

Men's Half Marathon

World Record:	58:01	Geoffrey Kamworor KEN	Copenhagen	15 Sep 19
	(Pace – 5Km: 13:53; 10Km: 27:34; 15Km: 41:05; 20Km: 55:00)			
2020 World Best:	58:38	Kibiwott Kandie KEN	Prague	5 Sep 20
Championship Record:	58:59	Zersenay Tadese ERI	Udine	14 Oct 07

Five to run, three to score (on time)

Three laps of **5439.30m**, then one of **4657.41m**, then **122.19m** to finish (=21,097.5m)

	Age	(Days)	Born	SB	PB
301 KELLEZI Ilir ALB	32y	101d	1988	-	72:08 -14
Mountain running international // Marathon pb: 2:35:11 -17. 10,000 pb: 33:29.09 -13. 20 WSG Half Mar 2011; 73 World Half Mar 2012 (2014-107, 2018-150); 6 Mediterranean Games 10,000 2013; 47 European Mountain Running Champs 2014 (2013-57, 2011-66, 2017-64, 2018-61, 2019-69); 78 World Mountain Running Champs 2016 (2018-82). 1 Albanian 10,000 2015/2018. At EXC: 2008-80u23, 2010-96u23, 2012-79, 2014-68, 2015-72, 2016-73, 2017-76, 2018-84, 2019-81 Marathon (1): 3 Thessaloniki 2017					
302 ARBE Joaquín ARG	30y	54d	1990	69:00	62:57 -19
Full name-Joaquín Emanuel Arbe He's been Argentinian Champion at distances from 800m to the marathon, steeplechase (4x) included Marathon pb: 2:11:02 -19. 10,000 pb: 29:51.66 -20. 5000 pb: 14:10.91 -18. 1500 pb: 3:43.94 -18. 3000SC pb: 8:40.21 -16. 2 Ibero-American 3000SC 2016; 4 South American 1500 2017 (5 3000SC) In 2020: 2 Comodoro Rivadavia 10M; 18 Guadalajara Half Mar; 2 Argentinian 10,000					
306 IDBAFDIL Fouad ART	32y	251d	1988	-	69:24 -13
Moroccan origin, based in France // 3000SC pb: 8:50.14 -20. ht WCH 3000SC 2019. 6 French 3000SC 2020 In 2020: 1 Eaubonne 3000 (indoors); 10 Decines 3000SC; 6 French 3000SC; 3 Cergy-Pontoise 3000SC					
307 NAIT HAMMOU Otmane ART	25y	200d	1995	-	-
Moroccan origin // 10K pb: 30:27 -19 (30:50 -20). 3000SC pb: 8:51.07 -20. 5000 pb: 14:58.51 -18. 5 Lidingöloppet 15K XC 2018; 37 Swedish XC 2018. At WXC: 2019-124; ht WCH 3000SC 2019 In 2020: 2 Eaubonne 3000 (indoors); 11 Decines 3000SC; 7 French 3000SC; 1 Yvelines 10K					
310 STEINHAMMER Christian AUT	31y	361d	1988	63:37	63:37 -20
Marathon pb: 2:17:19 -19. 3000SC pb: 8:43.40 -14. 5000 pb: 14:01.66 -13 (14:37.27 -20). 6 under-23 ECH 2009; 89 World Half Mar 2018. At EXC 2006-83J, 2008-48u23, 2009-31u23, 2012-54, 2013-32, 2014-37, 2016-52. 1 Austrian 5000 2013/2014 Marathons (3): 21 Frankfurt 2017, 41 ECH 2018, 24 Frankfurt 2019 In 2020: 31 Barcelona Half Mar; 3 Austrian 5000; 3 Austrian 10K					
311 THEUER Timon AUT	26y	227d	1994	62:34	62:34 -20
10,000 pb: 29:53.78 -20. 5000 pb: 14:30.86 -20. At EXC: 2016-55u23, 2017-dnf, 2018-75. 1 Austrian 10,000 2020 In 2020: 1 Vienna 5K; 15 Barcelona Half Mar; 1 Vienna 1500; 1 Austrian 10,000 (2 5000); 2 Austrian 10K					
312 NIYOMUKIZA Jean-Marie Vianney BDI	22y	289d	1998	65:58	63:12 -18
10K pb: 28:49 -18. 5000 pb: 13:31.91 -16. 8 African Champs 5000 2016. At WXC: 2017-25 In 2020: 3 Karlovac 10K; 1 Pordenone 5.5K; 3 Vittorio Veneto 3000; 1 Pisa Half Mar					
313 NAERT Koen BEL	31y	45d	1989	-	61:42 -18
2018 European Marathon Champion // Marathon pb: 2:07:39 -19. 10,000 pb: 28:32.29 -12. 5000 pb: 13:32.83 -14. 1500 pb: 3:42.99 -14. 7 under-23 ECH 10,000 2009; 11 ECH 10,000 2014. At EXC: 2008-35J, 2009-40u23, 2010-39u23, 2013-9, 2015-28. 1 Belgian 5000 2015/2016. He worked full-time as a nurse before taking a career break in 2016 to concentrate on running. Coach-Raymond Van Paemel Marathons (8): 13 Hamburg 2015, 7 Berlin 2015, 22 OLY 2016, 8 Frankfurt 2016, 10 Rotterdam 2017, 1 ECH 2018, 7 Rotterdam 2019, 17 Fukuoka 2019 In 2020: No races, he trained through the summer "We were pretty lucky in Belgium because we really didn't have to stay in the house 24/7 like in Spain or Italy."					
315 do NASCIMENTO Daniel BRA	22y	82d	1998	64:34	64:34 -20
Full name-Daniel Ferreira do Nascimento // 10,000 pb: 29:13.34 -17. 5000 pb:14:27.33 -16. 3000SC pb: 8:49.84 -16. 8 World Youth 2000SC 2015; 1 South American junior 5000/10,000 2017. At WXC: 2015-41J, 2017-30J. 1 Brazilian 10,000 2017 (while still a junior) In 2020: 1 São Paulo Half Mar; 8 Pan-American XC Cup; 1 Bragança Paulista					
316 LOPES Gilmar BRA	31y	141d	1989	65:35	63:02 -11
Full name-Gilmar Silvestre Lopes 2013 South American Cross Country Champion Marathon pb: 2:15:38 -19. 10,000 pb: 29:09.27 -12. At WXC: 2010-dnf, 2013-dnf. dnf World Half Mar 2012; 1 South American XC 2013 (2019-3); 1 Rio de Janeiro Half Mar 2017. Served one-year doping ban in 2014/2015 Marathons (3): 29 Tokyo 2016, 3 Rio 2018, 46 Valencia 2019 In 2020: 3 São Paulo Half Mar					
317 PEREIRA Ederson BRA	30y	134d	1990	-	63:47 -18
Full name-Ederson Vilela Pereira 2019 Pan-American Games Champion at 10,000m 10,000 pb: 28:27.47 -19 (30:24.71 -20). 5000 pb: 13:23.24 -17. 4 South American XC 2011 (2013-6); 2 Ibero-American 3000 2016; 2 South American 5000 2017 (4 10,000); 1 Pan-Am Games 10,000 2019 (7 5000). At WXC: 2008-100J, 2009-61J, 2011-86, 2013-74. 1 Brazilian 5000 2013 & 10,000 2018/2019 In 2020: 2 São Paulo 10K; 1 Bragança Paulista 10,000					
330 BETOUDJI Valentin CHA	29y	246d	1991	-	69:46 -18
Marathon pb: 2:23:15 -19. 5000 pb: 15:40.58 -15. 127 World Half Mar 2018; 17 African Games Half Mar 2019; 29 World Military Games Marathon 2019					

331	DIAZ Carlos CHI	27y	101d	1993	-	62:22 -18	NR
Full name-Carlos Martin Díaz Del Rio 2015 South American Champion at 1500m. 2019 Pan-American Games bronze at 5000m 10,000 pb: 28:26.47 -19. 5000 pb: 13:36.99 -19; 3000 pb: 7:53.37 -15 (7:53.53i -20); 1500 pb: 3:37.86 -15. ht World Youth 1500 2009; 3 Ibero-American 1500 2012/2014; 6 WJC 1500 2012; 4 South American Games 1500 2014; 1 South American 1500 2015 (2017-2); 4 Pan-Am Games 1500 2015 (9 5000); sf WCH 1500 2015; 1 Ibero-American 1500/3000 2016; 1 South American Games 1500 2018 (2014-4); 3 Pan-Am Games 5000 2019 (12 1500) In 2020: 3 Valencia 3000 (indoors)							
332	GONZALEZ Ivan COL	33y	65d	1987	-	63:42 -19	
Full name-Iván Darío González 2018 South American Games Champion at 10,000m 10,000 pb: 28:19.94 -18. 5000 pb: 13:33.55 -19. 1500 pb: 3:43.60 -12. 5 Ibero-American 3000 2012/2016 (2014-8); 3 South American 5000 2017 (2015-9, 2019-5); 1 South American Games 10,000 2018; 7 Pan-Am Games 10,000 2019 (12 5000). 1 Colombian 1500 2011/2014 & 5000 2016/2017							
333	SUAREZ Jeison COL	29y	211d	1991	-	64:47 -16	
Full name-Jeison Alexander Suarez Bocanegra 2018 Central American & Caribbean Games Marathon Champion Marathon pb: 2:14:48 -19. 10K pb: 28:58 -19 Marathons (5): 14 Rotterdam 2018, 1 Central American & Caribbean Games 2018, 5 Düsseldorf 2019, dnf Pan-Am Games 2019, 1 Cartagena 2019							
334	HOLBEK Simon DEN	34y	222d	1986	64:41	64:41 -20	
Full name-Simon Holbek Kønigsfeldt // Marathon pb: 2:17:32 -19. 10,000 pb: 29:52.27 -20. 5000 pb: 14:16.39 -20. 5 Danish 10,000 2020 (6 5000) Marathons (4): 18 Copenhagen 2018, 7 Copenhagen 2019, 6 Odense 2019, 25 Frankfurt 2019 In 2020: 5 Copenhagen 10K; 46 Barcelona Half Mar; 1 Hillerød 10,000; 1 Copenhagen 5000 (Jul 7); 3 Copenhagen 5000 (Aug 4); 5 Danish 10,000 (6 5000); 7 Copenhagen 5000 (Aug 25)							
335	LOMMER Andreas DEN	28y	345d	1991	63:52	63:52 -20	
Full name-Andreas Lommer Schonberg // Marathon pb: 2:20:32 -19. 10,000 pb: 29:18.94 -20. 5000 pb: 13:58.31 -20. 1500 pb: 3:49.64 -15. 12 WSG 1500 2015. At WXC: 2017-89. 1 Danish indoor 1500 2016 & 3000 2017 Marathon (1): 36 Frankfurt 2019 In 2020: 35 Barcelona Half Mar; 3 Danish XC; 2 Aalborg 5000; 1 Odense 10,000 (Jun 25); dnf Copenhagen 5000 (Jun 30); 2 Odense 10,000 (Aug 1); 5 Danish 5000 (10 10,000)							
336	NIJHUIS Thijs DEN	28y	27d	1992	65:25	63:31 -19	
Full name-Thijs Matthias Nijhuis 4x Danish Champion at 5000m // Marathon pb: 2:10:57 -20. 10,000 pb: 28:38.53 -20. 5000 pb: 13:43.47 -16 (13:54.28 -20). 3000 pb: 7:58.95 -15. 10 EJC 5000 2011; 10 under-23 ECH 10,000 2013; 4 WSG 5000 2015 (2015-15); 64 World Half Mar 2016 (2014-95); 10 WSG 10,000 2017. At WXC: 2019-119. At EXC: 2009-67J, 2010-34J, 2011-68J, 2013-36u23, 2014-21u23, 2015-25, 2016-55, 2017-33, 2018-44, 2019-59. 1 Danish 1500 2016, 5000 2014/2016/2017/2020 & indoor 3000 2014/2016. Born-Holland (Enschede), his Dutch parents moved to Denmark before his first birthday. Was at Eastern Kentucky University. Coach-Niels Kim Hjorth (12 ECH 1500 1986). Club-Viborg AM Marathons (4): 2 Odense 2018, 3 Düsseldorf 2019, 31 WCH 2019, 30 Seville 2020 In 2020: 30 Seville Marathon; dnf Hillerød 10,000; 1 Aalborg 5000; 3 Bergen 10,000; 3 Kristiansand 1Hr; 1 Danish 5000; 1 Viborg 3000; 6 Ashton-in-Makerfield 'Fast' 5K							
339	ABREU Alvaro DOM	29y	89d	1991	66:31	66:31 -20	NR
Full name-Alvaro Abreu Martin Dominican Republic record holder at 5000m, Marathon & Steeplechase Marathon pb: 2:19:15 -19. 5000 pb: 14:12.97 -19. 3000SC pb: 8:38.0 -17. 3 Central American & Caribbean Champs 3000SC 2013 (2018-5); 10 Pan-Am Games 3000SC 2015; 4 North/Central America & Caribbean 3000SC 2015; 11 WSG 3000SC 2017 Marathon (1): 3 Santiago de los Caballeros 2019 In 2020: 5 Coamo Half Mar							
340	JAMI Segundo ECU	34y	159d	1986	-	63:31 -18	
Full name-Segundo Oswaldo Jami // Marathon pb: 2:12:17 -19. 5000 pb: 14:39.76 -13. 7 South American 5000 2006; 57 World Half Mar 2018 Marathons (10): 25 Boston 2014; 8 Zürich 2015, 11 Pan-Am Games 2015, 123 OLY 2016, 12 Prague 2017, 57 WCH 2017, 22 Valencia 2018, 13 Rotterdam 2019, 8 Pan-Am Games 2019, 31 Valencia 2019							
341	LOZA Rafael Vicemte ECU	26y	194d	1994	65:01	65:01 -20	
Full name-Rafael Vicemte Loza Bejaran // 10K pb: 29:41 -19. 5000 pb: 14:06.68 -18. 5 Ibero-American 5000 2018 (7 3000); 9 South American 5000 2019 In 2020: 9 Alicante Half Mar							
342	PIEDRA Byron ECU	38y	60d	1982	-	62:35 -16	
Full name-Byron Efren Piedra Aviles Multiple South American titles, most recently at 10,000m in 2019 Marathon pb: 2:14:12 -16. 10,000 pb: 27:32.59 -11. 5000 pb: 13:23.72 -12, 3000 pb: 7:47.06 -10. 1500 pb: 3:37.88 -07. 800 pb: 1:46.55 -08. ht OLY 800 2004; 1 South American 5000 2005/2009 & 1500 2007/2009; 3 Pan-Am Games 1500 2007; ht WCH 1500 2007/2009; 1 Ibero-American 3000 2008 (2 1500); ht OLY 1500 2008; 2 WSG 5000 2009; ht WCH 5000 2009/2015; 3 IAAF Continental Cup 3000 2010; 2 Pan-Am Games 5000 2011 (dnf 10,000); dnf OLY 10,000 2012; 1 South American Games 10,000 2014 & 5000 2018; 1 South American 10,000 2015/2017/2019; 6 Pan-Am Games 10,000 2015 (10 5000); 21 WCH 10,000 2017 (2011-dnf); 56 World Half Mar 2018. At WXC: 2000-87J, 2004-63 short, 2015-54 Marathons (9): 1 Guayaquil 2007, 1 Guayaquil 2008, 71 Chicago 2014, 2 Torreón 2015, 54 WCH 2015, 18 OLY 2016, dnf Otsu 2017, dnf New York 2017, 58 Chicago 2018							
343	VASCONEZ Christian ECU	30y	314d	1989	-	64:53 -18	
Full name-Christian Salvador Vasconez // Marathon pb: 2:15:58 -17. 5000 pb: 14:56.85 -14. At WXC: 2015-93. 6 South American 1500 2017 (12 5000); 83 World Half Mar 2018 Marathon (1): 16 Valencia 2017							
345	ALDANA Oscar Antonio ESA	29y	358d	1990	-	69:43 -18	NR
He was the first Salvadorian man to compete at the World Cross Country Championships 10,000 pb: 32:14.94 -18. 3 Central American Games 5000/10,000 2017; 126 World Half Mar 2018. At WXC: 2019-132 (He was the first Salvadorian man to compete at the World Cross Country Championships)							
347	ARROSPIDE Iraitz ESP	32y	73d	1988	63:44	62:56 -19	
Marathon pb: 2:10:59 -19. 1 San Sebastian Half Mar 2017 Studied Engineering at the University of Sheffield. A member of British club of Sheffield & Dearne. Originally a swimmer, he started running at age 20 Marathons (8): 48 London 2016, 33 London 2017 (8th mass finisher), 29 Berlin 2017, 14 Seville 2018, 34 ECH 2018, 19 Valencia 2018, 39 London 2019 (33rd elite finisher), 36 Seville 2020 In 2020: 9 Spanish Half Mar; 8 San Sebastián 10K; 36 Seville Marathon; 5 Seville 15,000							

