

CROSS COUNTRY
CHAMPIONSHIPS

Brussels 2023



Let's meet
in Brussels!

10
December
2023

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Statistics Handbook

European Athletics President's Welcome Message



I am delighted to welcome everyone to the 29th edition of the SPAR European Cross Country Championships.

It is a thrill and delight to be back in Brussels once again, as Belgium and its capital city can truly be said to be one of Europe's great venues for cross country running and have this discipline of our wonderful sport as part of its DNA.

Coming here this year for the most important cross country event on the European calendar is very appropriate as it was in 1923, almost exactly a century ago barring a few months, that Belgium first sent runners to what was then the International Cross Country Championships.

The name of Georges Vandebroele may not be well known among cross country aficionados of the 21st century but he won a bronze medal at those championships, led Belgium to bronze in the team race and helped cement cross country running in the hearts of Belgian athletics fans.

This will be the second time that Brussels has staged the SPAR European Cross Country Championships after the 2008 edition, and the third championships in Belgium with Charleroi also being the host in 1996.

However, Brussels and Belgium have a long history at organising top-level international races that stretches much further back than the inauguration of the SPAR European Cross Country Championships in 1994.

The Antwerp 1920 Olympic Games had cross country running on its programme and Brussels first staged the International Cross Country Championships in 1928.

With such a strong and illustrious tradition of organising cross country races, I am confident this will be a superb advertisement for our sport and this discipline as not just Europe, but the world will be watching the seven races here in the Laeken Park.

The Laeken Park – in the shadow of the famous Atomium, which was also the venue for the 2008 SPAR European Cross Country Championships – is superbly placed close to the centre of Brussels so that I expect that, just like 15 years ago, there will once again be large and enthusiastic crowds cheering the 600-plus runners who will be competing here this year.

I would just like to conclude by saying that European Athletics are very grateful to the organising partners of Golazo Sports, CrossCup VZW and Belgian Athletics, the Brussels municipal authorities and all the other institutional partners, as well as the officials and volunteers working with the Local Organising Committee for their dedication, hard work, and commitment to staging this event.

A handwritten signature in black ink, appearing to read 'D. Karamarinov'. The signature is fluid and stylized, with a long horizontal stroke at the end.

Dobromir Karamarinov
European Athletics President

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Acknowledgements

This book was made for the Brussels 2023 SPAR European Cross Country Championships in Belgium.

Historical statistics were taken from the previous 28 editions of the European Cross Country Championships held between 1994 in Alnwick in the Great Britain and 2022 in Piemonte-La Mandria Park, Italy.

Please send any comments to competition@european-athletics.org

Impressum

Editor: András Szabó
European Athletics Statistician

Data: World Athletics / European Athletics statistical team

Production / Print: Organising Committee
SPAR European Cross Country Championships Brussels 2023

Next editions

29 th European Cross Country Championships	Brussels, BEL	10 December 2023
30 th European Cross Country Championships	Antalya, TUR	8 December 2024
31 st European Cross Country Championships	Lagoa, POR	14 December 2025

Overview

Editions

Date	Venue	Senior		U23		U20*		Relay		Athl.	MF**
		M	W	M	W	M	W	X			
10 DEC 1994	Alnwick (GBR)	103	69							172	23
02 DEC 1995	Alnwick (GBR)	106	80							186	23
15 DEC 1996	Charleroi (BEL)	100	74			38#	37#			249	25
14 DEC 1997	Oeiras (POR)	84	55			58	56			253	26
13 DEC 1998	Ferrara (ITA)	79	60			78	70			287	26
12 DEC 1999	Velenje (SLO)	83	62			104	87			336	29
10 DEC 2000	Malmö (SWE)	86	70			97	86			339	32
09 DEC 2001	Thun (SUI)	77	84			90	84			335	27
08 DEC 2002	Medulin (CRO)	86	77			94	92			349	27
14 DEC 2003	Edinburgh (GBR)	73	62			94	75			304	27
12 DEC 2004	Heringsdorf (GER)	89	76			107	89			361	27
11 DEC 2005	Tilburg (NED)	90	74			104	82			350	27
10 DEC 2006	San Giorgio su Legnano (ITA)	65	59	82#	64#	107	91			468	30
09 DEC 2007	Toro (ESP)	57	46	77	67	89	87			423	29
14 DEC 2008	Bruxelles (BEL)	77	64	85	66	94	81			467	32
13 DEC 2009	Dublin (IRL)	65	51	81	61	89	76			423	30
12 DEC 2010	Albufeira (POR)	74	49	102	64	104	75			468	34
11 DEC 2011	Velenje (SLO)	76	54	98	43	112	93			476	33
09 DEC 2012	Budapest (HUN)	92	54	99	63	116	94			518	35
08 DEC 2013	Beograd (SRB)	81	74	87	62	114	107			525	36
14 DEC 2014	Samokov (BUL)	75	62	74	60	104	76			451	34
13 DEC 2015	Hyères (FRA)	78	69	69	50	90	81			437	32
11 DEC 2016	Chia (ITA)	80	73	72	53	87	81			446	33
10 DEC 2017	Šamorín (SVK)	79	77	85	63	109	104	44		559	37
09 DEC 2018	Tilburg (NED)	88	72	93	70	96	88	48		555	38
08 DEC 2019	Lisboa (POR)	92	59	85	61	106	93	48		544	40
12 DEC 2021	Dublin (IRL)	85	75	75	59	97	99	44		534	37
11 DEC 2022	Piemonte-La Mandria Park (ITA)	82	67	82	59	101	87	56		534	40

* Until 2015 the U20 age category was called Junior

** Number of participating Member Federations

Exhibition race

Countries

Participation at championships and country codes by years:

Country	First year	Last year	Editions
BEL	1994	2022	28
ESP	1994	2022	28
FIN	1994	2022	28
FRA	1994	2022	28
GBR	1994	2022	28
GER	1994	2022	28
IRL	1994	2022	28
ITA	1994	2022	28
NED	1994	2022	28
POR	1994	2022	28
ROU	1994	2022	28
SLO	1994	2022	28
SUI	1994	2022	28
SWE	1994	2022	28
UKR	1994	2022	28
CZE	1994	2022	27
DEN	1994	2022	27
HUN	1994	2022	26
CRO	1994	2022	25
LTU	1994	2022	13
LAT	1994	2021	16
BLR	1994	2019	21
RUS	1994	2018	22
POL	1995	2022	26
TUR	1996	2022	26
NOR	1996	2022	24
ISR	1996	2022	11
YUG	1996	2002	7

Country	First year	Last year	Editions
AUT	1997	2022	24
AND	1997	2022	6
SVK	1998	2022	17
SMR	1998	2022	2
EST	1999	2022	17
MKD	1999	2022	8
MLT	1999	2022	5
BIH	1999	2017	9
BUL	2000	2022	14
GRE	2000	2022	5
SCG	2003	2005	3
GIB	2004	2022	5
MDA	2005	2017	2
SRB	2006	2022	15
LUX	2006	2022	6
LIE	2006	2009	2
MON	2007	2022	11
ARM	2007	2016	6
ALB	2008	2022	10
GEO	2010	2012	2
AZE	2012	2012	1
MNE	2013	2013	1
ISL	2018	2022	3
ANA*	2019	2021	2
ART**	2021	2022	2

*Authorized Neutral Athlete

** Athlete Refugee Team

All-Time Medal Table

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	75	57	45	177
2	France	33	33	34	100
3	Spain	23	33	26	82
4	Türkiye	21	11	14	46
5	Portugal	19	20	20	59
6	Russia	16	24	16	56
7	Italy	15	10	13	38
8	Norway	13	8	7	28
9	Ukraine	11	3	7	21
10	Germany	9	13	23	45
11	Netherlands	8	5	5	18
12	Belgium	6	9	8	23
13	Ireland	6	8	10	24
14	Romania	4	11	12	27
15	Denmark	4	1	2	7
16	Hungary	4	1	1	6
17	Poland	3	4	4	11
18	Sweden	1	6	9	16
19	Serbia	1	4	5	10
20	Switzerland	1	4	1	6
21	Finland	1	2	3	6
22	Slovenia	1	2	1	4
23	Yugoslavia	1	1	6	8
24	Latvia	1			1
25	Bulgaria		3		3
26	Austria		1	1	2
26	Belarus		1	1	2
26	Serbia and Montenegro		1	1	2
29	Czech Republic		1		1
30	Israel			1	1
30	Luxembourg			1	1

Medal Tables by Categories

Men - Senior

Rank	Country	Gold	Silver	Bronze	Total
1	Spain	11	18	11	40
2	France	9	8	10	27
3	Ukraine	9	1	3	13
4	Türkiye	8	4	2	14
5	Portugal	7	8	7	22
6	Great Britain & N.I.	5	7	11	23
7	Norway	3		1	4
8	Italy	2	3	5	10
9	Belgium	1	4	2	7
10	Denmark	1			1
11	Sweden		2	2	4
12	Netherlands		1		1
13	Ireland			1	1
13	Switzerland			1	1

Women – Senior

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	13	16	4	33
2	Portugal	9	6	8	23
3	France	6	6	6	18
4	Türkiye	5	3	2	10
5	Ireland	4	2	3	9
6	Netherlands	4		2	6
7	Russia	3	3	1	7
8	Spain	2	4	5	11
9	Norway	2	1	4	7
10	Romania	1	6	3	10
11	Germany	1	3	5	9
12	Sweden	1	3	4	8
13	Finland	1	1	1	3
14	Switzerland	1	1		2
15	Hungary	1		1	2
16	Slovenia	1			1
16	Ukraine	1			1
18	Poland		1	1	2
19	Yugoslavia			4	4
20	Belgium			1	1
20	Serbia			1	1

Mixed Relay

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	3			3
2	Spain	1	1	2	4
3	Italy	1			1
4	France		3	1	4
5	Czech Republic		1		1
6	Belarus			1	1
6	Belgium			1	1

Men – U23

Rank	Country	Gold	Silver	Bronze	Total
1	France	11	5	7	23
2	Great Britain & N.I.	7	9	5	21
3	Belgium	2	3	2	7
4	Russia	2	2	3	7
5	Italy	2	2	2	6
6	Ireland	2	1	1	4
7	Norway	2		1	3
8	Spain	1	3	3	7
9	Türkiye	1		1	2
10	Germany		1	2	3
11	Serbia		1	1	2
12	Bulgaria		1		1
12	Poland		1		1
12	Ukraine		1		1
15	Luxembourg			1	1
15	Sweden			1	1

Women – U23

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	13	6	8	27
2	Netherlands	3	3	1	7
3	Italy	3	1	2	6
4	Russia	2	7	2	11
5	Germany	2	6	3	11
6	Denmark	2			2
7	Spain	1	1		2
8	Poland	1		3	4
9	Türkiye	1		2	3
10	Belgium	1			1
10	Romania	1			1
12	France		2	3	5
13	Ireland		1	1	2

13	Serbia		1	1	2
15	Bulgaria		1		1
15	Slovenia		1		1
17	Portugal			2	2
17	Ukraine			2	2

Men – U20

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	9	10	8	27
2	France	7	8	6	21
3	Russia	7	5	5	17
4	Spain	5	5	3	13
5	Norway	5	4	1	10
6	Italy	5	2	4	11
7	Belgium	2	1		3
8	Hungary	2			2
8	Poland	2			2
10	Portugal	1	3	2	6
11	Türkiye	1	2	3	6
12	Germany	1		2	3
13	Denmark	1		1	2
13	Ukraine	1		1	2
15	Netherlands	1			1
16	Ireland		4	4	8
17	Romania		2	4	6
18	Austria		1	1	2
18	Serbia		1	1	2
20	Belarus		1		1
20	Bulgaria		1		1
22	Finland			1	1
22	Israel			1	1
22	Serbia and Montenegro			1	1
22	Sweden			1	1

Women – U20

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	25	9	9	43
2	Germany	5	3	11	19
3	Türkiye	5	2	4	11
4	Russia	2	7	5	14
5	Romania	2	3	5	10
6	Portugal	2	3	1	6
7	Italy	2	2		4
8	Spain	2	1	2	5
9	Norway	1	3		4

10	Yugoslavia	1	1	2	4
11	Serbia	1	1	1	3
12	Hungary	1	1		2
13	Latvia	1			1
14	Switzerland		3		3
15	Poland		2		2
16	Belgium		1	2	3
16	Netherlands		1	2	3
18	Denmark		1	1	2
18	Finland		1	1	2
18	France		1	1	2
18	Slovenia		1	1	2
18	Sweden		1	1	2
18	Ukraine		1	1	2
24	Serbia and Montenegro		1		1

Multiple Medallists

Only individual and relay medals are considered.

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	Bruxelles (BEL)	1	30:49	
2009	Dublin (IRL)	3	31:17	
2010	Albufeira (POR)	1	29:15	

6	Jakob INGEBRIGTSEN	NOR		
2016	Chia (ITA)	1	17:06	U20
2017	Šamorín (SVK)	1	18:39	U20
2018	Tilburg (NED)	1	18:00	U20
2019	Lisboa (POR)	1	18:20	U20
2021	Dublin (IRL)	1	30:15	
2022	Piemonte-La Mandria Park (ITA)	1	29:33	

5	Hassan CHAHDI	FRA		
2008	Bruxelles (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	Yemaneberhan CRIPPA	ITA		
2014	Samokov (BUL)	1	20:07	Jun.
2015	Hyères (FRA)	1	17:39	Jun.
2016	Chia (ITA)	3	22:54	U23
2017	Šamorín (SVK)	3	24:42	U23
2019	Lisboa (POR)	2	30:21	

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	Beograd (SRB)	1	29:11	
2014	Samokov (BUL)	3	32:30	
2015	Hyères (FRA)	2	29:31	

4	Florian CARVALHO DE FONSESCO	FRA		
2007	Toro (ESP)	2	20:11	Jun.
2008	Bruxelles (BEL)	1	18:42	Jun.
2010	Albufeira (POR)	2	24:14	U23
2011	Velenje (SLO)	1	23:44	U23
4	Mo FARAH	GBR		
2001	Thun (SUI)	2	19:38	Jun.
2006	San Giorgio su Legnano (ITA)	1	27:56	
2008	Bruxelles (BEL)	2	30:57	
2009	Dublin (IRL)	2	31:02	
4	Jimmy GRESSIER	FRA		
2017	Šamorín (SVK)	1	24:35	U23
2018	Tilburg (NED)	1	23:37	U23
2019	Lisboa (POR)	1	24:17	U23
2021	Dublin (IRL)	3	30:34	
4	Aras KAYA	TUR		
2016	Chia (ITA)	1	27:39	
2018	Tilburg (NED)	3	28:56	
2019	Lisboa (POR)	1	30:10	
2021	Dublin (IRL)	2	30:29	
4	Isaac KIMELI	BEL		
2013	Beograd (SRB)	2	17:51	Jun.
2016	Chia (ITA)	1	22:48	U23
2018	Tilburg (NED)	2	28:52	
2022	Piemonte-La Mandria Park (ITA)	3	29:45	
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	Bruxelles (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	Bruxelles (BEL)	2	25:04	U23
2013	Beograd (SRB)	3	29:35	
3	Polat Kemboi ARIKAN	TUR		
2013	Beograd (SRB)	2	29:32	
2014	Samokov (BUL)	1	32:19	
2016	Chia (ITA)	2	27:42	

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	Beograd (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	Bruxelles (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	Alexis MIELLET	FRA		
2018	Tilburg (NED)	2	16:12	Relay
2019	Lisboa (POR)	2	18:05	Relay
2021	Dublin (IRL)	2	18:05	Relay

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

9	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	
2017	Šamorín (SVK)	3	27:04	
2018	Tilburg (NED)	3	26:07	
2019	Lisboa (POR)	2	27:07	
2021	Dublin (IRL)	1	26:34	
2022	Piemonte-La Mandria Park (ITA)	1	26:25	
5	Olivera JEVIĆ	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	Beograd (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	Nadia BATTOCLETTI	ITA		
2018	Tilburg (NED)	1	13:46	U20
2019	Lisboa (POR)	1	13:58	U20
2021	Dublin (IRL)	1	20:32	U23
2022	Piemonte-La Mandria Park (ITA)	1	19:55	U23
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	Yasemin CAN	TUR		
2016	Chia (ITA)	1	24:46	
2017	Šamorín (SVK)	1	26:48	
2018	Tilburg (NED)	1	26:05	
2019	Lisboa (POR)	1	26:52	

