2	43	GBR	RUS	Albufeira	2010

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	56	GBR	San Giorgio su Legnano	2006
Min	12	GBR	Samorin	2017

Multiple Gold Medalists: None

Anna Emile Møller (DEN): 2018, 2019

European U-23 Cross Country Championships – individual:

Year	Gold	Nat		Silver	Nat		Bronze	Nat	
2021	Nadia Battocletti	ITA	20:32	Klara Lukan	SLO	20:36	Mariana Machado	POR	20:36
2019	Anna Emile Møller	DEN	20:30	Jasmijn Lau	NED	21:09	Stephanie Cotter	IRL	21:15

2018	Anna Emile Møller	DEN	20:34	Anna Gehring	GER	20:36	Weronika Pyzik	POL	20:46
2017	Alina Reh	GER	20:22	Konstanze Klosterhalfen	GER	20:25	Jessica Judd	GBR	20:45
2016	Sofia Ennaoui	POL	19:21	Anna Gehring	GER	19:24	Alice Wright	GBR	19:42
2015	Louise Carton	BEL	19:46	Jip Vastenburg	NED	19:46	Amela Terzic	SRB	19:49

Junior (U20) Women: (inaugurated in 1997; 1996 (exhibition) results not included)

Margin of Victory for individual races

	Difference	Winning time	Name	Nat	Venue	Year
Max	25 sec	15:32	Inna Puluskina	LAT	Edinburgh	2003
Min	1 sec	12:55	Jessica Augusto	POR	Malmö	2000
		12:26	Charlotte Dale	GBR	Medulin	2002
		13:13	Emelia Gorecka	GBR	Valenje	2011
		13:46	Nadia Battocletti	ITA	Tilburg	2018

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	78	28	GBR	GER	Budapest	2012
Min	0	29	GBR	ITA	Lisboa	2019

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	51	ROU	Heringsdorf	2004
Min	10	GBR	Bruxelles	2008

Multiple Gold Medalists:

Nadia Battocletti (ITA)	2018, 2019
Konstanze Klosterhalfen (GER):	2015, 2016
Emelia Gorecka (GBR):	2011, 2013
Stephanie Twell (GBR):	2006-2008

European Junior (U20) Cross Country Championships:

Year	Gold	Nat		Silver	Nat		Bronze	Nat	
2021	Megan Keith	GBR	13:41	Ingeborg Østgard	NOR	13:44	Emma Heckel	GER	13:46
2019	Nadia Battocletti	ITA	13:58	Klala Lukan	SLO	14:01	Mariana Machado	POR	14:10
2018	Nadia Battocletti	ITA	13:46	Delia Sclabas	SUI	13:47	Inci Kalkan	TUR	13:48
2017	Harriet Knowles-Jones	GBR	13:48	Lili Anna Toth	HUN	13:59	Miriam Dattke	GER	14:03
2016	Konstanze Klosterhalfen	GER	12:26	Anna Emilie Moller	DEN	12:43	Harriet Knowles	GBR	12:52
2015	Konstanze Klosterhalfen	GER	13:12	Harriet Knowles-Jones	GBR	13:16	Alina Reh	GER	13:20
2014	Emine Hatun Tuna	TUR	14:13	Jessica Judd	GBR	14:18	Lydia Turner	GBR	14:25

Mixed Cross Country Relay (inaugurated in 2017)

Margin of Victory

	Difference	Winning time	Nat	Venue	Year
Max	6 sec	17:55	GBR	Lisboa	2019
Min	1 sec	18:24	GBR	Samorin	2017

European mixed Cross Country relay Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2021	GBR	18:01	FRA	18:05	BEL	18:06
2019	GBR	17:55	BLR	18:01	FRA	18:05
2018	ESP	16:10	FRA	16:12	BLR	16:21
2017	GBR	18:24	CZE	18:25	ESP	18:26

Senior Men:

Margin of Victory for individual championships

	Difference	Winning time	Name	Nat	Venue	Year
Max	35 sec	32:37	Jon Brown	GBR	Charleroi	1996
Min	0 sec	32:19	Polat Kemboi Arikan	TUR	Samokov	2014
	1 sec	27:19	Carsten Jørgensen	DEN	Oeiras	1997
		28:07	Sergey Lebid	UKR	Ferrara	1998

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	29 sec	32:30	Alemayehu Bezabeh	ESP	Samokov	2014
	13 sec	30:25	Julien Wanders	SUI		2019
	12 sec	27:49	Callum Hawkins	GBR	Chia	2016
	9sec	33:32	Jon Brown	GBR	Velenje	1999
		31:17	Sergey Lebid	UKR	Dublin	2009
Min	0 sec	29:35	Andy Vernon	GBR	Beograd	2013
	1sec	26:47	Andrew Pearson	GBR	Alnwick	1995
		33:19	Mustapha Essaid	FRA	Charleroi	1996
		28:16	Driss El Himer	FRA	Ferrara	1998
		28:10	Antonio Jimenez	ESP	Thun	2001
		27:26	Driss Maazouzi	FRA	Tilburg	2005
		29:21	Jose Rocha	POR	Velenje	2011
		30:13	Daniele Meucci	ITA	Budapest	2012
		30:00	Andrew Butchart	GBR	Samorin	2017

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	43	21	FRA	ESP	Tilburg	2005
Min	0	47	FRA	ESP	Edinburgh	2003

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	53	ITA	Ferrara	1998
Min	13	FRA	Dublin	2021
	14	ESP	Hyerer	2015
		TUR	Tilburg	2018
	17	TUR	Samorin	2017
	20	POR	Anlwick	1994

Multiple Gold Medalists:

Sergey Lebid (UKR): 1998, 2001, 2002, 2003, 2004, 2005, 2007, 2008, 2010
 Paulo Guerra (POR): 1994, 1995, 1999, 2000
 Alemayehu Bezabeh (ESP): 2009, 2013
 Aras Kaya (TUR): 2016, 2019

Multiple Medalists:

Sergey Lebid (UKR): Gold: 1998, 2001-2005, 2007, 2008, 2010; Silver: 2000; Bronze: 1997, 2009
 Paulo Guerra (POR): Gold: 1994, 1995, 1999, 2000; Silver: 1996
 Mo Farah (GBR): Gold: 2006; Silver: 2008, 2009
 Juan Carlos de la Ossa (ESP): Silver: 2003, 2004, 2006
 Mustafa Mohamed (SWE): Silver: 2007; Bronze: 2006, 2008
 Jon Brown (GBR): Gold: 1996; Bronze: 1999
 Driss El Himer (FRA): Bronze: 1998, 2000
 Driss Maazouzi (FRA): Bronze: 2004, 2005
 Mustapha Essaid (FRA): Silver: 2002; Bronze: 1996
 Ayad Lamdassem (ESP): Silver: 2010, 2011

Alemayehu Bezabeh (ESP): Gold: 2009, 2013, Bronze: 2014, Silver: 2015
 Polat Kemboi Arikan (TUR): Silver 2016, Gold: 2014; Silver 2013
 Ali Kaya (TUR): Silver 2014; Gold 2015;
 Adel Mechaal (ESP): Bronze 2015; Silver 2017
 Aras Kaya (TUR) Gold in 2016, Bronze in 2018, Gold 2019, 2021 Silver

European Cross Country medalist with World Cross Country Championships medal

Name	Nat	Best placing in Euro XC	Year	World XC	Year
Paula Guerra	POR	1 st	1994, 1995, 1999, 2000	Bronze	1999
Mohamed Mourhit	BEL	2 nd	1998	Gold	2000, 2001
Sergey Lebid	UKR	1 st	1998,2001-2005,2007,2008,2010	Silver	2001

Note: The last time European won a medal in the World Cross Country Championships was 2001, when Mourhit of BEL won gold and Sergey Lebid of UKR won silver.

Lebid, 2001, is the last European born runner to medal in the World Cross Country Championships.

European Cross Country champion with European Championships gold medal on track

Name	Nat	European Cross Country	European Championships	Event
Jakob Ingebrigtsen	NOR	2021	2018 2020	1500m, 5000m 1500m, 5000m
Filip Ingebrigtsen	NOR	2018	2016	1500m
Mohamed Farah	GBR	2006	2010, 2012, 2014 2010, 2014	5000m 10000m
Polat Arikan	TUR	2014	2012, 2016	10000m

Other notable runners with medals in both events:

Name	Nat	Euro XC	Year	Euro Champ	Event	Year
Yemaneberhan Crippa	ITA	Silver	2019	Bronze	10000m	2018
Kaan Kigen Ozbilien	TUR	Gold	2017	Silver	Half Mara	2016
Adel Mechaal	ESP	Silver	2017	Silver	5000m	2016
Aras Kaya	TUR	Gold	2016, 2019	Silver	3000mSC	2016
Ali Kaya	TUR	Gold	2015	Silver	10000m	2016
Adel Mechaal	ESP	Bronze	2015	Silver	5000m	2016
Polat Kemboi Arikan	TUR	Gold	2014	Gold	10000m	2012, 2016
Andy Vernon	GBR	Bronze	2013	Silver Bronze	10000m 5000m	2014 2014
Daniele Meucci	ITA	Bronze	2012	Gold Silver	Marathon 10000m	2014 2012
Rui Silva	POR	Bronze	2007	Silver	1500m	1998
Alberto Garcia	ESP	Silver	2005	Gold	5000m	2002
Antonio Jimenez	ESP	Bronze	2001	Gold	3000mSC	2002
Juan Carlos de la Ossa	ESP	Silver	2003, 2004, 2006	Bronze	10000m	2006
Sergey Lebid	UKR	Gold	2001-2005,2007,2008,2010	Bronze	5000m	2002

European Cross Country champion with European junior Championships gold medal on track

Name	Nat	European Cross Country	European Junior Championships	Event
Jakob Ingebrigtsen	NOR	2021	2017	5000m, 3000mSC
Ali Kaya	TUR	2015	2013	5000m, 10000m
Mohamed Farah	GBR	2006	2001	5000m

European Cross Country champion who previously won European U23 and Junior (U20) Cross Country:

Name	Nat	European Cross Country	Euro U23 Cross Country	European Junior Cross Country
Andrea Lalli	ITA	2012	2008	2006

European Cross Country medalist who previously won European Junior (U20) Cross Country medal:

Name	Nat	European Cross Country	Year	European Junior Cross Country	Year
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Jakob Ingebrigtsen	NOR	Gold	2021	Gold	2016-2019
Yemaneberhan Crippa	ITA	Silver	2019	Gold	2014, 2015
Ali Kaya	TUR	Gold Silver	2015 2014	Gold	2013
Andy Vernon	GBR	Bronze	2013	Silver	2005
Andrea Lalli	ITA	Gold	2012	Gold	2006
Hasan Chadhi	FRA	Silver	2012	Bronze	2008
Mo Farah	GBR	Gold	2006	Silver	2001
Mustafa Mohamed	SWE	Silver	2008	Bronze	1997

European Cross Country medalist who previously won Euro Cross U-23 medal:

Name	Nat	European Cross Country	Year	European U-23 Cross Country	Year
Jimmy Gressier	FRA	Bronze	2021	Gold	2017-2019
Andy Vernon	GBR	Bronze	2013	Bronze Silver	2007 2008
Andrea Lalli	ITA	Gold	2012	Gold	2008
Hasan Chadhi	FRA	Silver	2012	Gold	2010
Atelaw Bekele	BEL	Gold	2011	Bronze	2009
Daniele Meucci	ITA	Bronze	2012	Bronze	2006
Isaac Kimeli	BEL	Silver	2018	Gold	2016
Crippa	ITA	Silver	2019	Bronze	2016, 2017

Number of individual Medals by Countries:

Nation	Gold	Silver	Bronze
UKR	9	1	2
TUR	5	4	1
POR	4	3	4
ESP	2	9	5
GBR	2	2	5
NOR	2		
BEL	1	2	
ITA	1	1	1
DEN	1		
FRA		2	6
SWE		2	2
NED		1	
SUI			1

Multiple individual Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
TUR	2016	Aras Kaya	Polat Kemboi Arikan	
ESP	2015		Alemayehu Bezabeh	Adel Mechaal
TUR	2014	Polat Kemboi Arikan	Ali Kaya	
ITA	2012	Andrea Lalli		Daniele Meucci
POR	1999	Paulo Guerra	Eduardo Henriques	
POR	1994	Paulo Guerra	Domingos Castro	

Man & Woman from the same nation winning the senior individual race in the same year:

Nation	Men	Women	Year
NOR	Jakob Ingebrigtsen	Karoline Bjerkeli Grøvdal	2021
TUR	Aras Kaya	Yasemin Can	2019
TUR	Aras Kaya	Yasemin Can	2016
TUR	Ozbilen	Yasemin Can	2017

Man & Woman's team from the same nation winning the senior team race in the same year:

Nat	Year
GBR	2019
ESP	2007

Nation winning both the individual and team race

Nat	Year	Individual race
POR	1994	Paul Guerra
ESP	2009	Alemayehu Bezabeh
ESP	2013	Alemayehu Bezabeh
TUR	2014	Polat Kemboi Arikan
TUR	2017	Kaan Kigen Ozbilen

Runner from the same nation winning senior and junior race in the same year:

Nat	Year	Senior race	Junior race
UKR	2001	Sergiy Lebid	Vasyl Matviychuk
NOR	2018	Filip Ingebrigtsen	Jakob Ingebrigtsen

Team from the same nation winning senior and junior team race in the same year:

Nat	Year
GBR	2019
GBR	1999

Number of team Medals by Countries:

Nation	Gold	Silver	Bronze
ESP	9	8	6
FRA	8	6	3
POR	3	6	3
GBR	3	4	6
TUR	3		1
ITA	1	1	4
BEL		2	1
NOR			1
IRL			1
UKR			1

