

Women's Half Marathon

World Best (aided course):	64:28	Brigid Kosgei KEN	South Shields	8 Sep 19
		(Pace – 5Km: 15:39; 10Km: 30:53; 15Km: 45:59; 20Km: 61:20)		
World Record (mixed):	64:31	Ababel Yeshaneh ETH	Ras Al Khaimah	21 Feb 20
		(Pace – 5Km: 15:07; 10Km: 30:18; 15Km: 45:41; 20Km: 61:11)		
Women Only:	65:34	Peres Jepchirchir KEN	Prague	5 Sep 20
		(Pace – 5Km: 15:23; 10Km: 30:32; 15Km: 46:15; 20Km: 62:12)		
2020 World Best:	64:31	Ababel Yeshaneh ETH	Ras Al Khaimah	21 Feb 20
Championship Record:	66:11	Netsanet Gudeta ETH	Valencia	24 Mar 18

Five to run, three to score (on time)

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

	Age	(Days)	Born	SB	PB
100 BORELLI Florencia ARG	27y	352d	1992	-	71:58 -17 NR
2019 South American Champion at 5000m // 10,000 pb: 33:14.2 -19. 5000 pb: 15:36.52 -19. 3000SC pb: 10:40.46 -09. 8 World Youth 2000SC 2009; 2 Ibero-American 5000 2016 (3 3000 2016/2018); 45 World Half Mar 2018; 1 South American 5000 2019 (4 1500); 9 Pan-Am Games 5000 2019; ht WCH 5000 2019.1 Argentinian 1500 2019,3000 2016,5000 2016/2019 & 3000SC 2010/2011/2020 In 2020: 1 Concordia 10K; 1 Mar del Plata 3000					
101 GOMES Marcela Cristina ARG	36y	241d	1984	74:54+	74:25 -19
Argentinian record holder at Marathon (at Seville 2020 she broke the record which had stood to Griselda González since 1997) Marathon pb:2:28:58 -20. 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 2020: 10 Seville Marathon					
102 OCAMPO Daiana ARG	29y	244d	1991	76:55	73:26 -19
Full name-Daiana Alejandra Ocampo // Marathon pb: 2:34:12 -19. 10,000 pb: 33:53.60 -18. 5000 pb: 16:41.72 -18. 1 Argentinian Half Mar 2019. PE Teacher. Coach-Hugo Bressani Marathons (2): 21 Rotterdam 2019, 5 Buenos Aires 2019 In 2020: 13 Guadalajara Half Mar					
103 SCHENK Victoria AUT	32y	118d	1988	-	75:58 -19
Marathon pb: 2:43:14 -19. 10,000 pb: 34:16.40 -20. 5000 pb: 16:20.60 -20 Marathons (3): 4 Salzburg 2016, 11 Vienna 2018, 1 Graz 2019 In 2020: 1 Waidhofen 5000; 2 Austrian 5000/10,000					
105 NIYOMUKUNZI Francine BDI	21y	78d	1999	73:00	73:00 -20
Burundian record holder at 1500m // 10K pb: 35:32 -20. 5000 pb: 16:44.28 -18. 3000 pb: 9:36.24 -20. 1500 pb: 4:19.90 -19. 7 African Youth 3000 2015 (8 1500). At WXC: 2017-20J, 2019-74 In 2020: 5 Karlovac 10K; 1 Castiglione della Pescaia 3000; 2 Arezzo 3K; 1 Pordenone 5.5K; 1 Pisa Half Mar					
106 LAUWAERT Nina BEL	32y	72d	1988	-	71:50 -18
Full name-Nina Henriette Lauwaert 2018 Eindhoven Marathon Champion (with a seven-minute pb) Marathon pb: 2:30:24 -18. 10,000 pb: 32:52.29 -19. 5000 pb: 15:48.61 -19. At EXC: 2018-22. 1 Belgian 5000 2018/2020 & 10,000 2019. Coach-Dany Van de Putte Marathons (3): 7 Hamburg 2018, 1 Eindhoven 2018, 10 Berlin 2019 In 2020: 6 Apeldoorn 8K; 2 Alphen aan den Rijn 20K; 1 London Hyde Park 10K; 6 Swiss 10,000; 1 Amiens 5000; 1 Ede 3000; 1 Brussels Grand Prix 3000; 5 Dortmund 5000; 1 Belgian 5000; 9 Brussels 1Hr					
108 CHAVEZ Tania BOL	30y	165d	1990	-	75:13 -20
Full name-Tania Chavez Moser Bolivian record holder at 10,000m, Marathon & Steeplechase Marathon pb: 2:42:33 -19. 10K pb: 34:34 -20. 10,000 pb: 34:32.58 -20. 5000 pb: 16:40.63 -20. 3000SC pb: 10:11.01 -18 (10:15.19 -20). 6 South American 3000SC 2019; dq Pan-Am Games 3000SC 2019. 1 Bolivian 800 2019 Marathons (3): 41 Frankfurt 2017, 27 Houston 2019, 37 Berlin 2019 In 2020: 2 Austin Half Mar; 1 Monterrey 3000SC; 1 Regensburg 10,000 'B'; 2 Winnenden 3000; 7 German 3000SC; 1 Friedberg 5000; 17 Berlin 10K (Sep 26)					
109 SILVA Valdilene BRA	28y	304d	1991	-	74:38 -16
Full name-Valdilene dos Santos Silva // Marathon pb: 2:32:01 -18. 10,000 pb: 34:07.09 -16 (37:47.23-20). 5000 pb: 16:21.80 -13. 3 South American under-23 10,000 2012; 45 World Half Mar 2016; 8 WSG Half Mar 2017. At WXC: 2013-90 Marathons (6): 7 Hamburg 2017, 3 São Paulo 2018, 15 Frankfurt 2018, 30 Nagoya 2019, 6 Pan-Am Games 2019, 30 WCH 2019 In 2020: 4 São Paulo 10K; 5 Bragança Paulista 10,000					
110 HESEL Andreia BRA	36y	68d	1984	-	75:27 -17
Full name-Andreia Aparecida Hessel Eighth at 2019 Pan-American Games Marathon Marathon pb: 2:34:55 -19. 10K pb: 34:53 -14. 10,000 pb: 34:23.03 -14 (36:07.81 -20). 5000 pb: 16:40.48 -13. 3 Brazilian 10,000 2013/2014 Marathons (8): 24 Hamburg 2016, 11 Hamburg 2017, 4 Buenos Aires 2017, 1 São Paulo 2018, 20 Frankfurt 2018, 32 Nagoya 2019, 8 Pan-Am Games 2019, 36 WCH 2019 In 2020: 2 Bragança Paulista 10,000					
118 ORJUELA Angie COL	31y	162d	1989	-	72:22 -15
Full name-Angie Rocío Orjuela 2019 Pan-American Games Marathon bronze Marathon pb: 2:32:27 -19. 30 World Half Mar 2016 (2018-52). Her older brother Yezid Alexander Orjuela is a 2:18:47 marathoner. Coach-Libardo Hoyos Marathons (11): 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					
119 BJELJAC Bojana CRO	31y	191d	1989	73:56	73:28 -19
Marathon pb: 2:27:42 -19. 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. 58 World Half Mar 2018. At EXC: 2017-62. 1 Croat 1500 2019, 3000 2018, 5000 2018/2020 & 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 2020: 1 Croat Clubs Cup 1500/5000; 1 Croat 5000 (2 3000); 2 Balkan Half Mar; 1 Karlovac 3000; 1 Zagreb 3000; 2 Balkan 5000 (3 3000)					