4	Dulce FÉLIX		POR		
2010	Albufeira (POR)		3	26:59	
2011	Velenje (SLO)		2	26:02	
2012	Budapest (HUN)		2	27:47	
2013	Beograd (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	Beograd (SRB)		1	13:06	Jun.
4	Konstanze KLOSTERHALFEN		GER		
2015	Hyères (FRA)		1	13:12	Jun.
2016	Chia (ITA)		1	12:26	U20
2017	Šamorín (SVK)		2	20:25	U23
2022	Piemonte-La Mandria Park (ITA)		2	26:29	
4	Solange Andreia PEREIRA		ESP		
2017	Šamorín (SVK)		3	18:26	Relay
2018	Tilburg (NED)		1	16:10	Relay
2019	Lisboa (POR)		3	18:11	Relay
2022	Piemonte-La Mandria Park (ITA)		2	17:24	Relay
4	Charlotte PURDUE		GBR		
2007	Toro (ESP)		3	14:22	Jun.
2008	Bruxelles (BEL)		2	13:39	Jun.
2010	Albufeira (POR)		1	12:42	Jun.
2013	Beograd (SRB)		3	19:49	U23
4	Alina REH		GER		
2015	Hyères (FRA)		3	13:20	Jun.
2017	Šamorín (SVK)		1	20:22	U23
2021	Dublin (IRL)		3	26:53	
2022	Piemonte-La Mandria Park (ITA)		3	27:19	
3	Jessica AUGUSTO		POR		
2000	Malmö (SWE)		1	12:55	Jun.
2008	Bruxelles (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	Meraf BAHTA		SWE		
2014	Samokov (BUL)		3	28:52	
2017	Šamorín (SVK)		2	27:03	
2021	Dublin (IRL)		2	26:44	
3	Esther GUERRERO		ESP		
2017	Šamorín (SVK)		3	18:26	Relay
2018	Tilburg (NED)		1	16:10	Relay
2019	Lisboa (POR)		3	18:11	Relay

3	Adrienne HERZOG		NED	
2007	Toro (ESP)	2	22:37	U23
2009	Dublin (IRL)	3	28:04	
2012	Budapest (HUN)	3	27:48	

3	Annemari KIEKARA		FIN	
1995	Alnwick (GBR)	1	13:52	
1996	Charleroi (BEL)	3	17:19	
1998	Ferrara (ITA)	2	18:10	

3	Harriet KNOWLES-JONES		GBR	
2015	Hyères (FRA)	2	13:16	Jun.
2016	Chia (ITA)	3	12:52	U20
2017	Šamorín (SVK)	1	13:48	U20

3	Anna Emilie MØLLER		DEN	
2016	Chia (ITA)	2	12:43	U20
2018	Tilburg (NED)	1	20:34	U23
2019	Lisboa (POR)	1	20:30	U23

3	Inês MONTEIRO		POR	
1998	Ferrara (ITA)	2	11:58	Jun.
1999	Velenje (SLO)	1	12:48	Jun.
2008	Bruxelles (BEL)	3	28:02	

3	Gemma STEEL		GBR	
2011	Velenje (SLO)	3	26:04	
2013	Beograd (SRB)	2	26:39	
2014	Samokov (BUL)	1	28:27	

3	Stephanie TWELL		GBR	
2006	San Giorgio su Legnano (ITA)	1	12:33	Jun.
2007	Toro (ESP)	1	14:12	Jun.
2008	Bruxelles (BEL)	1	13:28	Jun.

Most Appearances

Men

19	Serhiy LEBID	UKR		
1994	Alnwick (GBR)	79	30:13	
1995	Alnwick (GBR)	11	27:06	
1996	Charleroi (BEL)	58	35:56	
1997	Oeiras (POR)	3	27:23	
1998	Ferrara (ITA)	1	28:07	
1999	Velenje (SLO)	7	33:50	
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	
2006	San Giorgio su Legnano (ITA)	11	28:26	
2007	Toro (ESP)	1	31:47	
2008	Bruxelles (BEL)	1	30:49	
2009	Dublin (IRL)	3	31:17	
2010	Albufeira (POR)	1	29:15	
2011	Velenje (SLO)		DNF	
2012	Budapest (HUN)	14	30:36	

17	Gabriele DE NARD	ITA		
1996	Charleroi (BEL)	24	34:37	
1997	Oeiras (POR)	14	27:51	
1998	Ferrara (ITA)	12	28:43	
2000	Malmö (SWE)	28	30:33	
2001	Thun (SUI)	4	28:11	
2002	Medulin (CRO)	36	30:03	
2003	Edinburgh (GBR)	42	32:23	
2004	Heringsdorf (GER)	17	28:28	
2005	Tilburg (NED)	15	27:45	
2006	San Giorgio su Legnano (ITA)	17	28:37	
2007	Toro (ESP)	22	32:37	
2008	Bruxelles (BEL)	25	31:58	
2009	Dublin (IRL)	20	32:08	
2010	Albufeira (POR)	19	29:50	
2011	Velenje (SLO)	16	29:46	
2012	Budapest (HUN)	17	30:38	
2013	Beograd (SRB)	39	30:44	

13	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)	60	31:56	
2013	Beograd (SRB)	58	31:33	
2014	Samokov (BUL)	45	34:42	
2015	Hyères (FRA)	49	31:37	
2016	Chia (ITA)	48	30:02	
2017	Šamorín (SVK)	32	31:05	
2018	Tilburg (NED)	66	31:09	
2019	Lisboa (POR)	38	31:52	
2021	Dublin (IRL)	29	31:35	
2022	Piemonte-La Mandria Park (ITA)	29	30:49	

12	Michel BUTTER	NED		
2003	Edinburgh (GBR)	67	22:30	Jun.
2004	Heringsdorf (GER)	70	17:37	Jun.
2005	Tilburg (NED)	65	28:59	
2006	San Giorgio su Legnano (ITA)	15	23:35	U23
2007	Toro (ESP)	16	25:05	U23
2008	Bruxelles (BEL)	9	31:30	
2009	Dublin (IRL)	25	32:23	
2010	Albufeira (POR)	15	29:43	
2012	Budapest (HUN)	24	30:59	
2015	Hyères (FRA)	17	30:36	
2016	Chia (ITA)	27	29:18	
2018	Tilburg (NED)	28	29:54	

11	Javier GUERRA	ESP		
2001	Thun (SUI)	9	19:46	Jun.
2002	Medulin (CRO)	18	19:11	Jun.
2005	Tilburg (NED)	45	28:31	
2008	Bruxelles (BEL)	15	31:44	
2009	Dublin (IRL)	30	32:32	
2010	Albufeira (POR)	39	30:37	
2011	Velenje (SLO)	5	29:24	
2012	Budapest (HUN)	8	30:22	
2013	Beograd (SRB)	41	30:48	
2017	Šamorín (SVK)	14	30:29	
2018	Tilburg (NED)	31	30:00	

11	Stefano LA ROSA	ITA		
2003	Edinburgh (GBR)	38	21:55	Jun.
2004	Heringsdorf (GER)	18	16:58	Jun.
2006	San Giorgio su Legnano (ITA)	10	23:29	U23
2007	Toro (ESP)	5	24:44	U23
2008	Bruxelles (BEL)	16	31:45	
2009	Dublin (IRL)	15	31:57	
2010	Albufeira (POR)		DNF	
2011	Velenje (SLO)	13	29:45	
2012	Budapest (HUN)		DNF	
2014	Samokov (BUL)	8	33:17	
2016	Chia (ITA)	20	29:01	

11	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	Beograd (SRB)	36	24:55	U23
2014	Samokov (BUL)	21	26:22	U23
2015	Hyères (FRA)	25	30:47	
2016	Chia (ITA)	55	30:23	
2017	Šamorín (SVK)	33	31:06	
2018	Tilburg (NED)	44	30:27	
2019	Lisboa (POR)	58	32:48	

10	Mokhtar BENHARI	FRA		
1998	Ferrara (ITA)	42	29:30	
2004	Heringsdorf (GER)	14	28:26	
2005	Tilburg (NED)	6	27:35	
2006	San Giorgio su Legnano (ITA)	20	28:44	
2007	Toro (ESP)	15	32:29	
2008	Bruxelles (BEL)	11	31:40	
2009	Dublin (IRL)	37	32:46	
2010	Albufeira (POR)	10	29:34	
2011	Velenje (SLO)	10	29:43	
2012	Budapest (HUN)		DNF	

10	Hassan CHAHDI	FRA		
2007	Toro (ESP)	8	20:25	Jun.
2008	Bruxelles (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	Beograd (SRB)	5	29:40	
2014	Samokov (BUL)	38	34:21	
2017	Šamorín (SVK)	4	30:01	
2018	Tilburg (NED)	25	29:51	

10	Khalid CHOUKOU	NED		
2005	Tilburg (NED)	11	18:55	Jun.
2006	San Giorgio su Legnano (ITA)	9	23:29	U23
2010	Albufeira (POR)	32	30:19	
2011	Velenje (SLO)	7	29:27	
2012	Budapest (HUN)	20	30:41	
2013	Beograd (SRB)	19	30:12	
2014	Samokov (BUL)	7	33:04	
2015	Hyères (FRA)		DNF	
2017	Šamorín (SVK)	22	30:47	
2018	Tilburg (NED)	38	30:18	

10	Michael 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	Bruxelles (BEL)	37	26:16	U23
2009	Dublin (IRL)	52	33:33	
2013	Beograd (SRB)	55	31:23	
2014	Samokov (BUL)	43	34:36	
2015	Hyères (FRA)	37	31:13	
2016	Chia (ITA)	43	29:54	
2018	Tilburg (NED)	67	31:11	

10	Yemaneberhan CRIPPA	ITA		
2012	Budapest (HUN)	32	19:33	Jun.
2013	Beograd (SRB)	7	18:14	Jun.
2014	Samokov (BUL)	1	20:07	Jun.
2015	Hyères (FRA)	1	17:39	Jun.
2016	Chia (ITA)	3	22:54	U23
2017	Šamorín (SVK)	3	24:42	U23
2018	Tilburg (NED)	6	29:14	
2019	Lisboa (POR)	2	30:21	
2021	Dublin (IRL)		DNF	
2022	Piemonte-La Mandria Park (ITA)	4	29:47	

10	Jesper FAURSCHOU	DEN		
2002	Medulin (CRO)	47	19:42	Jun.
2008	Bruxelles (BEL)	55	32:57	
2009	Dublin (IRL)	50	33:22	
2010	Albufeira (POR)	48	30:57	
2011	Velenje (SLO)	39	30:25	
2012	Budapest (HUN)	55	31:39	
2013	Beograd (SRB)	56	31:26	
2014	Samokov (BUL)	61	36:08	
2015	Hyères (FRA)	38	31:14	
2017	Šamorín (SVK)	63	32:06	

10	Paulo GUERRA	POR		
1994	Alnwick (GBR)	1	27:43	
1995	Alnwick (GBR)	1	26:40	
1996	Charleroi (BEL)	2	33:12	
1998	Ferrara (ITA)	11	28:42	
1999	Velenje (SLO)	1	32:45	
2000	Malmö (SWE)	1	29:29	
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	Ilir KËLLEZI	ALB		
2008	Bruxelles (BEL)	80	29:47	U23
2010	Albufeira (POR)	96	29:01	U23
2012	Budapest (HUN)	79	35:15	
2014	Samokov (BUL)	67	40:03	
2015	Hyères (FRA)	72	34:34	
2016	Chia (ITA)	73	32:53	
2017	Šamorín (SVK)	76	36:04	
2018	Tilburg (NED)	84	34:12	
2019	Lisboa (POR)	80	37:06	
2022	Piemonte-La Mandria Park (ITA)	76	38:16	

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	Bruxelles (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	Bruxelles (BEL)	29	32:04	
2009	Dublin (IRL)	22	32:19	
2012	Budapest (HUN)	66	32:33	
2013	Beograd (SRB)	73	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	Bruxelles (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	Bruxelles (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	Beograd (SRB)	3	29:35	
2016	Chia (ITA)	5	28:11	

9	Antonio ABADÍA	ESP		
2008	Bruxelles (BEL)	8	19:11	Jun.
2009	Dublin (IRL)	17	19:15	Jun.
2010	Albufeira (POR)	14	24:50	U23
2012	Budapest (HUN)	6	24:57	U23
2013	Beograd (SRB)	22	30:18	
2014	Samokov (BUL)	12	33:24	
2016	Chia (ITA)	11	28:33	
2018	Tilburg (NED)	14	29:35	
2019	Lisboa (POR)	10	30:57	

9	Sindre BURAAAS	NOR		
2006	San Giorgio su Legnano (ITA)	26	17:40	Jun.
2007	Toro (ESP)	53	21:17	Jun.
2008	Bruxelles (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)	32	31:10	
2013	Beograd (SRB)	26	30:23	
2015	Hyères (FRA)	54	31:51	

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	Bruxelles (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	Bruxelles (BEL)	14	31:43	
2009	Dublin (IRL)	11	31:54	
2010	Albufeira (POR)	13	29:41	
2012	Budapest (HUN)	34	31:13	

9	Mo 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	Bruxelles (BEL)	2	30:57	
2009	Dublin (IRL)	2	31:02	

9	Henrik INGEBRIGTSEN	NOR		
2008	Bruxelles (BEL)	23	19:26	Jun.
2009	Dublin (IRL)	12	19:07	Jun.
2011	Velenje (SLO)	15	24:05	U23
2012	Budapest (HUN)	1	24:30	U23
2013	Beograd (SRB)	10	24:23	U23
2015	Hyères (FRA)	26	30:48	
2017	Šamorín (SVK)	11	30:19	
2018	Tilburg (NED)	18	29:45	
2022	Piemonte-La Mandria Park (ITA)	23	30:44	

9	Isaac KIMELI	BEL		
2012	Budapest (HUN)	6	19:00	Jun.
2013	Beograd (SRB)	2	17:51	Jun.
2014	Samokov (BUL)	20	26:20	U23
2015	Hyères (FRA)	38	24:27	U23
2016	Chia (ITA)	1	22:48	U23
2018	Tilburg (NED)	2	28:52	
2019	Lisboa (POR)	7	30:46	
2021	Dublin (IRL)	9	30:45	
2022	Piemonte-La Mandria Park (ITA)	3	29:45	

9	Ayad LAMDASSEM	ESP		
2008	Bruxelles (BEL)	4	31:17	
2009	Dublin (IRL)	5	31:30	
2010	Albufeira (POR)	2	29:18	
2011	Velenje (SLO)	2	29:20	
2012	Budapest (HUN)	6	30:14	
2015	Hyères (FRA)	4	29:57	
2016	Chia (ITA)	7	28:22	
2017	Šamorín (SVK)	10	30:18	
2021	Dublin (IRL)	42	32:10	

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)	24	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)	29	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	Antonio 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	Bruxelles (BEL)	53	26:40	U23
2009	Dublin (IRL)	26	26:07	U23
2012	Budapest (HUN)	43	31:30	
2013	Beograd (SRB)	37	30:42	
2018	Tilburg (NED)	62	30:58	

9	Dmytro SIRUK	UKR		
2009	Dublin (IRL)	44	19:43	Jun.
2010	Albufeira (POR)	28	18:51	Jun.
2011	Velenje (SLO)	18	24:07	U23
2012	Budapest (HUN)	26	25:26	U23
2013	Beograd (SRB)	11	24:23	U23
2016	Chia (ITA)	42	29:52	
2017	Šamorín (SVK)	35	31:10	
2019	Lisboa (POR)	49	32:26	
2022	Piemonte-La Mandria Park (ITA)	66	32:46	

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	Bruxelles (BEL)	46	32:36	
2009	Dublin (IRL)	19	32:02	
2010	Albufeira (POR)	12	29:36	
2011	Velenje (SLO)	33	30:16	
2013	Beograd (SRB)	16	30:07	

8	Morhad AMDOUNI	FRA		
2006	San Giorgio su Legnano (ITA)	12	17:27	Jun.
2007	Toro (ESP)	1	20:08	Jun.
2008	Bruxelles (BEL)	8	25:22	U23
2010	Albufeira (POR)	5	29:21	
2011	Velenje (SLO)	6	29:26	
2015	Hyères (FRA)	9	30:24	
2016	Chia (ITA)	17	28:55	
2022	Piemonte-La Mandria Park (ITA)	11	30:12	

8	Florian CARVALHO DE FONSESCO	FRA		
2007	Toro (ESP)	2	20:11	Jun.
2008	Bruxelles (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	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	Bruxelles (BEL)	74	34:32	
2010	Albufeira (POR)	40	30:39	
2016	Chia (ITA)	56	30:24	

8	Mikkel DAHL-JESSEN	DEN		
2011	Velenje (SLO)	54	18:57	Jun.
2012	Budapest (HUN)	27	19:31	Jun.
2013	Beograd (SRB)	101	20:20	Jun.
2016	Chia (ITA)	44	24:18	U23
2017	Šamorín (SVK)	74	33:26	
2018	Tilburg (NED)	72	31:32	
2021	Dublin (IRL)	70	33:51	
2022	Piemonte-La Mandria Park (ITA)	31	30:50	

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	Iván FERNÁNDEZ ANAYA	ESP		
2005	Tilburg (NED)	54	19:35	Jun.
2006	San Giorgio su Legnano (ITA)	38	17:47	Jun.
2007	Toro (ESP)	36	21:01	Jun.
2008	Bruxelles (BEL)	61	26:56	U23
2009	Dublin (IRL)	22	26:01	U23
2010	Albufeira (POR)	42	25:28	U23
2013	Beograd (SRB)	11	29:58	
2014	Samokov (BUL)	35	34:13	

