

A Brief History of the World Cross Country Championships

The first 70 years

The World Cross Country Championships, often considered the toughest footraces on the planet, may be more difficult to win than the Olympics or the World Championships in Athletics. The predecessor of the World Cross Country Championships was the International Cross Country Championships, inaugurated in 1903. With only four countries (England, Wales, Scotland and Ireland) initially participating, these championships could hardly be considered “international” during their early years. However, by 1972, when 197 runners from 15 countries competed, the championships had gained international stature. Three great runners — Jack Holden (GBR), the 1950 European marathon champion; Alain Mimoun (FRA), the 1956 Olympic marathon champion; and Gaston Roelants (BEL), the 1964 Olympic 3000mSC champion — won four individual titles during the days of International Cross Country Championships. In the women’s event, Doris Brown won five straight championships from 1967 to 1971.

Many Olympic medalists won the International Cross Country Championships. Jean Bouin (FRA), who won the silver medal at 5000m in the 1912 Olympics, won three championships from 1911, while Mohammed Gommoudi (TUN), who won the 5000m in the 1968 Olympics, also won the International Cross Country Championships in the same year. Franjo Mihalic (YUG), Rhadi ben Abdeselem (MAR), and Basil Heatley (GBR), all Olympic marathon silver medalist, won the International Cross Country Championships. However, because participation was generally limited to runners from nations that were members of the International Cross Country Union (ICCU), the championships were not truly “world” in scope. In fact, Emil Zatopek (CZE), 1952 Helsinki triple gold medalist, and Vladimir Kuts (URS), 1956 Melbourne double Olympic champion, never competed at the International Cross Country Championships.

The advent of the World Cross Country Championships

In 1971, the ICCU decided to transfer the organization of the International Cross Country Championships to the IAAF. Two years later, under IAAF auspices, the inaugural edition of the World Cross Country Championships took place at Waregem. In 1973, 285 runners from 21 countries contested three races: Men, Junior Men and Women. In 1989, the Junior Women’s race was added to the program, and in 1998, the year 66 countries took part in the championships, short courses were added to both the men’s and women’s programs. The last short course races were held in Fukuoka in 2006. Most championships were hosted by European countries, but Morocco (twice), New Zealand, South Africa, U.S. (twice), Japan and Jordan have also provided venues for the World Cross Country Championships.

Because runners from various backgrounds, from the middle distances to the marathon, gather to compete for supremacy on grass and mud, the World Cross Country Championships are considered more difficult to win than an Olympic medal. John Walker (NZL), who finished fourth in the 1975 World Cross, won the gold medal at 1500m at the 1976 Olympics. Carlos Lopes (POR), who won the World Cross in 1976 and 1984, was the silver medalist at 10000m at Montreal and the gold medalist in the Los Angeles Olympic marathon. In 1985, a month after winning the World Cross in Lisboa, Lopes set a marathon world best

(2:07:12) at Rotterdam. Incidentally, Lopes is the last European born male World Cross Country Champion. John Treacy (IRL), who won the 1978 World Cross, also won the 1979 edition in his home country of Ireland, thus becoming the first male runner to defend the title in the World Cross Country Championships. Five years later, Treacy was the Olympic marathon silver medalist. The most unfortunate runner in the World Cross Country Championships may be Mariano Haro of Spain. Counting from the International Cross Country days, Haro finished in the runner-up position four straight times. In 1973, the inaugural year of the World Cross Country Championships, Haro was pushed by intruders during the race, yet he finished 0.1 second behind the winner.

Turning our attention to the women's side, Tatyana Kazankina (URS), who finished second in the 1976 World Cross, became a double gold medalist at 800m and 1500m at the Montreal Olympics. Grete Waitz of Norway, who won five World Cross Country titles, made a stunning marathon debut at New York in 1978 when she recorded a world best of 2:32:30. Five years later, Waitz won a gold medal at the inaugural World Championships in Helsinki.

African Dynasty

1981 was a historic year. For the first time in its history, distance racing powerhouses Ethiopia and Kenya sent teams to the World Cross Country Championships. The Ethiopian men's team won the title in 1981, and then defended their crown four consecutive times. The Ethiopian junior men's team won six straight years beginning with their first championship competition in 1982. In 1982 and 1983, Ethiopian runners also captured the individual titles. Clearly, the Ethiopians were building a dynasty. On the other hand, in the early years the Kenyans were forced to take a back seat to their neighbors and rivals. However, starting in 1986, the year John Ngugi won his first individual title, it was Kenya's turn to build a true dynasty and dominate cross country racing. For the next 18 years — a winning streak without equal in any world championship sporting event — the Kenyan men's team was unbeatable at the 12km distance. In the short course race, which began in 1998, the Kenyan men's team won six straight team titles. As for the men's junior team, they lost to Ethiopia by one point in 1987, but then won 10 straight titles from 1988. After finishing second in 1998, they won another eight straight titles. After winning four straight titles from 1986, John Ngugi, the 1988 Olympic 5000m champion, also won in 1992, and thus became the first five-time winner. Ngugi's achievements were exceeded by Paul Tergat, two-time Olympic silver medalists at 10000m and future marathon record holder (2:04:55 in 2003). He won an unprecedented five straight titles from 1995 to 1999. Even fabled track champion Haile Gebrselassie, who was in the middle of his streak of six consecutive global 10000m titles from 1993 to 2000, could not match the Kenyans in cross country races. At their prime, the Kenyans employed superb team tactics. They would designate the runner in the best physical condition as the potential winner, and then do everything in their power to ensure that he capture the coveted title. This Kenyan tactic may be partially responsible for Gebreselassie's inability to win an individual World Cross Country championship.

African women had to wait until the nineties to produce dominant teams, but even then, they were not as overwhelming as their male counterparts. Ethiopians Derartu Tulu, the 1992 and 2000 Olympic 10000m gold medalist, and Gete Wami, the 1999 World 10000m champion, battled for supremacy in those days, but

in 1998 Sonia O’Sullivan (IRL) won both the short and long titles, and Paula Radcliffe, who has always been among the favorites since 1997, finally won long course titles in 2001 and then defended it in 2002. Incidentally, Radcliffe is the first to win junior as well as senior women’s title at the World Cross Country Championships and O’Sullivan is the first to win both long and short courses.

Ethiopians strike back with Kenenisa Bekele

All winning streaks come to an end and when Kenenisa Bekele won both the short and long course titles in 2002 and 2003, anticipation of an Ethiopian dynasty was in the air. The historic moment — the end of the Kenyan reign — occurred in 2004 at Bruxelles. Not only did the Kenyan men lose both team titles, but Ethiopians also swept the medals in both the men’s short and long course races. Against the nine titles won by Ethiopians, Kenya won only two. The following year, in 2005, although Kenya kept its junior title streak alive, Ethiopian superstars Kenenisa Bekele and Tirunesh Dibaba were both successful at the short and long double. The 34th edition of the race in 2006 saw another historic moment. Not only did Kenenisa Bekele matched the feat of Paul Tergat by winning his fifth consecutive men’s long course title, but he also won fifth consecutive short course titles. A year later in Mombasa, Kenenisa was on his way to a historic sixth title on the Kenyan soil, but Zersenay Tadesse passed him late in the race, ending Kenenisa’s Cross Country winning streak at 27. A year later in Edinburgh, however, Kenenisa came back with vengeance to win the record sixth title in the long course. The Ethiopians were supreme in Edinburgh. They won all four individual titles.

And the Kenyans return to supremacy

However, a year later in Amman, Jordan, Kenyans started their ascent to the top. They won women’s individual title as well as three team titles. Another year later, Kenyans were supreme. They won all four individual titles as well as all four team titles. What is in store for 2011 World Cross Country Championships? Will the Kenyan domination continue? Or will the Ethiopians comeback with vengeance?