120	CHARALAMBOUS Thalia CYP	31y	53d	1989	77:22	77:22 -20
5000 pb: 16:58.08 -20. South African national (she lives in Port Elizabeth), her grandparents were born in Cyprus Marathons include: 5 Knysna 2015, 6 Simon's Town 2016, 1 Knysna 2016 In 2020: 1 Nicosia Half Mar; 1 Cypriot 5000 (Cyprus are in the World Half Marathon Championships for the first time since 1996)						
121	CHRISTOFOROU Stella CYP	28y	229d	1992	78:02	78:02 -20
Full name-Stella Christoforou-Velasco Cypriot record holder at 3000m Steeplechase Marathon pb: 2:44:49 -19. 5000 pb: 17:00.99 -20. 1500 pb: 4:25.55 -15. 800 pb: 2:07.84 -09. 3000SC pb: 10:40.79 -11. sf World Youth 800 2007/2009; 1 Small States of Europe Games 800/1500 2009. 1 Cypriot 800 2007/2008; 1 Nashville Half Mar 2019/2020. Born-Limassol. Was at Georgia State University Marathons (3): 1 Nashville 2018, 6 Limassol 2019, 22 Indianapolis 2019 In 2020: 1 Nashville Half Mar; 2 Cypriot 5000 (Cyprus are in the World Half Marathon Championships for the first time since 1996)						
122	FRINTOVA Vendula CZE	37y	44d	1983	74:08	74:08 -20
Regarded as the Czech Republic's greatest-ever triathlete (167 starts, 40 podiums & 12 wins) 10K pb: 34:14 -04 (35:18 -20). 5000 pb: 16:42.29 -04. At EXC: 2002-46J, 2005-dnf. 1 Czech 5000 2004, XC 2005 & 10K 2019. She is an international triathlete with a degree in Anthropology and Genetics from Charles University, Prague Her Olympic Triathlon placings: 2008-23rd, 2012-15th, 2016-27th In 2020: 2 Czech Half Mar; 29 Hamburg 'Wasser World' Triathlon; dnf Karlovy Vary Triathlon World Cup; 2 Czech 10K						
123	HROCHOVA Tereza CZE	24y	236d	1996	75:59	75:59 -20
Mountain running international // 5000 pb: 16:32.77 -20. 3000 pb: 9:48.40 -18. 3000SC pb: 10:14.09 -20. 19 European Mountain Running Champs 2019; 13 WSG Half Mar 2019; 10 World Mountain Running Champs 2019. At EXC: 2018-58u23. 2 Czech 3000SC 2019/2020. Vladimír Bartůnek In 2020: 1 Prague 3000SC; 3 Czech Half Mar; 2 Kladno 5000; 2 Czech 3000SC; 3 Ostrava 1500 (Aug 22); 7 Ústí nad Labem Half Mar; 1 Brno 3000SC (Sep 25)						
124	JOGLOVA Marcela CZE	33y	82d	1987	73:46	73:46 -20
Marathon pb: 2:36:53 -19. 10,000 pb: 34:22.05 -20. 5000 pb: 16:31.28 -20. 1 Czech Half Mar 2020. Coach-Pavel Cervinka Marathons (5): 23 Prague 2017, 9 Prague 2018, 14 Amsterdam 2018, 13 Rotterdam 2019, 20 WCH 2019 In 2020: 35 Barcelona Half Mar; 2 Czech 10,000; 1 Czech Half Mar; 1 Domažlice 5000; 4 Ústí nad Labem Half Mar						
125	STEWARTOVA Moira CZE	25y	131d	1995	72:48	72:48 -20
4x Czech Champion at 10,000m // 10,000 pb: 32:57.51 -19 (34:20.75 -20). 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. 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 In 2020: 1 Rovereto XC; 1 Prague 5000 (Jun 6); 1 Prague 3000 (Jul 4); 1 Kladno 5000 (4 1500); 2 Czech 1500/5000; 1 Ostrava 5000; 1 Slovak Half Mar; 1 Czech 10K						
126	EHRENREICH Karen DEN	36y	23d	1984	75:51	74:56 -19
Marathon pb: 2:58:23 -17. 10K pb: 34:23 -19. 10,000 pb: 35:26.04 -20. 5000 pb: 16:36.10 -20. At EXC: 2019-51. She started running in 2016 when a friend asked to run with her in the Copenhagen Half Marathon Marathons (2): 12 Copenhagen 2017, 64 Berlin 2017 In 2020: 1 Skive indoor 3000; 38 Barcelona Half Mar; 1 Aarhus Staevne 5000; 1 Aarhus DM Kval 10,000; 3 Danish 10,000; 1 Aarhus Bykamp 5000; 2 Aarhus DM Hold 5000						
128	BONILLA Andrea Paola ECU	33y	317d	1986	-	1:20:28 -18
Full name-Andrea Paola Bonilla Tello // Marathon pb: 2:34:49 -19. Former international triathlete (4 World Junior Championship 2001) Marathons (4): 2 Guayaquil 2018, 9 Vienna 2019, 9 Pan-Am Games 2019, 24 Valencia 2019						
129	CHACHA Rosalba ECU	37y	314d	1982	76:39	73:45 -11
100th in the 2016 Olympic Marathon, fourth at 2019 Pan-American Games with a personal best Marathon pb: 2:32:45 -19. 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. Coach-Freddy Vivanco Marathons (14): 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 In 2020: 12 Guadalajara Half Mar						
130	TISALEMA Katherine ECU	24y	81d	1996	73:46	73:46 -20
3000SC pb: 10:04.29 -16. 1500 pb: 4:26.27 -17. 1 South American junior 3000SC 2015 & under-23 3000SC 2018; 7 South American 1500 2019 (9 3000SC); 6 Pan-Am Games 3000SC 2019. At WXC: 2017-81. Lives and works in Spain In 2020: 5 Santa Pola Half Mar						
131	DELGADO Idelma Lizeth ESA	21y	200d	1999	-	-
Marathon pb: 2:51:28 -19. 10,000 pb: 39:43.69 -19. 5000 pb: 18:35.97 -19. 3 Central American 500/10,000 2019. At WXC: 2019-106 (She was the first Salvadorian athlete to compete at the World Cross Country Championships) Marathon (1): 12 Münster 2019						
132	GALIMANY Marta ESP	35y	13d	1985	71:13	71:13 -20
Full name-Marta Galimany Guasch Sixteenth at 2019 World Championship Marathon Marathon pb: 2:29:02 -20. 10,000 pb: 33:34.73 -19. 5000 pb: 16:15.16 -19 (16:41.76 -20). 2 Mediterranean Games Half Mar 2018. 1 Spanish 10K 2019. Born-Tarragona, coach-Jordi Toda Marathons (5): 12 Berlin 2017, 24 ECH 2018, 8 Rotterdam 2019, 16 WCH 2019, 12 Seville 2020 In 2020: 2 Seville Half Mar; 12 Seville Marathon; 1 Valls 1Hr; 1 Cristina d'Aro 5K; 6 Brussels 1Hr; 5 Ciudad Real 5000						
133	LOYO Elena ESP	37y	280d	1983	72:22	72:22 -20
Full name-Elena Loyo Menoyo 2019 Spanish Half Marathon Champion. Former beauty queen Marathon pb: 2:30:57 -19. 5000 pb: 16:18.86 -17 (16:49.22 -20). 55 World Half Mar 2018; 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 In 2020: 10 Amorebieta XC; 15 Elgóibar XC; 18 Seville XC; 3 Spanish Half Mar; 1 San Sebastián 10K; 5 Spanish Clubs XC; 7 Brussels 1Hr; 7 Spanish 5000						
134	MENDEZ Laura ESP	31y	345d	1988	73:19	73:19 -20
10K pb: 33:01 -20. 5000 pb: 16:19.93 -19 (16:23.13 -20). 3000 pb: 9:12.34 -14. 1500 pb: 4:13.51 -14. 2 Spanish indoor 3000 2015 In 2020: 11 Valencia 10K; 6 Spanish Half Mar; 23 Barcelona Half Mar; 5 Castellón 5000; 4 Spanish 5000; 3 Ciudad Real 5000						

