

Start list

100m

Time: 17:52

Lane	Athlete	MF	NR	PB	SB
1	Duan ASEMOTA	CAN	9.84	10.03	
2	Claude ITOUNGUE BOGOGNIE	CMR	9.96	10.13	
3	William REAIS	SUI	10.08	10.20	
4	Lachlan KENNEDY	AUS	9.93	10.00	10.00
5	Bayanda WALAZA	RSA	9.82	9.94	9.94
6	Ferdinand OMANYALA	KEN	9.77	9.77	10.00
7	Shaun MASWANGANYI	RSA	9.82	9.91	10.19
8	Mark Otieno ODHIAMBO	KEN	9.77	10.05	10.22

Records

WR	9.58	Usain BOLT	JAM	Berlin	16.08.09
AR	9.77	Ferdinand OMANYALA	KEN	Nairobi	18.09.21
NR	9.77	Ferdinand OMANYALA	KEN	Nairobi	18.09.21
WJR	9.91	Letsile TEBOGO	BOT	Cali	02.08.22
MR	9.76	Trayvon BROMELL	USA		18.09.21
WL	9.90	Akani SIMBINE	RSA	Gaborone	12.04.25

2025 World list

9.90	-1.4	Akani SIMBINE	RSA	Gaborone (BOT)	12.04.25
9.91	+0.7	Trayvon BROMELL	USA	Clermont, FL (USA)	24.05.25
9.93	+1.8	Brandon HICKLIN	USA	Clermont, FL (USA)	26.04.25
9.94	-0.3	Bayanda WALAZA	RSA	Zagreb (CRO)	24.05.25
9.95	0.0	Jordan ANTHONY	USA	Lexington, KY (USA)	17.05.25
9.95	+0.7	Eloy BENITEZ	PUR	Clermont, FL (USA)	24.05.25
9.96	+1.9	Kayinsola AJAYI	NGR	Gainesville, FL (USA)	19.04.25
9.96	+1.7	Akeem BLAKE	JAM	Kingston (JAM)	19.04.25
9.96	+1.7	Ronal LONGA	COL	Savona (ITA)	21.05.25
9.97	+1.9	Courtney LINDSEY	USA	Gainesville, FL (USA)	19.04.25
9.98	+1.8	Fred KERLEY	USA	Azusa, CA (USA)	10.05.25
9.98	+1.2	Benjamin AZAMATI	GHA	Sherman Oaks, CA (USA)	22.05.25
9.99	+0.2	Gift LEOTLELA	RSA	Potchefstroom (RSA)	24.04.25
9.99	+0.4	Felipe BARDI	BRA	Mar del Plata (ARG)	25.04.25
9.99	+0.5	Kishane THOMPSON	JAM	Shaoxing/Keqiao (CHN)	03.05.25
10.00	+0.9	Lachlan KENNEDY	AUS	Perth (AUS)	11.04.25
10.00	-1.4	Ferdinand OMANYALA	KEN	Gaborone (BOT)	12.04.25
10.00	+2.0	Romell GLAVE	GBR	London (GBR)	26.05.25
10.01	+1.5	Rohan BROWNING	AUS	Perth (AUS)	12.04.25
10.01	-3.0	David NYAMUFARIRA	ZIM	Lubbock, TX (USA)	01.05.25

All-Time World list

9.58	+0.9	Usain BOLT	JAM	Berlin (GER)	16.08.09
9.69	+2.0	Tyson GAY	USA	Shanghai (CHN)	20.09.09
9.69	-0.1	Yohan BLAKE	JAM	Lausanne (SUI)	23.08.12
9.72	+0.2	Asafa POWELL	JAM	Lausanne (SUI)	02.09.08
9.74	+0.9	Justin GATLIN	USA	Doha (QAT)	15.05.15
9.76	+0.6	Christian COLEMAN	USA	Doha (QAT)	28.09.19
9.76	+1.2	Trayvon BROMELL	USA	Nairobi (KEN)	18.09.21
9.76	+1.4	Fred KERLEY	USA	Eugene, OR (USA)	24.06.22
9.77	+1.2	Ferdinand OMANYALA	KEN	Nairobi (KEN)	18.09.21
9.77	+0.9	Kishane THOMPSON	JAM	Kingston (JAM)	28.06.24
9.78	+0.9	Nesta CARTER	JAM	Rieti (ITA)	29.08.10
9.79	+0.1	Maurice GREENE	USA	Athina (GRE)	16.06.99
9.79	+1.0	Noah LYLES	USA	Paris (FRA)	04.08.24
9.80	+1.3	Steve MULLINGS	JAM	Eugene, OR (USA)	04.06.11
9.80	+0.1	Lamont Marcell JACOBS	ITA	Tokyo (JPN)	01.08.21
9.81	+0.7	Oblique SEVILLE	JAM	Paris (FRA)	04.08.24
9.82	+1.7	Richard THOMPSON	TTO	Port-of-Spain (TTO)	21.06.14
9.82	+1.0	Akani SIMBINE	RSA	Paris (FRA)	04.08.24
9.83	+0.9	Bingtian SU	CHN	Tokyo (JPN)	01.08.21
9.83	+0.9	Ronnie BAKER	USA	Tokyo (JPN)	01.08.21

WR progression

9.58	+0.9	Usain BOLT	JAM	Berlin (GER)	16.08.09
9.69	0.0	Usain BOLT	JAM	Beijing (CHN)	16.08.08
9.72	+1.7	Usain BOLT	JAM	New York, NY (USA)	31.05.08
9.74	+1.7	Asafa POWELL	JAM	Rieti (ITA)	09.09.07
9.77	+1.0	Asafa POWELL	JAM	Zürich (SUI)	18.08.06
9.77	+1.5	Asafa POWELL	JAM	Gateshead (GBR)	11.06.06
9.77	+1.6	Asafa POWELL	JAM	Athina (GRE)	14.06.05
9.79	+0.1	Maurice GREENE	USA	Athina (GRE)	16.06.99
9.84	+0.7	Donovan BAILEY	CAN	Atlanta, GA (USA)	27.07.96
9.85	+1.2	Leroy BURRELL	USA	Lausanne (SUI)	06.07.94
9.86	+1.2	Carl LEWIS	USA	Tokyo (JPN)	25.08.91
9.90	+1.9	Leroy BURRELL	USA	New York, NY (USA)	14.06.91
9.92	+1.1	Carl LEWIS	USA	Seoul (KOR)	24.09.88
9.93	+1.0	Carl LEWIS	USA	Roma (ITA)	30.08.87
9.93	+1.4	Calvin SMITH	USA	Air Force Academy (USA)	03.07.83
9.95	+0.3	Jim HINES	USA	Ciudad de México (MEX)	14.10.68
9.9h	+0.9	Charlie GREENE	USA	Sacramento, CA (USA)	20.06.68
9.9h	+0.8	Ronnie Ray SMITH	USA	Sacramento, CA (USA)	20.06.68
9.9h	+0.9	Jim HINES	USA	Sacramento, CA (USA)	20.06.68

Medal Winners

2024 - Olympic Games - Paris

1.	Noah LYLES (USA)	9.79
2.	Kishane THOMPSON (JAM)	9.79
3.	Fred KERLEY (USA)	9.81

2024 - African Ch. - Douala

1.	Joseph FAHNBULLEH (LBR)	10.13
2.	Emmanuel ESEME (CMR)	10.15
3.	Benjamin RICHARDSON (RSA)	10.17

2024 - African Games - Accra

1.	Emmanuel ESEME (CMR)	10.14
2.	Usheoritse ITSEKIRI (NGR)	10.23
3.	Gilbert HAINUCA (NAM)	10.29

2023 - World Ch. - Budapest

1.	Noah LYLES (USA)	9.83
2.	Letsile TEBOGO (BOT)	9.88
3.	Zharnel HUGHES (GBR)	9.88

2022 - World Ch. - Oregon

1.	Fred KERLEY (USA)	9.86
2.	Marvin BRACY-WILLIAMS (USA)	9.88
3.	Trayvon BROMELL (USA)	9.88

2022 - African Ch. - St Pierre

1.	Ferdinand OMANYALA (KEN)	9.93
2.	Akani SIMBINE (RSA)	9.93
3.	Henricho BRUINJIES (RSA)	10.01

2021 - Olympic Games - Tokyo

1.	Lamont Marcell JACOBS (ITA)	9.80
2.	Fred KERLEY (USA)	9.84
3.	Andre DE GRASSE (CAN)	9.89

2019 - World Ch. - Doha

1.	Christian COLEMAN (USA)	9.76
2.	Justin GATLIN (USA)	9.89
3.	Andre DE GRASSE (CAN)	9.90

2019 - African Games - Rabat

1.	Raymond EKEVVO (NGR)	9.96
2.	Arthur Cissé (CIV)	9.97
3.	Usheoritse ITSEKIRI (NGR)	10.02

2017 - World Ch. - London

1.	Justin GATLIN (USA)	9.92
2.	Christian COLEMAN (USA)	9.94
3.	Usain BOLT (JAM)	9.95

Previous Winners

24	Kenneth BEDNAREK (USA)	9.91
23	Ferdinand OMANYALA (KEN)	9.84
22	Ferdinand OMANYALA (KEN)	9.85
21	Trayvon BROMELL (USA)	9.76

1	Duan ASEMOTA (CAN)	28y	PB: 10.03 London (CAN) 26.05.2024
GENERAL: World Athletics Relays winner 4x100m (25) National Indoor champion 60m (25) WA World Rankings: 68th OTHER PBs: 5.91 50m(20) - 6.68 60m(23) - 20.66ww 200m(17) - 20.95 200m(17) - 21.80 200m sh(18) HONOURS: NICH (1xWin) 2025: 60m Toronto (CAN) h 6.73 - 60m Toronto (CAN) 1. 6.70 INFO: Hometown: Ajax, Ontario. Communications Analysis studies at Ohio State University. Height: 1.80 / 5'11".			
2	Claude ITOUNGUE BOGOGNIE (CMR)	23y	PB: 10.13 Yaoundé (CMR) 06.01.2024
GENERAL: All-African Games silver medallist 200m (24) OTHER PBs: 20.28 200m(24) HONOURS: All-Afr. G. (1xSilver) 2025: 200m Gaborone (BOT) 4. 20.61			
3	William REAIS (SUI)	26y	PB: 10.20 Nottwil (SUI) 04.09.2021
GENERAL: European Championships bronze medallist 200m (24) 2 times In top 8 at European Championships WA World Rankings: 234th OTHER PBs: 6.62 60m(25) - 15.28 150m(20) - 20.12ww 200m(21) - 20.24 200m(20) - 20.97 200m sh(21) HONOURS: Eur. Ch. (1xBronze): 3. 200m Roma(24) 20.47 Eur. U23 Ch. (1xGold) NCH (6xWin) NICH (5xWin) 2025: 60m Magglingen (SUI) h 6.69 - 60m Łódź (POL) 8. 6.74 - 60m Łódź (POL) h 6.73 - 200m sh Liévin (FRA) 2. 21.01 - 60m St. Gallen (SUI) h 6.74 - 60m St. Gallen (SUI) sf 6.71 - 60m St. Gallen (SUI) 1. 6.62 - 60m Apeldoorn (NED) sf 6.70 - 60m Apeldoorn (NED) h 6.66 - 60m Nanjing (CHN) sf 6.72 - 60m Nanjing (CHN) h 6.70 - 200m Doha (QAT) DL 8. 20.93 INFO: Based in Graubünden. Earlier played football. His parents are from Portugal. Height: 1.83 / 6'0". Club: LC Zurich.			
4	Lachlan KENNEDY (AUS)	21y	SB and PB: 10.00 Perth (AUS) 11.04
GENERAL: World Indoor Championships silver medallist 60m (25) WA World Rankings: 18th OTHER PBs: 6.43 60m(25) - 20.26 200m(25) Current Records: 2xAR: AR 6.43 60m Canberra(25) - AR 37.87 4x100m Sydney(25) HONOURS: World Ind. Ch. (1xSilver): 2. 60m Nanjing(25) 6.50 2025: 60m Canberra (AUS) h 6.52 - 60m Canberra (AUS) 1. 6.43 - 60m Sydney (AUS) 1. 6.51 - 200m Adelaide (AUS) 2. 21.19 - 100m Adelaide (AUS) 1. 10.10w - 100m Perth (AUS) 1. 10.03 - 60m Nanjing (CHN) 2. 6.50 - 100m Melbourne (AUS) 1. 10.17 - 200m Melbourne (AUS) 1. 20.26 - 100m Perth (AUS) NCH h 10.00 - 100m Perth (AUS) NCH 2. 10.01 - 100m Xiamen (CHN) DL 5. 10.18 INFO: Grew up in Brisbane. Engineering and Design studies at University of Queensland. Earlier played rugby union.			
5	Bayanda WALAZA (RSA)	19y	SB and PB: 9.94 Zagreb (CRO) 24.05
GENERAL: Olympic Games silver medallist 4x100m (24) 2 times World U20 champion 100m (24), 200m (24) WA World Rankings: 31st OTHER PBs: 6.58 60m(25) - 20.08 200m(25) - 46.61 400m(25) Current Records: 1xAR: AR 37.57 4x100m Paris(24) HONOURS: World U20 Ch. (2xGold) 2025: 60m Pretoria (RSA) 1. 6.58 - 200m Pretoria (RSA) 2. 20.52 - 100m Pretoria (RSA) sf 10.04 - 100m Pretoria (RSA) 1. 9.99 - 200m Johannesburg (RSA) 1. 20.08 - 100m Potchefstroom (RSA) NCH h 10.18 - 100m Potchefstroom (RSA) NCH sf 10.02 - 100m Potchefstroom (RSA) NCH 2. 10.00 - 200m Potchefstroom (RSA) NCH h 20.21 - 100m Pretoria (RSA) sf 10.11 - 100m Pretoria (RSA) 1. 10.00 - 100m Zagreb (CRO) WC 1. 9.94 INFO: Born in Kattlehong. Studies: University of Pretoria.			
6	Ferdinand OMANYALA (KEN)	29y	SB: 10.00 Gaborone (BOT) 12.04 PB: 9.77 Nairobi (KEN) 18.09.2021
GENERAL: 2 times African champion 100m (22), 4x100m (22) Commonwealth Games winner 100m (22) WA World Rankings: 10th OTHER PBs: 6.51 60m(24) - 20.33 200m(22) - 49.06 400m(24) Current Records: 1xAR: AR 9.77 100m Nairobi(21) HONOURS: World Ch. (1xFinal): 7. 100m Budapest(23) 10.07 Afr. Ch. (1xGold) CWG (1xGold) 2025: 100m Pretoria (RSA) 3. 10.22 - 100m Johannesburg (RSA) 1. 10.08 - 100m Kampala (UGA) 1. 10.09 - 100m Gaborone (BOT) 2. 10.00 - 100m Xiamen (CHN) DL 2. 10.13 - 100m Shaoxing/Keqiao (CHN) DL 9. 10.25 - 100m Rabat (MAR) DL 2. 10.05 INFO: Born in Nairobi. In Tokyo, he became the first Kenyan to qualify for the Olympic 100m SF (2021) Nickname: Ferdi; earlier played rugby. Chemistry studies at University of Nairobi. Member of Kenya Police; his sporting hero is Yohan Blake. Has a child Quinton Finn; also does modeling. Motto: "You should never give up. Keep up the hard work, it will pay off". Height: 1.75 / 5'9".			
7	Shaun MASWANGANYI (RSA)	24y	SB: 10.19 Rabat (MAR) 25.05 PB: 9.91 Austin, TX (USA) 09.06.2023
GENERAL: Olympic Games silver medallist 4x100m (24) African U20 champion 200m (19) WA World Rankings: 46th OTHER PBs: 6.54 60m(24) - 15.25 150m(20) - 19.99 200m(23) - 19.93ww 200m(21) - 20.41 200m sh(24) Current Records: 1xAR: AR 37.57 4x100m Paris(24) 1xAU20B: AU20B 3:07.09 4x400m sh Lubbock, TX(22) HONOURS: WUG (1xSilver) Afr. U20 Ch. (1xGold, 1xSilver) 2025: 60m Lubbock, TX (USA) h 6.67 - 60m Lubbock, TX (USA) 5. 6.68 - 400m Houston, TX (USA) 6. 49.99 - 100m Austin, TX (USA) 5. 10.22w - 100m College Station, TX (USA) 3. 10.27w - 200m Austin, TX (USA) 6. 20.95 - 200m Doha (QAT) DL 7. 20.78 - 100m Rabat (MAR) DL 6. 10.19 INFO: Born in Johannesburg; based in the U.S. Business studies at University of Houston. Nickname: Phatu. Earlier played rugby and basketball, likes playing video games. Coached by Carl Lewis. Height: 1.85 / 6'1".			
8	Mark Otieno ODHIAMBO (KEN)	32y	SB: 10.22 Gaborone (BOT) 12.04 PB: 10.05 Nairobi (KEN) 17.06.2021
GENERAL: World Athletics Relays silver medallist 4x200m (21) 2 times In top 8 at African Championships WA World Rankings: 233rd OTHER PBs: 6.68 60m(24) - 6.68 60m(24) - 20.41 200m(17) HONOURS: NCH (3xWin) 2025: 100m Pretoria (RSA) 2. 10.53 - 100m Pretoria (RSA) 4. 10.39 - 100m Johannesburg (RSA) 5. 10.30 - 100m Gaborone (BOT) 4. 10.22 INFO: Based in Nairobi. Earlier played football. Also a Human Resources associate.			

Start list

200m

Time: 16:41

Lane	Athlete	MF	NR	PB	SB
1	Dennis MWAI	KEN	20.14	20.70	20.70
2	Calab LAW	AUS	20.04	20.42	20.54
3	Duan ASEMOTA	CAN	19.62	20.95	
4	William REAIS	SUI	19.98	20.24	20.93
5	Shaun MASWANGANYI	RSA	19.69	19.99	20.78
6	Joseph FAHNBULLEH	LBR	19.83	19.83	20.07
7	Sinesipho DAMBILE	RSA	19.69	20.01	20.01
8	Simon VERHERSTRAETEN	BEL	20.13	20.13	21.11

Records

WR	19.19	Usain BOLT	JAM	Berlin	20.08.09
AR	19.46	Letsile TEBOGO	BOT	Paris	08.08.24
NR	20.14	Carvin NKANATA	KEN	Clermont, FL	18.04.15
WJR	19.69	Erriyon KNIGHTON	USA	Eugene, OR	26.06.22
MR	19.71	Letsile TEBOGO	BOT		20.04.24
WL	19.84	Kenneth BEDNAREK	USA	Miramar, FL	04.05.25

2025 World list

19.84	+0.2	Kenneth BEDNAREK	USA	Miramar, FL (USA)	04.05.25
19.86	+1.7	Jereem RICHARDS	TTO	Miramar, FL (USA)	02.05.25
19.86	+1.7	Alexander OGANDO	DOM	Miramar, FL (USA)	02.05.25
19.92	+0.5	Makanakaishe CHARAMBA	ZIM	Lexington, KY (USA)	15.05.25
19.93	+1.3	Jordan ANTHONY	USA	Lexington, KY (USA)	17.05.25
20.01	-1.8	Sinesipho DAMBILE	RSA	Gaborone (BOT)	12.04.25
20.04	+0.4	Courtney LINDSEY	USA	Rabat (MAR)	25.05.25
20.05	+1.2	Gout GOUT	AUS	Brisbane (AUS)	16.03.25
20.05	+1.4	Garrett KAALUND	USA	Baton Rouge, LA (USA)	29.03.25
20.07	+1.3	Joseph FAHNBULLEH	LBR	Gainesville, FL (USA)	18.04.25
20.08	+0.5	Bayanda WALAZA	RSA	Johannesburg (RSA)	19.03.25
20.10	+0.7	Letsile TEBOGO	BOT	Doha (QAT)	16.05.25
20.12	+0.9	Cameron MILLER	USA	Eugene, OR (USA)	16.05.25
20.13		Tapiwanashe MAKARAWU	ZIM	Virginia Beach, VA (USA) (i)	15.03.25
20.13	-1.8	Busang Collen KEBINATSHIPI	BOT	Gaborone (BOT)	12.04.25
20.13	+0.6	Naeem JACK	RSA	Potchefstroom (RSA)	26.04.25
20.13	+0.8	Towa UZAWA	JPN	Fukuroi (JPN)	03.05.25
20.13	+0.2	Oblique SEVILLE	JAM	Miramar, FL (USA)	04.05.25
20.13	+0.2	Zharnel HUGHES	GBR	Miramar, FL (USA)	04.05.25
20.13	+0.2	Jaiden REID	CAY	Lexington, KY (USA)	15.05.25

All-Time World list

19.19	-0.3	Usain BOLT	JAM	Berlin (GER)	20.08.09
19.26	+0.7	Yohan BLAKE	JAM	Bruxelles (BEL)	16.09.11
19.31	+0.4	Noah LYLES	USA	Eugene, OR (USA)	21.07.22
19.32	+0.4	Michael JOHNSON	USA	Atlanta, GA (USA)	01.08.96
19.46	+0.4	Letsile TEBOGO	BOT	Paris (FRA)	08.08.24
19.49	+1.4	Erriyon KNIGHTON	USA	Baton Rouge, LA (USA)	30.04.22
19.53	+0.7	Walter DIX	USA	Bruxelles (BEL)	16.09.11
19.57	+0.4	Justin GATLIN	USA	Eugene, OR (USA)	28.06.15
19.57	+0.4	Kenneth BEDNAREK	USA	Zürich (SUI)	05.09.24
19.58	+1.3	Tyson GAY	USA	New York, NY (USA)	30.05.09
19.62	-0.5	Andre DE GRASSE	CAN	Tokyo (JPN)	04.08.21
19.63	+0.4	Xavier CARTER	USA	Lausanne (SUI)	11.07.06
19.63	+1.2	Reynier MENA	CUB	La Chaux-de-Fonds (SUI)	03.07.22
19.65	0.0	Wallace SPEARMON	USA	Daegu (KOR)	28.09.06
19.68	+0.4	Frank FREDERICKS	NAM	Atlanta, GA (USA)	01.08.96
19.69	-0.5	Clarence MUNYAI	RSA	Pretoria (RSA)	16.03.18
19.70	+0.7	Michael NORMAN	USA	Roma (ITA)	06.06.19
19.71	-1.5	Courtney LINDSEY	USA	Nairobi (KEN)	20.04.24
19.72	+1.8	Pietro MENNEA	ITA	Ciudad de México (MEX)	12.09.79
19.73	-0.2	Michael MARSH	USA	Barcelona (ESP)	05.08.92

WR progression

19.19	-0.3	Usain BOLT	JAM	Berlin (GER)	20.08.09
19.30	-0.9	Usain BOLT	JAM	Beijing (CHN)	20.08.08
19.32	+0.4	Michael JOHNSON	USA	Atlanta, GA (USA)	01.08.96
19.66	+1.7	Michael JOHNSON	USA	Atlanta, GA (USA)	23.06.96
19.72	+1.8	Pietro MENNEA	ITA	Ciudad de México (MEX)	12.09.79
19.8h	+1.3	Don QUARRIE	JAM	Eugene, OR (USA)	07.06.75
19.86	+1.0	Don QUARRIE	JAM	Cali (COL)	03.08.71
19.83	+0.9	Tommie SMITH	USA	Ciudad de México (MEX)	16.10.68
20.0h	0.0	Tommie SMITH	USA	Sacramento, CA (USA)	11.06.66
20.2h	+0.5	Henry CARR	USA	Tempe, AZ (USA)	04.04.64
20.3h	-0.1	Henry CARR	USA	Tempe, AZ (USA)	23.03.63
20.5h	-1.1	Otis Paul DRAYTON	USA	Walnut, CA (USA)	23.06.62
20.5h	0.0	Livio BERRUTI	ITA	Roma (ITA)	03.09.60
20.5h		Livio BERRUTI	ITA	Roma (ITA)	03.09.60
20.5h	0.0	Ray NORTON	USA	Palo Alto, CA (USA)	02.07.60
20.5h		Stone JOHNSON	USA	Palo Alto, CA (USA)	02.07.60
20.5h		Peter RADFORD	GBR	Wolverhampton (GBR)	28.05.60
20.6h		Ray NORTON	USA	Philadelphia, PA (USA)	23.04.60
20.6h	-1.6	Ray NORTON	USA	Berkeley, CA (USA)	19.03.60

Medal Winners

2024 - Olympic Games - Paris

1.	Letsile TEBOGO (BOT)	19.46
2.	Kenneth BEDNAREK (USA)	19.62
3.	Noah LYLES (USA)	19.70

2024 - African Ch. - Douala

1.	Joseph FAHNBULLEH (LBR)	20.25
2.	Tapiwanashe MAKARAWU (ZIM)	20.51
3.	Emmanuel ESEME (CMR)	20.66

2024 - African Games - Accra

1.	Joseph Paul AMOAH (GHA)	20.70
2.	Claude ITOUNGUE BOGOGNIE (CMR)	20.74
3.	Emmanuel Ekanem CONSIDER (NGR)	20.80

2023 - World Ch. - Budapest

1.	Noah LYLES (USA)	19.52
2.	Erriyon KNIGHTON (USA)	19.75
3.	Letsile TEBOGO (BOT)	19.81

2022 - World Ch. - Oregon

1.	Noah LYLES (USA)	19.31
2.	Kenneth BEDNAREK (USA)	19.77
3.	Erriyon KNIGHTON (USA)	19.80

2022 - African Ch. - St Pierre

1.	Letsile TEBOGO (BOT)	20.26
2.	Emmanuel ESEME (CMR)	20.61
3.	Clarence MUNYAI (RSA)	20.69

2021 - Olympic Games - Tokyo

1.	Andre DE GRASSE (CAN)	19.62
2.	Kenneth BEDNAREK (USA)	19.68
3.	Noah LYLES (USA)	19.74

2019 - World Ch. - Doha

1.	Noah LYLES (USA)	19.83
2.	Andre DE GRASSE (CAN)	19.95
3.	Alex QUINONEZ (ECU)	19.98

2019 - African Games - Rabat

1.	Sydney SIAME (ZAM)	20.35
2.	Divine ODUDURU (NGR)	20.54
3.	Anaso JOBODWANA (RSA)	20.56

2017 - World Ch. - London

1.	Ramil GULIYEV (TUR)	20.09
2.	Wayde VAN NIEKERK (RSA)	20.11
3.	Jereem RICHARDS (TTO)	20.11

Previous Winners

24	Courtney LINDSEY (USA)	19.71
23	Aaron BROWN (CAN)	20.12
22	Aaron BROWN (CAN)	20.05
21	Fred KERLEY (USA)	19.76
20	Sinesipho DAMBILE (RSA)	20.44

