

Women's Race

13:15
83 Entrants
25 Countries

8010m (4x 1980m + 90m start/finish)
(6 run, 4 score)

Age

AÏT SALEM Souad ALG **36y**
Algerian record holder at 3000m, 5000m, 10,000m, Half Marathon & Marathon
Marathon pb: 2:25:08 -07. Half Mar pb: 69:15 -08. 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. She graduated as a Professor of Physical Education from the University of Algiers Marathons (7): 1 Thessaloniki 2006; 1 Rome 2007; 16 WCH 2007; 6 London 2008, 9 OLY 2008, 4 Prague 2012, 37 OLY 2012

BEN DARBAL Malika ALG **31y**
Half Mar pb: 75:50 -14

BETTICHE Amina ALG **27y**
In 2015: 2 South African World Cross Trial XC

DRICI Barkahoum ALG **26y**
Half Mar pb: 71:48 -13. At WXC: 2007-dnfJ, 2008-39J. 35 World Half Mar 2014

SIFI Nabila ALG **23y**
At WXC: 2009-72J, 2010-69J

YAH I Nawal ALG **23y**
At WXC: 2009-68J, 2010-44J

BRICHACEK Emily AUS **24y**
(Née Pluck) // 5000 pb: 15:30.00 -12. 7 COM 5000 2014. At WXC: 2008-21J, 2011-11J. 1 Australian 5000 2014. From Canberra. Coach-Ted McLean
In 2015: 4 Australian World Cross Trial XC

MAINI Gemma AUS **28y**
5000 pb: 16:11.67 -14
In 2015: 1 Melbourne 1500; 5 Hobart 1500; 5 Newcastle 5000; 6 Australian World Cross Trial XC; 4 Adelaide 3000; 7 Melbourne Classic 5000

MITCHELL Victoria AUS **32y**
3x Australian Steeplechase Champion across 12 years // 3000SC pb: 9:30.84 -06 (9:39.78 -15). 5000 pb: 15:36.15 -06. 2 WSG 3000SC 2005; 4 COM 3000SC 2006 (2014-9); 4 WCP 3000SC 2006; ht WCH 3000SC 2007; ht OLY 3000SC 2008. At WXC: 2006-34 long & 33 short (team bronze), 2007 -37, 2008-54. 1 NCAA 3000SC 2005. 1 Australian 3000SC 2003/2011/2014. Was at Butler University in Indianapolis. Coach-Sean Williams
In 2015: 3 Newcastle 5000; 1 Australian World Cross Trial 8K XC; 2 Hobart 10K; 1 Sydney 3000SC

POWELL Courtney AUS **19y**
5000 pb: 15:56.00 -14. 7 WJC 5000 2014. 1 Victoria State 5000 2014
In 2015: 5 Australian World Cross Trial XC; 6 Adelaide 3000; 4 Victoria State 1500

TRENGOVE Jessica AUS **27y**
2014 Commonwealth Games Marathon bronze // Marathon pb: 2:30:12 -14. Half Mar pb: 71:51 -13. 10,000 pb: 33:38.09 -09. 5000 pb: 16:02.62 -12 (16:16.27 -15). 24 World Half Mar 2010. At WXC: 2011-71. Her younger brother Jack plays Australian Rules Football for the Melbourne Demons, her younger sister Abbie competed as a rower in the 2010 Youth Olympic Games. Coach-Adam Didy
Marathons (5): 14 Nagoya 2012, 39 OLY 2012, 11 WCH 2013, 12 Nagoya 2014, 3 COM 2014
In 2015: 2 Australian World Cross Trial XC; 3 Adelaide 3000; 9 Melbourne Classic 5000

BENSON Fiona CAN **22y**
3000 pb: 9:16.08i -15. At WXC: 2011-64J. 7 Canadian XC 2014
In 2015: 1 Pullman Mile; 1 Seattle 3000 'B'; 13 Pan-American Cup XC; 1 Canadian Universities indoor 1500 (2 3000)

CARSON Lindsay CAN **25y**
5000 pb: 15:55.62 -09. 3000 pb: 9:10.04i -09. ht World Youth 1500 2005; 1 North & Central America and Caribbean junior 1500 2006 & XC 2007. At WXC: 2006-58J, 2007-55J, 2008-31J, 2013-60
In 2015: 17 Pan-American Cup XC