135	PATJUK Jekaterina EST	37y	195d	1983	-	74:24 -14
<p>Estonian record holder at Steeplechase Winner of 39 national titles. Estonian steeplechase record holder 10,000 pb: 34:28.02 -20. 5000 pb: 15:54.94 -14. 3000SC pb: 9:50.15 -14. 12 WSG 5000 2005; 7 WSG 3000SC 2009; ht ECH 3000SC 2014. At EXC: 2010-39. 1 Estonian 1500 2006/2009, 5000 2006-2010/2012/2013/2014/2015/2017, 10,000 2009/2010/2019 & 3000SC 2009/2010/2012/2014/2015. At EXC: 2013-56 In 2020: 1 Estonian indoor 3000; 4 Tallinn 1000; 1 Tartu 5000; 1 Estonian 5000/10,000 (3 5000); 2 Baltic Teams 5000; 2 Estonian 10K</p>						
137	GOLA Sisay Meseret ETH	22y	292d	1997	-	77:17 -16
<p>Marathon pb: 2:31:30 -19 Marathons (8): 5 Yingkou 2016; 1 Ulanqab 2016; 6 Chongqing 2017; 5 Taiyuan 2017; 2 Nice 2017; 10 Amsterdam 2018; 2 Taipei 2019; 2 Kobe 2019 In 2020: 5 Ethiopian Trial (15K)</p>						
138	GUDETA Netsanet ETH	29y	248d	1991	-	65:45 -19
<p>DEFENDING WORLD HALF MARATHON CHAMPION Full name-Netsanet Gudeta Kebede 2018 World Champion and former women-only world record holder at Half Marathon (66:11 in 2018) Marathon pb: 2:29:15 -17. 10,000 pb: 30:36.75 -16. dnf African Games 10,000 2015; 1 World Half Mar 2018 (2014-6, 2016-4); dnf WCH 10000 2019. 1 'Great' Ethiopian Run 10K 2013. At WXC: 2015-3. 4 Ethiopian Olympic Trial 10,000 2016. Husband/Coach-Gelelecha Girma.Club-Oromia Water Company Marathons (3): 6 Paris 2017, dnf Dubai 2018, dnf New York 2018 In 2020: 2 Jaén 10K; dnf Ras Al Khaimah Half Mar; 2 Ethiopian Trial (15K)</p>						
140	YEHUALAW Yalemzerf ETH	21y	76d	1999	66:35	66:01 -19
<p>2018 African Games Half Marathon Champion // 10K pb: 31:55 -19. 10,000 pb: 32:21.0 -19. 1 African Games Half Mar 2019. 1 Rabat Half Mar 2019; 1 'Great' Ethiopian 10K 2019; 1 Xiamen Half Mar 2019. Club-Hawasa City (in the Great Rift Valley of central Ethiopia) In 2020: 6 Ras Al Khaimah Half Mar; 2 Addis Ababa Women's First 5K; 1 Ethiopian Trial (15K)</p>						
141	YESHANEH Ababel ETH	29y	88d	1991	64:31	64:31 -20 WR
<p>Full name appears to be Birhane Ababel Yeshaneh 2016 Olympic 5000m finalist, now world Half Marathon record holder Marathon pb: 2:20:51 -19. 10,000 pb: 30:35.91 -13. 5000 pb: 14:41.58 -16. 9 WCH 10,000 2013, 1 Milan "Stramilano" Half Mar 2011; 14 OLY 5000 2016. Club-Amhara Police Club Marathons (6): 6 Turin 2011, 3 Milan 2013, dnf Dubai 2018, 1 Abu Dhabi 2018 (2:20:16, but race was 200m short), 6 Tokyo 2019, 2 Chicago 2019 In 2020: 1 Ras Al Khaimah Half Mar (world record 64:31, which is only three seconds slower than Abebe Bikila's world men's best in 1964); 4 Ethiopian Trial (15K)</p>						
142	YIMER Zeineba ETH	22y	123d	1998	-	65:46 -19
<p>Full name-Zeineba Yimer Worku Team gold at 2018 World Half Marathon Championships Marathon pb: 2:19:28 -19. 10,000 pb: 30:46.24 -19. At WXC: 2017-10J (team gold); 5 World Half Mar 2018 (team gold); 2 African Games 10,000 2019. 1 Ethiopian Half Mar 2018. She was fourth in Ethiopia's 2019 World Championships 10,000m trial race (at Hengelo), so missed selection by one place. Coach-Getamesay Molla. Club-Commercial Bank of Ethiopia Marathon (1): 5 Valencia 2019 In 2020: 3 Ethiopian Trial (15K)</p>						
143	KIEKARA Annemari FIN	43y	289d	1977	73:56	69:58 -00 NR
<p>(Formerly Sandell/Hyvarinen) World Junior Cross Country Champion in 1995, fifth at World Half Marathon in 1998 Marathon pb: 2:35:12 -00. 10,000 pb: 31:40.42 -96 (33:54.74 -20). 5000 pb: 14:56.22 -96 (16:18.76 -20). 5 WJC 3000 92 (94-4); 2 EJC 3000 93; 9 WCH 10,000 95 (97-14, 99-dnf); 12 OLY 10,000 96; 2 under-23 ECH 10,000 97 (4 5000); 5 ECH 5000 98 (7 10,000); 5 World Half Mar 98; At WXC: 92-14J, 93-15J, 95-1J, 96-2J, 97-15, 98-48 long, 99-22 long & 3 short, 2000-24 short, 2009-dnf. At EXC: 95-1, 96-3, 97-4, 98-2, 2001-dnf, 2008-16, 2015-56. Mother of three Marathons (8): 13 Boston 2000, 6 Amsterdam 2005, 2 Helsinki 2008, 12 Stockholm 2017, 4 Stockholm 2019, 2 Espoo 2019, 7 Lisbon 2019, 2 Pisa 2019 In 2020: 1 Faro 4.6K; 6 Santa Pola Half Mar; 15 Ras Al Khaimah Half Mar; 1 Vantaa 5000; 1 Pudasjärvi 5000; 1 Finnish 5000 (6th time) / 10,000 (5th time); 2 FIN v SWE 5000/10,000; 1 Finnish Half Mar</p>						
144	JULIEN Méloody FRA	21y	158d	1999	73:36	73:36 -20
<p>10,000 pb: 33:27.41 -10. 5000 pb: 16:18.54 -20. 3000 pb: 9:13.63 -20. 1500 pb: 4:18.22 -20. At EXC: 2018-32J. Coach-Max Lesauvage In 2020: 5 Miramas 3000; 1 French Universities indoor 1500; 11 French indoor 3000; 1 Tulle Half Mar; 1 Castres 800; 1 Bordeaux 1500; 2 Balma 3000 (Jul 30); 1 Balma 1500 (Aug 14); 3 French 10,000 (5 5000); 11 Marseille 1500; 1 Albi 1500</p>						
145	KIPSANG JEPTOOO Susan FRA	33y	225d	1987	-	69:02 -17
<p>Allegiance transferee from Kenya, has lived in Lyon since 2009, gained French citizenship in 2019 Marathon pb: 2:28:48 -20. 10K pb: 31:59 -18.10,000 pb: 32:37.47 -20. 5000 pb:15:20.73 -19 (16:05.97 -20) Marathons (6): 12 Vienna 2016, 5 Rennes 2016, 1 La Rochelle 2017, 5 Prague 2018, 4 Hannover 2019, 5 Marrakech 2020 (It is Susan Jeptooo with three Os, @runrsusankipsangofficialle confirms) In 2020: 5 Marrakech Marathon; 1 Grenoble 5000; 2 French 10,000</p>						
146	MEZEGHRANE Samira FRA	40y	293d	1979	-	72:24 -17
<p>(Formerly Chellah) // 10,000 pb: 32:37.35 -20. 5000 pb: 15:43.07 -17 (16:00.18 -20). 3000 pb: 9:01.24 -07. 58 World Half Mar 2016 (2018-65). At EXC: 2006-19, 2007-dnf, 2010-30, 2016-32, 2017-43. 1 French short course XC 2016; 1 French 5000 2007 & 10,000 2018/2020 In 2020: 1 French 10,000; 1 Cergy-Pontoise 5000</p>						
147	PRUVOST Fanny FRA	41y	150d	1979	74:24	74:20 -17
<p>Marathon pb: 2:37:51 -17. 10K pb: 33:15 -16 (33:53 -20). 5000 pb: 16:40.79 -20. 3000 pb: 9:14.70 -06. 1500 pb: 4:14.89 -03. 3000SC pb: 10:03.19 -06. 4 under-23 ECH 3000SC 2001; 12 ETCh 3000 2010; 54 World Half Mar 2016; 57 ECH Half Mar 2016. At WXC: 98-dnfJ. 2 French indoor 3000 2015/2016/2018 Marathon (1): 4 Eindhoven 2017 In 2020: 12 Valencia 10K; 30 Barcelona Half Mar; 4 Regensburg 5000 'B'; 1 Arques 10K</p>						
148	BRIGGS Becky GBR	20y	229d	2000	72:54	72:54 -20
<p>10K pb: 34:09 -18. 5000 pb: 17:02.26 -19. At WXC: 2019-44J. Coach-Mick Woods In 2020: 2 North of England XC; 10 English 'National' under-20 XC; 1 Bath Half Mar (the last big race staged in the UK before Covid lockdown); 4 Antrim Coast Half Mar</p>						
151	EVANS Clara GBR	26y	325d	1993	72:21	72:21 -20
<p>Marathon pb: 2:46:16 -17. 10,000 pb: 36:30.35 -17. 5000 pb: 17:33.43 -17. 2 Welsh 10,000 2015 & 5000 2016; 2 Welsh XC 2017 Marathons (4): 13 Amsterdam 2016, 10 London mass 2017, 117 Berlin 2017, 29 London mass 2018 In 2020: 2 Cardiff parkrun; 20 Barcelona Half Mar; 7 London 'Big' Half Mar; 13 Barrowford 'Podium' 5K; 3 Antrim Coast Half Mar; 2 Cardiff Sunset 5K</p>						