8	Giuseppe GERRATANA	ITA		
2011	Velenje (SLO)	20	18:29	Jun.
2012	Budapest (HUN)	31	25:31	U23
2013	Beograd (SRB)	56	25:21	U23
2015	Hyères (FRA)	22	30:43	
2016	Chia (ITA)	38	29:43	
2017	Šamorín (SVK)	67	32:21	
2019	Lisboa (POR)	45	32:17	
2021	Dublin (IRL)	57	32:54	

8	Peter GLANS	DEN		
2010	Albufeira (POR)	75	19:39	Jun.
2011	Velenje (SLO)	39	18:43	Jun.
2012	Budapest (HUN)	39	19:40	Jun.
2013	Beograd (SRB)	50	25:16	U23
2015	Hyères (FRA)	10	23:52	U23
2016	Chia (ITA)	47	29:59	
2017	Šamorín (SVK)	28	31:00	
2018	Tilburg (NED)	46	30:30	

8	Milan KOCOUREK	CZE		
2006	San Giorgio su Legnano (ITA)	18	17:34	Jun.
2007	Toro (ESP)	62	26:08	U23
2008	Bruxelles (BEL)	32	26:08	U23
2010	Albufeira (POR)	58	31:45	
2011	Velenje (SLO)	17	29:47	
2012	Budapest (HUN)	12	30:33	
2013	Beograd (SRB)	28	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)	51	31:36	
2014	Samokov (BUL)	32	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	Carlos MAYO	ESP		
2013	Beograd (SRB)	35	18:50	Jun.
2014	Samokov (BUL)	2	20:22	Jun.
2015	Hyères (FRA)	2	23:35	U23
2016	Chia (ITA)	2	22:53	U23
2017	Šamorín (SVK)	5	24:46	U23
2019	Lisboa (POR)	13	31:05	
2021	Dublin (IRL)	11	30:51	
2022	Piemonte-La Mandria Park (ITA)	17	30:27	

8	Alexis MIELLET	FRA		
2013	Beograd (SRB)	14	18:25	Jun.
2014	Samokov (BUL)	24	21:06	Jun.
2015	Hyères (FRA)	49	24:57	U23
2016	Chia (ITA)	18	23:38	U23
2017	Šamorín (SVK)	7	24:47	U23
2018	Tilburg (NED)	2	16:12	Relay
2019	Lisboa (POR)	2	18:05	Relay
2021	Dublin (IRL)	2	18:05	Relay

8	Yolo NIKOLOV	BUL		
2011	Velenje (SLO)	59	31:50	
2012	Budapest (HUN)	40	31:25	
2013	Beograd (SRB)	65	31:46	
2014	Samokov (BUL)		DNF	
2015	Hyères (FRA)		DNF	
2017	Šamorín (SVK)	61	32:03	
2018	Tilburg (NED)		DNF	
2019	Lisboa (POR)	44	32:16	

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	Bruxelles (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)	62	31:58	
2015	Hyères (FRA)	57	32:05	

8	Siarhei PLATONAU	BLR		
2009	Dublin (IRL)	13	19:08	Jun.
2010	Albufeira (POR)	6	24:28	U23
2011	Velenje (SLO)	5	23:51	U23
2012	Budapest (HUN)	81	27:00	U23
2013	Beograd (SRB)	23	30:18	
2014	Samokov (BUL)	44	34:37	
2015	Hyères (FRA)	55	31:55	
2018	Tilburg (NED)	3	16:21	Relay

8	Paul POLLOCK	IRL		
2005	Tilburg (NED)	46	19:30	Jun.
2008	Bruxelles (BEL)	57	26:47	U23
2011	Velenje (SLO)	25	29:57	
2013	Beograd (SRB)	25	30:22	
2014	Samokov (BUL)	23	33:55	
2015	Hyères (FRA)	45	31:31	
2016	Chia (ITA)	36	29:42	
2017	Šamorín (SVK)	47	31:35	

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	Bruxelles (BEL)	8	31:26	
2010	Albufeira (POR)	8	29:32	
2013	Beograd (SRB)	50	31:00	

8	Erik SJÖQVIST	SWE		
1999	Velenje (SLO)		DNF	
2001	Thun (SUI)	33	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	Bruxelles (BEL)	70	33:40	

8	Ivan STREBKOV	UKR		
2009	Dublin (IRL)	20	19:17	Jun.
2010	Albufeira (POR)	4	18:09	Jun.
2011	Velenje (SLO)	16	24:05	U23
2012	Budapest (HUN)	40	25:41	U23
2013	Beograd (SRB)	4	24:10	U23
2015	Hyères (FRA)	36	31:12	
2016	Chia (ITA)	49	30:03	
2019	Lisboa (POR)	37	31:51	

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)	20	29:51	
2011	Velenje (SLO)	4	29:23	
2012	Budapest (HUN)	26	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)	35	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	Gareth TURNBULL	IRL		
1996	Charleroi (BEL)	4	22:21	Jun.
1997	Oeiras (POR)	7	16:24	Jun.
1998	Ferrara (ITA)	3	16:55	Jun.
1999	Velenje (SLO)	39	35:35	
2000	Malmö (SWE)	23	30:26	
2001	Thun (SUI)	60	29:50	
2002	Medulin (CRO)	37	30:08	
2005	Tilburg (NED)	60	28:56	

8	Abdi-Hakin ULAD	DEN		
2011	Velenje (SLO)	29	24:20	U23
2012	Budapest (HUN)	11	25:04	U23
2013	Beograd (SRB)	23	24:43	U23
2014	Samokov (BUL)	57	35:44	
2015	Hyères (FRA)	11	30:28	
2016	Chia (ITA)	12	28:37	
2017	Šamorín (SVK)	25	30:51	
2018	Tilburg (NED)	27	29:53	

Women

17	Fionnuala MCCORMACK	IRL	BRITTON -2014	
2001	Thun (SUI)	74	12:24	Jun.
2002	Medulin (CRO)	49	13:20	Jun.
2003	Edinburgh (GBR)	21	16:44	Jun.
2005	Tilburg (NED)	39	21:01	
2006	San Giorgio su Legnano (ITA)	2	18:56	U23
2007	Toro (ESP)	7	27:20	
2009	Dublin (IRL)	11	28:39	
2010	Albufeira (POR)	4	26:59	
2011	Velenje (SLO)	1	25:55	
2012	Budapest (HUN)	1	27:45	
2013	Beograd (SRB)	4	26:45	
2014	Samokov (BUL)	6	28:59	
2015	Hyères (FRA)	4	26:26	
2016	Chia (ITA)	5	25:28	
2017	Šamorín (SVK)	12	27:48	
2019	Lisboa (POR)	4	27:45	
2021	Dublin (IRL)	9	27:52	

15	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	Bruxelles (BEL)	3	28:02	
2009	Dublin (IRL)	5	28:14	
2016	Chia (ITA)	21	26:35	
2017	Šamorín (SVK)	22	28:13	
2018	Tilburg (NED)	41	28:05	

13	Alessandra AGUILAR	ESP		
1996	Charleroi (BEL)	1	11:10	Jun.
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	Bruxelles (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	

13	Olivera JEVIĆ	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	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	Bruxelles (BEL)	24	29:07	
2012	Budapest (HUN)	19	28:37	
2013	Beograd (SRB)	39	28:20	
2014	Samokov (BUL)	25	30:15	
2015	Hyères (FRA)	25	27:05	

13	Hayley YELLING-HIGHAM	GBR	YELLING -2009	
1996	Charleroi (BEL)	33	18:12	
1999	Velenje (SLO)	26	20:03	
2000	Malmö (SWE)	30	17:20	
2001	Thun (SUI)	8	15:58	
2002	Medulin (CRO)	14	20:49	
2003	Edinburgh (GBR)	5	22:44	
2004	Heringsdorf (GER)	1	18:06	
2005	Tilburg (NED)	6	20:16	
2006	San Giorgio su Legnano (ITA)	6	25:28	
2007	Toro (ESP)	9	27:28	
2008	Bruxelles (BEL)	19	28:45	
2009	Dublin (IRL)	1	27:49	
2010	Albufeira (POR)	27	28:25	

12	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	Bruxelles (BEL)	2	27:54	
2009	Dublin (IRL)	4	28:11	
2010	Albufeira (POR)	1	26:52	
2018	Tilburg (NED)		DNF	

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	Bruxelles (BEL)	23	29:02	
2009	Dublin (IRL)	26	29:22	
2010	Albufeira (POR)	10	27:27	
2011	Velenje (SLO)	24	27:32	

12	Adrienne 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	Bruxelles (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	Salomé ROCHA	POR		
2007	Toro (ESP)	31	15:02	Jun.
2008	Bruxelles (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	Beograd (SRB)	9	27:13	
2014	Samokov (BUL)	10	29:20	
2015	Hyères (FRA)	21	26:54	
2016	Chia (ITA)	18	26:32	
2018	Tilburg (NED)	28	27:48	
2019	Lisboa (POR)	10	28:13	

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	Bruxelles (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	Beograd (SRB)	57	29:25	

12	Stephanie 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	Bruxelles (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	Beograd (SRB)	15	27:27	
2014	Samokov (BUL)	7	29:07	
2015	Hyères (FRA)	6	26:08	
2016	Chia (ITA)	6	25:40	
2017	Šamorín (SVK)	10	27:43	

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	Bruxelles (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	Beograd (SRB)	19	27:42	
2014	Samokov (BUL)	30	30:28	
2015	Hyères (FRA)	33	27:15	

11	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	Bruxelles (BEL)	5	21:43	U23
2011	Velenje (SLO)	41	28:17	
2015	Hyères (FRA)	5	26:07	
2016	Chia (ITA)	4	25:27	
2017	Šamorín (SVK)	11	27:46	
2018	Tilburg (NED)	30	27:50	
2021	Dublin (IRL)	24	28:53	

11	Susanne HAHN	GER	RITTER -2005	
1996	Charleroi (BEL)	7	11:28	Jun.
1998	Ferrara (ITA)	41	19:50	
2000	Malmö (SWE)	24	17:14	
2002	Medulin (CRO)		DNF	
2003	Edinburgh (GBR)	22	23:29	
2004	Heringsdorf (GER)	28	18:43	
2005	Tilburg (NED)	23	20:38	
2006	San Giorgio su Legnano (ITA)	26	26:32	
2007	Toro (ESP)	16	27:45	
2008	Bruxelles (BEL)	28	29:14	
2011	Velenje (SLO)	30	27:44	

11	Roxana Elisabeta ROTARU	ROU	BÂRCĂ -2019	
2005	Tilburg (NED)	18	15:59	Jun.
2006	San Giorgio su Legnano (ITA)	66	14:14	Jun.
2007	Toro (ESP)	25	14:54	Jun.
2009	Dublin (IRL)	25	22:16	U23
2010	Albufeira (POR)	4	20:39	U23
2011	Velenje (SLO)	7	26:39	
2016	Chia (ITA)	11	26:01	
2017	Šamorín (SVK)	4	27:21	
2018	Tilburg (NED)	34	27:55	
2019	Lisboa (POR)	19	28:54	
2021	Dublin (IRL)	31	29:00	

10	Esmā AYDEMİR	TUR		
2010	Albufeira (POR)	23	13:50	Jun.
2011	Velenje (SLO)	8	13:41	Jun.
2012	Budapest (HUN)	31	22:18	U23
2013	Beograd (SRB)	13	20:50	U23
2014	Samokov (BUL)	38	24:36	U23
2015	Hyères (FRA)	12	26:04	
2016	Chia (ITA)	29	26:52	
2017	Šamorín (SVK)	27	28:17	
2019	Lisboa (POR)	14	28:43	
2021	Dublin (IRL)	60	30:18	

10	Sophie DUARTE	FRA		
2008	Bruxelles (BEL)	15	28:42	
2011	Velenje (SLO)	6	26:36	
2012	Budapest (HUN)	6	27:55	
2013	Beograd (SRB)	1	26:34	
2014	Samokov (BUL)	5	28:58	
2015	Hyères (FRA)	49	27:45	
2016	Chia (ITA)	34	26:58	
2018	Tilburg (NED)	48	28:13	
2019	Lisboa (POR)	21	29:01	
2021	Dublin (IRL)		DNF	

10	Karoline Bjerkeli GRØVDAL	NOR		
2006	San Giorgio su Legnano (ITA)	2	12:36	Jun.
2009	Dublin (IRL)	1	14:10	Jun.
2013	Beograd (SRB)	5	26:52	
2015	Hyères (FRA)	3	25:57	
2016	Chia (ITA)	3	25:26	
2017	Šamorín (SVK)	3	27:04	
2018	Tilburg (NED)	3	26:07	
2019	Lisboa (POR)	2	27:07	
2021	Dublin (IRL)	1	26:34	
2022	Piemonte-La Mandria Park (ITA)	1	26:25	

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

10	Laurane PICOICHE	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	Bruxelles (BEL)	30	29:19	
2009	Dublin (IRL)	39	30:12	
2011	Velenje (SLO)	40	28:13	
2012	Budapest (HUN)	5	27:55	
2013	Beograd (SRB)	27	27:54	
2014	Samokov (BUL)	26	30:18	
2016	Chia (ITA)	44	27:13	

10	Sara Catarina RIBEIRO	POR		
2007	Toro (ESP)	67	15:42	Jun.
2008	Bruxelles (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	Beograd (SRB)	38	28:19	
2014	Samokov (BUL)	31	30:28	
2015	Hyères (FRA)	52	27:59	
2017	Šamorín (SVK)	18	28:00	
2018	Tilburg (NED)	58	28:42	

10	Valeria ROFFINO	ITA		
2006	San Giorgio su Legnano (ITA)	36	13:53	Jun.
2007	Toro (ESP)	45	15:17	Jun.
2010	Albufeira (POR)	36	21:53	U23
2012	Budapest (HUN)	23	21:59	U23
2013	Beograd (SRB)	45	28:32	
2014	Samokov (BUL)	21	30:01	
2016	Chia (ITA)	22	26:36	
2017	Šamorín (SVK)	24	28:14	
2018	Tilburg (NED)	39	28:02	
2019	Lisboa (POR)	11	28:34	

10	Lucie SEKANOVÁ	CZE		
2006	San Giorgio su Legnano (ITA)	46	14:00	Jun.
2008	Bruxelles (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	Beograd (SRB)	24	27:54	
2014	Samokov (BUL)	42	31:09	
2015	Hyères (FRA)	42	27:35	
2016	Chia (ITA)	36	26:59	
2017	Šamorín (SVK)	64	29:14	

10	Sara Louise TREACY	IRL		
2006	San Giorgio su Legnano (ITA)	47	14:00	Jun.
2007	Toro (ESP)	34	15:04	Jun.
2008	Bruxelles (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	Beograd (SRB)	30	28:02	
2014	Samokov (BUL)	12	29:23	
2018	Tilburg (NED)	26	27:46	

10	Liz YELLING	GBR	Liz TALBOT	1997
1995	Alnwick (GBR)	10	14:23	
1997	Oeiras (POR)	30	18:50	
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	PATTINSON -2001	
1998	Ferrara (ITA)	39	19:46	
1999	Velenje (SLO)	19	19:48	
2000	Malmö (SWE)	25	17:16	
2001	Thun (SUI)	30	16:27	
2004	Heringsdorf (GER)	27	18:41	
2006	San Giorgio su Legnano (ITA)	29	26:37	
2007	Toro (ESP)	22	28:02	
2008	Bruxelles (BEL)	22	28:58	
2010	Albufeira (POR)	21	28:02	

9	Dulce FÉLIX	POR		
2000	Malmö (SWE)	23	13:31	Jun.
2001	Thun (SUI)	31	11:38	Jun.
2008	Bruxelles (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	Beograd (SRB)	3	26:41	
2019	Lisboa (POR)	8	28:09	

9	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	
2015	Hyères (FRA)	15	26:41	
2017	Šamorín (SVK)	23	28:13	

9	Özlem KAYA ALICI	TUR		
2006	San Giorgio su Legnano (ITA)	70	14:23	Jun.
2008	Bruxelles (BEL)	25	14:30	Jun.
2009	Dublin (IRL)	57	15:45	Jun.
2013	Beograd (SRB)	31	28:04	
2014	Samokov (BUL)	28	30:21	
2016	Chia (ITA)	13	26:12	
2017	Šamorín (SVK)	26	28:16	
2018	Tilburg (NED)	24	27:41	
2022	Piemonte-La Mandria Park (ITA)	42	29:05	

9	Emine Hatun MECHAAL	TUR	TUNA -2017	
2011	Velenje (SLO)	77	15:08	Jun.
2012	Budapest (HUN)	92	17:28	Jun.
2013	Beograd (SRB)	9	13:40	Jun.
2014	Samokov (BUL)	1	14:13	Jun.
2015	Hyères (FRA)	27	20:50	U23
2016	Chia (ITA)	23	20:36	U23
2017	Šamorín (SVK)	11	21:27	U23
2017	Šamorín (SVK)	8	19:14	Relay
2022		38	28:57	