Chronology of the World Cross Country Championships

Year	No of Nations	No of Athletes	Significant Events
1903	4	41	The first International Cross Country Championships were held in Hamilton, Scotland.
1913	4		Jean Bouin (FRA) won his third consecutive title.
1934	6		Jack Holden (GBR) recorded the largest-ever winning margin: 56 seconds.
1935	7		Holden won his third consecutive title.
1939	7		Holden won his fourth title.
1949	7		Alain Mimoun (FRA) won his first title.
1956	8		Mimoun won his fourth title.
1962	10		Gaston Roelants (BEL) won his first title.
1967	12		Doris Brown (USA) won her first title.
1970	15		Brown won the race in Frederick, MD USA, while Paola Pigni (ITA) won the race in Vichy, France

			(same as the venue of the men's race)
1971	18		Brown won her fifth consecutive title (including the race she won in Frederick in 1970)
1972	15	197	Despite losing a spike at 4Km, Roelants won his fourth title.
1973	21	286	The first World Cross Country Championships were held under auspices of the IAAF in Waregem, Belgium.
1974	23	269	Paola Pigni-Cacchi (ITA) won her second consecutive title.
1975	26	316	Rabat (MAR) hosted the first World Cross Country Championships to be held in Africa. Including the International Cross Country Championships years, Mariano Haro (ESP) won his fourth consecutive silver medal.
1976	21	306	Bernie Ford (ENG) and Ann Yeoman (ENG), husband and wife, finished 3 rd and 4 th respectively.
1977	23	345	Carmen Valero (ESP) won her second consecutive title.
1978	27	358	John Treacy (IRL) became the youngest-ever winner (20 years 295 days). The words "IAAF World Championships" appeared on bib numbers for the first time.
1979	27	383	In Ireland, Treacy became the first man to successfully defend a World Cross title.
1980	28	381	Grete Waitz (NOR) recorded the largest-ever winning margin: 44 seconds.
1981	39	460	Waitz won her fourth consecutive title. Craig Virgin (USA) won his second consecutive title. Kenya and Ethiopia competed at their first World Cross Country Championships; the Ethiopian men won the team title, while Kenyan men won the team bronze medal. Mohamed Kedir (ETH), despite miscounting laps, won the silver medal, the first senior individual medal won by an African.
1982	33	382	Originally scheduled to be held in Warsaw, the championships were transferred to Roma after Warsaw withdrew because of a declaration of martial law. Kedir won the gold medal, and thus became the first African senior individual gold medalist.
1983	33	431	Waitz won her fifth title.
1984	40	443	The last championships at which Africans failed to win a medal in the senior men's race. Pere Casacuberta (ESP) became the last European World Cross junior men's champion. First World Cross Country Championships held in the U.S.
1985	50	570	Carlos Lopes (POR) defended his title at Lisboa; Lopes became the last European-born as well as the oldest (38 years 34 days) World Cross Country Champion South African born Zola Budd (GBR) ran barefoot and became the youngest-ever (18 years 302 days) winner.
1986	57	670	Budd defended her title Africans swept the both men's divisions (senior as well as junior). John Ngugi won his first title. The Kenyan men's team began their winning streak.
1987	47	576	The first World Cross Country Championships held in Eastern Europe (Warsaw, Poland). For the final time, England, Scotland, Wales and Northern Ireland competed as the separate teams.
1988	41	441	The first World XC Championships held in the Southern Hemisphere (Auckland, New Zealand). Wilfred Kirochi (KEN) became the first to defend junior men's title. Kenya swept the medals in the senior men's race for the first time.

			Ingrid Kristiansen (NOR) won her first title after nine attempts.
1989	41	568	Ngugi won his fourth consecutive title. His winning margin was 28 seconds, a new record for this race. The junior women's race was inaugurated.
1990	59	616	Lynn Jennings (USA) won her first title, in her fifth attempt. Khalid Skah (MAR) won his first title; Ngugi's winning streak ended. USSR won the women's team title for the eighth time.
1991	51	633	Skah won his second consecutive title. Derartu Tulu (ETH) won a silver medal, the first senior individual medal by an African woman. Kenyans swept the team titles for the first time.
1992	53	580	Ngugi won his fifth title. Jennings won her third consecutive title, at home (she lives near Boston). Paula Radcliffe (GBR) won the junior women's title.
1993	54	653	Both Kenyan junior teams (men and women) swept the medals for the first time, and achieved another first: a perfect team score (swept first four places); KEN swept team medals for the second time.
1994	60	760	Philip Mosima (KEN) became the second, after Wilfred Kirochi in 1988, to defend junior men's title. William Sigei (KEN) won his second consecutive title. Helen Chepngeno (KEN) won the first-ever senior individual gold medal by an African woman.
1995	58	619	Paul Tergat (KEN) started his winning streak. Catherina McKiernan (IRL) won her fourth consecutive silver medal. KEN swept team titles.
1996	65	669	The first World Cross Country Championships to be held in South Africa. African women swept the medals in the senior women's race for the first time. KEN swept the team titles. A decision was made to award prize money in the IAAF Championships beginning in 1997.
1997	73	725	Prize money was awarded for the first time at the World Cross Country Championships. A decision was made in May of 1997 to add the short course at the World Cross.
1998	66	707	Short-course races (4km) were inaugurated in the championships. Sonia O'Sullivan (IRL) won both short- and long-course titles. The Kenyan short course team achieved perfect team score (swept first five places)
1999	66	759	Tergat won his fifth long-course title.
2000	76	806	Moroccan-born Mohamed Mourhit (BEL) became the first European to win the long-course title in 15 years. Tergat, who stayed up the previous night meeting with managers, finished third. The Kenyan junior men's team achieved perfect team score (swept first four places) The Kenyan short course team achieved perfect team score (swept first five places) Kutre Dulecha(ETH) won women's short course and thus became the first ever to win both the junior (won in 1996) and senior title.
2001	67	790	Paula Radcliffe (GBR) finally won the long-course title, on her eighth attempt, making her the first to win both the junior (won in 1992) and senior long title. Mourhit won his second consecutive long-course title. Kenenisa Bekele (ETH) recorded the largest winning margin in the history of the junior men's race: 33

			seconds. Originally scheduled to be held in Dublin, the championships were transferred to Oostend after the breakout of foot-and-mouth disease. Team prize money was awarded for the first time at World Cross.
2002	59	664	Kenenisa Bekele won both long- and short-course races for the first time, thus became the first to win all available titles (junior and senior long and short). Paula Radcliffe won the long course for the second consecutive year. African women were shut out of the medals in the long-course race. Viola Kibiwot became the first to defend junior women's title.
2003	65	605	Ethiopia won four individual titles, while Kenya won only two. Kenya won four team titles, while Ethiopia won two.
2004	72	673	The Kenyan men's winning streak came to an end after 18 years. Ethiopia swept the medals in men's short, long and women's junior races. Edith Masai (KEN) won women's short-course title, thus became the oldest (36 year 352 days) woman's champion at the World Cross Country Championships. Ethiopia won five team titles and four individual titles.
2005	72	695	Kenenisa Bekele won both short and long courses for the fourth consecutive year. Tirunesh Dibaba (ETH) won both short and long courses, thus became the first to win all available titles (junior and senior long and short). Gelete Burika (ETH) recorded the largest winning margin ever in the junior women's race: 27 sec. The Kenyan junior men's team achieved perfect team score (swept first five places)
2006	59	574	Kenenisa Bekele won both short and long courses for the fifth consecutive year. Short races were held for the final time.
2007	63	470	Zersenay Tadesse (ERI) ends Kenenisa Bekele's winning streak. Lornah Kiplagat won the Netherland's first ever World Cross Country gold.
2008	57	448	Kenenisa Bekele won record sixth 12Km title & Ethiopia won all four individual titles for the first time in history. Dibaba sisters, Tirunesh & Genzebe, won senior and junior women's title respectively.
2009	59	461	Genzebe Dibaba defended junior women's title, first to do so since Viola Kibiwot did so in 2002
2010			For the first time since 1994, Kenyan won all four individual as well as all four team titles. On the other hand, Ethiopia won only one individual medal, bronze in senior women's race by Melkamu.

