

2001	Thun SUI	10	28:15		
2002	Medulin CRO	20	29:41		
2003	Edinburgh GBR	29	32:01		
2005	Tilburg NED	33	28:19		
10	Mustafa Mohamed		SWE		
1997	Oeiras POR	3	16:00	Jun	
1998	Ferrara ITA	6	17:02	Jun	
2000	Malmö SWE	73	31:59		
2002	Medulin CRO	59	30:57		
2003	Edinburgh GBR	20	31:47		
2004	Heringsdorf GER	22	28:38		
2005	Tilburg NED	14	27:44		
2006	San Giorgio su Legnano ITA	3	28:08		
2007	Toro ESP	2	31:56		
2008	Brussels BEL	3	31:13		
10	Mirko Petrović		SRB		
1999	Velenje SLO	14	23:38	Jun	YUG
2000	Malmö SWE	64	20:27	Jun	YUG
2002	Medulin CRO	66	31:29		YUG
2003	Edinburgh GBR	43	32:24		SCG
2004	Heringsdorf GER	60	29:26		SCG
2006	San Giorgio su Legnano ITA	41	29:34		
2008	Brussels BEL	29	32:04		
2009	Dublin IRL	22	32:19		
2012	Budapest HUN	67	32:33		
2013	Belgrade SRB	74	32:41		
10	José Ramos		POR		
1995	Alnwick GBR	14	27:23		
1998	Ferrara ITA	24	29:03		
1999	Velenje SLO	35	35:12		
2000	Malmö SWE	12	29:55		
2001	Thun SUI	19	28:32		
2002	Medulin CRO	28	29:51		
2003	Edinburgh GBR	25	31:52		
2005	Tilburg NED	30	28:17		
2008	Brussels BEL	56	32:59		
2009	Dublin IRL		DNF		
10	Andy Vernon		GBR		
2005	Tilburg NED	2	18:42	Jun	
2006	San Giorgio su Legnano ITA	14	23:34	U23	
2007	Toro ESP	3	24:35	U23	
2008	Brussels BEL	2	25:04	U23	
2009	Dublin IRL	12	31:54		

2010	Albufeira POR		DNF	
2011	Velenje SLO	8	29:39	
2012	Budapest HUN	13	30:33	
2013	Belgrade SRB	3	29:35	
2016	Chia ITA	5	28.11	
9	Sindre Buraas		NOR	
2006	San Giorgio su Legnano ITA	26	17:40	Jun
2007	Toro ESP	53	21:17	Jun
2008	Brussels BEL	10	19:15	Jun
2009	Dublin IRL	37	26:23	U23
2010	Albufeira POR	8	24:34	U23
2011	Velenje SLO	9	24:02	U23
2012	Budapest HUN	33	31:10	
2013	Belgrade SRB	27	30:23	
2015	Hyères FRA	54	31:51	
9	Mick Clohisey		IRL	
2005	Tilburg NED	68	19:45	Jun
2006	San Giorgio su Legnano ITA	46	24:15	U23
2007	Toro ESP	53	25:57	U23
2008	Brussels BEL	37	26:16	U23
2009	Dublin IRL	52	33:33	
2013	Belgrade SRB	56	31:23	
2014	Samokov BUL	44	34.36	
2015	Hyères FRA	37	31:13	
2016	Chia ITA	43	29.54	
9	Pieter Desmet		BEL	
2001	Thun SUI	49	20:31	Jun
2002	Medulin CRO	4	18:35	Jun
2003	Edinburgh GBR	53	32:52	
2004	Heringsdorf GER	52	29:15	
2006	San Giorgio su Legnano ITA	21	28:45	
2007	Toro ESP	13	32:20	
2008	Brussels BEL	5	31:19	
2009	Dublin IRL	21	32:16	
2011	Velenje SLO	28	30:01	
9	Driss El Himer		FRA	
1998	Ferrara ITA	3	28:16	
2000	Malmö SWE	3	29:45	
2003	Edinburgh GBR	10	31:34	
2005	Tilburg NED	13	27:43	
2006	San Giorgio su Legnano ITA	6	28:17	
2008	Brussels BEL	14	31:43	

2009	Dublin IRL	11	31:54	
2010	Albufeira POR	14	29:41	
2012	Budapest HUN	35	31:13	
9	Mohamed Farah		GBR	
1999	Velenje SLO	5	23:18	Jun
2000	Malmö SWE	7	19:12	Jun
2001	Thun SUI	2	19:38	Jun
2002	Medulin CRO	30	19:25	Jun
2004	Heringsdorf GER	15	28:26	
2005	Tilburg NED	21	27:57	
2006	San Giorgio su Legnano ITA	1	27:56	
2008	Brussels BEL	2	30:57	
2009	Dublin IRL	2	31:02	
9	Jesper Faurschou		DEN	
2002	Medulin CRO	47	19:42	Jun
2008	Brussels BEL	55	32:57	
2009	Dublin IRL	50	33:22	
2010	Albufeira POR	49	30:57	
2011	Velenje SLO	39	30:25	
2012	Budapest HUN	56	31:39	
2013	Belgrade SRB	57	31:26	
2014	Samokov BUL	63	36.08	
2015	Hyères FRA	38	31:14	
9	Javier Guerra		ESP	
2001	Thun SUI	9	19:46	Jun
2002	Medulin CRO	18	19:11	Jun
2005	Tilburg NED	45	28:31	
2008	Brussels BEL	15	31:44	
2009	Dublin IRL	30	32:32	
2010	Albufeira POR	40	30:37	
2011	Velenje SLO	5	29:24	
2012	Budapest HUN	8	30:22	
2013	Belgrade SRB	42	30:48	
9	Vedat Günen		TUR	
2003	Edinburgh GBR	61	22:24	Jun
2007	Toro ESP	15	20:39	Jun
2008	Brussels BEL	13	19:18	Jun
2009	Dublin IRL	36	26:22	U23
2010	Albufeira POR	40	25:24	U23
2011	Velenje SLO	39	24:32	U23
2012	Budapest HUN	14	30:36	
2013	Belgrade SRB	24	30:18	
2014	Samokov BUL	24	33.57	

9	José Manuel Martínez		ESP
1996	Charleroi BEL	35	35:03
1997	Oeiras POR		DNF
1999	Velenje SLO	22	34:37
2000	Malmö SWE	9	29:52
2001	Thun SUI	23	28:39
2002	Medulin CRO	15	29:34
2004	Heringsdorf GER	32	28:51
2006	San Giorgio su Legnano ITA	15	28:32
2007	Toro ESP	5	32:04

9	Seamus Power		IRL
1995	Alnwick GBR	31	27:52
1996	Charleroi BEL	13	34:00
1997	Oeiras POR	30	28:43
1998	Ferrara ITA	45	29:36
1999	Velenje SLO	18	34:31
2000	Malmö SWE	14	29:58
2001	Thun SUI	28	28:47
2002	Medulin CRO	32	29:55
2003	Edinburgh GBR	19	31:47

9	Umberto Pusterla		ITA
1994	Alnwick GBR	36	29:01
1996	Charleroi BEL	6	33:36
1997	Oeiras POR	10	27:42
1998	Ferrara ITA	15	28:44
1999	Velenje SLO	8	33:53
2001	Thun SUI	13	28:20
2003	Edinburgh GBR	9	31:32
2004	Heringsdorf GER	8	28:24
2006	San Giorgio su Legnano ITA	24	28:46

9	Steffen Uliczka		GER	
2003	Edinburgh GBR	16	21:35	Jun
2005	Tilburg NED	70	29:14	
2006	San Giorgio su Legnano ITA		DNF	U23
2007	Toro ESP	29	32:47	
2008	Brussels BEL	46	32:36	
2009	Dublin IRL	19	32:02	
2010	Albufeira POR	12	29:36	
2011	Velenje SLO	33	30:16	
2013	Belgrade SRB	16	30:07	

8	Florian Carvalho		FRA	
2007	Toro ESP	2	20:11	Jun
2008	Brussels BEL	1	18:42	Jun
2009	Dublin IRL	4	25:30	U23
2010	Albufeira POR	2	24:14	U23
2011	Velenje SLO	1	23:44	U23
2014	Samokov BUL	4	32.59	
2015	Hyères FRA	6	30:06	
2016	Chia ITA	30	29.26	

8	Hassan Chahdi		FRA	
2007	Toro ESP	8	20:25	Jun
2008	Brussels BEL	3	18:49	Jun
2009	Dublin IRL	2	25:17	U23
2010	Albufeira POR	1	24:11	U23
2011	Velenje SLO	3	29:22	
2012	Budapest HUN	2	30:11	
2013	Belgrade SRB	5	29:40	
2014	Samokov BUL	39	34.21	

8	Khalid Choukoud		NED	
2005	Tilburg NED	11	18:55	Jun
2006	San Giorgio su Legnano ITA	9	23:29	U23
2010	Albufeira POR	33	30:19	
2011	Velenje SLO	7	29:27	
2012	Budapest HUN	21	30:41	
2013	Belgrade SRB	19	30:12	
2014	Samokov BUL	7	33.04	
2015	Hyères FRA		DNF	

8	Mark Christie		IRL	
2001	Thun SUI	36	20:15	Jun
2003	Edinburgh GBR	6	21:07	Jun
2004	Heringsdorf GER	5	16:43	Jun
2006	San Giorgio su Legnano ITA	19	23:47	U23
2007	Toro ESP	46	25:45	U23
2008	Brussels BEL	74	34:32	
2010	Albufeira POR	40	30:39	
2016	Chia ITA	56	30.24	

8	Mustapha Essaïd		FRA	
1994	Alnwick GBR	10	28:19	
1995	Alnwick GBR	5	26:52	
1996	Charleroi BEL	3	33:19	
1997	Oeiras POR	4	27:30	
2002	Medulin CRO	2	29:03	

2003	Edinburgh GBR	7	31:26	
2004	Heringsdorf GER	6	28:23	
2006	San Giorgio su Legnano ITA	7	28:17	
8	Milan Kocourek		CZE	
2006	San Giorgio su Legnano ITA	18	17:34	Jun
2007	Toro ESP	62	26:08	U23
2008	Brussels BEL	32	26:08	U23
2010	Albufeira POR	59	31:45	
2011	Velenje SLO	17	29:47	
2012	Budapest HUN	12	30:33	
2013	Belgrade SRB	29	30:28	
2014	Samokov BUL	18	33.31	
8	Dmytro Lashyn		UKR	
2005	Tilburg NED	67	19:43	Jun
2006	San Giorgio su Legnano ITA	6	17:15	Jun
2007	Toro ESP	3	20:16	Jun
2009	Dublin IRL	71	28:10	U23
2012	Budapest HUN	52	31:36	
2014	Samokov BUL	33	34.10	
2015	Hyères FRA	39	31:16	
2016	Chia ITA	31	29.27	
8	Kamiel Maase		NED	
1994	Alnwick GBR	34	28:59	
1996	Charleroi BEL	20	34:25	
1997	Oeiras POR	40	29:03	
1998	Ferrara ITA	23	29:01	
2000	Malmö SWE	7	29:49	
2001	Thun SUI	2	28:05	
2002	Medulin CRO	11	29:24	
2005	Tilburg NED	40	28:26	
8	Thijs Nijhuis		DEN	
2009	Dublin IRL	67	20:16	Jun
2010	Albufeira POR	34	18:56	Jun
2011	Velenje SLO	68	19:07	Jun
2012	Budapest HUN	32	25:31	U23
2013	Belgrade SRB	36	24:55	U23
2014	Samokov BUL	21	26.22	U23
2015	Hyères FRA	25	30:47	
2016	Chia ITA	55	30.23	

8	Claes Nyberg		SWE	
1997	Oeiras POR	2	27:20	
1998	Ferrara ITA	17	28:50	
1999	Velenje SLO	6	33:46	
2000	Malmö SWE	15	30:01	
2001	Thun SUI	9	28:14	
2002	Medulin CRO	24	29:47	
2003	Edinburgh GBR	13	31:36	
2004	Heringsdorf GER	19	28:30	
8	Hasan Pak		TUR	
2005	Tilburg NED	31	19:10	Jun
2007	Toro ESP	23	20:49	Jun
2008	Brussels BEL	6	18:58	Jun
2009	Dublin IRL	15	25:51	U23
2010	Albufeira POR		DNF	U23
2011	Velenje SLO	36	24:25	U23
2012	Budapest HUN	63	31:58	
2015	Hyères FRA	57	32:05	
8	António Silva		POR	
2004	Heringsdorf GER	47	17:21	Jun
2005	Tilburg NED	27	19:07	Jun
2006	San Giorgio su Legnano ITA	25	17:38	Jun
2007	Toro ESP	65	26:25	U23
2008	Brussels BEL	53	26:40	U23
2009	Dublin IRL	26	26:07	U23
2012	Budapest HUN	44	31:30	
2013	Belgrade SRB	38	30:42	
8	Rui Pedro Silva		POR	
1998	Ferrara ITA	74	19:03	Jun
2000	Malmö SWE	4	19:10	Jun
2005	Tilburg NED	44	28:31	
2006	San Giorgio su Legnano ITA	5	28:17	
2007	Toro ESP	34	32:54	
2008	Brussels BEL	8	31:26	
2010	Albufeira POR	8	29:32	
2010	Albufeira POR	17	29:44	
2013	Belgrade SRB	51	31:00	
8	Erik Sjöqvist		SWE	
1999	Velenje SLO		DNF	
2001	Thun SUI	32	28:53	
2002	Medulin CRO	31	29:54	
2003	Edinburgh GBR	36	32:12	

2004	Heringsdorf GER	53	29:15	
2006	San Giorgio su Legnano ITA	22	28:45	
2007	Toro ESP	4	32:00	
2008	Brussels BEL	70	33:40	

8 Joseph Sweeney

IRL

2003	Edinburgh GBR	25	21:41	Jun
2004	Heringsdorf GER	44	17:20	Jun
2006	San Giorgio su Legnano ITA	13	23:33	U23
2007	Toro ESP	22	25:09	U23
2010	Albufeira POR	21	29:51	
2011	Velenje SLO	4	29:23	
2012	Budapest HUN	27	31:05	
2015	Hyères FRA	58	32:07	

8 Chris Thompson

GBR

1998	Ferrara ITA	17	17:27	Jun
1999	Velenje SLO	11	23:31	Jun
2000	Malmö SWE	2	19:00	Jun
2001	Thun SUI	34	28:55	
2003	Edinburgh GBR	46	32:30	
2004	Heringsdorf GER	18	28:30	
2006	San Giorgio su Legnano ITA	23	28:45	
2009	Dublin IRL	55	33:58	

8 Andreas Vojta

AUT

2009	Dublin IRL	57	27:14	U23
2010	Albufeira POR	46	25:32	U23
2011	Velenje SLO	35	24:25	U23
2012	Budapest HUN	61	31:56	
2013	Belgrade SRB	59	31:33	
2014	Samokov BUL	46	34.42	
2015	Hyères FRA	49	31:37	
2016	Chia ITA	48	30.02	

Most appearances

Women

14	Fionnuala McCormack		IRL		
2001	Thun SUI	74	12:24	Jun	Britton
2002	Medulin CRO	49	13:20	Jun	Britton
2003	Edinburgh GBR	21	16:44	Jun	Britton
2005	Tilburg NED	39	21:01		Britton
2006	San Giorgio su Legnano ITA	2	18:56	U23	Britton
2007	Toro ESP	7	27:20		Britton
2009	Dublin IRL	11	28:39		Britton
2010	Albufeira POR	4	26:59		Britton
2011	Velenje SLO	1	25:55		Britton
2012	Budapest HUN	1	27:45		Britton
2013	Belgrade SRB	4	26:45		Britton
2014	Samokov BUL	6	28:59		Britton
2015	Hyères FRA	4	26:26		
2016	Chia ITA	5	25.28		

13	Olivera Jevtić		SRB		
1996	Charleroi BEL	13	17:47		YUG
1997	Oeiras POR	3	17:37		YUG
1998	Ferrara ITA	3	18:11		YUG
1999	Velenje SLO	3	19:03		YUG
2000	Malmö SWE	3	16:39		YUG
2001	Thun SUI	4	15:54		YUG
2003	Edinburgh GBR	6	22:45		SCG
2005	Tilburg NED	4	20:04		SCG
2006	San Giorgio su Legnano ITA	3	25:21		
2009	Dublin IRL	7	28:21		
2011	Velenje SLO	21	27:23		
2012	Budapest HUN	26	28:59		
2014	Samokov BUL	32	30.29		

13	Inês Monteiro		POR		
1997	Oeiras POR	25	9:48	Jun	
1998	Ferrara ITA	2	11:58	Jun	
1999	Velenje SLO	1	12:48	Jun	
2000	Malmö SWE	43	17:41		
2001	Thun SUI	7	15:56		
2002	Medulin CRO	11	20:35		
2003	Edinburgh GBR	30	23:42		
2004	Heringsdorf GER	7	18:16		

2005	Tilburg NED	19	20:33
2007	Toro ESP	29	28:28
2008	Brussels BEL	3	28:02
2009	Dublin IRL	5	28:14
2016	Chia ITA	21	26.35

13	Anja Smolders		BEL
1994	Alnwick GBR	42	15:31
1995	Alnwick GBR	13	14:25
1996	Charleroi BEL	10	17:41
1997	Oeiras POR	25	18:47
1998	Ferrara ITA	29	19:23
1999	Velenje SLO	9	19:17
2000	Malmö SWE	7	16:55
2001	Thun SUI	39	16:31
2002	Medulin CRO	27	21:11
2003	Edinburgh GBR	20	23:22
2004	Heringsdorf GER	66	19:51
2005	Tilburg NED	55	21:28
2006	San Giorgio su Legnano ITA	49	27:36

13	Sonja Stolić		SRB		
1997	Oeiras POR	1	9:09	Jun	YUG
1998	Ferrara ITA	3	12:03	Jun	YUG
2000	Malmö SWE	28	17:19		YUG
2001	Thun SUI	25	16:20		YUG
2002	Medulin CRO	6	20:27		YUG
2004	Heringsdorf GER	17	18:28		SCG
2006	San Giorgio su Legnano ITA	30	26:38		
2007	Toro ESP	23	28:04		
2008	Brussels BEL	24	29:07		
2012	Budapest HUN	19	28:37		
2013	Belgrade SRB	39	28:20		
2014	Samokov BUL	25	30.15		
2015	Hyères FRA	25	27:05		

