

Women's 10,000 Metres

Entrants: 31

Event starts: August 7

	Age	(Days)	Born	SB	PB
1163 NIYONSABA Francine BDI	28y	93d	1993	31:08.51	31:08.51 -21 NR
Twice World Indoor Champion & 2016 Olympic silver at 800m // 5000 pb: 14:54.38 -21. 800 pb: 1:55.47 -17. 400 pb: 53.48 -18. 1 African Champs 800 2012 (2018-2); 2 OLY 800 2016 (2012-5); 1 WIC 800 2016/2018; 2 WCH 800 2017. Did not compete in 2014 (after having been unbeaten in 2013) but made steady return in 2015 In 2021: 3 Andújar 5000; 4 Montreuil 5000; 6 Hengelo Ethiopian Olympic Trial 10,000; Here: 5000 dq/h2- (lane) .She later complained that there was no protest on her behalf – “Where was the Burundian team leader when I needed him by my side?”					
1346 GEZAHEGNE Kalkidan BRN	30y	90d	1991	29:50.77	29:50.77 -21 NR
Alliance transferee from Ethiopia – acquired Bahraini citizenship on September 11, 2013 and therefore (under World Athletics rules) eligible to compete for Bahrain after three years Former World Indoor Champion at 1500m (for Ethiopia, in 2010) 5000 pb: 14:52.92 -21. 3000 pb: 8:38.61 -09. 1500 pb: 4:00.97 -11. (with Ethiopia) 2 WJC 1500 2008; 2 African Junior 1500 2009; 1 WIC 1500 2010; 5 WCH 1500 2011 (2009-8); (with Bahrain) 14 WCH 5000 2017; 1 Asian Games 1500/5000 2018. When she won her world indoor title she did so after being tripped up in her heat. Series Achilles injury & recovery in 2012-2014 (during which she transferred allegiance) In 2017: 3 Boston 5K; 9 Eugene Diamond 5000; 5 Boston Games 1500; Here: 8/h2-15:07.19					
1409 SECCAFIEN Andrea CAN	30y	344d	1990	31:13.94	31:13.94 -21 NR
Canadian record holder at 10,000m // 5000 pb: 14:57.07 -21. 1500 pb: 4:10.70 -16 (4:14.05 -21). 12 Francophone Games 1500 2013; ht OLY 5000 2016; 13 WCH 5000 2019 (2017-ht); 15 OLY 5000 2021. 1 Canadian 5000 2013/2016/2017/2018. Studied Economics & Political Science at the University of Guelph. Moved to Australia in 2017 (when her partner Jamie found work there) & joined Melbourne Track Club In 2021: 3 Melbourne 'Zatopek' 10,000; 4 Hobart 10K; 1 Sydney Classic 5000; 6 Melbourne Box Hill Classic; 1 Irvine 'Track Meet' 10,000; 2 Portland Track Festival 5000; dnf Hengelo FBK Games 10,000; 9 Oslo Diamond 5000; Here: 5000 10/h1-14:59.55; 5000 15/Final-15:12.09					
1744 TESFU Dolshi ERI	22y	50d	1999	31:12.86	31:12.86 -21
Half Mar pb: 71:09 -18. 5000 pb: 15:43.38 -19 (16:07.56 -21). 20 World Half Mar 2018; 6 WJC 5000 2018; 7 African Champs 5000 5000 2018; 10 African Games Half Mar 2019; 5 World Military Games 5000 2019. At WXC: 2017-28J, 2019-38. 1 Eritrean Half Mar 2017/2018 In 2021: 1 Asmara 5000/10,000 (Mar 14); 1 Asmara 10,000 (2 5000) Mar 28); 8 Hengelo Ethiopian Olympic Trial 10,000					
1843 GBRESELAMA Tsigie ETH	20y	309d	2000	30:06.01	30:06.01 -21
Full name-Tsigie Gebreselama Gebrerufal World Junior bronzes at 3000m & Cross Country 3000 pb: 8:38.20i -21, 8:59.20 -18. 2 African Junior XC 2018; 3 WJC 3000 2018. At WXC: 2019-3J. 1 Ethiopian junior 3000 2018; 1 'Great' Ethiopian 10K 2021 (2018-3, 2019-2); 1 Ethiopian 10,000 2021. In 2020 he training was interrupted not by Covid but by the civil war in Etjiopia In 2021: 1 'Great' Ethiopian 10K (race was postponed from November to January because of the pandemic); 5 Liévin 'Gold' Tour 3000; 1 Ethiopian 10,000; 2 Hengelo Ethiopian Olympic Trial 10,000					
1844 GEMECHU Tsehay ETH	22y	237d	1998	30:19.29	30:19.29 -21
Full name-Tsehay Gemechu Beyan 2019 African Games Champion at 10,000m Half Mar pb: 66:00 -19. 10K pb: 30:15 -19. 5000 pb: 14:29.60 -19 (14:38.76 -21). 3000 pb: 8:33.42 -20. 1 African Games 10,000 2019; 4 WCH 5000 2019. At WXC: 2019-6. 1 New Delhi Half Mar 2018/2019 (in 66:50, then 66:00). 2 'Great' Ethiopian 10K 2018. Born-Oromia State. Coaches-Tessema Abshiro & Hussien Shebo In 2021: 2 Ethiopian 'Olympic Candidate' Trial 10,000; 3 Hengelo Ethiopian Olympic Trial 10,000; 6 Oslo Diamond 5000					
1845 GIDEY Letesenbet ETH	23y	139d	1998	29:01.03	29:01.03 -21 WR
World record holder at 5000m & 10,000m (and the first woman to do that since Ingrid Kristiansen across 1986-1993) 5000 pb: 14:06.62 -20 (14:56.7 -21). 3000 pb: 8:20.27 -19. 1500 pb: 4:11.11 -17. 4 World Youth 3000 3000 2015; 11 WCH 5000 2017; 2 WCH 10,000 2019. At WXC: 2015/2017-1J, 2019-3. Youngest of two brothers and two sisters. Known for her elegant running style. Born-Tigray Region. In 2020 she was forced to move to Addis Abab due to conflict in that area. Coach-Haile Eyasu “Initially Letesenbet did not like running at all,” reveals the biography on her management’s website. “She was even temporary expelled from school for refusing to run in physical education classes.” In 2021: 2 Ethiopian 5000 (led for most of race, but outkicked by Gudaf Tsegay); 1 Hengelo Ethiopian Olympic Trial 10,000 (world record 29:01.03 – “Next I will try again, to run maybe 28:56.”)					
1853 TSEGAY Gudaf ETH	24y	195d	1997	29:39.42	29:39.42 -21
Full name-Gudaf Tsegay Desta World 1500m bronzes, Olympic 5000m bronze. World indoor record at 1500m in February 2021, but moved up already 5000 pb: 14:13.32 -21. 3000 pb: 8:22.65i -21, 8:25.23 -20. 1500 pb: 3:53.09i, 3:54.01 -21. 800 pb: 1:59.52 -19. 2 WJC 1500 2014; 3 WIC 1500 2016 (2014-ht); ht OLY 800 2016; sf WCH 1500 2017 (fell); 3 WCH 1500 2019; 3 OLY 5000 2021. 1 Ethiopian 5000 2021. Born-Tigray State. Coach/husband-Hluf Yihdego was a 2:17:49 marathoner In 2021: 1 Ethiopian 'Olympic Candidate' Trial 1500; 1 Liévin 'Gold' Tour 1500 (world indoor record 3:53.09); 1 Val-de-Reuil 800; 1 Madrid 'Gold' Tour 3000; 1 Ethiopian 5000 (14:49.7 at 2300m altitude, great duel with Letesenbet Gidey, who led for most of the race); 1 Maia Fernanda Ribeiro Gala 10,000 (29:39.42 on her début); 1 Hengelo Ethiopian Olympic Trial 5000; 1 Chorzów Kusocinski 1500; She has also been named as reserve for the Tokyo 10,000m; Here: 5000 1/h2-14:55.74; 5000 3/Final-14:38.87					
2008 JUDD Jessica GBR	26y	211d	1995	31:20.96	31:20.96 -21
Twice UK Champion at 5000m // 5000 pb: 15:06.02 -21. 3000 pb: 8:43.24 -17. 1500 pb: 4:03.73 -17 (4:12.29 -21). 800 pb: 1:59.77 -14. 3 World Youth 800 2011; 2 WJC 800 2012 (5 1500); 1 ETCh 800 2013; ht WCH 800 2013; 4 COM 800 2014; 7 ECH 800 2014; sf WCH 1500 2017; 14 COM 1500 2018; 1 WSG 5000 2019; 6 ETCh 1500 2019; ht WCH 5000 2019; ht OLY 5000 2021. 1 UK 5000 2020/2021. At EXC: 2012-12J, 2014-2J, 2016-12u22, 2017-3u23, 2018-4R, 2019-6. 2 UK 800 2013, 1500 2017 & 5000 2019. Coach/father-Mick Judd. 1.80 tall Her younger sister Jodie Judd was 6th at 5000m at the 2019 European under-23 Championships In 2021: 1 Birmingham University BMC 3000; 3 Leavenworth Kansas City Qualifier 5000; 4 Walnut Golden Games 5000; 6 Irvine 'Track Meet' 10,000; 1 Manchester BMC 1500; 3 ECP 10,000; 3 Watford BMC 1500; 1 UK 5000; 8 Gateshead Diamond/July Mile; Here: 5000 13/h1-15:09.47					

2013	MCCOLGAN Eilish GBR	30y	254d	1990	30:58.94	30:58.94 -21
<p>2018 European 5000m silver, 2017 European indoor 3000m bronze // 5000 pb: 14:28.55 -21. 3000 pb: 8:31.00 -17. Mile pb: 4:24.71 -19. 1500 pb: 4:00.97 -19 (4:02.12 -21). 3000SC pb: 9:35.82 -13. 8 Commonwealth Youth Games 3000 2008 (9 1500); 9 ETC 3000SC 2011; 6 under-23 ECH 3000SC 2011; ht OLY 3000SC 2012; 10 WCH 3000SC 2013; 6 COM 3000SC 2014; 13 OLY 5000 2016; 3 EIC 3000 2017 (2019-7); 10 WIC 3000 2018 (ht 1500); 6 COM 1500/5000 2018; 2 ECH 5000 2018 (2016-8); ht OLY 5000 2021. 1 UK 3000SC 2012/2013/2014 & 5000 2019. Her mother/coach Liz McColgan was Commonwealth Games 10,000m Champion in 1986 & 1990. Father Peter McColgan still holds the Northern Ireland record for steeplechase (8:27.93 in 1991). She was British #1 at Steeplechase in 2013 & 2014, but "My body cannot cope with the impact of the steeplechase ... I need to forget about hurdling and just run" In 2021: 1 Dubai 10K; 3 San Juan Capistrano 'The Ten' 10,000 (30:58.94 compared with her mother's best of 30:57.07); dnf San Juan Capistrano 'Sound' Invitational 5000; 1 Eugene Grand Prix 5000; 4 Walnut Golden Games 1500; 6 Gateshead Diamond/May 1500; 1 ECP 10,000; 6 Florence Diamond 1500; 2 Nice 5000; 4 Oslo Diamond 5000 (with 14:28.55 broke the British record of 14:29.11 which had stood to Paula Radcliffe since 2004); Here: 5000 10/h2-15:09.68 (surprise non-qualifier)</p>						
2113	KLOSTERHALFEN Konstanze GER	24y	169d	1997	31:01.71	31:01.71 -21 NR
<p>German record holder at 3000m & 5000m // Mile pb: 4:19.98i, 4:21.11 -19. 3000 pb: 8:20.07 -19. 5000 pb: 14:26.76 -19. 800 pb: 1:59.65 -17. 4 Youth Olympic 1500 2014; 3 EJC 1500 2015; 3 WJC 3000 2016; sf OLY 1500 2016; 2 EIC 1500 2017/2019; 1 under-23 ECH 1500 2017; sf WCH 1500 2017; 7 WIC 3000 2018; 3 WCH 5000 2019. At EXC: 2014-28J, 2015/2016-1J, 2017-2u23. 1 German 1500 2016/2017/2018, 5000 2019, indoor 1500 2017/2018 & indoor 3000 2019. She can play the piano and the flute. Familiar name-"Koko". Coached in Portland by Pete Julian [She still takes weekly dance lessons, after learning ballet as a child - "he stretching and strengthening exercises that I do there are also conducive to running."] In 2021: 1 Austin 'Trials of Miles' 10,000</p>						
2365	TEFERI Selamawit ISR	27y	135d	1994	31:19.50	31:19.50 -21
<p>(aka Selamawit Bayougn. It's the same woman) Israeli record holder at 1500m outdoors & 3000m indoors 1500 pb: 4:11.37 -19 (4:13.60 -21). Half Mar pb: 68:29 -19. 10 WCH 5000 2021. 1 Israeli 1500/5000/10,000 2019 & 1500/10,000 2021. Emigrated from Ethiopia in 2017, gained Israeli citizenship April 2019. Husband Maru Teferi is a 2:07:20 marathoner & 73rd OLY 2016 for Israel. Coach-Dan Salpeter In 2021: 2 Tel Aviv 5K; 6 EIC 3000; 1 Israeli 10,000; 1 Jerusalem 5000; 2 ECP 10,000; 1 Israeli 1500; Here: 5000 8/h1-14:53.43; 5000 10/Final-14:54.39</p>						
2661	ANDO Yuka JPN	27y	143d	1994	31:18.18	31:18.18 -21
<p>At Nagoya 2017 clocked the fastest marathon debut by a Japanese woman (2:21:36) Marathon pb: 2:21:36 -17. Half Mar pb: 69:38 -19 (69:54 -21). 10,000 pb: 31:18.18 -21. 5000 pb: 15:26.34 -20 (15:30.30 -21). 10 World Half Mar 2016. At WXC: 2010-22J. Low arm carriage. Competes for the Wacoal Corporation (manufacturer of women's lingerie and underwear). Coach-Tadayuki Nagayama Marathons (3): 2 Nagoya 2017, 17 WCH 2017, 3 Osaka 2018, 13 London 2019, 8 Tokyo 2019, 2 Nagoya 2020 In 2021: 2 Kyoto 10,000; 1 Niigata Half Mar; 2 Kumamoto 10,000; 2 Japanese 10,000; 1 Osaka 5000/20,000; 12 Chitose 5000</p>						
2665	HIRONAKA Ririka JPN	20y	254d	2000	31:11.75	31:11.75 -21
<p>2018 Asian Junior Champion at 1500m // 10,000 pb: 31:11.75 -21. 3000 pb: 8:52.80 -20 (8:56.65 -21). 1500 pb: 4:16.48 -20. 2 Asian Junior XC 2018; 1 Asian Junior 1500 2018; 11 WJC 1500 2018; 9 OLY 5000 2021. At WXC: 2019-15J. 1 Japanese 10,000 2021. Competes for Japan Post In 2021: 1 Kumamoto 10,000 (31:30.03 on her debut); 1 Japanese 10,000; 4 'Ready Steady' Tokyo 5000; 1 East Japanese Corporate 3000; Here: 5000 9/h1-14:55.87; 5000 9/Final-14:52.84</p>						
2675	NIIIYA Hitomi JPN	33y	161d	1988	-	30:20.44 -20 NR
<p>Led for much of the first half of the 2012 Olympic 10,000m before finishing ninth; similar tactics in Moscow 2013 where she was fifth 5000 pb: 14:55.83 -20 (15:13.73 -21). Marathon pb: 2:30:58 -09. 3 World Youth 3000 2005; 2 Asian Champs 5000 2011; 13 WCH 5000 2011; 9 OLY 10,000 2012 (ht 5000); 5 WCH 10,000 2013 (2019-11); 2 Asian Champs 10,000 2019. At WXC: 2004-19J, 2005-13J, 2006-13J, 2010-31, 2011-26, 2013-82. 1 Japanese 5000 2012 & 10,000 2013/2020. Marathons (3): 1 Tokyo 2007; 2 Sapporo 2008; 8 Nagoya 2009. Also paced Osaka 2020 After her fifth place at Moscow 2013 she declared: "I couldn't win a medal in a race that took absolutely everything I had ... without a medal it has no value." She then retired in 2014, having decided not to have surgery for persistent plantar fasciitis problems in her right foot. She did not train for three years, but came back in June 2018 after an offer of support from an American multinational sportswear company. "I still totally hate running, but unfortunately it seems like this is where I belong." In 2021: 5 'Ready Steady' Tokyo 5000; 3 Japanese 5000; 4 Chitose 3000 (10 1500)</p>						
2751	CHELANGAT Sheila KEN	23y	117d	1998	31:10.27	31:10.27 -21
<p>African all-comer's record holder at 10K // 5000 pb: 14:40.51 -20 (15:20.17 -21). 3000 pb: 8:36.20 -21. 3 World Youth 3000 2015; 1 Commonwealth Youth Games 3000 2015; 6 WJC 3000 2016. Paced 2020 London Marathon to 15Km. At WXC: 2017-4J In 2021: 1 Kenyan Police XC; 1 Nairobi Athletics Kenya Weekend #1 5000; 5 Doha Diamond 3000; 3 Kenyan Olympic Trial 10,000 (9 5000)</p>						
2754	CHEPTAI Irene KEN	29y	183d	1992	30:51.39	30:51.39 -21
<p>Full name-Irene Chebet Cheptai 2017 World Cross Country Champion // Half Mar pb: 66:43 -20. 5000 pb: 14:43.42 -16 (15:05.76 -21). 7 World Youth 3000 2007; 7 WCH 5000 2015 & 10,000 2017. At WXC: 2008-2J, 2013-10, 2015-7, 2017-1. 3 Kenyan junior XC 2007 (but too young then to compete at the World Cross Country Championships); 1 Kenyan XC 2017. Maternity break in 2018 In 2021: 12 Eldoret XC; 4 Stockholm '25 Laps to Tokyo' 10,000; 2 Kenyan Olympic Trial 10,000; 2 Liège 5000</p>						
2763	OBIRI Hellen KEN	31y	236d	1989	30:53.60	30:35.82 -19
<p>Full name-Hellen Onsando Obiri Twice Olympic silver at 5000m // 5000 pb: 14:18.37 -17 (14:26.38 -21). 3000 pb: 8:20.68 -14 (8:33.98 -21). 1500 pb: 3:57.05 -14. 800 pb: 2:00.54 -11. 3 World Military Games 800 2011 (4 1500); 1 WIC 3000 2012 (2014-2, 2018-4); 8 OLY 1500 2012; 3 WCH 1500 2013 (2011-10); 6 COM 1500 2014; 1 African Champs 1500 2014 & 5000 2018; 2 OLY 5000 2016/2021; 1 WCH 5000 2017/2019; 1 COM 5000 2018; 5 WCH 10,000 2019. At WXC: 2019-1. 1 Kenyan 1500 2011. Former race walker and triple jumper. Her second sport is netball. Husband/coach-Tom Simon Nyaundi, their daughter Tania born May 2015 In 2021: 1 Kenyan Armed Forces XC; 1 Nairobi Athletics Kenya Weekend #2 10,000; 3 Istanbul Half Mar (64:51 on her debut); 1 Kenyan Armed Forces 5000; 4 Doha Diamond 3000; 1 Kenyan Olympic Trial 10,000 (front-run 30:53.60 at altitude) (2 5000); 1 Oslo Diamond 5000; Here: 5000 2/h2-14:55.77; 5000 2/Final-14:38.36 (outkicked by Sifan Hassan with both well below 60 for last lap)</p>						
2993	HASSAN Sifan NED	28y	217d	1993	14:35.34	14:22.12 -19 AR
<p>World records holder at Mile, 5K & One Hour; World Champion at 1500m & 10,000m. Olympic Champion at 5000m 5000 pb: 14:22.12 -19 (14:35.34 -21). 1500 pb: 3:51.95 -19 (3:53.60 -21). 3000 pb: 8:18.49 -19 (8:33.62i -21). . 800 pb: 1:56.81 -17 (2:01.54 -21). 5 WIC 3000 2014; 1 ECH 1500 2014 (2 5000); 1 IAAF Continental Cup 1500 2014; 1 EIC 1500 2015; 3 WCH 1500 2015 (sf 800); 1 WIC 1500 2016; 2 ECH 1500 2016; 5 OLY 1500 2016 (ht 800); 3 WCH 5000 2017 (5 1500); 2 WIC 3000 2018 (3 1500); 1 ECH 5000 2018; 1 OLY 5000 2021 (3 1500). At EXC: 2013-1u23, 2015-1. 1 Dutch 1500 2013 (1 indoor 1500 2015 & 800 2016). Coach-Tim Rowberry Allegiance transferee from Ethiopia - moved to Netherlands in 2008, acquired Dutch citizenship on November 19, 2013 and cleared by World Athletics to compete for that country from November 29, 2013 (then became European under-23 Cross Country Champion after nine days) In 2021: 2 Liévin 'Gold' Tour 3000; 1 Irvine 'Track Meet' 5000; 1 Randalls Island NY 800; 1 Hengelo FBK Games 10,000 (world record 29:06.82 which stood for 54 hours until Letesenbet Gidey clocked 29:01.03); 1 Florence Diamond 1500; 2 Monaco Diamond 1500; Here: 5000 1/h1-14:47.89; 1500 1/h2-4:05.17 (fell); 5000 1/Final-14:36.79 (57.1 last lap vs Obiri 58.9); 1500 1/s2-4:00.23; 1500 3/Final-3:55.86 (61.9 last lap vs Kipyegon 59.2 & Muir 60.3)</p>						

