

101	Caitlin ADAMS (AUS)	26y	PB: 15:32 Adelaide (AUS) 19.09.2021
WA World Rankings: 261st			
OTHER PB'S: 8:55.32 3000m(21) - 15:24.97 5000m(23) - 39:29 12 km Road(22)			
2023: 3000m Melbourne (AUS) WC 7. 9:03.53 - 3000m Sydney (AUS) 9. 9:07.61 - 5000m Brisbane (AUS) NCH 5. 15:59.38 - 1500m Loughborough (GBR) 12. 4:21.68 - 5000m Wien (AUT) 6. 15:24.97 - 3000m Watford (GBR) 4. 9:04.82 - 5000m Liège (BEL) 11. 15:41.40 - 1500m Ninove (BEL) 10. 4:19.87 - 3000m Birmingham (GBR) 2. 9:02.16 - 1500m Leuven (BEL) 1. 4:18.84 - 12 km Road Adelaide (AUS) 4. 39:34			
INFO: Grew up in Wallaroo. Studies: University of South Australia. Earlier played netball and tennis. Likes reading.			
107	Lauren RYAN (AUS)	25y	PB: 16:17 Noosa (AUS) 29.10.2022
OTHER PB'S: 8:53.75 3000m(23) - 15:11.84 5000m(23) - 32:09.82 10,000m(23)			
2023: 10,000m San Juan Capistrano, CA (USA) 1. 32:09.82 - 5000m Brisbane (AUS) NCH 6. 16:02.58 - 5000m Richmond, KY (USA) 1. 15:24.79 - 5000m Walnut, CA (USA) 13. 15:20.98 - 5000m Los Angeles, CA (USA) 2. 15:11.84 - 1500m West Long Branch, NJ (USA) 4. 4:13.68 - 3000m Nembro (ITA) 5. 9:03.00 - 5000m Liège (BEL) 4. 15:17.14 - 3000m Chorzów (POL) WC 15. 9:06.70 - 3000m Birmingham (GBR) 1. 8:53.75 - 1500m Leuven (BEL) 5. 4:15.95 - 5000m Budapest (HUN) WCH h 15:40.23			
INFO: Hometown: South Yarra. Studies: Villanova University. Major in International Business. Likes skiing and photography.			
110	Micheline NIYOMAHORO (BDI)	22y	
OTHER PB'S: 9:09.76 3000m(23) - 15:39.68 5000m(23)			
2023: 5000m Milano (ITA) 5. 16:08.34 - 5000m Grosseto (ITA) 3. 16:12.46 - 5000m Palermo (ITA) 4. 16:12.54 - 5000m Wien (AUT) 12. 15:39.68 - 3000m Nembro (ITA) 8. 9:09.76 - 3000m Folgno (ITA) 2. 9:19.20 - 3000m Rovereto (ITA) 12. 9:12.51			
111	Francine NIYOMUKUNZI (BDI)	24y	PB: 16:10 Zola Predosa (ITA) 27.11.2021
OTHER PB'S: 14:53.02 5000m(23) - 31:27.47 10,000m(23) - 1:08:21 Half Marathon(21) Current Records: 3xNR: NR 4:19.90 1500m Kampala(19) - NR 31:46 10 km Road Forli(21) - NR 1:08:21 Half Marathon Kotor-Tivat(21)			
2023: 10,000m Reggello (ITA) 1. 33:38.94 - 5000m Milano (ITA) 2. 15:19.29 - 10,000m London (GBR) 11. 31:27.47 - 5000m Montesson (FRA) 12. 15:08.60 - 5000m Wien (AUT) 2. 14:53.02 - 3000m Nembro (ITA) 1. 8:48.21 - 5000m Budapest (HUN) WCH h 15:05.24 - 5000m Budapest (HUN) WCH 15. 15:15.01 - 3000m Xiamen (CHN) DL 9. 8:44.18			
115	Simone FERRAZ (BRA)	33y	
GENERAL: 2 times South American Championships Silver medallist 3000mSC (23, 21) 3 times South American Championships finalist 5000m (23)			
OTHER PB'S: 15:49.07 5000m(23) - 6:25.82 2000mSC(21) - 9:36.54 3000mSC(23) Current Records: 1xNBP: NBP 6:25.82 2000mSC Bragança Paulista(21)			
HONOURS: Sam. Ch. (2xSilver, 1xBronze) NCH (3xWin)			
2023: 5000m Walnut, CA (USA) 4. 15:49.07 - 3000mSC Palo Alto, CA (USA) 1. 9:52.06 - 3000mSC Des Moines, IA (USA) 3. 9:42.84 - 3000mSC Bragança Paulista (BRA) 1. 9:55.43 - 3000mSC São Paulo (BRA) 2. 9:54.55 - 3000mSC Andújar (ESP) 4. 9:49.76 - 3000mSC Budapest (HUN) 5. 9:36.54 - 3000mSC Göteborg (SWE) 2. 9:48.38 - 5000m Cuiaba (BRA) NCH 1. 16:10.39 - 3000mSC Cuiaba (BRA) NCH 2. 9:55.14 - 3000mSC São Paulo (BRA) SaC 2. 9:59.44 - 5000m São Paulo (BRA) SaC 4. 16:31.53			
INFO: Hometown: Jaragua do Sul. Also does coaching.			
118	Militsa MIRCHEVA (BUL)	29y	
GENERAL: 11 times National champion 1500m (23, 19), 5000m (23, 22, 20, 19, 16), 10,000m (16), 3000mSC (15), Half Marathon (22), Marathon (21) 3 times National Indoor champion 3000m ind. (23, 22, 14) WA World Rankings: 275th			
OTHER PB'S: 32:30.07 10,000m(19) - 1:11:14 Half Marathon(19) - 2:29:23 Marathon(22) Current Records: 3xNR: NR 32:30.07 10,000m Palo Alto, CA(19) - NR 1:11:14 Half Marathon Valencia(19) - NR NR 2:29:23 Marathon København(22) 1xNBP: NBP 33:38 10 km Road Davie, FL(19)			
HONOURS: NCH (11xWin) NICH (3xWin)			
2023: 1500m ind. Sofia (BUL) 3. 4:33.22 - 3000m ind. Sofia (BUL) 1. 9:31.38 - Half Marathon Napoli (ITA) 2. 1:12:35 - Marathon Boston, MA (USA) 32. 2:35:57 - Half Marathon Karlovy Vary (CZE) 2. 1:14:41 - Half Marathon České Budějovice (CZE) 1. 1:14:56 - 5000m Chorzów (POL) 7. 15:47.58 - 1500m Veliko Tarnovo (BUL) NCH 1. 4:25.16 - 5000m Veliko Tarnovo (BUL) NCH 1. 16:37.61 - Marathon Budapest (HUN) WCH 36. 2:36:45			
INFO: Born in Dobrich. Studies: Florida State University. Degree in Social Science.			
120	Jessy LACOURSE (CAN)	26y	
OTHER PB'S: 4:15.28 1500m(23) - 6:21.15 2000mSC(21) - 9:40.86 3000mSC(21)			
2023: 1000m ind. Boston, MA (USA) 5. 2:41.93 - Mile ind. Boston, MA (USA) 1. 4:34.52 - 1500m ind. Montréal (CAN) 1. 4:20.54 - 3000m ind. Montréal (CAN) 1. 9:27.73 - 1000m ind. Montréal (CAN) 1. 2:47.68 - 3000m ind. Saskatoon (CAN) 9. 9:48.77 - 1000m ind. Saskatoon (CAN) 8. 2:49.77 - 5000m Walnut, CA (USA) 12. 15:42.21 - 1500m Montréal (CAN) 8. 4:22.55 - 5000m Langley (CAN) NCH 6. 15:59.71 - 1500m Memphis, TN (USA) 1. 4:15.28			
INFO: Hometown: Québec. Studies: Laval University. Master degree in Orthopedagogy.			
123	Julie-Anne STAEHLI (CAN)	29y	SB and PB: 15:51 Boston, MA (USA) 15.04
GENERAL: NACAC U23 Championships Bronze medallist 3000mSC (14) National champion 1500m (21)			
OTHER PB'S: 4:04.82 1500m(21) - 8:51.98 3000m(21) - 14:57.50 5000m(21) Current Records: 1xNBP: NBP 9:22.66 2 Miles ind. New York, NY(21)			
HONOURS: NACAC U23 Ch. (1xBronze) NCH (1xWin)			
2023: 3000m ind. Boston, MA (USA) 6. 8:51.96 - 5000m ind. Boston, MA (USA) 5. 15:15.64 - 5 km Road Boston, MA (USA) 13. 15:51 - 5000m Walnut, CA (USA) 14. 15:25.20 - 5000m Los Angeles, CA (USA) 8. 15:33.39 - 5000m Gresham, OR (USA) 5. 15:24.84 - 5000m Concord, MA (USA) 2. 15:37.64 - 5000m Langley (CAN) 2. 15:22.52 - 5000m Langley (CAN) NCH 2. 15:47.62 - 5000m Budapest (HUN) WCH h 15:24.09			
INFO: Hometown: Lucknow. Sports Psychology studies at Queen's University. Likes reading and travelling.			
126	Juliane HVID (DEN)	25y	SB and PB: 16:24 Odense (DEN) 27.03
GENERAL: 2 times National champion 3000mSC (23, 22) WA World Rankings: 386th			
OTHER PB'S: 9:04.20 3000m(23) - 6:17.78 2000mSC(23) - 9:33.40 3000mSC(23) Current Records: 1xNBP: NBP 6:17.78 2000mSC Birmingham(23)			
HONOURS: NCH (2xWin)			
2023: 3000m ind. Randers (DEN) 3. 9:29.75 - 10 km Road Århus (DEN) NCH 3. 33:23 - 3000mSC Tårnby (DEN) 1. 9:48.46 - 3000mSC Karlsruhe (GER) 5. 9:55.52 - 3000mSC Copenhagen (DEN) 1. 9:46.41 - 3000m København (DEN) 8. 9:04.20 - 3000mSC Göteborg (SWE) 1. 9:43.61 - 3000mSC Chorzów (POL) 3. 9:36.98 - 3000mSC Aalborg (DEN) NCH 1. 9:49.30 - 3000mSC London (GBR) DL 8. 9:33.40 - 2000mSC Birmingham (GBR) 2. 6:17.78 - 3000mSC Budapest (HUN) WCH h 10:09.41			
INFO: Based in Copenhagen. Studies: Technical University of Denmark.			
128	Carolin MILLENAAR (DEN)	26y	
OTHER PB'S: 16:04.88 5000m(23) - 33:54.07 10,000m(23) - 10:22.37 3000mSC(21) Current Records: 1xNBP: NBP 16:14.12 5000m ind. Boston, MA(23)			
2023: 3000m ind. Clemson, SC (USA) 11. 9:51.68 - 5000m ind. Boston, MA (USA) 1. 16:14.12 - 5000m ind. Louisville, KY (USA) 15. 16:47.68 - 3000m ind. Louisville, KY (USA) 17. 9:40.82 - 10,000m Raleigh, NC (USA) 1. 34:20.19 - 1500m Durham, NC (USA) 5. 4:33.52 - 5000m Winston Salem, NC (USA) 10. 16:04.88 - 10,000m Raleigh, NC (USA) 8. 33:54.07 - 10,000m Jacksonville, FL (USA) h 34:27.16 - 5000m Jacksonville, FL (USA) h 16:28.70 - 5000m Aalborg (DEN) NCH 3. 16:37.61 - Half Marathon København (DEN) NCH 30. 1:14:50			
INFO: Hometown: Sorvad. Studies: Wake Forest University. Major in Biology. Likes swimming and climbing.			
135	Maria KOTE (ERI)	17y	
138	Johanna ARDEL (EST)	26y	
GENERAL: 2 times National champion 3000mSC (21, 19) 2 times National Indoor champion 1500m ind. (22), 3000m ind. (22)			
HONOURS: NCH (2xWin) NICH (2xWin)			
2023: Half Marathon Lisboa (POR) d 3. 1:18:58 - 3000m Pärnu (EST) 5. 10:32.01 - 1000m Tartu (EST) 3. 2:54.06 - 3000mSC Tallinn (EST) NCH 2. 10:56.43 - 5000m Tallinn (EST) NCH 3. 16:43.95 - 3000mSC Valmiera (LAT) 4. 10:58.36 - Mile Tallinn (EST) 6. 4:59.24			
INFO: Also a dietist.			
139	Helen BELL (EST)	34y	
GENERAL: 2 times National Indoor champion 1500m ind. (23), 3000m ind. (23) National champion 5000m (23) WA World Rankings: 695th			
OTHER PB'S: 2:46.74 1000m(23)			
HONOURS: NCH (1xWin) NICH (2xWin)			
2023: 3000m ind. Tallinn (EST) 1. 9:46.98 - 1500m ind. Tallinn (EST) 1. 4:33.93 - 3000m ind. Tallinn (EST) 1. 10:00.24 - 3000m Pärnu (EST) 1. 9:38.93 - 1500m Kohila (EST) 1. 4:27.46 - 800m Jõhvi (EST) 3. 2:10.92 - 1500m Pärnu (EST) 3. 4:28.08 - 1000m Tartu (EST) 1. 2:46.74 - 1500m Tallinn (EST) NCH 2. 4:32.84 - 5000m Tallinn (EST) NCH 1. 16:35.55 - Mile Tallinn (EST) 1. 4:54.05 - 10 km Road Pärnu (EST) 2. 36:07			

142	Medina EISA (ETH)	18y	SB and PB: 14:46 Herzogenaurach (GER) 29.04
GENERAL: World Championships finalist World U20 champion 5000m (22)			
OTHER PB'S: 4:12.59 1500m(23) - 8:41.42 3000m(22) - 14:16.54 5000m(23) Current Records: 1xAU20B: AU20B 14:46 5 km Road Herzogenaurach(23) 1xAU18B: AU18B 14:53 5 km Road Herzogenaurach(22)			
HONOURS: World Ch. (1xFinal): 6. 5000m Budapest(23) 14:58.23 World CC Ch. (1xSilver) World U20 Ch. (1xGold)			
2023: 1500m Melbourne (AUS) WC 8. 4:12.59 - 5 km Road Herzogenaurach (GER) 1. 14:46 - 5000m Montesson (FRA) 1. 14:46.60 - 5000m Stockholm (SWE) DL 3. 14:40.02 - 5000m London (GBR) DL 4. 14:16.54 - 5000m Budapest (HUN) WCH h 15:03.07 - 5000m Budapest (HUN) WCH 6. 14:58.23 - 5000m Bruxelles (BEL) DL 2. 14:28.94			
148	Ejgayehu TAYE (ETH)	23y	PB: 14:19 Barcelona (ESP) 31.12.2021
GENERAL: 2 times World Championships finalist World Championships Bronze medallist 10,000m (23)			
OTHER PB'S: 8:19.52 3000m(21) - 14:12.98 5000m(22) - 29:57.45 10,000m(23) Current Records: 1xNR: NR 8:19.52 3000m Paris(21) 1xWR: WR 14:19 5 km Road Barcelona(21)			
HONOURS: OG (1xFinal): 5. 5000m Tokyo(21) 14:41.24 World Ch. (1xBronze): 3. 10,000m Budapest(23) 31:28.31 - 5. 5000m Budapest(23) 14:56.85 - 6. 10,000m Eugene, OR(22) 30:12.45 World Ind. Ch. (1xBronze): 3. 3000m ind. Beograd(22) 8:42.23 World U20 Ch. (1xSilver)			
2023: 3000m ind. Toruń (POL) 2. 8:47.81 - 5000m Paris (FRA) DL 3. 14:13.31 - 10,000m Nerja (ESP) 2. 29:57.45 - 10,000m Budapest (HUN) WCH 3. 31:28.31 - 5000m Budapest (HUN) WCH h 14:33.23 - 5000m Budapest (HUN) WCH 5. 14:56.85 - 5000m Eugene, OR (USA) DF 3. 14:21.52			
162	Verity OCKENDEN (GBR)	32y	SB and PB: 15:26 Newcastle upon Tyne (GBR) 08.09
GENERAL: European Indoor Championships Bronze medallist 3000m ind. (21) WA World Rankings: 255th			
OTHER PB'S: 4:09.34 1500m(21) - 15:03.51 5000m(21) - 31:43.70 10,000m(21)			
HONOURS: Eur. Ind. Ch. (1xBronze)			
2023: 10,000m London (GBR) 17. 32:34.16 - 5000m Wien (AUT) 10. 15:30.30 - 3000m Foligno (ITA) 1. 9:10.71 - 5 km Road Newcastle upon Tyne (GBR) 1. 15:26			
INFO: Born in Maidstone. Also a chef and poet. Studies: Swansea University and Lamar University. Degree in English Literature and Italian.			
171	Nadia BATTOCLETTI (ITA)	23y	SB: 15:24 Wien (AUT) 04.06 PB: 15:13 Herzogenaurach (GER) 30.04.2022
GENERAL: Olympic Games finalist European U23 champion 5000m (21)			
OTHER PB'S: 4:03.34 1500m(23) - 14:41.30 5000m(23) - 31:06.42 10,000m(23) Current Records: 1xNBP: NBP 9:32.99 2 Miles Milano(22) 3xNR: NR 14:41.30 5000m London(23) - NR 15:13 5 km Road Herzogenaurach(22) - NR 31:36 10 km Road Pescara(23)			
HONOURS: OG (1xFinal): 7. 5000m Tokyo(21) 14:46.29			
2023: 3000m ind. Liévin (FRA) 6. 8:45.32 - 3000m ind. Istanbul (TUR) h 8:59.65 - 3000m ind. Istanbul (TUR) 4. 8:44.96 - 10,000m Brescia (ITA) NCH 1. 33:06.25 - 10,000m London (GBR) 3. 31:06.42 - 5000m Montesson (FRA) 7. 15:01.12 - 5000m Chorzów (POL) 1. 15:25.09 - 5000m London (GBR) DL 8. 14:41.30 - 5000m Molfetta (ITA) NCH 1. 16:08.50 - 5000m Budapest (HUN) WCH h 14:41.78 - 5000m Budapest (HUN) WCH 16. 15:27.86 - 1500m Padova (ITA) 1. 4:03.34			
INFO: Born in Cles. Architecture studies at University of Trento. Likes playing tennis, music, reading. Police Athlete; speaks Arabic and English. Her sporting heroes are Roger Federer and Hicham El Guerrouj.			
172	Federica DEL BUONO (ITA)	28y	PB: 16:34 Bolzano (ITA) 31.12.2014
GENERAL: European Championships finalist European Indoor Championships Bronze medallist 1500m ind. (15)			
OTHER PB'S: 2:00.58 800m(14) - 4:03.45 1500m(22) - 8:46.84 3000m(23)			
HONOURS: Eur. Ind. Ch. (1xBronze) NCH (1xWin)			
2023: 1500m ind. Padova (ITA) 1. 4:11.22 - 1500m Firenze (ITA) DL 13. 4:05.09 - 1500m Huelva (ESP) 7. 4:13.74 - 1500m Turku (FIN) 9. 4:06.29 - 1500m Tomblaine (FRA) 8. 4:06.60 - 5000m Oulu (FIN) 3. 15:18.36 - 1500m Heusden-Zolder (BEL) 3. 4:06.07 - 1500m Székesfehérvár (HUN) 7. 4:05.95 - 1500m Molfetta (ITA) NCH 2. 4:07.05 - 1500m Padova (ITA) 5. 4:05.47 - 3000m Rovereto (ITA) 5. 8:46.84 - 1500m Zagreb (CRO) WC 10. 4:08.31			
INFO: Born in Vicenza. Previously practiced swimming and hip hop dance. Motor Sciences studies. Member of the Armed Forces.			
175	Nanami WATANABE (JPN)	24y	PB: 16:49 Albuquerque, NM (USA) 10.09.2017
OTHER PB'S: 8:58.47 3000m(23) - 15:25.48 5000m(23) - 32:44.98 10,000m(19)			
2023: 5000m Kumamoto (JPN) 8. 15:36.99 - 5000m Palo Alto, CA (USA) 9. 15:48.34 - 5000m Walnut, CA (USA) 5. 15:25.48 - 3000m Yokohama (JPN) WC 7. 8:58.47 - 5000m Osaka (JPN) NCH 4. 15:29.94			
176	Beatrice CHEBET (KEN)	23y	PB: 14:32 Zürich (SUI) 07.09.2022
GENERAL: Diamond League Final winner 5 km Road (22) World Championships Silver medallist 5000m (22)			
OTHER PB'S: 8:24.05 3000m(23) - 9:14.71 2 Miles(22) - 14:05.92 5000m(23)			
HONOURS: World Ch. (1xSilver, 1xBronze): 2. 5000m Eugene, OR(22) 14:46.75 - 3. 5000m Budapest(23) 14:54.33 DF (1xWin) World CC Ch. (2xGold) World U20 Ch. (1xGold)			
2023: 5000m Nairobi (KEN) 1. 15:15.82 - 1500m Nairobi (KEN) 1. 4:07.18 - 3000m Oslo (NOR) DL 1. 8:25.01 - 1500m Nairobi (KEN) NCH h 4:12.56 - 1500m Nairobi (KEN) NCH 1. 4:06.09 - 5000m Stockholm (SWE) DL 1. 14:36.52 - 1500m Nairobi (KEN) 6. 4:10.17 - 5000m London (GBR) DL 2. 14:12.92 - 5000m Budapest (HUN) WCH h 14:57.70 - 5000m Budapest (HUN) WCH 3. 14:54.33 - 3000m Xiamen (CHN) DL 1. 8:24.05 - 5000m Eugene, OR (USA) DF 2. 14:05.92			
INFO: Based in Londiani. Made history in 2018 when won gold for Kenya in the 5000m at U20 WCH, she became the 1st non-Ethiopian since 2006 to win gold in this event. After trainings she helps her parents in their farm.			
186	Lilian Kasait RENGERUK (KEN)	26y	PB: 14:51 Zürich (SUI) 08.09.2021
GENERAL: World Championships finalist All-African Games winner 5000m (19)			
OTHER PB'S: 4:12.5h 1500m(23) - 8:25.90 3000m(23) - 14:23.05 5000m(23)			
HONOURS: World Ch. (1xFinal): 5. 5000m Doha(19) 14:36.05 World CC Ch. (1xBronze) World U20 Ch. (1xSilver) World Youth Ch. (1xGold)			
2023: 5000m Nairobi (KEN) 4. 15:19.21 - 1500m Nairobi (KEN) 1. 4:12.5h - 5000m Nairobi (KEN) 1. 15:10.8h - 5000m Paris (FRA) DL 4. 14:23.05 - 3000m Oslo (NOR) DL 2. 8:25.90 - 5000m Nairobi (KEN) NCH 1. 15:01.37 - 5000m Nairobi (KEN) 2. 14:56.50 - 3000m Chorzów (POL) WC 2. 8:27.80 - 5000m Budapest (HUN) WCH h 14:36.61 - 5000m Budapest (HUN) WCH 10. 14:59.32 - 5000m Bruxelles (BEL) DL 1. 14:26.46 - 5000m Eugene, OR (USA) DF 4. 14:40.81			
INFO: Studies: Kenya Prisons College.			
190	Evelīna Krista SITNIKA (LAT)	20y	SB and PB: 17:46 Valmiera (LAT) 02.09
GENERAL: National champion 5000m (23)			
OTHER PB'S: 10:28.25 3000mSC(23)			
HONOURS: NCH (1xWin)			
2023: 1000m ind. Valmiera (LAT) 2. 2:52.59 - 1500m ind. Valmiera (LAT) 3. 4:34.68 - 1500m ind. Valmiera (LAT) 2. 4:28.79 - 3000mSC Saldus (LAT) 1. 10:42.80 - 3000mSC Kaunas (LTU) 2. 10:54.11 - 3000mSC Chorzów (POL) 8. 10:28.25 - 1500m Pärnu (EST) 4. 4:30.45 - 3000mSC Espoo (FIN) h 10:33.34 - 1500m Valmiera (LAT) 2. 4:27.27 - 1500m Valmiera (LAT) NCH 2. 4:31.96 - 5000m Valmiera (LAT) NCH 1. 17:16.97 - 3000mSC Valmiera (LAT) 2. 10:32.94			
194	Lina KIRILIUK (LTU)	27y	SB and PB: 17:19 Vilnius (LTU) 10.09
GENERAL: 2 times National champion 5000m (23, 22) National Indoor champion 3000m ind. (23) WA World Rankings: 513th			
OTHER PB'S: 1:15:34 Half Marathon(23) - 2:40:53 Marathon(22)			
HONOURS: NCH (2xWin) NICH (1xWin)			
2023: 3000m ind. Vilnius (LTU) 1. 9:44.70 - 3000m ind. Klaipėda (LTU) 1. 9:51.63 - Half Marathon Lisboa (POR) d 23. 1:15:34 - 10 km Road Klaipėda (LTU) 1. 36:04 - 10,000m Pacé (FRA) 13. 35:30.22 - 5000m Chorzów (POL) 12. 17:12.49 - 5000m Palanga (LTU) NCH 1. 16:53.31 - 5000m Valmiera (LAT) 1. 16:38.79 - 5 km Road Vilnius (LTU) 1. 17:19 - 10 km Road Vilnius (LTU) 1. 35:28			
212	Paulina KACZYŃSKA (POL)	32y	PB: 16:06 Wien (AUT) 03.10.2021
GENERAL: 3 times National champion 5000m (23, 18), 10,000m (19)			
OTHER PB'S: 4:10.03 1500m(18) - 9:00.46 3000m(18) - 15:29.67 5000m(18)			
HONOURS: NCH (3xWin)			
2023: 10,000m Olkusz (POL) NCH 9. 35:31.29 - 800m Świnoujście (POL) 1. 2:10.38 - 800m Piaseczno (POL) 3. 2:08.60 - 800m Gdansk (POL) 2. 2:08.91 - 1500m Poznan (POL) 15. 4:26.76 - 1500m Białogard (POL) 1. 4:21.72 - 5000m Warszawa (POL) 1. 16:11.92 - 1500m Gorzów Wielkopolski (POL) NCH 6. 4:21.63 - 5000m Gorzów Wielkopolski (POL) NCH 1. 16:43.51 - 5000m Białogard (POL) 1. 15:46.26 - 1500m Sopot (POL) 6. 4:17.69 - 1000m Złocieniec (POL) 1. 2:45.20			
INFO: Athlete of Stargard.			

215	Kyla JACOBS (RSA)	28y	SB and PB: 16:21 Hasbergen (GER) 26.05
GENERAL: African Championships finalist National champion 5000m (23) WA World Rankings: 375th			
OTHER PB'S: 9:01.54 3000m(23) - 15:20.61 5000m(23) - 33:28 10 km Road(22)			
HONOURS: NCH (1xWin)			
2023: 5000m Potchefstroom (RSA) NCH 1. 15:59.12 - 3000m Cape Town (RSA) 2. 9:01.54 - 5000m Cape Town (RSA) 1. 15:20.61 - Mile Cape Town (RSA) 2. 4:39.67 - 5000m Karlsruhe (GER) 12. 15:42.78 - 5 km Road Hasbergen (GER) 1. 16:21 - 5000m Bergen (NOR) 8. 16:13.57 - 5 km Road Johannesburg (RSA) NCH 2. 16:59			
INFO: Based in Cape Town. Studies: Coastal Carolina University. MBA degree.			
216	Tayla KAVANAGH (RSA)	22y	SB and PB: 16:45 Johannesburg (RSA) 17.06
GENERAL: 2 times National champion 5 km Road (23), 10 km Road (21) WA World Rankings: 312th			
OTHER PB'S: 15:43.40 5000m(22) - 32:10 10 km Road(21)			
HONOURS: NCH (2xWin)			
2023: 5000m Pietermaritzburg (RSA) 1. 16:56.06 - 3000m Cape Town (RSA) 6. 9:48.21 - 5 km Road Johannesburg (RSA) NCH 1. 16:45			
INFO: Athlete of Durban.			
225	Vanessa Ying Zhuang LEE (SGP)	25y	
2023: 5000m Sydney (AUS) 1. 18:06.41 - 5000m Phnom Penh (CAM) 6. 18:02.52 - 10,000m Phnom Penh (CAM) 7. 37:46.21 - Half Marathon Gold Coast (AUS) 34. 1:22:33			
228	Klara LUKAN (SLO)	23y	SB and PB: 15:32 Wien (AUT) 22.04
GENERAL: European U20 champion 5000m (19) European U23 Championships Silver medallist 5000m (21)			
OTHER PB'S: 5:40.91 2000m(21) - 8:47.17 3000m(23) - 15:01.37 5000m(23) Current Records: 4xNR: NR 5:40.91 2000m Zagreb(21) - NR 15:01.37 5000m Montesson(23) - NR 15:32 5 km Road Wien(23) - NR 32:32 10 km Road Ljubljana(21)			
HONOURS: Eur. U23 Ch. (1xSilver) Eur. U20 Ch. (1xGold) Balkan Ch. (1xWin) Balkan Ind. Ch. (1xWin)			
2023: 3000m ind. Zagreb (CRO) 1. 8:55.80 - 3000m ind. Birmingham (GBR) 8. 8:44.80 - 5 km Road Wien (AUT) 1. 15:32 - 3000m Conegliano (ITA) 1. 8:47.17 - 5000m Karlsruhe (GER) 2. 15:11.88 - 3000m Slovenj Gradec (SLO) 1. 9:34.66 - 5000m Montesson (FRA) 9. 15:01.37 - 5000m Chorzów (POL) 2. 15:33.39 - 5000m Velenje (SLO) NCH 1. 17:05.51 - 3000m Chorzów (POL) WC 14. 8:51.45 - 1500m Zagreb (CRO) WC 12. 4:11.05 - 3000m Novo Mesto (SLO) 1. 9:00.23			
INFO: Born in Novo Mesto. Biotechnology studies at University of Ljubljana.			
230	Liza ŠAJN (SLO)	21y	
GENERAL: National champion 10,000m (23)			
OTHER PB'S: 9:24.45 3000m(23) - 16:15.20 5000m(23) - 33:22.53 10,000m(23)			
HONOURS: NCH (1xWin)			
2023: 3000m ind. Novo Mesto (SLO) 1. 9:28.16 - 1500m ind. Zagreb (CRO) 2. 4:27.94 - 1500m ind. Zagreb (CRO) 1. 4:24.83 - 3000m ind. Zagreb (CRO) 2. 9:21.47 - 10,000m Kozje (SLO) NCH 1. 33:22.53 - 5000m Milano (ITA) 7. 16:15.20 - 3000m Conegliano (ITA) 2. 9:24.45 - 1500m Zagreb (CRO) 3. 4:28.72 - 10,000m Pacé (FRA) 24. 37:01.41 - 10,000m Espoo (FIN) 19. 37:04.29 - 3000m Kraljevo (SRB) 3. 9:48.13 - 1500m Novo Mesto (SLO) 3. 4:29.43			
INFO: Hometown: Logatec. Studies: Portland State University. Likes cycling and cooking.			
236	Peruth CHEMUTAI (UGA)	24y	SB: 15:12 Lille (FRA) 19.03 PB: 15:05 Lille (FRA) 20.03.2022
GENERAL: Olympic champion 3000mSC (21) 2 times World Championships finalist			
OTHER PB'S: 4:17.18 1500m(16) - 9:12.60 3000m(21) - 9:01.45 3000mSC(21) Current Records: 2xNR: NR 9:01.45 3000mSC Tokyo(21) - NR 15:05 5 km Road Lille(22)			
HONOURS: OG (1xGold): 1. 3000mSC Tokyo(21) 9:01.45 World Ch. (2xFinal): 5. 3000mSC Doha(19) 9:11.08 - 7. 3000mSC Budapest(23) 9:10.26 World U20 Ch. (1xSilver)			
2023: 5 km Road Lille (FRA) 6. 15:12 - 3000mSC Doha (QAT) DL 11. 9:31.71 - 3000mSC Lausanne (SUI) DL 3. 9:11.91 - 3000mSC Budapest (HUN) WCH h 9:20.03 - 3000mSC Budapest (HUN) WCH 7. 9:10.26 - 3000mSC Zürich (SUI) DL 10. 9:23.79			
INFO: Born in Bukwo. Made history in Tokyo, she became Uganda's first female Olympic gold medallist when she won the 3000 m SC (2021) Member of the Police. Her idol is Almaz Ayana.			
237	Joy CHEPTOYEK (UGA)	21y	
OTHER PB'S: 15:24.88 5000m(23) - 32:09.52 10,000m(23) - 30:47 10 km Road(23)			
2023: 10 km Road Castellón (ESP) 1. 30:47 - 10,000m Hengelo (NED) WC 7. 32:09.52 - 5000m Montesson (FRA) 22. 15:29.71 - 5000m Nairobi (KEN) 6. 15:24.88			
240	Bohdana SEMYONOVA (UKR)	24y	SB and PB: 16:45 Lviv (UKR) 03.09
GENERAL: National champion 5 km Road (23)			
OTHER PB'S: 16:19.14 5000m(22) - 33:01.55 10,000m(20) - 10:27.09 3000mSC(18)			
HONOURS: NCH (1xWin)			
2023: 3000m ind. Kyiv (UKR) 1. 9:49.90 - 3000m ind. Kyiv (UKR) 4. 9:40.88 - 5 km Road Lviv (UKR) NCH 1. 16:45			
INFO: Studies: Sumy State University.			
245	Weini KELATI FREZGHI (USA)	26y	SB: 15:13 Boston, MA (USA) 15.04 PB: 15:04 Boston, MA (USA) 16.04.2022
GENERAL: World U20 Championships finalist NCAA champion 10,000m (19)			
OTHER PB'S: 8:32.50 3000m(23) - 14:53.41 5000m(23) - 31:04.16 10,000m(23) Current Records: 1xNR: NR (ERI) 8:53.89 3000m Palo Alto, CA(19) 2xNBP: NBP 10:00.38 2 Miles Greensboro, NC(16) - NBP 10:02.71 2 Miles ind. New York, NY(16)			
HONOURS: NCAA Ch. (1xWin)			
2023: 5 km Road Boston, MA (USA) 4. 15:13 - 10,000m London (GBR) 2. 31:04.16 - 5000m Montesson (FRA) 4. 14:53.41 - 3000m Oslo (NOR) DL 5. 8:32.50 - 10,000m Eugene, OR (USA) NCH 4. 32:30.40 - 5000m Eugene, OR (USA) NCH 8. 15:15.49 - 5000m Eugene, OR (USA) DF 8. 15:25.62			
INFO: Born in Eritrea. Hometown: Leesburg. Studies: University of New Mexico Lobos. Her favourite athlete is Usain Bolt. Music is her hobby.			
247	Fiona O'KEEFE (USA)	25y	SB and PB: 15:24 Boston, MA (USA) 15.04
GENERAL: NACAC Championships Silver medallist 5000m (22)			
OTHER PB'S: 30:52.77 10,000m(23) - 51:42 10 Miles Road(22) - 1:07:42 Half Marathon(22)			
HONOURS: NACAC Ch. (1xSilver)			
2023: 5000m ind. Boston, MA (USA) 3. 15:01.34 - 10,000m San Juan Capistrano, CA (USA) 5. 30:55.05 - 5 km Road Boston, MA (USA) 6. 15:24 - 5000m Winston Salem, NC (USA) 1. 15:25.52 - 10,000m Walnut, CA (USA) 1. 30:52.77 - 10 km Road Cape Elizabeth, ME (USA) 6. 32:24			
INFO: Based in Chapel Hill. Studies: Stanford University. Degree in Earth Systems.			