13	Hayley Yelling-Higham		GBR		
1996	Charleroi BEL	33	18:12		Yelling
1999	Velenje SLO	26	20:03		Yelling
2000	Malmö SWE	30	17:20		Yelling
2001	Thun SUI	8	15:58		Yelling
2002	Medulin CRO	14	20:49		Yelling
2003	Edinburgh GBR	5	22:44		Yelling
2004	Heringsdorf GER	1	18:06		Yelling
2005	Tilburg NED	6	20:16		Yelling
2006	San Giorgio su Legnano ITA	6	25:28		Yelling
2007	Toro ESP	9	27:28		Yelling

2008	Brussels BEL	19	28:45	Yelling
2009	Dublin IRL	1	27:49	Yelling
2010	Albufeira POR	27	28:25	

12	Alessandra Aguilar		ESP	
1999	Velenje SLO	33	20:23	
2000	Malmö SWE	27	17:18	
2001	Thun SUI	35	16:29	
2002	Medulin CRO	28	21:11	
2003	Edinburgh GBR	21	23:25	
2004	Heringsdorf GER	31	18:48	
2007	Toro ESP	17	27:47	
2008	Brussels BEL	31	29:20	
2009	Dublin IRL	17	28:59	
2010	Albufeira POR	8	27:09	
2012	Budapest HUN	17	28:35	
2016	Chia ITA	46	27.14	

12	Ana Dias		POR	
1994	Alnwick GBR	12	14:54	
1995	Alnwick GBR	9	14:22	
1998	Ferrara ITA	11	18:52	
1999	Velenje SLO	42	20:54	
2001	Thun SUI	18	16:12	
2003	Edinburgh GBR	39	24:00	
2006	San Giorgio su Legnano ITA	32	26:44	
2007	Toro ESP	25	28:13	
2008	Brussels BEL	23	29:02	
2009	Dublin IRL	26	29:22	
2010	Albufeira POR	10	27:27	
2011	Velenje SLO	24	27:32	

12	Adriënne Herzog		NED	
2001	Thun SUI	21	11:28	Jun
2002	Medulin CRO	5	12:30	Jun
2003	Edinburgh GBR		DNF	Jun
2004	Heringsdorf GER	4	11:49	Jun
2005	Tilburg NED	15	20:28	
2006	San Giorgio su Legnano ITA	7	19:20	U23
2007	Toro ESP	2	22:37	U23
2008	Brussels BEL	6	28:19	
2009	Dublin IRL	3	28:04	
2010	Albufeira POR		DNF	
2011	Velenje SLO	5	26:34	
2012	Budapest HUN	3	27:48	

12	Anália Rosa		POR	
2000	Malmö SWE	10	16:57	
2002	Medulin CRO	15	20:50	
2003	Edinburgh GBR	14	23:01	
2004	Heringsdorf GER	10	18:20	
2005	Tilburg NED	26	20:41	
2006	San Giorgio su Legnano ITA	10	25:45	
2008	Brussels BEL	7	28:25	
2009	Dublin IRL	14	28:54	
2010	Albufeira POR	31	28:42	
2011	Velenje SLO	17	27:02	
2012	Budapest HUN	49	31:12	
2013	Belgrade SRB	57	29:25	
11	Jessica Augusto		POR	
1998	Ferrara ITA	12	12:25	Jun
1999	Velenje SLO	8	13:11	Jun
2000	Malmö SWE	1	12:55	Jun
2002	Medulin CRO	16	20:51	
2004	Heringsdorf GER	18	18:29	
2005	Tilburg NED	30	20:44	
2006	San Giorgio su Legnano ITA	9	25:38	
2007	Toro ESP	11	27:32	
2008	Brussels BEL	2	27:54	
2009	Dublin IRL	4	28:11	
2010	Albufeira POR	1	26:52	
11	Christine Bardelle		FRA	
2004	Heringsdorf GER	59	19:30	
2006	San Giorgio su Legnano ITA	36	26:52	
2007	Toro ESP	27	28:23	
2008	Brussels BEL	20	28:47	
2009	Dublin IRL	37	30:01	
2010	Albufeira POR	13	27:36	
2011	Velenje SLO	11	26:50	
2012	Budapest HUN	13	28:27	
2013	Belgrade SRB	19	27:42	
2014	Samokov BUL	30	30:28	
2015	Hyères FRA	33	27:15	
11	Steph Twell		GBR	
2005	Tilburg NED	7	15:45	Jun
2006	San Giorgio su Legnano ITA	1	12:33	Jun
2007	Toro ESP	1	14:12	Jun
2008	Brussels BEL	1	13:28	Jun

2009	Dublin IRL	11	21:42	U23
2010	Albufeira POR	20	27:57	
2011	Velenje SLO	4	20:03	U23
2013	Belgrade SRB	15	27:27	
2014	Samokov BUL	7	29:07	
2015	Hyères FRA	6	26:08	
2016	Chia ITA	6	25.40	

10 Susanne Hahn

GER

1998	Ferrara ITA	41	19:50	Ritter
2000	Malmö SWE	24	17:14	Ritter
2002	Medulin CRO		DNF	Ritter
2003	Edinburgh GBR	22	23:29	Ritter
2004	Heringsdorf GER	28	18:43	Ritter
2005	Tilburg NED	23	20:38	Ritter
2006	San Giorgio su Legnano ITA	26	26:32	
2007	Toro ESP	16	27:45	
2008	Brussels BEL	28	29:14	
2011	Velenje SLO	30	27:44	

10 Türkan Özata-Erişmiş

TUR

1997	Oeiras POR	14	9:37	Jun	Erişmiş
1998	Ferrara ITA	11	12:25	Jun	Erişmiş
1999	Velenje SLO	4	13:07	Jun	Erişmiş
2000	Malmö SWE	10	13:17	Jun	Erişmiş
2001	Thun SUI	7	11:11	Jun	Erişmiş
2002	Medulin CRO	10	12:44	Jun	Erişmiş
2003	Edinburgh GBR	36	16:57	Jun	Erişmiş
2005	Tilburg NED	44	21:09		Erişmiş
2006	San Giorgio su Legnano ITA	3	19:09	U23	Erişmiş
2013	Belgrade SRB	25	27:54		

10 Laurane Picoche

FRA

2003	Edinburgh GBR	52	17:34	Jun
2006	San Giorgio su Legnano ITA	36	20:19	U23
2007	Toro ESP	22	23:41	U23
2008	Brussels BEL	30	29:19	
2009	Dublin IRL	39	30:12	
2011	Velenje SLO	40	28:13	
2012	Budapest HUN	5	27:55	
2013	Belgrade SRB	27	27:54	
2014	Samokov BUL	26	30.18	
2016	Chia ITA	44	27.13	

10	Carla Salomé Rocha		POR	
2007	Toro ESP	31	15:02	Jun
2008	Brussels BEL	44	14:56	Jun
2009	Dublin IRL	11	14:41	Jun
2010	Albufeira POR	17	21:06	U23
2011	Velenje SLO	9	20:20	U23
2012	Budapest HUN	7	21:05	U23
2013	Belgrade SRB	9	27:13	
2014	Samokov BUL	10	29:20	
2015	Hyères FRA	21	26:54	
2016	Chia ITA	18	26:32	
10	Liz Yelling		GBR	
1995	Alnwick GBR	10	14:23	Talbot
1997	Oeiras POR	30	18:50	Talbot
1999	Velenje SLO	4	19:06	
2000	Malmö SWE	8	16:55	
2001	Thun SUI	5	15:55	
2002	Medulin CRO	20	21:00	
2003	Edinburgh GBR	8	22:49	
2005	Tilburg NED	8	20:17	
2006	San Giorgio su Legnano ITA	15	25:56	
2007	Toro ESP	10	27:31	
9	Helen Clitheroe		GBR	
1998	Ferrara ITA	39	19:46	Pattinson
1999	Velenje SLO	19	19:48	Pattinson
2000	Malmö SWE	25	17:16	Pattinson
2001	Thun SUI	30	16:27	Pattinson
2004	Heringsdorf GER	27	18:41	
2006	San Giorgio su Legnano ITA	29	26:37	
2007	Toro ESP	22	28:02	
2008	Brussels BEL	22	28:58	
2010	Albufeira POR	21	28:02	
9	Rosa María Morató		ESP	
1998	Ferrara ITA	10	12:25	Jun
2002	Medulin CRO	54	21:59	
2003	Edinburgh GBR	38	23:58	
2004	Heringsdorf GER	26	18:41	
2005	Tilburg NED	9	20:18	
2006	San Giorgio su Legnano ITA	12	25:53	
2007	Toro ESP	3	27:04	
2008	Brussels BEL	5	28:17	
2009	Dublin IRL	2	27:56	

9	Helena Sampaio		POR	
1995	Alnwick GBR	27	14:40	
1997	Oeiras POR	6	18:14	
1998	Ferrara ITA	5	18:26	
1999	Velenje SLO	11	19:19	
2000	Malmö SWE	35	17:32	
2001	Thun SUI	6	15:55	
2002	Medulin CRO		DNF	
2003	Edinburgh GBR	17	23:14	
2005	Tilburg NED	36	21:00	
9	Lucie Sekanová		CZE	
2006	San Giorgio su Legnano ITA	46	14:00	Jun
2008	Brussels BEL	13	14:14	Jun
2009	Dublin IRL	23	22:14	U23
2010	Albufeira POR	9	20:47	U23
2011	Velenje SLO	24	21:03	U23
2013	Belgrade SRB	24	27:54	
2014	Samokov BUL	42	31.09	
2015	Hyères FRA	42	27:35	
2016	Chia ITA	36	26.59	
9	Sara Treacy		IRL	
2006	San Giorgio su Legnano ITA	47	14:00	Jun
2007	Toro ESP	34	15:04	Jun
2008	Brussels BEL	12	14:14	Jun
2009	Dublin IRL	29	22:27	U23
2010	Albufeira POR	27	21:34	U23
2011	Velenje SLO	18	20:53	U23
2012	Budapest HUN	41	29:45	
2013	Belgrade SRB	30	28:02	
2014	Samokov BUL	12	29.23	
9	Silvia Weissteiner		ITA	
1997	Oeiras POR	33	9:54	Jun
1998	Ferrara ITA	18	12:36	Jun
2000	Malmö SWE	38	17:35	
2002	Medulin CRO	42	21:35	
2003	Edinburgh GBR	33	23:45	
2005	Tilburg NED	32	20:45	
2006	San Giorgio su Legnano ITA	13	25:53	
2008	Brussels BEL	27	29:10	
2012	Budapest HUN	29	29:05	

8	Ancuța Bobocel		ROU	
2004	Heringsdorf GER	2	11:42	Jun
2005	Tilburg NED	1	15:23	Jun
2006	San Giorgio su Legnano ITA	3	12:51	Jun
2007	Toro ESP	1	22:35	U23
2008	Brussels BEL	5	21:43	U23
2011	Velenje SLO	41	28:17	
2015	Hyères FRA	5	26:07	
2016	Chia ITA	4	25:27	

8	Linda Byrne		IRL	
2003	Edinburgh GBR	26	16:47	Jun
2004	Heringsdorf GER	38	12:23	Jun
2005	Tilburg NED	4	15:39	Jun
2006	San Giorgio su Legnano ITA	35	20:16	U23
2007	Toro ESP	6	23:04	U23
2008	Brussels BEL	10	21:58	U23
2009	Dublin IRL	25	29:17	
2012	Budapest HUN	8	28:17	

8	Clémence Calvin		FRA	
2006	San Giorgio su Legnano ITA	29	13:47	Jun
2007	Toro ESP	28	15:01	Jun
2009	Dublin IRL	38	15:18	Jun
2010	Albufeira POR	13	20:50	U23
2011	Velenje SLO	8	20:16	U23
2012	Budapest HUN	3	20:52	U23
2013	Belgrade SRB	12	27:25	
2015	Hyères FRA	7	26:17	

8	Dulce Félix		POR	
2000	Malmö SWE	23	13:31	Jun
2001	Thun SUI	31	11:38	Jun
2008	Brussels BEL	17	28:44	
2009	Dublin IRL	6	28:19	
2010	Albufeira POR	3	26:59	
2011	Velenje SLO	2	26:02	
2012	Budapest HUN	2	27:47	
2013	Belgrade SRB	3	26:41	

8	Anna Holm Jørgensen		DEN	
2002	Medulin CRO	43	13:16	Jun
2003	Edinburgh GBR		DNF	Jun
2004	Heringsdorf GER	49	12:35	Jun
2005	Tilburg NED	28	16:15	Jun
2006	San Giorgio su Legnano ITA	62	14:10	Jun
2007	Toro ESP	23	23:43	U23
2014	Samokov BUL	33	30.31	Baumeister
2015	Hyères FRA	15	26:41	Baumeister

8	Anikó Kálovics		HUN	
1997	Oeiras POR	35	18:58	
2001	Thun SUI	15	16:11	
2002	Medulin CRO	4	20:21	
2003	Edinburgh GBR	3	22:26	
2004	Heringsdorf GER	8	18:17	
2005	Tilburg NED	5	20:15	
2006	San Giorgio su Legnano ITA	4	25:26	
2007	Toro ESP	5	27:10	

8	Diana Martín		ESP	
2000	Malmö SWE	30	13:39	Jun
2005	Tilburg NED	60	21:31	
2008	Brussels BEL	49	30:31	
2010	Albufeira POR	14	27:46	
2012	Budapest HUN	10	28:19	
2013	Belgrade SRB	14	27:26	
2014	Samokov BUL	19	29.54	
2015	Hyères FRA	24	27:04	

8	Jacqueline Martín		ESP	
1997	Oeiras POR	21	18:41	
1999	Velenje SLO	28	20:05	
2000	Malmö SWE	12	17:00	
2001	Thun SUI	28	16:22	
2003	Edinburgh GBR	35	23:49	
2004	Heringsdorf GER		DNF	
2010	Albufeira POR	36	29:02	
2011	Velenje SLO	33	27:47	

8	Sabrina Mockenhaupt		GER	
1997	Oeiras POR	22	9:46	Jun
1998	Ferrara ITA	17	12:35	Jun
2000	Malmö SWE	17	17:04	
2001	Thun SUI	38	16:31	
2003	Edinburgh GBR	15	23:02	
2004	Heringsdorf GER	5	18:12	
2005	Tilburg NED	2	20:00	
2011	Velenje SLO	16	27:02	

8	Sara Catarina Ribeiro		POR	
2007	Toro ESP	67	15:42	Jun
2008	Brussels BEL	66	15:20	Jun
2009	Dublin IRL	10	14:40	Jun
2011	Velenje SLO	15	20:43	U23
2012	Budapest HUN	10	21:20	U23
2013	Belgrade SRB	38	28:19	
2014	Samokov BUL	31	30.28	
2015	Hyères FRA	52	27:59	

Most individual medals

Men

12	Serhiy Lebid		UKR	
1997	Oeiras POR	3	27:23	
1998	Ferrara ITA	1	28:07	
2000	Malmö SWE	2	29:39	
2001	Thun SUI	1	27:52	
2002	Medulin CRO	1	28:58	
2003	Edinburgh GBR	1	30:47	
2004	Heringsdorf GER	1	27:31	
2005	Tilburg NED	1	27:09	
2007	Toro ESP	1	31:47	
2008	Brussels BEL	1	30:49	
2009	Dublin IRL	3	31:17	
2010	Albufeira POR	1	29:15	
5	Hassan Chahdi		FRA	
2008	Brussels BEL	3	18:49	Jun
2009	Dublin IRL	2	25:17	U23
2010	Albufeira POR	1	24:11	U23
2011	Velenje SLO	3	29:22	
2012	Budapest HUN	2	30:11	
5	Paulo Guerra		POR	
1994	Alnwick GBR	1	27:43	
1995	Alnwick GBR	1	26:40	
1996	Charleroi BEL	2	33:12	
1999	Velenje SLO	1	32:45	
2000	Malmö SWE	1	29:29	
4	Alemayehu Bezabeh		ESP	
2009	Dublin IRL	1	30:45	
2013	Belgrade SRB	1	29:11	
2014	Samokov BUL	3	32.30	
2015	Hyères FRA	2	29:31	
4	Florian Carvalho		FRA	
2007	Toro ESP	2	20:11	Jun
2008	Brussels BEL	1	18:42	Jun
2010	Albufeira POR	2	24:14	U23
2011	Velenje SLO	1	23:44	U23

4	Mohamed Farah		GBR	
2001	Thun SUI	2	19:38	Jun
2006	San Giorgio su Legnano ITA	1	27:56	
2008	Brussels BEL	2	30:57	
2009	Dublin IRL	2	31:02	
4	Mustafa Mohamed		SWE	
1997	Oeiras POR	3	16:00	Jun
2006	San Giorgio su Legnano ITA	3	28:08	
2007	Toro ESP	2	31:56	
2008	Brussels BEL	3	31:13	
4	Yevgeniy Rybakov		RUS	
2002	Medulin CRO	1	18:16	Jun
2003	Edinburgh GBR	1	20:52	Jun
2004	Heringsdorf GER	2	16:19	Jun
2007	Toro ESP	2	24:33	U23
4	Andy Vernon		GBR	
2005	Tilburg NED	2	18:42	Jun
2007	Toro ESP	3	24:35	U23
2008	Brussels BEL	2	25:04	U23
2013	Belgrade SRB	3	29:35	
3	Polat Kemboi Arikan		TUR	
2013	Belgrade SRB	2	29:32	
2014	Samokov BUL	1	32.19	
2016	Chia ITA	2	27.42	
3	Barnabás Bene		HUN	
2004	Heringsdorf GER	1	16:18	Jun
2005	Tilburg NED	1	18:41	Jun
2006	San Giorgio su Legnano ITA	1	23:14	U23
3	Yemaneberhan Crippa		ITA	
2014	Samokov BUL	1	20.07	Jun
2015	Hyères FRA	1	17:39	Jun
2016	Chia ITA	3	22.54	U23
3	Juan Carlos de la Ossa		ESP	
2003	Edinburgh GBR	2	31:08	
2004	Heringsdorf GER	2	27:54	
2006	San Giorgio su Legnano ITA	2	28:06	

