



Dutch Athletics Team

19th European Cross Country Championships
Budapest | December 9, 2012



Atletiekunie



Royal Dutch Athletics Federation / Atletiekunie

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Timetable

December 9, 2012

10:15 Junior Women (4,000 m)

10:39 Victory Ceremony Junior Women (Individual)

10:45 Victory Ceremony Junior Women (Teams)

10:55 Junior Men (6,025 m)

11:24 Victory Ceremony Junior Men (Individual)

11:30 Victory Ceremony Junior Men (Teams)

11:40 Women Under-23 (6,025 m)

12:09 Victory Ceremony Women Under-23 (Individual)

12:15 Victory Ceremony Women Under-23 (Teams)

12:25 Men Under-23 (8,050 m)

12:59 Victory Ceremony Men Under-23 (Individual)

13:05 Victory Ceremony Men Under-23 (Teams)

13:15 Women (8,050 m)

13:52 Victory Ceremony Women (Individual)

13:58 Victory Ceremony Women (Teams)

14:08 Men (9,880 m)

14:46 Victory Ceremony Men (Individual)

14:52 Victory Ceremony Men (Teams)

Introduction

The Royal Dutch Athletics Federation is proud to present its delegation for the 19th European Cross Country Championships. Dutch Athletics has good memories of various championships in Hungary, including the 1998 European Track Championships which were also held in its beautiful capital. This year, The Netherlands is represented with a sizeable and promising team.

Adrienne Herzog once again leads the charge in the Dutch team. Only 27 years old, this is Adrienne's 12th (!) start at the European Cross Country Championships. Since finishing 7th and winning Silver in the U23 category in 2006 & 2007, she has scored 6th, 5th, and Bronze in three of her four appearances. Adrienne once again aims for the podium.

Like Herzog, Khalid Choukoud had an excellent last test race with a convincing performance in the International Loket.nl Warandeloop in Tilburg. The athlete from The Hague has set his sights on improving on his excellent 8th place last year in Velenje. He is joined by Michel Butter, who returns to major competition after his breakthrough marathon performance in Amsterdam (2:09:58, 5th in all of Europe this year).

Gert-Jan Wassink, Tom Wiggers and Ronald Schröer round out a promising men's team. Thus far, the best Dutch men's team ever in a European Cross Championships scored a 6th place - way back in the first European Cross Championships in 1994. The 2012 team aims to improve on that result (which was realized with a team containing Dutch running greats including Kamiel Maase, Simon Vroemen, Marcel Versteeg and Greg van Hest).

Building Block

Cross Country is an exciting part of Track and Field. It requires versatility of athletes, who deal with varying courses, circumstances, and pace. Its races, over various distances, also bring together runners who usually specialize in different track and road racing events.

First and foremost, cross country is a vital building block in the training regimen of long- and middle distance runners. It has proven its value as a base – even launching pad – for success in other championships.

Over the years, the European Cross Country Championships have proven to be an important event in which young Dutch athletes gain international experience. That will happen again in the U23 races, where we expect to see Maureen Koster and Jamie van Lieshout before they move on to the U23 track championships in Tampere. The same goes for Mark Nouws who was last year's revelation in the 1500 meters, and now makes his championship debut. Most attention will focus, however, on Jesper van der Wielen, the athlete from Nijmegen who has various championships under his belt. Jesper also has a marvellous Bronze medal to prove it (European U23 5,000 meters track in 2011).

Over in the Junior ranks, Dutch Athletics is sending a four-athlete team. Two of its members, Irene van Lieshout and young Jip Vastenburger, were among the fastest 5,000 meters runners in Europe earlier this year, and ran at the World Junior Championships in Barcelona. They are joined by Marlin van Hal and Giselle Slotboom. After a 5th place last year, the junior women aim for more. That would automatically make them the best female Dutch team ever in a European Cross Country Championships. That honour is now shared between the 2002 U20, the 2006 U23 and the 2008 women's teams, who were all fourth. Amazingly, Adrienne Herzog was a member of all three of those teams!

Dutch Athletics wishes all athletes and delegations excellent races, with fair competition and outstanding results!



Willem van de Worp
*Performance Logistics
Manager, Royal Dutch
Athletics Federation*

A word with Jip Vastenborg

One of the most promising up-and-coming athletes in The Netherlands is Jip Vastenborg. Only 18 years old, she already has experience in several international tournaments. Budapest will be the second European Cross Championships for the pupil of Johan Voogd, who will still be eligible to run the junior race in 2013.

Question: As you entered the international Cross Country scene last year, what do you remember most from the race in Velenje?

Jip: What I remember most is the impression the field made on me. In Holland we are used to starting with 20/30 athletes in the junior women races. In Velenje, there were over 70 runners ready to race hard. The opening pace was also very fast, which I was not used to either. So it was good I got to start in Velenje, and gain experience in a European Cross Championships.

Q: After your Bronze medal at the European Youth Olympic Days in 2011, you faced global competition last year at the World's in Barcelona. Was that a learning experience?

Jip: At the EYOF I knew beforehand I was going to fight for a medal, whereas in Barcelona I had to aim for the highest possible position. That is pretty difficult in the beginning, because you have to battle for each place. What I learned most from Barcelona was that races don't always go as they should. I was very nervous beforehand, and focused too much on a time instead of on myself. Ever since I have not run any races without proper focus. So that was the learning moment of Barcelona - which by the way was a pretty hard lesson.

Q: As you go into your last Summer season as a junior, you are looking ahead to the European Juniors in Rieti. Do you expect to face the same people there as now in Budapest?

Jip: Yes I think many athletes here will be back in Rieti, even as we say goodbye to a few who will become seniors. Nevertheless I will likely not meet them very often, because many athletes from the shorter distances compete in Cross Country. That makes Cross Country so

much fun: all track distances come together in one event.

Q: You stated to aim for a medal in Rieti. Is that a possibility at all in Cross Country, or will there be too many soon-to-be-senior athletes?

Jip: In Rieti I definitely want to go for a medal. Given my ranking (sixth in the 5,000 meters this year) that is definitely a possibility. Still I should not look at that too much, and simply do my own thing. A medal in Budapest is not really very realistic, but I go for the best possible result and we will see how that turns out. One can always dream.

Q: How and when did you start Athletics?

Jip: I started shortly after I turned six.

Q: Were you always a runner? And/or did you want to be?

Jip: I always did combined events, even though I was not very good at it because I totally lack jumping power and sprint speed. I was always one of the best runners, but it is good for an athlete to develop as broadly as possible. Besides that I also did skating, because that's simply what one does in my town of Loosdrecht. Nevertheless, running was always my preference.

Q: You made your 10k debut in 2011, and ran a couple more races last year, including your 34:57 pb. Do you prefer Road, Track, or Cross Country?

Jip: I consider road racing the most beautiful of all; there are always lots of spectators, and it is long distances. However, it is important to develop speed first, and track is very suited for that. In addition I like Cross Country very

much, and it makes you a lot stronger. So in short I prefer road racing, but the other events are very useful to that end.

Q: You have often indicated that your ultimate goals are in the longer distances. Does that mean you increase your mileage year after year?

Jip: Yes, my eventual goal is the 2020 marathon, but I will definitely keep running track until Rio. I get to run longer and longer distances, but that is mostly for training purposes. For now, the main distances will remain the 3,000/5,000 meters on the track.

Q: You have worked with Johan for a number of years now. How did that come about?