348	BLANCO Jorge ESP	27y	95d	1993	63:42	63:42 -20
10,000 pb: 28:48.17 -19. 5000 pb: 14:03.87 -20. 3000SC pb: 8:35.63 -17. ht WJC 3000SC 2012. At EXC: 2012-58J In 2020: 18 Elgóibar XC; 23 Seville XC; 7 Spanish Half Mar; 7 San Sebastián 10K; 15 Spanish Clubs 10K XC; 16 Spanish XC; 8 Castellón 5000; 11 Spanish 5000; 5 Ciudad Real 3000; 2 Seville 15,000						
349	LAMDASSEM Ayad ESP	39y	7d	1981	63:41	61:22 -14
Full name-Ayad Lamdassem El Mouhcine Twice second at European Cross Country Championships Marathon pb: 2:09:28 -13. 10,000 pb: 27:45.58 -08. 5000 pb: 13:17.49 -06. 4 ECH 10,000 2010 (2012-6); 2 ECP 10,000 2012; 23 OLY 10,000 2012 (2008-24); 17 World Half Mar 2014 (2016-18, 2018-18). At WXC: 2000-114J (for Morocco), 2008-36 (for Spain), 2009-30, 2010-49, 2011-11, 2019-66. At EXC: 2008-4, 2009-5, 2010/2011-2, 2012-6, 2015-4, 2016-7, 2017-10. 1 Spanish 10,000 2007/2010 (1 XC 2007/2011/2018). Allegiance transferee from Morocco – cleared by World Athletics to represent Spain from August 2007. Coach-Antonio Cánovas Marathons (7): 22 Otsu 2012, 9 London 2013, dnf WCH 2013, 8 Fukuoka 2013, 11 London 2017, dnf WCH 2017, 21 Valencia 2019 In 2020: 10 Amorebieta XC; 19 Seville XC; 5 Spanish Half Mar; 6 Cáceres XC; 3 Spanish Clubs XC; 11 Spanish XC; 1 Seville 15,000						
350	MECHAAL Adel ESP	29y	317d	1990	63:25	63:25 -20
Fourth place in 2017 World 1500m and also in 2018 European 10,000m 10,000 pb: 27:50.56 -18. 5000 pb: 13:15.40 -16. 3000 pb: 7:35.28 -17 (7:45.08i -20). 1500 pb: 3:33.91 -19. 800 pb: 1:47.69 -19. 5 ETCh 1500 2013 (2015-6); ht WIC 1500 2014; ht ECH 1500 2014; 2 ECH 5000 2016; ht OLY 1500/5000 2016; 1 EIC 3000 2017 (2015-6); 4 WCH 1500 2017 (2019-ht); 5 WIC 3000 2018; 4 ECH 10,000 2018; 1 ETCh 3000 2019. 1 Spanish 1500/5000 2015/2017, 1 indoor 3000 2015/2017/2018 & 1500 2015/2018. At WXC: 2015-68, 2017-43. At EXC: 2015-3, 2016-8, 2017-2. Born-Morocco, gained Spanish citizenship in February 2013, wife- Emine Hatun Tuna TUR (1 EXC-j 2014) In 2020: 15 Jaén 10K; 10 Boston New Balance Terrier Classic indoor 3000; dnf Karlsruhe 3000; 5 Cáceres XC; 8 Madrid World Indoor Tour 3000; 1 Spanish indoor 3000; 2 Istanbul Half Mar						
351	PEREZ Juan Antonio ESP	31y	345d	1988	-	60:58 -19
Full name-Juan Antonio Pérez Moreno Three times second in European Cup 10,000s Marathon pb: 2:11:50 -19. 10K pb: 27:59 -19 (28:09 -20). 10,000 pb: 28:10.16 -19. 5000 pb: 13:28.30 -18 (13:56.80 -20). 2 ECP 10,000 2015/2016/2017 (2018-15, 2019-7); 6 ECH 10,000 2016 (2018-9); 85 World Half Mar 2018; 16 ECH 5000 2018. At WXC: 2007-dnfJ, 2019-79. At EXC: 2007-72J, 2015-44, 2017-36, 2018-37. Born-Ciudad Real Marathon (1): 30 Valencia 2019 In 2020: 14 Valencia 10K; 2 Jaén 10K; 3 San Sebastián 10K; 5 Spanish XC; 10 Ibiza 3000; 6 Spanish 5000; 2 Ciudad Real 3000; 3 Seville 15,000						
353	FOSTI Roman EST	37y	134d	1983	65:23	63:45 -18
Multiple Estonian Champion at distances from 800m up // Marathon pb: 2:12:49 -19. 10,000 pb: 30:22.54 -15. 5000 pb: 14:21.24 -17 (14:24.06 -20). 1500 pb: 3:46.18 -11 (3:56.26 -20). sf WJC 800 2002; ht EIC 1500 2011; 31 ECH Half Mar 2016; 62 World Half Mar 2018 (2014-73). At WXC: 2005-132 short. 1 Estonian 800 2004/2009 (1 indoor 2011); 1 Estonian 1500 2002 (1 indoor 800 2011 & 1500 2005); 1 Estonian 5000/10,000/Half Mar 2014 (1 Half Mar 2015) Marathons (18): 27 Paris 2013, 6 Tallinn 2013, 13 Seville 2014, 18 ECH 2014, 10 Tiberias 2015, 20 WCH 2015, 9 Shanghai 2015, 61 OLY 2016, 4 Shanghai 2016, 20 Gold Coast 2017, 53 WCH 2017, 10 Toronto 2017, 13 Hamburg 2018, 17 ECH 2018, 1 Tallinn 2018, 8 Riga 2019, 33 WCH 2019, 34 Valencia 2019 In 2020: 10 Naples Half Mar; 5 Tallinn 1000; 1 Viljandi 3000; 2 Estonian 5000; 2 Ogre 5000; 2 Kohila Mile; 2 Estonian 10K						
354	NURME Tiidrek EST	34y	334d	1985	-	63:13 -13
Estonian record holder at 1500m & 3000m // Marathon pb: 2:10:02 -20. 10,000 pb: 28:59.88 -13 (29:36.76 -19). 5000 pb: 13:31.87 -10 (14:21.52 -20). 3000 pb: 7:48.24 -14. 1500 pb: 3:38.59 -08 (3:48.45 -20). 5 under-23 ECH 5000 2007; ht OLY 1500 2008; ht WCH 1500 2009; 4 WSG 5000 2011 (2007-10, 2009-5, 2013-8); 10 ECH 5000 2014 (2012-16). 1 Estonian 1500 2006/2008/2009/2010 (1 5000 2007/2017/2018/2019/2020 & 10,000 2019). At WXC: 2005-129 short. At EXC: 2007-dnf u23, 2008-71, 2011-32, 2012-27, 2014-43 Marathons (8): 24 Hamburg 2016, 63 OLY 2016, 40 WCH 2017, 1 Birmingham AL 2018, 9 ECH 2018, 26 WCH 2019, 6 Hannover 2019, 20 Seville 2020 In 2020: 20 Seville Marathon; 1 Tartu 5000 (May 20); 1 Tartu 800 (Jun 3); 1 Tartu Mile (Jun 13); 4 Rakvere 1500; 2 Tallinn 1000; 1 Estonian 5000 (2 1500); 1 Ogre 5000; 1 Kohila One Mile; 6 Pärnu 800; 1 Tartu 5000 (indoor) (Sep 1); 1 Estonian 10K						
355	ADOLA Guye ETH	29y	363d	1990	-	59:06 -14
Full name-Idemo Guye Adola (Guye pronounced like "Gwee-ay") In 2017 at age 26 became the world's fastest marathon débutant Marathon pb: 2:03:46 -17. 10,000 pb: 27:09.78 -16. 3 World Half Mar 2014 (2016-16, he fell at the start along with Geoffrey Kamworor); 1 New Delhi Half Mar 2014; 5 African Games Half Mar 2015 (2019-8). "I decided to try to make running my job" in 2008. Coach-Gemedu Dedefo. Club-Oromia Water Company Marathons (3): 2 Berlin 2017 (when he unexpectedly pressurised Eliud Kipchoge and set a world début record of 2:03:46), 59 London 2018 (or 17th counting the elite only – 63:25 1st half then 89:10 2nd, he developed an unspecified injury and 42 mass runners passed him), 3 Valencia 2019 In 2020: 5 Ethiopian Trial (15K) (Note: his 30th birthday on Tuesday October 20th)						
356	BELIHU Andamlak ETH	21y	332d	1998	59:52	59:10 -19
Fifth & 10th at last two World Championships 10,000s // 10,000 pb: 26:53.15 -19. 2 African Champs 10,000 2018; 5 WCH 10,000 2019 (2017-10). At WXC: 2019-8. 1 Ethiopian 10,000 2017 (2018/2019-2). 1 New Delhi Half Mar 2018/2019. He's one of few top Ethiopian athletes with a twitter feed (@BelihuAndamlak) In 2020: 9 Houston Half Mar; dnf Ras Al Khaimah Half Mar; dnf Prague Half Mar; 2 Ethiopian Trial (15K)						
357	GBRESILASE Leul ETH	28y	27d	1992	-	59:18 -17
Full name-Leul Gebresilase Aleme (Leul sounds like Fuel with an L rather than an F) Marathon pb: 2:04:02 -18. 10,000 pb: 27:19.71 -16. 5000 pb: 13:13.88 -16. 2 African Games 5000 2015; 10 World Half Mar 2018 (team gold, though he was a non-scorer). 1 Catalan 5000 2015. 6 Ethiopian Olympic Trial 10,000 2016. Formerly represented Tokyo Kokusai University Marathons (5): 2 Dubai 2018 (debuted in 2:04:02), 1 Valencia 2018, 8 London 2019, dnf Berlin 2019, 9 Valencia 2019 In 2020: 6 Ethiopian Trial (15K)						
358	KIROS Hailemaryam ETH	23y	255d	1997	-	61:08 -19
Full name-Hailemaryam Kiros Kebedew // 3 African Youth 2000SC 2013. 17 Ethiopian 10,000 2019; 4 Lisbon Autumn Half Mar 2019; 8 'Great' Ethiopian 10K 2019. From Tigray region. Club-Ethiopian Electricity Corporation team (In Ethiopia, such teams support their athletes financially) In 2020: 1 Ethiopian Trial (15K) (a surprise winner in 42:59 at altitude)						
361	WALELEGN Amedework ETH	21y	221d	1999	-	59:22 -18
Full name-Amedework Walelegn Tadesse // 10K pb: 27:37 -18. 10,000 pb: 28:00.14 -16. 5000 pb: 13:14.52 -17. 4 WJC 10,000 2016. At WXC: 2017-2J. Club-Amhara Micro Finance In 2020: dnf Ras Al Khaimah Half Mar; 3 Ethiopian Trial (15K)						