3	Ali Kaya		TUR	
2013	Belgrade SRB	1	17:49	Jun
2014	Samokov BUL	2	32:19	
2015	Hyères FRA	1	29:02	
3	Andrea Lalli		ITA	
2006	San Giorgio su Legnano ITA	1	16:53	Jun
2008	Brussels BEL	1	24:56	U23
2012	Budapest HUN	1	30:01	
3	Carlos Mayo		ESP	
2014	Samokov BUL	2	20:22	Jun
2015	Hyères FRA	2	23:35	U23
2016	Chia ITA	2	22:53	U23
3	Anatoliy Rybakov		RUS	
2002	Medulin CRO	2	18:17	Jun
2003	Edinburgh GBR	2	20:52	Jun
2004	Heringsdorf GER	3	16:33	Jun
3	James Wilkinson		GBR	
2009	Dublin IRL	3	18:47	Jun
2011	Velenje SLO	2	23:47	U23
2012	Budapest HUN	3	24:43	U23

Women

5	Olivera Jevtić		SRB	
1997	Oeiras POR	3	17:37	YUG
1998	Ferrara ITA	3	18:11	YUG
1999	Velenje SLO	3	19:03	YUG
2000	Malmö SWE	3	16:39	YUG
2006	San Giorgio su Legnano ITA	3	25:21	
5	Amela Terzić		SRB	
2010	Albufeira POR	2	12:59	Jun
2011	Velenje SLO	3	13:22	Jun
2012	Budapest HUN	1	13:29	Jun
2013	Belgrade SRB	2	19:46	U23
2015	Hyères FRA	3	19:49	U23
4	Elvan Abeylegesse		TUR	
2000	Malmö SWE	3	12:56	Jun
2001	Thun SUI	1	10:35	Jun
2002	Medulin CRO	3	20:19	
2003	Edinburgh GBR	2	22:13	

4	Karoline Bjerkeli Grøvdal		NOR	
2006	San Giorgio su Legnano ITA	2	12:36	Jun
2009	Dublin IRL	1	14:10	Jun
2015	Hyères FRA	3	25:57	
2016	Chia ITA	3	25.26	
4	Ancuța Bobocel		ROU	
2004	Heringsdorf GER	2	11:42	Jun
2005	Tilburg NED	1	15:23	Jun
2006	San Giorgio su Legnano ITA	3	12:51	Jun
2007	Toro ESP	1	22:35	U23
4	Dulce Félix		POR	
2010	Albufeira POR	3	26:59	
2011	Velenje SLO	2	26:02	
2012	Budapest HUN	2	27:47	
2013	Belgrade SRB	3	26:41	
4	Emelia Gorecka		GBR	
2010	Albufeira POR	3	13:00	Jun
2011	Velenje SLO	1	13:13	Jun
2012	Budapest HUN	2	13:37	Jun
2013	Belgrade SRB	1	13:06	Jun
4	Charlotte Purdue		GBR	
2007	Toro ESP	3	14:22	Jun
2008	Brussels BEL	2	13:39	Jun
2010	Albufeira POR	1	12:42	Jun
2013	Belgrade SRB	3	19:49	U23
3	Jessica Augusto		POR	
2000	Malmö SWE	1	12:55	Jun
2008	Brussels BEL	2	27:54	
2010	Albufeira POR	1	26:52	
3	Kate Avery		GBR	
2009	Dublin IRL	3	14:27	Jun
2014	Samokov BUL	2	28.27	
2015	Hyères FRA	2	25:55	
3	Adrienne Herzog		NED	
2007	Toro ESP	2	22:37	U23
2009	Dublin IRL	3	28:04	
2012	Budapest HUN	3	27:48	

3	Fionnuala McCormack		IRL		
2006	San Giorgio su Legnano ITA	2	18:56	U23	Britton
2011	Velenje SLO	1	25:55		Britton
2012	Budapest HUN	1	27:45		Britton
3	Inês Monteiro		POR		
1998	Ferrara ITA	2	11:58	Jun	
1999	Velenje SLO	1	12:48	Jun	
2008	Brussels BEL	3	28:02		
3	Annemari Sandell		FIN		
1995	Alnwick GBR	1	13:52		
1996	Charleroi BEL	3	17:19		
1998	Ferrara ITA	2	18:10		
3	Gemma Steel		GBR		
2011	Velenje SLO	3	26:04		
2013	Belgrade SRB	2	26:39		
2014	Samokov BUL	1	28.27		
3	Steph Twell		GBR		
2006	San Giorgio su Legnano ITA	1	12:33	Jun	
2007	Toro ESP	1	14:12	Jun	
2008	Brussels BEL	1	13:28	Jun	
3	Binnaz Uslu		TUR		
2004	Heringsdorf GER	1	11:33	Jun	
2006	San Giorgio su Legnano ITA	1	18:47	U23	
2010	Albufeira POR	2	26:57		

Results

1st European Cross Country Championships, Alnwick GBR 1994

Men - Senior (9.5 km)

Individual

1	Paulo Guerra	POR	27:43
2	Domingos Castro	POR	27:59
3	Antonio Serrano	ESP	28:03
4	José Carlos Adán	ESP	28:06
5	Abdellah Béhar	FRA	28:08
6	Luca Barzaghi	ITA	28:10
7	José Manuel García	ESP	28:11
8	António Pinto	POR	28:12
9	Alberto Maravilha	POR	28:13
10	Mustapha Essäid	FRA	28:19

Teams

1	Portugal	POR	20
2	Spain	ESP	27
3	France	FRA	50
4	Great Britain & NI	GBR	77
5	Italy	ITA	84
6	Netherlands	NED	132
7	Russia	RUS	146
8	Ireland	IRL	152
9	Germany	GER	167
10	Belgium	BEL	170

Women - Senior (4.5 km)

Individual

1	Catriona McKiernan	IRL	14:29
2	Julia Vaquero	ESP	14:30
3	Elena Fidatov	ROU	14:36
4	Alla Zhilyayeva	RUS	14:45
5	Maria Lelut-Rebelo	FRA	14:46
6	Fernanda Ribeiro	POR	14:47
7	Mariana Chirila	ROU	14:48
8	Liève Slegers	BEL	14:49
9	Blandine Bitzner	FRA	14:50
10	Tamara Koba	UKR	14:51

Teams

1	Romania	ROU	26
2	France	FRA	28
3	Portugal	POR	29
4	Spain	ESP	45
5	Italy	ITA	62
6	Belgium	BEL	64
7	Russia	RUS	73
8	Great Britain & NI	GBR	84
9	Ireland	IRL	88
10	Ukraine	UKR	91

Medals

Individual and teams medals are included.

		G	S	B	Total
1	POR	2	1	1	4
2	ROU	1	0	1	2
3	IRL	1	0	0	1
4	ESP	0	2	1	3
5	FRA	0	1	1	2

2nd European Cross Country Championships, Alnwick GBR 1995

Men - Senior (9.1 km)

Individual

1	Paulo Guerra	POR	26:40
2	Alejandro Gómez	ESP	26:46
3	Andrew Pearson	GBR	26:47
4	Keith Cullen	GBR	26:48
5	Mustapha Essaïd	FRA	26:52
6	Jon Brown	GBR	26:56
7	Alfredo Brás	POR	27:01
8	José Manuel García	ESP	27:03
9	Giuliano Battocletti	ITA	27:05
10	Manuel Pancorbo	ESP	27:05

Teams

1	Spain	ESP	32
2	Portugal	POR	37
3	Great Britain & NI	GBR	55
4	France	FRA	60
5	Italy	ITA	111
6	Russia	RUS	131
7	Ireland	IRL	133
8	Denmark	DEN	160
9	Belgium	BEL	175
10	Netherlands	NED	177

Women - Senior (4.5 km)

Individual

1	Annemari Sandell	FIN	13:52
2	Sara Wedlund	SWE	14:07
3	Nina Belikova	RUS	14:09
4	Elena Fidatov	ROU	14:10
5	Alla Zhilyayeva	RUS	14:17
6	Annette Sergent-Palluy	FRA	14:18
7	Sinéad Delahunty	IRL	14:18
8	Stela Olteanu	ROU	14:20
9	Ana Dias	POR	14:22
10	Liz Talbot	GBR	14:23

Teams

1	Russia	RUS	20
2	Romania	ROU	23
3	France	FRA	41
4	Spain	ESP	55
5	Portugal	POR	55
6	Belgium	BEL	59
7	Great Britain & NI	GBR	65
8	Italy	ITA	83
9	Ireland	IRL	106
10	Germany	GER	111

Medals

Individual and teams medals are included.

		G	S	B	Total
1	ESP	1	1	0	2
	POR	1	1	0	2
3	RUS	1	0	1	2
4	FIN	1	0	0	1
5	ROU	0	1	0	1
	SWE	0	1	0	1
7	GBR	0	0	2	2
8	FRA	0	0	1	1

3rd SPAR European Cross Country Championships, Charleroi BEL 1996

Men - Senior (9.7 km)

Individual

1	Jon Brown	GBR	32:37
2	Paulo Guerra	POR	33:12
3	Mustapha Essaïd	FRA	33:19
4	Carsten Jørgensen	DEN	33:20
5	Eduardo Henriques	POR	33:28
6	Umberto Pusterla	ITA	33:36
7	Vincent Rousseau	BEL	33:42
8	Yann Millon	FRA	33:42
9	Vítor Almeida	POR	33:43
10	Andrea Arlati	ITA	33:44

Teams

1	Portugal	POR	27
2	France	FRA	47
3	Belgium	BEL	59
4	Italy	ITA	62
5	Great Britain & NI	GBR	76
6	Spain	ESP	86
7	Russia	RUS	124
8	Ireland	IRL	138
9	Netherlands	NED	160
10	Denmark	DEN	164

Women - Senior (4.6 km)

Individual

1	Sara Wedlund	SWE	17:04
2	Julia Vaquero	ESP	17:14
3	Annemari Sandell	FIN	17:19
4	Elena Fidatov	ROU	17:24
5	Maria Albertina Dias	POR	17:29
6	Claudia Lokar	GER	17:35
7	Yamna Belkacem	FRA	17:36
8	Hayley Haining	GBR	17:37
9	Laurence Vivier	FRA	17:39
10	Anja Smolders	BEL	17:41

Teams

1	France	FRA	27
2	Great Britain & NI	GBR	39
3	Belgium	BEL	43
4	Sweden	SWE	45
5	Germany	GER	64
6	Romania	ROU	66
7	Ireland	IRL	71
8	Spain	ESP	71
9	Russia	RUS	78
10	Italy	ITA	87

Medals

Individual and teams medals are included.

		G	S	B	Total
1	FRA	1	1	1	3
2	GBR	1	1	0	2
	POR	1	1	0	2
4	SWE	1	0	0	1
5	ESP	0	1	0	1
6	BEL	0	0	2	2
7	FIN	0	0	1	1

4th SPAR European Cross Country Championships, Oeiras POR 1997

Men - Senior (9.3 km)

Individual

1	Carsten Jørgensen	DEN	27:19
2	Claes Nyberg	SWE	27:20
3	Serhiy Lebid	UKR	27:23
4	Mustapha Essaid	FRA	27:30
5	Alfredo Brás	POR	27:32
6	José Manuel García	ESP	27:33
7	Julio Rey	ESP	27:36
8	Domingos Castro	POR	27:37
9	José Regalo	POR	27:38
10	Umberto Pusterla	ITA	27:42

Teams

1	Portugal	POR	34
2	France	FRA	46
3	Spain	ESP	56
4	Italy	ITA	74
5	Denmark	DEN	114
6	Great Britain & NI	GBR	117
7	Netherlands	NED	150
8	Ireland	IRL	151
9	Belgium	BEL	161
10	Russia	RUS	168

Women - Senior (5.4 km)

Individual

1	Joalsiae Llado	FRA	17:20
2	Elena Fidatov	ROU	17:33
3	Olivera Jevtić	YUG	17:37
4	Annemari Sandell	FIN	17:39
5	Mariana Chirila	ROU	18:10
6	Helena Sampaio	POR	18:14
7	Yamna Belkacem	FRA	18:15
8	Ana Isabel Alonso	ESP	18:15
9	Sabrina Varrone	ITA	18:19
10	Melanie Kraus	GER	18:20

Teams

1	France	FRA	21
2	Romania	ROU	22
3	Spain	ESP	46
4	Portugal	POR	48
5	Italy	ITA	57
6	Great Britain & NI	GBR	57
7	Belgium	BEL	78
8	Russia	RUS	84
9	Denmark	DEN	115
10	Ireland	IRL	119

Men - Junior (5.4 km)

Individual

1	Gert-Jan Liefers	NED	15:45
2	Günther Weidlinger	AUT	15:50
3	Mustafa Mohamed	SWE	16:00
4	Juan Carlos Higuero	ESP	16:02
5	Sam Haughian	GBR	16:10
6	Juan Lozano	ESP	16:19
7	Gareth Turnbull	IRL	16:24
8	Stefano Moro	ITA	16:30
9	Miguel Angel Pinto	ESP	16:37
10	Mircea Bota	ROU	16:38

Teams

1	Spain	ESP	19
2	Portugal	POR	43
3	Romania	ROU	48
4	Italy	ITA	55
5	Finland	FIN	66
6	Great Britain & NI	GBR	77
7	Ireland	IRL	79
8	Germany	GER	80
9	Slovenia	SLO	103
10	Hungary	HUN	108

Women - Junior (2.8 km)

Individual

1	Sonja Stolić	YUG	9:09
2	Mónica Rosa	POR	9:15
3	Judith Heinze	GER	9:16
4	Larissa Kleinmann	GER	9:19
5	Catherine Lallemand	BEL	9:21
6	Sonja Roman	SLO	9:22
7	Manuela Dominguez	ESP	9:23
8	Laura Suffa	GER	9:28
9	Minna Myllykoski	FIN	9:28
10	Tuula Laitinen	FIN	9:29

Teams

1	Germany	GER	15
2	Yugoslavia	YUG	33
3	Great Britain & NI	GBR	43
4	Spain	ESP	49
5	Portugal	POR	53
6	Finland	FIN	59
7	Belgium	BEL	63
8	Italy	ITA	75
9	Turkey	TUR	106
10	Ireland	IRL	119

Medals

Individual and teams medals are included.

		G	S	B	Total
1	FRA	2	1	0	3
2	POR	1	2	0	3
3	YUG	1	1	1	3
4	ESP	1	0	2	3
5	GER	1	0	1	2
6	DEN	1	0	0	1
	NED	1	0	0	1
8	ROU	0	2	1	3
9	SWE	0	1	1	2
10	AUT	0	1	0	1
11	GBR	0	0	1	1
	UKR	0	0	1	1

5th SPAR European Cross Country Championships, Ferrara ITA 1998

Men - Senior (9.7 km)

Individual

1	Serhiy Lebid	UKR	28:07
2	Mohammed Mourhit	BEL	28:08
3	Driss El Himer	FRA	28:16
4	Günther Weidlinger	AUT	28:17
5	Carsten Jørgensen	DEN	28:18
6	Eduardo Henriques	POR	28:25
7	Giuliano Battocletti	ITA	28:36
8	Manuel Pancorbo	ESP	28:40
9	Julio Rey	ESP	28:41
10	Keith Cullen	GBR	28:41

Teams

1	Italy	ITA	53
2	Portugal	POR	55
3	Spain	ESP	68
4	Great Britain & NI	GBR	91
5	France	FRA	92
6	Ireland	IRL	108
7	Belgium	BEL	122
8	Netherlands	NED	126
9	Austria	AUT	156
10	Denmark	DEN	166

Women - Senior (5.6 km)

Individual

1	Paula Radcliffe	GBR	18:07
2	Annemari Sandell	FIN	18:10
3	Olivera Jevtić	YUG	18:11
4	Fernanda Ribeiro	POR	18:19
5	Helena Sampaio	POR	18:26
6	Yamna Belkacem	FRA	18:42
7	Maria Albertina Dias	POR	18:46
8	María Luisa Larraga	ESP	18:49
9	Zahia Dahmani	FRA	18:50
10	Fatima Yvelain	FRA	18:52

Teams

1	Portugal	POR	16
2	France	FRA	25
3	Romania	ROU	41
4	Spain	ESP	54
5	Great Britain & NI	GBR	55
6	Germany	GER	71
7	Belgium	BEL	77
8	Italy	ITA	89
9	Ireland	IRL	90
10	Czech Republic	CZE	151

Men - Junior (5.6 km)

Individual

1	Yousef El Nasri	ESP	16:50
2	Ovidiu Tat	ROU	16:51
3	Gareth Turnbull	IRL	16:55
4	Sam Haughian	GBR	16:57
5	Ivan Heshko	UKR	17:02
6	Mustafa Mohamed	SWE	17:02
7	Miguel Angel Pinto	ESP	17:07
8	Filipe Pedro	POR	17:11
9	Peter Riley	GBR	17:15
10	Yusuf Zepak	TUR	17:20

Teams

1	Spain	ESP	28
2	Great Britain & NI	GBR	30
3	Romania	ROU	36
4	Sweden	SWE	45
5	Ukraine	UKR	52
6	Italy	ITA	54
7	Germany	GER	73
8	Portugal	POR	73
9	Ireland	IRL	89
10	Turkey	TUR	100

Women - Junior (3.6 km)

Individual

1	Katalin Szentgyörgyi	HUN	11:51
2	Inês Monteiro	POR	11:58
3	Sonja Stolić	YUG	12:03
4	Sibel Özyurt	TUR	12:04
5	Tezeta Sürekli	TUR	12:09
6	Tinneke Boonen	BEL	12:19
7	Sonja Roman	SLO	12:20
8	Helena Volná	CZE	12:22
9	Ionela Bungardean	ROU	12:23
10	Rosa María Morató	ESP	12:25

Teams

1	Turkey	TUR	20
2	Belgium	BEL	46
3	Romania	ROU	49
4	Spain	ESP	56
5	Germany	GER	58
6	Portugal	POR	58
7	Great Britain & NI	GBR	60
8	Italy	ITA	83
9	Yugoslavia	YUG	85
10	Finland	FIN	99

Medals

Individual and teams medals are included.