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	Bruxelles (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	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	Bruxelles (BEL)	27	29:10	
2012	Budapest (HUN)	29	29:05	

8	Kate AVERY	GBR		
2009	Dublin (IRL)	3	14:27	Jun.
2010	Albufeira (POR)	12	13:24	Jun.
2013	Beograd (SRB)	4	19:56	U23
2014	Samokov (BUL)	2	28:27	
2015	Hyères (FRA)	2	25:55	
2018	Tilburg (NED)	15	27:20	
2019	Lisboa (POR)	30	29:23	
2021	Dublin (IRL)	36	29:11	

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	Bruxelles (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	Beograd (SRB)	12	27:25	
2015	Hyères (FRA)	7	26:17	

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	Susan KRUMINS	NED	KUIJKEN -2008	
2002	Medulin (CRO)	34	13:10	Jun.
2003	Edinburgh (GBR)	69	18:33	Jun.
2004	Heringsdorf (GER)	40	12:24	Jun.
2005	Tilburg (NED)	3	15:33	Jun.
2006	San Giorgio su Legnano (ITA)	16	19:45	U23
2007	Toro (ESP)		DNF	U23
2008	Bruxelles (BEL)	1	21:02	U23
2018	Tilburg (NED)	4	26:16	

8	Diana MARTÍN	ESP		
2000	Malmö (SWE)	30	13:39	Jun.
2005	Tilburg (NED)	60	21:31	
2008	Bruxelles (BEL)	49	30:31	
2010	Albufeira (POR)	14	27:46	
2012	Budapest (HUN)	10	28:19	
2013	Beograd (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	Militsa MIRCHEVA	BUL		
2013	Beograd (SRB)	32	14:03	Jun.
2014	Samokov (BUL)	2	22:25	U23
2015	Hyères (FRA)	12	20:21	U23
2016	Chia (ITA)	30	20:47	U23
2017	Šamorín (SVK)	46	28:49	
2018	Tilburg (NED)	40	28:03	
2021	Dublin (IRL)	62	30:28	
2022	Piemonte-La Mandria Park (ITA)	40	29:02	

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	María José PÉREZ	ESP		
2010	Albufeira (POR)	73	15:04	Jun.
2011	Velenje (SLO)	33	14:08	Jun.
2013	Beograd (SRB)	31	21:17	U23
2014	Samokov (BUL)	37	24:31	U23
2016	Chia (ITA)	55	27:39	
2017	Šamorín (SVK)	54	29:01	
2018	Tilburg (NED)	45	28:11	
2019	Lisboa (POR)	34	29:42	

8	Maya REHBERG	GER		
2010	Albufeira (POR)	18	13:43	Jun.
2011	Velenje (SLO)	10	13:47	Jun.
2012	Budapest (HUN)	3	13:43	Jun.
2013	Beograd (SRB)	10	13:41	Jun.
2014	Samokov (BUL)	21	23:52	U23
2015	Hyères (FRA)	17	20:31	U23
2016	Chia (ITA)	16	20:17	U23
2017	Šamorín (SVK)	37	28:34	

8	Paula TODORAN	ROU		
2001	Thun (SUI)	47	11:49	Jun.
2002	Medulin (CRO)	56	13:24	Jun.
2003	Edinburgh (GBR)	38	16:58	Jun.
2004	Heringsdorf (GER)	18	12:08	Jun.
2006	San Giorgio su Legnano (ITA)	13	19:37	U23
2016	Chia (ITA)	37	27:02	
2017	Šamorín (SVK)	70	30:15	
2018	Tilburg (NED)	42	28:07	

8	Jessica WARNER-JUDD	GBR	JUDD -2021	
2012	Budapest (HUN)	12	14:09	Jun.
2014	Samokov (BUL)	2	14:18	Jun.
2016	Chia (ITA)	12	20:06	U23
2017	Šamorín (SVK)	3	20:45	U23
2018	Tilburg (NED)	4	16:24	Relay
2019	Lisboa (POR)	6	28:05	
2021	Dublin (IRL)	4	27:01	
2022	Piemonte-La Mandria Park (ITA)	8	27:27	

Results

1st European Cross Country Championships, Alnwick (GBR), 10 December 1994

Men's Senior Race - 9.5km

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 ESSAÏD	FRA	28:19

Teams

1	Portugal	20
2	Spain	27
3	France	50
4	Great Britain & N.I.	77
5	Italy	84
6	Netherlands	132
7	Russia	146
8	Ireland	152
9	Germany	167
10	Belgium	170

Women's Senior Race - 4.5km

Individual

1	Catherina 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 STANESCU-CHIRILA	ROU	14:48
8	Lieve SLEGERS	BEL	14:49
9	Blandine BITZNER-DUCRET	FRA	14:50
10	Tamara KOBÁ	UKR	14:51

Teams

1	Romania	26
2	France	28
3	Portugal	29
4	Spain	45
5	Italy	62
6	Belgium	64
7	Russia	73
8	Ireland	75
9	Great Britain & N.I.	84
10	Ukraine	91

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Portugal	2	1	1	4
2	Romania	1		1	2
3	Ireland	1			1
4	Spain		2	1	3
5	France		1	1	2

2nd European Cross Country Championships, Alnwick (GBR), 2 December 1995**Men's Senior Race - 9.1km****Individual**

1	Paulo GUERRA	POR	26:40
2	Alejandro GOMEZ	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	32
2	Portugal	37
3	Great Britain & N.I.	55
4	France	60
5	Italy	111
6	Russia	131
7	Ireland	133
8	Denmark	160
9	Belgium	175
10	Netherlands	177

Women's Senior Race - 4.5km**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-EVANS	IRL	14:18
8	Stela OLTEANU	ROU	14:20
9	Ana DIAS	POR	14:22
10	Liz YELLING	GBR	14:23

Teams

1	Russia	20
2	Romania	23
3	France	41
4	Spain	55
5	Portugal	55
6	Belgium	59
7	Great Britain & N.I.	65
8	Italy	83
9	Ireland	106
10	Germany	111

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Portugal	1	1		2
1	Spain	1	1		2
3	Russia	1		1	2
4	Finland	1			1
5	Romania		1		1
5	Sweden		1		1
7	Great Britain & N.I.			2	2
8	France			1	1

3rd European Cross Country Championships, Charleroi (BEL), 15 December 1996**Men's Senior Race - 9.7km****Individual**

1	Jon BROWN	GBR	32:37
2	Paulo GUERRA	POR	33:12
3	Mustapha ESSAÏD	FRA	33:19
4	Carsten JÖRGENSEN	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	Vitor ALMEIDA	POR	33:43
10	Andrea ARLATI	ITA	33:44

Teams

1	Portugal	27
2	France	47
3	Belgium	59
4	Italy	62
5	Great Britain & N.I.	76
6	Spain	86
7	Russia	124
8	Ireland	138
9	Netherlands	160
10	Denmark	164

Women's Senior Race - 4.6km**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	27
2	Great Britain & N.I.	39
3	Belgium	43
4	Sweden	45
5	Germany	64
6	Romania	66
7	Ireland	71
8	Spain	71
9	Russia	78
10	Italy	87

Men's Junior Race - 5km - Exhibition**Individual**

1	Gert-Jan LIEFERS	NED	22:01
2	Bouabdallah TAHRI	FRA	22:06
3	Juan Carlos HIGUERO	ESP	22:17
4	Gareth TURNBULL	IRL	22:21
5	Stijn VANDEVELDE	BEL	22:23
6	Samuel HAUGHIAN	GBR	22:31
7	Kjell VANMELKEBEKE	BEL	22:32
8	Michael EAST	GBR	22:33
9	Mario KRÖCKERT	GER	22:42
10	Dalibor BALGAČ	CRO	22:48

Women's Junior Race - 3km - Exhibition**Individual**

1	Alejandra AGUILAR	ESP	11:10
2	Sonja KNÖPFLI	SUI	11:14
3	Kristina OBRONEK	SLO	11:16
4	Amber GASCOIGNE	GBR	11:17
5	Judit PLA	ESP	11:21
6	Laura SUFFA	GER	11:22
7	Suzanne RITTER	GER	11:28
8	Maria LYNCH	IRL	11:32
9	Amy WATERLOW	GBR	11:34
10	Victoria WILKINSON	GBR	11:35

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	France	1	1	1	3
2	Great Britain & N.I.	1	1		2
2	Portugal	1	1		2
4	Sweden	1			1
5	Spain		1		1
6	Belgium			2	2
7	Finland			1	1

Exhibition Junior races are not included in the medal table

4th European Cross Country Championships, Oeiras (POR), 14 December 1997**Men's Senior Race - 9.3km****Individual**

1	Carsten JÖRGENSEN	DEN	27:19
2	Claes NYBERG	SWE	27:20
3	Serhiy LEBID	UKR	27:23
4	Mustapha ESSAÏD	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	34
2	France	46
3	Spain	56
4	Italy	74
5	Denmark	114
6	Great Britain & N.I.	126
7	Ireland	134
8	Netherlands	150
9	Belgium	161
10	Russia	168

Women's Senior Race - 5.4km**Individual**

1	Josianne LLADO	FRA	17:20
2	Elena FIDATOV	ROU	17:33
3	Olivera JEVTIĆ	YUG	17:37
4	Annemari SANDELL	FIN	17:39
5	Mariana STANESCU-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	21
2	Romania	22
3	Spain	46
4	Portugal	48
5	Italy	57
6	Great Britain & N.I.	57
7	Belgium	78
8	Russia	84
9	Denmark	115
10	Ireland	119

Men's Junior Race - 5.4km**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	Samuel HAUGHIAN	GBR	16:10
6	Juan José LOZANO	ESP	16:19
7	Gareth TURNBULL	IRL	16:24
8	Stefano MORO	ITA	16:30
9	Miguel Ángel PINTO	ESP	16:37
10	Mircea BOTA	ROU	16:38

Teams

1	Spain	19
2	Portugal	43
3	Romania	48
4	Italy	55
5	Finland	66
6	Great Britain & N.I.	77
7	Ireland	79
8	Germany	80
9	Slovenia	103
10	Hungary	108

Women's Junior Race - 2.8km**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	Manoli DOMÍNGUEZ	ESP	9:23
8	Laura SUFFA	GER	9:28
9	Minna MYLLYKOSKI	FIN	9:28
10	Tuula LAITINEN	FIN	9:29

Teams

1	Germany	15
2	Yugoslavia	33
3	Great Britain & N.I.	43
4	Spain	49
5	Portugal	53
6	Finland	59
7	Belgium	63
8	Italy	75
9	Turkey	106
10	Ireland	119

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	France	2	1		3
2	Portugal	1	2		3
3	Yugoslavia	1	1	1	3
4	Spain	1		2	3
5	Germany	1		1	2
6	Denmark	1			1
6	Netherlands	1			1
8	Romania		2	1	3
9	Sweden		1	1	2
10	Austria		1		1
11	Great Britain & N.I.			1	1
11	Ukraine			1	1

5th European Cross Country Championships, Ferrara (ITA), 13 December 1998**Men's Senior Race - 9.7km****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 JÖRGENSEN	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	53
2	Portugal	55
3	Spain	68
4	Great Britain & N.I.	91
5	France	92
6	Ireland	108
7	Belgium	122
8	Netherlands	126
9	Austria	156
10	Denmark	166

Women's Senior Race - 5.6km**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 MAAMA-YVELAIN	FRA	18:52

Teams

1	Portugal	16
2	France	25
3	Romania	41
4	Spain	54
5	Great Britain & N.I.	55
6	Germany	71
7	Belgium	77
8	Italy	89
9	Ireland	90
10	Czech Republic	151

Men's Junior Race - 5.6km**Individual**

1	Yusef EL NASRI	ESP	16:50
2	Ovidiu TAT	ROU	16:51
3	Gareth TURNBULL	IRL	16:55
4	Samuel HAUGHIAN	GBR	16:57
5	Ivan HESHKO	UKR	17:02
6	Mustafa MOHAMED	SWE	17:02
7	Miguel Ángel 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	28
2	Great Britain & N.I.	30
3	Romania	36
4	Sweden	45
5	Ukraine	52
6	Italy	54
7	Germany	73
8	Portugal	73
9	Ireland	89
10	Turkey	100

Women's Junior Race - 3.6km**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	Nuray 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-POPA	ROU	12:23
10	Rosa María MORATÓ	ESP	12:25

Teams

1	Turkey	20
2	Belgium	46
3	Romania	49
4	Spain	56
5	Germany	58
6	Portugal	58
7	Great Britain & N.I.	60
8	Italy	83
9	Yugoslavia	85
10	Finland	99

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Spain	2		1	3
2	Portugal	1	2		3
3	Great Britain & N.I.	1	1		2
4	Hungary	1			1
4	Italy	1			1
4	Turkey	1			1
4	Ukraine	1			1
8	Belgium		2		2
9	Romania		1	3	4
10	France		1	1	2
11	Finland		1		1
12	Yugoslavia			2	2
13	Ireland			1	1

6th European Cross Country Championships, Velenje (SLO), 12 December 1999**Men's Senior Race - 9.8km****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 & N.I.	35
2	Portugal	41
3	France	58
4	Italy	71
5	Ireland	94
6	Spain	107
7	Belgium	125
8	Romania	131
9	Ukraine	183
10	Austria	202

Women's Senior Race - 5.0km**Individual**

1	Anita WEYERMANN	SUI	18:53
2	Constantina DITA-TOMESCU	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 MAAMA-YVELAIN	FRA	19:14
9	Anja SMOLDERS	BEL	19:17
10	Sabrina VARRONE	ITA	19:18

Teams

1	France	34
2	Romania	35
3	Portugal	39
4	Great Britain & N.I.	41
5	Italy	63
6	Ireland	67
7	Belgium	82
8	Spain	88
9	Turkey	114
10	Austria	131

Men's Junior Race - 6.6km**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	Mo 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	Steven VERNON	GBR	23:24

Teams

1	Great Britain & N.I.	26
2	France	38
3	Ireland	43
4	Portugal	45
5	Germany	54
6	Austria	80
7	Spain	89
8	Italy	99
9	Hungary	104
10	Belgium	111

Women's Junior Race - 3.4km**Individual**

1	Inês MONTEIRO	POR	12:48
2	Nicole SPIRIG	SUI	12:55
3	Ana 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 KALAJDZIĆ	BIH	13:13

Teams

1	Turkey	27
2	Portugal	32
3	Belgium	34
4	Switzerland	40
5	Romania	49
6	Finland	68
7	Great Britain & N.I.	79
8	Italy	92
9	France	105
10	Ireland	111

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Portugal	2	3	1	6
2	Great Britain & N.I.	2		1	3
3	France	1	2	1	4
4	Switzerland	1	1		2
5	Belgium	1		1	2
6	Turkey	1			1
7	Romania		2	1	3
8	Finland			1	1
8	Ireland			1	1
8	Yugoslavia			1	1

7th European Cross Country Championships, Malmö (SWE), 10 December 2000**Men's Senior Race - 9.8km****Individual**

1	Paulo GUERRA	POR	29:29
2	Serhiy LEBID	UKR	29:39
3	Driss EL HIMER	FRA	29:45
4	Lyes 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	23
2	Spain	51
3	Ireland	72
4	Portugal	74
5	Belgium	98
6	Great Britain & N.I.	103
7	Italy	144
8	Russia	156
9	Ukraine	166
10	Germany	168

Women's Senior Race - 5.0km**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	18
2	Great Britain & N.I.	33
3	Germany	54
4	Belgium	55
5	Romania	60
6	Ireland	60
7	France	60
8	Spain	73
9	Italy	106
10	Sweden	140

Men's Junior Race - 6.1km**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	Mickael ANDRE	FRA	19:11
6	Bruno SILVA	POR	19:11
7	Mo 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	21
2	Great Britain & N.I.	25
3	France	30
4	Spain	48
5	Germany	62
6	Italy	74
7	Sweden	85
8	Russia	96
9	Netherlands	121
10	Belarus	126

Women's Junior Race - 3.8km**Individual**

1	Jessica AUGUSTO	POR	12:55
2	Nicole SPIRIG	SUI	12:56
3	Elvan ABEYLEGESSE	TUR	12:56
4	Tatyana CHULAKH	RUS	12:56
5	Juliet POTTER-DOYLE	GBR	13:02
6	Olha KRIVYAK	UKR	13:14
7	Jane POTTER	GBR	13:14
8	Olesya DUBOVİK	UKR	13:15
9	Collette FAGAN	GBR	13:15
10	Türkan ERİŞMİŞ	TUR	13:17

Teams

1	Great Britain & N.I.	21
2	Turkey	40
3	Sweden	49
4	Portugal	55
5	Finland	60
6	Ukraine	69
7	Russia	71
8	Romania	83
9	Spain	84
10	Belgium	102

