

Women's Half Marathon

		Age	(Days)	Born	2016	Personal Best
100	AÏT SALEM Souad ALG - Algeria	37y	80d	1979	-	69:15 -08
Algerian record holder at 3000m, 5000m, 10,000m, Half Marathon & Marathon Marathon pb: 2:25:08 -07. 10,000 pb: 32:13.15 -04; 5000 pb: 15:07.49 -06; 3000 pb: 8:47.99 -06. 1 African Champs 10,000 2000 (2002-5); ht WCH 5000 2003; ht OLY 5000 2004 (dnf 10,000); 1 Mediterranean Games 10,000 2005 (2013-3); 9 World 20K 2006; 1 African Games Half Mar 2007; 2 Mediterranean Games Half Mar 2013; 25 World Half Mar 2014 (2000-47, 2004-39). At WXC: 97-98J, 2002-90 short, 2015-44. She graduated as a Professor of Physical Education from the University of Algiers Marathons (12): 1 Thessaloniki 2006; 1 Rome 2007; 16 WCH 2007; 6 London 2008, 9 OLY 2008, 4 Prague 2012, 36 OLY 2012, 1 Hannover 2014, 6 Algiers 2014. 1 Hannover 2015, dnf WCH 2015, 3 Algiers 2015 In 2016: 10 Le Mans XC; 3 Alicante Half Mar; 5 Casablanca 10K						
101	TIFAHİ DAHMANI Kenza ALG - Algeria	35y	128d	1980	-	70:36 -13
Marathon pb: 2:39:21-15. 3 African Games Half Mar 2007; 3 Mediterranean Games Half Mar/10,000 2009. At WXC: 98-56J, 97-58J, 99-44J, 2008-59, 2009-32 2013-18 Marathons (4): 1 Mossel Bay 2008, 3 Madrid 2008, 1 Toulouse 2009, 3 Toulouse 2015						
102	PERALTA María ARG - Argentina	38y	117d	1977	-	76:07 -15
Full name-María de los Angeles Peralta // Marathon pb: 2:37:57 -15. 3000SC pb: 10:33.71 -03. 2 South American 1500 2005. At WXC: 2005-93 short, 2006-80. 1 Argentinean 800/1500 98/99/2000. 1 Argentinean 3000SC 2003/2005 Marathons (8): 1 Rosario 2011, 10 Chicago 2011, 15 Rotterdam 2012, 79 OLY 2012, dnf WCH 2013,1 Rosario 2014, 2 Miami 2015, 25 Berlin 2015						
103	CLARK Milly AUS - Australia	27y	26d	1989	-	73:43 -15
Former Australian Steeplechase Champion, sub-2:30 in her first marathon Marathon pb: 2:29:07 -15. 3000SC pb: 10:01.43 -12. 1 Australian 3000SC 2012; 1 Australian Universities 5000 2014. From-Tasmania, studied nutrition at Sydney University. Coach-James Fitzgerald Marathon (1): 3 Amsterdam 2015 (2:29:07 in her first marathon - "It is still surreal that I accomplished the time I did") In 2016: 2 Hobart 10K						
104	FIEN Cassie AUS - Australia	30y	193d	1985	-	71:28 -15
Cassie short for Cassandra // Marathon pb: 2:38:53 -15. 5000 pb: 16:11.15 -16. 10,000 pb: 33:16.16 -09. 30 World Half Mar 2009 (2010-42). 2 Australian 10,000 2008 Marathons (2): 13 Brisbane 2012, 11 New York 2015 In 2016: 1 Queensland State 5000/10,000						
105	WELLINGS Eloise AUS - Australia	33y	138d	1982	69:29	69:29 -16
(Née Poppett) 2015 World Championship finalist at 5000m // 10,000 pb: 31:41.31 -11. 5000 pb: 14:54.11 -06. 3000 pb: 8:41.78 -06. 11 WJC 3000 98; 4 World Youth 3000 99; 1 WSG 5000 2003; 4 COM 5000 2006 (2010/2014-5); 4 WCP 3000 2006; 6 COM 10,000 2010; 20 OLY 10,000 2012 (ht 5000); 4 IAAF Continental Cup 5000 2014; 10 WCH 5000 2015. 1 Australian 5000 2010 & 10,000 2009. At WXC: 2003-70 short, 2005-67 long, 2006-22 long & 39 short, 2010-48, 2011-41. Born-New York, cocked 15:18.60 at age 16 when she weighed only 40kg, she was later diagnosed with osteoporosis, suffered stress fractures and did not compete again until 2003. Coach-Nic Bideau Marathons: paced Osaka & Nagoya 2016 In 2016: paced Osaka Marathon; 3 Marugame Half Mar; dnf Hobart 5000; 4 Hobart 10K; paced Nagoya Marathon						
106	SILVA Valdilene BRA - Brazil	24y	99d	1991	79:35	74:59 -15
Full name-Valdilene dos Santos Silva // 10,000 pb: 34:08.75 -13. 3 South American under-23 10,000 2012. At WXC: 2013-90 In 2016: 3 São Paulo Half Mar						
107	MIRCHEVA Militsa BUL - Bulgaria	21y	307d	1994	79:12	75:29 -15
Shocking silver medal performance at 2014 European under-23 Cross Country Championships in front of a home crowd 5000 pb: 16:26.47 -14. 10,000 pb: 34:03.59 -15. Marathon pb: 2:44:23 -15. 8 under-23 ECH 10,000 2015. At WXC: 2013-39J. At EXC: 2013-32J, 2014-2u23, 2015-12u23. 1 Bulgarian 3000SC 2015. Coach-Iolo Nikolov Marathons (2): 1 Sofia 2015, 3 Podgorica 2015 In 2016: 11 Adana Half Mar						
108	BATTERINK Laura CAN - Canada	31y	135d	1984	-	73:15 -15
Doctor of Neuroscience // 5000 pb: 16:21.14 -15. 10,000 pb: 33:00.89 -15. 3 Canadian 5K 2015. Attended Oregon University						
109	MARCHANT Lanni CAN - Canada	31y	349d	1984	-	70:47 -14
Canadian record holder at Marathon & Half Marathon With 2:28:00 in 2013, she broke the Canadian record which had stood to Silvia Ruegger since 1985 Marathon pb: 2:28:00 -13. 10,000 pb: 31:46.94 -15. 5000 pb: 16:07.62 -13. 3 Pan-Am Games 10,000 2015; 18 WCH 10,000 2015. Studied Law at Michigan State University, she now works as a criminal lawyer in Chattanooga, Tennessee. Was a figure skater up to age 17, who ran for fitness. Coach-Dave Mills Marathons (10): 7 Ottawa 2011, 13 Chicago 2011, 5 Rotterdam 2012, dnf Toronto 2012, 44 WCH 2013, 3 Toronto 2013, 13 Boston 2014, 4 COM 2014, 6 Toronto 2014, 5 Toronto 2015 She appealed, unsuccessfully, to the Sport Dispute Resolution Centre in Canada after she was not selected for the London 2012 marathon despite achieving an IAAF 'A' standard (Athletics Canada had set a tougher standard) In 2016: 8 San Juan 10K						
110	McKAY-KORIR Tarah CAN - Canada	29y	81d	1987	-	73:39 -15
Marathon pb: 2:49:59 -15. 10K pb: 32:07 -12. At WXC: 2004-75J, 2005-65J, 2006-61J. Her husband is 2:06:13 marathoner Wesley Korir, who was at the University of Louisville, 2nd Chicago 2011 & 1st Boston 2012 Marathon (1): 15 Toronto 2015						
111	CUOMU Ciren CHN - China (PR of)	18y	212d	1997	-	-
10,000 pb: 34:56.97 -15. 5000 pb: 16:33.32 -15. At WXC: 2015-56J. From-Tibetan region						
112	DAWA Jila CHN - China (PR of)	18y	84d	1998	-	-
5000 pb: 16:19.92 -15. 3000 pb: 9:44.57 -15. 3 Asian youth 1500 2015. 1 Chinese youth 3000 2015; 15 World Youth 3000 2015 She is the youngest competitor at Cardiff 2016						