Men's 5km Road Race

Final

01.10.2023

309	Morgan MCDONALD (AUS)	27y	
GENERAL: 2 times NCAA Indoor champion 3000m ind. (19), 5000m ind. (19) Commonwealth Games finalist			
OTHER PB'S: 3:37.42 1500m(20) - 7:35.78 3000m(23) - 13:13.67 5000m(21) Current Records: 1xABP: ABP 8:14.92 2 Miles ind. New York, NY(21)			
HONOURS: NCH (1xWin) NCAA Ch. (1xWin) NCAA Ind. Ch. (2xWin)			
2023: 5000m Los Angeles, CA (USA) 4. 13:24.54 - 5000m Budapest (HUN) WCH h 13:43.58 - 3000m Zagreb (CRO) WC 4. 7:35.78			
INFO: Born in Sydney. Studies: University of Wisconsin. Major in Business, Finance and Banking.			
310	Stewart MCSWEYN (AUS)	28y	PB: 13:53 Carlsbad, CA (USA) 02.04.2017
GENERAL: Olympic Games finalist 4 times Diamond League meeting winner 1500m (21, 20), Mile (21, 18)			
OTHER PB'S: 3:29.51 1500m(21) - 4:48.77 2000m(23) - 7:28.02 3000m(20) Current Records: 1xNR: NR 4:48.77 2000m Bruxelles(23) 1xAR: AR 7:28.02 3000m Roma(20)			
HONOURS: OG (1xFinal): 7. 1500m Tokyo(21) 3:31.91 NCH (1xWin)			
2023: 3000m Melbourne (AUS) WC 2. 7:44.36 - 5000m Firenze (ITA) DL 16. 13:23.81 - 1500m Lausanne (SUI) DL 7. 3:32.85 - 1500m London (GBR) DL 6. 3:31.42 - 1500m Budapest (HUN) WCH h 3:36.01 - 5000m Budapest (HUN) WCH h 13:56.81 - 5000m Budapest (HUN) WCH 13. 13:26.58 - 1500m Zürich (SUI) DL 7. 3:31.92 - 2000m Bruxelles (BEL) DL 3. 4:48.77 - Mile Eugene, OR (USA) DF 10. 3:49.32 - 3000m Eugene, OR (USA) DF 8. 7:31.14			
INFO: Born in King Island; grew up on a family farm. Studies: University of Southern Queensland; his favourite location is Tokyo. Previously played Australian football; likes watching tennis, fan of Nick Kyrgios. If he could be a superhero he would be Incredible Hulk. Admires Nic Bideau. Former Tasmanian Athlete of the Year.			
315	Kevin KAMENSCHAK (AUT)	19y	
GENERAL: European U20 Championships Silver medallist 1500m (23) European U20 Championships Bronze medallist 5000m (23)			
OTHER PB'S: 3:40.95 1500m(22) - 7:48.57 3000m(23) - 13:40.82 5000m(23)			
HONOURS: Eur. U20 Ch. (1xSilver, 1xBronze) NICH (1xWin)			
2023: 3000m Pliezhausen (GER) 1. 8:04.51 - Mile Manchester (GBR) 9. 4:02.20 - 1500m Jessheim (NOR) 10. 3:41.61 - 5000m Wien (AUT) 19. 13:40.82 - 1500m Mannheim (GER) 1. 3:52.35 - 1500m Jerusalem (ISR) h 3:52.22 - 1500m Jerusalem (ISR) 2. 3:59.73 - 5000m Jerusalem (ISR) 3. 14:15.02 - 3000m Trier (GER) 7. 7:48.57 - 1500m Kapfenberg (AUT) 1. 4:02.23			
INFO: Born in Linz.			
319	Célestin NDIKUMANA (BDI)	21y	
WA World Rankings: 292nd			
OTHER PB'S: 7:45.02 3000m(23) - 13:18.74 5000m(23) - 1:02:49 Half Marathon(22)			
2023: 5000m Milano (ITA) 1. 13:31.96 - 5000m Conegliano (ITA) 1. 13:18.74 - 10 km Road Trieste (ITA) 2. 28:47 - 5000m Lucca (ITA) 6. 13:23.91 - 1500m Pietrasanta (ITA) 2. 3:46.17 - 3000m Pergine Valsugana (ITA) 3. 7:54.55 - 3000m Nembro (ITA) 4. 7:56.47 - 5000m Avellino (ITA) 1. 13:36.99 - 3000m Foligno (ITA) 1. 7:52.04 - 3000m Celle Ligure (ITA) 1. 7:45.02 - 5000m Schifflange (LUX) 5. 13:31.57 - 3000m Rovereto (ITA) 9. 7:46.69			
INFO: Has been training in Italy.			
321	Egide NTAKARUTIMANA (BDI)	25y	
OTHER PB'S: 7:40.26 3000m(23) - 13:03.61 5000m(23) - 27:24.59 10,000m(22)			
2023: 10 km Road Valencia (ESP) 16. 28:00 - 10,000m Ferrara (ITA) 1. 28:01.39 - 10,000m London (GBR) 4. 27:37.09 - 5000m Montesson (FRA) 5. 13:06.76 - 5000m Wien (AUT) 2. 13:03.61 - 5000m Lausanne (SUI) DL 12. 13:27.75 - 3000m Stockholm (SWE) 4. 7:40.52 - 5000m Budapest (HUN) WCH h 13:37.53 - 3000m Rovereto (ITA) 5. 7:40.26			
329	Ivo BALABANOV (BUL)	26y	
GENERAL: 8 times National champion 1500m (21, 19), 5000m (23, 21, 19, 18), 3000mSC (23, 18) National Indoor champion 1500m ind. (19)			
OTHER PB'S: 28:43.33 10,000m(20) - 5:38.64 2000mSC(19) - 8:39.55 3000mSC(22)			
HONOURS: NCH (8xWin) NICH (1xWin)			
2023: 3000m ind. Spokane, WA (USA) 3. 8:06.73 - 3000m ind. Boston, MA (USA) 1. 7:59.60 - 3000m ind. Boston, MA (USA) 10. 7:57.83 - 3000mSC Chorzów (POL) 2. 8:47.69 - 5000m Chorzów (POL) 3. 13:56.99 - 3000mSC Veliko Tarnovo (BUL) NCH 1. 8:44.25 - 5000m Veliko Tarnovo (BUL) NCH 1. 14:33.83 - 3000mSC Kraljevo (SRB) 4. 9:02.23			
INFO: Hometown: Blagoevgrad. Studies: California Baptist University. Major in Kinesiology. Likes boxing, movies.			
330	Thomas FAFARD (CAN)	24y	PB: 14:53 Montréal (CAN) 14.08.2019
GENERAL: NACAC Championships Silver medallist 5000m (22) Pan American U20 Championships Silver medallist 5000m (17)			
OTHER PB'S: 3:40.58 1500m(21) - 13:31.50 5000m(22) - 28:58.41 10,000m(23)			
HONOURS: NACAC Ch. (1xSilver) PanAm. U20 Ch. (1xSilver)			
2023: 10,000m San Juan Capistrano, CA (USA) 12. 28:58.41 - 5000m Walnut, CA (USA) 6. 13:37.52 - 5000m New York, NY (USA) 1. 13:33.00 - 5000m Gresham, OR (USA) 4. 13:37.30 - 1500m Montréal (CAN) 7. 3:44.03 - 5000m Heusden-Zolder (BEL) 16. 14:07.25 - 5000m Langley (CAN) NCH 3. 13:45.49 - 1500m Langley (CAN) NCH h 3:47.58 - 1500m Langley (CAN) NCH 12. 3:48.31			
INFO: Studies: Laval University.			
331	Benjamin FLANAGAN (CAN)	28y	SB and PB: 13:26 Boston, MA (USA) 15.04
GENERAL: NCAA champion 10,000m (18) National champion 5000m (23) WA World Rankings: 124th			
OTHER PB'S: 13:13.97 5000m(23) - 27:49.09 10,000m(21) - 1:01:00 Half Marathon(22) Current Records: 2xNR: NR 13:26 5 km Road Boston, MA(23) - NR 28:11 10 km Road Boston, MA(22)			
HONOURS: NCH (1xWin) NCAA Ch. (1xWin)			
2023: 5000m ind. Boston, MA (USA) 5. 13:11.12 - 3000m ind. Boston, MA (USA) 5. 7:43.49 - Mile ind. Chicago, IL (USA) 9. 4:10.86 - 10,000m San Juan Capistrano, CA (USA) 12. 27:49.67 - 5 km Road Boston, MA (USA) 2. 13:26 - 5000m Walnut, CA (USA) 3. 13:13.97 - 5000m Los Angeles, CA (USA) 9. 13:16.34 - 1500m Windsor (CAN) 1. 3:39.63 - 5000m Los Angeles, CA (USA) 1. 13:20.13 - 5000m Langley (CAN) NCH 1. 13:39.36 - 5000m Budapest (HUN) WCH h 13:38.69			
INFO: Hometown: Kitchener. Studies: University of Michigan. Major in Movement Science. Likes swimming and hockey.			
338	Mikael JOHNSEN (DEN)	31y	SB: 14:26 Odense (DEN) 27.03 PB: 14:19 Monaco (MON) 16.02.2020
GENERAL: 2 times National champion 5000m (23), 10 km Road (23) 2 times National Indoor champion 1500m ind. (20), 3000m ind. (23) WA World Rankings: 380th			
OTHER PB'S: 3:38.69 1500m(20) - 13:44.05 5000m(23) - 1:03:50 Half Marathon(22)			
HONOURS: NCH (2xWin) NICH (2xWin)			
2023: 10 km Road Valencia (ESP) 71. 29:38 - 3000m ind. Skive (DEN) 2. 8:10.61 - 10 km Road Århus (DEN) NCH 1. 29:10 - 5000m Stockholm (SWE) 8. 13:44.73 - 5000m Copenhagen (DEN) 1. 13:50.80 - 5000m København (DEN) 3. 13:44.45 - 5000m Chorzów (POL) 5. 14:05.65 - 5000m Aalborg (DEN) NCH 1. 14:11.75 - 5000m Heusden-Zolder (BEL) 14. 14:04.12 - 5000m Manchester (GBR) 1. 13:46.52 - 5000m Århus (DEN) 1. 13:44.56 - 5000m Århus (DEN) 1. 13:44.05			
339	Joel Ibler LILLESØ (DEN)	19y	PB: 13:59 Flakkebjerg (DEN) 20.06.2020
GENERAL: European U20 champion 5000m (21) 3 times National champion 5000m (22, 21), Cross Country (22)			
OTHER PB'S: 7:49.61 3000m(21) - 13:29.58 5000m(22) - 28:38 10 km Road(22) Current Records: 1xAU18B: AU18B 13:59 5 km Road Flakkebjerg(20)			
HONOURS: Eur. U20 Ch. (1xGold) NCH (3xWin)			
2023: 3000m ind. Karlstad (SWE) 1. 7:51.41 - 3000m ind. Randers (DEN) 2. 8:21.47 - 3000m ind. Istanbul (TUR) h 8:00.48 - 1500m Stirling (GBR) 3:45.54 - Mile Stirling (GBR) 2. 4:01.76 - 5000m Århus (DEN) 2. 13:45.17			
INFO: Athlete of Bagsvaerd.			
352	Dawit SEARE (ERI)	18y	
OTHER PB'S: 3:47.06 1500m(21)			
353	Abderezak SULEMAN (ERI)	19y	
GENERAL: World U20 Championships finalist			
OTHER PB'S: 1:46.56 800m(22) - 3:39.48 1500m(21) - 13:17.89 5000m(23) Current Records: 1xNR: NR 1:46.56 800m Lokeren(22)			
HONOURS:			
2023: 5000m Huelva (ESP) 2. 13:17.89 - 5000m Göteborg (SWE) 4. 13:36.26			

360	Ouassim OUMAIZ (ESP)	24y	SB: 14:05 Santander (ESP) 14.05	PB: 13:19 Nijmegen (NED) 19.07.2020
OTHER PB'S: 3:36.83 1500m(21) - 7:40.62 3000m(20) - 13:06.42 5000m(23) Current Records: 1xNR: NR 13:19 5 km Road Nijmegen(20)				
2023: 5 km Road Santander (ESP) NCH 3. 14:05 - 1500m Nerja (ESP) 13. 3:44.08 - 5000m Heusden-Zolder (BEL) 7. 13:06.42 - 5000m Torrent (ESP) 1. 13:49.84 - 5000m Budapest (HUN) WCH h 13:36.35 - 5000m Budapest (HUN) WCH 16. 13:31.99				
INFO: Born in Nerja. Says athletics is not just his hobby or a sport, but his job. His idols are Hicham El Guerrouj and Mo Farah.				
364	Tiidrek NURME (EST)	37y	SB: 14:20 Helsinki (FIN) 13.05	PB: 14:08 San José (USA) 26.11.2009
GENERAL: 16 times National champion 1500m (14, 12, 10, 09, 06), 5000m (21, 20, 19, 18, 17, 11, 07, 06), 10,000m (19), Half Marathon (23, 22) 10 times National Indoor champion 1500m ind. (12, 11, 10, 09, 07), 3000m ind. (12, 11, 08, 07, 06) WA World Rankings: 407th				
OTHER PB'S: 3:38.59 1500m(08) - 7:48.24 3000m(14) - 2:10:02 Marathon(20) Current Records: 7xNR: NR 3:38.59 1500m Beijing(08) - NR 3:59.74 Mile Viljandi(11) - NR 5:06.02 2000m Joensuu(08) - NR 7:48.24 3000m Dublin(14) - NR 1:01:38.51 20,000m Tallinn(22) - NR 29:04 10 km Road Rapla(20) - NR 1:02:20 Half Marathon Gdynia(20)				
HONOURS: Eur. Team Ch./1st (1xWin) NCH (16xWin) NICH (10xWin)				
2023: Half Marathon Sevilla (ESP) 7. 1:02:41 - Marathon Enschede (NED) 9. 2:14:26 - 5 km Road Helsinki (FIN) 2. 14:20 - Half Marathon Narva (EST) NCH 1. 1:07:00 - Marathon Budapest (HUN) WCH 31. 2:15:42 - 10 km Road Tallinn (EST) 1. 29:31				
INFO: Based in Tartu. Has three children.				
369	Hagos GEBRHIWET (ETH)	29y	PB: 13:14 Carlsbad, CA (USA) 01.04.2012	
GENERAL: Diamond League Final winner 5000m (16) World Championships Silver medalist 5000m (13)				
OTHER PB'S: 7:30.36 3000m(13) - 12:42.18 5000m(23) - 26:48.95 10,000m(19) Current Records: 1xWU20R: WU20R 7:32.87 3000m ind. Boston, MA(13)				
HONOURS: OG (1xBronze): 3. 5000m Rio de Janeiro(16) 13:04.35 World Ch. (1xSilver, 1xBronze): 2. 5000m Moskva(13) 13:27.26 - 3. 5000m Beijing(15) 13:51.86 - 6. 5000m Budapest(23) 13:12.65 DF (1xWin)				
2023: Half Marathon Granollers (ESP) 1. 58:55 - Half Marathon Lisboa (POR) d 2. 59:07 - 5000m Castellón (ESP) 1. 13:15.85 - 5000m Lausanne (SUI) DL 3. 12:49.80 - 5000m Monaco (MON) DL 1. 12:42.18 - 5000m Budapest (HUN) WCH h 13:36.15 - 5000m Budapest (HUN) WCH 6. 13:12.65				
INFO: Born in Tigray. He has 5 sisters. Used to play soccer with his village friends and he is an Arsenal fan.				
370	Yomif KEJELCHA (ETH)	26y	SB and PB: 12:50 Lille (FRA) 19.03	
GENERAL: 2 times World Indoor champion 3000m ind. (18, 16) Diamond League Final winner 5000m (15) WA World Rankings: 5th				
OTHER PB'S: 7:23.64 3000m(23) - 12:41.73 5000m(23) - 58:32 Half Marathon(22) Current Records: 1xWR: WR 3:47.01 Mile ind. Boston, MA(19) 1xWU20B: WU20B 4:57.74 2000m ind. Metz(14) 1xWU20R: WU20R 7:28.19 3000m Paris(16) 2xNR: NR 7:23.64 3000m Eugene, OR(23) - NR 58:32 Half Marathon Valencia(22)				
HONOURS: OG (1xFinal): 8. 10,000m Tokyo(21) 27:52.03 World Ch. (1xSilver): 2. 10,000m Doha(19) 26:49.34 - 4. 5000m London(17) 13:33.51 - 4. 5000m Beijing(15) 13:52.43 - 5. 5000m Budapest(23) 13:12.51 - 8. 5000m Eugene, OR(22) 13:12.09 DF (1xWin) World Ind. Ch. (2xGold): 1. 3000m ind. Birmingham(18) 8:14.41 - 1. 3000m ind. Portland, OR(16) 7:57.21				
2023: 5 km Road Lille (FRA) 1. 12:50 - 5 km Road Herzogenaurach (GER) 2. 13:06 - 5000m Firenze (ITA) DL 2. 12:52.12 - 5000m Oslo (NOR) DL 1. 12:41.73 - 5000m Budapest (HUN) WCH h 13:32.83 - 5000m Budapest (HUN) WCH 5. 13:12.51 - 5000m Zürich (SUI) DL 1. 12:46.91 - 3000m Eugene, OR (USA) DF 2. 7:23.64				
INFO: Born in Oromia. Has been training partner of Sifan Hassan.				
378	Etienne DAGUINOS (FRA)	23y	PB: 13:36 Angers (FRA) 24.04.2021	
WA World Rankings: 235th				
OTHER PB'S: 3:40.15 1500m(22) - 13:15.26 5000m(23) - 1:01:39 Half Marathon(23)				
2023: 10 km Road Valencia (ESP) 26. 28:35 - 1500m ind. Eaubonne (FRA) 2. 3:49.05 - Half Marathon Lille (FRA) 5. 1:01:39 - 1500m Bordeaux (FRA) 1. 3:40.63 - 3000m Talence (FRA) 1. 7:53.90 - 5000m Oordegem (BEL) 5. 13:15.26 - 10,000m Pacé (FRA) 16. 28:42.49 - 2 Miles Paris (FRA) 8. 8:31.29 - 3000m Paris (FRA) 7:53.84 - 5000m Albi (FRA) NCH 2. 13:31.78 - 5000m Zürich (SUI) DL 8. 13:29.23				
INFO: Hometown: Talence. Studies: University of Bordeaux.				
383	Scott BEATTIE (GBR)	24y	SB and PB: 13:56 Newcastle upon Tyne (GBR) 08.09	
OTHER PB'S: 7:52.64 3000m(22) - 13:25.53 5000m(23) - 27:58.92 10,000m(23)				
2023: Mile ind. Fayetteville, AR (USA) 4. 4:02.26 - 5000m ind. Chicago, IL (USA) 12. 13:58.75 - 5000m ind. Birmingham, AL (USA) 1. 13:52.51 - 3000m ind. Birmingham, AL (USA) 4. 8:01.21 - 10,000m Palo Alto, CA (USA) 4. 27:58.92 - 5000m Palo Alto, CA (USA) 4. 13:30.57 - 5000m Tampa, FL (USA) 2. 13:49.13 - 10,000m Sacramento, CA (USA) h 28:21.98 - 10,000m Austin, TX (USA) 13. 29:10.31 - 5000m Manchester (GBR) NCH 7. 13:50.70 - 5000m Dublin (IRL) 1. 13:25.53 - 5000m Schifflange (LUX) 10. 13:51.64				
INFO: Hometown: Newcastle. Studies: University of Tulsa; major in Finance. Favourite band is Coldplay; the Harry Potter series are his favourite books. Said Uganda is the most memorable country he has visited.				
399	Derebe AYELE (ISR)	21y		
OTHER PB'S: 13:41.95 5000m(23)				
2023: 3000m ind. Lyon (FRA) 4. 8:04.20 - 10 km Road Tel Aviv (ISR) 4. 29:40 - 5000m Tel Aviv (ISR) NCH 3. 13:41.95 - 5000m Wien (AUT) 24. 14:00.36 - 5000m Espoo (FIN) 4. 13:47.92				
400	Dereje CHEKOLE (ISR)	23y	PB: 13:53 Tel Aviv (ISR) 07.01.2021	
OTHER PB'S: 8:07.50 3000m(20) - 28:11.38 10,000m(23) - 44:58 15 km Road(20)				
2023: 10,000m Tel Aviv (ISR) NCH 2. 28:11.38 - 5000m Tel Aviv (ISR) NCH 6. 14:06.89 - 10 km Road Herzogenaurach (GER) 26. 29:27 - 10,000m Pacé (FRA) 10. 28:37.12 - 5000m Tel Aviv (ISR) 2. 14:09.06 - 5000m Heusden-Zolder (BEL) 14. 13:58.42				
410	Kanta SHIMIZU (JPN)	27y		
OTHER PB'S: 7:51.16 3000m(23) - 13:21.18 5000m(23) - 27:31.27 10,000m(22)				
2023: 3000m ind. Boston, MA (USA) 6. 7:56.18 - 10,000m San Juan Capistrano, CA (USA) 13. 27:51.23 - 2 Miles Tokyo (JPN) 1. 8:35.79 - 5000m Nobeoka (JPN) 17. 13:30.83 - 3000m Yokohama (JPN) WC 8. 7:51.16 - 5000m Osaka (JPN) NCH 3. 13:21.18 - 5000m Chitose (JPN) 16. 13:38.46				
413	Yamato YOSHII (JPN)	21y		
OTHER PB'S: 13:25.87 5000m(20) - 28:03.90 10,000m(21) - 1:01:47 Half Marathon(20)				
2023: 5000m ind. Boston, MA (USA) 10. 13:29.76 - 3000m ind. Boston, MA (USA) 1. 7:57.56 - 1500m San Juan Capistrano, CA (USA) 7. 3:43.61 - 5000m Kumamoto (JPN) 19. 13:46.55 - 5000m Nobeoka (JPN) 19. 13:39.07 - 5000m Osaka (JPN) NCH 8. 13:27.72 - 5000m Wien (AUT) 20. 13:43.83 - 5000m Chitose (JPN) 10. 13:33.39				
INFO: Studies: Chuo University.				
416	Cornelius KEMBOI (KEN)	23y	PB: 13:10 Zürich (SUI) 07.09.2022	
WA World Rankings: 100th				
OTHER PB'S: 7:31.26 3000m(22) - 13:00.68 5000m(23) - 27:40 10 km Road(22)				
2023: 5000m Nairobi (KEN) 2. 13:36.53 - 10 km Road Lille (FRA) 7. 28:25 - 5000m Nairobi (KEN) 7. 13:48.66 - 5000m Huelva (ESP) 1. 13:14.80 - 5000m Oslo (NOR) DL 13. 13:22.35 - 5000m Nairobi (KEN) 3. 13:17.84 - 5000m Heusden-Zolder (BEL) 1. 13:00.68 - 5000m Monaco (MON) DL 11. 13:01.78 - 5000m Budapest (HUN) WCH h 13:44.32				
INFO: Based in Iten. His idol is David Rudisha. At the age of 10 he did not like the lunch at school so ran 2km home to enjoy his mom's cooking instead.				
418	Nicholas KIPKORIR (KEN)	25y	PB: 12:55 Herzogenaurach (GER) 30.04.2022	
GENERAL: Diamond League Final winner 5 km Road (22) 3 times World Championships finalist WA World Rankings: 4th				
OTHER PB'S: 7:31.19 3000m(22) - 12:46.33 5000m(22) - 26:51 10 km Road(22) Current Records: 1xNR: NR 12:55 5 km Road Herzogenaurach(22)				
HONOURS: OG (1xFinal): 4. 5000m Tokyo(21) 12:59.17 World Ch. (3xFinal): 7. 5000m Eugene, OR(22) 13:11.97 - 8. 10,000m Budapest(23) 28:03.38 - 8. 5000m Doha(19) 13:05.27 DF (1xWin) CWG (1xSilver)				
2023: 10 km Road Herzogenaurach (GER) 3. 26:54 - 10 km Road Bengaluru (IND) 4. 28:06 - 5000m Firenze (ITA) DL 15. 13:10.52 - 10,000m Nairobi (KEN) 1. 27:29.8h - 5000m Monaco (MON) DL 7. 12:55.46 - 10,000m Budapest (HUN) WCH 8. 28:03.38 - 5000m Budapest (HUN) WCH h 13:40.43 - 10,000m Bruxelles (BEL) DL 5. 28:05.12				
INFO: Born in Eldoret.				

427	Uģis JOCIS (LAT)	30y	SB and PB: 14:24 Riga (LAT) 07.05
GENERAL: 7 times National champion 1500m (21), 3000m (19), 5000m (22, 21, 20, 19), 10,000m (20) 6 times National Indoor champion 1500m ind. (19, 18, 13), 3000m ind. (22, 20, 19)			
OTHER PB'S: 3:44.39 1500m(16) - 8:05.46 3000m(21) - 13:53.18 5000m(22) Current Records: 1xNBP: NBP 5:17.23 2000m ind. Kuldiga(19)			
HONOURS: NCH (7xWin) NICH (6xWin)			
2023: 10 km Road Brunssum (NED) 14. 30:15 - Mile Road Riga (LAT) 1. 4:15.9h - 5 km Road Riga (LAT) 1. 14:24 - 3000mSC Avellino (ITA) 2. 9:15.13 - 5000m Avellino (ITA) 1. 14:40.52 - 10,000m Pacé (FRA) 11. 30:17.30 - 3000mSC Brescia (ITA) 5. 9:10.06 - 3000mSC Palermo (ITA) 5. 9:10.06 - 5000m Palermo (ITA) 6. 14:45.39 - 5000m Chorzów (POL) 14. 15:14.01 - 5 km Road Piltene (LAT) 1. 15:08			
INFO: Hometown: Kuldiga. Studies: Wichita State University. Major in Sports Management.			
431	Edgars ŠUMSKIS (LAT)	35y	PB: 14:37 Ipswich (GBR) 11.05.2019
GENERAL: 2 times National champion 3000mSC (23, 22) National Indoor champion 3000m ind. (23)			
OTHER PB'S: 5:42.00 2000mSC(17) - 8:42.97 3000mSC(21) Current Records: 1xNBP: NBP 5:42.00 2000mSC Barcelona(17)			
HONOURS: NCH (2xWin) NICH (1xWin)			
2023: 2000m ind. Valmiera (LAT) 2. 5:24.30 - 3000m ind. Valmiera (LAT) 1. 8:40.41 - 3000mSC Avellino (ITA) 1. 9:11.84 - 3000mSC Oordegem (BEL) 22. 8:48.70 - 3000mSC Bergamo (ITA) 2. 8:52.95 - 5000m Bergamo (ITA) 4. 14:20.06 - 3000mSC Chorzów (POL) 5. 8:56.84 - 3000mSC Valmiera (LAT) NCH 1. 9:00.03 - 3000mSC Valmiera (LAT) 1. 9:32.41 - 5000m Valmiera (LAT) 1. 14:36.55			
444	Tim VERBAANDERT (NED)	23y	
GENERAL: 3 times National Indoor champion 1500m ind. (22), 3000m ind. (23, 22) European Indoor Championships finalist			
OTHER PB'S: 3:38.24 1500m(23) - 7:57.73 3000m(22) - 13:17.67 5000m(23)			
HONOURS: NICH (3xWin)			
2023: 3000m ind. Lyon (FRA) 7. 7:54.28 - 1500m ind. Gent (BEL) 3. 3:41.17 - 3000m ind. Metz (FRA) 6. 7:44.33 - 3000m ind. Madrid (ESP) 3. 7:48.35 - 3000m ind. Istanbul (TUR) 6. 7:47.24 - 1500m Karlsruhe (GER) 8. 3:38.37 - 5000m Oordegem (BEL) 9. 13:17.67 - 1500m Hengelo (NED) WC 12. 3:40.38 - 5000m Heusden-Zolder (BEL) 18. 13:48.34 - 1500m Ninove (BEL) 10. 3:38.24 - 5000m Breda (NED) NCH 4. 13:49.76 - 1500m Breda (NED) NCH 2. 3:55.84			
INFO: Athlete of Eindhoven.			
445	Awet Nftalem KIBRAB (NOR)	28y	
WA World Rankings: 271st			
OTHER PB'S: 3:39.25 1500m(15) - 7:47.37 3000m(23) - 13:15.41 5000m(23) Current Records: 1xNR: NR (ERI) 4:07.77 Mile Oslo(15)			
2023: 10 km Road Lille (FRA) 10. 28:38 - 10 km Road Brunssum (NED) 3. 29:03 - 5000m Stockholm (SWE) 1. 13:18.59 - 3000m Bergen (NOR) 4. 7:47.37 - 5000m Oslo (NOR) DL 15. 13:30.96 - 5000m Chorzów (POL) 6. 13:58.39 - 5000m Jessheim (NOR) NCH 2. 13:33.65 - 5000m Heusden-Zolder (BEL) 9. 13:15.41 - 3000m Jessheim (NOR) 1. 7:50.31			
446	Magnus Tuv MYHRE (NOR)	23y	PB: 14:08 Monaco (MON) 13.02.2022
GENERAL: European Championships finalist 2 times National champion 5000m (23, 22)			
OTHER PB'S: 3:37.89 1500m(23) - 13:09.44 5000m(23) - 28:02.18 10,000m(22)			
HONOURS: NCH (2xWin)			
2023: 3000m ind. Mondeville (FRA) 6. 8:01.40 - 3000m ind. Istanbul (TUR) h 7:52.47 - 3000m ind. Istanbul (TUR) 12. 7:51.30 - 5000m Stockholm (SWE) 2. 13:19.09 - 800m Moelv (NOR) 2. 1:50.95 - 3000m Bergen (NOR) 6. 7:48.59 - 1500m Jessheim (NOR) 2. 3:37.89 - 5000m Oslo (NOR) DL 10. 13:09.44 - 5000m Lausanne (SUI) DL 9. 13:17.79 - 5000m Jessheim (NOR) NCH 1. 13:30.36 - 5000m Budapest (HUN) WCH h 13:36.36			
450	Eric SPEAKMAN (NZL)	33y	
GENERAL: National champion 1500m (17) World Cross Country Championships finalist			
OTHER PB'S: 3:37.44 1500m(16) - 3:56.66 Mile(21) - 13:22.08 5000m(21)			
HONOURS: NCH (1xWin)			
2023: 800m Hastings (NZL) 6. 1:52.85 - Mile Whanganui (NZL) 3. 4:03.07 - 3000m Wellington (NZL) 3. 8:06.93 - 5000m Wellington (NZL) NCH 2. 14:02.23 - 1500m Wellington (NZL) NCH h 3:57.76 - 1500m Wellington (NZL) NCH 2. 3:54.05			
INFO: Born in Lower Hutt. Studies: Stony Brook University. Major in Arts & Sciences.			
453	Marcin BISKUP (POL)	23y	
OTHER PB'S: 13:55.60 5000m(23)			
2023: 3000m Poznan (POL) 1. 8:22.14 - 3000m Chorzów (POL) 4. 8:10.34 - 1500m Bialogard (POL) 7. 3:50.29 - 5000m Gorzów Wielkopolski (POL) NCH 2. 13:55.60			
INFO: Athlete of Bydgoszcz.			
458	Maxime CHAUMETON (RSA)	23y	SB and PB: 14:23 Johannesburg (RSA) 17.06
GENERAL: National champion 5000m (23) WA World Rankings: 300th			
OTHER PB'S: 7:44.34 3000m(23) - 13:22.43 5000m(23) - 27:58 10 km Road(22)			
HONOURS: NCH (1xWin)			
2023: 5000m Johannesburg (RSA) 1. 13:57.76 - 5000m Johannesburg (RSA) 2. 13:57.37 - 5000m Potchefstroom (RSA) NCH 1. 13:46.40 - 3000m Cape Town (RSA) 1. 7:50.32 - 3000m Grosseto (ITA) 3. 7:44.34 - 5000m Lucca (ITA) 5. 13:22.43 - 5000m Montesson (FRA) 5. 13:36.77 - 5 km Road Johannesburg (RSA) NCH 2. 14:23 - 5000m Dublin (IRL) 17. 14:11.14 - 1500m Trieste (ITA) 9. 3:49.47 - 3000m Rovereto (ITA) 10. 7:52.22 - 3000m Zagreb (CRO) WC 15. 7:58.73			
INFO: Studies: University of Johannesburg.			
464	Nicholas SEOPOSENGWE (RSA)	22y	SB and PB: 14:18 Johannesburg (RSA) 17.06
GENERAL: National champion 5 km Road (23) WA World Rankings: 369th			
OTHER PB'S: 4:02.74 Mile(22) - 13:41.46 5000m(23) - 28:37 10 km Road(22)			
HONOURS: NCH (1xWin)			
2023: 5000m Johannesburg (RSA) 3. 14:05.58 - 5000m Cape Town (RSA) 2. 13:41.46 - 5 km Road Johannesburg (RSA) NCH 1. 14:18			
INFO: Native of Taung.			
465	Shaun GOH (SGP)	26y	
2023: 5000m Singapore (SGP) 4. 15:44.82 - 10,000m Phnom Penh (CAM) 15. 37:31.25			
470	Morgan LE GUEN (SUI)	30y	
GENERAL: National champion 10,000m (23) WA World Rankings: 174th			
OTHER PB'S: 7:49.14 3000m(22) - 13:29.51 5000m(23) - 1:01:53 Half Marathon(22)			
HONOURS: NCH (1xWin)			
2023: 10 km Road Castellón (ESP) 11. 28:19 - Half Marathon Lisboa (POR) d 14. 1:02:59 - 10 km Road Uster (SUI) 2. 29:15 - Half Marathon Berlin (GER) d 12. 1:01:55 - 10,000m Lausanne (SUI) NCH 1. 29:01.76 - 5000m Oordegem (BEL) 22. 13:29.51 - 10,000m Pacé (FRA) 25. 28:58.08 - 1500m Decines (FRA) 1. 3:43.17			
INFO: Native of Geneva. Was inspired by Pierre Morath's film "Free to Run".			
472	Jonas GLANS (SWE)	32y	
GENERAL: 2 times European Indoor Championships finalist 4 times National Indoor champion 1500m ind. (19), 3000m ind. (19, 18, 17) WA World Rankings: 206th			
OTHER PB'S: 3:36.92 1500m(16) - 13:20.85 5000m(22) - 27:57 10 km Road(23) Current Records: 1xNR: NR 27:57 10 km Road Valencia(23)			
HONOURS: NCH (2xWin) NICH (4xWin)			
2023: 10 km Road Valencia (ESP) 15. 27:57 - 5000m Högby (SWE) 1. 14:07.47 - 5000m Sollentuna (SWE) 1. 13:36.00 - 10,000m Söderhamn (SWE) NCH 1. 28:25.92 - 5000m Stockholm (SWE) 2. 13:41.30			
INFO: Born in Svängsta.			
476	Leonard CHEMUTAI (UGA)	20y	
GENERAL: 2 times World U20 Championships finalist 3000mSC (22)			
OTHER PB'S: 8:17.14 3000mSC(23)			
HONOURS:			
2023: 3000mSC Nairobi (KEN) 4. 8:23.53 - 3000mSC Joensuu (FIN) 4. 8:31.00 - 3000mSC Székesfehérvár (HUN) 3. 8:17.14 - 3000mSC Budapest (HUN) WCH h 8:24.74 - 3000mSC Budapest (HUN) WCH 12. 8:21.61			