Jip: I came to Johan via the regional training sessions organised by the Dutch federation. I had gotten so much better technically in 20 sessions, that I knew I wanted to join him to really improve. At that time he coached Gert-Jan Wassink, Dennis Licht, and Abdi Nageeye, among others, from whom I learned incredibly as a 14-year old. They were like older brothers to me. It was difficult sometimes, because I was the youngest in the group, but you find your way.

Q: Can you tell us something about what is special in what Johan does, or why it works for you?

Jip: I think Johan is one of the best technical coaches in The Netherlands. He can really make people run very well. In addition we have built a good relationship of trust. We can say everything to each other, even when I do not agree, or think things are not going well. I am an independent athlete, and pigheaded sometimes. That can be good, but it means it is difficult to convince me, as I have my own ideas.

Q: Last year you graduated from high school. What will you be doing next, and how can you combine that with your running?

Jip: I started Psychology studies in Utrecht in September, but stopped because it was incompatible with my athletics. I am restarting my studies, but at Open University. That is an institution with a lot of self-study at home, for which you don't have to go and attend lectures. That means I have less travel time, and I can study at my own pace.

Q: After your last tournament in one Olympic stadium (Barcelona), you got to see the 2012 Olympics on television. How much of a motivation are those five rings for you?

Jip:

The Olympic Games in London gave me enormous motivation. It is cool to see athletes on television excel at a tournament that you want to go to yourself. After graduating high school I prioritized my sports. I think otherwise you will not make it. You cannot commit half-heartedly, because the worldwide competition level is much too high.

Q: Did you see any special heroes of yours in action in London, or are there athletes that you see as examples?

Jip: My absolute hero is Paula Radcliffe. She was of course supposed to run the Olympic marathon, but had to forego because of an injury. I really regretted that, because I would have loved to see her in action one more time in London, given the career she has had. If you can run a time like hers in the marathon as a caucasian athlete, you have really done it, and I hope to follow her example. She shows that you can come a very long way with much passion for running.

Athletes Men

Michel Butter



mp

Place / Date of birth: Beverwijk, November 5, 1985
Residence: Castricum
Club: AV Castricum, Team Distance Runners (TDR)
Coaches: Guido Hartensveld
Height / Weight: 1.76 m / 61 kg
Profession: Athlete, Student (Masters, Strategic Human Resource Management)
Personal Sponsors: PwC, Nike, Le Champion
Support: TDR
Website: www.teamdistancerunners.nl
twitter.com/MichelButter

PERSONAL BEST

3,000m: 7:59.80, Leiden, June 13, 2009
 5,000m: 13:37.33, Heusden (Bel), July 18, 2009
 10,000m: 28:38.70, Stanford (USA), March 26, 2010
 10 km road: 28:48, Schoorl, February 10, 2008
 half marathon: 62:33, The Hague, March 11, 2012
 marathon: 2:09:58, Amsterdam, October 21, 2012

PROGRESSION

	5,000m	10,000m	½ marathon	Marathon
2004	14:32.36	31:05.8	-	-
2005	14:15.02	29:44.11	-	-
2006	14:03.77	-	64:48	-
2007	13:55.56	29:12.95	63:52	-
2008	13:37.60	29:09.88	63:17	-
2009	13:37.33	28:52.38	63:26	-
2010	13:49.65	28:38.70	-	-
2011	14:16.03	-	63:26	2.12.59
2012	-	-	62:33	2.09.58

NATIONAL TITLES

Track (3): 5,000m (2007, 2009); 5,000m U20 (2004)
Cross Country (3): Long Distance (2007, 2008); U20 (2004)
Road (4): 10k (2007, 2008), Half Marathon (2008); marathon (2011)

International Championships

Cross Country

2003: EC U20, Edinburgh (GBr): 67th
 2004: EC U20, Heringsdorf (Ger): 70th
 2004: WC U20, Brussels (Bel): 85th
 2005: EC, Tilburg: 65th
 2006: EC U23, San Giorgio su Legnano (Ita): 15th
 2007: EC U23, Toro (Esp): 16th
 2008: EC, Brussels (Bel): 9th
 2009: EC, Dublin (Irl): 25th
 2010: EC, Albufeira (Por): 16th

Outdoor

2005: EC U23, Erfurt (Ger), 10,000m: 15th (30:44.86)
 2007: EC U23, Debrecen (Hun), 10,000m: **SILVER MEDAL** (29:12.95)

Goal for Budapest 2012: Late October I ran sub-2:10 in the marathon. After a period of rest I am in the build-up phase. My goal for the future is to keep my base level high. A good base level for me means a top-20 finish in Budapest. In addition I hope we will score well with the team, so we can show in Europe that Dutch long distance running is improving.

Goals for 2013: Make a further step from my 2:09:58 in the marathon. I also want to perform well in the World Championship Marathon in Moscow.

My favourite music: Hiphop or U2.

My favourite food: Pasta.

My best race ever: Past April I ran to a 7th place in the blazing hot Boston Marathon. My best Cross Country meet was at the European Championships in Brussels, 2009, where I ran between the big names and finished 9th. Nowadays I realize how strong the field was that year.

Athletes Men

Khalid Choukoud



Place / Date of birth: Fez (Mor), March 23, 1986
Residence: Den Haag
Club: Haag Atletiek (Den Haag)
Coaches: Ismael Chamali
Height / Weight: 1.76 m / 62 kg
Profession: Athlete
Personal Sponsors: Fysiok.nl, Mizuno

PERSONAL BEST

3,000m: 7:56.73, Rhede (Ger), July 8, 2011
 5,000m: 13:39.33, Heusden (Bel), July 18, 2009
 10,000m: 28:26.82, Helsinki (Fin), June 30, 2012
 10 km road: 28.55, Tilburg, September 4, 2011
 Half marathon: 1:02:53, Breda, October 7, 2012

PROGRESSION

	3,000m	5,000m	10,000m	10km
2005	8:30.68	14:26.68	30:12.06	29:36
2006	8:19.28	14:11.74	29:21.98	29:37
2007	8:16.15	14:42.06	29:16.18	29:46
2008	-	-	-	-
2009	8:02.21	13:39.33	-	-
2010	7:58.54	13:53.90	-	29:59
2011	7:56.73	13:47.56	28:53.63	28:55
2012	8:03.63	-	28:26.82	29:00

NATIONAL TITLES

Cross Country (5): U20 (2005); Long Distance (2010, 2011, 2011-2012, 2012)
Track (3): 10,000 m (2005, 2011, 2012)
Road (2): 10 km (2011), half marathon (2011)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2005: WC U20, St. Galmier (Fra), 95th
 2005: EC U20, Tilburg, 11th
 2006: EC U20, San Giorgio su Legnano (Ita), 9th
 2010: EC, Albufeira (Por), 33rd
 2011: EC, Velenje (Slo): 8th

Outdoor

2005: EJC, Kaunas (Lit), 5,000m, 11th (14:42.87)
 2005: EJC, Kaunas (Lit), 10,000m, dnf
 2012: EC, Helsinki, 10,000m, 7th (28:26.82)

Goal for Budapest 2012: Top 5 or 6.

Goals for 2013: World Championships 10,000m in Moscow.

My favourite music: Dutch, English, and Arabic.

My favourite food: Moroccan.

My best race ever: 10,000 meters final in Helsinki, where I ran 28:26.82.