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Portugal	4	1		5
2	Great Britain & N.I.	1	3		4
3	France	1		2	3
4	Germany	1		1	2
5	Hungary	1			1
6	Turkey		1	1	2
7	Spain		1		1
7	Switzerland		1		1
7	Ukraine		1		1
10	Austria			1	1
10	Ireland			1	1
10	Sweden			1	1
10	Yugoslavia			1	1

8th SPAR European Cross Country Championships, Thun (SUI), 9 December 2001**Men's Senior Race - 9.2km****Individual**

1	Serhiy LEBID	UKR	27:52
2	Kamiel MAASE	NED	28:05
3	Antonio David JIMÉNEZ	ESP	28:10
4	Gabriele DE NARD	ITA	28:11
5	Christian BELZ	SUI	28:12
6	Samuel 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	40
2	France	50
3	Portugal	72
4	Italy	74
5	Great Britain & N.I.	92
6	Belgium	135
7	Netherlands	143
8	Russia	160
9	Switzerland	171
10	Ireland	172

Women's Senior Race - 4.7km**Individual**

1	Yamna OUBOUHOU	FRA	15:48
2	Olga ROMANOVA	RUS	15:49
3	Justyna BAŃK	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	41
2	Great Britain & N.I.	49
3	France	66
4	Russia	71
5	Ireland	116
6	Romania	137
7	Spain	138
8	Hungary	140
9	Italy	145
10	Poland	165

Men's Junior Race - 6.2km**Individual**

1	Vasil MATVIYCHUK	UKR	19:29
2	Mo 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 & N.I.	54
2	Portugal	67
3	France	68
4	Italy	79
5	Spain	98
6	Ireland	118
7	Belgium	140
8	Belarus	147
9	Germany	172
10	Turkey	175

Women's Junior Race - 3.2km**Individual**

1	Elvan ABEYLEGESSE	TUR	10:35
2	Tatyana CHULAKH	RUS	10:53
3	Snezana 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	35
2	Great Britain & N.I.	54
3	Turkey	79
4	Finland	96
5	France	115
6	Spain	129
7	Germany	147
8	Romania	154
9	Portugal	158
10	Yugoslavia	164

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Ukraine	2			2
2	Great Britain & N.I.	1	3		4
3	Russia	1	2		3
4	France	1	1	2	4
5	Portugal	1	1	1	3
6	Spain	1		1	2
6	Turkey	1		1	2
8	Netherlands		1		1
9	Italy			1	1
9	Poland			1	1
9	Yugoslavia			1	1

9th SPAR European Cross Country Championships, Medulin (CRO), 8 December 2002**Men's Senior Race - 9.8km****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 Ian CRAGG	IRL	29:13
9	Yevgeniy BOZHKO	UKR	29:18
10	Günther WEIDLINGER	AUT	29:21

Teams

1	Spain	31
2	France	43
3	Portugal	57
4	Great Britain & N.I.	93
5	Ukraine	99
6	Ireland	103
7	Belgium	113
8	Italy	129
9	Sweden	167
10	Austria	212

Women's Senior Race - 6.2km**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 PARRY-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	48
2	Portugal	54
3	Great Britain & N.I.	80
4	France	82
5	Spain	116
6	Ireland	133
7	Poland	169
8	Italy	179
9	Belgium	191
10	Turkey	196

Men's Junior Race - 6.2km**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	Abdelkader 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 RADOJEVIĆ	YUG	18:57

Teams

1	Russia	37
2	France	57
3	Italy	92
4	Romania	104
5	Turkey	105
6	Spain	111
7	Great Britain & N.I.	119
8	Ukraine	143
9	Belgium	153
10	Yugoslavia	153

Women's Junior Race - 3.7km**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	Asli CAKIR ALPTEKIN	TUR	12:38
7	Freya MURRAY	GBR	12:40
8	Danielle BARNES	GBR	12:40
9	Marina IVANOVA	RUS	12:41
10	Türkan ERİŞMİŞ	TUR	12:44

Teams

1	Great Britain & N.I.	27
2	Russia	35
3	Belgium	105
4	Netherlands	109
5	Turkey	117
6	Ukraine	131
7	Hungary	138
8	Germany	144
9	France	149
10	Spain	186

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Russia	3	3	1	7
2	Great Britain & N.I.	2		1	3
3	Spain	1		1	2
4	Slovenia	1			1
4	Ukraine	1			1
6	France		3		3
7	Portugal		1	1	2
8	Finland		1		1
9	Turkey			2	2
10	Belgium			1	1
10	Italy			1	1

10th SPAR European Cross Country Championships, Edinburgh (GBR), 14 December 2003**Men's Senior Race - 10.1km****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	Yevgeniy BOZHKO	UKR	31:19
6	Fabián RONCERO	ESP	31:23
7	Mustapha ESSAÏD	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	47
2	Spain	47
3	Portugal	65
4	Italy	71
5	Belgium	96
6	Russia	117
7	Great Britain & N.I.	126
8	Sweden	132
9	Germany	143
10	Ireland	181

Women's Senior Race - 6.6km**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 JEVIĆ	SCG	22:45
7	Justyna BAŃ	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 & N.I.	25
2	Ireland	78
3	Portugal	84
4	France	84
5	Russia	114
6	Belgium	116
7	Italy	126
8	Spain	130
9	Germany	140
10	Turkey	182

Men's Junior Race - 6.6km**Individual**

1	Yevgeniy RYBAKOV	RUS	20:52
2	Anatolij 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	20
2	Romania	31
3	Spain	44
4	Great Britain & N.I.	92
5	France	108
6	Germany	129
7	Ireland	142
8	Poland	161
9	Hungary	163
10	Portugal	178

Women's Junior Race - 4.5km**Individual**

1	Inna POLUŠKINA	LAT	15:32
2	Snezana 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 NURKOVIĆ	SCG	16:20
8	Regina KHAMZINA	RUS	16:23
9	Danielle BARNES	GBR	16:23
10	Binnaz USLU	TUR	16:24

Teams

1	Great Britain & N.I.	32
2	Russia	53
3	Germany	63
4	Romania	112
5	Belarus	116
6	Spain	129
7	France	135
8	Ireland	137
9	Turkey	145
10	Belgium	151

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	3		1	4
2	Russia	2	2	1	5
3	France	1			1
3	Latvia	1			1
3	Ukraine	1			1
6	Spain		2	1	3
7	Ireland		1		1
7	Romania		1		1
7	Serbia and Montenegro		1		1
7	Turkey		1		1
11	Portugal			3	3
12	Germany			1	1
12	Hungary			1	1

11th SPAR European Cross Country Championships, Heringsdorf (GER), 12 December 2004**Men's Senior Race - 9.6km****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	28
2	Italy	50
3	Great Britain & N.I.	63
4	Spain	71
5	Portugal	104
6	Russia	114
7	Belgium	126
8	Ukraine	128
9	Sweden	131
10	Romania	168

Women's Senior Race - 5.6km**Individual**

1	Hayley YELLING	GBR	18:06
2	Justyna BAŁ	POL	18:07
3	Joanne PAVEY	GBR	18:08
4	Mihaela M. BOTEZAN-PRUNDUS	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	38
2	Great Britain & N.I.	44
3	France	97
4	Germany	97
5	Hungary	106
6	Russia	111
7	Belgium	117
8	Spain	122
9	Poland	123
10	Ireland	152

Men's Junior Race - 5.6km**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	42
2	Ireland	54
3	Great Britain & N.I.	62
4	Romania	103
5	Italy	124
6	Poland	140
7	Spain	142
8	Belgium	159
9	Germany	168
10	Portugal	168

Women's Junior Race - 3.6km**Individual**

1	Binnaz USLU	TUR	11:33
2	Ancuța BOBOCEL	ROU	11:42
3	Marta ROMO	ESP	11:46
4	Adrienne 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	51
2	Great Britain & N.I.	64
3	Russia	68
4	Belarus	85
5	Germany	95
6	France	121
7	Poland	128
8	Italy	167
9	Spain	168
10	Netherlands	179

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	1	2	3	6
2	Russia	1	1	2	4
3	Romania	1	1		2
4	France	1		2	3
5	Hungary	1			1
5	Portugal	1			1
5	Turkey	1			1
5	Ukraine	1			1
9	Spain		1	1	2
10	Ireland		1		1
10	Italy		1		1
10	Poland		1		1

12th SPAR European Cross Country Championships, Tilburg (NED), 11 December 2005**Men's Senior Race - 9.84km****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 RÍOS	ESP	27:37

Teams

1	France	21
2	Spain	64
3	Ukraine	71
4	Italy	75
5	Portugal	92
6	Russia	123
7	Great Britain & N.I.	129
8	Ireland	139
9	Sweden	178
10	Austria	178

Women's Senior Race - 6.5km**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	52
2	Great Britain & N.I.	54
3	France	73
4	Portugal	87
5	Ireland	106
6	Netherlands	109
7	Germany	126
8	Belgium	157
9	Spain	169
10	Italy	171

Men's Junior Race - 6.5km**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 SUHANEA	ROU	18:50
6	Ștefan PĂTRU	ROU	18:52
7	Siarhei CHEBIARAK	BLR	18:53
8	Marcin CHABOWSKI	POL	18:54
9	Martin DEMATTEIS	ITA	18:54
10	Arkadiusz GARDZIELEWSKI	POL	18:54

Teams

1	Poland	60
2	Great Britain & N.I.	68
3	Romania	71
4	Italy	101
5	Portugal	115
6	Spain	120
7	Russia	130
8	Germany	141
9	Belarus	175
10	France	179

Women's Junior Race - 4.83km**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	Stephanie TWELL	GBR	15:45
8	Yuliya ZARUDNEVA	RUS	15:47
9	Azra NURKOVIĆ	SCG	15:50
10	Larisa Elena ARCIP	ROU	15:51

Teams

1	Great Britain & N.I.	30
2	Romania	49
3	Russia	60
4	Ireland	98
5	Belgium	123
6	Germany	124
7	Spain	152
8	France	170
9	Italy	172
10	Turkey	183

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	1	4		5
2	Romania	1	1	1	3
3	France	1		2	3
4	Netherlands	1		1	2
4	Russia	1		1	2
4	Ukraine	1		1	2
7	Hungary	1			1
7	Poland	1			1
9	Spain		2		2
10	Germany		1		1
11	Serbia and Montenegro			1	1
11	Sweden			1	1

13th SPAR European Cross Country Championships, San Giorgio su Legnano (ITA), 10 December 2006**Men's Senior Race - 9.95km****Individual**

1	Mo 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 ESSAÏD	FRA	28:17
8	Luis FEITEIRA	POR	28:21
9	Christian BELZ	SUI	28:22
10	Carles CASTILLEJO	ESP	28:23

Teams

1	France	29
2	Spain	40
3	Portugal	54
4	Great Britain & N.I.	79
5	Italy	89
6	Ukraine	109
7	Sweden	119
8	Ireland	153
9	Belgium	159
10	Turkey	181

Women's Senior Race - 8.03km**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	Joanne PAVEY	GBR	25:38
9	Jessica AUGUSTO	POR	25:38
10	Anália ROSA	POR	25:45

Teams

1	Portugal	47
2	Great Britain & N.I.	47
3	France	69
4	Russia	88
5	Spain	94
6	Italy	96
7	Serbia	128
8	Ireland	153
9	Germany	160

Men's U23 Race - 8.03km - Exhibition**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

Women's U23 Race - 5.975km - Exhibition**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 WHITTLE	GBR	19:23
9	Katarzyna KOWALSKA	POL	19:24
10	Anke VAN CAMPEN	BEL	19:34

Men's Junior Race - 5.975km**Individual**

1	Andrea LALLI	ITA	16:53
2	Siarhei CHEBIARAK	BLR	17:03
3	Ciprian SUHANEA	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 BAS	TUR	17:17
9	Mohamed ELBENDIR	ESP	17:20
10	Vítor REIS	POR	17:22

Teams

1	Italy	68
2	Spain	74
3	France	74
4	Turkey	83
5	Great Britain & N.I.	97
6	Portugal	109
7	Germany	124
8	Romania	128
9	Russia	151
10	Belarus	192

Women's Junior Race - 4.1km**Individual**

1	Stephanie TWELL	GBR	12:33
2	Karoline Bjerkeli GRØVDAL	NOR	12:36
3	Ancuța 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 & N.I.	21
2	Russia	76
3	Romania	83
4	Spain	98
5	Germany	102
6	France	132
7	Ukraine	145
8	Turkey	151
9	Ireland	157
10	Finland	180

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	3	1		4
2	Italy	2			2
3	France	1		2	3
4	Portugal	1		1	2
5	Ukraine	1			1
6	Spain		3		3
7	Russia		2		2
8	Belarus		1		1
8	Norway		1		1
10	Romania			3	3
11	Serbia			1	1
11	Sweden			1	1

Exhibition U23 races are not included in the medal table

14th SPAR European Cross Country Championships, Toro (ESP), 9 December 2007**Men's Senior Race - 10.7km****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 RÍOS	ESP	32:12

Teams

1	Spain	33
2	Portugal	64
3	France	75
4	Great Britain & N.I.	81
5	Sweden	83
6	Belgium	92
7	Ireland	105
8	Italy	139
9	Finland	151

Women's Senior Race - 8.2km**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 HADDIOUI	FRA	27:25
9	Hayley YELLING	GBR	27:28
10	Liz YELLING	GBR	27:31

Teams

1	Spain	33
2	Great Britain & N.I.	47
3	Portugal	69
4	France	77
5	Ireland	112
6	Italy	140

Men's U23 Race - 8.2km**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 KOZLOWSKI	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 & N.I.	52
2	Poland	52
3	Russia	65
4	Turkey	101
5	France	105
6	Ireland	108
7	Italy	115
8	Portugal	131
9	Spain	134
10	Germany	141

Women's U23 Race - 6.7km**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 PROKOPEVA	RUS	23:10
10	Natalya STARKOVA	RUS	23:17

Teams

1	Great Britain & N.I.	47
2	Russia	55
3	Poland	58
4	Belgium	82
5	Spain	108
6	Ireland	129
7	Italy	139
8	Portugal	152
9	France	162
10	Finland	163

Men's Junior Race - 6.7km**Individual**

1	Morhad 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	29
2	Great Britain & N.I.	48
3	Germany	57
4	Turkey	87
5	Spain	124
6	Italy	130
7	Ireland	136
8	Ukraine	144
9	Portugal	155
10	Norway	155

Women's Junior Race - 4.2km**Individual**

1	Stephanie TWELL	GBR	14:12
2	Danuta URBANIK	POL	14:21
3	Charlotte PURDUE	GBR	14:22
4	Charlotte ROACH	GBR	14:27
5	Olga 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 & N.I.	14
2	Russia	50
3	Ukraine	57
4	Poland	67
5	Ireland	124
6	Portugal	142
7	France	151
8	Spain	162
9	Romania	197
10	Belgium	197

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	4	2	2	8
2	Spain	3		1	4
3	France	2	2	1	5
4	Ukraine	1		2	3
5	Romania	1			1
5	Turkey	1			1
7	Russia		3	1	4
8	Poland		2	2	4
9	Portugal		1	2	3
10	Netherlands		1		1
10	Sweden		1		1
12	Germany			1	1

15th SPAR European Cross Country Championships, Bruxelles (BEL), 14 December 2008**Men's Senior Race - 10.0km****Individual**

1	Serhiy LEBID	UKR	30:49
2	Mo 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	39
2	France	49
3	Great Britain & N.I.	54
4	Italy	79
5	Belgium	93
6	Ukraine	116
7	Ireland	129
8	Portugal	153
9	Sweden	174
10	Germany	192

Women's Senior Race - 8.0km**Individual**

1	Hilde KIBET	NED	27:45
2	Jessica AUGUSTO	POR	27:54
3	Inês MONTEIRO	POR	28:02
4	Mary Teresa 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	29
2	Great Britain & N.I.	49
3	France	78
4	Netherlands	97
5	Russia	111
6	Italy	119
7	Spain	127
8	Belgium	131
9	Ireland	131
10	Germany	165

Men's U23 Race - 8.0km**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	Morhad AMDOUNI	FRA	25:22
9	Martin DEMATTEIS	ITA	25:22
10	Stepan KISELYOV	RUS	25:23

Teams

1	Great Britain & N.I.	19
2	Italy	42
3	France	62
4	Poland	93
5	Turkey	112
6	Spain	119
7	Belgium	142
8	Ireland	151
9	Portugal	154
10	Russia	215

Women's U23 Race - 6.0km**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 & N.I.	24
2	Russia	44
3	Germany	57
4	Ireland	80
5	Spain	135
6	France	137
7	Portugal	138
8	Italy	152
9	Belgium	162
10	Poland	172

Men's Junior Race - 6.0km**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 BURAAAS	NOR	19:15