482	Dismas YEKO (UGA)	18y	PB: 13:26 Lille (FRA) 01.10.2022
GENERAL: World University Games winner 10,000m (23) World U20 Championships finalist			
OTHER PB'S: 7:50.5h 3000m(22) - 28:33.0h 10,000m(22) - 28:57 10 km Road(22)			
HONOURS: WUG (1xGold)			
2023: 3000m ind. Mondeville (FRA) 7. 8:03.03 - 10,000m Chengdu (CHN) 1. 28:59.25 - 5000m Chengdu (CHN) h 14:33.10 - 5000m Chengdu (CHN) 9. 14:23.14			
INFO: Studies: Ndejje University.			
483	Andrii ATAMANIUK (UKR)	21y	SB and PB: 14:23 Lviv (UKR) 03.09
GENERAL: National champion 5 km Road (23)			
OTHER PB'S: 13:58.92 5000m(23) - 8:58.52 3000mSC(23)			
HONOURS: NCH (1xWin)			
2023: 3000m ind. Kyiv (UKR) 2. 8:16.60 - 5000m Milano (ITA) 12. 13:58.92 - 5000m Lviv (UKR) 3. 14:11.41 - 3000mSC Ivano-Frankivsk (UKR) 2. 8:58.52 - 5000m Lutsk (UKR) NCH 3. 14:04.91 - 5 km Road Lviv (UKR) NCH 1. 14:23			
485	Santiago CATROFE (URU)	24y	PB: 13:39 Barcelona (ESP) 31.12.2021
GENERAL: South American Championships Bronze medallist 1500m (21) Pan American Games finalist 1500m (19)			
OTHER PB'S: 3:35.82 1500m(21) - 7:37.15 3000m(23) - 13:26.78 5000m(22) Current Records: 5xNR: NR 2:23.01 1000m Olot(20) - NR 3:35.82 1500m Nice(21) - NR 5:08.49 2000m Olot(20) - NR 13:26.78 5000m Grosseto(22) - NR 28:28.49 10,000m Budapest(23) 1xAR: AR 7:37.15 3000m Zagreb(23) 1xNBP: NBP 13:39 5 km Road Barcelona(21)			
HONOURS: Sam. Ch. (1xBronze) NCH (2xWin)			
2023: 10 km Road Huelva (ESP) 7. 28:48 - 10,000m Budapest (HUN) WCH 17. 28:28.49 - 3000m Zagreb (CRO) WC 8. 7:37.15			
INFO: Has lived in Girona, Spain since the age of 4.			
488	Olin HACKER (USA)	26y	SB and PB: 13:27 Boston, MA (USA) 15.04
GENERAL: NCAA champion 5000m (22)			
OTHER PB'S: 3:56.59 Mile(23) - 7:38.10 3000m(23) - 13:09.94 5000m(23)			
HONOURS: NCAA Ch. (1xWin)			
2023: 3000m ind. Boston, MA (USA) 9. 7:45.46 - 3000m ind. New York, NY (USA) 10. 7:43.94 - 3000m ind. Albuquerque, NM (USA) 3. 8:14.33 - 5 km Road Boston, MA (USA) 5. 13:27 - 5000m Walnut, CA (USA) 17. 13:36.87 - Mile Saint Louis, MO (USA) 1. 3:56.59 - 5000m Gresham, OR (USA) 1. 13:19.28 - 5000m Eugene, OR (USA) NCH 7. 13:28.16 - 5000m Heusden-Zolder (BEL) 2. 13:09.94 - 3000m Luzern (SUI) 2. 7:38.10 - 5000m Schifflange (LUX) 7. 13:32.04 - Mile Falmouth, MA (USA) 14. 3:57.48			
INFO: Hometown: Madison. Studies: University of Wisconsin. Degree in Biology.			
490	Ahmed MUHUMED (USA)	25y	SB and PB: 13:27 Boston, MA (USA) 15.04
OTHER PB'S: 7:48.01 3000m(23) - 13:16.09 5000m(23) - 27:56.99 10,000m(23)			
2023: 10,000m San Juan Capistrano, CA (USA) 17. 27:56.99 - 5 km Road Boston, MA (USA) 6. 13:27 - 5000m Walnut, CA (USA) 6. 13:16.09 - 5000m Los Angeles, CA (USA) 16. 13:31.60 - 5000m Eugene, OR (USA) NCH 8. 13:28.61 - 5000m Los Angeles, CA (USA) 2. 13:20.39 - 3000m Memphis, TN (USA) 1. 7:48.01			
INFO: Hometown: Salem. Studies: Boise State University.			

103 Sarah BILLINGS (AUS) 25y**WA World Rankings: 71st****OTHER PB'S:** 2:01.66 800m(23) - 4:06.77 1500m(23) - 4:32.30 Mile(23)**2023:** 1500m Melbourne (AUS) WC 7. 4:12.39 - 800m Sydney (AUS) 4. 2:01.66 - 1500m Brisbane (AUS) NCH 5. 4:08.32 - 1500m Bergen (NOR) 6. 4:11.93 - 1500m Jessheim (NOR) 2. 4:11.72 - 800m Sollentuna (SWE) 6. 2:02.36 - 1500m Turku (FIN) 11. 4:10.25 - 1500m Barcelona (ESP) 3. 4:08.72 - 1500m Decines (FRA) 1. 4:07.44 - 1500m Lignano Sabbiadoro (ITA) 2. 4:06.77 - 1500m Madrid (ESP) 10. 4:10.52 - 800m Schifflange (LUX) 1. 2:02.98**INFO:** Studies: University of Melbourne; degree in Architecture. Also an office manager.**104 Jessica HULL (AUS) 26y****GENERAL:** 2 times World Championships finalist | World Indoor Championships finalist | **WA World Rankings: 7th****OTHER PB'S:** 3:57.29 1500m(23) - 4:15.34 Mile(23) - 8:31.81 3000m(23) | **Current Records: 4xAR:** AR 4:04.14 1500m ind. Boston, MA(20) - AR 4:15.34 Mile Monaco(23) - AR 4:24.06 Mile ind. New York, NY(22) - AR 8:31.81 3000m Sydney(23) **1xNR:** NR 14:43.80 5000m Monaco(20)**HONOURS: World Ch. (2xFinal):** 7. 1500m Budapest(23) 3:59.54 - 7. 1500m Eugene, OR(22) 4:01.82**2023:** 1500m Brisbane (AUS) NCH 1. 4:04.19 - 5000m Brisbane (AUS) NCH 1. 15:05.87 - 1500m Doha (QAT) DL 4. 4:00.90 - 1500m Firenze (ITA) DL 3. 3:57.29 - Mile Oslo (NOR) DL 3. 4:18.24 - 5000m Stockholm (SWE) DL 5. 14:44.24 - Mile Monaco (MON) DL 5. 4:15.34 - 1500m Budapest (HUN) WCH h 4:03.50 - 1500m Budapest (HUN) WCH sf 3:57.85 - 1500m Budapest (HUN) WCH 7. 3:59.54 - 1500m Bruxelles (BEL) DL 4. 3:57.75 - 1500m Eugene, OR (USA) DF 8. 3:57.57**INFO:** Born in Sydney. Studies: University of Oregon; Human Physiology. Motto: "The race is not over until the line".**117 Jaqueline Beatriz WEBER (BRA) 28y****GENERAL:** 3 times South American Championships finalist 800m (23), 1500m (23, 21) | **WA World Rankings: 102nd****OTHER PB'S:** 2:01.54 800m(23) - 4:14.46 1500m(23) | **Current Records: 1xNBP:** NBP 4:49.42 1500m ind. Cochabamba(22)**HONOURS:****2023:** 1500m San Carlos (URU) 1. 4:18.46 - 800m São Paulo (BRA) 1. 2:04.79 - 800m Manchester (GBR) 1. 2:03.84 - 800m Huelva (ESP) 1. 2:02.86 - 1500m Lisboa (POR) 2. 4:14.83 - 800m Castellón (ESP) 3. 2:03.52 - 800m Meilen (SUI) 1. 2:01.54 - 800m Cuiaba (BRA) NCH 3. 2:05.28 - 1500m Cuiaba (BRA) NCH 3. 4:18.32 - 1500m São Paulo (BRA) SaC 4. 4:18.10 - 800m São Paulo (BRA) SaC 4. 2:04.87 - 1500m Budapest (HUN) WCH h 4:14.46**122 Glynis SIM (CAN) 25y****OTHER PB'S:** 2:04.47 800m(22) - 4:11.75 1500m(23) - 15:35.82 5000m(23)**2023:** 5000m Azusa, CA (USA) 19. 15:58.35 - 5000m Portland, OR (USA) 1. 15:35.82 - 3000m Langley (CAN) 2. 9:08.67 - 5000m Langley (CAN) 9. 16:09.71 - 1500m Langley (CAN) NCH h 4:16.34 - 1500m Langley (CAN) NCH 4. 4:11.75 - 10 km Road Vancouver (CAN) 2. 34:19**INFO:** Hometown: Salmon Arm. Studies: University of British Columbia. Faculty: Nursing. Likes cycling.**124 Regan YEE (CAN) 28y****GENERAL:** NACAC U23 champion 3000mSC (16) | NACAC U23 Championships Bronze medallist 1500m (16) | **WA World Rankings: 67th****OTHER PB'S:** 4:08.92 1500m(22) - 8:58.31 3000m(22) - 9:24.82 3000mSC(23)**HONOURS: NACAC Ch. (1xBronze) | NACAC U23 Ch. (1xGold, 1xBronze) | NCH (2xWin)****2023:** Mile ind. Iowa City, IA (USA) 1. 4:30.46 - 3000m ind. Boston, MA (USA) 1. 8:48.53 - 3000m ind. Saint John (CAN) 1. 9:38.33 - 1500m Walnut, CA (USA) 2. 4:09.78 - 3000mSC Firenze (ITA) DL 13. 9:40.04 - 1500m Oordgegen (BEL) 1. 4:11.80 - 3000mSC Nice (FRA) 3. 9:39.97 - 3000mSC Langley (CAN) 2. 9:29.86 - 3000mSC Langley (CAN) NCH 1. 9:24.82 - 1500m Langley (CAN) NCH h 4:15.75 - 1500m Langley (CAN) NCH 3. 4:11.18 - 3000mSC Budapest (HUN) WCH h 9:26.39**INFO:** Born in South Hazelton. Studies: Trinity Western University.**129 Mia Helene MØRCK (DEN) 23y****GENERAL:** 5 times National champion 400m (17), 800m (22, 21, 17, 15) | 2 times National Indoor champion 800m ind. (18, 17)**OTHER PB'S:** 2:04.77 800m(18) - 2:45.09 1000m(17) - 4:19.59 1500m(23)**HONOURS: NCH (5xWin) | NICH (2xWin)****2023:** 800m Seattle, WA (USA) 1. 2:06.93 - 800m ind. Boston, MA (USA) 7. 2:10.99 - 1500m Eugene, OR (USA) 1. 4:27.32 - 800m Azusa, CA (USA) 3. 2:06.92 - 1500m Azusa, CA (USA) 4. 4:19.59 - 800m Palo Alto, CA (USA) 5. 2:10.26 - 1500m Eugene, OR (USA) 10. 4:38.39 - 800m Eugene, OR (USA) 2. 2:07.59 - 800m Sacramento, CA (USA) pr 2:06.24 - 800m Sacramento, CA (USA) h 2:08.11 - 1500m Gresham, OR (USA) 9. 4:22.34 - 800m Aalborg (DEN) NCH 2. 2:08.35**INFO:** Hometown: Bagsvaerd. Studies: University of Oregon.**134 Roza HAILE (ERI) 17y****OTHER PB'S:** 2:08.62 800m(21)**2023:** 1500m Ndola (ZAM) 6. 4:30.1h**137 Marta PÉREZ (ESP) 30y SB and PB: 4:50.5h Santander (ESP) 13.05****GENERAL:** 3 times European Indoor Championships finalist 1500m ind. (21) | 4 times National champion 1500m (22, 18, 16), 5000m (20) | **WA World Rankings: 33rd****OTHER PB'S:** 2:01.82 800m(18) - 4:00.12 1500m(21) - 4:21.58 Mile(21)**HONOURS: Eur. Team Ch. (1xBronze) | NCH (4xWin) | NICH (3xWin)****2023:** 3000m ind. Karlsruhe (GER) 6. 8:44.91 - 3000m ind. Boston, MA (USA) 8. 8:52.63 - 3000m ind. Istanbul (TUR) 7. 8:49.19 - 1500m Rehlingen (GER) 5. 4:07.94 - Mile Bydgoszcz (POL) 3. 4:25.78 - 1500m Ostrava (CZE) WC 8. 4:04.58 - 1500m Barcelona (ESP) 1. 4:05.38 - 1500m Székesfehérvár (HUN) 4. 4:02.35 - 1500m Torrent (ESP) 2. 4:19.91 - 1500m Budapest (HUN) WCH h 4:01.41 - 1500m Budapest (HUN) WCH sf 4:02.96 - 1500m Bruxelles (BEL) DL 12. 4:00.53**INFO:** Born in Soria. Studies: Complutense University of Madrid. Degree in Medicine. Also a doctor.**141 Tuuli TOMINGAS (EST) 28y****OTHER PB'S:** 10:36.59 3000mSC(21)**2023:** 1500m Tartu (EST) 2. 4:49.83 - Mile Tallinn (EST) 3. 4:56.80 - 1000m Tallinn (EST) 2. 3:04.12**INFO:** Also competes in biathlon.**145 Freweyni HAILU (ETH) 22y****GENERAL:** World Indoor Championships Silver medallist 800m ind. (22) | 2 times World Championships finalist 1500m (22) | **WA World Rankings: 4th****OTHER PB'S:** 3:55.68 1500m(23) - 4:14.79 Mile(23) - 14:23.45 5000m(23) | **Current Records: 1xNR:** NR 5:25.86 2000m Zagreb(21)**HONOURS: OG (1xFinal):** 4. 1500m Tokyo(21) 3:57.60 | **World Ch. (2xFinal):** 4. 1500m Eugene, OR(22) 4:01.28 - 7. 5000m Budapest(23) 14:58.31 | **World Ind. Ch. (1xSilver):** 2. 800m ind. Beograd(22) 2:00.54**2023:** 1500m ind. Liévin (FRA) 3. 4:02.47 - 1500m Doha (QAT) DL 3. 4:00.29 - 1500m Rabat (MAR) DL 2. 3:57.65 - 5000m Paris (FRA) DL 5. 14:23.45 - 1500m Stockholm (SWE) DL 1. 4:02.31 - 3000m Chorzów (POL) WC 1. 8:26.61 - 1500m Monaco (MON) 3:58.07 - Mile Monaco (MON) DL 3. 4:14.79 - 5000m Budapest (HUN) WCH h 14:34.16 - 5000m Budapest (HUN) WCH 7. 14:58.31 - 1500m Xiamen (CHN) DL 1. 3:56.56 - 1500m Eugene, OR (USA) DF 4. 3:55.68**INFO:****149 Diribe WELTEJI (ETH) 21y****GENERAL:** World Championships Silver medallist 1500m (23) | World Championships finalist 800m (22) | **WA World Rankings: 2nd****OTHER PB'S:** 1:57.02 800m(22) - 3:53.93 1500m(23) | **Current Records: 1xAU18R:** AU18R 1:59.74 800m Tampere(18)**HONOURS: World Ch. (1xSilver):** 2. 1500m Budapest(23) 3:55.69 - 4. 800m Eugene, OR(22) 1:57.02 | **World U20 Ch. (1xGold, 1xSilver) | Afr. U20 Ch. (1xGold)****2023:** 3000m ind. Val-de-Reuil (FRA) 1. 8:33.44 - 3000m ind. Liévin (FRA) 1. 8:34.84 - 1500m Doha (QAT) DL 2. 3:59.34 - 1500m Los Angeles, CA (USA) 1. 3:57.84 - 1500m Ostrava (CZE) WC 1. 3:57.38 - 1500m Stockholm (SWE) DL 2. 4:02.79 - 1500m Chorzów (POL) WC 3. 3:55.08 - 1500m Budapest (HUN) WCH h 4:02.72 - 1500m Budapest (HUN) WCH sf 3:55.18 - 1500m Budapest (HUN) WCH 2. 3:55.69 - 1500m Eugene, OR (USA) DF 2. 3:53.93**INFO:** Hometown: Ginchi. Initially trained for the 400m.**152 Berenice CLEYET-MERLE (FRA) 28y****GENERAL:** National Indoor champion 1500m ind. (23) | **WA World Rankings: 52nd****OTHER PB'S:** 2:02.17 800m(22) - 4:03.91 1500m(23) - 4:26.06 Mile(23) | **Current Records: 1xNR:** NR 4:26.06 Mile Monaco(23)**HONOURS: NICH (1xWin)****2023:** 1500m ind. Liévin (FRA) 8. 4:10.15 - Mile Bydgoszcz (POL) 5. 4:28.89 - 1500m Tomblaine (FRA) 7. 4:06.57 - 1500m Ordizia (ESP) 1. 4:09.26 - 1500m Sotteville-lès-Rouen (FRA) 3. 4:09.38 - 1500m Heusden-Zolder (BEL) 7. 4:07.10 - 1500m Marseille (FRA) 4. 4:05.62 - Mile Monaco (MON) DL 11. 4:26.06 - 1500m Monaco (MON) 4:03.91 - 1500m Albi (FRA) NCH 4. 4:24.14 - 1500m Padova (ITA) 11. 4:08.48 - 1500m Zagreb (CRO) WC 9. 4:06.40**INFO:** Hometown: Saint-Sulpice-des-Rivoires. Studies: University of Indianapolis.

153	Charlotte MOUCHET (FRA)	27y	
GENERAL: National champion 1500m (22) WA World Rankings: 104th			
OTHER PB'S: 2:01.72 800m(22) - 4:07.47 1500m(23) - 10:10.07 3000mSC(22)			
HONOURS: NCH (1xWin)			
2023: 800m ind. Bordeaux (FRA) 1. 2:10.55 - 800m Grenoble (FRA) 1. 2:07.34 - 1500m Montreuil (FRA) 11. 4:11.07 - 1500m Bergen (NOR) 7. 4:12.43 - 800m Limoges (FRA) 1. 2:05.06 - 1500m Sotteville-lès-Rouen (FRA) 7. 4:10.71 - 1500m Ninove (BEL) 8. 4:17.56 - 800m Ninove (BEL) 3. 2:02.41 - 1500m Albi (FRA) NCH h 4:20.37 - 1500m Albi (FRA) NCH 2. 4:23.29 - 1500m Leuven (BEL) 4. 4:15.19 - 1500m Huijzingen (BEL) 3. 4:07.47			
INFO: Born in Tournan-en-Brie; based in Carennac. Studies: University of Bordeaux.			
161	Sarah MCDONALD (GBR)	30y	PB: 4:31.0h London (GBR) 26.05.2019
GENERAL: Commonwealth Games finalist European Indoor Championships finalist WA World Rankings: 43rd			
OTHER PB'S: 1:59.91 800m(19) - 4:00.46 1500m(19) - 4:20.85 Mile(18) Current Records: 1x=NBP= =NBP= 4:31.0h Mile Road London(19)			
HONOURS: NCH (1xWin) NICH (1xWin)			
2023: 1500m Manchester (GBR) 1. 4:10.67 - 1500m Hengelo (NED) WC 14. 4:06.73 - 800m Birmingham (GBR) 2. 2:02.26 - 1500m Turku (FIN) 7. 4:05.59 - 1500m Poznan (POL) 9. 4:08.99 - 1500m Dublin (IRL) 2. 4:08.20 - 1500m Marseille (FRA) 2. 4:03.33 - 1500m Madrid (ESP) 3. 4:02.53 - 1000m Bern (SUI) 6. 2:37.46 - 1500m Manchester (GBR) 1. 4:03.03 - 800m Watford (GBR) 2. 1:59.93 - 1500m Padova (ITA) 9. 4:07.78			
INFO: Born in Newcastle. Studies: Birmingham University. Was an ice skater before turning to athletics.			
174	Nozomi TANAKA (JPN)	24y	SB and PB: 4:32.0h Düsseldorf (GER) 03.09
GENERAL: Olympic Games finalist World Championships finalist WA World Rankings: 30th			
OTHER PB'S: 3:59.19 1500m(21) - 8:40.84 3000m(21) - 14:29.18 5000m(23) Current Records: 5xNR: NR 2:37.33 1000m Fukagawa(22) - NR 3:59.19 1500m Tokyo(21) - NR 8:40.84 3000m Abashiri(21) - NR 14:29.18 5000m Bruxelles(23) - NR 15:34 5 km Road Fukuoka(22)			
HONOURS: OG (1xFinal): 8. 1500m Tokyo(21) 3:59.95 World Ch. (1xFinal): 8. 5000m Budapest(23) 14:58.99 World U20 Ch. (1xGold) Asi. Ch. (1xGold)			
2023: 3000m Melbourne (AUS) WC 3. 8:49.09 - 1500m Osaka (JPN) NCH 1. 4:08.29 - 5000m Osaka (JPN) NCH 1. 15:10.63 - 1500m Joensuu (FIN) 1. 4:07.05 - 5000m Oulu (FIN) 1. 14:53.60 - 1500m Bangkok (THA) AsC 1. 4:06.75 - 1500m Budapest (HUN) WCH h 4:04.36 - 1500m Budapest (HUN) WCH sf 4:06.71 - 5000m Budapest (HUN) WCH h 14:37.98 - 5000m Budapest (HUN) WCH 8. 14:58.99 - 5000m Bruxelles (BEL) DL 3. 14:29.18 - 5000m Eugene, OR (USA) DF 6. 14:42.38			
INFO: Born in Ono. Studies: Doshisha University. Likes Literature.			
177	Nelly CHEPCHIRCHIR (KEN)	20y	
GENERAL: World Championships finalist World U20 Championships finalist 800m (22) WA World Rankings: 6th			
OTHER PB'S: 1:58.23 800m(23) - 3:56.72 1500m(23)			
HONOURS: World Ch. (1xFinal): 5. 1500m Budapest(23) 3:57.90			
2023: 1500m Nairobi (KEN) 2. 4:04.56 - 800m Grosseto (ITA) 1. 1:58.23 - 1500m Montreuil (FRA) 1. 4:03.08 - 1500m Hengelo (NED) WC 2. 3:58.96 - 1500m Nairobi (KEN) 1. 3:59.77 - 1500m Székesfehérvár (HUN) 1. 4:00.18 - 1500m Budapest (HUN) WCH h 4:00.87 - 1500m Budapest (HUN) WCH sf 4:02.14 - 1500m Budapest (HUN) WCH 5. 3:57.90 - 1500m Xiamen (CHN) DL 2. 3:56.72 - 1500m Bruxelles (BEL) DL 3. 3:56.93			
183	Faith KIPYEGON (KEN)	29y	
GENERAL: 4 times World champion 1500m (23, 22, 17), 5000m (23) 2 times Olympic champion 1500m (21, 16) WA World Rankings: 1st			
OTHER PB'S: 3:49.11 1500m(23) - 4:07.64 Mile(23) - 14:05.20 5000m(23) Current Records: 1xAR: AR 2:29.15 1000m Monaco(20) 3xWR: WR 3:49.11 1500m Firenze(23) - WR* 4:07.64 Mile Monaco(23) - WR 14:05.20 5000m Paris(23)			
HONOURS: OG (2xGold): 1. 1500m Tokyo(21) 3:53.11 - 1. 1500m Rio de Janeiro(16) 4:08.92 World Ch. (4xGold, 2xSilver): 1. 5000m Budapest(23) 14:53.88 - 1. 1500m Budapest(23) 3:54.87 - 1. 1500m Eugene, OR(22) 3:52.96 - 1. 1500m London(17) 4:02.59 - 2. 1500m Doha(19) 3:54.22 - 2. 1500m Beijing(15) 4:08.96 - 5. 1500m Moskva(13) 4:05.08 DF (5xWin) World CC Ch. (2xGold)			
2023: 1500m Doha (QAT) DL 1. 3:58.57 - 1500m Firenze (ITA) DL 1. 3:49.11 - 5000m Paris (FRA) DL 1. 14:05.20 - 5000m Nairobi (KEN) 1. 14:53.90 - 1500m Monaco (MON) 3:51.41 - Mile Monaco (MON) DL 1. 4:07.64 - 1500m Budapest (HUN) WCH h 4:02.62 - 1500m Budapest (HUN) WCH sf 3:55.14 - 1500m Budapest (HUN) WCH 1. 3:54.87 - 5000m Budapest (HUN) WCH h 14:32.31 - 5000m Budapest (HUN) WCH 1. 14:53.88 - 1500m Eugene, OR (USA) DF 1. 3:50.72			
INFO: Born in Bomet. Became the 3rd athlete to retain an Olympic 1500m title after Sebastian Coe and Tatyana Kazankina. In July 2022 in Eugene after her WCH gold in the 1500m became the first woman to win four global titles in this distance. Previously was cited as one of the Top 100 most influential Africans. Has a daughter; earlier played football.			
192	Sibilla VANADZIŅA (LAT)	15y	PB: 5:33.0h Riga (LAT) 14.05.2022
WA World Rankings: 734th			
2023: 1500m ind. Valmiera (LAT) 5. 4:40.95 - 1500m ind. Valmiera (LAT) 2. 4:47.19 - 800m ind. Valmiera (LAT) 2. 2:20.50 - 1500m ind. Valmiera (LAT) 3. 4:39.73 - 800m Murjāņi (LAT) 1. 2:16.35 - 1500m Saldus (LAT) 3. 4:42.71 - 1500m Kaunas (LTU) 6. 4:35.35 - 800m Ogre (LAT) 1. 2:17.87 - 1500m Pärnu (EST) 5. 4:37.75 - 1500m Šiauliai (LTU) 1. 4:36.29 - 1500m Maribor (SLO) 11. 4:36.40 - 1500m Valmiera (LAT) 2. 4:31.61			
205	Gina MCNAMARA (MLT)	28y	PB: 4:49.0h Rochester, NY (USA) 21.05.2022
WA World Rankings: 404th			
OTHER PB'S: 2:04.41 800m(23) - 4:12.64 1500m(23) - 4:39.67 Mile(22) Current Records: 1xNR: NR 4:12.64 1500m Langley(23) 1xNBP: NBP 4:44.57 Mile Raleigh, NC(23)			
2023: 1000m ind. New York, NY (USA) 7. 2:45.27 - 1500m Charlottesville, VA (USA) 7. 4:24.13 - 5000m Philadelphia, PA (USA) 8. 16:56.92 - 800m College Park, MD (USA) 4. 2:13.69 - 800m New York, NY (USA) 8. 2:08.58 - 800m Marsa (MLT) 1. 2:12.46 - 1500m Marsa (MLT) 1. 4:36.81 - 800m Chorzów (POL) 2. 2:04.41 - 1500m Chorzów (POL) 2. 4:28.28 - 1500m Langley (CAN) 9. 4:12.64 - Mile Raleigh, NC (USA) 12. 4:44.57 - 1500m Raleigh, NC (USA) 4:24.32			
INFO: Hometown: Northville. Studies: University of Michigan. Major in International Studies.			
206	Marissa DAMINK (NED)	27y	SB and PB: 4:39.0h Düsseldorf (GER) 03.09
GENERAL: National champion 1500m (23) National Indoor champion 1500m ind. (22) WA World Rankings: 62nd			
OTHER PB'S: 2:02.06 800m(23) - 2:42.77 1000m(22) - 4:08.41 1500m(23)			
HONOURS: NCH (1xWin) NICH (1xWin)			
2023: Mile ind. Toruń (POL) 4. 4:31.85 - 1500m ind. Apeldoorn (NED) 2. 4:10.88 - 1500m ind. Istanbul (TUR) h 4:11.38 - 1500m Bergen (NOR) 3. 4:08.41 - 1500m Jessheim (NOR) 1. 4:10.28 - 1500m Chorzów (POL) 10. 4:14.47 - 1500m Joensuu (FIN) 3. 4:10.79 - 800m Oulu (FIN) 2. 2:03.51 - 1500m Heusden-Zolder (BEL) 11. 4:11.04 - 800m Breda (NED) NCH 2. 2:05.73 - 1500m Breda (NED) NCH 1. 4:28.14 - 800m Oordegem (BEL) 1. 2:02.06			
INFO: First she played hockey. Human Technology Interaction studies; went to university in Tampere, Finland. Former Best Sportswoman of the Year at the Student Sports Gala.			
213	Weronika LIZAKOWSKA (POL)	24y	
WA World Rankings: 54th			
OTHER PB'S: 2:04.56 800m(23) - 4:07.97 1500m(23) - 4:28.62 Mile(23)			
2023: 1500m ind. Ostrava (CZE) 3. 4:09.97 - Mile ind. Toruń (POL) 2. 4:29.06 - 1500m Rehlingen (GER) 9. 4:10.99 - 1500m Montreuil (FRA) 12. 4:11.93 - 1500m Chorzów (POL) 8. 4:09.56 - Mile Bydgoszcz (POL) 4. 4:28.62 - 1500m Poznan (POL) 8. 4:08.51 - 1500m Ostrava (CZE) WC 12. 4:07.97 - 1500m Sotteville-lès-Rouen (FRA) 8. 4:11.94 - 1500m Chorzów (POL) WC 15. 4:14.86 - 1500m Gorzów Wielkopolski (POL) NCH 2. 4:18.21 - 1500m Chengdu (CHN) 4. 4:17.77 - 1500m Zagreb (CRO) WC 16. 4:12.52			
INFO: Hometown: Koscierzyzna. Mathematics and Pedagogy studies.			
214	Aleksandra PŁOCIŃSKA (POL)	23y	
GENERAL: National champion 1500m (23) WA World Rankings: 64th			
OTHER PB'S: 2:02.38 800m(23) - 4:06.39 1500m(23) - 4:30.74 Mile(23)			
HONOURS: NCH (1xWin)			
2023: 1500m ind. Toruń (POL) 4:13.52 - Mile ind. Toruń (POL) 5. 4:32.23 - 800m ind. Spala (POL) 2. 2:05.01 - 1500m Chorzów (POL) 7. 4:09.52 - Mile Bydgoszcz (POL) 6. 4:30.74 - 1500m Poznan (POL) 7. 4:08.31 - 800m Warszawa (POL) 2. 2:02.38 - 1500m Sotteville-lès-Rouen (FRA) 5. 4:10.66 - 1500m Székesfehérvár (HUN) 10. 4:06.84 - 1500m Gorzów Wielkopolski (POL) NCH 1. 4:17.98 - 1500m Chengdu (CHN) 12. 4:23.88 - 1500m Budapest (HUN) WCH h 4:06.39			
INFO: Athlete of Piaseczno.			