European Cross Country Championships – individual:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Jakob Ingebrigtsen	NOR	30:15	Aras Kaya	TUR	30:29	Jimmy Gressier	FRA	30:34
2019	Aras Kaya	TUR	30:10	Yemaneberhan Crippa	ITA	30:21	Julien Wanders	SUI	30:25
2018	Filip Ingebrigtsen	NOR	28:49	Isaac Kimeli	BEL	28:52	Aras Kaya	TUR	28:56
2017	Kaan Kigen Ozbilen	TUR	29:45	Adel Machaal	ESP	29:54	Andrew Butchart	GBR	30:00
2016	Aras Kaya	TUR	27:39	Polat Kemboi Arikan	TUR	27:42	Callum Hawkins	GBR	27:49
2015	Ali Kaya	TUR	29:20	Alemayehu Bezabeh	ESP	29:31	Adel Mechaal	ESP	29:51
2014	Poloat Kemboi Arikan	TUR	32:19	Ali Kaya	TUR	32:19	Alemayehu Bezabeh	ESP	32:30
2013	Alemayehu Bezabeh	ESP	29:11	Polat Kemboi Arikan	TUR	29:32	Andy Vernon	GBR	29:35
2012	Andrea Lalli	ITA	30:01	Hassan Chahdi	FRA	30:11	Daniele Meucci	ITA	30:13
2011	Atelaw Bekele	BEL	29:15	Ayad Lamdassem	ESP	29:20	Jose Rocha	POR	29:21
2010	Sergey Lebid	UKR	29:15	Ayad Lamdassem	ESP	29:18	Yussef El Kalai	POR	29:19
2009	Alemayehu Bezabeh	ESP	30:45	Mohamed Farah	GBR	31:02	Sergey Lebid	UKR	31:17
2008	Sergey Lebid	UKR	30:49	Mohamed Farah	GBR	30:57	Mustafa Mohamed	SWE	31:13
2007	Sergey Lebid	UKR	31:47	Mustafa Mohamed	SWE	31:56	Rui Silva	POR	31:58
2006	Mohamed Farah	GBR	27:56	Juan Carlos de la Ossa	ESP	28:06	Mustafa Mohamed	SWE	28:08
2005	Sergey Lebid	UKR	27:09	Alberto Garcia	ESP	27:21	Driss Maazouzi	FRA	27:26
2004	Sergey Lebid	UKR	27:31	Juan Carlos de la Ossa	ESP	27:54	Driss Maazouzi	FRA	28:05

2003	Sergey Lebid	UKR	30:47	Juan Carlos de la Ossa	ESP	31:08	Eduardo Henriques	POR	31:15
2002	Sergey Lebid	UKR	28:58	Mustapha Essaïd	FRA	29:03	Fabian Roncero	ESP	29:03
2001	Sergey Lebid	UKR	27:52	Kamiel Maase	NED	28:05	Antonio Jimenez	ESP	28:10
2000	Paulo Guerra	POR	29:29	Sergey Lebid	UKR	29:39	Driss El Himer	FRA	29:45
1999	Paulo Guerra	POR	32:45	Eduardo Henriques	POR	32:50	Jon Brown	GBR	33:32
1998	Sergey Lebid	UKR	28:07	Mohammed Mourhit	BEL	28:08	Driss El Himer	FRA	28:16
1997	Carsten Jørgensen	DEN	27:19	Claes Nyberg	SWE	27:20	Sergey Lebid	UKR	27:23
1996	Jon Brown	GBR	32:37	Paulo Guerra	POR	33:12	Mustapha Essaïd	FRA	33:19
1995	Paulo Guerra	POR	26:40	Alejandro Gomez	ESP	26:46	Andrew Pearson	GBR	26:47
1994	Paulo Guerra	POR	27:43	Domingos Castro	POR	27:59	Antonio Serrano	ESP	28:03

European Cross Country Championships – Team:

Year	Gold		Silver		Bronze	
2021	FRA	13	ESP	30	NOR	47
2019	GBR	36	BEL	38	ESP	45
2018	TUR	14	GBR	34	ITA	37
2017	TUR	17	ESP	20	GBR	35
2016	GBR	28	ESP	32	TUR	38
2015	ESP	14	FRA	35	GBR	78
2014	TUR	33	ESP	36	ITA	59
2013	ESP	31	BEL	49	GBR	60
2012	ESP	35	GBR	38	ITA	63
2011	FRA	34	GBR	59	ESP	67
2010	FRA	33	POR	35	ESP	58
2009	ESP	34	GBR	54	ITA	62
2008	ESP	39	FRA	49	GBR	54
2007	ESP	33	POR	64	FRA	75
2006	FRA	29	ESP	40	POR	54
2005	FRA	21	ESP	64	UKR	71
2004	FRA	28	ITA	50	GBR	63
2003	FRA	47	ESP	47	POR	65
2002	ESP	31	FRA	43	POR	57
2001	ESP	40	FRA	50	POR	72
2000	FRA	23	ESP	51	IRL	72
1999	GBR	35	POR	41	FRA	58
1998	ITA	53	POR	55	ESP	68
1997	POR	34	FRA	46	ESP	56
1996	POR	27	FRA	47	BEL	59
1995	ESP	32	POR	37	GBR	55
1994	POR	20	ESP	27	FRA	50

Last ten European Championships – 1500m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jakob Ingebrigtsen	NOR	3:32.76	Jake Heyward	GBR	3:34.44	Mario Garcia	ESP	3:34.88
2018	Jakob Ingebrigtsen	NOR	3:38.10	Marcin Lewandowski	POL	3:38.14	Jake Wightman	GBR	3:38.25
2016	Filip Ingebrigtsen	NOR	3:46.65	David Bustos	ESP	3:46.90	Henrik Ingebrigtsen	NOR	3:47.18
2014	M Mekhissi-Benabbad	FRA	3:45.60	Henrik Ingebrigtsen	NOR	3:46.10	Chris O'Hare	GBR	3:46.18
2012	Henrik Ingebrigtsen	NOR	3:46.20	Florian Carvalho	FRA	3:46.33	David Bustos	ESP	3:46.45
2010	Arturo Casado	ESP	3:42.74	Carsten Schlangen	GER	3:43.52	Manuel Olmedo	ESP	3:43.54
2006	Mehdi Baala	FRA	3:39.02	Ivan Heshko	UKR	3:39.50	Juan Carlos Higuero	ESP	3:39.62
2002	Mehdi Baala	FRA	3:45.25	Reyes Estevez	ESP	3:45.25	Rui Silva	POR	3:45.43
1998	Reyes Estevez	ESP	3:41.31	Rui Silva	POR	3:41.84	Fermin Cacho	ESP	3:42.13
1994	Fermin Chacho	ESP	3:35.27	Isaac Viciosa	ESP	3:36.01	Branko Zorko	CRO	3:36.88

Last ten European Championships – 3000mSC:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Topi Raitanen	FIN	8:21.80	Ahmed Abdelwahed	ITA	8:22.35	Osama Zoghaami	ITA	8:23.44
2018	M Mekhissi-Benabbad	FRA	8:31.66	Fernando Carro	ESP	8:34.16	Yohaes Chiappinelli	ITA	8:35.81
2016	M Mekhissi-Benabbad	FRA	8:25.63	Aras Kaya	TUR	8:29.91	Yoann Kowal	FRA	8:30.79
2014	Yoann Kowal	FRA	8:26.66	Krystian Zalewski	POL	8:27.11	Angel Mullera	ESP	8:29.16
2012	M Mekhissi-Benabbad	FRA	8:33.23	Tarik Langat Akdag	TUR	8:35.24	Victor Garcia	ESP	8:35.87
2010	M Mekhissi-Benabbad	FRA	8:07.87	Bouabdellah Tahri	FRA	8:09.28	Ion Luchianov	MDA	8:19.64
2006	Jukka Keskisalo	FIN	8:24.89	Jose Luis Blanco	ESP	8:26.22	Bob Tahri	FRA	8:27.15
2002	Antonio Jimenez	ESP	8:24.34	Simon Vroemen	NED	8:24.45	Luis Miguel Martin	ESP	8:24.72
1998	Damian Kallabis	GER	8:13.10	A Lambruschini	ITA	8:16.70	Jim Svenøy	NOR	8:18.97
1994	A Lambruschini	ITA	8:22.40	Angelo Carosi	ITA	8:23.53	William Van Dijck	BEL	8:24.86

Last ten European Championships – 5000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jakob Ingebrigtsen	NOR	13:21.13	Mohamed Katir	ESP	13:22.98	Yemaneberhan Crippa	ITA	13:24.83
2018	Jakob Ingebrigtsen	NOR	13:17.06	Henrik Ingebrigtsen	NOR	13:18.75	Morhad Amdouni	FRA	13:19.14
2016	Ilias Fifi	ESP	13:40.85	Adel Mechaal	ESP	13:40.85	Robert Ringer	GER	13:40.85
2014	Mo Farah	GBR	14:05.82	Hayle Ibrahimov	AZE	14:08.32	Andy Vernon	GBR	14:09.48
2012	Mo Farah	GBR	13:29.91	Arne Gabius	GER	13:31.83	Polat Kemboi Arikan	TUR	13:32.63
2010	Mo Farah	GBR	13:31.18	Jesus España	ESP	13:33.12	Hayle Ibrahimov	AZE	13:34.15
2006	Jesus España	ESP	13:44.70	Mo Farah	GBR	13:44.79	Juan Carlos Higuero	ESP	13:46.48
2002	Alberto Garcia	ESP	13:38.18	Ismail Sghyr	FRA	13:39.81	Sergey Lebid	UKR	13:40.00
1998	Isaac Viciosa	ESP	13:37.46	Manuel Pancorbo	ESP	13:38.03	Mark Carroll	IRL	13:38.15
1994	Dieter Baumann	GER	13:36.93	Rob Denmark	GBR	13:37.50	Abel Anton	ESP	13:38.04

Last ten European Championships – 10000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Yemaneberha Crippa	ITA	27:46.13	Zerei Kbrom Mezngi	NOR	27:46.94	Yann Schrub	FRA	27:47.13
2018	Morhad Amdouni	FRA	28:11.22	Bashir Abdi	BEL	28:11.76	Yemaneberhan Crippa	ITA	28:12.15
2016	Polat K Arikan	TUR	28:18.52	Ali Kaya	TUR	28:21.52	Antonio Abadia	ESP	28:26.07
2014	Mo Farah	GBR	28:08.11	Andy Vernon	GBR	28:08.66	Ali Kaya	TUR	28:08.72
2012	Polat K Arikan	TUR	28:22.27	Daniele Meucci	ITA	28:22.73	Yevgeniy Rybakov	RUS	28:22.95
2010	Mo Farah	GBR	28:24.99	Chris Thompson	GBR	28:27.33	Daniele Meucci	ITA	28:27.33
2006	Jan Fitschen	GER	28:10.94	Jose Manuel Martinez	ESP	28:12.06	Juan Carlos de la Ossa	ESP	28:13.73
2002	Jose M Martinez	ESP	27:47.65	Dieter Baumann	GER	27:47.87	Jose Rios	ESP	27:48.29
1998	Antonio Pinto	POR	27:48.62	Dieter Baumann	GER	27:56.75	Stephane Franke	GER	27:59.90
1994	Abel Anton	ESP	28:06.03	Vincent Rousseau	BEL	28:06.63	Stephane Franke	GER	28:07.95

Last nine European Championships – Marathon/Half Marathon:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Richard Ringer	GE	2:10:21	Maru Teferi	ISR	2:10:23	Gashau Ayale	ISR	2:10:29
2018	Koen Naert	BEL	2:09:51	Tadesse Abraham	SUI	2:11:24	Yassine Rachik	ITA	2:12:09
2016	Tadesse Abraham	SUI	1:02:03	Kaan Kigen Ozbilen	TUR	1:02:27	Daniele Meucci	ITA	1:02:38
2014	Daniele Meucci	ITA	2:11:08	Yared Shegumo	POL	2:12:00	Aleksey Reunkov	RUS	2:12:15
2010	Viktor Röthlin	SUI	2:15:31	Jose Manuel Martinez	ESP	2:17:50	Dmitriy Safronov	RUS	2:18:16
2006	Stefano Baldini	ITA	2:11:32	Viktor Röthlin	SUI	2:11:50	Julio Rey	ESP	2:12:37
2002	Janne Holmen	FIN	2:12:14	Pavel Loskutov	EST	2:13:18	Julio Rey	ESP	2:13:21
1998	Stefano Baldini	ITA	2:12:01	Daniilo Goffi	ITA	2:12:11	Vincenzo Modica	ITA	2:12:53
1994	Martin Fiz	ESP	2:10:31	Diego Garcia	ESP	2:10:46	Alberto Juzgado	ESP	2:11:18

Under-23 Men: (inaugurated in 2006)

Margin of Victory for individual championships

	Difference	Winning time	Name	Nat	Venue	Year
Max	10 sec	24:30	Henrik Ingebrigtsen	NOR	Budapest	2012
	8 sec	24:56	Andrea Lalli	ITA	Bruxelles	2008
		23:37	Jimmy Gressier	FRA	Tilburg	2018
		24:17	Jimmy Gressier	FRA	Lisboa	2019
Min	2 sec	23:14	Barnabas Bene	HUN	San Giorgio su Legnano	2006
		24:31	Kemal Koyuncu	TUR	Toro	2007
		25:31	Ilgizar Safiulin	RUS	Samokov	2014
		24:35	Jimmy Gressier	FRA	Samorin	2017

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	16 sec	24:34	Abdessamed Oukhelfen	ESP	Lisboa	2019
	9 sec	25:21	Atelaw Y Bekele	BEL	Dublin	2009
		25:37	Vladimir Nikitin	RUS	Samokov	2014
Min	0 sec	23:48	Sondre Nordstad Moen	NOR	Velenje	2011
		23:39	Amanal Petros	GER	Hyerer	2015

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	50	28	RUS	ITA	San Giorgio su Legnano	2006
Min	0	52	GBR	POL	Toro	2007

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	60	IRL	Albufeira	2010
Min	7	FRA	Samorin	2017
	11	FRA	Tilburg	2018
	16	RUS	Samokov	2014
	17	FRA	Lisboa	2019
	19	GBR	Bruxelles	2008

Multiple Gold Medalists:

Jimmy Gressier (FRA): 2017, 2018, 2019

Multiple Medalists:

Jimmy Gressier (FRA): Gold: 2017, 2018, 2019
 Yemaneberhan Crippa: Bronze: 2016, 2017
 Carlos Mayo: 2015 Silver, 2016 Silver
 Florian Carvalho: 2010 Silver, 2011 Gold
 Hassan Chahdi: 2009 Silver, 2010 Gold
 Andrew Vernon: 2007 Bronze, 2008 Silver

Number of individual Medals by Countries:

Nation	Gold	Silver	Bronze
FRA	6	3	1
BEL	2	1	1
RUS	1	2	2
GBR	2	2	2
ITA	1		3
TUR	1		1
NOR	1		1
HUN	1		
ESP		2	1
SRB		2	1

BUL		1	
IRL		1	
GER		1	1
LUX			1

Multiple individual Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
FRA	2018	Jimmy Gressier		Hugo Hay
FRA	2017	Jimmy Gressier	Hugo Hay	
RUS	2014	Ilgizar Safiulin	Igor Maksimov	Vladimir Nikitin
FRA	2010	Hassan Chahdi	Florian Carvalho	
FRA	2009	Noureddine Smail	Hassan Chahdi	

Man & Woman from the same nation winning the under23 race in the same year:

None

Man & Woman's team from the same nation winning the U-23 team race in the same year:

Nation	Year
RUS	2014
GBR	2007

Nation winning both the individual and team U-23 race

Nat	Year	Individual race
FRA	2019	Jimmy Gressier
FRA	2018	Jimmy Gressier
FRA	2017	Jimmy Gressier
RUS	2014	Ilgizar Safiulin
FRA	2009	Noureddine Smail

Team from the same nation winning U-23 and junior race in the same year: None

European Cross Country U-23 champion who previously won European Junior Cross Country:

Name	Nat	European U23 Cross Country	European Junior Cross Country
Ilgizar Safiulin	RUS	2014	2011
Florian Carvalho	FRA	2011	2008
Andread Lalli	ITA	2008	2006
Barnabas Bene	HUN	2006	2005, 2004

Number of team Medals by Countries:

Nation	Gold	Silver	Bronze
FRA	5	1	5
GBR	3	6	2
RUS	2		1
ITA	1	3	
ESP	1	1	3
IRL	2		
NOR	1		
BEL		2	1
POL		1	1
UKR		1	
SWE			1
GER			1

European Cross Country U-23 champion with European U-23 Championships gold on track

Name	Nat	European Cross Country U-23	European U-23 Championships	Event
Jimmy Gressier	FRA	2017, 2018, 2019	2019	5000m, 10000m

Pieter Jan Hannes	BEL	2013	2013	1500m
Henrik Ingebrigtsen	NOR	2012	2013	5000m
Florian Carvalho	FRA	2011	2011	1500m
Noureddine Smail	FRA	2009	2007	5000m

European Cross Country U-23 champion with European Championships gold on track

Name	Nat	European Cross Country U-23	European Championships	Event
Henrik Ingebrigtsen	NOR	2012	2012	1500m

European Cross Country U-23 champion with European Junior Championships gold on track

Name	Nat	European Cross Country U-23	European Junior Championships	Event
Ilgizar Safiulin	RUS	2014	2011	3000mSC
Barnabas Bene	HUN	2006	2005	5000m

European Cross Country Championships U-23:

Year	Gold	Nat	time	Silver	Nat		Bronze	Nat	
2021	Charles Hicks	GBR	24:29	Darrah McElhinney	IRL	24:33	Ruben QUerinjean	LUX	24:36
2019	Jimmy Gressier	FRA	24:17	Elzan Bibic	SRB	24:25	Abdessamad Oukhelfen	ESP	24:34
2018	Jimmy Gressier	FRA	23:37	Samuel Fitwi	GER	23:45	Hugo Hay	FRA	23:48
2017	Jimmy Gressier	FRA	24:35	Hugo Hay	FRA	24:37	Yemaneberthan Crippa	ITA	24:42
2016	Isaac Kimeli	BEL	22:48	Carlos Mayo	ESP	22:53	Yemeneberhan Crippa	ITA	22:54
2015	Jonathan Davies	GBR	23:32	Carlos Mayo	ESP	23:35	Amanal Petros	GER	23:39
2014	Ilgizar Safiulin	RUS	25:31	Igor Maksimov	RUS	25:33	Vladimir Nikitin	RUS	25:37
2013	Pieter-Jan Hannes	BEL	24:02	Mitko Tsenov	BUL	24:07	Nemanja Cerovac	SRB	24:08
2012	Henrik Ingebrigtsen	NOR	24:30	Soufiane Bouchikhi	BEL	24:40	James Wilkinson	GBR	24:43
2011	Florian Carvalho	FRA	23:44	James Wilkinson	GBR	23:47	Sondre Nordstad Moen	NOR	23:48
2010	Hassan Chahdi	FRA	24:11	Florian Carvalho	FRA	24:14	Yegor Nikolayev	RUS	24:15
2009	Noureddine Smail	FRA	25:11	Hassan Chahdi	FRA	25:17	Atelaw Bekele	BEL	25:21
2008	Andrea Lalli		24:56	Andrew Vernon	GBR	25:04	Mert Girmalegese	TUR	25:17
2007	Kemal Koyuncu	TUR	24:31	Yevgeniy Rybakov	RUS	24:33	Andrew Vernon	GBR	24:35
2006	Barnabas Bene	HUN	23:14	Dusan Markesevic	SRB	23:16	Daniele Meucci	ITA	23:16

European Cross Country Championships – U 23 Team:

Year	Gold		Silver		Bronze	
2021	IRL	21	GBR	24	FRA	36
2019	FRA	17	ITA	29	GER	45
2018	FRA	11	GBR	30	ESP	42
2017	FRA	7	BEL	26	GBR	41
2016	ITA	35	BEL	53	ESP	64
2015	ESP	39	GBR	41	FRA	59
2014	RUS	16	GBR	31	SWE	62
2013	GBR	40	UKR	72	FRA	78
2012	FRA	50	ESP	59	GBR	80
2011	NOR	59	GBR	76	FRA	94
2010	IRL	60	FRA	78	ESP	79
2009	FRA	31	GBR	45	BEL	59
2008	GBR	19	ITA	42	FRA	62
2007	GBR	52	POL	52	RUS	65
2006	RUS	28	ITA	78	POL	94

Last thirteen European U-23 Championships – 1500m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Ruben Verheyden	BEL	3:40.03	Mario Garcia	ESP	3:40.11	Isaac Nader	POR	3:40.58
2019	Ignacio Fontes	ESP	3:50.38	Piers Copeland	GBR	3:50.89	Elzan Bibic	SRB	3:50.90

2017	Marius Probst	GER	3:49.06	Filip Sasinek	CZE	3:49.23	Michal Rozmys	POL	3:49.30
2015	Marc Alcala	ESP	3:44.54	Mohad Abdikadar Ali	ITA	3:44.91	Neil Gourley	GBR	3:45.04
2013	Pieter-Jan Hannes	BEL	3:43.83	Charlie Grice	GBR	3:44.41	Alberto Imedio	ESP	3:44.65
2011	Florian Carvalho	FRA	3:50.42	James Shane	GBR	3:50.58	David Bustos	ESP	3:50.59
2009	Ivan Tukhtachev	RUS	3:51.19	James Brewer	GBR	3:51.33	Jakub Holusa	CZE	3:51.46
2007	Alvaro Rodriguez	ESP	3:44.00	Yohan Durand	FRA	3:44.38	Barnabas Bene	HUN	3:44.47
2005	Arturo Casado	ESP	3:47.02	Stefan Eberhardt	GER	3:48.09	Francisco Espana	ESP	3:48.16
2003	Mounir Yemmouni	FRA	3:44.02	Xavier Areny	ESP	3:44.65	Lorenzo Perrone	ITA	3:45.05
2001	Wolfram Müller	GER	3:38.94	Ivan Heshko	UKR	3:39.37	Sergio Gallardo	ESP	3:39.50
1999	Rui Silva	POR	3:44.29	Gert-Jan Ziefers	NED	3:44.60	Mehdi Baala	FRA	3:45.41
1997	Reyes Estevez	ESP	3:42.37	Carlos Garcia	ESP	3:43.24	Alexandru Vasile	ROU	3:43.36

Last thirteen European U-23 Championships – 5000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Mohamed Mohamed	GER	13:38.69	Aaron Las Heras	ESP	13:43.14	Baldvin Magnusson	ISL	13:45.00
2019	Jimmy Gressier	FRA	14:16.55	Hugo Hay	FRA	14:17.00	Abdessamad Oukhelfen	ESP	14:17.23
2017	Yemaneberhan Crippa	ITA	14:14.28	Simon Debognies	BEL	14:14.71	Carlos Mayo	ESP	14:15.07
2015	Ali Kaya	TUR	13:20.16	Isaac Kimeli	BEL	13:54.33	Carlos Mayo	ESP	13:55.19
2013	Henrik Ingebrigtsen	NOR	14:19.39	Tom Farrell	GBR	14:19.94	Aitor Fernandez	ESP	14:20.65
2011	Sindre Buraas	NOR	14:22.69	Ross Millington	GBR	14:22.78	Jesper van der Wielen	NED	14:23.31
2009	Mohamed Elbendir	ESP	13:55.10	Noureddine Smail	FRA	13:59.23	David McCarthy	IRL	14:00.78
2007	Noureddine Smail	FRA	13:53.15	Andrey Safronov	RUS	13:54.04	Kemal Koyuncu	TUR	13:54.32
2005	Antoliy Rybakov	RUS	14:06.69	Mohamed Farah	GBR	14:10.96	Aleksey Aleksanodrov	RUS	14:11.10
2003	Chris Thompson	GBR	13:58.62	Mohamed Farah	GBR	13:58.88	Robert Connolly	IRL	14:03.75
2001	Yusef El Nasri	ESP	14:02.97	Dmitriy	UKR	14:03.67	Balazs Csillag	HUN	14:04.84
1999	Yusef El Nasri	ESP	13:30.48	Marius Bakken	NOR	13:31.53	Marco Mazza	ITA	13:47.17
1997	Simone Zanon	ITA	13:45.60	Rachid Berradi	ITA	13:47.08	Sergey Lukin	RUS	13:48.04

Last thirteen European U-23 Championships – 10000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Eduardo Menacho	ESP	29:14.92	Florian Le Pallec	FRA	29:23.82	Valentin Gondouin	FRA	29:24.40
2019	Jimmy Gressier	FRA	28:44.17	Tadesse Getahon	ISR	28:46.97	Emile Cairess	GBR	28:50.21
2017	Carlos Mayo	ESP	29:28.06	Amanal Petros	GER	29:34.94	Emmanuel Levisse	FRA	29:42.85
2015	Ali Kaya	TUR	27:53.38	Mikhail Strelkov	RUS	28:53.94	Yassine Rachik	ITA	28:53.99
2013	Gabriel Navarro	ESP	29:43.22	Nicolae Alexandru Soare	ROU	29:43.76	Abdi Hakin Ulad	DEN	29:44.78
2011	Sondre Nordstad	NOR	28:41.66	Ahmed El Mazoury	ITA	28:46.97	Musa Roba-Kinkal	GER	28:57.91
2009	Mert Girmalegese	TUR	29:47.15	Andrea Lalli	ITA	29:49.80	Dmytro Lashyn	UKR	30:08.44
2007	Anatoliy Rybakov	RUS	29:09.89	Michel Butter	NED	29:12.95	Daniele Meucci	ITA	29:18.26
2005	Yevgeniy Rybakov	RUS	29:30.76	Andre Pollmächer	GER	29:33.22	Marius Ionescu	ROU	29:34.52
2003	I Kanellopoulos	GRE	29:00.78	Vasiliy Matviychuk	UKR	29:01.29	Pawel Ochal	POL	29:17.41
2001	D Baranovskyy	UKR	29:13.36	Koen Raymaekers	NED	29:15.24	Mattia Maccagnan	ITA	29:15.32
1999	Marco Mazza	ITA	28:39.29	Janne Holmen	FIN	28:40.87	Ovidiu Tat	ROU	29:26.31
1997	Rachid Berradi	ITA	28:31.12	Sergey Lebid	UKR	28:39.71	Simone Zanon	ITA	28:56.33

Last thirteen European U-23 Championships – 3000mSC:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Istvan Palkovits	HUN	8:34.05	Etson Barros	POR	8:38.00	Nahuel Carabana	AND	8:39.17
2019	Frederik Ruppert	GER	8:44.49	Alexis Phelut	FRA	8:45.04	Simon Sundström	SWE	8:45.82
2017	Yohanes Chiappinelli	ITA	8:34.33	Ahmed Abdelwahed	ITA	8:37.02	Jamaine Coleman	GBR	8:40.44
2015	Mitko Tsenov	BUL	8:37.79	Viktor Bakharev	RUS	8:40.75	Osama Zoghلامي	ITA	8:42.00
2013	Abdelaziz Merzoughi	ESP	8:34.64	Giuseppe Gerratana	ITA	8:35.55	Tanguy Pepiot	FRA	8:38.07
2011	Sebastian Martos	ESP	8:35.35	Abdelaziz Merzoughi	ESP	8:36.21	Alexandru Ghinea	ROU	8:38.51
2009	Aleksandr Pavelyev	RUS	8:40.55	Jose Luis Galvan	ESP	8:41.53	Krystian Zalewski	POL	8:42.06

2007	M Mekhissi-Benabbad	FRA	8:33.91	Ildar Minshin	RUS	8:34.27	Blazs Ott	HUN	8:35.04
2005	Radoslaw Poplawski	POL	8:32.61	Halil Akkas	TUR	8:37.38	Pieter Desmet	BEL	8:41.07
2003	Martin Pröll	AUT	8:25.86	Radoslaw Poplawski	POL	8:27.95	Jukka Keskisalo	FIN	8:28.53
2001	Pavel Potapovich	RUS	8:35.85	Vadim Slobodenyuk	UKR	8:37.09	Henrik Skoog	SWE	8:38.27
1999	Günther Weidlinger	AUT	8:30.34	Gaël Pencreach	FRA	8:35.60	Antonio Jimenez	ESP	8:37.29
1997	Luciano Di Pardo	ITA	8:34.24	Vincent Le Dauphin	FRA	8:36.92	Konstantin Tomskiy	RUS	8:37.81

Junior (U20) Men: (inaugurated in 1997; 1996 (exhibition) results not included)

Margin of Victory for individual Championships

	Difference	Winning time	Name	Nat	Venue	Year
Max	38 sec	18:20	Jakob Ingebrigtsen	NOR	Lisboa	2019
	25 sec	17:53	Abdullahi Dahir Rabi	DEN	Dublin	2021
	15 sec	20:07	Yemaneberhan Crippa	ITA	Samokov	2014
	12 sec	23:00	Hans Janssens	BEL	Velenje	1999
Min	0 sec	20:52	Yevgeniy Rybakov	RUS	Edinburgh	2003
		18:07	Abdelaziz Merzougui	ESP	Albufeira	2010