152	HARRISON Samantha GBR	25y	259d	1995	71:01	71:01 -20
Cut her Half Marathon pb from 76:28 to 73:09 at the 2019 Great North, then down to 71:01 in 2020, just before Covid lockdown Marathon pb: 2:51:45 -19. 10K pb: 32:33 -19. 5K pb: 16:11 -19 (16:31 -20). 5000 pb: 16:27.70 20. 3000 pb: 9:41.05 -19. 3 Nottinghamshire/Derbyshire XC 2019; 1 Loughborough & Newark Half Mar 2019; 12 'Great' North Run 2019. Coach-Vince Wilson Marathon (1); 10 Manchester 2019 In 2020: 13 Barcelona Half Mar; 2 London 'Big' Half Mar; 2 Mid-Cheshire 5K; 12 UK 5000; 2 Antrim Coast Half Mar						
155	HOTTENROTT Laura GER	28y	156d	1992	71:56	71:56 -20
Marathon pb: 2:33:01 -18. 10K pb: 33:08 -20. 10,000 pb: 33:43.41 -16. 5000 pb: 15:47.28i, 15:55.87 -16 Marathons (3): 12 Frankfurt 2017, 8 Seville 2018, dnf ECH 2018 In 2020: 14 Barcelona Half Mar; 6 Berlin 10K (Sep 26)						
156	KEJETA Melat Yisak GER	28y	20d	1992	68:56	68:41 -18
Allegiance transferee from Ethiopia – Acquired German citizenship on March 21, 2019 and cleared by World Athletics to represent Germany from March 6, 2020 Marathon pb: 2:23:57 -19. 10K pb: 31:50 -19. 5000 pb: 16:06.43 -16. 1 Berlin Half Mar 2018; 1 Hamburg Half Mar 2019. Came to Germany from Ethiopia in 2013. Coach-Winfried Aufenanger Marathon (1): 6 Berlin 2019 In 2020: 11 Ras Al Khaimah Half Mar; 1 Frankfurt Half Mar						
157	KONIGSTEIN Fabienne GER	27y	326d	1992	74:03	71:39 -19
(Née Amrhein) // Marathon pb: 2:32:35 -18. 10,000 pb: 33:46.14 -18. 5000 pb: 16:12.39 -17 (16:45.86 -20). 6 WSG Half Mar 2017. At EXC: 2013-41u23, 2014-28u23, 2015-51, 2016-20, 2017-28, 2018-19 Marathons (3): 11 Berlin 2017, 2 Düsseldorf 2018, 11 ECH 2018 In 2020: 7 Naples Half Mar; 5 Regensburg 5000; 12 German 5000						
158	SCHONEBORN Deborah GER	26y	219d	1994	71:37	71:37 -20
2019 Cologne Marathon winner on her début // Marathon pb: 2:31:18 -19. 10,000 pb: 33:37.48 -18. 5000 pb: 15:49.81 -18. 4 WSG Half Mar 2019. At WXC: 2018-27. At EXC: 2019-23. 2 German 10,000 & 10K 2018 Marathon (1): 1 Cologne 2019 Her twin sister is international runner Rabea Schöneborn, their elder sister in 2008 Olympic Modern Pentathlon Champion Lena Schöneborn In 2020: 8 Barcelona Half Mar; 4 Berlin 10K (Jun 7)						
159	SCHONEBORN Rabea GER	26y	219d	1994	71:40	71:40 -20
10,000 pb: 33:37.78 -19. 5000 pb: 16:14.20 -20. dnf WSG Half Mar 2019. 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 In 2020: 9 Barcelona Half Mar; 5 Berlin 10K (Jun 7); 2 Regensburg Mittsommerlauf 10,000; 2 Regensburg Laufnacht 5000; 2 German 5000; 1 Berlin Charlottenburger 3000; 8 Berlin 10K (Sep 26)						
160	VUT Tsz Ying HKG	30y	269d	1990	-	79:20 -19
Marathon pb: 2:46:38 -19. 10,000 pb: 37:42.67 -19 Marathons (5): 31 Tokyo 2018, 15 Asian Games 2018, 30 Tokyo 2019, 16 Gold Coast 2019, 53 Berlin 2019						
161	YIU Kit Ching HKG	32y	240d	1988	-	72:52 -19
(aka Christy Yiu Ching) Hong Kong record holder at Half Marathon & Steeplechase Marathon pb: 2:34:07 -19. 10,000 pb: 33:45.00 -15. 5000 pb: 16:19.56 -15. 3000SC pb: 10:25.81 -13. 8 Asian Champs 1500/3000SC 2011; 4 East Asian Games 1500/3000SC 2013; 40 World Half Mar 2016 (2014-76). Coach-Shinetsu Muraō Marathons (6): 19 Hong Kong 2015, 11 Prague 2015, 32 WCH 2015, 6 Hong Kong 2016, 39 OLY 2016, 6 Gold Coast 2019						
163	McGLYNN AnnMarie IRL	40y	238d	1980	72:13	72:00 -19
(Née Larkin) Northern Irish record holder at Half Marathon // Marathon pb: 2:32:54 -19. 10,000 pb: 33:16.73 -17. 5000 pb: 16:03.64 -18 (16:05.85 -20). 1500 pb: 4:18.36 -01. At EXC: 97 -20J, 98-50J, 99-62J, 2013-48, 2014-46, 2018-57. 1 Northern Ireland 800 2013. Son-Alfie, she was retired in 2008-2012. Coach-Teresa McDauid Marathons (2): 16 Rotterdam 2019, 9 Dublin 2019 In 2020: 2 Dublin 5M; 16 Barcelona Half Mar; 1 Leixlip 5K; 1 Belfast 5000						
164	KOLBEINSDOTTIR Andrea ISL	21y	252d	1999	-	79:46 -18
Iceland record holder at Steeplechase // 3000SC pb: 10:21.26 -18. 10,000 pb: 35:25.58 -19. 5000 pb: 17:01.65 -19. 99 World Half Mar 2018; 3 Small European States Games 5000 2019; 20 under-23 ECH 10,000 2019. 1 Icelandic 3000 2015/2016/2018 (1 1500 2016) & indoor 3000 2015/2017/2020 (1 1500 2016/2017) In 2020: 1 Icelandic indoor 3000						
165	SIGURÐARDOTTIR Elín Edda ISL	31y	62d	1989	78:05	78:05 -20
Marathon pb: 2:44:48 -19. 10K pb: 35:55 -19. 10,000 pb: 37:26.83 -19. 104 World Half Mar 2019; 5 Small European States Games 10,000 2019. 1 Icelandic indoor 3000 2019 & 1500 2020 Marathons (2): 29 Hamburg 2019, 33 Frankfurt 2019 In 2020: 3 Reykjavik indoor 800; 53 Barcelona Half Mar; 1 Icelandic indoor 1500 (2 800/1500); 1 Hafnarfjörður 800						
166	SALPETER Lonah Chemtai ISR	31y	309d	1988	69:16+	66:09 -19 NR
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 Marathon pb: 2:17:45 -20. 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; 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 2020: 5 Valencia 10K; 1 Tokyo Marathon (world lead 2:17:45); 1 Tel Aviv 3000 (Jun 9); 1 Tel Aviv 5000 (Jun 21); 1 Tel Aviv IAA Cup 1500/3000/5000 (Jul 4/5); 1 Mitzpe Ramon 10K; 1 Israeli 800/1500; 2 Brussels 1Hr; 1 Tel Aviv 15K						
167	TIYOURI Maor ISR	30y	66d	1990	74:48	74:48 -20
Israeli record holder at 5000m // 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; 66 World Half Mar 2018. 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 2020: 1 Birmingham AL Half Mar; 5 Colorado Springs 10K; 17 Nashville 5000; 2 Boulder 3000						