FORSEY Jillian CAN **19y**
5000 pb: 16:02.55 -14. 9 WJC 5000 2014. At WXC: 2013-49J; 2 North/Central American & Caribbean junior XC 2014. 1 Canadian junior XC 2012; 6 Canadian XC 2014
In 2015: 20 Pan-American Cup XC

HANNAH Rachel CAN **28y**
5000 pb: 15:50.31 -14. 3000 pb: 9:42.53i -13. At WXC: 2013-58; 2 North/Central American & Caribbean XC 2014 (2013-6)
In 2015: 2 Geneva OH 5000; 3 Pan-American Cup XC

LABEAUD Natasha CAN **27y**
Marathon pb: 2:35:33 -14. Half Mar pb: 74:17 -14. 10,000 pb: 32:43.14 -14. 5000 pb: 15:50.34 -13
Has held dual citizenship since birth and was cleared by the IAAF to represent Canada from February 28, 2014
Marathons (6): 12 Houston 2011, 5 Pittsburgh 2011, 2 Chicago 2011, 60 US Olympic Trial (Houston) 2012, 13 Sacramento 2012, 8 Toronto 2014
In 2015: 11 Pan-American Cup XC

WODAK Natasha CAN **33y**
(Formerly Natasha Wodak) // Marathon pb: 2:35:16 -13. Half Mar pb: 71:20 -15. 10,000 pb: 33:09.57 -13. 5000 pb: 16:00.03 -13. 1 North/Central American & Caribbean XC 2013; 4 Francophone Games 10,000 2013. At WXC: 2013-24
Marathon (1): 10 Toronto 2013
In 2015: 1 Saanichton 8K; 2 Tempe Half Mar (pb 72:23); 16 Pan-American Cup XC; 6 New York Half Mar (pb 71:20)

DING Changqin CHN **23y**
Marathon pb: 2:26:54 -15. 10,000 pb: 32:44.86 -11. 5000 pb: 15:42.23 44 -12. World Half Mar 2010. At WXC: 2010-74. 1 Chinese XC 2013. From-Guiyang
Marathons (5): 18 Dalian 2011, 22 Chongqing 2012, 2 Yingkou 2013, 19 WCH 2013, 1 Chongqing 2015
In 2015: 1 Chongqing Marathon (personal best 2:26:54, just six days before the World Cross Country Championships)

LI Zhixuan CHN **21y**
5000 pb: 16:04.12 -14. 10 WJC 3000 2012 (13 5000); 11 Asian XC 2014. From-Inner Mongolia

WU Xufeng CHN **22y**
10,000 pb: 33:39.69 -12. 5000 pb: 16:03.00 -12. Half Mar pb: 76:07 -11. Marathon pb: 3:00:42 -13. From-Gansu province
Marathon (1): 49 Yingkou 2013
In 2015: 2 Chinese short course XC; 2 Chinese XC

XU Qiuzi CHN **24y**
2014 Chinese Champion at 5000m // 5000 pb: 15:46.41 -07. 1500 pb: 4:12.75 -11. 4 Asian Indoor Champs 1500 2012. 1 Chinese junior 1500 2010; 1 Chinese 5000 2014. From-Jiangsu province

YANG Hua CHN **21y**
From-Guiyang // Marathon pb: 2:38:15 -15. Half Mar pb: 78:52 -11. 9 Asian junior XC 2012. Marathons (4): 1 Saga 2014, 11 Hengshui 2014, 5 Macau 2014, 11 Chongqing 2015
In 2015: 16 Chinese short course XC; 10 Chinese XC; 11 Chongqing Marathon (personal best 2:38:15, just six days before the World Cross Country Championships)

ZHANG Xinyan CHN **21y**
Double Chinese Champion at cross country in 2015 // Half Mar pb: 77:26 -13. 10,000 pb: 34:14.17 -13. 5000 pb: 15:51.37 -13. 1500 pb: 4:17.49 -14. 3000SC pb: 10:01.00 -14. 1 Chinese junior 3000SC 2013 (2 senior); 3 Chinese 1500 2013. From-Gansu province
In 2015: 1 Chinese short course XC; 1 Chinese XC