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	12 sec	18:23	Halil Akkas	TUR	Medulin	2002
Min	0 sec	19:39	Stefano Scaini	ITA	Thun	2001
		18:09	Rui Pinto	POR	Albufeira	2010

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	34	24	GBR	FRA	Dublin	2009
Min	1	50	FRA	NOR	Bruxelles	2008
	1	50	RUS	FRA	Budapest	2012
	1	34	GBR	IRL	Dublin	2021

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	68	ITA	San Giorgio su Legnano	2006
Min	18	ITA	Samokov	2014
	19	ESP	Oeiras	1997

Multiple Gold Medalists:

Jakob Ingebrigtsen (NOR): 2016, 2017, 2018, 2019
 Yemaneberhan Crippa (ITA) 2014, 2015
 Yevgeniy Rybakov (RUS): 2002, 2003
 Barnabas Bene (HUN): 2004, 2005

Multiple Medalists:

Jakob Ingebrigtsen (NOR): Gold: 2016, 2017, 2018, 2019
 Yemaneberhan Crippa Gold 2014, 2015
 Florian Carvalho: Gold: 2008, Silver: 2007
 Barnabas Bene: Gold: 2004, 2005
 Yevgeniy Rybakov: Gold: 2002, 2003; Silver 2004
 Anatoliy Rybakov: Silver 2002, 2004, Bronze 2004

Number of individual Medals by Countries:

Nation	Gold	Silver	Bronze
NOR	4	2	
RUS	3	3	4
ITA	3	1	2
FRA	2	3	2
ESP	2	2	1
BEL	2	1	
HUN	2		
TUR	1	2	1
UKR	1		1
DEN	1		1

GER	1		
NED	1		
POL	1		
GBR		5	3
SRB		1	2
AUT		1	1
ROU		1	1
BLR		1	
BUL		1	
IRL			2
FIN			1
SWE			1
POR			1

Multiple individual Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
DEN	2021	Axel Vang Christensen		Joel Ibler Lillesø
ITA	2014	Yemaneberhan Crippa		Said Ettagy
RUS	2011	Ilgizar Safiulin		Vladimir Nikitin
GBR	2009		Nick Goolab	James Wilkinson
FRA	2008	Florian Carvalho		Hassan Chahdi
FRA	2007	Mourad Amdouni	Florian Carvalho	
RUS	2004		Yevgeniy Rybakov	Anatoliy Rybakov
RUS	2003	Yevgeniy Rybakov	Anatoly Rybakov	Aleksey Reunkov
RUS	2002	Yevgeniy Rybakov	Anatoly Rybakov	

European Cross Country Junior (U20) champion with European junior Championships gold medal on track

Name	Nat	Euro Cross Country Junior	European Junior Champ	Event
Jakob Ingebrigtsen	NOR	2016, 2017, 2018, 2019	2017	5000m, 3000mSC
Ali Kaya	TUR	2013	2013	5000m, 10000m
Ilgizar Safiulin	RUS	2011	2011	3000mSC
Mourad Amdouni	FRA	2007	2007	5000m
Barnabas Bene	HUN	2005	2005	5000m
Vasily Matviychuk	UKR	2001	2001	10000m
Wolfram Müller	GER	2000	1999	5000m
Hans Janssens	BEL	1999	1999	10000m
Gert-Jan Liefers	NED	1997	1997	1500m

European Cross Country Junior (U20) champion with European U-23 Championships gold medal on track

Name	Nat	Euro Cross Country Junior	European U-23 Champ	Event
Yemaneberhan Crippa	ITA	2014, 2015	2017	5000m
Florian Carvalho	FRA	2008	2011	1500m

European Cross Country Junior (U20) champion with European Championships gold medal on track

Name	Nat	Euro Cross Country Junior	European Champ	Event
Jakob Ingebrigtsen	NOR	2016, 2017, 2018, 2019	2018	1500m, 5000m

Man & Woman from the same nation winning the Junior (U20) race in the same year:

None

Nation winning both the individual and team Junior (U20) race

Nat	Year	Individual race
ESP	1998	Yousef El Nasri
RUS	2002	Yevgeniy Rybakov
RUS	2003	Yevgeniy Rybakov
ITA	2006	Andrea Lalli

FRA	2007	Mourad Amdouni
FRA	2008	Florian Carvalho
ITA	2014	Yemaneberhan Crippa
NOR	2018	Jakob Ingebrigtsen

Man & Woman's team from the same nation winning the Junior (U20) team race in the same year:

Nat	Year
GBR	2010
GBR	2011
GBR	2019

Number of team Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	7	5	5
FRA	5	5	4
RUS	4	2	1
ESP	3	3	1
ITA	2	1	2
POR	1	3	1
NOR	1	3	1
POL	1		
IRL		2	2
ROU		1	3
GER			2
TUR			2
ISR			1

European Junior (U20) Cross Country Championships – individual:

Year	Gold	Nat	time	Silver	Nat	Time	Bronze	Nat	Time
2021	Axel Vang Christensen	DEN	17:53	Abdullahi Dahir Rabi	NOR	18:18	Joel Ibler Lillesø	DEN	18:21
2019	Jakob Ingebrigtsen	NOR	18:20	Ayetullah Aslanhan	TUR	18:58	Efrem Gidey	IRL	19:01
2018	Jakob Ingebrigtsen	NOR	18:00	Ouassim Oumaiz	ESP	18:09	Elzan Bibic	SRB	18:11
2017	Jakob Ingebrigtsen	NOR	18:39	Ramazan Barbaros	TUR	18:41	Louis Gilavert	FRA	18:45
2016	Jakob Ingebrigtsen	NOR	17:06	Yohanes Chiappinelli	ITA	17:14	Mohamd Mhamaed	GBR	17:16
2015	Yemaneberhan Crippa	ITA	17:39	Fabien Palcau	FRA	17:45	El Madhi Lahoufi	ESP	17:46
2014	Yemaneberhan Crippa	ITA	20:07	Carlos Mayo	ESP	20:22	Said Ettaqy	ITA	20:28
2013	Ali Kaya	TUR	17:49	Isaac Kimeli	BEL	17:51	Mikhail Strelkov	RUS	18:05
2012	Szymon Kulka	POL	18:43	Mitko Tsenov	BUL	18:47	Kieran Clements	GBR	18:57
2011	Ilgizar Safiulin	RUS	17:49	Richard Goodman	GBR	17:51	Vladimir Nikitin	RUS	17:51
2010	Abdelaziz Merzougui	ESP	18:07	Nemanja Cerovac	SRB	18:07	Rui Pinto	POR	18:09
2009	Jeroen D'Hoedt	BEL	18:46	Nick Goolab	GBR	18:47	James Wilkinson	GBR	18:47
2008	Florian Carvalho	FRA	18:42	Sondre Nordstad Moen	NOR	18:47	Hassan Chahdi	FRA	18:49
2007	Mourad Amdouni	FRA	20:08	Florian Carvalho	FRA	20:11	Dmytro Lashyn	UKR	20:16
2006	Andrea Lalli	ITA	16:53	Siarhei Chebiarak	BLR	17:03	Ciprian Suhanea	ROU	17:06
2005	Barnabas Bene	HUN	18:41	Andy Vernon	GBR	18:42	Dusan Markesevic	SRB	18:42
2004	Barnabas Bene	HUN	16:18	Yevgeniy Rybakov	RUS	16:19	Anatoliy Rybakov	RUS	16:33
2003	Yevgeniy Rybakov	RUS	20:52	Anatoliy Rybakov	RUS	20:52	Aleksey Reunkov	RUS	20:53
2002	Yevgeniy Rybakov	RUS	18:16	Anatoliy Rybakov	RUS	18:17	Halil Akkas	TUR	18:23
2001	Vasiliy Matiychuk	UKR	19:29	Mohamed Farah	GBR	19:38	Stefano Scaini	ITA	19:39
2000	Wolfram Müller	GER	18:58	Chris Thompson	GBR	19:00	Martin Pröll	AUT	19:05
1999	Hans Janssens	BEL	23:00	Guillaume Eraud	FRA	23:12	Turo Inkiläinen	FIN	23:12
1998	Yusef El Nasri	ESP	16:50	Ovidiu Tat	ROU	16:51	Gareth Turnbull	IRL	16:55
1997	Gert-Jan Liefers	NED	15:45	Günther Weidlinger	AUT	15:50	Mustafa Mohamed	SWE	16:00

European Junior (U20) Cross Country Championships – Team:

Year	Gold		Silver		Bronze	
2021	GBR	34	IRL	35	ISR	37
2019	GBR	47	IRL	65	FRA	71
2018	NOR	28	GBR	30	GER	38
2017	ESP	20.5	FRA	27	TUR	49
2016	FRA	26	ESP	42	GBR	43
2015	FRA	27	ITA	29	GBR	67
2014	ITA	18	ESP	41	TUR	70
2013	FRA	48	RUS	51	ITA	55
2012	RUS	50	FRA	51	GBR	54
2011	GBR	30	RUS	60	FRA	103
2010	GBR	62	POR	74	RUS	83
2009	GBR	24	FRA	58	NOR	77
2008	FRA	50	NOR	51	GBR	52
2007	FRA	29	GBR	48	GER	57
2006	ITA	68	ESP	74	FRA	74
2005	POL	60	GBR	68	ROU	71
2004	RUS	42	IRL	54	GBR	62
2003	RUS	20	ROU	31	ESP	44
2002	RUS	37	FRA	57	ITA	92
2001	GBR	54	POR	67	FRA	68
2000	POR	21	GBR	25	FRA	30
1999	GBR	26	FRA	38	IRL	43
1998	ESP	28	GBR	30	ROU	36
1997	ESP	19	POR	43	ROU	48

Last thirteen European Junior (U20) Championships – 1500m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Cian McPhillips	IRL	3:46.55	Rick van Riel	NED	3:46.69	Henry McLuckie	GBR	3:47.15
2019	Nuno Pereira	POR	3:55.85	Robin Van Riel	NED	3:56.03	Joshua Lay	GBR	3:56.20
2017	Jake Heyward	GBR	3:56.73	Dries De Smet	BEL	3:56.98	Adrian Ben	ESP	3:57.32
2015	Josh Kerr	GBR	3:49.62	Baptiste Mischler	FRA	3:49.88	Andriy Aliksiychuk	UKR	3:50.22
2013	Jake Wightman	GBR	3:44.14	Suleyman Bekmezci	TUR	3:44.45	Julius Lawnik	GER	3:45.43
2011	Adam Cotton	GBR	3:43.98	Thomas Solberg Eide	NOR	3:44.70	Alexander Schwab	GER	3:44.82
2009	David Bustos	ESP	3:53.31	Resul Cevik	TUR	3:54.30	Simon Horsfield	GBR	3:54.56
2007	Mario Scapini	ITA	4:01.31	Victor Corrales	ESP	4:01.44	Merihun Crespi	ITA	4:01.83
2005	Colin Costello	IRL	3:45.25	Danny Darcy	IRL	3:46.07	Adrian Danilewicz	POL	3:47.22
2003	Bartosz Nowicki	POL	3:45.01	Tom Lancashire	GBR	3:45.60	Olle Walleräng	SWE	3:46.17
2001	Cosimo Caliendo	ITA	3:48.49	Tomasz Babiskiewicz	POL	3:48.66	Arturo Casado	ESP	3:48.76
1999	Franek Haschke	GER	3:44.17	Bert Leenaerts	BEL	3:44.47	Stefan Beumer	NED	3:45.13
1997	Gert-Jan Liefers	NED	3:46.91	Benjamin Hetzler	GER	3:48.15	Gareth Turnbull	IRL	3:48.16

Last thirteen European Junior (U20) Championships – 3000mSC:

Yea	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Pol Oriach	ESP	8:41.36	Axel Vang Christensen	DEN	8:42.75	Cesare Caiani	ITA	8:50.16
2019	Murat Yalcinkaya	TUR	8:58.20	Omar Nuur	SWE	8:58.79	Etson Barros	POR	9:01.85
2017	Jakob Ingebrigtsen	NOR	8:50.00	Alexis Phelut	FRA	8:53.73	Louis Gilavert	FRA	8:57.12
2015	Yohannes Chiappinelli	ITA	8:47.58	Patrick Karl	GER	8:54.10	Balazs Juhasz	HUN	8:58.11
2013	Zak Seddon	GBR	8:45.91	Viktor Bakharev	RUS	8:47.81	Ersin Tekal	TUR	8:54.54
2011	Ilgizar Safiulin	RUS	8:37.94	Muhammet Emin Tan	TUR	8:46.74	Martin Grau	GER	8:48.79
2009	Antonio Abadia	ESP	8:47.45	James Wilkinson	GBR	8:51.54	Jeroen D'Hoedt	BEL	8:51.76
2007	Jakub Holusa	CZE	8:50.30	Alexandru Ghinea	ROU	8:50.42	Carlos Alonso	ESP	8:50.95

2005	Marcin Chabowski	POL	8:40.88	Albert Minczer	HUN	8:45.82	Andrzej Pasternak	POL	8:52.32
2003	Ruben Schwarz	GE	8:46.21	Maricel Ionascu	ROU	8:53.31	Peter Kellie	GBR	8:55.69
2001	Radoslaw Poplawski	POL	8:46.36	Mircea Bogdan	ROU	8:49.76	Christoforos Meroussis	GRE	8:51.87
1999	Jakub Czaja	POL	8:41.91	Vadim Slobodenyuk	UKR	8:44.48	Kevin Paulsen	FRA	8:45.69
1997	Günther Weidlinger	AUT	8:41.54	Romas Usov	RUS	8:48.47	Antonio Martinez	ESP	8:56.60