1	Dennis MWAI (KEN)	19y	SB and PB: 20.70 Nairobi (KEN) 15.05
WA World Rankings: 921st OTHER PBs: 10.46 100m(25) 2025: 100m Nairobi (KEN) 6. 10.63 - 100m Nairobi (KEN) h 10.53 - 100m Nairobi (KEN) h 10.52 - 100m Nairobi (KEN) sf 10.46 - 200m Nairobi (KEN) h 21.27 - 200m Nairobi (KEN) sf 20.70 - 200m Nairobi (KEN) 4. 21.35			
2	Calab LAW (AUS)	21y	SB: 20.54 Canberra (AUS) 27.01 PB: 20.42 Cali (COL) 03.08.2022
GENERAL: World U20 Championships bronze medallist 200m (22) Oceania champion 200m (24) WA World Rankings: 37th OTHER PBs: 6.71 60m(25) - 10.13ww 100m(25) - 10.17 100m(25) - 49.06 400m(21) Current Records: 1xAR: AR 37.87 4x100m Sydney(25) HONOURS: World U20 Ch. (1xBronze) Oce. Ch. (1xWin) NCH (1xWin) 2025: 100m Canberra (AUS) 3. 10.32 - 100m Canberra (AUS) h 10.24 - 200m Canberra (AUS) h 20.54 - 60m Sydney (AUS) h 6.76 - 60m Sydney (AUS) 4. 6.71 - 200m Adelaide (AUS) 1. 21.05 - 100m Adelaide (AUS) 3. 10.24w - 200m Perth (AUS) 2. 20.66w - 200m Melbourne (AUS) 3. 20.78 - 100m Perth (AUS) NCH h 10.13w - 100m Perth (AUS) NCH sf 10.19w - 100m Perth (AUS) NCH 4. 10.17 INFO: Athlete from Queensland. Initially was a long jumper and hurdler. Height: 1.85 / 6'1".			
3	Duan ASEMOTA (CAN)	28y	PB: 20.95 Windsor (CAN) 18.06.2017
GENERAL: World Athletics Relays winner 4x100m (25) National Indoor champion 60m (25) OTHER PBs: 5.91 50m(20) - 6.68 60m(23) - 10.03 100m(24) - 9.98ww 100m(24) - 21.80 200m sh(18) HONOURS: NICH (1xWin) 2025: 60m Toronto (CAN) h 6.73 - 60m Toronto (CAN) 1. 6.70 INFO: Hometown: Ajax, Ontario. Communications Analysis studies at Ohio State University. Height: 1.80 / 5'11".			
4	William REAIS (SUI)	26y	SB: 20.93 Doha (QAT) 16.05 PB: 20.24 Basel (SUI) 12.09.2020
GENERAL: European Championships bronze medallist 200m (24) 2 times In top 8 at European Championships WA World Rankings: 26th OTHER PBs: 6.62 60m(25) - 10.20 100m(21) - 15.28 150m(20) - 20.97 200m sh(21) - 32.59 300m(20) HONOURS: Eur. Ch. (1xBronze): 3. 200m Roma(24) 20.47 Eur. U23 Ch. (1xGold) NCH (6xWin) NICH (5xWin) 2025: 60m Magglingen (SUI) h 6.69 - 60m Łódź (POL) 8. 6.74 - 60m Łódź (POL) h 6.73 - 200m sh Liévin (FRA) 2. 21.01 - 60m St. Gallen (SUI) h 6.74 - 60m St. Gallen (SUI) sf 6.71 - 60m St. Gallen (SUI) 1. 6.62 - 60m Apeldoorn (NED) sf 6.70 - 60m Apeldoorn (NED) h 6.66 - 60m Nanjing (CHN) sf 6.72 - 60m Nanjing (CHN) h 6.70 - 200m Doha (QAT) DL 8. 20.93 INFO: Based in Graubünden. Earlier played football. His parents are from Portugal. Height: 1.83 / 6'0". Club: LC Zurich.			
5	Shaun MASWANGANYI (RSA)	24y	SB: 20.78 Doha (QAT) 16.05 PB: 19.99 Austin, TX (USA) 07.06.2023
GENERAL: Olympic Games silver medallist 4x100m (24) African U20 champion 200m (19) WA World Rankings: 23rd OTHER PBs: 6.54 60m(24) - 9.91 100m(23) - 9.87ww 100m(21) - 15.25 150m(20) - 20.41 200m sh(24) Current Records: 1xAR: AR 37.57 4x100m Paris(24) 1xAU20B: AU20B 3:07.09 4x400m sh Lubbock, TX(22) HONOURS: WUG (1xSilver) Afr. U20 Ch. (1xGold, 1xSilver) 2025: 60m Lubbock, TX (USA) h 6.67 - 60m Lubbock, TX (USA) 5. 6.68 - 400m Houston, TX (USA) 6. 49.99 - 100m Austin, TX (USA) 5. 10.22w - 100m College Station, TX (USA) 3. 10.27w - 200m Austin, TX (USA) 6. 20.95 - 200m Doha (QAT) DL 7. 20.78 - 100m Rabat (MAR) DL 6. 10.19 INFO: Born in Johannesburg; based in the U.S. Business studies at University of Houston. Nickname: Phatu. Earlier played rugby and basketball, likes playing video games. Coached by Carl Lewis. Height: 1.85 / 6'1".			
6	Joseph FAHNBULLEH (LBR)	23y	SB: 20.07 Gainesville, FL (USA) 18.04 PB: 19.83 Eugene, OR (USA) 10.06.2022
GENERAL: 2 times In top 8 at Olympic Games 2 times African champion 100m (24), 200m (24) WA World Rankings: 6th OTHER PBs: 6.73 60m(21) - 6.73 60m(21) - 9.98 100m(23) - 20.32 200m sh(21) - 33.42 300m sh(20) HONOURS: OG (2xFinal): 5. 200m Tokyo(21) 19.98 - 7. 200m Paris(24) 20.15 World Ch. (1xFinal): 4. 200m Eugene, OR(22) 19.84 Afr. Ch. (2xGold) NCAA Ch. (3xWin) 2025: 100m Kingston (JAM) 8. 10.39 - 200m Kingston (JAM) 4. 20.42 - 200m Gainesville, FL (USA) 1. 20.07 - 100m Gainesville, FL (USA) 2. 10.13 - 100m Baton Rouge, LA (USA) 4. 10.18w - 200m Baton Rouge, LA (USA) 1. 20.21 - 200m Doha (QAT) DL 3. 20.26 - 200m Rabat (MAR) DL 2. 20.12 INFO: Born in Hopkins. His family emigrated from Liberia to the U.S. Studies: University of Florida. In July 2022 he made history in Eugene by becoming the 1st LBR athlete to reach the WCH final in the 200m. Height: 1.88 / 6'2".			
7	Sinesipho DAMBILE (RSA)	23y	SB and PB: 20.01 Gaborone (BOT) 12.04
GENERAL: World Athletics Relays winner 4x100m (25) World U20 champion 4x100m (21) WA World Rankings: 28th OTHER PBs: 10.22 100m(25) - 15.01 150m(25) - 32.10 300m(20) - 45.46 400m(25) Current Records: 1xAU18B: AU18B 20.43 200m Pretoria(19) 1xWU20R: WU20R 38.51 4x100m Nairobi(21) 1xAR: AR 1:20.42 4x200m Yokohama(19) HONOURS: World U20 Ch. (1xBronze) NCH (2xWin) 2025: 100m Pretoria (RSA) 1. 10.22 - 300m Pretoria (RSA) 2. 32.95 - 150m Pretoria (RSA) 1. 15.01 - 100m Pretoria (RSA) 1. 10.28 - 400m Pretoria (RSA) 4. 45.46 - 200m Pretoria (RSA) sf 20.91 - 200m Pretoria (RSA) 1. 20.37 - 100m Johannesburg (RSA) 4. 10.30 - 200m Gaborone (BOT) 1. 20.01 - 200m Potchefstroom (RSA) NCH h 20.67 - 200m Potchefstroom (RSA) NCH sf 20.42 - 200m Potchefstroom (RSA) NCH 1. 20.11 INFO: Based in Pretoria. Studies: TuksSport High School. His role model is Usain Bolt. Height: 1.93 / 6'4".			
8	Simon VERHERSTRAETEN (BEL)	26y	SB: 21.11 Gent (BEL) 01.02 PB: 20.13 La Chaux-de-Fonds (SUI) 14.07.2024
GENERAL: 2 times In top 8 at European Championships 4x100m (24) European U23 Championships bronze medallist 4x100m (19) WA World Rankings: 45th OTHER PBs: 6.65 60m(25) - 10.06 100m(24) - 21.11 200m sh(25) - 7.81 60mH (0.99)(18) - 13.80 110mH (0.99)(17) HONOURS: NCH (2xWin) NICH (1xWin) 2025: 60m Dortmund (GER) h 6.69 - 60m Dortmund (GER) 6. 6.67 - 60m Gent (BEL) 5. 6.72 - 200m sh Gent (BEL) 1. 21.11 - 200m sh Liévin (FRA) 3. 21.24 - 60m Gent (BEL) 1. 6.71 - 60m Gent (BEL) h 6.69 - 60m Gent (BEL) 1. 6.65 - 100m Bruxelles (BEL) 1. 10.55 - 100m Bruxelles (BEL) 5. 10.35 INFO: Athlete of Lier; based in Leuven. Studies: Catholic University of Leuven.			

Start list

400m

Time: 15:20

Lane	Athlete	MF	NR	PB	SB
1	Kennedy Kimeu MUTHOKI	KEN	44.18	45.51	47.39
2	Zablon Ekhal EKWAM	KEN	44.18	44.69	
3	Cooper SHERMAN	AUS	44.38	45.26	45.26
4	Emmanuel BAMIDELE	NGR	44.17	44.24	45.83
5	Haron ADOLI	UGA	44.37	45.59	45.72
6	Zakithi NENE	RSA	43.03	44.22	44.22
7	Chidi OKEZIE	NGR	44.17	44.97	45.15
8	João COELHO	POR	44.79	44.79	46.01

Records

WR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
AR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
NR	44.18	Samson KITUR	KEN	Barcelona	03.08.92
WJR	43.87	Steve LEWIS	USA	Seoul	28.09.88
MR	44.10	Bayapo NDORI	BOT		20.04.24
WL	43.98	Jacory PATTERSON	USA	Miramar, FL	03.05.25

2025 World list

43.98	Jacory PATTERSON	USA	Miramar, FL (USA)	03.05.25
44.15	Chris ROBINSON	USA	Gainesville, FL (USA)	19.04.25
44.17	Christopher BAILEY	USA	Shaoxing/Keqiao (CHN)	03.05.25
44.22	Zakithi NENE	RSA	Potchefstroom (RSA)	26.04.25
44.25	Bayapo NDORI	BOT	Xiamen (CHN)	26.04.25
44.30	Bryce DEADMON	USA	College Station, TX (USA)	12.04.25
44.32	Jerem Richards	TTO	Miramar, FL (USA)	03.05.25
44.37	Matthew HUDSON-SMITH	GBR	Miramar, FL (USA)	03.05.25
44.38	Micahi DANZY	USA	Winston Salem, NC (USA)	17.05.25
44.53	Busang Collen KEBINATSHIPI	BOT	Xiamen (CHN)	26.04.25
44.53	Alison DOS SANTOS	BRA	Miramar, FL (USA)	04.05.25
44.56	Muzala SAMUKONGA	ZAM	Miramar, FL (USA)	03.05.25
44.61	Auhmad ROBINSON	USA	Gainesville, FL (USA)	05.04.25
44.63	Matheus LIMA	BRA	Bragança Paulista (BRA)	11.04.25
44.70	Vernon NORWOOD	USA	Kingston (JAM)	04.04.25
44.73	Fred KERLEY	USA	Walnut, CA (USA)	19.04.25
44.74	Ezekiel NATHANIEL	NGR	Lubbock, TX (USA) (i)	01.03.25
44.76	Reece HOLDER	AUS	Tokyo (JPN)	18.05.25
44.78	Bovel MCPHERSON	JAM	Lubbock, TX (USA)	01.05.25
44.78	Alexander OGANDO	DOM	Miramar, FL (USA)	03.05.25

All-Time World list

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.40	Quincy HALL	USA	Paris (FRA)	07.08.24
43.44	Matthew HUDSON-SMITH	GBR	Paris (FRA)	07.08.24
43.45	Jeremy WARINER	USA	Osaka (JPN)	31.08.07
43.45	Michael NORMAN	USA	Torrance, CA (USA)	20.04.19
43.48	Steven GARDINER	BAH	Doha (QAT)	04.10.19
43.50	Quincy WATTS	USA	Barcelona (ESP)	05.08.92
43.64	Fred KERLEY	USA	Des Moines, IA (USA)	27.07.19
43.65	LaShawn MERRITT	USA	Beijing (CHN)	26.08.15
43.70	Champion ALLISON	USA	Eugene, OR (USA)	25.06.22
43.72	Isaac MAKWALA	BOT	La Chaux-de-Fonds (SUI)	05.07.15
43.74	Kirani JAMES	GRN	Lausanne (SUI)	03.07.14
43.74	Muzala SAMUKONGA	ZAM	Paris (FRA)	07.08.24
43.78	Jerem Richards	TTO	Paris (FRA)	07.08.24
43.81	Danny EVERETT	USA	New Orleans, LA (USA)	26.06.92
43.85	Randolph ROSS	USA	Eugene, OR (USA)	11.06.21
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
43.87	Steve LEWIS	USA	Seoul (KOR)	28.09.88

WR progression

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
44.1h	Larry JAMES	USA	Echo Summit (USA)	14.09.68
44.5h	Tommie SMITH	USA	San José (USA)	20.05.67
44.9h	Mike LARRABEE	USA	Los Angeles, CA (USA)	12.09.64
44.7h	Adolph PLUMMER	USA	Tempe, AZ (USA)	25.05.63
44.9h	Carl KAUFMANN	FRG	Roma (ITA)	06.09.60
44.9h	Otis DAVIS	USA	Roma (ITA)	06.09.60
45.2h	Lou JONES	USA	Los Angeles, CA (USA)	30.06.56
45.4h	Lou JONES	USA	Ciudad de México (MEX)	18.03.55
45.8h	George RHODEN	JAM	Eskilstuna (SWE)	22.08.50
45.9h	Herb MCKENLEY	JAM	Milwaukee, WI (USA)	02.07.48
45.8h	Herb MCKENLEY	JAM	Berkeley, CA (USA)	05.06.48
46.0h	Grover KLEMMER	USA	Philadelphia, PA (USA)	29.06.41
46.0h	Rudolf HARBIG	GER	Frankfurt (GER)	12.08.39
46.1h	Archie WILLIAMS	USA	Chicago, IL (USA)	19.06.36
46.2h	Bill CARR	USA	Los Angeles, CA (USA)	05.08.32

Medal Winners

2024 - Olympic Games - Paris

1.	Quincy HALL (USA)	43.40
2.	Matthew HUDSON-SMITH (GBR)	43.44
3.	Muzala SAMUKONGA (ZAM)	43.74

2024 - African Ch. - Douala

1.	Cheikh Tidiane DIOUF (SEN)	45.23
2.	Lee Bhekempilo EPPIE (BOT)	45.39
3.	Samuel OGAZI (NGR)	45.47

2024 - African Games - Accra

1.	Chidi OKEZIE (NGR)	45.06
2.	Muzala SAMUKONGA (ZAM)	45.37
3.	Cheikh Tidiane DIOUF (SEN)	45.49

2023 - World Ch. - Budapest

1.	Antonio WATSON (JAM)	44.22
2.	Matthew HUDSON-SMITH (GBR)	44.31
3.	Quincy HALL (USA)	44.37

2022 - World Ch. - Oregon

1.	Michael NORMAN (USA)	44.29
2.	Kirani JAMES (GRN)	44.48
3.	Matthew HUDSON-SMITH (GBR)	44.66

2022 - African Ch. - St Pierre

1.	Muzala SAMUKONGA (ZAM)	45.31
2.	Bayapo NDORI (BOT)	45.35
3.	Mohamed Fares Jlassi (TUN)	45.54

2021 - Olympic Games - Tokyo

1.	Steven GARDINER (BAH)	43.85
2.	Anthony José ZAMBRANO (COL)	44.08
3.	Kirani JAMES (GRN)	44.19

2019 - World Ch. - Doha

1.	Steven GARDINER (BAH)	43.48
2.	Anthony José ZAMBRANO (COL)	44.15
3.	Fred KERLEY (USA)	44.17

2019 - African Games - Rabat

1.	Leungo SCOTCH (BOT)	45.27
2.	Thapelo PHORA (RSA)	45.59
3.	Chidi OKEZIE (NGR)	45.61

2017 - World Ch. - London

1.	Wayde VAN NIEKERK (RSA)	43.98
2.	Steven GARDINER (BAH)	44.41
3.	Abdalelah HAROUN (QAT)	44.48

Previous Winners

24	Bayapo NDORI (BOT)	44.10
23	Muzala SAMUKONGA (ZAM)	44.25
20	Jared Nyambweke MOMANYI (KEN)	46.12

1	Kennedy Kimeu MUTHOKI (KEN)	22y	SB: 47.39 Nairobi (KEN) 12.04	PB: 45.51 Nairobi (KEN) 08.07.2023
GENERAL: All-African Games bronze medallist 4x400m (24) World U20 Championships bronze medallist 4x400m (21) HONOURS: 2025: 400m Nairobi (KEN) h 47.39				
2	Zablon Ekhal EKWAM (KEN)	27y	PB: 44.69 Nairobi (KEN) 20.04.2024	
GENERAL: In top 8 at World Indoor Championships 4x400m sh (24) In top 8 at African Championships 4x400m (24) OTHER PBs: 10.95 100m(19) - 20.56 200m(25) Current Records: 2xAR: AR 3:06.71 4x400m sh Glasgow(24) - AR 3:11.88 4x400m Nairobi(24) HONOURS: NCH (1xWin) 2025: 200m Gaborone (BOT) 5. 20.72 - 200m Nairobi (KEN) h 20.70 - 200m Nairobi (KEN) sf 20.60 - 200m Nairobi (KEN) 1. 20.56 INFO: Hometown: Kitale. Member of the Kenya Defence Forces. His idol is Wayne van Niekerk. Height: 1.76 / 5'9".				
3	Cooper SHERMAN (AUS)	21y	SB and PB: 45.26 Perth (AUS) 12.04	
GENERAL: World Athletics Relays silver medallist 4x400m (25) 2 times National champion 400m (25, 24) WA World Rankings: 39th OTHER PBs: 6.85ww 60m(23) - 9.83ww 100y(22) - 10.56 100m(22) - 20.66 200m(25) - 46.52 400m sh(25) HONOURS: NCH (2xWin) 2025: 400m Canberra (AUS) 1. 45.41 - 400m Auckland (NZL) 1. 46.14 - 200m Melbourne (AUS) h 20.66 - 200m Melbourne (AUS) sf 21.17 - 200m Melbourne (AUS) 1. 20.95 - 400m Perth (AUS) 1. 45.31 - 400m sh Nanjing (CHN) sf 47.67 - 400m sh Nanjing (CHN) h 46.52 - 400m Melbourne (AUS) 4. 45.74 - 400m Perth (AUS) NCH h 46.17 - 400m Perth (AUS) NCH 1. 45.26 INFO: Hometown: Ballarat. Earlier played soccer. Motto: "Do not worry about others, only worry about yourself."				
4	Emmanuel BAMIDELE (NGR)	25y	SB: 45.83 Tokyo (JPN) 18.05	PB: 44.24 Austin, TX (USA) 09.06.2023
GENERAL: 2 times NCAA champion 400m (23), 4x400m (23) NCAA Indoor champion 4x400m sh (22) WA World Rankings: 64th OTHER PBs: 20.47 200m(23) - 20.39ww 200m(23) - 20.45 200m(19) - 45.78 400m sh(22) HONOURS: NCAA Ch. (1xWin) 2025: 400m Gainesville, FL (USA) 5. 46.15 - 400m Gainesville, FL (USA) 5. 45.96 - 200m Dubai (UAE) 3. 20.97 - 400m Tokyo (JPN) WC 4. 45.83 INFO: Hometown: Ijebu-Ode. Studies: University of Florida. Interested in sports nutrition and sports psychology. After his career, plans to become a coach or a manager.				
5	Haron ADOLI (UGA)	30y	SB: 45.72 Gaborone (BOT) 12.04	PB: 45.59 Bilbao (ESP) 18.06.2024
GENERAL: In top 8 at Commonwealth Games In top 8 at All-African Games WA World Rankings: 67th OTHER PBs: 21.35ww 200m(23) - 21.64 200m(19) - 21.2h 200m(19) HONOURS: NCH (1xWin) 2025: 400m Kampala (UGA) 5. 47.85 - 400m Kampala (UGA) 2. 46.08 - 400m Gaborone (BOT) 6. 45.72 INFO: Member of UGA Prisons Service; he is a corporal warder.				
6	Zakithi NENE (RSA)	27y	SB and PB: 44.22 Potchefstroom (RSA) 26.04	
GENERAL: In top 8 at Olympic Games World Athletics Relays winner 4x400m (25) WA World Rankings: 15th OTHER PBs: 10.68 100m(21) - 20.72 200m(21) - 32.35 300m(24) - 46.15 400m sh(24) HONOURS: NCH (3xWin) 2025: 400m sh Boston, MA (USA) 4. 46.56 - 400m sh Karlsruhe (GER) 1. 46.58 - 400m Pretoria (RSA) 3. 45.42 - 400m Gaborone (BOT) 2. 44.68 - 400m Potchefstroom (RSA) NCH h 47.36 - 400m Potchefstroom (RSA) NCH sf 45.51 - 400m Potchefstroom (RSA) NCH 1. 44.22 - 400m Rabat (MAR) DL 2. 44.46 INFO: Born in Ladysmith. Economics studies at University of KwaZulu Natal. Likes football, supports Arsenal. His idol is Wayne van Niekerk. Favorite food is afros chicken, favorite drink is sparkling krusher with strawberry flavour. Nickname: Zack. Height: 1.80 / 5'11".				
7	Chidi OKEZIE (NGR)	31y	SB: 45.15 Gaborone (BOT) 12.04	PB: 44.97 Edmonton (CAN) 13.06.2024
GENERAL: All-African Games winner 400m (24) 2 times All-African Games bronze medallist 400m (19), 4x400m (24) WA World Rankings: 33rd OTHER PBs: 6.69 60m(13) - 20.51ww 200m(21) - 21.02 200m sh(16) - 32.68 300m(22) - 46.48 400m sh(16) HONOURS: Afr. Ch. (1xBronze) All-Afr. G. (1xGold, 1xBronze) NCH (2xWin) 2025: 400m sh Astana (KAZ) 3. 46.99 - 400m sh Beograd (SRB) 1. 46.54 - 400m sh Boston, MA (USA) 1. 46.73 - 400m Gaborone (BOT) 4. 45.15 - 400m Des Moines, IA (USA) 3. 45.46 INFO: Born in Philadelphia USA. Studies: Hampton University; degree in Sports Administration. Wants to work in sports marketing or become a T&F coach. Nickname: Bang Bang. Height: 2.01 / 6'7".				
8	João COELHO (POR)	26y	SB: 46.01 Apeldoorn (NED) 07.03	PB: 44.79 Chengdu (CHN) 03.08.2023
GENERAL: In top 8 at World Indoor Championships 400m sh (24) World University Games winner 400m (23) WA World Rankings: 54th OTHER PBs: 6.86ww 60m(20) - 15.74ww 150m(19) - 21.01 200m sh(22) - 32.66 300m(22) - 45.86 400m sh(24) Current Records: 2xNBP: NBP 32.66 300m Pliezhausen(22) - NBP 3:51.69 2x2x400m Chorzów(21) HONOURS: Eur. Team Ch. (1xSilver) WUG (1xGold) 2025: 400m sh Beograd (SRB) 2. 46.54 - 400m sh Lyon (FRA) 2. 46.37 - 400m sh Pombal (POR) 1. 46.42 - 200m sh Pombal (POR) 1. 21.17 - 400m sh Madrid (ESP) 5. 46.47 - 400m sh Apeldoorn (NED) h 46.01 - 400m sh Apeldoorn (NED) sf 46.02 - 400m sh Apeldoorn (NED) 6. 46.46 - 10km Walk Porto de Mos (POR) NCH 4. 51:53 INFO: Born in Vila Franca de Xira. Architecture studies. Club: Sporting CP. Height: 1.87 / 6'2".				

Start list

400m

Time: 14:45

Lane	Athlete	MF	NR	PB	SB
1	Erastus MBALUKA	KEN	44.18	46.74	46.94
2	Allan KIPYEGO	KEN	44.18	46.11	46.11
3	Brian Onyari TINEGA	KEN	44.18	45.32	45.73
4	George MUTINDA	KEN	44.18	45.80	45.80
5	Kevin KIPKORIR	KEN	44.18	45.24	45.24
6	Boniface Ontuga MWERESA	KEN	44.18	44.96	45.85
7	Kelvin Kiprotich TONUI	KEN	44.18	45.73	46.16
8	David Sanayek KAPIRANTE	KEN	44.18	45.33	46.25

Records

WR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
AR	43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro	14.08.16
NR	44.18	Samson KITUR	KEN	Barcelona	03.08.92
WJR	43.87	Steve LEWIS	USA	Seoul	28.09.88
MR	44.10	Bayapo NDORI	BOT		20.04.24
WL	43.98	Jacory PATTERSON	USA	Miramar, FL	03.05.25

2025 World list

43.98	Jacory PATTERSON	USA	Miramar, FL (USA)	03.05.25
44.15	Chris ROBINSON	USA	Gainesville, FL (USA)	19.04.25
44.17	Christopher BAILEY	USA	Shaoxing/Keqiao (CHN)	03.05.25
44.22	Zakithi NENE	RSA	Potchefstroom (RSA)	26.04.25
44.25	Bayapo NDORI	BOT	Xiamen (CHN)	26.04.25
44.30	Bryce DEADMON	USA	College Station, TX (USA)	12.04.25
44.32	Jerem Richards	TTO	Miramar, FL (USA)	03.05.25
44.37	Matthew HUDSON-SMITH	GBR	Miramar, FL (USA)	03.05.25
44.38	Micahi DANZY	USA	Winston Salem, NC (USA)	17.05.25
44.53	Busang Collen KEBINATSHIPI	BOT	Xiamen (CHN)	26.04.25
44.53	Alison DOS SANTOS	BRA	Miramar, FL (USA)	04.05.25
44.56	Muzala SAMUKONGA	ZAM	Miramar, FL (USA)	03.05.25
44.61	Auhmad ROBINSON	USA	Gainesville, FL (USA)	05.04.25
44.63	Matheus LIMA	BRA	Bragança Paulista (BRA)	11.04.25
44.70	Vernon NORWOOD	USA	Kingston (JAM)	04.04.25
44.73	Fred KERLEY	USA	Walnut, CA (USA)	19.04.25
44.74	Ezekiel NATHANIEL	NGR	Lubbock, TX (USA) (i)	01.03.25
44.76	Reece HOLDER	AUS	Tokyo (JPN)	18.05.25
44.78	Bovel MCPHERSON	JAM	Lubbock, TX (USA)	01.05.25
44.78	Alexander OGANDO	DOM	Miramar, FL (USA)	03.05.25

All-Time World list

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.40	Quincy HALL	USA	Paris (FRA)	07.08.24
43.44	Matthew HUDSON-SMITH	GBR	Paris (FRA)	07.08.24
43.45	Jeremy WARINER	USA	Osaka (JPN)	31.08.07
43.45	Michael NORMAN	USA	Torrance, CA (USA)	20.04.19
43.48	Steven GARDINER	BAH	Doha (QAT)	04.10.19
43.50	Quincy WATTS	USA	Barcelona (ESP)	05.08.92
43.64	Fred KERLEY	USA	Des Moines, IA (USA)	27.07.19
43.65	LaShawn MERRITT	USA	Beijing (CHN)	26.08.15
43.70	Champion ALLISON	USA	Eugene, OR (USA)	25.06.22
43.72	Isaac MAKWALA	BOT	La Chaux-de-Fonds (SUI)	05.07.15
43.74	Kirani JAMES	GRN	Lausanne (SUI)	03.07.14
43.74	Muzala SAMUKONGA	ZAM	Paris (FRA)	07.08.24
43.78	Jerem Richards	TTO	Paris (FRA)	07.08.24
43.81	Danny EVERETT	USA	New Orleans, LA (USA)	26.06.92
43.85	Randolph ROSS	USA	Eugene, OR (USA)	11.06.21
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
43.87	Steve LEWIS	USA	Seoul (KOR)	28.09.88

WR progression

43.03	Wayde VAN NIEKERK	RSA	Rio de Janeiro (BRA)	14.08.16
43.18	Michael JOHNSON	USA	Sevilla (ESP)	26.08.99
43.29	Butch REYNOLDS	USA	Zürich (SUI)	17.08.88
43.86	Lee EVANS	USA	Ciudad de México (MEX)	18.10.68
44.1h	Larry JAMES	USA	Echo Summit (USA)	14.09.68
44.5h	Tommie SMITH	USA	San José (USA)	20.05.67
44.9h	Mike LARRABEE	USA	Los Angeles, CA (USA)	12.09.64
44.7h	Adolph PLUMMER	USA	Tempe, AZ (USA)	25.05.63
44.9h	Carl KAUFMANN	FRG	Roma (ITA)	06.09.60
44.9h	Otis DAVIS	USA	Roma (ITA)	06.09.60
45.2h	Lou JONES	USA	Los Angeles, CA (USA)	30.06.56
45.4h	Lou JONES	USA	Ciudad de México (MEX)	18.03.55
45.8h	George RHODEN	JAM	Eskilstuna (SWE)	22.08.50
45.9h	Herb MCKENLEY	JAM	Milwaukee, WI (USA)	02.07.48
45.8h	Herb MCKENLEY	JAM	Berkeley, CA (USA)	05.06.48
46.0h	Grover KLEMMER	USA	Philadelphia, PA (USA)	29.06.41
46.0h	Rudolf HARBIG	GER	Frankfurt (GER)	12.08.39
46.1h	Archie WILLIAMS	USA	Chicago, IL (USA)	19.06.36
46.2h	Bill CARR	USA	Los Angeles, CA (USA)	05.08.32

Medal Winners

2024 - Olympic Games - Paris

1.	Quincy HALL (USA)	43.40
2.	Matthew HUDSON-SMITH (GBR)	43.44
3.	Muzala SAMUKONGA (ZAM)	43.74

2024 - African Ch. - Douala

1.	Cheikh Tidiane DIOUF (SEN)	45.23
2.	Lee Bhekempilo EPPIE (BOT)	45.39
3.	Samuel OGAZI (NGR)	45.47

2024 - African Games - Accra

1.	Chidi OKEZIE (NGR)	45.06
2.	Muzala SAMUKONGA (ZAM)	45.37
3.	Cheikh Tidiane DIOUF (SEN)	45.49

2023 - World Ch. - Budapest

1.	Antonio WATSON (JAM)	44.22
2.	Matthew HUDSON-SMITH (GBR)	44.31
3.	Quincy HALL (USA)	44.37

2022 - World Ch. - Oregon

1.	Michael NORMAN (USA)	44.29
2.	Kirani JAMES (GRN)	44.48
3.	Matthew HUDSON-SMITH (GBR)	44.66

2022 - African Ch. - St Pierre

1.	Muzala SAMUKONGA (ZAM)	45.31
2.	Bayapo NDORI (BOT)	45.35
3.	Mohamed Fares Jlassi (TUN)	45.54

2021 - Olympic Games - Tokyo

1.	Steven GARDINER (BAH)	43.85
2.	Anthony José ZAMBRANO (COL)	44.08
3.	Kirani JAMES (GRN)	44.19

2019 - World Ch. - Doha

1.	Steven GARDINER (BAH)	43.48
2.	Anthony José ZAMBRANO (COL)	44.15
3.	Fred KERLEY (USA)	44.17

2019 - African Games - Rabat

1.	Leungo SCOTCH (BOT)	45.27
2.	Thapelo PHORA (RSA)	45.59
3.	Chidi OKEZIE (NGR)	45.61

2017 - World Ch. - London

1.	Wayde VAN NIEKERK (RSA)	43.98
2.	Steven GARDINER (BAH)	44.41
3.	Abdallah HAROUN (QAT)	44.48

Previous Winners

24	Bayapo NDORI (BOT)	44.10
23	Muzala SAMUKONGA (ZAM)	44.25
20	Jared Nyambweke MOMANYI (KEN)	46.12

1	Erastus MBALUKA (KEN)	28y	SB: 46.94 Nairobi (KEN) 12.04	PB: 46.74 Nairobi (KEN) 14.06.2024
2025: 400m Nairobi (KEN) h 46.94				
2	Allan KIPYEGO (KEN)	23y	SB and PB: 46.11 Nairobi (KEN) 12.04	
OTHER PBs: 1:48.32 800m(25)				
2025: 400m Kampala (UGA) 1. 47.22 - 400m Nairobi (KEN) h 46.71 - 400m Nairobi (KEN) 3. 46.11 - 800m Nairobi (KEN) h 1:48.54 - 800m Nairobi (KEN) 10. 1:49.66 - 800m Nairobi (KEN) h 1:48.32				
3	Brian Onyari TINEGA (KEN)	22y	SB: 45.73 Nairobi (KEN) 12.04	PB: 45.32 Nairobi (KEN) 22.05.2024
GENERAL: African Championships silver medallist 4x400m (24) World Athletics Relays bronze medallist 4x400m (25)				
OTHER PBs: 21.41 200m(23) - 21.40 200m(23)				
2025: 400m Nairobi (KEN) h 46.65 - 400m Nairobi (KEN) 2. 45.73				
4	George MUTINDA (KEN)	23y	SB and PB: 45.80 Nairobi (KEN) 26.04	
OTHER PBs: 21.34 200m(25)				
2025: 400m Nairobi (KEN) sf 46.11 - 400m Nairobi (KEN) h 45.88 - 400m Nairobi (KEN) 1. 45.80 - 200m Nairobi (KEN) h 21.67 - 200m Nairobi (KEN) sf 21.34				
5	Kevin KIPKORIR (KEN)	30y	SB and PB: 45.24 Nairobi (KEN) 12.04	
GENERAL: African Championships silver medallist 4x400m (24) World Athletics Relays bronze medallist 4x400m (25) WA World Rankings: 109th				
OTHER PBs: 20.85 200m(25)				
2025: 200m Kampala (UGA) 1. 20.85 - 400m Kampala (UGA) 1. 45.66 - 400m Nairobi (KEN) h 45.39 - 400m Nairobi (KEN) 1. 45.24				
6	Boniface Ontuga MWERESA (KEN)	31y	SB: 45.85 Nairobi (KEN) 25.04	PB: 44.96 Birmingham (GBR) 07.08.2022
GENERAL: 2 times In top 8 at World Indoor Championships 4x400m sh (24) All-African Games winner 4x400m (15) WA World Rankings: 87th				
OTHER PBs: 10.37 100m(23) - 20.76 200m(23) - 46.33 400m sh(16) Current Records: 1xAR: AR 3:06.71 4x400m sh Glasgow(24)				
HONOURS: All-Afr. G. (1xSilver)				
2025: 100m Nairobi (KEN) h 10.48 - 400m Nairobi (KEN) h 46.34 - 400m Nairobi (KEN) 5. 46.19 - 400m Nairobi (KEN) h 45.85				
INFO: Born in Nyamira. Height: 1.76 / 5'9".				
7	Kelvin Kiprotich TONUI (KEN)	27y	SB: 46.16 Nairobi (KEN) 12.04	PB: 45.73 Nairobi (KEN) 14.06.2024
2025: 400m Nairobi (KEN) h 46.41 - 400m Nairobi (KEN) 4. 46.16				
8	David Sanayek KAPIRANTE (KEN)	25y	SB: 46.25 Nairobi (KEN) 12.04	PB: 45.33 Nairobi (KEN) 22.05.2024
GENERAL: African Championships silver medallist 4x400m (24) All-African Games bronze medallist 4x400m (24)				
OTHER PBs: 21.88 200m(24) - 21.85ww 200m(24)				
2025: 400m Nairobi (KEN) h 46.78 - 400m Nairobi (KEN) 6. 46.25				