The best World Cross finishes for the Olympic and World Championships Marathon medalists

		WC, OG Marathon Medalists	No of World Cross Participation	Best finish at World Cross
1972	G	Frank Shorter (USA)	1	20 th in 1975
OG	S	Karel Lismont (BEL)	10	3 rd in 1974 and 1978
	B	Mamo Wolde (ETH)	0	
1976	G	Waldemar Cierpinski (GDR)	1	15 th in 1975
OG	S	Frank Shorter (USA)	1	20 th in 1975

	B	Karel Lismont (BEL)	10	3 rd in 1974 and 1978
1980	G	Waldemar Cierpinski (GDR)	1	15 th in 1975
OG	S	Gerald Nijboer (NED)	2	129 th in 1979
	B	Satymkul Dzhumanazarov (URS)	1	88 th in 1977
1983	G	Rob de Castella (AUS)	9	6 th in 1981 and 1983
WC	S	Kebede Balcha (ETH)	1	14 th in 1981
	B	Waldemar Cierpinski (GDR)	1	15 th 1975
W	G	Grete Waitz (NOR)	7	Won five times
	S	Marianne Dickerson (USA)	0	
	B	Raisa Smekhnova (URS)	5	2 nd in 1979
1984	G	Carlos Lopes (POR)	9	Won 3 times, twice 2 nd
OG	S	John Treacy (IRL)	11, twice in Junior	Won twice
	B	Charlie Spedding (GBR)	0	
W	G	Joan Benoit Samuelson (USA)	2	4 th in 1983
	S	Grete Waitz (NOR)	7	5 time winner
	B	Rosa Mota (POR)	7	5 th in 1986
1987	G	Douglas Wakiihuri (KEN)	0	
WC	S	Ahmed Salah (DJI)	1	59 th in 1983
	B	Gelindo Bordin (ITA)	6, once in junior	19 th in Junior 1978
W	G	Rosa Mota (POR)	7	5 th in 1986
	S	Zoya Ivanova (URS)	0	
	B	Jocelyne Villeton (FRA)	1	66 th in 1985
1988	G	Gelindo Bordin (ITA)	6	19 th in Junior 1978
OG	S	Douglas Wakiihuri (KEN)	0	
	B	Ahmed Salah (DJI)	1	59 th in 1983
W	G	Rosa Mota (POR)	7	5 th 1986
	S	Lisa Martin (AUS)	0	
	B	Katrin Dörre (GDR)	0	
1991	G	Hiroshi Taniguchi (JPN)	0	
WC	S	Ahmed Salah (DJI)	1	59 th in 1983
	B	Steve Spence (USA)	0	
W	G	Wanda Panfil (POL)	3	45 th in 1982
	S	Sachiko Yamashita (JPN)	3	61 st in 1990
	B	Katrin Dörre (GER)	0	
1992	G	Hwang Young-cho (KOR)	0	
OG	S	Koichi Morishita (JPN)	0	
	B	Stephan Freigang (GER)	0	
W	G	Valentina Yegorova (RUS)	0	
	S	Yuko Arimori (JPN)	0	
	B	Lorraine Moller (NZL)	3	5 th in 1975
1993	G	Mark Plaatjes (USA)	0	

WC	S	Lucketz Swartbooi (NAM)	0	
	B	Bert van Vlaanderen (NED)	0	
W	G	Junko Asari (JPN)	1	103 rd in 1994
	S	Manuela Machado (POR)	2	40 th in 1993
	B	Tomoe Abe (JPN)	0	
1995	G	Martin Fiz (ESP)	9, once in Junior	10 th in 1995
WC	S	Dionicio Ceron (MEX)	0	
	B	Luiz dos Santos (BRA)	2	77 th in 1991
W	G	Manuela Machado (POR)	2	40 th in 1993
	S	Anuta Catuna (ROM)	4	22 nd 1990
	B	Ornella Ferrara (ITA)	0	
1996	G	Josia Thugwane (RSA)	0	
OG	S	Lee Bong-Ju (KOR)	0	
	B	Eric Wainaina (KEN)	0	
W	G	Fatuma Roba (ETH)	1	12 th in 1991
	S	Valentina Yegorova (RUS)	0	
	B	Yuko Arimori (JPN)	0	
1997	G	Abel Anton (ESP)	8, once in Junior	17 th in Junior 1981
WC	S	Martin Fiz (ESP)	9, once in Junior	10 th in 1995
	B	Steve Moneghetti (AUS)	10	4 th in 1989
W	G	Hiromi Suzuki (JPN)	1	61 st 1993
	S	Manuela Machado (POR)	2	40 th in 1993
	B	Lidia Simon (ROM)	0	
1999	G	Abel Anton (ESP)	8, once in Junior	17 th Junior 1981
WC	S	Vincenzo Modica (ITA)	10, twice in Junior	17 th Junior 1989
	B	Nobuyuki Sato (JPN)	0	
W	G	Jong Song-ok (PRK)	0	
	S	Ari Ichihashi (JPN)	1	21 st in Junior 1995
	B	Lidia Simon (ROM)	0	
2000	G	Gezahegne Abera (ETH)	0	
OG	S	Eric Wainaina (KEN)	0	
	B	Tesfaye Tola (ETH)	3	20 th in 1998 and 1999
W	G	Naoko Takahashi (JPN)	0	
	S	Lidia Simon (ROM)	0	
	B	Joyce Chepchumba (KEN)	1	18 th in 1994
2001	G	Gezahegne Abera (ETH)	0	
WC	S	Simon Biwott (KEN)	0	
	B	Stefano Baldini (ITA)	5, once in Junior	13 th in Junior 1990
W	G	Lidia Simon (ROM)	0	
	S	Reiko Tosa (JPN)	0	
	B	Svetlana Zakharova (RUS)	0	

2003	G	Jaouad Gharib (MAR)	1	10 th in 2002
WC	S	Julio Rey (ESP)	5	9 th in 1997
	B	Stefano Baldini (ITA)	5, once in Junior	13 th Junior 1990
W	G	Catherine Ndereba (KEN)	0	
	S	Mizuki Noguchi (JPN)	2	26 th in 2000
	B	Masako Chiba (JPN)	1	16 th Junior in 1995
2004	G	Stefano Baldini (ITA)	5, once Junior	13 th Junior 1990
OG	S	Meb Keflezighi (USA)	3	13 th in 2001
	B	Vanderlei de Lima (BRA)	4	63 rd in 1994
W	G	Mizuki Noguchi (JPN)	2	26 th in 2000
	S	Catherine Ndereba (KEN)	0	
	B	Deena Drossin (USA)	8, twice Junior	2 nd in 2002 and 2003
2005	G	Jaouad Gharib (MAR)	1	10 th in 2002
WC	S	Christopher Isegwe (TAN)	0	
	B	Tsuyoshi Ogata (JPN)	0	
W	G	Paula Radcliffe (GBR)	13, twice as junior	Won thrice, 2 nd thrice
	S	Catherine Ndereba (KEN)	0	
	B	Constantina Tomescu (ROM)	6	11 th in 1999
2007	G	Luke Kibet (KEN)	0	
WC	S	Mubarak Shami (QAT)	2	7 th in 2007
	B	Victor Röthlin (SUI)	6, twice as junior	20 th junior in 1993
W	G	Catherine Ndereba (KEN)	0	
	S	Zhou Chunxiu (CHN)	0	
	B	Reiko Tosa (JPN)	0	
2008	G	Samuel Wanjiru (KEN)	0	
OG	S	Jaouad Gharib (MAR)	2	10 th in 2002
	B	Tsegaye Kebede (ETH)	0	
W	G	Constantina Tomescu (ROU)	0	
	S	Catherine Ndereba (KEN)	0	
	B	Zhou Chunxiu (CHN)	0	
2009	G	Abel Kirui (KEN)	0	
WC	S	Emmanuel Mutai (KEN)	0	
	B	Tsegaye Kebede (ETH)	0	
W	G	Bai Xue (CHN)	1	39 th in junior in 2005
	S	Yoshimi Ozaki (JPN)	1	19 th in 2006
	B	Asselefech Mergia (ETH)	1	16 th in 2008

The best World Cross finishes for the Olympic and World Championships 5000 & 10000 medalists

	WC, OG 5000m, 10000m Medalists	No of World Cross Participation	Best finish at World Cross
1972	G Lasse Viren (FIN)	0	

OG	S	Emiel Puttemans (BEL)	4	16 th in 1975
	B	Miruts Yifter (ETH)	3	15 th 1981
5000	G	Lasse Viren (FIN)	0	
	S	Mohammed Gamoudi (TUN)	0	1 st in 1968 International Cross
	B	Ian Stewart (GBR)	1	1 st in 1975
1976	G	Lasse Viren (FIN)	0	
OG	S	Carlos Lopes (POR)	9	Won 1976, 1984, 1985
	B	Brendan Foster (GBR)	0	
5000	G	Lasse Viren (FIN)	0	
	S	Dick Quax (NZL)	1	113 th in 1975
	B	Klaus Hildebrand (GER)	2	8 th in 1975
1980	G	Miruts Yifter (ETH)	3	15 th in 1981
OG	S	Kaarlo Maaninka (FIN)	1	DNF in 1981
	B	Mohamed Kedir (ETH)	6	1 st in 1982
5000	G	Miruts Yifter (ETH)	3	15 th in 1981
	S	Suleiman Nyambui (TAN)	0	
	B	Kaarlo Maaninka (FIN)	1	DNF in 1981
1983	G	Alberto Cova (ITA)	7	7 th in 1982
WC	S	Werner Schildhauer (GDR)	2	8 th in 1982
	B	Hans Kunze (GDR)	1	4 th in 1982
5000	G	Eamonn Coghlan (IRL)	1	70 th in 1979
	S	Werner Schildhauer (GDR)	2	8 th in 1982
	B	Matti Vainio (FIN)	3	15 th in 1984
1984	G	Alberto Cova (ITA)	7	7 th in 1982
OG	S	Mike McLeod (GBR)	6	5 th in 1982
	B	Mike Musyoki (KEN)	0	
500	G	Said Aouita (MAR)	Once in Junior	34 th in Junior 1978
	S	Markus Ryffel (SUI)	4, twice in Junior	17 th in Junior 1974
	B	Antonio Leitao (POR)	8, twice in Junior	13 th in 1985
1987	G	Paul Kipkoech (KEN)	7	Second 1985, 1987, 1988
WC	S	Francesco Panetta (ITA)	10, twice in Junior	6 th in Junior 1982
	B	Hans Kunze (GDR)	1	4 th in 1982
W	G	Ingrid Kristiansen (NOR)	9	Won in 1988
	S	Yelena Zhipyova (URS)	0	
	B	Katrin Ullrich (GDR)	1	38 th in 1990
5000	G	Said Aouita (MAR)	Once in Junior	34 th in Junior 1978
	S	Domingos Castro (POR)	17, once in Junior	7 th in 1990
	B	Jack Buckner (GBR)	0	
1988	G	Brahim Boutayeb (MAR)	4, twice in Junior	7 th in Junior 1986
OG	S	Salvatore Antibo (ITA)	4, once in junior	8 th in Junior 1981
	B	Kipkemboi Kimeli (KEN)	2, once Junior	1 st in Junior 1985
W	G	Olga Bondarenko (URS)	6	7 th 1985