220	Carina VILJOEN (RSA)	26y		
GENERAL: African Championships finalist WA World Rankings: 87th				
OTHER PB'S: 4:07.11 1500m(23) - 4:29.03 Mile(22) - 8:58.39 3000m(23)				
HONOURS:				
2023: Mile ind. Boston, MA (USA) 9. 4:37.71 - 1500m Potchefstroom (RSA) NCH 2. 4:20.16 - 5000m Potchefstroom (RSA) NCH 2. 16:17.84 - 3000m Cape Town (RSA) 1. 8:58.39 - Mile Cape Town (RSA) 1. 4:34.94 - 1500m Walnut, CA (USA) 4. 4:10.14 - 1500m Nashville, TN (USA) 4. 4:09.03 - 1500m Gresham, OR (USA) 11. 4:17.08 - 1500m Fayetteville, AR (USA) 1. 4:13.70 - 1500m Los Angeles, CA (USA) 4. 4:07.11 - Mile Road Cleveland, OH (USA) 2. 4:29.06 - 1500m Budapest (HUN) WCH h 4:11.02				
INFO: Hometown: Johannesburg. Studies: University of Arkansas. Major in Accounting.				
226	Romaine Rui-Min SOH (SGP)	28y		
2023: 800m Singapore (SGP) 3. 2:20.10 - 800m New Taipei City (TPE) 3. 2:19.85 - 800m New Taipei City (TPE) h 2:19.46				
229	Veronika SADEK (SLO)	20y		
GENERAL: 3 times World U20 Championships finalist 800m (21) 2 times National Indoor champion 1500m ind. (20), 4x400m ind. (23) WA World Rankings: 245th				
OTHER PB'S: 1:27.03 600m(23) - 2:01.52 800m(22) - 2:40.41 1000m(22)				
HONOURS: NICH (1xWin)				
2023: 800m ind. Sabadell (ESP) 5. 2:04.78 - 800m ind. Gent (BEL) 4. 2:05.47 - 800m ind. Istanbul (TUR) h 2:05.32 - 800m Conegliano (ITA) 1. 2:03.46 - 1500m Karlsruhe (GER) 5. 4:15.56 - 800m Rehlingen (GER) 9. 2:03.09 - 800m Dessau (GER) 3. 2:04.96 - 1500m Chorzów (POL) 7. 4:14.59 - 800m Espoo (FIN) 7. 2:05.11 - 800m Kraljevo (SRB) 8. 2:04.91 - 800m Padova (ITA) 10. 2:03.27 - 600m Karlovac (CRO) 1. 1:27.03				
INFO:				
238	Prisca CHESANG (UGA)	20y		
GENERAL: 2 times World U20 Championships Bronze medallist 5000m (22, 21) 2 times National champion 1500m (22), 5000m (22)				
OTHER PB'S: 4:08.15 1500m(21) - 8:48.85 3000m(23) - 15:05.39 5000m(21)				
HONOURS: World U20 Ch. (2xBronze) NCH (2xWin)				
2023: 3000m Melbourne (AUS) WC 2. 8:48.85 - 10 km Road Hobart (AUS) 1. 32:34 - 5000m Montesson (FRA) 24. 15:36.67 - 5000m Namboole (UGA) NCH 2. 16:05.07 - 5000m Budapest (HUN) WCH h 15:37.02				
239	Winnie NANYONDO (UGA)	30y		
GENERAL: 2 times World Championships finalist 800m (19) Olympic Games finalist WA World Rankings: 25th				
OTHER PB'S: 1:58.63 800m(14) - 3:59.56 1500m(19) - 4:18.65 Mile(19) Current Records: 2xNR: NR 3:59.56 1500m Rabat(19) - NR 4:18.65 Mile Monaco(19)				
HONOURS: OG (1xFinal): 7. 1500m Tokyo(21) 3:59.80 World Ch. (2xFinal): 4. 800m Doha(19) 1:59.18 - 8. 1500m Eugene, OR(22) 4:01.98				
2023: 3000m ind. Toruń (POL) 7. 8:55.23 - 1500m ind. Liévin (FRA) 6. 4:06.43 - 800m ind. Madrid (ESP) 3. 2:02.02 - 1500m Rabat (MAR) DL 10. 4:08.43 - 1500m Hengelo (NED) WC 8. 4:04.03 - 1500m Oslo (NOR) 4:03.38 - Mile Oslo (NOR) DL 8. 4:20.03 - 800m Tomblaine (FRA) 5. 2:01.18 - 800m Heusden-Zolder (BEL) 3. 1:59.85 - 1500m Székesfehérvár (HUN) 3. 4:01.96 - 800m Schifflange (LUX) 1. 2:00.78 - 1500m Budapest (HUN) WCH h 4:10.55				
INFO: Born in Mulago. Industrial Art and Design studies at Kampala University. Likes to design necklaces and dresses. Her idol is Faith Kipyegon.				
241	María Pía FERNÁNDEZ (URU)	28y		
GENERAL: South American champion 1500m (19) South American Championships Silver medallist 1500m (21) WA World Rankings: 133rd				
OTHER PB'S: 2:05.85 800m(21) - 4:09.45 1500m(19) - 9:12.80 3000m(18) Current Records: 3xNR: NR 4:09.45 1500m Doha(19) - NR 9:12.80 3000m Kessel-Lo(18) - NR 10:37.12 3000mSC Montevideo(19) 1xBNP: NBP 35:44 10 km Road Maldonado(20)				
HONOURS: Sam. Ch. (1xGold, 1xSilver, 1xBronze) IberoAM Ch. (1xGold, 1xSilver, 1xBronze) NCH (8xWin)				
2023: 10 km Road Maldonado (URU) 3. 37:13 - 1500m Santander (ESP) 5. 4:31.00 - 1500m Oordegem (BEL) 15. 4:18.67 - 1500m Huelva (ESP) 15. 4:19.80 - 3000m Zaragoza (ESP) 1. 9:40.62 - 1500m Heusden-Zolder (BEL) 4. 4:17.73 - 1500m Marseille (FRA) 9. 4:15.40 - 1500m São Paulo (BRA) SaC 3. 4:16.78 - 1500m Leuven (BEL) 3. 4:14.91 - 1500m Huizingen (BEL) 6. 4:11.56 - 10 km Road Canelones (URU) 1. 38:05				
INFO: Physiotherapy studies. Member of the Armed Forces. Former Best URU Female Athlete of the Year.				
249	Helen SCHLACHTENHAUFEN (USA)	28y	SB: 4:36.69 Des Moines, IA (USA) 25.04	PB: 4:35.38 Boston, MA (USA) 16.06.2019
GENERAL: NACAC Championships Bronze medallist 1500m (22) WA World Rankings: 28th				
OTHER PB'S: 4:01.09 1500m(21) - 8:44.42 3000m(22) - 9:17.62 2 Miles(22)				
HONOURS: NACAC Ch. (1xBronze)				
2023: Mile ind. Boston, MA (USA) 9. 4:29.50 - 1500m ind. New York, NY (USA) 4:06.13 - Mile ind. New York, NY (USA) 5. 4:23.94 - 800m ind. Boston, MA (USA) 3. 2:01.87 - 1500m Des Moines, IA (USA) 3. 4:11.76 - 1500m Gresham, OR (USA) 1. 4:05.67 - 1500m West Long Branch, NJ (USA) 2. 4:01.55 - 1500m Eugene, OR (USA) NCH h 4:09.72 - 1500m Eugene, OR (USA) NCH 6. 4:04.99 - 1500m Lignano Sabbiadoro (ITA) 1. 4:05.05 - 1500m Marseille (FRA) 3. 4:03.48 - 1500m Xiamen (CHN) DL 10. 4:03.69				
INFO: Hometown: Lake Forest. Studies: Dartmouth College, focusing on Biology. Enjoys writing, waterskiing, art.				
250	Addison WILEY (USA)	19y	SB and PB: 4:30.94 Des Moines, IA (USA) 25.04	
GENERAL: NACAC U23 champion 1500m (23) World U20 Championships finalist WA World Rankings: 36th				
OTHER PB'S: 1:57.64 800m(23) - 3:59.17 1500m(23) - 4:42.78 Mile(21)				
HONOURS: NACAC U23 Ch. (1xGold)				
2023: 800m Allendale, MI (USA) 1. 2:02.33 - Mile Road Des Moines, IA (USA) 3. 4:30.94 - 1500m Des Moines, IA (USA) 4. 4:12.53 - 800m Marion, IN (USA) 1. 2:04.29 - 1500m Marion, IN (USA) 1. 4:14.56 - 1500m Nashville, TN (USA) 1. 4:03.22 - 1500m Eugene, OR (USA) NCH h 4:09.53 - 1500m Eugene, OR (USA) NCH 5. 4:04.25 - 1500m San José (CRC) 1. 4:05.84 - 800m Memphis, TN (USA) 1. 1:59.00 - 800m Bellinzona (SUI) 2. 1:57.64 - 1500m Bruxelles (BEL) DL 8. 3:59.17				
INFO: Hometown: Huntington. Studies: Huntington University. Major in History and Political Science Pre-Law. Earlier played softball. Has a cat and a dog.				

Men's Mile Road Race

Final

01.10.2023

304	Jack ANSTEY (AUS)	26y	
WA World Rankings: 109th			
OTHER PB'S: 1:48.78 800m(19) - 3:36.54 1500m(22) - 3:55.41 Mile(22)			
2023: 1500m Melbourne (AUS) 3. 3:45.28 - 1500m Brisbane (AUS) 2. 3:52.27 - 1500m Brisbane (AUS) NCH 4. 3:40.63 - 1500m Nashville, TN (USA) 4. 3:39.83 - 1500m New York, NY (USA) 8. 3:40.55 - 1500m Dublin (IRL) 3:40.66 - Mile Dublin (IRL) 7. 3:57.31 - 1500m Ninove (BEL) 12. 3:38.45 - Mile Road Cleveland, OH (USA) 4. 3:56.42 - 1500m Memphis, TN (USA) 6. 3:36.71 - Mile Falmouth, MA (USA) 8. 3:55.76			
INFO: Hometown: Newtown Toowoomba. Studies: Illinois State University.			
311	Matthew RAMSDEN (AUS)	26y	
GENERAL: Oceania champion 1500m (19) World U20 Championships finalist WA World Rankings: 76th			
OTHER PB'S: 3:34.08 1500m(21) - 3:51.23 Mile(20) - 7:35.65 3000m(21)			
HONOURS: Oce. Ch. (1xWin) NCH (1xWin)			
2023: 1500m Melbourne (AUS) WC 3:40.31 - Mile Melbourne (AUS) WC 5. 3:55.90 - 1500m Brisbane (AUS) NCH h 3:45.37 - 1500m Brisbane (AUS) NCH 3. 3:38.34 - 3000m Doha (QAT) DL 12. 7:47.71 - 1500m Hengelo (NED) WC 10. 3:40.21 - 1500m Bydgoszcz (POL) 8. 3:35.52 - 1500m Schifflange (LUX) 4. 3:39.73 - 1500m Budapest (HUN) WCH h 3:46.45 - 1500m Budapest (HUN) WCH sf 3:36.83 - 1500m Padova (ITA) 15. 3:37.66 - 3000m Trier (GER) 2. 7:43.70			
INFO: From West Australia; based in Perth. His favourite place to race is Lakeside Stadium in Melbourne. Has been nicknamed "The Future" by Usain Bolt. Studies: Commerce / Law at Deakin University. In 2021 ran the quickest 1500m by an Australian in Australia since 1988. Motto: "Go hard at it and you will always walk away proud".			
327	Guilherme KURTZ (BRA)	29y	PB: 4:08.30 Santiago de Chile (CHI) 13.10.2019
GENERAL: South American Championships Silver medallist 1500m (23) 2 times South American Championships finalist 1500m (21) WA World Rankings: 145th			
OTHER PB'S: 1:46.15 800m(23) - 2:21.39 1000m(22) - 3:39.72 1500m(22) Current Records: 1xNBP: NBP 4:08.30 Mile Road Santiago de Chile(19)			
HONOURS: Sam. Ch. (1xSilver) NCH (2xWin)			
2023: 800m Bragança Paulista (BRA) 2. 1:46.15 - 1500m Andújar (ESP) 15. 3:50.56 - 1500m Huelva (ESP) 9. 3:41.23 - 1500m Lisboa (POR) 3. 3:43.69 - 800m Cuiaba (BRA) NCH h 1:50.48 - 800m Cuiaba (BRA) NCH 2. 1:47.22 - 1500m Cuiaba (BRA) NCH 1. 3:41.51 - 1500m São Paulo (BRA) SaC 2. 3:48.11 - 800m São Paulo (BRA) SaC 6. 1:48.80 - 3000m Porto Alegre (BRA) 1. 8:14.7h			
332	Robert HEPPESTALL (CAN)	26y	
GENERAL: Pan American U20 Championships Silver medallist 800m (15) 2 times National champion 800m (21), 1500m (22) WA World Rankings: 99th			
OTHER PB'S: 1:46.05 800m(22) - 3:35.17 1500m(22) - 3:55.15 Mile(22)			
HONOURS: PanAm. U20 Ch. (1xSilver) NCH (2xWin)			
2023: 1000m ind. Iowa City, IA (USA) 3. 2:20.90 - 1500m ind. New York, NY (USA) 3:56.17 - 1500m ind. Boston, MA (USA) 3:46.04 - Mile ind. Boston, MA (USA) 12. 4:04.30 - 1500m Walnut, CA (USA) 1. 3:36.97 - 1500m Devonshire (BER) 1. 3:41.83 - 1500m Bydgoszcz (POL) 13. 3:36.41 - 1500m Dessau (GER) 16. 3:52.12 - 1500m Langley (CAN) 13. 3:58.03 - 1500m Los Angeles, CA (USA) 10. 3:37.44 - 1500m Langley (CAN) NCH h 3:46.95 - 1500m Langley (CAN) NCH 14. 3:54.08			
INFO: Born in Hamilton. Studies: Wake Forest University.			
334	Kieran LUMB (CAN)	25y	
GENERAL: NACAC Championships Bronze medallist 5000m (22) National champion 1500m (23) WA World Rankings: 48th			
OTHER PB'S: 3:34.55 1500m(23) - 3:53.83 Mile(23) - 7:36.46 3000m(23) Current Records: 1xNR: NR 7:36.46 3000m Zagreb(23)			
HONOURS: NACAC Ch. (1xBronze) NCH (1xWin)			
2023: 1500m ind. Boston, MA (USA) 3:36.81 - Mile ind. Boston, MA (USA) 3. 3:52.62 - 1500m Walnut, CA (USA) 5. 3:38.08 - 1500m Los Angeles, CA (USA) 1. 3:35.99 - 1500m Gresham, OR (USA) 8. 3:35.43 - 1500m Genève (SUI) 1. 3:37.61 - 1500m Ostrava (CZE) WC 10. 3:36.97 - 1500m Langley (CAN) NCH 1. 3:37.24 - 1500m Budapest (HUN) WCH h 3:36.66 - 1500m Padova (ITA) 4. 3:34.55 - 3000m Rovereto (ITA) 3. 7:38.92 - 3000m Zagreb (CRO) WC 6. 7:36.46			
INFO: Hometown: Vancouver. Studies: University of British Columbia.			
337	Christoffer Frost JOHANSEN (DEN)	26y	
GENERAL: 2 times National champion 1500m (22, 21) 2 times National Indoor champion 800m ind. (23), 1500m ind. (23) WA World Rankings: 209th			
OTHER PB'S: 1:49.44 800m(19) - 3:41.79 1500m(23)			
HONOURS: NCH (2xWin) NICH (2xWin)			
2023: 1500m ind. Lyon (FRA) 7. 3:49.31 - 1500m ind. Gent (BEL) 6. 3:46.06 - 1500m ind. Karlstad (SWE) 4. 3:44.25 - 1500m ind. Randers (DEN) 1. 3:47.07 - 800m ind. Randers (DEN) 1. 1:54.05 - 10 km Road Århus (DEN) NCH 13. 30:42 - 5000m Bagsvaerd (DEN) 1. 14:11.49 - 1500m Copenhagen (DEN) 9. 3:47.40 - 1500m København (DEN) 7. 3:43.19 - 1500m Aalborg (DEN) NCH 2. 3:41.79 - 5000m Aalborg (DEN) NCH 2. 14:12.16 - 1500m Kortrijk (BEL) 14. 3:43.71			
INFO: Athlete of Bagsvaerd.			
340	Andreas LINDGREEN (DEN)	25y	SB and PB: 4:05.0h Düsseldorf (GER) 03.09
GENERAL: 2 times National Indoor champion 1500m ind. (21, 17) World Cross Country Championships finalist WA World Rankings: 222nd			
OTHER PB'S: 1:49.66 800m(18) - 3:41.17 1500m(19) - 4:00.55 Mile(22)			
HONOURS: NICH (2xWin)			
2023: 1500m ind. Sindelfingen (GER) 3. 3:44.73 - 1500m ind. Ulsteinvik (NOR) 3. 3:45.99 - 1500m ind. Gent (BEL) 3. 3:44.35 - 1500m ind. Karlstad (SWE) 5. 3:44.90 - 800m Tärnby (DEN) 3. 1:55.40 - 1500m København (DEN) 12. 3:52.26 - 1500m Kuortane (FIN) 6. 3:41.97 - 1500m Karlstad (SWE) 9. 3:42.77 - 1500m Kortrijk (BEL) 10. 3:41.53 - Mile Road Düsseldorf (GER) 5. 4:05.0h - 1500m Århus (DEN) 1. 3:57.83			
INFO: Hometown: Copenhagen.			
354	Natnael TEKLESENBET (ERI)	18y	
2023: 800m Ndola (ZAM) h 1:52.95			
357	Yobiel WELDRUFAEL (ERI)	18y	
OTHER PB'S: 3:41.42 1500m(23)			
2023: 1500m Ndola (ZAM) 6. 3:41.42			
358	Mohamed ATTAOUI (ESP)	22y	PB: 4:18.00 Saron (ESP) 15.05.2022
GENERAL: European U23 Championships Silver medallist 1500m (23) WA World Rankings: 126th			
OTHER PB'S: 1:44.35 800m(23) - 3:36.12 1500m(23)			
HONOURS: Eur. U23 Ch. (1xSilver)			
2023: 1500m ind. Valencia (ESP) 3. 3:42.03 - 1500m Andújar (ESP) 4. 3:37.76 - 800m Pamplona (ESP) 1. 1:45.17 - 1500m Huelva (ESP) 6. 3:36.12 - 800m Barcelona (ESP) 3. 1:44.67 - 1500m Espoo (FIN) 2. 3:43.63 - 800m Madrid (ESP) 5. 1:44.93 - 800m Torrent (ESP) h 1:46.85 - 800m Torrent (ESP) 2. 1:45.06 - 800m Budapest (HUN) WCH h 1:46.65 - 800m Budapest (HUN) WCH sf 1:44.35 - 800m Rovereto (ITA) 3. 1:45.70			
INFO: Based in Torrelavega.			
359	Gonzalo GARCÍA (ESP)	28y	
GENERAL: European Championships finalist WA World Rankings: 67th			
OTHER PB'S: 1:48.96 800m(22) - 3:35.75 1500m(23) - 5:09.40 2000m(19)			
HONOURS:			
2023: 3000m ind. Valencia (ESP) 5. 8:11.42 - 1500m ind. Madrid (ESP) 3. 3:47.49 - 800m Nerja (ESP) 9. 1:49.20 - 1500m Andújar (ESP) 8. 3:39.22 - 1500m Huelva (ESP) 13. 3:37.22 - 1500m Castellón (ESP) 6. 3:36.64 - 1500m Barcelona (ESP) 3. 3:36.68 - 1500m Marseille (FRA) 6. 3:35.75 - 1500m Torrent (ESP) h 3:47.63 - 1500m Torrent (ESP) 8. 3:39.56			
INFO: Born in Sevilla. Studies: University of Pablo de Olavide.			
362	Olavi ALLASE (EST)	30y	
GENERAL: 5 times National Indoor champion 1500m ind. (22, 21, 19), 3000m ind. (21, 19) 3 times National champion 1500m (23, 22, 21) WA World Rankings: 428th			
OTHER PB'S: 3:44.87 1500m(23)			
HONOURS: NCH (3xWin) NICH (5xWin)			
2023: 3000m ind. Tallinn (EST) 3. 8:36.89 - 1500m ind. Valmiera (LAT) 1. 3:51.76 - 1500m Jessheim (NOR) 6. 3:50.58 - 1500m Pärnu (EST) 4. 3:47.87 - 1500m Rakvere (EST) 1. 3:54.68 - 1000m Tartu (EST) 1. 2:25.31 - 1500m Lappeenranta (FIN) 13. 3:44.87 - 1500m Tallinn (EST) NCH 1. 3:52.58 - 1500m Valmiera (LAT) 4. 3:48.96 - 10 km Road Pärnu (EST) 6. 32:10			

365	Deniss ŠALKAUSKAS (EST)	24y	
GENERAL: National Indoor champion 800m ind. (21) WA World Rankings: 628th			
OTHER PB'S: 1:49.92 800m(21) - 3:48.08 1500m(23)			
HONOURS: NICH (1xWin)			
2023: 3000m ind. Tallinn (EST) 1. 8:27.54 - 1500m ind. Tartu (EST) 1. 3:53.67 - 1500m ind. Tallinn (EST) 2. 3:56.68 - Half Marathon Praha (CZE) 23. 1:08:55 - 800m Ulenurme (EST) 2. 1:52.18 - 1500m Oordegem (BEL) 5. 3:48.08 - 800m Jöhvi (EST) 8. 1:54.29 - 1500m Chorzów (POL) 15. 3:49.76 - 1500m Heusden-Zolder (BEL) 4. 3:53.11 - 1500m Tallinn (EST) NCH 2. 3:52.69 - 5000m Tallinn (EST) NCH 3. 14:38.52 - 1500m Valmiera (LAT) 6. 3:54.10			
INFO: Studies: University of Tartu.			
372	Teddese LEMI (ETH)	24y	
GENERAL: World Championships finalist World Cross Country champion Mixed CC (19) WA World Rankings: 32nd			
OTHER PB'S: 1:44.65 800m(21) - 3:31.90 1500m(21) - 13:26.58 5000m(23)			
HONOURS: World Ch. (1xFinal): 8. 1500m Eugene, OR(22) 3:32.98 Afr. U20 Ch. (1xSilver)			
2023: 1500m ind. Karlsruhe (GER) 6. 3:39.34 - 1500m ind. Liévin (FRA) 5. 3:37.42 - 5000m Nairobi (KEN) 1. 13:26.58 - 1500m Oslo (NOR) DL 13. 3:32.24 - 1500m Lausanne (SUI) DL 8. 3:34.21 - 1500m Budapest (HUN) WCH h 3:47.49			
375	Santtu HEIKKINEN (FIN)	21y	
GENERAL: National Indoor champion 3000m ind. (23) WA World Rankings: 85th			
OTHER PB'S: 3:37.62 1500m(23) - 3:56.36 Mile(23) - 7:50.31 3000m(23)			
HONOURS: NICH (1xWin)			
2023: 1500m ind. Erfurt (GER) 6. 3:40.75 - 1500m ind. Beograd (SRB) 3. 3:41.04 - 1500m Copenhagen (DEN) 5. 3:41.69 - 3000m Bergen (NOR) 10. 7:50.31 - 1500m Jyväskylä (FIN) 2. 3:39.86 - 1500m Kuortane (FIN) 3. 3:38.59 - 1500m Chorzów (POL) 11. 3:41.72 - 1500m Joensuu (FIN) 4. 3:38.17 - 800m Oulu (FIN) 9. 1:50.17 - 1500m Espoo (FIN) 9. 3:46.19 - 1500m Lappeenranta (FIN) 6. 3:39.57 - 1500m Lahti (FIN) NCH 2. 3:42.15 - 1500m Stockholm (SWE) 3. 3:37.62			
376	Benoit CAMPION (FRA)	25y	
GENERAL: World University Games winner 1500m (23) WA World Rankings: 58th			
OTHER PB'S: 1:49.43 800m(23) - 3:34.34 1500m(23) - 8:00.02 3000m(21)			
HONOURS: WUG (1xGold)			
2023: 1500m ind. Lyon (FRA) 6. 3:42.55 - 3000m ind. Miramas (FRA) 7. 7:55.91 - 1500m ind. Metz (FRA) 1. 3:40.22 - 1500m ind. Aubière (FRA) 3. 3:41.66 - 1500m Toulouse (FRA) 4. 3:39.64 - 1500m Oordegem (BEL) 5. 3:37.71 - 1500m Montesson (FRA) 11. 3:39.53 - 1500m Nice (FRA) 5. 3:34.34 - 1500m Decines (FRA) 5. 3:35.35 - 1500m Marseille (FRA) 8. 3:36.46 - 1500m Ninove (BEL) 8. 3:37.99 - 1500m Chengdu (CHN) 1. 3:38.61			
INFO: Hometown: Guipavas. Studies: American International College.			
381	Maël GOUYETTE (FRA)	24y	SB and PB: 4:03.0h Düsseldorf (GER) 03.09
WA World Rankings: 91st			
OTHER PB'S: 3:35.94 1500m(23) - 3:53.63 Mile(23) - 13:36.24 5000m(23)			
2023: 1500m ind. Boston, MA (USA) 3:43.13 - Mile ind. Boston, MA (USA) 7. 3:58.38 - 1500m Raleigh, NC (USA) 1. 3:42.24 - 1500m Palo Alto, CA (USA) 2. 3:42.01 - 1500m Austin, TX (USA) sf 3:40.48 - 5000m Wien (AUT) 1. 13:36.24 - 1500m Carquefou (FRA) 5. 3:38.53 - 1500m Sotteville-lès-Rouen (FRA) 3. 3:37.60 - 1500m Marseille (FRA) 7. 3:35.94 - 1500m Albi (FRA) NCH 2. 3:40.47 - 1500m Pfungstadt (GER) 6. 3:37.30 - Mile Pfungstadt (GER) 5. 3:53.63			
INFO: Hometown: Angers. Studies: Iona University. Major in Sports Communication and Media.			
384	Callum ELSON (GBR)	24y	SB and PB: 4:07.10 Newcastle upon Tyne (GBR) 08.09
GENERAL: World Cross Country Championships finalist WA World Rankings: 138th			
OTHER PB'S: 1:49.87 800m(23) - 3:35.39 1500m(23) - 3:58.74 Mile(23)			
2023: Mile Philadelphia, PA (USA) 5. 3:58.74 - 1500m Karlsruhe (GER) 5. 3:40.67 - Mile Manchester (GBR) 5. 4:00.01 - 1500m Montesson (FRA) 4. 3:39.40 - 1500m Pfungstadt (GER) 10. 3:38.67 - 800m Watford (GBR) 2. 1:49.87 - 1500m Manchester (GBR) NCH h 3:42.37 - 1500m Manchester (GBR) NCH 8. 3:47.71 - 1500m Lignano Sabbiadoro (ITA) 4. 3:36.21 - 1500m London (GBR) 2. 3:35.39 - Mile Road Newcastle upon Tyne (GBR) 1. 4:07.10			
INFO: Based in Cambridge. Studies: Durham University and American International College. Degree in MBA. Earlier played football.			
403	Mohad ABDIKADAR SHEIK ALI (ITA)	30y	
GENERAL: European U23 Championships Silver medallist 1500m (15) 2 times National champion 1500m (15, 14) WA World Rankings: 73rd			
OTHER PB'S: 3:33.79 1500m(23) - 3:57.18 Mile(21) - 7:44.33 3000m(23)			
HONOURS: Eur. U23 Ch. (1xSilver) NCH (2xWin) NICH (2xWin)			
2023: 1500m ind. Padova (ITA) 3. 3:40.52 - 1500m ind. Metz (FRA) 2. 3:40.93 - 1500m Grosseto (ITA) 4. 3:39.96 - 1500m Pergine Valsugana (ITA) 1. 3:40.57 - 1500m Troyes (FRA) 7. 3:37.56 - 1500m Decines (FRA) 4. 3:35.21 - 1500m Lignano Sabbiadoro (ITA) 6. 3:36.56 - 1500m Lappeenranta (FIN) 3. 3:39.03 - 1500m Molfetta (ITA) NCH 3. 3:47.58 - 1500m Domažlice (CZE) 1. 3:42.56 - 1500m Padova (ITA) 1. 3:33.79 - 3000m Rovereto (ITA) 7. 7:44.33			
INFO: Born in Bula Hawo, Somalia. Arrived to Italy in 2006 with two brothers as refugees escaping the Somali Civil War; Italian citizen since May 2011. Member of the Italian Air Force. Accounting and Political Science studies.			
406	Giovanni FILIPPI (ITA)	25y	
WA World Rankings: 117th			
OTHER PB'S: 1:47.06 800m(21) - 3:36.14 1500m(23)			
2023: 1500m ind. Padova (ITA) 1. 3:43.16 - 1500m Modena (ITA) 1. 3:42.72 - 1500m Karlsruhe (GER) 11. 3:39.18 - 1500m Grosseto (ITA) 6. 3:40.60 - 800m Lucca (ITA) 7. 1:49.01 - 1500m Jessheim (NOR) 3. 3:38.69 - 1500m Nice (FRA) 15. 3:38.95 - 1500m Ordizia (ESP) 1. 3:37.71 - 1500m Kortrijk (BEL) 6. 3:39.31 - 1500m Lignano Sabbiadoro (ITA) 18. 3:44.72 - 1500m Molfetta (ITA) NCH 6. 3:51.57 - 1500m Padova (ITA) 8. 3:36.14			
INFO: Athlete of Modena.			
411	Yusuke TAKAHASHI (JPN)	24y	
GENERAL: Asian Championships Silver medallist 1500m (23) WA World Rankings: 129th			
OTHER PB'S: 1:48.92 800m(20) - 3:38.69 1500m(23) - 13:57.61 5000m(21)			
HONOURS: Asi. Ch. (1xSilver)			
2023: 1500m Kumamoto (JPN) 4. 3:42.12 - 1500m Kobe (JPN) 2. 3:44.04 - 1500m Hiroshima (JPN) 3. 3:40.44 - 1500m Osaka (JPN) 10. 3:51.36 - 1500m Osaka (JPN) NCH h 3:46.90 - 1500m Osaka (JPN) NCH 2. 3:38.69 - 5000m Shibetsu (JPN) 10. 14:14.30 - 1500m Bangkok (THA) AsC 2. 3:42.04 - 1500m Kumagaya (JPN) 13. 3:55.80 - 1500m Kumagaya (JPN) h 3:44.23			
412	Ryoji TATEZAWA (JPN)	26y	
GENERAL: 3 times National champion 1500m (20, 18, 17) Asian Championships finalist WA World Rankings: 157th			
OTHER PB'S: 3:38.35 1500m(22) - 4:00.13 Mile(23) - 47:04 10 Miles Road(17)			
HONOURS: NCH (3xWin)			
2023: 1500m Melbourne (AUS) WC 3:43.26 - Mile Melbourne (AUS) WC 9. 4:00.13 - 1500m Auckland (NZL) 1. 3:42.74 - 1500m Kumamoto (JPN) 1. 3:41.00 - 1500m Kobe (JPN) 1. 3:43.03 - 1500m Hiroshima (JPN) 6. 3:41.37 - 1500m Osaka (JPN) 11. 3:51.87 - 1500m Osaka (JPN) NCH h 3:47.78 - 1500m Osaka (JPN) NCH 5. 3:40.38 - 1500m Gifu (JPN) 12. 3:51.86			
INFO: Born in Yokohama.			
414	Reynold Kipkorir CHERUIYOT (KEN)	19y	
GENERAL: World Championships finalist World U20 champion 1500m (22) WA World Rankings: 6th			
OTHER PB'S: 3:30.30 1500m(23) - 3:48.06 Mile(23) - 4:48.14 2000m(23) Current Records: 1xWU20R*: WU20R* 3:48.06 Mile Eugene, OR(23) 1xWU20B: WU20B 4:48.14 2000m Bruxelles(23)			
HONOURS: World Ch. (1xFinal): 8. 1500m Budapest(23) 3:30.78 World CC Ch. (1xSilver) World U20 Ch. (1xGold) Afr. U20 Ch. (1xGold)			
2023: 5 km Road Lille (FRA) 2. 13:04 - 1500m Nairobi (KEN) 1. 3:32.01 - 1500m Los Angeles, CA (USA) 2. 3:32.01 - 1500m Tomblaine (FRA) 1. 3:31.60 - 1500m Chorzów (POL) WC 3. 3:30.30 - 1500m Budapest (HUN) WCH h 3:34.24 - 1500m Budapest (HUN) WCH sf 3:35.53 - 1500m Budapest (HUN) WCH 8. 3:30.78 - 1500m Zürich (SUI) DL 8. 3:31.97 - 1500m Bellinzona (SUI) 1. 3:33.98 - 2000m Bruxelles (BEL) DL 2. 4:48.14 - Mile Eugene, OR (USA) DF 5. 3:48.06			
INFO: Native of Bomet County. His idol is Timothy Cheruiyot.			