2996	KRUMINS Susan NED	35y	29d	1986	-	31:05.40	-19
<p>(Née Kuijken pronounced "Cow-kun") 2014 European 5000m bronze, 2018 European 10,000m silver 5000 pb: 14:51.25 -17, 3000 pb: 8:34.41 -17, 1500 pb: 4:02.25 -17, 800 pb: 2:02.24 -09. Half Mar pb: 70:52 -17, 3 European Youth 1500 2003; dnf WJC 3000 2004; 2 EJC 3000 2005; 4 under-23 ECH 1500 2007; ht WCH 1500 2009; ht ECH 1500 2010; 8 WCH 5000 2013/2015/2017; 3 ECH 5000 2014 (2016-4); 8 OLY 5000 2016 (14 10,000); 5 WCH 10,000 2017; 2 ECH 10,000 2018; 7 WCH 10,000 2019 (2015-10). At WXC: 2004-71J, 2005-58J. At EXC: 2002-34J, 2004-40J, 2005-3J, 2006-16u23, 2007-dnf u23, 2008-1u23, 2018-4, 1 NCAA indoor 3000 2008; 1 NCAA 1500 2009 (2 XC 2008/2009); 1 Dutch 1500 2014 & 5000 2016. Married Andrew Krumins (AUS) in 2016, he's a 1:47.16 800m runner In 2021: We're told her training has been going well recently despite not having competed since last summer due to an Achilles injury</p>							
3073	GRØVDAL Karoline Bjerkeli NOR	31y	53d	1990	30:50.84	30:50.84	-21
<p>Loads of European Championships bronzes: XC 2015-2018, 10,000 2016, 3000SC 2018 3000SC pb: 9:13.35 -17, 5000 pb: 14:47.67 -21, 3000 pb: 8:37.58 -17, 8:44.68i -19. Half Mar pb: 69:41 -12, 1500 pb: 4:03.07 -21, 5 WJC 3000SC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009; 3 ETCh 5000 2010 (7 3000SC); 9 ECH 5000 2010 (dnf 10,000); ht OLY 5000 2012; 13 WCH 5000 2013 (2015-ht); 20 World Half Mar 2014; 12 ECH 5000 2014; 3 ECH 10,000 2016; 7 OLY 5000 2016 (9 10,000); dnf WCH 5000 final (ht 1500); 3 ECH 3000SC 2018; 5 EIC 3000 2019; 13 WCH 3000SC 2019. At WXC: 2010-dnf; 14 OLY 5000 2021. At EXC: 2006-2J, 2009-1J, 2013-5, 2015-3, 2016-3, 2017-3, 2018-3, 2019-2, 1 Norwegian 3000SC 2006/2019/2010/2017/2019. Her cousin Her cousin Havard Bjerkeli was an international cross-country skier (2003 World Championship sprint silver) In 2021: 1 Disenå 5K (apparent world record 14:39, but course short); 1 Oslo 'Spring' 10,000; 1 Oslo Night of Highlights 3000 (8:30.84, but wearing road shoes not legal for track use); 8 Oslo Diamond 5000; 5 Stockholm Diamond national 1500; Here: 5000 5/h2-14:56.82; 5000 14/Final-15:09.37</p>							
3098	BUSCOMB Camille NZL	31y	26d	1990	32:12.39	31:13.21	-19
<p>Twelfth at both long distance races at the 2019 World Championships 5000 pb: 14:58.59 -19 (15:23.90 -21), 3000 pb: 8:45.97 -18 (8:58.10 -21), 1500 pb: 4:12.30 -21, 13 World Youth 3000 2007; 2 WSG 5000 2015; 30 WCH 10,000 2017 (ht 5000); 12 COM 5000 2018 (14 10,000); 12 WCH 5000/10,000 2019; ht OLY 5000 2021, 1 New Zealand 5000 2014/2015/2016/2021 (1 1500 2021); 7 'Great' North Run Half Mar 2018. Coach-Nic Bideau Her partner is the New Zealand record holder at 400m hurdles, Cameron French In 2021: 3 Hastings 800; 1 Wanganui Mile; 1 Christchurch 800; 1 Hamilton 1500; 1 Auckland Douglas 1500; 1 New Zealand 1500/5000 (3 800); 5 Melbourne Box Hill Classic; dnf Australian 3000; 10 Doha Diamond 3000; 11 Hengelo FBK Games 10,000; 11 Oslo Diamond 5000; Here: 5000 14/h1-15:24.39</p>							
3384	SCOTT EFURD Dominique RSA	29y	42d	1992	31:19.89	31:19.89	-21
<p>Versatile distance runner and therefore heavy point scorer for the University of Arkansas (the "Razorbacks") at US Collegiate Championships 5000 pb: 14:59.08 -19 (15:13.94 -21), 3000 pb: 8:41.18i -18, 8:41.33 -17 (8:51.39 -21), 1500 pb: 4:07.20 -18 (4:08.62 -21), 21 OLY 10,000 2016; 9 WIC 3000 2018; 15 WCH 5000 2019. At WXC: 2019-dnf, 1 NCAA indoor 3000 2015 (2014-2); 1 NCAA indoor Distance Medley 2015; 2 NCAA 5000/10,000 2015; 1 NCAA 5000/10,000 2016. Lives-Boulder. Coach-Joe Bosshard In 2021: 9 Irvine 'Track Meet' 10,000; 3 Boston Games Road Mile; 9 Doha Diamond 3000; 8 Hengelo FBK Games 10,000; 4 Sacramento 1500</p>							
3549	BAHTA Meraf SWE	32y	43d	1989	31:08.05	31:08.05	-21 NR
<p>Former European Champion at 5000m // 5000 pb: 14:49.95 -16, 3000 pb: 8:37.50 -17 (8:48.78i -20), 1500 pb: 4:00.49 -17 (4:15.88i -21), 5 WJC 1500 2006; 7 African Games 5000 2007 (9 1500); 1 ETCh 5000 2014; 1 ECH 5000 2014 (2016-2); 2 IAAF Continental Cup 3000 2014; 6 OLY 1500 2016; 4 EIC 1500 2017; 9 WCH 1500 2017; 10 WIC 1500 2018 (12 3000); dq ECH 10,000 2018 (originally 3rd); 4 EIC 3000 2021, 1 Swedish 800 2017, 1500 2017, 5000 2011/2020, 10,000 2020. At WXC: 2005-32J, 2006-12J, 2007-6J, 2008-43. At EXC: 2014-3, 2017-2 Allegiance transferee from Eritrea – resident in Sweden since February 2019 after seeking asylum as a political refugee. Gained Swedish citizenship on December 23, 2013 and cleared by World Athletics to represent Sweden from January 14, 2019 Declared ineligible for one year from September 2018 after three whereabouts failures. Sixteen months of her results were annulled, including her 2018 European 10,000m bronze and road 10K marks of 31:09 & 31:38 (meaning that her 2017 31:44 is the Swedish record) In 2021: 1 Swedish indoor 3000; 4 EIC 3000; 7 Stockholm '25 Laps to Tokyo' 10,000; 5 Andújar 5000; 8 Montreuil 5000; 5 Nice 5000; 1 Karlstad 1500</p>							
3552	LAHTI Sarah SWE	26y	169d	1995	31:11.12	31:11.12	-21
<p>Two medals at the 2017 European under-23 Championships // Half Mar pb: 69:53 -20, 5000 pb: 15:10.24 -21, 1500 pb: 4:08.00 -21, 3000SC pb: 10:32.61 -12, ht WJC 3000SC 2012; ht WIC 1500 2016; 9 ECH 10,000 2016; 12 OLY 10,000 2016; 2 under-23 ECH 10,000 2017 (3 5000); dnf WCH 10,000 2017 (Achilles). At EXC: 2012-46J, 2015-6u23, 1 Swedish 5000 2016 & indoor 3000 2013/2015/2016 In 2020 she set Swedish records for the One Hour run (17,955m) & Half Marathon In 2021: 2 Dresden 10K (31:59, close to her 2016 pb of 31:57); 1 Morton 5K; 11 Stockholm '25 Laps to Tokyo' 10,000; 6 Andújar 5000; 9 Montreuil 5000; dnf Hengelo FBK Games 10,000; 10 Oslo Diamond 5000; 7 Stockholm Diamond national 1500</p>							
3658	CAN Yasemin TUR	24y	237d	1996	-	30:26.41	-16
<p>Four successive European Cross Country titles // 5000 pb: 14:36.82 -17 (14:46.13 -21), 3000 pb: 8:33.29 -19 (8:39.47 -21), Half Mar pb: 66:20 -20 (68:32 -21), 1 ECH 5000/10,000 2016; 6 OLY 5000 2016 (7 10,000); 2 EIC 3000 2017; 1 under-23 ECH 5000/10,000 2017; 11 WCH 10,000 2017 (ht 5000); 3 ECH 5000 2018 (4 10,000); 7 World Half Mar 2020; 8 OLY 5000 2021. At WXC: 2017-3 Relay; At EXC: 2016-1, 2017-1, 2018-1, 2019-1, 1 Turkish indoor 3000/5000 2016; 1 Turkish 10,000 2016. Allegiance transferee from Kenya – formerly Vivian Jemutai. Has lived in Turkey since March 13, 2015, acquired Turkish citizenship on May 25, 2015 and cleared by World Athletics to represent Turkey from March 13, 2016 Not to be confused with the Turkish-born Yasemin Can (1 Aug 92) who was the World Junior Mountain Running Champion in 2010 In 2021: 10 Eldoret XC; 10 Istanbul Half Mar; 1 Kampala 5000; 6 Doha Diamond 3000; 7 Oslo Diamond 5000; Here: 5000 6/h1-14:50.92; 5000 8/Final-14:46.49</p>							
3700	CHELANGAT Mercyline UGA	23y	232d	1997	31:15.05	31:15.05	-21
<p>2018 Commonwealth bronze at 10,000m // 5000 pb: 15:09.45 -17 (15:11.09 -21), 13 World Mountain Running Champs 2015; 4 WJC 5000 2016; 13 WCH 10,000 2017 (ht 5000); 3 COM 10,000 2018 (11 5000). At WXC: 2015-26J, 2017-12, 7 African XC 2018, 1 Ugandan XC 2017. Maternity break in 2019. Competes for Uganda Police Force In 2021: 1 Kampala Ugandan Trials #5 5000/10,000; 2 Kampala 5000; 7 Hengelo FBK Games 10,000; 6 Nice 5000</p>							
3839	CRANNY Elise USA	25y	89d	1996	30:47.42	30:47.42	-21
<p>2021 US Olympic Trials winner at 5000m // 5000 pb: 14:48.02 -20 (14:55.98 -21), 1500 pb: 4:02.62 -21, 3000 pb: 8:40.33 -21, 4 WJC 1500 2014; 13 OLY 5000 2021, 2 NCAA indoor 3000 2015; 2 NCAA 1500 2016 (2018-3). Studied Biology at Stanford University. Coaches-Shalane Flanagan & Jerry Schumacher In 2021: 4 Phoenix 3000; 1 San Juan Capistrano 'The Ten' 10,000; 2 San Juan Capistrano 'Sound' Invitational 1500; 1 Portland Track Festival 1500; 1 US 5000 (4 10,000); Here: 5000 4/h2-14:56.14; 5000 13/Final-14:55.98</p>							
3872	MONSON Alicia USA	23y	85d	1998	31:18.55	31:10.84	-20
<p>5000 pb: 15:07.65 -21, 5 'Great' Edinburgh Junior XC 2017, 2 NCAA XC 2019 (2018-4). Studied Nutritional Sciences at the University of Wisconsin. Coach-Dathan Ritzenhein In 2021: 4 San Juan Capistrano 'Sound' Invitational 5000; 3 Irvine 'Track Meet' 'B'; 2 Portland 'Stumptown Twilight'; 3 US 10,000 (was hospitalised after the race after suffering from hypothermia due to the heat)</p>							