BATTING Louise Langelund DEN **37y**
Half Mar pb: 77:50 -13. 59 World Half Mar 2014. At EXC: 2005-69, 2013-54, 2014-45. Works as a dentist. Coach-Laust Bengtsen

GLAD Simone DEN **24y**
Full name-Simone Christensen Glad
Multiple Danish Champion at 5000m and Steeplechase
3000SC pb: 10:23.27 -14. 5000 pb: 16:17.03 -14. 10 WSG 3000SC 2013; 67 World Half Mar 2014. At EXC: 2012-19u23, 2013-47, 2014-22. 1 Danish 3000SC 2009/2010/2011/2012/2013/2014 & 5000 2013/2014. Former handball player. Coach-Sonni Thelmark
In 2015: 15 'Great' Edinburgh XC

MØLLER Sara Sig DEN **31y**
10,000 pb: 34:31.14 -11. 5000 pb: 16:12.37 -13. At EXC: 2014-24. 1 Danish 10,000 2011. She is the twin sister of Maria Sig Møller (4x Danish Champion at 5000m)
In 2015: 10 'Great' Edinburgh XC; 2 Danish indoor 3000; 1 Danish XC

WELDU Nazret ERI **25y**
Nineteenth in 2013 World Cross Country Championships // Half Mar pb: 70:51 -14. 10,000 pb: 33:23.93 -14. 5000 pb: 15:42.71 -13. 1500 pb: 4:09.34 -12. 800 pb: 2:04.26 -08. At WXC: 2009-27J, 2011-45, 2013-19. 10 African XC 2014. Former Eritrean international at 400m (pb 54.99)
In 2015: 1 Massawa 10K; 1 Eritrean XC