113	WANGNU Huzeng CHN - China (PR of) 10,000 pb: 34:06.08 -15. 5000 pb: 16:22.08 -15. 4 Chinese junior 5000 2015; 6 Chinese 10,000 2015. At WXC: 2015-31J. From-Tibetan region (I am assured it is Wangnu and not Wangmu)	19y	325d	1996	-	74:39 -15
114	ARIAS Kelly COL - Colombia Marathon pb: 2:32:32 (7 Toronto 2015). 10K pb: 34:03 -15	26y	297d	1989	-	74:43 -14
115	FIGUEROA Ángela COL - Colombia Colombian steeplechase record holder ... 2011 Pan-Am Games silver 3000SC pb: 9:42.71 -12. 1 Central American & Caribbean Champs 3000SC 2008/2009; 1 South American 3000SC 2011; ht WCH 3000SC 2011; 2 Pan-Am Games 3000SC 2011 (2007-6); ht OLY 3000SC 2012; 1 Central American & Caribbean Games 3000SC 2014 In 2013: 1 Colombian XC	31y	271d	1984	-	76:43 -15
116	ORJUELA Angie COL - Colombia Marathon pb: 2:34:58 -15 Marathons (4): 3 Santander de Quilichao 2012, 3 Medellín 2014, 4 Santiago de Chile 2015, 2 Cali 2015	26y	322d	1989	-	72:22 -15
117	BATTING Louise Langelund DEN - Denmark 59 World Half Mar 2014. At WXC: 2015-71. At EXC: 2005-69, 2013-53, 2014-45. Works as a dentist. Coach-Laust Bengtsen	38y	48d	1978	-	75:55 -15
121	AGUILAR Alessandra ESP - Spain Full name-Alessandra Aguilar Moran Fifth at 2010 European & 2013 World Championship Marathons Marathon pb: 2:27:00 -11. 10,000 pb: 32:42.49 -02. 5000 pb: 15:42.66 -07. 9 under-23 ECH 5000 99; 21 World Half Mar 2014. At WXC: 96-38J, 97-34J, 2000 -60 long, 2001-48 long, 2002-35 long, 2003-29 long, 2004/2005-47 long, 2006-63 long, 2008-35, 2009-24, 2010-40. At EXC: 99-33, 2000-27, 2001-35, 2002-28, 2003-21, 2004-31, 2007-17, 2008-31, 2009-17, 2010-8, 2011-42, 2012-17. Coach-Antonio Serrano Marathons (14): 3 Rotterdam 2008, 54 OLY 2008, 1 Hamburg 2009, 24 WCH 2009, 5 ECH 2010, 4 Rotterdam 2011, dnf WCH 2011, 14 New York 2011, 25 OLY 2012, 4 Rotterdam 2013, 5 WCH 2013, dnf ECH 2014, 15 London 2015, 17 WCH 2015 In 2016: 2 San Sebastián XC; 4 Alicante Half Mar; 1 Valladolid XC; 7 Valencia XC; 3 Spanish XC	37y	269d	1978	72:02	70:56 -14
122	ESTEBAN Marta ESP - Spain Full name-Marta Esteban Poveda // Marathon pb: 2:34:42 -15 Marathons (4): 7 Rotterdam 2009, 2 Valencia 2011, 8 Valencia 2013, 12 Valencia 2015 In 2016: 9 Alicante Half Mar; 8 Barcelona Half Mar; 3 Valencia 10K	33y	141d	1982	73:16	73:16 -16
123	GALIMANY Marta ESP - Spain Full name-Marta Galimany Guasch // 5000 pb: 16:29.42 -15. 5 Spanish 5000 2015 In 2016: 8 Alicante Half Mar	30y	173d	1985	73:37	73:37 -16
124	MAYOBRE Paula ESP - Spain Full name-Paula Mayobre González // 5000 pb: 16:57.90 -10. 2 Spanish under-23 indoor 3000 2011. At WXC: 2008-52J. At EXC: 2010-25u23 In 2016: 1 Viana do Castelo; 10 Santa Pola; 1 A Coruña Half Mar	26y	315d	1989	73:33	73:33 -16
125	ALEMAYEHU Askale ETH - Ethiopia Full name-Askale Alemayehu (aka Alemaheyu) Adula // Marathon pb: 2:31:31 -14. 2 World Police XC 2013 Marathons (3): 4 Rennes 2014, 7 Lanzhou 2015, 1 Libreville 2015 In 2016: 4 Las Tunas Half Mar	20y	75d	1996	74:02	70:01 -15
126	DEMSEW Dehninet ETH - Ethiopia Full name-Dehninet Demsew Jara Won two marathons in the space of nine days in 2014 Marathon pb: 2:35:33 -15 Marathons (10): 5 Kosice 2009, 8 Xiamen 2011, 3 Marrakech 2011, 3 Omsk 2011, 3 Caen 2012, 1 Fort Worth TX 2014, 1 The Woodlands 2014 (just nine days after Fort Worth), 7 Guangzhou 2014, 4 Changsha 2015, 7 Algiers 2015 In 2016: 3 Las Tunas Half Mar	31y	191d	1984	73:57	72:02 -10
127	DESSIE Sinke ETH - Ethiopia Full name-Sinke Dessie Biyadgilgn // In 2016: 2 Las Tunas Half Mar	21y	167d	1994	73:49	73:49 -16
129	GUDETA Netsanet ETH - Ethiopia Full name-Netsanet Gudeta Kebede Third at 2015 World Cross Country Championships 10,000 pb: 31:06.53 -15. 6 World Half Mar 2014 (first non-Kenyan); dnf African Games 10,000 2015. 1 'Great' Ethiopian Run 10K 2013. At WXC: 2015-3 In 2016: 5 Seville XC; 2 Elgoibar XC; 1 Las Tunas Half Mar	25y	43d	1991	73:45	67:31 -15
130	YALEW Genet ETH - Ethiopia Full name-Genet Yalew Kassahun Twice Ethiopian Champion at Cross Country 10,000 pb: 32:05.90 -11. 5000 pb: 14:48.43 -12. 3 World Youth 3000 2009; 6 WJC 3000 2010; 8 African XC 2012 At WXC: 2010-5J, 2011-2J, 2013-15, 2015-10; 10 World Half Mar 2014. 1 Ethiopian XC 2014/2015 (2013-2) She was named as third woman in Ethiopia's 2012 Olympic squad at 5000m, but was ultimately replaced by "reserve" Tirunesh Dibaba once the final declarations were made; she was also reserve for 5000m at the 2013 World Championships She holds the official Ethiopian record for half-marathon at 66:26 (though Meseret Defar's 66:09 was quicker on a downhill course at the slightly downhill Great North Run in 2013) In 2016: 1 Egmond Aan Zee Half Mar; 3 R'as Al Khaimah Half Mar	23y	85d	1992	66:26	66:26 -15
131	HAMEL Séverine FRA - France (Née Roger) // Marathon pb: 2:40:05 -15. 5000 pb: 16:26.87 -12. 1500 pb: 4:22.34 -07. At EXC: 2011-34, 2012-46. Coach-Holzerny Benoit Marathon (1): 15 Paris 2015 In 2016: 1 Cannes 10K	37y	313d	1978	-	75:01 -15
132	MEZEGHRANE Samira FRA - France 5000 pb: 15:54.06 -13. 3000 pb: 9:01.24 -07. At EXC: 2007-dnf, 2010-30. 1 French 5000 2007 In 2016: 10 French XC	36y	88d	1979	-	75:56 -08
133	PASQUIER Karine FRA - France Marathon pb: 2:34:55 -15. Half Mar pb: 73:27 -15. 5000 pb: 16:18.10 -10. 32 World Half Mar 2010. At EXC: 2010-37 Marathons (3): 22 Berlin 2011, 13 Paris 2013, 11 Paris 2015	38y	139d	1977	-	73:30 -15
134	PICOCHÉ Laurane FRA - France Fifth at 2012 European Cross Country Championships // Marathon pb: 2:39:22 -14. 5000 pb: 15:48.81 -13. 1500 pb: 4:11.60 -09. 800 pb: 2:01.95 -09. 6 ECP 1500 2008; 7 ETCh 1500 2009 (2013-9). At WXC: 2004-46J, 2013-33. At EXC: 2003-52J, 2006-36u23, 2007-22u23, 2008-30, 2009-39, 2011-40, 2012-5, 2013-27, 2014-33. Coach-Nicolas Jeudy Marathon (1): 8 Paris 2014 In 2016: 5 French XC	30y	253d	1985	-	71:45 -13

135	PRUVOST Fanny FRA - France	36y	310d	1979	74:24	16
1500 pb: 4:14.89 -03. 3000 pb: 9:14.70 -06. 3000SC pb: 10:03.19 -06. 4 under-23 ECH 3000SC 2001; 12 ETCh 3000 2010. At WXC: 98-dnfJ In 2016: 1 Nice 10K; 14 Mondeville 3000; 2 French indoor 3000; 5 Paris Half Mar						
136	DIXON Alyson GBR - Great Britain & NI	37y	184d	1978	-	70:38 -14
Former Brighton Marathon winner // Marathon pb: 2:29:30 -15. 10,000 pb: 32:55.36 -15. 5000 pb: 15:53.46 -13. 8 'Great' North Run 2010 (2012-13, 2014 -23); 18 World Half Mar 2014 (2009-44). 1 British Universities 10,000 2001/2002; 1 UK 10,000 2013. Self-coached (formerly Liz McColgan) Marathons (8): 24 London 2010, 28 New York 2010, 1 Brighton 2011, 40 WCH 2011, 22 London 2012, 2 Brighton 2013, dnf COM 2014 (led for 15Km, but then was forced to drop out with an acutely painful Achilles tendon), 11 Berlin 2015						
137	FELTON Rachel GBR - Great Britain & NI	36y	273d	1979	76:19	73:43 -15
5000 pb: 16:20.23 -14. 1500 pb: 4:13.19 -07. 800 pb: 2:08.30 -07. 2 AAA under-23 1500 2001; 7 UK 1500 2008 (2007-8, 2009-10); 1 Midland 1500 2008; 5 Cardiff Half Mar 2015. Coach-Chris Frapwell In 2016: 1 Bourton 10K; 5 Alsager 5M; 17 Barcelona Half Mar						
138	MUIR Tina GBR - Great Britain & NI	27y	232d	1988	-	77:12 -15
Marathon pb: 2:41:19 -15. 10,000 pb: 33:24.74 -13. 5000 pb: 16:08.08 -13. 5 UK 10,000 2012. Was at Ferris State University, Michigan (7 NCAA div 2 XC 2011). Coach-Steve Picucci Marathons (3): 13 Philadelphia 2013, 31 Chicago 2014, 7 London mass 2015 Replaces Gemma Steel (Chest infection) In 2016: 1 New Orleans 10K						
139	PURDUE Charlotte GBR - Great Britain & NI	24y	290d	1991	-	71:43 -14
2010 European Junior Cross Country Champion // 10,000 pb: 32:03.55 -12. 5000 pb: 15:23.4 -10. 3000 pb: 9:10.34 -10. 2 EJC 5000 2009 (2007-10); 4 COM 10,000 2010 (6 5000); 6 ECH 10,000 2012. At WXC: 2007-15J, 2009-14J, 2011-14. At EXC: 2007-3J, 2008-2J, 2010-1J, 2013-3u23. 1 English Schools junior XC 2005 & 3000 2008; 1 English under-15 XC 2006 & under-17 XC 2007; 1 AAA under-17 3000 2006. She has achieved a grade five standard in ballet Knee operations in May 2010 (left) & May 2011 (right), then stress fractures in 2013. Good comeback in 2014 with eighth place at 'Great' North Run. Coach-Nic Bideau In 2016: 9 Hobart 10K						
140	SPINK Jenny GBR - Great Britain & NI	34y	232d	1981	-	73:02 -15
(Née Jagger) // Marathon pb: 2:36:00 -15. 10K pb: 34:35 -14. Coach-Bruce Tulloh Marathons (7): 382 London 2004, 94 London 2006, 25 Berlin 2011, 18 London 2013, 12 Frankfurt 2014, 3 London mass 2015, 10 Toronto 2015 In 2016: 1 Bristol 5K; 5 Melksham 10M						
141	EDWARDS Allison GIB - Gibraltar	46y	140d	1969	-	1:30:21 -15
Gibraltarian marathon record holder // Marathon pb: 3:07:09 -14. 10 ETCh 3rd League 3000/5000 2015 (European Games). She works as a maths teacher Marathons: 15 Seville 2014, dnf COM 2014 She is the oldest competitor at Cardiff 2016						
142	MONTIEL Emma GIB - Gibraltar	40y	258d	1975	-	84:37 -14
Gibraltarian record holder at 3000m, 5000m & 10,000m // 10,000 pb: 36:35.0 -14. 5000 pb: 18:21.8 -14. 3000 pb: 10:18.7 -14. 3 Island Games 5000 2013; 13 COM 10,000 2014. 2 Hampshire 5000 2014. Born-Gibraltar, lives and works in Portsmouth and a member of City of Portsmouth AC. She was coached there by the late Gerry North (passed away April 2014) In 2016: 5 Stubbington Green 10K; 23 Chichester 10K						
143	YIU Kit-Ching HKG - Hong Kong (China)	28y	35d	1988	-	72:58 -15
144	LEE Lizzie IRL - Ireland - Commonwealth	35y	308d	1980	-	73:27 -15
The vital fourth scorer for the Irish team which won European Cross Country team gold in 2012 Marathon pb: 2:32:51 -15. 5000 pb: 16:54.76 -10. 1 Irish 5000 2011. At WXC: 2013-70. At EXC: 2010-34, 2012-23, 2015-13. 1 Irish indoor 3000 2013. 3 European Sprint Triathlon 2010. She also competes as an aquathlete (swimming & running). She is a graduate in electrical engineering from University College Cork. Former triathlete who decided to prioritise running on the advice of former World 5000m Champion Eamonn Coghlan. Coach-Donie Walsh (Ran in the first eight World Cross Country Championships, winning a team silver in 1979) Marathons (3): 27 Rotterdam 2012, 9 Berlin 2013, 17 Berlin 2015 In 2016: 9 'Great' Edinburgh XC						
145	MOHAMMED Amal IRQ - Iraq	28y	114d	1987	-	-
146	CONSOLE Rosaria ITA - Italy	36y	100d	1979	73:01	69:34 -05
Top 10 in two European Championship marathons // Marathon pb: 2:26:10 -11. 10,000 pb: 32:47.70 -11. 5000 pb: 15:49.50 -99. ht WJC 5000 98; 1 WSG Half Mar 99; 23 World Half Mar 99 (2003-29); 2 under-23 ECH 10,000 99 (2001-4). At WXC: 98-77J. At EXC: 97-23J, 98-57J. Husband-Daniele Caimmi was sixth in the 2003 World Championship marathon, their daughter Francesca born 2007 Marathons (22): 1 Padua 2001, 20 WCH 2001, 3 Turin 2002, 5 ECH 2002, 2 Paris 2003, dnf WCH 2003, 2 Milan 2003, 3 Rome 2004, 1 Vienna 2004, 16 OLY 2004, 4 Paris 2005, 19 WCH 2005, dnf ECH 2006, 2 Carpi 2006, 20 Hamburg 2008, 1 Carpi 2008, 4 Berlin 2009, 8 ECH 2010, 5 Rome 2011, 7 Berlin 2011, 29 OLY 2012, 40 ECH 2014 In 2016: 1 Fucecchio Half Mar						
147	INCERTI Anna ITA - Italy	36y	67d	1980	-	68:18 -12
(Pronounced "In-churt-ee") She was the rightful European Marathon Champion from 2010 even though she crossed the line in third place. Why ? because the two women ahead of her, Živilė Balčiūnaitė LTU & Nailiya Yulamanova RUS, were successively disqualified for doping violations Marathon pb: 2:25:32 -11. 5000 pb: 15:15.3 -11. 3 WSG 10,000 2003; 32 World Half Mar 2003; 7 ETCh 5000 2011. At WXC: 99-91J. At EXC: 99-63J, 2002-40. Husband-Stefano Scaini, their daughter Martina born May 2013 Marathons (13): 1 Florence 2003, 9 ECH 2006, 17 WCH 2007, 14 OLY 2008, 1 Milan 2008, 5 Rome 2009, 1 ECH 2010, 4 Osaka 2011, 6 Berlin 2011, 28 OLY 2012, 6 ECH 2014, 6 Nagoya 2015, 9 New York 2015						
148	INGLESE Veronica ITA - Italy	25y	125d	1990	-	70:57 -14
Former Italian Cross Country Champion // 10,000 pb: 32:25.76 -14. 5000 pb: 16:02.72 -13. 3 EJC 5000 2009; 22 World Half Mar 2014. At WXC: 2008-47J, 2011 -90. At EXC: 2007-75J, 2008-37J, 2009-35J, 2013-8, 2015-19. 1 Italian XC 2014/2015 & 10,000 2014 In 2016: 7 San Giorgio Legnano XC; 16 'Great' Edinburgh; 4 Modena 13.1K; 13 Italian XC						
149	LA BARBERA Silvia ITA - Italy	31y	211d	1984	-	76:14 -14
Former European Junior Champion at 5000m. Twin sister of international runner Barbara La Barbera 10,000 pb: 34:15.10 -05. 5000 pb: 15:46.26 -04. 1 EJC 5000 2003 (5 3000). At WXC: 2002-44J, 2005-57 long. At EXC: 2002-35J, 2003-dnfJ, 2012-32, 2013-50, 2015-26 In 2016: 9 San Giorgio Legnano XC; 2 Rovereto XC; 2 Villa Lagarina; 5 San Vittore Olona XC; 3 Italian XC						
150	SOUFYANE Laila ITA - Italy	32y	235d	1983	73:01	73:43 -15
Marathon pb: 2:32:39 -15. 10,000 pb: 33:49.18 -11. 5000 pb: 15:57.17 -14. At WXC: 2011-72. 2 Italian 5000 2009/2014 & XC 2011. Moroccan origin Marathons (2): 7 Turin 2012, 8 Valencia 2015 In 2016: 1 Rome 8K; 7 Barcelona Half Mar; 10 Italian XC						