Athletes Men

Ronald Schröer



Place / date of birth: Alkmaar, September 28, 1984
Residence: Castricum
Club: AV Zaanland (Zaandam), Team Distance Runners (TDR)
Coach: Guido Hartensveld
Height / Weight: 1.75 m / 60 kg
Profession: Running Analysis Advisor and Athlete
Sponsors: Nike, PWC
Support: TDR
Website: www.teamdistancerunners.nl
twitter.com/Marathon2016

PERSONAL BEST

5,000m: 13:55.95, Heusden (Bel), July 18, 2009
 10,000m: 28:32.61, Stanford (USA), April 29, 2012
 Marathon: 2:16:19, Amsterdam, October 21, 2012

PROGRESSION

	5,000m	10,000m	Marathon
2008	14:05.21	29:58.65	2:24:22
2009	13:55.95	29:35.67	2:18:14
2010	-	30:16.91	2:16:27
2011	14:10.35	29:09.03	2:20:55
2012	14:03.33	28:32.61	2:16:19

NATIONAL TITLES

Outdoor (2): 10,000m (2009, 2010)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2003: EC U20, Edinburgh: 70th

Outdoor

2003: EJC, Tampere (Fin), 10,000m: 16th (32:18.76)
 2010: EC, Barcelona (Esp), marathon: 37th (2:33.18); Euro Cup: 3rd
 2012: EC, Helsinki (Fin), 10,000m: 18th (29:31.06)

Goal for Budapest 2012: I'd like to be a top-40 runner individual, and off course as a team we want to go for top 5!

Goals for 2013: Marathon in sub 2:14.

My favourite music: Top 40 hits and bands like Live and U2.

My favourite food: Homemade Pizza with only fresh ingredients!

My best race ever: Stanford Invitational 10,000 m: 28.32.61.

Athletes Men

Gert-Jan Wassink



Place / Date of birth: Varsseveld, December 18, 1985
Residence: Apeldoorn
Club: AV Argo (Doetinchem)
Coaches: Honoré Hoedt
Height / Weight: 1.80 m / 64 kg
Profession: Athlete, Social Worker and Sales employee
Personal Sponsors: Kramp, Autobedrijf ter Maat, Asics, Runnersworld Apeldoorn
Support: Stichting Gert-Jan Wassink, Atletiekunie, Achmea Health Center Apeldoorn, Massage praktijk Le Febre
Website: www.gertjanwassink.nl
twitter.com/GertJanWassink

PERSONAL BEST

3,000m: 8:05.94, Lisse, May 5, 2012
5,000m: 13:47.14, Oordegem (Bel), May 26, 2012

PROGRESSION

	3,000m	5,000m	10km	½ marathon
2007	8:20.12	14:27.31	31:21	1:09:49
2008	8:12.36	14:17.08	30:23	1:07:27
2009	-	14:31.85	30:53	1:05:24
2010	-	14:35.76	30:57	1:05:08
2011	8:26.23	-	30:04	-
2012	8:05.94	13:47.14	29:27	-

NATIONAL TITLES

Indoor: 3,000m (2010)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2003: EC U20, Edinburgh (GBr): 71st
2009: EC, Dublin (Irl): 53rd
2010: EC, Albufeira (Por): 49th

Goal for Budapest 2012: Try to run to a better position (<30) than my last EC in Albufeira in 2010. Enjoy the race and run for a very good team position (medal) and try to keep up the team spirit!

Goals for 2013: Improve all my pb's especially on the 5,000 meter track, and try to qualify for the next European cross championships.

My favourite music: Coldplay, Racoon, David Guetta, BLØF.

My favourite food: Spanish tapas.

My best race ever: Oordegem 2012, I made a progression of 30 seconds in the 5,000 meter (14.17-13.47). Besides that, I am proud of my national titel in the 3,000 meter indoor in 2010.

Athletes Men

Tom Wiggers



Place / date of birth: Eindhoven, August 10, 1987
Residence: Haarlem
Club: AV Haarlem (Team Distance Runners)
Coach: Guido Hartensveld
Height/Weight: 1.83 m / 63 kg
Profession: physician-researcher
Personal Sponsors: PWC, Nike
Support: Team Distance Runners, Le Champion
Website: www.teamdistancerunners.nl

PERSONAL BEST

1500m: 3:41.55, Uden, July 3, 2010
 3,000m: 8:03.19, Watford (GBr), May 17, 2008
 5,000m: 14:00.22, Ninove (Bel), July 21, 2012
 10,000m: 29:47.16, Emmeloord, May 17, 2012
 10 km road: 29.05, Schoorl, February 12, 2012

PROGRESSION

	1500m	3,000m	5,000m
2005	3:51.12	-	14:50.39
2006	3:46.22	8:27.42	-
2007	3:53.58	8:25.53	-
2008	3:45.25	8:03.19	14:01.9
2009	3:44.30	8:06.28	14:08.80
2010	3:41.55	8:06.44	14:02.25
2011	-	-	14:32.1
2012	3:47.24	8:04.28	14:00.22

NATIONAL TITLES

Cross Country (2): Short distance (2007); U18 (2004)
Outdoor (3): 10k road U20 (2006); 1500m & 3,000 U18 (2004)
Indoor: 3,000m U18 (2004)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2004: EC U20, Heringsdorf (Ger): 83th
 2005: EC U20, Tilburg: 73th
 2006: EC U20, San Giorgio su Legnano (Ita): 37th
 2008: EC U23, Brussels (Bel): 22th
 2009: EC U23, Dublin (Ire): 19th

Outdoor

2006: WJC, Beijing (Chn), 1500m: heats (3:52.03)
 2009: EC U23, Kaunas (Lit), 5,000m: 14th (14:19.52)

Goal for Budapest 2012: I want to perform to the best of my abilities, and let myself be surprised how good that will be.

Goals for 2013: Improving my personal bests to 7:55 (3,000m) and 13:45 (5,000m)

My favourite food: Paella.

My best race ever: I have very beautiful memories of various races, but one of the best is running the qualifying time in the 1500 meters for the World Junior Championships in 2006.

Athletes Women

Adrienne Herzog



Place / Date of birth: Amersfoort, September 30, 1985
Residence: Boulder (USA)
Club: Running 2000
Coach: Brad Hudson, Honoré Hoedt
Height / Weight: 1.68 m / 51 kg
Profession: Athlete – part time student
Personal Sponsors: Brooks, Running 2000, Herzog Sports Compression, Zeal Optics
Support: Atletiekunie, Running 2000, NOC*NSF
Website: www.adrienneherzog.com
 Twitter.com/adrienneherzog

PERSONAL BEST 1500m: 4:06.07, Barcelona (Esp), July 25, 2009
 5,000m: 15:34.37, Hengelo, May 30, 2010

PROGRESSION

	1500m	3,000m	5,000m
2005	4:16.32	9:12.77	16:21.61
2006	4:11.16	9:01.69	15:42.24
2007	4:15.99	-	16:02.37
2008	4:14.0h	-	-
2009	4:06.07	9:22.88i	-
2010	4:14.37	8:53.24i	15:34.37
2011	4:16.00	9:19.22	-
2012	4:18.58	-	15:42.90

NATIONAL TITLES

Cross Country (7): Short Distance (2004); Long Distance (2005-2008, 2011/2012, 2012)
Track (3): 1500m (2005, 2006, 2009)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2001: EC U20, Thun (Sui), 21st
 2002: WC U20, Dublin (Irl), 30th
 2002: EC U20, Medulin (Cro): 5th
 2003: WC U20, Lausanne (Sui): dnf
 2003: EC U20, Edinburgh (GBr): dnf

2004: EC U20, Heringsdorf (Ger): 4th
 2005: EC, Tilburg: 15th
 2006: EC U23, San Giorgio su Legnano (Ita): 7th
 2007: EC U23 Toro (Esp): **Silver medal**
 2008: EC, Brussels (Bel): 6th
 2009: EC, Dublin (Irl): **Bronze medal**
 2010: EC, Albufeia (Por), dnf
 2011: EC, Velenje (Slo): 5th

Outdoor:

2002: WJC, Kingston (Jam): 3,000m, 10th (9:31.15)
 2002: WJC, Kingston (Jam): 5,000m, 13th (16:46.53)
 2003: EJC, Tampere (Fin): 3,000m, **Bronze medal** (9:26.01)
 2004: WJC, Grosseto (Ita): 3,000m, 7th (9:32.33)
 2005: EC U23, Erfurt (Ger): 5,000m, 7th (16:26.84)
 2006: EC, Göteborg (Swe): 1500m, semi-finals (4:12.16)
 2009: WC, Berlin (Ger): 1500m, heats (4:10.10)

Indoor

2010: WCI, Doha (Qat), 3,000m, 12th (9:12.99, heats 8:53.24)

Goal for Budapest 2012: I hope to win a medal.