422	Kyumbe MUNGUTI (KEN)	28y	
GENERAL: World Cross Country champion Mixed CC (23) National champion 1500m (23) WA World Rankings: 39th			
OTHER PB'S: 1:46.96 800m(19) - 2:21.79 1000m(22) - 3:34.02 1500m(23)			
HONOURS: NCH (1xWin)			
2023: 1500m Nairobi (KEN) h 3:37.82 - 1500m Nairobi (KEN) h 3:42.28 - 1500m Nairobi (KEN) 1. 3:37.35 - 1500m Huelva (ESP) 2. 3:34.06 - 1500m Dessau (GER) 1. 3:34.02 - 1500m Nairobi (KEN) NCH h 3:41.64 - 1500m Nairobi (KEN) NCH 1. 3:37.38 - 1500m Nairobi (KEN) 7. 3:38.79 - 1500m Marseille (FRA) 3. 3:35.34 - 1500m Bellinzona (SUI) 4. 3:35.52			
INFO: Member of Kenya Defence Forces.			
426	Nikita BOGDANOV (LAT)	20y	PB: 4:36.0h Līvāni (LAT) 18.11.2021
GENERAL: 3 times National champion 800m (23), 1500m (23, 22) National Indoor champion 1500m ind. (23) WA World Rankings: 556th			
HONOURS: NCH (3xWin) NICH (1xWin)			
2023: 800m ind. Liepaja (LAT) 1. 1:53.92 - 1500m ind. Valmiera (LAT) 2. 3:52.12 - 1500m ind. Valmiera (LAT) 1. 3:54.93 - 800m ind. Valmiera (LAT) 2. 1:53.90 - 800m Ulenurme (EST) 1. 1:51.64 - 800m Kaunas (LTU) 1. 1:50.99 - 1500m Pärnu (EST) 5. 3:52.66 - 800m Vīlnius (LTU) 3. 1:51.28 - 1500m Valmiera (LAT) NCH 1. 3:51.69 - 800m Valmiera (LAT) NCH 1. 1:53.39 - 1500m Valmiera (LAT) 5. 3:50.90 - 800m Valmiera (LAT) 4. 1:52.45			
429	Janis RAZGALIS (LAT)	38y	SB and PB: 4:19.0h Jelgava (LAT) 29.07
GENERAL: 4 times National champion 1500m (20, 19, 11), 3000m (11) 3 times National Indoor champion 1500m ind. (22, 17, 11) WA World Rankings: 394th			
OTHER PB'S: 1:48.92 800m(22) - 3:39.51 1500m(22) - 7:57.28 3000m(21)			
HONOURS: NCH (4xWin) NICH (3xWin)			
2023: 2000m ind. Valmiera (LAT) 1. 5:18.33 - 1500m Avellino (ITA) 1. 3:52.11 - 800m Avellino (ITA) 1. 1:55.31 - 1500m Oordegem (BEL) 7. 3:42.13 - 1500m Bergamo (ITA) 2. 3:47.12 - 800m Bergamo (ITA) 1. 1:52.06 - 1500m Chorzów (POL) 7. 3:44.93 - Mile Tartu (EST) 1. 4:05.65 - Mile Road Jelgava (LAT) NCH 1. 4:19.0h - 1500m Valmiera (LAT) 3. 3:48.70			
433	Seng Tou IP (MAC)	23y	
Current Records: 1xNR: NR 4:04.99 1500m Hong Kong(23)			
2023: 1500m Hong Kong (HKG) 2. 4:04.99			
INFO: Also an international chess player.			
454	Andrzej KOWALCZYK (POL)	24y	
WA World Rankings: 163rd			
OTHER PB'S: 2:22.58 1000m(22) - 3:37.76 1500m(22) - 8:05.21 3000m(22)			
2023: 1500m ind. Stockholm (SWE) 6. 3:44.39 - 1500m ind. Ulsteinvik (NOR) 2. 3:45.80 - 1500m ind. Toruń (POL) 13. 3:47.15 - 1500m ind. Toruń (POL) 6. 3:54.36 - 1500m Bydgoszcz (POL) 15. 3:42.22 - 1500m Genève (SUI) 8. 3:39.45 - 1500m Poznan (POL) 7. 3:38.78 - 800m Tarnów (POL) 1. 1:51.15 - 1500m Liège (BEL) 10. 3:44.76 - 1500m Trieste (ITA) 6. 3:45.95 - 1500m Gorzów Wielkopolski (POL) NCH 5. 3:43.58 - 1500m Chengdu (CHN) h 3:46.31			
INFO: Trains in Krakow.			
455	Filip OSTROWSKI (POL)	22y	
GENERAL: National champion 1500m (23) WA World Rankings: 83rd			
OTHER PB'S: 1:17.34 600m(23) - 1:45.30 800m(23) - 3:36.03 1500m(23)			
HONOURS: NCH (1xWin)			
2023: 1500m ind. Erfurt (GER) 4. 3:39.82 - 1500m ind. Toruń (POL) 8. 3:40.52 - 800m Karlsruhe (GER) 1. 1:45.62 - 800m Chorzów (POL) 1. 1:45.67 - 1500m Bydgoszcz (POL) 10. 3:36.03 - 1500m Chorzów (POL) 7. 3:38.80 - 1500m Espoo (FIN) 6. 3:45.01 - 1500m Gorzów Wielkopolski (POL) NCH 1. 3:41.79 - 800m Gorzów Wielkopolski (POL) NCH 2. 1:47.00 - 800m Budapest (HUN) WCH h 1:45.76 - 800m Budapest (HUN) WCH sf 1:45.30 - 800m Sopot (POL) 1. 1:45.35			
INFO: Athlete of Lodz.			
463	Ryan MPHABLELE (RSA)	25y	
GENERAL: African Championships Silver medallist 1500m (22) National champion 1500m (19) WA World Rankings: 23rd			
OTHER PB'S: 3:32.90 1500m(23) - 3:54.48 Mile(23) - 7:45.10 3000m(23) Current Records: 1xNR: NR 13:24 5 km Road Herzogenaurach(23)			
HONOURS: Afr. Ch. (1xSilver) NCH (1xWin)			
2023: 1500m Potchefstroom (RSA) NCH 3. 3:42.80 - 5000m Potchefstroom (RSA) NCH 2. 14:04.80 - 1500m Cape Town (RSA) 1. 3:35.01 - 1500m Cape Town (RSA) 1. 3:32.90 - Mile Cape Town (RSA) 1. 3:55.59 - 1500m Ostrava (CZE) WC 2. 3:33.38 - 1500m Sotteville-lès-Rouen (FRA) 1. 3:34.31 - 1500m Dublin (IRL) 3:37.84 - Mile Dublin (IRL) 1. 3:54.48 - 3000m Celle Ligure (ITA) 2. 7:45.10 - 1500m Budapest (HUN) WCH h 3:39.16 - 1500m Bellinzona (SUI) 10. 3:38.86			
INFO: Studies: University of Johannesburg.			
469	Ethan YAN (SGP)	22y	
INFO: Studies: Tufts University.			
479	Keneth KIPROP (UGA)	18y	
GENERAL: World Cross Country Championships finalist			
OTHER PB'S: 7:50.69 3000m(23) - 13:15.90 5000m(23) - 28:46 10 km Road(23)			
HONOURS:			
2023: 3000m Melbourne (AUS) WC 6. 7:55.90 - 10 km Road Hobart (AUS) 1. 28:46 - 5000m Ndola (ZAM) 6. 13:52.63 - 5000m Oordegem (BEL) 6. 13:15.90 - 3000m Bergen (NOR) 11. 7:50.69 - 5000m Montesson (FRA) 13. 13:18.61 - 5000m Namboole (UGA) NCH 3. 13:57.77			
481	Salim Abu MAYANJA (UGA)	27y	
GENERAL: 4 times National champion 800m (14, 16), 1500m (22, 17) World Cross Country Championships finalist WA World Rankings: 65th			
OTHER PB'S: 1:45.73 800m(17) - 3:34.51 1500m(23)			
HONOURS: NCH (4xWin)			
2023: 1500m Strasbourg (FRA) 2. 3:36.91 - 1500m Poznan (POL) 2. 3:34.51 - 1500m Carquefou (FRA) 1. 3:35.95 - 1500m Troyes (FRA) 3. 3:36.21 - 800m Kortrijk (BEL) 2. 1:45.78 - 1500m Marseille (FRA) 9. 3:36.52 - 1500m Schifflange (LUX) 3. 3:39.50 - 1500m Budapest (HUN) WCH h 3:38.15			
489	Hobbs KESSLER (USA)	20y	SB and PB: 4:03.7h Atlanta, GA (USA) 06.05
WA World Rankings: 88th			
OTHER PB'S: 1:45.80 800m(23) - 2:16.46 1000m(22) - 3:32.61 1500m(23) Current Records: 3xAU20R: AU20R 2:16.46 1000m Monaco(22) - AU20R 3:34.36 1500m Portland, OR(21) - AU20R 3:41.17 1500m ind. New York, NY(22)			
2023: 3000m ind. Boston, MA (USA) 6. 7:39.00 - 1500m ind. Boston, MA (USA) 10. 4:05.01 - Mile Road Atlanta, GA (USA) 2. 4:03.7h - 1500m Los Angeles, CA (USA) 3. 3:32.61 - 800m New York, NY (USA) 3. 1:45.80 - 1500m Eugene, OR (USA) NCH h 3:42.95 - 1500m Eugene, OR (USA) NCH 6. 3:36.08 - 1500m Berlin (GER) WC 4. 3:35.69 - 800m Zagreb (CRO) WC 1. 1:46.09			
INFO: Hometown: Ann Arbor. Studies: Northern Arizona University.			
491	Samuel PRAKEL (USA)	28y	SB: 4:01.21 Des Moines, IA (USA) 25.04 (USA) 16.06.2019 PB: 3:58.07 Boston, MA
GENERAL: 2 times National Indoor champion 1500m ind. (23), 3000m ind. (23) WA World Rankings: 25th			
OTHER PB'S: 3:34.63 1500m(23) - 3:54.64 Mile(18) - 7:46.06 3000m(22) Current Records: 1xWR: WR 4:01.21 Mile Road Des Moines, IA(23)			
HONOURS: NICH (2xWin)			
2023: 1500m ind. Boston, MA (USA) 3:38.32 - Mile ind. Boston, MA (USA) 3. 3:53.58 - 1500m ind. New York, NY (USA) 3:38.62 - Mile ind. New York, NY (USA) 9. 3:54.32 - 1500m ind. Boston, MA (USA) 3:35.84 - Mile ind. Boston, MA (USA) 2. 3:51.25 - 1500m Los Angeles, CA (USA) 6. 3:35.78 - 1500m Gresham, OR (USA) 5. 3:34.63 - 1500m Eugene, OR (USA) NCH 4. 3:35.83 - 1500m Chorzów (POL) WC 14. 3:40.09 - 1500m Luzern (SUI) 5. 3:38.24 - 1500m Bern (SUI) 5. 3:35.21			
INFO: Hometown: Versailles. Studies: University of Oregon. Major in Biochemistry.			

Women's Half Marathon

Final

01.10.2023

102	Isobel BATT-DOYLE (AUS)	28y	SB and PB: 1:09:27 Marugame (JPN) 05.02
GENERAL: 2 times Commonwealth Games finalist WA World Rankings: 115th			
OTHER PB'S: 15:04.10 5000m(21) - 31:40.10 10,000m(22) - 2:27:54 Marathon(23)			
HONOURS:			
2023: Half Marathon Marugame (JPN) 3. 1:09:27 - Marathon Nagoya (JPN) d 10. 2:27:54 - Half Marathon Gifu (JPN) 5. 1:10:16 - 3000m Yokohama (JPN) WC 4. 8:53.81 - Half Marathon Gold Coast (AUS) 4. 1:09:45 - Marathon Budapest (HUN) WCH 43. 2:37:53			
INFO: Hometown: Adelaide. Studies: University of Washington; Clinical Psychology PhD. Nickname: Izzie. Her idol is Jessica Trengove.			
105	Sinead NOONAN (AUS)	31y	SB and PB: 1:13:30 Sunshine Coast (AUS) 13.08
WA World Rankings: 282nd			
OTHER PB'S: 33:41.10 10,000m(21) - 33:29 10 km Road(23)			
2023: 10 km Road Launceston (AUS) 5. 33:34 - 10 km Road Gold Coast (AUS) 2. 33:29 - Half Marathon Sunshine Coast (AUS) NCH 3. 1:13:30			
INFO: Based in Perth. Former elite cyclist. Also a pilates instructor.			
106	Tara PALM (AUS)	38y	SB: 1:12:10 Berlin (GER) 02.04 PB: 1:11:27 Melbourne (AUS) 13.10.2019
WA World Rankings: 285th			
OTHER PB'S: 32:14 10 km Road(20) - 39:10 12 km Road(19) - 2:33:19 Marathon(23)			
2023: 3000m Adelaide (AUS) 1. 9:30.41 - 10 km Road Hobart (AUS) 4. 34:02 - Half Marathon Berlin (GER) d 11. 1:12:10 - Half Marathon Launceston (AUS) 2. 1:13:16 - Half Marathon Sunshine Coast (AUS) NCH 4. 1:14:20 - Marathon Berlin (GER) 32. 2:33:19			
INFO: Based in Adelaide.			
108	Julia MAYER (AUT)	30y	SB: 1:11:31 Gent (BEL) 12.03 PB: 1:11:13 Málaga (ESP) 24.04.2022
GENERAL: 3 times National champion 5000m (19, 17), 10,000m (20) 2 times National Indoor champion 3000m ind. (21, 20) WA World Rankings: 195th			
OTHER PB'S: 15:45 5 km Road(21) - 32:49 10 km Road(22) - 2:30:42 Marathon(23) Current Records: 3xNR: NR 32:49 10 km Road Karlovac(22) - NR 1:11:13 Half Marathon Málaga(22) - NR 2:30:42 Marathon Wien(23)			
HONOURS: NCH (3xWin) NICH (2xWin)			
2023: Half Marathon Gent (BEL) 4. 1:11:31 - Marathon Wien (AUT) NCH 8. 2:30:42 - Marathon Budapest (HUN) WCH 50. 2:41:54			
INFO: Earlier played football.			
109	Anna YUSUPOVA (AZE)	36y	PB: 1:20:56 Antalya (TUR) 06.03.2022
GENERAL: 5 times National champion 1500m (23, 19), 3000m (23, 21, 19)			
HONOURS: NCH (5xWin)			
2023: 1500m ind. Baku (AZE) 1. 4:45.16 - 3000m ind. Baku (AZE) 1. 9:59.78 - 3000m ind. Baku (AZE) 1. 10:21.16 - 1500m Baku (AZE) NCH 1. 4:45.26 - 3000m Baku (AZE) NCH 1. 10:19.99 - 800m Baku (AZE) 1. 2:19.88 - 5000m Chorzów (POL) 5. 17:37.97 - 800m Chorzów (POL) 3. 2:17.33 - 1500m Chorzów (POL) 6. 4:38.00			
112	Aline DE FREITAS (BRA)	31y	
113	Jenifer DO NASCIMENTO SILVA (BRA)	32y	PB: 1:13:03 Buenos Aires (ARG) 21.08.2022
GENERAL: 2 times South American Championships finalist 4 times National champion 5000m (19, 16), 10,000m (19, 18)			
OTHER PB'S: 16:05.70 5000m(22) - 33:51.12 10,000m(22) - 10:05.91 3000mSC(16)			
HONOURS: IberoAM Ch. (1xBronze) Sam. U23 Ch. (1xBronze) NCH (4xWin)			
2023: 5 km Road Herzogenaurach (GER) 15. 16:10 - 10,000m Bragança Paulista (BRA) 1. 34:47.16 - 5000m Cuiaba (BRA) NCH 2. 16:26.70 - 10,000m Cuiaba (BRA) NCH 2. 34:56.63 - 10,000m São Paulo (BRA) SaC 7. 35:46.5h			
114	Valdilene DOS SANTOS SILVA (BRA)	31y	SB: 1:15:00 Lisboa (POR) 12.03 PB: 1:13:41 Valencia (ESP) 24.10.2021
GENERAL: Pan American Games finalist South American Half Marathon Championships finalist WA World Rankings: 393rd			
OTHER PB'S: 10:17.25 3000mSC(13) - 33:57 10 km Road(13) - 2:32:01 Marathon(18)			
HONOURS:			
2023: Half Marathon Lisboa (POR) d 22. 1:15:00 - Marathon Wien (AUT) NCH 14. 2:37:44 - 10,000m São Paulo (BRA) 1. 36:56.34 - Half Marathon São Paulo (BRA) 1. 1:17:14 - 5000m São Paulo (BRA) 1. 17:38.86 - Half Marathon Santa Cruz de la Sierra (BOL) 5. 1:16:23 - 5000m Cuiaba (BRA) NCH 5. 16:47.67 - 10,000m Cuiaba (BRA) NCH 3. 34:57.28 - Marathon Budapest (HUN) WCH 47. 2:39:58			
116	Larissa Marcelle MOREIRA QUINTÃO (BRA)	36y	SB: 1:21:24 Rio de Janeiro (BRA) 20.08 PB: 1:16:02 Rio de Janeiro (BRA) 21.08.2022
WA World Rankings: 512th			
2023: 10 km Road Santos (BRA) 3. 34:49 - 5000m Cuiaba (BRA) NCH 11. 17:47.26 - 10,000m Cuiaba (BRA) NCH 8. 36:32.39 - Half Marathon Rio de Janeiro (BRA) 7. 1:21:24 - 10 Miles Road Vitoria (BRA) 4. 1:00:08			
119	Sasha GOLLISH (CAN)	41y	SB: 1:12:51 Vancouver (CAN) 12.02 PB: 1:11:05 Indianapolis, IN (USA) 05.11.2016
GENERAL: Pan American Games Bronze medalist 1500m (15) National champion Half Marathon (18) WA World Rankings: 324th			
OTHER PB'S: 4:07.08 1500m(15) - 15:24.12 5000m(17) - 2:31:40 Marathon(22)			
HONOURS: PanAm G. (1xBronze) NCH (1xWin)			
2023: Half Marathon Vancouver (CAN) 3. 1:12:51 - 3000m ind. Toronto (CAN) 1. 9:36.34 - 1500m ind. Toronto (CAN) 1. 4:28.12 - Marathon Ottawa (CAN) 15. 2:54:43 - Marathon Budapest (HUN) WCH 61. 2:45:09			
INFO: Born in Toronto. Studies: University of Toronto. PhD in Civil Engineering Education. Also a competitive cyclist. A civil engineer focusing on road safety.			
125	Karen EHRENREICH (DEN)	39y	PB: 1:13:32 Valencia (ESP) 23.10.2022
GENERAL: National champion 10,000m (22) WA World Rankings: 411th			
OTHER PB'S: 34:23 10 km Road(19) - 2:34:15 Marathon(23)			
HONOURS: NCH (1xWin)			
2023: Marathon Sevilla (ESP) 27. 2:34:15 - Marathon København (DEN) NCH 9. 2:35:02 - Marathon Budapest (HUN) WCH 59. 2:44:46			
INFO: Athlete of Aarhus.			
127	Sara Schou KRISTENSEN (DEN)	26y	SB and PB: 1:12:07 Barcelona (ESP) 19.02
WA World Rankings: 273rd			
OTHER PB'S: 33:41 10 km Road(23)			
2023: Half Marathon Barcelona (ESP) 10. 1:12:07 - 5 km Road Copenhagen (DEN) 2. 16:52 - 5 km Road Odense (DEN) 3. 16:38 - 10 km Road Århus (DEN) NCH 4. 33:41 - 5000m Copenhagen (DEN) 11. 17:02.00 - 1500m Aalborg (DEN) NCH 6. 4:35.97 - 5000m Aalborg (DEN) NCH 6. 16:59.64			
INFO: Athlete of Bagsvaerd.			
130	Annie SAUGSTRUP (DEN)	27y	SB and PB: 1:15:42 Berlin (GER) 02.04
GENERAL: National champion 10,000m (23) WA World Rankings: 401st			
OTHER PB'S: 34:14 10 km Road(23)			
HONOURS: NCH (1xWin)			
2023: 5 km Road Copenhagen (DEN) 3. 17:07 - 5 km Road Odense (DEN) 4. 16:54 - Half Marathon Berlin (GER) d 29. 1:15:42 - 10 km Road Århus (DEN) NCH 5. 34:14 - 10,000m Aalborg (DEN) NCH 1. 34:56.47 - Half Marathon Larne (GBR) 20. 1:16:42 - Half Marathon København (DEN) NCH 35. 1:16:25			
INFO: Based in Copenhagen. Political communication and Management studies at Copenhagen Business School.			

131	Rosa Alva CHACHA CHACHA (ECU)	40y	SB: 1:14:12 Lima (PER) 21.05	PB: 1:11:23 Buenos Aires (ARG) 21.08.2022
GENERAL: 3 times Pan American Games finalist Marathon (19) South American U23 champion 10,000m (04) WA World Rankings: 249th				
OTHER PB'S: 16:17.75 5000m(09) - 34:00 10 km Road(22) - 2:26:34 Marathon(23) Current Records: 2xNR: NR 1:11:23 Half Marathon Buenos Aires(22) - NR 2:26:34 Marathon Hamburg(23)				
HONOURS: Sam. Ch. (1xBronze) Sam. HM Ch. (1xSilver) IberoAm Mar. Ch. (1xWin)				
2023: Marathon Hamburg (GER) 10. 2:26:34 - Half Marathon Lima (PER) 5. 1:14:12 - 10,000m Guayaquil (ECU) 1. 35:14.3h - 10,000m Quito (ECU) NCH 2. 35:57.22 - Half Marathon Santa Cruz de la Sierra (BOL) 2. 1:14:55 - 10,000m São Paulo (BRA) SaC 6. 35:06.0h - Marathon Budapest (HUN) WCH 51. 2:42:00				
INFO: Hometown: Quito. Studies: Cordillera University. Has a daughter.				
132	Silvia Patricia ORTIZ MOROCHO (ECU)	31y	SB: 1:14:36 Santa Cruz de la Sierra (BOL) 02.07	PB: 1:11:30 Buenos Aires (ARG) 21.08.2022
GENERAL: South American Championships Silver medallist 10,000m (21) 2 times South American Championships finalist 10,000m (23) WA World Rankings: 228th				
OTHER PB'S: 34:06.61 10,000m(21) - 2:27:36 Marathon(23)				
HONOURS: Sam. Ch. (1xSilver) Sam. HM Ch. (1xGold) Sam. Mar. Ch. (1xGold) NCH (2xWin)				
2023: Marathon Sevilla (ESP) 11. 2:27:36 - 10,000m Quito (ECU) NCH 1. 35:47.76 - Half Marathon Santa Cruz de la Sierra (BOL) 1. 1:14:36 - 10,000m São Paulo (BRA) SaC 4. 34:32.1h - Marathon Budapest (HUN) WCH 29. 2:35:09				
133	Katherine TISALEMA PURUNCAJA (ECU)	27y	PB: 1:12:51 Barcelona (ESP) 03.04.2022	
GENERAL: 2 times South American Championships finalist Pan American Games finalist WA World Rankings: 363rd				
OTHER PB'S: 33:50.37 10,000m(23) - 10:06.74 3000mSC(19) - 32:40 10 km Road(22) Current Records: 2xNR: NR 10:06.74 3000mSC Lima(19) - NR 32:40 10 km Road Laredo(22)				
HONOURS:				
2023: 10 km Road Ibiza (ESP) 6. 34:51 - 10,000m Burjassot (ESP) NCH 11. 33:50.37 - 10 km Road Huelva (ESP) 7. 33:53 - 5000m Madrid (ESP) 2. 17:15.88				
136	Rigbe Habteslasie TESFAMARIAM (ERI)	27y		
140	Laura MAASIK (EST)	29y	SB and PB: 1:16:59 Kaunas (LTU) 23.04	
GENERAL: 5 times National champion 400mH (12), 3000mSC (23, 22, 20, 18) National Indoor champion 3000m ind. (18) WA World Rankings: 442nd				
OTHER PB'S: 44.72 300mH(12) - 6:32.96 2000mSC(21) - 9:56.90 3000mSC(23) Current Records: 1xNR: NR 6:32.96 2000mSC Pärnu(21)				
HONOURS: NCH (5xWin) NICH (1xWin)				
2023: 3000mSC Brisbane (AUS) 5. 10:11.77 - Half Marathon Kaunas (LTU) 1. 1:16:59 - 3000mSC Budapest (HUN) 9. 10:05.73 - 800m Jõhvi (EST) 4. 2:14.36 - 3000mSC Chorzów (POL) 6. 10:05.91 - 5000m Oslo (NOR) 6. 16:33.52 - 1500m Pärnu (EST) 7. 4:39.64 - 3000mSC Tallinn (EST) NCH 1. 10:01.81 - 3000mSC Valmiera (LAT) 1. 9:56.90 - 3000mSC Jessheim (NOR) 1. 10:04.00 - 10 km Road Pärnu (EST) 1. 34:36 - 10 km Road Tallinn (EST) 1. 34:46				
INFO: Based in Tallinn. Also Head of Credit Risk Control. Degree in Business Administration and Management.				
144	Tsigie GEBRESELAMA (ETH)	23y	SB: 1:06:13 Berlin (GER) 02.04	PB: 1:05:46 Valencia (ESP) 23.10.2022
GENERAL: World Cross Country Championships Silver medallist Cross Country Senior Race (23) World Cross Country Championships Bronze medallist Cross Country U20 Race (19) WA World Rankings: 7th				
OTHER PB'S: 14:43.90 5000m(22) - 30:04.45 10,000m(23) - 30:29 10 km Road(23) Current Records: 1xWU20B: WU20B 47:29 15 km Road Heerenberg(19)				
HONOURS: World CC Ch. (1xSilver, 1xBronze) World U20 Ch. (1xBronze) NCH (1xWin)				
2023: Half Marathon Berlin (GER) d 2. 1:06:13 - 10 km Road Paderborn (GER) 1. 30:29 - 10,000m Hengelo (NED) WC 3. 30:04.45 - 5000m Stockholm (SWE) DL 6. 14:44.94				
INFO: Based in Maychew.				
150	Yalemget YAREGAL (ETH)	19y	SB and PB: 1:06:27 Berlin (GER) 02.04	
WA World Rankings: 43rd				
OTHER PB'S: 14:51.14 5000m(23) - 15:01 5 km Road(23) - 30:54 10 km Road(23)				
2023: Half Marathon Riyadh (KSA) 3. 1:09:55 - 10 km Road Tel Aviv (ISR) 1. 30:54 - Half Marathon Berlin (GER) d 3. 1:06:27 - 5 km Road Herzogenaurach (GER) 5. 15:01 - 10 km Road Bengaluru (IND) 5. 31:59 - 5000m Wien (AUT) 1. 14:51.14				
151	Ftaw ZERAY (ETH)	26y	SB and PB: 1:06:04 Ras Al Khaimah (UAE) 18.02	
WA World Rankings: 10th				
OTHER PB'S: 31:55 10 km Road(23) - 1:27:38 25 km Road(18) - 2:29:15 Marathon(19)				
2023: Half Marathon Ras Al Khaimah (UAE) 3. 1:06:04 - Half Marathon Praha (CZE) 3. 1:07:15 - 10 km Road Boston, MA (USA) 7. 31:55 - 10 km Road Atlanta, GA (USA) 14. 32:21 - Half Marathon Buenos Aires (ARG) NCH 4. 1:06:28				
154	Méline ROLLIN (FRA)	25y	PB: 1:11:22 Paris (FRA) 06.03.2022	
OTHER PB'S: 15:54.91 5000m(22) - 33:28.05 10,000m(22) - 2:30:27 Marathon(22)				
2023: 5 km Road Lille (FRA) 12. 16:33 - 1500m Reims (FRA) 1. 4:27.65 - 3000m Chalons-en-Champagne (FRA) 1. 9:26.71 - 1500m Halluin (FRA) 5. 4:25.45 - 5000m Decines (FRA) 5. 16:16.75 - 5000m Albi (FRA) NCH 2. 16:20.69				
INFO: Based in Lille. Studies: University of Lille. Degree in Mathematics.				
155	Margaux SIERACKI (FRA)	24y	PB: 1:11:01 Paris (FRA) 06.03.2022	
GENERAL: National Indoor champion 3000m ind. (22) WA World Rankings: 258th				
OTHER PB'S: 33:09.80 10,000m(22) - 15:32 5 km Road(22) - 32:00 10 km Road(23)				
HONOURS: NICH (1xWin)				
2023: 10 km Road Ibiza (ESP) 3. 32:00 - 10 km Road Lokeren (BEL) OC 33:39				
INFO: Born in Croix.				
156	Manon TRAPP (FRA)	23y	SB and PB: 1:11:26 Lille (FRA) 19.03	
GENERAL: 2 times National champion 5000m (23, 22)				
OTHER PB'S: 9:05.93 3000m(20) - 15:19.24 5000m(23) - 33:10 10 km Road(20)				
HONOURS: NCH (2xWin)				
2023: Half Marathon Lille (FRA) 3. 1:11:26 - 1500m Aix-les-Bains (FRA) 4. 4:31.27 - 1500m Dijon (FRA) 1. 4:24.07 - 5000m Montesson (FRA) 19. 15:22.32 - 10 km Road Paris (FRA) 1. 33:20 - 5000m Chorzów (POL) 8. 15:41.69 - 5000m Liège (BEL) 6. 15:19.24 - 5000m Albi (FRA) NCH 1. 15:49.12				
INFO: Hometown: Le Bourget-du-Lac. Geography studies at University Savoie Mont Blanc.				
157	Mekdes WOLDU (FRA)	30y	PB: 1:09:43 Berlin (GER) 03.04.2022	
GENERAL: All-African Games finalist WA World Rankings: 140th				
OTHER PB'S: 15:16 5 km Road(22) - 31:25 10 km Road(22) - 2:26:34 Marathon(23) Current Records: 2xNR: NR (ERI) 6:04.77 2000m Montreuil(18) - NR 1:08:27 Half Marathon Málaga(22) 2xNBP: NBP 4:44.25 Mile Road Roma(17) - NBP 1:08:54 20 km Road Paris(17)				
HONOURS:				
2023: Marathon Hamburg (GER) 9. 2:26:34 - 3000m Grenoble (FRA) 1. 9:13.67 - 10,000m Pacé (FRA) 4. 32:37.52 - 5000m Wien (AUT) 5. 15:18.77 - 5000m Carquefou (FRA) 4. 15:45.02 - 5000m Liège (BEL) 7. 15:26.62				
INFO: Born in Eritrea.				
158	Abbie DONNELLY (GBR)	27y	SB and PB: 1:10:31 London (GBR) 03.09	
OTHER PB'S: 8:58.59 3000m(23) - 32:10.16 10,000m(23) - 33:04 10 km Road(21)				
2023: 5000m Manchester (GBR) 1. 15:56.53 - 10,000m London (GBR) 12. 32:10.16 - 10,000m Pacé (FRA) 13. 33:04.40 - 5000m Manchester (GBR) NCH 3. 16:04.78 - 3000m Manchester (GBR) 1. 8:58.59 - Half Marathon London (GBR) NCH 3. 1:10:31				
INFO: Born in Lincoln. Studies: Loughborough University; PhD in International Relations, Politics and History.				
159	Clara EVANS (GBR)	29y	SB: 1:11:23 London (GBR) 03.09	PB: 1:10:17 Berlin (GER) 03.04.2022
WA World Rankings: 157th				
OTHER PB'S: 32:49.01 10,000m(21) - 32:38 10 km Road(22) - 2:29:27 Marathon(23)				
2023: Marathon Sevilla (ESP) 16. 2:29:27 - 10,000m London (GBR) 21. 33:14.72 - 5000m Newport (GBR) 1. 16:19.88 - Half Marathon London (GBR) NCH 4. 1:11:23				
INFO: Born in Hereford. Also a transport planner.				