		G	S	B	Total
1	ESP	2	0	1	3
2	POR	1	2	0	3
3	GBR	1	1	0	2
4	HUN	1	0	0	1
	ITA	1	0	0	1
	TUR	1	0	0	1
	UKR	1	0	0	1
8	BEL	0	2	0	2
9	ROU	0	1	3	4
10	FRA	0	1	1	2
11	FIN	0	1	0	1
12	YUG	0	0	2	2
13	IRL	0	0	1	1

6th SPAR European Cross Country Championships, Velenje SLO 1999

Men - Senior (9.8 km)

Individual

1	Paulo Guerra	POR	32:45
2	Eduardo Henriques	POR	32:50
3	Jon Brown	GBR	33:32
4	Mustapha El Ahmadi	FRA	33:41
5	Domingos Castro	POR	33:44
6	Claes Nyberg	SWE	33:46
7	Serhiy Lebid	UKR	33:50
8	Umberto Pusterla	ITA	33:53
9	Karl Keska	GBR	33:57
10	Stefano Baldini	ITA	34:08

Teams

1	Great Britain & NI	GBR	35
2	Portugal	POR	41
3	France	FRA	58
4	Italy	ITA	71
5	Ireland	IRL	94
6	Spain	ESP	107
7	Belgium	BEL	125
8	Romania	ROU	131
9	Ukraine	UKR	183
10	Austria	AUT	202

Women - Senior (5.0 km)

Individual

1	Anita Weyermann	SUI	18:53
2	Constantina Dita	ROU	19:01
3	Olivera Jevtić	YUG	19:03
4	Liz Yelling	GBR	19:06
5	Tatyana Tomashova	RUS	19:09
6	Rakiya Maraoui-Quetier	FRA	19:09
7	Margarita Marusova	RUS	19:10
8	Fatima Yvelain	FRA	19:14
9	Anja Smolders	BEL	19:17
10	Sabrina Varrone	ITA	19:18

Teams

1	France	FRA	34
2	Romania	ROU	35
3	Portugal	POR	39
4	Great Britain & NI	GBR	41
5	Italy	ITA	63
6	Ireland	IRL	67
7	Belgium	BEL	82
8	Spain	ESP	88
9	Turkey	TUR	114
10	Austria	AUT	131

Men - Junior (6.6 km)

Individual

1	Hans Janssens	BEL	23:00
2	Guillaume Éraud	FRA	23:12
3	Turo Inkiläinen	FIN	23:12
4	Martin Pröll	AUT	23:15
5	Mohamed Farah	GBR	23:18
6	Carlo Schuff	GER	23:19
7	Gunnar Osmundsen	NOR	23:20
8	Gary Murray	IRL	23:23
9	Filipe Pedro	POR	23:24
10	Steve Vernon	GBR	23:24

Teams

1	Great Britain & NI	GBR	26
2	France	FRA	38
3	Ireland	IRL	43
4	Portugal	POR	45
5	Germany	GER	54
6	Austria	AUT	80
7	Spain	ESP	89
8	Italy	ITA	99
9	Hungary	HUN	104
10	Belgium	BEL	111

Women - Junior (3.4 km)

Individual

1	Inês Monteiro	POR	12:48
2	Nicola Spirig	SUI	12:55
3	Anne-Marie Moutsinga	ROU	13:02
4	Türkan Erişmiş	TUR	13:07
5	Kim Offergeld	BEL	13:09
6	Sibel Özyurt	TUR	13:10
7	Minna Myllykoski	FIN	13:10
8	Jessica Augusto	POR	13:11
9	Christina Carruzzo	SUI	13:13
10	Mirjana Kalajdzic	BIH	13:13

Teams

1	Turkey	TUR	27
2	Portugal	POR	32
3	Belgium	BEL	34
4	Switzerland	SUI	40
5	Romania	ROU	49
6	Finland	FIN	68
7	Great Britain & NI	GBR	79
8	Italy	ITA	92
9	France	FRA	105
10	Ireland	IRL	111

Medals

Individual and teams medals are included.

		G	S	B	Total
1	POR	2	3	1	6
2	GBR	2	0	1	3
3	FRA	1	2	1	4
4	SUI	1	1	0	2
5	BEL	1	0	1	2
6	TUR	1	0	0	1
7	ROU	0	2	1	3
8	FIN	0	0	1	1
	IRL	0	0	1	1
	YUG	0	0	1	1

7th SPAR European Cross Country Championships, Malmö SWE 2000

Men - Senior (9.8 km)

Individual

1	Paulo Guerra	POR	29:29
2	Serhiy Lebid	UKR	29:39
3	Driss El Himer	FRA	29:45
4	Lyès Ramoul	FRA	29:47
5	Mustapha El Ahmadi	FRA	29:47
6	José Carlos Adán	ESP	29:48
7	Kamiel Maase	NED	29:49
8	Tom Van Hooste	BEL	29:51
9	José Manuel Martínez	ESP	29:52
10	Peter Matthews	IRL	29:53

Teams

1	France	FRA	23
2	Spain	ESP	51
3	Ireland	IRL	72
4	Portugal	POR	74
5	Belgium	BEL	98
6	Great Britain & NI	GBR	103
7	Italy	ITA	144
8	Russia	RUS	156
9	Ukraine	UKR	166
10	Germany	GER	168

Women - Senior (5.0 km)

Individual

1	Katalin Szentgyörgyi	HUN	16:34
2	Analidia Torre	POR	16:35
3	Olivera Jevtić	YUG	16:39
4	Zahia Dahmani	FRA	16:49
5	Kathy Butler	GBR	16:51
6	Mónica Rosa	POR	16:55
7	Anja Smolders	BEL	16:55
8	Liz Yelling	GBR	16:55
9	Anne Keenan-Buckley	IRL	16:56
10	Anália Rosa	POR	16:57

Teams

1	Portugal	POR	18
2	Great Britain & NI	GBR	33
3	Germany	GER	54
4	Belgium	BEL	55
5	Romania	ROU	60
6	Ireland	IRL	60
7	France	FRA	60
8	Spain	ESP	73
9	Italy	ITA	106
10	Sweden	SWE	140

Men - Junior (6.1 km)

Individual

1	Wolfram Müller	GER	18:58
2	Chris Thompson	GBR	19:00
3	Martin Pröll	AUT	19:05
4	Rui Pedro Silva	POR	19:10
5	Mickaël André	FRA	19:11
6	Bruno Silva	POR	19:11
7	Mohamed Farah	GBR	19:12
8	Aleksandr Sekletov	RUS	19:16
9	Henrik Ahnström	SWE	19:17
10	Benoit Charpantier	FRA	19:26

Teams

1	Portugal	POR	21
2	Great Britain & NI	GBR	25
3	France	FRA	30
4	Spain	ESP	48
5	Germany	GER	62
6	Italy	ITA	74
7	Sweden	SWE	85
8	Russia	RUS	96
9	Netherlands	NED	121
10	Belarus	BLR	126

Women - Junior (3.8 km)

Individual

1	Jessica Augusto	POR	12:55
2	Nicola Spirig	SUI	12:56
3	Elvan Abeylegesse	TUR	12:56
4	Tatyana Chulakh	RUS	12:56
5	Juliet Potter	GBR	13:02
6	Olha Kryvyak	UKR	13:14
7	Jane Potter	GBR	13:14
8	Olesya Dubovik	UKR	13:15
9	Collette Fagan	GBR	13:15
10	Türkan Erişmiş	TUR	13:17

Teams

1	Great Britain & NI	GBR	21
2	Turkey	TUR	40
3	Sweden	SWE	49
4	Portugal	POR	55
5	Finland	FIN	60
6	Ukraine	UKR	69
7	Russia	RUS	71
8	Romania	ROU	83
9	Spain	ESP	84
10	Belgium	BEL	102

Medals

Individual and teams medals are included.

		G	S	B	Total
1	POR	4	1	0	5
2	GBR	1	3	0	4
3	FRA	1	0	2	3
4	GER	1	0	1	2
5	HUN	1	0	0	1
6	TUR	0	1	1	2
7	ESP	0	1	0	1
	SUI	0	1	0	1
	UKR	0	1	0	1
10	AUT	0	0	1	1
	IRL	0	0	1	1
	SWE	0	0	1	1
	YUG	0	0	1	1

8th SPAR European Cross Country Championships, Thun SUI 2001

Men - Senior (9.2 km)

Individual

1	Serhiy Lebid	UKR	27:52
2	Kamiel Maase	NED	28:05
3	Antonio Dávid Jiménez	ESP	28:10
4	Gabriele De Nard	ITA	28:11
5	Christian Belz	SUI	28:12
6	Sam Haughian	GBR	28:12
7	José Carlos Adán	ESP	28:13
8	Mustapha El Ahmadi	FRA	28:13
9	Claes Nyberg	SWE	28:14
10	Paulo Guerra	POR	28:15

Teams

1	Spain	ESP	40
2	France	FRA	50
3	Portugal	POR	72
4	Italy	ITA	74
5	Great Britain & NI	GBR	92
6	Belgium	BEL	135
7	Netherlands	NED	143
8	Russia	RUS	160
9	Switzerland	SUI	171
10	Ireland	IRL	172

Women - Senior (4.7 km)

Individual

1	Yamna Belkacem	FRA	15:48
2	Olga Romanova	RUS	15:49
3	Justyna Bąk	POL	15:51
4	Olivera Jevtić	YUG	15:54
5	Liz Yelling	GBR	15:55
6	Helena Sampaio	POR	15:55
7	Inês Monteiro	POR	15:56
8	Hayley Yelling	GBR	15:58
9	Anastasiya Zubova	RUS	16:01
10	Analidia Torre	POR	16:03

Teams

1	Portugal	POR	41
2	Great Britain & NI	GBR	49
3	France	FRA	66
4	Russia	RUS	71
5	Ireland	IRL	116
6	Romania	ROU	137
7	Spain	ESP	138
8	Hungary	HUN	140
9	Italy	ITA	145
10	Poland	POL	165

Men - Junior (6.2 km)

Individual

1	Vasyl Matviychuk	UKR	19:29
2	Mohamed Farah	GBR	19:38
3	Stefano Scaini	ITA	19:39
4	Mircea Bogdan	ROU	19:39
5	Cosmin Şuteu	ROU	19:43
6	Adam Bowden	GBR	19:43
7	Bruno Saramago	POR	19:44
8	Jérémy Pierrat	FRA	19:45
9	Javier Guerra	ESP	19:46
10	Benoit Charpantier	FRA	19:52

Teams

1	Great Britain & NI	GBR	54
2	Portugal	POR	67
3	France	FRA	68
4	Italy	ITA	79
5	Spain	ESP	98
6	Ireland	IRL	118
7	Belgium	BEL	140
8	Belarus	BLR	147
9	Germany	GER	172
10	Turkey	TUR	175

Women - Junior (3.2 km)

Individual

1	Elvan Abeylegesse	TUR	10:35
2	Tatyana Chulakh	RUS	10:53
3	Snežana Kostić	YUG	10:54
4	Inga Abitova	RUS	11:02
5	Charlotte Dale	GBR	11:07
6	Mieke Geens	BEL	11:09
7	Türkan Erişmiş	TUR	11:11
8	Elina Lindgren	FIN	11:11
9	Julie Coulaud	FRA	11:11
10	Marina Ivanova	RUS	11:12

Teams

1	Russia	RUS	35
2	Great Britain & NI	GBR	54
3	Turkey	TUR	79
4	Finland	FIN	96
5	France	FRA	115
6	Spain	ESP	129
7	Germany	GER	147
8	Romania	ROU	154
9	Portugal	POR	158
10	Yugoslavia	YUG	164

Medals

Individual and teams medals are included.

		G	S	B	Total
1	UKR	2	0	0	2
2	GBR	1	3	0	4
3	RUS	1	2	0	3
4	FRA	1	1	2	4
5	POR	1	1	1	3
6	ESP	1	0	1	2
	TUR	1	0	1	2
8	NED	0	1	0	1
9	ITA	0	0	1	1
	POL	0	0	1	1
	YUG	0	0	1	1

9th SPAR European Cross Country Championships, Medulin CRO 2002

Men - Senior (9.8 km)

Individual

1	Serhiy Lebid	UKR	28:58
2	Mustapha Essaïd	FRA	29:03
3	Fabián Roncero	ESP	29:03
4	Eduardo Henriques	POR	29:05
5	Hélder Ornelas	POR	29:08
6	Juan Carlos de la Ossa	ESP	29:10
7	Enrique Molina	ESP	29:12
8	Alistair Cragg	IRL	29:13
9	Yevhen Bozhko	UKR	29:18
10	Günther Weidlinger	AUT	29:21

Teams

1	Spain	ESP	31
2	France	FRA	43
3	Portugal	POR	57
4	Great Britain & NI	GBR	93
5	Ukraine	UKR	99
6	Ireland	IRL	103
7	Belgium	BEL	113
8	Italy	ITA	129
9	Sweden	SWE	167
10	Austria	AUT	212

Women - Senior (6.2 km)

Individual

1	Helena Javornik	SLO	20:16
2	Galina Bogomolova	RUS	20:18
3	Elvan Abeylegesse	TUR	20:19
4	Anikó Kálovics	HUN	20:21
5	Hayley Tullett	GBR	20:25
6	Sonja Stolić	YUG	20:27
7	Hafida Gadi	FRA	20:28
8	Simona Staicu	HUN	20:28
9	Anita Weyermann	SUI	20:30
10	Anastasiya Zubova	RUS	20:31

Teams

1	Russia	RUS	48
2	Portugal	POR	54
3	Great Britain & NI	GBR	80
4	France	FRA	82
5	Spain	ESP	116
6	Ireland	IRL	133
7	Poland	POL	169
8	Italy	ITA	179
9	Belgium	BEL	191
10	Turkey	TUR	196

Men - Junior (6.2 km)

Individual

1	Yevgeniy Rybakov	RUS	18:16
2	Anatoliy Rybakov	RUS	18:17
3	Halil Akkaş	TUR	18:23
4	Pieter Desmet	BEL	18:35
5	Stefano Scaini	ITA	18:36
6	Abdel Mahmoudi	FRA	18:38
7	Vladimir Ponomaryov	RUS	18:38
8	Ian De Bondt	FRA	18:41
9	Cosmin Şuteu	ROU	18:43
10	Velibor Radojevič	YUG	18:57

Teams

1	Russia	RUS	37
2	France	FRA	57
3	Italy	ITA	92
4	Romania	ROU	104
5	Turkey	TUR	105
6	Spain	ESP	111
7	Great Britain & NI	GBR	119
8	Ukraine	UKR	143
9	Belgium	BEL	153
10	Yugoslavia	YUG	153

Women - Junior (3.7 km)

Individual

1	Charlotte Dale	GBR	12:26
2	Elina Lindgren	FIN	12:27
3	Galina Yegorova	RUS	12:28
4	Tatyana Petrova	RUS	12:29
5	Adrienne Herzog	NED	12:30
6	Aslı Çakir	TUR	12:38
7	Freya Murray	GBR	12:40
8	Dani Barnes	GBR	12:40
9	Marina Ivanova	RUS	12:41
10	Türkan Erişmiş	TUR	12:44

Teams

1	Great Britain & NI	GBR	27
2	Russia	RUS	35
3	Belgium	BEL	105
4	Netherlands	NED	109
5	Turkey	TUR	117
6	Ukraine	UKR	131
7	Hungary	HUN	138
8	Germany	GER	144
9	France	FRA	149
10	Spain	ESP	186

Medals

Individual and teams medals are included.

		G	S	B	Total
1	RUS	3	3	1	7
2	GBR	2	0	1	3
3	ESP	1	0	1	2
4	SLO	1	0	0	1
	UKR	1	0	0	1
6	FRA	0	3	0	3
7	POR	0	1	1	2
8	FIN	0	1	0	1
9	TUR	0	0	2	2
10	BEL	0	0	1	1
	ITA	0	0	1	1

10th SPAR European Cross Country Championships, Edinburgh GBR 2003

Men - Senior (10.1 km)

Individual

1	Serhiy Lebid	UKR	30:47
2	Juan Carlos de la Ossa	ESP	31:08
3	Eduardo Henriques	POR	31:15
4	Tom Van Hooste	BEL	31:18
5	Yevhen Bozhko	UKR	31:19
6	Fabián Roncero	ESP	31:23
7	Mustapha Essaid	FRA	31:26
8	El Hassan Lahssini	FRA	31:29
9	Umberto Pusterla	ITA	31:32
10	Driss El Himer	FRA	31:34

Teams

1	France	FRA	47
2	Spain	ESP	47
3	Portugal	POR	65
4	Italy	ITA	71
5	Belgium	BEL	96
6	Russia	RUS	117
7	Great Britain & NI	GBR	126
8	Sweden	SWE	132
9	Germany	GER	143
10	Ireland	IRL	181

Women - Senior (6.6 km)

Individual

1	Paula Radcliffe	GBR	22:04
2	Elvan Abeylegesse	TUR	22:13
3	Anikó Kálovics	HUN	22:26
4	Sonia O'Sullivan	IRL	22:36
5	Hayley Yelling	GBR	22:44
6	Olivera Jevtić	SCG	22:45
7	Justyna Bąk	POL	22:47
8	Liz Yelling	GBR	22:49
9	Patrizia Tisi	ITA	22:50
10	Galina Bogomolova	RUS	22:54

Teams

1	Great Britain & NI	GBR	25
2	Ireland	IRL	78
3	Portugal	POR	84
4	France	FRA	84
5	Russia	RUS	114
6	Belgium	BEL	116
7	Italy	ITA	126
8	Spain	ESP	130
9	Germany	GER	140
10	Turkey	TUR	182

Men - Junior (6.6 km)

Individual

1	Yevgeniy Rybakov	RUS	20:52
2	Anatoliy Rybakov	RUS	20:52
3	Aleksey Reunkov	RUS	20:53
4	Cosmin Şuteu	ROU	20:58
5	Marius Ionescu	ROU	21:04
6	Mark Christie	IRL	21:07
7	Francisco José Bachiller	ESP	21:09
8	Jérémy Pierrat	FRA	21:12
9	Alejandro Fernández	ESP	21:15
10	Ştefan Pătru	ROU	21:19

Teams

1	Russia	RUS	20
2	Romania	ROU	31
3	Spain	ESP	44
4	Great Britain & NI	GBR	92
5	France	FRA	108
6	Germany	GER	129
7	Ireland	IRL	142
8	Poland	POL	161
9	Hungary	HUN	163
10	Portugal	POR	178

Women - Junior (4.5 km)