FUENTES-PILA Iris María ESP	34y	2004 European Cup winner at 1500m // 5000 pb: 15:34.84 -13. 3000 pb: 9:03.20 -13. 1500 pb: 4:04.25 -02. ht WJC 800 98; 4 under-23 ECH 1500 2001; ht EIC 1500 2002; 11 ECH 1500 2002 (2012-ht); 1 ECP 1500 2004 (2007-3); 12 WCH 1500 2007 (2009-sf); 8 OLY 1500 2008 (2004-sf); 11 ETCh 1500 2010; 3 ETCh 3000 2013. 1 Spanish 1500 2008. At WXC: 2003 -52 short, 2004-36 short. At EXC: 99-62J, 2007-12, 2009-16, 2013-10, 2014 -9. Has two sisters who are also international runners – Zulema (7 ECH 3000SC 2006) & Margarita In 2015: 2 Amorebieta XC; 7 European Clubs Cup XC; 1 Valladolid XC; 5 Spanish XC
GEBRE Trihas ESP	24y	Full name-Trihas (not Tirhas) Gebre Aunoon Ex-Ethiopia // Marathon pb: 2:38:47 -10. 10,000 pb: 32:03.39 -13. 5000 pb: 15:35.96 -13. At EXC: 2014-13. 1 Spanish XC 2014/2015. Her husband Aitzol Urruzola is Spanish. She has had continuous residence in Spain since October 31, 2011. Gained Spanish citizenship on July 30, 2014 and cleared by the IAAF to represent Spain from November 14, 2014 Marathon (1): 1 San Sebastian 2010 In 2015: 1 San Sebastián XC; 3 'Great' Edinburgh XC; 5 Seville XC; 6 European Clubs Cup XC; 1 Spanish XC
MARTÍN Diana ESP	33y	Full name-Diana Martin Gimenez 2014 European steeplechase bronze medallist 3000SC pb: 9:30.70 -14. 5000 pb: 15:53.05 -10. 10,000 pb: 32:50.06 -14. 6 WSG 3000SC 2007; ht OLY 3000SC 2012; 4 ETCh 3000SC 2013 (2011-5); 11 WCH 3000SC 2013 (2007/2009-ht); 3 ECH 3000Sc 2014 (2006-ht, 2012 -8). 1 Spanish 3000SC 2013/2014. At WXC: 2000-109J, 2005-81 short, 2008 -39, 2009-31, 2013-22. At EXC: 2000-30J, 2005-60, 2008-49, 2010-14, 2011 -64, 2013-14, 2014-19. Coach-Antonio Serrano (There is another Diana Martin [Hildago] born 31-7-1990 who, confusingly, was third in the 2013 & 2014 Spanish Championship Steeplechase won by this Diana Martin) In 2015: 7 Seville XC; 5 Elgoibar XC; 1 Trujillo XC; 2 Sabadell 3000; 4 Spanish indoor 3000; 2 Spanish XC
MARTÍN Jacqueline ESP	40y	Competed in her 13th World Cross Country Championships in 2011 // 5000 pb: 15:27.82 -00. 10,000 pb: 32:59.93 -10. ht EIC 3000 2005; 10 ECH 10,000 2010. At WXC: 92-78J, 93-69J, 95-115, 98-42 short, 99-41 short, 2001-60 short, 2002-36 short, 2004-58 short, 2005-dnf long, 2008-40, 2009-42, 2010 -52, 2011-68. At EXC: 97-21, 99-28, 2000-12, 2001-28, 2003-35, 2004-dnf, 2010-36. Coach-Vicente Egido In 2015: 3 Amorebieta XC; 1 Sabadell 3000; 13 Seville XC; 3 Huesca XC; 4 Valladolid XC; 6 Spanish XC These are her 14th World Cross Country Championships, her first were the 1992 Championships in Boston where she was 78th in the junior race which was won by Paula Radcliffe
RODRÍGUEZ Lidia ESP	28y	Full name-Lidia Rodríguez Sierra // 10,000 pb: 32:38.25 -14. 5000 pb: 15:35.13 -12. 3000 pb: 9:19.74 -10. 11 ECH 10,000 2012 (2014-17). At EXC: 2005-61J, 2008-53u23, 2012-21, 2014-29. Coach-Antonio Fernández In 2015: 9 Seville XC; 5 European Clubs Cup XC; 3 Spanish XC
DASKA Mamitu ETH	31y	Full name-Mamitu Daska Molisa (Daska aka Deska) // Mar pb: 2:21:59 -11. Half Mar pb: 66:27 -15. 10,000 pb: 31:36.88 -09. 2 African Games Half Mar 2011. At WXC: 2009-12, 2010-8. She helped to pace the One Hour run world record by her compatriot Dire Tune in Ostrava 2008. She won six successive road races in the USA in 2012 Marathons (10): 3 Berlin 2009, 1 Dubai 2010, 6 Chicago 2010, 1 Houston 2011, 1 Frankfurt 2011, 9 Dubai 2012, 3 Frankfurt 2012, 12 Boston 2013, 4 Frankfurt 2013, 4 Shanghai 2014 In 2015: 2 Ethiopian XC; 2 R'as Al Khaimah Half Mar (66:27, 10th on world all-time list)
GUDETA Netsanet ETH	24y	Full name-Netsanet Gudeta Kebede // Half Mar pb: 68:46 -14. 10K pb: 33:24 -13. 6 World Half Mar 2014; 1 'Great' Ethiopian Run 10K 2013 In 2015: 4 Ethiopian XC
HAROYE Alemitu ETH	19y	(Haroye aka Heroye) 2014 World Junior Champion at 5000m // 5000 pb: 14:52.67 -14. 5 World Youth 3000 2011; 4 African Champs 5000 2012; 1 WJC 5000 2014. At WXC: 2013-3J In 2015: 6 Ethiopian XC