Last thirteen European Junior (U20) Championships – 5000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Joel Ibler Lilesø	DEN	14:32.93	David Cantero	ESP	14:33.55	Bastian Mrochen	GER	14:34.04
2019	Aaron Las Heras	ESP	14:02.76	Ayetullah Aslanhan	TUR	14:05.01	Darragh McElhinney	IRL	14:06.05
2017	Jakob Ingebrigtsen	NOR	14:41.67	Tariku Novales	ESP	14:44.66	Dorin Andrei Rusu	ROU	14:46.07
2015	Alex George	GBR	14:34.42	Simon Debognies	BEL	14:34.67	Yemaneberhan Crippa	ITA	
2013	Ali Kaya	TUR	13:49.76	Samuele Dini	ITA	14:36.25	Jonathan Davies	GBR	14:26.62
2011	Gabriel Navarro	ESP	14:07.06	Bartosz Kowalczyk	POL	14:07.17	Jonathan Hay	GBR	14:07.78
2009	Hayle Ibrahimov	AZE	14:01.19	Jakub Zivec	CZE	14:10.58	Aitor Fernandez	ESP	14:20.14
2007	Mourad Amdouni	FRA	14:08.27	Mohamed Elbendir	ESP	14:14.79	Dmytro Lashyn	UKR	14:15.26
2005	Barnabas Bene	HUN	14:22.30	Dusko Markesevic	SCG	14:24.04	Laszlo Toth	HUN	14:25.46
2003	Anatoliy Rybakov	RUS	14:13.41	Marius Ionescu	ROU	14:16.12	Cristinel Irimia	ROU	14:17.30
2001	Mohamed Farah	GBR	14:09.91	Bruno Saramago	POR	14:11.65	Neol Cutillas	ESP	14:12.43
1999	Wolfram Müller	GER	14:05.98	Radu Stroia	ROU	14:11.05	Mattia Maccagnan	ITA	14:12.51
1997	Boubdellah Tahri	FRA	14:25.71	Ferenc Bekesi	HUN	14:27.87	Juan Carlos Higuero	ESP	14:31.79

Last eleven European Junior (U20) Championships – 10000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Dorin Andrei Rusu	ROU	31:08.86	Sergiy Polikarpenko	ITA	31:10.85	Sergin Atac	TUR	31:12.18
2015	Pietro Riva	ITA	30:20.45	Fabian Gering	GER	30:20.69	Dieter Kersten	BEL	30:21.85
2013	Ali Kaya	TUR	28:31.16	Loranzo Dini	ITA	29:31.11	Dino Bosnjak	CRO	29:59.07
2011	Gabriel Navarro	ESP	30:02.18	Emmanuel Lejeune	BLE	31:35.19	Szymon Kulka	POL	31:50.13
2009	Hayle Ibrahimov	AZE	30:06.64	Simon Lawson	GBR	30:35.62	Siarhei Platonau	BLR	30:55.92
2007	Dmytro Lashyn	UKR	29:51.58	Matti Markowski	GER	30:10.75	Roman Pozdyaykin	RUS	30:13.70
2005	Mugdat Öztürk	TUR	30:10.60	Stepan Rogovtsev	BLR	30:12.76	Carlos Gazapo	ESP	30:24.18
2003	Marius Ionescu	ROU	29:40.41	Aleksey Renkov	RUS	29:40.80	Mohamed Bashir	DEN	29:42.42
2001	Vasily Matviychuk	UKR	30:43.19	Aleksandr Nikalayuk	BLR	30:46.37	Abdurrahman Kara	TUR	31:00.36
1999	Hans Janssens	BEL	29:49.59	Radu Stroia	ROU	29:55.18	Oliver Bodor	HUN	30:00.91
1997	Ovidiu Tat	ROU	29:56.35	Mustafa Mohamed	SWE	30:04.33	Jussi Utriainen	FIN	30:23.02

Senior Women:

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	15 sec	13:52	Annemari Sandell	FIN	Alnwick	1995
		26:48	Yasemin Can	TUR	Samorin	2017
		26:52	Yasemin Can	TUR	Lisboa	2019
Min	0 sec 1 sec	28:27	Gemma Steel	GBR	Samokov	2014
		14:29	Catherina McKiernan	IRL	Alnwick	1994
		16:34	Katalin Szentgyörgyi	HUN	Malmö	2000
		15:48	Yamna Belkacem	FRA	Thun	2001
		18:06	Hayley Yelling	GBR	Heringsdorf	2004
		25:17	Tetyana Holovochenko	UKR	Legnano	2006
		26:05	Yasemin Can	TUR		2018

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	17 sec 10 sec	27:04	Karoline Bjerkeli Grovdal	NOR	Samorin	2017
		16:39	Olivera Jevtic	YUG	Malmö	2000
		22:26	Aniko Kalovics	HUN	Edinburgh	2003
Min	0 sec	18:08	Jo Pavey	GBR	Heringsdorf	2004
		26:59	Dulce Felix	POR	Albufeira	2010
		28:52	Meraf Bahta	SWE	Samokov	2014

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	53	25	GBR	IRL	Edinburgh	2003
Min	0	47	POR	GBR	San Giorgio su Legnano	2006
		52	IRL	FRA	Budapest	2012

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	52	RUS	Tilburg	2005
Min	16	POR	Ferrara	1998

Multiple Gold Medalists:

Yasemin Can (TUR):	2016, 2017, 2018, 2019
Fionnuala Britton (IRL):	2011, 2012 (first to successfully defend the title)
Paula Radcliffe (GBR):	1998, 2003
Hayley Yelling (GBR):	2004, 2009

Multiple Medalists:

Yasemin Can (TUR):	2016, 2017, 2018, 2019 Gold
Karoline Grovdal (NOR):	2015, 2016, 2017, 2018 Bronze 2019 Silver, 2021 Gold (complete set)
Meraf Bahta (SWE)	2014 Bronze; 2017 Silver
Kate Avery (GBR)	2014, 2015 Silver
Gemma Steel (GBR):	2011 Bronze; 2013 Silver; 2014 Gold (complete set of medals)
Fionnuala Britton (IRL):	2011, 2012 Gold, 2015 Bronze
Dulce Felix (POR)	2010, 2013 Bronze; 2011, 2012 Silver (first to win back to back Silver)
Olivera Jevtic (YUG):	1997-2000, 2006 Bronze (5 bronze)
Annemari Sandell (FIN):	1995 Gold; 1996 Bronze; 1998 Silver (complete set of medals)
Jessica Augusto (POR):	2008 Silver; 2010 Gold
Rosa Maria Morato (ESP):	2007 Bronze; 2009 Silver
Hayley Yelling (GBR):	2004, 2009 Gold
Elvan Abeylegesse (TUR):	2002 Bronze; 2003 Silver
Paula Radcliffe (GBR):	1998, 2003 Gold
Julia Vaquero (ESP):	1994, 1996 Silver

Sara Wedlund (SWE): 1995 Silver; 1996 Gold
 Elena Fidatov (ROU): 1994 Bronze; 1997 Silver

European Cross Country Champion with World Cross Country medal

Name	Nat	European XC	Year	World XC	Year
Lornah Kiplagat	NED	Gold	2005	Gold	2007
Yamma Belkacem	FRA	Gold	2001	Silver (short)	1999
Paula Radcliffe	GBR	Gold	1998, 2003	Gold (long)	2001, 2002
Annemari Sandell	FIN	Gold	1995	Bronze (short)	1999
Catherina McKiernan	IRL	Gold	1994	Silver (long)	1992-1995

Note: The last time European won a medal in the World Cross Country Championships was in 2007 when Lornah Kiplagat of NED won the race.

European Cross Country champion with European Championships gold medal on track

Name	Nat	Euro Cross Country	Euro Championships	Event
Yasemin Can	TUR	2016, 2017, 2018, 2019	2016	5000, 10000m
Sifan Hassan	NED	2015	2014	1500m
Marta Dominguez	ESP	2007	2002, 2006	5000m
Paula Radcliffe	GBR	1998, 2003	2002	10000m

European Cross Country champion with European U-23 Championships gold medal on track

Name	Nat	Euro Cross Country	Euro U-23 Championships	Event
Yasemin Can	TUR	2016, 2017, 2018, 2019	2017	5000m, 10000m
Katalin Szentgyorgyi	HUN	2000	1999, 2001	5000m

European Cross Country champion with European junior Championships gold medal on track

Name	Nat	Euro Cross Country	Euro junior Championships	Event
Karoline Bjerkeli Grøvdal	NOR	2021	2007, 2009 2009	3000mSC 5000m
Katalin Szentgyorgyi	HUN	2000	1997	5000m

European Cross Country Champion who previously won European Junior Cross Country:

Name	Nat	European Cross Country	European Junior Cross Country
Karoline Bjerkeli Grøvdal	NOR	2021	2009
Jessica Augusto	POR	2010	2000
Katalin Szentgyorgyi	HUN	2000	1998

European Cross Country medalist who previously won Euro Cross U-23 medal:

Name	Nat	European Cross Country	Year	European U-23 Cross Country	Year
Fionnuala Britton	IRL	Gold	2011	Silver	2006
Binnaz Uslu	TUR	Silver	2010	Gold	2006
Adrienne Herzog	NED	Bronze	2009	Silver	2007

Number of individual Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	5	3	2
TUR	4	3	1
FRA	3	1	
NED	3		2
IRL	3		
POR	1	4	3
ESP	1	3	1
SWE	1	3	3
NOR	1	1	4
FIN	1	1	1

SUI	1	1	
HUN	1		1
SLO	1		
UKR	1		
RUS		3	1
ROU		2	1
POL		1	1
GER		1	1
YUG			4
SRB			1

Multiple individual Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
TUR	2016	Yasemin Can	Meryem Akdag	
GBR	2014	Gemma Steel	Kate Avery	
POR	2010	Jessica Augusto		Dulce Felix
POR	2008		Jessica Augusto	Inês Monteiro
ESP	2007	Marta Dominguez		Rosa Maria Morato
GBR	2004	Hayley Yelling		Joanne Pavey

Man & Woman from the same nation winning the senior race in the same year:

Nation	Men	Women	Year
NOR	Jakob Ingebrigtsen	Karoline Bjerkeli Grøvdal	2021
TUR	Aras Kaya	Yasemin Can	2019
TUR	Aras Kaya	Yasemin Can	2016
TUR	Kaan Ozbilen	Yasemin Can	2017

Man & Woman's team from the same nation winning the senior team race in the same year:

Nat	Year
ESP	2007

Nation winning both the individual and team race

Nat	Year	Individual race
FRA	1997	Jalsiae Llado
GBR	2003	Paula Radcliffe
ESP	2007	Marta Dominguez
POR	2010	Jessica Augusto
IRL	2012	Fionnuala Britton
GBR	2014	Gemma Steel
TUR	2016	Yasemin Can

Team from the same nation winning senior, U-23 and junior team race in the same year:

Nat	Year
GBR	2011
GBR	2013
GBR	2017

Runner from the same nation winning senior and U-23 race in the same year:

Nat	Year	Senior race	U-23 race
GBR	2014	Gemma Steel	Rhona Auckland
NED	2008	Hilda Kibet	Susan Kuijken

Number of team Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	8	12	2

POR	8	2	5
FRA	3	5	6
RUS	3		
ROU	1	4	2
IRL	1	2	2
ESP	1	1	4
TUR	1		1
NED	1		
GER		1	3
BEL			1
SWE			1

European Cross Country Championships – individual:

Year	Gold	Nat		Silver	Nat		Bronze	Nat	
2021	Karoline Bjerkeli Grøvdal	NOR	26:34	Meraf Bahta	SWE	26:44	Alina Reh	GER	26:53
2019	Yasemin Can	TUR	26:52	Karoline Grovdal	NOR	27:07	Samrawit Mengsteab	SWE	27:43
2018	Yasemin Can	TUR	26:05	Fabienne Schlumpf	SUI	26:06	Karoline Grøvdal	NOR	26:07
2017	Yasemin Can	TUR	26:48	Meraf Bahta	SWE	27:03	Karoline Grøvdal	NOR	27:04
2016	Yasemin Can	TUR	24:46	Meryem Akdag	TUR	24:56	Karoline Grøvdal	NOR	25:26
2015	Sifan Hassan	NED	25:47	Kate Avery	GBR	25:55	Karoline Grøvdal	NOR	25:57
2014	Gemma Steel	GBR	28:27	Kate Avery	GBR	28:27	Meraf Bahta	SWE	28:52
2013	Sophie Duarte	FRA	26:34	Gemma Steel	GBR	26:39	Dulce Felix	POR	26:41
2012	Fionnuala Britton	IRL	27:45	Dulce Felix	POR	27:47	Adrienne Herzog	NED	27:48
2011	Fionnuala Britton	IRL	25:55	Dulce Felix	POR	26:02	Gemma Steel	GBR	26:04
2010	Jessica Augusto	POR	26:52	Binnaz Uslu	TUR	26:57	Dulce Felix	POR	26:59
2009	Hayley Yelling	GBR	27:49	Rosa Maria Morato	ESP	27:56	Adrienne Herzog	NED	28:04
2008	Hilda Kibet	NED	27:45	Jessica Augusto	POR	27:54	Ines Monteiro	POR	28:02
2007	Marta Dominguez	ESP	26:58	Julie Coulaud	FRA	27:01	Rosa Maria Morato	ESP	27:04
2006	Tetyana Holovochenko	UKR	25:17	Mariya Konovalova	RUS	25:18	Olivera Jevtic	SRB	25:21
2005	Lornah Kiplagat	NED	19:55	Sabrina Mockenhaupt	GER	20:00	Johanna Nilsson	SWE	20:01
2004	Hayley Yelling	GBR	18:06	Justyna Bak	POL	18:07	Jo Pavey	GBR	18:08
2003	Paula Radcliffe	GBR	22:04	Elvan Abeylegesse	TUR	22:13	Aniko Kalovics	HUN	22:26
2002	Helena Javornik	SLO	20:16	Galina Bogomolova	RUS	20:18	Elvan Abeylegesse	TUR	20:19
2001	Yamna Belkacem	FRA	15:48	Olga Romanova	RUS	15:49	Justyna Bak	POL	15:51
2000	Katalin Szentgyorgyi	HUN	16:34	Analidia Torre	POR	16:35	Olivera Jevtic	YUG	16:39
1999	Anita Weyermann	SUI	18:53	Constantina Dita	ROU	19:01	Olivera Jevtic	YUG	19:03
1998	Paula Radcliffe	GBR	18:07	Annemari Sandell	FIN	18:10	Olivera Jevtic	YUG	18:11
1997	Jalsiae Llado	FRA	17:20	Elena Fidatov	ROU	17:33	Olivera Jevtic	YUG	17:37
1996	Sara Wedlund	SWE	17:04	Julia Vaquero	ESP	17:14	Annemari Sandell	FIN	17:19
1995	Annemari Sandell	FIN	13:52	Sara Wedlund	SWE	14:07	Nina Belikova	RUS	14:09
1994	Catherine McKiernan	IRL	14:29	Julia Vaquero	ESP	14:30	Elena Fidatov	ROU	14:36

