

# Final Entries - Athletes List by event and SB

## European 10,000m Cup 2026, La Spezia (ITA)

Tot. Number of countries	Tot. Number of athletes	Tot. Number of Men	Tot. Number of Women
30	114	54	60

### FINAL ENTRIES

10,000 Metres Men		Num. of countries: 23		Num. of athletes: 54	
Member Federation	Surname	First Name	DoB	PB	SB
FRA	BEDARD	Simon	03/01/1997	27:42.72	27:44.72
ESP	MENACHO	Eduardo	25/11/1999	28:05.33	28:07.36
ESP	ESCAMILLA	Mesfin	19/11/2005	28:26.85	28:26.85
ESP	ALBA	Pablo	05/09/2002	28:29.05	28:29.05
TUR	SELEK	Mert	15/06/2005	28:29.14	28:29.14
ITA	MAGGI	Konjoneh	31/12/2003	28:32.83	28:32.83
ESP	RAMOS	Jesús	29/04/1996	27:49.73	28:48.82
HUN	KARSAI	Gábor	04/03/2004	28:49.89	28:49.89
TUR	ÇAĞIRAN	Abdulhalik	15/09/2002	28:53.76	28:53.76
POR	BORGES	Miguel	04/10/1994	28:51.90	29:06.09
ITA	MONDAZZI	Alberto	21/02/1998	28:37.41	29:28.20
ITA	GUERRA	Francesco	17/07/2001	28:22.07	29:36.26
TUR	YAZICI	Enbiya	25/09/2003	29:49.15	29:49.15
ITA	SELVAROLO	Pasquale	28/11/1999	28:30.35	29:50.49
HUN	LOMB	Ádám	09/07/2001	29:16.13	29:54.65
CRO	NOVOSEL	Tomislav	21/09/1999	29:59.80	29:59.80
UKR	LONSKYI	Vadym	31/05/1999	29:37.24	30:00.45
ITA	BRUNIER	Lorenzo	25/11/1996	29:19.41	30:08.27
MLT	MICALLEF	Luke	25/11/1989	30:31.39	30:34.65
AND	CARABAÑA	Nahuel	10/11/1999	28:51.57	
ART	WELDEZGHI	Searé	01/01/1996	29:28.68	
BEL	DEBOGNIES	Simon	16/07/1996	27:48.40	
BEL	HENDRIX	Robin	14/01/1995	28:01.65	
CZE	ZAJÍC	Martin	30/03/2000	29:11.0h	
ESP	PÉREZ	Juan Antonio	06/11/1988	27:46.08	
EST	SIHT	Morten	03/08/2004	31:03.62	
FRA	AUGUSTO	Bastien	10/08/1999	28:40.62	
FRA	GONDOUIN	Valentin	04/03/1999	27:41.37	
FRA	GUYON	Baptiste	17/01/2001	28:09.13	
GBR	KAVANAGH	Jack	13/04/2000		
GBR	RAMSDEN	Matthew	07/07/2003	29:16.07	
IRL	BATTLE	Jamie	03/03/2000	29:40.39	
IRL	MORGAN	Callum	18/06/2003		
IRL	MURPHY	Michael	04/04/2002		
IRL	Ó GAILÍN	Oisín	14/03/1997	29:02.05	
ITA	AOUANI	Iliass	29/09/1995	27:45.81	
ITA	CRIPPA	Yemaneberhan	15/10/1996	27:10.76	

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LTU	VALINČIUS	Giedrius	20/01/2000	29:15.04	
MDA	RĂILEANU	Maxim	04/10/1994	30:34.13	
NED	ASSORGIA	Gianluca	29/11/1994	30:24.96	
NED	FUTSELAAR	Frank	16/07/1991	28:45.30	
NED	HOOGEBOOM	Tom	08/09/2001	30:49.59	
NED	KOPMELS	Cas	28/10/2000	29:15.39	
NED	VAN DEN HURK	Ties	06/06/1996	29:57.32	
NED	VAN HOOREN	Bas	12/06/1992	28:43.79	
NOR	PRESTSÆTER	Sjur	25/10/1990	29:32.07	
POR	BARATA	Samuel	19/07/1993	27:48.62	
POR	GOMES	Duarte	24/11/2000	29:12.79	
POR	PINTO	Rui	18/11/1992	29:06.98	
SLO	KOKALJ	Jan	08/07/1997	30:52.23	
SUI	CACHELIN	Guillaume	29/12/1996	30:02.29	
SUI	FREITAG	Nino	09/10/2004	29:09.50	
SUI	MENNET	Robin	22/01/2001	30:48.04	
SWE	LÖFQVIST	Oliver	05/05/1998	28:27.46	

