



# START LIST

## 5000m Women - Final

| RECORDS              | RESULT       | NAME                        | AGE    | VENUE                 | DATE        |
|----------------------|--------------|-----------------------------|--------|-----------------------|-------------|
| World U20 Record     | <b>WU20R</b> | 14:30.88 Tirunesh DIBABA    | ETH 19 | Bergen (NOR)          | 11 Jun 2004 |
| Championships Record | <b>CR</b>    | 14:57.44 Mekedes ALEMESHETE | ETH 18 | Lima (PER)            | 27 Aug 2024 |
| World U20 Leading    | <b>WU20L</b> | 14:32.84 Marta ALEMAYO      | ETH 18 | Shaoxing/Keqiao (CHN) | 16 May 2026 |

5 August 2026 19:53 START TIME

| ORDER | BIB  | NAME                    | DATE of BIRTH | PERSONAL BEST | SEASON BEST |
|-------|------|-------------------------|---------------|---------------|-------------|
| 1     | 824  | Kenya CUAHUTLE          | MEX 5 May 09  | 16:04.82      | 16:04.82    |
| 2     | 745  | Mimosa MIARI FULCIS     | ITA 30 Nov 07 | 16:14.70      | 16:14.70    |
| 3     | 864  | Venus TEFFERA           | NOR 4 Jul 08  | 16:14.52      | 16:14.52    |
| 4     | 630  | Gloria HEROLD           | GER 1 Dec 08  | 16:17.02      | 16:17.02    |
| 5     | 917  | Carolina CORREIA        | POR 21 Oct 07 | 16:22.19      | 16:22.19    |
| 6     | 576  | Laly PORENTRU           | FRA 23 Apr 07 | 15:53.69      | 15:53.69    |
| 7     | 519  | Fatima HERNANDEZ        | ESP 20 Sep 08 | 16:06.55      | 16:06.55    |
| 8     | 331  | Libby MANTAY            | AUS 23 Feb 09 | 16:22.97      | 16:27.54    |
| 9     | 403  | Airlie DOWNIE-BACK      | CAN 3 Jul 09  | 16:24.93      | 16:24.93    |
| 10    | 618  | Julia EHRLE             | GER 12 Aug 07 | 15:44.06      | 16:05.35    |
| 11    | 739  | Sofia FERRARI           | ITA 1 Jun 07  | 16:11.29      | 16:11.29    |
| 12    | 1130 | Emily WISNIEWSKI        | USA 18 Aug 07 | 15:54.39      | 15:54.39    |
| 13    | 1001 | Anina HIRZEL            | SUI 29 Jan 07 | 16:20.54      | 16:20.54    |
| 14    | 788  | YOSHIDA Ayami           | JPN 11 Oct 07 | 15:27.79      | 16:04.80    |
| 15    | 400  | Athena ANDRECYK         | CAN 5 Aug 08  | 16:12.05      | 16:12.05    |
| 16    | 598  | Eliza NICHOLSON         | GBR 29 May 07 | 15:50.95      | 15:50.95    |
| 17    | 850  | Rosalie TEN BRUGGENCATE | NED 23 Apr 08 | 15:58.45      | 15:58.45    |
| 18    | 794  | Joyline CHEPKEMOI       | KEN 7 Jan 07  | 15:37.80      | 15:37.80    |
| 19    | 571  | Lamia MOURABIT          | FRA 20 Sep 07 | 16:00.29      | 16:00.29    |
| 20    | 309  | Imogen BAKER            | AUS 2 Mar 07  | 16:00.08      | 16:00.08    |
| 21    | 1072 | Bentalin YEKO           | UGA 6 Nov 07  | 15:25.45      | 15:25.45    |
| 22    | 785  | ONOTORA Yui             | JPN 13 May 08 | 15:35.06      | 15:35.06    |
| 23    | 539  | Shito GUMI              | ETH 18 Mar 07 | 14:49.66      | 14:49.66    |
| 24    | 795  | Cynthia CHEPKIRUI       | KEN 4 Sep 08  | 15:06.48      | 15:06.48    |
| 25    | 543  | Emebet TILAHUN          | ETH 21 Jan 08 | 15:14.88      | 15:14.88    |
| 26    | 1070 | Charity CHEROP          | UGA 4 Jul 07  | 14:39.38      | 14:39.38    |
| 27    | 1041 | Carmen CERNJUL          | SWE 14 Jun 07 | 15:06.71      | 15:06.71    |

i = Indoor performance

| ALL-TIME TOP LIST |                          |                       |           | 2026 TOP LIST |                         |                       |        |
|-------------------|--------------------------|-----------------------|-----------|---------------|-------------------------|-----------------------|--------|
| RESULT            | NAME                     | VENUE                 | DATE      | RESULT        | NAME                    | VENUE                 | 2026   |
| 14:23.71          | Birke HAYLOM (ETH)       | Eugene, OR (USA)      | 25 May 24 | 14:32.84      | Marta ALEMAYO (ETH)     | Shaoxing/Keqiao (CHN) | 16 May |
| 14:27.11          | Chaltu DIDA (ETH)        | Roma (ITA)            | 6 Jun 25  | 14:39.38      | Charity CHEROP (UGA)    | Shaoxing/Keqiao (CHN) | 16 May |
| 14:27.33          | Aleshign BAWEKE (ETH)    | Roma (ITA)            | 6 Jun 25  | 14:40.77      | Yenawa NBRET (ETH)      | Roma (ITA)            | 4 Jun  |
| 14:30.88          | Tirunesh DIBABA (ETH)    | Bergen (NOR)          | 11 Jun 04 | 14:48.02      | Yenenesh SHIMKET (ETH)  | Shaoxing/Keqiao (CHN) | 16 May |
| 14:32.84          | Marta ALEMAYO (ETH)      | Shaoxing/Keqiao (CHN) | 16 May 26 | 14:49.66      | Shito GUMI (ETH)        | Liège (BEL)           | 15 Jul |
| 14:33.32          | Letesenbet GIDEY (ETH)   | Roma (ITA)            | 8 Jun 17  | 14:55.85      | Bernesh DESSIE (ETH)    | Doha (QAT)            | 19 Jun |
| 14:35.18          | Sentayehu EJIGU (ETH)    | Bergen (NOR)          | 11 Jun 04 | 15:01.75      | Amarech GEDEFAW (ETH)   | Oordegem (BEL)        | 1 Aug  |
| 14:36.65          | Melknat WUDU (ETH)       | Bruxelles (BEL)       | 14 Sep 24 | 15:06.48      | Cynthia CHEPKIRUI (KEN) | Doha (QAT)            | 19 Jun |
| 14:36.70          | Mekedes ALEMESHETE (ETH) | Suzhou (CHN)          | 27 Apr 24 | 15:06.71      | Carmen CERNJUL (SWE)    | Bruxelles (BEL)       | 23 May |
| 14:37.28          | Wubrist ASCHAL (ETH)     | Suzhou (CHN)          | 27 Apr 24 | 15:14.88      | Emebet TILAHUN (ETH)    | Liège (BEL)           | 15 Jul |