Goals for 2013: Stay healthy and consistent.

Qualifying for the World Champs and run very well there! Run a fast times in all distances from 5km to half marathon.

My favourite music: Depends all on my mood; can be anything from Faithless, Eminem, Angus & Julia Stone, Pinback, Linkin Park, Yann Tiersen, The lumineers, Phoenix, red hot chilly peppers ... and so, so much more.

My favourite food: Italian food! But preferable IN Italy. (Italian food in the USA can be VERY bad)

My best race ever: Europeans Dublin in 2009 when I medalled.

Athletes Men U23

Mark Nouws



Place / Date of birth: Wouwe Plantage, August 20, 1990
Residence: Castricum
Club: Thor (Roosendaal), Team Distance Runners (TDR)
Coaches: Guido Hartensveld
Height / Weight: 1.89 m / 66 kg
Profession: Athlete, Student (HvA Aviation Studies)
Personal Sponsors: Nike, PWC, Le Champion
Support: TDR
Website: www.teamdistancerunners.nl
twitter.com/MarkNouws

PERSONAL BEST

1500m: 3:41,66, Ninove (Bel), July 21, 2012

PROGRESSION

	1500m
2008	4:09.21
2009	3:54.61
2010	3:51.61
2011	3:51.67
2012	3:41.66

NATIONAL TITLES

Cross: U23 (2012)
Outdoor: 1500m U20 (2009)
Indoor: 1500m U20 (2009)

INTERNATIONAL CHAMPIONSHIPS

Debut

Goal for Budapest 2012: Top 30.

Goals for 2013: European indoor championships.

My favourite music: Coldplay.

My favourite food: Italian.

My best race ever: Memorial Rasschaert (Ninove Flanders Cup) 2012.

Athletes Men U23

Jesper van der Wielen



Place / date of birth: Nijmegen, August 2, 1991
Residence: Wijchen
Club: Cifla (Nijmegen),
 Team 7 Heuvelen
Coach: Joshua Mols
Height/Weight: 1.76 m / 64 kg
Profession: Athlete
Personal Sponsors: Nike, Team 7 Heuvelen
Support: Joshua Track Team
Website: joshuatrackteam.nl

PERSONAL BEST

1500m: 3:44.07, Hoorn, May 12, 2012
 3,000m: 7:52.57, Wageningen, May 18, 2012
 5,000m: 13:29.02, Oordegem (Bel), May 26, 2012
 10km: 28:59, Utrecht, September 25, 2011
 Half marathon: 63:20, Egmond aan Zee, January 8, 2012

PROGRESSION

	1500m	3,000m	5,000m
2007	4:07.89	8:56.78	15:33.75
2008	3:59.60	8:37.88	15:33.38
2009	3:49.10	8:08.54	14:29.47
2010	3:47.30	7:58.27	13:50.43
2011	3:44.24	7:58.21	14:07.52
2012	3:44.07	7:52.57	13:29.02

NATIONAL TITLES

Cross: U20 (2009)
Track (5): 1500m & 5,000 m U20 (2010); 5,000m U20 (2009); 1500 m & 3,000 m U18 (2008)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2009: EC U20, Dublin (Irl), 21st
 2010: EC U20, Albufeira (Por), 7th
 2011: EC U23, Velenje (Slo), 12th

Outdoor

2009: EJC, Novi Sad (Srb), 5,000m, 7th (14:29.47)
 2010: WJC, Moncton (Can), 5,000m, 10th (14:09.11)
 2011: EC U23, Ostrava (Cze), 5,000m,
Bronze Medal (14:23.31)

Goal for Budapest 2012: A medal!

Goals for 2013: More progression on the 1500, 3,000 and 5000m and shine at the EC U23 in Tampere (5,000 and 10,000m).

My favourite music: Some from a lot of variety of Music.

My favourite food: Tomato Soup from Grandma.

My best race ever: Difficult to choose between the race in which I ran my 13:50 Dutch Junior record, where everything came together, and the unexpected medal I won at the European U23 Championships!

Athletes Women U23

Maureen Koster



Place / date of birth: Gouda, July 3, 1992
Residence: Boskoop
Club: Phanos (Amsterdam)
Coach: Bert Koster
Height/Weight: 1.76 m / 58 kg
Profession: Student, Law (Leiden University)
Sponsors: Nike
Support: Vrienden van de KNAU, Atletiekunie, Phanos
Website: www.maureenkoster.nl

PERSONAL BEST

800m: 2:05.62, Bottrop (Ger), July 6, 2012
1500m: 4:13.48, Roosendaal, June 29, 2012

PROGRESSION

	1500m
2006	4:57.51
2007	4:37.38
2008	4:28.11
2009	4:24.32
2010	4:19.29
2011	4:17.64
2012	4:13.48

NATIONAL TITLES

Cross (5): U23 (2012); U20 (2010, 2011); U18 (2008, 2009)
Outdoor (5): 1500m (2012); 1500m & 3,000m U20 (2010); 1500m U18 (2008, 2009)
Indoor (2): 1500m U18 (2009), 3,000m U18 (2008)

INTERNATIONAL CHAMPIONSHIPS

Outdoor
2009: EYOF, Tampere (Fin), 9th (4:30.45)
2011: WJC, Moncton (Can): heats (4:22.08)
2012: EJC, Tallinn (Est): dnf

Goal for Budapest 2012: Top-10.

Goals for 2013: 4.09 in the 1500 meters, top-10 1500 meters at the EC U23.

My favourite music: Alternative, Rock, Indie.

My favourite food: Italian kitchen.

My best race ever: Dutch nationals 1500 meters in 2012.

Athletes Women U23

Jamie van Lieshout



Place / date of birth: Bergeijk, July 12, 1991
Residence: Valkenswaard
Club: Attila (Tilburg)
Coach: Grete Koens
Height/Weight: 1.76 m / 55.5kg
Profession: Student, Athlete
Personal Sponsors: Het Loopcentrum, Bytes & Baksteen
Support: Atletiekunie, AV Attila
Website: www.jamievanlieshout.com
twitter.com/jamievlieshout

PERSONAL BEST

800m: 2:10.07, Hoorn, May 21, 2011
1500m: 4:21.54, Nivelles (Bel), June 23, 2012
5,000m: 16:25.37, Ninove (Bel), July 21, 2012
10 km Road race: 35:20, March 11, The Hague, 2012

PROGRESSION

	1500m
2007	4:38.96
2008	4:36.15
2009	4:28.18
2010	-
2011	4:24.32
2012	4:21.54

NATIONAL TITLES

Outdoor: 800m U20 (2009)
Indoor (3): 800m & 1500m U20 (2010); 1500m U18 (2009)

INTERNATIONAL CHAMPIONSHIPS

Outdoor
2009: EC U20, Novi Sad (Srb), 1500m: heats (4:55.45)

Goal for Budapest 2012: To gain race experience and learn a lot.