### FINAL ENTRIES

10,000 Metres Women		Num. of countries: 21		Num. of athletes: 60	
Member Federation	Surname	First Name	DoB	PB	SB
POL	GLINKA	Elżbieta	30/10/1993	32:18.90	32:18.90
ESP	ÁLVAREZ	Beatriz	16/12/1994	32:21.62	32:21.62
ESP	SÁNCHEZ-ESCRIBANO	Irene	25/08/1992	32:22.58	32:37.25
ESP	BERZOSA	Alicia	10/09/2000	32:00.73	32:44.75
ESP	BARREIRO	Isabel	26/04/1999	32:03.37	32:52.42
TUR	KUNUR	Derya	01/09/1999	32:57.80	32:57.80
TUR	ÇETO	Nursena	01/05/2002	32:34.69	32:58.39
FRA	ZARBO	Alessia	11/09/2001	31:50.62	33:09.62
TUR	YILDIRIM	Bahar	01/10/1998	32:15.78	33:13.26
UKR	SHKURKO	Viktoriia	25/12/1997	33:06.86	33:35.29
UKR	STREBKOVA	Nataliya	06/03/1995	33:36.20	33:36.20
GBR	DANNATT	Charlotte	12/05/1999	33:01.65	33:53.86
UKR	KOHUT	Tetiana	18/03/2003	33:55.62	33:55.62
ITA	REINA	Nicole Svetlana	25/09/1997	34:09.14	34:18.81
ITA	DEL BUONO	Federica	12/12/1994	31:25.41	34:25.19
ART	ABAROGÉ	Farida	01/01/1994	34:30.15	34:30.15
ITA	NIMBONA	Elvanie	15/03/1998	32:55.35	34:35.36
GBR	WELLSTED	Lizzie	31/05/2006	33:28.14	34:41.15
ITA	SETTINO	Greta	12/07/2003	33:42.36	34:46.88
BUL	AVRAMOVA	Devora	01/03/2000	33:52.91	34:52.1h
AUT	LASSACHER	Cordula	28/11/2003	33:54.73	
AUT	MAYER	Julia	20/01/1993	33:16.76	
AUT	REDLINGER	Lisa	13/11/2002	34:44.58	
AUT	REICHT	Carina	04/07/2001		
CZE	HROCHOVÁ	Tereza	24/02/1996	33:00.00	
ESP	CAMPO	Lidia	26/03/1991		
ESP	GALIMANY	Marta	05/10/1985	33:11.41	
ESP	ROMERO	Andrea	20/04/2000		
ESP	VICIOSA	Angela	29/05/2002		
FIN	CHYDENIUS	Nina	28/01/1990	32:16.85	
GBR	JONES	Lucy	18/09/1998		
GBR	MARTIN	Jessica	01/10/1992	31:35.92	
GBR	QUIRK	Amelia	18/12/1999		
GBR	WEEDALL	Holly	31/12/2004	33:07.23	
GRE	MARINAKOU	Anastasia	12/06/1996	32:36.77	
IRL	ALLEN	Niamh	19/04/1995		
IRL	DERVAN	Faye	16/09/2002	35:37.26	
IRL	EVERARD	Fiona	30/09/1998	35:16.38	
IRL	HAGGARD-KEARNEY	Emily	10/11/1995	33:09.65	

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IRL	JACKMAN	Patricia	17/07/1991		
IRL	NIC DHOMHNAILL	Sorcha	27/02/1990	33:18.93	
ITA	BATTOCLETTI	Nadia	12/04/2000	30:38.23	
ITA	LONEDO	Rebecca	05/12/1996	33:15.86	
ITA	PALMERO	Elisa	10/07/1999	31:18.03	
ITA	ZANNE	Federica	14/08/1997		
LAT	CAUNE	Agate	07/08/2004	31:55.79	
LTU	ŽŪSINAITĖ-NEKRIOŠIENĖ	Vaida	13/01/1988	34:40.86	
NED	GOESSENS	Tess	2004		
NED	GULIKERS	Jennifer	18/08/1994	32:28.94	
NED	VAN KOLDAM	Ineke	21/11/1997	34:52.75	
NOR	SIREVÅG	Anna Marie Nordengen	24/05/2004	32:42.01	
NOR	WANVIK HOLUM	Madelène	24/09/1994	33:08.38	
POR	MACHADO	Mariana	12/11/2000	32:27.06	
POR	SANTOS	Susana	05/07/1992	33:23.31	
POR	SILVA	Mónica	10/04/2000	35:32.09	
ROU	SÎRBU	Mădălina-Elena	07/05/2003	33:35.27	
SUI	DE BRUYN	Lisa	07/08/2002	37:10.83	
SUI	FULGINITI	Giulia	15/03/2005	35:48.78	
SUI	MEIER	Andrea	09/02/1993	34:13.29	
UKR	MAZURENKO	Mariia	28/05/1997	32:49.19	