Start list

800m

Time: 17:28

Lane	Athlete	MF	NR	PB	SB
1	Cornelius TUWEI	KEN	1:40.91	1:43.76	1:46.14
2-1	Alex Ngeno KIPNGETICH	KEN	1:40.91	1:43.74	1:46.20
2-2	Eric NZIKWINKUNDA	BDI	1:42.81	1:45.16	1:47.73
3	Nicholas Kiplangat KEBENEI	KEN	1:40.91	1:44.84	1:45.38
4	Aaron Kemei CHEMININGWA	KEN	1:40.91	1:42.08	1:45.21
5	Jonah KOECH	USA	1:41.67	1:44.32	1:44.82
6	Tumo NKAPE	BOT	1:41.73	1:44.60	1:44.60
7	Lethogonolo MOKGETHI	BOT	1:41.73	1:45.89	1:45.89
8-1	Khaled BENMAHDI (PM)	ALG	1:41.46	1:46.06	
8-2	Ferguson Cheruiyot ROTICH	KEN	1:40.91	1:42.54	1:47.08

Pace: 400m - 49.5 | Target: 1:44.0

Medal Winners

2024 - Olympic Games - Paris

1.	Emmanuel WANYONYI (KEN)	1:41.19
2.	Marco AROP (CAN)	1:41.20
3.	Djamel SEDJATI (ALG)	1:41.50

2024 - African Ch. - Douala

1.	Alex Ngeno KIPNGETICH (KEN)	1:45.02
2.	Kethobogile HAINGURA (BOT)	1:45.54
3.	Tom DRADRIGA (UGA)	1:46.01

2024 - African Games - Accra

1.	Aaron Kemei CHEMININGWA (KEN)	1:45.72
2.	Alex Ngeno KIPNGETICH (KEN)	1:45.73
3.	Tumo NKAPE (BOT)	1:46.04

2023 - World Ch. - Budapest

1.	Marco AROP (CAN)	1:44.24
2.	Emmanuel WANYONYI (KEN)	1:44.53
3.	Ben PATTISON (GBR)	1:44.83

2022 - World Ch. - Oregon

1.	Emmanuel Kipkurui KORIR (KEN)	1:43.71
2.	Djamel SEDJATI (ALG)	1:44.14
3.	Marco AROP (CAN)	1:44.28

2022 - African Ch. - St Pierre

1.	Slimane MOULA (ALG)	1:45.59
2.	Nicholas Kiplangat KEBENEI (KEN)	1:46.43
3.	Tshepiso MASALELA (BOT)	1:46.65

2021 - Olympic Games - Tokyo

1.	Emmanuel Kipkurui KORIR (KEN)	1:45.06
2.	Ferguson Cheruiyot ROTICH (KEN)	1:45.23
3.	Patryk DOBEK (POL)	1:45.39

2019 - World Ch. - Doha

1.	Donavan BRAZIER (USA)	1:42.34
2.	Amel TUKA (BIH)	1:43.47
3.	Ferguson Cheruiyot ROTICH (KEN)	1:43.82

2019 - African Games - Rabat

1.	Abdessalem AYOUNI (TUN)	1:45.17
2.	Cornelius TUWEI (KEN)	1:45.41
3.	Oussama NABIL (MAR)	1:45.42

2017 - World Ch. - London

1.	Pierre-Ambroise BOSSE (FRA)	1:44.67
2.	Adam KSZCZOT (POL)	1:44.95
3.	Kipyegon BETT (KEN)	1:45.21

Previous Winners

24	Emmanuel WANYONYI (KEN)	1:43.57
23	Emmanuel WANYONYI (KEN)	1:43.32
22	Emmanuel WANYONYI (KEN)	1:45.01
21	Noah KIBET (KEN)	1:44.97
20	Ferguson Cheruiyot ROTICH (KEN)	1:44.78

Records

WR	1:40.91	David RUDISHA	KEN	London	09.08.12
AR	1:40.91	David RUDISHA	KEN	London	09.08.12
NR	1:40.91	David RUDISHA	KEN	London	09.08.12
WJR	1:41.73	Nijel AMOS	BOT	London	09.08.12
MR	1:43.32	Emmanuel WANYONYI	KEN		13.05.23
WL	1:42.70	Tshepiso MASALELA	BOT	Rabat	25.05.25

2025 World list

1:42.70	Tshepiso MASALELA	BOT	Rabat (MAR)	25.05.25
1:43.24	Josh HOEY	USA	New York, NY (USA) (i)	23.02.25
1:43.26	Bryce HOPPEL	USA	Doha (QAT)	16.05.25
1:43.34	Max BURGIN	GBR	Rabat (MAR)	25.05.25
1:43.37	Wycliffe KINYAMAL	KEN	Doha (QAT)	16.05.25
1:43.37	Emmanuel WANYONYI	KEN	Rabat (MAR)	25.05.25
1:43.52	Brandon MILLER	USA	Rabat (MAR)	25.05.25
1:43.55	Slimane MOULA	ALG	Doha (QAT)	16.05.25
1:43.69	Marco AROP	CAN	Miramar, FL (USA)	03.05.25
1:43.75	Kethobogile HAINGURA	BOT	Miramar, FL (USA)	03.05.25
1:43.79	Peter BOL	AUS	Perth (AUS)	13.04.25
1:44.07	Peyton CRAIG	AUS	Perth (AUS)	13.04.25
1:44.08	Ibrahim Abass M CHUOT	QAT	Doha (QAT)	16.05.25
1:44.35	Justin DAVIES	GBR	Belfast (GBR)	10.05.25
1:44.38	Heithem CHENITEF	ALG	Toulouse (FRA)	29.05.25
1:44.50	Luke BOYES	AUS	Perth (AUS)	13.04.25
1:44.60	Tumo NKAPE	BOT	Cape Town (RSA)	04.04.25
1:44.65	Elvin Josué CANALES	ESP	Luxembourg (LUX) (i)	19.01.25
1:44.69	Elliott CRESTAN	BEL	Ostrava (CZE) (i)	04.02.25
1:44.70	Abderrahman EL ASSAL	MAR	Rabat (MAR)	25.05.25

All-Time World list

1:40.91	David RUDISHA	KEN	London (GBR)	09.08.12
1:41.11	Wilson KIPKETER	DEN	Köln (GER)	24.08.97
1:41.11	Emmanuel WANYONYI	KEN	Lausanne (SUI)	22.08.24
1:41.20	Marco AROP	CAN	Paris (FRA)	10.08.24
1:41.46	Djamel SEDJATI	ALG	Monaco (MON)	12.07.24
1:41.61	Gabriel TUAL	FRA	Paris (FRA)	07.07.24
1:41.67	Bryce HOPPEL	USA	Paris (FRA)	10.08.24
1:41.73	Sebastian COE	GBR	Firenze (ITA)	10.06.81
1:41.73	Nijel AMOS	BOT	London (GBR)	09.08.12
1:41.77	Joaquim CRUZ	BRA	Köln (GER)	26.08.84
1:42.04	Mohamed ATTAOUI	ESP	Monaco (MON)	12.07.24
1:42.05	Emmanuel Kipkurui KORIR	KEN	London (GBR)	22.07.18
1:42.08	Aaron Kemei CHEMININGWA	KEN	Paris (FRA)	07.07.24
1:42.08	Wycliffe KINYAMAL	KEN	Paris (FRA)	07.07.24
1:42.23	Abubaker KAKI	SUD	Oslo (NOR)	04.06.10
1:42.27	Ben PATTISON	GBR	Monaco (MON)	12.07.24
1:42.28	Sammy KOSKEI	KEN	Köln (GER)	26.08.84
1:42.34	Wilfred BUNGEI	KEN	Rieti (ITA)	08.09.02
1:42.34	Donavan BRAZIER	USA	Doha (QAT)	01.10.19
1:42.37	Mohammed AMAN	ETH	Bruxelles (BEL)	06.09.13

WR progression

1:40.91	David RUDISHA	KEN	London (GBR)	09.08.12
1:41.01	David RUDISHA	KEN	Rieti (ITA)	29.08.10
1:41.09	David RUDISHA	KEN	Berlin (GER)	22.08.10
1:41.11	Wilson KIPKETER	DEN	Köln (GER)	24.08.97
1:41.24	Wilson KIPKETER	DEN	Zürich (SUI)	13.08.97
1:41.73	Wilson KIPKETER	DEN	Stockholm (SWE)	07.07.97
1:41.73	Sebastian COE	GBR	Firenze (ITA)	10.06.81
1:42.33	Sebastian COE	GBR	Oslo (NOR)	05.07.79
1:43.4h	Alberto JUANTORENA	CUB	Sofia (BUL)	21.08.77
1:43.50	Alberto JUANTORENA	CUB	Montréal (CAN)	25.07.76
1:43.7h	Marcello FIASCONARO	ITA	Milano (ITA)	27.06.73
1:44.3h	David WOTTLE	USA	Eugene, OR (USA)	01.07.72
1:44.40	Ralph DOUBELL	AUS	Ciudad de México (MEX)	15.10.68
1:44.3h	Peter SNELL	NZL	Christchurch (NZL)	03.02.62
1:45.7h	Roger MOËNS	BEL	Oslo (NOR)	03.08.55
1:46.6h	Rudolf HARBIG	GER	Milano (ITA)	15.07.39
1:48.4h	Sydney WOODERSON	GBR	Motspur Park (GBR)	20.08.38
1:49.6h	Elroy ROBINSON	USA	New York, NY (USA)	11.07.37
1:49.7h	Glenn CUNNINGHAM	USA	Stockholm (SWE)	20.08.36

Pace: 400m - 49.5 | Target: 1:44.0

1	Cornelius TUWEI (KEN)	32y	SB: 1:46.14 Nairobi (KEN) 15.05	PB: 1:43.76 Heusden-Zolder (BEL) 03.07.2021
GENERAL: All-African Games silver medallist 800m (19) WA World Rankings: 293rd OTHER PBs: 1:15.40 600m(23) - 1:46.47 800m sh(20) - 2:16.89 1000m(18) - 3:35.34 1500m(19) - 3:38.91 1500m sh(21) HONOURS: All-Afr. G. (1xSilver) 2025: 1500m sh Astana (KAZ) 8. 3:46.03 - 800m Nairobi (KEN) h 1:48.31 - 800m Nairobi (KEN) 3. 1:48.01 - 800m Nairobi (KEN) h 1:49.69 - 800m Nairobi (KEN) 2. 1:46.14 INFO: Born in Nandi County.				
2-1	Alex Ngeno KIPNGETICH (KEN)	24y	SB: 1:46.20 Lyon (FRA) 15.02	PB: 1:43.74 Nairobi (KEN) 15.06.2024
GENERAL: African champion 800m (24) All-African Games silver medallist 800m (24) WA World Rankings: 29th OTHER PBs: 1:46.20 800m sh(25) - 2:16.12 1000m(24) HONOURS: World U20 Ch. (1xSilver) Afr. Ch. (1xGold) All-Afr. G. (1xSilver) Afr. U20 Ch. (1xGold) 2025: 800m sh Liévin (FRA) 6. 1:47.08 - 800m sh Lyon (FRA) 3. 1:46.20 - 800m sh Nanjing (CHN) h 1:48.17 - 800m sh Nanjing (CHN) sf 1:47.53 INFO: Athlete from Bomet County. Studies: Sotit Boys Secondary School. Height: 1.58 / 5'2".				
2-2	Eric NZIKWINKUNDA (BDI)	28y	SB: 1:47.73 Djibouti (DJI) 11.04	PB: 1:45.16 Leverkusen (GER) 27.06.2021
GENERAL: In top 8 at All-African Games In top 8 at African Championships WA World Rankings: 159th OTHER PBs: 47.28 400m(19) - 1:47.01 800m sh(20) - 3:41.27 1500m(24) - 3:46.02 1500m sh(22) HONOURS: 2025: 400m Kampala (UGA) 6. 48.52 - 400m Kampala (UGA) 6. 48.52 - 800m Djibouti (DJI) 2. 1:47.73 - 800m Ibiza (ESP) 5. 1:51.30 INFO: Based in Castellón, Spain. Studies: Hope Africa University.				
3	Nicholas Kiplangat KEBENEI (KEN)	29y	SB: 1:45.38 Dubai (UAE) 09.05	PB: 1:44.84 Nairobi (KEN) 25.06.2022
GENERAL: African Championships silver medallist 800m (22) WA World Rankings: 102nd OTHER PBs: 48.23 400m(21) - 1:48.52 800m sh(23) - 3:46.21 1500m(24) HONOURS: Afr. Ch. (1xSilver) 2025: 800m Gaborone (BOT) 6. 1:46.57 - 800m Dubai (UAE) 1. 1:45.38				
4	Aaron Kemei CHEMININGWA (KEN)	26y	SB: 1:45.21 Doha (QAT) 16.05	PB: 1:42.08 Paris (FRA) 07.07.2024
GENERAL: All-African Games winner 800m (24) WA World Rankings: 13th OTHER PBs: 46.88 400m(25) - 3:48.95 1500m(22) HONOURS: All-Afr. G. (1xGold) 2025: 400m Nairobi (KEN) h 47.07 - 400m Nairobi (KEN) sf 46.88 - 400m Nairobi (KEN) 4. 47.17 - 800m Doha (QAT) DL 8. 1:45.21 - 800m Rabat (MAR) DL 12. 1:47.27 INFO: Has trained with Mary Moraa.				
5	Jonah KOECH (USA)	28y	SB: 1:44.82 New York, NY (USA) 08.02	PB: 1:44.32 Eugene, OR (USA) 30.06.2024
GENERAL: NACAC champion 800m (22) African U20 Championships silver medallist 800m (15) WA World Rankings: 17th OTHER PBs: 1:17.24 600m sh(17) - 1:44.82 800m sh(25) - 2:15.15 1000m(24) - 2:18.42 1000m sh(24) - 3:31.43 1500m(25) HONOURS: NACAC Ch. (1xGold) Afr. U20 Ch. (1xSilver) 2025: 800m sh New York, NY (USA) 1. 1:47.56 - 800m sh New York, NY (USA) 3. 1:44.82 - 800m sh New York, NY (USA) h 1:46.34 - 800m sh New York, NY (USA) 5. 1:45.82 - 800m sh Madrid (ESP) 2. 1:45.78 - 1500m Rabat (MAR) DL 1. 3:31.43 INFO: Hometown: Eldoret. Studies: University of Texas at El Paso. Major in Physical Therapy. Has a twin sister. Earlier played handball.				
6	Tumo NKAPE (BOT)	27y	SB and PB: 1:44.60 Cape Town (RSA) 04.04	
GENERAL: 2 times African U20 Championships silver medallist 400m (17), 4x400m (17) All-African Games bronze medallist 800m (24) WA World Rankings: 58th OTHER PBs: 22.14 200m(17) - 46.49 400m(19) - 1:14.90 600m(24) HONOURS: All-Afr. G. (1xBronze) Afr. U20 Ch. (1xSilver) NCH (1xWin) 2025: 400m Pretoria (RSA) 1. 48.69 - 600m Pretoria (RSA) 4. 1:17.71 - 800m Pretoria (RSA) 2. 1:47.01 - 800m Pretoria (RSA) 2. 1:46.49 - 800m Johannesburg (RSA) 4. 1:46.02 - 800m Cape Town (RSA) 2. 1:44.60 - 800m Gaborone (BOT) 4. 1:45.57 INFO: Hometown: Gaborone. Height: 1.87 / 6'2".				
7	Lethihogonolo MOKGETHI (BOT)	21y	SB and PB: 1:45.89 Cape Town (RSA) 04.04	
2025: 1500m Pretoria (RSA) 1. 3:56.78 - 800m Pretoria (RSA) 2. 1:48.77 - 800m Pretoria (RSA) 3. 1:46.54 - 800m Johannesburg (RSA) 7. 1:47.69 - 800m Cape Town (RSA) 4. 1:45.89 INFO: Based in Gaborone. Club: Lefika AC.				
8-1	Khaled BENMAHDI (ALG)	36y	PB: 1:46.06 Oordegem (BEL) 30.05.2015	
GENERAL: National champion 800m (12) OTHER PBs: 34.38 300m(14) - 47.53 400m(13) - 48.04 400m sh(14) - 1:19.77 600m sh(20) - 1:47.89 800m sh(19) HONOURS: NCH (1xWin) 2025: 400m sh Lyon (FRA) 1. 49.43 - 400m Saran (FRA) 3. 49.27 INFO: Born in Batna.				
8-2	Ferguson Cheruiyot ROTICH (KEN)	35y	SB: 1:47.08 Gaborone (BOT) 12.04	PB: 1:42.54 Monaco (MON) 12.07.2019
GENERAL: Olympic Games silver medallist 800m (21) World Championships bronze medallist 800m (19) OTHER PBs: 1:15.28 600m(23) - 2:14.88 1000m(18) - 3:33.21 1500m(18) Current Records: 1xABP: ABP 3:41.79 2x2x400m Chorzów(21) HONOURS: OG (1xSilver); 2. 800m Tokyo(21) 1:45.23 - 5. 800m Rio de Janeiro(16) 1:43.55 World Ch. (1xBronze): 3. 800m Doha(19) 1:43.82 - 4. 800m Beijing(15) 1:46.35 2025: 800m Gaborone (BOT) 7. 1:47.08 INFO: Born in Kericho. Goodwill Ambassador of Kericho County. He changed his name to honor Manchester United's famous manager, Sir Alex Ferguson. Why the name change? "Because they can't stop winning," he said once. Before competitions he has been praying to God to remember him during races.				

Start list 1500m Time: 16:49

Lane	Athlete	MF	NR	PB	SB
1	Hosea KIPROP	UGA	3:30.58	3:42.43	3:42.43
2	Dechasa TILNTE	ETH	3:29.51	3:41.63	3:41.63
3	Anthony KIBET	KEN	3:26.34	3:45.66	3:45.66
4	Sendel MUSA	ETH	3:29.51	3:39.7h	
5	Abel KIPSANG	KEN	3:26.34	3:29.11	
6	Justice Kipkoech BYEGON	KEN	3:26.34	3:53.55	
7	Vincent Kibet KETER	KEN	3:26.34	3:31.28	3:33.33
8	Mathew Kipchumba KIPSANG	KEN	3:26.34	3:35.87	3:38.18
9	Daniel MUNGUTI	KEN	3:26.34	3:33.71	
10	Charles Cheboi SIMOTWO	KEN	3:26.34	3:30.30	
11	Kebede ROHOBET	ETH	3:29.51		
12	Duncan WAWERU	KEN	3:26.34	3:41.49	3:41.49
13	Peter NAIBEI (PM)	KEN	3:26.34		
14	Robert Kimutai KORIR (PM)	KEN	3:26.34		

Pace: 800m - 1:53.0 | 1000m - 2:21.0

Target : sub 3:33.0

Medal Winners

2024 - Olympic Games - Paris

1.	Cole HOCKER (USA)	3:27.65
2.	Josh KERR (GBR)	3:27.79
3.	Yared NUGUSE (USA)	3:27.80

2024 - African Ch. - Douala

1.	Brian KOMEN (KEN)	3:33.95
2.	Ayanleh Abdi ABDILLAHI (DJI)	3:36.24
3.	Boaz KIPRUGUT (KEN)	3:37.25

2024 - African Games - Accra

1.	Brian KOMEN (KEN)	3:39.19
2.	Ermias GIRMA (ETH)	3:39.40
3.	Abel KIPSANG (KEN)	3:39.45

2023 - World Ch. - Budapest

1.	Josh KERR (GBR)	3:29.38
2.	Jakob INGEBRIGTSEN (NOR)	3:29.65
3.	Narve Gilje NORDÅS (NOR)	3:29.68

2022 - World Ch. - Oregon

1.	Jake WIGHTMAN (GBR)	3:29.23
2.	Jakob INGEBRIGTSEN (NOR)	3:29.47
3.	Mohamed KATIR (ESP)	3:29.90

2022 - African Ch. - St Pierre

1.	Abel KIPSANG (KEN)	3:36.57
2.	Ryan MPHABLELE (RSA)	3:36.74
3.	Adehena KASAYE (ETH)	3:38.27

2021 - Olympic Games - Tokyo

1.	Jakob INGEBRIGTSEN (NOR)	3:28.32
2.	Timothy CHERUIYOT (KEN)	3:29.01
3.	Josh KERR (GBR)	3:29.05

2019 - World Ch. - Doha

1.	Timothy CHERUIYOT (KEN)	3:29.26
2.	Taoufik MAKHLOUFI (ALG)	3:31.38
3.	Marcin LEWANDOWSKI (POL)	3:31.46

2019 - African Games - Rabat

1.	George Meitamei MANANGOI (KEN)	3:38.27
2.	Ayanleh SOULEIMAN (DJI)	3:38.44
3.	Charles Cheboi SIMOTWO (KEN)	3:38.51

2017 - World Ch. - London

1.	Elijah Motonei MANANGOI (KEN)	3:33.61
2.	Timothy CHERUIYOT (KEN)	3:33.99
3.	Filip INGEBRIGTSEN (NOR)	3:34.53

Records

WR	3:26.00	Hicham EL GUERROUJ	MAR	Roma	14.07.98
AR	3:26.00	Hicham EL GUERROUJ	MAR	Roma	14.07.98
NR	3:26.34	Bernard LAGAT	KEN	Bruxelles	24.08.01
WJR	3:28.81	Ronald KWEMOI	KEN	Monaco	18.07.14
MR	3:31.01	Abel KIPSANG	KEN		07.05.22
WL	3:29.63	Jakob INGEBRIGTSEN	NOR	Liévin	13.02.25

2025 World list

3:29.63	Jakob INGEBRIGTSEN	NOR	Liévin (FRA) (i)	13.02.25
3:30.71	Tshepo MASALELA	BOT	Cape Town (RSA)	04.04.25
3:31.43	Jonah KOECH	USA	Rabat (MAR)	25.05.25
3:31.74	Yared NUGUSE	USA	New York, NY (USA) (i)	08.02.25
3:31.78	Reynold CHERUIYOT	KEN	Rabat (MAR)	25.05.25
3:31.89	Hobbs KESSLER	USA	New York, NY (USA) (i)	08.02.25
3:32.03	Tshepo TSHITE	RSA	Cape Town (RSA)	04.04.25
3:32.06	Festus LAGAT	KEN	Rabat (MAR)	25.05.25
3:32.24	Azeddine HABZ	FRA	New York, NY (USA) (i)	08.02.25
3:32.59	Isaac NADER	POR	Liévin (FRA) (i)	13.02.25
3:32.67	Cameron MYERS	AUS	New York, NY (USA) (i)	08.02.25
3:32.88	Anass ESSAYI	MAR	Rabat (MAR)	25.05.25
3:32.94	Vincent CIATTEI	USA	Rabat (MAR)	25.05.25
3:33.02	Liam MURPHY	USA	Raleigh, NC (USA)	27.03.25
3:33.14	Robert FARKEN	GER	New York, NY (USA) (i)	08.02.25
3:33.18	Neil GOURLEY	GBR	New York, NY (USA) (i)	08.02.25
3:33.19	Ruben VERHEYDEN	BEL	Rabat (MAR)	25.05.25
3:33.22	Ethan STRAND	USA	Durham, NC (USA)	04.05.25
3:33.32	Cathal DOYLE	IRL	Rabat (MAR)	25.05.25
3:33.33	Vincent Kibet KETER	KEN	Rabat (MAR)	25.05.25

All-Time World list

3:26.00	Hicham EL GUERROUJ	MAR	Roma (ITA)	14.07.98
3:26.34	Bernard LAGAT	KEN	Bruxelles (BEL)	24.08.01
3:26.69	Asbel KIPROP	KEN	Monaco (MON)	17.07.15
3:26.73	Jakob INGEBRIGTSEN	NOR	Monaco (MON)	12.07.24
3:27.37	Noureddine MORCELI	ALG	Nice (FRA)	12.07.95
3:27.64	Silas KIPLAGAT	KEN	Monaco (MON)	18.07.14
3:27.65	Cole HOCKER	USA	Paris (FRA)	06.08.24
3:27.79	Josh KERR	GBR	Paris (FRA)	06.08.24
3:27.80	Yared NUGUSE	USA	Paris (FRA)	06.08.24
3:28.12	Noah NGENY	KEN	Zürich (SUI)	11.08.00
3:28.28	Timothy CHERUIYOT	KEN	Monaco (MON)	09.07.21
3:28.75	Taoufik MAKHLOUFI	ALG	Monaco (MON)	17.07.15
3:28.76	Mohamed KATIR	ESP	Monaco (MON)	09.07.21
3:28.79	Abdelaati IGUIDER	MAR	Monaco (MON)	17.07.15
3:28.80	Elijah Motonei MANANGOI	KEN	Monaco (MON)	21.07.17
3:28.80	Brian KOMEN	KEN	Monaco (MON)	12.07.24
3:28.81	Mo FARAH	GBR	Monaco (MON)	19.07.13
3:28.81	Ronald KWEMOI	KEN	Monaco (MON)	18.07.14
3:28.95	Fermin CACHO	ESP	Zürich (SUI)	13.08.97
3:28.98	Mehdi BAALA	FRA	Bruxelles (BEL)	05.09.03

WR progression

3:26.00	Hicham EL GUERROUJ	MAR	Roma (ITA)	14.07.98
3:27.37	Noureddine MORCELI	ALG	Nice (FRA)	12.07.95
3:28.86	Noureddine MORCELI	ALG	Rieti (ITA)	06.09.92
3:29.46	Said AOUITA	MAR	Berlin (GER)	23.08.85
3:29.67	Steve CRAM	GBR	Nice (FRA)	16.07.85
3:30.77	Steve OVETT	GBR	Rieti (ITA)	04.09.83
3:31.24	Sydney MAREE	USA	Köln (GER)	28.08.83
3:31.36	Steve OVETT	GBR	Koblenz (GER)	27.08.80
3:32.1h	Steve OVETT	GBR	Oslo (NOR)	15.07.80
3:32.1h	Sebastian COE	GBR	Zürich (SUI)	15.08.79
3:32.2h	Filbert BAYI	TAN	Christchurch (NZL)	02.02.74
3:33.1h	Jim RYUN	USA	Los Angeles, CA (USA)	08.07.67
3:35.6h	Herb ELLIOTT	AUS	Roma (ITA)	06.09.60
3:36.0h	Herb ELLIOTT	AUS	Göteborg (SWE)	28.08.58
3:38.1h	Stanislav JUNGWIRTH	TCH	Stará Boleslav (TCH)	12.07.57
3:40.2h	Olavi SALONEN	FIN	Turku (FIN)	11.07.57
3:40.2h	Olavi SALSOLA	FIN	Turku (FIN)	11.07.57
3:40.6h	István RÖZSAVÖLGYI	HUN	Tata (HUN)	03.08.56
3:40.8h	Gunnar NIELSEN	DEN	Oslo (NOR)	06.09.55