Goals for 2013: A place in the final of the European U23 Championships' 5000 meters.

My favourite music: Ben Howard, Coldplay, Ed Sheeran, Mumford & Sons, Adele.

My favourite food: Italian food; pasta, pizza, gnocchi.

My best race ever: My debut over 5000 meters. During the race I ran so easily, everything came naturally. I wish all races could go like that.

Athletes Junior Women Marlin van Hal



Place / Date of birth: Boxmeer, May 9, 1993
Residence: Mill
Club: De Keien (Uden)
Coach: Tonnie Dirks
Height / Weight: 1.70 m / 53 kg
Profession: Project manager, Fitland Groep
Personal Sponsors: Brooks
Support: NOC*NSF
Website: www.tonniedirks.nl

PERSONAL BEST

1500 meters: 4:28.65, Alphen a/d Rijn, July 10, 2011
 3,000 meters: 9:32.94, Utrecht, June 24, 2011
 5,000 meters: 16:52.46, Wageningen, June 15, 2011

PROGRESSION

	1500m	3,000m	5,000m
2007	4:50.40	-	-
2008	4:42.84	-	-
2009	4:32.90	9:50.59	-
2010	4:36.45	9:43.09	-
2011	4:28.95	9:32.94	16:52.46
2012	4:36.27	9:43.71	-

NATIONAL TITLES

Outdoor: 3000m U20 (2011)
Indoor (4): 1500m & 3000m U20 (2011); 1500m & 3000m U18 (2009);

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2011: EC U20, Velenje (Slo): 25th

Outdoor

2009: EYOF, Tampere (Fin), 3,000m
 2011: EJC, Tallinn (Est), 3,000m: 6th (9:42.53)
 2011: EJC, Tallinn (Est), 5,000m: DNF

Goal for Budapest 2012: Top-16.

Goals for 2013: Qualify for the European U23 Championships.

My favourite music: 80s and 90s Rock.

My favourite food: Sushi.

My best race ever: Still to come.

Athletes Junior Women

Irene van Lieshout



Place / Date of birth: Boxmeer, September 1, 1993
Residence: Schaijk
Club: De Keien (Uden)
Coach: Tonnie Dirks
Height / Weight: 1.63 m / 48 kg
Profession: Student, Athlete
Personal Sponsors: Brooks, Loperscompany Den Bosch
Website: www.tonniedirks.nl

PERSONAL BEST

800m: 2:15.18, Valkenswaard, April 22, 2012
 1500m: 4:31.27, Merksem (Bel), August 25, 2012
 3,000m: 9:25.88, Utrecht, August 10, 2012
 5,000m: 16:23.97, Emmeloord, May 17, 2012
 10 km road: 36:44, Tilburg, September 4, 2011

PROGRESSION

	800m	1500m	3,000m	5,000m
2007	-	5:07.85	-	-
2008	-	4:52.41	10:32.87	-
2009	2:15.88	4:36.10	9:52.70	-
2010	2:15.96	4:33.79	9:50.36	17:38.96
2011	2:15.91	4:36.88	9:55.36	17:17.26
2012	2:15.18	4:31.27	9:25.88	16:23.97

NATIONAL TITLES

Outdoor (2): 3000m U20 (2012), 5000m U20 (2012);
Indoor (2): 3000m U20 (2012); 3000m U18 (2010)
Road: 10km U20 (2011)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2011: EC, U20 Velenje (Slo): 28th

Outdoor

2012: WJC, Barcelona (Esp): 15th (16:38.68)
 2009: Kingdom Games, Aruba, 800m: **Bronze Medal**
 2009: Kingdom Games, Aruba, 1500m: **Gold Medal**

Goal for Budapest 2012: Run as fast as possible.

Goals for 2013: To improve my personal bests, try to qualify for the EC U23 in Tampere, but most important: stay healthy.

My favourite music: Radio 3fm.

My favourite food: Fish.

My best race ever: Qualification race for the WJC.

Athletes Junior Women

Giselle Slotboom



Place / Date of birth: Sassenheim, March 9, 1993
Residence: Salt Lake City (USA), Sassenheim
Club: University of Utah, De Spartaan (Lisse)
Coaches: Kyle Kepler (Utah), Martien van der Hoorn (De Spartaan)
Height / Weight: 1.57 m / 46 kg
Profession: Student (Exercise and Sport Science, University of Utah)
Support: University of Utah

PERSONAL BEST

3,000m steeple chase: 10:37.82, Tallahassee (USA), March 23, 2012
 6km Cross Country: 20:57.5, Fort Collins, CO (USA), November 9, 2012

PROGRESSION

	3,000m	3,000m steeple
2009	-	12:09.11
2010	10:44.91	11:55.91
2011	10:18.97	11:02.14
2012	9:53.83 (i)	10:37.82

NATIONAL TITLES

Outdoor (3): steeple chase U20 (2009-2011)

INTERNATIONAL CHAMPIONSHIPS

Debut

Goal for Budapest 2012: To gain experience in high level competition with an international field. Place well individually and help the Dutch team to at least equal last year's fifth place.

Goals for 2013: My goal for 2013 is to improve my personal bests and qualify for NCAA Regionals in the steeplechase. In 2013's cross country season I hope to qualify for NCAA Nationals, after just missing it this year.

My favourite music: I listen to a broad variety of music.

My favourite food: Italian.

My best race ever: My best race this year has been NCAA pre-Nationals, a 6.000m cross country race in Louisville (USA). Here I broke my personal best by 20 seconds after coming back from an injury.

Athletes Junior Women

Jip Vastenburg



Place / Date of birth: Nieuw-Loosdrecht,
March 21, 1994

Residence: Apeldoorn

Club: AV '34 (Apeldoorn)

Coach: Johan Voogd

Height / Weight: 1.80 m / 61 kg

Profession: Student (Psychology)

Personal Sponsors: adidas, trainjelongen.nl,
TechNiche Europe

Support: Vrienden van de KNAU,
Stichting Atletiekstad
Apeldoorn, SOFA, Topsport
Gelderland

Website: www.jipvastenburg.com
twitter.com/JipVastenburg

PERSONAL BEST

1500 meters: 4:28.07, Nijmegen, May 28, 2011
3,000m: 9:21.34, Leiden, June 9, 2012
5,000m: 16:26.45, Emmeloord, May 17, 2012
10 km: 34:57, Utrecht, September 30, 2012

PROGRESSION

	3,000m	5,000m
2008	10:19.18	-
2009	10:25.16	-
2010	9:57.88	17:47.86
2011	9:34.58	16:43.42
2012	9:21.34	16:26.45

NATIONAL TITLES

Cross (2): U20 (2011/2012, 2012)
Outdoor: 1500m U18 (2011)
Road: 10km U20 (2012)

INTERNATIONAL CHAMPIONSHIPS

Cross Country

2011: EC, Velenje (Slo), U20: 26th

Outdoor

2011: EYOF, Trabzon (Tur), 3,000m: **Bronze medal**
(9:39.47)

2012: WJC, Barcelona (Esp), 5,000m: 16th (16:47.32)

Goal for Budapest 2012: To run my best race and finish as high as I can.