362	AMDOUNI Morhad FRA	32y	118d	1988	-	65:10 -19
In 2018 became France's first ever European Champion at 10,000m // Marathon pb: 2:09:14 -20. 10,000 pb: 27:36.80 -18. 5000 pb: 13:11.18i -17, 13:14.19 -09. 3000 pb: 7:37.50 -09. 1500 pb: 3:34.05 -15. ht WJC 1500 2006; 1 EJC 5000 2007; dnf ETCh 3000 2009; ht WCH 5000 2009; 1 ETCh 5000 2015; sf WCH 1500 2015; 5 ECH 5000 2016 (13 1500); 2 ECP 10,000 2018; 1 ECH 10,000 2018 (3 5000). 1 French 1500 2015 & 5000 2016. At WXC: 2007-38J, 2009-62. At EXC: 2006-12J, 2007-1J, 2008-8u23, 2010-5, 2015-9, 2016-17. Born-Porto-Vecchio (Corsica). Coach-Abderrazak Zbairi Marathon (1): 8 Paris 2019 In 2020: 2 Le Mans XC; 1 Lucciana 1Hr (set French record 20,772m and also French 20,000m record of 57:50.25 en route. One of his pacemakers was Boris Itsweire, son of the previous record holder Bertrand Itsweire)						
363	CARVALHO Florian FRA	31y	223d	1989	-	63:40 -18
2012 European silver at 1500m // 10,000 pb: 28:04.05 -20. 5000 pb: 13:27.76 -18. 1500 pb: 3:33.47 -13. sf WJC 800 2006; 4 EJC 800 2007; 7 WJC 1500 2008; 2 ECH 1500 2012 (2014-ht, 2016-5); sf OLY 1500 2012 (2016-ht); 5 EIC 3000 2013 (2011-8, 2015-11); 11 WCH 1500 2013; 4 ETCh 1500 2014 (2011-8); 59 World Half Mar 2018; 8 ECH 10,000 2018 (12 5000); 8 ECP 10,000 2019. 1 French 1500 2011/2012/2013/2016, 5000 2018 & 10,000 2020. At EXC: 2007-2J, 2008-1J, 2009-4u23, 2010-2u23, 2014-4, 2015-6, 2016-30. 1 French 1500 2016 & 5000 2018. He loves chocolate and hates seafood. Grandfather was Portuguese. Coach-Gerard Sautret Marathons (2): 2 Warsaw 2018, 11 Paris 2019 In 2020: 5 Le Mans XC; 6 Fontainebleau 1000; 1 French 10,000						
364	CHARIK Abderrazak FRA	23y	29d	1997	62:45	62:45 -20
10K pb: 29:00 -19. 10,000 pb: 29:27.60 -18. 5000 pb: 14:01.57 -19. 15 WJC 10,000 2016. At EXC: 2016-10J (team gold), 2019-54. Coach-Georges Moreau In 2020: 5 Nice 10K; 13 Le Mans XC; 18 Barcelona Half Mar						
365	CHOQUERT Benjamin FRA	34y	184d	1986	-	62:46 -18
Marathon pb: 2:11:12 -19. 10,000 pb: 28:21.38 -20. 5000 pb: 13:53.49 -17. 9 World Junior Mountain Running Champs 2005; 38 European Mountain Running Champs 2013; 40 World Half Mar 2018. At EXC: 2005-59J, 2017-34. 2 French 5000 2015/2017; 3 French 10,000 2016 Marathons (3): 20 Paris 2018, 81 Berlin 2019, 26 Valencia 2019 In 2020: 12 Le Mans XC; 5 French 10,000; paced Brussels 1Hr world record (of Mohamed Farah)						
367	NAVARRO Nicolas FRA	29y	220d	1991	-	64:36 -18
Voted French athlete of the month for December 2019, after he cut five minutes from his marathon best in Valencia Marathon pb: 2:10:01 -19. 10K pb: 29:16 -19. Coach-Jeremy Cabadet. Marathons (6): (For three successive years he contested Paris in the spring and Valencia in the autumn, improving his placing each time) 22 Paris 2017, 20 Valencia 2017, 18 Paris 2018, 16 Valencia 2018, 10 Paris 2019, 14 Valencia 2019						
368	AADAN Mohamud GBR	30y	280d	1990	63:21	62:31 -18
Full name-Mohamud Ibrahim Aadan // 10,000 pb: 28:28.68 -19. 5000 pb: 13:56.37 -19. 36 World Half Mar 2018; 15 ECP 10,000 2019 (2018-16). 16 English 'National' XC 2015; 2 English 5000 2016 (2015/2017-3); 9 UK 5000 2018; 9 'Great' North Half Mar 2018. Member of Thames Valley Harriers. Coach-Paul Oppe In 2020: 7 Granollers Half Mar; 6 London 'Big' Half Mar						
369	CRAIG Adam GBR	25y	162d	1995	63:24	63:24 -20
2019 Scottish Cross Country Champion // 10,000 pb: 29:35.00 -19. 5000 pb: 13:54.14 -19. 3000 pb: 7:57.66i -19. 1500 pb: 3:46.98i -20, 3:48.02 -19. 37 ECP 10,000 2019. 5 NCAA div 2 10,000 2018 (6 indoor 3000); 1 'Great' Scottish 10K 2018; 1 Scottish XC 2019. Was at University of Mount Olive Private university in Mount Olive, North Carolina. Coach-Steve Vernon In 2020: 8 Boston New Balance Terrier Classic indoor 3000; 6 Athlone Grand Prix indoor Mile; 5 UK indoor 3000; 1 Mid-Cheshire 5K; 8 Antrim Coast Half Mar; 3 Ashton-in-Makerfield 'Fast' 5K						
370	EVANS Tom GBR	28y	257d	1992	63:19	63:19 -20
Team gold at 2019 European Cross Country Championships // Marathon pb: 2:26:07 -17. 10,000 pb: 30:39.14 -19. 5000 pb: 14:14.56 -20. At EXC: 2019-44. 1 Sussex XC 2018/2019; 13 UK 5000 2020. He is primarily an ultra-distance runner (3 Marathon Des Sables [156 Miles] & 3 IAU Trail World Championships 2018). Former British Army Captain (of the 1st Battalion, Welsh Guards), now based in Loughborough. Partner-Sophie Coldwell (6 Commonwealth Games Triathlon 2018). Coach-Andy Hobbell Marathon (1): 48 Frankfurt 2017 (with a torn calf) "My motto is: 'Learn to love the things you were taught to fear.'" In 2020: 1 Tarawera Ultramarathon (102Km at Rotorua, New Zealand); 3 UK Inter-Counties XC; 4 Barrowford Podium 5K (13:41 road; Aug 8); One of his lockdown sessions was a simulation of running up and down Ben Nevis (7.82Km at 13.5% incline), Scafell Pike (4.5Km / 20%) and Snowdon (5.5Km / 13.5%), which he completed in four and a half hours; 13 UK 5000; 7 Antrim Coast Half Mar						
372	JONES Kristian GBR	29y	228d	1991	63:10	63:10 -20
International Orienteer who has made a great advancement on the track since 2017 10,000 pb: 29:05.66 -17. 5000 pb: 13:45.25 -18. 3000 pb: 8:07.65i, 8:10.71 -17. 30 ECP 10,000 2019 (2017-dnf). At EXC: 2018-12, 2019-22. 1 Scottish 5000 2016/2019; 1 Scottish indoor 3000 2017; 1 Scottish XC 2018 His main sport is Orienteering, he has competed at World Championships (2016 World University Games Champion at sprint & relay), and is a member of Swansea Bay Orienteering Club. Self-coached In 2020: 1 Stirling XC; 1 Camperdown parkrun; 22 Barcelona Half Mar						
373	SMITH Jake GBR	22y	152d	1998	62:00	62:00 -20
5000 pb: 13:47.91 -20. 10,000 pb: 29:01.08 -19. 8 under-23 ECH 10,000 2019. 3 British Universities indoor 3000 2019/2020; 2 British Universities 10,000 (4 5000) 2019. Coach-James Thie In 2020: 1 South West Inter-Counties XC; 5 British Universities XC; 3 British Universities indoor 3000; 3 London 'Big' Half Mar						
374	BLUM Tobias GER	25y	275d	1995	63:19	63:19 -20
Marathon pb: 2:16:57 -18. 10,000 pb: 29:32.52 -17. 5000 pb: 13:59.53 -20. 6 under-23 ECH 10,000 2017. At EXC: 2014-dnf/u23, 2016-21u23. 1 German under-23 XC 2017 Marathons (2): 1 Cologne 2018, 77 Frankfurt 2019 In 2020: 25 Barcelona Half Mar; 1 Rehlingen Läufermeeting 3000; 3 Regensburg Laufnacht 5000; 11 German 5000						
375	BOCH Simon GER	26y	183d	1994	62:31	62:31 -20
Former German Champion at 10,000m // 10,000 pb: 28:31.94 -20. 5000 pb: 13:47.42 -19. 3000 pb: 7:56.87 -20. At EXC: 2010-77J, 2016-36u23, 2019-15. 1 German 10,000 2017 In 2020: 13 Barcelona Half Mar; 4 German XC; 2 Swiss 10,000; 1 Regensburg Telis 3000; 1 Regensburg Mittsommerlauf 10,000; 2 Regensburg Laufnacht 5000; 7 German 5000; 4 Frankfurt Half Mar; 2 Berlin 10K						
376	PETROS Amanal GER	25y	154d	1995	62:18	62:18 -20
2015 European under-23 cross country bronze, then silver at 10,000m in 2017 10,000 pb: 27:52.25 -19. 5000 pb: 13:22.52 -19. 3000 pb: 8:03.33 -18. 3 ETCh 5000 2017; 2 under-23 ECH 10,000 217 (4 5000); 16 ECH 10,000 2018; 2 ECP 10,000 2019; dq ETCh 5000 2019 (finished third, but ran inside lane). At EXC: 2015-3u23, 2016-4u23, 2017-21u23. 1 German 10,000 2016. Born-Eritrea, moved to Ethiopia at age 2, came to Germany as a asylum seeker in 2012 aged 16 In 2020: 11 Barcelona Half Mar; 2 German XC; 4 Berlin 5K; 10 German 5000; 1 Frankfurt Half Mar						