160	Samantha HARRISON (GBR)	28y	SB and PB: 1:07:17 Berlin (GER) 02.04
GENERAL: European Championships finalist Commonwealth Games finalist WA World Rankings: 48th			
OTHER PB'S: 31:11.40 10,000m(23) - 30:51 10 km Road(23) - 2:25:59 Marathon(23)			
HONOURS:			
2023: 10 km Road Valencia (ESP) 6. 30:51 - Half Marathon Ras Al Khaimah (UAE) 10. 1:10:47 - Half Marathon Berlin (GER) d 4. 1:07:17 - Marathon London (GBR) 11. 2:25:59 - 10,000m London (GBR) 7. 31:11.40 - 10,000m Hengelo (NED) WC 6. 31:37.97			
INFO: Based in Nottingham. Loves football and cycling. Also a dental nurse.			
163	Calli THACKERY (GBR)	30y	SB and PB: 1:09:01 Berlin (GER) 02.04
GENERAL: European Championships finalist National champion Half Marathon (23) WA World Rankings: 84th			
OTHER PB'S: 4:14.08 1500m(17) - 8:48.10 3000m(22) - 15:02.55 5000m(22)			
HONOURS: NCH (1xWin)			
2023: Half Marathon Berlin (GER) d 6. 1:09:01 - 5000m Manchester (GBR) 1. 15:50.06 - 5000m Wien (AUT) 9. 15:28.63 - Half Marathon London (GBR) NCH 1. 1:09:15 - 5 km Road Newcastle upon Tyne (GBR) 3. 15:44			
INFO: Hometown: Yorkshire. Studies: University of New Mexico Lobos.			
166	Ying Chu LO (HKG)	26y	PB: 1:17:26 Taipei City (TPE) 18.12.2022
GENERAL: National champion 5000m (21) WA World Rankings: 596th			
HONOURS: NCH (1xWin)			
2023: 10 km Road Herzogenaurach (GER) 19. 36:55			
168	Shona HEASLIP (IRL)	29y	SB and PB: 1:10:35 Larne (GBR) 27.08
OTHER PB'S: 9:15.32 3000m(17) - 15:46.68 5000m(23) - 33:22.65 10,000m(23)			
2023: 10,000m Pacé (FRA) 2. 33:26.96 - 5000m Dublin (IRL) 1. 16:07.84 - 10,000m Dublin (IRL) 1. 33:22.65 - 5000m Dublin (IRL) NCH 3. 15:46.68 - Half Marathon Larne (GBR) 4. 1:10:35			
INFO: Native of Tralee. Former competitive Irish dancer.			
169	Fionnuala ROSS (IRL)	32y	PB: 1:13:25 Glasgow (GBR) 02.10.2022
GENERAL: National champion Marathon (21)			
OTHER PB'S: 33:49.92 10,000m(18) - 33:31 10 km Road(18) - 2:39:58 Marathon(21)			
HONOURS: NCH (1xWin)			
INFO: Based in Glasgow. Studies: McNeese State University. Likes reading.			
170	Maor TIYOURI (ISR)	33y	SB: 1:13:22 Houston, TX (USA) 15.01 PB: 1:12:27 Gdynia (POL) 17.10.2020
GENERAL: 4 times National champion 1500m (15, 13), 3000m (05), 10,000m (10)			
OTHER PB'S: 15:54.47 5000m(22) - 33:43.16 10,000m(18) - 2:29:04 Marathon(21)			
HONOURS: NCH (4xWin)			
2023: Half Marathon Houston, TX (USA) 26. 1:13:22			
INFO: Lives in Boulder. Studies: University of San Francisco. Also an account coordinator at public relations.			
173	Sofiia YAREMCHUK (ITA)	29y	SB: 1:11:16 Terni (ITA) 15.01 PB: 1:09:09 Praha (CZE) 02.04.2022
WA World Rankings: 107th			
OTHER PB'S: 15:37.43 5000m(23) - 32:06 10 km Road(21) - 2:24:02 Marathon(23)			
2023: Half Marathon Terni (ITA) 1. 1:11:16 - Half Marathon Roma (ITA) 5. 1:08:49 - Marathon London (GBR) 9. 2:24:02 - 10 km Road Telesse Terme (ITA) 1. 32:18 - 5000m Carquefou (FRA) 1. 15:37.43 - 10 km Road Praha (CZE) 6. 32:14			
INFO: Born in Lviv, Ukraine. Earlier was involved in table tennis. Italian citizen since 2021.			
180	Peres JEPCHIRCHIR (KEN)	30y	PB: 1:05:06 Ras Al Khaimah (UAE) 10.02.2017
GENERAL: Olympic champion Marathon (21) 2 times World Half Marathon champion Half Marathon (20, 16)			
OTHER PB'S: 30:55 10 km Road(15) - 1:01:40 20 km Road(17) - 2:17:16 Marathon(20) Current Records: 1xWR: WR 1:05:16 Half Marathon Gdynia(20)			
HONOURS: OG (1xGold): 1. Marathon Sapporo(21) 2:27:20 World HM Ch. (2xGold) Major Mar. (2xGold, 1xBronze)			
2023: Marathon London (GBR) 3. 2:18:38			
INFO: Hometown: Kapsabet.			
181	Irine Jepchumba KIMAI (KEN)	24y	SB and PB: 1:04:37 Barcelona (ESP) 19.02
GENERAL: World Championships finalist 10,000m (23) South American Half Marathon champion Half Marathon (22) WA World Rankings: 2nd			
OTHER PB'S: 15:29.74 5000m(19) - 30:37.24 10,000m(21) - 30:23 10 km Road(23)			
HONOURS: World Ch. (1xFinal): 4. 10,000m Budapest(23) 31:32.19 Sam. HM Ch. (1xGold) NCH (1xWin)			
2023: Half Marathon Barcelona (ESP) 1. 1:04:37 - Half Marathon Praha (CZE) 1. 1:06:00 - 10 km Road Herzogenaurach (GER) 1. 30:23 - 10,000m Nairobi (KEN) 1. 32:39.57 - 10,000m Nairobi (KEN) NCH 1. 31:56.37 - 10,000m Nairobi (KEN) 1. 31:52.20 - 10,000m Budapest (HUN) WCH 4. 31:32.19			
INFO: Member of the Kenyan Defence Force.			
182	Margaret Chelimo KIPKEMBOI (KEN)	30y	SB: 1:05:50 Lisboa (POR) 12.03 PB: 1:05:26 Barcelona (ESP) 03.04.2022
GENERAL: World Championships Silver medallist 5000m (19) 3 times World Championships finalist 5000m (23, 22) WA World Rankings: 6th			
OTHER PB'S: 8:21.53 3000m(21) - 30:10.07 10,000m(22) - 29:50 10 km Road(21)			
HONOURS: World Ch. (1xSilver, 1xBronze): 2. 5000m Doha(19) 14:27.49 - 3. 10,000m Eugene, OR(22) 30:10.07 - 4. 5000m Budapest(23) 14:56.62 - 4. 5000m Eugene, OR(22) 14:47.71 - 5. 5000m London(17) 14:48.74 Afr. Ch. (1xSilver) All-Afr. G. (1xGold) CWG (1xSilver)			
2023: Half Marathon Lisboa (POR) d 2. 1:05:50 - 5000m Nairobi (KEN) 13. 16:21.5h - 10 km Road Herzogenaurach (GER) 6. 30:38 - 5000m Nairobi (KEN) 2. 15:16.28 - 5000m Paris (FRA) DL 6. 14:23.67 - 3000m Oslo (NOR) DL 3. 8:26.14 - 5000m Nairobi (KEN) NCH h 15:48.22 - 5000m Nairobi (KEN) NCH 6. 15:10.27 - 5000m Nairobi (KEN) 3. 15:07.49 - 10,000m Nairobi (KEN) 7. 31:17.95 - 5000m Budapest (HUN) WCH h 15:00.10 - 5000m Budapest (HUN) WCH 4. 14:56.62			
INFO: Born in Nandi County.			
185	Catherine Reline AMANANG'OLE (KEN)	20y	SB and PB: 1:05:39 Barcelona (ESP) 19.02
GENERAL: South American Half Marathon Championships finalist Half Marathon (22) WA World Rankings: 17th			
OTHER PB'S: 16:18.01 5000m(18) - 31:54.59 10,000m(23) - 49:39 15 km Road(22)			
HONOURS:			
2023: Half Marathon Barcelona (ESP) 3. 1:05:39 - Half Marathon Lisboa (POR) d 6. 1:07:21 - 10,000m Nairobi (KEN) NCH 2. 31:57.79 - 10,000m Nairobi (KEN) 3. 31:54.59			
187	Jelena ABELE (LAT)	37y	PB: 1:16:37 Verona (ITA) 21.02.2010
GENERAL: 7 times National champion 800m (15, 14, 09), 1500m (15, 14, 09), Half Marathon (09) 4 times National Indoor champion 1500m ind. (15), 3000m ind. (15, 14, 10)			
OTHER PB'S: 2:07.62 800m(09) - 4:21.47 1500m(09)			
HONOURS: NCH (7xWin) NICH (4xWin)			
INFO: Born in Riga.			
188	Anna KLUCNIKA (LAT)	28y	
2023: Marathon Riga (LAT) 2. 2:53:46			
INFO: Also a scientist in Molecular Biology.			
189	Iiona MARHELE (LAT)	37y	SB: 1:20:57 Riga (LAT) 07.05 PB: 1:16:09 Barcelona (ESP) 14.02.2016
GENERAL: National champion 5000m (07) WA World Rankings: 685th			
OTHER PB'S: 2:37:29 Marathon(19)			
HONOURS: NCH (1xWin)			
2023: Half Marathon Sevilla (ESP) 27. 1:25:02 - Half Marathon Riga (LAT) 1. 1:20:57 - Half Marathon Jelgava (LAT) NCH 1. 1:21:45			
INFO: Born in Alūksne. Likes cakes.			

191	Agata STRAUSA (LAT)	33y	SB: 1:18:17 Berlin (GER) 02.04	PB: 1:13:13 Bad Liebenzell (GER) 23.04.2016
GENERAL: 2 times National champion 1500m (19), 3000m (19)				
OTHER PB'S: 2:04.59 800m(10) - 4:11.27 1500m(13) - 9:11.56 3000m(16)				
HONOURS: NCH (2xWin)				
2023: Half Marathon Berlin (GER) d 48. 1:18:17				
INFO: Born in Riga; based in Berlin. Studies: University of Florida.				
193	Loreta KANČYTĖ (LTU)	29y	SB: 1:21:39 Vilnius (LTU) 10.09	PB: 1:14:22 Fürstenfeld (AUT) 23.05.2021
GENERAL: 5 times National champion 1500m (12), 5000m (19, 18, 13), Half Marathon (21) 3 times National Indoor champion 1500m ind. (18), 3000m ind. (18, 17) WA World Rankings: 505th				
OTHER PB'S: 4:23.40 1500m(18) - 2:30:48 Marathon(21)				
HONOURS: NCH (5xWin) NICH (3xWin)				
2023: Marathon Hamburg (GER) 17. 2:33:23 - Half Marathon Klaipėda (LTU) 1. 1:21:42 - Marathon Budapest (HUN) WCH 46. 2:38:52 - Half Marathon Vilnius (LTU) 1. 1:21:39				
195	Vaida ŽŪSINAITĖ-NEKRIOŠIENĖ (LTU)	35y	PB: 1:15:51 Vilnius (LTU) 15.09.2013	
GENERAL: 11 times National champion 5000m (20, 14, 12, 09, 08, 07, 06), 10,000m (23, 22, 20), 3000mSC (06) 3 times National Indoor champion 1500m ind. (15), 3000m ind. (15, 12) WA World Rankings: 521st				
OTHER PB'S: 9:16.94 3000m(12) - 9:54.36 3000mSC(12) - 2:32:50 Marathon(16)				
HONOURS: NCH (11xWin) NICH (3xWin)				
2023: 10 km Road Kaunas (LTU) 1. 35:20 - 5000m Vilnius (LTU) 3. 17:20.74 - 10,000m Pacé (FRA) 16. 36:03.17 - 10,000m Palanga (LTU) NCH 1. 35:56.76 - 10 km Road Vilnius (LTU) 2. 35:31				
INFO: Born in Alytus.				
196	Yangyang WU (MAC)	32y	PB: 1:32:38 Valencia (ESP) 24.03.2018	
198	Rkia EL MOUKIM (MAR)	35y	PB: 1:10:55 Benguerir (MAR) 25.12.2022	
WA World Rankings: 199th				
OTHER PB'S: 8:56.23 3000m(08) - 31:48 10 km Road(19) - 2:26:51 Marathon(23)				
2023: Marathon Rabat (MAR) 2. 2:26:51 - Marathon Budapest (HUN) WCH 25. 2:33:54				
INFO: Born in Guelmim. Has a daughter.				
199	Kaoutar FARKOUSSI (MAR)	27y	PB: 1:11:25 Marrakesh (MAR) 26.01.2020	
GENERAL: World Cross Country Championships Silver medallist Mixed CC (19) Francophone Games Silver medallist 5000m (17)				
OTHER PB'S: 4:13.35 1500m(19) - 15:34.02 5000m(19) - 32:35.85 10,000m(22)				
HONOURS: Franc. G. (1xSilver) Medit. G. (1xWin) NCH (2xWin)				
2023: 5000m Rabat (MAR) 2. 15:48.10 - 5000m Marrakesh (MAR) 2. 16:25.15 - 5000m Rabat (MAR) 1. 15:39.33 - 5000m Rabat (MAR) NCH 2. 15:45.99 - 10,000m Kinshasa (COD) 2. 33:11.67 - 5000m Kinshasa (COD) 2. 15:57.91				
200	Hanane QALLOUJ (MAR)	31y	SB: 1:13:46 Kinshasa (COD) 04.08	PB: 1:12:15 Agadir (MAR) 23.04.2017
GENERAL: Francophone Games Silver medallist 10,000m (17) National champion 10,000m (23)				
OTHER PB'S: 32:48.50 10,000m(23) - 33:10 10 km Road(15) - 2:31:27 Marathon(22)				
HONOURS: Franc. G. (1xSilver) NCH (1xWin)				
2023: Marathon Rabat (MAR) 8. 2:32:50 - 10,000m Taza (MAR) 1. 32:57.44 - 10,000m Marrakesh (MAR) 2. 35:50.77 - 5000m Algiers (ALG) 4. 16:05.24 - 10,000m Algiers (ALG) 3. 32:48.50 - 10,000m Rabat (MAR) NCH 1. 33:44.07 - 10,000m Kinshasa (COD) 4. 34:10.74 - Half Marathon Kinshasa (COD) 2. 1:13:46				
201	Rahma TAHIRI (MAR)	25y	SB and PB: 1:10:59 Rabat (MAR) 30.04	
GENERAL: 2 times National champion 5000m (23, 21) WA World Rankings: 218th				
OTHER PB'S: 4:16.10 1500m(21) - 15:41.91 5000m(23) - 2:32:37 Marathon(22)				
HONOURS: NCH (2xWin)				
2023: Half Marathon Rabat (MAR) 10. 1:10:59 - 5000m Rabat (MAR) 1. 15:47.17 - 5000m Marrakesh (MAR) 1. 16:25.05 - 5000m Rabat (MAR) NCH 1. 15:41.91 - 5000m Kinshasa (COD) 1. 15:56.71 - Half Marathon Kinshasa (COD) 1. 1:13:23				
202	Isabel OROPEZA VAZQUEZ (MEX)	33y	SB and PB: 1:13:49 Guadalajara (MEX) 26.02	
WA World Rankings: 334th				
OTHER PB'S: 33:45.80 10,000m(23) - 33:09 10 km Road(21) - 2:34:48 Marathon(22)				
2023: 5000m Guadalajara (MEX) 1. 16:59.45 - 10,000m Puerto Vallarta (MEX) 1. 33:45.80 - Half Marathon Guadalajara (MEX) 8. 1:13:49 - 5000m León (MEX) 6. 16:56.56 - Half Marathon San Salvador (ESA) 4. 1:15:35 - 10,000m Puebla (MEX) NCH 4. 35:29.88 - Marathon Ciudad de México (MEX) 7. 2:41:13 - Half Marathon Guadalajara (MEX) 1. 1:14:05				
203	Lisa BEZZINA (MLT)	43y	PB: 1:18:10 Barcelona (ESP) 03.04.2022	
GENERAL: 6 times National champion 1500m (22, 21), 10,000m (23, 20, 19, 18) WA World Rankings: 796th				
Current Records: 1xNR: NR 1:17:07 Half Marathon Sevilla(20)				
HONOURS: NCH (6xWin)				
2023: 10 km Road Lille (FRA) 16. 36:28 - 10,000m Marsa (MLT) 1. 35:27.43 - 5000m Marsa (MLT) 2. 17:13.93 - 5000m Chorzów (POL) 6. 17:38.54 - 10,000m Marsa (MLT) NCH 1. 38:16.88 - 5000m Kraljevo (SRB) 5. 18:58.06				
204	Joelle CORTIS (MLT)	36y	PB: 1:18:40 København (DEN) 18.09.2022	
GENERAL: National champion 5000m (23) WA World Rankings: 614th				
Current Records: 1xNR: NR 17:25 5 km Road Monaco(23) 1xNBP: NBP 35:37 10 km Road Brighton(22)				
HONOURS: NCH (1xWin)				
2023: 10 km Road Valencia (ESP) 54. 36:16 - 5 km Road Monaco (MON) 9. 17:25 - 10,000m Marsa (MLT) 4. 36:13.61 - 5000m Marsa (MLT) NCH 1. 17:56.2h				
INFO: Athlete of Zurrieq. Law studies at University of Malta.				
208	Hanne Mjøen MARIDAL (NOR)	27y	PB: 1:12:47 København (DEN) 18.09.2022	
GENERAL: National champion 10,000m (23) WA World Rankings: 220th				
OTHER PB'S: 9:17.37 3000m(23) - 33:20.75 10,000m(23) - 32:44 10 km Road(23)				
HONOURS: NCH (1xWin)				
2023: 3000m ind. Bærum (NOR) 3. 9:29.30 - 3000m Tønsberg (NOR) 4. 9:17.37 - 5000m Copenhagen (DEN) 6. 16:13.91 - 10,000m Pacé (FRA) 4. 33:46.01 - 5000m Jessheim (NOR) NCH 4. 16:01.20 - 10,000m Jessheim (NOR) NCH 1. 33:20.75 - 10 km Road Praha (CZE) 7. 32:44 - 10 km Road Prievidza (SVK) 1. 32:56				
INFO: Athlete from Halså.				
209	Maria Sagnes WÅGAN (NOR)	31y	PB: 1:13:01 Lier (NOR) 06.03.2022	
GENERAL: 2 times National champion 5000m (19, 17)				
OTHER PB'S: 33:31.90 10,000m(20) - 33:10 10 km Road(19) - 2:34:04 Marathon(23)				
HONOURS: NCH (2xWin)				
2023: Marathon Sevilla (ESP) 26. 2:34:04 - 1500m Jessheim (NOR) 4. 4:27.99 - 10,000m Jessheim (NOR) NCH 2. 34:12.05				
INFO: Athlete of Oslo.				
210	Katherine CAMP (NZL)	31y	SB and PB: 1:16:05 Gold Coast (AUS) 01.07	
GENERAL: 6 times National champion 800m (21, 20, 19), 1500m (19), 4x400m (20, 19)				
OTHER PB'S: 1:28.33 600m(17) - 2:02.63 800m(19) - 4:15.09 1500m(20) Current Records: 1xAU20R: AU20R 57.74 400m ind. Fayetteville, AR(11)				
HONOURS: NCH (4xWin)				
2023: Mile Timaru (NZL) 5. 4:53.10 - 800m Hastings (NZL) 7. 2:10.51 - 5000m Christchurch (NZL) 1. 17:07.28 - 5000m Wellington (NZL) NCH 3. 16:48.25 - 800m Wellington (NZL) NCH 8. 2:10.98 - 1500m Wellington (NZL) NCH h 4:26.91 - 1500m Wellington (NZL) NCH 6. 4:23.78 - Half Marathon Gold Coast (AUS) 16. 1:16:05				
INFO: Hometown: Hamilton. Studies: University of Tulsa. Major in Exercise and Sports Science. Also a Sports Massage Therapist.				

211	Debbie DONALD (NZL)	36y	PB: 1:23:04 Fremantle (AUS) 28.11.2021
2023: 10 km Road Sydney (AUS) 7. 35:14 INFO: Based in Australia. Raised on a beef and sheep farm. Also a mother.			
217	Kesa MOLOTSANE (RSA)	31y	SB and PB: 1:14:31 03.06
GENERAL: National champion 5000m (17) WA World Rankings: 293rd OTHER PB'S: 4:19.92 1500m(17) - 32:51 10 km Road(21) - 39:53 12 km Road(18) HONOURS: NCH (1xWin) 2023: 5000m Potchefstroom (RSA) NCH 5. 17:18.89 - 5000m Cape Town (RSA) 4. 16:20.82 - Half Marathon 12. 1:14:31 INFO: Studies: University of the Free State. Degree in General Management.			
218	Cian OLDKNOW (RSA)	27y	SB and PB: 1:10:48 03.06
WA World Rankings: 208th OTHER PB'S: 15:48.97 5000m(23) - 33:16.58 10,000m(22) - 32:53 10 km Road(23) 2023: 5000m Johannesburg (RSA) 1. 16:31.79 - 5000m Johannesburg (RSA) 1. 16:24.05 - 1500m Johannesburg (RSA) 2. 4:36.4h - 10,000m Potchefstroom (RSA) NCH 2. 33:51.81 - 5000m Potchefstroom (RSA) NCH 3. 16:23.35 - 1500m Pretoria (RSA) 1. 4:30.48 - 3000m Cape Town (RSA) 4. 9:18.50 - 5000m Cape Town (RSA) 3. 15:48.97 - 10 km Road Herzogenaurach (GER) 14. 32:53 - Half Marathon 9. 1:10:48 INFO: Sports Psychology studies.			
219	Cacisile SOSIBO (RSA)	26y	SB and PB: 1:09:46 03.06
WA World Rankings: 227th OTHER PB'S: 34:19.85 10,000m(22) - 33:25 10 km Road(22) 2023: 5000m Johannesburg (RSA) 1. 16:53.28 - 5000m Johannesburg (RSA) 2. 17:35.15 - 10,000m Johannesburg (RSA) 1. 34:54.00 - Half Marathon 7. 1:09:46 - 5 km Road Johannesburg (RSA) NCH 4. 17:45 INFO: Grew up in Kilmom.			
221	Glenrose XABA (RSA)	28y	SB and PB: 1:08:37 03.06
GENERAL: 8 times National champion 10,000m (23, 22, 21, 19, 17, 16), 10 km Road (19), Half Marathon (21) African Championships finalist WA World Rankings: 102nd OTHER PB'S: 15:25.92 5000m(22) - 32:31.49 10,000m(22) - 32:45 10 km Road(19) HONOURS: NCH (8xWin) 2023: 10,000m Pretoria (RSA) 1. 33:34.18 - 5000m Pretoria (RSA) 1. 15:52.10 - 10,000m Potchefstroom (RSA) NCH 1. 33:02.13 - 3000m Cape Town (RSA) 3. 9:07.63 - 5000m Cape Town (RSA) 2. 15:29.72 - Half Marathon 2. 1:08:37 INFO: Trained by Caster Semenya.			
222	Emeline IMANIZABAYO (RWA)	27y	
OTHER PB'S: 15:37.87 5000m(22) 2023: Half Marathon Trieste (ITA) 1. 1:13:29 - 1500m Brugnera (ITA) 6. 4:30.40			
223	Clementine MUKANDANGA (RWA)	37y	PB: 1:10:37 Arezzo (ITA) 30.10.2022
GENERAL: All-African Games finalist African Championships finalist WA World Rankings: 194th OTHER PB'S: 32:44.19 10,000m(17) - 33:05 10 km Road(19) - 2:28:00 Marathon(22) Current Records: 1xNR: NR 2:28:00 Marathon Firenze(22) HONOURS: 2023: 10,000m Reggello (ITA) 2. 33:42.00 - Marathon Budapest (HUN) WCH 37. 2:37:09			
224	Verna Shilei GOH (SGP)	28y	
INFO: Also a lawyer. Likes yoga.			
227	Fang Yu Sharon TAN (SGP)	34y	
231	Sarah LAHTI (SWE)	28y	PB: 1:08:19 Valencia (ESP) 24.10.2021
GENERAL: European U23 Championships Silver medallist 10,000m (17) 3 times National champion 5000m (23, 16), Half Marathon (21) WA World Rankings: 131st OTHER PB'S: 15:04.87 5000m(22) - 31:11.12 10,000m(21) - 31:26 10 km Road(21) Current Records: 2xNR: NR 17955 1 Hour Bruxelles(20) - NR 1:08:19 Half Marathon Valencia(21) 1xNBP: NBP 53:05 10 Miles Road Amsterdam(18) HONOURS: Eur. U23 Ch. (1xSilver, 1xBronze) NCH (3xWin) NICH (3xWin) 2023: 10 km Road Ibiza (ESP) 4. 32:29 - 5 km Road Wien (AUT) 5. 15:43 - 5000m Stockholm (SWE) DL 10. 15:06.80 - 5000m Liège (BEL) 5. 15:17.34 - 5000m Söderhamn (SWE) NCH 1. 15:32.34 - 10,000m Budapest (HUN) WCH 18. 33:09.22 - 5000m Stockholm (SWE) 1. 15:14.09 - 10 Miles Road Zaandam (NED) 7. 53:26 INFO: Born in Klippan; based in the Netherlands.			
232	Carolina WIKSTRÖM (SWE)	30y	SB: 1:11:07 Berlin (GER) 02.04 PB: 1:11:01 Paris (FRA) 06.03.2022
GENERAL: 3 times National champion Half Marathon (23), Marathon (20, 21) WA World Rankings: 211th OTHER PB'S: 32:31.62 10,000m(23) - 32:38 10 km Road(20) - 2:26:14 Marathon(22) HONOURS: NCH (3xWin) 2023: 10 km Road Castellón (ESP) 11. 32:45 - Half Marathon Berlin (GER) d 9. 1:11:07 - 10 km Road Ystad (SWE) 1. 33:31 - 10 km Road Stockholm (SWE) 1. 34:35 - 10,000m London (GBR) 15. 32:31.62 - Marathon Stockholm (SWE) NCH 4. 2:36:57 - Half Marathon Anderstorp (SWE) NCH 1. 1:15:17 - 1500m Söderhamn (SWE) NCH 8. 4:19.84 - 5000m Söderhamn (SWE) NCH 2. 16:04.33 INFO: Born in Hudiksvall. Medicine studies at Uppsala University. Has been an assistant doctor at oncology clinic.			
233	Somaya BOUSAID (TUN)	43y	PB: 1:15:11 Valencia (ESP) 24.03.2018
GENERAL: National champion 800m (09) OTHER PB'S: 2:03.27 800m(09) - 4:17.00 1500m(08) - 1:11:53 20 km Road(14) Current Records: 1xNBP: NBP 1:11:53 20 km Road Paris(14) 1xNR: NR 1:15:11 Half Marathon Valencia(18) HONOURS: NCH (1xWin) 2023: 1500m Oordegem (BEL) 13. 4:34.21 - 1500m Oordegem (BEL) 2. 4:28.61 - 1500m Carquefou (FRA) 10. 4:28.67 INFO: TUN Paralympic athlete; category T13; was born with a visual impairment. Started her sports career at the age of 30.			
234	Annet Chemengich CHELANGAT (UGA)	30y	PB: 1:12:21 Padova (ITA) 24.04.2022
OTHER PB'S: 16:10.58 5000m(21) - 34:00.4h 10,000m(21) - 50:26 15 km Road(21) 2023: 10,000m Nampoole (UGA) NCH 2. 34:32.25			
235	Belinda CHEMUTAI (UGA)	23y	
OTHER PB'S: 2:05.24 800m(22) - 4:18.70 1500m(22) - 15:23.48 5000m(23) 2023: 1500m Nairobi (KEN) 4. 4:20.65 - 5000m Nairobi (KEN) 4. 15:32.1h - 5000m Grosseto (ITA) 2. 15:42.16 - 5000m Bergen (NOR) 2. 15:23.48 - 5000m Nampoole (UGA) NCH 1. 15:53.36			
242	Molly GRABILL (USA)	31y	SB and PB: 1:11:17 Fort Worth, TX (USA) 26.02
WA World Rankings: 165th OTHER PB'S: 31:49.01 10,000m(22) - 52:42 10 Miles Road(23) - 1:24:32 25 km Road(21) 2023: Half Marathon Fort Worth, TX (USA) NCH 4. 1:11:17 - 10 Miles Road Washington, DC (USA) 5. 52:42 - Marathon Hamburg (GER) 16. 2:32:18 INFO: Hometown: Poway. Studies: University of Oregon. Major in Sociology.			
248	Sarah PAGANO (USA)	32y	SB: 1:10:15 Marugame (JPN) 05.02 PB: 1:09:41 Las Vegas, NV (USA) 23.01.2021
GENERAL: Pan American Games finalist NACAC Championships finalist 10,000m (18) WA World Rankings: 155th OTHER PB'S: 15:11.27 5000m(18) - 31:51.66 10,000m(19) - 52:46 10 Miles Road(22) HONOURS: 2023: Half Marathon Marugame (JPN) 5. 1:10:15 - Marathon Nagoya (JPN) d 17. 2:32:05 - Marathon Ottawa (CAN) 7. 2:33:53 - 10 km Road Cape Elizabeth, ME (USA) 9. 33:39 INFO: Born in Ringwood. Studies: Syracuse University; Biochemistry, Nutrition Science. Hobbies include baking and cooking.			

251 Amber ZIMMERMAN (USA)

31y

SB and PB: 1:10:58 Houston, TX (USA) 15.01

WA World Rankings: 197th

OTHER PB'S: 15:37.49 5000m(22) - 52:40 10 Miles Road(22) - 2:36:30 Marathon(22)

2023: Half Marathon Houston, TX (USA) 11. 1:10:58 - 10 Miles Road Washington, DC (USA) 6. 53:05 - 5000m New York, NY (USA) 5. 15:46.73

INFO: Hometown: Knoxville. Studies: University of New Mexico Lobos. Major in Kinesiology.