Goals for 2013: To win a medal at the European Junior Championships in Rieti, and score well at the European Cross Championships in my last race as a junior.

My favourite music: Jack Johnson.

My favourite food: Pancakes.

My best race ever: The European Youth Olympic Festival where good focus and shape gained me a medal.

Staff

Team Coaching



Honoré Hoedt

Date of birth:
Residence:
Postion:

Team Coach

August 13, 1959
Arnhem
National Coach Middle & Long Distances



Grete Koens

Date of birth:
Residence:
Postion:

Team Coach

May 26, 1967
Berghem
National Talent Development Coach Middle and Long Distance

Team Management



Willem van de Worp

Date of birth:
Residence:
Postion:

Team Manager

February 23, 1962
Amersfoort
Program Manager Elite Sports Royal Dutch Athletics Federation

Medical Team



Joost Vollaard

Date of birth:
Residence:

Physiotherapist

January, 28, 1972
Haarlem

History and Statistics

All European Cross Championships 1994-2010

Men			Women	
	Individual	Team	Individual	Team
1994	Paulo Guerra (Por)	Portugal	Catherine McKiernan (Irl)	Romania
1995	Paulo Guerra (Por)	Spain	Annemari Sandell (Fin)	Russia
1996	Jonathan Brown (GBr)	Portugal	Sara Wedlund (Swe)	France
1997	Carsten Jörgensen (Den)	Portugal	Josianne Llado (Fra)	France
1998	Sergiy Lebid (Ukr)	Italy	Paula Radcliffe (GBr)	Portugal
1999	Paulo Guerra (Por)	Great Britain	Anita Weyermann (Swi)	France
2000	Paulo Guerra (Por)	France	Katalin Szentgyörgyi (Hun)	Portugal
2001	Sergiy Lebid (Ukr)	Spain	Yanna Belkacem (Fra)	Portugal
2002	Sergiy Lebid (Ukr)	Spain	Helena Javornik (Slo)	Russia
2003	Sergiy Lebid (Ukr)	France	Paula Radcliffe (GBr)	Great Britain
2004	Sergiy Lebid (Ukr)	France	Hayley Yelling (GBr)	Portugal
2005	Sergiy Lebid (Ukr)	France	Lornah Kiplagat (Ned)	Russia
2006	Mo Farah (GBr)	France	Tetyana Holovchenko (Ukr)	Portugal
2007	Sergiy Lebid (Ukr)	Spain	Marta Domínguez (Esp)	Spain
2008	Sergiy Lebid (Ukr)	Spain	Hilda Kibet (Ned)	Portugal
2009	Alemayehu Bezabeh (Esp)	Spain	Hayley Yelling (GBr)	Portugal
2010	Sergiy Lebid (Ukr)	France	Jessica Augusto (Por)	Portugal
2011	Atelew Bekele (Bel)	France	Fionnuala Britton (Irl)	Great Britain

Men U23			Women U23	
	Individual	Team	Individual	Team
2006	Barnabás Bene (Hun)	Russia	Binnaz Uslu (Tur)	Great Britain
2007	Kemal Koyuncu (Tur)	Great Britain	Ancuta Bobocel (Rou)	Great Britain
2008	Andrea Lalli (Ita)	Great Britain	Susan Kuijken (Ned)	Great Britain
2009	Noureddine Smaïl (Fra)	France	Sultan Haydar (Tur)	Great Britain
2010	Hassan Chahdi (Fra)	Ireland	Meryem Erdogan (Tur)	Great Britain
2011	Florian Carvalho (Fra)	Norway	Emma Pallant (Gbr)	Great Britain

Men U20			Women U20	
	Individual	Team	Individual	Team
1997	Gert-Jan Liefers (Ned)	Spain	Sonja Stolic (Yug)	Germany
1998	Joussef El Nassri (Spa)	Spain	Katalin Szentgyörgyi (Hon)	Turkey
1999	Hans Janssens (Bel)	Great Britain	Ines Monteiro (Por)	Turkey
2000	Wolfram Müller (Dui)	Portugal	Jessica Augusto (Por)	Great Britain
2001	Vasyl Matviychuk (Ukr)	Great Britain	Elvan Abeylegesse (Tur)	Russia
2002	Evgeny Rybakov (Rus)	Russia	Charlotte Dale (GBr)	Great Britain
2003	Evgeny Rybakov (Rus)	Russia	Inna Polushkina (Lat)	Great Britain
2004	Barnabás Bene (Hon)	Russia	Binnaz Uslu (Tur)	Romania
2005	Barnabás Bene (Hon)	Poland	Ancuta Bobocel (Rou)	Great Britain
2006	Andrea Lalli (Ita)	Italy	Stephanie Twell (GBr)	Great Britain
2007	Mourad Amdouni (Fra)	France	Stephanie Twell (GBr)	Great Britain
2008	Florian Carvalho (Fra)	France	Stephanie Twell (GBr)	Great Britain
2009	Jeroen D'Hoedt (Bel)	Great Britain	Karoline Bjerke Grøvdal (Nor)	Russia
2010	Abdelaziz Merzougui (Spa)	Great Britain	Charlotte Purdue (GBr)	Great Britain
2011	Ilgizar Safiulin (Rus)	Great Britain	Emelia Gorecka (Gbr)	Great Britain

Dutch medallists in European Cross Country Championships

Gold (4)

1997	Gert-Jan Liefers	Men U20 (5.4 km)	15:45
2005	Lornah Kiplagat	Women (6.5 km)	19:55
2008	Hilda Kibet	Women (8.0 km)	27:45
2008	Susan Kuijken	Women U23 (6.0 km)	21:02

Silver (2)

2001	Kamiel Maase	Men (9.125 km)	28:05
2007	Adrienne Herzog	Women U23 (6.7 km)	22:37

Bronze (2)

2005	Susan Kuijken	Women U20 (4.38 km)	15:33
2009	Adrienne Herzog	Women (8.018 km)	28:04

Best performances by Dutch athletes

Men					
2.	Kamiel Maase	28:05	9.150 m	Thun (Sui)	2001
Women					
1.	Lornah Kiplagat	19:55	6.500 m	Tilburg (Ned)	2005
1.	Hilda Kibet	27:45	8.000 m	Brussels (Bel)	2008
Men U 23					
6.	Abdi Nageeye	23:54	8.000 m	Velenje (Slo)	2011
Women U23					
1.	Susan Kuijken	21:02	6.000 m	Brussels (Bel)	2008
Junior Men					
1.	Gert-Jan Liefers	15:45	5.400 m	Oeiras (Por)	1997
Junior Women					
3.	Susan Kuijken	15:33	4.380 m	Tilburg (Ned)	2005
Team Men					
6.	The Netherlands	132 points	9.500 m	Alnwick (GBr)	1994
	(Gielen – van Hest – Maase – Laros – Versteeg – S.Vroemen)				
Team Women					
4.	The Netherlands	97 points	8.000 m	Brussels (Bel)	2008
	(Kibet – Herzog – Boonstra – te Raa)				
Team Men U23					
6.	The Netherlands	111 points	8.030 m	San Giorgio su L (Ita)	2006
	(Choukoud – Butter – Licht – Ton – van den Hurk)				
Team Women U23					
4.	The Netherlands	97 points	5.975 m	San Giorgio su L (Ita)	2006
	(Herzog – Deelstra – Kuijken – Hak)				
Team Junior Men					
9.	The Netherlands	121 points	6.140 m	Malmö (Swe)	2000
	(G.Jansen – S. Beumer – Okken – Tigchelaar – Stitzinger)				
Team Junior Women					
4.	The Netherlands	109 points	3.730 m	Medulin (Cro)	2002
	(Herzog – Borst – Kuijken – Verstraten – van Miert – Hink)				