OLJIRA Belaynesh ETH	24y	Full name-Belaynesh Oljira Jemama Third at World Championships on the track and at cross country Marathon pb: 2:24:21 -14. Half Mar pb: 67:27 -11. 10,000 pb: 30:26.70 -12. 5000 pb: 14:58.16 -10. 3000 pb: 8:40.73 -10. At WXC: 2011-10, 2013-3. 5 OLY 10,000 2012; 3 WCH 10,000 2013; 3 African Champs 10,000 2014. 1 Ethiopian 10,000 2011 Marathons (2): 5 Dubai 2013, 11 Boston In 2015: 5 Ethiopian XC; 1 San Juan 'World's Best' 10K (beat strong field including Betsy Saina, Sentayehu Ejigu, Gemma Steel, Wude Ayalew)
TEFERI Senbere ETH	19y	Full name-Senbere Teferi Sora // 3000 pb: 8:41.54 -14. 1500 pb: 4:04.55 -13. 2 World Youth 1500 2011; 3 WJC 1500 2012; ht WCH 1500 2013. 1 Ethiopian 5000 2013 In 2015: 3 Ethiopian XC; 2 Birmingham Grand Prix 3000
YALEW Genet ETH	22y	Full name-Genet Yalew Kassahun Twice Ethiopian Champion at Cross Country, twice reserve for big Ethiopian teams on the track Half Mar pb: 69:15 -14. 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; 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 In 2015: 1 Ethiopian XC
GUERIN Aurore FRA	24y	5000 pb: 16:19.71 -14. 10K pb: 34:51 -14. At EXC: 2014-27 In 2015: 2 French XC
AUCKLAND Rhona GBR	21y	2014 European under-23 Cross Country Champion // 5000 pb: 15:58.95 -14. 10,000 pb: 33:09.58 -14. At EXC: 2013-7u23, 2014-1u23. 3000 pb: 9:29.28 -12. 12 European Cup 10,000 2014. 1 British Universities 10,000 2013. Coach-Joyce Hogg
STEEL Gemma GBR	29y	2014 European Cross Country Champion // Half Mar pb: 68:13 -14. 10,000 pb: 32:34.81 -12. 5000 pb: 15:47.21 -11. 3000 pb: 9:01.86i -12. 9 ECH 10,000 2012; 7 World Half Mar 2012. At WXC: 2011-54. At EXC: 2010-26, 2011-3, 2013-2, 2014-1. 2 'Great' North Run 2014. She has a twin sister Louise who is a journalist. Coach-John Nuttall Her Karaoke song choice is "I'll Be There", in the style of Mariah Carey In 2015: 11 'Great' Edinburgh XC; 5 San Juan 'World's Best' 10K
BUDIARTI Rini INA	32y	Indonesian record holder at 3000m Steeplechase // 5000 pb: 16:08.00 -07. 1500 pb: 4:18.69 -07. 3000SC pb: 9:49.46 -14. 11 World Student Games 1500 2007; 5 Asian Champs 3000SC 2011; 1 South East Asian Games 3000SC 2011/2013; 5 Asian Games 3000SC 2014. At WXC: 2006-92 long
GADHAWÉ Swati Haridas IND	24y	5000 pb: 16:26.06 -15. 10,000 pb: 34:59.73 -15. 5 Asian Champs XC 2007; 3 Indian 10,000 2014; 1 Indian XC 2015 In 2015: 1 Indian XC; 3 Indian National Games 5000/10,000
FUKUDA Yui JPN	19y	5000 pb: 15:59.07 -14. 3000 pb: 9:18.77 -13. 1500 pb: 4:17.15 -11. 7 World Youth 1500 2011. At WXC: 2013-53J. 1 Japanese Schools 1500 2011 In 2015: 3 Chiba XC; 7 Fukuoka XC
IKEDA Erika JPN	23y	5000 pb: 15:54.01 -11. 3000 pb: 9:17.82 -08. At WXC: 2009-18J (team bronze) In 2015: 7 Chiba XC; 5 Fukuoka XC
IZUMIDA Maki JPN	19y	5000 pb: 15:38.22 -13. 3000 pb: 9:07.97 -13. 1500 pb: 4:17.74 -13. 2 Asian junior XC 2014; =1 Asian junior 5000 2014; 6 WJC 5000 2014. At WXC: 2013 -29J In 2015: 2 Chiba XC; 4 Fukuoka XC
KIMURA Tomoka JPN	20y	5000 pb: 15:44.02 -10. 3000 pb: 9:04.47 -11. 1500 pb: 4:16.30 -11. 7 World Youth 3000 2011. At WXC: 2011-13J (team bronze) In 2015: 6 Fukuoka XC
SHIMIZU Miho JPN	24y	10,000 pb: 32:14.44 -14. 5000 pb: 15:34.22 -14. 4 Japanese 5000 2014 In 2015: 5 Chiba XC; 3 Fukuoka XC
SHOJI Mai JPN	21y	10,000 pb: 33:09.57 -12. 5000 pb: 15:34.73 -14. 3000 pb: 9:11.15 -13. 3 World Student Games 5000 2013 (4 10,000) In 2015: 4 Chiba XC; 1 Fukuoka XC
CHEPTAI Irene KEN	23y	Full name-Irene Chebet Cheptai (sometimes she gets called Chebet Cheptai or Irene Cheptai) 5000 pb: 14:50.99 -13. 7 World Youth 3000 2007. At WXC: 2008-2J, 2013 -10. 3 Kenyan World XC junior trial 2007, but too young then to compete at the World Cross Country Championships In 2015: 1 Luanda 3000; 1 European Clubs Cup XC (she's a member of Uskudar Belediye TUR); 1 North Rift XC; 4 Kenyan XC
(Kipkemboi) CHELIMO Margaret KEN	22y	Full name-Margaret Chelimo Kipkemboi (Chelimo aka Jelimo) // 5000 pb: 16:02.19 -14. ht World Youth 800 2009. 9 Kenyan 5000 2014 In 2015: 4 Eldoret XC; 7 Kenyan XC