378	WEDEL Konstantin GER	26y	330d	1993	63:28	63:28 -20
10K pb: 29:36 -19. 5000 pb: 14:14.41 -18. 3000SC pb: 8:38.25 -20. ht WJC 3000SC 2012; 11 under-23 ECH 3000SC 2015; 31 European Mountain Running Champs 2016. At EXC: 2014-45u23, 2018-60. 3 German XC 2020 In 2020: 1 Munich indoor 3000; 27 Barcelona Half Mar; 3 German XC; 1 Swiss 3000SC; 5 Regensburg Telis 3000; 3 Regensburg Laufnacht 3000SC; 4 German 3000SC; 12 Frankfurt Half Mar						
379	WONG Wan Chun HKG	24y	247d	1996	-	67:31 -19
Hong Kong record holder at 5000m,10K & Marathon // 10K pb: 30:51 -19. 5000 pb: 14:50.78 -19. 17 WSG Half Mar 2019. At WXC: 2019-135 Marathons (2): 19 Hong Kong 2019, 21 Hofu 2019						
381	ZARCO Ivan HON	36y	252d	1984	-	67:34 -09
Full name-Ivan Zarco Alvarez Allegiance Transferee from Spain, cleared by World Athletics to represent Honduras from January 1, 2020 Marathon pb: 2:21:41 -16. 10,000 pb: 30:11.93 -13. 5000 pb: 14:28.03 -13 Marathons (4): 21 Seville 2016, 29 Valencia 2016, 25 Seville 2019, dq Valencia 2019						
382	ARMSTRONG Hugh IRL	26y	28d	1994	66:31	64:29 -19
Marathon pb: 2:12:26 -20. 10,000 pb: 29:16.73 -16. 5000 pb: 14:06.43i, 14:09.79 -16. 11 EJC 10,000 2013. At EXC: 2015-48u23, 2017-19. 3 Irish XC 2017 & 10,000 2020 Marathons (2): 8 Dublin 2019, 35 Seville 2020 In 2020: 2 Dublin 5M; 35 Seville Marathon; 3 Charleville Half Mar						
383	SEAWARD Kevin IRL	34y	353d	1985	63:09	63:09 -20
Fourth at 2018 Commonwealth Games Marathon (for Northern Ireland), then 15th at the European Championships (for Ireland) Marathon pb: 2:10:09 -20. 10,000 pb: 30:29.30 -11. 5000 pb: 14:19.05 -15. 42 World Half Mar 2016 (2018-84); 34 ECH Half Mar 2016. At EXC: 2012-107J. 1 Northern Ireland junior 5000 2002. Lives-Loughborough. Coach-Andy Hobdell Marathons (10): 3 Manchester 2014, 28 ECH 2014, 21 Berlin 2015, 64 OLY 2016, 22 London 2017, 19 Berlin 2017, 4 COM 2018, 15 ECH 2018, 21 Berlin 2019, 26 Seville 2020 In 2020: 26 Seville Marathon; 5 Antrim Coast Half Mar						
384	ANDRESSON Hlynur ISL	27y	32d	1993	-	65:44 -18
Icelandic record holder at 3000m, 5000m, 10,000m & Steeplechase // 10,000 pb: 28:55.47 -20. 5000 pb: 13:57.89 -19. 3000 pb: 7:59.11i -19, 8:02.60 -20. 3000SC pb: 8:44.11 -18. 1 Small European States Games 5000 2015 & 3000SC 2019; ht EIC 3000 2017. At EXC: 2018-41, 2019-40. 1.88 tall In 2020: 1 Reykjavik indoor 1500; 2 Nordic indoor 3000; 7 Athlone Grand Prix indoor; 1 Utrecht 3000; 11 Nijmegen Seven Hills Test 5K; 2 Vught 3000; 9 Leiden 10,000						
385	PETURSSON Arnar ISL	29y	220d	1991	66:12	66:12 -20
4x winner of Reykjavik marathon // Marathon pb: 2:23:08 -19. 3000SC pb: 9:18.59 -19. 1 Small States of Europe Games 3000SC 2015; 67 World Half Mar 2016 (2014-98, 2018-116). 1 Icelandic 5000 2018/2019/2020 & 3000SC 2019/2020. 1 Iceland indoor 1500 2015/2020 & 3000 2017/2020. Former basketball player Marathons (9): 10 Reykjavik 2009, 1 Reykjavik 2011, 1 Reykjavik 2012, 4 Reykjavik 2014, 2 Reykjavik 2016, 1 Reykjavik 2017, 21 Hamburg 2018, 3 Reykjavik 2018, 1 Reykjavik 2019 In 2020: 1 Icelandic indoor 1500/3000; 5 Leverkusen 10K; 28 The Hague Half Mar; 1 Hafnarfjörður 3000; 1 Icelandic 5000/3000SC						
386	ABUHAY Yitayew ISR	23y	320d	1996	71:17	69:43 -19
2019 Balkan Cross Country Champion (Yes, Israel are members Association of the Balkan Athletics Federations, as are Ukraine) 10,000 pb: 28:44.74 -19. 5000 pb: 13:55.07 -18. 1 Balkan XC 2019; 3 Jerusalem Half Mar 2019. At EXC: 2018-39u23, 2019-dnf In 2020: 2 Tiberias 10K; 4 Tel Aviv 3000 (Jan 7); 3 Tel Aviv 3000 (Feb 1); 1 Ein Gedi Half Mar; 2 Tel Aviv International 10K; 8 Tel Aviv IAA Cup 3000; 3 Israeli 1500; 5 Jerusalem 5000; 5 Tel Aviv 15K						
387	AMARE Girmaw ISR	32y	357d	1987	63:38	62:53 -19
Former Israeli marathon record holder // Marathon pb: 2:07:28 -20. 10,000 pb: 28:10.32 -15. 5000 pb: 13:50.27 -14. 21 World Student Games Half Mar 2013; 18 ECH 10,000 2014 (2016-dq, 2018-25); 52 World Half Mar 2018. 1 Israeli 10,000 & Half Mar 2015. Emigrated from Ethiopia in 2006 Marathons (5): 2 Tiberias 2017, 62 WCH 2017, 1 Tiberias 2018, 7 Prague 2019, 11 Seville 2020 In 2020: Tel Aviv 10,000; 11 Seville Marathon; 2 Tel Aviv 3000 (Jun 9); 1 Tel Aviv 5000 (Jun 21); 2 Tel Aviv IAA Cup 5000; 2 Israeli 1500; 1 Jerusalem 5000; 2 Tel Aviv 15K						
388	GASHAU Ayala ISR	24y	56d	1996	-	62:39 -19
10,000 pb: 28:50.47 -19. 5000 pb: 14:03.49 -20. 1500 pb: 3:48.81 -19. 12 EJC 10,000 2015. At EXC: 2017-dnf/u23, 2018-32u23 In 2020: 5 Tel Aviv 3000 (Jun 9); 6 Tel Aviv 5000 (Jun 21); 1 Tel Aviv IAA Cup 3000; 6 Tel Aviv 3000 (Jul 12); 2 Jerusalem 5000; 2 Tel Aviv 10,000 (Sep 13); 1 Tel Aviv 15K						
389	GETAHON Tadesse ISR	22y	302d	1997	-	62:38 -19
2019 European under-23 silver at 10,000m // 10,000 pb: 28:21.88 -19. 5000 pb: 13:56.19 -18. 15 under-23 ECH 10,000 2017; 23 ECP 10,000 2018; 2 under-23 ECH 10,000 2019 (4 5000). At EXC: 2018-16u23, 2019-4u23. 1 Israeli 5000 2019. Emigrated from Ethiopia in 2012 In 2020: 1 Tiberias 10K; 1 Tel Aviv 3000 (Feb 1); 7 Tel Aviv IAA Cup 5000; 3 Tel Aviv 15K						
391	TEFERI Maru ISR	28y	61d	1992	61:23	60:52 -19 NR
Israeli marathon records at the 2018 European Championships, Seville 2019 & Seville 2020 Marathon pb: 2:07:20 -20. 10,000 pb: 29:04.36 -18. 5000 pb: 13:40.37 -19. 17 under-23 ECH 10,000 2013; 56 ECH Half Mar 2016; 33 World Half Mar 2018. At EXC: 2018 -64. Emigrated from Ethiopia in 2006 Marathons (12): 47 Berlin 2015, 23 Rotterdam 2016, 73 OLY 2016, 4 Tel Aviv 2017, 18 Paris 2017, dnf WCH 2017, 2 Tiberias 2018, 7 ECH 2018, 8 Seville 2019, 2 Tiberias 2019, 5 Frankfurt 2019, 8 Seville 2020 In 2020: 1 Tiberias Half Mar; 1 Tel Aviv 3000 (Jan 7); 8 Seville Marathon; 6 Tel Aviv 3000 (Jun 9); 3 Tel Aviv IAA Cup 5000; 3 Tel Aviv 3000 (Jul 12); 4 Tel Aviv 15K						
392	CRIPPA Nekagenet ITA	26y	32d	1994	63:23	63:23 -20
2013 World Junior Mountain Running Champion // Marathon pb: 2:21:17 -16. 10,000 pb: 29:24.47 -19. 5000 pb: 14:00.87 -19. At WXC: 2013-71J. At EXC: 2012-41J, 2013 -25J, 2014-dnf/u23, 2015-34u23, 2018-20, 2019-42. Ethiopian origin, his younger brother Yeman Crippa was European Junior Cross Country Champion in 2014 & 2015 + European 10,000m bronze medallist in 2018 Marathon (1): 4 Verbania 2016 In 2020: 6 Verona Half Mar						
393	D'ONOFRIO Daniele ITA	27y	10d	1993	63:15	63:15 -20
10,000 pb: 29:01.93 -16. 5000 pb: 14:05.36 -16. 10 WJC 10,000 2012; 9 under-23 ECH 10,000 2015 (11 5000); 14 ECP 10,000 2016; 65 ECH Half Mar 2016. At EXC: 2013 -55u23, 2014-44u23 In 2020: 46 Valencia 10K; 5 Verona Half Mar; 5 Rome 10K						