Teams

1	France	50
2	Norway	51
3	Great Britain & N.I.	52
4	Turkey	79
5	Spain	89
6	Germany	93
7	Belgium	102
8	Ireland	169
9	Portugal	177
10	Italy	179

Women's Junior Race - 4.0km**Individual**

1	Stephanie 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	FIN	14:12
10	Viktoriya POHORYELSKA	UKR	14:13

Teams

1	Great Britain & N.I.	10
2	Ukraine	58
3	Russia	62
4	Ireland	77
5	Germany	89
6	Poland	150
7	France	173
8	Turkey	174
9	Spain	175
10	Belgium	175

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	4	5	3	12
2	France	2	1	3	6
3	Netherlands	2			2
4	Portugal	1	1	1	3
5	Italy	1	1		2
5	Ukraine	1	1		2
7	Spain	1			1
8	Norway		2		2
9	Russia		1	2	3
10	Germany			1	1
10	Sweden			1	1
10	Turkey			1	1

16th SPAR European Cross Country Championships, Dublin (IRL), 13 December 2009**Men's Senior Race - 9.997km****Individual**

1	Alemayehu BEZABEH	ESP	30:45
2	Mo FARAH	GBR	31:02
3	Serhiy LEBID	UKR	31:17
4	Sergio SÁNCHEZ	ESP	31:26
5	Ayad LAMDASSEM	ESP	31:30
6	José Manuel ROCHA	POR	31:34
7	Eduard MBENGANI	POR	31:41
8	Mark KENNEALLY	IRL	31:42
9	Daniele MEUCCI	ITA	31:42
10	Stephane JOLY	SUI	31:46

Teams

1	Spain	34
2	Great Britain & N.I.	54
3	Italy	62
4	France	67
5	Portugal	73
6	Ireland	115
7	Belgium	146
8	Germany	149
9	Denmark	169
10	Finland	197

Women's Senior Race - 8.018km**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	25
2	Great Britain & N.I.	51
3	Spain	58
4	Ireland	82
5	Italy	103
6	France	130
7	Sweden	141
8	Germany	161

Men's U23 Race - 8.018km**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	31
2	Great Britain & N.I.	45
3	Belgium	59
4	Spain	81
5	Turkey	102
6	Ireland	105
7	Portugal	128
8	Netherlands	134
9	Germany	137
10	Italy	213

Women's U23 Race - 6.039km**Individual**

1	Sultan HAYDAR	TUR	21:14
2	Irina SERGEYEVA	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	FIN	21:32
8	Natalya PUCHKOVA	RUS	21:36
9	Alfiya KHASANOVA	RUS	21:39
10	Stevie STOCKTON	GBR	21:39

Teams

1	Great Britain & N.I.	22
2	Russia	25
3	France	85
4	Germany	85
5	Ireland	98
6	Spain	155
7	Ukraine	162
8	Italy	163

Men's Junior Race - 6.039km**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 & N.I.	24
2	France	58
3	Norway	77
4	Belgium	93
5	Spain	98
6	Portugal	127
7	Germany	129
8	Italy	137
9	Ukraine	147
10	Romania	183

Women's Junior Race - 4.039km**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	Sara Catarina RIBEIRO	POR	14:40

Teams

1	Russia	47
2	Great Britain & N.I.	51
3	Germany	73
4	France	98
5	Italy	100
6	Portugal	103
7	Belgium	118
8	Ukraine	122
9	Ireland	164
10	Spain	189

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	3	6	3	12
2	France	2	2	1	5
3	Spain	2	1	1	4
4	Russia	1	3		4
5	Belgium	1		2	3
6	Norway	1		1	2
7	Portugal	1			1
7	Turkey	1			1
9	Germany			1	1
9	Italy			1	1
9	Netherlands			1	1
9	Ukraine			1	1

17th SPAR European Cross Country Championships, Albufeira (POR), 12 December 2010**Men's Senior Race - 9.87km****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	Morhad 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	32
2	Portugal	34
3	Spain	56
4	Italy	93
5	Great Britain & N.I.	95
6	Russia	103
7	Ireland	136
8	Denmark	174
9	Finland	177
10	Latvia	246

Women's Senior Race - 8.17km**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	19
2	Great Britain & N.I.	65
3	Spain	71
4	France	77
5	Ireland	129
6	Italy	143

Men's U23 Race - 8.17km**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 BURAAAS	NOR	24:34
9	Ricky STEVENSON	GBR	24:34
10	Florian ORTH	GER	24:44

Teams

1	Ireland	60
2	France	78
3	Spain	79
4	Great Britain & N.I.	104
5	Norway	112
6	Belgium	114
7	Portugal	133
8	Germany	134
9	Ukraine	149
10	Netherlands	152

Women's U23 Race - 6.07km**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	FIN	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 & N.I.	43
2	Russia	45
3	Ukraine	61
4	Spain	90
5	Germany	103
6	Portugal	113
7	France	114
8	Poland	190

Men's Junior Race - 6.07km**Individual**

1	Abdelaziz MERZOUGUI	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 & N.I.	62
2	Portugal	74
3	Russia	83
4	France	88
5	Ireland	120
6	Ukraine	130
7	Spain	145
8	Belgium	155
9	Hungary	156
10	Norway	166

Women's Junior Race - 3.97km**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 Raluca DOAGĂ	ROU	13:18
9	Lily PARTRIDGE	GBR	13:19
10	Annabel GUMMOW	GBR	13:19

Teams

1	Great Britain & N.I.	23
2	Germany	53
3	Romania	64
4	Turkey	99
5	Belgium	103
6	Italy	128
7	Spain	149
8	Portugal	165
9	Russia	172
10	Ireland	184

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	4	2	1	7
2	Portugal	2	2	3	7
3	France	2	2		4
4	Spain	2	1	3	6
5	Ukraine	1		2	3
6	Ireland	1			1
7	Serbia		2		2
8	Russia		1	2	3
9	Germany		1		1
9	Turkey		1		1
11	Romania			1	1

18th SPAR European Cross Country Championships, Velenje (SLO), 11 December 2011**Men's Senior Race - 10.0km****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	Morhad AMDOUNI	FRA	29:26
7	Khalid CHOUKOUD	NED	29:27
8	Andy VERNON	GBR	29:39
9	Morten MUNKHOLM	DEN	29:42
10	Mokhtar BENHARI	FRA	29:43

Teams

1	France	30
2	Great Britain & N.I.	55
3	Spain	64
4	Italy	80
5	Ireland	112
6	Portugal	114
7	Denmark	131
8	Germany	156
9	Slovenia	228
10	Serbia	246

Women's Senior Race - 8.0km**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-APEL	GER	26:40
10	Valeria STRANEO	ITA	26:42

Teams

1	Great Britain & N.I.	42
2	Portugal	51
3	Germany	83
4	France	83
5	Romania	88
6	Italy	101
7	Spain	116
8	Ireland	133

Men's U23 Race - 8.0km**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 BURAAAS	NOR	24:02
10	Cihat ULUS	TUR	24:03

Teams

1	Norway	59
2	Great Britain & N.I.	76
3	France	94
4	Spain	97
5	Russia	107
6	Belgium	128
7	Germany	131
8	Ukraine	141
9	Sweden	144
10	Turkey	165

Women's U23 Race - 6.0km**Individual**

1	Emma PALLANT	GBR	19:57
2	Naomi TASCHIMOWITZ	GBR	20:02
3	Corinna HARRER	GER	20:03
4	Stephanie 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	Salomé ROCHA	POR	20:20
10	Jennifer WENTH	AUT	20:26

Teams

1	Great Britain & N.I.	14
2	Germany	41
3	Portugal	77
4	France	99
5	Turkey	101
6	Spain	102

Men's Junior Race - 6.0km**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 & N.I.	30
2	Russia	60
3	France	103
4	Ukraine	109
5	Belgium	118
6	Denmark	120
7	Germany	127
8	Spain	134
9	Portugal	152
10	Turkey	177

Women's Junior Race - 4.0km**Individual**

1	Emelia GORECKA	GBR	13:13
2	Ioana Raluca 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 & N.I.	38
2	Russia	42
3	Germany	49
4	Romania	73
5	Netherlands	113
6	Belgium	119
7	Spain	122
8	Portugal	164
9	Poland	180
10	Turkey	192

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	6	5	1	12
2	France	2		3	5
3	Russia	1	2	1	4
4	Norway	1		1	2
5	Belgium	1			1
5	Ireland	1			1
7	Portugal		2	1	3
8	Germany		1	3	4
9	Spain		1	1	2
10	Romania		1		1
11	Serbia			1	1

19th SPAR European Cross Country Championships, Budapest (HUN), 9 December 2012**Men's Senior Race - 9.9km****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	Steven VERNON	GBR	30:28

Teams

1	Spain	34
2	Great Britain & N.I.	38
3	Italy	60
4	France	83
5	Ukraine	114
6	Ireland	125
7	Netherlands	143
8	Norway	147
9	Turkey	174
10	Denmark	177

Women's Senior Race - 8.05km**Individual**

1	Fionnuala BRITTON	IRL	27:45
2	Dulce FÉLIX	POR	27:47
3	Adrienne HERZOG	NED	27:48
4	Almenesh BELETE	BEL	27:54
5	Laurane PICOCHÉ	FRA	27:55
6	Sophie DUARTE	FRA	27:55
7	Nadia EJAFINI	ITA	27:59
8	Linda BYRNE	IRL	28:17
9	Lisa Christina STUBLIĆ	CRO	28:18
10	Diana MARTÍN	ESP	28:19

Teams

1	Ireland	52
2	France	52
3	Great Britain & N.I.	60
4	Spain	73
5	Italy	82
6	Portugal	90
7	Bosnia-Herzegovina	203

Men's U23 Race - 8.05km**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 MERZOUGUI	ESP	24:57
8	Hayle IBRAHIMOV	AZE	24:59
9	Ørjan GRØNNEVIG	NOR	25:00
10	Simon DENISSEL	FRA	25:02

Teams

1	France	50
2	Spain	59
3	Great Britain & N.I.	80
4	Norway	81
5	Italy	124
6	Denmark	127
7	Turkey	130
8	Germany	133
9	Russia	163
10	Ukraine	199

Women's U23 Race - 6.03km**Individual**

1	Jessica 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	Salomé ROCHA	POR	21:05
8	Yekaterina MATYUNINA	RUS	21:07
9	Viktoriya POHORYELSKA	UKR	21:08
10	Sara Catarina RIBEIRO	POR	21:20

Teams

1	Russia	27
2	Great Britain & N.I.	33
3	Germany	84
4	Portugal	105
5	France	113
6	Italy	125
7	Turkey	130
8	Ukraine	163
9	Spain	174

Men's Junior Race - 6.03km**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 DA'VALL GRICE	GBR	19:02
10	Viktor BAKHAREV	RUS	19:03

Teams

1	Russia	50
2	France	51
3	Great Britain & N.I.	54
4	Poland	77
5	Turkey	102
6	Italy	114
7	Germany	165
8	Norway	166
9	Denmark	171
10	Belgium	172

Women's Junior Race - 4.0km**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	Mariya KHODAKIVSKA	UKR	14:00
7	Jenny WALSH	GBR	14:01
8	Monica Madalin FLOREA	ROU	14:04
9	Yevdokiya BUKINA	RUS	14:05
10	Luiza LITVINOVA	RUS	14:07

Teams

1	Great Britain & N.I.	26
2	Germany	103
3	Russia	107
4	Romania	112
5	Sweden	118
6	Portugal	146
7	Netherlands	155
8	Ireland	172
9	Ukraine	183
10	Italy	204

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	2	3	5	10
2	Russia	2	1	1	4
3	Ireland	2			2
4	France	1	3	1	5
5	Spain	1	1		2
6	Italy	1		2	3
7	Norway	1			1
7	Poland	1			1
7	Serbia	1			1
10	Germany		1	2	3
11	Belgium		1		1
11	Bulgaria		1		1
11	Portugal		1		1
14	Netherlands			1	1

20th SPAR European Cross Country Championships, Beograd (SRB), 8 December 2013**Men's Senior Race - 10.0km****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	31
2	Belgium	48
3	Great Britain & N.I.	59
4	France	65
5	Germany	68
6	Ireland	88
7	Turkey	139
8	Italy	147
9	Portugal	201
10	Austria	224

Women's Senior Race - 8.0km**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	Almenesh BELETE	BEL	27:00
7	Julia BLEASDALE	GBR	27:02
8	Veronica INGLESE	ITA	27:12
9	Salomé ROCHA	POR	27:13
10	Iris María FUENTES-PILA	ESP	27:17

Teams

1	Great Britain & N.I.	35
2	France	54
3	Spain	61
4	Italy	95
5	Portugal	107
6	Ireland	112
7	Turkey	148
8	Czech Republic	193
9	Denmark	215
10	Romania	227

Men's U23 Race - 8.0km**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 & N.I.	40
2	Ukraine	72
3	France	78
4	Ireland	120
5	Russia	139
6	Norway	142
7	Germany	148
8	Spain	166
9	Italy	180
10	Portugal	185

Women's U23 Race - 6.0km**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 & N.I.	19
2	Russia	54
3	Netherlands	70
4	Turkey	74
5	Germany	87
6	Poland	115
7	France	116
8	Italy	156
9	Portugal	206
10		

Men's Junior Race - 6.0km**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 CASTEELE	BEL	18:16
9	Seán TOBIN	IRL	18:18
10	Viktor BAKHAREV	RUS	18:20

Teams

1	France	48
2	Russia	51
3	Italy	55
4	Great Britain & N.I.	67
5	Turkey	114
6	Spain	145
7	Netherlands	151
8	Germany	153
9	Ireland	157
10	Ukraine	200

Women's Junior Race - 4.0km**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 & N.I.	24
2	Sweden	75
3	Germany	95
4	Italy	122
5	Poland	135
6	Turkey	139
7	Russia	142
8	Norway	156
9	France	169
10	Ukraine	176

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	5	1	3	9
2	France	2	1	1	4
3	Spain	2		1	3
4	Belgium	1	2		3
5	Turkey	1	1		2
6	Netherlands	1		1	2
7	Russia		2	1	3
8	Serbia		1	1	2
9	Bulgaria		1		1
9	Poland		1		1
9	Sweden		1		1
9	Ukraine		1		1
13	Germany			1	1
13	Italy			1	1
13	Portugal			1	1
13	Slovenia			1	1

21st SPAR European Cross Country Championships, Samokov (BUL), 14 December 2014**Men's Senior Race - 10.01km****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	Timothee BOMMIER	FRA	33:21

Teams

1	Turkey	33
2	Spain	36
3	Italy	59
4	France	68
5	Great Britain & N.I.	74
6	Ireland	124
7	Ukraine	173
8	Romania	212
9	Denmark	224

Women's Senior Race - 7.782km**Individual**

1	Gemma STEEL	GBR	28:27
2	Kate AVERY	GBR	28:27
3	Meraf BAHTA	SWE	28:52
4	Almenesh BELETE	BEL	28:52
5	Sophie DUARTE	FRA	28:58
6	Fionnuala BRITTON	IRL	28:59
7	Stephanie TWELL	GBR	29:07
8	Iwona LEWANDOWSKA	POL	29:09
9	Iris María FUENTES-PILA	ESP	29:19
10	Salomé ROCHA	POR	29:20

Teams

1	Great Britain & N.I.	21
2	Spain	70
3	Ireland	87
4	France	88
5	Italy	112
6	Denmark	124
7	Romania	215

Men's U23 Race - 7.782km**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	François BARRER	FRA	25:56
9	Alexander PALM	SWE	26:00
10	Mikhail STRELKOV	RUS	26:03

Teams

1	Russia	16
2	Great Britain & N.I.	31
3	Sweden	62
4	France	93
5	Spain	110
6	Germany	122
7	Ukraine	136
8	Poland	137
9	Ireland	143
10	Romania	247

Women's U23 Race - 6.085km**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	32
2	Great Britain & N.I.	37
3	Turkey	95
4	Germany	107
5	Belarus	123
6	Romania	132
7	Ukraine	145
8	Portugal	185
9	Ireland	186

Men's Junior Race - 6.085km**Individual**

1	Yemaneberhan CRIPPA	ITA	20:07
2	Carlos MAYO	ESP	20:22
3	Said ETTAQI	ITA	20:28
4	Ayoub MOKHTAR	ESP	20:30
5	Yohanes CHIAPPINELLI	ITA	20:33
6	Emmanuel ROUDOLFF	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	18
2	Spain	41
3	Turkey	70
4	France	74
5	Great Britain & N.I.	85
6	Sweden	90
7	Germany	136
8	Russia	138
9	Ukraine	178
10	Norway	179

Women's Junior Race - 3.857km**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	Becky STRAW	GBR	14:48
9	Celia ANTÓN	ESP	14:49
10	Weronika PYZIK	POL	14:55

Teams

1	Great Britain & N.I.	18
2	France	64
3	Germany	74
4	Turkey	99
5	Spain	111
6	Ukraine	116
7	Denmark	116
8	Italy	144
9	Romania	188
10	Ireland	192