	S	Liz McColgan (GBR)	5	2 nd in 1987
	B	Yelena Zhupiyova (URS)	0	
5000	G	John Ngugi (KEN)	7	Won 1986-1989, 1992
	S	Dieter Baumann (GER)	2	52 nd in 1992
	B	Hans Kunze (GDR)	1	4 th in 1982
1991	G	Moses Tanui (KEN)	6	2 nd in 1990 & 1991
WC	S	Richard Chelimo (KEN)	3, once in Junior	2 nd in Junior 1990
	B	Khalid Skah (MAR)	8, once in Junior	1 st in 1990 & 1991
W	G	Liz McColgan (Lynch) (GBR)	5	2 nd in 1987
	S	Zhong Huandi (CHN)	1	44 th in 1988
	B	Wang Xiuting (CHN)	2	14 th in 1988
5000	G	Yobes Ondieki (KEN)	0	
	S	Fita Bayissa (ETH)	6, twice in Junior	Third 1990-1992
	B	Brahim Boutayeb (MAR)	4, twice in Junior	7 th in Junior 1986
1992	G	Khalid Skah (MAR)	8, once in Junior	1 st in 1990 & 1991
OG	S	Richard Chelimo (KEN)	3, once in Junior	2 nd in Junior 1990
	B	Addis Abebe (ETH)	7, once in Junior	1 st in Junior 1989
W	G	Derartu Tulu (ETH)	9	Won 1995,1997,2000
	S	Elana Meyer (RSA)	2	6 th in 1993 & 1994
	B	Lynn Jennings (USA)	8	Won 1990-1992
5000	G	Dieter Baumann (GER)	2	52 nd 1992
	S	Paul Bitok (KEN)	0	
	B	Fita Bayissa (ETH)	6, twice in Junior	Third 1990-1992
1993	G	Haile Gebreselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
WC	S	Moses Tanui (KEN)	6	2 nd in 1990, 1991
	B	Richard Chelimo (KEN)	3, once in Junior	2 nd in Junior 1990
W	G	Wang Junxia (CHN)	Once in Junior	2 nd in Junior 1992
	S	Zhong Huandi (CHN)	1	44 th in 1988
	B	Sally Barsosio (KEN)	8, twice in Junior	Won junior 1994
5000	G	Ismael Kirui (KEN)	7, thrice in Junior	Won Junior 1992
	S	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
	B	Fita Bayissa (ETH)	6, twice in Junior	3 rd 1990, 1991, 1992
1995	G	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
WC	S	Khalid Skah (MAR)	8, once in Junior	Won in 1990, 1991
	B	Paul Tergat (KEN)	8	Won 1995-1999
W	G	Fernanda Ribeiro (POR)	4	6 th 1996
	S	Derartu Tulu (ETH)	9	Won 1995,1997,2000
	B	Tegla Loroupe (KEN)	3, twice in Junior	16 th in Junior 1990
5000	G	Ismael Kirui (KEN)	7, thrice in Junior	Won Junior 1992
	S	Khalid Boulami (MAR)	0	
	B	Shem Kororia (KEN)	2	9 th 1994
W	G	Sonia O'Sullivan (IRL)	8	Won 1998

	S	Fernanda Ribeiro (POR)	4	6 th 1996
	B	Zahra Ouaziz (MAR)	8	2 nd 1998, 2000
1996	G	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
OG	S	Paul Tergat (KEN)	8	Won 1995-1999
	B	Salah Hissou (MAR)	9, twice in Junior	2 nd 1996, 1997
W	G	Fernanda Ribeiro (POR)	4	6 th 1996
	S	Wang Junxia (CHN)	Once in Junior	2 nd in Junior 1992
	B	Gete Wami (ETH)	12, twice in Junior	Won 1996, 1999, 2001
5000	G	Venuste Niyongabo (BDI)	0	
	S	Paul Bitok (KEN)	0	
	B	Khalid Boulami (MAR)	0	
W	G	Wang Junxia (CHN)	Once in Junior	2 nd in Junior 1992
	S	Pauline Konga (KEN)	4	7 th 1993
	B	Roberta Brunet (ITA)	7	47 th 1987
1997	G	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
WC	S	Paul Tergat (KEN)	8	Won 1995-1999
	B	Salah Hissou (MAR)	9, twice in Junior	2 nd 1996, 1997
W	G	Sally Barsosio (KEN)	8, twice in Junior	Won Junior 1994
	S	Fernanda Ribeiro (POR)	4	6 th 1996
	B	Masako Chiba (JPN)	Once in Junior	16 th in Junior 1995
5000	G	Daniel Komen (KEN)	2, once in Junior	2 nd 1994, 1998
	S	Khalid Boulami (MAR)	0	
	B	Tom Nyariki (KEN)	3	3 rd 1997
W	G	Gabriela Szabo (ROM)	6, four-times in Junior	4 th in Junior 1994
	S	Roberta Brunet (ITA)	7	47 th 1987
	B	Fernanda Ribeiro (POR)	4	6 th 1996
1999	G	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
WC	S	Paul Tergat (KEN)	8	Won 1995-1999
	B	Assefa Mezegebu (ETH)	7, twice in Junior	Won Junior 1995
W	G	Gete Wami (ETH)	12, twice in Junior	Won 1996, 1999, 2001
	S	Paula Radcliffe (GBR)	13, twice in Junior	Won 1992, 2001, 2002
	B	Tegla Loroupe (KEN)	3, twice in Junior	16 th in Junior 1990
5000	G	Salah Hissou (MAR)	9, twice in Junior	2 nd 1996, 1997
	S	Benjamin Limo (KEN)	4	Won 1999
	B	Mohamed Mourhit (BEL)	7	Won 2000, 2001
W	G	Gabriela Szabo (ROM)	6, four-times in Junior	4 th in Junior 1994
	S	Zahra Ouaziz (MAR)	10	2 nd 1998, 2000
	B	Ayelech Worku (ETH)	8, thrice in Junior	3 rd in Junior 1997
2000	G	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
OG	S	Paul Tergat (KEN)	8	Won 1995-1999
	B	Assefa Mezegebu (ETH)	7, twice in Junior	Won Junior 1995
W	G	Derartu Tulu (ETH)	9	Won 1995, 1997, 2000