Individual

1	Inna Poluškina	LAT	15:32
2	Snežana Kostić	SCG	15:57
3	Charlotte Dale	GBR	16:04
4	Volha Minina	BLR	16:06
5	Faye Fullerton	GBR	16:07
6	Viktoriya Trushenko	RUS	16:10
7	Azra Eminović	SCG	16:20
8	Regina Khamzina	RUS	16:23
9	Dani Barnes	GBR	16:23
10	Binnaz Uslu	TUR	16:24

Teams

1	Great Britain & NI	GBR	32
2	Russia	RUS	53
3	Germany	GER	63
4	Romania	ROU	112
5	Belarus	BLR	116
6	Spain	ESP	129
7	France	FRA	135
8	Ireland	IRL	137
9	Turkey	TUR	145
10	Belgium	BEL	151

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	3	0	1	4
2	RUS	2	2	1	5
3	FRA	1	0	0	1
	LAT	1	0	0	1
	UKR	1	0	0	1
6	ESP	0	2	1	3
7	IRL	0	1	0	1
	ROU	0	1	0	1
	SCG	0	1	0	1
	TUR	0	1	0	1
11	POR	0	0	3	3
12	GER	0	0	1	1
	HUN	0	0	1	1

11th SPAR European Cross Country Championships, Heringsdorf GER 2004

Men - Senior (9.6 km)

Individual

1	Serhiy Lebid	UKR	27:31
2	Juan Carlos de la Ossa	ESP	27:54
3	Driss Maazouzi	FRA	28:05
4	Günther Weidlinger	AUT	28:08
5	Mounir Elhousni	FRA	28:14
6	Mustapha Essaïd	FRA	28:23
7	Karl Keska	GBR	28:23
8	Umberto Pusterla	ITA	28:24
9	Tom Van Hooste	BEL	28:25
10	Sergey Yemelyanov	RUS	28:25

Teams

1	France	FRA	28
2	Italy	ITA	50
3	Great Britain & NI	GBR	63
4	Spain	ESP	71
5	Portugal	POR	104
6	Russia	RUS	114
7	Belgium	BEL	126
8	Ukraine	UKR	128
9	Sweden	SWE	131
10	Romania	ROU	168

Women - Senior (5.6 km)

Individual

1	Hayley Yelling	GBR	18:06
2	Justyna Bąk	POL	18:07
3	Jo Pavey	GBR	18:08
4	Mihaela Botezan	ROU	18:08
5	Sabrina Mockenhaupt	GER	18:12
6	Mónica Rosa	POR	18:13
7	Inês Monteiro	POR	18:16
8	Anikó Kálovics	HUN	18:17
9	Maria Martins	FRA	18:18
10	Anália Rosa	POR	18:20

Teams

1	Portugal	POR	38
2	Great Britain & NI	GBR	44
3	France	FRA	97
4	Germany	GER	97
5	Hungary	HUN	106
6	Russia	RUS	111
7	Belgium	BEL	117
8	Spain	ESP	122
9	Poland	POL	123
10	Ireland	IRL	152

Men - Junior (5.6 km)

Individual

1	Barnabás Bene	HUN	16:18
2	Yevgeniy Rybakov	RUS	16:19
3	Anatoliy Rybakov	RUS	16:33
4	Łukasz Parszczyński	POL	16:36
5	Mark Christie	IRL	16:43
6	Ștefan Pătru	ROU	16:44
7	Andrew Ledwith	IRL	16:45
8	Luke Gunn	GBR	16:45
9	Dušan Markešević	SCG	16:46
10	Adam Hickey	GBR	16:46

Teams

1	Russia	RUS	42
2	Ireland	IRL	54
3	Great Britain & NI	GBR	62
4	Romania	ROU	103
5	Italy	ITA	124
6	Poland	POL	140
7	Spain	ESP	142
8	Belgium	BEL	159
9	Germany	GER	168
10	Portugal	POR	168

Women - Junior (3.6 km)

Individual

1	Binnaz Uslu	TUR	11:33
2	Ancuța Bobocel	ROU	11:42
3	Marta Romo	ESP	11:46
4	Adriënne Herzog	NED	11:49
5	Volha Minina	BLR	11:50
6	Ingunn Opsal	NOR	11:50
7	Verena Dreier	GER	11:53
8	Hélène Guet	FRA	11:53
9	Viktoriya Ivanova	RUS	11:54
10	Claire Holme	GBR	11:55

Teams

1	Romania	ROU	51
2	Great Britain & NI	GBR	64
3	Russia	RUS	68
4	Belarus	BLR	85
5	Germany	GER	95
6	France	FRA	121
7	Poland	POL	128
8	Italy	ITA	167
9	Spain	ESP	168
10	Netherlands	NED	179

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	1	2	3	6
2	RUS	1	1	2	4
3	ROU	1	1	0	2
4	FRA	1	0	2	3
5	HUN	1	0	0	1
	POR	1	0	0	1
	TUR	1	0	0	1
	UKR	1	0	0	1
9	ESP	0	1	1	2
10	IRL	0	1	0	1
	ITA	0	1	0	1
	POL	0	1	0	1

12th SPAR European Cross Country Championships, Tilburg NED 2005

Men - Senior (9.84 km)

Individual

1	Serhiy Lebid	UKR	27:09
2	Alberto García	ESP	27:21
3	Driss Maazouzi	FRA	27:26
4	Bouabdellah Tahri	FRA	27:27
5	Günther Weidlinger	AUT	27:28
6	Mokhtar Benhari	FRA	27:35
7	Tom Van Hooste	BEL	27:36
8	Khalid Zoubaa	FRA	27:36
9	Juan Carlos de la Ossa	ESP	27:36
10	José Rios	ESP	27:37

Teams

1	France	FRA	21
2	Spain	ESP	64
3	Ukraine	UKR	71
4	Italy	ITA	75
5	Portugal	POR	92
6	Russia	RUS	123
7	Great Britain & NI	GBR	129
8	Ireland	IRL	139
9	Sweden	SWE	178
10	Austria	AUT	178

Women - Senior (6.5 km)

Individual

1	Lornah Kiplagat	NED	19:55
2	Sabrina Mockenhaupt	GER	20:00
3	Johanna Nilsson	SWE	20:01
4	Olivera Jevtić	SCG	20:04
5	Anikó Kálovics	HUN	20:15
6	Hayley Yelling	GBR	20:16
7	Inga Abitova	RUS	20:16
8	Liz Yelling	GBR	20:17
9	Rosa María Morató	ESP	20:18
10	Mariya Konovalova	RUS	20:18

Teams

1	Russia	RUS	52
2	Great Britain & NI	GBR	54
3	France	FRA	73
4	Portugal	POR	87
5	Ireland	IRL	106
6	Netherlands	NED	109
7	Germany	GER	126
8	Belgium	BEL	157
9	Spain	ESP	169
10	Italy	ITA	171

Men - Junior (6.5 km)

Individual

1	Barnabás Bene	HUN	18:41
2	Andy Vernon	GBR	18:42
3	Dušan Markešević	SCG	18:42
4	Mohamed Elbendir	ESP	18:50
5	Ciprian Şuhanea	ROU	18:50
6	Ştefan Pătru	ROU	18:52
7	Siarhei Chabiarak	BLR	18:53
8	Marcin Chabowski	POL	18:54
9	Martin Dematteis	ITA	18:54
10	Arkadiusz Gardzielewski	POL	18:54

Teams

1	Poland	POL	60
2	Great Britain & NI	GBR	68
3	Romania	ROU	71
4	Italy	ITA	101
5	Portugal	POR	115
6	Spain	ESP	120
7	Russia	RUS	130
8	Germany	GER	141
9	Belarus	BLR	175
10	France	FRA	179

Women - Junior (4.83 km)

Individual

1	Ancuța Bobocel	ROU	15:23
2	Emily Pidgeon	GBR	15:25
3	Susan Kuijken	NED	15:33
4	Linda Byrne	IRL	15:39
5	Galina Maksimova	RUS	15:40
6	Morag MacLarty	GBR	15:42
7	Steph Twell	GBR	15:45
8	Yuliya Ivanova	RUS	15:47
9	Azra Eminović	SCG	15:50
10	Larisa Arcip	ROU	15:51

Teams

1	Great Britain & NI	GBR	30
2	Romania	ROU	49
3	Russia	RUS	60
4	Ireland	IRL	98
5	Belgium	BEL	123
6	Germany	GER	124
7	Spain	ESP	152
8	France	FRA	170
9	Italy	ITA	172
10	Turkey	TUR	183

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	1	4	0	5
2	ROU	1	1	1	3
3	FRA	1	0	2	3
4	NED	1	0	1	2
	RUS	1	0	1	2
	UKR	1	0	1	2
7	HUN	1	0	0	1
	POL	1	0	0	1
9	ESP	0	2	0	2
10	GER	0	1	0	1
11	SCG	0	0	1	1
	SWE	0	0	1	1

13th SPAR European Cross Country Championships, San Giorgio SL ITA 2006

Men - Senior (9.95 km)

Individual

1	Mohamed Farah	GBR	27:56
2	Juan Carlos de la Ossa	ESP	28:06
3	Mustafa Mohamed	SWE	28:08
4	Khalid Zoubaa	FRA	28:16
5	Rui Pedro Silva	POR	28:17
6	Driss El Himer	FRA	28:17
7	Mustapha Essaid	FRA	28:17
8	Luís Feiteira	POR	28:21
9	Christian Belz	SUI	28:22
10	Carles Castillejo	ESP	28:23

Teams

1	France	FRA	29
2	Spain	ESP	40
3	Portugal	POR	54
4	Great Britain & NI	GBR	79
5	Italy	ITA	89
6	Ukraine	UKR	109
7	Sweden	SWE	119
8	Ireland	IRL	153
9	Belgium	BEL	159
10	Turkey	TUR	181

Women - Senior (8.03 km)

Individual

1	Tetyana Holovchenko	UKR	25:17
2	Mariya Konovalova	RUS	25:18
3	Olivera Jevtić	SRB	25:21
4	Anikó Kálovics	HUN	25:26
5	Julie Coulaud	FRA	25:28
6	Hayley Yelling	GBR	25:28
7	Nathalie De Vos	BEL	25:34
8	Jo Pavey	GBR	25:38
9	Jessica Augusto	POR	25:38
10	Anália Rosa	POR	25:45

Teams

1	Portugal	POR	47
2	Great Britain & NI	GBR	47
3	France	FRA	69
4	Russia	RUS	88
5	Spain	ESP	94
6	Italy	ITA	96
7	Serbia	SRB	128
8	Ireland	IRL	153
9	Germany	GER	160

Men - U23 (8.03 km)

Individual

1	Barnabás Bene	HUN	23:14
2	Dušan Markešević	SRB	23:16
3	Daniele Meucci	ITA	23:16
4	Yevgeniy Rybakov	RUS	23:17
5	Anatoliy Rybakov	RUS	23:22
6	Stsiapan Rahautsou	BLR	23:24
7	Mario Van Waeyenberge	BEL	23:25
8	Aleksey Aleksandrov	RUS	23:26
9	Khalid Choukoud	NED	23:29
10	Stefano La Rosa	ITA	23:29

Teams

1	Russia	RUS	28
2	Italy	ITA	78
3	Poland	POL	94
4	Ireland	IRL	102
5	Great Britain & NI	GBR	105
6	Netherlands	NED	111
7	Spain	ESP	142
8	Portugal	POR	145
9	France	FRA	155
10	Turkey	TUR	165

Women - U23 (5.975 km)

Individual

1	Binnaz Uslu	TUR	18:47
2	Fionnuala Britton	IRL	18:56
3	Türkan Erişmiş	TUR	19:09
4	Aine Hoban	GBR	19:10
5	Adelina De Soccio	ITA	19:16
6	Viktoriya Trushenko	RUS	19:19
7	Adrienne Herzog	NED	19:20
8	Laura Kenney	GBR	19:23
9	Katarzyna Kowalska	POL	19:24
10	Anke Van Campen	BEL	19:34

Teams

1	Great Britain & NI	GBR	56
2	Poland	POL	65
3	Italy	ITA	96
4	Netherlands	NED	97
5	Turkey	TUR	105
6	Romania	ROU	106
7	Spain	ESP	109
8	Ireland	IRL	109
9	France	FRA	153
10	Germany	GER	188

Men - Junior (5.975 km)

Individual

1	Andrea Lalli	ITA	16:53
2	Siarhei Chabiarak	BLR	17:03
3	Ciprian Şuhanea	ROU	17:06
4	Aleksey Popov	RUS	17:12
5	Simone Gariboldi	ITA	17:14
6	Dmytro Lashyn	UKR	17:15
7	Alexander Hahn	GER	17:15
8	Osman Baş	TUR	17:17
9	Mohamed Elbendir	ESP	17:20
10	Vítor Reis	POR	17:22

Teams

1	Italy	ITA	68
2	Spain	ESP	74
3	France	FRA	74
4	Turkey	TUR	83
5	Great Britain & NI	GBR	97
6	Portugal	POR	109
7	Germany	GER	124
8	Romania	ROU	128
9	Russia	RUS	151
10	Belarus	BLR	192

Women - Junior (4.1 km)

Individual

1	Steph Twell	GBR	12:33
2	Karoline Bjerkeli Grøvdal	NOR	12:36
3	Ancuţa Bobocel	ROU	12:51
4	Emily Pidgeon	GBR	12:59
5	Viktoriya Ivanova	RUS	13:08
6	Sian Edwards	GBR	13:12
7	Tatyana Shutova	RUS	13:16
8	Marta Romo	ESP	13:17
9	Julia Hiller	GER	13:17
10	Abby Westley	GBR	13:19

Teams

1	Great Britain & NI	GBR	21
2	Russia	RUS	76
3	Romania	ROU	83
4	Spain	ESP	98
5	Germany	GER	102
6	France	FRA	132
7	Ukraine	UKR	145
8	Turkey	TUR	151
9	Ireland	IRL	157
10	Finland	FIN	180

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	4	1	0	5
2	ITA	2	1	2	5
3	RUS	1	2	0	3
4	FRA	1	0	2	3
5	POR	1	0	1	2
	TUR	1	0	1	2
7	HUN	1	0	0	1
	UKR	1	0	0	1
9	ESP	0	3	0	3
10	POL	0	1	1	2
	SRB	0	1	1	2
12	BLR	0	1	0	1
	IRL	0	1	0	1
	NOR	0	1	0	1
15	ROU	0	0	3	3
16	SWE	0	0	1	1

14th SPAR European Cross Country Championships, Toro ESP 2007

Men - Senior (10.7 km)

Individual

1	Serhiy Lebid	UKR	31:47
2	Mustafa Mohamed	SWE	31:56
3	Rui Silva	POR	31:58
4	Erik Sjöqvist	SWE	32:00
5	José Manuel Martínez	ESP	32:04
6	Jesús España	ESP	32:05
7	Martin Fagan	IRL	32:06
8	El Hassan Lahssini	FRA	32:08
9	Ricardo Ribas	POR	32:10
10	José Rios	ESP	32:12

Teams

1	Spain	ESP	33
2	Portugal	POR	64
3	France	FRA	75
4	Great Britain & NI	GBR	81
5	Sweden	SWE	83
6	Belgium	BEL	92
7	Ireland	IRL	105
8	Italy	ITA	139
9	Finland	FIN	151

Women - Senior (8.2 km)

Individual

1	Marta Domínguez	ESP	26:58
2	Julie Coulaud	FRA	27:01
3	Rosa María Morató	ESP	27:04
4	Mariya Konovalova	RUS	27:07
5	Anikó Kálovics	HUN	27:10
6	Kate Reed	GBR	27:11
7	Fionnuala Britton	IRL	27:20
8	Saadia Bourgailh-Haddioui	FRA	27:25
9	Hayley Yelling	GBR	27:28
10	Liz Yelling	GBR	27:31

Teams

1	Spain	ESP	33
2	Great Britain & NI	GBR	47
3	Portugal	POR	69
4	France	FRA	77
5	Ireland	IRL	112
6	Italy	ITA	140

Men - U23 (8.2 km)

Individual

1	Kemal Koyuncu	TUR	24:31
2	Yevgeniy Rybakov	RUS	24:33
3	Andy Vernon	GBR	24:35
4	Andrea Lalli	ITA	24:43
5	Stefano La Rosa	ITA	24:44
6	Stsiapan Rahautsou	BLR	24:45
7	Artur Kozłowski	POL	24:45
8	Łukasz Parszczyński	POL	24:46
9	Anatoliy Rybakov	RUS	24:50
10	Andrew Ledwith	IRL	24:52

Teams

1	Great Britain & NI	GBR	52
2	Poland	POL	52
3	Russia	RUS	65
4	Turkey	TUR	101
5	France	FRA	105
6	Ireland	IRL	108
7	Italy	ITA	115
8	Portugal	POR	131
9	Spain	ESP	134
10	Germany	GER	141

Women - U23 (6.7 km)

Individual

1	Ancuța Bobocel	ROU	22:35
2	Adrienne Herzog	NED	22:37
3	Katarzyna Kowalska	POL	22:44
4	Tatyana Shutova	RUS	22:52
5	Felicity Milton	GBR	23:02
6	Linda Byrne	IRL	23:04
7	Marta Romo	ESP	23:05
8	Katrina Wootton	GBR	23:08
9	Alina Alekseyeva	RUS	23:10
10	Natalya Starkova	RUS	23:17

Teams

1	Great Britain & NI	GBR	47
2	Russia	RUS	55
3	Poland	POL	58
4	Belgium	BEL	82
5	Spain	ESP	108
6	Ireland	IRL	129
7	Italy	ITA	139
8	Portugal	POR	152
9	France	FRA	162
10	Finland	FIN	163

Men - Junior (6.7 km)

Individual

1	Mourad Amdouni	FRA	20:08
2	Florian Carvalho	FRA	20:11
3	Dmytro Lashyn	UKR	20:16
4	David Forrester	GBR	20:21
5	Lee Carey	GBR	20:22
6	Sondre Nordstad Moen	NOR	20:23
7	Mohamed Elbendir	ESP	20:24
8	Hassan Chahdi	FRA	20:25
9	David McCarthy	IRL	20:30
10	Tiago Costa	POR	20:33

Teams

1	France	FRA	29
2	Great Britain & NI	GBR	48
3	Germany	GER	57
4	Turkey	TUR	87
5	Spain	ESP	124
6	Italy	ITA	130
7	Ireland	IRL	136
8	Ukraine	UKR	144
9	Portugal	POR	155
10	Norway	NOR	155