European Cross Country Championships – Team:

Year	Gold		Silver		Bronze	
2021	GBR	25	GER	29	SWE	38
2019	GBR	41	IRL	76	ITA	97
2018	NED	20	GBR	24	GER	50
2017	GBR	23	ROU	31	TUR	54
2016	TUR	35	GBR	51	ROU	79
2015	GBR	33	FRA	78	IRL	83
2014	GBR	21	ESP	70	IRL	87
2013	GBR	35	FRA	54	ESP	61
2012	IRL	52	FRA	52	GBR	60

2011	GBR	42	POR	51	GER	83
2010	POR	19	GBR	65	ESP	72
2009	POR	25	GBR	51	ESP	58
2008	POR	29	GBR	49	FRA	78
2007	ESP	33	GBR	47	POR	69
2006	POR	47	GBR	47	FRA	69
2005	RUS	52	GBR	54	FRA	73
2004	POR	38	GBR	44	FRA	97
2003	GBR	25	IRL	78	POR	84
2002	RUS	48	POR	54	GBR	80
2001	POR	41	GBR	49	FRA	66
2000	POR	18	GBR	33	GER	54
1999	FRA	34	ROU	35	POR	39
1998	POR	16	FRA	25	ROU	41
1997	FRA	21	ROU	22	ESP	46
1996	FRA	27	GBR	39	BEL	43
1995	RUS	20	ROU	23	FRA	41
1994	ROU	26	FRA	28	POR	29

Last ten European Championships – 1500m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Laura Muir	GBR	4:01.08	Ciara Mageean	IRL	4:02.56	Sofia Ennaoui	POL	4:03.59
2018	Laura Muir	GBR	4:02.32	Sofia Ennaoui	POL	4:03.08	Laura Weightman	GBR	4:03.75
2016	Angelika Cichoska	POL	4:33.00	Sifan Hassan	NED	4:33.76	Ciara Mageean	IRL	4:33.78
2014	Sifan Hassan	NED	4:04.18	Abeba Aregawi	SWE	4:05.08	Laura Weightman	GBR	4:06.32
2012	Asli Cakir Alptekin	TUR	4:05.31	Gamze Bulut	TUR	4:06.04	Anna Mishchenko	UKR	4:07.74
2010	Nuria Fernandez	ESP	4:00.20	Hind Dehiba	FRA	4:01.17	Natalia Rodriguez	ESP	4:01.30
2006	Tatyana Tomashova	RUS	3:56.91	Yuliya Fomenko	RUS	3:57.61	Daniela Yordanova	BUL	3:59.37
2002	Süreya Ayhan	TUR	3:58.79	Gabriela Szabo	ROU	3:58.81	Tatyana Tomashova	RUS	4:01.28
1998	Svetlana Masterkova	RUS	4:11.91	Carla Sacramento	POR	4:12.62	Anita Weyermann	SUI	4:13.06
1994	Lyudmila Rogachova	RUS	4:18.93	Kelly Holmes	GBR	4:19.30	Yekaterina	RUS	4:19.37

Last ten European Championships – 5000m: (inaugurated in 1998, 3000m for 1994)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Konstanze Klosterhalfen	GER	14:50.47	Yasemin Can	TUR	14:56.91	Eilish McColgan	GBR	14:59.34
2018	Sifan Hassan	NED	14:46.12	Eilish McColgan	GBR	14:53.05	Yasemin Can	TUR	14:57.63
2016	Yasemin Can	TUR	15:18.15	Meraf Bahta	SWE	15:20.54	Stephanie Twell	GBR	15:20.70
2014	Meraf Bahta	SWE	15:31.39	Sifan Hassan	NED	15:31.79	Susan Kuijken	NED	15:32.82
2012	Olga Golovkina	RUS	15:11.70	Lyudmyla Kovalenko	UKR	15:12.03	Sara Moreira	POR	15:12.05
2010	Elvan Abeylegesse	TUR	14:54.44	Sara Moreira	POR	14:54.71	Jessica Augusto	POR	14:58.47
2006	Marta Dominguez	ESP	14:56.18	Liliya Shobukhova	RUS	14:56.57	Elvan Abeylegesse	TUR	14:59.29
2002	Marta Dominguez	ESP	15:14.76	Sonia O'Sullivan	IRL	15:14.85	Yelena Zadorzhnaya	RUS	15:15.22
1998	Sonia O'Sullivan	IRL	15:06.50	Gabriela Szabo	ROU	15:08.31	Marta Dominguez	ESP	15:10.54
1994	Sonia O'Sullivan	IRL	8:31.84	Yvonne Murray	GBR	8:36.48	Gabriela Szabo	ROU	8:40.08

Last ten European Championships – 10000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Yasemin Can	TUR	30:32.57	Eilish McColgan	GBR	30:41.05	Lonah Chemtai Salpeter	ISR	30:46.37
2018	Lonah Chemtai Salpeter	ISR	31:43.29	Susan Krumins	NED	31:52.55	Merf Bahta	SWE	32:19.34
2016	Yasemin Can	TUR	31:12.86	Dulce Felix	POR	31:19.03	Karolina Grovdal	NOR	31:23.45
2014	Jo Pavey	GBR	32:22.39	Clemence Calvin	FRA	32:23.58	Laila Traby	FRA	32:26.03
2012	Dulce Felix	POR	31:44.75	Jo Pavey	GBR	31:49.03	Olha Skrypak	UKR	31:51.32
2010	Elvan Abeylegesse	TUR	31:10.23	Jessica Augusto	POR	31:25.77	Hilda Kibet	NED	31:36.90

2006	Inga Abitova	RUS	30:32.36	Susanne Wigene	NOR	30:32.36	Lidiya Grigoryeva	RUS	30:32.72
2002	Paula Radcliffe	GBR	30:01.09	Sonia O'Sullivan	IRL	30:47.59	Lyudmila Biktasheva	RUS	31:04.00
1998	Sonia O'Sullivan	IRL	31:29.33	Fernanda Ribeiro	POR	31:32.42	Lidia Simon	ROU	31:32.64
1994	Fernanda Ribeiro	POR	31:08.75	Conceicao Ferreira	POR	31:32.82	Daria Nauer	SUI	31:35.95

Last seven European Championships – Marathon:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Aleksandra Lisowska	POL	2:28:36	Matea Parlov Kostro	CRO	2:28:42	Nienke Brinkman	NED	2:28:52
2018	Volha Mazuronak	BLR	2:26:22	Clemence Calvin	FRA	2:26:28	Eva Vrabцова-Nyvtova	CZE	2:26:31
2014	Christelle Daunay	FRA	2:25:14	Valeria Straneo	ITA	2:25:27	Jessica Augusto	POR	2:25:41
2010	Anna Incerti	ITA	2:32:48	Tetyana Filonyuk	UKR	2:33:57	Isabella Andersson	SWE	2:34:43
2006	Ulrike Maisch	GER	2:30:01	Olivera Jevtic	SRB	2:30:27	Irina Permitina	RUS	2:30:53
2002	Maria Guida	ITA	2:26:05	Luminita Zaituc	GER	2:26:58	Sonja Oberem	GER	2:28:45
1998	Manuela Machado	POR	2:27:10	M Biktagirova	RUS	2:28:01	Maura Viceconte	ITA	2:28:31

Last seven European Championships – 3000mSC:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Luiza Gega	ALB	9:11.31	Lea Meyer	GER	9:15.35	Elizabeth Bird	GBR	9:23.18
2018	Gesa-Felicitas Krause	GER	9:19.80	Fabienne Schlumpf	SUI	9:22.29	Karoline Bjerkeli Grøvdal	NOR	9:24.46
2016	Gesa Felicitas Krause	GER	9:18.85	Liuzza Gega	ALB	9:28.52	Ozlem Kaya	TUR	9:35.05
2014	Antje Moldner-Schmidt	GER	9:29.43	Charlotta Fougberg	SWE	9:30.16	Diana Martin	ESP	9:30.70
2012	Gülcan Mingir	TUR	9:32.96	Svitlana Shmidt	UKR	9:33.03	Antje Möldner-Schmidt	GER	9:36.37
2010	Yuliya Zaripova	RUS	9:17.57	Marta Dominguez	ESP	9:17.74	Lyubov Kharlamova	RUS	9:29.82
2006	Alesia Turava	BLR	9:26.05	Tatyana Arkhipova	RUS	9:28.05	Wioletta Franakiewicz	POL	9:31.62

Under-23 Women: (inaugurated in 2006)

Margin of Victory for individual races

	Difference	Winning time	Name	Nat	Venue	Year
Max	39 sec	20:30	Anna Emilie Moller	DEN	Lisboa	2019
	11 sec	20:17	Cristina Jordan	ESP	Albufeira	2010
	9 sec	18:47	Binnaz Uslu	TUR	San Giorgio su Legnano	2006
		20:40	Jess Coulson	GBR	Budapest	2012
Min	0 sec	19:46	Louise Carton	BEL	Hyeres	2015
	1 sec	21:14	Sultan Haydar	TUR	Dublin	2009

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	14 sec	20:45	Jessica Judd	GBR	Samorin	2017
	8 sec	22:44	Katarzyna Kowalska	POL	Toro	2007
Min	0 sec	21:24	Yuliya Zarudneva	RUS	Bruxelles	2008
		20:03	Corinna Harrer	GER	Velenje	2011
		20:52	Clemence Calvin	FRA	Budapest	2012

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	35	19	GBR	RUS	Beograd	2013
	30	41	GBR	FRA	Hyeres	2015
	27	14	GBR	GER	Velenje	2011
	20	24	GBR	RUS	Bruxelles	2008
Min	2	43	GBR	RUS	Albufeira	2010

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	56	GBR	San Giorgio su Legnano	2006
Min	12	GBR	Samorin	2017
	14	GBR	Velenje	2011
	17	NED	Lisboa	2019
	18	ITA	Dublin	2021
	19	GBR	Beograd	2013
	22	GBR	Dublin	2009
		GER	Tilburg	2018

Multiple Gold Medalists: None

Anna Emile Møller (DEN): 2018, 2019

Multiple Medalists:

Anna Emile Møller (DEN): Gold 2018, 2019

Emma Pallant (GBR): 2010 Silver, 2011 Gold

Number of individual Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	3	3	4
NED	2	3	
TUR	2		1
DEN	2		
GER	1	3	1
POL	1		2
ROU	1		
ESP	1		
BEL	1		

ITA	1		
RUS		2	2
SRB		1	1
IRL		1	1
BUL		1	
SLO		1	
FRA			1
UKR			1
POR			1

Multiple individual Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
GER	2017	Alina Reh	Konstanze Klosterhalfen	
GBR	2011	Emma Pallant	Naomi Taschimiwitz	
TUR	2006	Binnaz Uslu		Türkan Erismis

Man & Woman from the same nation winning the Under23 race in the same year:

None

Nation winning both the individual and team U-23 race

Nat	Year	Individual race
ITA	2021	Nadia Battocletti
GBR	2011	Emma Pallant

Runner from the same nation winning U-23 and junior race in the same year:

Nat	Year	U-23 race	Junior race
GBR	2011	Emma Pallant	Emelia Gorecka

Team from the same nation winning U-23 and junior (U20) team race in the same year:

Nat	Year
GBR	2006
GBR	2007
GBR	2008
GBR	2011
GBR	2013
GBR	2016
GBR	2017

Team from the same nation winning senior, U-23 and junior (U20) team race in the same year:

Nat	Year
GBR	2011
GBR	2013
GBR	2017

Number of team Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	10	2	3
RUS	2	5	
GER	1	3	2
ITA	1		3
NED	1		1
FRA		2	1
POL		1	1
ESP		1	
IRL		1	

TUR			2
UKR			1
POR			1

European U-23 Cross Country champion with European Championships gold medal on track

Name	Nat	Euro U-23 Cross Country	European Championships	Event
Sifan Hassan	NED	2013	2014 2018	1500m 5000m

European U-23 Cross Country champion with European U-23 Championships gold medal on track

Name	Nat	Euro U-23 Cross Country	Euro U-23 Championships	Event
Nadia Battocletti	ITA	2021	2021	5000m
Anna Emile Møller	DEN	2018, 2019	2017, 2019	3000mSC 3000mSC, 5000m
Binnaz Uslu	TUR	2006	2005	5000m
Sultan Haydar	TUR	2009	2009	1500m
Ancuta Bobocel	ROU	2007	2009	3000mSC

European U-23 Cross Country champion with European Junior (U20) Championships gold medal on track

Name	Nat	Euro U-23 Cross Country	Euro U-20 Championships	Event
Alina Reh	GER	2017	2015	3000m, 5000m

European Cross Country U-23 champion who previously won Euro Cross Junior race:

Name	Nat	European U23 Cross Country	European Junior Cross Country
Nadia Battocletti	ITA	2021	2018, 2019
Ancuta Bobocel	ROU	2007	2005
Binnaz Uslu	TUR	2006	2004

European U-23 Cross Country Championships – individual:

Year	Gold	Nat		Silver	Nat		Bronze	Nat	
2021	Nadia Battocletti	ITA	20:32	Klara Lukan	SLO	20:36	Mariana Machado	POR	20:36
2019	Anna Emile Møller	DEN	20:30	Jasmijn Lau	NED	21:09	Stephanie Cotter	IRL	21:15
2018	Anna Emile Møller	DEN	20:34	Anna Gehring	GER	20:36	Weronika Pyzik	POL	20:46
2017	Alina Reh	GER	20:22	Konstanze Klosterhalfen	GER	20:25	Jessica Judd	GBR	20:45
2016	Sofia Ennaoui	POL	19:21	Anna Gehring	GER	19:24	Alice Wright	GBR	19:42
2015	Louise Carton	BEL	19:46	Jip Vastenburg	NED	19:46	Amela Terzic	SRB	19:49
2014	Rhona Auckland	GBR	22:23	Militsa Mircheccva	BUL	22:25	Gulshat Fazliddinova	RUS	22:28
2013	Sifan Hassan	NED	19:40	Amela Terzic	SRB	19:46	Charlotte Purdue	GBR	19:49
2012	Jess Coulson	GBR	20:40	Liudmila Lebedeva	RUS	20:49	Clemence Calvin	FRA	20:52
2011	Emma Pallant	GBR	19:57	Naomi Taschimowitz	GBR	20:02	Corinna Harrer	GER	20:03
2010	Cristina Jordan	ESP	20:17	Emma Pallant	GBR	20:28	Anna Nosenko	UKR	20:36
2009	Sultan Haydar	TUR	21:14	Irina Sergeyeva	RUS	21:15	Jessica Sparke	GBR	21:26
2008	Susan Kuikjen	NED	21:02	Sarah Turnstall	GBR	21:10	Yuliya Zarudneva	RUS	21:24
2007	Ancuta Bobocel	ROU	22:35	Andrienne Herzog	NED	22:37	Katarzyna Kowalska	POL	22:44
2006	Binnaz Uslu	TUR	18:47	Fionnuala Britton	IRL	18:56	Türkan Erismis	TUR	19:09

