



START LIST

3000m Steeplechase Women - Round 1

First 8 of each heat (Q) qualify to Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record	8:58.78	Celliphine Chepteek CHESPOL	KEN 18	Eugene, OR (USA)	26 May 2017
Championships Record	9:12.71	Sembo ALMAYEW	ETH 19	Lima (PER)	29 Aug 2024
World U20 Leading	9:30.47	Mercy Chepngeno KOSKEY	KEN 19	Accra (GHA)	17 May 2026

Heat 1		2		5 August 2026 18:55 START TIME			
ORDER	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST		
1	537	Wosane ASEFA	ETH 3 Jan 07	9:20.83	9:41.76		
2	787	TAYA Rei	JPN 6 Mar 09	10:06.59	10:22.52		
3	599	Tilly NICKELL	GBR 31 Aug 07	10:13.75	10:13.75		
4	643	Lena ROSSMANITH	GER 4 Nov 08	10:13.23	10:13.23		
5	911	Zuzanna SZYMAŃSKA	POL 3 Nov 08	10:23.69	10:23.69		
6	1051	Fanny SZALKAI	SWE 8 Oct 08	10:03.10	10:03.10		
7	315	Tessa EBERT	AUS 22 Apr 08	10:05.26	10:05.26		
8	875	Caitlin KIRK	NZL 21 Feb 08	10:27.20	10:27.20		
9	799	Mercy Chepngeno KOSKEY	KEN 16 Sep 07	9:30.47	9:30.47		
10	506	Malak Abdelghany Abdalla IBRAHIM	EGY 16 Feb 08	10:10.28	10:10.28		
11	479	Ema BERKOVÁ	CZE 22 Dec 07	9:58.55	9:58.55		
12	921	Lara ROQUE	POR 15 Aug 08	10:22.57	10:22.57		
13	1116	Bella NELSON	USA 7 Aug 07	10:15.34	10:15.34		

Heat 2		2		5 August 2026 19:09 START TIME			
ORDER	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST		
1	1074	Daria DUBENETS	UKR 28 May 07	10:23.63	10:30.83		
2	912	Michalina THAMM	POL 18 Apr 07	10:17.09	10:17.09		
3	878	Bronwen REES-JONES	NZL 22 May 07	10:30.06	10:30.06		
4	704	Dearbhla ALLEN	IRL 6 Nov 07	10:25.69	10:25.69		
5	1049	Majken SÖDERLUND LARSSON	SWE 26 Jun 07	10:02.35	10:02.35		
6	545	Almaz YOHANNIS	ETH 11 Dec 07	9:33.46	9:33.46		
7	689	Kamilah Arianna SALIM	HUN 30 Dec 08	10:23.84	10:23.84		
8	594	Ava JAMES	GBR 22 Jul 08	10:06.78	10:06.78		
9	654	Anna Dafni ALMYROUDI STROUMPOU	GRE 30 Mar 07	10:14.53	10:14.53		
10	569	Adèle MARTIN	FRA 20 Jul 07	10:17.26	10:17.26		
11	1037	Anna ŠVRČEK	SVK 5 Nov 08	9:57.11	9:59.84		
12	1009	Amaja RAHM	SUI 27 Apr 07	10:21.02	10:21.02		
13	1128	Sierra WALL	USA 7 Aug 07	10:08.30	10:08.30		
14	796	Anatasha CHEPTOO	KEN 17 Dec 07	9:33.80	9:33.80		

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
8:58.78	Celliphine Chepteek CHESPOL (KEN)	Eugene, OR (USA)	26 May 17	9:30.47	Mercy Chepngeno KOSKEY (KEN)	Accra (GHA)	17 May
8:59.65	Faith CHEROTICH (KEN)	Eugene, OR (USA)	16 Sep 23	9:33.46	Almaz YOHANNIS (ETH)	Accra (GHA)	17 May
9:00.71	Sembo ALMAYEW (ETH)	Firenze (ITA)	2 Jun 23	9:33.80	Anatasha CHEPTOO (KEN)	Nairobi (KEN)	20 Jun
9:02.43	Jackline CHEPKOECH (KEN)	Bruxelles (BEL)	2 Sep 22	9:36.20	Birtukan GEDAMU (ETH)	Moskva (RUS)	5 Jun
9:06.88	Alemnath WALLE (ETH)	Eugene, OR (USA)	5 Jul 25	9:41.76	Wosane ASEFA (ETH)	Accra (GHA)	17 May
9:07.94	Peruth CHEMUTAI (UGA)	Monaco (MON)	20 Jul 18	9:45.27	Mercy Chepngeno MAGESO (KEN)	Nairobi (KEN)	11 Apr
9:10.74	Winfred YAVI (BRN)	Monaco (MON)	20 Jul 18	9:52.39	WAN Zhitong (CHN)	Rizhao (CHN)	27 Jun
9:16.41	Zerfe WONDEMEGEGN (ETH)	Tokyo (JPN)	4 Aug 21	9:58.55	Ema BERKOVÁ (CZE)	Wien (AUT)	20 Jun
9:20.37	Birtukan ADAMU (ETH)	Roma (ITA)	26 May 11	9:59.84	Anna ŠVRČEK (SVK)	Fukuroi (JPN)	3 May
9:20.55	Ruth JEBET (BRN)	Zürich (SUI)	28 Aug 14	10:00.29	KAN Ryon Hui (PRK)	New Taipei City (TPE)	6 Jun