Men's Half Marathon

Final

01.10.2023

308	Edward GODDARD (AUS)	25y	SB: 1:03:10 Launceston (AUS) 11.06	PB: 1:02:16 Launceston (AUS) 13.12.2020
WA World Rankings: 289th				
OTHER PB'S: 28:23.94 10,000m(21) - 29:08 10 km Road(22) - 2:12:52 Marathon(23)				
2023: 5000m Melbourne (AUS) 8. 14:09.48 - 10 km Road Sydney (AUS) 1. 29:23 - Half Marathon Launceston (AUS) 1. 1:03:10 - Marathon Gold Coast (AUS) 8. 2:12:52 - 10 km Road Sydney (AUS) 1. 29:18				
INFO: Hometown: Sydney. Studies: Iona University. Likes baseball and cricket. Nickname: Woody. Favourite food is pizza.				
312	Tim VINCENT (AUS)	25y	SB and PB: 1:03:17 Launceston (AUS) 11.06	
GENERAL: Oceania champion 10,000m (22) WA World Rankings: 340th				
OTHER PB'S: 13:49.62 5000m(22) - 28:59.75 10,000m(21) - 2:17:17 Marathon(23)				
HONOURS: Oce. Ch. (1xWin)				
2023: Half Marathon Launceston (AUS) 3. 1:03:17 - Marathon Gold Coast (AUS) 14. 2:17:17				
INFO: Based in Brisbane. Degree in Clinical Exercise Physiology.				
314	Peter HERZOG (AUT)	36y	SB and PB: 1:03:10 Sevilla (ESP) 29.01	
GENERAL: National champion 5000m (20) WA World Rankings: 371st				
OTHER PB'S: 28:17.06 10,000m(22) - 28:12 10 km Road(21) - 2:10:06 Marathon(20) Current Records: 1xNR: NR 2:10:06 Marathon London(20)				
HONOURS: NCH (1xWin)				
2023: Half Marathon Sevilla (ESP) 9. 1:03:10 - 5000m Bregenz (AUT) NCH 2. 14:14.14 - Half Marathon Klagenfurt (AUT) 3. 1:07:12				
INFO: Based in Saalfelden. Likes biking and skiing. Earlier competed in mountain bike and biathlon. His idol is Eliud Kipchoge.				
316	Andreas VOJTA (AUT)	34y	SB and PB: 1:02:32 Wien (AUT) 12.03	
GENERAL: 17 times National champion 800m (20, 11), 1500m (20, 18, 17, 16, 14, 13, 12, 11, 10, 09), 5000m (23, 19, 18, 17), 10,000m (12) 14 times National Indoor champion 1500m ind. (20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10), 3000m ind. (21, 18, 12) WA World Rankings: 233rd				
OTHER PB'S: 1:46.59 800m(13) - 3:36.11 1500m(14) - 3:53.95 Mile(13) Current Records: 2xNR: NR 2:18.06 1000m Ostrava(14) - NR 13:48 5 km Road Monaco(21)				
HONOURS: WUG (2xBronze) Balkan Ind. Ch. (1xWin) NCH (17xWin) NICH (14xWin)				
2023: Half Marathon Wien (AUT) 1. 1:02:32 - Marathon Wien (AUT) NCH 14. 2:19:27 - 10,000m Pacé (FRA) 22. 28:55.99 - 5000m Wien (AUT) 12. 13:33.36 - 5000m Chorzów (POL) 2. 14:17.02 - 5000m Bregenz (AUT) NCH 1. 14:05.89 - 1500m Bregenz (AUT) NCH 3. 3:49.67 - Half Marathon København (DEN) NCH 24. 1:03:31				
INFO: Born in Vienna. Former Austrian Athlete of the Year and he was awarded the "Golden Emil". Motto: Never stop believing in yourself and trust in your abilities. He is vegan.				
317	Therence BIZOZA (BDI)	19y	SB: 1:03:00 Jelgava (LAT) 29.07	PB: 1:01:30 Arezzo (ITA) 30.10.2022
OTHER PB'S: 13:39.47 5000m(23) - 28:13.72 10,000m(23) Current Records: 1xNR: NR 1:01:30 Half Marathon Arezzo(22)				
2023: 10,000m Ferrara (ITA) 3. 28:51.75 - 5000m Milano (ITA) 6. 13:47.50 - 10,000m London (GBR) 19. 28:13.72 - 5000m Montesson (FRA) 11. 13:52.41 - 5000m Wien (AUT) 3. 13:39.47 - Half Marathon Jelgava (LAT) NCH 3. 1:03:00				
INFO: Has been training in Italy.				
318	Jean Marie BUKURU (BDI)	21y	PB: 1:05:05 Arezzo (ITA) 30.10.2022	
WA World Rankings: 626th				
OTHER PB'S: 8:04.02 3000m(23) - 13:50.43 5000m(21)				
2023: 5000m Milano (ITA) 20. 14:27.12 - 3000m Ferrara (ITA) 1. 8:23.58 - 3000m Folgno (ITA) 3. 8:04.02				
INFO: Has been training in Italy.				
320	Jean Marie Vianney NIYOMUKIZA (BDI)	25y	PB: 1:01:45 Arezzo (ITA) 30.10.2022	
GENERAL: African Championships finalist WA World Rankings: 486th				
OTHER PB'S: 7:56.66 3000m(19) - 13:31.91 5000m(16) - 28:49 10 km Road(18)				
HONOURS:				
2023: 10,000m Reggello (ITA) 2. 29:00.08 - 1500m Arezzo (ITA) 5. 3:57.79 - 5000m Arezzo (ITA) 1. 14:12.79 - 3000mSC Bergamo (ITA) 4. 8:58.47 - 5000m Bergamo (ITA) 5. 14:21.62 - 5000m Avellino (ITA) 4. 14:12.89 - 3000m Folgno (ITA) 8. 8:20.34				
322	Simon DEBOGNIES (BEL)	27y	SB and PB: 1:01:52 Gent (BEL) 12.03	
GENERAL: European U23 Championships Silver medallist 5000m (17) European U20 Championships Silver medallist 5000m (15) WA World Rankings: 99th				
OTHER PB'S: 7:46.24 3000m(21) - 27:57.29 10,000m(22) - 27:48 10 km Road(23) Current Records: 1xNR: NR 27:48 10 km Road School(23) 1xAR: AR 2:02:37 Road Relay Tongeren(22)				
HONOURS: Eur. U23 Ch. (1xSilver) Eur. U20 Ch. (1xSilver)				
2023: 10 km Road School (NED) 1. 27:48 - Half Marathon Gent (BEL) 6. 1:01:52 - 10 km Road Appingedam (NED) 4. 29:34 - 10 km Road Praha (CZE) 7. 28:30				
INFO: Athlete from Halle, Flanders. Member of the Belgian Defence.				
323	Ruben Erick ARANDO QUISPE (BOL)	29y	SB and PB: 1:05:41 Santa Cruz de la Sierra (BOL) 02.07	
GENERAL: 4 times National champion 800m (21, 19), 1500m (21), 5000m (18) South American Championships finalist				
HONOURS: NCH (4xWin)				
2023: 1500m ind. Cochabamba (BOL) 1. 4:05.99 - 5000m Cochabamba (BOL) 2. 15:02.28 - 1500m Cochabamba (BOL) 1. 3:59.01 - 3000m Cochabamba (BOL) 1. 8:37.77 - Half Marathon Santa Cruz de la Sierra (BOL) 6. 1:05:41 - 10 km Road Santa Cruz de la Sierra (BOL) 1. 31:31				
INFO: Athlete from Potosi.				
324	Fabio Jesus CORREIA (BRA)	24y	SB and PB: 1:04:06 Rio de Janeiro (BRA) 20.08	
GENERAL: South American U23 champion 10,000m (21) South American U23 Championships Silver medallist 5000m (21) WA World Rankings: 702nd				
HONOURS: Sam. U23 Ch. (1xGold, 1xSilver)				
2023: 10 km Road Cuiaba (BRA) 3. 30:20 - 5000m Sao Bernardo do Campo (BRA) 1. 14:33.64 - 5000m São Paulo (BRA) 2. 14:44.25 - 10,000m Bragança Paulista (BRA) 2. 30:14.06 - 10,000m Campinas (BRA) 1. 30:12.80 - 10,000m Bragança Paulista (BRA) 1. 30:20.29 - 10,000m São Paulo (BRA) 1. 29:38.04 - 3000m São Paulo (BRA) 1. 8:34.12 - 5000m São Paulo (BRA) 2. 14:41.3h - 5000m Cuiaba (BRA) NCH 4. 14:19.36 - 10,000m Cuiaba (BRA) NCH 3. 29:28.89 - Half Marathon Rio de Janeiro (BRA) 2. 1:04:06				
INFO: Athlete of Sao Paulo.				
325	Maicon DA SILVA MANCUSO (BRA)	30y		
2023: 10,000m Porto Alegre (BRA) 1. 30:41.22 - 10,000m Cuiaba (BRA) NCH 4. 29:54.13				
INFO: Athlete of Sao Cristovao.				
326	Johnatas DE OLIVEIRA (BRA)	33y	SB: 1:03:11 São Paulo (BRA) 21.05	PB: 1:02:34 Buenos Aires (ARG) 21.08.2022
GENERAL: South American Half Marathon champion Half Marathon (23) WA World Rankings: 227th				
OTHER PB'S: 29:07 10 km Road(19) - 2:10:43 Marathon(23)				
HONOURS: Sam. HM Ch. (1xGold)				
2023: Marathon Hamburg (GER) 14. 2:10:43 - Half Marathon São Paulo (BRA) 1. 1:03:11 - 5000m Uberlandia (BRA) 1. 14:35.52 - 10,000m Uberlandia (BRA) 1. 30:15.70 - Half Marathon Santa Cruz de la Sierra (BOL) 1. 1:04:40 - 5000m Cuiaba (BRA) NCH 3. 14:10.96 - Marathon Budapest (HUN) WCH 29. 2:15:13 - 10,000m Sao Bernardo do Campo (BRA) 1. 29:51.88				
328	Altobeli SILVA (BRA)	32y	SB and PB: 1:03:32 São Paulo (BRA) 21.05	
GENERAL: 3 times South American champion 5000m (21, 19), 3000mSC (21) 4 times Ibero-American Championships winner 3000m (18), 5000m (16), 3000mSC (18, 16) WA World Rankings: 686th				
OTHER PB'S: 7:51.48 3000m(17) - 13:23.85 5000m(18) - 8:23.67 3000mSC(17)				
HONOURS: Sam. Ch. (3xGold, 1xSilver, 1xBronze) PanAm G. (1xGold, 1xSilver) IberoAM Ch. (4xGold, 1xSilver) NCH (13xWin)				
2023: 10,000m Bragança Paulista (BRA) 1. 28:58.83 - 5000m Bragança Paulista (BRA) 1. 14:14.71 - Half Marathon São Paulo (BRA) 2. 1:03:32 - Marathon Rio de Janeiro (BRA) 4. 2:19:53 - Half Marathon Goiania (BRA) 1. 1:07:22 - 5000m Cuiaba (BRA) NCH 1. 14:04.76 - 10,000m Cuiaba (BRA) NCH 1. 29:03.55 - 5000m São Paulo (BRA) SaC 3. 13:55.91 - 10 Miles Road Vitoria (BRA) 1. 50:24				
INFO: Born in Catanduva. He was named after an Italian footballer. Member of the Armed Forces. His idol is Hicham El-Guerrouj.				

333 Justin KENT (CAN)	31y	SB: 1:07:00 Winnipeg (CAN) 18.06	PB: 1:02:48 San José, CA (USA) 09.10.2022
GENERAL: World Cross Country Championships finalist WA World Rankings: 378th			
OTHER PB'S: 3:41.00 1500m(15) - 7:58.68 3000m(19) - 2:13:07 Marathon(23)			
2023: Marathon Praha (CZE) 10. 2:13:07 - Half Marathon Winnipeg (CAN) NCH 3. 1:07:00 - Marathon Budapest (HUN) WCH 30. 2:15:26			
INFO: Athlete from Burnaby. Studies: University of British Columbia.			
335 Philippe PARROT-MIGAS (CAN)	30y	SB and PB: 1:03:48 Congers, NY (USA) 25.03	
WA World Rankings: 637th			
OTHER PB'S: 29:21.90 10,000m(21) - 2:18:39 Marathon(22)			
2023: Half Marathon Congers, NY (USA) 8. 1:03:48 - 10 km Road Ottawa (CAN) 10. 30:39 - Half Marathon Winnipeg (CAN) NCH 2. 1:06:43			
INFO: Athlete from Ontario. Also a customer success manager.			
336 Samuel FREIRE (CPV)	33y	SB and PB: 1:02:47 Barcelona (ESP) 19.02	
OTHER PB'S: 1:49.94 800m(17) - 3:45.94 1500m(17) - 8:07.86 3000m(19) Current Records: 2xNR: NR 3:45.94 1500m Bilbao(17) - NR 1:02:47 Half Marathon Barcelona(23) 1xNBP: NBP 14:05 5 km Road Lisboa(21)			
2023: Half Marathon Barcelona (ESP) 13. 1:02:47 - 5000m Budapest (HUN) WCH h 14:07.38 - 10 km Road Viana de Castelo (POR) 23. 30:46			
341 Christian Birch OKKELS (DEN)	33y	SB and PB: 1:04:28 Barcelona (ESP) 19.02	
WA World Rankings: 577th			
2023: Half Marathon Barcelona (ESP) 27. 1:04:28 - Half Marathon Copenhagen (DEN) 1. 1:08:07 - 10 km Road Århus (DEN) NCH 10. 30:34 - Marathon København (DEN) NCH 23. 2:25:00 - Half Marathon København (DEN) NCH 34. 1:05:39			
342 Jacob SIMONSEN SOMMER (DEN)	28y	SB: 1:03:40 København (DEN) 17.09	PB: 1:03:15 Berlin (GER) 03.04.2022
GENERAL: 5 times National champion 5000m (15), 10,000m (23, 21, 19), Half Marathon (22) WA World Rankings: 230th			
OTHER PB'S: 13:51.57 5000m(23) - 28:41 10 km Road(22) - 2:14:15 Marathon(22)			
HONOURS: NCH (5xWin)			
2023: 5 km Road Copenhagen (DEN) 2. 14:40 - 10 km Road Århus (DEN) NCH 3. 29:13 - Marathon København (DEN) NCH 9. 2:14:46 - 10,000m Aalborg (DEN) NCH 1. 29:58.09 - 5000m Aalborg (DEN) NCH 6. 14:31.93 - 5000m Århus (DEN) 2. 13:54.87 - 5000m Århus (DEN) 3. 13:51.57 - Half Marathon København (DEN) NCH 25. 1:03:40			
INFO: Hometown: Aarhus. Studies: University of New Mexico, Lobos. Favourite movie is Fast & Furious. Likes golf.			
343 Djamal Abdi DIREH (DJI)	26y	SB and PB: 1:00:56 Gent (BEL) 12.03	
GENERAL: World U20 Championships Silver medallist 5000m (16) WA World Rankings: 202nd			
OTHER PB'S: 7:47.95 3000m(19) - 13:13.45 5000m(17) - 28:30 10 km Road(19)			
HONOURS: World U20 Ch. (1xSilver)			
2023: Half Marathon Djibouti (DJI) 1. 1:04:02 - Half Marathon Gent (BEL) 3. 1:00:56 - 10,000m Kinshasa (COD) 2. 28:50.31 - Half Marathon Kinshasa (COD) 3. 1:03:32			
344 Ibrahim HASSAN (DJI)	26y	PB: 59:41 Lisboa (POR) 21.11.2021	
GENERAL: All-African Games finalist			
OTHER PB'S: 3:40.61 1500m(15) - 13:17.54 5000m(19) - 2:06:43 Marathon(23) Current Records: 3xNR: NR 13:40 5 km Road Lille(19) - NR 59:41 Half Marathon Lisboa(21) - NR 2:06:43 Marathon Beppu(23)			
HONOURS:			
2023: Marathon Beppu (JPN) 1. 2:06:43			
346 Diego Patricio ARÉVALO VIZHÑAY (ECU)	25y		
GENERAL: South American Championships Bronze medallist 10,000m (23) 2 times South American Championships finalist 5000m (23)			
OTHER PB'S: 29:10.79 10,000m(23) - 8:49.42 3000mSC(19) Current Records: 1xNBP: NBP 5:55.4h 2000mSC Guayaquil(15)			
HONOURS: Sam. Ch. (1xBronze) NCH (1xWin)			
2023: 5000m Guayaquil (ECU) 1. 14:44.6h - 10,000m Quito (ECU) NCH 1. 31:50.94 - 10,000m São Paulo (BRA) SaC 3. 29:10.79 - 5000m São Paulo (BRA) SaC 4. 14:04.05			
347 Rafael Vicente LOZA BEJARANO (ECU)	29y	SB: 1:05:01 Santa Cruz de la Sierra (BOL) 02.07	PB: 1:02:23 Buenos Aires (ARG) 21.08.2022
GENERAL: South American Half Marathon Championships Silver medallist Half Marathon (23) WA World Rankings: 349th			
OTHER PB'S: 29:22.0h 10,000m(23) - 2:14:07 Marathon(23)			
HONOURS: Sam. HM Ch. (1xSilver)			
2023: 10,000m Guayaquil (ECU) 1. 29:22.0h - Half Marathon Santa Cruz de la Sierra (BOL) 2. 1:05:01 - 10 km Road Cali (COL) 8. 30:36 - Marathon Berlin (GER) 38. 2:14:07			
348 Christian Salvador VASCONEZ MANZANO (ECU)	29y	SB: 1:05:10 Santa Cruz de la Sierra (BOL) 02.07	PB: 1:01:59 Buenos Aires (ARG) 21.08.2022
GENERAL: South American Championships finalist South American Half Marathon Championships finalist Half Marathon (23) WA World Rankings: 358th			
OTHER PB'S: 2:12:50 Marathon(21) Current Records: 1xNR: NR 4:13.33 Mile Cuenca(16)			
HONOURS:			
2023: Half Marathon Santa Cruz de la Sierra (BOL) 4. 1:05:10 - Half Marathon Bogotá (COL) 10. 1:06:57			
349 Samsom AMARE (ERI)	29y	SB: 1:00:24 Venlo (NED) 26.03	PB: 1:00:08 Belfort (FRA) 25.09.2022
WA World Rankings: 59th			
OTHER PB'S: 13:47.40 5000m(18) - 29:00 10 km Road(18)			
2023: Half Marathon Venlo (NED) 4. 1:00:24			
350 Kidane ANDEMIKAE (ERI)	36y		
351 Hermon HABTEMICAEL (ERI)	23y		
OTHER PB'S: 29:23 10 km Road(21)			
355 Aleksander TEKLEWELD (ERI)	26y		
361 Juan Antonio PÉREZ (ESP)	34y	SB: 1:05:22 Madrid (ESP) 23.04	PB: 1:00:58 Valencia (ESP) 27.10.2019
GENERAL: 3 times European Cup 10,000m Silver medallist 10,000m (16, 15, 17) European Championships finalist WA World Rankings: 211th			
OTHER PB'S: 27:46.08 10,000m(21) - 27:56 10 km Road(22) - 2:11:50 Marathon(19) Current Records: 1xNR: NR 27:45 10 km Road Madrid(23)			
HONOURS: Eur. Cup 10,000 (3xSilver) IberoAM Ch. (1xSilver) NCH (1xWin)			
2023: 10 km Road Huelva (ESP) 4. 28:33 - Half Marathon Madrid (ESP) 9. 1:05:22 - 10,000m Pacé (FRA) 23. 28:57.11 - 10 km Road Madrid (ESP) 6. 27:45			
INFO: Hometown: Carrión de Calatrava. Earlier has worked in a sports store in Ciudad Real.			
363 Leonid LATSEPOV (EST)	25y	SB: 1:04:52 Berlin (GER) 02.04	PB: 1:04:01 Berlin (GER) 03.04.2022
GENERAL: National champion 5000m (23) National Indoor champion 3000m ind. (22) WA World Rankings: 554th			
OTHER PB'S: 2:14:23 Marathon(23)			
HONOURS: NCH (1xWin) NICH (1xWin)			
2023: Half Marathon Berlin (GER) d 32. 1:04:52 - Marathon Hamburg (GER) 20. 2:14:44 - 5000m Oordegem (BEL) 10. 14:13.00 - 10,000m Pacé (FRA) 14. 30:56.66 - 5000m Pärnu (EST) 1. 14:23.02 - 5000m Chorzów (POL) 8. 14:08.73 - 5000m Dresden (GER) 2. 14:23.12 - 5000m Tallinn (EST) NCH 1. 14:04.41 - 10 km Road Pärnu (EST) 1. 30:18 - Marathon Tallinn (EST) 6. 2:14:23			
INFO: Hometown: Tallinn. Geography studies at Freie University Berlin.			
371 Tsegay KIDANU (ETH)	21y	SB and PB: 59:49 Larne (GBR) 27.08	
GENERAL: World Cross Country Championships finalist WA World Rankings: 28th			
OTHER PB'S: 13:14.68 5000m(19) - 27:16.76 10,000m(22) - 27:14 10 km Road(22)			
HONOURS:			
2023: Half Marathon Atlanta, GA (USA) 1. 1:00:42 - 10 Miles Road Washington, DC (USA) 1. 46:08 - 5 km Road Boston, MA (USA) 7. 13:28 - 10 km Road Boston, MA (USA) 4. 28:18 - 10 km Road Atlanta, GA (USA) 6. 27:51 - Half Marathon Larne (GBR) 4. 59:49			

373	Jemal Yimer MEKONNEN (ETH)	27y	SB: 58:38 Larne (GBR) 27.08	PB: 58:33 Valencia (ESP) 28.10.2018
GENERAL: World Championships finalist All-African Games Bronze medallist 10,000m (19) WA World Rankings: 10th				
OTHER PB'S: 26:54.39 10,000m(19) - 27:50 10 km Road(22) - 42:38 15 km Road(22)				
HONOURS: World Ch. (1xFinal): 5. 10,000m London(17) 26:56.11				
2023: 12 km Road Spokane, WA (USA) 1. 33:58 - 10 km Road Atlanta, GA (USA) 4. 27:43 - Half Marathon Larne (GBR) 2. 58:38				
374	Nibret MELAK (ETH)	23y	SB and PB: 59:06 Lisboa (POR) 12.03	
WA World Rankings: 24th				
OTHER PB'S: 7:39.77 3000m(22) - 12:54.22 5000m(21) - 27:26 10 km Road(19)				
2023: Half Marathon Lisboa (POR) d 1. 59:06 - 10 km Road Bengaluru (IND) 5. 28:13 - 10 km Road Atlanta, GA (USA) 3. 27:43 - Half Marathon Larne (GBR) 3. 59:49				
377	Benjamin CHOQUERT (FRA)	37y	SB: 1:02:20 Sevilla (ESP) 29.01	PB: 1:01:32 Gdynia (POL) 17.10.2020
GENERAL: National champion 5000m (15) WA World Rankings: 286th				
OTHER PB'S: 28:21.38 10,000m(20) - 28:36 10 km Road(19) - 2:09:29 Marathon(22) Current Records: 1xNR: NR 2:04:40 Road Relay Paris(22)				
HONOURS: NCH (1xWin)				
2023: Half Marathon Sevilla (ESP) 3. 1:02:20 - Half Marathon Paris (FRA) 8. 1:04:25 - 10 km Road Paris (FRA) 4. 29:32				
INFO: Athlete from Vandoeuvre-lès-Nancy. Also a duathlete.				
379	Mehdi FRÈRE (FRA)	27y	SB: 1:00:43 Napoli (ITA) 26.02	PB: 1:00:34 Valencia (ESP) 23.10.2022
WA World Rankings: 86th				
OTHER PB'S: 28:03.90 10,000m(21) - 58:10 20 km Road(22) - 2:08:55 Marathon(20)				
2023: Half Marathon Napoli (ITA) 2. 1:00:43 - Marathon Paris (FRA) d 10. 2:11:04 - 3000m St-Etienne (FRA) 1. 8:10.35 - 10,000m Pacé (FRA) 8. 28:25.44 - 5000m Montesson (FRA) 4. 13:34.91 - 10 km Road Paris (FRA) 3. 29:08 - 1500m Decines (FRA) 2. 3:43.36 - 5000m Decines (FRA) 2. 13:38.62 - 5000m Albi (FRA) NCH 7. 13:40.34 - Marathon Budapest (HUN) WCH 18. 2:11:59				
INFO: Based in Paris. Studies: Panthéon-Assas University Paris II.				
380	Valentin GONDOUIN (FRA)	24y		
GENERAL: European U23 Championships Bronze medallist 10,000m (21) WA World Rankings: 584th				
OTHER PB'S: 3:41.36 1500m(22) - 13:30.02 5000m(23) - 28:16.22 10,000m(23) Current Records: 1xNR: NR 2:04:40 Road Relay Paris(22)				
HONOURS: Eur. U23 Ch. (1xBronze)				
2023: 5 km Road Lille (FRA) 12. 13:43 - 10 km Road Houilles (FRA) 2. 28:36 - 10,000m Pacé (FRA) 1. 28:16.22 - 1500m Nantes (FRA) 1. 3:47.08 - 10,000m Pacé (FRA) 6. 28:20.78 - 5000m Carquefou (FRA) 3. 13:30.02 - 1500m Troyes (FRA) 9. 3:43.17 - 1500m Sotteville-lès-Rouen (FRA) 10. 3:42.12 - 5000m Albi (FRA) NCH 5. 13:34.82				
INFO: Born in Flers.				
382	Jimmy GRESSIER (FRA)	26y	SB and PB: 59:55 Paris (FRA) 05.03	
GENERAL: 2 times European U23 champion 5000m (19), 10,000m (19) European Championships finalist 10,000m (22) WA World Rankings: 49th				
OTHER PB'S: 3:33.90 1500m(23) - 12:56.09 5000m(23) - 27:24.51 10,000m(22) Current Records: 1xNR: NR 12:56.09 5000m Monaco(23) 1xAR: AR 13:12 5 km Road Monaco(23)				
HONOURS: Eur. U23 Ch. (2xGold) NCH (2xWin)				
2023: 10 km Road Castellón (ESP) 6. 27:33 - Half Marathon Paris (FRA) 3. 59:55 - 1500m Montreuil (FRA) 2. 3:34.08 - 1500m Hengelo (NED) WC 8. 3:38.94 - 1500m Montesson (FRA) 3. 3:33.90 - 1500m Ostrava (CZE) WC 6. 3:35.97 - 3000m Stockholm (SWE) 3. 7:40.21 - 5000m Monaco (MON) DL 9. 12:56.09 - 5000m Albi (FRA) NCH 1. 13:23.56 - 5000m Budapest (HUN) WCH h 13:36.42 - 5000m Budapest (HUN) WCH 9. 13:17.20 - 10,000m Bruxelles (BEL) DL 2. 27:25.48				
INFO: Born in Boulogne-sur-Mer, the city where famous French football player Franck Ribery grew up. He is known for race finish celebrations. He moved from football to athletics. Has worked as an intern for a bank; degree in Negotiation and Customer Relations. Also a physiotherapist.				
385	Mahamed MAHAMED (GBR)	26y	SB and PB: 1:01:16 London (GBR) 03.09	
WA World Rankings: 128th				
OTHER PB'S: 28:19.27 10,000m(22) - 28:16 10 km Road(22) - 48:08 10 Miles Road(19)				
2023: 10 km Road Valencia (ESP) 33. 28:47 - Half Marathon London (GBR) NCH 2. 1:01:16				
INFO: Born in Jarso, Ethiopia. Studies: Solent University.				
386	Jonathan MELLOR (GBR)	36y	SB: 1:02:54 London (GBR) 03.09	PB: 1:02:23 New York, NY (USA) 19.03.2017
GENERAL: Commonwealth Games finalist National Indoor champion 3000m ind. (12) WA World Rankings: 397th				
OTHER PB'S: 7:51.88 3000m(13) - 13:31.21 5000m(14) - 2:10:05 Marathon(20)				
HONOURS: NICH (1xWin)				
2023: Half Marathon London (GBR) NCH 5. 1:02:54				
INFO: Born in Birkenhead. Studies: Liverpool John Moores University. Loves football, Liverpool fan.				
388	Jack ROWE (GBR)	27y	SB and PB: 1:01:08 London (GBR) 03.09	
GENERAL: National champion Half Marathon (23) WA World Rankings: 145th				
OTHER PB'S: 7:42.15 3000m(21) - 13:20.00 5000m(23) - 28:07 10 km Road(21)				
HONOURS: NCH (1xWin)				
2023: 3000m ind. Metz (FRA) 8. 7:46.47 - 3000m ind. Istanbul (TUR) h 7:57.29 - 3000m ind. Istanbul (TUR) 9. 7:48.32 - 5000m Walnut, CA (USA) 2. 13:20.16 - 5000m Los Angeles, CA (USA) 13. 13:20.00 - 1500m Watford (GBR) 4. 3:44.62 - 1500m Bracknell (GBR) 4. 3:44.43 - 1500m Watford (GBR) 4. 3:41.45 - 5000m Manchester (GBR) NCH 6. 13:47.80 - 5000m Schifflange (LUX) 8. 13:32.88 - 5000m Tampere (FIN) 1. 13:30.81 - Half Marathon London (GBR) NCH 1. 1:01:08				
INFO: Hometown: London. Studies: University of Washington.				
389	Davor Aaron BIENENFELD (GER)	26y	SB and PB: 1:01:51 Berlin (GER) 02.04	
WA World Rankings: 304th				
OTHER PB'S: 3:41.16 1500m(23) - 13:19.21 5000m(23) - 27:55.96 10,000m(23)				
2023: 5000m ind. Boston, MA (USA) 4. 13:22.92 - 10,000m San Juan Capistrano, CA (USA) 16. 27:55.96 - Half Marathon Berlin (GER) d 10. 1:01:51 - 5000m Walnut, CA (USA) 11. 13:19.21 - 5000m Los Angeles, CA (USA) 12. 13:19.76 - 1500m Gresham, OR (USA) 1. 3:41.16 - 5000m Kassel (GER) NCH 4. 13:38.00 - 5000m Heusden-Zolder (BEL) 14. 13:27.87 - 10 km Road Bad Liebenzell (GER) 2. 29:29				
INFO: Hometown: Frankfurt. Studies: University of Oregon.				
390	Richard RINGER (GER)	34y	SB and PB: 1:01:09 Barcelona (ESP) 19.02	
GENERAL: European champion Marathon (22) European Championships Bronze medallist 5000m (16) WA World Rankings: 102nd				
OTHER PB'S: 13:10.94 5000m(15) - 27:36.52 10,000m(18) - 2:08:08 Marathon(23) Current Records: 1x=NBP: =NBP= 13:32 5 km Road Monaco(23)				
HONOURS: Eur. Ch. (1xGold, 1xBronze): 1. Marathon München(22) 2:10:21 - 3. 5000m Amsterdam(16) 13:40.85 - 4. 5000m Zürich(14) 14:10.92 Eur. Ind. Ch. (1xBronze) Eur. Team Ch. (2xGold)				
2023: 5 km Road Monaco (MON) 4. 13:32 - Half Marathon Barcelona (ESP) 6. 1:01:09 - Half Marathon Freiburg (GER) NCH 1. 1:01:44 - Marathon Hamburg (GER) 6. 2:08:08 - 10 km Road Boston, MA (USA) 16. 30:02 - 10 km Road Bad Liebenzell (GER) 1. 29:24				
INFO: Born in Überlingen. Business Administration studies at Konstanz University of Applied Sciences. Has been working for a mechanical engineering company.				
391	Filmon TEKLEBRHAN-BERHE (GER)	27y	SB and PB: 1:02:17 Freiburg (GER) 26.03	
OTHER PB'S: 13:46.02 5000m(23) - 28:25.82 10,000m(23) - 28:33 10 km Road(21)				
2023: Half Marathon Freiburg (GER) NCH 3. 1:02:17 - 10,000m Mittweida (GER) NCH 3. 28:25.82 - 3000m Pliezhausen (GER) 5. 8:14.23 - 10,000m Pacé (FRA) 20. 28:47.51 - 5000m Wien (AUT) 21. 13:46.02				
INFO: Athlete of Freiburg.				
495	Iván ZARCO (HON)	39y	PB: 1:04:08 Gdynia (POL) 17.10.2020	
OTHER PB'S: 2:18:19 Marathon(19) Current Records: 1xNR: NR 1:04:08 Half Marathon Gdynia(20)				