Women - Junior (4.2 km)

Individual

1	Steph Twell	GBR	14:12
2	Danuta Urbanik	POL	14:21
3	Charlotte Purdue	GBR	14:22
4	Charlotte Roach	GBR	14:27
5	Olha Skrypak	UKR	14:28
6	Emily Pidgeon	GBR	14:31
7	Joana Costa	POR	14:32
8	Joanne Harvey	GBR	14:32
9	Kristine Eikrem Engeset	NOR	14:34
10	Marina Gordeyeva	RUS	14:39

Teams

1	Great Britain & NI	GBR	14
2	Russia	RUS	50
3	Ukraine	UKR	57
4	Poland	POL	67
5	Ireland	IRL	124
6	Portugal	POR	142
7	France	FRA	151
8	Spain	ESP	162
9	Romania	ROU	197
10	Belgium	BEL	197

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	4	2	2	8
2	ESP	3	0	1	4
3	FRA	2	2	1	5
4	UKR	1	0	2	3
5	ROU	1	0	0	1
	TUR	1	0	0	1
7	RUS	0	3	1	4
8	POL	0	2	2	4
9	POR	0	1	2	3
10	NED	0	1	0	1
	SWE	0	1	0	1
12	GER	0	0	1	1

15th SPAR European Cross Country Championships, Brussels BEL 2008

Men - Senior (10.0 km)

Individual

1	Serhiy Lebid	UKR	30:49
2	Mohamed Farah	GBR	30:57
3	Mustafa Mohamed	SWE	31:13
4	Ayad Lamdassem	ESP	31:17
5	Pieter Desmet	BEL	31:19
6	Bouabdellah Tahri	FRA	31:21
7	Alemayehu Bezabeh	ESP	31:23
8	Rui Pedro Silva	POR	31:26
9	Michel Butter	NED	31:30
10	Frank Tickner	GBR	31:39

Teams

1	Spain	ESP	39
2	France	FRA	49
3	Great Britain & NI	GBR	54
4	Italy	ITA	79
5	Belgium	BEL	93
6	Ukraine	UKR	116
7	Ireland	IRL	129
8	Portugal	POR	153
9	Sweden	SWE	174
10	Germany	GER	192

Women - Senior (8.0 km)

Individual

1	Hilda Kibet	NED	27:45
2	Jessica Augusto	POR	27:54
3	Inês Monteiro	POR	28:02
4	Mary Cullen	IRL	28:04
5	Rosa María Morató	ESP	28:17
6	Adrienne Herzog	NED	28:19
7	Anália Rosa	POR	28:25
8	Hatti Dean	GBR	28:30
9	Louise Damen	GBR	28:33
10	Elena Romagnolo	ITA	28:39

Teams

1	Portugal	POR	29
2	Great Britain & NI	GBR	49
3	France	FRA	78
4	Netherlands	NED	97
5	Russia	RUS	111
6	Italy	ITA	119
7	Spain	ESP	127
8	Belgium	BEL	131
9	Ireland	IRL	131
10	Germany	GER	165

Men - U23 (8.0 km)

Individual

1	Andrea Lalli	ITA	24:56
2	Andy Vernon	GBR	25:04
3	Selim Bayrak	TUR	25:17
4	Ben Lindsay	GBR	25:18
5	Benjamin Malaty	FRA	25:18
6	John Beattie	GBR	25:18
7	Keith Gerrard	GBR	25:21
8	Mourad Amdouni	FRA	25:22
9	Martin Dematteis	ITA	25:22
10	Stepan Kiselev	RUS	25:23

Teams

1	Great Britain & NI	GBR	19
2	Italy	ITA	42
3	France	FRA	62
4	Poland	POL	93
5	Turkey	TUR	112
6	Spain	ESP	119
7	Belgium	BEL	142
8	Ireland	IRL	151
9	Portugal	POR	154
10	Russia	RUS	215

Women - U23 (6.0 km)

Individual

1	Susan Kuijken	NED	21:02
2	Sarah Tunstall	GBR	21:10
3	Yuliya Zarudneva	RUS	21:24
4	Morag MacLarty	GBR	21:24
5	Ancuța Bobocel	ROU	21:43
6	Heike Bienstein	GER	21:43
7	Katherine Sparke	GBR	21:47
8	Tatyana Shutova	RUS	21:49
9	Selien de Schryder	BEL	21:53
10	Linda Byrne	IRL	21:58

Teams

1	Great Britain & NI	GBR	24
2	Russia	RUS	44
3	Germany	GER	57
4	Ireland	IRL	80
5	Spain	ESP	135
6	France	FRA	137
7	Portugal	POR	138
8	Italy	ITA	152
9	Belgium	BEL	162
10	Poland	POL	172

Men - Junior (6.0 km)

Individual

1	Florian Carvalho	FRA	18:42
2	Sondre Nordstad Moen	NOR	18:47
3	Hassan Chahdi	FRA	18:49
4	Alexander Hahn	GER	18:55
5	David Forrester	GBR	18:58
6	Hasan Pak	TUR	18:58
7	Bruno Albuquerque	POR	19:08
8	Antonio Abadía	ESP	19:11
9	Florian Orth	GER	19:11
10	Sindre Buraas	NOR	19:15

Teams

1	France	FRA	50
2	Norway	NOR	51
3	Great Britain & NI	GBR	52
4	Turkey	TUR	79
5	Spain	ESP	89
6	Germany	GER	93
7	Belgium	BEL	102
8	Ireland	IRL	169
9	Portugal	POR	177
10	Italy	ITA	179

Women - Junior (4.0 km)

Individual

1	Steph Twell	GBR	13:28
2	Charlotte Purdue	GBR	13:39
3	Lauren Howarth	GBR	13:55
4	Emily Pidgeon	GBR	14:00
5	Emma Pallant	GBR	14:05
6	Laura Park	GBR	14:08
7	Yekaterina Gorbunova	RUS	14:12
8	Marina Gordeyeva	RUS	14:12
9	Sandra Eriksson	SWE	14:12
10	Viktoriya Pohoryelska	UKR	14:13

Teams

1	Great Britain & NI	GBR	10
2	Ukraine	UKR	58
3	Russia	RUS	62
4	Ireland	IRL	77
5	Germany	GER	89
6	Poland	POL	150
7	France	FRA	173
8	Turkey	TUR	174
9	Spain	ESP	175
10	Belgium	BEL	175

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	4	5	3	12
2	FRA	2	1	3	6
3	NED	2	0	0	2
4	POR	1	1	1	3
5	ITA	1	1	0	2
	UKR	1	1	0	2
7	ESP	1	0	0	1
8	NOR	0	2	0	2
9	RUS	0	1	2	3
10	GER	0	0	1	1
	SWE	0	0	1	1
	TUR	0	0	1	1

16th SPAR European Cross Country Championships, Dublin IRL 2009

Men - Senior (9.997 km)

Individual

1	Alemayehu Bezabeh	ESP	30:45
2	Mohamed Farah	GBR	31:02
3	Serhiy Lebid	UKR	31:17
4	Sergio Sánchez	ESP	31:26
5	Ayad Lamdassem	ESP	31:30
6	José Rocha	POR	31:34
7	Eduard Mbengani	POR	31:41
8	Mark Kenneally	IRL	31:42
9	Daniele Meucci	ITA	31:42
10	Stéphane Joly	SUI	31:46

Teams

1	Spain	ESP	34
2	Great Britain & NI	GBR	54
3	Italy	ITA	62
4	France	FRA	67
5	Portugal	POR	73
6	Ireland	IRL	115
7	Belgium	BEL	146
8	Germany	GER	149
9	Denmark	DEN	169
10	Finland	FIN	197

Women - Senior (8.018 km)

Individual

1	Hayley Yelling	GBR	27:49
2	Rosa María Morató	ESP	27:56
3	Adrienne Herzog	NED	28:04
4	Jessica Augusto	POR	28:11
5	Inês Monteiro	POR	28:14
6	Dulce Félix	POR	28:19
7	Olivera Jevtić	SRB	28:21
8	Tetyana Holovchenko	UKR	28:25
9	Freya Murray	GBR	28:25
10	Sara Moreira	POR	28:32

Teams

1	Portugal	POR	25
2	Great Britain & NI	GBR	51
3	Spain	ESP	58
4	Ireland	IRL	82
5	Italy	ITA	103
6	France	FRA	130
7	Sweden	SWE	141
8	Germany	GER	161

Men - U23 (8.018 km)

Individual

1	Noureddine Smaïl	FRA	25:11
2	Hassan Chahdi	FRA	25:17
3	Atelaw Yeshetela Bekele	BEL	25:21
4	Florian Carvalho	FRA	25:30
5	Mitch Goose	GBR	25:33
6	Christoph Ryffel	SUI	25:38
7	Abdi Nageeye	NED	25:40
8	Ricky Stevenson	GBR	25:40
9	Musa Roba-Kinkal	GER	25:41
10	Alexander Söderberg	SWE	25:45

Teams

1	France	FRA	31
2	Great Britain & NI	GBR	45
3	Belgium	BEL	59
4	Spain	ESP	81
5	Turkey	TUR	102
6	Ireland	IRL	105
7	Portugal	POR	128
8	Netherlands	NED	134
9	Germany	GER	137
10	Italy	ITA	213

Women - U23 (6.039 km)

Individual

1	Sultan Haydar	TUR	21:14
2	Irina Privalova	RUS	21:15
3	Jessica Sparke	GBR	21:26
4	Charlotte Browning	GBR	21:30
5	Hollie Rowland	GBR	21:31
6	Tatyana Shutova	RUS	21:32
7	Sandra Eriksson	SWE	21:32
8	Natalya Puchkova	RUS	21:36
9	Alfiya Khasanova	RUS	21:39
10	Stevie Stockton	GBR	21:39

Teams

1	Great Britain & NI	GBR	22
2	Russia	RUS	25
3	France	FRA	85
4	Germany	GER	85
5	Ireland	IRL	98
6	Spain	ESP	155
7	Ukraine	UKR	162
8	Italy	ITA	163

Men - Junior (6.039 km)

Individual

1	Jeroen D'Hoedt	BEL	18:46
2	Nick Goolab	GBR	18:47
3	James Wilkinson	GBR	18:47
4	Sondre Nordstad Moen	NOR	18:49
5	Richard Goodman	GBR	18:56
6	Rui Pinto	POR	18:57
7	Nemanja Cerovac	SRB	18:59
8	Bryan Cantero	FRA	19:01
9	Abdelatif Hadjam	FRA	19:03
10	Lars Erik Malde	NOR	19:03

Teams

1	Great Britain & NI	GBR	24
2	France	FRA	58
3	Norway	NOR	77
4	Belgium	BEL	93
5	Spain	ESP	98
6	Portugal	POR	127
7	Germany	GER	129
8	Italy	ITA	137
9	Ukraine	UKR	147
10	Romania	ROU	183

Women - Junior (4.039 km)

Individual

1	Karoline Bjerkeli Grøvdal	NOR	14:10
2	Gulshat Fazlitdinova	RUS	14:12
3	Kate Avery	GBR	14:27
4	Corinna Harrer	GER	14:33
5	Federica Bevilacqua	ITA	14:33
6	Lauren Howarth	GBR	14:35
7	Sandra Mosquera	ESP	14:38
8	Lyudmila Lebedeva	RUS	14:38
9	Ciara Mageean	IRL	14:40
10	Catarina Ribeiro	POR	14:40

Teams

1	Russia	RUS	47
2	Great Britain & NI	GBR	51
3	Germany	GER	73
4	France	FRA	98
5	Italy	ITA	100
6	Portugal	POR	103
7	Belgium	BEL	118
8	Ukraine	UKR	122
9	Ireland	IRL	164
10	Spain	ESP	189

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	3	6	3	12
2	FRA	2	2	1	5
3	ESP	2	1	1	4
4	RUS	1	3	0	4
5	BEL	1	0	2	3
6	NOR	1	0	1	2
7	POR	1	0	0	1
	TUR	1	0	0	1
9	GER	0	0	1	1
	ITA	0	0	1	1
	NED	0	0	1	1
	UKR	0	0	1	1

17th SPAR European Cross Country Championships, Albufeira POR 2010

Men - Senior (9.87 km)

Individual

1	Serhiy Lebid	UKR	29:15
2	Ayad Lamdassem	ESP	29:18
3	Youssef El Kalai	POR	29:19
4	Abdellatif Meftah	FRA	29:21
5	Mourad Amdouni	FRA	29:21
6	Andrea Lalli	ITA	29:28
7	Eduard Mbengani	POR	29:29
8	Rui Pedro Silva	POR	29:32
9	Jesús España	ESP	29:32
10	Mokhtar Benhari	FRA	29:34

Teams

1	France	FRA	33
2	Portugal	POR	35
3	Spain	ESP	58
4	Italy	ITA	96
5	Great Britain & NI	GBR	99
6	Russia	RUS	106
7	Ireland	IRL	140
8	Denmark	DEN	178
9	Finland	FIN	181
10	Latvia	LAT	250

Women - Senior (8.17 km)

Individual

1	Jessica Augusto	POR	26:52
2	Binnaz Uslu	TUR	26:57
3	Dulce Félix	POR	26:59
4	Fionnuala Britton	IRL	26:59
5	Tetyana Holovchenko	UKR	27:04
6	Marisa Barros	POR	27:06
7	Hatti Dean	GBR	27:08
8	Alessandra Aguilar	ESP	27:09
9	Sara Moreira	POR	27:26
10	Ana Dias	POR	27:27

Teams

1	Portugal	POR	19
2	Great Britain & NI	GBR	65
3	Spain	ESP	71
4	France	FRA	77
5	Ireland	IRL	129
6	Italy	ITA	143

Men - U23 (8.17 km)

Individual

1	Hassan Chahdi	FRA	24:11
2	Florian Carvalho	FRA	24:14
3	Yegor Nikolayev	RUS	24:15
4	Jeroen D'Hoedt	BEL	24:23
5	Ricardo Mateus	POR	24:25
6	Siarhei Platonau	BLR	24:28
7	Tiago Costa	POR	24:32
8	Sindre Buraas	NOR	24:34
9	Ricky Stevenson	GBR	24:34
10	Florian Orth	GER	24:44

Teams

1	Ireland	IRL	60
2	France	FRA	78
3	Spain	ESP	79
4	Great Britain & NI	GBR	104
5	Norway	NOR	112
6	Belgium	BEL	114
7	Portugal	POR	133
8	Germany	GER	134
9	Ukraine	UKR	149
10	Netherlands	NED	152

Women - U23 (6.07 km)

Individual

1	Cristina Jordán	ESP	20:17
2	Emma Pallant	GBR	20:28
3	Anna Nosenko	UKR	20:36
4	Roxana Bârcă	ROU	20:39
5	Sandra Eriksson	SWE	20:41
6	Natalie Gray	GBR	20:43
7	Viktoriya Pohoryelska	UKR	20:46
8	Yekaterina Gorbunova	RUS	20:46
9	Lucie Sekanová	CZE	20:47
10	Patricia Laubertie	FRA	20:47

Teams

1	Great Britain & NI	GBR	43
2	Russia	RUS	45
3	Ukraine	UKR	61
4	Spain	ESP	90
5	Germany	GER	103
6	Portugal	POR	113
7	France	FRA	114
8	Poland	POL	190

Men - Junior (6.07 km)

Individual

1	Abdelaziz Merzoughi	ESP	18:07
2	Nemanja Cerovac	SRB	18:07
3	Rui Pinto	POR	18:09
4	Ivan Strebkov	UKR	18:09
5	Sondre Nordstad Moen	NOR	18:16
6	Andrey Rusakov	RUS	18:18
7	Jesper van der Wielen	NED	18:19
8	Sándor Szabó	HUN	18:23
9	Marek Kowalski	POL	18:25
10	Ryan Saunders	GBR	18:27

Teams

1	Great Britain & NI	GBR	62
2	Portugal	POR	74
3	Russia	RUS	83
4	France	FRA	88
5	Ireland	IRL	120
6	Ukraine	UKR	130
7	Spain	ESP	145
8	Belgium	BEL	155
9	Hungary	HUN	156
10	Norway	NOR	166

Women - Junior (3.97 km)

Individual

1	Charlotte Purdue	GBR	12:42
2	Amela Terzić	SRB	12:59
3	Emelia Gorecka	GBR	13:00
4	Gulshat Fazlitdinova	RUS	13:03
5	Corinna Harrer	GER	13:08
6	Zenobie Vangansbeke	BEL	13:09
7	Ciara Mageean	IRL	13:16
8	Ioana Doagă	ROU	13:18
9	Lily Partridge	GBR	13:19
10	Annabel Gummow	GBR	13:19

Teams

1	Great Britain & NI	GBR	23
2	Germany	GER	63
3	Romania	ROU	64
4	Turkey	TUR	99
5	Belgium	BEL	103
6	Italy	ITA	128
7	Spain	ESP	149
8	Portugal	POR	165
9	Russia	RUS	172
10	Ireland	IRL	184

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	4	2	1	7
2	POR	2	2	3	7
3	FRA	2	2	0	4
4	ESP	2	1	3	6
5	UKR	1	0	2	3
6	IRL	1	0	0	1
7	SRB	0	2	0	2
8	RUS	0	1	2	3
9	GER	0	1	0	1
	TUR	0	1	0	1
11	ROU	0	0	1	1

18th SPAR European Cross Country Championships, Velenje SLO 2011

Men - Senior (10.0 km)

Individual

1	Atelaw Yeshetela Bekele	BEL	29:15
2	Ayad Lamdassem	ESP	29:20
3	Hassan Chahdi	FRA	29:22
4	Joseph Sweeney	IRL	29:23
5	Javier Guerra	ESP	29:24
6	Mourad Amdouni	FRA	29:26
7	Khalid Choukoud	NED	29:27
8	Andy Vernon	GBR	29:39
9	Morten Toft Munkholm	DEN	29:42
10	Mokhtar Benhari	FRA	29:43

Teams

1	France	FRA	30
2	Great Britain & NI	GBR	55
3	Spain	ESP	64
4	Italy	ITA	80
5	Ireland	IRL	112
6	Portugal	POR	114
7	Denmark	DEN	131
8	Germany	GER	156
9	Slovenia	SLO	228
10	Serbia	SRB	246

Women - Senior (8.0 km)