Pace: 800m - 1:53.0 | 1000m - 2:21.0 Target : sub 3:33.0

1	Hosea KIPROP (UGA)	19y	SB and PB: 3:42.43 Kampala (UGA) 15.03
GENERAL: In top 8 at World Cross Country Championships WA World Rankings: 477th OTHER PBs: 8:12.3h 3000m(24) 2025: 1500m Kampala (UGA) 2. 3:42.43 - 1500m Kampala (UGA) 1. 3:44.3h - 1500m Kampala (UGA) 3. 3:44.24			
2	Dechasa TILNTE (ETH)	19y	SB and PB: 3:41.63 Djibouti (DJI) 11.04
2025: 1500m Djibouti (DJI) 3. 3:41.63			
3	Anthony KIBET (KEN)	19y	SB and PB: 3:45.66 Nairobi (KEN) 26.04
2025: 1500m Nairobi (KEN) h 3:45.74 - 1500m Nairobi (KEN) 9. 3:45.66			
4	Sendel MUSA (ETH)	19y	PB: 3:39.7h Hawassa (ETH) 06.07.2024
5	Abel KIPSANG (KEN)	28y	PB: 3:29.11 Chorzów (POL) 16.07.2023
GENERAL: 2 times In top 8 at World Championships 1500m (23) World Indoor Championships bronze medallist 1500m sh (22) OTHER PBs: 1:44.6h 800m(23) - 3:33.36 1500m sh(22) - 3:50.87 Mile(22) - 4:50.68 2000m(23) - 4:57.21 2000m sh(22) HONOURS: OG (1xFinal): 4. 1500m Tokyo(21) 3:29.56 World Ch. (2xFinal): 4. 1500m Budapest(23) 3:29.89 - 7. 1500m Eugene, OR(22) 3:31.21 World Ind. Ch. (1xBronze): 3. 1500m sh Beograd(22) 3:33.36 Afr. Ch. (1xGold) INFO: At the Tokyo Olympics he set new Olympic record in the SF of the 1500m, this record was later broken by Jakob Ingebrigtsen in the final (2021) Height: 1.78 / 5'10".			
6	Justice Kipkoech BYEGON (KEN)	21y	PB: 3:53.55 Nairobi (KEN) 02.07.2021
7	Vincent Kibet KETER (KEN)	23y	SB: 3:33.33 Rabat (MAR) 25.05 PB: 3:31.28 Chorzów (POL) 16.07.2023
GENERAL: World U20 champion 1500m (21) WA World Rankings: 117th OTHER PBs: 1:47.16 800m(25) - 3:34.44 1500m sh(24) - 3:55.41 Mile(22) - 7:47.32 3000m sh(25) - 3:54.9h Mile Road(24) HONOURS: World U20 Ch. (1xGold) 2025: 3000m sh Liévin (FRA) 10. 7:47.32 - 1500m sh Lyon (FRA) 2. 3:37.16 - 1500m Nairobi (KEN) h 3:45.33 - 800m Nairobi (KEN) h 1:48.16 - 800m Nairobi (KEN) 2. 1:47.16 - 800m Nairobi (KEN) h 1:48.14 - 800m Nairobi (KEN) 3. 1:47.42 - 1500m Rabat (MAR) DL 9. 3:33.33 INFO:			
8	Mathew Kipchumba KIPSANG (KEN)	29y	SB: 3:38.18 Bruxelles (BEL) 25.05 PB: 3:35.87 Andújar (ESP) 17.05.2024
WA World Rankings: 65th OTHER PBs: 1:47.60 800m(21) - 3:38.54 1500m sh(25) - 3:56.71 Mile(23) - 7:38.00 3000m sh(25) - 13:19.61 5000m(25) 2025: 3000m sh Luxembourg (LUX) 3. 7:40.29 - 1500m sh Beograd (SRB) 2. 3:38.54 - 3000m sh Val-de-Reuil (FRA) 6. 7:50.97 - 3000m sh Karlsruhe (GER) 2. 7:38.00 - 3000m sh Lyon (FRA) 1. 7:43.95 - 5 km Road Sevilla (ESP) 1. 13:47 - 5000m Stockholm (SWE) 1. 13:20.51 - 5000m Bruxelles (BEL) 1. 13:19.61 - 1500m Bruxelles (BEL) 4. 3:38.18			
9	Daniel MUNGUTI (KEN)	30y	PB: 3:33.71 Nairobi (KEN) 20.04.2024
GENERAL: 2 times World Cross Country champion Mixed XC Relay (24, 23) National champion 1500m (23) OTHER PBs: 1:46.96 800m(19) - 3:40.89 1500m sh(24) - 4:56.24 2000m(24) - 7:44.93 3000m sh(24) - 4:00.67 Mile Road(23) HONOURS: NCH (1xWin) 2025: 5 km Road Tokyo (JPN) 16. 14:01 INFO: Member of Kenya Defence Forces.			
10	Charles Cheboi SIMOTWO (KEN)	29y	PB: 3:30.30 Monaco (MON) 09.07.2021
GENERAL: All-African Games bronze medallist 1500m (19) OTHER PBs: 1:46.20 800m(17) - 3:49.40 Mile(21) - 3:58.8h Mile Road(24) HONOURS: All-Afr. G. (1xBronze) 2025: 800m Nairobi (KEN) h 1:48.38 - 800m Nairobi (KEN) 4. 1:47.18 INFO: Member of the Kenyan Defence Forces.			
11	Kebede ROHOBET (ETH)		
OTHER PBs: 1:50.77 800m(23)			
12	Duncan WAWERU (KEN)	26y	SB and PB: 3:41.49 Nairobi (KEN) 26.04
2025: 1500m Nairobi (KEN) 5. 3:41.49			
13	Peter NAIBEI (KEN)	17y	
14	Robert Kimutai KORIR (KEN)	32y	
OTHER PBs: 49.17 400m(25) - 1:45.52 800m(22) 2025: 400m Nairobi (KEN) h 49.17 - 800m Nairobi (KEN) h 1:49.53			

Start list

5000m

Time: 15:38

Lane	Athlete	MF	NR	PB	SB
1	Frankline KIBET	KEN	12:39.74		
2	Mamaru GWADE	ETH	12:36.73		
3	Muse GIZACHEW	ETH	12:36.73		
4	Abraham CHEROTICH	UGA	12:35.36		
5	Said AMERI	ALG	12:50.86	13:16.94	13:51.14
6	Stanley Waitthaka MBURU	KEN	12:39.74	13:05.21	13:14.32
7	Yves NIYONGABO	BDI	12:59.39		
8	Samuel Simba CHEROP	UGA	12:35.36	13:28.58	
9	Charles ROTICH	KEN	12:39.74	13:26.52	
10	Andrew KIPTOO (PM)	KEN	12:39.74	13:19.20	
11	Boaz KIPRUGUT (PM)	KEN	12:39.74		
12	Ayele TADESSE	ETH	12:36.73	13:30.52	13:40.30
13	Hani Idriss HERSI	DJI	12:56.43	14:34.65	
14	Hailemariam AMARE	ETH	12:36.73	13:12.72	
15	Fasika AYELE	ETH	12:36.73		

Pace: 1000m - 2:38.0 | 2000m - 5:16.0 (Kiptoo) | 3000m - 7:55.0 (Kiprugut)
Target: 13:10.0

Records

WR	12:35.36	Joshua CHEPTEGEI	UGA	Monaco	14.08.20
AR	12:35.36	Joshua CHEPTEGEI	UGA	Monaco	14.08.20
NR	12:39.74	Daniel KOMEN	KEN	Bruxelles	22.08.97
WJR	12:43.02	Selemon BAREGA	ETH	Bruxelles	31.08.18
MR	13:08.32	Nicholas KIPKORIR	KEN		03.10.20
WL	12:44.09	Grant FISHER	USA	Boston, MA	14.02.25

2025 World list

12:44.09	Grant FISHER	USA	Boston, MA (USA) (i)	14.02.25
12:50.45	Berihu AREGAWI	ETH	Shaoxing/Keqiao (CHN)	03.05.25
12:50.69	Kuma GIRMA	ETH	Shaoxing/Keqiao (CHN)	03.05.25
12:51.56	Nico YOUNG	USA	Boston, MA (USA) (i)	02.03.25
12:51.86	Mezgebu SIME	ETH	Shaoxing/Keqiao (CHN)	03.05.25
12:54.92	Jimmy GRESSION	FRA	Boston, MA (USA) (i)	14.02.25
12:55.02	Adriaan WILDSCHUTT	RSA	Boston, MA (USA) (i)	02.03.25
12:56.81	Nicholas KIPKORIR	KEN	Shaoxing/Keqiao (CHN)	03.05.25
12:57.82	Cole HOCKER	USA	Boston, MA (USA) (i)	21.02.25
12:57.97	Cooper TEARE	USA	Boston, MA (USA) (i)	21.02.25
12:58.57	Eduardo HERRERA	MEX	Los Angeles, CA (USA)	24.05.25
12:59.43	Jack RAYNER	AUS	Boston, MA (USA) (i)	21.02.25
12:59.77	Gulveer SINGH	IND	Boston, MA (USA) (i)	21.02.25
13:00.49	Keneth KIPROP	UGA	Shaoxing/Keqiao (CHN)	03.05.25
13:02.08	Romain LEGENDRE	FRA	Boston, MA (USA) (i)	01.02.25
13:02.34	Ky ROBINSON	AUS	Boston, MA (USA) (i)	02.03.25
13:03.17	Denis KIPKOECH	KEN	Zagreb (CRO)	24.05.25
13:03.30	Andrew Kiptoo ALAMISI	KEN	Zagreb (CRO)	24.05.25
13:03.57	Biniam MEHARY	ETH	Zagreb (CRO)	24.05.25
13:04.85	Narve Gilje NORDÅS	NOR	Boston, MA (USA) (i)	21.02.25

All-Time World list

12:35.36	Joshua CHEPTEGEI	UGA	Monaco (MON)	14.08.20
12:36.73	Hagos GEBRHIWET	ETH	Oslo (NOR)	30.05.24
12:37.35	Kenenisa BEKELE	ETH	Hengelo (NED)	31.05.04
12:38.95	Yomif KEJELCHA	ETH	Oslo (NOR)	30.05.24
12:39.36	Haile GEBRSELASSIE	ETH	Helsinki (FIN)	13.06.98
12:39.74	Daniel KOMEN	KEN	Bruxelles (BEL)	22.08.97
12:40.45	Berihu AREGAWI	ETH	Lausanne (SUI)	30.06.23
12:40.96	Jacob KIPLIMO	UGA	Oslo (NOR)	30.05.24
12:42.70	Telahun Haile BEKELE	ETH	Monaco (MON)	21.07.23
12:43.02	Selemon BAREGA	ETH	Bruxelles (BEL)	31.08.18
12:44.09	Grant FISHER	USA	Boston, MA (USA) (i)	14.02.25
12:45.01	Mohamed KATIR	ESP	Monaco (MON)	21.07.23
12:45.71	Jacob KROP	KEN	Bruxelles (BEL)	02.09.22
12:46.33	Nicholas KIPKORIR	KEN	Roma (ITA)	09.06.22
12:46.53	Eliud KIPCHOGE	KEN	Roma (ITA)	02.07.04
12:46.81	Dejen GEBREMESKEL	ETH	Paris-St-Denis (FRA)	06.07.12
12:47.04	Sileshi SIHINE	ETH	Roma (ITA)	02.07.04
12:47.20	Mohammed AHMED	CAN	Portland, OR (USA)	10.07.20
12:48.10	Thierry NDIKUMWENAYO	ESP	Oslo (NOR)	30.05.24
12:48.45	Jakob INGEBRIGTSEN	NOR	Firenze (ITA)	10.06.21

WR progression

12:35.36	Joshua CHEPTEGEI	UGA	Monaco (MON)	14.08.20
12:37.35	Kenenisa BEKELE	ETH	Hengelo (NED)	31.05.04
12:39.36	Haile GEBRSELASSIE	ETH	Helsinki (FIN)	13.06.98
12:39.74	Daniel KOMEN	KEN	Bruxelles (BEL)	22.08.97
12:41.86	Haile GEBRSELASSIE	ETH	Zürich (SUI)	13.08.97
12:44.39	Haile GEBRSELASSIE	ETH	Zürich (SUI)	16.08.95
12:55.30	Moses KIPTANUI	KEN	Roma (ITA)	08.06.95
12:56.96	Haile GEBRSELASSIE	ETH	Hengelo (NED)	04.06.94
12:58.39	Saïd AOUITA	MAR	Roma (ITA)	22.07.87
13:00.40	Saïd AOUITA	MAR	Oslo (NOR)	27.07.85
13:00.41	David MOORCROFT	GBR	Oslo (NOR)	07.07.82
13:06.20	Henry RONO	KEN	Knarvik (NOR)	13.09.81
13:08.4h	Henry RONO	KEN	Berkeley, CA (USA)	08.04.78
13:12.87	Dick QUAX	NZL	Stockholm (SWE)	05.07.77
13:13.0h	Emiel PUTTEMANS	BEL	Bruxelles (BEL)	20.09.72
13:16.3h	Lasse VIREN	FIN	Helsinki (FIN)	14.09.72
13:16.6h	Ron CLARKE	AUS	Stockholm (SWE)	05.07.66
13:24.2h	Kipchoge KEINO	KEN	Auckland (NZL)	30.11.65
13:25.8h	Ron CLARKE	AUS	Los Angeles, CA (USA)	04.06.65

Medal Winners

2024 - Olympic Games - Paris

1.	Jakob INGEBRIGTSEN (NOR)	13:13.66
2.	Ronald KWEMOI (KEN)	13:15.04
3.	Grant FISHER (USA)	13:15.13

2024 - African Ch. - Douala

1.	Mohamed ISMAIL (DJI)	13:38.38
2.	Nibret MELAK (ETH)	13:42.95
3.	Abdi WAISS (DJI)	13:43.20

2024 - African Games - Accra

1.	Hagos GEBRHIWET (ETH)	13:38.12
2.	Abdullahi JAMA MOHAMED (SOM)	13:38.64
3.	Cornelius KEMBOI (KEN)	13:40.61

2023 - World Ch. - Budapest

1.	Jakob INGEBRIGTSEN (NOR)	13:11.30
2.	Mohamed KATIR (ESP)	13:11.44
3.	Jacob KROP (KEN)	13:12.28

2022 - World Ch. - Oregon

1.	Jakob INGEBRIGTSEN (NOR)	13:09.24
2.	Jacob KROP (KEN)	13:09.98
3.	Oscar CHELIMO (UGA)	13:10.20

2022 - African Ch. - St Pierre

1.	Hailemariam AMARE (ETH)	13:36.79
2.	Daniel Simiu EBENYO (KEN)	13:38.79
3.	Hicham AKANKAM (MAR)	13:40.39

2021 - Olympic Games - Tokyo

1.	Joshua CHEPTEGEI (UGA)	12:58.15
2.	Mohammed AHMED (CAN)	12:58.61
3.	Paul CHELIMO (USA)	12:59.05

2019 - World Ch. - Doha

1.	Muktar EDRIS (ETH)	12:58.85
2.	Selemon BAREGA (ETH)	12:59.70
3.	Mohammed AHMED (CAN)	13:01.11

2019 - African Games - Rabat

1.	Robert Kiprop KOECH (KEN)	13:30.96
2.	Edward Zakayo PINGUA (KEN)	13:31.40
3.	Richard YATOR (KEN)	13:31.41

2017 - World Ch. - London

1.	Muktar EDRIS (ETH)	13:32.79
2.	Mo FARAH (GBR)	13:33.22
3.	Paul CHELIMO (USA)	13:33.30

Previous Winners

24	Abdisa FAYISA (ETH)	13:34.77
23	Teddese LEMI (ETH)	13:26.58
22	Jacob KROP (KEN)	13:12.19
21	Jacob KROP (KEN)	13:23.50
20	Nicholas KIPKORIR (KEN)	13:08.32

Pace: 1000m - 2:38.0 | 2000m - 5:16.0 (Kiptoo) | 3000m - 7:55.0 (Kiprugut) Target: 13:10.0

1	Frankline KIBET (KEN)	17y		
OTHER PBs: 13:45 5 km Road(25) 2025: 5 km Road Tokyo (JPN) 4. 13:45				
2	Mamaru GWADE (ETH)			
OTHER PBs: 8:01.1h 3000m(24)				
3	Muse GIZACHEW (ETH)	19y		
OTHER PBs: 13:18 5 km Road(25) 2025: 5 km Road Tokyo (JPN) 6. 13:18				
4	Abraham CHEROTICH (UGA)			
5	Said AMERI (ALG)	21y	SB: 13:51.14 Algiers (ALG) 27.03	PB: 13:16.94 Maisons-Laffitte (FRA) 06.07.2024
GENERAL: 2 times National champion 5000m (24), 10,000m (23) In top 8 at African Championships WA World Rankings: 207th OTHER PBs: 3:46.42 1500m(22) - 28:59.97 10,000m(23) - 8:55.59 3000mSC(22) - 13:40 5 km Road(24) - 28:52 10km Road(24) HONOURS: NCH (2xWin) 2025: 5000m Algiers (ALG) 4. 13:51.14				
6	Stanley Waithaka MBURU (KEN)	25y	SB: 13:14.32 Nobeoka (JPN) 04.05 (BEL) 20.07.2019	PB: 13:05.21 Heusden-Zolder
GENERAL: World Championships silver medallist 10,000m (22) World U20 Championships silver medallist 5000m (18) OTHER PBs: 7:50.64 3000m(17) - 27:07.37 10,000m(24) - 13:28 5 km Road(19) - 27:18 10km Road(23) HONOURS: World Ch. (1xSilver) : 2. 10,000m Eugene, OR(22) 27:27.90 World U20 Ch. (1xSilver) World Youth Ch. (1xBronze) 2025: 10km Road Lille (FRA) 8. 27:33 - 10,000m Yokohama (JPN) 2. 27:21.43 - 5000m Nobeoka (JPN) 8. 13:14.32 INFO: In 2018 he has moved to Japan.				
7	Yves NIYONGABO (BDI)			
8	Samuel Simba CHEROP (UGA)	18y	PB: 13:28.58 Nerja (ESP) 22.05.2024	
GENERAL: In top 8 at World U20 Championships OTHER PBs: 3:44.42 1500m(24) - 8:01.58 3000m(24) - 13:29 5 km Road(25) - 28:02 10km Road(25) HONOURS: 2025: 3000m Kampala (UGA) 5. 8:07.80 - 10km Road Valenciennes (FRA) 3. 28:02 - 5 km Road Herzogenaurach (GER) 9. 13:35 - 5 km Road Lausanne (SUI) 1. 13:29				
9	Charles ROTICH (KEN)	20y	PB: 13:26.52 Jyväskylä (FIN) 22.05.2024	
GENERAL: In top 8 at World Cross Country Championships OTHER PBs: 7:58.26 3000m(24) - 13:39 5 km Road(25) - 27:18 10km Road(24) HONOURS: 2025: 10km Road Figueira da Foz (POR) NCH 1. 27:55 - 5 km Road Braga (POR) NCH 1. 13:48 - 10km Road Lille (FRA) 13. 28:00 - 5 km Road Tokyo (JPN) 8. 13:47 - 10km Road Herzogenaurach (GER) 13. 28:13 - 5 km Road Lausanne (SUI) 3. 13:39 INFO: Club: Sporting CP.				
10	Andrew KIPTOO (KEN)	21y	PB: 13:19.20 Bordeaux (FRA) 19.06.2024	
11	Boaz KIPRUGUT (KEN)	27y		
GENERAL: African Championships bronze medallist 1500m (24) African U20 Championships silver medallist 1500m (17) OTHER PBs: 1:44.64 800m(16) - 3:35.26 1500m(21) - 3:39.55 1500m sh(23) - 7:58.18 3000m(24) HONOURS: Afr. Ch. (1xBronze) Afr. U20 Ch. (1xSilver) 2025: 1500m sh Astana (KAZ) 6. 3:43.05 INFO: Athlete of Nyanza.				
12	Ayele TADESSE (ETH)	19y	SB: 13:40.30 Djibouti (DJI) 11.04	PB: 13:30.52 Djibouti (DJI) 17.03.2023
GENERAL: African U20 Championships silver medallist 5000m (23) OTHER PBs: 30:02.5h 10,000m(23) - 27:40 10km Road(24) HONOURS: Afr. U20 Ch. (1xSilver) 2025: 5000m Djibouti (DJI) 1. 13:40.30				
13	Hani Idriss HERSI (DJI)	25y	PB: 14:34.65 Yaoundé (CMR) 06.04.2024	
GENERAL: In top 8 at African Championships OTHER PBs: 8:24.05 3000m(22) - 28:35.54 10,000m(25) - 28:56 10km Road(22) - 1:03:37 Half Marathon(25) HONOURS: 2025: Half Marathon Djibouti (DJI) 4. 1:03:37 - 10,000m Djibouti (DJI) 3. 30:27.01 - 10,000m Oran (ALG) 1. 28:35.54				
14	Hailemariam AMARE (ETH)	28y	PB: 13:12.72 Rovereto (ITA) 30.08.2022	
GENERAL: 2 times African champion 5000m (22), 3000mSC (22) All-African Games bronze medallist 3000mSC (15) OTHER PBs: 5:03.52 2000m sh(22) - 7:55.88 3000m sh(18) - 27:32.47 10,000m(23) - 5:31.56 2000mSC(14) - 8:06.29 3000mSC(22) HONOURS: Afr. Ch. (2xGold) All-Afr. G. (1xBronze) 2025: 3000mSC Gaborone (BOT) 1. 8:28.00 - 3000mSC Xiamen (CHN) DL 5. 8:09.95 - 3000mSC Shaoxing/Keqiao (CHN) DL 9. 8:26.61 - 3000mSC Rabat (MAR) DL 10. 8:11.80				
15	Fasika AYELE (ETH)	18y		

Start list

3000mSC

Time: 16:13

Lane	Athlete	MF	NR	PB	SB
1	Gideon ROTICH	UGA	8:03.81	8:56.92	8:56.92
2	Gemechu GODANA	ETH	7:52.11	8:42.8h	
3	Yonatan TADESSE	ETH	7:52.11	8:44.8h	
4	Dinka FIKADU	ETH	7:52.11	8:44.94	
5	Amos KIMELI	KEN	7:53.64	8:41.29	8:41.29
6	Diriba GIRMA	ETH	7:52.11		
7	Damián VÍCH	CZE	8:21.83	8:22.95	
8	Zelalem ANEMUT	ETH	7:52.11		
9	Wesley LANGAT	KEN	7:53.64	8:26.04	
10	John KOECH	BRN	8:06.13	8:09.62	
11	Edmund SEREM	KEN	7:53.64	8:07.47	8:07.47
12	Cornelius KIPLANGAT (PM)	KEN	7:53.64	8:58.89	9:01.83
13	Wilberforce Chemiat KONES (PM)	KEN	7:53.64	8:21.42	8:38.14

Pace: 1000m - 2:45.0 (Kiplagat until 1400m) | 2000m - 5:30.0 (Kones)
Target : 8:15.0

Medal Winners

2024 - Olympic Games - Paris

1.	Soufiane EL BAKKALI (MAR)	8:06.05
2.	Kenneth ROOKS (USA)	8:06.41
3.	Abraham KIBIWOT (KEN)	8:06.47

2024 - African Ch. - Douala

1.	Leonard CHEMUTAI (UGA)	8:21.30
2.	Edmund SEREM (KEN)	8:21.94
3.	Matthew KOSGEI (KEN)	8:21.98

2024 - African Games - Accra

1.	Samuel FIREWU (ETH)	8:24.30
2.	Amos SEREM (KEN)	8:25.77
3.	Simon Kiprop KOECH (KEN)	8:26.19

2023 - World Ch. - Budapest

1.	Soufiane EL BAKKALI (MAR)	8:03.53
2.	Lamecha GIRMA (ETH)	8:05.44
3.	Abraham KIBIWOT (KEN)	8:11.98

2022 - World Ch. - Oregon

1.	Soufiane EL BAKKALI (MAR)	8:25.13
2.	Lamecha GIRMA (ETH)	8:26.01
3.	Conseslus KIPRUTO (KEN)	8:27.92

2022 - African Ch. - St Pierre

1.	Hailemariam AMARE (ETH)	8:27.38
2.	Tadesse TAKELE (ETH)	8:28.31
3.	Geoffrey Kipkemai KIRWA (KEN)	8:29.74

2021 - Olympic Games - Tokyo

1.	Soufiane EL BAKKALI (MAR)	8:08.90
2.	Lamecha GIRMA (ETH)	8:10.38
3.	Benjamin KIGEN (KEN)	8:11.45

2019 - World Ch. - Doha

1.	Conseslus KIPRUTO (KEN)	8:01.35
2.	Lamecha GIRMA (ETH)	8:01.36
3.	Soufiane EL BAKKALI (MAR)	8:03.76

2019 - African Games - Rabat

1.	Benjamin KIGEN (KEN)	8:12.39
2.	Getnet WALE (ETH)	8:14.06
3.	Soufiane EL BAKKALI (MAR)	8:19.45

2017 - World Ch. - London

1.	Conseslus KIPRUTO (KEN)	8:14.12
2.	Soufiane EL BAKKALI (MAR)	8:14.49
3.	Evan JAGER (USA)	8:15.53

Previous Winners

24	Abraham KIBIWOT (KEN)	8:20.54
23	Amos KIRUI (KEN)	8:18.45
22	Abraham KIBIWOT (KEN)	8:21.92
21	Soufiane EL BAKKALI (MAR)	8:21.20
20	Abraham KIBIWOT (KEN)	8:17.60

Records

WR	7:52.11	Lamecha GIRMA	ETH	Paris	09.06.23
AR	7:52.11	Lamecha GIRMA	ETH	Paris	09.06.23
NR	7:53.64	Brimin Kiprop KIPRUTO	KEN	Monaco	22.07.11
WJR	7:58.66	Stephen CHERONO	KEN	Bruxelles	24.08.01
MR	8:17.60	Abraham KIBIWOT	KEN		03.10.20
WL	8:00.70	Soufiane EL BAKKALI	MAR	Rabat	25.05.25

2025 World list

8:00.70	Soufiane EL BAKKALI	MAR	Rabat (MAR)	25.05.25
8:01.49	Frederik RUPPERT	GER	Rabat (MAR)	25.05.25
8:05.61	Samuel FIREWU	ETH	Xiamen (CHN)	26.04.25
8:07.12	Simon Kiprop KOECH	KEN	Xiamen (CHN)	26.04.25
8:07.47	Edmund SEREM	KEN	Rabat (MAR)	25.05.25
8:07.92	Abraham SIME	ETH	Shaoxing/Keqiao (CHN)	03.05.25
8:09.95	Hailemariam AMARE	ETH	Xiamen (CHN)	26.04.25
8:10.11	Ryuji MIURA	JPN	Xiamen (CHN)	26.04.25
8:10.13	Abraham KIBIWOT	KEN	Xiamen (CHN)	26.04.25
8:10.55	Mohamed Amin HINAOU	TUN	Shaoxing/Keqiao (CHN)	03.05.25
8:10.58	Daniel ARCE	ESP	Rabat (MAR)	25.05.25
8:10.69	Nicolas-Marie DARU	FRA	Shaoxing/Keqiao (CHN)	03.05.25
8:10.87	Samuel DUGUNA	ETH	Xiamen (CHN)	26.04.25
8:11.11	Matthew WILKINSON	USA	Rabat (MAR)	25.05.25
8:11.40	Salaheddine BEN YAZIDE	MAR	Rabat (MAR)	25.05.25
8:11.52	Djilali BEDRANI	FRA	Rabat (MAR)	25.05.25
8:12.89	Alexis MIELLET	FRA	Rabat (MAR)	25.05.25
8:13.70	Luc LE BARON	FRA	Rabat (MAR)	25.05.25
8:13.89	Geoffrey Kipkemai KIRWA	KEN	Azusa, CA (USA)	16.04.25
8:14.25	Kenneth ROOKS	USA	Los Angeles, CA (USA)	24.05.25

All-Time World list

7:52.11	Lamecha GIRMA	ETH	Paris (FRA)	09.06.23
7:53.63	Saif Saaed SHAHEEN	QAT	Bruxelles (BEL)	03.09.04
7:53.64	Brimin Kiprop KIPRUTO	KEN	Monaco (MON)	22.07.11
7:54.31	Paul Kipsiele KOECH	KEN	Roma (ITA)	31.05.12
7:55.28	Brahim BOULAMI	MAR	Bruxelles (BEL)	24.08.01
7:55.72	Bernard BARMASAI	KEN	Köln (GER)	24.08.97
7:55.76	Ezekiel KEMBOI	KEN	Monaco (MON)	22.07.11
7:56.16	Moses KIPTANUI	KEN	Köln (GER)	24.08.97
7:56.68	Soufiane EL BAKKALI	MAR	Rabat (MAR)	28.05.23
7:56.81	Richard Kipkemai MATEELONG	KEN	Doha (QAT)	11.05.12
7:57.29	Reuben KOSGEI	KEN	Bruxelles (BEL)	24.08.01
7:58.41	Jairus Kipchoge BIRECH	KEN	Bruxelles (BEL)	05.09.14
7:59.08	Wilson Boit KIPKETER	KEN	Zürich (SUI)	13.08.97
8:00.09	Mahiedine MEKHISSI	FRA	Paris-St-Denis (FRA)	06.07.13
8:00.12	Conseslus KIPRUTO	KEN	Birmingham (GBR)	05.06.16
8:00.45	Evan JAGER	USA	Paris-St-Denis (FRA)	04.07.15
8:01.18	Bouabdellah TAHRI	FRA	Berlin (GER)	18.08.09
8:01.49	Frederik RUPPERT	GER	Rabat (MAR)	25.05.25
8:01.67	Abel Kiprop MUTAI	KEN	Roma (ITA)	31.05.12
8:01.69	Kipkurui MISOI	KEN	Bruxelles (BEL)	24.08.01

WR progression

7:52.11	Lamecha GIRMA	ETH	Paris (FRA)	09.06.23
7:53.63	Saif Saaed SHAHEEN	QAT	Bruxelles (BEL)	03.09.04
7:55.28	Brahim BOULAMI	MAR	Bruxelles (BEL)	24.08.01
7:55.72	Bernard BARMASAI	KEN	Köln (GER)	24.08.97
7:59.08	Wilson Boit KIPKETER	KEN	Zürich (SUI)	13.08.97
7:59.18	Moses KIPTANUI	KEN	Zürich (SUI)	16.08.95
8:02.08	Moses KIPTANUI	KEN	Zürich (SUI)	19.08.92
8:05.35	Peter KOECH	KEN	Stockholm (SWE)	03.07.89
8:05.4h	Henry RONO	KEN	Seattle, WA (USA)	13.05.78
8:08.02	Anders GÄRDERUD	SWE	Montréal (CAN)	28.07.76
8:09.70	Anders GÄRDERUD	SWE	Stockholm (SWE)	01.07.75
8:10.4h	Anders GÄRDERUD	SWE	Oslo (NOR)	25.06.75
8:13.91	Benjamin JIPCHO	KEN	Helsinki (FIN)	27.06.73
8:19.8h	Benjamin JIPCHO	KEN	Helsinki (FIN)	19.06.73
8:20.8h	Anders GÄRDERUD	SWE	Helsinki (FIN)	14.09.72
8:21.98	Kerry O'BRIEN	AUS	Berlin (GER)	04.07.70
8:22.2h	Vladimir DUDIN	URS	Kiev (URS)	19.08.69
8:24.2h	Jouko KUHA	FIN	Stockholm (SWE)	17.07.68
8:26.4h	Gaston ROELANTS	BEL	Bruxelles (BEL)	07.08.65

Pace: 1000m - 2:45.0 (Kiplagat until 1400m) | 2000m - 5:30.0 (Kones) Target : 8:15.0