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	4	4	1	9
2	Russia	3	1	2	6
2	Turkey	3	1	2	6
4	Italy	2		2	4
5	Spain		4	1	5
6	Bulgaria		1		1
6	France		1		1
8	Sweden			2	2
9	Germany			1	1
9	Ireland			1	1

22nd SPAR European Cross Country Championships, Hyères (FRA), 13 December 2015**Men's Senior Race - 10.117km****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	Morhad AMDOUNI	FRA	30:24
10	David NILSSON	SWE	30:25

Teams

1	Spain	14
2	France	35
3	Great Britain & N.I.	78
4	Italy	99
5	Netherlands	103
6	Denmark	105
7	Norway	143
8	Ukraine	151
9	Turkey	154
10	Belgium	177

Women's Senior Race - 8.087km**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	Stephanie 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 & N.I.	33
2	France	78
3	Ireland	83
4	Spain	95
5	Italy	118
6	Romania	129
7	Ukraine	238

Men's U23 Race - 8.087km**Individual**

1	Jonathan 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	39
2	Great Britain & N.I.	41
3	France	59
4	Italy	77
5	Germany	81
6	Poland	83
7	Ireland	161
8	Ukraine	221

Women's U23 Race - 4.157km**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	Viktoriya 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 & N.I.	41
2	France	71
3	Italy	82
4	Ukraine	127
5	Turkey	140
6	Portugal	188

Men's Junior Race - 5.947km**Individual**

1	Yemaneberhan CRIPPA	ITA	17:39
2	Fabien PALCAU	FRA	17:45
3	El Madhi LAHOUIFI	ESP	17:46
4	Jimmy GRESSIER	FRA	17:48
5	Said ETTAQI	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	27
2	Italy	29
3	Great Britain & N.I.	67
4	Spain	87
5	Belgium	121
6	Germany	141
7	Sweden	150
8	Ireland	165
9	Switzerland	169
10	Turkey	191

Women's Junior Race - 4.157km**Individual**

1	Konstanze KLOSTERHALFEN	GER	13:12
2	Harriet KNOWLES-JONES	GBR	13:16
3	Alina REH	GER	13:20
4	Celia 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	20
2	Great Britain & N.I.	40
3	Denmark	62
4	France	77
5	Spain	108
6	Turkey	112
7	Italy	150
8	Switzerland	181
9	Romania	216
10	Ukraine	221

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	3	4	2	9
2	Spain	2	2	2	6
3	Germany	2		2	4
4	France	1	4	1	6
5	Italy	1	1	1	3
6	Netherlands	1	1		2
7	Belgium	1			1
7	Turkey	1			1
9	Denmark			1	1
9	Ireland			1	1
9	Norway			1	1
9	Serbia			1	1

23rd SPAR European Cross Country Championships, Chia (ITA), 11 December 2016**Men's Senior Race - 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 FIFA	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 & N.I.	28
2	Spain	32
3	Turkey	38
4	France	79
5	Italy	82
6	Netherlands	137
7	Ukraine	146
8	Norway	153
9	Denmark	159
10	Ireland	197

Women's Senior Race - 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	Stephanie TWELL	GBR	25:40
7	Trihas GEBRE	ESP	25:41
8	Fabienne SCHLUMPF	SUI	25:46
9	Liv WESTPHAL	FRA	25:47
10	Elizeba CHERONO	NED	25:57

Teams

1	Turkey	35
2	Great Britain & N.I.	51
3	Romania	79
4	France	101
5	Spain	117
6	Ireland	123
7	Germany	127
8	Czech Republic	135
9	Portugal	151
10	Italy	162

Men's U23 Race - 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	Jonathan DAVIES	GBR	23:01
6	Napoleon SOLOMON	SWE	23:03
7	Jesús 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	35
2	Belgium	53
3	Great Britain & N.I.	58
4	Spain	64
5	Germany	81
6	France	83
7	Sweden	128
8	Ukraine	164
9	Portugal	201
10	Israel	212

Women's U23 Race - 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	Viktoriia KALIUZHNA	UKR	19:54
9	Carolin KIRTZEL	GER	19:54
10	Christine SANTI	ITA	19:59

Teams

1	Great Britain & N.I.	26
2	Germany	33
3	Italy	67
4	Ukraine	69
5	Turkey	104
6	France	111
7	Spain	130
8	Slovak Republic	180

Men's U20 Race - 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	Adrián BEN	ESP	17:30
9	Miguel GONZALEZ	ESP	17:34
10	Abderrazak CHARIK	FRA	17:34

Teams

1	France	26
2	Spain	42
3	Great Britain & N.I.	43
4	Israel	88
5	Italy	88
6	Ireland	114
7	Germany	131
8	Romania	175
9	Turkey	182
10	Denmark	198

Women's U20 Race - 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 SCLABAS	SUI	12:58
7	Lucía RODRÍGUEZ	ESP	13:06
8	Cecile LEJEUNE	FRA	13:12
9	Amelia QUIRK	GBR	13:12
10	Victoria WEIR	GBR	13:16

Teams

1	Great Britain & N.I.	33
2	Germany	57
3	Netherlands	71
4	France	89
5	Spain	99
6	Turkey	112
7	Italy	115
8	Denmark	122
9	Poland	148
10	Ireland	148

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Turkey	3	2	1	6
2	Great Britain & N.I.	3	1	6	10
3	Germany	1	3		4
4	Italy	1	1	2	4
5	Belgium	1	1		2
6	Norway	1		1	2
7	France	1			1
7	Poland	1			1
9	Spain		3		3
10	Denmark		1		1
11	Netherlands			1	1
11	Romania			1	1

24th SPAR European Cross Country Championships, Šamorín (SVK), 10 December 2017**Men's Senior Race - 10.18km****Individual**

1	Kaan Kigen ÖZBILEN	TUR	29:45
2	Adel MECHAAL	ESP	29:54
3	Andrew BUTCHART	GBR	30:00
4	Hassan CHAHDI	FRA	30:01
5	Soufiane BOUCHIKHI	BEL	30:04
6	Ben CONNOR	GBR	30:08
7	Aras KAYA	TUR	30:14
8	Daniel MATEO	ESP	30:16
9	Polat Kemboi ARIKAN	TUR	30:17
10	Ayad LAMDASSEM	ESP	30:18

Teams

1	Turkey	17
2	Spain	20
3	Great Britain & N.I.	35
4	France	54
5	Ireland	58
6	Denmark	80
7	Norway	81
8	Portugal	90
9	Italy	109
10	Sweden	111

Women's Senior Race - 8.23km**Individual**

1	Yasemin CAN	TUR	26:48
2	Meraf BAHTA	SWE	27:03
3	Karoline Bjerkeli GRØVDAL	NOR	27:04
4	Roxana BÂRCĂ	ROU	27:21
5	Elena BURKARD	GER	27:21
6	Charlotte TAYLOR	GBR	27:23
7	Fabienne SCHLUMPF	SUI	27:24
8	Emelia GORECKA	GBR	27:34
9	Gemma STEEL	GBR	27:41
10	Stephanie TWELL	GBR	27:43

Teams

1	Great Britain & N.I.	23
2	Romania	31
3	Turkey	54
4	Portugal	60
5	Spain	60
6	Germany	70
7	Ireland	84
8	France	85
9	Italy	115
10	Denmark	131

Men's U23 Race - 8.23km**Individual**

1	Jimmy GRESSIER	FRA	24:35
2	Hugo HAY	FRA	24:37
3	Yemaneberhan CRIPPA	ITA	24:42
4	Emmanuel ROUDOLFF	FRA	24:43
5	Carlos MAYO	ESP	24:46
6	Simon DEBOGNIES	BEL	24:47
7	Alexis MIELLET	FRA	24:47
8	Topi RAITANEN	FIN	24:47
9	Robin HENDRIX	BEL	24:48
10	Süleyman BEKMEZCI	TUR	24:49

Teams

1	France	7
2	Belgium	26
3	Great Britain & N.I.	41
4	Spain	45
5	Italy	49
6	Turkey	76
7	Germany	79
8	Netherlands	106
9	Portugal	110
10	Ukraine	130

Women's U23 Race - 6.28km**Individual**

1	Alina REH	GER	20:22
2	Konstanze KLOSTERHALFEN	GER	20:25
3	Jessica JUDD	GBR	20:45
4	Amy-Eloise NEALE	GBR	20:59
5	Amy GRIFFITHS	GBR	21:02
6	Isabelle BRAUER	SWE	21:09
7	Anna Emilie MØLLER	DEN	21:14
8	Weronika PYZIK	POL	21:18
9	Mhairi MACLENNAN	GBR	21:26
10	Phoebe LAW	GBR	21:26

Teams

1	Great Britain & N.I.	12
2	Germany	15
3	Turkey	46
4	Sweden	52
5	Spain	59
6	Ukraine	66
7	Denmark	77
8	France	82
9	Italy	85
10	Switzerland	132

Men's U20 Race - 6.28km**Individual**

1	Jakob INGEBRIGTSEN	NOR	18:39
2	Ramazan BARBAROS	TUR	18:41
3	Louis GILAVERT	FRA	18:45
4	Yani KHELAF	FRA	18:47
5	Miguel GONZALEZ	ESP	18:48
6	Adrian GARCEA	ROU	18:48
7	Annasse Mahboub EL HAMDOUINI	ESP	18:49
8	Ignacio FONTES	ESP	18:50
9	Mario GARCÍA	ESP	18:50
10	Markus GÖRGER	GER	18:50

Teams

1	Spain	20
2	France	27
3	Turkey	49
4	Belgium	51
5	Norway	51
6	Great Britain & N.I.	56
7	Italy	83
8	Romania	88
9	Germany	93
10	Ireland	97

Women's U20 Race - 4.18km**Individual**

1	Harriet KNOWLES-JONES	GBR	13:48
2	Lili Anna TÓTH	HUN	13:59
3	Miriam DATTKE	GER	14:03
4	Jasmijn LAU	NED	14:05
5	Nadia BATTOCLETTI	ITA	14:07
6	Francesca TOMMASI	ITA	14:07
7	Mathilde SÉNÉCHAL	FRA	14:08
8	Alberte Kjær PEDERSEN	DEN	14:09
9	Cari HUGHES	GBR	14:15
10	Sophie MURPHY	IRL	14:15

Teams

1	Great Britain & N.I.	21
2	Italy	33
3	Spain	47
4	France	60
5	Netherlands	60
6	Germany	70
7	Ireland	71
8	Turkey	75
9	Denmark	87
10	Hungary	95

Mixed Relay**Teams**

1	Great Britain & NI	GBR	18:24
2	Czech Republic	CZE	18:25
3	Spain	ESP	18:26
4	Sweden	SWE	19:02
5	France	FRA	19:04
6	Italy	ITA	19:10
7	Germany	GER	19:10
8	Turkey	TUR	19:14
9	Ukraine	UKR	19:26
10	Denmark	DEN	19:36

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	5		4	9
2	Turkey	3	1	3	7
3	France	2	2	1	5
4	Spain	1	2	2	5
5	Germany	1	2	1	4
6	Norway	1		1	2
7	Italy		1	1	2
8	Belgium		1		1
8	Czech Republic		1		1
8	Hungary		1		1
8	Romania		1		1
8	Sweden		1		1

25th SPAR European Cross Country Championships, Tilburg (NED), 9 December 2018**Men's Senior Race - 10.3km****Individual**

1	Filip INGEBRIGTSEN	NOR	28:49
2	Isaac KIMELI	BEL	28:52
3	Aras KAYA	TUR	28:56
4	Kaan Kigen ÖZBILEN	TUR	29:04
5	Napoleon SOLOMON	SWE	29:12
6	Yemaneberhan CRIPPA	ITA	29:14
7	Polat Kemboi ARIKAN	TUR	29:14
8	Adel MECHAAL	ESP	29:20
9	Marc SCOTT	GBR	29:21
10	Seán TOBIN	IRL	29:22

Teams

1	Turkey	14
2	Great Britain & N.I.	34
3	Italy	37
4	Spain	38
5	Belgium	38
6	Norway	55
7	Ireland	70
8	Sweden	78
9	Denmark	90
10	France	110

Women's Senior Race - 8.3km**Individual**

1	Yasemin CAN	TUR	26:05
2	Fabienne SCHLUMPF	SUI	26:06
3	Karoline Bjerkeli GRØVDAL	NOR	26:07
4	Susan KRUMINS	NED	26:16
5	Jip VASTENBURG	NED	26:45
6	Elena BURKARD	GER	26:53
7	Charlotte ARTER	GBR	26:57
8	Melissa COURTNEY	GBR	26:59
9	Pippa WOOLVEN	GBR	27:02
10	Jessica COULSON	GBR	27:03

Teams

1	Netherlands	20
2	Great Britain & N.I.	24
3	Germany	50
4	France	70
5	Sweden	80
6	Spain	85
7	Turkey	88
8	Norway	91
9	Romania	106
10	Belgium	112

Men's U23 Race - 8.3km**Individual**

1	Jimmy GRESSIER	FRA	23:37
2	Samuel Fitwi SIBHATU	GER	23:45
3	Hugo HAY	FRA	23:48
4	Ryan FORSYTH	IRL	23:49
5	Patrick DEVER	GBR	24:05
6	Tariku NOVALES	ESP	24:05
7	Fabien PALCAU	FRA	24:06
8	Emile CAIRESS	GBR	24:07
9	Louis GILAVERT	FRA	24:11
10	Adrián BEN	ESP	24:12

Teams

1	France	11
2	Great Britain & N.I.	30
3	Spain	42
4	Germany	48
5	Belgium	58
6	Ireland	69
7	Netherlands	78
8	Israel	87
9	Sweden	96
10	Italy	97

Women's U23 Race - 6.3km**Individual**

1	Anna Emilie MØLLER	DEN	20:34
2	Anna GEHRING	GER	20:36
3	Weronika PYZIK	POL	20:46
4	Chiara SCHERRER	SUI	20:48
5	Celia ANTÓN	ESP	20:57
6	Miriam DATTKKE	GER	20:58
7	Amy GRIFFITHS	GBR	21:04
8	Carmela CARDAMA	ESP	21:04
9	Poppy TANK	GBR	21:05
10	Mathilde SÉNÉCHAL	FRA	21:06

Teams

1	Germany	22
2	Spain	25
3	Great Britain & N.I.	33
4	France	56
5	Denmark	56
6	Turkey	77
7	Italy	78
8	Switzerland	81
9	Ireland	82
10	Lithuania	114

Men's U20 Race - 6.3km**Individual**

1	Jakob INGEBRIGTSEN	NOR	18:00
2	Ouassim OUMAIZ	ESP	18:09
3	Elzan BIBIĆ	SRB	18:11
4	Jake HEYWARD	GBR	18:16
5	Simen HALLE	NOR	18:18
6	Mohamed MOHUMED	GER	18:27
7	Mohamed-Amine KODAD	FRA	18:28
8	Ayetullah ASLANHAN	TUR	18:45
9	Nick JÄGER	GER	18:47
10	Valentin BRESC	FRA	18:47

Teams

1	Norway	28
2	Great Britain & N.I.	30
3	Germany	38
4	France	41
5	Ireland	55
6	Netherlands	56
7	Spain	62
8	Turkey	65
9	Italy	103
10	Belgium	126

Women's U20 Race - 4.3km**Individual**

1	Nadia BATTOCLETTI	ITA	13:46
2	Delia SCLABAS	SUI	13:47
3	Inci KALKAN	TUR	13:48
4	Jasmijn LAU	NED	13:51
5	Amelia QUIRK	GBR	13:57
6	Carla GALLARDO	ESP	13:58
7	Khahisa MHLANGA	GBR	14:00
8	Emma O'BRIEN	IRL	14:01
9	Sarah HEALY	IRL	14:03
10	Famke HEINST	NED	14:04

Teams

1	Great Britain & N.I.	23
2	Netherlands	28
3	Turkey	39
4	Switzerland	40
5	Italy	41
6	Ireland	42
7	Spain	43
8	Germany	98
9	Portugal	112
10	Denmark	137

Mixed Relay – 6.3km**Teams**

1	Spain	ESP	16:10
2	France	FRA	16:12
3	Belarus	BLR	16:21
4	Great Britain & NI	GBR	16:24
5	Ukraine	UKR	16:30
6	Sweden	SWE	16:32
7	Belgium	BEL	16:34
8	Latvia	LAT	16:40
9	Ireland	IRL	16:40
10	Portugal	POR	16:44

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Norway	3		1	4
2	France	2	1	1	4
3	Turkey	2		3	5
4	Great Britain & N.I.	1	4	1	6
5	Germany	1	2	2	5
6	Spain	1	2	1	4
7	Netherlands	1	1		2
8	Italy	1		1	2
9	Denmark	1			1
10	Switzerland		2		2
11	Belgium		1		1
12	Belarus			1	1
12	Poland			1	1
12	Serbia			1	1

26th SPAR European Cross Country Championships, Lisboa (POR), 8 December 2019**Men's Senior Race - 10.3km****Individual**