3890 SCHWEIZER Karissa USA

25y 93d 1996 30:47.99 30:47.99 -21

6x US Collegiate Champion across track and cross country, representing the University of Missouri
5000 pb: 14:26.34 -20 (14:51.34 -21). 3000 pb: 8:40.25 -21. 1500 pb: 4:00.02 -21. 9 WCH 5000 2019; 11 WCH 5000 2021. At WXC: 2019-56. 1 NCAA XC 2016 & 5000 2017/2018 & indoor 5000 2017/2018 & indoor 3000 2018; 1 NCAA indoor 3000/5000 2018; 2 US 5000 2019/2021; 2 US 10,000 2021. She was reserve for the 5000m at the 2017 World Championships (having placed fourth at the US Championships that year). Coach-Jerry Schumacher
In 2021: 3 Phoenix 3000; 2 San Juan Capistrano 'The Ten' 10,000; 4 Portland Track Festival 5000; 2 US 5000/10,000;
Here: 5000 7/h1-14:51.34; 5000 11/Final-14:55.80

3892 SISSON Emily USA

29y 298d 1991 31:03.82 30:49.57 -19

US Collegiate Champion at 5000m indoors & out, representing Providence College, Rhode Island
Marathon pb: 2:23:08 -19. Half Mar pb: 67:30 -19. 5000 pb: 14:53.84 -21. 9 WCH 10,000 2017 (2019-10). At WXC: 2010-18J. 1 US 10,000 2021; 1 NCAA 5000 2015 indoors & out; 1 US 5K 2018, 10K 2016 & 15K 2021. Born-Germantown, Wisconsin. Coach-Ray Treacy (formerly coached by Mark Sisson, her father)
Marathon (1): 6 London 2019 (on her debut, set a US women's only record of 2:23:08)
In 2021: 1 San Juan Capistrano 'Sound' Invitational 5000; 1 US 15K; 4 Irvine 'Track Meet' 5000; 1 Attlesboro 5000; 1 US 10,000

WORLD ALL-TIME LIST	2021 WORLD LIST
1.....29:01.03..Letesenbet Gidey ETH.....2021	1.....29:01.03..Letesenbet Gidey ETH
2.....29:06.82..Sifan Hassan NED.....2021	2.....29:06.82..Sifan Hassan NED
3.....29:17.45..Almaz Ayana ETH.....2016	3.....29:39.42..Gudaf Tsegay ETH
4.....29:31.78..Wang Junxia CHN.....1993	4.....29:50.77..Kalkidan Gezahegne BRN
5.....29:32.53..Vivian Cheruiyot KEN.....2016	5.....30:06.01..Tsige Gebreselama ETH
6.....29:39.42..Gudaf Tsegay ETH.....2021	6.....30:19.29..Tsehay Gemechu ETH
7.....29:42.56..Tirunesh Dibaba ETH.....2016	7.....30:20.77..Yalemzerf Yehualaw ETH
8.....29:50.77..Kalkidan Gezahegne BRN.....2021	8.....30:37.24..Irene Kimais KEN
9.....29:53.51..Alice Aprot KEN.....2016	9.....30:37.31..Daisy Cherotich KEN
10...29:53.80..Meselech Melkamu ETH.....2009	10...30:45.81..Sheila Kiprotich KEN

Women's Marathon

Entrants: 96

Event starts: August 7

	Age	(Days)	Born	SB	PB
1026 GOMEZ Marcela Cristina ARG Argentinian record holder at Marathon (at Seville 2020 she broke the record which had stood to Griselda González since 1997) Half Mar pb: 74:18 -20. 10,000 pb: 34:13.22 -21 (34:13.22 -21). 5000 pb: 16:14.91 -20 (16:18.05 -21). 72 World Half Mar 2020; 5 South American 10,000 2020 (6 5000). Lives in Brazil. Coach-Humberto Garcia de Oliveira Marathons (4): 5 Rio 2018, 9 Buenos Aires 2018, 6 Buenos Aires 2019, 10 Seville 2020 In 2021: 1 Concepción del Uruguay 10,000 (3 5000); 5 South American 10,000 (6 5000)	37y	168d	1984	-	2:28:58 -20 NR
1054 DIVER Sinead AUS (Diver is pronounced as in the sport of jumping into water) 2019 Oceanian Champion at 10,000m. 20th & 21st in last two World Championship Marathons, but then a huge advancement in the second half of 2018 at age 41 Half Mar pb: 68:55 -19. 10,000 pb: 31:25.49 -19 (32:36.15 -21). 5000 pb: 15:23.65-18 (15:32.4 -21). 23 World Half Mar 2018; 1 Oceanian 10,000 2019; 14 WCH 10,000 2020. 1 Australian 12K & Half Mar 2018. Set world over-40 half marathon bests of 69:20 in 2018 & 68:55 in 2019. Born-Ireland, moved to Australia in 2002 (she has dual citizenship) and did not start running competitively until her 30s, basketball being her main sport before that. Mother of two sons. Coach-Nic Bideau at Melbourne Track Club Marathons (11): 2 Melbourne 2014, 21 WCH 2015, 2 Melbourne 2016, 10 Nagoya 2017, 20 WCH 2017, 7 Saitama 2017, 1 Melbourne 2018, 7 London 2019, 5 New York 2019, dnf Nagoya 2020, 8 London 2020 In 2021: 6 Melbourne 'Zatopek' 10,000; 3 Hobart 10K; 1 Melbourne 5000; 1 Melbourne Box Hill 'High Velocity' 5000	44y	170d	1977	-	2:24:11 -19
1068 PASHLEY Ellie AUS (Née O'Kane) Four minutes from her marathon best in 2018 and again in 2019 5000 pb: 16:03.75 -21. 10,000 pb: 31:18.89 -19 (32:51.42 -21). Half Mar pb: 69:14 -19 (71:23 -21). 24 World Half Mar 2018; 2 Oceanian 10,000 2019; 13 WCH 10,000 2019. From Torquay, Victoria State. Coach-Julian Spence (but she has also been training with Sinead Diver in Nic Bideau's Melbourne Track Club group) Marathons (6): 4 Melbourne 2016, 13 Berlin 2017, 6 Cape Town 2018, 14 Nagoya 2019, dnf Nagoya 2020, 12 London 2020. Also paced Osaka 2019 In 2021: 1 Bendigo 5000; 7 Melbourne 'Zatopek' 10,000; 1 Melbourne 5000; 2 Hobart 10K; 1 Hobart Half Mar; 1 Launceston 10K	32y	238d	1988	-	2:26:41 -19
1073 WEIGHTMAN Lisa AUS 33rd-16th-31st in the last three Olympic Marathons // Half Mar pb: 68:48 -19. 10,000 pb: 32:20.14 -09. 5000 pb: 15:54.31 -07. 37 World 20K 2006; 33 World Half Mar 2007. At WXC: 2007-42, 2008-20. 2009-17. Husband-Lachlan McArthur (2:28:41 marathoner), their son Peter Richard McArthur born 2014. Lisa Born-Melbourne, coach-Dick Telford Marathons (17): 13 London 2008, 33 OLY 2008, 17 WCH 2009, 1 Nagano 2010, 3 COM 2010, 12 Frankfurt 2011, 16 OLY 2012, 4 Osaka 2013, 1 Melbourne 2013, 2 Houston 2016, 31 OLY 2016, 5 London 2017, 6 Chicago 2017, 2 COM 2018, 8 New York 2018, 9 Chicago 2019, 5 Osaka 2020 In 2021: 1 Melbourne 10K	42y	202d	1979	-	2:25:15 -17
1177 GORISSEN Mieke BEL 10,000 pb: 34:32.58 -20. 5000 pb: 16:28.82 -20. 1 Belgian over-35 5000 2020. 7 Enschede 2021. Began competing at age 35 after taking part in a fun run and discovering she was quite good at it. Full-time teacher of maths & physics. Coach-Gilbert Simal In 2021: 7 Enschede Marathon	38y	250d	1982	2:28:31	2:28:31 -21
1184 VERBRUGGEN Hanne BEL Half Mar pb: 73:30 -21. 10,000 pb: 33:30.67 -19. 5000 pb: 15:48.00 -20. Biology teacher who did not take up running until 2015. 1 Belgian 5000 2017 & 10,000 2020. Coach-Frans Mattens Marathons: 6 Düsseldorf 2019; dnf Berlin 2019, 20 Valencia 2020 In 2021: dnf Berlin 10K; 9 Dresden Half Mar; 2 Karlovac 10K; 9 ETCh 1st League 5000	28y	71d	1993	-	2:29:14 -20
1238 MAZURONAK Volha BLR (Née Malevich) 2018 European Champion. Fifth at 2016 Olympics & 2019 Worlds. Former junior race walk international Half Mar pb: 70:57 -18. 10,000 pb: 32:31.15 -14. 5000 pb: 15:35.21 -15. 10K walk pb: 44:30 -06. dq ECP junior 10K 2005; 4 World Youth 5000 Walk 2005; 5 WJC 10,000 Walk 2005; 7 ECH 10,000 2014; 2 ETCh 5000 2015; 18 World Half Mar 2018. At WCP Walk: 2006-4J. At WXC: 2005-100J. At EXC: 2007-35J. 1 Belarusian 10,000 2013/2014 (1 5000 2013) Marathons (15): 1 Debno 2012, 1 Omsk 2012, 4 Baltimore 2012, 2 Łódź 2013, dnf Honolulu 2013, 1 Sacramento 2014, 9 London 2015, 4 London 2016, 5 OLY 2016, 2 Valencia 2017, 1 16 Xiamen Düsseldorf 2018, 1 ECH 2018 (nosebleed), 1 Hong Kong 2019, 5 WCH 2019, 16 Xiamen 2020 In 2020 she was one of 100s of notable Belarusians who signed a letter contesting the result of the county's elections and calling for the end to violence against protesters	32y	114d	1989	-	2:23:54 -16 NR
1242 SAVINA Nina BLR 3x Belarusian Champion at 5000m and 10,000m // Half Mar pb: 71:50 -16. 10,000 pb: 32:55.26 -19. 5000 pb: 15:49.44 -21. 3000 pb: 9:13.90 -17. 6 Youth Olympic 3000 2010; 5 under-23 ECH 10,000 2015 (7 5000); 25 ECH Half Mar 2016; 9 ECP 10,000 2017; 7 ETCh 5000 2017; 42 World Half Mar 2018. At WXC: 2011-71J. At EXC: 2010 -47J, 2011-46J, 2013-35u23, 2014-23u23, 2015-11u23. 1 Belarusian 5000 2014/2015/2016 (1 10,000 2015/2017/2020) Marathons (5): 3 Kraków 2018, 12 ECH 2018, 3 Kobe 2018, 3 Warsaw 2019, 4 Saitama 2019 In 2021: 1 Belarusian indoor 3000; 2 Belarusian Cup 5000	28y	16d	1993	-	2:28:44 -19
1344 CHUMBA Eunice BRN Full name-Eunice Chebichii Chumba Allegiance transferee from Kenya – acquired Bahraini citizenship on September 15, 2013 and cleared by World Athletics to compete for Bahrain from September 14, 2014 10,000 pb: 32:22.29 -15. 6 Asian Games 10,000 2014; 2 Asian Champs 10,000 2015; 1 Asian XC 2016; 4 World Half Mar 2018; 2 Asian Games 10,000 2018. At WXC: 2017 -11 Marathons (15): 9 Nairobi 2012, 6 Hong Kong 2013, 2 Cape Town 2015, 12 Dubai 2016, 1 Dongying 2016, 3 Amsterdam 2016, 2 Rotterdam 2017, 1 Beirut 2017, 2 Beijing 2018, 2 Abu Dhabi 2018 (2:20:54, but course short), 2 Hong Kong 2019, 1 Liupanshui 2019, 1 World Military Games 2019, 4 Abu Dhabi 2019, 3 Milan 2021. Also paced London 2014/2019 & Nagoya 2020 In 2021: 3 Milan Marathon	28y	75d	1993	2:23:10	2:23:10 -21
1345 DABA Tejitu BRN Full name-Tejitu Daba Chalchissa 2011 Asian Champion at 5000m. Born and lives in Ethiopia Half Mar pb: 68:21 -17. 10,000 pb: 32:21.29 -10. 5000 pb: 15:05.59 -12. 3000 pb: 8:48.37 -13. 2 Asian junior XC 2009; 1 Asian Indoor Games 3000 2009; 2 Asian Champs 5000 2009 (4 10,000); 4 WJC 5000 2010 (5 3000); 7 Asian Games 10,000 2010; 1 Asian Champs 5000 2011; 9 WCH 5000 2011; 1 Arab Games 10,000 2011; 3 Asian Indoor Champs 3000 2012; 12 OLY 5000 2012; 3 Asian Champs 5000 2013; 11 WCH 5000 2013. At WXC: 2009-23J, 2010-10J, 2011-27, 2013-8 Marathons (4): 8 Amsterdam 2017, 4 Beijing 2018, 6 Riga 2019, 3 Sydney 2019	29y	351d	1991	-	2:28:22 -19