	S	Gete Wami (ETH)	12, twice in Junior	Won 1996, 1999, 2001
	B	Fernanda Ribeiro (POR)	4	6 th 1996
5000	G	Million Wolde (ETH)	6, thrice in Junior	Won Junior 1998
	S	Ali Saidi Sief (ALG)	0	
	B	Brahim Lahlafi (MAR)	6, once in Junior	5 th 1995
W	G	Gabriela Szabo (ROM)	6, four-times in Junior	4 th in Junior 1994
	S	Sonia O'Sullivan (IRL)	8	Won twice 1998
	B	Gete Wami (ETH)	12, twice in Junior	Won 1996, 1999, 2001
2001	G	Charles Kamathi (KEN)	5	3 rd 2001
WC	S	Assefa Mezegebu (ETH)	7, twice in Junior	Won Junior 1995
	B	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd in Junior 1992
W	G	Derartu Tulu (ETH)	9	Won 1995,1997,2000
	S	Berhane Adere (ETH)	7	10 th 1996
	B	Gete Wami (ETH)	12, twice in Junior	Won 1996, 1999, 2001
5000	G	Richard Limo (KEN)	6, twice in Junior	2 nd 1998, 1999
	S	Million Wolde (ETH)	6, thrice in Junior	Won Junior 1998
	B	John Kibowen (KEN)	5	Won 1998, 2000
W	G	Olga Yegorova (RUS)	0	
	S	Marta Dominguez (ESP)	6, thrice in Junior	14 th 2000
	B	Ayelech Worku (ETH)	8, thrice in Junior	3 rd in Junior 1997
2003	G	Kenenisa Bekele (ETH)	15, twice in Junior	Won 12 times
WC	S	Haile Gebrselassie (ETH)	6, twice in Junior	2 nd Junior 1992
	B	Sileshi Sihine (ETH)	7, once as junior	2 nd 2006
W	G	Berhane Adere (ETH)	7	10 th 1996
	S	Worknesh Kidane (ETH)	12, four-times in Junior	Won 1999, 2003
	B	Sun Yingjie (CHN)	0	
5000	G	Eliud Kipchoge (KEN)	4, twice in Junior	Won Junior 2003
	S	Hicham El Guerrouj (MAR)	2	14 th in Junior 1992
	B	Kenenisa Bekele (ETH)	15, twice in Junior	Won 12 times
W	G	Tirunesh Dibaba (ETH)	12, thrice in Junior	Won 5 times
	S	Marta Dominguez (ESP)	6, thrice in Junior	14 th in 2000
	B	Edith Masai (KEN)	4	Won 2002-2004
2004	G	Kenenisa Bekele (ETH)	15, twice in Junior	Won 12 times
OG	S	Sileshi Sihene (ETH)	7, once as junior	2 nd in 2006
	B	Zersenay Tadesse (ERI)	8	Won in 2007
W	G	Xing Huina (CHN)	0	
	S	Ejagayou Dibaba (ETH)	4	2 nd 2004
	B	Derartu Tulu (ETH)	9	Won 1995, 1997, 2000
5000	G	Hicham El Guerrouj (MAR)	2	14 th in Junior 1992
	S	Kenenisa Bekele (ETH)	15, twice in Junior	Won 12 times
	B	Eliud Kipchoge (KEN)	4, twice in Junior	Won Junior 2003
W	G	Meseret Defar (ETH)	Once in Junior	13 th in Junior 2002

	S	Isabella Ochichi (KEN)	4	3 rd 2002, 2005
	B	Tirunesh Dibaba (ETH)	12, thrice in Junior	Won 5 times
2005	G	Kenenisa Bekele (ETH)	15, twice in Junior	Won 12 times
WC	S	Sileshi Sihene (ETH)	7, once as junior	2 nd 2006
	B	Moses Mosop (KEN)	4, twice in Junior	2 nd in 2007
W	G	Tirunesh Dibaba (ETH)	12, thrice in Junior	Won 5 times
	S	Berhane Adere (ETH)	7	10 th 1996
	B	Ejagayou Dibaba (ETH)	5	2 nd 2004
5000	G	Benjamin Limo (KEN)	5	Won 1999
	S	Sileshi Sihene (ETH)	7, once as junior	2 nd 2006
	B	Craig Mottram (AUS)	7, once in Junior	5 th 2002
W	G	Tirunesh Dibaba (ETH)	8, thrice in Junior	Won 5 times
	S	Meseret Defar (ETH)	Once in Junior	13 th junior in 2002
	B	Ejagayou Dibaba (ETH)	5	2 nd 2004
2007	G	Kenenisa Bekele (ETH)	15, twice as junior	Won 12 times
WC	S	Sileshi Sihene (ETH)	7, once as junior	2 nd 2006
	B	Martin Mathathi (KEN)	1	3 rd 2006
W	G	Tirunesh Dibaba (ETH)	12, thrice as junior	Won 5 times
	S	Elvan Abeylegesse (TUR)	4, once as junior	9 th junior in 1999
	B	Kara Goucher (USA)	1	21 st in 2006
5000	G	Bernard Lagat (USA)	0	
	S	Eliud Kipchoge (KEN)	4, twice as junior	Won Junior 2003
	B	Moses Kipsiro (UGA)	4, twice as junior	18 th junior in 2003
W	G	Meseret Defar (ETH)	Once in Junior	13 th junior in 2002
	S	Vivian Cheruiyot (KEN)	8, five times as junior	1 st junior 2000
	B	Prisca Jepleting (KEN)	7, twice as junior	2 nd in 2006
2008	G	Kenenisa Bekele (ETH)	15, twice as junior	Won 12 times
OG	S	Sileshi Sihene (ETH)	7, once as junior	2 nd 2006
	B	Micah Kogo (ETH)	0	
W	G	Tirunesh Dibaba (ETH)	12, thrice as junior	Won 5 times
	S	Elvan Abeylegesse (TUR)	4, twice as junior	9 th at junior in 1999
	B	Shalane Flanagan (USA)	4, once as junior	12 th in 2010
5000	G	Kenenisa Bekele (ETH)	15, twice as junior	Won 12 times
	S	Eliud Kipchoge (KEN)	4, twice as junior	1 st at junior in 2003
	B	Edwin Soi (KEN)	2	8 th at short in 2006
W	G	Tirunesh Dibaba (ETH)	12, thrice as junior	Won 5 times
	S	Elvan Abeylegesse (TUR)	4, twice as junior	9 th at junior in 1999
	B	Meseret Defar (ETH)	Once in Junior	13 th junior in 2002
2009	G	Kenenisa Bekele (ETH)	8, five times as junior	Won 12 times
WC	S	Zersenay Tadese (ERI)	8	Won in 2007
	B	Moses Masai (KEN)	3, twice as junior	5 th in 2008
W	G	Linet Masai (KEN)	4, once as junior	1 st in Jr 2007, 2 nd in 2009, 2010

	S	Meselech Melkamu (ETH)	10, twice as junior	1 st junior 2004
	B	Wude Ayalew (ETH)	3	5 th in 2006, 2009
5000	G	Kenenisa Bekele (ETH)	15, twice as junior	Won 12 times
	S	Bernard Lagat (USA)	0	
	B	James Kwalia (QAT)	2	15 th in 2005
W	G	Vivian Cheruiyot (KEN)	8, five times as junior	Won junior race in 2000
	S	Sylvia Kibet (KEN)	0	
	B	Meseret Defar (ETH)	Once in Junior	13 th junior in 2002

Performances of World Cross Country Championships medalists at Olympics & Worlds

Men's Long Course

Year		World Cross Medalists	OG and WC track performances	OG/WC Marathon/World Half
1973	G	Pekka Paivarinta (FIN)	1972 OG 3000mSC 8 th , 1976 OG 5000m 13 th	
	S	Mariano Haro (ESP)	1972 OG 10000m 4 th , 1976 OG 10000m 6 th	
	B	Rod Dixon (NZL)	1972 OG 1500m 3 rd , 1976 OG 5000m 4 th	1984 OG 10 th
1974	G	Erik De Beck (BEL)		
	S	Mariano Haro (ESP)	1972 OG 10000m 4 th , 1976 OG 10000m 6 th	
	B	Karel Lismont (BEL)	1976 OG 10000m 11 th	1972 OG 2 nd , 1976 OG 3 rd
1975	G	Ian Stewart (SCO)	1972 OG 5000m 3 rd , 1976 OG 5000m 7 th	
	S	Mariano Haro (ESP)	1972 OG 10000m 4 th , 1976 OG 10000m 6 th	
	B	Bill Rodgers (USA)		1976 OG 40 th
1976	G	Carlos Lopes (POR)	1976 OG 10000m 2 nd	1984 OG 1 st
	S	Tony Simmons (GBR)	1976 OG 10000m 4 th	
	B	Bernie Ford (GBR)	1976 OG 10000m 8 th	1980 OG DNF
1977	G	Leon Schots (BEL)		
	S	Carlos Lopes (POR)	1976 OG 10000m 2 nd	1984 OG 1 st
	B	Detlef Uhlemann (FRG)	1976 OG 5000m 10 th	
1978	G	John Treacy (IRL)	1980 OG 5000m 7 th , 1984 OG 10000m 9 th	1984 OG 2 nd
	S	Alexander Antipov (URS)	1980 OG 10000m heat DNF	
	B	Karel Lismont (BEL)	1976 OG 10000m 11 th	1972 OG 2 nd , 1976 OG 3 rd
1979	G	John Treacy (IRL)	1980 OG 5000m 7 th , 1984 OG 10000m 9 th	1984 OG 2 nd
	S	Brosislaw Malinowski (POL)	3000mSC 1976 OG 2 nd , 1980 OG 1 st	
	B	Alexander Antipov (URS)	1980 OG 10000m heat DNF	
1980	G	Craig Virgin (USA)	1976 OG, 1984 OG 10000m heat	
	S	Hans-Jurgen Orthmann (FRG)		
	B	Nick Rose (GBR)	10000m 1983 WC 7 th , 1984 OG 12 th	
1981	G	Craig Virgin (USA)	1976 OG, 1984 OG 10000m heat	
	S	Mohamed Kedir (ETH)	10000m 1980 OG 3 rd , 1983 WC 9 th	
	B	Fernando Mamede (POR)	10000m 1983 WC 14 th , 1984 OG DNF	
1982	G	Mohamed Kedir (ETH)	10000m 1980 OG 3 rd , 1983 WC 9 th	