151	ANDO Yuka JPN - Japan 10,000 pb: 32:07.37 -15. 5000 pb: 15:32.67 -15. At WXC: 2010-22J In 2016: 4 Marugame Half Mar	22y	11d	1994	70:10	69:51 -15
152	ISHII Hisami JPN - Japan 5000 pb: 16:06.59 -14. 3000 pb: 9:14.20 -15. 2 Japanese Corporate junior 3000 2015 In 2016: 3 Yamaguchi Half Mar	20y	229d	1995	70:25	70:25 -16
153	MATSUDA Mizuki JPN - Japan 10,000 pb: 32:12.25 -15. 5000 pb: 15:48.83 -15. 6 Japanese High School 3000 2013 In 2016: 4 Yamaguchi Half Mar	20y	300d	1995	70:25	70:25 -16
154	SHIMIZU Miho JPN - Japan 10,000 pb: 32:14.44 -14. 5000 pb: 15:34.22 -14. 3000 pb: 9:05.39 -15. At WXC: 2015-23. 4 Japanese 5000 2014 In 2016: 1 Yamaguchi Half Mar	25y	318d	1990	69:41	69:41 -16
155	WAKU Mirai JPN - Japan In 2016: 2 Ohme-Hochi 30K	20y	269d	1995	-	69:56 -15
156	JEPCHIRCHIR Peres KEN - Kenya (Jepchirchir aka Chepchirchir, Peres aka Peris) With her 30:55 win in Prague in 2015, she was the second-quickest 10K winner in the world that year Marathon pb: 2:47:33 -13. 1 Montbéliard Half Mar 2014; 1 Marseille to Cassis 20K 2014; 1 Houilles 10K 2014; 1 Prague 10K 2015. Born-Uasin Gishu Marathon (1): 3 Kisumu 2013. Also paced London 2015 In 2016: 4 R'as Al Khaimah Half Mar	22y	181d	1993	66:39	66:39 -16
157	KIPKOECH Pascalia KEN - Kenya Full name-Pascalie (aka Pasalia/Paskalia) Chepkorir Kipkoech Third at 2012 World Half Marathon 10K pb: 30:57 -12. 10,000 pb: 33:38.3 -10. 2 World Youth 3000 2003. 1 Berlin Half Mar 2010; 3 World Half Mar 2012 In 2016: 7 Kenyan Police XC; 8 Eldoret XC; 1 Casablanca (short) 10K	27y	94d	1988	-	67:17 -12
158	CHESIRE Gladys KEN - Kenya Full name-Gladys Chesire (aka Chesir) Kiptagelai (aka Kiptgelai) Former Youth Olympic Champion at 3000m 10,000 pb: 31:36.87 -15. 5000 pb: 15:19.93 -14. 1 Youth Olympic Games 3000 2010; 2 African Games 10,000 2015. 4 Kenyan World Championship Trial 10,000 2015 In 2016: 2 Eldoret XC; 5 R'as Al Khaimah Half Mar	23y	35d	1993	66:57	66:57 -16
159	LIMO Cynthia KEN - Kenya Full name-Cynthia Cherotich Limo Winner of the prestigious RAK (R'as Al Khaimah) Half Marathon in 2016, leading seven women under 67 minutes 10K pb: 31:58 -15. 5K pb: 15:12 -15. Four big half marathon wins in 2014: Madrid, Duluth, Parkersburg & Baringo, career prize money of more than \$200,000 In 2016: 2 Houston Half Mar (66:41); 3 Eldoret XC; 1 R'as Al Khaimah Half Mar (66:04)	26y	99d	1989	66:04	66:04 -16
160	WACERA Mary KEN - Kenya Full name-Mary Wacera Ngugi With her 66:29 win in Houston 2016, she ran the fastest time ever by a woman in the half marathon in the USA 10K pb: 31:28 -12. 5000 pb: 15:36.82 -06. 3 WJC 5000 2006; 2 World Half Mar 2014. 1 Kenyan 5000 2013; 1 "World's Best" San Juan 10K 2014/2016; 1 Boston Half Mar 2015 She is the one returnee from Kenya's triumphant team at the 2014 World Half Marathon Championships (where they finished 1-2-3-4-5) In 2016: 1 Houston Half Mar; 1 San Juan "World's Best" 10K	27y	99d	1988	66:29	66:29 -16
161	KOROBITSKAYA Mariya KGZ - Kyrgyzstan Marathon pb: 2:38:35 -15 Marathons (3): 1 Jacksonville 2012, 14 Hongkong 2014, 3 Omsk 2015	26y	298d	1989	-	75:05 -13
162	HILBORN Ariana LAT - Latvia Allegiance transferee from USA - acquired Latvian citizenship on September 30, 2014 and cleared by IAAF to compete for Latvia on January 16, 2015 Marathon pb: 2:35:21 -14 Marathons (10): 2 Pomona 2009, 10 Boston (mass) 2010, 59 Chicago 2010, 5 Tempe 2011, 10 Duluth 2011, 29 Houston 2012, 6 Duluth 2012, 22 Boston 2013, 2 Riga 2014, 4 Minneapolis to St. Paul 2014 In 2016: 3 Cardiff 10K; 3 Phoenix 15K	35y	188d	1980	-	74:22 -14
163	LONG Hoi MAC - Macao Macanese record holder at all distances from 1500m to Marathon // Marathon pb: 3:02:21 -13. 10,000 pb: 38:57.94 -09. 5000 pb: 18:33.68 -13. 3000 pb: 10:42.60 -09. 1500 pb: 4:55.63 -10	31y	243d	1984	-	85:59 -15
164	de la ROSA Vianney MEX - Mexico Full name-Vianney de la Rosa Rojas // Marathon pb: 2:32:01 -15. 10,000 pb: 35:17.52 -13. 5000 pb: 16:38.90 -10 Marathons (6): 5 Mexico City 2012, 2 Torreón 2013, 6 Berlin 2013, 8 Houston 2015, 9 Pan-Am Games 2015, 14 Frankfurt 2015 In 2016: 4 Guadalajara Half Mar	29y	235d	1986	73:24	72:19 -15
165	FLORES Brenda MEX - Mexico Full name-Brenda Eunice Flores Munoz 2015 Pan-American Games Champion at 10,000m 10,000 pb: 31:45.16 -15 (34:07.76 -16). 5000 pb: 15:30.87 -14. 1500 pb: 4:18.13 -14 (4:19.05 -15). 3000 pb: 9:10.29 -14. 1 Central American & Caribbean Champs 1500 2013 (2 5000); 6 IAAF Continental Cup 5000 2014; 1 Central American & Caribbean Games 5000/10,000 2014; 1 Pan-Am Games 10,000 2015 (2 5000); 14 WCH 10,000 2015 In 2016: 1 Culiacán Half Mar; 1 Monterrey 10,000	24y	204d	1991	74:32	73:54 -15
166	HERNÁNDEZ Margarita MEX - Mexico Full name-Margarita Hernandez Flores 2014 Central American & Caribbean Games Champion Marathon pb: 2:29:57 -16. 10,000 pb: 32:36.29 -15. 5000 pb: 15:41.00 -15. Marathons (3): 1 Central American & Caribbean Games 2014, 5 Pan-Am Games 2015, 4 Houston 2016 In 2016: 4 Houston Marathon; 3 Guadalajara Half Mar	30y	114d	1985	73:23	73:23 -16
167	MARTÍNEZ Carmen Patricia PAR - Paraguay Paraguayan marathon record holder // Marathon pb: 2:36:01 -15. 5000 pb: 16:13.28. 10,000 pb: 34:20.60 -14. 7 South American 10,000 2015 Marathons (9): 2 Asunción 2011, 3 Buenos Aires 2011, 29 Rotterdam 2012, 2 Asunción 2012, 2 Foz do Iguaçu 2012, 1 Asunción 2013, 4 Santiago de Chile 2014, 6 Rotterdam 2015, dnf Pan-Am Games 2015	33y	91d	1982	-	76:27 -13
168	CONDORÍ Nicolasa PER - Peru 10,000 pb: 34:45.21 -13. 60 World Half Mar 2014; 3 Lima Marathon 2015	27y	110d	1988	-	73:24 -13