1392	ELMORE Malindi CAN	41y	145d	1980	-	2:24:50 -20	NR
Former 1500m international, returning to the highest level as a road runner Half Mar pb: 71:08 -19 (72:16 -21). 10,000 pb: 33:08.66 -21. 5000 pb: 15:12.12 -07. 1500 pb: 4:02.64 -04. 4 Pan-Am Games 1500 2003; 3 WSG 1500 2003 (2001-10); ht OLY 1500 2004; 8 COM 1500 2007; 3 Pan-American Games 1500 2011. At WXC: 98-94J, 2004-22 short (team bronze). 1 Canadian 1500 2004/2009/2010/2012 & 10,000 2021. Competed in triathlons after 2012, the returned in 2018 to running in 2018. She is fluent in Japanese. Husband-Graham Hood (9 OLY 1500 92) Marathons (2): 7 Houston 2019, 3 Houston 2020 In 2021: 1 Mission BC Half Mar; 1 Canadian 10,000							
1406	PIDHORESKY Dayna CAN	34y	261d	1986	-	2:29:03 -19	
Half Mar pb: 71:46 -11. 1 Canadian 10K 2011; 1 Vancouver Half Mar 2015/2016; 1 Montréal Half Mar 2017. Coach/husband-Josh Seifarth Marathons (6): 8 Toronto 2016, 7 Ottawa 2017, 70 WCH 2017, dnf Chicago 2018, 6 Ottawa 2019, 9 Toronto 2019 In 2021: 3 Mission BC 10K							
1412	TESSIER Lyndsay CAN (RESERVE)	43y	197d	1978	-	2:30:47 -18	
Ninth at 2019 World Championship marathon, where she ran conservatively to combat the hot conditions Primary school teacher. Half Mar pb: 75:34 -19. 5K pb: 16:49 -19 Marathons include: 1 Hamilton 2012, 82 Boston 2014, 29 Chicago 2014, 6 Toronto 2017, 12 Berlin 2018, 9 WCH 2019							
1416	WODAK Natasha CAN (Formerly Natasha Fraser)	39y	232d	1981	-	2:26:19 -20	
2019 Pan-American Champion at 10,000m // Half Mar pb: 69:41 -20. 10,000 pb: 31:41.59 -15. 5000 pb: 15:29.44 -18. 1 North/Central American & Caribbean XC 201 (2019-4); 3; 4 Francophone Games 10,000 2013; 22 OLY 10,000 2016; 16 WCH 10,000 2017 (2015-23, 2019-17); 5 COM 10,000 2018; 1 Pan-Am Games 10,000 2019 (2015-7). At WXC: 2013-24, 2015-27, 2019-43. 1 Canadian XC 2015. Coach-Lynn Kanuka Marathons (2): 10 Toronto 2013, 5 Chandler 2020							
1466	BAI Li CHN	25y	128d	1996	2:29:12	2:29:10 -20	
10,000: 35:11.84 -15. 5000 pb: 16:03.76 -19. 3000SC pb: 9:53.89 -19. From-Liaoning Province Marathons (6): 41 Chongqing 2016, 4 Qinhuangdao 2016, 12 Hengshui 2019, 13 Xiamen 2020, 3 Nanjing 2020, 2 Xuzhou 2021 In 2021: 2 Xuzhou (Chinese Champs) Marathon; 22 Zaozhuang 10,000; 2 Chinese National Games Trial 3000SC (23 10,000)							
1477	LI Zhixuan CHN	27y	136d	1994	2:29:13	2:26:15 -19	
Half Mar pb: 72:16 -20. 10,000 pb: 33:32.39 -21. 5000 pb: 15:41.19 -16. 10 WJC 3000 2012 (13 5000); 5 Asian Champs 5000 2015; 5 WSG Half Mar 2019. At WXC: 2015-75. From-Inner Mongolia, lives-Shanghai Marathons (16): 11 Shanghai 2017, 2 Xuzhou 2018, 6 Beijing 2018, 2 Buriram 2019, 13 Nagoya 2019, 2 Chongqing 2019, 6 Wuhan 2019, 8 Vancouver 2019, dnf Berlin 2019, 2 Beijing 2019, 7 Shanghai 2019, 10 Xiamen 2020, 3 Wuxi 2020, 1 Shanghai 2020, 3 Xuzhou 2021 In 2021: 3 Xuzhou (Chinese Champs) Marathon; 1 Zaozhuang 10,000; 2 Chinese 10,000							
1482	SHI Liying CHN (RESERVE)	23y	277d	1997	2:29:18	2:29:18 -21	
Half Mar pb: 72:40 21. 10,000 pb: 34:48.55 -19. 5000 pb: 16:24.93 -21. 1 Chinese XC 2019 Marathons (2): 34 Tianjin 2017, 12 Beijing 2017, 8 Hengshui 2019, 6 Beijing 2019, 6 Nanjing 2019, 4 Xuzhou 2021 In 2021: 4 Xuzhou (Chinese Champs) Marathon; 3 Beijing Half Mar; 5 Chinese 5000							
1490	ZHANG Deshun CHN	25y	166d	1996	2:29:11	2:28:43 -20	
2021 Chinese Marathon Champion // Half Mar pb: 70:34 -20. 10,000 pb: 32:12.78 -18 (34:36.97 -21). 5000 pb: 15:45.75 -15 (16:00.71 -21). 22 World Half Mar 2018; 3 Asian Games 10,000 2018. At WXC: 2015-25J, 2019-76. 1 Chinese 10,000 2020/2021 (1 5000 2021). A film was made about her called 'Run, Shunzi', in which a girl from the mountainous area of Yunnan province grows up to become a champion athlete. Coach-Zhang Guowei Marathons (2): 1 Macau 2020 1 Xuzhou 2021 In 2021: 1 Xuzhou (Chinese Champs) Marathon; 1 Chinese 5000/10,000							
1539	ORJUELA Angie COL	32y	89d	1989	-	2:29:12 -20	NR
Full name-Angie Rocío Orjuela 2019 Pan-American Games Marathon bronze Half Mar pb: 72:07 -20. 30 World Half Mar 2016 (2018-52, 2020-48). Her older brother Yezid Alexander Orjuela is a 2:18:47 marathoner. Coach-Libardo Hoyos Marathons (13): 3 Santander de Quilichao 2012, 3 Medellín 2014, 4 Santiago de Chile 2015, 2 Cali 2015, 12 Hamburg 2016, 43 OLY 2016, 3 Los Angeles 2017, 3 Barranquilla 2018, 6 Medellín 2018, 12 Houston 2019, 3 Pan-Am Games 2019, 19 Valencia 2020							
1565	BJELJAC Bojana CRO	32y	118d	1989	-	2:27:42 -19	
Croatian record holder at 5000m & 10,000m // 10,000 pb: 33:08.1 -19. 5000 pb: 15:43.73 -19. 3000 pb: 9:18.07 -20. 1500 pb: 4:21.88 -19. 35 World Half Mar 2020 (2018-58). At EXC: 2017-62. 1 Croatian 1500 2019, 3000 2018/2021, 5000 2018/2020/2021 & 10,000 2019 Marathons (10): 3 Zürich 2016, 6 Zagreb 2016, 1 Ferrara 2017, 57 WCH 2017, 3 Zagreb 2017, 6 Rotterdam 2018, 20 ECH 2018, 18 Frankfurt 2018, 6 Hannover 2019, dnf WCH 2019 In 2021: 1 Croatian indoor 1500/3000; 2 Berlin 10K; 4 Dresden Half Mar; 1 Zagreb Dinamo Zrinjevac 3000; 1 Croatian 5000; 1 Croatian 3000/5000; 2 ETCh 2nd League 3000 (3 3000)							
1567	PARLOV KOSTRO Matea CRO	29y	64d	1992	-	2:28:52 -20	
Multiple Croatian Champion on track & road // Half Mar pb: 71:54 -19 (73:34 -21). 10,000 pb: 34:49.59 -18. 5000 pb: 16:03.71 -19. 3000 pb: 9:08.49 -15 (9:49.85 -19). 10 European Junior Mountain Running Champs 2011 (2009-32); 9 WSG 1500 2015; 12 WSG 5000 2017. At EXC: 2010-57J, 2011-75J. 1 Croatian 3000/5000 2015/2016/2019, 3000 2017/2020, 10,000 2016/2018/2020, 10K 2015/2018 Marathons (4): 20 Berlin 2018, 8 Seville 2019, dnf WCH 2019, 18 Valencia 2020 In 2021: 1 Croatian Half Mar; 1 Cakovec Half Mar							
1620	HROCHOVA Tereza CZE	25y	163d	1996	2:29:06	2:29:06 -21	
Mountain running international // 5000 pb: 16:28.10 -21. 3000SC pb: 10:14.09 -20. 19 European Mountain Running Champs 2019; 13 WSG Half Mar 2019; 10 World Mountain Running Champs 2019; 50 World Half Mar 2020. At EXC: 2018-58u23. 2 Czech 3000SC 2019/2020. Vladimír Bartůněk Marathon (1): 2 Bad Loipersdorf 2021 In 2021: 1 Turkish Half Mar; 2 Slovak 10,000; 2 Bad Loipersdorf Marathon; 2 Czech 5000							
1621	JOGLOVA Marcela CZE	34y	9d	1987	2:28:16	2:28:16 -21	
10,000 pb: 34:22.05 -20. 5000 pb: 16:18.99 -21. 73 World Half Mar 2020. 1 Czech Half Mar 2020. Coach-Pavel Cervinka Marathons (7): 23 Prague 2017, 9 Prague 2018, 14 Amsterdam 2018, 13 Rotterdam 2019, 20 WCH 2019, 25 Valencia 2020, 5 Enschede 2021 In 2021: 5 Enschede Marathon; 1 Ostrava Mítink CAS 5000							

1628	STEWARTOVA Moira CZE	26y	58d	1995	2:29:28	2:29:28 -21
(RESERVE) 4x Czech Champion at 10,000m // Half Mar pb: 71:08 -20. 10,000 pb: 32:57.51 -19. 5000 pb: 15:49.79 -19 (16:27.15 -20). 1500 pb: 4:22.80 -19 (4:25.06 -20). 8 ETCh 5000 2017/2019; 7 under-23 ECH 5000 2017; 34 World Half Mar 2020. At WXC: 2019-70. At EXC: 2013-56J, 2014-15J, 2015-45u23, 2016-34u23, 2017-32u23, 2018-29, 2019 -39. 1 Czech 5000 2019 & 10,000 2017/2018/2019/2020. Mother-Miriam Kautova CZE, father-Edward Stewart GBR (currently one of Scotland's top over-60 distance runners, competing for Cambuslang Harriers). Coach-Václav Janoušek Marathons (2): 3 Berne 2021, 2 Prague 2021 In 2021: 3 Berne Marathon; 1 Slovak 10,000; 2 Prague Marathon; 1 Prague 1500 (Jun 12); 11 ETCh 1st League 3000; 1 Czech 5000; 1 Prague 5000(2 1500) (Jul 3)						
1630	VRABCOVA-NYVLTOVA Eva CZE	35y	181d	1986	2:27:07	2:26:31 -18 NR
2018 European Championship Marathon bronze. Turned to running after a very successful career as a Nordic skier, having competed at three Winter Olympics Half Mar pb: 71:01 -18. 5000 pb: 16:14.92 -15. 8 ECH Half Mar 2016; 44 World Half Mar 2018. At EXC: 2016-15. 1 Czech 5000 2014. Daughter Adelka born April 20, 2020. Marathons (6): 6 Prague 2016, 26 OLY 2016, 14 WCH 2017, 7 New York 2017, 3 ECH 2018, 1 Prague 2021 At Winter Olympic in cross-country ski-ing: 2006 – 45th in 10K; 2010 – 33rd in Sprint; 2014 – 5th in 30K In 2021: 1 Prague Marathon						
1698	BONILLA Andrea Paola ECU	34y	244d	1986	-	2:28:24 -20
Full name-Andrea Paola Bonilla Tello Former international triathlete (4 World Junior Championship 2001) 44 World Half Mar 2020. Retired from sport in 2011-2017 to concentrate on studies Marathons (5): 2 Guayaquil 2018, 9 Vienna 2019, 9 Pan-Am Games 2019, 24 Valencia 2019, 14 Valencia 2020 In 2021: 2 Ecuadorean 10,000; 4 South American 10,000						
1699	CHACHA Rosalba ECU	38y	241d	1982	-	2:28:17 -21
100th in the 2016 Olympic Marathon, fourth at 2019 Pan-American Games with a personal best Half Mar pb: 73:45 -11. 10,000 pb: 34:51.14 -09. 5000 pb: 16:17.75 -09. 3 South American 5000 2009 (4 10,000); 56 World Half Mar 2018 (2020-81). Coach-Freddy Vivanco Marathons (15): 1 Buenos Aires 2010, 5 Santiago de Chile 2011, 8 Pan-Am Games 2011, 10 Duluth 2012, 80 OLY 2012, 3 Buenos Aires 2013, 4 Seville 2015, 6 Pan-Am Games 2015, 100 OLY 2016, 9 Prague 2017, 32 WCH 2017, 5 Buenos Aires 2018, 4 Pan-Am Games 2019, dnf WCH 2019, 11 Ampugnano 2021 In 2021: 11 Ampugnano Marathon						
1743	TESFAGABRIEL Kokob ERI	27y	63d	1994	2:28:37	2:28:37 -21
Half Mar pb: 72:15 -18. 10,000 pb: 35:04.55 -21. 5000 pb: 15:57.54 -16. 4 African Games Half Mar 2015 (2019-12); 9 African Champs 5000 2016; 38 World Half Mar 2018. At WXC: 2017-73 Marathons (3): 6 Hengshui 2017, 4 Lisbon 2019, 13 Milan 2021 In 2021: 1 Asmara 10,000; 13 Milan Marathon						
1745	WELDU Nazret ERI	31y	217d	1990	2:28:07	2:28:07 -21 NR
Full name-Nazret Weldu Ghebrehiwet Eleventh in 2015 World Cross Country Championships Half Mar pb: 70:51 -14. 10,000 pb: 32:58.28 -16. 5000 pb: 15:33.28 -17. 1500 pb: 4:09.34 -12. 800 pb: 2:04.26 -08. 10 African XC 2014; 24 WCH 10,000 2015; 26 World Half Mar 2018. At WXC: 2009-27J, 2011-44, 2013-19, 2015-11, 2019-27. Former Eritrean international at 400m (pb 54.99) Marathons (4): 2 Beirut 2018, 3 Gold Coast 2019, 23 WCH 2019, 11 Milan 2021 In 2021: 11 Milan Marathon; She was the Eritrean flagbearer at the opening ceremony in Tokyo (along with swimmer Ghirmai Efreem)						
1766	GALIMANY Marta ESP	35y	305d	1985	-	2:27:08 -20
Full name-Marta Galimany Guasch Sixteenth at 2019 World Championship Marathon Half Mar pb: 71:08 -20. 10,000 pb: 33:11.41 -21. 5000 pb: 16:15.16 -19. 2 Mediterranean Games Half Mar 2018; 33 World Half Mar 2020. 1 Spanish 10K 2019. Born-Tarragona, coach-Jordi Toda Marathons (6): 12 Berlin 2017, 24 ECH 2018, 8 Rotterdam 2019, 16 WCH 2019, 12 Seville 2020, 13 Valencia 2020, In 2021: 15 Spanish XC; 3 Spanish 10,000; 24 ECP 10,000						
1770	LOYO Elena ESP	38y	207d	1983	-	2:28:25 -20
Full name-Elena Loyo Menoyo 2019 Spanish Half Marathon Champion. Former beauty queen 5000 pb: 16:18.86 -17. 55 World Half Mar 2018 (2020-56); 3 Mediterranean Games Half Mar 2018. At EXC: 2018-61. 1 Spanish Half Mar 2019. Her first sport was rhythmic gymnastics. In 2005 she won the title of Miss Álava (the province of her birthplace of Vitoria) and went on to compete at the Miss Spain contest of 2006 Marathons (5): 7 Seville 2017, 5 Milan 2018, 23 ECH 2018, 7 Hamburg 2019, 17 Valencia 2019, 15 Valencia 2020						
1771	MENDEZ Laura ESP	32y	272d	1988	2:29:28	2:29:28 -21
Half Mar pb: 72:58 -20. 10K pb: 33:01 -20. 5000 pb: 16:19.93 -19. 3000 pb: 9:12.34 -14. 1500 pb: 4:13.51 -14. 61 World Half Mar 2020. Coach/partner-Manuel Ripolles Marathon (1): 9 Enschede 2021 In 2021: 9 Enschede Marathon; 2 Castellón Spanish League 3000; 4 Granollers Half Mar						
1839	DEREJE Roza ETH	24y	92d	1997	-	2:18:30 -19
Full name-Roza Dereje Bekele // Half Mar pb: 66:01 -19. Her husband Dereje Abera (born 1979) has a marathon best of 2:10:19 from 2011 and has acted as a pacemaker for Mrs Dereje. Born-Oromia State. Coach-Haji Adilo Marathons (12): 4 Algiers 2015, 3 Geneva 2016, 1 Odense 2016, 1 Shanghai 2016, 6 Dubai 2017, 3 Vienna 2017, 1 Shanghai 2017, 1 Dubai 2018, 2 Chicago 2018, 3 London 2019, dnf WCH 2019, 1 Valencia 2019 In 2021: 3 Ethiopian Olympic Marathon Trial 35K						
1841	DIBABA Birhane ETH	27y	329d	1993	-	2:18:46 -19
Full name-Birhane Dibaba Adugna Good in Japan: twice Tokyo Marathon winner (in 2015 & 2018), & 3x second (in 2014, 2017 & 2020) Half Mar pb: 65:57 -19 Marathons (15): 4 Barcelona 2012, 2 São Paulo 2012, 1 Valencia 2012, 2 Nagoya 2013, 3 Frankfurt 2013, 2 Tokyo 2014, 3 Chicago 2014, 1 Tokyo 2015, dnf Bogotá 2015, 3 Chicago 2015; 2 Berlin 2016, 2 Tokyo 2017, 10 WCH 2017, 1 Tokyo 2018, dnf Chicago 2018, 3 Valencia 2019, 2 Tokyo 2020, 9 Valencia 2020 In 2021: 2 Ethiopian Olympic Marathon Trial 35K						
1846	GIRMA Tigist ETH	28y	25d	1993	-	2:19:52 -19
Full name-Tigist Girma Getachew // Coach-Haji Adilo Marathons (13): 2 Marrakech 2016, 7 Lanzhou 2016, 1 Beirut 2016, 3 Mumbai 2017, 2 Lanzhou 2017, 2 Beirut 2017, 2 Lagos 2018, 4 Lanzhou 2018, 1 Guangzhou 2018, 1 Ottawa 2019, 2 Amsterdam 2019, 5 Tokyo 2020, 5 Valencia 2020 In 2021: 1 Ethiopian Olympic Marathon Trial 35K ("I'm not afraid of running in front," she told World Athletics "these 180km weeks paid off.")						