394	Hiko Tonosa HASO (IRL)	27y	SB and PB: 1:02:23 Larne (GBR) 27.08
GENERAL: 2 times National champion 5000m (21), 10,000m (21) WA World Rankings: 338th			
OTHER PB'S: 7:52.03 3000m(17) - 13:26.02 5000m(22) - 27:53.10 10,000m(22)			
HONOURS: NCH (2xWin)			
2023: Half Marathon Larne (GBR) 9. 1:02:23			
INFO: Born in Ethiopia.			
395	Peter LYNCH (IRL)	25y	SB and PB: 1:03:22 Houston, TX (USA) 15.01
OTHER PB'S: 13:30.86 5000m(23) - 27:59.27 10,000m(23)			
2023: Half Marathon Houston, TX (USA) 20. 1:03:22 - 10,000m Palo Alto, CA (USA) 5. 27:59.27 - 5000m Palo Alto, CA (USA) 5. 13:30.86 - 1500m Fayetteville, AR (USA) 13. 3:56.18			
INFO: Hometown: Kilkenny. Studies: University of Tulsa. Major in Mechanical Engineering. Favourite band is Green Day.			
397	Yitayew ABUHAY (ISR)	26y	PB: 1:04:21 Gdynia (POL) 17.10.2020
GENERAL: 2 times National champion 5000m (22, 21)			
OTHER PB'S: 13:44.31 5000m(22) - 28:14.31 10,000m(23) - 29:01 10 km Road(20)			
HONOURS: NCH (2xWin)			
2023: 3000m ind. Lyon (FRA) 8. 8:15.36 - 10 km Road Tel Aviv (ISR) 2. 29:17 - 10,000m London (GBR) 20. 28:14.31 - 10,000m Pacé (FRA) 11. 28:37.70 - 5000m Heusden-Zolder (BEL) 9. 13:52.92			
398	Girmaw AMARE (ISR)	35y	SB: 1:05:14 Berlin (GER) 02.04 PB: 1:02:00 Berlin (GER) 03.04.2022
GENERAL: National champion 5000m (18) WA World Rankings: 270th			
OTHER PB'S: 28:10.32 10,000m(15) - 28:55 10 km Road(20) - 2:07:28 Marathon(20)			
HONOURS: NCH (1xWin)			
2023: Marathon Sevilla (ESP) 12. 2:07:40 - Half Marathon Berlin (GER) d 37. 1:05:14 - 10,000m Tel Aviv (ISR) NCH 5. 28:24.90 - 10 km Road Herzogenaurach (GER) 24. 29:00 - 5000m Tel Aviv (ISR) 1. 14:28.32 - Half Marathon Hamburg (GER) 13. 1:05:14			
INFO: Born in West Gojjam, Ethiopia. Studies: Wingate Institute. Has been living in Israel since 2006.			
401	Tadesse GETAHON (ISR)	25y	SB: 1:03:03 Tel Aviv (ISR) 24.02 PB: 1:00:52 Gdynia (POL) 17.10.2020
GENERAL: European U23 Championships Silver medallist 10,000m (19) 3 times National champion 5000m (23, 19), 10,000m (23)			
OTHER PB'S: 7:57.80 3000m(23) - 13:39.65 5000m(23) - 27:33.99 10,000m(23) Current Records: 2xNR: NR 27:33.99 10,000m London(23) - NR 13:44 5 km Road Tel Aviv(21)			
HONOURS: Eur. U23 Ch. (1xSilver) NCH (3xWin)			
2023: Half Marathon Tel Aviv (ISR) 1. 1:03:03 - 10,000m Tel Aviv (ISR) NCH 1. 28:10.47 - 5000m Tel Aviv (ISR) NCH 1. 13:39.65 - 10,000m London (GBR) 3. 27:33.99 - 10,000m Pacé (FRA) 2. 28:09.48 - 3000m Tel Aviv (ISR) 1. 7:57.80 - 1500m Chorzów (POL) 4. 3:45.92 - 5000m Chorzów (POL) 4. 14:19.86 - 1500m Liège (BEL) 11. 3:54.77 - 5000m Heusden-Zolder (BEL) 15. 14:05.57			
402	Bukayawe MALEDE (ISR)	26y	PB: 1:02:45 Tiberias (ISR) 10.12.2021
GENERAL: 2 times National champion 10,000m (22, 21)			
OTHER PB'S: 13:41.31 5000m(23) - 28:00.76 10,000m(22) - 2:09:28 Marathon(21) Current Records: 1xNBP: NBP 44:16 15 km Road Tel Aviv(22)			
HONOURS: NCH (2xWin)			
2023: 10,000m Tel Aviv (ISR) NCH 3. 28:13.00 - 5000m Tel Aviv (ISR) NCH 2. 13:41.31 - 10,000m Pacé (FRA) 31. 29:16.54 - 5000m Heusden-Zolder (BEL) 8. 13:45.68			
404	Iliass AOUANI (ITA)	28y	PB: 1:02:32 Napoli (ITA) 27.02.2022
GENERAL: 2 times National champion 10,000m (21), Half Marathon (21)			
OTHER PB'S: 13:28.09 5000m(21) - 27:45.81 10,000m(21) - 2:07:16 Marathon(23) Current Records: 1xNR: NR 2:07:16 Marathon Barcelona(23)			
HONOURS: NCH (2xWin)			
2023: Marathon Barcelona (ESP) 9. 2:07:16 - 10,000m London (GBR) 11. 27:51.00 - 10,000m Pacé (FRA) 17. 28:42.72 - 3000m Nembro (ITA) 12. 8:04.82			
INFO: Born in Milan. Studies: Syracuse University. Civil Engineering major and Master in Structural Engineering. Speaks Italian, English and Arabic.			
405	Yohanes CHIAPPINELLI (ITA)	26y	SB: 1:01:24 Jelgava (LAT) 29.07 PB: 1:01:14 København (DEN) 18.09.2022
GENERAL: European Championships Bronze medallist 3000mSC (18) European U23 champion 3000mSC (17) WA World Rankings: 159th			
OTHER PB'S: 8:24.26 3000mSC(19) - 28:21 10 km Road(21) - 2:09:46 Marathon(23) Current Records: 1xNR: =NR= 27:50 10 km Road Arezzo(22)			
HONOURS: World (Cont.) Cup (1xBronze) Eur. Ch. (1xBronze): 3. 3000mSC Berlin(18) 8:35.81 Eur. U23 Ch. (1xGold)			
2023: 10 km Road Valencia (ESP) 37. 28:49 - Marathon Sevilla (ESP) 23. 2:09:46 - 5000m Milano (ITA) 11. 13:54.15 - 10,000m London (GBR) 28. 28:29.06 - Half Marathon Jelgava (LAT) NCH 1. 1:01:24 - Marathon Budapest (HUN) WCH 11. 2:11:12			
INFO: Born in Addis Ababa, Ethiopia. Was adopted by a family from Siena at the age of 7. Earlier played basketball. Studied music, plays the piano.			
407	Pietro RIVA (ITA)	26y	PB: 1:00:30 Valencia (ESP) 23.10.2022
GENERAL: European U20 champion 10,000m (15) European Championships finalist WA World Rankings: 121st			
OTHER PB'S: 7:45.52 3000m(21) - 27:50.51 10,000m(22) - 27:50 10 km Road(22) Current Records: 1xNR: NR 27:50 10 km Road Laredo(22)			
HONOURS: Eur. U20 Ch. (1xGold) NCH (3xWin)			
2023: 1500m ind. Padova (ITA) 4. 3:43.01 - 3000m ind. Metz (FRA) 9. 7:49.42 - 3000m ind. Ancona (ITA) 2. 7:56.33 - 3000m ind. Istanbul (TUR) h 7:58.89 - 1500m Milano (ITA) 2. 3:43.60 - 10,000m Brescia (ITA) NCH 1. 28:21.88			
INFO: Born in Alba. Also a motivational speaker.			
408	Ryota KONDO (JPN)	23y	SB and PB: 1:00:32 Yamaguchi (JPN) 12.02
WA World Rankings: 255th			
OTHER PB'S: 13:47.42 5000m(22) - 28:51.83 10,000m(21) - 47:42 10 Miles Road(22)			
2023: Half Marathon Yamaguchi (JPN) 3. 1:00:32 - 5000m Kumamoto (JPN) 13. 14:09.24 - 10,000m Kobe (JPN) 3. 28:54.57 - 5000m Nobeoka (JPN) 18. 13:55.96 - 10,000m Kitakyushu (JPN) 19. 29:44.40 - 10,000m Fukagawa (JPN) 24. 31:03.51 - 5000m Kitami (JPN) 18. 13:55.98 - 10 km Road Praha (CZE) 10. 29:28			
409	Tomoki OTA (JPN)	25y	SB and PB: 1:00:08 Marugame (JPN) 05.02
OTHER PB'S: 13:20.11 5000m(23) - 27:33.13 10,000m(21) - 44:48 15 km Road(17)			
2023: Half Marathon Marugame (JPN) 4. 1:00:08 - 10,000m Kumamoto (JPN) 3. 27:42.49 - 10,000m Nobeoka (JPN) 4. 28:00.47 - 5000m Gifu (JPN) 4. 13:38.77 - 5000m Shibetsu (JPN) 2. 13:24.59 - 5000m Abashiri (JPN) 2. 13:20.11			
415	Daniel Simiu EBENYO (KEN)	28y	SB: 59:52 Istanbul (TUR) 30.04 PB: 59:04 Manama (BRN) 23.12.2022
GENERAL: World Championships Silver medallist 10,000m (23) Commonwealth Games Silver medallist 10,000m (22) WA World Rankings: 20th			
OTHER PB'S: 12:54.90 5000m(22) - 26:57.80 10,000m(23) - 26:58 10 km Road(22)			
HONOURS: World Ch. (1xSilver): 2. 10,000m Budapest(23) 27:52.60 Afr. Ch. (1xSilver)			
2023: Half Marathon Istanbul (TUR) 1. 59:52 - 10,000m Nairobi (KEN) 1. 28:09.93 - 10 km Road Okpekpe (NGR) 1. 28:28 - 5000m Nairobi (KEN) 1. 13:40.86 - 5000m Nairobi (KEN) NCH h 13:32.96 - 5000m Nairobi (KEN) NCH 1. 13:34.25 - 10,000m Nairobi (KEN) 2. 27:30.5h - 5000m Nairobi (KEN) 2. 13:16.05 - 10,000m Budapest (HUN) WCH 2. 27:52.60 - 10,000m Bruxelles (BEL) DL 1. 26:57.80			
INFO: Grew up in Baragoi. Earlier played football; likes reading. His idol is Geoffrey Kamworor.			
417	Benard KIBET (KEN)	23y	SB and PB: 58:45 Ras Al Khaimah (UAE) 18.02
GENERAL: World Championships finalist WA World Rankings: 3rd			
OTHER PB'S: 13:00.38 5000m(23) - 26:55.04 10,000m(22) - 44:04 10 Miles Road(22) Current Records: 1xWBP: WBP 44:04 10 Miles Road Kosa(22)			
HONOURS: World Ch. (1xFinal): 5. 10,000m Budapest(23) 27:56.27			
2023: Half Marathon Ras Al Khaimah (UAE) 1. 58:45 - 5000m Kumamoto (JPN) 5. 13:27.53 - 10,000m Kobe (JPN) 4. 27:37.50 - 5000m Nobeoka (JPN) 2. 13:00.38 - 10,000m Kitakyushu (JPN) 1. 27:07.71 - 5000m Osaka (JPN) NCH OC 13:24.14 - 10,000m Yokohama (JPN) 1. 27:17.87 - 10,000m Nairobi (KEN) 3. 27:33.5h - 10,000m Budapest (HUN) WCH 5. 27:56.27			
INFO: Hometown: Rift Valley. Studies: Colby College.			

420	Samwel Nyamai MAILU (KEN)	30y	SB: 1:01:09 Hamburg (GER) 25.06	PB: 1:00:50 Jeddah (KSA) 10.12.2022
WA World Rankings: 80th OTHER PB'S: 2:05:08 Marathon(23) 2023: Marathon Wien (AUT) NCH 1. 2:05:08 - Half Marathon Hamburg (GER) 1. 1:01:09				
423	Sabastian Kimaru SAWE (KEN)	28y	SB: 59:00 Berlin (GER) 02.04	PB: 58:58 Manama (BRN) 23.12.2022
GENERAL: Diamond League meeting winner 1 Hour (22) World Cross Country Championships finalist WA World Rankings: 6th OTHER PB'S: 27:09.46 10,000m(22) - 21250 1 Hour(22) - 26:49 10 km Road(23) Current Records: 2xWBP: WBP 41:51.64 15,000m Bruxelles(22) - WBP 44:57.65 10 Miles Bruxelles(22) 1xABP: ABP 56:20.55 20,000m Bruxelles(22) 1xNR: NR 21250 1 Hour Bruxelles(22) HONOURS: 2023: Half Marathon Berlin (GER) d 1. 59:00 - 10 km Road Herzogenaurach (GER) 1. 26:49 - 10 km Road Bengaluru (IND) 1. 27:59				
424	Aleksandr SALAKHUDINOV (KGZ)	23y	SB and PB: 1:08:27 St. Petersburg (RUS) 06.08	
2023: Half Marathon St. Petersburg (RUS) 9. 1:08:27				
425	Arturs BAREIKIS (LAT)	37y	PB: 1:07:41 Indianapolis, IN (USA) 03.05.2014	
WA World Rankings: 1068th INFO: Hometown: Oak Forest, IL. Studies: Chicago State University.				
428	Aleksandrs RAŠČEVSKIS (LAT)	31y	SB and PB: 1:09:39 Berlin (GER) 02.04	
2023: Half Marathon Berlin (GER) d 95. 1:09:39 - Marathon Riga (LAT) 1. 2:25:43 - Marathon Berlin (GER) 138. 2:27:10				
430	Dmitrijs SERJOGINS (LAT)	30y	SB: 1:05:02 Riga (LAT) 07.05	PB: 1:04:43 Barcelona (ESP) 17.10.2021
GENERAL: 4 times National champion 3000m (14), 5000m (13), 10,000m (19), 3000mSC (15) 2 times National Indoor champion 1500m ind. (14), 3000m ind. (17) WA World Rankings: 624th OTHER PB'S: 29:10 10 km Road(19) - 2:19:49 Marathon(20) Current Records: 3xNR: NR 14:20 5 km Road Barcelona(22) - NR 29:10 10 km Road Barcelona(19) - NR 1:04:23 Half Marathon Almeria(23) HONOURS: NCH (4xWin) NICH (2xWin) 2023: Half Marathon Riga (LAT) 1. 1:05:02 - Half Marathon České Budějovice (CZE) 7. 1:08:07 - Half Marathon Olomouc (CZE) 5. 1:06:11 - Half Marathon Kuldiga (LAT) 1. 1:07:15 - 10 km Road Piltene (LAT) 1. 31:11 - 5 km Road Vilnius (LTU) 1. 14:58 - Half Marathon Vilnius (LTU) 1. 1:06:31 INFO: Born in Riga.				
432	Jānis VIŠĶERS (LAT)	34y	SB: 1:08:07 Tallinn (EST) 09.09	PB: 1:04:56 Tallinn (EST) 08.09.2019
GENERAL: 2 times National champion 3000m (13), 5000m (15) National Indoor champion 3000m ind. (13) WA World Rankings: 973rd OTHER PB'S: 2:16:59 Marathon(19) HONOURS: NCH (2xWin) NICH (1xWin) 2023: Half Marathon Riga (LAT) 2. 1:08:24 - Half Marathon Kuldiga (LAT) 3. 1:08:40 - 10 km Road Piltene (LAT) 2. 31:53 - Half Marathon Tallinn (EST) 8. 1:08:07				
434	Meng Tak LEONG (MAC)	24y	PB: 1:14:16 Macao (MAC) 04.12.2022	
INFO: Studies: University of Macau.				
435	Mohamed Reda EL AARABY (MAR)	33y	SB: 1:00:58 Houston, TX (USA) 15.01	PB: 59:54 Málaga (ESP) 24.04.2022
GENERAL: All-African Games Silver medallist Half Marathon (19) World Military Games winner 10,000m (19) WA World Rankings: 187th OTHER PB'S: 27:58 10 km Road(19) - 43:39 15 km Road(19) - 2:06:55 Marathon(22) HONOURS: All-Afr. G. (1xSilver) Major Mar. (1xSilver) Franc. G. (1xBronze) Medit. G. (1xWin) 2023: Half Marathon Houston, TX (USA) 3. 1:00:58 - Marathon Rabat (MAR) 11. 2:16:54 - Marathon Budapest (HUN) WCH 25. 2:13:55 INFO: Athlete from Ouezzane.				
436	Mohcin OUTALHA (MAR)	24y	SB: 1:03:00 Kinshasa (COD) 04.08	PB: 1:00:26 Gdynia (POL) 17.10.2020
WA World Rankings: 191st OTHER PB'S: 7:51.55 3000m(18) - 13:27.04 5000m(19) - 2:06:49 Marathon(23) 2023: Marathon Doha (QAT) 1. 2:06:49 - Marathon Paris (FRA) d 157. 2:34:29 - 10,000m Algiers (ALG) 2. 29:17.40 - 10,000m Kinshasa (COD) 3. 28:55.48 - Half Marathon Kinshasa (COD) 2. 1:03:00				
437	Hamza SAHLI (MAR)	30y	PB: 1:00:04 Gdynia (POL) 17.10.2020	
GENERAL: World Championships finalist All-African Games Bronze medallist Half Marathon (19) OTHER PB'S: 3:43.48 1500m(07) - 44:10 15 km Road(17) - 2:07:15 Marathon(22) HONOURS: World Ch. (1xFinal): 8. Marathon Doha(19) 2:11:49 All-Afr. G. (1xBronze) 2023: Marathon Rabat (MAR) 10. 2:15:41 INFO: Based in Rabat. Member of the Armed Forces.				
438	Christopher SOOSAI (MAS)	30y	SB and PB: 1:09:55 Gold Coast (AUS) 01.07	
2023: Half Marathon Gold Coast (AUS) 41. 1:09:55				
INFO: Athlete from Penang.				
439	Jorge Luis CRUZ (MEX)	27y	SB and PB: 1:03:56 Houston, TX (USA) 15.01	
WA World Rankings: 522nd OTHER PB'S: 28:14.09 10,000m(23) - 29:12 10 km Road(22) - 2:19:45 Marathon(23) 2023: Half Marathon Houston, TX (USA) 29. 1:03:56 - Marathon Sevilla (ESP) 81. 2:19:45 - 10,000m Azusa, CA (USA) 2. 29:29.80 - 10,000m León (MEX) 3. 29:50.07 - 10,000m Gresham, OR (USA) 4. 28:14.09 - 10,000m Puebla (MEX) NCH 2. 29:51.18 - 5000m Puebla (MEX) NCH 7. 14:33.12 INFO: Also a mechanical engineer.				
440	Marcelo LAGUERA (MEX)	27y	SB and PB: 1:03:07 Houston, TX (USA) 15.01	
OTHER PB'S: 8:03.08 3000m(22) - 13:40.22 5000m(23) - 28:05.83 10,000m(23) 2023: Half Marathon Houston, TX (USA) 16. 1:03:07 - 10,000m Azusa, CA (USA) 8. 28:05.83 - 10,000m London (GBR) 21. 28:14.59 - 5000m Gresham, OR (USA) 5. 13:40.22 - 10,000m Puebla (MEX) NCH 3. 30:00.88 - 5000m Puebla (MEX) NCH 3. 14:19.64 INFO: Hometown: Chihuahua. Studies: Colorado State University-Pueblo.				
441	Dillon CASSAR (MLT)	26y	SB: 1:06:32 København (DEN) 17.09	PB: 1:06:07 København (DEN) 18.09.2022
GENERAL: 5 times National champion 3000m (22), 5000m (23, 22, 20, 19) WA World Rankings: 763rd HONOURS: NCH (5xWin) 2023: 10 km Road Valencia (ESP) 119. 30:39 - 10 km Road Castellón (ESP) 23. 30:40 - 10 km Road Lille (FRA) 27. 30:18 - 10,000m Marsa (MLT) 3. 30:37.83 - 5000m Wien (AUT) 8. 14:46.28 - 5000m Marsa (MLT) NCH 1. 15:01.75 - Half Marathon København (DEN) NCH 44. 1:06:32 INFO: Athlete of Mellieha. Former Malta Fair Play Award winner.				
442	Luke MICALLEF (MLT)	33y	PB: 1:06:29 Boulogne-Billancourt (FRA) 27.11.2022	
GENERAL: 7 times National champion 1500m (23), 3000m (23), 3000mSC (23, 22, 20, 19, 18) WA World Rankings: 839th Current Records: 1xNR: NR 9:09.00 3000mSC Marsa(23) HONOURS: NCH (7xWin) 2023: 10 km Road Nice (FRA) 38. 30:44 - 10 km Road Lille (FRA) 29. 30:21 - 10,000m London (GBR) 15. 30:31.39 - 3000mSC Marsa (MLT) 3. 9:16.73 - 3000mSC Chorzów (POL) 5. 9:11.87 - 3000m Marsa (MLT) NCH 1. 8:36.88 - 1500m Marsa (MLT) NCH 1. 4:03.79 - 3000mSC Marsa (MLT) NCH 1. 9:10.36 - 1500m Marsa (MLT) 1. 4:02.35 - 5000m Kraljevo (SRB) 5. 14:38.66 - 3000mSC Kraljevo (SRB) 7. 9:13.07 INFO: Athlete from Pembroke.				

443	Simon SPITERI (MLT)	31y	PB: 1:09:06 Valencia (ESP) 23.10.2022
GENERAL: 3 times National champion 1500m (21), 3000m (21), 10,000m (23) WA World Rankings: 995th			
HONOURS: NCH (3xWin)			
2023: 10 km Road Castellón (ESP) 25. 30:47 - 10 km Road Lille (FRA) 33. 30:38 - 5000m Milano (ITA) 14. 14:31.54 - 5000m Marsa (MLT) 8. 14:58.99 - 10,000m Marsa (MLT) NCH 1. 32:22.80 - 5000m Kraljevo (SRB) 7. 15:18.70 - 3000m Kraljevo (SRB) 4. 8:44.46			
INFO: Also an accountant.			
447	Cameron AVERY (NZL)	26y	SB and PB: 1:02:50 Gold Coast (AUS) 01.07
OTHER PB'S: 8:06.19 3000m(22) - 29:14.27 10,000m(21) - 29:07 10 km Road(19)			
2023: Mile Timaru (NZL) 1. 4:16.87 - 3000m Wellington (NZL) 11. 8:15.85 - 1500m Auckland (NZL) 3. 3:55.82 - 10,000m Palo Alto, CA (USA) 12. 29:27.88 - 5000m Philadelphia, PA (USA) 1. 14:16.89 - Half Marathon Gold Coast (AUS) 3. 1:02:50			
INFO: Hometown: Christchurch. Studies: Stony Brook University. Major in Health Science with a minor in Creative Writing.			
448	Christopher DRYDEN (NZL)	24y	SB and PB: 1:04:37 Gold Coast (AUS) 01.07
WA World Rankings: 785th			
2023: 3000m Wellington (NZL) 13. 8:17.21 - 1500m Christchurch (NZL) 7. 4:01.80 - 5000m Wellington (NZL) NCH 8. 14:34.90 - 1500m Wellington (NZL) NCH h 4:00.49 - Half Marathon Gold Coast (AUS) 9. 1:04:37			
INFO: Hometown: Christchurch.			
449	Oska INKSTER-BAYNES (NZL)	32y	SB and PB: 1:04:34 Gold Coast (AUS) 01.07
GENERAL: National champion Half Marathon (22)			
OTHER PB'S: 2:18:11 Marathon(19)			
HONOURS: NCH (1xWin)			
2023: 3000m Wellington (NZL) 10. 8:15.04 - Half Marathon Gold Coast (AUS) 8. 1:04:34			
INFO: Hometown: Christchurch. Studies: University of Canterbury. Earlier played rugby and football.			
451	Michael VOSS (NZL)	26y	SB: 1:06:21 Wellington (NZL) 25.06 PB: 1:04:07 Gold Coast (AUS) 03.07.2022
GENERAL: National champion Half Marathon (23) WA World Rankings: 581st			
HONOURS: NCH (1xWin)			
2023: Half Marathon Wellington (NZL) NCH 1. 1:06:21			
INFO: Athlete from Rotorua. His idol is Kenenisa Bekele. In 2020 he became the 1st local man to win the Rotorua Marathon in 45 years.			
452	Carlos Alejandro GONZALEZ (PAR)	32y	SB: 1:12:24 Asunción (PAR) 28.05 PB: 1:08:23 Asunción (PAR) 06.08.2017
GENERAL: South American Marathon Championships Bronze medallist Marathon (22) South American Marathon Championships finalist			
HONOURS: Sam. Mar. Ch. (1xBronze)			
2023: Half Marathon Asunción (PAR) 2. 1:12:24			
457	Samuel BARATA (POR)	30y	SB and PB: 1:01:40 Barcelona (ESP) 19.02
GENERAL: 6 times National champion 3000m (20), 5000m (18, 17), 10,000m (21, 20, 15) WA World Rankings: 252nd			
OTHER PB'S: 28:03.94 10,000m(21) - 28:12 10 km Road(22) - 2:10:13 Marathon(23) Current Records: 1xNR: NR 27:45 10 km Road Brasov(23)			
HONOURS: NCH (6xWin)			
2023: Half Marathon Barcelona (ESP) 9. 1:01:40 - Half Marathon Berlin (GER) d 7. 1:01:40 - Marathon Hamburg (GER) 10. 2:10:13 - 10,000m Leiden (NED) NCH OC 28:38.09 - 1500m Braga (POR) 6. 3:45.20 - 5000m Dublin (IRL) 5. 13:32.75 - 5000m Viana de Castelo (POR) 1. 13:46.84			
INFO: Born in Covilha. Studies: University of Lisbon.			
459	Elroy GELANT (RSA)	37y	SB: 1:01:30 03.06 PB: 1:01:01 Port Elizabeth (RSA) 27.07.2019
GENERAL: African Championships Silver medallist 5000m (16) World Indoor Championships finalist WA World Rankings: 307th			
OTHER PB'S: 7:41.38 3000m(12) - 13:04.88 5000m(16) - 27:41.30 10,000m(13)			
HONOURS: Afr. Ch. (1xSilver) WUG (1xBronze) NCH (1xWin)			
2023: 1500m Sasolburg (RSA) 1. 3:48.07 - 1500m Potchefstroom (RSA) NCH h 3:51.86 - 10,000m Cape Town (RSA) 3. 28:42.22 - Half Marathon 7. 1:01:30			
INFO: Grew up in Western Cape. Human Resources studies at North-West University. His idol is Donovan Wright. Started running at the age of 9 with cross country. Has had a full-time job at North-West University.			
460	Precious Lesiba MASHELE (RSA)	32y	SB: 1:00:43 03.06 PB: 1:00:00 Poznan (POL) 17.10.2021
GENERAL: 7 times National champion 5000m (22, 21, 19), 10 km Road (19, 18, 21), Half Marathon (21) WA World Rankings: 95th			
OTHER PB'S: 13:11.65 5000m(21) - 27:50.43 10,000m(23) - 28:11 10 km Road(21)			
HONOURS: NCH (7xWin)			
2023: 5000m Johannesburg (RSA) 2. 13:57.84 - 10,000m Cape Town (RSA) 1. 27:50.43 - Half Marathon 3. 1:00:43			
INFO: Hometown: Johannesburg. Nickname: Polokwane Express.			
461	Stephen MOKOKA (RSA)	38y	SB: 1:00:54 03.06 PB: 59:36 Gdynia (POL) 17.10.2020
GENERAL: World Championships finalist 14 times National champion 1500m (10), 5000m (16, 15, 13), 10,000m (18, 16, 15, 13, 12, 11, 10, 09), Half Marathon (08), Marathon (21) WA World Rankings: 84th			
OTHER PB'S: 13:11.44 5000m(15) - 2:06:42 Marathon(23) - 2:40:13 50 km Road(22) Current Records: 2xNR: NR 27:38 10 km Road Manchester(15) - NR 59:36 Half Marathon Gdynia(20) 1xNBP: NBP 46:26 10 Miles Road Portsmouth(09) 1xWR: WR 2:40:13 50 km Road (22)			
HONOURS: World Ch. (1xFinal): 5. Marathon Doha(19) 2:11:09 Afr. Ch. (1xGold)			
2023: Marathon Osaka (JPN) d 5. 2:06:42 - Half Marathon 4. 1:00:54			
INFO: Born in Mahikeng. Sports Management studies at Tshwane University of Technology. Earlier played football. His idol is Hendrick Ramaala. Became the 1st RSA athlete to run the half marathon in less than 60 mins.			
462	Thabang MOSIAKO (RSA)	28y	SB and PB: 1:00:29 03.06
GENERAL: National champion 5000m (17) WA World Rankings: 130th			
OTHER PB'S: 29:00.38 10,000m(17) - 28:26 10 km Road(22) - 34:38 12 km Road(18)			
HONOURS: NCH (1xWin)			
2023: Half Marathon 1. 1:00:29			
466	Keane KO (SGP)	23y	SB and PB: 1:12:31 Gold Coast (AUS) 01.07
2023: Half Marathon Gold Coast (AUS) 69. 1:12:31			
467	Wei Xiang Gordon LIM (SGP)	30y	
468	Chuan Heng SEAH (SGP)	30y	
INFO: Studies: Nanyang Technological University.			
471	Mohammadreza ABOOTORABI (SWE)	34y	PB: 1:02:40 Dresden (GER) 08.11.2020
WA World Rankings: 385th			
OTHER PB'S: 13:30.05 5000m(22) - 28:43.41 10,000m(23) - 28:35 10 km Road(19) Current Records: 4xNR: NR (IRI) 7:59.74 3000m Karlstad(21) - NR (IRI) 13:35.71 5000m Stockholm(22) - NR (IRI) 28:45.44 10,000m London(22) - NR (IRI) 1:02:40 Half Marathon Dresden(20) 1xNBP: NBP 13:38.88 5000m ind. Sollentuna(22)			
2023: Marathon Dubai (UAE) 15. 2:17:52 - 5000m Stockholm (SWE) 10. 13:55.67 - 5000m Copenhagen (DEN) 2. 13:51.26 - 10,000m Pacé (FRA) 1. 29:04.95 - 5000m Montesson (FRA) 3. 13:33.85 - 5000m Göteborg (SWE) 5. 13:45.36 - 10,000m Söderhamn (SWE) NCH 2. 28:45.72 - 5000m Söderhamn (SWE) NCH 2. 13:47.39 - 10,000m Stockholm (SWE) 1. 28:43.41 - 5000m Stockholm (SWE) 4. 13:55.82			
INFO: Swedish-Iranian athlete.			

474 Abel CHEBET (UGA)	30y	SB: 1:02:36 Riyadh (KSA) 11.02	PB: 1:00:31 Belfort (FRA) 25.09.2022
GENERAL: National champion 10,000m (22) WA World Rankings: 92nd			
OTHER PB'S: 28:22.5h 10,000m(22)			
HONOURS: NCH (1xWin)			
2023: Half Marathon Riyadh (KSA) 2. 1:02:36 - 10,000m Namboole (UGA) NCH 7. 29:16.2h			
475 Ali CHEBURES (UGA)	31y	SB: 1:01:35 Tallinn (EST) 09.09	PB: 1:00:53 Barcelona (ESP) 03.04.2022
GENERAL: African Championships finalist WA World Rankings: 93rd			
OTHER PB'S: 13:37.95 5000m(21) - 43:20 15 km Road(22)			
HONOURS:			
2023: Half Marathon Paris (FRA) 5. 1:02:19 - 15 km Road Le Puy-en-Velay (FRA) 2. 43:20 - 10,000m Namboole (UGA) NCH 9. 29:33.5h - Half Marathon Tallinn (EST) 1. 1:01:35			
477 Hosea KIPLANGAT (UGA)	23y		
GENERAL: World Cross Country Championships finalist WA World Rankings: 144th			
OTHER PB'S: 13:15.98 5000m(23) - 13:13 5 km Road(21) - 27:14 10 km Road(23)			
HONOURS:			
2023: 10 km Road Herzogenaurach (GER) 6. 27:14 - 5000m Montesson (FRA) 9. 13:15.98 - 10 km Road Guadalajara (MEX) 6. 29:27 - 10 km Road Cali (COL) 5. 29:41			
480 Andrew Rotich KWEMOI (UGA)	23y	PB: 59:37 Lille (FRA) 20.03.2022	
WA World Rankings: 111th			
OTHER PB'S: 28:33.5h 10,000m(23) - 28:06 10 km Road(19) - 2:07:14 Marathon(23)			
2023: Marathon Milano (ITA) d 1. 2:07:14 - 10,000m Namboole (UGA) NCH 1. 28:33.5h			
484 Mykola NYZHNYK (UKR)	28y	SB: 1:04:52 Lisboa (POR) 12.03	PB: 1:03:14 Belaya Tserkva (UKR) 07.10.2018
GENERAL: 3 times National champion 10,000m (18, 17), Half Marathon (23) National Indoor champion 3000m ind. (16)			
OTHER PB'S: 13:37.95 5000m(15) - 28:50.71 10,000m(19) - 2:11:12 Marathon(19)			
HONOURS: NCH (3xWin) NICH (1xWin)			
2023: Half Marathon Lisboa (POR) d 21. 1:04:52 - 10,000m Uzhgorod (UKR) NCH 6. 29:47.61 - 5000m Lutsk (UKR) NCH 2. 13:59.58 - Half Marathon Lviv (UKR) NCH 1. 1:04:56			
INFO: Hometown: Brovary. Studies: Hryhorii Skovoroda University. Likes computer games. His idol is Mo Farah.			
486 Nicolás CUESTAS (URU)	36y	PB: 1:03:34 Valencia (ESP) 27.10.2019	
GENERAL: South American Championships Silver medallist 10,000m (21) 2 times South American Championships finalist WA World Rankings: 409th			
OTHER PB'S: 28:56.35 10,000m(21) - 28:53 10 km Road(23) - 2:11:03 Marathon(22)			
HONOURS: Sam. Ch. (1xSilver) IberoAM Ch. (1xBronze) NCH (3xWin)			
2023: 10 km Road Valencia (ESP) 42. 28:53 - 10 km Road Huelva (ESP) 13. 29:12 - Marathon København (DEN) NCH 5. 2:11:30 - 5000m Braga (POR) 6. 14:01.96 - Marathon Budapest (HUN) WCH 44. 2:19:20			
INFO: Born in Montevideo. His brother Martín also a marathon runner.			
487 Reed FISCHER (USA)	28y	SB: 1:01:52 Herzogenaurach (GER) 29.04	PB: 1:01:37 Houston, TX (USA) 19.01.2020
GENERAL: NACAC Championships Bronze medallist 10,000m (18) WA World Rankings: 186th			
OTHER PB'S: 28:12.53 10,000m(20) - 46:40 10 Miles Road(22) - 2:14:41 Marathon(21)			
HONOURS: NACAC Ch. (1xBronze)			
2023: Half Marathon New York, NY (USA) 8. 1:03:02 - Half Marathon Herzogenaurach (GER) 11. 1:01:52 - 10 km Road Boston, MA (USA) 10. 29:15			
INFO: Hometown: Minnetonka. Studies: Drake University. Major in Secondary Education.			
492 Abbabiya SIMBASSA (USA)	30y	SB: 1:02:41 Fort Worth, TX (USA) 26.02	PB: 1:00:37 Valencia (ESP) 23.10.2022
WA World Rankings: 103rd			
OTHER PB'S: 13:19.12 5000m(21) - 27:45.78 10,000m(17) - 2:10:34 Marathon(23)			
2023: Half Marathon Fort Worth, TX (USA) NCH 4. 1:02:41 - 10 Miles Road Washington, DC (USA) 3. 47:09 - Marathon Praha (CZE) 7. 2:10:34 - 10 km Road Cape Elizabeth, ME (USA) 5. 28:19 - 20 km Road New Haven, CT (USA) 8. 1:00:54			
INFO: Born in Asela, Ethiopia. Studies: University of Oklahoma. Degree in Athletic Administration and Coaching. Has moved to the USA in 2007.			
493 Jacob THOMSON (USA)	28y	SB and PB: 1:02:38 Fort Worth, TX (USA) 26.02	
WA World Rankings: 172nd			
OTHER PB'S: 3:57.07 Mile(18) - 27:57.32 10,000m(21) - 2:11:40 Marathon(23)			
2023: Half Marathon Fort Worth, TX (USA) NCH 1. 1:02:38 - 15 km Road Jacksonville, FL (USA) 5. 44:11 - 10 Miles Road Washington, DC (USA) 5. 47:27 - 25 km Road Grand Rapids, MI (USA) 2. 1:14:49 - Marathon Gold Coast (AUS) 6. 2:11:40 - 20 km Road New Haven, CT (USA) 10. 1:01:36			
INFO: Hometown: Louisville. Studies: University of Kentucky. Major in Accounting & Finance.			
494 Futsum ZIENASELLASSIE (USA)	30y	SB: 1:02:39 Fort Worth, TX (USA) 26.02	PB: 1:01:21 Hardeeville, SC (USA) 05.12.2021
WA World Rankings: 161st			
OTHER PB'S: 27:52.70 10,000m(16) - 1:14:28 25 km Road(21) - 2:09:40 Marathon(23)			
2023: Half Marathon Fort Worth, TX (USA) NCH 3. 1:02:39 - Marathon Rotterdam (NED) d 11. 2:09:40 - 20 km Road New Haven, CT (USA) 5. 59:36			
INFO: Born in Eritrea. Moved to the United States at the age of 14; U.S. citizen since 2016. Studies: Northern Arizona University.			