168	CASCAVILLA Maria Chiara ITA	25y	175d	1995	73:05	73:05 -20
10,000 pb: 33:47.00 -19 (34:16.64 -20). 5000 pb: 15:59.66 -19.14 ECP 10,000 'B' 2019; 6 WSG 5000 2019. Former tennis player. Coach-Renzo Finelli In 2020: 19 San Giorgio Legnano XC; 4 Modena; 5 Verona Half Mar; 2 Castiglione della Pescaia 3000; 2 Rome 10K; 4 Italian 10,000						
169	EPIS Giovanna ITA	32y	6d	1988	72:13	71:44 -10
Marathon pb: 2:29:11 -19. 10,000 pb: 32:59.16 -19 (33:16.47 -20). 5000 pb: 16:07.18 -19. At EXC: 2018-49. Coach-Giorgio Rondelli Marathons (8): 5 Florence 2015, 4 Rome 2016, 11 Frankfurt 2016, 6 Milan 2017, 9 Amsterdam 2017, 6 Seville 2018, 6 Rotterdam 2019, dnf WCH 2019 In 2020: 2 Modena 13.1K; 3 Verona Half Mar; 3 Bellinzona 1500; 2 Milan 3000; 2 Monza Half Mar; 3 Italian 10,000						
170	STEFANI Elisa ITA	34y	167d	1986	73:32	73:32 -20
Marathon pb: 2:31:57 -19. 10K pb: 34:16 -19. 10,000 pb: 35:03.85 -13. At EXC: 2008-46u23 Marathons (10): 2 Reggio Emilia 2011, 2 Trieste 2012, 1 Lucca 2012, 1 Reggio Emilia 2012, 1 Palmanova 2013, 9 Milan 2017, 6 Verona 2017, 16 Valencia 2018, 9 Prague 2019, 4 Florence 2019 In 2020: 6 Verona Half Mar						
171	STRANEO Valeria ITA	44y	195d	1976	71:34	67:46 -12 NR
Italy's fastest-ever Marathoner & Half Marathoner 2013 World Championship silver. 2014 European Championship silver Marathon pb: 2:23:44 -12. 10,000 pb: 32:15.87 -12 (32:55.25 -20). 6 ECP 10,000 2012; 1 Mediterranean Games Half Mar 2013; 8 World Half Mar 2014. At EXC: 2011-10. 1 Italian 10,000 2013/2020. Mother of two (Leonardo & Arianna). Her first sport was gymnastics. She has made a great advancement since an operation to remove her spleen and gall bladder in 2010: "it was like giving birth". Coach-Stefano Baldini (1 OLY Marathon 2004) Marathons (15): ? Turin 2002 (3:32), 2 Piacenza 2003, 6 Reggio Emilia, 4 Carpi 2009, 8 Berlin 2011, 2 Rotterdam 2012, 7 OLY 2012, 3 Turin 2012, 2 WCH 2013, 5 New York 2013, 2 ECH 2014, 7 New York 2014, 1 Würzburg 2016, 13 OLY 2016, 16 Valencia 2019 In 2020: 2 Spanish Half Mar; 1 Verona Half Mar; 2 Italian 'Virtual' 10K; 1 Monza Half Mar; 1 Italian 10,000						
172	SUGAMIELE Federica ITA	24y	173d	1996	73:04	73:04 -20
10,000 pb: 34:46.83 -19. 5000 pb: 16:35.55 -17. 8 EJC 5000 2015. At EXC: 2015-29J, 2017-39u23. Coach-Gaspere Polizzi In 2020: 4 Verona Half Mar						
174	NEROZNAK Tatyana KAZ	28y	242d	1992	-	1:23:23 -15
2018 Asian Indoor Champion at 3000m. Kazakh record holder at Steeplechase 10K pb: 35:09 -19. 5000 pb: 16:46.72 -19. 3000 pb: 9:16.80i -20. 1500 pb: 4:19.12i -20, 4:12.48 -19. 3000SC pb: 10:25.56 -19. 10 Asian Champs 1500 2013; 3 Asian Indoor Champs 800 2014/2016; 6 Asian Champs 800/1500 2017; 1 Asian Indoor Champs 3000 2018 (2 1500); 10 Asian Games 1500 2018; 7 Asian Champs 1500 2019 (11 3000SC) In 2020: 1 Kazakh indoor 1500/3000; 1 Belarus Indoor Cup 1500/3000; 4 Istanbul indoor 1500						
175	JEPCHIRCHIR Peres KEN	27y	21d	1993	65:34	65:34 -20 WR
World title and world record in 2016, baby in 2017, another world record in 2020 Marathon pb: 2:23:50 -19. 1 World Half Mar 2016 (led a Kenyan 1-2-3). 1 Ras Al-Khaimah Half Mar 2017 in world record 65:06, but record stood for only 19 days before Joyciline Jepkosgei's 64:52; 1 Prague Half Mar 2020 in women's only world record 65:34. Born-Uasin Gishu County (former Rift Valley Province). Daughter Natalia born December 2017 Marathons (3): 3 Kisumu 2013, 3 Eldoret 2018, 1 Saitama 2019. Also paced London 2015 In 2020: 2 Eldoret XC; dnf Ras Al Khaimah Half Mar; 1 Prague Half Mar (World women's only record 65:34 – "If I could have had pacemakers, I could have run 64.")						
176	JEPKOSGEI Joyciline KEN	26y	314d	1993	-	64:51 -17
Multiple world records or bests at 5K, 10K, 15K, 20K & Half Marathon in 2017. Won New York Marathon on her debut in 2019 Marathon pb: 2:22:38 -19. 20K pb: 61:25 -17, 15K pb:65:37 -17. 10K pb: 29:43 -17. 5K pb: 14:32 -17. 3 African Champs 10,000 2016; 2 World Half Mar 2018. 1 Kenyan Armed Forces 10,000 2017; 3 'Great' North Run 2018. Born-Nandi, lives-Iten. Husband / coach Nicholas Koech (1:45.88 800m in 2012), their son Brandon Rotich born July 20, 2012 Marathon (1): 1 New York 2019. Also paced London 2019 (way ahead of the leader initially) In 2020: 3 Kenyan Armed Forces XC; 8 Kenyan XC						
177	KIMELI Dorcas KEN	23y	105d	1997	67:10	67:10 -20
Full name-Dorcas Jepchumba Kimeli In 2019 became only the third woman ever to run a road 10K in less than 30 minutes 10K pb: 29:57 -19. 5000 pb: 15:24.3 -19. 3000SC pb: 10:25.1 -17. 2 Kenyan 5000 2019. In 2017 won 10Ks at Swansea Bay & Twickenham Her older brother-Benard Kimeli (25y), 59:07 at half marathon (2019) In 2020: 4 Iten XC; 2 Kenyan Armed Forces XC; 3 Barcelona Half Mar; 3 Prague Half Mar						
178	KIPKOECH Brillian KEN	25y	231d	1995	68:08	67:12 -19
Full name-Brillian Jepkorir Kipkoech (she was first best known as Jepkorir Kipkoech) 10,000 pb: 31:30.39 -19. At WXC: 2011-9J. 5 WJC 3000 2012. 4 Kenyan 10,000 2019; 1 Cape Town 12K 2019 (in a world best for that rarely-contested total distance, 38:05); 1 Boston Half Mar 2019 In 2020: 2 Houston Half Mar						
179	WANJIRU Rosemary KEN	25y	313d	1994	65:34	65:34 -20
Full name-Rosemay Monica Wanjiru Fourth in 2019 World Championship 10,000 (0.07 ahead of Hellen Obiri) 10K pb: 29:50 -20. 10,000 pb: 30:35.75 -19 (30:38.18 -20). 5000 pb: 15:03.49 -20. 3000 pb: 8:44.24 -18. 1500 pb: 4:09.90 -13. 2 African Games 5000 2015; 9 African XC 2018; 4 WCH 10,000 2019. 1 Japanese Schools 3000 2012/2013; 1 Japanese 5000 2014; 1 Japanese Corporate 5000 2015/2017. In Japan she runs for the Starts Corporation Inc. (who are in the business of real estate, construction and property management) In 2020: 2 Valencia 10K; 3 Ras Al Khaimah Half Mar; 1 Fukagawa 5000; 1 Abashiri 10,000						
180	BYTAUTIENE Monika LTU	31y	215d	1989	-	74:20 -18
(Née Vilčinskaitė) // Marathon pb: 2:32:28 -19. 10,000 pb: 34:02.44 -19. 5000 pb: 16:41.93 -19. 1 Lithuanian 10,000 2018. 1 Lithuanian indoor 1500 2017 & 3000 2019. Her twin sister Milda Vilčinskaitė-Eimontė has a marathon best of 2:34:48 and was 27th in the 2018 European Championship marathon. They each gave birth in 2017. Milda a son, Monika a daughter. "Becoming a mom made it much easier psychologically to run," says Monika "and then the marathon seemed much more acceptable." Marathons (3): 19 Frankfurt 2018, 7 Hannover 2019 (sister Milda dnf), dnf WCH 2019						
181	KANCYTE Loreta LTU	26y	90d	1994	76:16	75:31 -19
10,000 pb: 35:59.09 -20. 5000 pb: 16:40.10 -19. 3000 pb: 9:33.58 -18. 1500 pb: 4:23.40 -19. At EXC: 2018-69, 2019-9 Relay. 1 Lithuanian 5000 2013/2018. 1 Lithuanian XC 2017; 1 Lithuanian indoor 1500/3000 2018 In 2020: 2 Lithuanian 10,000; 2 Vilnius Half Mar						
182	KIRILIUK Lina LTU	24y	103d	1996	-	78:58 -10
(Née Grišiuotė) // 10,000 pb: 36:59.60 -19. 1500 pb: 4:33.19 -15. ht World Youth 800 2013; 18 WSG Half Mar 2019. At EXC: 2015-46J. 1 Lithuanian 5000 2015 Marathons (4): 9 Riga 2018, 2 Vilnius 2018, 35 Frankfurt 2019, 2 Vilnius 2020 In 2020: 3 Lithuanian 5000; 2 Vilnius Marathon						