1859	YIMER Zeineba ETH (RESERVE) Full name-Zeineba Yimer Worku Team golds at 2018 & 2020 World Half Marathon Championships Half Mar pb: 65:39 -20. 10,000 pb: 30:46.24 -19. 2 African Games 10,000 2019; 4 World Half Mar 2020 (2018-5). 1 Ethiopian Half Mar 2018. At WXC: 2017-10J. She was fourth in Ethiopia's 2019 World Championships 10,000m trial race (at Hengelo), and again at their 35K Olympic Marathon Trial race in 2021. Coach-Getamesay Molla Marathons (2): 5 Valencia 2019, 4 Valencia 2020 In 2021: 4 Ethiopian Olympic Marathon Trial 35K	23y	50d	1998	-	2:19:28
1925	KIPSANG JEPTOOO Susan FRA Allegiance transferee from Kenya, has lived in Lyon since 2009, gained French citizenship in 2019 Half Mar pb: 69:02 -17. 10K pb: 31:59 -18.10,000 pb: 32:37.47 -20. 5000 pb:15:20.73 -19 (15:54.84 -21). 31 World Half Mar 2020; 8 ECP 10,000 2021 Marathons (6): 12 Vienna 2016, 5 Rennes 2016, 1 La Rochelle 2017, 5 Prague 2018, 4 Hannover 2019, 5 Marrakech 2020, 4 Dhaka (It really is Susan Jeptoo with three Os, @runrsusankipsangofficialle confirms) In 2021: 4 Dhaka Marathon; 8 ECP 10,000; 2 Décines-Charpieu 5000; 3 French 5000	34y	152d	1987	2:37:07	2:28:48 -20
2002	DAVIS Stephanie GBR Half Mar pb: 71:15 -20. 10,000 pb: 33:07.53 -19. 5000 pb: 16:14.06 -19. 24 ECP 10,000 2019. 10 UK 5000 2019. Born-Scotland, lives-London. Started running seriously in 2018. Works part-time as a financial administrator. Coach-Phillip Kissi (MBE) Marathons (4): 25 Berlin 2018, 2 London mass 2019, 14 Valencia 2019, 1 Kew Gardens 2021 (British Olympic Trial) In 2021: 1 British Olympic Trial Marathon ("I really didn't expect this to happen.")	30y	344d	1990	2:27:16	2:27:16 -21
2020	PIASECKI Jess GBR (Piasecki pronounced 'Pea-a-sed-ski') (Née Coulson, married Mathew Piasecki in October 2017) 2012 European under-23 Cross Country Champion, but beset with injuries in the following years, primarily multiple compression fractures in her spine (she was diagnosed with osteoporosis) 10,000 pb: 32:41.59 -15. 5000 pb: 15:29.50 -15. 3000 pb: 9:11.28 -15. 1500 pb: 4:18.75 -07. 7 EJC 3000 2007; 4 ECP 10,000 2015. At WXC: 2007-26J, 2019-36. At EXC: 2006-14J, 2012-1u23 (she revealed she felt so good that she was singing to herself during the race), 2018-10. 1 English 5000 2012. Coach-Robert Hawkins Marathons (2): dnf Frankfurt 2015 (tore plantar fascia in mid race when on pace for sub-2:30), 1 Florence 2019 She is Dr Jessica Piasecki, a lecturer in Exercise Physiology at Nottingham Trent University	31y	110d	1990	-	2:25:29 -19
2029	TWELL Stephanie GBR 2010 Commonwealth 1500m bronze, 2016 European 5000m bronze // Half Mar pb: 70:52 -19 (73:34 -21). 10,000 pb: 31:08.13 -19 (33:25.15 -21). 5000 pb: 14:54.08 -10 (15:36.07 -21). 3000 pb: 8:40.98 -16. 1500 pb: 4:02.54 -10. 10,000 pb: 32:16.23 -17. 800 pb: 2:02.58 -16. 2 EJC 1500 2007; 1 WJC 1500 2008 (2006-8); ht OLY 1500 2008; ht WCH 1500 2009; 5 ECH 1500 2010; 3 COM 1500 2010 (4 5000); 12 WCH 5000 2015 (2017-ht); 6 WIC 3000 2016; 3 ECH 5000 2016; ht OLY 5000 2016; 5 EIC 5000 2017; 7 COM 1500 2018 (14 5000); 10 ECH 5000 2018; 1 ECP 10,000 2019; 15 WCH 10,000 2019. 1 UK 5000 2013/2015/2016/2017/2018 & 10,000 2019. 1 UK indoor 3000 2016. At WXC: 2005-60J, 2006-30J, 2009-38, 2010-23, 2013-40. At EXC: 2005-7J, 2006/2007/2008-1J, 2009-11u23, 2010-20, 2011-4u23, 2013-15, 2014-7, 2015/2016-6. She broke her ankle in three places during a cross country race in February 2011. Self-coached (formerly coached by Mick Woods & Geoff Wightman) Marathons (3): 7 Valencia 2019, 8 Frankfurt 2019, dnf London 2020 (at 15M, injured) In 2021: 7 Walnut Golden Games 5000; 27 Irvine 'Track Meet' 10,000; 4 Windsor Half Mar	31y	354d	1989	-	2:26:40 -19
2110	KEJETA Melat Yisak GER Allegiance transferee from Ethiopia – Fleed from that country in 2013, acquired German citizenship on March 21, 2019 and cleared by World Athletics to represent Germany from March 6, 2020 Half Mar pb: 65:18 -20 (67:33 -21). 10K pb: 31:50 -19. 5000 pb: 16:06.43 -16. 2 World Half Mar 2020 (pb down from 68:41 to 65:18 – a sensation even taking into account shoe technology). 1 Berlin Half Mar 2018; 1 Hamburg Half Mar 2019. Came to Germany from Ethiopia, via Italy, in 2013. Coach-Winfried Aufenanger Marathon (1): 6 Berlin 2019 In 2021: 9 Istanbul Half Mar	28y	312d	1992	-	2:23:57 -19
2135	SCHÖNEBORN Deborah GER 2019 Cologne Marathon winner on her début // Half Mar pb: 71:37 -20. 10,000 pb: 33:37.48 -18. 5000 pb: 15:49.81 -18. 4 WSG Half Mar 2019; 55 World Half Mar 2020. At WXC: 2018-27. At EXC: 2019-23. 2 German 10,000 & 10K 2018 Marathon (1): 1 Cologne 2019, 12 Valencia 2020 Her twin sister is international runner Rabea Schöneborn, their elder sister in 2008 Olympic Modern Pentathlon Champion Lena Schöneborn In 2021: 2 German 10,000; 2 Chemnitz 10K; 7 German 5000	27y	146d	1994	-	2:26:55 -20
2136	SCHONEBORN Rabea GER (RESERVE) Team bronze at 2020 World Half Marathon Championships // Half Mar pb: 71:40 -20 (72:30 -21). 10,000 pb: 32:55.96 -21. 5000 pb: 15:53.88 -21. dnf WSG Half Mar 2019; 54 World Half Mar 2020. 1 German 10,000 2021. Was at Texas A&M-Corpus Christi. Coach-Detlef Müller Her twin sister is international runner Deborah Schöneborn, their elder sister in 2008 Olympic Modern Pentathlon Champion Lena Schöneborn Marathons (2): 17 Valencia 2010, 3 Enschede 2021 In 2021: 6 Berlin 10K; 7 Dresden Half Mar; 3 Enschede Marathon; 1 German 10,000 (5 5000)	27y	146d	1994	2:27:03	2:27:03 -21
2141	STEINRUCK Katharina GER (Née Heinig) Daughter of Katrin Dörre-Heinig, 1988 Olympic & 1991 World bronze medalist at marathon and London marathon winner in 1992-1994 Half Mar pb: 70:43 -21. 5000 pb: 16:48.54 -07. 55 ECH Half Mar 2016. At EXC: 2006-35J, 2007-79J Marathons (15): 1 Cologne 2010, 5 Hannover 2011, 11 Hannover 2012, 6 Hamburg 2013, 9 Hamburg 2014, 28 ECH 2014, 16 Frankfurt 2014, dnf Zurich 2016 (hypthermia), 5 Berlin 2016, 39 WCH 2017, 8 Frankfurt 2017, 16 ECH 2018, 10 Frankfurt 2019, 14 Osaka 2020, 1 Enschede 2021 In 2021: 1 Enschede Marathon; 4 Sapporo Half Mar	31y	349d	1989	2:25:59	2:25:59 -21
2330	COOKE Aoife IRL Half Mar pb: 74:41 -19. At EXC: 2005-63J. Was at Arkansas Tech University. She was diagnosed with low bone density and suffered a number of stress fractures. She retired from from competitive running until 2015, concentrating on her studies and building a business. Lives-Cork Marathons: 14 Amsterdam 2017, 8 Dublin 2019, 1 Pulford 2021 In 2021: 1 Pulford Marathon	34y	327d	1986	2:28:36	2:28:36 -21
2338	McCORMACK Fionnuala IRL (Née Britton) Twice European Cross Country Champion (& 4x 4th) // Half Mar pb: 70:44 -16. 10,000 pb: 31:29.22 -12. 5000 pb: 15:12.97 -12. 3000SC pb: 9:37.60 -11. 12 WCH 3000SC 2007 (2011-ht); ht OLY 3000SC 2008; 6 WSG 3000SC 2009 (2005-11); 9 ECH 3000SC 2010 (2006-ht); 4 ECH 10,000 2012/2016 (2014-8); 15 OLY 10,000 2012 (ht 5000); 3 EIC 3000 2013. At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36, 2011-16, 2013-14, 2019-18. At EXC: 2001-74J, 2002-49J, 2003 -21J, 2005-39, 2006-2u23, 2007-7, 2009-11, 2010-4, 2011/2012-1, 2013-4, 2014-6, 2015-4, 2016-5, 2017-12, 2019-4. Graduate in Sports Science and Health from Dublin City University. Born/lives-Wicklow. Coach-Joe Doonan (formerly Chris Jones) Marathons (4): 10 ECH 2014 (her marathon début, after only announcing her decision to run two weeks earlier), 13 Chicago 2015, 20 OLY 2016, 11 Boston 2019, 5 Chicago 2019	36y	315d	1984	-	2:26:47 -19