169	de la CRUZ Jovana PER - Peru	23y	257d	1992	-	75:59	-15
Full name-Jovana De la Cruz Capani // Marathon pb: 2:31:33 -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. At WXC: 2011-66J Marathons (2): 9 Toronto 2015, 5 Houston 2016 In 2016: 5 Houston Marathon							
170	ROJAS Luz Mery PER - Peru	22y	280d	1993	-	77:38	-14
10,000 pb: 34:02.04 -15. 5000 pb: 16:36.2 -15. 1 South American junior 3000SC 2011 In 2016: 3 Pan American Cup XC							
171	TEJEDA Gladys PER - Peru	30y	178d	1985	-	71:24	-14
Full name-Gladys Tejeda Pucuhuaranga // Marathon pb: 2:28:12 -15. 10,000 pb: 32:18.49 -15. 5000 pb: 16:00.91 -13. 21 World Half Mar 2010 (2014-26); 2 South American 5000 2013; 1 Bolivarian Games Half Mar 2013. At WXC: 2015-21 Marathons (7): 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 Carried the Peruvian flag at the 2012 Olympic Opening Ceremony. Originally won marathon gold at the 2015 Pan-American Games, but stripped of that title after testing positive for a diuretic. Six-month doping ban to March 8, 2016 In 2015: 3 Coamo Half Mar; 1 Pan-American Cup XC; 21 WXC; 2 Rotterdam; 6 Stanford Jordan 10,000 'B'; 7 New York 10K							
172	PISCU Andreea Alina ROU - Romania	19y	290d	1996	-	77:50	-15
10,000 pb: 36:36.34 -15. 7 World Junior Mountain Running Champs 2014 (2013-9). At EXC: 2013-83J, 2014-38J, 2015-69J In 2016: 4 Romanian indoor 1500 (7 3000)							
173	TODORAN Paula ROU - Romania	30y	291d	1985	-	72:59	-07
Full name-Claudia Paula Todoran // Marathon pb: 2:36:44 -16. 10,000 pb: 33:12.08 -07. 5000 pb: 15:52.99 -07. 14 WJC 5000 2004; 4 under-23 ECH 10,000 2005/2007; 12 WSG Half Mar 2009; 33 World 20K 2006; 33 World Half Mar 2010 (2007-37, 2008-55, 2014-73). At EXC: 2001-47J, 2002-56J, 2003-38J, 2004 -18J, 2006-13u23 Marathons (12): 3 Bucharest 2009, 4 Kavarna 2010, 6 Bucharest 2011, 3 Bucharest 2012, 3 Podgorica 2013, 2 Pisa 2013, 1 Bucharest 2014, 17 Hamburg 2015, dnf WCH 2015, 4 Bucharest 2015, 6 Podgorica 2015, 8 Seville 2016 In 2016: 8 Seville Marathon							
174	CONRAD Nolene RSA - South Africa	30y	244d	1985	-	72:52	-15
Former South African Champion at Steeplechase // Marathon pb: 2:47:46 -15. 10,000 pb: 34:26.63 -15. 5000 pb: 15:57.92 -12. 3000SC pb: 9:54.42 -12. 10 WSG 3000SC 2005 (2011-9); 13 COM 3000SC 2006; 7 African Champs 3000SC 2012 (2006-8); 37 World Half Mar 2012. At WXC: 2013-79, 2015-36. 1 South African 3000SC 2009/2013, 10,000 2015 & XC 2012 Marathons (2): 4 Hannover 2014, 8 Cape Town 2015 In 2016: 3 South African 10K; 4 Pretoria 3000; 1 Goodwood 10K							
175	JOUBERT Cornelia RSA - South Africa	27y	277d	1988	86:20	72:37	-15
Marathon pb: 2:39:07 -13. 65 World Half Mar 2014 Marathons (2): 1 Oudtshoorn (South African Champs) 2013, 1 Mont Choisy 2013 In 2016: 1 Germiston 3000; 10 South African 10K; 2 Johannesburg Half Mar; 1 Hartbeespoort Dam 10K XC							
176	PHALULA Dina Lebo RSA - South Africa	32y	108d	1983	-	71:54	-15
3x South African Champion at both 1500m & 5000m // 5000 pb: 15:57.15 -09. 1500 pb: 4:13.05 -09. 800 pb: 2:02.94 -06. ht WJC 1500 2000; ht COM 800/1500 2006. At WXC: 2005-79 short, 2009-39, 2010-22. 2011-44, 2013-53, 2015-46. 1 South African 1500 2006/2009/2015 (1 5000 2009/2014/2015, 1 XC 2011, 1 10K 2016) Twin sister of Dinarose Lebogang Phalula. In 2000, Dinarose was selected for the World Junior (track) Championships but Dina Lebo was sent by mistake In 2016: 2 Pretoria 10K (Jan 23); 1 South African 10K; 2 Pretoria 3000 (Mar 8); 13 African XC							
177	PHALULA Lebogang RSA - South Africa	32y	108d	1983	84:35	72:18	-15
Full name-Dinahrose Lebogang Phalula Twin sister of Dina Lebo Phalula (3x South African Champion at 1500m & 5000m) 10,000 pb: 34:01.97 -10. 5000 pb: 16:02.55 -09. 1500 pb: 4:12.34 -06. 800 pb: 2:02.43 -06. ht World Youth 800 99; sf COM 800 2006 (ht 1500); 4 African Games 800 2007. At WXC: 2001-71J, 2002-58J, 2005-49 short, 2009-29, 2010-15, 2011-79 In 2000 Dinarose was selected for the World Junior Championships but Dina Lebo was sent by mistake In 2016: 2 South African 10K; 1 Johannesburg Half Mar; 14 African XC							
178	XINIWE Zintle RSA - South Africa	29y	155d	1986	-	71:24	-14
(Xiniwe pronounced like "Zinny-way") // 5000 pb: 15:53.53 -11. 10K pb: 33:19 -10 10 World Youth 3000 2001; 11 African Games 5000 2007; 37 World Half Mar 2010. 1 South African 5000 2006 In 2016: 8 South African 10K; 1 Cape Town 10K (Mar 2); 1 Cape Town 15K (Mar 5); 2 Goodwood 10K; 4 Cape Town 5000 (Mar 22)							
180	BEREŠOVÁ Katarína SVK - Slovak Republic	28y	168d	1987	-	73:33	-13
Former World Junior Mountain Running Champion // Marathon pb: 2:36:20 -15. 10,000 pb: 33:11.66 -14. 5000 pb: 16:07.73 -14. 1 World Junior Mountain Running Trophy 2006; 8 under-23 ECH 10,000 2009 (2007-10); 53 World Half Mar 2014; 19 ECH 10,000 2015. At EXC: 2006-64J, 2011-35. 1 Slovak 5000 2006/2007/2008/2010/2015 (1 10,000 2010/2013/2014) Marathons (6): 3 Košice 2011, 23 Frankfurt 2011, 9 Düsseldorf 2012, 95 OLY 2012, 8 Vienna 2015, 22 WCH 2015							
181	HSIEH Chien-Ho TPE - Chinese Taipei	28y	122d	1987	75:13	75:13	-16
Marathon pb: 2:45:27 -15. 10,000 pb: 35:36.25 -14 Marathons (5): 7 Taipei 2013, 3 Taipei Feb 2014, 8 Taipei Dec 2014, 7 Xiamen 2015, 52 WCH 2015 In 2016: 21 Marugame Half Mar							
182	NERO Tonya TTO - Trinidad & Tobago	27y	119d	1988	-	75:13	-12
Trinidadian record holder at 5000m & 10,000m // Marathon pb: 2:43:14 -12. 10,000 pb: 33:11.71 -11. 5000 pb: 16:19.17 -11. 27 World Half Mar 2012 (2014 -70); 12 COM 10,000 2014. Studied biological science at Wichita State University Marathon (1): 22 Rotterdam 2012 In 2014: 11 North/Central American & Caribbean XC; 71 World Half Mar							
183	SKRYPAK Olga UKR - Ukraine	25y	115d	1990	-	73:09	-1

185	HALL Sara USA - United States (Née Bei). Her husband is 2:04:58 marathon runner Ryan Hall (now retired) Marathon pb: 2:48:02 -15. 10,000 pb: 32:50.96 -15. 5000 pb: 15:20.88 -05. 3000 pb: 8:52.35 -10. 1500 pb: 4:08.55 -08. 3000SC pb: 9:39.48 -11. ht WIC 3000 2010. At WXC 2006-26 short, 2015-20. 1 US Road Mile 2011 & XC 2012. 1 Fifth Avenue Mile 2006; 2 US indoor 3000 2009/2010/2011. Biology graduate Marathons (2): 22 Los Angeles 2015, dnf US Olympic Trial 2016 (Los Angeles) In 2016: 5 Houston Half Mar; dnf Los Angeles Marathon (US Olympic Trial)	32y	346d	1983	70:07	70:07 -16
186	MONTGOMERY Hillary USA - United States 10,000 pb: 33:34.58 -15. 5000 pb: 16:19.18 -15. 18 NCAA 10,000 2015, representing Texas A&M University In 2016: 7 Houston Half Mar; 9 US 15K	23y	45d	1993	71:49	71:49 -16
187	NELSON Brienne USA - United States (Née Lippoldt) // Marathon pb: 2:34:44 -14 (2:44:19 -16). 10,000 pb: 32:33.05 -13. 4 US 15K 2013 & 20K 2014; 5 US Clubs XC 2014 Marathons (5): 61 US Olympic Trial 2012 (Houston), 2 Duluth 2014, 3 Minneapolis to St. Paul 2014, 6 Los Angeles 2015, 34 US Olympic Trial 2016 (Los Angeles) In 2016: 10 Jacksonville Half Mar; 34 Los Angeles Marathon	35y	150d	1980	74:34	70:16 -15
188	TAYLOR Kellyn USA - United States (Née Johnson) 2014 US 25K Champion by a margin of two minutes. 2015 Pan-American Games bronze at 5000m Marathon pb: 2:28:40 -15 (2:32:50 -16). 5000 pb: 15:21.93 -14. 10,000 pb: 32:29.88 -15. Half Mar pb: 71:46 -15. 1 North/Central American & Caribbean XC 2014; 3 Pan-Am Games 5000 2015. 3 NCAA indoor mile 2009; 10 US Olympic Trial 10,000 2012; 4 US XC 2014 (2015-8); 1 US Road 25K 2014. Was at Wichita State University. Husband-Kyle, their daughter-Kylyn Marathons (2): 6 Houston 2015 (2:28:40, one of the fastest ever marathon debuts by an American woman), 6 US Olympic Trial 2016 (Los Angeles) In 2016: 6 Los Angeles Marathon (US Olympic Trial)	29y	248d	1986	-	71:01 -15
189	MOROZ Irina UZB - Uzbekistan 1500 pb: 4:23.85i -13, 4:24.30 -13. 800 pb: 2:04.09 -09. 3000SC pb: 10:32.89 -14. 8 Asian Champs 1500 2013; 4 Asian Indoor Champs 1500/3000 2014; 80 World Half Mar 2014; 7 Asian Games 1500 2014 (8 3000SC). At WXC: 2002-98J, 2003-92J, 2004-109J. 1 Uzbek 1500/5000 In 2016: 1 Uzbekistan Cup indoor 1500/5000	28y	169d	1987	-	83:46 -14
190	NYAHORA Rutendo ZIM - Zimbabwe 10K pb: 32:55 -12. 13 African XC 2011; 7 African Games Half Mar 2011 In 2016: 1 Pretoria Half Mar (Jan 23); 2 Pretoria 10K (Feb 20)	27y	135d	1988	79:47	74:56 -12

WORLD ALL-TIME LIST

1....65:09..... Florence Kiplagat KEN..... 2015
2....65:39a... Mary Keitany KEN..... 2014
3....65:40a... Paula Radcliffe GBR..... 2003
4....65:44a... Susan Chepkemei KEN..... 2001
5....65:45a... Priscah Jeptoo KEN..... 2013
6....66:04..... Cynthia Limo KEN..... 2016
7....66:07..... Gladys Cherono KEN..... 2016
=8.. 66:09..... Lucy Kabuu KEN..... 2013
..... 66:09a... Meseret Defar ETH..... 2013
10.. 66:19..... Joyce Chepkirui KEN..... 2014

2016 WORLD LIST

1....66:04..... Cynthia Limo KEN
2....66:07..... Gladys Cherono KEN
3....66:26..... Genet Ayalew ETH
4....66:29..... Mercy Wacera KEN
5....66:39..... Peris Jepchirchir KEN
6....66:57..... Gladys Chesire KEN
7....66:58..... Jemima Jelagat KEN
8....67:08..... Worknesh Degefa ETH
9....67:16..... Angela Tanui KEN
10.. 67:31..... Magdalene Masai KEN

Men's Half Marathon

Included among personal and seasonal bests are marks made on slightly downhill courses (e.g. Great North, Lisbon before 2009).