1	Gideon ROTICH (UGA)		SB and PB: 8:56.92 Kampala (UGA) 12.04
OTHER PBs: 3:43.88 1500m(25) - 14:19.54 5000m(23) 2025: 1500m Kampala (UGA) 4. 3:43.88 - 3000mSC Kampala (UGA) 1. 8:56.92 - 1500m Kampala (UGA) 4. 3:46.30			
2	Gemechu GODANA (ETH)	19y	PB: 8:42.8h Hawassa (ETH) 04.07.2024
3	Yonatan TADESSE (ETH)		PB: 8:44.8h Hawassa (ETH) 31.03.2022
4	Dinka FIKADU (ETH)		PB: 8:44.94 Nairobi (KEN) 20.04.2024
5	Amos KIMELI (KEN)	26y	SB and PB: 8:41.29 Gaborone (BOT) 12.04
2025: 3000mSC Gaborone (BOT) 8. 8:41.29			
6	Diriba GIRMA (ETH)	22y	
GENERAL: In top 8 at World U20 Championships 3000m (22) OTHER PBs: 1:47.7h 800m(18) - 3:37.13 1500m(23) - 3:41.11 1500m sh(24) - 7:38.79 3000m sh(22) - 28:17 10km Road(24) HONOURS: 2025: Half Marathon Beijing (CHN) 4. 1:03:02			
7	Damián VÍCH (CZE)	26y	PB: 8:22.95 Roma (ITA) 10.06.2024
GENERAL: 4 times National Indoor champion 3000m sh (24, 23, 22, 20) 3 times National champion 3000mSC (22, 21, 20) WA World Rankings: 75th OTHER PBs: 3:44.79 1500m sh(23) - 7:53.30 3000m sh(23) - 8:40.68 2 Miles sh(22) - 5:33.09 2000mSC(22) - 28:21 10km Road(25) Current Records: 2xNBP: NBP 8:40.68 2 Miles sh Dortmund(22) - NBP 13:57 5 km Road Monaco(25) HONOURS: NCH (3xWin) NICH (4xWin) 2025: 10km Road Valencia (ESP) 47. 28:21 - 5 km Road Monaco (MON) 7. 13:57 - 3000m sh Ostrava (CZE) 1. 8:08.07 - 10km Road Brussels-Leuven (BEL) 40. 29:18 - Half Marathon Karlovy Vary (CZE) 1. 1:04:23 INFO: Based in Prague.			
8	Zelalem ANEMUT (ETH)	19y	
9	Wesley LANGAT (KEN)	30y	PB: 8:26.04 Nairobi (KEN) 20.04.2024
OTHER PBs: 3:49.39 1500m(22) - 29:53.39 10,000m(24)			
10	John KOECH (BRN)	29y	PB: 8:09.62 Doha (QAT) 06.05.2016
GENERAL: 2 times Asian champion 3000mSC (19, 15) In top 8 at Asian Games 3000mSC (18) OTHER PBs: 3:42.0h 1500m(14) - 13:31.76 5000m(16) - 2:18:52 Marathon(17) HONOURS: Asi. Ch. (2xGold) NCH (1xWin) 2025: 5000m Nairobi (KEN) 48. 14:48.86 INFO: Born in Kenya; based in Manama. Studies: University of Bahrain. His idol is Paul Kipsiele Koech.			
11	Edmund SEREM (KEN)	17y	SB and PB: 8:07.47 Rabat (MAR) 25.05
GENERAL: World U20 champion 3000mSC (24) African Championships silver medallist 3000mSC (24) WA World Rankings: 8th HONOURS: World U20 Ch. (1xGold) Afr. Ch. (1xSilver) 2025: 3000mSC Xiamen (CHN) DL 4. 8:08.50 - 3000mSC Shaoxing/Keqiao (CHN) DL 2. 8:08.68 - 3000mSC Rabat (MAR) DL 3. 8:07.47 INFO: Brother of Amos Serem, who is also a World U20 Champion in the 3000m SC.			
12	Cornelius KIPLANGAT (KEN)	32y	SB: 9:01.83 Nairobi (KEN) 12.04 PB: 8:58.89 Nairobi (KEN) 29.04.2023
GENERAL: In top 8 at African Championships 800m (12) OTHER PBs: 1:45.47 800m(13) - 1:50.13 800m sh(14) - 2:18.96 1000m(12) - 3:39.03 1500m(16) - 3:39.89 1500m sh(16) HONOURS: 2025: 3000mSC Nairobi (KEN) 4. 9:01.83 - 3000mSC Nairobi (KEN) 6. 9:15.53			
13	Wilberforce Chemiat KONES (KEN)	31y	SB: 8:38.14 Gaborone (BOT) 12.04 PB: 8:21.42 Huelva (ESP) 03.06.2021
OTHER PBs: 2:27.17 1000m(19) - 3:43.98 1500m(22) - 7:57.19 3000m(24) 2025: 3000mSC Gaborone (BOT) 7. 8:38.14 - 1500m Nairobi (KEN) h 3:51.18 - 3000mSC Nairobi (KEN) 2. 8:49.95			

Start list Hammer Throw Time: 13:50

Order	Athlete	MF	NR	PB	SB
1	Dominic Ongidi ABUNDA	KEN	62.57	62.57	54.14
2	Matija GREGURIĆ	CRO	80.41	75.47	74.96
3	Mostafa ELGAMEL	EGY	81.27	81.27	72.54
4	Shota FUKUDA	JPN	84.86	73.91	71.97
5	Dániel RÁBA	HUN	84.19	76.83	75.11
6	Denzel COMENENTIA	NED	79.09	79.09	75.13
7	Michail ANASTASAKIS	GRE	80.45	77.72	76.09
8	Ethan KATZBERG	CAN	84.38	84.38	81.22

Records

WR	86.74	Yuriy SEDYKH	URS	Stuttgart	30.08.86
AR	81.27	Mostafa ELGAMEL	EGY	Cairo	21.03.14
NR	62.57	Dominic Ongidi ABUNDA	KEN	Asaba	04.08.18
WJB	78.33	Olli-Pekka KARJALAINEN	FIN	Seinäjoki	05.08.99
MR	84.38	Ethan KATZBERG	CAN		20.04.24
WL	81.91	Yann CHAUSSINAND	FRA	Zagreb	24.05.25

2025 World list

81.91	Yann CHAUSSINAND	FRA	Zagreb (CRO)	24.05.25
81.22	Ethan KATZBERG	CAN	Halle (GER)	24.05.25
81.08	Rudy WINKLER	USA	Des Moines, IA (USA)	24.04.25
80.97	Bence HALÁSZ	HUN	Budapest (HUN)	25.05.25
80.73	Mykhaylo KOKHAN	UKR	Antalya (TUR)	26.04.25
80.11	Merlin HUMMEL	GER	Halle (GER)	24.05.25
78.67	Valeriy PRONKIN	RUS	Sochi (RUS)	09.02.25
78.61	Angelos MANTZOURANIS	GRE	Minneapolis, MN (USA)	30.04.25
78.30	Tyler WILLIAMS	USA	Chester, PA (USA)	12.05.25
78.20	Patrik HÁJEK	CZE	Nové Město nad Metují (CZE)	17.05.25
78.06	Ármin SZABADOS	HUN	Budapest (HUN)	24.05.25
78.03	Volodymyr MYSLYVČUK	CZE	Mlada Boleslav (CZE)	24.04.25
77.93	Thomas MARDAL	NOR	Byrkjelo (NOR)	01.05.25
77.91	Trey KNIGHT	USA	Los Angeles, CA (USA)	21.03.25
77.91	Konstantinos ZALTOS	GRE	Gainesville, FL (USA)	04.04.25
77.69	Joaquin GOMEZ	ARG	Mar del Plata (ARG)	25.04.25
77.60	Daniel HAUGH	USA	Tucson, AZ (USA)	24.05.25
76.91	Ronald MENCIA ZAYAS	CUB	La Habana (CUB)	08.02.25
76.90	Gabriel KEHR	CHI	Mar del Plata (ARG)	25.04.25
76.61	Humberto MANSILLA	CHI	Mar del Plata (ARG)	25.04.25

All-Time World list

86.74	Yuriy SEDYKH	URS	Stuttgart (GER)	30.08.86
86.04	Sergey LITVINOV	URS	Dresden (GER)	03.07.86
84.90	Vadim DEVIYATOVSKIY	BLR	Minsk (BLR)	21.07.05
84.86	Koji MUROFUSHI	JPN	Praha (CZE)	29.06.03
84.62	Igor ASTAPKOVICH	BLR	Sevilla (ESP)	06.06.92
84.51	Ivan TIKHON	BLR	Grodno (BLR)	09.07.08
84.48	Igor NIKULIN	URS	Lausanne (SUI)	12.07.90
84.40	Jüri TAMM	URS	Banská Bystrica (TCH)	09.09.84
84.38	Ethan KATZBERG	CAN	Nairobi (KEN)	20.04.24
84.19	Adrián ANNUS	HUN	Szombathely (HUN)	10.08.03
83.93	Paweł FAJDEK	POL	Szczecin (POL)	09.08.15
83.68	Tibor GÉCSEK	HUN	Zalaegerszeg (HUN)	19.09.98
83.46	Andrey ABDUVALIYEV	URS	Adler (URS)	26.05.90
83.43	Aleksey ZAGORNIY	RUS	Sochi (RUS)	10.02.02
83.40	Ralf HABER	GDR	Athina (GRE)	16.05.88
83.38	Szymon ZIÓŁKOWSKI	POL	Edmonton (CAN)	05.08.01
83.30	Olli-Pekka KARJALAINEN	FIN	Lahti (FIN)	14.07.04
83.04	Heinz WEIS	GER	Frankfurt (GER)	29.06.97
83.00	Balázs KISS	HUN	St-Denis (FRA)	04.06.98
82.78	Karsten KOBBS	GER	Dortmund (GER)	26.06.99

WR progression

86.74	Yuriy SEDYKH	URS	Stuttgart (GER)	30.08.86
86.66	Yuriy SEDYKH	URS	Tallinn (EST)	22.06.86
86.34	Yuriy SEDYKH	URS	Cork (IRL)	03.07.84
84.14	Sergey LITVINOV	URS	Moskva (URS)	21.06.83
83.98	Sergey LITVINOV	URS	Moskva (URS)	04.06.82
81.80	Yuriy SEDYKH	URS	Moskva (URS)	31.07.80
81.66	Sergey LITVINOV	URS	Sochi (URS)	24.05.80
80.64	Yuriy SEDYKH	URS	Leselidze (URS)	16.05.80
80.46	Jüri TAMM	URS	Leselidze (URS)	16.05.80
80.38	Yuriy SEDYKH	URS	Leselidze (URS)	16.05.80
80.32	Karl-Hans RIEHM	FRG	Heidenheim (GER)	06.08.78
80.14	Boris ZAYCHUK	URS	Moskva (URS)	09.07.78
79.30	Walter SCHMIDT	FRG	Frankfurt (GER)	14.08.75
78.50	Karl-Hans RIEHM	FRG	Rehlingen (GER)	19.05.75
77.56	Karl-Hans RIEHM	FRG	Rehlingen (GER)	19.05.75
76.70	Karl-Hans RIEHM	FRG	Rehlingen (GER)	19.05.75
76.66	Aleksey SPIRIDONOV	URS	München (GER)	11.09.74
76.60	Reinhard THEIMER	GDR	Leipzig (GER)	04.07.74
76.40	Walter SCHMIDT	FRG	Lahr (FRG)	04.09.71

Medal Winners

2024 - Olympic Games - Paris

1.	Ethan KATZBERG (CAN)	84.12
2.	Bence HALÁSZ (HUN)	79.97
3.	Mykhaylo KOKHAN (UKR)	79.39

2024 - African Ch. - Douala

1.	Mostafa ELGAMEL (EGY)	72.88
2.	Ahmed Tarek ISMAIL (EGY)	70.71
3.	Alan CUMMING (RSA)	69.43

2024 - African Games - Accra

1.	Mostafa ELGAMEL (EGY)	73.65
2.	Mohsen ANANI (TUN)	67.71
3.	Alan CUMMING (RSA)	67.57

2023 - World Ch. - Budapest

1.	Ethan KATZBERG (CAN)	81.25
2.	Wojciech NOWICKI (POL)	81.02
3.	Bence HALÁSZ (HUN)	80.82

2022 - World Ch. - Oregon

1.	Paweł FAJDEK (POL)	81.98
2.	Wojciech NOWICKI (POL)	81.03
3.	Eivind HENRIKSEN (NOR)	80.87

2022 - African Ch. - St Pierre

1.	Alan CUMMING (RSA)	69.13
2.	Tshepang MAKHETHE (RSA)	68.75
3.	Alaa EL ASHRY (EGY)	68.24

2021 - Olympic Games - Tokyo

1.	Wojciech NOWICKI (POL)	82.52
2.	Eivind HENRIKSEN (NOR)	81.58
3.	Paweł FAJDEK (POL)	81.53

2019 - World Ch. - Doha

1.	Paweł FAJDEK (POL)	80.50
2.	Quentin BIGOT (FRA)	78.19
3.	Bence HALÁSZ (HUN)	78.18
3.	Wojciech NOWICKI (POL)	77.69

2019 - African Games - Rabat

1.	Mostafa ELGAMEL (EGY)	72.50
2.	Alaa EL ASHRY (EGY)	72.04
3.	Eslam Moussad SERIA (EGY)	71.36

2018 - African Ch. - Asaba

1.	Mostafa ELGAMEL (EGY)	73.50
2.	Eslam Moussad SERIA (EGY)	70.32
3.	Hassan Mohamed MAHMOUD (EGY)	69.90

Previous Winners

24	Ethan KATZBERG (CAN)	84.38
23	Wojciech NOWICKI (POL)	79.78
22	Wojciech NOWICKI (POL)	81.43
21	Paweł FAJDEK (POL)	79.19
20	Marco LINGUA (ITA)	70.20

1	Dominic Ongidi ABUNDA (KEN)	31y	SB: 54.14 Nairobi (KEN) 15.05	PB: 62.57 Asaba (NGR) 04.08.2018
GENERAL: 7 times National champion Hammer Throw (24, 23, 19, 18, 17, 16, 15) 3 times In top 8 at African Championships HONOURS: NCH (7xWin) 2025: Hammer Throw Nairobi (KEN) 1. 54.14 INFO: Born in Kisii.				
2	Matija GREGURIĆ (CRO)	28y	SB: 74.96 Nicosia (CYP) 16.03	PB: 75.47 Roma (ITA) 09.06.2024
GENERAL: World U18 champion Hammer Throw (5kg) (13) In top 8 at European Championships WA World Rankings: 15th OTHER PBs: 77.90 Hammer Throw (6kg)(15) - 79.38 Hammer Throw (5kg)(13) HONOURS: World Youth Ch. (1xGold) Eur. U20 Ch. (1xBronze) 2025: Hammer Throw Nicosia (CYP) 9. 74.96 - Hammer Throw Zagreb (CRO) WC 7. 74.29 INFO: Born in Zabok. Studies: Krapina-Zagorje Police Academy. Height: 1.87 / 6'2". Club: AK Dinamo Zrinjevac.				
3	Mostafa ELGAMEL (EGY)	36y	SB: 72.54 Cairo (EGY) 10.04	PB: 81.27 Cairo (EGY) 21.03.2014
GENERAL: 4 times All-African Games winner Hammer Throw (15, 11, 24, 19) 3 times African champion Hammer Throw (24, 18, 14) WA World Rankings: 49th OTHER PBs: 66.36 Hammer Throw (6kg)(07) Current Records: 1xAR: AR 81.27 Hammer Throw Cairo(14) HONOURS: World Ch. (1xFinal) 6. Hammer Throw Beijing(15) 76.81 World (Cont.) Cup (2xSilver) Afr. Ch. (3xGold, 1xSilver, 2xBronze) All-Afr. G. (4xGold) 2025: Hammer Throw Cairo (EGY) 1. 72.54 INFO: Born in El-Giza. Studies: Helwan University. Likes drawing. Earlier was involved in swimming. Height: 1.90 / 6'3".				
4	Shota FUKUDA (JPN)	24y	SB: 71.97 Tokyo (JPN) 20.04	PB: 73.91 Mokpo (KOR) 14.06.2024
GENERAL: 2 times Asian Championships bronze medallist Hammer Throw (25, 23) 2 times National champion Hammer Throw (23, 21) WA World Rankings: 41st OTHER PBs: 17.41 Shot Put(22) - 66.66 Hammer Throw (6kg)(18) HONOURS: Asi. Ch. (2xBronze) NCH (2xWin) 2025: Hammer Throw Christchurch (NZL) 1. 69.79 - Hammer Throw Tokyo (JPN) 1. 71.97 - Hammer Throw Fukuroi (JPN) 1. 71.86 - Hammer Throw Gumi (KOR) AsC 3. 71.89				
5	Dániel RÁBA (HUN)	27y	SB: 75.11 Szombathely (HUN) 01.03	PB: 76.83 Szombathely (HUN) 29.06.2021
GENERAL: European U20 Championships bronze medallist Hammer Throw (6kg) (17) In top 8 at World U20 Championships Hammer Throw (6kg) (16) WA World Rankings: 17th OTHER PBs: 77.76 Hammer Throw (6kg)(16) - 76.55 Hammer Throw (5kg)(15) - 74.44 Hammer Throw (4kg)(13) - 25.83 Weight Throw (14.5kg/61cm)(18) HONOURS: Eur. U20 Ch. (1xBronze) NCH (1xWin) 2025: Hammer Throw Szombathely (HUN) 2. 75.11 - Hammer Throw Nicosia (CYP) 14. 72.43 - Hammer Throw Nicosia (CYP) OC 75.07 - Hammer Throw Veszprém (HUN) 2. 72.47 - Hammer Throw Tashkent (UZB) 2. 74.78 - Hammer Throw Zagreb (CRO) WC 6. 74.45 - Discus Throw Budapest (HUN) 12. 44.41 - Hammer Throw Budapest (HUN) 2. 74.82 INFO: Hometown: Szombathely. Former U23 Male Athlete of the Year in Hungary. Likes reading, watching movies. Height: 1.84 / 6'0". Club: Szombathelyi Dobó SE.				
6	Denzel COMENENTIA (NED)	29y	SB: 75.13 Neuwied (GER) 17.05	PB: 79.09 Los Angeles, CA (USA) 17.05.2024
GENERAL: 6 times National champion Shot Put (19, 15), Hammer Throw (24, 23, 20, 15) World U20 Championships silver medallist Shot Put (6kg) (14) WA World Rankings: 28th OTHER PBs: 20.88 Shot Put(18) - 20.17 Shot Put (6kg)(14) - 59.97 Discus Throw(19) - 74.06 Hammer Throw (6kg)(14) - 24.25 Weight Throw(21) HONOURS: World U20 Ch. (1xSilver) Eur. Team Ch./1st (1xWin) Eur. U23 Ch. (1xSilver) NCH (6xWin) 2025: Hammer Throw Neuwied (GER) 2. 75.13 - Hammer Throw Halle (GER) 6. 75.08 INFO: Born in Amsterdam. Studies: University of Georgia. Major in Sociology. His father is from Curacao. Height: 1.88 / 6'2".				
7	Michail ANASTASAKIS (GRE)	30y	SB: 76.09 Herakleion (GRE) 01.03	PB: 77.72 Nikiti (GRE) 11.06.2017
GENERAL: 2 times In top 8 at European Championships Hammer Throw (16) 6 times National champion Hammer Throw (23, 19, 18, 17, 16, 15) WA World Rankings: 35th OTHER PBs: 75.40 Hammer Throw (6kg)(13) - 74.92 Hammer Throw (5kg)(11) HONOURS: Eur. Team Ch. (2xBronze) Eur. Throw. Cup (1xSilver) NCH (6xWin) 2025: Hammer Throw Herakleion (GRE) 1. 76.09 - Hammer Throw Nicosia (CYP) 8. 75.52 - Hammer Throw Herakleion (GRE) 1. 73.61 - Hammer Throw Limassol (CYP) 2. 73.55 INFO: Born in Hania. Physiotherapy studies at University of West Attica. Likes reading. Height: 1.83 / 6'0".				
8	Ethan KATZBERG (CAN)	23y	SB: 81.22 Halle (GER) 24.05	PB: 84.38 Nairobi (KEN) 20.04.2024
GENERAL: Olympic champion Hammer Throw (24) World champion Hammer Throw (23) WA World Rankings: 1st OTHER PBs: 77.97 Hammer Throw (6kg)(21) - 66.06 Hammer Throw (5kg)(19) Current Records: 1xAR: AR 84.38 Hammer Throw Nairobi(24) HONOURS: OG (1xGold): 1. Hammer Throw Paris(24) 84.12 World Ch. (1xGold): 1. Hammer Throw Budapest(23) 81.25 PanAm G. (1xGold) CWG (1xSilver) 2025: Hammer Throw Neuwied (GER) 1. 79.32 - Hammer Throw Halle (GER) 1. 81.22 INFO: Native of Nanaimo, British Columbia. In 2023 he became the youngest-ever world champion in the men's hammer throw. 1st Canadian male athlete to reach the WCH podium in the hammer throw. Height: 2.01 / 6'7".				

Start list Javelin Throw Time: 11:50

Order	Athlete	MF	NR	PB	SB
1	Alex Toroitich KIPROTICH	KEN	92.72	78.84	72.98
2	Timothy HERMAN	BEL	87.35	87.35	78.38
3	Leandro RAMOS	POR	84.78	84.78	81.94
4	Julius YEGO	KEN	92.72	92.72	78.52
5	Kishore JENA	IND	90.23	87.54	78.60
6	Manu QUIJERA	ESP	84.80	83.28	81.46
7	Luiz Mauricio DA SILVA	BRA	85.91	85.91	82.03
8	Ioannis KYRIAZIS	GRE	91.69	88.01	84.38
9	Curtis THOMPSON	USA	91.29	87.76	87.76
10	Thomas RÖHLER	GER	97.76	93.90	80.37
11	Anderson PETERS	GRN	93.07	93.07	85.64

Medal Winners

2024 - Olympic Games - Paris

1.	Arshad NADEEM (PAK)	92.97
2.	Neeraj CHOPRA (IND)	89.45
3.	Anderson PETERS (GRN)	88.54

2024 - African Ch. - Douala

1.	Julius YEGO (KEN)	80.24
2.	Chinecherem NNAMDI (NGR)	79.22
3.	Moustafa MAHMOUD (EGY)	77.25

2024 - African Games - Accra

1.	Chinecherem NNAMDI (NGR)	82.80
2.	Julius YEGO (KEN)	81.74
3.	Moustafa MAHMOUD (EGY)	78.10

2023 - World Ch. - Budapest

1.	Neeraj CHOPRA (IND)	88.17
2.	Arshad NADEEM (PAK)	87.82
3.	Jakub VADLEJCH (CZE)	86.67

2022 - World Ch. - Oregon

1.	Anderson PETERS (GRN)	90.54
2.	Neeraj CHOPRA (IND)	88.13
3.	Jakub VADLEJCH (CZE)	88.09

2022 - African Ch. - St Pierre

1.	Julius YEGO (KEN)	79.62
2.	Ihab ABDELRAHMAN (EGY)	77.12
3.	Phil-Mar VAN RENSBURG (RSA)	74.10

2021 - Olympic Games - Tokyo

1.	Neeraj CHOPRA (IND)	87.58
2.	Jakub VADLEJCH (CZE)	86.67
3.	Vítězslav VESELÝ (CZE)	85.44

2019 - World Ch. - Doha

1.	Anderson PETERS (GRN)	86.89
2.	Magnus KIRT (EST)	86.21
3.	Johannes VETTER (GER)	85.37

2019 - African Games - Rabat

1.	Julius YEGO (KEN)	87.73
2.	Alex Toroitich KIPROTICH (KEN)	77.50
3.	Chinecherem NNAMDI (NGR)	73.24

2018 - African Ch. - Asaba

1.	Julius YEGO (KEN)	77.34
2.	Phil-Mar VAN RENSBURG (RSA)	76.57
3.	Samuel KURE (NGR)	75.69

Records

WR	98.48	Jan ŽELEZNÝ	CZE	Jena	25.05.96
AR	92.72	Julius YEGO	KEN	Beijing	26.08.15
NR	92.72	Julius YEGO	KEN	Beijing	26.08.15
WJR	86.48	Neeraj CHOPRA	IND	Bydgoszcz	23.07.16
MR	87.35	Timothy HERMAN	BEL		13.05.23
WL	91.06	Julian WEBER	GER	Doha	16.05.25

2025 World list

91.06	Julian WEBER	GER	Doha (QAT)	16.05.25
90.23	Neeraj CHOPRA	IND	Doha (QAT)	16.05.25
87.76	Curtis THOMPSON	USA	Austin, TX (USA)	28.03.25
86.67	Aliaksei KATKAVETS	BLR	Sochi (RUS)	24.04.25
86.34	Arshad NADEEM	PAK	Gumi (KOR)	30.05.25
85.78	Sumedha RANASINGHE	SRI	Diyagama (SRI)	09.03.25
85.64	Anderson PETERS	GRN	Doha (QAT)	16.05.25
85.41	Rumesh Tharanga PATHIRAGE	SRI	Perth (AUS)	01.03.25
84.65	Keshorn WALCOTT	TTO	Doha (QAT)	16.05.25
84.39	Sachin YADAV	IND	Dehradun (IND)	12.02.25
84.39	Marcin KRUKOWSKI	POL	Warszawa (POL)	10.05.25
84.38	Ioannis KYRIAZIS	GRE	Nicosia (CYP)	16.03.25
83.12	Boris BEZDOLNIY	RUS	Sochi (RUS)	24.04.25
82.96	Yuta SAKIYAMA	JPN	Hiroshima (JPN)	29.04.25
82.78	Giovanni FRATTINI	ITA	Nicosia (CYP)	16.03.25
82.65	Marc Anthony MINICHELLO	USA	Tucson, AZ (USA)	24.05.25
82.46	Cyprian MRZYGŁÓD	POL	Nicosia (CYP)	16.03.25
82.46	Douw SMIT	RSA	Potchefstroom (RSA)	18.03.25
82.35	Devoux DEYSEL	RSA	Winston Salem, NC (USA)	15.05.25
82.03	Luiz Mauricio DA SILVA	BRA	Bragança Paulista (BRA)	29.03.25

All-Time World list

98.48	Jan ŽELEZNÝ	CZE	Jena (GER)	25.05.96
97.76	Johannes VETTER	GER	Chorzów (POL)	06.09.20
93.90	Thomas RÖHLER	GER	Doha (QAT)	05.05.17
93.09	Aki PARVIAINEN	FIN	Kuortane (FIN)	26.06.99
93.07	Anderson PETERS	GRN	Doha (QAT)	13.05.22
92.97	Arshad NADEEM	PAK	Paris (FRA)	08.08.24
92.72	Julius YEGO	KEN	Beijing (CHN)	26.08.15
92.61	Sergey MAKAROV	RUS	Sheffield (GBR)	30.06.02
92.60	Raymond HECHT	GER	Oslo (NOR)	21.07.95
92.06	Andreas HOFMANN	GER	Offenburg (GER)	02.06.18
91.69	Konstantinos GATSILOUDIS	GRE	Kuortane (FIN)	24.06.00
91.59	Andreas THORKILDSEN	NOR	Oslo (NOR)	02.06.06
91.53	Tero PITKÄMÄKI	FIN	Kuortane (FIN)	26.06.05
91.46	Steve BACKLEY	GBR	Auckland (NZL)	25.01.92
91.36	Chao-Tsun CHENG	TPE	Taipei City (TPE)	26.08.17
91.29	Breaux GREER	USA	Indianapolis, IN (USA)	21.06.07
91.06	Julian WEBER	GER	Doha (QAT)	16.05.25
90.88	Jakub VADLEJCH	CZE	Doha (QAT)	13.05.22
90.82	Kimmo KINNUNEN	FIN	Tokyo (JPN)	26.08.91
90.73	Vadims VASIĻEVSKIS	LAT	Tallinn (EST)	22.07.07

WR progression

98.48	Jan ŽELEZNÝ	CZE	Jena (GER)	25.05.96
95.66	Jan ŽELEZNÝ	CZE	Sheffield (GBR)	29.08.93
95.54	Jan ŽELEZNÝ	CZE	Pietersburg (RSA)	06.04.93
91.46	Steve BACKLEY	GBR	Auckland (NZL)	25.01.92
89.58	Steve BACKLEY	GBR	Stockholm (SWE)	02.07.90
89.10	Patrik BODÉN	SWE	Austin, TX (USA)	24.03.90
87.66	Jan ŽELEZNÝ	TCH	Nitra (TCH)	31.05.87
85.74	Klaus TAFELMEIER	FRG	Como (ITA)	21.09.86
104.80	Uwe HOHN	GDR	Berlin (GDR)	20.07.84
99.72	Tom PETRANOFF	USA	Westwood, CA (USA)	15.05.83
96.72	Ferenc PARAGI	HUN	Tata (HUN)	23.04.80
94.58	Miklós NÉMETH	HUN	Montréal (CAN)	26.07.76
94.08	Klaus WOLFERMANN	FRG	Leverkusen (GER)	05.05.73
93.80	Jānis LUSIS	URS	Stockholm (SWE)	06.07.72
92.70	Jorma KINNUNEN	FIN	Tampere (FIN)	18.06.69
91.98	Jānis LUSIS	URS	Saarijärvi (FIN)	23.06.68
91.72	Terje PEDERSEN	NOR	Oslo (NOR)	02.09.64
87.12	Terje PEDERSEN	NOR	Oslo (NOR)	01.07.64
86.74	Carlo LIEVORE	ITA	Milano (ITA)	01.06.61