European U-23 Cross Country Championships – Team:

Year	Gold		Silver		Bronze	
2021	ITA	18	FRA	25	GBR	37
2019	NED	17	IRL	29	GBR	40
2018	GER	22	ESP	25	GBR	33
2017	GBR	12	GER	15	TUR	46
2016	GBR	26	GER	33	ITA	67

2015	GBR	41	FRA	71	ITA	82
2014	RUS	32	GBR	37	TUR	95
2013	GBR	19	RUS	54	NED	70
2012	RUS	27	GBR	33	GER	84
2011	GBR	14	GER	41	POR	77
2010	GBR	47	RUS	49	UKR	65
2009	GBR	22	RUS	25	FRA	85
2008	GBR	24	RUS	44	GER	57
2007	GBR	47	RUS	55	POL	58
2006	GBR	56	POL	65	ITA	96

Last thirteen European U-23 Championships – 10000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Jasmin Lau	NED	32:30.49	Anna Arnaudo	ITA	32:40.43	Lisa Oed	GER	33:35.99
2019	Alina Reh	GER	31:39.34	Miriam Dattke	GER	32:29.45	Jasmijn Lau	NED	33:35.66
2017	Yasemin Can	TUR	31:39.80	Sarah Lahti	SWE	32:46.91	Busra Nur Koku	TUR	33:33.22
2015	Jip Vastenburg	NED	32:18.69	Rhona Auckland	GBR	32:22.79	Alice Wright	GBR	32:46.57
2013	Gulshat Fazlitdinova	RUS	32:53.93	Viktoriya Khapilina	UKR	33:56.85	Anastasia Karakatsani	GRE	33:57.74
2011	Layes Abdullayeva	AZE	32:18.05	Lyudmyla Kovalenko	UKR	33:35.36	Catarina Ribeiro	POR	34:10.39
2009	Natalya Popkova	RUS	33:37.31	Zsafia Erdelyi	HUN	33:39.89	Azra Eminovic	SRB	33:47.19
2007	Volha Minima	BLR	33:06.37	Irina Sergeyeva	RUS	33:08.69	Alina Prokopeva	RUS	33:09.63
2005	Tatyana Petrova	RUS	33:55.99	Olga Minina	BLR	34:03.55	Eva Maria Stower	GER	34:05.03
2003	Krisztina Papp	HUN	33:23.02	Valentina Levushkina	RUS	33:28.73	Louise Damen	GBR	33:29.82
2001	Olga Romanova	RUS	33:36.03	Sonja Stolic	YUG	33:37.02	Sabrina Mockenhaupt	GER	33:38.38
1999	Olivera Jevtic	YUG	32:37.59	Rosaria Console	ITA	33:05.77	Patricia Arribas	ESP	33:11.09
1997	Olivera Jevtic	YUG	32:44.22	Annemari Sandell	FIN	32:48.57	Stine Larsen	NOR	33:11.09

Last thirteen European U-23 Championships – 5000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Nadia Battocletti	ITA	15:37.4	Klara Lukan	SLO	15:44.0	Diane Van Es	NED	15:48.4
2019	Anna Emilie Møller	DE	15:07.70	Alina Reh	GER	15:11.25	Celia Anton	ESP	15:28.66
2017	Yasemin Can	TUR	15:01.67	Alina Reh	GER	15:10.57	Sarah Lahti	SWE	15:14.17
2015	Liv Westphal	FRA	15:30.61	Louise Carton	BEL	15:32.75	Viktoriya Kalyuzhna	UKR	15:38.38
2013	Gamze Bulut	TUR	15:45.03	Layes Abdullayeva	AZE	15:51.72	Kate Avery	GBR	15:54.07
2011	Layes Abdullayeva	AZE	15:29.47	Yekaterina Gorbunova	RUS	15:45.14	Stevie Stockton	GBR	15:58.51
2009	Natalya Popkova	RUS	15:54.11	Sviatlana Kudzelich	BLR	16:03.85	Emily Pidgeon	GBR	16:04.71
2007	Laura Kenney	GBR	16:22.28	Volha Minima	BLR	16:27.31	Marta Romo	ESP	16:29.56
2005	Binnaz Uslu	TUR	15:57.21	Tatyana Petrova	RUS	16:01.79	Silvia LaBarbera	ITA	16:07.01
2003	Elvan Abeylegesse	TUR	15:16.79	Tatyana Petrova	RUS	16:02.79	Sonia Bejarano	ESP	16:17.81
2001	Katalin Szentgyorgyi	HUN	15:40.55	Anastasiya Zubova	RUS	15:40.78	Tatyana Khmelyova	RUS	15:51.88
1999	Katalin Szentgyorgyi	HUN	15:18.80	Cristina Casandra	ROU	15:22.64	Olivera Jevtic	YUG	15:24.83
1997	Oksana Zheleznyak	RUS	15:45.22	Cristina Iloc	ROU	15:46.59	Marta Dominguez	ESP	15:49.96

Last thirteen European U-23 Championships – 1500m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Gaia Sabbatini	ITA	4:13.98	Marta Zenoni	ITA	4:14.50	Erin Wallace	GBR	4:14.85
2019	Jemma Reekie	GBR	4:22.81	Elise Vanderelst	BEL	4:23.50	Marta Zenoni	ITA	4:23.96
2017	Konstanze Klosterhalfen	GER	4:10.30	Sofia Ennaoui	POL	4:13.54	Martyna Galant	POL	4:17.91
2015	Amela Terzic	SRB	4:04.77	Sofia Ennaoui	POL	4:04.90	Nataliya Pryshchepa	UKR	4:06.29
2013	Amela Terzic	SRB	4:05.69	Corinna Harrer	GER	4:07.71	Laura Muir	GBR	4:08.19
2011	Yelena Arzhakova	RUS	4:20.55	Tugba Karkaya	TUR	4:20.80	Corinna Harrer	GER	4:21.52
2009	Sultan Haydar	TUR	4:14.12	Kristina Khaleyeva	RUS	4:14.78	Alena Fesenko	RUS	4:15.86
2007	Abby Westley	GBR	4:15.48	Lizi Wheeler	GBR	4:16.45	Tatyana Beltyukova	RUS	4:16.49

2005	Corina Dumbravean	ROU	4:14.78	Olesya Syreva	RUS	4:16.23	Antje Moldner	GER	4:16.34
2003	Olesya Chumakova	RUS	4:11.75	Lisa Dobriskey	GBR	4:12.95	Ingvill Makestad	NOR	4:13.58
2001	Alesya Turova	BLR	4:09.71	Natalia Rodriguez	ESP	4:11.20	Kelly Caffel	GER	4:12.30
1999	Lidia Chojecka	POL	4:07.86	Yelena Zadorozhnaya	RUS	4:09.03	Anca Safta	ROU	4:09.78
1997	Andrea Suldesova	CZE	4:13.92	Lidia Chojecka	POL	4:14.70	Natalya Chernyshova	UKR	4:15.43

Last eleven European U-23 Championships – 3000mSC:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Flavie Renouard	FRA	9:51.02	Kinga Krolik	POL	9:52.59	Aude Clavier	FRA	9:58.58
2019	Anna Emilie Møller	DE	9:27.31	Eilish Flanagan	IRL	9:51.72	Claudia Prisecaru	ROU	9:53.21
2017	Anna Emilie Møller	DEN	9:43.05	Nataliya Stebkova	UKR	9:44.52	Emma Oudiou	FRA	9:50.30
2015	Tugba Guvenc	TUR	9:36.14	Maeva Danois	FRA	9:40.89	Emma Oudiou	FRA	9:44.74
2013	Gesa-Felicitas Krause	GER	9:38.91	Yekaterina Sokolenko	RUS	9:49.34	Yevdokiya Bukina	RUS	10:03.41
2011	Gulcan Mingir	TUR	9:47.83	Jana Sussmann	GER	9:48.01	Mariya Shatalova	UKR	9:48.22
2009	Ancuta Bobocel	ROU	9:47.90	Julia Hiller	GER	9:57.44	Susi Lutz	GER	10:01.87
2007	Katarzyna Kowalska	POL	9:39.40	Ancuta Bobocel	ROU	9:41.84	Sara Moreira	POR	9:42.47
2005	Katarzyna Kowalska	POL	9:54.17	Turkan Erismis	TUR	9:55.45	Svetlana Ivanova	RUS	9:56.44
2003	Lyubov Ivanova	RUS	9:41.16	Michaela Mannova	CZE	9:42.01	Sigrid Vanden Bempt	BEL	9:42.04
2001	Melanie Schulz	GER	10:03.34	Livia Toth	HUN	10:04.99	Sigrid Vanden Bempt	BEL	10:08.46

Junior (U20) Women: (inaugurated in 1997; 1996 (exhibition) results not included)

Margin of Victory for individual races

	Difference	Winning time	Name	Nat	Venue	Year
Max	25 sec	15:32	Inna Pulushkina	LAT	Edinburgh	2003
Min	1 sec	12:55	Jessica Augusto	POR	Malmö	2000
		12:26	Charlotte Dale	GBR	Medulin	2002
		13:13	Emelia Gorecka	GBR	Valenje	2011
		13:46	Nadia Battocletti	ITA	Tilburg	2018

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	12sec	14:10	Mariana Machado	POR	Lisboa	2019
	9 sec	14:25	Lydia Turner	GBR	Samokova	2014
	8 sec	10:54	Snezana Kostic	YUG	Thun	2001
		12:51	Ancuta Bobocel	ROU	San Giorgio su Legnanao	2006
Min	0 sec	12:56	Elvan Can Abeylegesse	TUR	Malmo	2000

Margin of victory in team championships

	Difference	Winning score	Winning Team	2 nd place team	Venue	Year
Max	78	28	GBR	GER	Budapest	2012
	55	21	GBR	RUS	San Giorgio su Legnano	2006
Min	0	29	GBR	ITA	Lisboa	2019
	3	40	GBR	RUS	Valenje	2011
	4	47	RUS	GBR	Dublin	2009

Highest & Lowest winning team scores

	Winning score	Winning Team	Venue	Year
Max	51	ROU	Heringsdorf	2004
Min	10	GBR	Bruxelles	2008

Multiple Gold Medalists:

Nadia Battocletti (ITA)	2018, 2019
Konstanze Klosterhalfen (GER):	2015, 2016
Emelia Gorecka (GBR):	2011, 2013
Stephanie Twell (GBR):	2006-2008

Multiple Medalists: (* indicates complete set of medals)

Nadia Battocletti (ITA):	Gold 2018, 2019
Harriet Knowles-Jones:	*2017 Gold, 2016 Bronze, 2015 Silver
Konstanze Klosterhalfen:	2015 Gold, 2016 Gold
Emelia Gorecka:	* 2013 Gold; 2012 Silver; 2011 Gold; 2010 Bronze
Charlotte Purdue:	* 2010 Gold; 2008 Silver, 2007 Bronze
Amela Terzic:	* 2012 Gold; 2011 Bronze; 2010 Silver
Karoline Grøvdal:	2009 Gold; 2006 Silver
Ancuta Bobocel:	* 2006 Bronze; 2005 Gold, 2004 Silver
Stephanie Twell	Gold: 2006-2008
Snezana Kostic:	2003 Silver, 2001 Bronze
Charlotte Dale:	2003 Bronze; 2002 Gold
Elvan Abeylegesse:	2001 Gold; 2000 Bronze
Nicola Spirig	2000, 1999 Silver
Ines Monteiro	1999 Gold, 1998 Silver
Sonja Stolic:	1998 Bronze, 1997 Gold

Number of individual Medals by Countries:

Nation	Gold	Silver	Bronze
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GBR	9	5	7
TUR	3		2
POR	2	2	1
GER	2		5
ITA	2		
ROU	1	2	2
SRB	1	2	1
NOR	1	2	
HUN	1	1	
YUG	1		2
LAT	1		
SUI		3	
RUS		2	1
POL		2	
SLO		1	1
FIN		1	
DEN		1	
ESP			1
NED			1

Multiple individual Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
GER	2015	Konstanze Klosterhalfen		Alina Reh
GBR	2014		Jessica Judd	Lydia Turner
GBR	2010	Charlotte Purdue		Emelia Gorecka
GBR	2008**	Stephanie Twell	Charlotte Purdue	Lauren Howarth
GBR	2007	Stephanie Twell		Charlotte Purdue

** GBR occupied first six places

Man & Woman from the same nation winning the junior race in the same year: None

Nation winning both the individual and team junior (U20) race

Nat	Year	Individual race
GBR	2002	Charlotte Dale
GBR	2006	Stephanie Twell
GBR	2007	Stephanie Twell
GBR	2008	Stephanie Twell
GBR	2010	Charlotte Purdue
GBR	2011	Emelia Gorecka
GBR	2013	Emelia Gorecka
GER	2015	Konstanze Klosterhalfen
GBR	2017	Harriet Knowles-Jones

Team from the same nation winning senior, U-23 and junior team race in the same year:

Nat	Year
GBR	2011
GBR	2013
GBR	2017

European Junior (U20) Cross Country champion with European junior Championships gold medal on track

Name	Nat	Euro Junior Cross Country	Euro Junior Championships	Event
Emelia Gorecka	GBR	2013	2013	3000m
Amela Terzic	SRB	2012	2011	1500m, 3000m
Karoline Grøvdal	NOR	2009	2009	5000m
Inna Polushkina	LAT	2003	2003	3000m