		Age	(Days)	Born	2016	Personal Best
500	MASTROMARINO Mariano ARG - Argentina	33y	193d	1982	-	-
2015 Pan-American Games marathon bronze // Marathon pb: 2:15:28 -14. Half Mar pb: 64:52 -12. ht WJC 3000SC 2000; 3 South American 3000SC 2009/2011; 10 Pan-Am Games 3000SC 2011; 4 Ibero-American 3000SC 2012 Marathons (4): 7 Buenos Aires 2012, 22 Paris 2013, 3 Pan-Am Games 2015, 17 Valencia 2015						
501	SHELLEY Michael AUS - Australia	32y	168d	1983	-	61:27 -12
2014 Commonwealth Games Champion (his first marathon win and the only Australian man to win an athletics gold at that Games) Marathon pb: 2:11:15 -14. 10,000 pb: 27:59.77 -09. 5000 pb: 13:38.30 -09 (13:39.59 -10). 1500 pb: 3:39.90 -04. ht WJC 3000SC 2002; 16 World Half Mar 2008. At WXC: 2004-103 short, 2007-65, 2008-50, 2009-36. Lives-Gold Coast. Coach-Dick Telford Marathons (10): 12 Rotterdam 2010, 2 COM 2010, 9 London 2011, 11 Amsterdam 2011, 16 OLY 2012, 6 Oita 2013, 12 Chicago 2013, 1 COM 2014, 12 London 2015, 12 Berlin 2015 In 2016: 2 Hobart 10K						
502	da SILVA Wellington BRA - Brazil	27y	280d	1988	-	64:08 -13
Full name-Wellington Bezerra da Silva // 10,000 pb: 29:25.84 -14. 5000 pb: 14:06.39 -13. 4 Brazilian 10,000 2014						
503	NIKOLOV Iolo BUL - Bulgaria	32y	51d	1984	-	67:57 -13
3x Bulgarian Steeplechase Champion // Marathon pb: 2:19:31 -13. 10,000 pb: 29:36.17 -13. 5000 pb: 14:18.63 -15. 3000SC pb: 8:45.71 -12. 57 World Half Mar 2012 (2014-91). At WXC: 2011-102, 2013-62. At EXC: 2011-59, 2012-41, 2013-66, 2014/2015-dnf. 1 Bulgarian 3000SC 2008/2009/2012 & 5000 2011/2013 Marathons (4): 2 Sofia 2012, 3 Sofia 2013, 6 Podgorica 2013, dnf ECH 2014 He is the coach of Bulgarian steeplechase record holder Mitko Tsenov						
504	COOLSAET Reid CAN - Canada	36y	241d	1979	-	62:42 -11
2005 World Student Games silver at 5000m // Marathon pb: 2:10:28 -15. 10,000 pb: 27:56.92 -07. 5000 pb: 13:21.53 -07. 1500 pb: 3:40.38 -07. ht WCH 5000 2005; 2 WSG 5000 2005 (2003-12); 13 COM 5000 2006. 1 Canadian 5000 2007/2011 & 10,000 2009. At WXC: 2002-98 long, 2004-62 short, 2005-52 short, 2006 -98 short Marathons (10): 8 Ottawa 2009, 25 WCH 2009, 10 Toronto 2010, 3 Toronto 2011, 27 OLY 2012, dnf Toronto 2013, 6 Fukuoka 2013, 13 London 2014, 7 Rotterdam 2015, 6 Berlin 2015. Also paced Fukuoka 2012						
505	LORD Brandon CAN - Canada	23y	286d	1992	64:03	64:00 -15
10,000 pb: 29:09.46 -15. 5000 pb: 13:58.46 -14. 4 WSG 10,00 2013 (2015-17). 15 NCAA indoor 5000 2015. Student of Applied Biotechnology at the University of Georgia In 2016: 3 Saanichton 8K; 24 Houston Half Mar						
506	WATSON Rob CAN - Canada	32y	277d	1983	63:58	63:22 -13
Marathon pb: 2:13:29 -13. 10,000 pb: 29:27.86 -15. 3000SC pb: 8:27.09 -09. ht WCH 3000SC 2009. 1 Canadian 3000SC 2008/2009. Has a Bachelor degree in history from Colorado State University. Coach/brother-Pete Watson Marathons (12): Houston 2011, dnf Toronto 2011, 11 Rotterdam 2012, dnf Toronto 2012, 11 Boston 2013, 10 Ottawa 2013, 20 WCH 2013, 6 Toronto 2013, 9 Ottawa 2014, 8 Ottawa 2015, 8 Pan-Am Games 2015, 14 Chicago 2015 In 2016: 1 Saanichton; 21 Houston Half Mar; 2 Vancouver Half Mar; 2 Vancouver 8K						
507	CIWANG Danmuzhen CHN - China (PR of)	19y	169d	1996	-	-
10,000 pb: 30:27.31 -15. 5000 pb: 14:44.03 -15. At WXC: 2013-106J, 2015-67J. 3 Chinese junior 10,000 2014; 2 Chinese junior 6K XC (3 8K). From-Tibetan region						
508	MULEKI Patrick COD - Congo (DPR of)	29y	168d	1986	-	71:15 -13
509	COLORADO Diego COL - Colombia	42y	208d	1973	-	63:09 -97
Third in 2003 Pan-Am Games Marathon, then second in 2011 // Marathon pb: 2:16:48 -00. 10,000 pb: 29:10.75 -14. 23 World Half Mar 2000 (2007-59); 3 South American 10,000 2005; 2 Central American & Caribbean Champs 10,000 2008. At WXC: 98-67 long Marathons (15): 11 Nashville 2000, 32 WCH 2001, 28 Berlin 2002, 3 Pan-Am Games 2003, 7 Nashville 2004, 4 Miami 2006, 4 Central American & Caribbean Games 2006, 7 Pan-Am Games 2007, 22 Rotterdam 2008, 10 Los Angeles 2009, 13 Jacksonville 2010, 18 Boston 2011, 2 Pan-Am Games 2011, 38 Rotterdam 2012, 4 Santiago de Chile 2015						
510	GIRALDO Gerard COL - Colombia	27y	6d	1989	-	69:40 -13
Full name-Gerard Nicolás Giraldo 2015 South American Champion at 3000m Steeplechase 3000SC pb: 8:28.6 -13. 1500 pb: 3:42.38 -15. 4 Central American & Caribbean Games 3000SC 2014; 5 Ibero-American 5000/3000SC 2014; 2 South American Games 3000SC 2014; 1 South American 3000SC 2015 (3 1500); 14 Pan-Am Games 1500 2015 (dnf 3000SC); ht WCH 3000SC 2015. 1 Colombian 1500/3000SC 2013						
511	DALY Daniel CRO - Croatia	30y	224d	1985	-	66:51 -13
Marathon pb: 2:20:26 -13 Marathons (4): 23 New York 2011, dnf Boston 2012, 23 Duluth 2013, 19 Houston 2016 In 2016: 19 Houston Marathon						
512	BUDOLFSEN Lars DEN - Denmark	35y	226d	1980	-	64:00 -14
Marathon pb: 2:15:59 -15. 10,000 pb: 29:22.67 -14. 61 World Half Mar 2014. Former football player. Coach-Claus Heckmann. 1.94 tall Marathons include: 3 Copenhagen 2011, 20 Berlin 2012, 13 Hamburg 2013, 21 Berlin 2013, 17 ECH 2014, 18 Hamburg 2015						
513	FAURSCHOU Jesper DEN - Denmark	32y	269d	1983	-	64:01 -14
Marathon pb: 2:16:15 -11. 10,000 pb: 29:47.56 -09. 12 under-23 ECH 10,000 2005; 47 World Half Mar 2008 (2014-62). At WXC: 2008-127. At EXC: 2002-47J, 2008-55, 2009-50, 2010-49, 2011-39, 2012-56, 2013-57, 2014-63, 2015-38. 1 Danish 5000/10,000 2007. Coach-Karl-Åge Søltøft Marathons (10): 15 Berlin 2009, 29 ECH 2010; 16 London 2011, 32 WCH 2011, 21 London 2012, 41 OLY 2012, 35 Berlin 2013, 22 ECH 2014, 19 Hamburg 2015, 5 Odense 2015 In 2016: 3 Danish indoor 3000						

514	NIJHUIS Thijs DEN - Denmark	23y	187d	1992	-	65:11	-15
Fourth at 2015 World Student Games 5000m // 10,000 pb: 29:19.17 -15. 5000 pb: 13:51.07 -15. 3000 pb: 7:58.95 -15. 10 EJC 5000 2011; 10 under-23 ECH 10,000 2013; 95 World Half Mar 2014; 4 WSG 5000 2015. At EXC: 2009-67J, 2010-34J, 2011-68J, 2013-36u23, 2014-21u23, 2015-25. 1 Danish 5000 2014 & indoor 3000 2016 Born-Holland (Enschede), his Dutch parents moved to Denmark before his first birthday. Was at Eastern Kentucky University. Coach-Coached by Niels Kim Hjorth (12 ECH 1500 1986) In 2016: 5 Schoorl 10K; 1 Danish indoor 3000							
516	AHMED Belal EGY - Egypt	29y	127d	1986	-	-	-
517	AHMED Hussein EGY - Egypt	36y	123d	1979	-	71:37	-09
521	AMLOSOM Nguse ERI - Eritrea	29y	137d	1986	60:41	59:39	-14
Full name-Nguse Tesfaldet Amlosom (sometimes he competes as Tesfaldet, other times as Amlosom / Amlosem) 2014 African Champion at 10,000m 10,000 pb: 27:28.10 -12. 5000 pb: 13:30.22 -15. 4 World Military Games 10,000 2011; 19 African XC 2012; 15 OLY 10,000 2012; 8 WCH 10,000 2013; 5 World Half Mar 2014; 1 African Champs 10,000 2014; 3 IAAF Continental Cup 5000 2014; 13 WCH 10,000 2015; 1 Lisbon (Autumn) Half Mar 2015. At WXC: 2013-61 Bad fortune at the 2015 Eugene Diamond League, he crossed the line 8th in a personal best 27:26.53, but was disqualified for having stepped inside the kerb - so he needed to find another 10,000m later in the summer in order to satisfy the Eritrean selectors for the Beijing World Championships In 2016: 3 R'as Al Khaimah Half Mar							
522	GEBREYOHANNES Samson ERI - Eritrea	24y	48d	1992	61:28	60:13	-14
(Full name-Samson Gebreyohannes Gezahai) // 10,000 pb: 28:28.05 -12. 5000 pb: 13:32.97 -10. 8 World Half Mar 2014 (team gold); 4 African Games Half Mar 2015. At WXC: 2010-23J, 2011-12J, 2013-47 In 2016: 3 Houston Half Mar							
523	OSMAN Abrar ERI - Eritrea	22y	85d	1994	-	60:39	-15
Full name-Abrar Osman Adem 2010 Youth Olympic Champion at 3000m // 10,000 pb: 27:41.69 -15. 5000 pb: 13:14.00 -15. 3000 pb: 7:39.70 -13. 1 Youth Olympic Games 3000 2010; 3 World Youth 3000 2001; 2 WJC 5000 2012; ht OLY 5000 2012; 3 African Champs 5000 2014; 6 IAAF Continental Cup 3000 2014; 6 WCH 10,000 2015 (ht 5000); 4 African Games 5000 2014. At WXC: 2013-18, 2015-13. 9 African XC 2014 In 2016: 5 San Sebastián XC							
524	TEWELDE Hiskel ERI - Eritrea	29y	193d	1986	-	60:29	-15
(aka Hizkial Tewelde) // 1 s-Heerenberg 15K 2014; 1 Dronten Half Mar 2014; 2 Gothenburg Half Mar 2015; 6 Yangzhou Half Mar 2015. 3 Eritrean XC 2015 In 2016: 8 San Sebastián 10K							
526	LAMDASSEM Ayad ESP - Spain	34y	167d	1981	-	61:22	-14
Formerly: MAR, switched to Spain in 2007. 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. At WXC: 2000-114J (for Morocco), 2008-36 (for Spain), 2009-30, 2010-49, 2011-11. At EXC: 2008-4, 2009-5, 2010/2011-2, 2012-6, 2015-4. 1 Spanish 10,000 2007/2010 (1 XC 2007/2011). Coach-Antonio Cánovas Marathons (4): 23 Otsu 2012, 9 London 2013, dnf WCH 2013, 8 Fukuoka 2013 In 2016: 6 Amorebieta XC; 14 'Great' Edinburgh XC; 11 Seville XC; 8 Elgóibar XC; 1 Valladolid XC; 3 Valencia XC; 2 Spanish XC							
527	ADOLA Guye ETH - Ethiopia	25y	158d	1990	63:22	61:26	-14
Full name-Guye Adola Idemo Individual & team bronzes at 2014 World Half Marathon Championships 10K pb: 28:22 -14. 3 World Half Mar 2014; 1 New Delhi Half Mar 2014; 5 African Games Half Mar 2015 In 2016: 1 Las Tunas Half Mar							
528	AYELE Abayneh ETH - Ethiopia	28y	143d	1987	61:38+	60:51	-10
Full name appears to be Ayele Abayneh Woldegiorgis // Marathon pb: 2:06:45 -16. 5000 pb: 13:11.01 -11. 10,000 pb: 27:57.51 -13. 3 African Games 5000 2011 Marathons (4): 4 Rotterdam 2015, 1 Lanzhou 2015, 4 Eindhoven 2015, 6 Dubai 2016 In 2016: 6 Dubai Marathon; 4 Las Tunas Half Mar							
529	MEKONEN Teshome ETH - Ethiopia	20y	234d	1995	64:04	60:27	-15
Full name-Teshome Asfaha Mekonen (aka Mekonnen) // 5000 pb: 13:46.75 -15. 1 Karlovy Vary Half Mar 2014; 1 Buffalo NY 4M 2015 In 2016: 5 Las Tunas Half Mar							
531	TOLA Tamirat ETH - Ethiopia	24y	228d	1991	63:37	60:08	-15
Full name-Adera Tamirat Tola 2:06:17 on his marathon debut in Dubai 2014 Marathon pb: 2:06:17 -14. 10,000 pb: 27:22.64 -15. 1 Ethiopian XC 2015 Marathons (3): 4 Dubai 2014; 8 Gongju 2014, dnf Berlin 2015 In 2016: 1 Seville XC; 2 Elgóibar XC; 3 Las Tunas Half Mar							
532	WASIHUN Mule ETH - Ethiopia	22y	158d	1993	61:38+	60:08	-14
Full name-Mule Lakewu Wasihun // Marathon pb: 2:05:44 -16. 10,000 pb: 28:23.87 -15. 7 African Games 10,000 2015. 1 Paris to Versailles 16.3K 2013/2014. 1 Ethiopian 10,000 2015 Marathons (2): 5 Dubai 2016, 11 Dubai 2015 In 2016: 5 Dubai Marathon; 2 Las Tunas Half Mar							
533	BACHIRI Djamel FRA - France	38y	309d	1977	64:51	64:02	-10
10,000 pb: 29:04.30 -11. 5000 pb: 13:56.47 -11. 30 World Half Mar 2010 (2012-46). 1 French 10,000 2009 In 2016: 11 Barcelona Half Mar; 14 Paris Half Mar							
534	CHAHDI Hassan FRA - France	26y	324d	1989	-	61:42	-15
Full name-Sidi Hassan Chadi 2010 European under-23 Cross Country Champion, then silver as a senior in 2012 10,000 pb: 29:06.25 -14. 5000 pb: 13:42.92 -14. 1 World Schools Games 3000 2006; 10 WJC 5000 2008; 16 under-23 ECH 5000 2009. At WXC: 2007-61J, 2008 -23J, 2011-23, 2015-dnf. At EXC: 2007-8J, 2008-3J, 2009-2u23, 2010-1u23, 2011-3, 2012-2, 2013-5, 2014-39. 1 French indoor 3000 2015; 1 French XC 2015. Born-Cluses (south-eastern France) In 2016: 2 Nice 10K; 6 French indoor 3000; 3 French XC							
535	COURCIERES Romain FRA - France	29y	4d	1987	65:02	65:02	-16
10,000 pb: 29:23.73 -14. 3 European Clubs Cup XC 2016. Coach-Yannick Kerloch In							