183	FISIKOVICI Lilia MDA	31y	203d	1989	-	70:45 -18
(Née Tozlovanu) Moldova's fastest-ever Marathoner & Half Marathoner Marathon pb: 2:27:26 -19. 5000 pb: 16:13.24 -19. 13 EJC 5000 2007 (15 3000). 36 World Half Mar 2018; 2 Small European States Games 3000 2018. 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						
184	FLORES Brenda MEX	29y	44d	1991	75:01+	72:06 -19
Full name-Brenda Eunice Flores Munoz 2015 Pan-American Games Champion at 10,000m Marathon pb: 2:34:57 -20. 10,000 pb: 31:45.16 -15. 5000 pb: 15:30.87 -14. 3000 pb: 9:10.29 -14. 1500 pb: 4:18.13 -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; 50 World Half Mar 2016; 32 OLY 10,000 2016; 3 Central American & Caribbean Games 5000 2018. Coach-Juan Luis Nemer Marathon (1): 13 Houston 2020 In 2020: 13 Houston Marathon						
185	RAMIREZ Andrea MEX	27y	316d	1992	75:16+	72:44 -19
Full name-Andrea Soraya Ramirez Limon Marathon best down from 2:57 to 2:32 in 2020 Marathon pb: 2:32:26 -20. 10,000 pb: 33:35.30 -19. 5000 pb: 16:19.65 -19 Marathons (3): 87 Chicago 2017, 32 Houston 2018, 7 Houston 2020 In 2020: 7 Houston Marathon						
186	SANCHEZ Ursula MEX	33y	33d	1987	73:42+	73:13 -19
Full name-Ursula Patricia Sánchez // Marathon pb: 2:29:32 -20. 10,000 pb: 33:00.33 -19. 5000 pb: 15:55.98 -20. 1 Central American & Caribbean Games 10,000 2018; 8 Pan-Am Games 10,000 2019. 1 Mexican 5000 2018 & 10,000 2018/2019 Marathon (1): 6 Houston 2020 In 2020: 6 Houston Marathon						
187	TORRES Daniela MEX	26y	87d	1994	-	76:41 -19
10,000 pb: 34:18.83 -20. 5000 pb: 16:19.58 -20 In 2020: 1 Mérida 10K; 1 Monterrey 10,000; 2 Mazatlán 5000						
188	POP ARSOVA Andrijana MKD	30y	273d	1990	1:12:15	1:12:15 -20 NR
North Macedonia's fastest-ever Marathoner & Half Marathoner // Marathon pb: 2:52:52 -19 (2:58:14 -20) Marathons (6): 13 Zagreb 2017, 4 Podgorica 2018, 7 Skopje 2019, 4 Podgorica 2019, 4 Belgrade 2019, 2 Skopje 2020 In 2020: 12 Balkan Half Mar; 2 Skopje Marathon						
189	BEZZINA Lisa Marie MLT	40y	347d	1979	77:07	77:07 -20 NR
Maltese Half Marathon record holder // 10,000 pb: 35:37.51 -19. 5000 pb: 16:55.05 -19 (17:02.20 -20). 103 World Half Mar 2018; 1 Small European States Games 5000/10,000 2019; 53 European Mountain Running Champs 2019. At WXC: 2019-104. At EXC: 2019-53. 1 Pisa Half Mar 2019 In 2020: 7 Seville Half Mar; 3 Marsa 5000 (Aug 2); 2 Marsa 3000 (Aug 8)						
190	CORTIS Joelle MLT	33y	204d	1987	-	1:20:29 -19
5000 pb: 17:04.90 -20. 3000 pb: 10:00.84 -20. At EXC: 2009-59u23 In 2020: 3 Marsa 3000 (4 5000)						
193	JANKOWSKA Katarzyna POL	26y	277d	1994	71:32	71:32 -20
(Née Rutkowska) 4x Polish Champion at 10,000m // 10,000 pb: 32:31.40 -18. 5000 pb: 15:37.31 -18. 4 ECP 10,000 2018 (2017-14); 11 ECH 5000 2018 (dnf 10,000); 5 WSG 5000 2019. At WXC: 2013-48J. At EXC: 2012-47J, 2013-48J, 2016-5u23, 2017-31. 1 Polish 5000 2019/2020 & 10,000 2016/2017/2018/2020 Coach-Jacek Kostrzeba; Club-Podlasie Białystok In 2020: 13 Armagh 3K; 2 The Hague Half Mar; 1 Polish 5000/10,000						
194	LISOWSKA Aleksandra POL	29y	310d	1990	-	72:45 -19
Marathon pb: 2:31:40 -19. 10,000 pb: 33:42.21 -20. 5000 pb: 16:06.90 -20. 1 'Great' Birmingham 10K 2018. Member of the sports team of Polish Navy from the port of Gdańsk Marathons (7): 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 Coach-Jacek Wosiek; Club-AZS UWM Olsztyn In 2020: 1 Toruń 5000; 6 Oleśnica 1500; 3 Polish 10,000 (4 5000)						
195	MACH Angelika POL	29y	41d	1991	73:58	73:58 -20
Marathon pb: 2:37:13 -16. 10,000 pb: 34:23.43 -17 (34:35.99 -20). 5000 pb: 16:16.74 -17. 3 2009 World Junior Mountain Running Champs 2009. 3 Polish 10,000 2015/2016/2017 Marathons (7): 4 Poznan 2014, 3 Wroclaw 2015, 3 Poznan 2015, 5 Warsaw 2016, 19 Frankfurt 2017, 6 Warsaw 2018, 4 Kraków 2019 Coach-Jacek Kostrzeba; Club-AZS UMCS Lublin In 2020: 2 Wiązowna Half Mar; 1 Polish Half Mar; 6 Polish 10,000						
196	PASZKIEWICZ Izabela POL	32y	282d	1988	71:09	71:09 -20
(Née Trzaskalska) Tenth in 2018 European Championship Marathon // Marathon pb: 2:29:56 -17. 10,000 pb:33:14.34 -20. 5000 pb: 16:02.28 -19. At EXC: 2007-22J, 2008-44u23, 2010-dnf/u23. At WXC: 2007-dnfJ. 1 Polish 10K 2017. Professional soldier Marathons (9): 5 Warsaw 2014, 9 Łódź 2015, 3 Warsaw 2015, 2 Warsaw 2017, 23 WCH 2017, 13 Osaka 2018, 3 Warsaw 2018, 10 ECH 2018, 5 World Military Games 2019 Coach-Marek Jakubowski; Club-AZS UMCS Lublin In 2020: 1 Seville Half Mar; 1 Wloclawek 5000; 4 Oleśnica 1500; 2 Polish 10,000 (6 5000); 3 Polish Clubs 1500						

197	AUGUSTO Jéssica POR	38y	344d	1981	-	69:08 -09
<p>2010 European Cross Country Champion. 2014 European Championship Marathon bronze, then European Half Marathon bronze in 2016 Marathon pb: 2:24:25 -14. 10K pb: 31:47 -10 (33:15 -20). 10,000 pb: 31:19.15 -10. 5000 pb: 14:37.07 -10. 3000SC pb: 9:18.54 -10. 8 WJC 3000 2000; 1 WSG 5000 2007; 14 WCH 5000 2007 (2005-ht); ht OLY 5000/3000SC 2008; 9 EIC 3000 2009; 10 WCH 3000SC 2009; 10 WCH 10,000 2011; 7 WIC 3000 2010 (2008-8); 2 ECH 10,000 2010 (3 5000); 3 ECH Half Mar 2016. At WXC: 2000-32J, 2001-57 short, 2004-61 short, 2005-31 short, 2006-dnf long, 2007-12, 2008-dnf, 2010-21. At EXC: 98-12J, 99-8J, 2000 -1J, 2002-16, 2004-18, 2005-30, 2006-9, 2007-11, 2008-2, 2009-4, 2010-1, 2018-dnf She was born in Paris (where her late father was learning to be a pastry chef), did not move back to Portugal until age 7 Marathons (13): 7 London 2011, dnf New York 2011, 8 London 2012, 6 OLY 2012, dnf London 2013, 3 Yokohama 2013, 6 London 2014, 3 ECH 2014, 10 London 2016, dnf OLY 2016, 1 Hamburg 2017, 18 New York 2018, dnf Hamburg 2019 In 2020: 2 Oeiras 10K; Note: Her quickest Half Marathon has been 69:08 when winning the 2009 'Great' North Run on aided course. On a world record compliant course it is 70:29 at Ovar on 5 Oct 10</p>						
198	MOREIRA Sara POR	35y	today	1985	-	69:18 -15
<p>2016 European Half Marathon Champion. 2013 European Indoor Champion at 3000m Marathon pb: 2:24:49 -15. 10,000 pb: 31:12.93 -15. 5000 pb: 14:54.71 -10. 3000 pb: 8:42.69 -10 (9:20.07 -20). 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); 6 IAAF Continental Cup 3000 2010; 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. At WXC: 2011 -20. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10, 2010-9, 2012-12, 2018-dnf. Coach/husband-Pedro Ribeiro was Portuguese Steeplechase Champion in 2010, their son Guillermo born November 1, 2013 Marathons (5): 3 New York 2014, 2 Prague 2015, 4 New York 2015, dnf OLY 2016 (right leg injury), dnf Prague 2018 In 2020: 2 Portuguese 3000; 2 Portuguese Clubs 3000</p>						
199	RAMOS Beverly PUR	33y	55d	1987	-	72:09 -16 NR
<p>Puerto Rican record holder at 1500m, 3000m 5000m, 10,000m, Half Marathon, Marathon & Steeplechase Marathon pb: 2:36:28 -19. 10,000 pb: 32:36.03 -17. 5000 pb: 15:46.65 -14. 3000 pb: 8:57.68 -14. 1500 pb: 4:09.92 -11. 3000SC pb: 9:39.33 -12. ht World Youth 800 2003; 1 Central American & Caribbean Games 5000/3000SC 2010; 2 Central American & Caribbean Champs 3000SC 2011; ht OLY 3000SC 2012; ht WCH 3000SC 2013; 3 Central American & Caribbean Games 3000SC 2013 (4 5000); 2 Central American & Caribbean Games 5000/10,000/3000SC 2018. At WXC: 2004-106J, 2013-55 Marathons (6): 14 New York 2015, 2 Düsseldorf 2016, 71 OLY 2016, 24 New York 2017, 19 New York 2018, 12 Rotterdam 2019 In 2020: 1 Caguas 3000</p>						
200	BALTOI Adelina Paulina ROU	28y	28d	1992	1:24:58	74:58 -17
<p>2017 Balkan Champion at 3000m & Steeplechase // Marathon pb: 2:50:06 -19. 5000 pb: 16:53.85 -16. 3000SC pb: 10:18.60 -19. 1 Balkan 3000/3000SC 2017; 50 European Mountain Running Champs 2018; At EXC: 2014-46u23, 2019-50. 1 Romanian indoor 1500 2016/2017; 1 Romanian XC 2019 Marathons (4): 3 Bucharest 2014, 5 Bucharest 2015, 18 Vienna 2016, 2 Bucharest 2018 In 2020: 15 Balkan Half Mar</p>						
201	DRAGOMIR Liliiana Maria ROU	30y	122d	1990	75:38	74:43 -17
<p>(Née Danci) // Marathon pb: 2:45:15 -16. 10,000 pb: 34:52.16 -20. 5000 pb: 16:34.79 -11. 3000SC pb: 10:23.04 -11. 10 European Mountain Running Champs 2013; 5 Balkan 3000SC 2013; 69 World Half Mar 2014; dnf ECH Half Mar 2016. 1 Romanian 3000SC 2011 & Half Mar 2013 Marathons (5): 5 Paris to Versailles 2013, 11 Vienna 2015, 14 Vienna 2016, 12 Stockholm 2016, 67 WCH 2017 In 2020: 5 Balkan Half Mar; 2 Romanian 5000/10,000; 6 Balkan 5000</p>						
202	NELSON Adriana ROU	40y	260d	1980	75:17+	69:59 -05
<p>(Née Pîrtea) Officially transferred allegiance from Romania to the USA (on October 31, 2009) after marrying Jeremy Nelson on November 1, 2008 but has now reverted to Romania (with the approval of World Athletics) from February 3, 2020 Marathon pb: 2:28:52 -08 (2:33:18 -20). 10,000 pb: 32:38.95 -12. 5000 pb: 15:36.01 -05. 6 under-23 ECH 10,000 2001; 1 Balkan 3000/5000 2005; 10 World Half Mar 2005 (team gold with Romania) (2012-18 for USA); 8 ECP 5000 2006; 29 World 20K 2006. 2 NCAA indoor 3000 2005 (representing the University of Texas El Paso). She was set to win the 2007 Chicago Marathon and was waving to the crowd, only to be passed in the last 10m by Berhane Adere ETH Marathons (16): dnf Bucharest 2000, 2 Chicago 2007, 10 London 2008, 12 Chicago 2008, 3 Rotterdam 2009, 9 Chicago 2009, 6 Berlin 2010, 7 Osaka 2011, dnf Houston (US Olympic Trial) 2012, 13 New York 2013, 13 Boston 2014, 9 Frankfurt 2014, 12 Boston 2015, 12 Los Angeles (US Olympic Trial) 2016, 20 Berlin 2019, 8 Houston 2020. Also paced Osaka 2007 & Yokohama 2011 In 2020: 8 Houston Marathon; To clarify, she competed in the 2005 World Half Marathon Championships for Romania, the the 2012 edition for the USA. Now she is back with Romania</p>						
203	PANAET Elena Adelina ROU	27y	135d	1993	-	Début
<p>Full name-Elena Adelina Panaet 2011 European junior steeplechase bronze 5000 pb: 16:07.66 -20. 3000SC pb: 9:52.14 -15 (9:54.60 -20). 9 World Youth 2000SC 2009; 3 EJC 3000SC 2011; 8 WJC 3000SC 2012 (2010-ht). At EXC: 2010-38J, 2011 -35J, 2012-66J, 2014-31u23. Served four-year doping ban in 2016-2020. Among her annulled results was the 2016 Romanian indoor title at 1500m, which went to Adelina Paulina Băltoi In 2020: 2 Veszprém 3000; 2 Romanian 5000/3000SC (though she is the Romanian Champion in each event because the winner each time was Stella Ruto KEN); 3 Balkan 3000SC</p>						
204	ROTARU Roxana ROU	32y	117d	1988	-	73:49 -17
<p>(The former Roxana Bărcă) Fourth at 2017 European Cross Country Championships 10,000 pb: 32:30.97 -18 (33:26.03 -20). 5000 pb: 15:13.40 -12. 3000 pb: 8:56.79 -11 (9:07.50i, 9:24.97 -20). 1500 pb: 4:10.24 -12. 4 EJC 5000 2007; 9 EIC 3000 2011/2013; 8 WSG 5000 2011; 5 ECH 5000 2012 (2010-13); ht OLY 5000 2012; 1 Francophone Games 10,000 2017 (3 5000); 62 World Half Mar 2018; 12 ECH 10,000 2018; 19 ECP 10,000 2019. At EXC: 2005-18J, 2006-66J, 2007-25J, 2009-25u23, 2010-4u23, 2011-7, 2017-4. 1 Romanian 5000 2010/2012/2017/2019 (1 10,000 2017/2019/2020). Served two-year doping ban in 2013-2015 after failing a test for a steroid on winning the 5000m at that year's World Student Games In 2020: 2 Hannut XC; 1 Budapest indoor 800/1500; 5 Dortmund indoor 3000; 1 Balkan indoor; 2 Istanbul; 1 Romanian indoor 1500/3000; 1 Romanian 1500/10,000 (3 800); 2 Balkan 3000</p>						
205	XABA Glenrose RSA	25y	291d	1994	69:30	69:30 -20
<p>Multi-South African Champion at 10,000m & cross country // 10,000 pb: 32:59.05 -18. 5000 pb: 16:13.59 -20. 11 African Champs 10,000 2016; 20 African XC 2018. At WXC: 2013-45J, 2017-64, 2019-67. 1 South African 10,000 2016/2017/2019 & XC 2015/2018/2019. Advised by clubmate Stephen Mokoka and Violet Raseboya (wife of Caster Semenya) In 2020: 1 Pretoria 5000; 3 Naples Half Mar; 1 North Gauteng Half Mar</p>						
206	WIJAYARATNE Hiruni SRI	29y	317d	1990	79:15	74:07 -18 NR
<p>Full name-Hiruni Kesara Wijayaratne Sri Lankan record holder (She has dual citizenship with the USA had had the option for competing for that country, but declared for Sri Lanka from July 23, 2017) Marathon pb: 2:34:10 -19. 10,000 pb: 33:55.06 -18. 5000 pb: 16:17.51 -20. dnf Asian Games 10,000 2018. 1 Sri Lankan 5000/10,000 2019 Marathons (14): 5 Indianapolis 2014, 30 Boston 2015, 4 Indianapolis 2015, dnf Los Angeles 2016, 11 Ottawa 2016, 9 Houston 2017, 1 Eugene 2017, dnf WCH 2017, 8 Houston 2018, 11 COM 2018, dnf Chicago 2018, 2 Indianapolis 2018, 2 Düsseldorf 2019, dnf WCH 2019 In 2020: 3 The Woodlands TX Half Mar; 15 Nashville 5000</p>						