394	GHEBREHIWET Eyob ITA	27y	325d	1992	60:44	60:44 -20
Full name-Eyob Ghebrehiwet Faniel Italian marathon record holder. Fifth in 2018 European Championship Marathon Marathon pb: 2:07:19 -20. 10,000 pb: 29:04.55 -17. 11 ECP 10,000 2017; 37 World Half Mar 2018; 2 Mediterranean Games Half Mar 2018. 3 Italian 10,000 2017. Born-Asmara (Eritrea), has lived in Italy since February 2004, obtained Italian citizenship in October 2015 Marathons (6): 3 Florence 2016, 1 Venice 2017, 3 Verona 2017, 5 ECH 2018, 15 WCH 2019, 7 Seville 2020 In 2020: 1 Seville Half Mar; 7 Seville Marathon; 2 Italian 'Virtual' 10K; 1 Monza 10K						
395	LA ROSA Stefano ITA	35y	20d	1985	-	62:15 -12
2011 World Student Games bronze at 5000m // Marathon pb: 2:11:08 -18. 10,000 pb: 28:13.62 -12 (29:08.69 -20). 5000 pb: 13:23.58 -12. 16 WJC 5000 2004; 7 ETCh 1500 2009; 2 Mediterranean Games 5000 2009; 6 ETCh 3000 2010 (2014-7); 10 ECH 5000 2010; 10 EIC 3000 2011; 4 WSG 5000 2011; 11 ECH 5000 2012 (12 10,000); 8 ECH 10,000 2014; 9 ETCh 3000 2015; 25 World Half Mar 2016; 5 ECP 10,000 2016/2017; 13 ECH Half Mar 2016. 1 Italian 10,000 2008/2009 (1 5000 2009/2013). At WXC: 2003-51J, 2004-dnfJ, 2008-dnf. At EXC: 2003-38J, 2004-18J, 2006-10u23, 2007-5u23, 2008-16, 2009-15, 2010-dnf, 2011-13, 2012-dnf, 2014-8, 2016-20. 1 Italian 10,000 2008 & 5000 2010/2011/2012. Born-Grosseto. Coach-Guisepppe Giambrone Marathons (9): 1 Treviso 2015, 12 Amsterdam 2015, 57 OLY 2016, 1 Treviso 2017, dnf WCH 2017, 7 Seville 2017, 12 ECH 2018, 7 Emporio Armani 2019, 22 Berlin 2019. Also paced Milan 2017 In 2020: 1 Italian 'Virtual' 10K; 1 Arezzo 3K; 3 Italian 10,000						
396	RIVA Pietro ITA	23y	170d	1997	-	62:19 -18
2015 European Junior Champion at 10,000m // 10,000 pb: 29:12.45 -20. 5000 pb: 13:39.43 -20. 3000 pb: 7:50.03 -20. 1500 pb: 3:40.1 -20. 8 European Youth Olympic Festival 3000 2013; 1 EJC 10,000 2015 (8 5000); 10 WJC 10,000 2016. At EXC: 2014-dnfJ, 2015-10J, 2017-40u23 In 2020: 1 Castiglione della Pescaia 3000; 1 Rovereto 1500 (Aug 5); 6 San Donato Milanese Mile; 2 Rovereto 5000 (Sep 8); 9 Rome 3000; 4 Italian 10,000						
398	BARSOTON Leonard KEN	25y	362d	1994	60:02	59:09 -19
Full name-Leonard Kiplimo Barsoton 2017 World Cross Country Championships silver 10,000 pb: 27:20.74 -14. 5000 pb: 13:16.25 -15. 2 African Games 10,000 2015. At WXC: 2013-2J, 2015-5, 2017-2; 1 African XC 2014; 12 World Half Mar 2018. 2 Japanese Corporate 10,000 2014 (2016-3) (representing Team Nissin Shokuhin, a Japanese company that makes instant noodles). 1 Kenyan XC 2017 In 2020: 6 Ras Al Khaimah Half Mar						
399	GACHAGA Morris KEN	25y	194d	1995	-	59:22 -19
Full name-Morris Munene Gachaga (but sometimes he is listed as Morris Munene) Marathon pb: 2:06:24 -19. 10,000 pb: 29:00.05 -13. 5000 pb: 13:47.00 -13. Has won Half Marathons in Alicante, Bristol, Madrid, Paris & Nottingham Marathons (2): 4 Paris 2019, 7 Amsterdam 2019. Also paced London Marathon 2017/2018						
400	KANDIE Kibiwott KEN	24y	119d	1996	58:38	58:38 -20
Two sub-59 half marathons in 2020, one before lockdown, one after. Two big Kenyan cross-country wins in 2020 1 Kenyan Armed Forces XC 2019/2020; 1 Kenyan XC 2020. 1 Lille Half Mar 2019; 1 São Paulo 15K 2019; 1 Ras Al Khaimah Half Mar 2020; 1 Prague Half Mar 2020. Coach-John Korir (5 OLY 10,000 2000) Dangerous at the finish: In the San Silvestre de São Paulo 15K on new year's eve 2019, he pipped Jacob Kiplimo on the line after the Ugandan had slowed down to celebrate. His winning time of 42:59 broke the 23 year-old course record of Paul Tergat In 2020: 1 Kenyan Armed Forces XC; 1 Kenyan XC (beat Geoffrey Kamworor by eight seconds); 1 Ras Al Khaimah Half Mar (58:58); 1 Prague Half Mar (58:38, fifth world all-time)						
401	KIMELI Benard KEN	25y	38d	1995	61:00	59:07 -19
Twice Prague Half Marathon winner // 10K pb: 27:10 -17. 10,000 pb: 27:26.27 -18. 5000 pb: 13:16.61 -20. 1 Prague Half Mar 2018/2019 (2020-7). Born-Marakwet (2400m altitude). His management's website reveals "Ran to school 7km each way, for period of 8 years." He did not compete or train for one year to November 2016 while he worked with wild animals at Tsavo National Park in Kenya. Coach-Dan Ngetich His younger sister-Dorcas Jepchumba Kimeli (23y) In 2020: 2 Valencia 10K; 1 Fukagawa 5000; 7 Prague Half Mar						
402	NGENO Benard KEN	24y	68d	1996	59:26	59:07 -19
Full name-Benard Kipkorir Ngeno // 10K pb: 27:35 -19. Five big Half Marathon wins in 2019 (Silibwet, Safi, Istanbul, San Diego & Chemosusu), plus second places at Copenhagen & Valencia. 1 'Bolder' Boulder 10K 2019 after a 4:20 first mile. Born-Bureti, Kenya In 2020: 2 Houston Half Mar						
403	BRASEVICIUS Ignas LTU	36y	26d	1984	64:33	64:33 -20
Marathon pb: 2:15:53 -19. 10,000 pb: 29:53.81 -20. 21 World Youth 10,000 Walk 2001; 112 World Half Mar 2018. 1 Lithuanian 10,000 2020 Marathons (7): 21 Warsaw 2015, 42 Frankfurt 2015, 25 Berlin 2016, 12 Hannover 2016, 51 WCH 2017, 40 ECH 2018, 46 Berlin 2019 In 2020: 44 Barcelona Half Mar; 1 Lithuanian 10,000 (2 5000); 6 Baltic Teams 5000; 2 Vilnius Half Mar						
404	DOPOLSKAS Valdas LTU	28y	170d	1992	-	66:24 -18
Marathon pb: 2:16:35 -15. 10,000 pb: 30:15.57 -19. 5000 pb: 14:34.62 -14. 103 World Half Mar 2018. At EXC: 2014-48u23. 1 Lithuanian 5000 2014 Marathons (5): 6 Poznan 2014, 22 Frankfurt 2015, 110 OLY 2016, 4 Poznan 2017, 20 ECH 2018 In 2020: 1 Kaunas indoor 3000; 2 Lithuanian indoor 3000; 1 Vilnius 10K						
405	KANCYS Remigijus LTU	33y	93d	1987	64:29	64:29 -20
24th at London World Championship Marathon // Marathon pb: 2:12:50 -19. 5000 pb: 14:27.89 -15. 48 ECH Half Mar 2016. At EXC: 2019-69. 1 Lithuanian 10K 2017/2019 Marathons (9): 1 Vilnius 2014, 28 Berlin 2015, 74 OLY 2016, 7 Hannover 2017, 24 WCH 2017, 26 ECH 2018, 1 Kaunas 2019, 11 Frankfurt 2019, dnf London 2020 In 2020: 43 Barcelona Half Mar; 1 Vilnius Half Mar; dnf London Marathon						
406	EL AARABY Mohamed Reda MAR	30y	340d	1989	61:25	60:38 -18
2019 African Games Half Marathon silver // Marathon pb: 2:09:16 -18. 10K pb: 27:58 -19. 10,000 pb: 28:44.25 -19. 5000 pb: 13:42.53 -16. 1500 pnb: 3:45.98 -20. 3 Francophone Games 10,000 2017; 1 Mediterranean Games Half Mar 2018; 2 African Games Half Mar 2019; 1 World Military Games 10,000 2019 Marathons (10): 3 Daegu 2017, 30 WCH 2017, 8 Beijing 2017, 11 Tokyo 2018, 11 Chicago 2018, 1 Beirut 2018, 16 Boston 2019, dnf WCH 2019, 2 Hefei 2019, 2 Osaka 2019 In 2020: 1 Marrakech Half Mar; 1 Valencia 1500 (pb 3:45.98)						
407	EL GOUMRI Othmane MAR	28y	142d	1992	-	61:47 -18
Returned from a two-year doping ban to set a course record at 2019 Dublin Marathon Marathon pb: 2:08:06 -19. 5000 pb: 13:13.72 -13. 1500 pb: 3:37.79 -13. 2 Mediterranean Games 5000 2013; dq ht WCH 5000 2013/2015; dq Francophone Games 5000 2013 (originally 1st); dq ht WIC 3000 2014; dq African Champs 5000 2014 (originally 11th); dq European Clubs Cup XC 2015 (originally 1st). At WXC: 2010-33J, 2011-27J. 1 Moroccan 1500 2013; dq French XC 2014 (originally 1st) Marathons (2): 2 Rabat 2019, 1 Dublin 2019 Set a 12-second pb for 3000m (7:36.71) at the 2015 London Diamond League, but that result ultimately annulled after a doping violation in 2013, and he was also banned to 2016						

408	OUTALHA Mouhcine MAR	21y	307d	1998	-	-	-
10K pb: 29:04 -19. 5000 pb: 13:27.04 -19. 3000 pb: 7:51.55 -18. 13 African Games 5000 2019. At WXC: 2017-29J. 1 Moroccan short course XC 2018; 2 Moroccan 5000 2019 In 2020: 3 Le Mans XC							
409	SAHLI Hamza MAR	27y	161d	1993	64:05	62:45	-19
Eighth at 2019 World Championship Marathon // Marathon pb: 2:08:01 -20. 10K pb: 28:50 -19. 1500 pb: 3:43.48 -07. 800 pb: 1:48.18 -07. 3 African Games Half Mar 2019 Marathons (7): 1 Agadir 2017 (2:07:52, but distance was short), 6 Marrakech 2018, 6 Rabat 2018, 3 Kobe 2018, 6 Rabat 2019, 8 WCH 2019, 1 Oita 2020 In 2020: 1 Oita Marathon							
410	TORISS Hassan MAR	27y	341d	1992	-	65:50	-19
10K pb: 28:44 -16. 10,000 pb: 29:12.30 -19. 1 Moroccan 10,000 2019							
411	RAILEANU Maxim MDA	26y	14d	1994	65:58	64:43	-19
2020 Balkan Champion at both 5000m & Half Marathon // Marathon pb: 2:21:11 -19. 5000 pb: 14:09.23 -20. 3000 pb: 8:19.00 -20. 30 WSG Half Mar 2019. 1 Moldovan 3000 2016/2017/2018/2020, 5000 2015/2016/2017/2018/2020 & indoor 1500 2017 3000 2020 Marathons (2): 5 Zagreb 2017, 3 Belgrade 2019 In 2020: 1 Chişinău indoor 2000; 1 Moldovan indoor 3000; 1 Balkan Half Mar; 1 Moldovan 3000/5000; 1 Balkan 5000 (5 3000)							
412	ESPARZA Jesús Arturo MEX	30y	53d	1990	64:47	64:47	-20
Full name-Jesus Arturo Esparza Perez // Marathon pb: 2:11:04 -19. 10,000 pb: 29:17.06 -16. 5000 pb: 14:19.67 -13. 1500 pb: 3:42.85 -13. 10 WSG 5000 2013 (& 11 1500, three places behind his brother); 23 WSG Half Mar 2017 His twin José Juan Esparza (1500 pb 3:40.73) was fifth in the 2015 Pan-American Games 1500m Marathons (4): 15 Düsseldorf 2016, 20 London 2017, 4 Porto 2017, 25 Valencia 2019 In 2020: 7 Guadalajara Half Mar							
413	PACHECO Juan MEX	29y	311d	1990	64:24	62:18	-18
Full name-Juan Joel Pacheco Orozco 2019 Pan-American Games marathon bronze Marathon pb: 2:10:58 -19. 10,000 pb: 28:34.47 -19. 5000 pb: 14:04.56 -18 Marathons (4): 6 Mexico City 2018, 5 Houston 2019, 3 Pan-Am Games 2019, 21 Dubai 2020 In 2020: 2 Mérida 10K; 21 Dubai Marathon							
414	SANTANA MARIN Jose Luis MEX	31y	19d	1989	64:24	61:48	-19
2019 Pan-American Games marathon silver // Marathon pb: 2:10:54 -19. 1 Jalisco Half Mar 2018 Marathons (5): 11 Hamburg 2017, 2 Pan-Am Games 2019, 10 Sacramento 2019, 22 Dubai 2020, 52 Atlanta (US Olympic Trial) 2020 In 2020: 1 Mérida 10K; 22 Dubai Marathon; 52 Atlanta (US Olympic Marathon Trial)							
415	AZZOPARDI Stefan MLT	37y	310d	1982	-	72:33	-18
Marathon pb: 2:49:36 -17. 71 European Mountain Running Champs 2018; 90 World Mountain Running Champs 2018. 11 Malta Marathon 2017 (2016-22); 5 Malta Half Mar 2018. Former kick-boxer. He is a Gozitan (from the smaller island of Gozo, rather than Malta)							
416	DEBONO Charlton MLT	36y	67d	1984	-	67:46	-19 NR
Maltese record holder at Marathon & Half Marathon // Marathon pb: 2:25:02 -19. Half Mar pb: 67:46 -19. 10,000 pb: 32:15.31 -19. 5000 pb: 14:57.88 -17. 3000 pb: 8:43.85 -20. 80 World Half Mar 2016 (2018-129); 4 Small European States Games 5000 2017. At EXC: 2019-74. Coach-Mario Bonello Marathon (1): 101 Valencia 2019 In 2020: 1 Marsa 3000							
417	FOLCHERI Sonny MON	32y	305d	1987	-	78:46	-19
Monégasque record holder at marathon // Marathon pb: 2:49:31 -17. 145 World Half Mar 2018. At EXC: 2016-dnf, 2017-dnf, 2018-85. In 2018, he became the first Monégasque athlete to compete at the World Half Marathon Championships. He also competed in the World 'Ironman' Championships in 2018 & 2019. 1.90 tall Marathons include: 411 Amsterdam 2016; 186 Vienna 2017, 992 Boston 2018, 282 Seville 2019							
418	GŁOGOWSKI Adam POL	27y	46d	1993	65:30	65:30	-20
Marathon pb: 2:23:43 -19. 10,000 pb: 30:24.48 -20. 5000 pb: 14:18.68 -20. Former Triathlete Marathons (2): 9 Wrocław 2018, 3 Gdańsk 2019 Coach-Piotr Poblócki; Club-Ekonomik-Maratończyk Łębork In 2020: 7 Wrocław 5000 (Jun 27); 2 Wrocław 3000 (Jul 18); 4 Toruń 5000; 2 Polish Half Mar; 8 Polish 10,000							
419	KABAT Damian POL	30y	363d	1989	65:34	65:34	-20
Marathon pb: 2:23:23 -13. 10K pb: 29:52 -15. 5000 pb: 14:11.73 -16. 18 WJC 10,000 2008 (in his hometown of Bydgoszcz). At EXC: 2008-45J, 2019-46u23. Professional soldier Marathon (1): 13 Warsaw 2013 Coach-Zbigniew Krzysiek; Club-Pomorze Stargard In 2020: 5 Gdańsk 3000; 3 Bydgoszcz Half Mar (Note: his 31st birthday on Tuesday October 20th)							
420	NOWICKI Adam POL	30y	55d	1990	64:15	63:57	-17
2020 Polish Half Marathon Champion // Marathon pb: 2:13:28 -19. 10,000 pb: 29:12.85 -18 (29:23.35 -20). 5000 pb: 14:07.87 -20. 1 Polish Half Mar 2014/2020. Professional soldier Marathons (3): 3 Warsaw 2018, 3 Warsaw 2019, 18 Frankfurt 2019 Coach-Zbigniew Murawski; Club-MKL Szczecin In 2020: 2 Wiazowna Half Mar; 1 Polish Half Mar; 3 Polish 10,000 (4 5000)							
421	ZALEWSKI Krystian POL	31y	190d	1989	62:41	62:34	-19
2014 European steeplechase silver (originally crossed the line in third, but that was the year Mahiedine Mekhissi was disqualified for removing his shirt) 3000SC pb: 8:16.20 -14. 10,000 pb: 28:39.95 -19 (28:59.88 -20). 5000 pb: 13:45.94 -15. 1500 pb: 3:44.02 -10. 8 EJC 3000SC 2007; 7 WJC 3000SC 2008; 3 under-23 ECH 3000SC 2009; 2 ECH 3000SC 2014 (2012/2018-7); 8 IAAF Continental Cup 3000SC 2014; 1 ETCh 3000SC 2015 (2011-11, 2012-7, 2013-8, 2017/2019-3); 9 WCH 3000C 2015 (2013-dq ht (ran inside border), 2017/2019-ht); ht OLY 3000SC 2016; 32 ECP 10,000 2019. At WXC: 2008-71J, 2010-105, 2013-55. At EXC: 2007-44J, 2008-53J. 1 Polish 2014/2015/2016/2017/2018/2019 (1 5000 2015/2016/2017/2018/2019, 1 10,000 2019/2020) Coach-Jacek Kostrzeba; Club-Barnim Goleniów In 2020: 8 Armagh 5K; 8 The Hague Half Mar; 1 Polish 10,000							