2364	SALPETER Lonah Chemtai ISR	32y	236d	1988	2:22:37	2:17:45 -20	NR
<p>Full name-Lonah Chemtai Salpeter (Née Korlima) Allegiance transferee from Kenya – has lived in Israeli since 2008, acquired Israeli citizenship on March 17, 2016 and cleared by World Athletics to represent Israel from April 23, 2016 In 2018 became Israel's first female European Champion in athletics Half Mar pb: 66:09 -19 (67:09 -21). 10,000 pb: 31:15.78 -19. 5000 pb: 14:59.02 -19 (15:29.43 -20). 40 ECH Half Mar 2016; 1 Berlin 25K 2017; 12 World Half Mar 2018/2020; 1 ECP 10,000 2018/2019; 1 ECH 10,000 2018 (dq 5000 for breaking too early from the outer echelon at the start – but before that news came, she'd kicked too early at the finish, thought she'd won the silver and then had to run another lap, slipping to fourth place). At EXC: 2017-50. 1 Israeli 10,000 2016/2017/2018. Coach/husband-Dan Salpeter, who she met while she was working as a nanny for a diplomat at the Kenyan Embassy. Their son Roy born 2015. Marathons (8): 1 Tel Aviv 2016, dnf OLY 2016, 11 Berlin 2016, 41 WCH 2017, 1 Florence 2018, 1 Prague 2019, dnf WCH 2019, 1 Tokyo 2020 In 2021: 1 Tel Aviv 5K; 1 Siena Half Mar; 1 Hula Valley (Northern Israel) Marathon</p>							
2366	TIYOURI Maor ISR	30y	358d	1990	2:29:04	2:29:04 -21	
<p>Israeli record holder at 5000m // Half Mar pb: 72:27 -20. 10,000 pb: 34:09:59 -15. 5000 pb: 16:07.77i -16, 16:08.83 -15 (16:16.29 -16). 9 EJC 5000 2009; 11 European under -23 10,000 2011; 53 World Half Mar 2020 (2018-66). Was at the University of San Francisco. Lives-Boulder, Colorado. Coach-Lee Troop (ex-Australian international marathoner) Marathons (3): 7 Ottawa 2016, 90 OLY 2016, 63 WCH 2017 In 2021: 5 Atlanta Half Mar; 2 Pulford Marathon</p>							
2391	EPIS Giovanna ITA	33y	55d	1988	-	2:29:11 -19	
<p>Half Mar pb: 71:14 -20. 10,000 pb: 32:59.16 -19 (33:02.23 -21). 5000 pb: 16:07.18 -19 (16:16.98 -21). 36 World Half Mar 2020. At EXC: 2018-49. Coach-Giorgio Rondelli Marathons (9): 5 Florence 2015, 4 Rome 2016, 11 Frankfurt 2016, 6 Milan 2017, 9 Amsterdam 2017, 6 Seville 2018, 6 Rotterdam 2019, dnf WCH 2019, 1 Reggio Emilia 2020 In 2021: 6 Milan Walk & Middle Distance Night 5000; 1 Trieste 10K; 15 ECP 10,000; 2 Verona Half Mar</p>							
2666	ICHIYAMA Mao JPN	24y	69d	1997	2:21:11	2:20:29 -20	
<p>She had to win Nagoya 2020 with a time quicker than 2:21:47 in order to gain Olympic selection; she did it in 2:20:29 (An Asian women-only record) Half Mar pb: 68:28 -21. 10,000 pb: 31:11.56 -20 (32:51.08 -21). 5000 pb: 15:06.66 -20 (15:47.69 -21). 3000 pb: 8:53.54 -17. 19 World Half Mar 2018; At WXC: 2017-39. 4 Japanese 10,000 2017 (5 5000); 1 Japanese Corporate 3000 2017. Competes for the Wacoal Corporation (manufacturer of women's lingerie and underwear). Coach-Tadayuki Nagayama Marathons (4): 7 Tokyo 2019, 15 London 2019, 1 Nagoya 2020, 1 Osaka 2021 In 2021: 1 Osaka Marathon; 1 Sapporo Half Mar; 3 Osaka 10,000 (May 14); 2 Osaka 5000 (May 16)</p>							
2673	MAEDA Honami JPN	25y	19d	1996	2:23:30	2:23:30 -21	
<p>Winner of the all-important Japanese 'Grand Championship' Marathon at Tokyo in September 2019 Half Mar pb: 69:08 -21. 10,000 pb: 31:34.94 -14. 5000 pb: 15:31.51 -20. 35 World Half Mar 2018. Competes for the Sanyo Corporation. Coach-Yutaka Taketomi Marathons (7): 1 Sapporo 2017, 12 Osaka 2017, 2 Osaka 2018, 7 Berlin 2018, 12 Tokyo 2019, 1 Tokyo 'Grand Championship' 2019, 2 Osaka 2021 In 2021: 2 Osaka Marathon; 4 Hyogo Relays 10,000; 5 Sapporo Half Mar</p>							
2674	MATSUDA Mizuki JPN	26y	67d	1995	2:21:51	2:21:47 -20	
<p>(RESERVE) Was in line for a Tokyo Olympic placehad no-one beat her winning time from Osaka 2020 (2:21:47). But then Mao Ichiyama went quicker in the Nayoga marathon two months later Half Mar pb: 68:32 -21. 10,000 pb: 31:39.41 -17. 5000 pb: 15:46.40 -16. 17 World Half Mar 2016; 3 Asian Champs 10,000 2017; 19 WCH 10,000 2019. 1 Japanese 10,000 2017/2018 Marathons (5): 1 Osaka 2018, 5 Berlin 2018, 4 Tokyo 'Grand Championship' 2019, 1 Osaka 2020, 1 Nagoya 2021 In 2021: 1 Nagoya Marathon; 2 Sapporo Half Mar</p>							
2677	SUZUKI Ayuko JPN	29y	302d	1991	-	2:28:32 -18	
<p>2013 World Student Games Champion at 10,000m // Half Mar pb: 67:55 -19 (68:53 -21). 10,000 pb: 31:18.16 -16. 5000 pb: 15:08.29 -15. 3000 pb: 8:58.08 -14. 5 WJC 5000 2010; 10 Asian XC 2012; 1 WSG 10,000 2013 (2 5000); 9 WCH 5000 2016; ht OLY 5000 2016(stress fracture in left foot); 10 WCH 10,000 2017 (ht 5000). At WXC: 2013 -62. 1 Japanese Universities 5000 2011/2012; 1 Japanese Corporate 10,000 2015; 1 Japanese 10,000 2016. She represents the Japan Post Holdings Corporation. Coach-Masahiko Takahashi. 1.54/39kg Marathons (2): 1 Sapporo 2018, 2 Tokyo 'Grand Championship' 2019 In 2021: 3 Sapporo Half Mar</p>							
2736	MAMAZHANOVA Zhanna KAZ	27y	192d	1994	2:29:01	2:29:01 -21	
<p>Half Mar pb: 75:08 -21. 10,000 pb: 36:54.09 -19. 106 World Half Mar 2018. Her husband Marco Turi is a French international triathlete Marathons (7): 5 Hannover 2017, 5 Astana 2017; 4 Astana 2018; 34 Berlin 2019; 9 Riga 2019, 2 Tashkent, 1 Bad Loipersdorf In 2021: 2 Tashkent; 1 Bad Loipersdorf</p>							
2753	CHEPNGETICH Ruth KEN	26y	363d	1994	-	2:17:08 -19	
<p>World Marathon Champion, world record holder for half marathon // Half Mar pb: 64:02 -21. 10K pb: 30:21 -21. 13 World Half Mar 2018 (team silver). 1 Istanbul Half Mar 2017/2019/2021. No track racing background. Mother of one (daughter Sherlene) Marathons (6): 1 Istanbul 2017, 2 Paris, 1 Istanbul 2018, 1 Dubai 2019, 1 WCH 2019 (broke away with a 3:19 36th kilometre in 32° heat & 73% humidity), 3 London 2020 In 2021: 1 Istanbul Half Mar (world record 64:02, including 30:21 + 30:22 for two full 10Ks)</p>							
2756	JEPCHIRCHIR Peres KEN	27y	313d	1993	-	2:17:16 -20	
<p>Full name-Peres Chepchirchir Ngeno Three world half marathon world records, two world half marathon titles Half Mar pb: 65:06 -17. 1 World Half Mar 2016 (led a Kenyan 1-2-3) & 2020. World Half Marathon records at Ras Al-Khaimah 2017 (65:06), Prague 2020 (women's only 65:34), Gdynia 2020 (women's only 65:16). Born-Uasin Gishu County (former Rift Valley Province). Daughter Natalia born October 2017 Marathons (4): 3 Kisumu 2013, 3 Eldoret 2018, 1 Saitama 2019, 1 Valencia 2020 (69:04 + 68:12 = 2:17:16, a six-minute pb). Also paced London 2015 Known for her easy-looking running style</p>							
2761	KOSGEI Brigid KEN	27y	167d	1994	-	2:14:04 -19	WR
<p>Full name-Brigid Jephcheschir Kosgei In 2019 broke Paula Radcliffe's 16 year-old world marathon record by 1:21 (wearing shoes with propulsive springboard-type carbon plates) Half Mar pb: 64:28 -19 (66:01 -21). 10,000 pb: 32:18.90 -21. 1 'Great' North Run 2019. Husband-Mathew Mitei, their children (twins) Faith & Brian. At the 2019 London marathon, she took a minute out of the field between 35 & 40K (15:32, quicker than Mo Farah [15:41] at the same section). Coach-Eric Kimaiyo Marathons (12, 8 wins): 1 Porto 2015, 1 Milan 2016, 2 Lisbon 2016, 1 Honolulu 2016, 8 Boston 2017, 2 Chicago 2017, 1 Honolulu 2017, 2 London 2018, 1 Chicago 2018, 1 London 2019, 1 Chicago 2019 (world record, halves of 66:59 + 67:05), 1 London 2020 In 2021: 5 Istanbul Half Mar</p>							

2799	ANDREYEVA Iulia KGZ	37y	151d	1984	-	2:28:42 -19
(Née Arkhipova) 58th, 58th & 59th in successive Olympic marathons 10,000 pb: 33:27.21 -08. 5000 pb: 16:08.49 -09. 10 Asian Games 5000 2010. Coach/husband-Grigoriy Andreyev Marathons (18): 8 Frankfurt 2007, 58 OLY 2008, 1 Baltimore 2009, 6 San Diego 2010, 2 Baltimore 2010, 7 Prague 2012, 58 OLY 2012, 11 Hong Kong 2013, 5 Hamburg 2013, 6 Beirut 2014, 10 Asian Games 2014, 9 Prague 2015, 36 WCH 2015, 59 OLY 2016; 66 WCH 2017, 2 Astana 2018, 7 Taipei 2018, 1 Astana 2019						
2800	MASLOVA Darya KGZ	26y	92d	1995	2:44:52	2:28:19 -19 NR
2017 Asian Champion at 5000m & 10,000m // Half Mar pb: 71:06 -17. 10,000 pb: 31:36.90 -16. 5000 pb: 15:00.42 -17. 1 Asian junior 3000 2014 (& =1 5000 with Maki Izumida JPN); 10 WJC 5000 2014 (14 3000); 3 Asian Champs 5000 2015; 3 WSG 5000 2015; 19 OLY 10,000 2016; 1 Asian Champs 5000/10,000 2017; 17 WCH 10,000 2017; 1 WSG 10,000 2017; 1 Asian Games 10,000 2018 (2 5000) Marathons (4): Kunming 2016, 15 Valencia 2019, 2 Cholpon-Ata 2021 In 2021: 1 Tashkent Half Mar; 1 Dushanbe Half Mar; 2 Cholpon-Ata; 1 Bishkek Kolpakova 5000						
2811	AHN Seul-Ki KOR	29y	68d	1992	-	2:27:28 -19
Half Mar pb: 72:01 -19. 10,000 pb: 32:33.61 -19. 5000 pb: 16:05.10 -18. 4 Asian Champs 10,000 2019 Marathons (8): dnf Seoul 2013, 10 Daegu 2013, 2 Incheon 2013, 6 Jeju 2014, 1 Seoul 2014, 11 Seoul 2015, 1 Gangneung 2015, 7 Seoul 2016, 42 OLY 2016, 1 Gongju 2017, 2 Daegu 2018, 6 Seoul March 2019, 2 Seoul October 2019 In 2016: 1 Suwon Half Mar; 7 Seoul; 2 Korean 10,000; 2 Abashiri 10,000						
2812	CHOI Kyung-Sun KOR	29y	142d	1992	2:29:06	2:29:06 -21
Korean record holder at Half Marathon // Half Mar pb: 68:35 -20. 10,000 pb: 32:46.20 -19 (34:54.66 -21). 5000 pb: 15:52.21 -19 Marathons (5): 2 Gongju 2017, 11 Seoul 2018, 4 Asian Games 2018, 3 Daegu 2019, 1 Seoul 2019 In 2021: 1 Korean 10,000						
2859	KHATALA Neheng LES	29y	34d	1992	2:28:06	2:28:06 -21 NR
Lesotho record holder at 10,000m & Marathon // 10,000 pb: 33:46.39 -21. Half Mar pb: 72:46 -17. At WXC: 2017-86 Marathon (6): 9 Cape Town 2017, 13 Gold Coast 2018, 7 Cape Town 2018, 5 Geneva 2019, 6 Cape Town 2019, 1 Cape Town 2021 In 2021: 1 Kwazulu Natal 10,000; 1 Cape Town Marathon						
2881	EL MOUKIM Rkia MAR	33y	165d	1988	-	2:29:00 -20
Half Mar pb: 9:46 -19, 10K pb: 32:19 -18 Doping in 2016-2018 after irregularities were found in her Biological Passport; five years of her past results - starting with the 2011 World Cross Country Championships where she'd placed 36th - were annulled. Marathon placings among in the lost results were 6th New York 2014 & 10th London 2015 (2:26:33) Marathons (4) dq New York 2014, dq London 2015, dq San Antonio 2015, 6 Marrakech 2020 In 2015: 3 Adana Half Mar; 3 Adana; 1 Marrakech Half Mar; 1 Marrakech Half Mar; 5 New York Half Mar						
2910	FISIKOVICI Lilia MDA	32y	130d	1989	-	2:27:26 -19 NR
(Née Tozlovanu) Moldova's fastest-ever Marathoner & Half Marathoner Half Mar pb: 70:45 -18. 5000 pb: 16:13.24 -19. 13 EJC 5000 2007 (15 3000). 36 World Half Mar 2018 (2020-67); 2 Small European States Games 3000 2018 (2021-4). At EXC: 2005-76J, 2017-57. Born/lives in the autonomous territorial area of Transnistria in Eastern Moldova. Coach/husband-Serghei Fisikovici Marathons (7): 2 Warsaw 2015, 7 Łódź 2015, 27 OLY 2016, 1 Kraków 2018, 6 Ljubljana 2018, 6 Singapore 2018, 14 London 2019 In 2021: 4 European Small States Games 3000; 1 ETCh 3rd League 5000 (3 3000)						
2925	RAMIREZ Andrea MEX	28y	243d	1992	2:26:34	2:26:34 -20
Full name-Andrea Soraya Ramirez Limon Marathon best down from 2:57 to 2:26 in 2020 Half Mar pb: 70:20 -20. 10,000 pb: 33:35.30 -19. 5000 pb: 16:19.65 -19. 20 World Half Mar 2020 Marathons (4): 87 Chicago 2017, 32 Houston 2018, 7 Houston 2020, 6 Chandler 2020 In 2021: 6 Austin 'Trials of Miles' 10,000 (1 5000 'C'); 1 Monterrey 1500/5000; 1 Mazatlán 1500; 1 Azusa Bryan Clay Invitational 10,000; 1 Mexican 10,000						
2926	SÁNCHEZ Úrsula MEX	33y	325d	1987	-	2:29:11 -20
Full name-Ursula Patricia Sánchez // Half Mar pb: 70:19 -20 (72:41 -21). 10,000 pb: 32:40.57 -20 (32:58.24 -21). 5000 pb: 15:55.98 -20 (16:11.61 -21). 1 Central American & Caribbean Games 10,000 2018; 8 Pan-Am Games 10,000 2019. 1 Mexican 5000 2018 & 10,000 2018/2019 Marathons (2): 6 Houston 2020, 8 Chandler 2020 In 2021: 1 Puerto Vallarta 5000/10,000; 11 Portland Track Festival 10,000; 3 Mexican 1500						
2927	TORRES Daniela MEX	27y	14d	1994	2:28:55	2:28:55 -21
Half Mar pb: 70:22 -20. 10,000 pb: 34:18.83 -20. 5000 pb: 15:42.17 -21. 21 World Half Mar 2020. 1 Mexican 5000 2021 Marathon (1) 15 Ampugnano 2021 In 2020: 1 Mérida 10K; 1 Monterrey 10,000; 2 Mazatlán 5000						
2942	BAYARTSOGT Munkhzaya MGL	27y	300d	1993	-	2:28:03 -20 NR
Mongolian record holder at 5000m, 10,000m, Half Mar & Marathon // Half Mar pb: 74:48 -14. 10,000 pb: 33:31.11 -14 (34:20.5 -19). 5000 pb: 16:11.10 -14. 9 Asian Games 10,000 2014 (12 5000); 6 WSG Half Mar 2015 (7 10,000). At WXC: 2015-53. 1 Mongolian 5000/10,000 2016/2017/2018 (1 10,000 2019). Coach/husband-Husband-Dorjpalam Batbayar (11 Asian Games 10,000 2014) served two-year doping ban in 2016-2018 Marathons (27): 11 Hong Kong 2014, 2 Ulan Bator 2014, 13 Hong Kong 2015, 10 Chongqing 2015, 35 WCH 2015, 13 World Military Games 2015, 10 Xiamen 2016, 1 Ulan Bator 2016, 72 OLY 2016, 5 Nanjing 2016, 17 Osaka 2017, 1 Taipei 2017, 1 Gusan 2017, 58 WCH 2017, 7 Macau 2017, 10 Seoul 2018, 2 Gusan 2018, 1 Ulan Bator 2018, 7 Asian Games 2018, 2 Kobe 2018, 6 Hong Kong 2019, 4 Gusan 2019, 4 Gold Coast 2019, 34 WCH 2019, 9 Military World Games 2019, 4 Macau 2019, 12 Osaka 2020						
2974	JOHANNES Helalia NAM	40y	357d	1980	-	2:19:52 -20 NR
Full name-Helalia Lukeiko Johannes (aka Helaria) 2018 Commonwealth Games Champion. 2019 World Championship bronze. Vast experience of championship marathons Half Mar pb: 68:10 -20 (69:26 -21). 5 African Games Half Mar 2007; 5 WSG Half Mar 2007; 16 World Half Mar 2010. At WXC: 2005-80 long Marathons (25): 4 Dublin 2007, 7 Seoul 2008, 40 OLY 2008, 5 Dublin 2008, 56 WCH 2009, 2 Dublin 2009, 8 Seoul 2010, dnf Prague 2011, 1 Dublin 2011, 3 Vienna 2012, 11 OLY 2012, 6 Dublin 2012, 6 Tokyo 2013, dnf WCH 2013, 3 Seoul 2014, 5 COM 2014, 5 Vienna 2016, 56 OLY 2016, 6 Vienna 2017, 19 WCH 2017, 1 COM 2018, 1 Cape Town 2018, 1 Nagoya 2019, 3 WCH 2019, dnf Nagoya 2020, 3 Valencia 2020 In 2021: 4 South African Half Mar (as a guest); [We know she knows how to run well in the heat; she won medals at the 2018 Commonwealths and 2019 Worlds]						