KISA Janet KEN 23y	PHALULA Dina Lebo RSA 31y
Sixth at 2013 World Cross Country Championships // 5000 pb: 14:52.59 -14. 3000 pb: 8:32.66 -14. 2 COM 5000 2014; 3 African Champs 5000 2014; 4 IAAF Continental Cup 3000 2014. At WXC: 2011-5J, 2013-6. Narrowly failed to make Kenya's 2012 Olympic team; she was fifth in their Olympic Trial race over 5000m She set a then 3000m personal best of 8:48.10 when she was pacing the 5000m in Oslo 2013, race won by Meseret Defar in 14:26.90 In 2015: 1 San Giorgio su Legnano XC; 2 Nairobi XC; 3 Kenyan XC	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. 1 South African 1500 2006/2009 (1 5000 2009) 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 2015: 4 South African World Cross Trial XC; 1 Pretoria 1500; 1 Paupliersburg 10K
(Muge) CHEBET Emily KEN 29y	SESING Keneilwe RSA
Full name-Emily Chebet Muge Twice World Cross Country Champion (as Emily Chebet) 10,000 pb: 32:10.82 -14. 5000 pb: 15:31.45 -13. 3 African XC 2012; 4 WCH 10,000 2013 (2007-9); 3 COM 10,000 2014; 2 African Champs 10,000 2014 (2006-3). At WXC: 2003-5J, 2007-dnf, 2010/2013-1. Her husband Edward Muge was fifth in the 2007 African Games 10,000 In 2015: 1 Seville XC; 2 Elgoibar XC; 14 Kenyan XC	10K pb: 35:12 -15. 8 South African XC 2014 In 2015: 7 South African World Cross Trial XC; 1 Sasolburg 10K; 5 South African 10K; 3 Pretoria 10K
NDIWA Stacy KEN 22y	SIBANDA Mamphielo RSA 22y
Full name-Stacy Chepkemboi (aka Jepkemoi) Ndiwa // 1500 pb: 4:06.10 -14 (4:26.31 -15). 3000 pb: 8:30.54 -14. 5000 pb: 15:15.14 -14. 12 WJC 1500 2008; 1 Commonwealth Youth Games 1500 2008; 3 African junior 1500 2011. 1 Kenyan Police 5000 2013. Down from 8:48.30 to 8:30.54 for 3000m at the 2014 Brussels Diamond League In 2015: 1 Luanda 1500; 1 Nairobi XC; 6 Kenyan XC	1500 pb: 4:23.83 -14. 1 South African under-23 1500 2013; 1 South African XC 2014 In 2015: 5 South African World Cross Trial XC; 4 Pretoria 1000
TIROP Agnes KEN 19y	MOK Ying Rong SIN 21y
Full name-Agnes Jebet Tirop Twice World Junior bronze at 5000m // 5000 pb: 14:50.36 -13. 2 African junior XC 2012; 3 WJC 5000 2012/2014. At WXC: 2013-2J; 1 African junior XC 2014 In 2015: 1 Eldoret XC; 2 Kenyan XC	16 Asian junior XC 2009
KALTOUM Bouaasayriya MAR 32y	RAHMONOVA Dilshoda TJK 20y
3000SC pb: 9:32.50 -13. 4 World Military Games 5000 2011; ht OLY 3000SC 2012; ht WCH 3000SC 2013. 1 Moroccan 5000/10,000 2010	In 2015: 1 Tajik XC
MUNKHZAYA Bayartsogt MGL 21y	CHEBET Emily UGA 27y
Mongolian record holder at 5000m, 10,000m, Half Mar & Marathon // Marathon pb: 2:38:43 -15. Half Mar pb: 74:48 -14. 10,000 pb: 33:31.11 -14. 5000 pb: 16:11.10 -14. 9 Asian Games 10,000 2014 (13 5000) Marathons (3): 11 Hong Kong 2014, 2 Ulan Bator 2014, 13 Hong Kong 2015 In 2015: 13 Hong Kong Marathon	At WXC: 2007-79. Not to be confused with the older athlete from Kenya with the same name and who was World Cross Country Champion in 2010 & 2013 In 2015: 4 Ugandan XC
BUDHA Bishwa Rupa NEP 21y	CHEKWEL Juliet UGA 24y
ARIZAPANA Wilma PER 32y	10,000 pb: 32:57.02 -13. 5000 pb: 15:43.47 -14. 1500 pb: 4:18.73 -10. 4 Commonwealth Youth Games 1500 2008; 1 East African junior XC 2008; 16 WCH 10,000 2013. At WXC: 2011-22, 2013-9 In 2015: 1 Ugandan XC
Full name Yucra Vilma Arizapana 2013 Lima Half Marathon winner // Marathon pb: 2:34:11 -12. Half Mar pb: 72:25 -13. 10,000 pb: 33:11.97 -13. 5000 pb: 15:55.70 -13. 9 Pan-American Games 5000 2007/2011; 9 South American 1500/3000 2013; 2 South American Games 10,000 2014 Marathons (3): 1 Huancayo 2008, 8 Rotterdam 2012, 55 OLY 2012 In 2012: 3 Lima 10K; 8 Rotterdam	CHEPKWEMOI Patricia UGA 20y