Elvan Abeylegesse	TUR	2001	2001	5000m, 3000m
Katalin Szentgyorgyi	HUN	1998	1997	5000m

European Junior (U20) Cross Country champion with European Championships gold medal on track

Name	Nat	Euro Junior Cross Country	Euro Championships	Event
Elvan Abeylegesse	TUR	2001	2010	5000m, 10000m

European Junior (U20) Cross Country champion with European U-23 Championships gold medal on track

Name	Nat	Euro Junior Cross Country	Euro U-23 Championships	Event
Katalin Szentgyorgyi	HUN	1998	1999, 2001	5000m
Ancuta Bobocel	ROU	2005	2009	3000mSC
Konstanze Klosterhalfen	GER	2015, 2016	2017	1500m
Nadia Battocletti	ITA	2018, 2019	2021	5000m

Number of team Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	16	4	2
GER	3	3	5
RUS	2	5	4
TUR	2	1	2
ROU	1	1	3
ITA		2	
BEL		1	2
UKR		1	1
SWE		1	1
NED		1	1
FRA		1	1
YUG		1	
POR		1	
ESP		1	1
DEN			1

European Junior (U20) Cross Country Championships:

Year	Gold	Nat		Silver	Nat		Bronze	Nat	
2021	Megan Keith	GBR	13:41	Ingeborg Østgard	NOR	13:44	Emma Heckel	GER	13:46
2019	Nadia Battocletti	ITA	13:58	Klala Lukan	SLO	14:01	Mariana Machado	POR	14:10
2018	Nadia Battocletti	ITA	13:46	Delia Sclabas	SUI	13:47	Inci Kalkan	TUR	13:48
2017	Harriet Knowles-Jones	GBR	13:48	Lili Anna Toth	HUN	13:59	Miriam Dattke	GER	14:03
2016	Konstanze Klosterhalfen	GER	12:26	Anna Emilie Moller	DEN	12:43	Harriet Knowles	GBR	12:52
2015	Konstanze Klosterhalfen	GER	13:12	Harriet Knowles-Jones	GBR	13:16	Alina Reh	GER	13:20
2014	Emine Hatun Tuna	TUR	14:13	Jessica Judd	GBR	14:18	Lydia Turner	GBR	14:25
2013	Emelia Gorecka	GBR	13:06	Sofia Ennaoui	POL	13:16	Marusa Mismas	SLO	13:27
2012	Amela Terzic	SRB	13:29	Emilia Gorecka	GBR	13:37	Maya Rehberg	GER	13:43
2011	Emelia Gorecka	GBR	13:13	Ioana Doaga	ROU	13:14	Amela Terzic	SRB	13:22
2010	Charlotte Purdue	GBR	12:42	Amela Terzic	SRB	12:59	Emelia Gorecka	GBR	13:00
2009	Karoline Bjerkeli Grøvdal	NOR	14:10	Gulshat Fazlitdinova	RUS	14:12	Kate Avery	GBR	14:27
2008	Stephanie Twell	GBR	13:28	Charlotte Purdue	GBR	13:39	Lauren Howarth	GBR	13:55
2007	Stephanie Twell	GBR	14:12	Danuta Urbanik	POL	14:21	Charlotte Purdue	GBR	14:22
2006	Stephanie Twell	GBR	12:33	Karoline Bjerkeli Grøvdal	NOR	12:36	Ancuta Bobocel	ROU	12:51
2005	Ancuta Bobocel	ROU	15:23	Emily Pidgeon	GBR	15:25	Susan Kuijken	NED	15:33
2004	Binnaz Uslu	TUR	11:33	Ancuta Bobocel	ROU	11:42	Marta Romo	ESP	11:46
2003	Inna Polushkina	LAT	15:32	Snezana Kostic	SRB	15:57	Charlotte Dale	GBR	16:04
2002	Charlotte Dale	GBR	12:26	Elina Lindgren	FIN	12:27	Galina Egorova	RUS	12:28
2001	Elvan Abeylegesse	TUR	10:35	Tatiana Choulakh	RUS	10:53	Snezana Kostic	YUG	10:54

2000	Jessica Augusto	POR	12:55	Nicola Spirig	SUI	12:56	Elvan Can	TUR	12:56
1999	Ines Monteiro	POR	12:48	Nicola Spirig	SUI	12:55	Anne Moutsinga	ROU	13:02
1998	Katalin Szentgyorgyi	HUN	11:51	Ines Monteiro	POR	11:58	Sonja Stolic	YUG	12:03
1997	Sonja Stolic	YUG	9:09	Monica Rosa	POR	9:15	Judith Heinze	GER	9:16

European Junior (U20) Cross Country Championships – Team:

Year	Gold		Silver		Bronze	
2021	GER	15	ESP	27	GBR	32
2019	GBR	29	ITA	29	FRA	38
2018	GBR	23	NED	28	TUR	39
2017	GBR	21	ITA	33	ESP	47
2016	GBR	33	GER	57	NED	71
2015	GER	20	GBR	40	DEN	62
2014	GBR	18	FRA	64	GER	74
2013	GBR	24	SWE	75	GER	95
2012	GBR	28	GER	106	RUS	111
2011	GBR	40	RUS	43	GER	50
2010	GBR	23	GER	53	ROU	64
2009	RUS	47	GBR	51	GER	73
2008	GBR	10	UKR	58	RUS	62
2007	GBR	14	RUS	50	UKR	57
2006	GBR	21	RUS	76	ROU	83
2005	GBR	30	ROU	49	RUS	60
2004	ROU	51	GBR	64	RUS	68
2003	GBR	32	RUS	53	GER	63
2002	GBR	27	RUS	35	BEL	105
2001	RUS	35	GBR	54	TUR	79
2000	GBR	21	TUR	40	SWE	49
1999	TUR	27	POR	32	BEL	34
1998	TUR	20	BEL	46	ROU	49
1997	GER	15	YUG	33	GBR	43

Last thirteen European Junior (U20) Championships – 5000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Carla Dominguez	ESP	16:16.57	Agate Caune	LAT	16:17.56	Emma Heckel	GER	16:20.18
2019	Klara Lukan	SLO	16:03.62	Nadia Battocletti	ITA	16:09.39	Laura V Peterson	DEN	16:10.44
2017	Jasmin Lau	NED	16:38.85	Miriam Dattke	GE	16:39.81	Floor Doorwaard	NED	16:41.71
2015	Alina Reh	GER	16:02.01	Anna Emilie Moller	DE	16:07.43	Carmela Cardama	ESP	16:23.81
2013	Jip Vastenbergh	NED	16:03.31	Oona Kettunen	FIN	16:03.79	Yelena Kudashkina	RUS	16:08.12
2011	Ezma Aydemir	TUR	16:12.16	Emelia Gorecka	GBR	16:13.04	Annabel Gummow	GBR	16:14.62
2009	Karoline Grøvdal	NOR	15:45.45	Charlotte Purdue	GBR	15:55.96	Veronica Inglese	ITA	16:41.37
2007	Natalya Popkova	RUS	16:08.95	Ingunn Opsal	NOR	16:14.59	Emily Pidgeon	GBR	16:31.30
2005	Emily Pidgeon	GBR	16:14.71	Tatyana Azorkina	RUS	16:18.60	Svetlana Kudelich	BLR	16:33.07
2003	Silvia La Barbera	ITA	15:52.20	Inna Poluskina	LAT	15:55.69	Charlotte Dale	GBR	16:07.26
2001	Elvan Abeylegesse	TUR	15:21.12	Elina Lindgren	FIN	16:11.55	Collette Fagan	GBR	16:16.39
1999	Tezeta Surekli	TUR	16:01.32	Elvan Can	TUR	16:06.40	Yelena Tolstygina	BLR	16:17.04
1997	Katalin Szentgyorgyi	HUN	16:38.73	Tatyana Gerasimova	RUS	16:39.31	Ionela Bungardean	ROU	16:39.97

Last thirteen European Junior (U20) Championships – 3000m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Ilona Mononen	FIN	9:15.66	Sofia Thogersen	DEN	9:16.43	Ina Halle Haugen	NOR	9:16.47
2019	Zofia Dudek	POL	9:30.06	Mariana Machado	POR	9:30.66	Elisa Ducoli	ITA	9:32.42
2017	Delia Sclabas	SUI	9:10.13	Mathilde Senechal	FRA	9:20.05	Nadia Battocletti	ITA	9:24.01

2015	Alina Reh	GER	9:12.29	Celia Anton	ESP	9:16.36	Anna Emilie Moller	DEN	9:17.36
2013	Emelia Gorecka	GBR	9:12.53	Emine Hatun Tuna	TUR	9:25.83	Anna Petrova	RUS	9:30.00
2011	Amela Terzic	SRB	9:17.61	Esmay Aydemir	TUR	9:19.61	Lisa Jäsert	GER	9:30.23
2009	Yelena Korobkina	GBR	9:13.35	Kate Avery	GBR	9:13.68	Louise Small	GBR	9:15.47
2007	Cristina Vasiloiu	ROU	9:13.51	Natalya Popkova	RUS	9:14.17	Daniela Donisa	ROU	9:14.54
2005	Delina De Soccio	ITA	9:20.89	Susan Kuijken	NED	9:28.45	Barbara Maveanu	BEL	9:28.78
2003	Inna Poluskina	LAT	9:07.85	Binnaz Uslu	TUR	9:23.10	Adrienne Herzog	NED	9:26.01
2001	Elvan Abeylegesse	TUR	8:53.42	Tatyana Chulakh	RUS	9:02.64	Ulla Tuimala	FIN	9:07.35
1999	Olga Roseyeva	RUS	9:07.79	Tezeta Surekli	TUR	9:08.09	Sonja Stolic	YUG	9:10.01
1997	Laura Suffa	GER	9:27.81	Sonja Stolic	YUG	9:29.65	Sandra Levenez	FRA	9:31.66

Last thirteen European Junior (U20) Championships – 1500m:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Ingeborg Ostgard	NOR	4:19.75	Marina Martinez	ESP	4:20.35	Mireya Arnedillo	ESP	4:21.29
2019	Delia Sclabas	SUI	4:25.95	Sarah Healy	IRL	4:27.14	Tugba Toptas	TUR	4:28.13
2017	Jemma Reekie	GBR	4:13.25	Liliana Georgieva	BUL	4:16.73	Harriet Knowles-Jones	GBR	4:17.53
2015	Bobby Clay	GBR	4:17.91	Amy Griffiths	GBR	4:20.41	Konstanze Klosterhalfen	GER	4:20.84
2013	Nataliya Pryshchepa	UKR	4:18.51	Sofia Ennaoui	POL	4:20.20	Aurora Dybedokken	NOR	4:21.27
2011	Amela Terzic	SRB	4:15.40	Ciara Mageean	IRL	4:16.82	Ioana Doaga	ROU	4:20.73
2009	Darya Yachmeneva	RUS	4:14.64	Layes Abdullayeva	AZE	4:16.63	Elina Sujew	GER	4:16.86
2007	Cristina Vasiloiu	ROU	4:15.30	Stephanie Twell	GBR	4:16.03	Daniela Donisa	ROU	4:18.19
2005	Morag MacLarty	GBR	4:15.12	Yekaterina Marynova	RUS	4:15.46	Azra Eminovic	SCG	4:15.77
2003	Nelya Neporadna	UKR	4:12.57	Dani Barnes	GBR	4:16.91	Corina Dumbravean	ROU	4:17.56
2001	Ljiljana Culibrk	CRO	4:13.13	Emma Ward	GBR	4:13.51	Riina Tolonen	FIN	4:14.48
1999	Sibel Özyurt	TUR	4:15.62	Natalya Sidorenko	RUS	4:15.91	Yekaterina Noskova	RUS	4:16.56
1997	Natalya Yevdokimova	UKR	4:23.34	Malgorzata Bury	POL	4:24.37	Ljiljana Culibrk	CRO	4:24.75

Last nine European Junior (U20) Championships – 3000mSC:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Olivia Gurth	GER	9:59.15	Greta Varga	HU	9:59.17	Seval Ozdogan	TUR	10:07.84
2019	Paula Schneiders	GER	10:08.6	Claire Palou	FRA	10:12.3	Josina Popenfuss	GE	10:12.42
2017	Lisa Oed	GER	10:00.79	Tatsiana Shabanava	BLR	10:03.32	Gulnaz Uskun	TUR	10:19.44
2015	Sumeyye Erol	TUR	10:19.15	Carolina Johnson	SW	10:28.31	Alisa aVainio	FIN	10:30.83
2013	Oona Kettunen	FIN	9:45.51	Marusa Mismas	SLO	9:51.15	Maya Rehberg	GER	10:00.04
2011	Gesa-Felicitas Krause	GER	9:51.08	Gulshat Fazlitdinova	RUS	9:56.98	Elena Panaet	ROU	10:17.37
2009	Karoline Bjerkeli Grovdal	NOR	9:43.69	Layes Tsige	AZE	9:55.95	Louise Webb	GBR	10:10.34
2007	Karoline Bjerkeli Grovdal	NOR	9:44.34	Kristine Eikrem	NOR	9:47.35	Polina Jelizarova	LAT	10:03.91
2005	Polina Jelizarova	LAT	10:12.82	Ancuta Bobocel	ROU	10:14.29	Susi Lutz	GER	10:14.96

Mixed Cross Country Relay (inaugurated in 2017)

Margin of Victory

	Difference	Winning time	Nat	Venue	Year
Max	6 sec	17:55	GBR	Lisboa	2019
	4 sec	18:01	GBR	Dublin	2021
	2 sec	16:10	ESP	Tilburg	2018
Min	1 sec	18:24	GBR	Samorin	2017

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Nat	Venue	Year
Max	36 sec	18:26	ESP	Samorin	2017
Min	0 sec	18:06	BEL	Dublin	2021
	3 sec	16:24	BLR	Tilburg	2018

Number of Medals by Countries:

Nation	Gold	Silver	Bronze
GBR	3		
ESP	1		1
FRA		2	1
BLR		1	1
CZE		1	
BEL			1

European mixed Cross Country relay Championships:

Year	Gold	Time	Silver	Time	Bronze	Time
2021	GBR	18:01	FRA	18:05	BEL	18:06
2019	GBR	17:55	BLR	18:01	FRA	18:05
2018	ESP	16:10	FRA	16:12	BLR	16:21
2017	GBR	18:24	CZE	18:25	ESP	18:26