422	BARATA Samuel POR	27y	91d	1993	-	62:01 -19
10,000 pb: 28:24.85 -18. 5000 pb: 13:39.94 -20. 17 WJC 10,000 2012; 63 ECH Half Mar 2016; 5 WSG 10,000 2017; 11 Mediterranean Games 5000 2018; dnf ECH 10,000 2018. At EXC: 2011-dnfJ, 2012-94J, 2014-46u23, 2014-46u23, 2015-dnf/u23, 2016-dnf, 2017-20. 1 Portuguese 5000 2017/2018, 10K 2020 & indoor 3000 2020 Marathon (1): 85 Tokyo 2019 In 2020: 1 Portuguese 10K; 1 Braga indoor 3000; 1 Portuguese Clubs div 1 indoor 3000; 2 Portuguese Regional indoor 1500; 1 Portuguese 3000; 1 Portuguese Clubs 3000; 1 Heusden 5000						
423	LOPES Nuno POR	33y	68d	1987	65:11	64:28 -17
Marathon pb: 2:16:40 -18. 10,000 pb: 29:41.12 -18. 5000 pb: 14:08.42 -16. 1 Portuguese indoor 3000 2018 Marathons (2): 27 Valencia 2018, 59 Valencia 2019 In 2020: 2 Portuguese 10K; 53 Barcelona Half Mar						
424	PINTO Rui POR	27y	333d	1992	-	62:56 -19
2010 European Junior Cross Country bronze // Marathon pb: 2:15:30 -19. 10K pb: 29:08 -15. 5000 pb: 13:46.31 -18. 1500 pb: 3:44.34 -17. 9 World Youth 1500 2009; 1 European Youth 1500 2009; 12 under-23 ECH 5000 2013; 35 ECH Half Mar 2016. At WXC: 2010-46J, 2011-52J. At EXC: 2009-6J, 2010-3J, 2011-6J, 2012-33u23, 2017-16, 2018-35. 1 Portuguese 5000 2014/2015 Marathons (3): 24 Valencia 2016, 34 Hamburg 2019, 45 Valencia 2019 In 2020: 3 Portuguese 10K; 21 Barcelona Half Mar						
425	SARAIVA Luís POR	26y	341d	1993	64:54	64:46 -19
Full name-Luis Miguel Saraiva // 10,000 pb: 30:14.71 -19. 5000 pb: 14:13.90 -19. 2 European Mountain Running Champs 2017. At EXC: 2019-31. 2 Portuguese indoor 3000 2017 In 2020: 1 Viana do Castelo Half Mar; 1 Guimarães 3000; 1 Portuguese 3000 'B'						
426	SOARE Nicolae Alexandru ROU	29y	28d	1991	-	64:07 -14
9x Romanian Champion at 10,000m, 8x at 5000m // Marathon pb: 2:18:52 -16. 10,000 pb: 28:25.38 -18 (30:17.63 -20). 5000 pb: 13:54.88 -19 (14:14.09 -20). 14 WJC 10,000 2010; 2 under-23 ECH 10,000 2013 (8 5000); 2 WSG 10,000 2015/2017; 48 World Half Mar 2016 (2014-63, 2018-97); 11 ECP 10,000 2018; 19 ECH 10,000 2018. At EXC: 2010-35J, 2011-51u23, 2012-62u23, 2014-56, 2017-46. 1 Romanian 5000 2011/2012/2013/2014/2017/2018/2019/2020, 10,000 2011/2012/2013//2015/2016/2017/2018/2019/2020 & Half Mar 2013/2015/2017 Marathons (3): 56 Frankfurt 2015, 33 Hamburg 2016, 126 OLY 2016 In 2020: 1 Veszprém 5000; 1 Romanian 5000/10,000; 2 Balkan 5000						
427	MASHELE Lesiba Precious RSA	30y	5d	1990	-	60:28 -19
3x South African Cross Country Champion // 10,000 pb: 29:03.40 -19 (29:15.11 -20). 5000 pb: 13:52.64 -20. At WXC: 2015-39, 2017-57, 2019-16. 44 World Half Mar 2018. 1 South African 5000 2019, 10K 2018/2019 & XC 2017/2018/2019 In 2020: 1 Boksburg 5000; 1 Potchefstroom 10K XC; 1 Soweto 10,000; 1 Pretoria 10,000; 1 Stellenbosch 5000						
428	MOKOKA Stephen RSA	35y	260d	1985	61:28	59:51 -19 NR
23 South African titles across three surfaces. Fifth in 2019 World Championship marathon Marathon pb: 2:07:40 -20 (2:08:05 -20). 10,000 pb: 27:40.73 -12. 5000 pb: 13:11.44 -15. 1500 pb: 3:38.55 -10. 9 WSG 10,000 2005; 8 World Half Mar 2009/2012 (2008-67, 2014-12, 2016-10, 2018-16); 13 WCH 10,000 2011 (2013/2017-20); 1 WSG 10,000 2013 (2007-3, 2011-2); 6 African Games 5000 2015; 1 African Champs 10,000 2016 (2012-8); 18 OLY 10,000 2016; 6 COM 10,000 2018. At WXC: 2008-74, 2009-32, 2010-22, 2015-29. 1 South African 1500 2010, 5000 2013/2015/2016, 10,000 2009/2010/2011/2012/2013/2015/2016/2018, 10K 2009/2010/2015, 12K 2010/2015, Half Mar 2008/2009/2011/2012/2013, XC 2014. Lives-Pretoria. 50kg/1.57 tall Marathons (18): 4 Seoul 2010, 3 Pretoria 2011, 2 Shanghai 2011, 49 OLY 2012, 4 Shanghai 2012, 1 Shanghai 2013, 1 Shanghai 2014, 2 Shanghai 2015, 1 Shanghai 2016, 36 Tokyo 2017, 1 Shanghai 2017; 1 Pretoria Tuks 2018, 7 Pretoria Deloitte 2018, 1 Cape Town 2018, 3 Ostu 2019, 5 WCH 2019, 1 Pretoria Phobians 2020, 2 Otsu 2020. Also helped pace Ostu (Lake Biwa) 2010 & Beijing 2011 In 2020: 1 Granollers Half Mar; 1 Pretoria Phobians Marathon; 2 Otsu Marathon These will be his seventh World Half Marathon Championships						
429	MULAUDZI Collen RSA	29y	193d	1991	-	62:03 -19
Full name-Collen Humbulani Mulaudzi // Marathon pb: 2:15:49 -19. 10,000 pb: 29:22.31 -17. 5000 pb: 14:00.14 -19 (14:24.07 -20) 19 WSG Half Mar 2019. He's no relation to the late Mbulaeni Mulaudzi (1 WCH 800 2009) Marathons (2): 15 Cape Town 2018, 13 Cape Town 2019 In 2020: 1 North Gauteng 5000; 4 Pretoria 5000						
430	ABRAHAM Tadesse SUI	38y	67d	1982	-	60:42 -15
Alliance transferee from Eritrea – has lived in Switzerland since March 30, 2004, gained Swiss citizenship on June 10, 2014 and cleared by World Athletics to compete for Switzerland from July 19, 2014 Marathon pb: 2:06:40 -16. 10,000 pb: 28:41.37 -15. 1 ECH Half Mar 2016. At WXC: 2003-dqJ (originally 16th), 2004-J (originally 58th). 1 Swiss 10,000 2014/2020. In the process of his transfer it became clear that he was born in 1982 and not 1986 as he presented when he competed as a junior for Eritrea at the World Cross Country Championships in 2003 and 2004; we was therefore disqualified from those events for age manipulation Marathons (19): 1 Zürich 2009, 2 Gongju 2009, 3 Otsu 2010, 7 Berlin 2010, 5 Toronto 2011, 7 Daegu 2012, 1 Zürich 2013, 7 Honolulu 2013, 9 ECH 2014, 10 Seoul 2015. 19 WCH 2015, 4 Seoul 2016, 7 OLY 2016, 5 New York 2017, dnf Otsu 2018, 2 ECH 2018, 10 Dubai 2019, 2 Vienna 2019, 9 WCH 2019 In 2020: 5 Wetzikon 5000; 2 Meilen 3000; 1 Swiss 10,000/10K (3 5000); dnf Regensdorf 5000						
431	WANDERS Julien SUI	24y	213d	1996	60:46	59:13 -19 AR
European record holder at 10K & Half Marathon. Swiss record holder at 10,000m (and French, he has dual nationality) 10K pb: 27:13 -20.10,000 pb: 27:17.29 -19. 5000 pb: 13:13.84 -19 (13:34.88 -20). 3000 pb: 7:43.62 -19. 1500 pb: 3:39.30 -19 (3:43.39 -20). 18 WJC 5000 2014; 14 EJC 5000 2015; 8 World Half Mar 2018; 7 ECH 10,000 2018 (8 5000); 2 ETCh 5000 2019; ht WCH 5000 2019 (dnf 10,000). At WXC: 2015-36J. At EXC: 2013-54J, 2014-16J, 2015-12J, 2019-4. 1 Swiss 5000 2016/2017 & 1500 2018/2019. Since the age of 18 he has spent much of each year living and training in Kenya – "I have outstanding training groups with a crazy level, and that's what makes me push my limits every day." In 2017 helped pace Eliud Kipchoge to 2:00:25 in the 2017 Monza "Breaking2" Exhibition Marathon. In 2019 set a short-lived world 5K record of 13:29 In 2020: 3 Valencia 10K; 11 Ras Al Khaimah Half Mar; 6 Regensdorf 1500; 10 Gothenburg 5000; 10 Monaco Diamond 5000						
433	ABRAHA Adhanom SWE	43y	55d	1977	62:34+	62:13 -10
(aka Abraham Adhanom) Alliance transferee from Eritrea – Arrived in Sweden in 2012, acquired Swedish citizenship in 2017 and cleared by World Athletics to represent Sweden from November 2, 2018 Team silvers at 2009 & 2010 World Half Marathon Championships (for Eritrea) Marathon pb: 2:14:44 -19. 10,000 pb: 29:00.88 -07. 5000 pb: 14:01.48 -09. 14 World Half Mar 2010. At WXC: 2004-105 short, 2007-36, 2011-18. At EXC: 2018-33, 2019-41. 1 Swedish 5000 2015, 10,000 2015/2018/2019 & long XC 2014/2015/2016 Marathons (5): 22 Hamburg 2019, 6 Stockholm 2019, 28 WCH 2019, dnf Seville 2020, dnf Stockholm 2020 (Swedish Championships) In 2020: dnf Seville Marathon (after 62:34 halfway); 1 Västerås Vekans 5000; 1 Västerås Aros 5000 (Jul 18); 2 Västerås Aros 10,000 (Jul 25); 4 Swedish Half Mar; 9 Swedish 10,000 (dq 5000, lane); dnf Stockholm Marathon (Swedish Championships); 5 Lidingsöppet 15K XC						