DELGADO Eliona PER 23y	1500 pb: 4:22.55 -13. 7 South American 1500 2013 (11 800). At WXC: 2010 -57J In 2015: 15 Pan-American Cup XC
TEJEDA Gladys PER 29y	1500 pb: 4:24.25 -13. 15 African junior XC 2014; 6 World Mountain Running Champs 2014. 1 Ugandan 1500 2013 In 2015: 5 Ugandan XC
2011 Pan-American Games Marathon bronze // Marathon pb: 2:32:07 -12. Half Mar pb: 71:24 -14 (73:00 -15). 10,000 pb: 33:01.99 -14. 5000 pb: 16:00.91 -13. 21 World Half Mar 2010 (2014-26); 2 South American 5000 2013; 1 Bolivarian Games Half Mar 2013 Marathons (5): 4 Seoul 2011, 3 Pan-American Games 2011, 43 OLY 2012, 1 Santiago de Chile 2013, 1 Mexico City 2013 Carried the Peruvian flag at the 2012 Olympic Opening Ceremony In 2015: 3 Coamo Half Mar; 1 Pan-American Cup XC	CHEPTEGEI Nancy UGA 20y
VILLASANA Karina PER 26y	5000 pb: 16:15.49 -12. 8 World Youth 2000SC 2011; 2 Commonwealth Youth Games 3000/2000SC 2011; 9 WJC 5000 2012; 15 African XC 2014. At WXC: 2011-18J, 2013-13J In 2015: 3 Ugandan XC
Marathon pb: 2:45:19 -14. 5000 pb: 16:15.81 -14. 2 South American under -23 5000 2008. At WXC: 2005-55J, 2006-53J. 1 Medellin Marathon 2014 Marathon (1): 1 Medellin 2014 In 2006: 1 South American junior XC	NYAKISI Adero UGA 28y
BOTHMA Annie RSA 19y	Ugandan record holder at 10,000m & Half Marathon // Half Mar pb: 71:06 -08. 10,000 pb: 33:02.1 -09. 5000 pb: 15:45.3 -09. 28 World Half Mar 2012 (2009-36). 1 Ugandan XC 2010. She is a Prison warder In 2015: 2 Ugandan XC
10K pb: 34:39 -15. At WXC: 2013-85J In 2015: 1 Durbanville 15K; 3 South African World Cross Trial XC; 1 Cape Town 10K	BALOURIS Elaine USA 23y
CONRAD Nolene RSA 29y	10,000 pb: 32:46.57 -14. 5000 pb: 15:56.85 -14. 5 NCAA 10,000 2014 (2013 -10, 2012-19). Graduate of mathematics from the College of William & Mary at Williamsburg, Virginia. Coach-Terrence Mahon In 2015: 6 US XC; 25 US 15K
Former South African Champion at Steeplechase // Half Mar pb: 75:47 -10. 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. 1 South African 3000SC 2009/2013 & XC 2012 Marathon (1): 4 Hannover 2014 In 2015: 1 South African World Cross Trial XC; 1 Johannesburg Half Mar; 2 Goodwood 10K	FELNAGLE Brie USA 28y
NOVELA Lorraine RSA 24y	Full name-Brianna Mumm Felnagle Former US Collegiate Champion, representing the University of North Carolina 5000 pb: 15:14.33 -13. 3000 pb: 8:51.38 -12. 1500 pb: 4:05.64 -13. 1 NCAA 1500 2007; 7 US 5000 2013. Coach-Danny Mackey In 2015: 4 US XC; 2 Seattle 3000; 3 US indoor 2M
10K pb: 35:35 -15 In 2015: 6 South African World Cross Trial XC; 1 South African 10K	HALL Sara USA 31y
	(Née Bei). Her husband is 2:04:58 marathon runner Ryan Hall // Half Mar pb: 70:50 -15. Marathon pb: 2:48:02 -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. 1 US Road Mile 2011 & XC 2012. 1 Fifth Avenue Mile 2006; 2 US indoor 3000 2009/2010/2011. Biology graduate Marathon (1): 22 Santa Monica Marathon 2015 In 2015: 4 US Half Mar; 5 US XC; 22 Santa Monica Marathon
	RHINES Jen USA 40y
	Seventh in 2007 World 5000m after having moved down from the marathon Marathon pb: 2:29:57 -04. 10,000 pb: 31:17.31 -07. 5000 pb: 14:54.29 -08. 3000 pb: 8:35.03 -07. ht OLY 10,000 2000; 7 WCH 5000 2007 (2009-9); 14 OLY 5000 2008; 9 WCH 10,000 2011 (2001-22). 1 US Champs 10,000 2002. At WXC: 99-23 long, 2000-13 long, 2001-27 long, 2002-12 long. 1 NCAA 5000 94/95/96. Graduate of Civil & Environmental Engineering from Villanova University. Coach/husband-runner Terance Mahon Marathons (9): 14 Chicago 2002, 17 New York 2003, 3 St. Louis (US Olympic Trials) 2004, 34 OLY 2004, 18 New York 2005, 4 Rome 2006, 7 Tokyo 2006, dnf New York 2011, 64 Houston (US Olympic Trials) 2012 In 2015: 3 US XC; 1 Tampa Half Mar; 6 US 15K