Individual

1	Fionnuala Britton	IRL	25:55
2	Dulce Félix	POR	26:02
3	Gemma Steel	GBR	26:04
4	Nadia Ejjafini	ITA	26:13
5	Adrienne Herzog	NED	26:34
6	Sophie Duarte	FRA	26:36
7	Roxana Bârcă	ROU	26:39
8	Leonor Carneiro	POR	26:39
9	Simret Restle	GER	26:40
10	Valeria Straneo	ITA	26:42

Teams

1	Great Britain & NI	GBR	42
2	Portugal	POR	51
3	Germany	GER	83
4	France	FRA	83
5	Romania	ROU	88
6	Italy	ITA	101
7	Spain	ESP	116
8	Ireland	IRL	133

Men - U23 (8.0 km)

Individual

1	Florian Carvalho	FRA	23:44
2	James Wilkinson	GBR	23:47
3	Sondre Nordstad Moen	NOR	23:48
4	Richard Ringer	GER	23:48
5	Siarhei Platonau	BLR	23:51
6	Abdi Nageeye	NED	23:54
7	Simon Denissel	FRA	23:56
8	Mitch Goose	GBR	23:57
9	Sindre Buraas	NOR	24:02
10	Cihat Ulus	TUR	24:03

Teams

1	Norway	NOR	59
2	Great Britain & NI	GBR	76
3	France	FRA	94
4	Spain	ESP	97
5	Russia	RUS	107
6	Belgium	BEL	128
7	Germany	GER	131
8	Ukraine	UKR	141
9	Sweden	SWE	144
10	Turkey	TUR	165

Women - U23 (6.0 km)

Individual

1	Emma Pallant	GBR	19:57
2	Naomi Taschimowitz	GBR	20:02
3	Corinna Harrer	GER	20:03
4	Steph Twell	GBR	20:03
5	Anna Hahner	GER	20:05
6	Viktoriya Pohoryelska	UKR	20:08
7	Hannah Walker	GBR	20:12
8	Clémence Calvin	FRA	20:16
9	Carla Salomé Rocha	POR	20:20
10	Jennifer Wenth	AUT	20:26

Teams

1	Great Britain & NI	GBR	14
2	Germany	GER	41
3	Portugal	POR	77
4	France	FRA	99
5	Turkey	TUR	101
6	Spain	ESP	102

Men - Junior (6.0 km)

Individual

1	Ilgizar Safiulin	RUS	17:49
2	Richard Goodman	GBR	17:51
3	Vladimir Nikitin	RUS	17:51
4	Romain Collenot-Spriet	FRA	17:53
5	Pieter-Jan Hannes	BEL	17:58
6	Rui Pinto	POR	18:01
7	Andrey Rusakov	RUS	18:07
8	Jonathan Hay	GBR	18:09
9	Kieran Clements	GBR	18:10
10	Yehor Zhukov	UKR	18:15

Teams

1	Great Britain & NI	GBR	30
2	Russia	RUS	60
3	France	FRA	103
4	Ukraine	UKR	109
5	Belgium	BEL	118
6	Denmark	DEN	120
7	Germany	GER	127
8	Spain	ESP	134
9	Portugal	POR	152
10	Turkey	TUR	177

Women - Junior (4.0 km)

Individual

1	Emelia Gorecka	GBR	13:13
2	Ioana Doagă	ROU	13:14
3	Amela Terzić	SRB	13:22
4	Gulshat Fazlitdinova	RUS	13:24
5	Zenobie Vangansbeke	BEL	13:32
6	Annabel Gummow	GBR	13:34
7	Svetlana Ryazantseva	RUS	13:37
8	Esmā Aydemir	TUR	13:41
9	Gesa-Felicitas Krause	GER	13:42
10	Maya Rehberg	GER	13:47

Teams

1	Great Britain & NI	GBR	40
2	Russia	RUS	43
3	Germany	GER	50
4	Romania	ROU	75
5	Netherlands	NED	117
6	Belgium	BEL	122
7	Spain	ESP	126
8	Turkey	TUR	132
9	Portugal	POR	168
10	Poland	POL	184

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	6	5	1	12
2	FRA	2	0	3	5
3	RUS	1	2	1	4
4	NOR	1	0	1	2
5	BEL	1	0	0	1
	IRL	1	0	0	1
7	POR	0	2	1	3
8	GER	0	1	3	4
9	ESP	0	1	1	2
10	ROU	0	1	0	1
11	SRB	0	0	1	1

19th SPAR European Cross Country Championships, Budapest HUN 2012

Men - Senior (9.9 km)

Individual

1	Andrea Lalli	ITA	30:01
2	Hassan Chahdi	FRA	30:11
3	Daniele Meucci	ITA	30:13
4	Thomas Farrell	GBR	30:14
5	Carles Castillejo	ESP	30:14
6	Ayad Lamdassem	ESP	30:14
7	Polat Kemboi Arikan	TUR	30:21
8	Javier Guerra	ESP	30:22
9	Bashir Abdi	BEL	30:26
10	Steve Vernon	GBR	30:28

Teams

1	Spain	ESP	35
2	Great Britain & NI	GBR	38
3	Italy	ITA	62
4	France	FRA	86
5	Ukraine	UKR	118
6	Turkey	TUR	126
7	Ireland	IRL	129
8	Netherlands	NED	147
9	Norway	NOR	151
10	Denmark	DEN	181

Women - Senior (8.05 km)

Individual

1	Fionnuala Britton	IRL	27:45
2	Dulce Félix	POR	27:47
3	Adrienne Herzog	NED	27:48
4	Almensch Belete	BEL	27:54
5	Laurane Picoche	FRA	27:55
6	Sophie Duarte	FRA	27:55
7	Nadia Ejjafini	ITA	27:59
8	Linda Byrne	IRL	28:17
9	Lisa Stublić	CRO	28:18
10	Diana Martín	ESP	28:19

Teams

1	Ireland	IRL	52
2	France	FRA	52
3	Great Britain & NI	GBR	60
4	Spain	ESP	73
5	Italy	ITA	82
6	Portugal	POR	91
7	Bosnia-Herzegovina	BIH	207

Men - U23 (8.05 km)

Individual

1	Henrik Ingebrigtsen	NOR	24:30
2	Soufiane Bouchikhi	BEL	24:40
3	James Wilkinson	GBR	24:43
4	Jesper van der Wielen	NED	24:46
5	Romain Collenot-Spriet	FRA	24:50
6	Antonio Abadía	ESP	24:57
7	Abdelaziz Merzoughi	ESP	24:57
8	Hayle Ibrahimov	AZE	24:59
9	Ørjan Grønnevig	NOR	25:00
10	Simon Denissel	FRA	25:02

Teams

1	France	FRA	50
2	Spain	ESP	59
3	Great Britain & NI	GBR	80
4	Norway	NOR	81
5	Italy	ITA	124
6	Denmark	DEN	127
7	Turkey	TUR	130
8	Germany	GER	133
9	Russia	RUS	163
10	Ukraine	UKR	199

Women - U23 (6.03 km)

Individual

1	Jess Coulson	GBR	20:40
2	Lyudmila Lebedeva	RUS	20:49
3	Clémence Calvin	FRA	20:52
4	Gulshat Fazlitdinova	RUS	20:52
5	Lauren Howarth	GBR	20:56
6	Corinna Harrer	GER	21:04
7	Carla Salomé Rocha	POR	21:05
8	Yekaterina Matyunina	RUS	21:07
9	Viktoriya Pohoryelska	UKR	21:08
10	Catarina Ribeiro	POR	21:20

Teams

1	Russia	RUS	27
2	Great Britain & NI	GBR	33
3	Germany	GER	84
4	Portugal	POR	105
5	France	FRA	113
6	Italy	ITA	125
7	Turkey	TUR	130
8	Ukraine	UKR	163
9	Spain	ESP	174

Men - Junior (6.03 km)

Individual

1	Szymon Kulka	POL	18:43
2	Mitko Tsenov	BUL	18:47
3	Kieran Clements	GBR	18:57
4	Ferdinand Kvan Edman	NOR	18:59
5	Djilali Bedrani	FRA	18:59
6	Isaac Kimeli	BEL	19:00
7	Alexandre Saddedine	FRA	19:00
8	Dino Bošnjak	CRO	19:01
9	Charlie Grice	GBR	19:02
10	Viktor Bakharev	RUS	19:03

Teams

1	Russia	RUS	50
2	France	FRA	51
3	Great Britain & NI	GBR	54
4	Poland	POL	77
5	Turkey	TUR	102
6	Italy	ITA	114
7	Germany	GER	165
8	Norway	NOR	166
9	Denmark	DEN	171
10	Belgium	BEL	172

Women - Junior (4.0 km)

Individual

1	Amela Terzić	SRB	13:29
2	Emelia Gorecka	GBR	13:37
3	Maya Rehberg	GER	13:43
4	Maruša Mišmaš	SLO	13:44
5	Annabel Mason	GBR	13:47
6	Ümmuhani Karacadir	TUR	13:54
7	Mariya Hodakivska	UKR	14:00
8	Jenny Walsh	GBR	14:01
9	Monica Madalina Florea	ROU	14:04
10	Yevdokiya Bukina	RUS	14:05

Teams

1	Great Britain & NI	GBR	28
2	Germany	GER	106
3	Russia	RUS	111
4	Romania	ROU	116
5	Sweden	SWE	122
6	Portugal	POR	150
7	Netherlands	NED	159
8	Ireland	IRL	176
9	Turkey	TUR	183
10	Ukraine	UKR	187

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	2	3	5	10
2	RUS	2	1	1	4
3	IRL	2	0	0	2
4	FRA	1	3	1	5
5	ESP	1	1	0	2
6	ITA	1	0	2	3
7	NOR	1	0	0	1
	POL	1	0	0	1
	SRB	1	0	0	1
10	GER	0	1	2	3
11	BEL	0	1	0	1
	BUL	0	1	0	1
	POR	0	1	0	1
14	NED	0	0	1	1

20th SPAR European Cross Country Championships, Belgrade SRB 2013

Men - Senior (10.0 km)

Individual

1	Alemayehu Bezabeh	ESP	29:11
2	Polat Kemboi Arikan	TUR	29:32
3	Andy Vernon	GBR	29:35
4	Jeroen D'Hoedt	BEL	29:35
5	Hassan Chahdi	FRA	29:40
6	Mohamed Marhum	ESP	29:46
7	Richard Ringer	GER	29:49
8	Bashir Abdi	BEL	29:53
9	Koen Naert	BEL	29:54
10	El Hassane Ben Lkhainouch	FRA	29:56

Teams

1	Spain	ESP	31
2	Belgium	BEL	49
3	Great Britain & NI	GBR	60
4	France	FRA	66
5	Germany	GER	69
6	Ireland	IRL	90
7	Turkey	TUR	105
8	Italy	ITA	151
9	Portugal	POR	205
10	Austria	AUT	228

Women - Senior (8.0 km)

Individual

1	Sophie Duarte	FRA	26:34
2	Gemma Steel	GBR	26:39
3	Dulce Félix	POR	26:41
4	Fionnuala Britton	IRL	26:45
5	Karoline Bjerkeli Grøvdal	NOR	26:52
6	Almensch Belete	BEL	27:00
7	Julia Bleasdale	GBR	27:02
8	Veronica Inglese	ITA	27:12
9	Carla Salomé Rocha	POR	27:13
10	Iris María Fuentes-Pila	ESP	27:17

Teams

1	Great Britain & NI	GBR	35
2	France	FRA	54
3	Spain	ESP	61
4	Italy	ITA	97
5	Portugal	POR	109
6	Ireland	IRL	115
7	Turkey	TUR	117
8	Czech Republic	CZE	197
9	Denmark	DEN	219
10	Romania	ROU	231

Men - U23 (8.0 km)

Individual

1	Pieter-Jan Hannes	BEL	24:02
2	Mitko Tsenov	BUL	24:07
3	Nemanja Cerovac	SRB	24:08
4	Ivan Strebkov	UKR	24:10
5	Luke Caldwell	GBR	24:13
6	Ørjan Grønnevig	NOR	24:15
7	Callum Hawkins	GBR	24:18
8	Michele Fontana	ITA	24:19
9	Paul Robinson	IRL	24:22
10	Henrik Ingebrigtsen	NOR	24:23

Teams

1	Great Britain & NI	GBR	40
2	Ukraine	UKR	72
3	France	FRA	78
4	Ireland	IRL	120
5	Russia	RUS	139
6	Norway	NOR	142
7	Germany	GER	148
8	Spain	ESP	166
9	Italy	ITA	180
10	Portugal	POR	185

Women - U23 (6.0 km)

Individual

1	Sifan Hassan	NED	19:40
2	Amela Terzić	SRB	19:46
3	Charlotte Purdue	GBR	19:49
4	Kate Avery	GBR	19:56
5	Lily Partridge	GBR	20:10
6	Liv Westphal	FRA	20:21
7	Rhona Auckland	GBR	20:25
8	Laura Weightman	GBR	20:28
9	Corinna Harrer	GER	20:32
10	Gulshat Fazlitdinova	RUS	20:37

Teams

1	Great Britain & NI	GBR	19
2	Russia	RUS	54
3	Netherlands	NED	70
4	Turkey	TUR	74
5	Germany	GER	87
6	Poland	POL	115
7	France	FRA	116
8	Italy	ITA	156
9	Portugal	POR	206

Men - Junior (6.0 km)

Individual

1	Ali Kaya	TUR	17:49
2	Isaac Kimeli	BEL	17:51
3	Mikhail Strelkov	RUS	18:05
4	Jonathan Davies	GBR	18:06
5	Lorenzo Dini	ITA	18:06
6	Alexandre Saddedine	FRA	18:12
7	Yemaneberhan Crippa	ITA	18:14
8	Steven Castelee	BEL	18:16
9	Seán Tobin	IRL	18:18
10	Viktor Bakharev	RUS	18:20

Teams

1	France	FRA	48
2	Russia	RUS	51
3	Italy	ITA	55
4	Great Britain & NI	GBR	67
5	Turkey	TUR	114
6	Spain	ESP	145
7	Netherlands	NED	151
8	Germany	GER	153
9	Ireland	IRL	157
10	Ukraine	UKR	200

Women - Junior (4.0 km)

Individual

1	Emelia Gorecka	GBR	13:06
2	Sofia Ennaoui	POL	13:16
3	Maruša Mišmaš	SLO	13:27
4	Georgia Taylor-Brown	GBR	13:31
5	Alina Reh	GER	13:34
6	Aleksandra Gulyayeva	RUS	13:38
7	Maria Larsson	SWE	13:39
8	Bobby Clay	GBR	13:40
9	Emine Hatun Tuna	TUR	13:40
10	Maya Rehberg	GER	13:41

Teams

1	Great Britain & NI	GBR	24
2	Sweden	SWE	75
3	Germany	GER	95
4	Italy	ITA	122
5	Poland	POL	135
6	Turkey	TUR	139
7	Russia	RUS	142
8	Norway	NOR	156
9	France	FRA	169
10	Ukraine	UKR	176

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	5	1	3	9
2	FRA	2	1	1	4
3	ESP	2	0	1	3
4	BEL	1	2	0	3
5	TUR	1	1	0	2
6	NED	1	0	1	2
7	RUS	0	2	1	3
8	SRB	0	1	1	2
9	BUL	0	1	0	1
	POL	0	1	0	1
	SWE	0	1	0	1
	UKR	0	1	0	1
13	GER	0	0	1	1
	ITA	0	0	1	1
	POR	0	0	1	1
	SLO	0	0	1	1

21st European Cross Country Championships, Samokov BUL 2014

Men - Senior (10.01 km)

Individual

1	Polat Kemboi Arikan	TUR	32.19
2	Ali Kaya	TUR	32.19
3	Alemayehu Bezabeh	ESP	32.30
4	Florian Carvalho	FRA	32.59
5	Ross Millington	GBR	33.00
6	Mohamed Marhum	ESP	33.04
7	Khalid Choukoud	NED	33.04
8	Stefano La Rosa	ITA	33.17
9	Adam Hickey	GBR	33.19
10	Timothée Bommier	FRA	33.21

Teams

1	Turkey	TUR	33
2	Spain	ESP	36
3	Italy	ITA	59
4	France	FRA	69
5	Great Britain & NI	GBR	76
6	Ireland	IRL	127
7	Ukraine	UKR	178
8	Romania	ROU	219
9	Denmark	DEN	231

Women - Senior (7.782 km)

Individual

1	Gemma Steel	GBR	28.27
2	Kate Avery	GBR	28.27
3	Meraf Bahta	SWE	28.52
4	Almensch Belete	BEL	28.52
5	Sophie Duarte	FRA	28.58
6	Fionnuala Britton	IRL	28.59
7	Steph Twell	GBR	29.07
8	Iwona Lewandowska	POL	29.09
9	Iris María Fuentes-Pila	ESP	29.19
10	Carla Salomé Rocha	POR	29.20

Teams

1	Great Britain & NI	GBR	21
2	Spain	ESP	70
3	Ireland	IRL	87
4	France	FRA	88
5	Italy	ITA	112
6	Denmark	DEN	124
7	Romania	ROU	215

Men - U23 (7.782 km)

Individual

1	Ilgizar Safiulin	RUS	25.31
2	Igor Maksimov	RUS	25.33
3	Vladimir Nikitin	RUS	25.37
4	Jonathan Hay	GBR	25.46
5	Callum Hawkins	GBR	25.49
6	Elmar Engholm	SWE	25.52
7	Marc Scott	GBR	25.54
8	Francois Barrer	FRA	25.56
9	Alexander Palm	SWE	26.00
10	Mikhail Strelkov	RUS	26.03

Teams

1	Russia	RUS	16
2	Great Britain & NI	GBR	31
3	Sweden	SWE	62
4	France	FRA	93
5	Spain	ESP	110
6	Germany	GER	122
7	Ukraine	UKR	136
8	Poland	POL	137
9	Ireland	IRL	143
10	Romania	ROU	247

Women - U23 (6.085 km)

Individual

1	Rhona Auckland	GBR	22.23
2	Militsa Mircheva	BUL	22.25
3	Gulshat Fazlitdinova	RUS	22.28
4	Yekaterina Sokolenko	RUS	22.32
5	Maureen Koster	NED	22.37
6	Sevilay Eytemiş	TUR	22.44
7	Louise Carton	BEL	22.49
8	Svetlana Aplachkina	RUS	22.56
9	Alice Wright	GBR	22.59
10	Amela Terzić	SRB	23.04