537	MAYAUD Denis FRA - France	29y	339d	1986	-	63:05	-15
2009 World Student Games silver at 10,000m // 5000 pb 13:31.83 -09. 10,000 pb: 28:21.50 -09. 12 under-23 ECH 10,000 2007; 2 World Student Games 10,000 2009 (8 Half Mar 2011); 5 Francophone Games 10,000 2009; dq ECH 10,000 2012 (ran inside kerb). 1 French under-23 5000 2008. At WXC: 2005-90J, 2009-89, 2010-64. At EXC: 2006-72u23, 2007-38u23, 2008-18u23, 2009-17, 2010-24, 2011-19							
538	FARAH Mohamed GBR - Great Britain & NI	33y	4d	1983	-	59:32	-15
Reigning Olympic, World & European Champion at 5000m & 10,000m. Still as fast as ever at the finish (12.77 last 100m in Beijing 10,000m). His favourite colour is red 10,000 pb: 26:46.57 -11. 5000 pb: 12:53.11 -11. 3000 pb: 7:34.66 -15. 1500 pb: 3:28.81 -13. Mile pb: 3:56.49 -05. Marathon pb: 2:08:21 -14. 1 EJC 5000 2001; 2 under-23 ECH 5000 2003/2005; 9 COM 5000 2006; 2 ECH 5000 2006; 6 WCH 5000 2007 (2009-7); 6 WIC 3000 2008; 1 ECP 5000 2008; ht OLY 5000 2008; 1 EIC 3000 2009/2011 (2005-6, 2007-5); 1 ETCh 5000 2009/2010/2013; 1 ECH 5000/10,000 2010; 1 WCH 5000 2011/2013/2015; 4 WIC 3000 2012; 1 ECH 5000 2012; 1 OLY 5000/10,000 2012; 1 WCH 10,000 2013/2015 (2011-2); 1 ECH 10,000 2014. Born-Mogadishu (SOM), came to Britain in 1993 Married former English Schools thrower Tania Nell on April 3, 2010. His step-daughter Rhianna (10), their twin daughters (Aisha & Amani) born on August 24, 2012 (Aisha the eldest by two minutes), then son Hussein born October 12, 2015 Marathons (2): dnf London 2013 (experimental run to 20K in 58:30); 8 London 2014 In 2016: 2 'Great' Edinburgh XC; (six weeks training in Ethiopia) 1 Glasgow IAAF Tour 3000; (training at his Portland base) His seven Half Marathons: 60:23 1 New York 20-3-2011 60:59 1 New Orleans 24-2-2013 60:10 2 South Shields 15-9-2013 61:07 2 New York 16-3-2014 60:00 1 South Shields 7-9-2014 59:32 1 Lisbon 22-3-2015 59:22 1 South Shields 13-9-2015							
539	GRIFFITHS Dewi GBR - Great Britain & NI	24y	230d	1991	-	64:28	-15
5x Welsh Champion at Cross Country // 10,000 pb: 28:48.59 -14. 5000 pb: 14:00.57 -14. 4 EJC 10,000 2009; 6 World Junior Mountain Running Champs 2010; 25 COM 10,000 2014; 9 ECP 10,000 2015. At EXC: 2012-38u23, 2013-16u23. At WXC: 2008-67J, 2015-70, 2016-20. 1 Welsh XC 2012/2013/2014/2015/2016 & 5000 2015. Swansea University mathematics graduate. Coach-Kevin Evans In 2016: 6 'Great' Edinburgh XC; 1 Cardiff XC; 8 Armagh 5K; 1 Welsh XC; 1 British Inter-Counties XC							
540	HAWKINS Callum GBR - Great Britain & NI	23y	277d	1992	62:39	62:39	-16
Junior team gold at 2009 European Cross Country Championships, then under-23 team gold in 2013 Marathon pb: 2:12:17 -15. 10,000 pb: 28:49.57 -14. 5000 pb: 14:03.37i -12, 14:06.57 -15. 1 European Youth Olympic Festival 3000 2009; 20 COM 10,000 2014. At WXC: 2010-47J. At EXC: 2009-19J, 2013-7u23, 2014-5u23. 2 'Great' Scottish Half Mar 2015 (62:42, 3rd on Scottish all-time list). Coach/father-Richard Hawkins His older brother Derek was ninth (first Briton) in the 2014 Commonwealth Games Marathon Based-Paisley, studying Mechanical Engineering at the University of West Scotland Marathon (1): 12 Frankfurt 2015 (2:12:17 - Olympic qualifying time) In 2016: 4 'Great' Edinburgh XC; 1 British Universities XC; 10 Paris Half Mar							
541	HYNES Matthew GBR - Great Britain & NI	28y	71d	1988	-	63:58	-15
Marathon pb: 2:16:00 -15. 10,000 pb: 29:20.07 -14. 5000 pb: 14:02.89 -13. 1 North East 5000 2011; 11 UK 5000 2012; 4 English 10,000 2014. Ex-semi professional footballer with Stokesley FC. Coach-Stan Markley He runs weekly athletics fitness camp in the North East with friend and international long jumper Chris Tomlinson Marathons (2): 272 London 2010, 18 London 2015 In 2016: 2 Dewsbury 10K							
542	McLEOD Ryan GBR - Great Britain & NI	30y	293d	1985	-	64:19	-15
His coach & father Mike McLeod was 1984 Olympic silver medallist at 10,000m 5000 pb: 13:41.35 -11. 3000 pb: 7:52.99 -10. 1500 pb: 3:43.50 -09. 2 UK 5000 2009 (2010-3, 2011-4, 2013-5, 2014-7). At WXC: 2003-53J, 2011-81. At EXC: 2003-dnf (ill), 2004-23, 2007-18u23 (team gold), 2010-29, 2011-12. Coach-John Nuttall							
543	CIOBANU Sergiu IRL - Ireland	32y	229d	1983	-	64:48	-12
(Sergiu pronounced like Sir-Jew) Twice winner of Cork Marathon // Marathon pb: 2:15:14 -15. 10,000 pb: 30:11.47 -10. At EXC: 2005-87, 2015-52. Allegiance transferee from Moldova - based in Ireland since 2006, gained Irish citizenship on January 23, 2015 and cleared by IAAF to represent Ireland from July 7, 2015. Coach-Jerry Kiernan Marathons (14): 3 Belfast 2009, 15 Dublin 2009, 1 Cork 2010; 12 Dublin 2010, 1 Cork 2011, 14 Dublin 2011, 13 Rotterdam 2012, 2 Cork 2012, 16 Dublin 2012, 47 WCH 2013, 3 Dublin 2013, 15 Hamburg 2014, 5 Dublin 2014, 24 Berlin 2015							
544	FRAZER Thomas IRL - Ireland	34y	198d	1981	-	66:01	-14
Marathon pb: 2:17:45 -13. 10,000 pb: 30:00.70 -06. Lives-Chicago Marathons (14): 70 Chicago 2006, 24 Boston 2007, 27 Fukuoka 2009, 34 Fukuoka 2010, 36 Tokyo 2011, 19 Chicago 2011, 34 Rotterdam 2012, 24 Chicago 2012, 4 Belfast 2013, 22 Berlin 2013, 4 Dublin 2013, 35 ECH 2014, 30 Chicago 2014, 19 Rotterdam 2015 In 2016: 2 Louisville 5K							
545	HEHIR Sean IRL - Ireland	31y	59d	1985	-	65:24	-11
Hehir pronounced like "Hair" In 2013 became the first Irishman in 20 years to win the Dublin Marathon Marathon pb: 2:17:35 -12. 10,000 pb: 30:16.02 -11. 5000 pb: 14:32.86 -11. 3 Irish 10,000 2011; 1 Irish Half Mar 2011. At EXC: 2012-12. Primary school teacher from Kilkishen, Co Clare Marathons (5): 13 Dublin 2012, 1 Dublin 2013, 15 Rotterdam 2014, 20 ECH 2014, 23 Rotterdam 2015 In 2016: 37 Armagh 5K							
546	POLLOCK Paul IRL - Ireland	29y	275d	1986	63:46	62:10	-14
Marathon pb: 2:15:38 -15. 10,000 pb: 28:32.18 -14. 5000 pb: 14:07.89 -14. 34 World Half Mar 2012; 19 COM 10,000 2014. 1 Northern Ireland 1500 2005/2007 & XC 2011. At WXC: 2005-116J. At EXC: 2005-46J, 2008-57u23, 2011-25, 2013-26, 2014-23, 2015-45. Older brother Noel Pollock (3:44.56 1500m in 2005) is now Sports Medicine Doctor for UK Athletics. Coach-Andy Hobdell Marathons (4): 9 Dublin 2012, 13 London 2013, 21 WCH 2013, 30 Berlin 2015 In 2016: 1 Chichester 10K; 1 Wokingham Half Mar							
547	SEAWARD Kevin IRL - Ireland	30y	175d	1985	-	65:08	-15
2002 Irish Junior Champion at 5000m // 10,00							

