



START LIST

5 Kilometres Women

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record Women Only WRwo	14:13	Beatrice CHEBET	KEN 23	Barcelona (ESP)	31 Dec 2023
World Leading WL	14:15	Marta ALEMAYO	ETH 18	Lille (FRA)	4 Apr 2026

42 Athletes	28 Federations	19 September 2026	14:10 START TIME				
		BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	
		603	Farida ABAROGÉ	ART 1 Jan 94			
		605	Rose DAVIES	AUS 21 Dec 99	16:06		
		606	Georgia GRIFFITH	AUS 5 Dec 96			
		615	Lisa REDLINGER	AUT 13 Nov 02	15:34	15:34	
		617	Francine NIYOMUKUNZI	BDI 1 Aug 99	15:13	15:13	
		626	Nubia DE OLIVEIRA SILVA	BRA 6 Apr 02			
		627	Simone FERRAZ	BRA 12 Mar 90	16:39	16:40	
		639	Simone PLOURDE	CAN 8 Jul 00	15:30	15:30	
		643	Regan YEE	CAN 4 Jul 95	16:28		
		657	Juliane HVID	DEN 8 Apr 98	15:13	15:13	
		660	Anna Emilie MØLLER	DEN 28 Jul 97	15:36	16:04	
		664	Samiya HASSAN NOUR	DJI 5 Dec 99	14:38	14:38	
		666	Diana SHISHAY	ERI 19 Dec 05			
		671	Marta GARCÍA	ESP 1 Jan 98	15:50		
		674	Likina AMEBAW	ETH 30 Nov 97	14:23		
		675	Aleshign BAWEKE	ETH 23 Jan 06	14:43		
		684	Nathalie BLOMQVIST	FIN 20 Apr 01	17:11		
		696	Megan KEITH	GBR 23 Apr 02	17:00		
		697	Hannah NUTTALL	GBR 7 Jul 97	16:18		
		716	KUSU Rina	JPN 16 Dec 93			
		717	MIZUMOTO Kana	JPN 26 Jan 05			
		722	Caroline Makandi GITONGA	KEN 12 May 96	14:26	14:26	
		727	Caroline NYAGA	KEN 7 Oct 93	14:19		
		734	Danielë ŠATIKAITĖ	LTU 29 Jul 08			
		743	Arian Iveth CHIA HERNÁNDEZ	MEX 5 Jun 01			
		748	Marla Elena VALTIERRA	MEX 11 Jan 92			
		749	Darija KRSTEVSKA	MKD 16 Jan 07			
		752	Diane VAN ES	NED 22 Mar 99	14:33	14:33	
		756	Maiken Homlung PRØITZ	NOR 16 Jun 04	15:58	16:07	
		757	Anna Marie Nordengen SIREVÅG	NOR 24 May 04			
		760	Hannah GAPES	NZL 28 Nov 03			
		766	Elżbieta GLINKA	POL 30 Oct 93	15:57	15:57	
		773	Alondra NEGRON	PUR 31 May 98	15:32		
		775	Tayla KAVANAGH	RSA 5 May 01	15:50		
		779	Zanthe TALJAARD	RSA 20 Oct 03	16:15	16:15	
		787	Vanessa Ying Zhuang LEE	SGP 23 Feb 98	16:57		
		788	Nicole LOW	SGP 19 Jun 98			
		806	Martha CHEMUTAI	UGA 9 Sep 04			
		808	Charity CHEROP	UGA 4 Jul 07	15:41		
		813	Viktoriiia SHKURKO	UKR 25 Dec 97	15:55	15:55	
		818	Courtney FRERICHs	USA 18 Jan 93	15:07	15:07	
		824	Allie OSTRANDER	USA 24 Dec 96	15:17	15:17	



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ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
13:54	Beatrice CHEBET (KEN)	Barcelona (ESP)	31 Dec 24	14:15	Marta ALEMAYO (ETH)	Lille (FRA)	4 Apr
14:13	Aqnes Jebet NGETICH (KEN)	Valencia (ESP)	14 Jan 24	14:22	Hawi ABERA (ETH)	Lille (FRA)	4 Apr
14:15	Marta ALEMAYO (ETH)	Lille (FRA)	4 Apr 26	14:24	Yenenesh SHIMKET (ETH)	Lille (FRA)	4 Apr
14:19	Eiqayehu TAYE (ETH)	Barcelona (ESP)	31 Dec 21	14:26	Caroline Makandi GITONGA (KEN)	Utrecht (NED)	13 Jun
14:19	Caroline NYAGA (KEN)	Tokyo (JPN)	3 May 25	14:33	Diane VAN ES (NED)	Monaco (MON)	15 Feb
14:22	Hawi ABERA (ETH)	Lille (FRA)	4 Apr 26	14:36	Jana VAN LENT (BEL)	Utrecht (NED)	13 Jun
14:23	Medina EISA (ETH)	Barcelona (ESP)	31 Dec 24	14:38	Samiya HASSAN NOUR (DJI)	Lille (FRA)	4 Apr
14:23	Likina AMEBAW (ETH)	Barcelona (ESP)	31 Dec 25	14:41	Purity Kajuju GITONGA (KEN)	Wien (AUT)	31 May
14:24	Yenenesh SHIMKET (ETH)	Lille (FRA)	4 Apr 26	14:43	Bernesh DESSIE (ETH)	Lille (FRA)	4 Apr
14:26	Lilian Kasait RENGERRUK (KEN)	Barcelona (ESP)	31 Dec 23	14:52	Aynadis MEBRATU (ETH)	Larne (GBR)	23 Aug
14:26	Caroline Makandi GITONGA (KEN)	Utrecht (NED)	13 Jun 26				