207	SCHLUMPF Fabienne SUI	29y	335d	1990	-	70:17 -17
2018 European silver medallist at both steeplechase and cross country 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; 16 World Half Mar 2018; 2 ECH 3000SC 2018. 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 In 2020: 2 Payerne 10K; 1 Regensdorf 5000; 1 Bulle 5000; 1 Swiss 1500/5000/10,000/10K (making it 14 Swiss titles for her)						
209	FOUGBERG Charlotta SWE	35y	121d	1985	76:51	71:58 -18
Full name-Charlotta Emma Katarina Fougberg 2014 European steeplechase silver Marathon pb: 2:29:40-19. 3000SC pb: 9:23.96 -14. 10,000 pb: 32:34.47 -18 (33:40.15 -20). 5000 pb: 15:23.80 -18. 3000 pb: 8:58.56 -14. 12 ETCh 3000 2011; 1 ETCh 3000SC 2014; 2 ECH 3000SC 2014; 5 IAAF Continental Cup 3000SC 2014; 11 EIC 3000 2015 (2017-12); ht WCH 3000SC 2015/2017; ht OLY 3000SC 2016 (missed final by 0.62); 23 ECP 10,000 2018; 7 ECH 10,000 2018 (9 5000). At EXC: 2013-32, 2016-14, 2019-13. 1 Swedish 3000SC 2010/2011/2012/2013/2018. She made her international championship debut at age 28. Coach-Johan Wettergren Marathons (2): 7 Seville 2019, 18 WCH 2019 In 2020: 1 Swedish Half Mar; dq Swedish Clubs 5000 (illegal shoes); 1 FIN v SWE 10,000; 1 Lidingöloppet 15K XC						
210	LAHTI Sarah SWE	25y	242d	1995	-	69:58 -17 NR
Two medals at the 2017 European under-23 Championships // 10,000 pb: 31:28.43 -16 (34:07.54 -20). 5000 pb: 15:10.76 -16. 1500 pb: 4:08.91 -16. 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. At EXC: 2012-46J, 2015-6u23. 1 Swedish 5000 2016 & indoor 3000 2013/2015/2016 In 2020: dnf Utrecht 3000; 2 Swedish 10,000; 5 Brussels 1Hr; dnf Leiden 10,000						
211	LINDHOLM Hanna SWE	40y	324d	1979	73:53+	71:57 -19
Marathon pb: 2:28:59 -20. 10,000 pb: 33:40.22 -19. 1 SWE v FIN 10,000 2019. 1 Swedish 10K 2018. Coach-Per Synnerman Marathons (11): 4:10:59 (2009) & 4:16:19 (2010) as a jogger; 14 Hamburg 2014, 42 ECH 2014, 4 Stockholm 2016, 11 Stockholm 2017, 15 Dubai 2018, 22 ECH 2018, 5 Stockholm 2019, 12 Frankfurt 2019, 11 Seville 2020 In 2020: 11 Seville Marathon; 4 Lidingöloppet 15K XC; 3 Swedish 10K						
212	WIKSTROM Carolina SWE	27y	44d	1993	71:44	71:44 -20
2020 Stockholm Marathon winner (the Swedish Championships, not the usual mass international race) Marathon pb: 2:33:49 -19 (2:33:59 -20). 10K pb: 32:38 -20. 10,000 pb: 32:46.94 -20 (mixed). Her mother Anna-Karin Mellgren clocked 2:56:46 for a marathon in 1989. Coach-Christian Mundt Marathons (5): 26 Stockholm 2018, 31 Valencia 2018, 7 Stockholm 2019, 15 Frankfurt 2019, 1 Stockholm 2020 (Swedish Championships) In 2020: 12 Barcelona Half Mar; dnf Uppsala Half Mar; 1 Sollentuna 5000 (in mixed); 1 Stockholm 10,000 (in mixed); 1 Västerås Aros 5000 (in mixed); 4 Swedish 10,000; 1 Stockholm Marathon; She worked as a volunteer nurse during the peak of the covid, and having concluded her medical studies is now working full-time as a doctor						
213	AYDEMIR Esmâ TUR	28y	180d	1992	75:40	71:49 -16
Team gold at 2016 European Cross Country Championships // Marathon pb: 2:35:22 -16. 10,000 pb: 33:33.38 -16. 5000 pb: 15:50.05 -13. 3000 pb: 9:11.28 -13 (9:48.24 -20). 1500 pb: 4:09.06 -12. 20 WJC 3000 2010 (sf 800); 1 EJC 5000 2011 (2 3000); 11 under-23 ECH 2013; 8 ETCh 3000 2013 (9 5000); 10 ETCh 3000 2014; 1 Balkan 3000 2014 & 5000 2015; ht ECH 1500 2014; 1 ECP 10,000 2016 (2017-3); 5 ECH Half Mar 2016; 2 WSG Half Mar 2017; 101 World Half Mar 2018. At EXC: 2010-23J, 2011 -8J, 2012-31u23, 2013-13u23, 2014-38u23, 2015-12, 2016-16, 2017-27, 2018-14. 1 Turkish 5000 2011/2013 (1 1500 2012) Marathons (4): 10 Rotterdam 2016, 58 OLY 2016, 4 Istanbul 2016, 8 Istanbul 2017 In 2020: 2 Mersin XC; 1 Turkish Clubs 3000; 3 Istanbul Half Mar						
214	CAN Yasemin TUR	23y	310d	1996	-	68:29 -19
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 10,000 pb: 30:26.41 -16. 5000 pb: 14:36.82 -17 (14:40.70 -20). 3000 pb: 8:43.46i -17, 8:53.16 -16. 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 (5 10,000). 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. Not to be confused with the Turkish-born Yasemin Can (1 Aug 92) who was the World Junior Mountain Running Champion in 2010 In 2020: 1 Chonburi 10K; 1 Bursa 1500/5000 (Aug 28/29); 3 Ostrava Golden Spike 5000						
215	DEMIR Fatma TUR	24y	165d	1996	73:17	73:17 -20
5000 pb: 16:44.98 -19. 3000SC pb: 10:12.85 -19. 1 Balkan 5000 2018/2019, 3000SC 2017 & Half Mar 2020; 10 WSG Half Mar 2019 (2017-14). At EXC: 2016-44u23, 2017 -51u23. 1 Turkish 5000 2018/2019 In 2020: 1 Balkan Half Mar; 1 Trabzon 1500; 1 Istanbul Half Mar						
216	CHEBET Rachael Zena UGA	23y	346d	1996	70:13	70:13 -20
Fourth at 2019 World Cross Country Championships // 10,000 pb: 32:41.93 -19. 15:49.03 -17. 7 African Champs 5000 2016; ht World Youth 1500 2013; 7 African Games 10,000 2019; 18 WCH 10,000 2019. At WXC: 2013-31J, 2015-17J, 2017-17, 2019-4. 1 Ugandan 5000/10,000 2019 In 2020: 7 Valencia 10K; 7 Barcelona Half Mar; 3 Ugandan Half Mar						
217	CHEKWEL Juliet UGA	30y	146d	1990	72:00+	69:45 -18 NR
2018 Commonwealth Champion at Half Marathon. Ugandan record holder at 10,000m, Half Marathon & Marathon Marathon pb: 2:23:13 -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. At WXC: 2011-22, 2013-9, 2015-14, 2019-13 Marathon (1): 1 Seville 2020 In 2020: 1 Seville Marathon						
218	CHEMUTAI Doreen UGA	23y	359d	1996	73:36	73:09 -19
10,000 pb: 33:09.49 -16. 5000 pb: 16:17.3 -19. 14 World Mountain Running Champs 2015. At WXC: 2015-19J, 2018-21. 1 Italian 10,000 2016. Ran Ugandan record holder Juliet Chekwel to one second at the Kampala half in November 2019, 73:09 to 73:08 In 2020: 2 Ugandan Half Mar						
219	CHESANG Doreen UGA	30y	2d	1990	73:25	71:10 -18
5000 pb: 16:04.0 -08. 3000 pb: 9:13.70 -08. 11 World Youth 3000 2007; 16 WJC 3000 2008; 2 Commonwealth Youth Games 3000 2008; 20 African XC 2014; 49 World Half Mar 2018; 3 Cardiff (Commonwealth Champs) Half Mar 2018. At WXC: 2007-dnfJ, 2017-25, 2019-63. 1 Ugandan Half Mar 2020 In 2020: 1 Ugandan Half Mar						
220	PROKOFYEVA Yevgeniya UKR	25y	135d	1995	71:14	71:14 -20
2018 // Marathon pb: 2:28:06 -19. 10,000 pb: 32:53.77 -20. 5000 pb: 16:48.19 -17. 3000SC pb: 10:22.46 -18. ht WJC 3000SC 2014; 18 ECH 10,000 2018. At EXC: 2014 -45J, 2017-50u23, 2018-52. 1 Ukrainian 10,000 2018 & Half Mar 2020 Marathons (2): 4 Xichang 2018, 1 Bila Tserkva 2018 In 2020: dnf Kiev indoor 3000; 2 Ukrainian 10,000; 1 Ukrainian Half Mar						