2992	DEELSTRA Andrea NED	36y	153d	1985	-	2:26:46 -15
Made huge advancement to place fifth (first European) at 2015 Berlin Marathon Half Mar pb: 73:10 -21. 10,000 pb: 34:33.99 -20. 5000 pb: 16:06.88 -17. 3000SC pb: 9:54.25 -06. 17 ECP 10,000 2013. At EXC: 2004-53J, 2006-11u23, 2007-27u23. 1 Dutch 3000SC 2007/2010 & XC 2017. Lives-Apeldoorn. Coach-Bram Wassenaar Marathons (11): 4 Eindhoven 2012, 2 Eindhoven 2013, 13 ECH 2014, 5 Berlin 2015, 60 OLY 2016, 17 London 2017, dnf ECH 2018, 14 Berlin 2018, 11 Berlin 2019, 12 Tokyo 2020, 16 Valencia 2020 In 2021: 1 Bad Loipersdorf Half Mar						
2994	HOLTERMAN Jill NED	29y	329d	1991	2:28:18	2:28:18 -21
Half Mar pb: 71:41 -20. 10,000 pb: 33:37.20 -18. 5000 pb: 15:47.31 -17. 14 under-23 ECH 5000 2011. At EXC: 2018-68. Husband-Ronald Schröer (2:16:00 Marathon in 2019). Coach-Gerard van Lent Marathons (2): 30 Valencia 2020, 6 Enschede 2021 In 2021: 4 Berlin 10K; 6 Enschede Marathon						
3136	de la CRUZ Jovana PER	29y	24d	1992	2:27:59	2:27:59 -21
Full name-Jovana De la Cruz Capani // Half Mar pb: 73:19 -16. 5000 pb: 16:23.07 -15. 3000SC pb: 10:08.09 -14. ht World Youth 1500 2009; ht WJC 3000SC 2010; 5 South American 3000SC 2015; 10 Pan-Am Games 5000 2015; 32 World Half Mar 2016. At WXC: 2011-66J, 2017-36. Husband-Wily Canchanya (2:14:24 marathon in 2015) just missed 2016 Olympic selection. In 2020 she wondered why she was more prone to pain in her left foot and realised it was "much bigger" than the right. The problem was solved by wearing different shoe sizes; she gained the Tokyo qualifying mark in her next race. Coach-Rodolfo Gomez Marathons (6): 9 Toronto 2015, 5 Houston 2016, 36 OLY 2016, 5 Düsseldorf 2019, 49 Chicago 2019, 1 Lima 2021 In 2021: 1 Lima 5000; 1 Lima Marathon						
3137	TEJEDA Gladys PER	35y	310d	1985	-	2:27:07 -20 AR
Full name-Gladys Tejada Pucuhuaranga 2019 Pan-American Games Marathon Champion Half Mar pb: 70:14 -16. 10,000 pb: 32:18.49 -15 (32:47.10 -21). 5000 pb: 16:00.55 -18 (16:01.73 -21). 2 South American 5000 2013; 1 Bolivarian Games Half Mar 2013; 9 World Half Mar 2016 (2010-21, 2014-26, 2018-29); 2 South American Games 10,000 2018. At WXC: 2015-21, 2017-33, 2019-40. Carried the Peruvian flag at the 2012 Olympic Opening Ceremony. In 2020 she wondered why she was more prone to pain in her left foot and realised it was "much bigger" than the right. The problem was solved by wearing different shoe sizes; she gained the Tokyo qualifying mark in her next race. Coach-Rodolfo Gomez Marathons (14): 4 Seoul 2011, 3 Pan-Am Games 2011, 42 OLY 2012, 1 Santiago de Chile 2013, 1 Mexico City 2013, 2 Rotterdam 2015, dq Pan-Am Games 2015, 15 OLY 2016, 8 Valencia 2016, 7 Osaka 2018, 11 Amsterdam 2018, 1 Pan-Am Games 2019, 6 Seville 2020, 5 Taipei 2020 Originally won marathon gold at the 2015 Pan-American Games, but stripped of that title after testing positive for a diuretic. Served a six-month doping ban to March 8, 2016 In 2021: 3 Mazatlán 5000; 3 Lima 5000						
3173	LISOWSKA Aleksandra POL	30y	237d	1990	2:26:08	2:26:08 -21
Half Mar pb: 72:16 -20. 10,000 pb: 33:42.21 -20. 5000 pb: 16:06.90 -20. 51 World Half Mar 2020. 1 'Great' Birmingham 10K 2018. Member of the sports team of Polish Navy from the port of Gdańsk. Coach-Jacek Wosiek Marathons (10): 5 Poznań 2015, 5 World Military Games 2016, 10 Ottawa 2017, 4 Warsaw 2018, 8 Beirut 2018, 8 Warsaw 2019, 6 World Military Games 2019, 1 Warsaw 2020, dnf Enschede 2021, 1 Debno 2021 Coach-Jacek Wosiek; Club-AZS UWM Olsztyn In 2021: dnf Enschede Marathon; 1 Debno Marathon						
3174	MACH Angelika POL	29y	333d	1991	2:27:48	2:27:48 -21
Half Mar pb: 71:07 -20. 10,000 pb: 34:23.43 -17. 5000 pb: 16:16.74 -17. 3 2009 World Junior Mountain Running Champs 2009; 32 World Half Mar 2020. 3 Polish 10,000 2015/2016/2017. She is fluent in Polish, English, Russian and Bulgarian Coach-Jacek Kostrzeba. Marathons (7): 4 Poznan 2014, 3 Wrocław 2015, 3 Poznan 2015, 5 Warsaw 2016, 19 Frankfurt 2017, 6 Warsaw 2018, 4 Kraków 2019, dnf Enschede 2021, 3 Debno 2021 In 2021: dnf Enschede Marathon; 3 Debno Marathon; 3 ECP 10,000 'B'						
3175	NADOLSKA Karolina POL	39y	334d	1981	-	2:26:31
(Née Jarzyńska) Polish record holder at 10,000m & Half Marathon // Half Mar pb: 69:54 -17. 10,000 pb: 31:43.51 -13. 5000 pb: 15:25.52 -13. 3000 pb: 9:02.23 -10. 5000 pb: 15:25.52 -13. 14 under-23 ECH 10,000 2003; 20 World Half Mar 2013; 15 WCH 10,000 2013; 7 ECh 5000 2014; 13 ECH 10,000 2014. 1 Polish 5000 2009./2013. At EXC: 2008-39. Coach/husband-Zbigniew Nadolski (1 Polish 10,000 93), their daughter Antonia born 2015 Marathons (18): dnf Rome 2007; 3 Warsaw 2007; 2 Porto 2007; 2 Zürich 2008, 3 San Antonio 2008, 7 Prague 2009, 3 Frankfurt 2009, dnf ECH 2010, 5 Yokohama 2011, 35 OLY 2012, 6 Osaka 2013, 1 Łódź 2013, 3 Osaka 2014, 1 Łódź 2014, dnf Osaka 2016, dnf Chicago 2017, 14 Nagoya 2018, 3 Hannover 2019						
3228	MOREIRA Sara POR	35y	293d	1985	2:26:42	2:24:49 -15
2016 European Half Marathon Champion. 2013 European Indoor Champion at 3000m 10,000 pb: 31:12.93 -15. 5000 pb: 14:54.71 -10. 3000 pb: 8:42.69 -10. 1500 pb: 4:07.11 -10. 3000SC pb: 9:28.64 -09. 3 under-23 ECH 3000SC 2007; 12 WCH 3000SC 2007 (2011-dq); ht OLY 3000SC 2008; 10 WCH 5000 2009 (ht 3000SC); 1 WSG 5000/3000SC 2009; 5 WIC 3000 2010; 2 ECH 5000 2010 (2012-3, 2014-6); 7 EIC 1500 2011; 2 WSG 5000 2011; dq WCH 3000SC 2011; 14 OLY 10,000 2012; 1 EIC 3000 2013 (2009-2); 5 ECH 10,000 2014; 12 WCH 10,000 2015; 1 ECH Half Mar 2016; 1 ECP 10,000 2017; 39 World Half Mar 2020. At WXC: 2011 -20. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10, 2010-9, 2012-12, 2018-dnf. Husband-Pedro Ribeiro was Portuguese Steeplechase Champion in 2010, their son Guillermo born November 1, 2013. Coach-Carlos Monteiro Marathons (7): 3 New York 2014, 2 Prague 2015, 4 New York 2015, dnf OLY 2016 (right leg injury), dnf Prague 2018, dnf Valencia 2020, 2 Enschede 2021 In 2021: 2 Enschede Marathon; 2 Portuguese Club Champs 5000						
3230	RIBEIRO Sara Catarina POR	31y	67d	1990	-	2:26:39 -19
2011 European under-23 bronze at 10,000m // Half Mar pb: 71:09 -18 (72:37 -19). 10,000 pb: 32:21.19 -18. 5000 pb: 15:51.05 -18 (16:22.98 -21). 3 under-23 ECH 10,000 2011; 8 ECP 10,000 2013; 9 ECH 10,000 2018. At EXC: 2007-67J, 2008-66J, 2009-10J, 2011-15u23, 2012-10u23, 2013-38, 2014-31, 2015-52, 2017-18, 2018-58 Marathons (7): 2 Porto 2016, dnf WCH 2017, 9 Berlin 2017, dnf Berlin 2018, 3 Padua 2019, 12 Valencia 2019, dnf Valencia 2020 In 2021: 5 Lisbon 'Meeting of Inclusion' 3000; 7 Braga 5000						
3231	ROCHA Carla Salomé POR	31y	103d	1990	-	2:24:47 -19
Top 10 at five European Cross Country Championships // Half Mar pb: 72:12 -18. 10,000 pb: 32:05.82 -16 (33:18.73 -21). 5000 pb: 15:52.17 -14. 3000SC pb: 9:51.91 -12. 7 under-23 ECH 10,000 2011; ht ECH 3000SC 2012; 5 WSG 5000 2013 (6 10,000); 12 ECH 10,000 2016 (2014-16); 26 OLY 10,000 2016; 7 ECP 10,000 2017; 28 WCH 10,000 2017. At WXC: 2011-77, 2013-44. At EXC: 2007-31J, 2008-44J, 2009-11J, 2010-17u23, 2011-9u23, 2012-7u23, 2013-9, 2014-10, 2015-21, 2016-18, 2018-28, 2019 -10. 1 Portuguese 5000 2013/2016. 3000SC 2013 & XC 2016. Coach-Rui Ferreira Marathons (5): 6 Prague 2017, 8 Berlin 2018, 8 London 2019, 28 WCH 2019, dnf London 2020 In 2021: 1 Portuguese XC; 1 Portuguese 10,000; 4 Lisbon 'Meeting of Inclusion' 3000						
3387	STEYN Gerda RSA	31y	156d	1990	2:25:28	2:25:28 -21 NR
South African record holder // Half Mar pb: 70:55 -20 (72:14 -21). Better known as an ultrarunner: 1 Two Oceans 56K 2018 1 'Comrades' Marathon 2019 (where she was the first woman to clock sub-6 hours for the 89Km distance). She won the women's mass race at the 2017 'Great' North Run. Coach-Nick Bester Marathons (7): 14 Dublin 2016, 14 Dubai 2017, 12 Valencia 2017, 13 New York 2018, 11 New York 2019, 7 London 2020, 9 Ampugnano 2021 In 2021: 1 Dubai 10K (2 5K); 9 Ampugnano Marathon (broke Colleen de Reuck's [non-aided] South African record by more than one minute); 2 South African Half Mar						

3392 van ZYL Irvette RSA **34y** 32d 1987 **2:28:40** **2:28:40 -21**
 (Née van Blerk)
 Hailed as the greatest female talent produced in South Africa since Elana Meyer
 Half Mar pb: 70:56 -11 (72:54 -21). 10,000 pb: 34:19.54 -04. 5000 pb: 16:17.01 -09. 1500 pb: 4:17.49 -03. 49 World Half Mar 2010. At WXC: 2002-18J, 2003-16J, 2005-26J. 1 South African 10,000 2009/2010 (1 10K/Half Mar 2010, 1 Half Mar 2016). She married 400m hurdler LJ van Zyl on September 29, 2012, the have two sons Louis (2015) & Gideon (2018). Nick Bester
 Marathons (13): dnf Soweto 2011, 17 London 2012, dnf OLY 2012, 10 London 2013, 1 Porto Alegre 2014, 15 London 2016, 3 Soweto 2016, 8 Cape Town 2017, 1 Soweto 2017, 1 Soweto 2018 (broke course record while pregnant), 1 Pretoria 2019, 1 Soweto 2019, 13 Ampugnano 2021. Was forced to scratch form Rio 2016 with a stress fracture in her foot
 In 2016: 1 Pretoria 10K (Jan 23); 1 Benoni Half Mar; 1 Pretoria 10K (Feb 20); 1 Pretoria Half Mar (Feb 28); 1 Pretoria 3000 (Feb 29); 1 Pretoria 3000 (Mar 8); 1 Two Oceans Half Mar; 1 Cape Town 10K; 15 London; 1 Port Elizabeth 10K; 1 Cape Town 12K; 1 Durban 10K; 1 Durban Half Mar; 2 Port Elizabeth Half Mar (therefore South African Champion because the winner was Sheila Chesang KEN)

3514 SCHLUMPF Fabienne SUI **30y** 262d 1990 **2:26:14** **2:26:14 -21 NR**
 2018 European silver medallist at both steeplechase and cross country
 Half Mar pb: 68:27 -21. 10,000 pb: 32:16.37 -20. 5000 pb: 15:10.31 -20. 3000SC pb: 9:21.65 -17. dq ht WCH 3000SC 2013 (ran inside kerb); 5 ECH 3000SC 2016 (2014 -13); 18 OLY 3000SC 2016; ht WCH 3000SC 2017; 2 ECH 3000SC 2018; 13 World Half Mar 2020 (2018-16). At EXC: 2011-30u23, 2012-14u23, 2013-37, 2015-31, 2016-8, 2017-7, 2018-2. 1 Swiss 10K 2013/2015/2019/2020, 3000SC 2009/2012/2017, 1500 2014/2016/2018/2020, 5000 2016/2020 & 10,000 2020. Coach/partner-Michi Ruegg
 Marathon (1): 2 Berne 2021
 In 2021: 1 Dresden Half Mar; 2 Swiss Marathon