550	PÉTUSSON Arnar ISL - Iceland Marathon pb: 2:41:06 -12. 3000SC pb: 9:43.59 -13. 98 World Half Mar 2014; 1 Small States of Europe Games 3000SC 2015. 1 Reykjavik Marathon 2011. Former basketball player	25y	15d	1991	-	69:45	-14
551	MOOGAS Tasama ISR - Israel Formerly known as Moges Tesseme Emigrated from Ethiopia in 2008 // Marathon pb: 2:15:29 -15. 10,000 pb: 28:12.58 -13. 5000 pb: 13:52.92 -11. 20 ECH 10,000 2010; 11 WSG Half Mar 2013. At WXC: 2010-80. 1 Israeli 5000 2009/2010 & 10,000 2013 Marathons (3): 9 Tiberias 2015; 24 Rotterdam 2015, 25 Berlin 2015	28y	53d	1988	-	65:50	-13
552	LA ROSA Stefano ITA - Italy 2011 World Student Games bronze at 5000m // 10,000 pb: 28:13.62 -12. 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. 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. 1 Italian 10,000 2008 & 5000 2010/2011/2012. Born-Grosseto Marathons (2): 1 Treviso 2015, 12 Amsterdam 2015 In 2016: 7 San Giorgio Legnano XC; 4 Verona Half Mar; 3 Italian XC	30y	186d	1985	64:10	62:15	-12
553	KUDO Naoki JPN - Japan 10,000 pb: 28:23.85 -15. 5000 pb: 13:52.97 -15. 5 WSG Half Mar 2015. Attends Komazawa University In 2016: 6 Marugame Half Mar	20y	203d	1995	61:25	61:25	-16
554	MOGI Keiji JPN - Japan 10,000 pb: 28:26.61 -15. 5000 pb: 13:44.64 -15. 1 Ohme-Hochi 10K 2013. He went straight from high school to the team of the Asahi Kasei Corporation, training with new Japanese 10,000m record holder Kota Murayama (Asahi Kasei Corporation = a global Japanese chemical company) In 2016: 3 Marugame Half Mar; 3 Fukuoka XC	20y	157d	1995	60:54	60:54	-16
555	NAKAMURA Shogo JPN - Japan 10,000 pb: 28:05.79 -13. 5000 pb: 13:43.14 -15. 3 WSG Half Mar 2013; 28 World Half Mar 2014. 1 Japanese Universities Half Mar 2013. Was at Komazawa University Marathon (1): dnf Fukuoka 2015 In 2016: 6 Yamaguchi Half Mar	23y	191d	1992	61:53	61:53	-16
556	NAKATANI Keisuke JPN - Japan 2015 World Student Games bronze at 10,000m // 10,000 pb: 28:17.56 -15. 5000 pb: 13:38.08 -14. 3 Asian junior 5000 2012; 7 WJC 10,000 2014; 3 WSG 10,000 2015 (10 5000). Attends Komazawa University In 2016: 5 Marugame Half Mar	21y	74d	1995	61:21	61:21	-16
557	OISHI Minato JPN - Japan 5000 pb: 13:36.40 -14. 10,000 pb: 28:04.65 -15. At WXC: 2010-98. 3 Japanese 10,000 2014 In 2016: 7 Yamaguchi Half Mar	27y	311d	1988	62:32	62:06	-13
558	CHEPROT Simon KEN - Kenya Team silver at 2014 World Half Marathon Championships // 10K pb: 27:57 -12. 22 World Half Mar 2014 Marathons (3); dnf Verona 2012, dnf Venice 2012, dnf Rome 2013 In 2016: 6 R'as al-Khaimah Half Mar	22y	268d	1993	60:46	59:20	-13
559	KAMWOROR Geoffrey KEN - Kenya DEFENDING IAAF WORLD HALF MARATHON CHAMPION Full name-Geoffrey Kipsang Kamworor Also 2015 World Cross Country Champion Marathon pb: 2:06:12 -12. 10,000 pb: 26:52.65 -15. 5000 pb: 13:12.23 -11. At WXC: 2011-1J. 1 World Half Mar 2014; 2 WCH 10,000 2015. 1 Kenyan 5000 2012 (but couldn't make the final at their Olympic Trials later that month); 1 Kenyan Police 10,000 2013 & XC 2013/2014 Marathons (6): 3 Berlin 2012, 4 Rotterdam 2013, 3 Berlin 2013, 6 Tokyo 2014, 4 Berlin 2014, 2 New York 2015 (he surged at 20M and dropped everyone except the eventual winner Stanley Biwott). Also paced Berlin 2011. His favourite colour is yellow He did most of the work as the Kenyans tried to take the sting out of Mo Farah's finish in the 10,000m in Beijing 2015, yet still finished near at the end (54.60 last 400m compared with Farah 54.15 and 2:29.47 last kilometre to Farah's 2:28.82) In 2016: 1 Kenyan Police XC; 1 Kenyan XC Are you in better shape than when you won in 2014? "Yes" (he said after the press conference)	23y	124d	1992	-	58:54	-13
560	KIPTOO Edwin Kiprop KEN - Kenya 10K pb: 27:44 -14. 1 The Hague 10K 2014; 1 Amsterdam 10M 2015. There are four Edwin Kiptoos who are known as runners: Edwin Kibet Kiptoo (16 Sep 72), Edwin Kiptoo (28 Dec 87), Edwin Kipkorir Kiptoo (3 Sep 89), Edwin Kiprop Kiptoo (14 Aug 93). This is the younger of the four In 2016: 7 R'as al-Khaimah Half Mar	22y	225d	1993	61:00	59:26	-15
561	KIPYEGO Edwin KEN - Kenya Marathon pb: 2:14:28 -13. 1 Reading Half Mar 2010; 1 Bristol Half Mar 2010/2011; 1 British 10K "London Run" 2012 Marathons (2): 15 Frankfurt 2013, 10 Valencia 2014. Also paced London 2013/2015 In 2016: 5 R'as Al Khaimah Half Mar; 1 The Hague Half Mar	25y	131d	1990	60:27	59:30	-15
562	KAROKI Bedan KEN - Kenya Full name-Bedan (aka Bidan) Karoki Muchiri (so Muchiri might end up on his bib but he's best known as Karoki) Fifth at 2012 Olympics after Farah, Rupp and the Bekeles, then fourth in Beijing 2015 after Farah, Kamworor & Tanui 10,000 pb: 26:52.36 -14. 5000 pb: 13:15.25 -14. 2 African Games 10,000 2011; 5 OLY 10,000 2013; 4 WCH 10,000 2015 (2013-6). 1 Japanese 5000 2009/2011; 1 Stanford 10,000 2011; 2 Australian 10,000 2011. At WXC: 2015-2. Came to Japan in 2007 to attend High School, now he competes for the competes for the S&B Foods team (Japan's leading manufacturer of processed food. Helped pace 2011 Tokyo Marathon He's been described as "the new Samuel Wanjiru" because of his Japanese connections In 2016: 1 Eldoret XC; 2 Kenyan XC; 1 San Juan "World's Best" 10K (27:42)	25y	218d	1990	-	59:14	-15
563	KOCHKONBAEV Zhodard KGZ - Kyrgyzstan	20y	337d	1995	-	-	-
564	VISKERS Janis LAT - Latvia 5000 pb: 14:29.99 -13. 15 WSG Half Mar 13. At EXC: 2010-72u23, 2011-56u23, 2012-73, 2013-54. 1 Latvian indoor 3000 2013; 1 Latvian 3000 2013; 1 Latvian 5000/Half Mar 2015 Marathons (2): 14 Vienna 2014, 41 Frankfurt 2015 In 2016: 2 Latvian indoor 3000	26y	362d	1989	-	66:56	-13
565	TSCHOPP Marcel LIE - Liechtenstein Liechtensteiner record holder at marathon. He was Liechtenstein's flag bearer at the 2008 Olympics Marathon pb: 2:23:55 -11. 72 World Half Mar 2005 (2004-75, 2009-88, 2014-105); 80 Berlin 2006; 22 London 2007; 47 WCH 2007; 16 Zürich 2008; 74 OLY 2008, 39 ECH 2010, 33 Chicago 2011, 75 OLY 2012, 79 Berlin 2015 He is also an international orienteer and works as a Doctor in the Department of Rheumatology at St Gallen hospital In 2012: 5 Oberägeri 14.5K	41y	333d	1974	-	67:51	-08