All Dutch performances in the EC Cross Country 1994-2011

Alnwick (GBr, December 10, 1994)
Men (9.500 m)
Marco Gielen, 21 st (28:36); Greg van Hest, 31 st (28:56); Kamiel Maase, 34 th (28:59); Marcel Laros, 46 th (29:14); Marcel Versteeg, 64 th (29:41); Simon Vroemen, 65 th (29:43)
Team 6 th (132 pt)
Women (4.500 m)
Joke Kleyweg, 51 st (15:38); Annelieke van der Sluijs, 63 th (16:07); Christine Toonstra, 69 th (15:35)
Team 16 th (183 pt)

Alnwick (GBr, December 2, 1995)
Men (9.100 m)
Marco Gielen, 19 th (27:29); Marcel Laros, 41 st (28:03); Greg van Hest, 52 nd (28:17); Peter van der Velden, 65 th (28:42); Robert Smits, 92 nd (29:36)
Team 10 th (177 pt)
Women (4.500 m)
Grete Koens, 39 th (14:54); Gabrielle Vijverberg, 53 th (15:10); Sylvia Kruijer, 55 th (15:12); Mieke Aanen, 57 th (15:13); Sandra Hofmans, 65 th (15:20)
Team 14 th (147 pt)

Charleroi (Bel, December 15, 1996)
Men (9.650 m)
Kamiel Maase, 20 th (34:25); Marco Gielen, 28 th (34:53); Rene Godlieb, 50 th (35:43); Marcel Laros, 62 nd (36:07); Peter van der Velden, 88 th (37:28)
Team 9 th (160 pt)
Women (4.550 m)
Irma Heeren, 46 th (18:31); Kristijna Loonen, 54 th (18:46); Sandra Hofmans, 67 th (19:33)
Team 13 th (167 pt)

Oeiras (Por, December 14, 1997)
Men (9.300 m)
Rene Godlieb, 26 th (28:31); Marcel Versteeg, 27 th (28:31); Kamiel Maase, 40 th (29:03); Greg van Hest, 57 th (29:34)
Team 7 th (150 pt)
Women (5.400 m)
Erika van der Bilt, 51 st (19:17)
Junior Men (5.400 m)
Gert-Jan Liefers, GOLD MEDAL (15:45); Koen Raymaekers, 17 th (16:49)

Ferrara (Ita, December 13, 1998)
Men (9.700 m)
Kamiel Maase, 23 th (29:01); Greg van Hest, 25 th (29:03); Luc Krotwaar, 30 th (29:12); Sander Schutgens, 48 th (29:42); Marco Gielen, 53 th (29:54); Rene Godlieb, 56 th (29:58)
Team 8 th (126 pt)
Women (5.600 m)
Erika van der Bilt, 42 nd (19:52)
Junior Men (5.400 m)
Koen Raymaekers, 42 nd (17:46); Rudy van den Oetelaar, 46 th (17:48); Stefan Beumer, 61 st (18:06); Joep Tigchelaar, 71 st (18:37)
Team, 15 th (149 pt)
Junior Women (3.100 m)
Sanne Bakker, 31 st (12:48)

Velenje (Slo, December 12, 1999)**Men (9.750 m)**

Marco Gielen, 40th (35:36); Sander Schutgens, 55th (36:25); Remco Kortenoeven, 61st (36:55);
Jeroen van Damme, 72nd (38:37)

Team 12th (228 pt)

Junior Men (6.550 m)

Koen Raymaekers, 46th (24:30); Rudy van den Oetelaar, 53th (24:39); Barend Derriks, 61st (24:51);
Stefan Beumer, 73rd (25:06); Joep Tigchelaar, 80th (25:23)

Team, 15th (160 pt)

Junior Women (3.350 m)

Vanessa van Voskuilen, 74th (14:43)

Malmö (Swe, December 10, 2000)**Men (9.750 m)**

Kamiel Maase, 7th (29:49)

Women (4.950 m)

Erika van der Bilt, 29th (17:20)

Junior men (6.140 m)

Guus Janssen, 29th (19:51); Stefan Beumer, 44th (20:02); Arnoud Okken, 48th (20:08); Joep Tigchelaar, 51st
(20:08); Patrick Stitzinger, 58th (20:20)

Team, 9th (121 pt)

Junior women (3.760 m)

Sabine van de Rijdt, 57th (14:12); Margret Hink, 72nd (14:26); Vanessa van Voskuilen, 75th (14:31);
Ingrid Kuijpers, 80th (14:38); Corine van Beek, 84th (15:08)

Team 19th (204 pt)

Thun (Sui, December 9, 2001)**Men (9.150 m)**

Kamiel Maase, **SILVER MEDAL** (28:05); Marco Gielen, 39th (29:02); Gert-Jan Liefers, 43th (29:09);
Simon Vroemen, 59th (29:48); Robert Smits, 72nd (30:33)

Team 7th (143 pt)

Women (4.650 m)

Irma Heeren, 26th (16:20); Grete Koens, 45th (16:37)

Junior men (6.150 m)

Arnoud Okken, 15th (19:59); Mark Pacqué, dnf

Junior women (3.150 m)

Adrienne Herzog, 21st (11:28)

Medulin (Cro, December 8, 2002)**Men (9.830 m)**

Kamiel Maase, 11th (29:24); Koen Raymaekers, 56th (30:52); Patrick Stitzinger, 67th (31:30)

Women (6.170 m)

Wilma van Onna, 34th (21:20)

Junior women (3.730 m)

Adrienne Herzog, 5th (12:30); Selma Borst, 25th (12:59); Susan Kuijken, 34th (13:10);
Jolanda Verstraten, 45th (13:17); Lesley van Miert, 75th (13:49); Margret Hink, 81st (14:14)

Team 4th (109 pt)

Edinburgh (GBr, December 14, 2003)

Men (10.095 m)
Patrick Stitzinger, 40 th (32:18); Simon Vroemen, 62 nd (33:26)
Women (4.650 m)
Anita Looper, 45 th (24:12)
Junior men (6.150 m)
Dennis Licht, 33 rd (21:52); Michel Butter, 67 th (22:30); Ronald Schröer, 70 th (22:32); Gert-Jan Wassink, 71 st (22:32)
Team, 13 th (241 pt)
Junior women (3.150 m)
Lesley van Miert, 58 th (17:43); Raika Lenaarts, 65 th (18:15); Nikki Fairley, 67 th (18:19); Susan Kuijken, 69 th (18:33); Adrienne Herzog, dnf
Team, 13 th (259 pt)

Heringsdorf (Ger, December 12, 2004)

Men (9.640 m)
Patrick Stitzinger, 41 st (28:59); Sander Schutgens, 75 th (30:09); Dennis Licht, 78 th (30:23); Evert Gielen, 81 st (30:37); Erik Negerman, 83 rd (30:42)
Team 14 th (275 pt)
Women (5.640 m)
Anita Looper, 43 rd (19:11); Marlies Overbeeke, 50 th (19:16); Miranda Boonstra, 60 th (19:32); Jolanda Verstraten, 69 th (20:06)
Team, 12 th (222 pt)
Junior men (5.640 m)
Michel Butter, 70 th (17:37); Gerwin van den Hurk, 73 rd (17:38); Tom Wiggers, 83 rd (17:46); Maarten Blokland, 90 th (17:56); Jorit van Malsen, 99 th (18:14)
Team, 16 th (333 pt)
Junior women (3.150 m)
Adrienne Herzog, 4 th (11:49); Susan Kuijken, 40 th (12:24); Andrea Deelstra, 53 rd (12:38); Simone Gouw, 82 nd (13:17); Nikki Fairley, 84 th (13:23)
Team 10 th (179 pt)