	S	Alberto Salazar (USA)	1983 WC 10000m 17 th	1984 OG 15 th
	B	Rod Dixon (NZL)	1972OG 1500m 3 rd , 1976 OG 5000m 4 th	1984 OG 10 th
1983	G	Bekele Debele (ETH)	1983 WC 10000m 10 th	
	S	Carlos Lopes (POR)	1976 OG 10000m 2 nd	1984 OG 1 st
	B	Some Muge (KEN)	1987 WC 10000m 22 nd	
1984	G	Carlos Lopes (POR)	1976 OG 10000m 2 nd	1984 OG 1 st
	S	Tim Hutchings (GBR)	1984OG 5000m 4 th	
	B	Steve Jones (GBR)	10000m 1983WC 12 th , 1984OG 9 th	
1985	G	Carlos Lopes (POR)	1976 OG 10000m 2 nd	1984 OG 1 st
	S	Paul Kipkoech (KEN)	1987WC 10000m 1 st , 1984 OG 5000m 5 th	
	B	Wodajo Bulti (ETH)	1983WC 5000m 7 th , 1987WC 10000m 24 th	
1986	G	John Ngugi (KEN)	1988 OG 5000m 1 st	
	S	Abebe Mekonnen (ETH)		1992OG DNF, 1996 OG 81 st
	B	Joseph Kiptum (KEN)		
1987	G	John Ngugi (KEN)	1988 OG 5000m 1 st	
	S	Paul Kipkoech (KEN)	1987WC 10000m 1 st , 1984 OG 5000m 5 th	
	B	Paul Arpin (FRA)	1988OG 10000m 7 th , 5000m 14 th	
1988	G	John Ngugi (KEN)	1988 OG 5000m 1 st	
	S	Paul Kipkoech (KEN)	1987WC 10000m 1 st , 1984 OG 5000m 5 th	
	B	William Koskei (KEN)		
1989	G	John Ngugi (KEN)	1988 OG 5000m 1 st	
	S	Tim Hutchings (GBR)	1984OG 5000m 4 th	
	B	Wilfred Kirochi (KEN)	1991 WC 1500m 2 nd	
1990	G	Khalid Skah (MAR)	10000m 1991WC 3 rd ,1992OG 1 st ,1995WC 2 nd	1 st 1994 World Half
	S	Moses Tanui (KEN)	10000m 1991WC 1 st ,1993WC 2 nd , 1988OG 8 th	2 nd 1997 World Half
	B	Julius Korir (KEN)		
1991	G	Khalid Skah (MAR)	10000m 1991WC 3 rd ,1992OG 1 st ,1995WC 2 nd	1 st 1994 World Half
	S	Moses Tanui (KEN)	10000m 1991WC 1 st ,1993WC 2 nd ,1988OG 8 th	2 nd 1997 World Half
	B	Simon Karori (KEN)		
1992	G	John Ngugi (KEN)	1988 OG 5000m 1 st	
	S	William Mutwol (KEN)	1992 OG 3000mSC 3 rd	
	B	Fita Bayissa (ETH)	5000m, 1991WC 2 nd , 1992OG 3 rd ,1993WC 3 rd	
1993	G	William Sigei (KEN)	1993 WC 10000m 10 th	
	S	Dominic Kirui (KEN)	1992 OG 5000m 14 th	
	B	Ismael Kirui (KEN)	5000m, 1993WC, 1995WC 1 st	
1994	G	William Sigei (KEN)	1993 WC 10000m 10 th	
	S	Simon Chemoiywo (KEN)	1995 WC 5000m heat	
	B	Haile Gebrselassie (ETH)	10000m, 1996-2000OG, 1993-1999WC 1 st	1 st 2001 World Half
1995	G	Paul Tergat (KEN)	1996OG,1997WC,1999WC,2000OG10000m2 nd	2004 OG 10 th , 1 st 1999WHalf
	S	Ismael Kirui (KEN)	5000m, 1993WC, 1995WC 1 st	
	B	Salah Hissou (MAR)	1999 WC 50000m 1 st , 1996 OG 10000m 3 rd	
1996	G	Paul Tergat (KEN)	1996OG,1997WC,1999WC,2000OG10000m 2 nd	2004 OG 10 th , 1 st 1999WHalf

	S	Salah Hissou (MAR)	1999 WC 50000m 1 st , 1996 OG 10000m 3 rd	
	B	Ismael Kirui (KEN)	5000m, 1993WC, 1995WC 1 st	
1997	G	Paul Tergat (KEN)	1996OG,1997WC,1999WC,2000OG10000m 2 nd	2004 OG 10 th , 1 st 1999WHalf
	S	Salah Hissou (MAR)	1999 WC 50000m 1 st , 1996 OG 10000m 3 rd	
	B	Thomas Nyariki (KEN)	1997 WC 5000m 3 rd	
1998	G	Paul Tergat (KEN)	1996OG,1997WC,1999WC,2000OG10000m 2 nd	2004 OG 10 th , 1 st 2000WHalf
	S	Paul Koech (KEN)	10000m 1996 OG 6 th , 1997WC 4 th	
	B	Assefa Mezebu (ETH)	10000m 2000OG 3 rd , 2001WC 2 nd	
1999	G	Paul Tergat (KEN)	1996OG,1997WC,1999WC,2000OG10000m 2 nd	2004 OG 10 th , 1 st 2000WHalf
	S	Patrick Ivuti (KEN)	2000OG 10000m 4 th	
	B	Paulo Guerra (POR)	1996 OG 10000m heat	
2000	G	Mohammed Mourhit (BEL)	1999WC 5000m 3 rd 2 nd 2001WIC 3000m	5 th 1997 World Half
	S	Assefa Mezebu (ETH)	10000m 2000OG 3 rd , 2001WC 2 nd	
	B	Paul Tergat (KEN)	1996OG,1997WC,1999WC,2000OG10000m 2 nd	2004 OG 10 th , 1 st 1999WHalf
2001	G	Mohammed Mourhit (BEL)	1999WC 5000m 3 rd 2 nd 2001WIC 3000m	5 th 1997 World Half
	S	Sergey Lebed (UKR)	2000 OG 5000m 7 th	
	B	Charles Kamathi (KEN)	2001 WC 10000m 1 st	
2002	G	Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S	John Yuda (TAN)	10000m 2003WC 12 th , 2004 OG DNF	3 rd in 2001, 2002 World Half
	B	Wilberforce Taleli (KEN)	2003 WC 10000m 6 th	
2003	G	Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S	Patrick Ivuti (KEN)	2000OG 10000m 4 th	
	B	Gebre Gebremariam (ETH)	10K: 2007WC 6 th 5K: 2003WC 6 th 2004OG 4 th	
2004	G	Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S	Gebre Gebremariam (ETH)	10K: 2007WC 6 th 5K: 2003WC 6 th 2004OG 4 th	
	B	Sileshi Sihine (ETH)	10K 2003 WC 3 rd , 2004, 2008OG,2005,2007WC 2 nd	4 th in 2005 World Half
2005	G	Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S	Zersenay Tadesse (ERI)	10000m: 3 rd 2004 OG, 2 nd in 2009WC	1 st in 2007-2009W Half
	B	Abdullah Hassan(QAT)	2003 WC 10000m 4 th	3 rd in 2004, 2008 World Half
2006	G	Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S	Sileshi Sihine (ETH)	10K 2003 WC 3 rd , 2004, 2008OG,2005,2007WC 2 nd	4 th in 2005 World Half
	B	Martin Mathathi (KEN)	10000m: 2005 5 th 2007 WC 3 rd ,	
2007	G	Zersenay Tadesse (ERI)	10000m: 3 rd 2004 OG, 2 nd in 2009WC	1 st in 2007-2009W Half
	S	Moses Mosop (KEN)	2005 WC 10000m 3 rd	10 th in 210World Half
	B	Bernard Kiprop (KEN)	5 th at 10000m 2009WC	2 nd 2009 World Half
2008	G	Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S	Leonard Komon (KEN)		
	B	Zersenay Tadese (ERI)	10000m: 3 rd 2004 OG, 2 nd in 2009WC	1 st in 2007-2009W Half
2009	G	Gebre Gebremariam (ETH)	10K: 2007WC 6 th 5K: 2003WC 6 th 2004OG 4 th	
	S	Moses Kipsiro (UGA)	5000m: 3 rd at 2007WC; 4 th in 2008 OG, 2009WC	
	B	Zersenay Tadese (ERI)	10000m: 3 rd 2004 OG, 2 nd in 2009WC	1 st in 2007-2009W Half
2010	G	Joseph Ebuya (KEN)	10000m: 2 nd 2006WJr; 5000m: 13 th 2009WC	