566	IAO Kuan Un MAC - Macao	36y	12d	1980		73:42 -14
Macanese record holder at 1500m & Half Marathon // 1500 pb: 4:07.18 -13. 3 East Asian Games 10,000 2005						
567	LUNA Saby MEX - Mexico	26y	49d	1990	-	64:25 -15
Full name-Saby Luna Burto // Marathon pb: 2:23:39 -15. 3 Mexican 5000/10,000 2014; 1 Mexican Universities 10,000 2015						
568	RAMOS Ricardo MEX - Mexico	30y	104d	1985	63:40	63:40 -16
(aka Ricardo Vargas) // 10,000 pb: 29:35.85 -15. 16 Torreón Marathon 2015 (2:25:42) In 2016: 1 Culiacán Half Mar; 1 Monterrey 10,000 (Feb 13); 6 Monterrey 5000 (Mar 5)						
569	VARGAS Daniel MEX - Mexico	32y	20d	1984	-	64:18 -12
Full name-Daniel de Jesus Vargas Sanchez // Marathon pb: 2:13:06 -12 (2:15:54 -16). 10,000 pb: 29:00.60 -15. 60 World Half Mar 2012 Marathons (11): 3 León 2009, 4 Torreón 2010, 1 León 2010, 2 Mazatlán 2010, 19 London 2011, 3 Torreón 2012, 39 OLY 2012, 13 Mexico City 2013, 3 Central American & Caribbean Games 2014, 4 Pan-Am Games 2015, 8 Houston 2016 In 2016: 8 Houston Marathon						
570	DEBONO Charlton MLT - Malta	31y	227d	1984	70:42	70:42 -16
Coach-Mario Bonello // In 2016: 1 Sliema Half Mar						
572	PERSEN Asbjørn Ellefsen NOR - Norway	28y	312d	1987	64:14	63:56 -14
Marathon pb: 2:16:30 -15. 10,000 pb: 29:47.03 -12. 5000 pb: 13:55.56 -13. 1 Nordic Challenge 10,000 2012; 11 ETCh 5000 2013; 59 World Half Mar 2014. At EXC: 2012-31 Marathons (2): 4 Düsseldorf 2015, 20 Frankfurt 2015 In 2016: 6 European Clubs Cup XC; 13 The Hague Half Mar						
573	CCOPE Jhordan Alonso PER - Peru	20y	87d	1995	-	63:42 -15
Full name-Jhordan Alonso Ccope Tapara // At WXC: 2015-66 In 2016: 8 Pan-American Cup 10K XC						
574	ITO Nelson PER - Peru	25y	349d	1990	-	64:37 -15
Marathon pb: 2:17:37 -15. 10,000 pb: 29:44.18 -15						
575	PACHECO Ferdinand PER - Peru	26y	239d	1989	-	64:57 -15
10,000 pb: 29:35.62 -15. 5000 pb: 14:15.63 -15						
576	RAMOS Daverso PER - Peru	24/25y		1991	-	65:50 -15
Full name-Daverso Ramos Acevedo // Marathon pb: 2:15:57 -16 Marathons (2): 4 Huancayo 2015, 9 Houston 2016 In 2016: 9 Houston Marathon						
577	SOARE Nicolae Alexandru ROU - Romania	24y	214d	1991	-	64:07 -14
2015 World Student Games silver at 10,000m // Half Mar pb: 64:07 -14. 10,000 pb: 29:41.96 -13. 5000 pb: 14:11.57 -12. 14 WJC 10,000 2010. At EXC: 2010 -35J, 2011-51u23, 2012-62u23, 2014-14. 2 under-23 ECH 10,000 2013 (8 5000); 2 WSG 10,000 2015 (11 Half Mar); 63 World Half Mar 2014. 1 Romanian 5000/10,000 2011/2012/2015 & 5000 2013/2014 Marathon (1): 56 Frankfurt 2015						
578	MOHALE MODIKE Lucky RSA - South Africa	30y	218d	1985	66:44	61:08 -12
Marathon pb: 2:13:35 -11. At WXC: 2006-99 short. Uncomfortable-looking running action Marathons (5): 5 Casablanca 2010, 48 WCH 2011, 10 Johannesburg 2012, 2 Oudtshoorn 2013, 3 Sydney 2013 In 2016: 2 Pretoria Half Mar (Jan 23); 1 Benoni Half Mar; 2 Johannesburg Half Mar; 3 Pretoria Half Mar (Feb 28)						
579	MOKOKA Stephen RSA - South Africa	30y	360d	1985	-	60:40 -15
20x South African Champion across three surfaces // Marathon pb: 2:07:40 -15. 10,000 pb: 27:40.73 -12 (28:44.78 -16). 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); 2 WSG 10,000 2011 (2007-3); 13 WCH 10,000 2011 (2013-20); 8 African Champs 10,000 2012; 1 WSG 10,000 2013 (2 4000); 6 African Games 5000 2015. At WXC: 2008-74, 2009-32, 2010-22, 2015-29. 1 South African 1500 2010, 5000 2013/2015, 10,000 2009/2010/2011/2012/2013/2015, 10K 2009/2010/2015, 12K 2010/2015, Half Mar 2008/2009/2011/2012/2013, XC 2014. Lives-Pretoria, student of Sports Management at Tshwane University of Technology. Coach-Michael Seme. 50kg/1.57 tall Marathons (8): 4 Seoul 2010, 3 Pretoria 2011, 2 Shanghai 2011, 49 OLY 2012, 4 Shanghai 2012, 1 Shanghai 2013/2014, 2 Shanghai 2015. Also helped pace Ostu (Lake Biwa) 2010 & Beijing 2011 In 2016: 1 Pretoria 10K (Jan 16); 2 South African 10K; 3 Pretoria 800/1500 (Mar 5); 1 Gauteng North 10,000 (2 800)						
580	MZAZI Gladwin RSA - South Africa	27y	210d	1988	-	61:12 -13
Former World Student Games Champion at both 10,000m & Half Mar // Marathon pb: 2:17:43 -14. 10,000 pb: 28:09.33 -11. 5000 pb: 13:24.50 -12. 1 WSG 10,000 2009 (2011-6, 2015-6); 18 World Half Mar 2012; 1 WSG Half Mar 2013 (2011-5, 2015-15). 1 South African 5000 2012. At WXC: 2013-59, 2015-43 Marathons (2): 20 Johannesburg 2014, 22 Fukuoka 2014 In 2016: 10 South African 10K; 3 Germiston 1500; 1 Pretoria 10K; 1 Pretoria 3000; 1 Goodwood 10K						
581	NGXAZOZO Mbongeni RSA - South Africa	36y	53d	1980	-	61:47 -09
Ngxazozo pronounced "Na-zo-zo" // Marathon pb: 2:17:19 -12. 10,000 pb: 28:53.67 -09. 5000 pb: 13:50.49 -07. 36 World Half Mar 2009. At WXC: 2007-81 Marathons (2): 2 Hillcrest 2009, 4 Mossel Bay 2012 In 2016: 3 South African XC						
582	TSHOBA Vuyisile RSA - South Africa	25y	43d	1991	-	62:27 -15
10,000 pb: 29:40.33 -14. 5000 pb: 13:46.9 -12. ht World Youth 1500 2007. At WXC: 2009-98J, 2010-48J In 2016: 3 Pretoria 10K; 1 Pretoria Half Mar (Jan 23); 12 South African 10K; 1 Pretoria Half Mar (Feb 20); 2 Pretoria 10,000 (Feb 27); 11 Pretoria 3000 (Mar 8); 2 Gauteng North 10,000						
583	SOH Rui Yong SIN - Singapore	24y	233d	1991	-	67:21 -15
72 World Half Mar 2012 (2014-93); 1 South East Asian Games Marathon 2015. 1 Singapore XC 2012/2013						
584	AMARE Abdi Madar SOM - Somalia	34y	122d	1981	-	71:28 -12
Marathon pb: 2:32:30 -14. 10,000 pb: 33:24.34 -14 Marathons (2): 75 London 2014, 107 New York 2014. Based-Britain, member of Herne Hill Harriers club						
586	IBRAHIM Elsidig SUD - Sudan	43y	350d	1972	-	72:29 -12
He is the						

588	NILSSON David SWE - Sweden	28y	345d	1987	-	64:11 -15
Marathon pb: 2:17:19 -15. 10,000 pb: 29:06.79 -15. 5000 pb: 13:57.50 -15. 13 European Youth 2000SC 2003; 12 WSG 10,000 2013 (26 Half Mar). At EXC: 2015 -10. 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; older sister Johanna won US Collegiate titles indoors & out before her death in 1983; Younger brother Marcus is an 8104 point decathlete and was 2010 world junior bronze medallist. Their parents were distance runners Marathons (9): 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 In 2016: 28 'Great' Edinburgh XC; 1 Huddinge 3000; 6 Kerkrade XC; 5 Boston Terrier 5000; 7 New York Armory 3000; 5 Ghent IFAM 2000; 3 Diekirch XC; 1 Huddinge 10,000; 2 Manchester 'Trafford' 10K						
590	CHEMONGES Robert UGA - Uganda	18y	163d	1997	-	65:25 -15
9 World Mountain Running Champs 2015. At WXC: 2015-26J He is the youngest male competitor at Cardiff 2016 His older brother Filex Chemonges (pb 63:40) was also entered for Cardiff but could not get a visa						
593	LASHYN Dmytro UKR - Ukraine	28y	38d	1988	-	62:52 -15
2007 European Junior Champion & 2009 European under-23 bronze at 10,000m 10,000 pb: 28:59.20 -14. 5000 pb: 13:56.60 -09. 1 EJC 10,000 2007 (3 5000); 3 under-23 ECH 10,000 2009. At EXC: 2005-67J, 2006-6J, 2007-3J, 2009-71J, 2012-12, 2014-33, 2015-39. 15 'Great' North Run 2009; 1 Ukrainian 10,000 2015						
594	BAUHS Scotty USA - United States	29y	320d	1986	62:23	61:30 -12
10,000 pb: 27:48.06 -08. 5000 pb: 13:28.92 -09. Marathon pb: 2:23:03 -31. 70 World Half Mar 2009; 14 WCH 10,000 2011. At WXC: 2008-51, 2010-51. 1 NCAA div 2 10,000 2007. German grandparents. Studied Social Science and English at California State University, Chico. Born-Denver Marathon (1): 31 US Olympic Trial 2016 (Los Angeles) In 2016: 1 Phoenix Half Mar; 31 Los Angeles Marathon (US Olympic Trial)						
595	BRUCE Ben USA - United States	33y	198d	1982	62:28	62:28 -16
Four-time medallist at the World Trail Running Championships (Trail Running takes place off-road on hiking trails of varying terrain) Marathon pb: 2:21:56 -14. 3000SC pb: 8:19.10 -11. 5000 pb: 13:30.79 -13. 1 North/Central American & Caribbean 5000 2007 (3 3000SC); 56 World Half Mar 2010; ht WCH 3000SC 2011; =1 Trail Running World Championship 2012 (2008-2, 2009/2011-3). At WXC: 2010-77. Wife-Stephanie Rothstein is also an international distance runner Marathons (6): 1 New Orleans 2014, 1 San Diego 2014, 1 Montreal 2014, 1 St Louis 2014, 1 Las Vegas 2014, dnf US Olympic Trial 2016 (Los Angeles) In 2016: 2 Phoenix Half Mar; dnf Los Angeles Marathon (US Olympic Trial)						
596	RITCHIE Tim USA - United States	28y	232d	1987	-	61:23 -15
Second at US 15K in 2012 // Marathon pb: 2:14:50 -13 (2:22:16 -16). 10,000 pb: 28:26.77 -15. 5000 pb: 13:38.02 -15. 2 US 15K 2012 (2013-6, 2014-3, 2016 -9); 6 US 5K & 12K 2013 (8 20K). Studied biology and theology at Boston College. Coach-Matt Kerr Marathons (3): 25 Boston 2013, 6 Minneapolis to St. Paul 2013, 25 US Olympic Trial 2016 (Los Angeles) Made great breakthrough to win 2015 Philadelphia Half in 61:23, winning by two minutes and taking 37 seconds from his previous best In 2016: 25 Los Angeles Marathon (US Olympic Trial); 9 US 15K						
598	WARD Jared USA - United States	27y	198d	1988	66:31+	61:42 -15
Third in 2016 US Olympic Trial Marathon // Marathon pb: 2:12:56 -15 (2:13:00 -16). 5000 pb: 13:34.74 -14. 10,000 pb: 28:36.15 -14. 4 NCAA indoor 3000/5000 2014; 1 US 20K & 25K 2015. Based-Provo, Utah. Coach-Ed Eyestone (13 OLY Marathon 92). He has a master's degree in statistics from Brigham Young University, Utah. He wrote a thesis on optimal pacing strategy for the marathon, then ran halves of 66:31 & 66:29 in the 2016 US Olympic Trials where he was third Marathons (4): 19 Chicago 2013, 2 Minneapolis to St. Paul 2014, 3 Los Angeles 2015, 3 US Olympic Trial 2016 (Los Angeles) In 2016: 3 Los Angeles Marathon (US Olympic Trial)						
599	DAVLATOV Shokhrukh UZB - Uzbekistan	20y	19d	1996	-	-
At WXC: 2015-107J // In 2016: 1 Tashkent 3000						

WORLD ALL-TIME LIST

1....58:23.....	Zersenay Tadese ERI.....	2010
2....58:33.....	Samuel Wanjiru KEN.....	2007
3....58:41.....	Bernard Koech KEN.....	2013
4....58:44a....	Solomon Yego KEN.....	2016
5....58:46.....	Mathew Kisorio KEN.....	2011
6....58:47.....	Atsedu Tsegay ETH.....	2012
=7.. 58:48.....	Sammy Kitwara KEN.....	2011
..... 58:48.....	Abraham Cheroben KEN.....	2014
9....58:52.....	Patrick Makau KEN.....	2009
=10. 58:54.....	Stephen Kibet KEN.....	2012
..... 58:54.....	Geoffrey Kamworor KEN.....	2013

2016 WORLD LIST

1....58:44.....	Solomon Yego KEN
2....59:12.....	James Wangari KEN
3....59:18.....	Leonard Langat KEN
4....59:44.....	Geoffrey Yegon KEN
5....59:47.....	Sammy Kitwara KEN
6....59:48.....	Kenneth Keter KEN
7....59:49.....	Yigrem Demelash ETH
8....60:05.....	Kenneth Kipkemai KEN
9....60:06.....	Remmy Limo KEN
10.. 60:11.....	Paul Lonyangata KEN