1	Aras KAYA	TUR	30:10
2	Yemaneberhan CRIPPA	ITA	30:21
3	Julien WANDERS	SUI	30:25
4	Andrew BUTCHART	GBR	30:38
5	Samuel Fitwi SIBHATU	GER	30:39
6	Soufiane BOUCHIKHI	BEL	30:41
7	Isaac KIMELI	BEL	30:46
8	Ben CONNOR	GBR	30:47
9	Jonas RAESS	SUI	30:53
10	Antonio ABADÍA	ESP	30:57

Teams

1	Great Britain & N.I.	33
2	Belgium	35
3	Spain	42
4	Turkey	47
5	Germany	66
6	Portugal	78
7	Norway	81
8	Switzerland	84
9	Italy	85
10	Sweden	101

Women's Senior Race - 8.3km**Individual**

1	Yasemin CAN	TUR	26:52
2	Karoline Bjerkeli GRØVDAL	NOR	27:07
3	Samrawit MENGSTEAB	SWE	27:43
4	Fionnuala MCCORMACK	IRL	27:45
5	Liv WESTPHAL	FRA	28:02
6	Jessica JUDD	GBR	28:05
7	Charlotte ARTER	GBR	28:07
8	Dulce FÉLIX	POR	28:09
9	Elena BURKARD	GER	28:10
10	Salomé ROCHA	POR	28:13

Teams

1	Great Britain & N.I.	26
2	Ireland	41
3	Portugal	43
4	Turkey	53
5	Italy	56
6	Germany	58
7	France	62
8	Spain	74
9	Romania	93
10	Ukraine	115

Men's U23 Race - 8.3km**Individual**

1	Jimmy GRESSIER	FRA	24:17
2	Elzan BIBIĆ	SRB	24:25
3	Abdessamad OUKHELFEN	ESP	24:34
4	Tadesse GETAHON	ISR	24:50
5	Yohanes CHIAPPINELLI	ITA	24:51
6	Fabien PALCAU	FRA	24:52
7	Jacopo DE MARCHI	ITA	24:55
8	Mahamed MAHAMED	GBR	24:56
9	Oussama LONNEUX	BEL	24:57
10	Mohamed-amine EL BOUAJAJI	FRA	24:57

Teams

1	France	17
2	Italy	29
3	Germany	45
4	Great Britain & N.I.	49
5	Spain	50
6	Belgium	54
7	Ireland	73
8	Czech Republic	85
9	Sweden	89
10	Israel	90

Women's U23 Race - 6.3km**Individual**

1	Anna Emilie MØLLER	DEN	20:30
2	Jasmijn LAU	NED	21:09
3	Stephanie COTTER	IRL	21:15
4	Jasmijn BAKKER	NED	21:21
5	Federica ZANNE	ITA	21:24
6	Aneta CHLEBIKOVÁ	CZE	21:25
7	Bronwen OWEN	GBR	21:35
8	Lisa TERTSCH	GER	21:41
9	Eilish FLANAGAN	IRL	21:47
10	Cristina RUIZ	ESP	21:51

Teams

1	Netherlands	17
2	Ireland	29
3	Great Britain & N.I.	40
4	Germany	47
5	Spain	53
6	France	76
7	Turkey	83
8	Italy	85
9	Portugal	86
10	Ukraine	101

Men's U20 Race - 6.3km**Individual**

1	Jakob INGEBRIGTSEN	NOR	18:20
2	Ayetullah ASLANHAN	TUR	18:58
3	Efrem GIDEY	IRL	19:01
4	Etson BARROS	POR	19:05
5	Charles HICKS	GBR	19:05
6	Dereje CHEKOLE	ISR	19:05
7	Omar NUUR	SWE	19:18
8	Håkon STAVIK	NOR	19:18
9	Matthew WILLIS	GBR	19:19
10	Flavien SZOT	FRA	19:20

Teams

1	Great Britain & N.I.	25
2	Norway	38
3	Portugal	39
4	Ireland	39
5	France	48
6	Israel	80
7	Sweden	90
8	Italy	91
9	Spain	95
10	Germany	111

Women's U20 Race - 4.3km**Individual**

1	Nadia BATTOCLETTI	ITA	13:58
2	Klara LUKAN	SLO	14:01
3	Mariana MACHADO	POR	14:10
4	Delia SCLABAS	SUI	14:22
5	Zofia DUDEK	POL	14:22
6	Izzy FRY	GBR	14:33
7	Gréta VARGA	HUN	14:34
8	Sibylle HÄRING	SUI	14:35
9	Manon TRAPP	FRA	14:37
10	Flavie RENOUIARD	FRA	14:37

Teams

1	Great Britain & N.I.	29
2	Italy	29
3	France	38
4	Switzerland	48
5	Portugal	55
6	Poland	64
7	Germany	69
8	Spain	102
9	Finland	129
10	Denmark	157

Mixed Relay - 6.3km**Teams**

1	Great Britain & NI	GBR	17:55
2	France	FRA	18:05
3	Spain	ESP	18:11
4	Belgium	BEL	18:19
5	Portugal	POR	18:29
6	Ireland	IRL	18:40
7	Sweden	SWE	18:45
8	Lithuania	LTU	18:47
9	Italy	ITA	18:54
10	Ukraine	UKR	19:14

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	5		1	6
2	France	2	1	1	4
3	Turkey	2	1		3
4	Italy	1	3		4
5	Norway	1	2		3
6	Netherlands	1	1		2
7	Denmark	1			1
8	Ireland		2	2	4
9	Belgium		1		1
9	Serbia		1		1
9	Slovenia		1		1
12	Portugal			3	3
12	Spain			3	3
14	Germany			1	1
14	Sweden			1	1
14	Switzerland			1	1

27th SPAR European Cross Country Championships, Dublin (IRL), 12 December 2021**Men's Senior Race - 10km****Individual**

1	Jakob INGEBRIGTSEN	NOR	30:15
2	Aras KAYA	TUR	30:29
3	Jimmy GRESSIER	FRA	30:34
4	Hugo HAY	FRA	30:38
5	Michael SOMERS	BEL	30:38
6	Yann SCHRUB	FRA	30:39
7	Nassim HASSAOUS	ESP	30:42
8	Felix BOUR	FRA	30:44
9	Isaac KIMELI	BEL	30:45
10	Brian FAY	IRL	30:45

Teams

1	France	13
2	Spain	30
3	Norway	47
4	Ireland	51
5	Belgium	59
6	Great Britain & N.I.	65
7	Germany	72
8	Switzerland	108
9	Portugal	114
10	Athlete Refugee Team	141

Women's Senior Race - 8km**Individual**

1	Karoline Bjerkeli GRØVDAL	NOR	26:34
2	Meraf BAHTA	SWE	26:44
3	Alina REH	GER	26:53
4	Jess JUDD	GBR	27:01
5	Konstanze KLOSTERHALFEN	GER	27:12
6	Samrawit MENGSTEAB	SWE	27:34
7	Selamawit TEFERI	ISR	27:34
8	Carmela CARDAMA	ESP	27:41
9	Fionnuala MCCORMACK	IRL	27:52
10	Jennifer NESBITT	GBR	27:58

Teams

1	Great Britain & N.I.	25
2	Germany	29
3	Sweden	38
4	Ireland	47
5	Spain	59
6	Turkey	66
7	France	76
8	Italy	105
9	Romania	107
10	Norway	108

Men's U23 Race - 8km**Individual**

1	Charles HICKS	GBR	24:29
2	Darragh MCELHINNEY	IRL	24:33
3	Ruben QUERINJEAN	LUX	24:36
4	Magnus Tuv MYHRE	NOR	24:39
5	Guillaume GRIMARD	BEL	24:41
6	Keelan KILREHILL	IRL	24:42
7	Antoine SENARD	FRA	24:48
8	Aarón LAS HERAS	ESP	24:49
9	Zakariya MAHAMED	GBR	24:52
10	Valentin GONDOUIN	FRA	24:55

Teams

1	Ireland	21
2	Great Britain & N.I.	24
3	France	36
4	Sweden	40
5	Italy	69
6	Belgium	73
7	Portugal	96
8	Israel	99
9	Germany	110
10	Spain	114

Women's U23 Race - 6km**Individual**

1	Nadia BATTOCLETTI	ITA	20:32
2	Klara LUKAN	SLO	20:36
3	Mariana MACHADO	POR	20:36
4	Manon TRAPP	FRA	20:42
5	Sarah HEALY	IRL	20:48
6	Anna ARNAUDO	ITA	20:55
7	Cristina RUIZ	ESP	21:07
8	Margaux SIERACKI	FRA	21:10
9	Izzy FRY	GBR	21:15
10	Eva DIETERICH	GER	21:18

Teams

1	Italy	18
2	France	25
3	Great Britain & N.I.	37
4	Spain	44
5	Ireland	68
6	Poland	84
7	Germany	99
8	Turkey	116
9	Greece	160

Men's U20 Race - 6km**Individual**

1	Axel Vang CHRISTENSEN	DEN	17:53
2	Abdullahi Dahir RABI	NOR	18:18
3	Joel Ibler LILLESØ	DEN	18:21
4	Pol ORIACH	ESP	18:24
5	Andrii ATAMANIUK	UKR	18:30
6	Abdel LAADJEL	IRL	18:30
7	Matan IVRI	ISR	18:30
8	Edouard MORIN-LUZUY	FRA	18:31
9	Will BARNICOAT	GBR	18:31
10	Hamish ARMITT	GBR	18:32

Teams

1	Great Britain & N.I.	34
2	Ireland	35
3	Israel	37
4	Norway	42
5	France	48
6	Spain	60
7	Denmark	64
8	Austria	71
9	Germany	107
10	Portugal	123

Women's U20 Race - 4km**Individual**

1	Megan KEITH	GBR	13:41
2	Ingeborg ØSTGÅRD	NOR	13:44
3	Emma HECKEL	GER	13:46
4	Ilona MONONEN	FIN	13:49
5	Anneke VORTMEIER	GER	13:49
6	Mireya ARNEDILLO	ESP	13:51
7	Mia JURENKA	GER	13:52
8	Angela VICIOSA	ESP	13:52
9	Johanna PULTE	GER	13:52
10	Livia WESPE	SUI	13:56

Teams

1	Germany	15
2	Spain	27
3	Great Britain & N.I.	32
4	Netherlands	54
5	France	56
6	Norway	62
7	Italy	74
8	Ireland	77
9	Switzerland	101
10	Denmark	112

Mixed Relay - 6km**Teams**

1	Great Britain & NI	GBR	18:01
2	France	FRA	18:05
3	Belgium	BEL	18:06
4	Ireland	IRL	18:06
5	Spain	ESP	18:13
6	Hungary	HUN	18:25
7	Switzerland	SUI	18:31
8	Italy	ITA	18:37
9	Ukraine	UKR	18:49
10	Turkey	TUR	18:58

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	5	1	2	8
2	Norway	2	2	1	5
3	Italy	2			2
4	France	1	2	2	5
5	Ireland	1	2		3
6	Germany	1	1	2	4
7	Denmark	1		1	2
8	Spain		2		2
9	Sweden		1	1	2
10	Slovenia		1		1
10	Turkey		1		1
12	Belgium			1	1
12	Israel			1	1
12	Luxembourg			1	1
12	Portugal			1	1

28th SPAR European Cross Country Championships, Piemonte-La Mandria Park (ITA), 11 December 2022

Men's Senior Race – 9572 m

Individual

1	Jakob INGEBRIGTSEN	NOR	29:33
2	Emile CAIRESS	GBR	29:42
3	Isaac KIMELI	BEL	29:45
4	Yemaneberhan CRIPPA	ITA	29:47
5	Filimon ABRAHAM	GER	29:49
6	Bastien AUGUSTO	FRA	29:52
7	Yann SCHRUB	FRA	29:52
8	Yohanes CHIAPPINELLI	ITA	30:03
9	Mohamed KATIR	ESP	30:06
10	Abdessamad OUKHELFEN	ESP	30:08

Teams

1	France	24
2	Italy	25
3	Spain	36
4	Belgium	36
5	Norway	45
6	Great Britain & N.I.	46
7	Germany	47
8	Ireland	72
9	Sweden	112
10	Netherlands	128

Women's Senior Race – 7662 m

Individual

1	Karoline Bjerkeli GRØVDAL	NOR	26:25
2	Konstanze KLOSTERHALFEN	GER	26:29
3	Alina REH	GER	27:19
4	Hanna KLEIN	GER	27:19
5	Selamawit TEFERI	ISR	27:20
6	Miriam DATTKE	GER	27:22
7	Samrawit MENGSTEAB	SWE	27:27
8	Jessica WARNER-JUDD	GBR	27:27
9	Abbie DONNELLY	GBR	27:28
10	Veerle BAKKER	NED	27:34

Teams

1	Germany	9
2	Great Britain & N.I.	30
3	Ireland	50
4	Spain	55
5	France	71
6	Sweden	71
7	Italy	103
8	Israel	104
9	Belgium	118
10	Denmark	135

Men's U23 Race – 7662 m

Individual

1	Charles HICKS	GBR	23:40
2	Zakariya MAHAMED	GBR	23:48
3	Valentin BRESC	FRA	23:58
4	Etienne DAGUINOS	FRA	24:04
5	Efrem GIDEY	IRL	24:05
6	Adisu GUADIA	ISR	24:06
7	Antoine SENARD	FRA	24:10
8	Matthew STONIER	GBR	24:11
9	Keelan KILREHILL	IRL	24:13
10	Magnus Tuv MYHRE	NOR	24:14

Teams

1	Great Britain & N.I.	11
2	France	14
3	Ireland	29
4	Israel	52
5	Italy	69
6	Belgium	80
7	Spain	82
8	Netherlands	84
9	Portugal	107
10	Germany	156

Women's U23 Race – 5722 m

Individual

1	Nadia BATTOCLETTI	ITA	19:55
2	Megan KEITH	GBR	20:08
3	Alexandra MILLARD	GBR	20:27
4	Amina MAATOUG	NED	20:33
5	Grace CARSON	GBR	20:35
6	Manon TRAPP	FRA	20:42
7	Carmen RIAÑO	ESP	20:43
8	Nathalie BLOMQVIST	FIN	20:53
9	Mariana MACHADO	POR	20:56
10	Andrea ROMERO	ESP	20:58

Teams

1	Great Britain & N.I.	10
2	Italy	31
3	France	38
4	Spain	48
5	Germany	78
6	Portugal	87
7	Ireland	102
8	Switzerland	103
9	Belgium	125

Men's U20 Race – 5722 m**Individual**

1	Will BARNICOAT	GBR	17:40
2	Nicholas GRIGGS	IRL	17:41
3	Dean CASEY	IRL	17:46
4	Sam MILLS	GBR	17:54
5	Luke BIRDSEYE	GBR	17:56
6	Jaime MIGALLON	ESP	18:06
7	Esten Hansen-Møllerud HAUEN	NOR	18:07
8	Mario MONREAL	ESP	18:09
9	Edward BIRD	GBR	18:09
10	İsmail TAŞYÜREK	TUR	18:10

Teams

1	Great Britain & N.I.	10
2	Ireland	17
3	Spain	30
4	Türkiye	53
5	Norway	64
6	Germany	96
7	Belgium	98
8	France	103
9	Netherlands	109
10	Italy	118

Women's U20 Race – 3812 m**Individual**

1	Maria FORERO	ESP	13:04
2	Ingeborg ØSTGÅRD	NOR	13:07
3	Ilona MONONEN	FIN	13:08
4	Innes FITZGERALD	GBR	13:15
5	Jane BUCKLEY	IRL	13:22
6	Kira WEIS	GER	13:32
7	Ayça FIDANOĞLU	TUR	13:37
8	Edibe YAĞIZ	TUR	13:38
9	Iraia MENDIA	ESP	13:38
10	Pelinsu ŞAHIN	TUR	13:43

Teams

1	Spain	21
2	Türkiye	25
3	Germany	33
4	Great Britain & N.I.	45
5	Norway	53
6	France	73
7	Belgium	82
8	Ireland	92
9	Ukraine	110
10	Denmark	115

Mixed Relay – 5722 m**Teams**

1	Italy	ITA	17:23
2	Spain	ESP	17:24
3	France	FRA	17:31
4	Germany	GER	17:32
5	Great Britain & NI	GBR	17:35
6	Hungary	HUN	17:44
7	Belgium	BEL	17:47
8	Denmark	DEN	17:47
9	Ireland	IRL	17:56
10	Portugal	POR	17:56

Medals

Individual and team medals are included

Rank	Country	Gold	Silver	Bronze	Total
1	Great Britain & N.I.	5	4	1	10
2	Italy	2	2		4
3	Spain	2	1	2	5
4	Norway	2	1		3
5	France	1	1	3	5
6	Germany	1	1	2	4
7	Ireland		2	3	5
8	Türkiye		1		1
9	Belgium			1	1
9	Finland			1	1

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