Men's Javelin Throw

Final

31.05.2025

1	Alex Toroitich KIPROTICH (KEN)	30y	SB: 72.98 Nairobi (KEN) 26.04	PB: 78.84 Eldoret (KEN) 22.05.2015
GENERAL: All-African Games silver medallist Javelin Throw (19) African Championships bronze medallist Javelin Throw (16) HONOURS: Afr. Ch. (1xBronze) All-Afr. G. (1xSilver) Afr. U20 Ch. (1xGold) 2025: Javelin Throw Kampala (UGA) 2. 66.25 - Javelin Throw Nairobi (KEN) 1. 72.98 INFO: Born in Mount Elgon.				
2	Timothy HERMAN (BEL)	34y	SB: 78.38 Domažlice (CZE) 11.05	PB: 87.35 Nairobi (KEN) 13.05.2023
GENERAL: 10 times National champion Javelin Throw (24, 23, 22, 21, 20, 19, 18, 16, 15, 14) European Team Championships silver medallist Javelin Throw (23) WA World Rankings: 33rd OTHER PBs: 69.62 Javelin Throw (700g)(07) HONOURS: Eur. Team Ch. (1xSilver) NCH (10xWin) 2025: Javelin Throw Domažlice (CZE) 2. 78.38 INFO: Born in Oudenaarde. His favorite javelin is Nemeth Classic 95. His idol is Andreas Thorkildsen. Height: 1.79 / 5'10".				
3	Leandro RAMOS (POR)	24y	SB: 81.94 Halle (GER) 24.05	PB: 84.78 Doha (QAT) 13.05.2022
GENERAL: European (Winter) Throwing Cup winner Javelin Throw (23) Ibero-American Championships winner Javelin Throw (22) WA World Rankings: 19th HONOURS: Eur. Team Ch. (1xBronze) Eur. Throw. Cup (1xGold) IberoAM Ch. (1xGold, 1xSilver) Medit. G. (1xWin) 2025: Javelin Throw Leiria (POR) 1. 81.20 - Javelin Throw Vagos (POR) 1. 80.65 - Javelin Throw Castelo de Vide (POR) 1. 75.60 - Javelin Throw Nicosia (CYP) 9. 77.18 - Javelin Throw Albufeira (POR) 1. 77.97 - Javelin Throw Halle (GER) 1. 81.94 INFO: Based in Lisbon. Club: SL Benfica. Height: 1.83 / 6'0".				
4	Julius YEGO (KEN)	36y	SB: 78.52 Doha (QAT) 16.05	PB: 92.72 Beijing (CHN) 26.08.2015
GENERAL: World champion Javelin Throw (15) Olympic Games silver medallist Javelin Throw (16) WA World Rankings: 6th Current Records: 1xAR: AR 92.72 Javelin Throw Beijing(15) HONOURS: OG (1xSilver): 2. Javelin Throw Rio de Janeiro(16) 88.24 - 5. Javelin Throw Paris(24) 87.72 World Ch. (1xGold): 1. Javelin Throw Beijing(15) 92.72 - 4. Javelin Throw Moskva(13) 85.40 Afr. Ch. (5xGold, 1xBronze) 2025: Javelin Throw Doha (QAT) DL 9. 78.52 INFO: Born in Cheptonon. Studies: Kajaani University, Finland. 1st Kenyan athlete to win field gold medal in a major event and also 1st African javelin thrower to reach the Olympic final. Became interested in the javelin throw as a youth; watched videos of athletes such as Zelezny or Thorkildsen to help with his technique; when he left school he worked as a policeman. Loves football and a passionate Arsenal fan. Former KEN Male Athlete of the Year. Height: 1.76 / 5'9".				
5	Kishore JENA (IND)	29y	SB: 78.60 Doha (QAT) 16.05	PB: 87.54 Hangzhou (CHN) 04.10.2023
GENERAL: In top 8 at World Championships Asian Games silver medallist Javelin Throw (23) WA World Rankings: 36th HONOURS: World Ch. (1xFinal): 5. Javelin Throw Budapest(23) 84.77 Asi. G. (1xSilver) 2025: Javelin Throw Chennai (IND) 2. 75.99 - Javelin Throw Kochi (IND) 4. 77.82 - Javelin Throw Doha (QAT) DL 8. 78.60 INFO: Born in Brahmagiri. Earlier played volleyball. Member of the Central Industrial Security Force. Height: 1.78 / 5'10".				
6	Manu QUIJERA (ESP)	27y	SB: 81.46 Castellón (ESP) 28.02	PB: 83.28 La Nucia (ESP) 12.06.2022
GENERAL: 3 times National champion Javelin Throw (24, 22, 19) European (Winter) Throwing Cup bronze medallist Javelin Throw (23) WA World Rankings: 31st OTHER PBs: 77.26 Javelin Throw (700g)(15) HONOURS: Eur. Throw. Cup (1xBronze) NCH (3xWin) 2025: Javelin Throw Castellón (ESP) 1. 81.46 - Javelin Throw Nicosia (CYP) 6. 80.16 - Javelin Throw Valencia (ESP) 1. 77.45 - Javelin Throw L'Hospitalet (ESP) 1. 76.45 INFO: Born in Pamplona.				
7	Luiz Mauricio DA SILVA (BRA)	25y	SB: 82.03 Bragança Paulista (BRA) 29.03	PB: 85.91 Paris (FRA) 06.08.2024
GENERAL: South American Games winner Javelin Throw (22) 2 times South American U23 champion Javelin Throw (22, 21) WA World Rankings: 15th OTHER PBs: 57.29 Discus Throw (1.75kg)(19) - 56.25 Discus Throw (1.5kg)(17) Current Records: 1xAR: AR 85.91 Javelin Throw Paris(24) HONOURS: Sam. Ch. (1xBronze) IberoAM Ch. (2xBronze) Sam. U23 Ch. (2xGold) NCH (3xWin) 2025: Javelin Throw Bragança Paulista (BRA) 1. 82.03 INFO: Born in Juiz de Fora, Minas Gerais. Height: 1.92 / 6'4".				
8	Ioannis KYRIAZIS (GRE)	29y	SB: 84.38 Nicosia (CYP) 16.03	PB: 88.01 Austin, TX (USA) 31.03.2017
GENERAL: In top 8 at World Championships European (Winter) Throwing Cup winner Javelin Throw (25) OTHER PBs: 78.44 Javelin Throw (700g)(13) HONOURS: World Ch. (1xFinal): 6. Javelin Throw London(17) 84.52 Eur. Team Ch. (1xSilver) Eur. Throw. Cup (1xGold, 1xBronze) 2025: Javelin Throw Nicosia (CYP) 1. 84.38 INFO: Born in Athens. Studies: Texas A&M University. Also a strength and conditioning coach.				
9	Curtis THOMPSON (USA)	29y	SB and PB: 87.76 Austin, TX (USA) 28.03	
GENERAL: Pan American Games winner Javelin Throw (23) NACAC U23 champion Javelin Throw (16) WA World Rankings: 13th HONOURS: NACAC Ch. (1xGold, 1xSilver) PanAm G. (1xGold) NACAC U23 Ch. (1xGold) PanAm. U20 Ch. (1xBronze) 2025: Javelin Throw Austin, TX (USA) 1. 87.76 - Javelin Throw Ramona, OK (USA) 1. 81.97 - Javelin Throw Des Moines, IA (USA) 2. 80.88 - Javelin Throw Tucson, AZ (USA) 5. 78.03 INFO: Born in Trenton. Studies: Mississippi State University. Major in Mathematics. Earlier played American football. Likes bowling and fishing. Also a teacher and coach. Height: 1.82 / 5'12".				
10	Thomas RÖHLER (GER)	33y	SB: 80.37 Domažlice (CZE) 11.05	PB: 93.90 Doha (QAT) 05.05.2017
GENERAL: Olympic champion Javelin Throw (16) Diamond League Final winner Javelin Throw (14) HONOURS: OG (1xGold): 1. Javelin Throw Rio de Janeiro(16) 90.30 World Ch. (2xFinal): 4. Javelin Throw London(17) 88.26 - 4. Javelin Throw Beijing(15) 87.41 DF (1xWin) World (Cont.) Cup (1xGold) 2025: Javelin Throw Domažlice (CZE) 1. 80.37 INFO: Born and raised in Jena. Studies: Friedrich-Schiller-Universität, Jena. Former Sports Person of the city Jena. As a youth he competed in the triple and high jump.				
11	Anderson PETERS (GRN)	27y	SB: 85.64 Doha (QAT) 16.05	PB: 93.07 Doha (QAT) 13.05.2022
GENERAL: 2 times World champion Javelin Throw (22, 19) Diamond League Final winner Javelin Throw (24) WA World Rankings: 1st OTHER PBs: 72.39 Javelin Throw (700g)(14) Current Records: 1xAR: AR 93.07 Javelin Throw Doha(22) HONOURS: OG (1xBronze): 3. Javelin Throw Paris(24) 88.54 World Ch. (2xGold): 1. Javelin Throw Eugene, OR(22) 90.54 - 1. Javelin Throw Doha(19) 86.89 DF (1xWin) World (Cont.) Cup (1xBronze) 2025: Javelin Throw St. George's (GRN) NCH 1. 74.90 - Javelin Throw Doha (QAT) DL 3. 85.64 - Javelin Throw Chorzów (POL) 3. 83.24 INFO: Hometown: St. Andrews. Grenada's first-ever Pan American Games gold medallist. 1st Grenadian athlete to win a WCH gold in a field event. He was awarded MBE (Members of the Order of the British Empire) for his sports achievements in June 2022. Studies: Mississippi State University. Major in Business Administration. Height: 1.85 / 6'1".				

Start list 100m Time: 17:20

Lane	Athlete	MF	NR	PB	SB
1	Doreen WAKA	KEN	11.19	11.63	11.63
2	Milcent NDORO	KEN	11.19	11.55	
3	Bassant HEMIDA	EGY	11.02	11.02	11.52
4	Shannon RAY	USA	10.49	11.09	11.34
5	Destiny SMITH-BARNETT	LBR	10.99	10.99	11.35
6	Maia MCCOY	LBR	10.99	11.02	11.02
7	Murangi REFILWE	BOT	11.25	11.30	11.30
8	Tsaone Bakani SEBELE	BOT	11.25	11.25	11.55

Medal Winners

2024 - Olympic Games - Paris

1.	Julien ALFRED (LCA)	10.72
2.	Sha'Carri RICHARDSON (USA)	10.87
3.	Melissa JEFFERSON (USA)	10.92

2024 - African Ch. - Douala

1.	Gina Mariam BASS BITTAYE (GAM)	11.14
2.	Maia MCCOY (LBR)	11.16
3.	Maboundou KONÉ (CIV)	11.24

2024 - African Games - Accra

1.	Gina Mariam BASS BITTAYE (GAM)	11.36
2.	Maia MCCOY (USA)	11.49
3.	Olayinka OLAJIDE (NGR)	11.55

2023 - World Ch. - Budapest

1.	Sha'Carri RICHARDSON (USA)	10.65
2.	Shericka JACKSON (JAM)	10.72
3.	Shelly-Ann FRASER-PRYCE (JAM)	10.77

2022 - World Ch. - Oregon

1.	Shelly-Ann FRASER-PRYCE (JAM)	10.67
2.	Shericka JACKSON (JAM)	10.73
3.	Elaine THOMPSON-HERAH (JAM)	10.81

2022 - African Ch. - St Pierre

1.	Gina BASS (GAM)	11.06
2.	Aminatou SEYNI (NIG)	11.09
3.	Carina HORN (RSA)	11.14

2021 - Olympic Games - Tokyo

1.	Elaine THOMPSON-HERAH (JAM)	10.61
2.	Shelly-Ann FRASER-PRYCE (JAM)	10.74
3.	Shericka JACKSON (JAM)	10.76

2019 - World Ch. - Doha

1.	Shelly-Ann FRASER-PRYCE (JAM)	10.71
2.	Dina ASHER-SMITH (GBR)	10.83
3.	Marie-Josée TA LOU (CIV)	10.90

2019 - African Games - Rabat

1.	Marie-Josée TA LOU (CIV)	11.09
2.	Gina BASS (GAM)	11.13
3.	Bassant HEMIDA (EGY)	11.31

2017 - World Ch. - London

1.	Tori BOWIE (USA)	10.85
2.	Marie-Josée TA LOU (CIV)	10.86
3.	Dafne SCHIPPERS (NED)	10.96

Previous Winners

24	Gina Mariam BASS BITTAYE (GAM)	11.33
23	Twanisha TERRY (USA)	10.86
22	Shelly-Ann FRASER-PRYCE (JAM)	10.67

Records

WR	10.49	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN	16.07.88
AR	10.72	Marie-Josée TA LOU	CIV	Monaco	10.08.22
NR	11.19	Maximila IMALI	KEN	Nairobi	25.06.22
WJR	10.88	Marlies OELSNER	GDR	Dresden	01.07.77
MR	10.67	Shelly-Ann FRASER-PRYCE	JAM		07.05.22
WL	10.92	Tia CLAYTON	JAM	Doha	16.05.25

2025 World list

10.92	+2.0	Tia CLAYTON	JAM	Doha (QAT)	16.05.25
10.93	+1.8	Alexis BROWN	USA	Pueblo, CO (USA)	24.05.25
10.98	+1.6	Anavia BATTLE	USA	Gainesville, FL (USA)	19.04.25
10.98	+1.2	Cambrea STURGIS	USA	Atlanta, GA (USA)	17.05.25
10.98	+1.2	Mckenzie LONG	USA	Atlanta, GA (USA)	17.05.25
10.99	+0.4	Favour OFILI	NGR	Baton Rouge, LA (USA)	26.04.25
11.00	+1.4	Dajaz DEFRAND	USA	College Station, TX (USA)	29.05.25
11.01	+1.2	Celera BARNES	USA	Atlanta, GA (USA)	17.05.25
11.02	+1.6	Maia MCCOY	LBR	Gainesville, FL (USA)	19.04.25
11.02	+1.0	Gabrielle THOMAS	USA	Austin, TX (USA)	25.04.25
11.02	+1.2	Dana WILSON	USA	Greensboro, NC (USA)	03.05.25
11.02	+2.0	Tina CLAYTON	JAM	Doha (QAT)	16.05.25
11.03	+0.9	Thelma DAVIES	LBR	Baton Rouge, LA (USA)	03.05.25
11.03	+2.0	Amy HUNT	GBR	Doha (QAT)	16.05.25
11.03	+1.8	India MAYBERRY	USA	Lawrence, KS (USA)	17.05.25
11.04	+0.2	Shericka JACKSON	JAM	Rabat (MAR)	25.05.25
11.04	+1.3	Jassani CARTER	USA	College Station, TX (USA)	29.05.25
11.05	+2.0	Shelly-Ann FRASER-PRYCE	JAM	Doha (QAT)	16.05.25
11.05	+2.0	Patrizia VAN DER WEKEN	LUX	Doha (QAT)	16.05.25
11.05	+1.2	Victoria CAMERON	USA	Arlington, TX (USA)	17.05.25

All-Time World list

10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN (USA)	16.07.88
10.54	+0.9	Elaine THOMPSON-HERAH	JAM	Eugene, OR (USA)	21.08.21
10.60	+1.7	Shelly-Ann FRASER-PRYCE	JAM	Lausanne (SUI)	26.08.21
10.64	+1.2	Carmelita JETER	USA	Shanghai (CHN)	20.09.09
10.65	+1.1	Marion JONES	USA	Johannesburg (RSA)	12.09.98
10.65	+1.0	Shericka JACKSON	JAM	Kingston (JAM)	07.07.23
10.65	-0.2	Sha'Carri RICHARDSON	USA	Budapest (HUN)	21.08.23
10.72	+0.4	Marie-Josée TA LOU	CIV	Monaco (MON)	10.08.22
10.72	-0.1	Julien ALFRED	LCA	Paris (FRA)	03.08.24
10.73	+2.0	Christine ARRON	FRA	Budapest (HUN)	19.08.98
10.74	+1.3	Merlene OTTEY	JAM	Milano (ITA)	07.09.96
10.74	+1.0	English GARDNER	USA	Eugene, OR (USA)	03.07.16
10.75	+0.4	Kerron STEWART	JAM	Roma (ITA)	10.07.09
10.76	+1.7	Evelyn ASHFORD	USA	Zürich (SUI)	22.08.84
10.76	+1.1	Veronica CAMPBELL-BROWN	JAM	Ostrava (CZE)	31.05.11
10.77	+0.9	Irina PRIVALOVA	RUS	Lausanne (SUI)	06.07.94
10.77	+0.7	Ivet LALOVA-COLLIO	BUL	Plovdiv (BUL)	19.06.04
10.77	+1.6	Jacious SEARS	USA	Gainesville, FL (USA)	13.04.24
10.78	+1.0	Dawn SOWELL	USA	Provo, UT (USA)	03.06.89
10.78	+1.8	Torri EDWARDS	USA	Eugene, OR (USA)	28.06.08

WR progression

10.49	0.0	Florence GRIFFITH-JOYNER	USA	Indianapolis, IN (USA)	16.07.88
10.76	+1.7	Evelyn ASHFORD	USA	Zürich (SUI)	22.08.84
10.79	+0.6	Evelyn ASHFORD	USA	Colorado Springs, CO (USA)	03.07.83
10.81	+1.7	Marlies GÖHR	GDR	Berlin (GER)	08.06.83
10.88	+1.9	Marlies GÖHR	GDR	Karl Marx Stadt (GDR)	09.07.82
10.88	+2.0	Marlies OELSNER	GDR	Dresden (GER)	01.07.77
11.01	+0.6	Annegret RICHTER	FRG	Montréal (CAN)	25.07.76
11.04	+0.6	Ingeborg HELTEN	FRG	Fürth (GER)	13.06.76
11.07	-0.2	Renate STECHER	GDR	München (GER)	02.09.72
11.08	+1.2	Wyomia TYUS	USA	Ciudad de México (MEX)	15.10.68
11.20	+1.8	Irena SZEWIŃSKA	POL	Ciudad de México (MEX)	14.10.68
11.1h	0.0	Lyudmila SAMOTYOSOVA	URS	Leninakan (URS)	15.08.68
11.1h	+0.3	Barbara FERRELL	USA	Santa Barbara, CA (USA)	02.07.67
11.1h	+0.2	Wyomia TYUS	USA	Kiev (URS)	31.07.65
11.1h	+2.0	Irena KIRSZENSTEIN	POL	Praha (TCH)	09.07.65
11.2h	+0.3	Wyomia TYUS	USA	Tokyo (JPN)	15.10.64
11.2h	+0.7	Wilma RUDOLPH	USA	Stuttgart (GER)	19.07.61
11.3h	+0.8	Wilma RUDOLPH	USA	Roma (ITA)	02.09.60
11.3h	+1.4	Vera KREPKINA	URS	Kiev (URS)	13.09.58

1	Doreen WAKA (KEN)	30y	SB and PB: 11.63 Nairobi (KEN) 12.04
WA World Rankings: 1028th OTHER PBs: 25.16 200m(21) 2025: 100m Nairobi (KEN) h 12.09 - 100m Nairobi (KEN) 1. 11.63 - 100m Nairobi (KEN) h 12.09 - 100m Nairobi (KEN) sf 11.78 - 100m Nairobi (KEN) 1. 11.91			
2	Milcent NDORO (KEN)	38y	PB: 11.55 Nairobi (KEN) 25.06.2022
GENERAL: 4 times In top 8 at African Championships 4x100m (22, 14, 16) 6 times National champion 100m (14, 13, 12), 200m (19, 13, 12) OTHER PBs: 22.87ww 200m(24) - 23.48 200m(19) - 23.18 200m(24) - 52.74 400m(24) - 6.15 Long Jump(19) HONOURS: NCH (6xWin) 2025: 200m Nairobi (KEN) h 24.43 - 200m Nairobi (KEN) sf 23.66 - 200m Nairobi (KEN) 1. 23.75 INFO: Born in Kisii.			
3	Bassant HEMIDA (EGY)	28y	SB: 11.52 Oran (ALG) 01.05 PB: 11.02 Nairobi (KEN) 07.05.2022
GENERAL: 12 times National champion 100m (22, 21, 20, 19, 18, 16), 200m (22, 21, 20, 19, 18, 16) All-African Games silver medallist 200m (19) WA World Rankings: 216th OTHER PBs: 7.31 60m(22) - 22.41 200m(23) - 36.66 300m(24) - 50.77 400m(25) - 52.17 400m sh(25) Current Records: 1xNBP: NBP 36.66 300m Bialystok(24) HONOURS: All-Afr. G. (1xSilver, 1xBronze) Medit. G. (2xWin) NCH (12xWin) 2025: 60m Dortmund (GER) h 7.43 - 60m Dortmund (GER) 3. 7.37 - 60m Århus (DEN) 4. 7.43 - 60m Jablonec nad Nisou (CZE) h 7.40 - 60m Jablonec nad Nisou (CZE) 4. 7.38 - 400m sh Erfurt (GER) 1. 52.99 - 400m sh Karlsruhe (GER) 2. 52.17 - 400m sh Nanjing (CHN) h 52.62 - 400m Gaborone (BOT) 1. 50.77 - 100m Oran (ALG) 1. 11.52 - 200m Oran (ALG) 1. 22.91 - 400m Chorzów (POL) 3. 51.33 INFO: Born in Alexandria. In 2022 she became the 1st Egyptian female athlete to win gold medal in the 100m at the Mediterranean Games. Has two brothers who are also athletes, competing for Qatar.			
4	Shannon RAY (USA)	29y	SB: 11.34 Baton Rouge, LA (USA) 03.05 PB: 11.09 Memphis, TN (USA) 30.07.2022
GENERAL: In top 8 at Pan American Games WA World Rankings: 286th OTHER PBs: 7.24 60m(22) - 22.82 200m(23) - 22.77ww 200m(22) - 23.90 200m sh(22) - 38.93 300m sh(22) 2025: 60m Baton Rouge, LA (USA) 3. 7.50 - 60m Baton Rouge, LA (USA) h 7.46 - 100m Baton Rouge, LA (USA) 1. 11.59 - 100m Baton Rouge, LA (USA) 1. 11.43w - 100m Baton Rouge, LA (USA) 4. 11.67 - 200m Baton Rouge, LA (USA) 4. 23.56 - 100m Baton Rouge, LA (USA) 3. 11.34 INFO: Hometown: New Orleans. Studies: University of Mississippi.			
5	Destiny SMITH-BARNETT (LBR)	28y	SB: 11.35 Walnut, CA (USA) 19.04 PB: 10.99 Sherman Oaks, CA (USA) 07.06.2024
GENERAL: All-African Games silver medallist 4x100m (24) African Championships bronze medallist 4x100m (24) WA World Rankings: 33rd OTHER PBs: 7.11 60m(22) - 7.11 60m(23) - 22.91 200m(17) - 23.79 200m sh(19) HONOURS: 2025: 60m Reno, NV (USA) h 7.32 - 60m Reno, NV (USA) 2. 7.28 - 60m Boston, MA (USA) h 7.20 - 60m Boston, MA (USA) 2. 7.14 - 60m New York, NY (USA) 4. 7.18 - 60m Nanjing (CHN) sf 7.29 - 60m Nanjing (CHN) h 7.21 - 200m Walnut, CA (USA) 2. 23.39 - 100m Walnut, CA (USA) 1. 11.35 INFO: Hometown: Oakland. Studies: University of Nevada Las Vegas; major in Kinesiology. Has three siblings. Also an assistant meet manager. Height: 1.68 / 5'6".			
6	Maia MCCOY (LBR)	28y	SB and PB: 11.02 Gainesville, FL (USA) 19.04
GENERAL: 2 times All-African Games silver medallist 100m (24), 4x100m (24) African Championships silver medallist 100m (24) WA World Rankings: 22nd OTHER PBs: 7.20 60m(20) - 22.55 200m(25) - 22.43ww 200m(18) - 23.03 200m sh(19) - 58.13 400m(16) HONOURS: Afr. Ch. (1xSilver) All-Afr. G. (1xSilver) 2025: 60m Clemson, SC (USA) sf 7.36 - 100m Atlanta, GA (USA) 1. 11.39 - 200m Atlanta, GA (USA) 1. 23.25w - 100m Gainesville, FL (USA) 2. 11.21 - 200m Gainesville, FL (USA) 1. 22.55 - 100m Gainesville, FL (USA) 2. 11.02 - 100m Auburn, AL (USA) 1. 11.15 - 200m Auburn, AL (USA) 1. 22.56 - 100m Doha (QAT) DL 6. 11.10 - 100m Doha (QAT) 1. 11.07 - 100m Chorzów (POL) 1. 11.35 - 100m Rabat (MAR) DL 2. 11.08 INFO: Hometown: Memphis. Studies: University of Tennessee. Represents LBR since April 2024.			
7	Murangi REFILWE (BOT)	25y	SB and PB: 11.30 Doha (QAT) 16.05
GENERAL: In top 8 at African Championships 4x100m (24) WA World Rankings: 578th OTHER PBs: 24.31 200m(25) - 55.17 400m(24) 2025: 400m Gaborone (BOT) 3. 55.65 - 200m Francistown (BOT) 1. 24.86 - 100m Francistown (BOT) 2. 11.73 - 100m Johannesburg (RSA) 1. 11.93 - 200m Johannesburg (RSA) 7. 24.31 - 400m Francistown (BOT) 2. 55.74 - 100m Gaborone (BOT) 1. 11.54 - 100m Doha (QAT) 2. 11.30			
8	Tsaone Bakani SEBELE (BOT)	31y	SB: 11.55 Gaborone (BOT) 15.02 PB: 11.25 Gaborone (BOT) 30.04.2022
GENERAL: 11 times National champion 100m (24, 23, 22, 19), 200m (24, 23, 22, 21), 4x100m (24, 23, 22) 3 times In top 8 at All-African Games WA World Rankings: 150th OTHER PBs: 7.44 60m(22) - 17.25 150m(22) - 22.84 200m(24) - 53.75 400m(24) Current Records: 1xNBP: NBP 17.25 150m Potchefstroom(22) HONOURS: NCH (8xWin) 2025: 200m Gaborone (BOT) 1. 23.93 - 100m Gaborone (BOT) 1. 11.55 - 100m Francistown (BOT) 1. 11.56 - 200m Johannesburg (RSA) 4. 24.08 - 100m Gaborone (BOT) 5. 11.60 INFO: Hometown: Gaborone. Business Administration studies at University of Johannesburg.			

Start list

400m

Time: 14:35

Lane	Athlete	MF	NR	PB	SB
1	Gladys MUMBE	KEN	50.38	53.59	53.59
2	Esther MBAGARI	KEN	50.38	52.89	52.89
3	Lanoline AOKO	KEN	50.38	52.99	52.99
4	Astri ERTZGAARD	NOR	49.85	52.26	52.93
5	Josefine Tomine ERIKSEN	NOR	49.85	52.36	52.73
6	Leni SHIDA	UGA	51.25	51.25	51.25
7	Mercy CHEBET	KEN	50.38	51.71	52.78
8	Mercy Adongo OKETCH	KEN	50.38	51.64	51.64

Records

WR	47.60	Marita KOCH	GDR	Canberra	06.10.85
AR	49.10	Falliat OGUNKOYA-OSHEKU	NGR	Atlanta, GA	29.07.96
NR	50.38	Mary MORAA	KEN	Nairobi	07.07.23
WJR	49.42	Grit BREUER	GER	Tokyo	27.08.91
MR	50.99	Beatrice MASILINGI	NAM		03.10.20
WL	48.67	Salwa Eid NASER	BRN	Kingston	05.04.25

2025 World list

48.67	Salwa Eid NASER	BRN	Kingston (JAM)	05.04.25
49.14	Gabrielle THOMAS	USA	Kingston (JAM)	05.04.25
49.21	Marileidy PAULINO	DOM	Miramar, FL (USA)	02.05.25
49.24	Isabella WHITTAKER	USA	Virginia Beach, VA (USA) (i)	15.03.25
49.44	Aaliyah BUTLER	USA	Gainesville, FL (USA)	19.04.25
49.69	Sydney MCLAUGHLIN-LEVRONE	USA	Miramar, FL (USA)	04.05.25
49.80	Evelis AGUILAR	COL	Bogotá (COL)	06.04.25
50.12	Alexis HOLMES	USA	Kingston (JAM)	05.04.25
50.25	Vimbayi MAISVOREWA	ZIM	Gainesville, FL (USA)	19.04.25
50.35	Dejanea OAKLEY	JAM	Gainesville, FL (USA)	19.04.25
50.35	Kaylyn BROWN	USA	Baton Rouge, LA (USA)	03.05.25
50.37	Stacey Ann WILLIAMS	JAM	Kingston (JAM)	05.04.25
50.38	Lieke KLAVER	NED	Apeldoorn (NED) (i)	08.03.25
50.43	JaMeesia FORD	USA	Gainesville, FL (USA)	05.04.25
50.44	Henriette JÆGER	NOR	Toruń (POL) (i)	16.02.25
50.49	Sami OBLAD	USA	Provo, UT (USA)	30.04.25
50.56	Martina WEIL	CHI	Santiago de Chile (CHI)	04.05.25
50.57	Amber ANNING	GBR	Fayetteville, AR (USA) (i)	14.02.25
50.58	Bailey LEAR	USA	Gainesville, FL (USA)	19.04.25
50.66	Rosey EFFIONG	USA	Baton Rouge, LA (USA)	03.05.25

All-Time World list

47.60	Marita KOCH	GDR	Canberra (AUS)	06.10.85
47.99	Jarmila KRATOCHVÍLOVÁ	TCH	Helsinki (FIN)	10.08.83
48.14	Salwa Eid NASER	BRN	Doha (QAT)	03.10.19
48.17	Marileidy PAULINO	DOM	Paris (FRA)	09.08.24
48.25	Marie-José PÉREC	FRA	Atlanta, GA (USA)	29.07.96
48.27	Olga BRYZGINA	URS	Canberra (AUS)	06.10.85
48.36	Shaunae MILLER-UIBO	BAH	Tokyo (JPN)	06.08.21
48.57	Nickisha PRYCE	JAM	London (GBR)	20.07.24
48.59	Tat'ána KOCEMBOVÁ	TCH	Helsinki (FIN)	10.08.83
48.63	Cathy FREEMAN	AUS	Atlanta, GA (USA)	29.07.96
48.70	Sanya RICHARDS-ROSS	USA	Athina (GRE)	16.09.06
48.74	Sydney MCLAUGHLIN-LEVRONE	USA	Eugene, OR (USA)	08.07.23
48.83	Valerie BRISCO-HOOKS	USA	Los Angeles, CA (USA)	06.08.84
48.89	Ana Gabriela GUEVARA	MEX	Paris-St-Denis (FRA)	27.08.03
48.90	Natalia KACZMAREK	POL	London (GBR)	20.07.24
49.05	Chandra CHEESEBOROUGH	USA	Los Angeles, CA (USA)	06.08.84
49.07	Tonique WILLIAMS-DARLING	BAH	Berlin (GER)	12.09.04
49.07	Rhasidat ADELEKE	IRL	Roma (ITA)	10.06.24
49.10	Falliat OGUNKOYA-OSHEKU	NGR	Atlanta, GA (USA)	29.07.96
49.11	Olga NAZAROVA	URS	Seoul (KOR)	25.09.88

WR progression

47.60	Marita KOCH	GDR	Canberra (AUS)	06.10.85
47.99	Jarmila KRATOCHVÍLOVÁ	TCH	Helsinki (FIN)	10.08.83
48.16	Marita KOCH	GDR	Athina (GRE)	08.09.82
48.60	Marita KOCH	GDR	Torino (ITA)	04.08.79
48.89	Marita KOCH	GDR	Potsdam (GDR)	29.07.79
48.94	Marita KOCH	GDR	Praha (TCH)	31.08.78
49.03	Marita KOCH	GDR	Potsdam (GDR)	19.08.78
49.19	Marita KOCH	GDR	Leipzig (GER)	02.07.78
49.29	Irena SZEWIŃSKA	POL	Montréal (CAN)	29.07.76
49.75	Irena SZEWIŃSKA	POL	Bydgoszcz (POL)	22.06.76
49.77	Christina BREHMER	GDR	Dresden (GER)	09.05.76
50.14	Riitta SALIN	FIN	Roma (ITA)	04.09.74
49.9h	Irena SZEWIŃSKA	POL	Warszawa (POL)	22.06.74
51.0h	Monika ZEHR	GDR	Colombes (FRA)	04.07.72
51.0h	Marilyn NEUFVILLE	GBR	Edinburgh (GBR)	23.07.70
51.7h	Colette BESSON	FRA	Athina (GRE)	18.09.69
51.7h	Nicole DUCLOS	FRA	Athina (GRE)	18.09.69
51.9h	Geum-Dan SHIN	PRK	Pyongyang (PRK)	23.10.62
53.4h	Mariya ITKINA	URS	Beograd (YUG)	14.09.62