S	Teklemariam Medhin (ERI)	12 th at 10000m in 2009 WC
B	Moses Kipsiro (UGA)	5000m: 3 rd at 2007WC; 4 th in 2008 OG, 2009WC

Men's Short Course:

	World Cross Medalists	OG and WC track performances	OG/WC Marathon/World half
1998	G John Kibowen (KEN)	5000m 2001WC 3 rd , 2003WC 4 th , 2004 OG 6 th	
	S Daniel Komen (KEN)	5000m 1997 WC 1 st , 1999 WC 5 th	
	B Paul Kosgei (KEN)	1999WC 3000mSC 7 th , 2001WC 10000m 7 th	
1999	G Benjamin Limo (KEN)	5000m 1999WC 2 nd , 2005 WC 1 st	
	S Paul Kosgei (KEN)	1999WC 3000mSC 7 th , 2001WC 10000m 7 th	
	B Haylu Mekonnen (ETH)	5000m 1999WC 7 th , 2001 WC 8 th	
2000	G John Kibowen (KEN)	5000m 2001WC 3 rd , 2003WC 4 th , 2004 OG 6 th	
	S Sammy Kipketer (KEN)	2001 WC 5000m 6 th	
	B Paul Kosgei (KEN)	1999WC 3000mSC 7 th , 2001WC 10000m 7 th	
2001	G Enock Koech (KEN)		
	S Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	B Benjamin Limo (KEN)	5000m 1999WC 2 nd , 2005 WC 1 st	
2002	G Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S LukeKipkosgei (KEN)	2003 World Indoor 3000m 3 rd	
	B Haylu Mekonnen (ETH)	5000m 1999WC 7 th , 2001 WC 8 th	
2003	G Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S John Kibowen (KEN)	5000m 2001WC 3 rd , 2003WC 4 th , 2004 OG 6 th	
	B Benjamin Limo (KEN)	5000m 1999WC 2 nd , 2005 WC 1 st	
2004	G Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S Gebre Gebremariam (ETH)	10K: 2007WC 6 th 5K: 2003WC 6 th 2004OG 4 th	
	B Maregu Zewdie (ETH)		
2005	G Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S Abraham Chebii (KEN)	2003 WC 5000m 5 th	
	B Isaac Songok (KEN)	2004OG 1500m 12 th , 2005WC 5000m 10 th	
2006	G Kenenisa Bekele (ETH)	1 st 10K: 2004,2008OG, 2003-09 WC; 5K 2008OG	
	S Isaac Songok (KEN)	2003WC 1500m 9 th , 2005 WC 5000m 10 th	
	B Adil Kaouch (MAR)	2005 WC 1500m 2 nd	

Women's Long Course:

	World Cross Medalists	OG and WC track performances	OG/WC Marathon/World Half
1973	G Paola Cacchi (ITA)	1972 OG 1500m 3 rd	
	S Joyce Smith (ENG)	1972 OG 1500m semi 6 th	1983WC 9 th , 1984OG 11 th
	B Josee Van Santberghe (BEL)		
1974	G Paola Cacchi (ITA)	1972 OG 1500m 3 rd	

	S	Nina Holmen (FIN)	1976 OG 1500m 9 th	
	B	Rita Ridley (ENG)		
1975	G	Julie Brown (USA)		1983WC DNF, 1984OG 34 th
	S	Bronislawa Ludwichowska(POL)		
	B	Carmen Valero (ESP)	1976 OG 800m, 1500m heat	
1976	G	Carmen Valero (ESP)	1976 OG 800m, 1500m heat	
	S	Tatyana Kazankina (URS)	1976 OG 800m 1 st , 1500m 1 st	
	B	Gebreila Dorio (ITA)	1984 OG 1500m 1 st	
1977	G	Carmen Valero (ESP)	1976 OG 800m, 1500m heat	
	S	Lyudmila Bragina (URS)	1500m 1972 OG 1 st , 1976OG 5 th	
	B	Giana Romanova (URS)		
1978	G	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
	S	Natalia Marasescu (ROM)	1980 OG 1500m 9 th	
	B	Maricica Puica (ROM)	1984OG 3000m 1 st , 1980 OG 1500m 7 th	
1979	G	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
	S	Raisa Smekhnova (URS)		1983WC 3 rd , 1988OG 16 th
	B	Ellison Goodall (USA)		
1980	G	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
	S	Irina Bondarchuk (URS)		
	B	Yelena Sipatova (URS)		
1981	G	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
	S	Jan Merrill (USA)	1976 OG 1500m 8 th	
	B	Yelena Sipatova (URS)		
1982	G	Maricica Puica (ROM)	1984OG 3000m 1 st , 1980OG 1500m 7 th	
	S	Fita Lovin (ROM)	1984 OG 1500m 9 th	
	B	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
1983	G	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
	S	Alison Wiley (CAN)	1983 WC 3000m 15 th	
	B	Tatyana Pozdnyakova (URS)		
1984	G	Maricica Puica (ROM)	1984OG 3000m 1 st , 1980OG 1500m 7 th	
	S	Galina Zakharova (URS)		
	B	Grete Waitz (NOR)	1976 OG 1500m semi 8 th	1983WC 1 st , 1984 OG 2 nd
1985	G	Zola Budd (ENG)	1984 OG 3000m 7 th	
	S	Cathy Branta (USA)		
	B	Ingrid Kristiansen (NOR)	10000m 1987 WC 1 st , 1988OG DNF	1984 OG 4 th
1986	G	Zola Budd (ENG)	1984 OG 3000m 7 th	
	S	Lynn Jennings (USA)	10000n 1988 OG 6 th , 1992 OG 3 rd	
	B	Annette Sergent (FRA)	1988OG 3000m 12 th , 10000m 19 th	
1987	G	Annette Sergent (FRA)	1988OG 3000m 12 th , 10000m 19 th	
	S	Liz Lynch (McColgan) (GBR)	10000m 1991 WC 1 st , 1988OG 2 nd	1996 OG 16 th
	B	Ingrid Kristiansen (NOR)	10000m 1987 WC 1 st , 1988OG DNF	1984 OG 4 th
1988	G	Ingrid Kristiansen (NOR)	10000m 1987 WC 1 st , 1988OG DNF	1984 OG 4 th