3517 STRÄHL Martina SUI **34y** 91d 1987 - **2:28:07 -18**
 2015 World Mountain Running Marathon Champion // Half Mar pb: 69:29 -18. 10,000 pb: 33:11.21 -10. 5000 pb: 16:30.91 -10. 1 European Mountain Running Champs 2009/2011 (2013-9); 9 ECH 10,000 2010; 3 World Mountain Running Champs 2010 (2008-5, 2012-20); 1 World Long Distance Mountain Running Champs Marathon 2015; 156 ECH Half Mar 2016. 1 Swiss 5000 2010/2011. Primary SChool teacher
 Marathons (10): 1 Lucerne 2013, 3 Interlaken 2013, 1 Lucerne 2013, 33 ECH 2014, 1 World Long Distance Mountain Running Champs (Zermatt – continuous climb of 1500m at altitude) 2015, 24 Berlin 2015, 1 Interlaken 2016, 6 Frankfurt 2016, 7 ECH 2018, 9 Berlin 2019
 In 2021: 2 Bad Loipersdorf Half Mar

3558 WIKSTRÖM Carolina SWE **27y** 336d 1993 - **2:26:42 -20**
 2020 Stockholm Marathon winner (the Swedish Championships, not the usual mass international race)
 Half Mar pb: 71:31 -20. 10K pb: 32:38 -20. 10,000 pb: 32:46.94 -20 (mixed). 37 World Half Mar 2020. Her mother Anna-Karin Mellgren clocked 2:56:46 for a marathon in 1989. She worked as a volunteer nurse during the peak of the covid in 2020, and having concluded her medical studies is now working full-time as a doctor. Coach-Christian Mundt
 Marathons (6): 26 Stockholm 2018, 31 Valencia 2018, 7 Stockholm 2019, 15 Frankfurt 2019, 1 Stockholm 2020 (Swedish Championships), 11 Valencia 2020
 In 2021: dnf Jordbro Half Mar

3582 MATANGA Failuna TAN **28y** 281d 1992 - **2:27:55 -19**
 Full name-Failuna Abdi Matanga // Half Mar pb: 69:36 -18 (1:26:55 -21). 10,000 pb: 31:47.37 -17. 5000 pb: 16:00.6 -14. 18 African XC 2014; 23 WCH 10,000 2017; 12 COM 10,000 2018 (15 5000). At WXC: 2017-16, 2019-16
 Marathons (4): 10 Amsterdam 2017, 2 Cape Town 2018, 3 Hamburg 2019, dnf WCH 2019
 In 2021: 1 Dar-es-Salaam Half Mar

3660 ERDOGAN Meryem TUR **31y** 104d 1990 **2:29:08** **2:29:08 -21**
 Allegiance transferee from Ethiopia – formerly Mariam Hana Dingo ETH, has lived in Turkey in 2006, became a Turkish citizen in January 2010 and cleared by World Athletics to represent Turkey from April 12, 2010. She took the surname Erdoğan for her admiration of the Turkish Prime Minister Recep Tayyip Erdoğan
 5000 pb: 15:42.1 -10. 10,000 pb: 31:55.53 -10. 4 ECP 10,000 2010; dq ECH 5000/10,000 2010; dnf ECH Half Mar 2016. At EXC: 2010-dq/u23. 1 Turkish 5000 2010. Originally 4th / 6th in 2010 European Championship 10,000 / 5000 in personal bests 31:44.86 / 15:14.92, then won the 2010 European under-23 Cross Country title, but those performances annulled after she failed a doping control test and was ultimately suspended in 2012-2014
 Marathons (9): 3 Istanbul 2015. 16 Dubai 2016, 11 Rotterdam 2016, 112 OLY 2016, 2 Tiberias 2017, 3 Lens 2019, 1 Xuzhou 2021, 24 Ampugnano 2011, 14 Milan 2021
 In 2021: 1 Xuzhou (Chinese Champs); 24 Ampugnano

3699 CHEKWEL Juliet UGA **31y** 73d 1990 - **2:23:13 -20 NR**
 2018 Commonwealth Champion at Half Marathon. Ugandan record holder at 10,000m, Half Marathon & Marathon
 Half Mar pb: 68:44 -20. 10,000 pb: 31:37.99 -16. 5000 pb: 15:20.15 -16. 1500 pb: 4:18.73 -10. 4 Commonwealth Youth Games 1500 2008; 1 East African junior XC 2008; 16 WCH 10,000 2013 (2015-17); dnf OLY 10,000 2017; 4 COM 5000 2018 (7 10,000); 1 Cardiff (Commonwealth Champs) Half Mar 2018; 20 WCH 10,000 2019; 14 World Half Mar 2020. At WXC: 2011-22, 2013-9, 2015-14, 2019-13
 Marathon (1): 1 Seville 2020 (set Ugandan record and course record 2:23:13)

3702 CHEMUTAI Immaculate UGA **33y** 247d 1987 **2:29:09** **2:29:09 -21**
 Half Mar pb: 75:39 -17. 10K pb: 34:56 -11. Coach-Gordon Ahimbisibwe
 Marathons (at least these 30): 3 Khon Kaen 2011, 5 Zürich 2011, 1 Albi 2011, 1 Lausanne 2011, 1 Albi 2012, 1 Khon Kaen 2013, 7 Johannesburg 2013, 1 Lyon 2013, 4 Cannes 2013, 3 Khon Kaen 2014, 2 Taipei 2014, 1 Caen 2014, 3 Manila 2014, 2 Howick 2015, 2 Tours 2017, 2 Lyon 2017, 3 Magelang 2017, 2 Penang 2017, 3 Bangkok 2018, 1 Kaohsiung 2018, 4 Gianyar 2018, 2 Jakarta 2018, 3 Kampala 2018, 3 Ho Chi Minh 2018, 1 Canelli 2019, 1 Ho Chi Minh 2019, 2 Bangkok 2020, 1 Buriram 2020, 16 Ampugnano 2021
 In 2021: 16 Ampugnano Marathon

3737 KALYUZHNA Viktoriya UKR **27y** 26d 1994 **2:27:05** **2:27:05 -21**
 Half Mar pb: 71:50 -18. 10,000 pb: 33:10.66 -18. 5000 pb: 15:38.38 -16. 3000 pb: 9:09.66 -15. ht World Youth 2000SC 2011; ht WJC 3000SC 2012; 7 EJC 3000SC 2013; 3 under-23 ECH 5000 2015. At EXC: 2013-65J, 2014-33u23, 2016-8u23, 2017-14, 2018-32. 1 Ukrainian 10,000 2017. Her partner Yegor Zhukov was 2017 Ukrainian Cross Country Champion
 Marathons (2): 2 Debno 2021, 4 Warsaw 2021
 In 2021: 2 Ukrainian Indoor Team Champs 3000; 2 Debno Marathon; dnf Ukrainian 10,000

3750 MYKHAYLOVA Darya UKR **32y** 99d 1989 - **2:27:29 -20**
 Half Mar pb: 71:36 -19. 10,000 pb: 32:27.41 -19. At EXC: 2015-48, 2019-28. 21 ECP 10,000 2016. 1 Ukrainian XC 2019. Studied Physiotherapy at the National University of Physical Education and Sport of Ukraine
 Marathons (8): 8 Poznan 2015, 2 Bila Tserkva 2016, 5 Warsaw 2017, 44 WCH 2017, 11 Paris 2018, 25 ECH 2018, 2 Bila Tserkva 2019, 9 London 2020

3755 PROKOFYEVA Yevgeniya UKR **26y** 62d 1995 - **2:28:06 -19**
 10,000 pb: 32:46.95 -21. 5000 pb: 16:48.19 -17. 3000SC pb: 10:22.46 -18. ht WJC 3000SC 2014; 17 ECH 10,000 2018; 23 World Half Mar 2020. At EXC: 2014-45J, 2017 -50u23, 2018-52. 1 Ukrainian 10,000 2018 & Half Mar 2020
 Marathons (3): 4 Xichang 2018, 1 Bila Tserkva 2018, Bila Tserkva 2019
 In 2021: 2 Ukrainian 10,000

3763 SKRYPAK Olga UKR **30y** 247d 1990 - **2:27:58 -19**
 (RESERVE)
 2012 European 10,000m bronze // 10,000 pb: 31:51.32 -12 (33:18.06 -21). 5000 pb: 15:51.85 -10. 3000 pb: 9:14.40i -11, 9:31.34 -08. 8 World Youth 3000 2007; 6 WJC 5000 2008 (14 3000); 5 EJC 5000 2009; 4 under-23 ECH 5000 2011; 3 ECH 10,000 2012; 19 OLY 10,000 2012; 60 World Half Mar 2020. At EXC: 2007-5J, 2008-16J, 2009 -19J, 2010-16u23. 1 Ukrainian 5000 2011 & 10,000 2015
 Marathons (7): 4 Beirut 2017, 11 Taipei 2018, 4 Santa Monica 2019, 10 Wuhan 2019, 5 Kraków 2019, 8 Ljubljana 2019, 11 Taipei
 In 2021: 3 Ukrainian 10,000

3859 KIPYEGO Sally USA **35y** 230d 1985 - **2:25:10 -19**
 Full name-Sally Jepkosgei Kipyego
 2011 World & 2012 Olympic silver at 10,000m (for Kenya)
 10,000 pb: 30:26.37 -12 (31:30.25 -21). 5000 pb: 14:30.42 -11. 3000 pb: 8:34.18 -14. 1500 pb: 4:06.23 -11. 2 WCH 10,000 2011 (201505); 2 OLY 10,000 2012 (4 5000). At WXC: 2001-8J. 1 NCAA 5000 2008 & 10,000 2007; 1 NCAA XC 2006/2007/2008; 1 NCAA indoor 3000 2007 & 5000 2007/2008/2009. Winner of a nine US Collegiate titles, representing Texas Tech University. Youngest of seven children, one of her brothers is Mike Kipyego (2:06:48 Marathoner). Husband-Kevin Chelimo (13:14.57 5000m in 2012), their daughter Emma born 2017
 Marathons (5): dnf New York 2015, 2 New York 2016, dnf Boston 2019, 7 Berlin 2019, 3 Atlanta 2020 (US Olympic Trial)
 Allegiance transferee from Kenya – acquired US citizenship on January 25, 2017 and cleared by World Athletics to compete for the USA from August 21, 2019
 In 2021: 13 US 15K; 8 Irvine 'Track Meet' 10,000

3862 LINDEN Desiree USA **38y** 11d 1983 **2:28:54** **2:22:38 -11**
 (RESERVE)
 (Née Davila)
 Seventh in 2016 Olympic marathon // Half Mar pb: 70:34 -11. 10,000 pb: 31:37.14 -11. 5000 pb: 15:08.64 -11. 43 World 20K 2006; 34 World Half Mar 2007; 9 WIC 3000 2010; 2 Pan-Am Games 10,000 2015. Lives-Rochester Hills, Michigan. Coach-Kevin Hanson
 Marathons (20): 18 Boston 2007, 13 Boston 2008 (US Olympic Trial), 5 Chicago 2008, 10 WCH 2009, 2 Chicago 2010, 2 Boston 2011, 2 Houston 2012 (US Olympic Trial); dnf OLY 2012, 5 Berlin 2013, 8 Boston 2014, 5 New York 2014, 4 Boston 2015, 2 Los Angeles 2016 (US Olympic Trial). 7 OLY 2016, 4 Boston 2017, 1 Boston 2018, 6 New York 2018, 5 Boston 2019, 6 New York 2019, 4 Atlanta 2020 (US Olympic Trial)
 So sporting of her to declare "Anybody suggesting the Marathon Trials be re-run, just stop" after the Olympics were postponed
 In 2021: 1 Oregon 50K (set world best 2:59:54, 2:31:13 at Marathon)

3891 SEIDEL Molly USA **27y** 25d 1994 - **2:25:13 -20**
 Qualified for the UK Olympic team with her debut marathon in Atlanta 2020
 Half Mar pb: 68:29 -21. 10,000 pb: 32:02.19 -21. 5000 pb: 15:15.21i -16, 15:52.41 -15. 1 NCAA 10,000/XC 2015 & indoor 3000/5000 2016. Born-Brookfield, Wisconsin. Was at the University of Notre Dame (Indiana), studying anthropology and environmental science. She can play the banjo. Coach-Jon Green
 Marathons (2): 2 Atlanta 2020 (US Olympic Trial) , 6 London 2020
 In 2021: 1 Henderson NV Half Mar; 1 Atlanta Half Mar

3894 TULIAMUK Alphine USA **32y** 123d 1989 - **2:26:50 -19**
 Full name-Alphine Chepkerker Tuliamuk
 Allegiance transferee from Kenya – has lived in the USA since March 2013, gained US citizenship on April 29, 2016 and cleared by World Athletics to compete for the USA on May 23, 2016
 Half Mar pb: 69:16 -13. 10,000 pb: 31:54.20 -17. 5000 pb: 15:18.86 -13. At WXC: 2015-9J (for Kenya). 3 NCAA indoor 5000 2012/2013; 2 NCAA 10,000 2012/2013. 1 US 5K/25K 2016 & XC 2017; 1 US Half Mar/25K 2018. At WXC: 2017-15. Studied Public Health Science at Wichita State University. Born-West Pokot District, Rift Valley Province in Kenya, lives-Santa Fe. Formerly married to Ryan Bolton. Partner-Tim Gannon, their daughter Zoe Cherotich Gannon born January 13, 2021. Coach-Ben Rosario
 She has an online shop where she sells beanie hats which she has crocheted herself (she can do one in a hour)
 Marathons (6): 2 Pittsburgh 2015, 9 Houston 2016, 13 New York 2017, 3 Rotterdam 2019, 12 New York 2019, 1 Atlanta 2020 (US Olympic Trial)
 In 2021: Gave birth to a daughter on January 13; 6 US 10K

<u>WORLD ALL-TIME LIST</u>	<u>2021 WORLD LIST</u>
1.....2:14:04....Brigid Kosgei KEN.....2019	1.....2:19:35....Hiwot Gebrekidan ETH
2.....2:15:25....Paula Radcliffe GBR.....2003	2.....2:20:08....Angela Tanui KEN
3.....2:17:01....Mary Keitany KEN.....2017	3.....2:20:14....Purity Rionoripo KEN
4.....2:17:08....Ruth Chepngetich KEN.....2019	4.....2:21:11....Mao Ichiyama JPN
5.....2:17:16....Peres Jepchirchir KEN.....2020	5.....2:21:46....Guteni Shone ETH
6.....2:17:41....Worknesh Degefa ETH.....2019	6.....2:21:51....Mizuki Matsuda JPN
7.....2:17:45....Lonah C. Salpeter ISR.....2020	7.....2:22:37....Lonah Chemtai Salpeter ISR
8.....2:17:56....Tirunesh Dibaba ETH.....2017	8.....2:22:39....Valary Aiyabei KEN
9.....2:18:11....Gladys Cherono KEN.....2018	9.....2:22:46....Purity Changwony KEN
10...2:18:30....Roza Dereje ETH.....2019	10...2:22:50....Racheal Mutgaa KEN