434	EKVALL Mikael SWE	31y	122d	1989	64:36	62:29 -14
Former Swedish record holder at Half Marathon // Marathon pb: 2:11:37 -20. 10,000 pb: 28:31.65 -15 (29:29.38 -20). 5000 pb: 13:51.70 -14 (14:11.13 -20). 15 WJC 10,000 2008; 6 under-23 ECH 10,000 2009; 40 World Half Mar 2014 (2018-43); 16 ECH 10,000 2014; 6 ETCh 5000 2015 (2014-9); 14 ECH Half Mar 2016. At EXC: 2008-48J, 2010-38u23, 2011-27u23, 2014-26, 2017-30, 2019-335. 1 SWE v FIN 10,000 2013; 1 Swedish XC 2013 Marathons (5): 11 Frankfurt 2015, 14 Berlin 2016, 32 WCH 2017, dnf ECH 2018, 32 Seville 2020 In 2020: 11 Egmond Aan Zee Half Mar; 32 Seville Marathon; 5 Gothenburg Löparkväll 10,000; 3 Gothenburg Bannister 5000; 5 Swedish Half Mar; 3 FIN v SWE 10,000; 6 Lidingöloppet 15K XC						
435	de la OLIVA Emil Millán SWE	19y	86d	2001	-	Début
Full name-Emil Magnell Millán de la Oliva Swedish junior record holder at 5000m & 10,000m 10,000 pb: 28:23.21 -20. 5000 pb: 13:29.59 -20. 7 European Youth 3000 2018; 8 EJC 5000 2019. At EXC: 2018-55J, 2019-37J. 1 Swedish 10,000 2020. Coach/father Fidel Millán de la Oliva. Mother Anna Magnell was an international middle distance runner, as is his sister Alice Magnell Millán "After I run, I usually make music", he says. He is hip hop performer "Young Emil" with songs on streaming services. His song "Foten på gasen" ("The foot on the pedal") has had more than 60,000 views on YouTube In 2020: 1 Örebro indoor 3000; 5 Swedish indoor 3000; 2 Swedish junior indoor; 3 Stockholm 10K; 3 Sollentuna 5000; 6 Stockholm 10,000; 1 Swedish 10,000 (3 5000); 1 Swedish junior 5000; 7 Gothenburg Folksam 5000; 3 Brussels 1Hr (Outright Swedish record 20,128m); 1 FIN v SWE 10,000; 4 Leiden 10,000 (28:23.21, #2 European junior all-time after Christian Leuprecht ITA 28:22.48 in 1990)						
436	NILSSON David SWE	33y	185d	1987	62:05	62:05 -20
Former Swedish record holder at Marathon & Half Marathon // Marathon pb: 2:10:09 -19. 10,000 pb: 28:32.82 -20. 5000 pb: 13:44.55 -20. 3000 pb: 7:57.55 -20. 13 European Youth 2000SC 2003; 12 WSG 10,000 2013 (25 Half Mar); dnf World Half Mar 2016; 23 ECH Half Mar 2016; 1 Nordic XC 2019. At EXC: 2015-10, 2016-dnf, 2017-58, 2018-dnf. Was at Jacksonville State University. Coach/father-Carl-Gustaf Nilsson Older sister Ida Nilsson was 2005 US Collegiate Champion at 3000m Steeplechase in 2004 & indoor 5000 in 2005. Another sister (the late Johanna) won US Collegiate titles indoors & out. Younger brother Marcus is an 8104 point decathlete and was 2010 world junior bronze medalist. Their parents were distance runners Marathons (16): 10 Stockholm 2011, 11 Castellon 2011, 9 Stockholm 2012, 4 Pisa 2012, 11 Stockholm 2013, 11 Stockholm 2014, dnf ECH 2014, 16 Rotterdam 2015, 36 WCH 2015, 21 Chicago 2016, 8 Hamburg 2017, 52 WCH 2017, 3 Davos 2018, 17 Hamburg 2019, 15 Berlin 2019, 16 Valencia 2019 (Swedish record 2:10:09, to better the 2:10:38 which had stood to Kjell-Erik Ståhl since 1983 – but since improved by Mustafa Mohamed to 2:10:03) In 2020: 7 Amorebieta XC; 11 Elgöibar XC; 8 Osaka Half Mar; 1 Alphen aan den Rijn 20K; 1 Stockholm Half Mar; 1 Sollentuna 5000 (Jun 14); 2 Stockholm 10,000; 1 Stockholm Uhrbom 5K; 3 Huddinge 1500 (Jul 8); 5 Nijmegen Seven Hills Test 5K; 1 Gothenburg Bannister 5000; 2 Hallsberg 3000; 8 Sollentuna 2000 (Aug 10); 2 Swedish 10,000; 15 Gothenburg Folksam 5000; dnf Brussels 1Hr; 4 Berlin 10K; 3 Swedish 10K						
437	SOLOMON Napoleon SWE	26y	246d	1994	63:15	61:17 -19 NR
Swedish Half Marathon record holder // 3000SC pb: 8:23.54 -18. 10,000 pb: 28:33.33 -18. 5000 pb: 13:52.45 -18. 3000 pb: 8:12.59 -19. 1 Nordic XC 2017; 14 ECP 10,000 2018; 12 ECH 3000SC 2018; dnf ETCh 3000SC 2019. At WXC: 2019-36. At EXC: 2010-dnfJ, 2014-13u23, 2015-8u23, 2016-6u23, 2017-23, 2018-5, 2019-dnf. 1 Swedish 3000SC/XC 2017/2018. Born-Eritrea In 2020: 24 Barcelona Half Mar; 4 Lidingöloppet 15K XC; 8 Swedish 10K						
438	ARIKAN Polat Kemboi TUR	29y	310d	1990	-	60:27 -19
Allegiance transferee from Kenya – formerly Paul Kipkosgei Kemboi. Became a Turkish citizen on June 9, 2011 and under World Athletics competition ruling, was not due to be eligible to compete for Turkey until June 2013. On February 27, 2012 the IAAF Council agreed to end the waiting period for him (and İliham Tanui Özbilen), enabling them to enter the 2012 World Indoor Championships Twice European Champion at 10,000m. He set his pb at 10,000m for ninth at the London Olympics, where he was the second European finisher (after Mo Farah) Marathon pb: 2:08:14 -19. 10,000 pb: 27:35.50 -16. 5000 pb: 13:05.98 -11. 3000 pb: 7:42.31 -12. ht WIC 3000 2012; 1 ECP 10,000 2012; 1 ECH 10,000 2012 (3 5000); 9 OLY 10,000 2012 (ht 5000); 10 EIC 3000 2013; 1 Mediterranean Games 10,000 2013; dnf WCH 10,000 2013/2017; 16 World Half Mar 2014; 4 ECH 10,000 2014 (2018-dnf); 1 ECH 10,000 2016 (dnf Half Mar); 13 OLY 10,000 2016. At WXC: 2017-dnf. At EXC: 2013-2 (in spite of a heavy fall over the one obstacle on the course); 2014-1, 2015-dnf, 2016-2, 2017-9, 2018-7. Coach-Berk Peki Marathons (3): 5 Istanbul 2019, 6 Paris 2019, dnf WCH 2019						
439	ATAÇ Sezgin TUR	22y	211d	1998	63:16	63:16 -20
10,000 pb: 28:52.54 -19. 3 EJC 10,000 2017; 17 under-23 ECH 10,000 2019. At EXC: 2016-39J, 2018-98J, 2019-16. 1 Turkish 10,000 & XC 2019 In 2020: 2 Mersin XC; 1 Istanbul Half Mar						
440	ELKATMIŞ Saffet TUR	24y	351d	1995	65:22	65:22 -20
10,000 pb: 30:23.41 -14. 5000 pb: 14:47.69 -16. 9 WSG Half Mar 2019. At EXC: 2013-19J, 2014-11J, 2016-42u23, 2017-22u23 In 2020: 3 Mersin XC; 3 Izmir Half Mar; 5 Istanbul Half Mar						
441	KAYA Aras TUR	26y	197d	1994	-	62:21 -19
Allegiance transferee from Kenya – formerly Amos Kibitok, has lived in Turkey since May 5, 2015, acquired Turkish citizenship on June 14, 2016 and cleared by World Athletics to represent Turkey from July 4, 2016 10,000 pb: 27:48.53 -15. 5000 pb: 13:23.91 -15 (13:31.50 -20). 3000SC pb: 8:29.91 -16. 2 ECH 3000SC 2016; ht OLY 3000SC 2016; 12 EIC 3000 2017; dnf ECH 10,000 2018; 1 Balkan 3000SC 2019. At WXC: 2017-3 Relay, 2019-26; At EXC: 2016-1, 2017-7, 2018-3, 2019-2. 1 Russian 5000 2015; 1 Turkish 5000 2020. He was initially in the process of receiving Russian nationalisation, having been based in Kazan He stands to inherit the 2019 European Cross Country title as man ahead of him then (Robel Fsiha SWE) was banned four years by the Swedish Anti-Doping Board for failing a doping test one month before the championships (sanction to be confirmed by World Athletics) In 2020: 5 San Giorgio Legnano XC; 6 Elgöibar XC; 24 Seville XC; 4 Cáceres XC; 1 Turkish Super League 3000/5000 (Aug 19/20); 1 Turkish Super League 3000/5000 (Aug 28/29); 1 Turkish 5000						
442	OZBILEN Kaan Kigen TUR	34y	276d	1986	-	59:48 -19 NR
Allegiance transferee from Kenya – full original name-Mike Kipruto Kigen. Has lived in Turkey since March 23, 2015, gained Turkish citizenship on June 24, 2015 and cleared by World Athletics to represent Turkey from June 24, 2016 Marathon pb: 2:04:16 -19. 10,000 pb: 27:03.49 -12. 5000 pb: 12:58.58 -06. 3000 pb: 7:35.87 -06. 2 African Champs 5000/10,000 2006; 2 WCP 5000 2006; 2 ECH Half Mar 2016; 9 World Half Mar 2018; 10 ECH 10,000 2018. At WXC: 2006-5 long. At EXC: 2016-10, 2017-1, 2018-4. 1 Kenyan 5000 2006. Wife-Violet Chebet, their daughter Shantel born June 29, 2009 Marathons (14): 8 Dubai 2013, 11 Chicago 2013, 7 Paris 2014, 2 Frankfurt 2014, 4 Paris 2015, 3 Amsterdam 2015, 3 Seoul 2016 (March), 17 OLY 2016, dnf Seoul 2016 (November); 14 WCH 2017, 9 Istanbul 2017, 5 Amsterdam 2018, 2 Rotterdam 2019, 2 Valencia 2019. Also paced London 2013						