	S	Angela Toby (GBR)	1988 OG 10000m heat 16 th	
	B	Annette Sergent (FRA)	1988OG 3000m 12 th , 10000m 19 th	
1989	G	Annette Sergent (FRA)	1988OG 3000m 12 th , 10000m 19 th	
	S	Nadezhda Stepanova (URS)		
	B	Lynn Williams (CAN)	1984 OG 3000m 3 rd	
1990	G	Lynn Jennings (USA)	10000n 1988 OG 6 th , 1992 OG 3 rd	
	S	Albertina Dias (POR)	10000m 1988 OG 10 th , 1993 WC 7 th	1996 OG 27 th
	B	Yelena Romanova (URS)	3000m 1992 OG 1 st , 1988 OG 4 th	
1991	G	Lynn Jennings (USA)	10000n 1988 OG 6 th , 1992 OG 3 rd	
	S	Derartu Tulu (ETH)	10000m 1992OG, 2000OG, 2001WC 1 st	2005 WC 4 th
	B	Liz Lynch (McColgan) (GBR)	10000m 1991 WC 1 st , 1988OG 2 nd	1996 OG 16 th
1992	G	Lynn Jennings (USA)	10000n 1988 OG 6 th , 1992 OG 3 rd	
	S	Catherina McKiernan (IRL)	1996 OG 10000m 11 th	
	B	Albertina Dias (POR)	10000m 1988 OG 10 th , 1993 WC 7 th	1996OG 27 th
1993	G	Albertina Dias (POR)	10000m 1988 OG 10 th , 1993 WC 7 th	1996OG 27 th
	S	Catherina McKiernan (IRL)	1996 OG 10000m 11 th	
	B	Lynn Jennings (USA)	10000n 1988 OG 6 th , 1992 OG 3 rd	
1994	G	Hellen Chepngeno (KEN)		
	S	Catherina McKiernan (IRL)	1996 OG 10000m 11 th	
	B	Conceicao Ferreira (POR)	10000m 1992 OG DNF, 1996 OG heat	1988 OG 20 th , 1984 OG 39 th
1995	G	Derartu Tulu (ETH)	10000m 1992OG,2000OG,2001WC 1 st	2005 WC 4 th
	S	Catherina McKiernan (IRL)	1996 OG 10000m 11 th	
	B	Sally Barsosio (KEN)	1997 WC 10000m 1 st	
1996	G	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd	
	S	Rose Cheruiyot (KEN)	1996 OG 5000m 8 th	
	B	Naomi Mugo (KEN)	1500m, 1996 OG DNF, 2000OG heat	
1997	G	Derartu Tulu (ETH)	10000m 1992OG,2000OG2001WC 1 st	2005 WC 4 th
	S	Paula Radcliffe (GBR)	10000m 1999WC 2 nd , 2000OG 4 th	2005 WC 1 st
	B	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd	
1998	G	Sonia O'Sullivan (IRL)	5000m, 1995 WC 1 st , 2000OG 2 nd	
	S	Paula Radcliffe (GBR)	10000m 1999WC 2 nd , 2000OG 4 th	2005 WC 1 st
	B	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd	
1999	G	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd ?	
	S	Merima Denboba (ETH)	5000m, 1997 WC 10 th , 2001WC 13 th	
	B	Paula Radcliffe (GBR)	10000m 1999WC 2 nd , 2000OG 4 th	2005 WC 1 st
2000	G	Derartu Tulu (ETH)	10000m 1992OG,2000OG,2001WC 1 st	2005 WC 4 th
	S	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd	
	B	Susan Chepkemei (KEN)		
2001	G	Paula Radcliffe (GBR)	10000m 1999WC 2 nd , 2000OG 4 th	2005 WC 1 st
	S	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd	
	B	Lydia Cheromei (KEN)	5000m 1997 WC 5 th , 2000 OG 6 th	
2002	G	Paula Radcliffe (GBR)	10000m 1999WC 2 nd , 2000OG 4 th	2005 WC 1 st

	S	Deena Drossin (USA)	10000m 1999WC 11 th , 2001 WC 11 th	2004 OG 3 rd
	B	Colleen de Reuck (USA)	10000m, 1996OG 13 th , 1997 WC 8 th	1992 OG 9 th
2003	G	Worknesh Kidane (ETH)	10000m, 2003 WC 2 nd , 2004 OG 4 th	
	S	Deena Drossin (USA)	10000m 1999WC 11 th , 2001 WC 11 th	2004 OG 3 rd
	B	Merima Denboba (ETH)	5000m, 1997 WC 10 th , 2001WC 13 th	
2004	G	Benita Johnson (AUS)	2003 WC 10000m 8 th	
	S	Ejagayou Dibaba (ETH)	10000m, 2004 OG 2 nd , 2005WC 3 rd	
	B	Worknesh Kidane (ETH)	10000m, 2003 WC 2 nd , 2004 OG 4 th	
2005	G	Tirunesh Dibaba (ETH)	5&10K: 1 st in 2008OG; 2005WC	
	S	Alice Timbilil (KEN)	10000m, 2000OG 14 th , 2004OG 16 th	
	B	Worknesh Kidane (ETH)	10000m, 2003 WC 2 nd , 2004 OG 4 th	
2006	G	Tirunesh Dibaba (ETH)	5&10K: 1 st in 2008OG; 2005WC	
	S	Lornah Kiplagat (NED)	10000m 2003WC 4 th , 2004OG 5 th	1 st 2006, 2007 World Half
	B	Meselech Melkamu (ETH)	5K: 1 st 2004WJ 4 th 2005WC; 10K: 2 nd 2009WC	
2007	G	Lornah Kiplagat (NED)	10000m 2003WC 4 th , 2004OG 5 th	1 st 2006, 2007 World Half
	S	Tirunesh Dibaba (ETH)	5&10K: 1 st in 2008OG; 2005WC	
	B	Meselech Melkamu (ETH)	5K: 1 st 2004WJ 4 th 2005WC; 10K: 2 nd 2009WC	
2008	G	Tirunesh Dibaba (ETH)	5&10K: 1 st in 2008OG; 2005WC	
	S	Mestawet Tufa (ETH)	3000m: 2001World Youth;	5 th 2009 World Half
	B	Linet Masai (KEN)	10000m: 1 st in 2009 WC; 4 th in 2008 OG	
2009	G	Florence Kiplagat (KEN)	5000m: 2 nd 2006WJr; 10K: 12 th 2009WC	1 st 2010 World Half
	S	Linet Masai (KEN)	10000m: 1 st in 2009 WC; 4 th in 2008 OG	
	B	Meselech Melkamu (ETH)	5K: 1 st 2004WJ 4 th 2005WC; 10K: 2 nd 2009WC	
2010	G	Emily Chebet (KEN)	10000m: 9 th in 2007 WC	
	S	Linet Masai (KEN)	10000m: 1 st in 2009 WC; 4 th in 2008 OG	
	B	Meselech Melkamu (ETH)	5K: 1 st 2004WJ 4 th 2005WC; 10K: 2 nd 2009WC	

Women's Short Course:

		World Cross Medalists	OG and WC track performances	OG/WC Marathon/World Half
1998	G	Sonia O'Sullivan (IRL)	5000m, 1995 WC 1 st , 2000OG 2 nd	
	S	Zahra Ouaziz (MAR)	5000m 1995 WC 3 rd , 1999 WC 2 nd	
	B	Kutre Dulecha (ETH)	1500m 1999WC 3 rd , 2000OG 4 th	
1999	G	Jackline Maranaga (KEN)	1500m, 1999WC 11 th , 2003 WC 5 th	
	S	Yamna Belkacem (FRA)	2001 WC 10000m 8 th	
	B	Annemari Sandell (FIN)	1996 OG 10000m 12 th	
2000	G	Kutre Dulecha (ETH)	1500m 1999WC 3 rd , 2000OG 4 th	
	S	Zahra Ouaziz (MAR)	5000m 1995 WC 3 rd , 1999 WC 2 nd	
	B	Margaret Ngotho (KEN)		
2001	G	Gete Wami (ETH)	10000m 1999WC 1 st , 2000OG 2 nd	
	S	Paula Radcliffe (GBR)	10000m 1999WC 2 nd , 2000OG 4 th	2005 WC 1 st

	B	Edith Masai (KEN)	2003WC 5000m 3 rd , 2005WC 10000m 5 th	
2002	G	Edith Masai (KEN)	2003WC 5000m 3 rd , 2005WC 10000m 5 th	
	S	Worknesh Kidane (ETH)	10000m, 2003 WC 2 nd , 2004 OG 4 th	
	B	Isabella Ochichi (KEN)	5000m, 2003WC 6 th , 2004OG 2 nd	
2003	G	Edith Masai (KEN)	2003WC 5000m 3 rd , 2005WC 10000m 5 th	
	S	Worknesh Kidane (ETH)	10000m, 2003 WC 2 nd , 2004 OG 4 th	
	B	Jane Wanjiku (KEN)	5000m, 2003 WC heat, 2004OG heat	
2004	G	Edith Masai (KEN)	2003WC 5000m 3 rd , 2005WC 10000m 5 th	
	S	Tirunesh Dibaba (ETH)	5&10K: 1 st in 2008OG; 2005WC	
	B	Teyiba Erkesso (ETH)		15 th 2004 World half
2005	G	Tirunesh Dibaba (ETH)	5&10K: 1 st in 2008OG; 2005WC	
	S	Worknesh Kidane (ETH)	10000m, 2003 WC 2 nd , 2004 OG 4 th	
	B	Isabella Ochichi (KEN)	5000m, 2003WC 6 th , 2004OG 2 nd	
2006	G	Gelete Burka (ETH)	1500m 2005WC 8 th , 5000m 2007WC 10 th	
	S	Priscah Jepleting (KEN)	5000m 2005WC 7 th , 2007WC 3 rd	
	B	Meselech Melkamu (ETH)	5K: 1 st 2004WJ 4 th 2005WC; 10K: 2 nd 2009WC	