Medal Winners

2024 - Olympic Games - Paris

1.	Marileidy PAULINO (DOM)	48.17
2.	Salwa Eid NASER (BRN)	48.53
3.	Natalia KACZMAREK (POL)	48.98

2024 - African Ch. - Douala

1.	Miranda Charlene COETZEE (RSA)	51.16
2.	Quincy MALEKANI (ZAM)	51.56
3.	Esther Elo JOSEPH (NGR)	51.94

2024 - African Games - Accra

1.	Mary MORAA (KEN)	50.57
2.	Esther Elo JOSEPH (NGR)	51.61
3.	Sita SIBIRI (BUR)	51.74

2023 - World Ch. - Budapest

1.	Marileidy PAULINO (DOM)	48.76
2.	Natalia KACZMAREK (POL)	49.57
3.	Sada WILLIAMS (BAR)	49.60

2022 - World Ch. - Oregon

1.	Shaunae MILLER-UIBO (BAH)	49.11
2.	Marileidy PAULINO (DOM)	49.60
3.	Sada WILLIAMS (BAR)	49.75

2022 - African Ch. - St Pierre

1.	Miranda Charlene COETZEE (RSA)	51.82
2.	Niddy MINGILISHI (ZAM)	52.36
3.	Veronica Kamumbe MUTUA (KEN)	52.76

2021 - Olympic Games - Tokyo

1.	Shaunae MILLER-UIBO (BAH)	48.36
2.	Marileidy PAULINO (DOM)	49.20
3.	Allyson FELIX (USA)	49.46

2019 - World Ch. - Doha

1.	Salwa Eid NASER (BRN)	48.14
2.	Shaunae MILLER-UIBO (BAH)	48.37
3.	Shericka JACKSON (JAM)	49.47

2019 - African Games - Rabat

1.	Galefele MOROKO (BOT)	51.30
2.	Favour OFILI (NGR)	51.68
3.	Grace OBOUR (GHA)	51.86

2017 - World Ch. - London

1.	Phyllis FRANCIS (USA)	49.92
2.	Salwa Eid NASER (BRN)	50.06
3.	Allyson FELIX (USA)	50.08

Previous Winners

22	Miranda Charlene COETZEE (RSA)	51.50
20	Beatrice MASILINGI (NAM)	50.99

1	Gladys MUMBE (KEN)	23y	SB and PB: 53.59 Nairobi (KEN) 12.04	
OTHER PBs: 25.25 200m(24) 2025: 400m Nairobi (KEN) h 54.00 - 400m Nairobi (KEN) 7. 53.59				
2	Esther MBAGARI (KEN)	24y	SB and PB: 52.89 Nairobi (KEN) 12.04	
GENERAL: African Championships bronze medallist 4x400m (24) 4 times National champion 100m (24, 23), 200m (24, 23) OTHER PBs: 11.47ww 100m(23) - 11.60 100m(24) - 23.53 200m(23) HONOURS: NCH (4xWin) 2025: 400m Nairobi (KEN) h 53.90 - 400m Nairobi (KEN) 4. 52.89				
3	Lanoline AOKO (KEN)	24y	SB and PB: 52.99 Nairobi (KEN) 12.04	
2025: 400m Nairobi (KEN) h 53.85 - 400m Nairobi (KEN) 5. 52.99				
4	Astri ERTZGAARD (NOR)	23y	SB: 52.93 Shaoxing/Keqiao (CHN) 03.05	PB: 52.26 Oslo (NOR) 18.07.2024
GENERAL: 3 times National Indoor champion 400m sh (24), 4x200m sh (20, 19) National champion Sprint Medley 1000m (24) WA World Rankings: 186th OTHER PBs: 24.46 200m sh(22) - 37.91 300m(24) - 38.98 300m sh(21) - 53.21 400m sh(25) - 59.51 400mH(23) HONOURS: NICH (1xWin) 2025: 400m sh Apeldoorn (NED) h 53.21 - 400m Shaoxing/Keqiao (CHN) DL 3. 52.93 - 100m Oslo (NOR) 3. 11.90 - 200m Oslo (NOR) 3. 24.06 INFO: Athlete of Oslo. Club: IK Tjalve. Height: 1.66 / 5'5".				
5	Josefine Tomine ERIKSEN (NOR)	24y	SB: 52.73 Shaoxing/Keqiao (CHN) 03.05	PB: 52.36 Walnut, CA (USA) 19.04.2024
GENERAL: European U18 Championships bronze medallist 400m (16) WA World Rankings: 216th OTHER PBs: 23.36 200m(24) - 54.06 400m sh(25) - 1:28.27 600m sh(22) - 2:01.66 800m(24) - 2:05.88 800m sh(24) Current Records: 2xNBP: NBP 1:28.27 600m sh Albuquerque, NM(22) - NBP 3:15.67 4x400m Chorzów(23) HONOURS: Eur. U18 Ch. (1xBronze) 2025: 400m sh Espoo (FIN) 2. 55.03 - 400m sh Bærum (NOR) 3. 54.06 - 800m sh Bærum (NOR) 2. 2:07.44 - 400m Shaoxing/Keqiao (CHN) DL 2. 52.73 INFO: Hometown: Stavem. Studies: University of Utah. Degree in Family, Community and Human Development.				
6	Leni SHIDA (UGA)	31y	SB and PB: 51.25 Nairobi (KEN) 12.04	
GENERAL: 13 times National champion 200m (19, 17), 400m (23, 22, 19, 17, 16), 4x100m (23, 22, 19, 17), 4x400m (22, 17) All-African Games bronze medallist 4x400m (19) WA World Rankings: 97th OTHER PBs: 12.03 100m(19) - 23.43 200m(19) - 2:04.04 800m(25) HONOURS: WUG (1xSilver) NCH (7xWin) 2025: 800m Kampala (UGA) 2. 2:07.07 - 400m Kampala (UGA) 1. 52.11 - 800m Kampala (UGA) 1. 2:05.08 - 400m Nairobi (KEN) h 52.12 - 400m Nairobi (KEN) 1. 51.25 - 800m Kampala (UGA) 2. 2:04.04 INFO: Born in Arua. Social Work studies at Ndejje University. Her idol is Christine Ohuruogu.				
7	Mercy CHEBET (KEN)	23y	SB: 52.78 Nairobi (KEN) 12.04	PB: 51.71 Nairobi (KEN) 20.04.2024
GENERAL: World Athletics Relays bronze medallist 4x400m (25) In top 8 at African Championships 4x400m (24) OTHER PBs: 12.01 100m(22) - 24.27 200m(22) Current Records: 1xAR: AR 3:11.88 4x400m Nairobi(24) HONOURS: NCH (1xWin) 2025: 400m Nairobi (KEN) h 53.25 - 400m Nairobi (KEN) 3. 52.78				
8	Mercy Adongo OKETCH (KEN)	22y	SB and PB: 51.64 Nairobi (KEN) 12.04	
GENERAL: World Athletics Relays bronze medallist 4x400m (25) OTHER PBs: 25.15 200m(24) 2025: 400m Nairobi (KEN) h 53.46 - 400m Nairobi (KEN) 2. 51.64				

Start list

800m

Time: 16:29

Lane	Athlete	MF	NR	PB	SB
1	Maureen CHEPKIRUI	KEN	1:54.01	2:13.50	
2-1	Vanessa SCAUNET	BEL	1:58.31	2:01.05	2:01.05
2-2	Aviwe HOBOLOSHE	RSA	1:54.25	2:01.15	2:01.15
3	Judy KEMUNTO	KEN	1:54.01	2:02.07	2:02.07
4-1	Naum BOPAPE	RSA	1:54.25	2:02.18	2:02.18
4-2	Lilian ODIRA	KEN	1:54.01	1:58.53	2:01.24
5-1	Dorcus EWOI	KEN	1:54.01	1:58.19	2:01.29
5-2	Nelly JEPKOSGEI	BRN	1:57.69	1:57.69	2:02.66
6	Sarah MORAA	KEN	1:54.01	1:59.39	1:59.46
7	Shafiqua MALONEY	VIN	1:57.59	1:57.59	1:58.00
8-1	Daisy Chepngetich RUTO (PM)	KEN	1:54.01	2:06.37	
8-2	Oratile NOWE	BOT	1:58.96	1:58.96	1:58.96

Pace: 400m - 58.0 | Target: 1:58.0

Medal Winners

2024 - Olympic Games - Paris

1.	Keely HODGKINSON (GBR)	1:56.72
2.	Tsige DUGUMA (ETH)	1:57.15
3.	Mary MORAA (KEN)	1:57.42

2024 - African Ch. - Douala

1.	Sarah MORAA (KEN)	2:00.27
2.	Lilian ODIRA (KEN)	2:00.36
3.	Soukaina HAJJI (MAR)	2:00.91

2024 - African Games - Accra

1.	Tsige DUGUMA (ETH)	1:57.73
2.	Halimah NAKAAYI (UGA)	1:58.59
3.	Vivian Chebet KIPROTICH (KEN)	2:00.27

2023 - World Ch. - Budapest

1.	Mary MORAA (KEN)	1:56.03
2.	Keely HODGKINSON (GBR)	1:56.34
3.	Athing MU (USA)	1:56.61

2022 - World Ch. - Oregon

1.	Athing MU (USA)	1:56.30
2.	Keely HODGKINSON (GBR)	1:56.38
3.	Mary MORAA (KEN)	1:56.71

2022 - African Ch. - St Pierre

1.	Jarinter Mawia MWASYA (KEN)	2:02.80
2.	Netsanet DESTA (ETH)	2:02.99
3.	Prudence SEKGODISO (RSA)	2:03.46

2021 - Olympic Games - Tokyo

1.	Athing MU (USA)	1:55.21
2.	Keely HODGKINSON (GBR)	1:55.88
3.	Raevyn ROGERS (USA)	1:56.81

2019 - World Ch. - Doha

1.	Halimah NAKAAYI (UGA)	1:58.04
2.	Raevyn ROGERS (USA)	1:58.18
3.	Ajee' WILSON (USA)	1:58.84

2019 - African Games - Rabat

1.	Hirut MESHESHA (ETH)	2:03.16
2.	Rababe ARAFI (MAR)	2:03.20
3.	Halimah NAKAAYI (UGA)	2:03.55

2017 - World Ch. - London

1.	Caster SEMENYA (RSA)	1:55.16
2.	Francine NIYONSABA (BDI)	1:55.92
3.	Ajee' WILSON (USA)	1:56.65

Records

WR	1:53.28	Jarmila KRATOCHVÍLOVÁ	TCH	München	26.07.83
AR	1:54.01	Pamela JELIMO	KEN	Zürich	29.08.08
NR	1:54.01	Pamela JELIMO	KEN	Zürich	29.08.08
WJR	1:54.01	Pamela JELIMO	KEN	Zürich	29.08.08
MR	1:57.96	Mary MORAA	KEN		20.04.24
WL	1:56.64	Tsige DUGUMA	ETH	Shaoxing/Keqiao	03.05.25

2025 World list

1:56.64	Tsige DUGUMA	ETH	Shaoxing/Keqiao (CHN)	03.05.25
1:57.52	Prudence SEKGODISO	RSA	Rabat (MAR)	25.05.25
1:57.55	Addison WILEY	USA	Rabat (MAR)	25.05.25
1:57.81	Anaïs BOURGOIN	FRA	Rabat (MAR)	25.05.25
1:57.83	Sarah BILLINGS	AUS	Shaoxing/Keqiao (CHN)	03.05.25
1:58.00	Shafiqua MALONEY	VIN	Rabat (MAR)	25.05.25
1:58.12	Michaela ROSE	USA	Baton Rouge, LA (USA)	03.05.25
1:58.23	Nikki HILTZ	USA	Kingston (JAM)	04.04.25
1:58.29	Diribe WELTEJI	ETH	Kingston (JAM)	04.04.25
1:58.39	Halimah NAKAAYI	UGA	Shaoxing/Keqiao (CHN)	03.05.25
1:58.43	Natoya GOULE-TOPPIN	JAM	Shaoxing/Keqiao (CHN)	03.05.25
1:58.49	Assia RAZIKI	MAR	Rabat (MAR)	25.05.25
1:58.58	Jessica HULL	AUS	Kingston (JAM)	04.04.25
1:58.64	Eloisa COIRO	ITA	Rabat (MAR)	25.05.25
1:58.67	Nigist GETACHEW	ETH	Shaoxing/Keqiao (CHN)	03.05.25
1:58.96	Oratile NOWE	BOT	Gaborone (BOT)	12.04.25
1:58.97	Audrey WERRO	SUI	Rabat (MAR)	25.05.25
1:58.98	Charme SWART	RSA	Potchefstroom (RSA)	26.04.25
1:58.99	Meghan HUNTER	USA	Lawrence, KS (USA)	17.05.25
1:59.02	Smilla KOLBE	GER	Jacksonville, FL (USA)	03.05.25

All-Time World list

1:53.28	Jarmila KRATOCHVÍLOVÁ	TCH	München (GER)	26.07.83
1:53.43	Nadezhda OLIZARENKO	URS	Moskva (URS)	27.07.80
1:54.01	Pamela JELIMO	KEN	Zürich (SUI)	29.08.08
1:54.25	Caster SEMENYA	RSA	Paris (FRA)	30.06.18
1:54.44	Ana Fidelia QUIROT	CUB	Barcelona (ESP)	09.09.89
1:54.61	Keely HODGKINSON	GBR	London (GBR)	20.07.24
1:54.81	Olga MINEYEVA	URS	Moskva (URS)	27.07.80
1:54.94	Tatyana KAZANKINA	URS	Montréal (CAN)	26.07.76
1:54.97	Athing MU	USA	Eugene, OR (USA)	17.09.23
1:55.05	Doina MELINTE	ROU	București (ROU)	01.08.82
1:55.19	Maria de Lurdes MUTOLA	MOZ	Zürich (SUI)	17.08.94
1:55.19	Jolanda ČEPLAK	SLO	Heusden-Zolder (BEL)	20.07.02
1:55.26	Sigrun WODARS	GDR	Roma (ITA)	31.08.87
1:55.32	Christine WACHTEL	GDR	Roma (ITA)	31.08.87
1:55.42	Nikolina SHTEREVA	BUL	Montréal (CAN)	26.07.76
1:55.46	Tatyana PROVIDOKHINA	URS	Moskva (URS)	27.07.80
1:55.47	Francine NIYONSABA	BDI	Monaco (MON)	21.07.17
1:55.54	Ellen VAN LANGEN	NED	Barcelona (ESP)	03.08.92
1:55.54	Dong LIU	CHN	Beijing (CHN)	09.09.93
1:55.56	Lyubov GURINA	URS	Roma (ITA)	31.08.87

WR progression

1:53.28	Jarmila KRATOCHVÍLOVÁ	TCH	München (GER)	26.07.83
1:53.43	Nadezhda OLIZARENKO	URS	Moskva (URS)	27.07.80
1:54.85	Nadezhda OLIZARENKO	URS	Moskva (URS)	12.06.80
1:54.94	Tatyana KAZANKINA	URS	Montréal (CAN)	26.07.76
1:56.0h	Valentina GERASIMOVA	URS	Kiev (URS)	12.06.76
1:57.48	Svetla ZLATEVA	BUL	Athina (GRE)	24.08.73
1:58.5h	Hildegard FALCK	FRG	Stuttgart (GER)	11.07.71
2:00.5h	Vera NIKOLIĆ	YUG	London (GBR)	20.07.68
2:01.0h	Judy POLLOCK	AUS	Helsinki (FIN)	28.06.67
2:01.1h	Ann PACKER	GBR	Tokyo (JPN)	20.10.64
2:01.2h	Dixie WILLIS	AUS	Perth (AUS)	03.03.62
2:04.3h	Lyudmila SHEVTSOVA	URS	Roma (ITA)	07.09.60
2:04.3h	Lyudmila SHEVTSOVA	URS	Moskva (URS)	03.07.60
2:05.0h	Nina OTKALENKO	URS	Zagreb (CRO)	24.09.55
2:06.6h	Nina OTKALENKO	URS	Kiev (URS)	16.09.54
2:07.3h	Nina OTKALENKO	URS	Moskva (URS)	27.08.53
2:08.5h	Nina PLETNYOVA	URS	Kiev (URS)	15.06.52
2:12.0h	Nina PLETNYOVA	URS	Minsk (BLR)	26.08.51
2:12.2h	Valentina POMOGAYEVA	URS	Moskva (URS)	26.07.51

Pace: 400m - 58.0 | Target: 1:58.0

1	Maureen CHEPKIRUI (KEN)	19y	PB: 2:13.50 Nairobi (KEN) 27.04.2023	
2-1	Vanessa SCAUNET (BEL)	28y	SB and PB: 2:01.05 Belfast (GBR) 10.05	
GENERAL: 2 times National champion 800m (24, 22) National Indoor champion 800m sh (22) WA World Rankings: 78th OTHER PBs: 1:29.85 600m(23) - 2:04.13 800m sh(23) - 2:38.75 1000m(24) - 4:16.17 1500m(21) - 4:21.02 1500m sh(25) HONOURS: NCH (2xWin) NICH (1xWin) 2025: 1500m sh Luxembourg (LUX) 8. 4:21.02 - 400m sh Louvain-La-Neuve (BEL) 2. 55.46 - 800m sh Gent (BEL) 7. 2:07.84 - 800m sh Lyon (FRA) 5. 2:04.53 - 400m sh Gent (BEL) 1. 56.01 - 800m sh Ust-Kamenogorsk (KAZ) 1. 2:04.37 - 800m Herentals (BEL) 1. 2:04.89 - 800m Belfast (GBR) 4. 2:01.05 - 800m Bruxelles (BEL) 1. 2:09.04 - 800m Nijmegen (NED) 1. 2:04.49 INFO: Based in Brussels. Dietetics studies at Erasmus Brussels University of Applied Sciences and Arts.				
2-2	Aviwe HOBOLOSHE (RSA)	23y	SB and PB: 2:01.15 Potchefstroom (RSA) 26.04	
WA World Rankings: 157th OTHER PBs: 4:23.51 1500m(25) 2025: 1500m Pretoria (RSA) 4. 4:23.51 - 800m Pretoria (RSA) 1. 2:07.65 - 800m Pretoria (RSA) 4. 2:04.27 - 800m Pretoria (RSA) 2. 2:02.57 - 800m Cape Town (RSA) 2. 2:02.47 - 800m Potchefstroom (RSA) 1. 2:05.17 - 800m Potchefstroom (RSA) NCH h 2:08.69 - 800m Potchefstroom (RSA) NCH 3. 2:01.15 INFO: Born in Elliotdale. Studies: Eastern Cape Academy of Sport.				
3	Judy KEMUNTO (KEN)	19y	SB and PB: 2:02.07 Gaborone (BOT) 12.04	
GENERAL: African U20 Championships bronze medallist 800m (23) OTHER PBs: 56.16 400m(22) - 4:21.53 1500m(23) HONOURS: Afr. U20 Ch. (1xBronze) 2025: 800m Gaborone (BOT) 7. 2:02.07 - 800m Dubai (UAE) 4. 2:02.83				
4-1	Naum BOPAPE (RSA)	24y	SB and PB: 2:02.18 Potchefstroom (RSA) 26.04	
WA World Rankings: 173rd OTHER PBs: 54.41 400m(25) - 1:32.16 600m(25) - 4:15.51 1500m(25) 2025: 1500m Pretoria (RSA) 3. 4:23.22 - 600m Pretoria (RSA) 3. 1:32.16 - 400m Pretoria (RSA) 3. 57.12 - 800m Pretoria (RSA) 2. 2:07.68 - 800m Pretoria (RSA) 3. 2:09.26 - 800m Pretoria (RSA) 3. 2:02.82 - 1500m Pretoria (RSA) 4. 4:15.51 - 800m Cape Town (RSA) 3. 2:02.85 - 400m Potchefstroom (RSA) 2. 54.41 - 800m Potchefstroom (RSA) NCH h 2:08.19 - 800m Potchefstroom (RSA) NCH 4. 2:02.18 - 800m Pretoria (RSA) 1. 2:03.73				
4-2	Lilian ODIRA (KEN)	26y	SB: 2:01.24 Lyon (FRA) 15.02	PB: 1:58.53 Paris (FRA) 04.08.2024
GENERAL: African Championships silver medallist 800m (24) In top 8 at All-African Games 800m (24) WA World Rankings: 32nd OTHER PBs: 57.1h 400m(23) - 2:01.24 800m sh(25) - 4:21.5h 1500m(25) HONOURS: Afr. Ch. (1xSilver) NCH (1xWin) 2025: 800m sh Lyon (FRA) 1. 2:01.24 - 800m sh Nanjing (CHN) h 2:04.46 - 800m sh Nanjing (CHN) sf 2:16.12 - 1500m Nairobi (KEN) h 4:22.56 - 1500m Nairobi (KEN) 1. 4:21.5h INFO: Born in Migori County. Also a mother. Height: 1.67 / 5'6".				
5-1	Dorcus EWOI (KEN)	28y	SB: 2:01.29 Boston, MA (USA) 14.02 (USA) 19.07.2024	PB: 1:58.19 Gainesville, FL
OTHER PBs: 2:01.29 800m sh(25) - 3:59.25 1500m(25) - 4:04.35 1500m sh(25) - 4:19.71 Mile(24) - 4:22.39 Mile sh(25) Current Records: 1xNBP: NBP 1:24.38 600y sh Lubbock, TX(20) 2025: 800m sh Fayetteville, AR (USA) 2. 2:01.37 - 1500m sh Boston, MA (USA) 4:08.29 - Mile sh Boston, MA (USA) 4. 4:26.03 - 1500m sh Boston, MA (USA) 2. 4:05.83 - Mile sh Boston, MA (USA) 2. 4:23.69 - 800m sh Boston, MA (USA) 3. 2:01.29 - 1500m sh Boston, MA (USA) 4:04.35 - Mile sh Boston, MA (USA) 5. 4:22.39 - Mile Road Boston, MA (USA) 1. 4:42.57 - 1500m Rabat (MAR) DL 3. 3:59.25 INFO: Born in Kitale; based in the U.S. Studies: Campbell University. Major in Clinical Research.				
5-2	Nelly JEPKOSGEI (BRN)	33y	SB: 2:02.66 Doha (QAT) 10.04	PB: 1:57.69 Trier (GER) 06.09.2024
GENERAL: 3 times Diamond League meeting winner 800m (19, 19), 1000m (13) In top 8 at All-African Games 800m (11) WA World Rankings: 75th OTHER PBs: 1:24.94 600m(24) - 2:01.68 800m sh(18) - 2:35.30 1000m(18) - 4:00.99 1500m(18) - 4:25.15 Mile(17) Current Records: 1xNBP: NBP 1:24.94 600m Berlin(24) 1xAR: AR 2:35.30 1000m Berlin(18) HONOURS: 2025: 1500m Doha (QAT) 1. 4:24.25 - 800m Doha (QAT) 1. 2:02.66 - 1500m Rabat (MAR) DL 9. 4:04.01 INFO: Born in Kabirirsang. Sister of the "Eldoret Express", Janeth Jepkosgei. Height: 1.52 / 4'12".				
6	Sarah MORAA (KEN)	19y	SB: 1:59.46 Gaborone (BOT) 12.04	PB: 1:59.39 Nairobi (KEN) 14.06.2024
GENERAL: African champion 800m (24) World U20 champion 800m (24) WA World Rankings: 28th OTHER PBs: 52.81 400m(25) - 2:01.28 800m sh(25) - 4:25.81 1500m(25) HONOURS: World U20 Ch. (1xGold) Afr. Ch. (1xGold) 2025: 800m sh Val-de-Reuil (FRA) 3. 2:01.28 - 800m sh Metz (FRA) 1. 2:01.69 - 800m Gaborone (BOT) 2. 1:59.46 - 1500m Nairobi (KEN) h 4:25.81 - 400m Nairobi (KEN) h 54.09 - 400m Nairobi (KEN) 1. 52.81 INFO: Hometown: Kisii. Sister of Mary Moraa.				
7	Shafiqua MALONEY (VIN)	26y	SB: 1:58.00 Rabat (MAR) 25.05	PB: 1:57.59 Paris (FRA) 04.08.2024
GENERAL: In top 8 at Olympic Games 800m (24) NACAC U23 champion 800m (21) WA World Rankings: 6th OTHER PBs: 50.63 400m(24) - 52.33 400m sh(22) - 1:22.98 600m(24) - 1:24.60 600m sh(25) - 1:58.69 800m sh(24) Current Records: 2xNBP: NBP 1:22.98 600m Berlin(24) - NBP 1:24.60 600m sh Fayetteville, AR(25) HONOURS: OG (1xFinal): 4. 800m Paris(24) 1:57.66 NACAC U23 Ch. (1xGold, 1xSilver) 2025: 600m sh Fayetteville, AR (USA) 1. 1:24.60 - 800m sh Fayetteville, AR (USA) 1. 1:59.87 - 800m sh New York, NY (USA) 1. 1:59.07 - 800m sh Nanjing (CHN) h 2:03.56 - 800m sh Nanjing (CHN) sf 2:04.55 - 600m Miramar, FL (USA) 1. 1:24.61 - 800m Gainesville, FL (USA) 1. 1:59.23 - 400m Fayetteville, AR (USA) 1. 51.18 - 1500m Miramar, FL (USA) 7. 4:16.35 - 800m Miramar, FL (USA) 6. 2:00.96 - 400m Doha (QAT) DL 5. 51.54 - 800m Rabat (MAR) DL 5. 1:58.00 INFO: Hometown: Richland Park. Studies: Southern Illinois University. Nickname: Fifi. Height: 1.67 / 5'6".				
8-1	Daisy Chepngetich RUTO (KEN)	17y	PB: 2:06.37 Ndola (ZAM) 02.05.2023	
8-2	Oratile NOWE (BOT)	25y	SB and PB: 1:58.96 Gaborone (BOT) 12.04	
GENERAL: All-African Games silver medallist 4x400m (19) All-African Games bronze medallist 4x400m (24) WA World Rankings: 47th OTHER PBs: 53.22 400m(20) - 2:40.87 1000m(24) - 4:11.50 1500m(25) HONOURS: NCH (5xWin) 2025: 1500m Pretoria (RSA) 1. 4:11.50 - 800m Pretoria (RSA) 2. 2:00.88 - 800m Pretoria (RSA) 2. 1:59.46 - 800m Cape Town (RSA) 1. 1:59.22 - 800m Gaborone (BOT) 1. 1:58.96 INFO: Based in Serowe. Earlier played football. Height: 1.69 / 5'7".				