221 SKRYPAK Olga UKR **29y** 320d 1990 - **71:41 -19**
 2012 European 10,000m bronze // Marathon pb: 2:27:58 -19. 10,000 pb: 31:51.32 -12 (33:55.91 -20). 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. At EXC: 2007-5J, 2008-16J, 2009-19J, 2010-16u23. 1 Ukrainian 5000 2011 & 10,000 2015
 Marathons (6): 4 Beirut 2017, 11 Taipei 2018, 4 Santa Monica 2019, 10 Wuhan 2019, 5 Kraków 2019, 8 Ljubljana 2019
 In 2020: 5 Ukrainian Teams 10,000

222 VERNYHOR Tetyana UKR **37y** 268d 1983 - **72:49 -14**
 Marathon pb: 2:33:51 -12. 10,000 pb: 33:21.17 -13. 5000 pb: 16:15.33 -11. 1 Ukrainian XC 2015 & Half Mar 2019
 Marathons (22): 3 Moscow 2005, 5 Marrakech 2006, 5 Kiev 2006, 16 Istanbul 2006, 1 Moscow 2007, 1 Siofók 2008, 7 Warsaw 2008, 4 Moscow 2009, 3 Odense 2009, 19 Prague 2010, 9 Prague 2011, 5 Utrecht 2012, 9 Frankfurt 2012, 2 Padua 2013, 3 Rennes 2013, 7 Düsseldorf 2014, 25 ECH 2014, dq Łódź 2015, 4 Hannover 2017, 48 WCH 2017, 2 Buri Ram 2018, 10 Dublin 2019 (Originally won the 2015 Łódź Marathon in 2:31:34, but failed a doping control test and was disqualified and banned for one year)
 In 2020: 8 Ukrainian indoor 3000

223 YAREMCHUK Sofiya UKR **26y** 137d 1994 **70:33** **70:33 -20**
 10K pb: 32:35 -19 (33:47 -20). 10,000 pb: 33:45.67 -20. 5000 pb: 16:15.51 -19. 50 ECH Half Mar 2016; 71 World Half Mar 2018. 1 Ukrainian Half Mar 2017; 1 Rome Half Mar 2018
 In 2020: 1 Terni Half Mar; 1 Modena 13.1K; 4 Ukrainian 10,000 (dnf 5000)

224 SOSA Lorena URU **35y** 40d 1985 - **1:21:24 -19**
 Full name-Maria Lorena Sosa Campoy // Marathon pb: 2:51:47 -19 (17 Buenos Aires 2019). 10K pb: 36:16 -18. 800 pb: 2:08.00 -16. 4 South American 800 2015; 2 Ibero-American 800 2016
 In 2020: 5 Maldonado 10K; 2 Montevideo 1000

225 CHIDZIVO Fortunate ZIM **33y** 216d 1987 **76:38** **72:40 -19**
 Marathon pb: 2:41:54 -16. 10K pb: 32:26 -19 (32:53 -20). 5000 pb: 16:08.59 -19. 6 African Games Half Mar 2019 (10 5000)
 Marathons (3): 6 Cape Town 2016, 74 WCH 2018, 1 Mossel Bay 2018
 In 2020: 1 Cape Town Half Mar; 1 Cape Town 10K (Feb 29); 1 Cape Town 10K (Mar 5)

<u>WORLD ALL-TIME LIST</u>	<u>2020 WORLD LIST</u>
1.....64:28a.....Brigid Kosgei KEN (64:49 '20)... 2019	1.....64:31.....Ababel Yeshaneh ETH
2.....64:31.....Ababel Yeshaneh ETH.....2020	2.....64:49.....Brigid Kosgei KEN
3.....64:51.....Joyciline Jepkosgei KEN.....2017	=3...65:34.....Rosemary Wanjiru KEN
4.....64:52.....Fancy Chemutai KEN.....201865:34.....Peres Jepchirchir KEN
5.....64:55.....Mary Keitany KEN.....2017	5.....66:01.....Evaline Chirchir KEN
6.....65:04.....Joan Chelimo KEN.....2018	6.....66:16.....Joan Chelimo KEN
7.....65:06.....Peres Jepchirchir KEN.....2017	7.....66:35.....Yehualaw Yalemzerf ETH
8.....65:07.....Caroline Kipkirui KEN.....2018	=8..66:37.....Ashete Bekele ETH
9.....65:09.....Florence Kiplagat KEN.....201566:37.....Magdalena Shauri TAN
10...65:15.....Sifan Hassan NED.....2018	=10.66:38.....Hitomi Niiya JPN
66:38.....Vivian Kiplagat KEN