Teams

1	Russia	RUS	32
2	Great Britain & NI	GBR	37
3	Turkey	TUR	95
4	Germany	GER	107
5	Belarus	BLR	123
6	Romania	ROU	132
7	Ukraine	UKR	145
8	Portugal	POR	185
9	Ireland	IRL	186

Men - Junior (6.085 km)

Individual

1	Yemaneberhan Crippa	ITA	20.07
2	Carlos Mayo	ESP	20.22
3	Said Eттаqy	ITA	20.28
4	Ayoub Mokhtar	ESP	20.30
5	Yohanes Chiappinelli	ITA	20.33
6	Emmanuel Roudolff Levisse	FRA	20.37
7	Jordi Torrents	ESP	20.40
8	William Levay	SWE	20.40
9	Alessandro Giacobazzi	ITA	20.41
10	Emil Danielsson	SWE	20.42

Teams

1	Italy	ITA	18
2	Spain	ESP	41
3	Turkey	TUR	70
4	France	FRA	74
5	Great Britain & NI	GBR	85
6	Sweden	SWE	90
7	Germany	GER	136
8	Russia	RUS	138
9	Ukraine	UKR	178
10	Norway	NOR	179

Women - Junior (3.857 km)

Individual

1	Emine Hatun Tuna	TUR	14.13
2	Jessica Judd	GBR	14.18
3	Lydia Turner	GBR	14.25
4	Alina Reh	GER	14.34
5	Amy Griffiths	GBR	14.38
6	Anna Emilie Møller	DEN	14.42
7	Cassandre Beaugrand	FRA	14.44
8	Rebecca Straw	GBR	14.48
9	Célia Antón	ESP	14.49
10	Weronika Pyzik	POL	14.55

Teams

1	Great Britain & NI	GBR	18
2	France	FRA	64
3	Germany	GER	74
4	Turkey	TUR	99
5	Spain	ESP	111
6	Ukraine	UKR	116
7	Denmark	DEN	116
8	Italy	ITA	144
9	Romania	ROU	188
10	Ireland	IRL	192

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	4	4	1	9
2	RUS	3	1	2	6
	TUR	3	1	2	6
4	ITA	2	0	2	4
5	ESP	0	4	1	5
6	BUL	0	1	0	1
	FRA	0	1	0	1
8	SWE	0	0	2	2
9	GER	0	0	1	1
	IRL	0	0	1	1

22nd European Cross Country Championships, Hyères FRA 2015

Men - Senior (10.117 km)

Individual

1	Ali Kaya	TUR	29:02
2	Alemayehu Bezabeh	ESP	29:31
3	Adel Mechaal	ESP	29:51
4	Ayad Lamdassem	ESP	29:57
5	Ilias Fifa	ESP	30:02
6	Florian Carvalho	FRA	30:06
7	Roberto Alaiz	ESP	30:02
8	Yohan Durand	FRA	30:02
9	Mourad Amdouni	FRA	30:24
10	David Nilsson	SWE	30:25

Teams

1	Spain	ESP	14
2	France	FRA	35
3	Great Britain & NI	GBR	78
4	Italy	ITA	99
5	Netherlands	NED	103
6	Denmark	DEN	105
7	Norway	NOR	143
8	Ukraine	UKR	151
9	Turkey	TUR	154
10	Belgium	BEL	177

Women - Senior (8.087 km)

Individual

1	Sifan Hassan	NED	25:47
2	Kate Avery	GBR	25:55
3	Karoline Bjerkeli Grøvdal	NOR	25:57
4	Fionnuala McCormack	IRL	26:26
5	Ancuța Bobocel	ROU	26:07
6	Steph Twell	GBR	26:08
7	Clémence Calvin	FRA	26:17
8	Gemma Steel	GBR	26:25
9	Maureen Koster	NED	26:28
10	Johanna Peiponen	FIN	26:34

Teams

1	Great Britain & NI	GBR	33
2	France	FRA	78
3	Ireland	IRL	83
4	Spain	ESP	95
5	Italy	ITA	118
6	Romania	ROU	129
7	Ukraine	UKR	238

Men - U23 (8.087 km)

Individual

1	Jonny Davies	GBR	23:32
2	Carlos Mayo	ESP	23:35
3	Amanal Petros	GER	23:39
4	Marc Scott	GBR	23:39
5	Djilali Bedrani	FRA	23:41
6	Lorenzo Dini	ITA	23:41
7	Nassim Hassaous	ESP	23:47
8	Napoleon Solomon	SWE	23:49
9	Jaime Escriche	ESP	23:05
10	Peter Glans	DEN	23:52

Teams

1	Spain	ESP	39
2	Great Britain & NI	GBR	41
3	France	FRA	59
4	Italy	ITA	77
5	Germany	GER	81
6	Poland	POL	83
7	Ireland	IRL	161
8	Ukraine	UKR	221

Women - U23 (4.157 km)

Individual

1	Louise Carton	BEL	19:46
2	Jip Vastenburg	NED	19:46
3	Amela Terzić	SRB	19:49
4	Laura Muir	GBR	19:53
5	Viktoria Kushnir	BLR	20:05
6	Sarah Lahti	SWE	20:06
7	Federica Del Buono	ITA	20:12
8	Emma Oudiou	FRA	20:14
9	Molly Renfer	SUI	20:14
10	Madeleine Murray	GBR	20:15

Teams

1	Great Britain & NI	GBR	41
2	France	FRA	71
3	Italy	ITA	82
4	Ukraine	UKR	127
5	Turkey	TUR	140
6	Portugal	POR	188

Men - Junior (5.947 km)

Individual

1	Yemaneberhan Crippa	ITA	17:39
2	Fabien Palcau	FRA	17:45
3	El Madhi Lahoufi	ESP	17:46
4	Jimmy Gressier	FRA	17:48
5	Said Ettaqy	ITA	17:49
6	Stan Niesten	NED	17:51
7	Mohamed-Amine El Bouajaji	FRA	17:52
8	Dieter Kersten	BEL	17:53
9	Alexander Yee	GBR	17:53
10	Pietro Riva	ITA	17:55

Teams

1	France	FRA	27
2	Italy	ITA	29
3	Great Britain & NI	GBR	67
4	Spain	ESP	87
5	Belgium	BEL	121
6	Germany	GER	141
7	Sweden	SWE	150
8	Ireland	IRL	165
9	Switzerland	SUI	169
10	Turkey	TUR	191

Women - Junior (4.157 km)

Individual

1	Konstanze Klosterhalfen	GER	13:12
2	Harriet Knowles-Jones	GBR	13:16
3	Alina Reh	GER	13:20
4	Célia Antón	ESP	13:27
5	Bobby Clay	GBR	13:29
6	Sarah Kistner	GER	13:35
7	Carolina Johnson	SWE	13:36
8	Anna Emilie Møller	DEN	13:37
9	Yuliya Moroz	UKR	13:40
10	Franziska Reng	GER	13:40

Teams

1	Germany	GER	20
2	Great Britain & NI	GBR	40
3	Denmark	DEN	62
4	France	FRA	77
5	Spain	ESP	108
6	Turkey	TUR	112
7	Italy	ITA	150
8	Switzerland	SUI	181
9	Romania	ROU	216
10	Ukraine	UKR	221

Medals

Individual and teams medals are included.

		G	S	B	Total
1	GBR	3	4	2	9
2	ESP	2	2	2	6
3	GER	2	0	2	4
4	FRA	1	4	1	6
5	ITA	1	1	1	3
6	NED	1	1	0	2
7	BEL	1	0	0	1
	TUR	1	0	0	1
9	DEN	0	0	1	1
	IRL	0	0	1	1
	NOR	0	0	1	1
	SRB	0	0	1	1

23rd European Cross Country Championships, Chia ITA 2016

Men - Senior (9.94km)

Individual

1	Aras Kaya	TUR	27.39
2	Polat Kemboi Arikan	TUR	27.42
3	Callum Hawkins	GBR	27.49
4	Andrew Butchart	GBR	28.01
5	Andy Vernon	GBR	28.11
6	Ilias Fifi	ESP	28.19
7	Ayad Lamdassem	ESP	28.22
8	Adel Mechaal	ESP	28.26
9	Marouan Razine	ITA	28.27
10	Kaan Kigen Özbilen	TUR	28.30

Teams

1	Great Britain & NI	GBR	28
2	Spain	ESP	32
3	Turkey	TUR	38
4	France	FRA	79
5	Italy	ITA	82
6	Netherlands	NED	137
7	Ukraine	UKR	146
8	Norway	NOR	153
9	Denmark	DEN	159
10	Ireland	IRL	197

Women - Senior (7.97km)

Individual

1	Yasemin Can	TUR	24.46
2	Meryem Akdağ	TUR	24.56
3	Karoline Bjerkeli Grøvdal	NOR	25.26
4	Ancuța Bobocel	ROU	25.27
5	Fionnuala McCormack	IRL	25.28
6	Steph Twell	GBR	25.40
7	Trihas Gebre	ESP	25.41
8	Fabienne Schlumpf	SUI	25.46
9	Liv Westphal	FRA	25.47
10	Elizeba Cheron	NED	25.57

Teams

1	Turkey	TUR	35
2	Great Britain & NI	GBR	51
3	Romania	ROU	79
4	France	FRA	101
5	Spain	ESP	117
6	Ireland	IRL	123
7	Germany	GER	127
8	Czech Republic	CZE	135
9	Portugal	POR	151
10	Italy	ITA	162

Men - U23 (7.97km)

Individual

1	Isaac Kimeli	BEL	22.48
2	Carlos Mayo	ESP	22.53
3	Yemaneberhan Crippa	ITA	22.54
4	Amanal Petros	GER	23.01
5	Jonny Davies	GBR	23.01
6	Napoleon Solomon	SWE	23.03
7	Jesus Ramos	ESP	23.08
8	Simon Debognies	BEL	23.14
9	Samuele Dini	ITA	23.15
10	Dieter Kersten	BEL	23.16

Teams

1	Italy	ITA	35
2	Belgium	BEL	53
3	Spain	ESP	64
4	Great Britain & NI	GBR	78
5	Germany	GER	81
6	France	FRA	83
7	Sweden	SWE	129
8	Ukraine	UKR	164
9	Portugal	POR	202
10	Israel	ISR	214

Women - U23 (6.0km)

Individual

1	Sofia Ennaoui	POL	19:21
2	Anna Gehring	GER	19:24
3	Alice Wright	GBR	19:42
4	Charlotte Taylor	GBR	19:44
5	Katarzyna Rutkowska	POL	19:49
6	Caterina Granz	GER	19:50
7	Rebecca Murray	GBR	19:52
8	Viktoriya Kalyuzhna	UKR	19:54
9	Carolin Kirtzel	GER	19:54
10	Christine Santi	ITA	19:59

Teams

1	Great Britain & NI	GBR	26
2	Germany	GER	33
3	Italy	ITA	67
4	Ukraine	UKR	69
5	Turkey	TUR	104
6	France	FRA	111
7	Spain	ESP	130
8	Slovak Republic	SVK	180

Men - U20 (6.0km)

Individual

1	Jakob Ingebrigtsen	NOR	17:06
2	Yohanes Chiappinelli	ITA	17:14
3	Mahamed Mahamed	GBR	17:16
4	Jimmy Gressier	FRA	17:19
5	Mohamed-Amine El Bouajaji	FRA	17:20
6	Jack O'Leary	IRL	17:21
7	Hugo Hay	FRA	17:30
8	Adrian Ben	ESP	17:30
9	Miguel González	ESP	17:34
10	Abderrazak Charik	FRA	17:34

Women - U20 (4.06km)

Individual

1	Konstanze Klosterhalfen	GER	12.26
2	Anna Emilie Møller	DEN	12.43
3	Harriet Knowles-Jones	GBR	12.52
4	Alina Reh	GER	12.53
5	Jasmijn Lau	NED	12.57
6	Delia Scabas	SUI	12.58
7	Lucía Rodríguez	ESP	13.06
8	Cécile Lejeune	FRA	13.12
9	Amelia Quirk	GBR	13.12
10	Victoria Weir	GBR	13.16

Teams

1	France	FRA	26
2	Spain	ESP	42
3	Great Britain & NI	GBR	43
4	Italy	ITA	91
5	Israel	ISR	92
6	Ireland	IRL	117
7	Germany	GER	135
8	Turkey	TUR	148
9	Romania	ROU	179
10	Denmark	DEN	202

Teams

1	Great Britain & NI	GBR	33
2	Germany	GER	57
3	Netherlands	NED	71
4	France	FRA	89
5	Spain	ESP	99
6	Turkey	TUR	112
7	Italy	ITA	115
8	Denmark	DEN	122
9	Poland	POL	148
10	Ireland	IRL	148

Medals

Individual and teams medals are included.

		G	S	B	Total
1	TUR	3	2	1	6
2	GBR	3	1	5	9
3	GER	1	3	0	4
4	ITA	1	1	2	4
5	BEL	1	1	0	2
6	NOR	1	0	1	2
7	FRA	1	0	0	1
	POL	1	0	0	1
9	ESP	0	3	1	4
10	DEN	0	1	0	1
11	NED	0	0	1	1
	ROU	0	0	1	1

Next Editions

24th European Cross Country Championships,
Šamorin SVK 2017

25th European Cross Country Championships,
Tilburg NED 2018

Overall medal table

		G	S	B	Total
1	GBR	55	48	35	138
2	FRA	25	26	26	77
3	ESP	19	26	19	64
4	POR	19	20	15	54
5	RUS	17	24	16	57
6	TUR	15	7	9	31
7	UKR	11	3	7	21
8	ITA	9	5	14	28
9	BEL	6	6	6	18
10	NED	6	3	5	14
11	GER	5	7	15	27
12	IRL	5	3	5	13
13	HUN	5	0	1	6
14	ROU	4	10	12	26
15	NOR	4	3	4	11
16	POL	3	5	4	12
17	SWE	1	4	7	12
18	SRB	1	4	4	9
19	FIN	1	2	2	5
20	SUI	1	2	0	3
21	YUG	1	1	6	8
22	DEN	1	1	1	3
23	SLO	1	0	1	2
24	LAT	1	0	0	1
25	BUL	0	3	0	3
26	AUT	0	1	1	2
	SCG	0	1	1	2
28	BLR	0	1	0	1

Medals by categories

Men - Senior

		G	S	B	Total
1	ESP	11	15	9	35
2	UKR	9	1	3	13
3	FRA	7	8	9	24
4	POR	7	8	6	21
5	GBR	4	5	9	18
6	TUR	4	3	1	8
7	ITA	2	1	5	8
8	BEL	1	2	1	4
9	DEN	1	0	0	1
10	SWE	0	2	2	4
11	NED	0	1	0	1
12	IRL	0	0	1	1

Women - Senior

		G	S	B	Total
1	GBR	10	14	4	28
2	POR	9	6	7	22
3	FRA	6	6	6	18
4	IRL	4	1	2	7
5	RUS	3	3	1	7
6	NED	3	0	2	5
7	ESP	2	4	5	11
8	TUR	2	3	1	6
9	ROU	1	5	3	9
10	SWE	1	1	2	4
11	FIN	1	1	1	3
12	HUN	1	0	1	2
13	SLO	1	0	0	1
	SUI	1	0	0	1
	UKR	1	0	0	1
16	GER	0	1	2	3
17	POL	0	1	1	2
18	YUG	0	0	4	4
19	NOR	0	0	2	2
20	BEL	0	0	1	1
	SRB	0	0	1	1

Men - U23

		G	S	B	Total
1	FRA	5	3	4	12
2	GBR	4	6	3	13
3	RUS	3	2	3	8
4	BEL	2	2	2	6
	ITA	2	2	2	6
6	NOR	2	0	1	3
7	ESP	1	3	2	6
8	TUR	1	0	1	2
9	HUN	1	0	0	1
	IRL	1	0	0	1
11	POL	0	1	1	2
	SRB	0	1	1	2
13	BUL	0	1	0	1
	UKR	0	1	0	1
15	GER	0	0	1	1
	SWE	0	0	1	1

Women - U23

		G	S	B	Total
1	GBR	12	5	3	20
2	RUS	2	7	2	11
3	NED	2	2	1	5
4	TUR	2	0	2	4
5	POL	1	1	2	4
6	BEL	1	0	0	1
	ESP	1	0	0	1
	ROU	1	0	0	1
9	GER	0	3	3	6
10	FRA	0	1	2	3
11	SRB	0	1	1	2
12	BUL	0	1	0	1
	IRL	0	1	0	1
14	ITA	0	0	3	3
15	UKR	0	0	2	2
16	POR	0	0	1	1

Men - U20

		G	S	B	Total
1	FRA	7	7	5	19
2	RUS	7	5	5	17
3	GBR	5	9	8	22
4	ITA	5	2	4	11
5	ESP	4	4	2	10
6	BEL	2	1	0	3
7	HUN	2	0	0	2
	POL	2	0	0	2
9	POR	1	3	1	5
10	NOR	1	2	1	4
11	TUR	1	0	2	3
12	GER	1	0	1	2
	UKR	1	0	1	2
14	NED	1	0	0	1
15	ROU	0	2	4	6
16	IRL	0	1	2	3
17	AUT	0	1	1	2
18	BLR	0	1	0	1
	BUL	0	1	0	1
	SRB	0	1	0	1
21	FIN	0	0	1	1
	SCG	0	0	1	1
	SWE	0	0	1	1

Women - U20

		G	S	B	Total
1	GBR	20	9	8	37
2	TUR	5	1	2	8
3	GER	4	3	8	15
4	RUS	2	7	5	14
5	ROU	2	3	5	10
6	POR	2	3	0	5
7	YUG	1	1	2	4
8	SRB	1	1	1	3
9	NOR	1	1	0	2
10	HUN	1	0	0	1
	LAT	1	0	0	1
12	POL	0	2	0	2
	SUI	0	2	0	2
14	BEL	0	1	2	3
15	DEN	0	1	1	2
	SWE	0	1	1	2
	UKR	0	1	1	2
18	FIN	0	1	0	1
	FRA	0	1	0	1
	SCG	0	1	0	1
21	NED	0	0	2	2
22	ESP	0	0	1	1
	SLO	0	0	1	1

EUROPEAN ATHLETICS

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