444	CHEPTEGEI Joshua UGA	24y	35d	1996	-	Début
<p>Full name-Joshua Kiprui Cheptegei World record holder at 5000m,10,000m & road 5K. World Champion at 10,000m & Cross Country. Commonwealth Champion at 5000m & 10,000m Track 10,000 pb: 26:11.00 -20 (world record). 5000 pb: 12:35.36 -20 (world record) Road 15K pb: 41:05 -18 (world best). 10K pb: 26:38 -19 (former world record). 5K pb: 12:51 -20 (world record) 1 WJC 10,000 2014 (4 5000); 6 OLY 10,000 2016 (8 5000); 1 COM 5000/10,000 2018; 1 WCH 10,000 2019 (2015-9, 2017-2). At WXC: 2015-11J, 2017-30, 2019-1 One of nine children. He holds the rank of Inspector in the Ugandan Police Force. Coach-Addy Ruitter NED was in Uganda with Cheptegei during lockdown At the 2017 World Cross Country Championships in Kampala, he had an 11-second lead from the Kenyans at the start of the last lap, but then hit the wall and was passed by 29 men (yet his 30th place helped Uganda to win team bronzes) "I learned from the last World Cross that I needed to be a smart runner and that you cannot earn success without discovery." In 2020: His pre-Covid plan for 2020 was to contest the World Half Marathon Championships in March, then not compete again until the Tokyo Olympics, he told newvision.co.ug in early January; 1 Monaco 5K; 1 Monaco Diamond 5000 (broke Kenenisa Bekele's world record which had stood for 16 years with the equivalent of three consecutive miles in 4:03 miles); 1 Valencia 'World Record Day' 10,000 (broke Kenenisa Bekele's world record which had stood for 15 years with halves of 13:08 & 13:03)</p> <p>His last six races have been: (2019) Diamond League win at 5000m – World gold at 10,000m – World record at 10K – (2020) World record at 5K – World record at 5000m – World record at 10,000m</p>						
445	KIBET Moses UGA	29y	209d	1991	-	60:59 -19
<p>Eighth at 2015 World Cross Country Championships // Marathon pb: 2:22:19 -16. 10,000 pb: 27:56.12 -18. 5000 pb: 13:15.18 -11. ht WJC 1500 2008. 1 Commonwealth Youth Games 5000 2008; ht WCH 5000 2009/2011; 4 WJC 5000 2010; 6 African XC 2014; 29 World Half Mar 2014; 11 COM 10,000 2014 (15 5000); dnf WCH 10,000 2015. At WXC: 2009-3J, 2010-5J, 2011-22, 2015-8 Marathons (1): 11 Warsaw 2016 In 2018: 59 Marugame Half Mar; 21 Lisbon Half Mar</p>						
446	KIPLANGAT Victor UGA	20y	342d	1999	61:04	60:16 -19
<p>2017 World Mountain Running Champion at age 17 (leading a Ugandan 1-2-3) 10,000 pb: 28:16.40 -20. 5000 pb: 14:01.58 -17. 18 WJC 5000 2016; 1 World Mountain Running Champs 2017 (2018-3); 6 WJC 10,000 2018. At WXC: 2017-19J In 2020: 7 Barcelona Half Mar; 5 Valencia 'World Record Day' 10,000</p>						
447	KIPLIMO Jacob UGA	19y	337d	2000	-	61:53 -19
<p>2017 World Junior Cross Country Champion, in front of a home crowd, then silver and team gold in 2019 (while still a junior) 10K pb: 26:41 -18 (downhill). 10,000 pb: 27:26.68 -16. 5000 pb: 12:48.63 -20. 3 WJC 10,000 2016; ht OLY 5000 2016; ht WCH 5000 2017; 4 COM 10,000 2018; 2 WJC 10,000 2018 (6 5000). At WXC: 2017-1J, 2019-2. 1 Italian 10,000 2016; 1 Ugandan XC 2017 (defeated Joshua Cheptegei); 1 Kampala Half Mar November 2019 (61:53 at altitude while still a junior). Member of Uganda Wildlife Authority AC. At 15 in 2016, he was the youngest athlete entered for the Olympic athletics programme in Rio. Coach-Guisepe Gambroine ITA In 2020: 1 Ostrava 5000 (12:48.63); 1 Rome Diamond 3000 (Ugandan record 7:26.64, the world's fastest time since 2007)</p>						
448	KISSA Stephen UGA	24y	321d	1995	60:00	60:00 -20
<p>(Kissa aka Kiisa) // 10K pb: 27:47 -20. 10,000 pb: 27:47.66 -19. 5000 pb: 13:10.93 -18. ht WCH 5000 2017/2019; 7 African Champs 5000 2018; 9 African Games 5000 2019. At WXC: 2017-52 In 2020: 6 Valencia 10K; 2 Barcelona Half Mar; paced Monaco Diamond 5000 (Joshua Cheptegei world record race); 4 Valencia 'World Record Day' 10,000</p>						
449	HORODYSKYI Bogdan-Ivan UKR	26y	153d	1994	63:54	63:54 -20
<p>Twice Ukrainian Champion at 10,000m // Marathon pb: 2:10:52 -19. 10,000 pb: 28:27.44 -19 (28:31.29 -20). 5000 pb: 14:37.42 -17. 1500 pb: 3:43.99 -14. ht World Youth 3000 2011; 5 EJC 1500 2013. At EXC: 2011-77J, 2013-21J, 2015-46u23, 2016-27u23, 2018-74, 2019-27. 1 Ukrainian 10,000 2019/2020 Marathon (1): 1 Bila Tserkva 2019 In 2020: 1 Kovel Half Mar; 1 Ústí nad Labem Half Mar</p>						
450	OLEFIRENKO Igor UKR	30y	218d	1990	-	2:12:04 -15
<p>Marathon pb: 2:11:55 -19. 10,000 pb: 29:08.83 -11 (30:22.58 -20). 18 under-23 ECH 10,000 2011. At EXC: 2012-78u23 Marathons (16): 18 Rome 2012, 1 Bila Tserkva 2012, 18 Paris 2013, 1 Bila Tserkva 2013, 4 Milan 2014, 29 ECH 2014, 9 Macau 2014, 1 Bila Tserkva 2015, 7 Oita 2016, 30 OLY 2016, 8 Barcelona 2017, 18 WCH 2017, 5 Xiamen 2018, 14 ECH 2018, 16 London 2019, 11 Kobe 2019 In 2020: 12 Ukrainian 10,000</p>						
451	ROMANENKO Roman UKR	32y	261d	1988	-	63:22 -17
<p>Marathon pb: 2:13:09 -15. 10,000 pb: 28:28.54 -12. 19 ECH 10,000 2012; 62 ECH Half Mar 2016; 9 ECP 10,000 2017; 69 World Half Mar 2018. 1 Ukrainian 10,000 2018. At EXC: 2010-29u23, 2013-35, 2016-51 Marathons (5): 1 Bila Tserkva 2014, 4 Bila Tserkva 2015, 11 Vienna 2016, 9 Ljubljana 2018, 9 Santa Monica 2019 In 2020: 5 Ukrainian Clubs 5000; 3 Ukrainian 5000 (4 10,000)</p>						
452	SITKOVSKYY Oleksandr UKR	42y	131d	1978	-	63:49 -06
<p>12th & 20th at the last two Olympic Marathons // Marathon pb: 2:09:11 -15. 10,000 pb: 28:52.9 -06. 5000 pb: 13:56.44 -00. 1 European Police 5000 2006; 5 ECP 5000 2007 Marathons (35): 4 Ljubljana 2006, 1 Ljubljana 2007, 2 Turin 2008, dnf OLY 2008, 13 Prague 2009, 5 San Diego 2009, 1 La Rochelle 2009, 16 Rome 2010, dnf ECH 2010, 4 La Rochelle 2010, 19 Daegu 2011, 5 Łódź 2011, 1 Bila Tserkva 2011, 5 Shanghai 2011, 20 Tokyo 2012, 12 OLY 2012, dnf Bila Tserkva 2012, 3 Lanzhou 2013, 1 Florence 2013, dnf Rome 2014, 5 Vienna 2014, 3 Marrakech 2015, 2 Bila Tserkva 2015, 20 OLY 2016, dnf Istanbul 2016, 19 Guangzhou 2016, 21 Dubai 2017, 5 Beijing 2017, 9 Seoul 2018, 24 ECH 2018, 11 Lisbon 2018, 8 Santa Monica 2019, 18 Liupanshui 2019, 5 Beijing 2019, 16 Kunming 2019 In 2018: 9 Seoul Marathon; 16 Prague Half Mar; dnf Vinnytsya 10,000 race 1; 6 Karlovy Vary Half Mar; 4 Česká Budejovice Half Mar; 13 Olomouc Half Mar</p>						
453	CUESTAS Nicolás URU	33y	314d	1986	-	63:34 -19
<p>Full name-Ronal Nicolás Cuestas His twin brother Martín Cuestas is also an Olympian marathoner Marathon pb: 2:13:30 -20. 10,000 pb: 29:18.85 -16. 5000 pb: 13:58.60 -16. 3 Ibero-American 5000 2016 (2014-6); 7 South American 10,000 2019 (2015-9, 2017-dnf); 8 South American 5000 2019. At WXC: 2019-103 Marathons (7): 5 Buenos Aires 2015, 40 OLY 2016, dnf WCH 2017, 16 Rotterdam 2019, 7 Pan-Am Games 2019, 55 WCH 2019, 37 Seville 2020 In 2020: 2 Punta del Este 10K; 3 Concordia 10K; 37 Seville Marathon; 1 Montevideo 5000</p>						
454	BLANCO Marvin VEN	32y	123d	1988	-	-
<p>Full name-Marvin Francisco Blanco Past Ibero-American titles at 1500m, 5000m & Steeplechase 10,000 pb: 28:31.14 -15. 5000 pb: 13:53.45 -14. 3000SC pb: 8:21.78 -14. ht World Youth 3000 2005; ht WJC 3000SC 2006; 1 South American junior 1500/3000SC 2007; 1 Pan-Am junior 3000SC 2007; 4 Ibero-American 3000 2010 (5 3000SC); 3 Central American & Caribbean Games 3000SC 2010; 2 South American 3000SC 2011; 5 Pan-American Games 3000SC 2011; 1 Ibero-American 5000 2012 (2 3000SC); 1 Central American & Caribbean Games 3000SC 2014; 1 Ibero-American 1500/3000SC 2014; 13 Pan-Am Games 1500 2015 (dq 3000SC). At WXC: 2009-dnf In 2020: Returning from Achilles tendon surgery</p>						

Full name-Luis Alberto Orta Millan

Venezuelan record holder at Half Marathon

Marathon pb: 2:16:30 -18. 10,000 pb: 28:32.46 -18. 5000 pb: 13:49.00 -17. 3000SC: 8:42.22 -13. 12 WJC 3000SC 2008. 2 Central American & Caribbean Champs 5000 2011; 12 Pan-Am Games 5000 2011; 5 South American 3000SC 2013; 48 World Half Mar 2018 (2014-81). At WXC: 2007-80J. Was at The University of Kentucky Marathons (12): 2 Missoula 2014, dnf Central American & Caribbean Games 2014, 25 Rotterdam 2015, dnf Pan-Am Games 2015, 25 Rotterdam 2015, 25 Valencia 2015, 26 Rotterdam 2016, 105 OLY 2016, 67 WCH 2017, 8 Düsseldorf 2018, 21 Berlin 2018, 12 Buenos Aires 2019

In 2020: 51 Houston Half Mar

WORLD ALL-TIME LIST

1.....58:01.....Geoffrey Kamworor KEN.....2019
 2.....58:23.....Zersenay Tadese ERI.....2010
 =3...58:33.....Samuel Wanjiru KEN.....2007
58:33.....Jemal Yimer ETH.....2018
 5.....58:38.....Kibiwott Kandie KEN.....2020
 6.....58:40.....Abraham Cheroben BRN.....2017
 7.....58:41a.....Bernard Koech KEN.....2013
 =8...58:42.....Bedan Karoki KEN.....2018
58:42.....Erick Kiptanui KEN.....2018
58:42.....Stephen Kiprop KEN.....2019

2020 WORLD LIST

1.....58:38.....Kibiwott Kandie KEN
 2.....59:09.....Alexander Mutiso KEN
 3.....59:25.....Jemal Yimer ETH
 4.....59:26.....Benard Ngeno KEN
 5.....59:27.....Shadrack Korir KEN
 6.....59:28.....Philemon Kiplimo KEN
 7.....59:35.....Abel Kipchumba KEN
 8.....59:36.....Geoffrey Koech KEN
 9.....59:42.....Gabriel Gerald Geay TAN
 =10.59:47.....Tola Shura Kitata ETH
59:47.....Mule Wasihun ETH