SUVER Mattie USA 27y

(Née Bridgmon) // Marathon pb: 2:41:18 -13. Half Mar pb: 71:51 -15. 10,000 pb: 32:29.14 -13. 5000 pb: 16:02.48i -10. 36 World Half Mar 2014. At WXC: 2013-26. Coach-Scott Simmons

Marathons (2): 123 Houston 2012 (US Olympic Trial), 17 New York 2013
In 2015: 7 US Half Mar; 2 US XC; 5 Pan-American Cup XC; 7 US 15K

THWEATT Laura USA 26y

2015 US Champion at Cross Country // Half Mar pb: 71:02 -14. 10,000 pb: 32:15.51 -13. 5000 pb: 15:04.98 -14. 1 US XC 2015. Graduate of Sociology from the University of Colorado. Born-Durango, Colorado; lives Boulder-Colorado. Coach-Lee Troop (He ran in the three Olympic marathons for Australia)

In 2015: 1 US XC; 2 US 15K

TUNGUSKOVA Yekaterina UZB 26y

1500 pb: 4:17.38 -09. 3000 pb: 9:18.10 -10. At WXC: 2003-48J, 2005-102J. 1 Uzbek 1500/3000 2010/2011

In 2015: 2 Uzbek XC

(Chitate) MUGOVE Olivia ZIM 27y

Full name-Olivia Mugove Chitate // At WXC: 2013-49