Tilburg (Ned, December 11, 2005)

Men (9.640 m)
Patrick Stitzinger, 31 st (28:17); Kamiel Maase, 40 th (28:26); Koen Raymaekers, 62 nd (28:58); Michel Butter, 65 th (28:59); Gert-Jan Liefers, dnf; Dennis Licht, dnf
Team, 12 th (198 pt)
Women (6.500 m)
Lornah Kiplagat, GOLD MEDAL (19:55); Adrienne Herzog, 15 th (20:28); Miranda Boonstra, 40 th (21:02); Selma Borst, 53 rd (21:27); Marlies Overbeeke, 62 nd (21:39); Jolanda Verstraten, 70 th (22:12)
Team, 6 th (109 pt)
Junior men (6.500 m)
Khalid Choukoud, 11 th (18:55); Gerwin van den Hurk, 48 th (19:31); Tom Wiggers, 73 rd (19:52); Michel Basemans, 76 th (19:53); Gijs Jacobs, 89 th (20:06); Dorus Arts, 100 th (21:06)
Team, 14 th (208 pt)
Junior women (3.150 m)
Susan Kuijken, BRONZE MEDAL (15:33); Sharon de Knegt, 65 th (16:51); Manon Kruiver, 68 th (16:57); Lotte Jacobs, 70 th (16:58); Lotte van den Boom, 79 th (17:26); Nikki Fairley, dnf
Team, 13 th (206 pt)

San Giorgio su Legnano (Ita, December 10, 2006)

Men (9.950 m)
Gert-Jan Liefers, 18 th (28:42); Patrick Stitzinger, 39 th (29:25)
Men U23 (8.030 m)
Khalid Choukoud, 9 th (23:29); Michel Butter, 15 th (23:35); Dennis Licht, 39 th (24:08); Robert Ton, 48 th (24:20); Gerwin van den Hurk, 59 th (24:33)
Team, 6 th (111 pt)
Women U23 (5.975 m)
Adrienne Herzog, 7 th (19:20); Andrea Deelstra, 11 th (19:35); Susan Kuijken, 16 th (19:45); Yvonne Hak, 63 rd (21:44)
Team, 4 th (97 pt)
Junior men (5.975 m)
Tom Wiggers, 37 th (17:47); Jorit van Malsen, 49 th (17:56); Joost van den Ende, 60 th (18:01); Michel Basemans, 74 th (18:14)
Team, 12 th (220 pt)
Junior women (4.100 m)
Marieke Falkmann, 41 st (13:37); Margriet Berkhout, 49 th (14:01); Lotte Jacobs, 61 st (14:10); Manon Kruiver, 82 nd (14:44)
Team, 11 th (213 pt)

Toro (Esp, December 9, 2007)

Men U23 (8.200 m)
Michel Butter, 16 th (25:05)
Women U23 (6.700 m)
Adrienne Herzog, SILVER MEDAL (22:37); Andrea Deelstra, 27 th (23:51); Marieke Falkmann, 55 th (24:55); Susan Kuijken, dnf; Lesley van Miert, dnf
Junior men (5.975 m)
Abdi Nageeye, 24 th (20:49)
Junior women (4.100 m)
Manon Kruiver, 37 th (15:07)

Brussels (Bel, December 14, 2008)

Men (10,000 m)
Michel Butter, 9 th (31:30)
Women (8.000 m)
Hilda Kibet, GOLD MEDAL (27:45); Adrienne Herzog, 6 th (28:19); Miranda Boonstra, 37 th (29:33); Marije te Raa, 53 rd (30:40)
Team, 4 th (97 points)
Men U23 (8.000 m)
Gerwin van den Hurk, 19 th (25:45); Tom Wiggers, 22 nd (25:53)
Women U23 (6.000 m)
Susan Kuijken, GOLD MEDAL (21:02)
Junior men (5.975 m)
Abdi Nageeye, 12 th (19:17)
Junior women (4.000 m)
Margriet Berkhout, 24 th (14:29)

Dublin (Irl, December 13, 2009)
Men (9.997 m)
Michel Butter, 25 th (32:23); Gert-Jan Wassink, 53 rd (33:37)
Women (8.018 m)
Adrienne Herzog, BRONZE MEDAL (28:04)
Men U23 (8.018 m)
Abdi Nageeye, 7 th (25:40); Tom Wiggers, 19 th (25:59); Thomas Poesiat, 49 th (26:46); Michel Basemans, 59 th (27:17); Jesse van Burg, 65 th (27:38) Team: 8 th (199pt)
Junior men (6.039 m)
Jesper van der Wielen, 21 st (19:17)

Albufeira (Por, December 12, 2010)
Men (9.870 m)
Michel Butter, 16 th (29:43); Khalid Choukoud, 33 rd (30:19); Gert-Jan Wassink, 49 th (30:52)
Women (8.170 m)
Adrienne Herzog, dnf
Men U23 (8.170m)
Thomas Poesiat, 17 th (24:53); Abdi Nageeye, 33 rd (25:12); Niels Verwer, 50 th (25:35); Jorit van Malsen 52 nd (25:38) Team: 10 th (152pt)
Junior men (6.070 m)
Jesper van der Wielen, 7 th (18:19); Wouter Warndorff, 55 th (19:13)

Velenje (Slo, December 11, 2011)
Men (10,000 m)
Khalid Choukoud, 8 th (29:27);
Women (8.000 m)
Adrienne Herzog, 5 th (26:34)
Men U23 (8.000m)
Abdi Nageeye, 6 th (23:54); Jesper van der Wielen, 12 th (24:04); Niels Verwer, 30 th (24:20);
Junior men (6.000 m)
Maikel van der Steen, 27 th (18:34); Hans Dilling, 36 th (18:42); Edwin de Vries, 55 th (18:57); Jorijn de Mare, 61 st (19:00); Brian Kamstra, 72 nd (19:09) Team: 11 th (179 pt)
Junior women (4.000 m)
Marlin van Hal, 25 th (14:03); Jip Vastenburg, 26 th (14:04); Irene van Lieshout, 28 th (14:05); Julia van Velthoven, 38 th (14:18); Marleen Loman, 67 th (14:43) Team: 5 th (117 pt)

Additional Information

Travel

The members of the Dutch Athletics Team will travel from Amsterdam Airport to Budapest on December 7th with KLM, flight KL1977 (departure time 14:15) and return to the Netherlands on December 10 on KLM, flight KL1978 (arrival time 19:20).

Accommodation

The Dutch Athletics Team stays at the Danubius Thermal on Margaret Island. Phone: +36-1-889-4700, Fax: +36-1-889-4939.

Press Information

Team manager Willem van de Worp will be available in Budapest during these Championships for information. He can be reached on his cellphone +31 621830347.

Websites

www.european-athletics.org

www.exch2012budapest.hu

www.atletiekunie.nl

www.ranglijsten.tk

European Athletics

19th SPAR European Cross Country Championships

News and Information about Dutch Athletics (in Dutch)

Dutch Rankings

Television Broadcasts

NOS Studio Sport

Sunday, December 9th

Nederland 1, 13:10-18.00 PM (likely live)

Production

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