Start list

1500m

Time: 17:38

Lane	Athlete	MF	NR	PB	SB
1	Nowel CHERUTO	UGA	3:59.56	4:28.25	
2	Birtukan DEGU	ETH	3:50.07	4:11.20	
3	Fikre Birane GEBEYEHU	ETH	3:50.07		
4	Knight ACIRU	UGA	3:59.56	4:08.09	4:15.51
5	Axumawit EMBAYE	ETH	3:50.07	3:58.80	4:01.46
6	Hawi ABERA	ETH	3:50.07	4:04.92	4:04.92
7	Ksanet ALEM	ETH	3:50.07	4:06.16	
8	Mary Nyaboke OGWOKA	KEN	3:49.04	4:16.00	
9	Purity CHEPKIRUI	KEN	3:49.04	4:04.51	
10	Rebecca MWANGI	KEN	3:49.04	4:16.56	4:25.60
11	Faith CHEBET	KEN	3:49.04		
12	Vicody CHEMUTAI (PM)	KEN	3:49.04		

Pace: 800m - 2:08.0 | 1000m - 2:40.0
Target: sub 4:02.0

Medal Winners

2024 - Olympic Games - Paris

1.	Faith KIPYEGON (KEN)	3:51.29
2.	Jessica HULL (AUS)	3:52.56
3.	Georgia BELL (GBR)	3:52.61

2024 - African Ch. - Douala

1.	Saron BERHE (ETH)	4:06.05
2.	Caroline NYAGA (KEN)	4:06.76
3.	Esther CHEBET (UGA)	4:06.90

2024 - African Games - Accra

1.	Hirut MESHESHA (ETH)	4:05.71
2.	Hawi ABERA (ETH)	4:06.09
3.	Mary EKIRU (KEN)	4:06.22

2023 - World Ch. - Budapest

1.	Faith KIPYEGON (KEN)	3:54.87
2.	Diribe WELTEJI (ETH)	3:55.69
3.	Sifan HASSAN (NED)	3:56.00

2022 - World Ch. - Oregon

1.	Faith KIPYEGON (KEN)	3:52.96
2.	Gudaf TSEGAY (ETH)	3:54.52
3.	Laura MUIR (GBR)	3:55.28

2022 - African Ch. - St Pierre

1.	Winny CHEBET (KEN)	4:16.10
2.	Purity CHEPKIRUI (KEN)	4:16.28
3.	Ayal DAGNACHEW (ETH)	4:16.45

2021 - Olympic Games - Tokyo

1.	Faith KIPYEGON (KEN)	3:53.11
2.	Laura MUIR (GBR)	3:54.50
3.	Sifan HASSAN (NED)	3:55.86

2019 - World Ch. - Doha

1.	Sifan HASSAN (NED)	3:51.95
2.	Faith KIPYEGON (KEN)	3:54.22
3.	Gudaf TSEGAY (ETH)	3:54.38

2019 - African Games - Rabat

1.	Quailyne Jebiwott KIPROP (KEN)	4:19.33
2.	Mary KURIA (KEN)	4:20.19
3.	Lemlem HAILU (ETH)	4:20.60

2017 - World Ch. - London

1.	Faith KIPYEGON (KEN)	4:02.59
2.	Jenny SIMPSON (USA)	4:02.76
3.	Caster SEMENYA (RSA)	4:02.90

Previous Winners

24	Mary EKIRU (KEN)	4:06.26
23	Nelly CHEPCHIRCHIR (KEN)	4:04.56
22	Diribe WELTEJI (ETH)	4:01.50
21	Faith KIPYEGON (KEN)	4:02.40
20	Lemlem HAILU (ETH)	4:06.42

Records

WR	3:49.04	Faith KIPYEGON	KEN	Paris	07.07.24
AR	3:49.04	Faith KIPYEGON	KEN	Paris	07.07.24
NR	3:49.04	Faith KIPYEGON	KEN	Paris	07.07.24
WJR	3:51.34	Yinglai LANG	CHN	Shanghai	18.10.97
MR	4:01.50	Diribe WELTEJI	ETH		07.05.22
WL	3:53.92	Gudaf TSEGAY	ETH	Torun	16.02.25

2025 World list

3:53.92	Gudaf TSEGAY	ETH	Torun (POL) (i)	16.02.25
3:58.04	Nelly CHEPCHIRCHIR	KEN	Rabat (MAR)	25.05.25
3:58.44	Worknesh MESELE	ETH	Rabat (MAR)	25.05.25
3:58.89	Diribe WELTEJI	ETH	Liévin (FRA) (i)	13.02.25
3:59.19	Birke HAYLOM	ETH	Zagreb (CRO)	24.05.25
3:59.25	Dorcus EWOI	KEN	Rabat (MAR)	25.05.25
3:59.60	Heather MACLEAN	USA	Boston, MA (USA) (i)	02.03.25
3:59.84	Georgia HUNTER BELL	GBR	Nanjing (CHN) (i)	23.03.25
3:59.93	Saron BERHE	ETH	Rabat (MAR)	25.05.25
4:00.80	Georgia GRIFFITH	AUS	Nanjing (CHN) (i)	23.03.25
4:01.46	Axumawit EMBAYE	ETH	Rabat (MAR)	25.05.25
4:01.62	Sarah HEALY	IRL	Birmingham (GBR) (i)	15.02.25
4:01.76	Josette ANDREWS	USA	Philadelphia, PA (USA)	26.04.25
4:02.11	Susan Lokayo EJOORE	KEN	Boston, MA (USA) (i)	02.03.25
4:02.25	Netsanet DESTA	ETH	Rabat (MAR)	25.05.25
4:02.85	Elise CRANNY	USA	Boston, MA (USA) (i)	31.01.25
4:02.93	Sarah BILLINGS	AUS	Rabat (MAR)	25.05.25
4:03.21	Danielle JONES	USA	Philadelphia, PA (USA)	26.04.25
4:03.26	Kludia KAZIMIERSKA	POL	Los Angeles, CA (USA)	24.05.25
4:03.33	Emily MACKAY	USA	Los Angeles, CA (USA)	24.05.25

All-Time World list

3:49.04	Faith KIPYEGON	KEN	Paris (FRA)	07.07.24
3:50.07	Genzebe DIBABA	ETH	Monaco (MON)	17.07.15
3:50.30	Gudaf TSEGAY	ETH	Xiamen (CHN)	20.04.24
3:50.46	Yunxia QU	CHN	Beijing (CHN)	11.09.93
3:50.83	Jessica HULL	AUS	Paris (FRA)	07.07.24
3:50.98	Jiang BO	CHN	Shanghai (CHN)	18.10.97
3:51.34	Yinglai LANG	CHN	Shanghai (CHN)	18.10.97
3:51.92	Junxia WANG	CHN	Beijing (CHN)	11.09.93
3:51.95	Sifan HASSAN	NED	Doha (QAT)	05.10.19
3:52.47	Tatyana KAZANKINA	URS	Zürich (SUI)	13.08.80
3:52.61	Georgia BELL	GBR	Paris (FRA)	10.08.24
3:52.75	Diribe WELTEJI	ETH	Paris (FRA)	10.08.24
3:53.22	Birke HAYLOM	ETH	Xiamen (CHN)	20.04.24
3:53.37	Laura MUIR	GBR	Paris (FRA)	10.08.24
3:53.91	Lili YIN	CHN	Shanghai (CHN)	18.10.97
3:53.96	Paula IVAN	ROU	Seoul (KOR)	01.10.88
3:53.97	Lixin LAN	CHN	Shanghai (CHN)	18.10.97
3:54.16	Freweyni HAILU	ETH	Roma (ITA)	30.08.24
3:54.23	Olga DVIRNA	URS	Kiev (URS)	27.07.82
3:54.52	Ling ZHANG	CHN	Shanghai (CHN)	18.10.97

WR progression

3:49.04	Faith KIPYEGON	KEN	Paris (FRA)	07.07.24
3:49.11	Faith KIPYEGON	KEN	Firenze (ITA)	02.06.23
3:50.07	Genzebe DIBABA	ETH	Monaco (MON)	17.07.15
3:50.46	Yunxia QU	CHN	Beijing (CHN)	11.09.93
3:52.47	Tatyana KAZANKINA	URS	Zürich (SUI)	13.08.80
3:55.0h	Tatyana KAZANKINA	URS	Moskva (URS)	06.07.80
3:56.0h	Tatyana KAZANKINA	URS	Podolsk (URS)	28.06.76
4:01.38	Lyudmila BRAGINA	URS	München (GER)	09.09.72
4:05.07	Lyudmila BRAGINA	URS	München (GER)	07.09.72
4:06.47	Lyudmila BRAGINA	URS	München (GER)	04.09.72
4:06.9h	Lyudmila BRAGINA	URS	Moskva (URS)	18.07.72
4:09.62	Karin BURNELEIT	GDR	Helsinki (FIN)	15.08.71
4:10.7h	Jaroslava JEHLÍČKOVÁ	TCH	Athina (GRE)	20.09.69
4:12.4h	Paola PIGNI	ITA	Milano (ITA)	02.07.69
4:15.6h	Maria GOMMERS	NED	Sittard (NED)	24.10.67
4:17.3h	Anne SMITH	GBR	London (GBR)	03.06.67

Pace: 800m - 2:08.0 | 1000m - 2:40.0 Target: sub 4:02.0

1	Nowel CHERUTO (UGA)	19y	PB: 4:28.25 Nairobi (KEN) 20.04.2024	
OTHER PBs: 9:30.5h 3000m(24) - 16:12.42 5000m(25) 2025: 3000m Kampala (UGA) 11. 9:54.76 - 5000m Kampala (UGA) 7. 16:12.42 INFO: Based in Kampala.				
2	Birtukan DEGU (ETH)		PB: 4:11.20 Tomblaine (FRA) 25.05.2024	
OTHER PBs: 2:08.4h 800m(21) - 4:37.00 Mile Road(25) 2025: Mile Road Herzogenaurach (GER) 4. 4:37.00				
3	Fikre Birane GEBEYEHU (ETH)	20y		
OTHER PBs: 2:03.4h 800m(22) - 2:05.10 800m(25) 2025: 800m Djibouti (DJI) 1. 2:05.10				
4	Knight ACIRU (UGA)	26y	SB: 4:15.51 Valencia (ESP) 07.02	PB: 4:08.09 Douala (CMR) 26.06.2024
GENERAL: World University Games silver medallist 800m (23) 2 times In top 8 at African Championships 1500m (24) WA World Rankings: 97th OTHER PBs: 2:03.65 800m(22) - 2:47.49 1000m sh(24) - 4:15.04 1500m sh(24) - 9:26.70 3000m sh(25) - 16:38.18 5000m(19) HONOURS: WUG (1xSilver) NCH (1xWin) 2025: 1500m sh Ourense (ESP) 2. 4:19.10 - Mile sh Val-de-Reuil (FRA) 12. 4:54.23 - 1500m sh Val-de-Reuil (FRA) 4:31.48 - 1500m sh Valencia (ESP) 6. 4:15.51 - 1500m sh Madrid (ESP) h 4:23.96 - 3000m sh Madrid (ESP) 6. 9:26.70 - 1500m Kampala (UGA) 1. 4:16.64 - 5000m Kampala (UGA) 12. 16:55.54 - 800m Kampala (UGA) 1. 2:03.71 INFO: Based in Kampala. Accounting studies at Ndejje University.				
5	Axumawit EMBAYE (ETH)	30y	SB: 4:01.46 Rabat (MAR) 25.05	PB: 3:58.80 Rabat (MAR) 05.06.2022
GENERAL: 2 times World Indoor Championships silver medallist 1500m sh (22, 14) In top 8 at World Indoor Championships 1500m sh (16) OTHER PBs: 4:02.12 1500m sh(22) - 4:18.58 Mile(19) - 4:23.50 Mile sh(15) - 5:34.99 2000m(24) - 8:41.06 3000m sh(25) HONOURS: World Ind. Ch. (2xSilver): 2. 1500m sh Beograd(22) 4:02.29 - 2. 1500m sh Sopot(14) 4:07.12 - 4. 1500m sh Portland, OR(16) 4:09.37 NCH (1xWin) 2025: 3000m sh Astana (KAZ) 3. 8:41.06 - 3000m sh New York, NY (USA) 13. 9:01.64 - 1500m Rabat (MAR) DL 5. 4:01.46 INFO: Hometown: Addis Ababa.				
6	Hawi ABERA (ETH)	18y	SB and PB: 4:04.92 Rabat (MAR) 25.05	
GENERAL: All-African Games silver medallist 1500m (24) World Cross Country Championships silver medallist Mixed XC Relay (23) WA World Rankings: 119th OTHER PBs: 4:21.90 1500m sh(25) - 9:22.84 3000m(24) - 9:24.42 3000m sh(25) - 4:26.83 Mile Road(25) - 14:32 5 km Road(25) HONOURS: All-Afr. G. (1xSilver) 2025: 1500m sh Pombal (POR) 2. 4:21.90 - 3000m sh Pombal (POR) 2. 9:24.42 - 5 km Road Lille (FRA) 2. 14:32 - Mile Road Herzogenaurach (GER) 2. 4:26.83 - 1500m Rabat (MAR) DL 12. 4:04.92 INFO: Club: Sporting CP.				
7	Ksanet ALEM (ETH)	20y	PB: 4:06.16 Székesfehérvár (HUN) 18.07.2023	
GENERAL: In top 8 at World U20 Championships OTHER PBs: 2:01.61 800m(22) - 4:24.29 Mile(23) - 4:33.8h Mile Road(24) - 15:24 5 km Road(24) HONOURS: 2025: Mile Road Herzogenaurach (GER) 7. 4:50.20				
8	Mary Nyaboke OGWOKA (KEN)	17y	PB: 4:16.00 Nairobi (KEN) 27.01.2024	
OTHER PBs: 9:43.26 3000m(21)				
9	Purity CHEPKIRUI (KEN)	22y	PB: 4:04.51 Budapest (HUN) 19.08.2023	
GENERAL: World Cross Country champion Mixed XC Relay (24) World U20 champion 1500m (21) OTHER PBs: 2:00.99 800m(25) HONOURS: World U20 Ch. (1xGold, 1xBronze) Afr. Ch. (1xSilver) NCH (1xWin) 2025: 800m Gaborone (BOT) 6. 2:00.99				
10	Rebecca MWANGI (KEN)	23y	SB: 4:25.60 Nairobi (KEN) 25.04	PB: 4:16.56 Hiroshima (JPN) 29.04.2024
GENERAL: African Championships silver medallist 10,000m (24) In top 8 at African Championships 5000m (24) OTHER PBs: 8:52.92 3000m(22) - 14:55.32 5000m(20) - 32:00.69 10,000m(24) - 15:39 5 km Road(22) - 31:31 10km Road(23) HONOURS: Afr. Ch. (1xSilver) 2025: 1500m Nairobi (KEN) h 4:25.60 - 10,000m Nairobi (KEN) 1. 32:28.17				
11	Faith CHEBET (KEN)	19y		
OTHER PBs: 9:10.43 3000m(22)				
12	Vicody CHEMUTAI (KEN)	15y		

Start list

5000m

Time: 14:55

Lane	Athlete	MF	NR	PB	SB
1	Emebet EJIGU	ETH	14:00.21	16:15.74	16:15.74
2	Yenenesh SHIMKET	ETH	14:00.21	16:07.27	
3	Kadra MOHAMED DEMBIL	DJI	14:49.00	15:52.76	15:52.76
4	Mercy CHEPKEMOI	KEN	14:05.20	15:33.29	
5	Miriam CHEBET	KEN	14:05.20	15:56.27	
6	Charity CHEROP	UGA	14:40.88	15:25.02	15:27.61
7	Cynthia CHEPKIRUI	KEN	14:05.20	15:44.81	15:44.81
8	Tsiyon ABEBE	ETH	14:00.21	15:07.45	
9	Gela HAMBESE	ETH	14:00.21	14:47.74	
10	Lonah CHERONO	KEN	14:05.20		
11	Gemene MAMITE	ETH	14:00.21		
12	Nancy JEPKEMEI (PM)	KEN	14:05.20	16:04.78	16:04.78
13	Maurine Jepkoech CHEBOR	KEN	14:05.20	14:58.59	
14	Megertu MIDEKSA	ETH	14:00.21		
15	Sarah CHELANGAT	UGA	14:40.88	14:40.88	
16	Mercy CHERONO	KEN	14:05.20	14:33.95	15:45.50

Pace: 1000m - 2:56.0 | 2000m - 5:52.0 | 3000m - 8:50.0
Target: sub 14:45.0

Records

WR	14:00.21	Gudaf TSEGAY	ETH	Eugene, OR	17.09.23
AR	14:00.21	Gudaf TSEGAY	ETH	Eugene, OR	17.09.23
NR	14:05.20	Faith KIPYEGON	KEN	Paris	09.06.23
WJR*	14:23.71	Birke HAYLOM	ETH	Eugene, OR	25.05.24
WJR	14:21.89	Medina EISA	ETH	Bruxelles	14.09.24
MR	14:49.97	Girmawit GEBRZIHAIR	ETH		07.05.22
WL	14:25.80	Agnes Jebet NGETICH	KEN	Miramar, FL	02.05.25

2025 World list

14:25.80	Agnes Jebet NGETICH	KEN	Miramar, FL (USA)	02.05.25
14:25.92	Medina EISA	ETH	Miramar, FL (USA)	02.05.25
14:27.12	Beatrice CHEBET	KEN	Xiamen (CHN)	26.04.25
14:28.18	Gudaf TSEGAY	ETH	Xiamen (CHN)	26.04.25
14:28.80	Birke HAYLOM	ETH	Xiamen (CHN)	26.04.25
14:29.29	Hirut MESHESHA	ETH	Xiamen (CHN)	26.04.25
14:30.54	Likina AMEBAW	ETH	Xiamen (CHN)	26.04.25
14:31.88	Asayech AYICHEW	ETH	Xiamen (CHN)	26.04.25
14:32.58	Aynadis MEBRATU	ETH	Xiamen (CHN)	26.04.25
14:33.24	Caroline NYAGA	KEN	Xiamen (CHN)	26.04.25
14:40.83	Rose DAVIES	AUS	Xiamen (CHN)	26.04.25
14:41.75	Sembo ALMAYEW	ETH	Xiamen (CHN)	26.04.25
14:43.61	Linden HALL	AUS	Los Angeles, CA (USA)	24.05.25
14:44.80	Josette ANDREWS	USA	Boston, MA (USA) (i)	02.03.25
14:45.81	Emily MACKAY	USA	Boston, MA (USA) (i)	02.03.25
14:46.16	Janeth CHEPNGETICH	KEN	Miramar, FL (USA)	02.05.25
14:47.56	Yenawa NBRET	ETH	Xiamen (CHN)	26.04.25
14:48.20	Melissa COURTNEY-BRYANT	GBR	Los Angeles, CA (USA)	24.05.25
14:48.41	Whitni MORGAN	USA	Boston, MA (USA) (i)	31.01.25
14:50.42	Hannah NUTTALL	GBR	Los Angeles, CA (USA)	24.05.25

All-Time World list

14:00.21	Gudaf TSEGAY	ETH	Eugene, OR (USA)	17.09.23
14:05.20	Faith KIPYEGON	KEN	Paris (FRA)	09.06.23
14:05.92	Beatrice CHEBET	KEN	Eugene, OR (USA)	17.09.23
14:06.62	Letesenbet GIDEY	ETH	Valencia (ESP)	07.10.20
14:11.15	Tirunesh DIBABA	ETH	Oslo (NOR)	06.06.08
14:12.59	Almaz AYANA	ETH	Roma (ITA)	02.06.16
14:12.88	Meseret DEFAR	ETH	Stockholm (SWE)	22.07.08
14:12.98	Ejgayehu TAYE	ETH	Eugene, OR (USA)	27.05.22
14:13.42	Sifan HASSAN	NED	London (GBR)	23.07.23
14:15.24	Senbere TEFERI	ETH	Hengelo (NED)	08.06.21
14:15.41	Genzebe DIBABA	ETH	Paris-St-Denis (FRA)	04.07.15
14:16.54	Medina EISA	ETH	London (GBR)	23.07.23
14:18.37	Hellen OBIRI	KEN	Roma (ITA)	08.06.17
14:18.76	Tsigie GEBRESELAMA	ETH	Eugene, OR (USA)	25.05.24
14:19.45	Alicia MONSON	USA	London (GBR)	23.07.23
14:20.61	Frewyni HAILU	ETH	Eugene, OR (USA)	25.05.24
14:20.68	Agnes Jebet TIROP	KEN	London (GBR)	21.07.19
14:20.87	Vivian Jepkemei CHERUIYOT	KEN	Stockholm (SWE)	29.07.11
14:22.76	Aynadis MEBRATU	ETH	Eugene, OR (USA)	25.05.24
14:23.05	Lilian Kasait RENGERRUK	KEN	Paris (FRA)	09.06.23

WR progression

14:00.21	Gudaf TSEGAY	ETH	Eugene, OR (USA)	17.09.23
14:05.20	Faith KIPYEGON	KEN	Paris (FRA)	09.06.23
14:06.62	Letesenbet GIDEY	ETH	Valencia (ESP)	07.10.20
14:11.15	Tirunesh DIBABA	ETH	Oslo (NOR)	06.06.08
14:16.63	Meseret DEFAR	ETH	Oslo (NOR)	15.06.07
14:24.53	Meseret DEFAR	ETH	New York, NY (USA)	03.06.06
14:24.68	Elvan ABEYLEGESSE	TUR	Bergen (NOR)	11.06.04
14:28.09	Jiang BO	CHN	Shanghai (CHN)	23.10.97
14:31.27	Yanmei DONG	CHN	Shanghai (CHN)	21.10.97
14:36.45	Fernanda RIBEIRO	POR	Hechtel (BEL)	22.07.95
14:37.33	Ingrid KRISTIANSEN	NOR	Stockholm (SWE)	05.08.86
14:48.07	Zola BUDD	GBR	London (GBR)	26.08.85
14:58.89	Ingrid KRISTIANSEN	NOR	Oslo (NOR)	28.06.84
15:08.26	Mary TABB	USA	Eugene, OR (USA)	05.06.82
15:13.22	Anne AUDAIN	NZL	Auckland (NZL)	17.03.82
15:14.51	Paula FUDGE	GBR	Knarvik (NOR)	13.09.81

Medal Winners

2024 - Olympic Games - Paris

1.	Beatrice CHEBET (KEN)	14:28.56
2.	Faith KIPYEGON (KEN)	14:29.60
3.	Sifan HASSAN (NED)	14:30.61

2024 - African Ch. - Douala

1.	Fantaye BELAYNEH (ETH)	15:30.10
2.	Wubrist ASCHAL (ETH)	15:30.25
3.	Samayah HASSAN NOUR (DJI)	15:42.63

2024 - African Games - Accra

1.	Medina EISA (ETH)	15:04.32
2.	Birtukan MOLLA (ETH)	15:05.32
3.	Melknat WUDU (ETH)	15:07.04

2023 - World Ch. - Budapest

1.	Faith KIPYEGON (KEN)	14:53.88
2.	Sifan HASSAN (NED)	14:54.11
3.	Beatrice CHEBET (KEN)	14:54.33

2022 - World Ch. - Oregon

1.	Gudaf TSEGAY (ETH)	14:46.29
2.	Beatrice CHEBET (KEN)	14:46.75
3.	Dawit SEYAUM (ETH)	14:47.36

2022 - African Ch. - St Pierre

1.	Beatrice CHEBET (KEN)	15:00.82
2.	Fantaye BELAYNEH (ETH)	15:01.89
3.	Caroline NYAGA (KEN)	15:05.34

2021 - Olympic Games - Tokyo

1.	Sifan HASSAN (NED)	14:36.79
2.	Hellen OBIRI (KEN)	14:38.36
3.	Gudaf TSEGAY (ETH)	14:38.87

2019 - World Ch. - Doha

1.	Hellen OBIRI (KEN)	14:26.72
2.	Margaret Chelimo KIPKEMBOI (KEN)	14:27.49
3.	Konstanze KLOSTERHALFEN (GER)	14:28.43

2019 - African Games - Rabat

1.	Lilian Kasait RENGERRUK (KEN)	15:33.63
2.	Hawi FEYSA (ETH)	15:33.99
3.	Alemitu TARIKU (ETH)	15:37.15

2017 - World Ch. - London

1.	Hellen OBIRI (KEN)	14:34.86
2.	Almaz AYANA (ETH)	14:40.35
3.	Sifan HASSAN (NED)	14:42.73

Previous Winners

24	Marta ALEMAYO (ETH)	15:14.54
23	Beatrice CHEBET (KEN)	15:15.82
22	Girmawit GEBRZIHAIR (ETH)	14:49.97
21	Margaret Chelimo KIPKEMBOI (KEN)	14:55.27
20	Hellen OBIRI (KEN)	15:06.36

Pace: 1000m - 2:56.0 | 2000m - 5:52.0 | 3000m - 8:50.0 Target: sub 14:45.0

1	Emebet EJIGU (ETH)	18y	SB and PB: 16:15.74 Djibouti (DJI) 11.04
2025: 5000m Djibouti (DJI) 2. 16:15.74			
2	Yenenesh SHIMKET (ETH)	18y	PB: 16:07.27 Nairobi (KEN) 20.04.2024
OTHER PBs: 8:32.01 3000m(25) - 14:48 5 km Road(25) 2025: 5 km Road Lille (FRA) 5. 14:48 - 3000m Rabat (MAR) DL 5. 8:32.01			
3	Kadra MOHAMED DEMBIL (DJI)	28y	SB and PB: 15:52.76 Oran (ALG) 30.04
OTHER PBs: 4:12.69 1500m(25) - 9:11.33 3000m(20) - 7:07.33 2000mSC(14) - 16:43 5 km Road(23) Current Records: 1xBNP: NBP 7:07.33 2000mSC Nanjing(14) 2025: 1500m Djibouti (DJI) 3. 4:12.69 - 5000m Oran (ALG) 1. 15:52.76 - 1500m Oran (ALG) 4. 4:17.56 INFO: Born in Ali Sabieh.			
4	Mercy CHEPKEMOI (KEN)	19y	PB: 15:33.29 Lima (PER) 27.08.2024
GENERAL: In top 8 at World U20 Championships 5000m (24) In top 8 at African Championships WA World Rankings: 179th OTHER PBs: 9:10.54 3000m(24) HONOURS: INFO: Athlete from Southern Rift Valley.			
5	Miriam CHEBET (KEN)	22y	PB: 15:56.27 Nairobi (KEN) 28.04.2022
OTHER PBs: 30:27.30 10,000m(24) - 15:21 5 km Road(24) - 30:40 10km Road(24) - 54:18 10 Miles Road(23) - 1:06:07 Half Marathon(25) 2025: Half Marathon Hong Kong (HKG) 6. 1:09:59 - Half Marathon Málaga (ESP) 2. 1:07:01 - Half Marathon Istanbul (TUR) NCH 1. 1:06:07			
6	Charity CHEROP (UGA)	17y	SB: 15:27.61 Kampala (UGA) 12.04 PB: 15:25.02 Lima (PER) 27.08.2024
GENERAL: World U20 Championships bronze medallist 5000m (24) WA World Rankings: 128th OTHER PBs: 4:20.78 1500m(23) - 15:41 5 km Road(24) - 32:19 10km Road(25) HONOURS: World U20 Ch. (1xBronze) 2025: 10km Road Schoorl (NED) 2. 32:19 - 5000m Kampala (UGA) 2. 15:38.00 - 5000m Kampala (UGA) 2. 15:27.61			
7	Cynthia CHEPKIRUI (KEN)	16y	SB and PB: 15:44.81 Nairobi (KEN) 16.05
OTHER PBs: 2:12.89 800m(25) - 4:21.42 1500m(25) 2025: 800m Nairobi (KEN) h 2:12.89 - 1500m Nairobi (KEN) h 4:21.42 - 5000m Nairobi (KEN) 1. 15:44.81			
8	Tsiyon ABEBE (ETH)	18y	PB: 15:07.45 Stockholm (SWE) 02.07.2023
GENERAL: World U20 Championships silver medallist 3000m (22) OTHER PBs: 4:08.15 1500m(22) - 8:44.82 3000m(22) - 9:00.55 3000m sh(23) - 15:21 5 km Road(25) HONOURS: World U20 Ch. (1xSilver) 2025: 5 km Road Herzogenaurach (GER) 6. 15:21			
9	Gela HAMBESE (ETH)	22y	PB: 14:47.74 Doha (QAT) 10.05.2024
GENERAL: African Championships bronze medallist 10,000m (24) OTHER PBs: 4:08.40 1500m(23) - 4:24.44 Mile sh(24) - 30:49.14 10,000m(24) - 14:51 5 km Road(25) - 31:15 10km Road(25) HONOURS: Afr. Ch. (1xBronze) 2025: 10km Road Lille (FRA) 2. 31:15 - 5 km Road Boston, MA (USA) 1. 14:53 - 5 km Road Herzogenaurach (GER) 3. 14:51			
10	Lonah CHERONO (KEN)	16y	
11	Gemene MAMITE (ETH)	18y	
12	Nancy JEPKEMEI (KEN)	28y	SB and PB: 16:04.78 Nairobi (KEN) 16.05
OTHER PBs: 2:08.23 800m(19) - 4:18.54 1500m(24) 2025: 5000m Nairobi (KEN) 8. 16:04.78			
13	Maurine Jepkoech CHEBOR (KEN)	21y	PB: 14:58.59 Wien (AUT) 22.06.2024
WA World Rankings: 47th OTHER PBs: 9:08.07 3000m(23) - 14:40 5 km Road(25) - 32:09 10km Road(24) 2025: 5 km Road Nijmegen (NED) 1. 15:01 - 5 km Road Tokyo (JPN) 3. 14:40			
14	Megertu MIDEKSA (ETH)		
OTHER PBs: 4:24.4h 1500m(21) - 9:01.1h 3000m(24) - 1:11:41 Half Marathon(25) 2025: Half Marathon Hong Kong (HKG) 8. 1:11:41 - Half Marathon Umm Al Quwain (UAE) 2. 1:12:35			
15	Sarah CHELANGAT (UGA)	23y	PB: 14:40.88 Stockholm (SWE) 02.07.2023
GENERAL: African Youth Games silver medallist 3000m (18) 2 times In top 8 at African Championships OTHER PBs: 8:32.53 3000m(23) - 8:41.16 3000m sh(23) - 30:24.04 10,000m(24) - 30:24 10km Road(23) - 1:07:59 Half Marathon(23) HONOURS: 2025: 10km Road Bengaluru (IND) 1. 31:07 INFO: Grew up in Kween. Former UGA Youth Female Athlete of the Year. Height: 1.65 / 5'5".			
16	Mercy CHERONO (KEN)	34y	SB: 15:45.50 Nairobi (KEN) 16.05 PB: 14:33.95 Roma (ITA) 02.06.2016
GENERAL: Diamond League Final winner 3000m (14) World Championships silver medallist 5000m (13) OTHER PBs: 4:01.26 1500m(15) - 4:22.67 Mile(15) - 8:21.14 3000m(14) - 9:11.49 2 Miles(14) - 30:55 10km Road(22) HONOURS: OG (1xFinal): 4. 5000m Rio de Janeiro(16) 14:42.89 World Ch. (1xSilver): 2. 5000m Moskva(13) 14:51.22 - 5. 5000m Beijing(15) 15:01.36 - 5. 5000m Daegu(11) 15:00.23 DF (1xWin) World CC Ch. (1xGold, 1xSilver) 2025: 5000m Nairobi (KEN) 2. 15:45.50 INFO: She is from a small village, Kipajit. Has golfing ambitions as well. Her younger sister Sharon Chepkorir is also a runner; their father John Koech runs a training camp in Kipajit village. Won the Most Promising Sportswoman of the Year category at the 2009 Kenyan Sports Personality of the Year awards.			

Start list

400mH

Time: 16:04

Lane	Athlete	MF	NR	PB	SB
1	Elisabeth SLETTUM	NOR	53.91	55.77	
2	Jessica WRIGHT	USA	50.37	55.78	56.79
3	Line KLOSTER	NOR	53.91	53.91	1:27.11
4	Kristina HALONEN	FIN	54.40	55.62	56.40
5	Amalie IUEL	NOR	53.91	54.68	55.06
6	Daniela LEDECKÁ	SVK	54.28	55.83	56.55
7	Bianca STUBLER	USA	50.37	56.04	56.52
8	Eileen DEMES	GER	53.24	54.80	

Records

WR	50.37	Sydney MCLAUGHLIN-LEVRONE	USA	Paris	08.08.24
AR	52.90	Nezha BIDOUEANE	MAR	Sevilla	25.08.99
NR	55.84	Francisca Koki MANUNGA	KEN	Marrakech	14.08.14
WJR	53.60	Sydney MCLAUGHLIN	USA	Fayetteville, AR	27.04.18
MR	54.89	Amalie IUEL	NOR		20.04.24
WL	52.07	Sydney MCLAUGHLIN-LEVRONE	USA	Miramar, FL	03.05.25

2025 World list

52.07	Sydney MCLAUGHLIN-LEVRONE	USA	Miramar, FL (USA)	03.05.25
52.46	Femke BOL	NED	Rabat (MAR)	25.05.25
53.46	Savannah SUTHERLAND	CAN	Gainesville, FL (USA)	18.04.25
53.48	Rachel GLENN	USA	Gainesville, FL (USA)	18.04.25
53.73	Akala GARRETT	USA	Gainesville, FL (USA)	18.04.25
53.81	Dalilah MUHAMMAD	USA	Gaborone (BOT)	12.04.25
53.84	Anna COCKRELL	USA	Baton Rouge, LA (USA)	03.05.25
53.90	Andrenette KNIGHT	JAM	Rabat (MAR)	25.05.25
54.29	Sarah CARLI	AUS	Perth (AUS)	13.04.25
54.43	Anna HALL	USA	Miramar, FL (USA)	03.05.25
54.56	Michelle SMITH	ISV	Gainesville, FL (USA)	04.04.25
54.62	Shiann SALMON	JAM	Miramar, FL (USA)	03.05.25
54.74	Ayomide FOLORUNSO	ITA	Rabat (MAR)	25.05.25
54.74	Emma ZAPLETALOVÁ	SVK	Bruxelles (BEL)	25.05.25
54.83	Rushell CLAYTON	JAM	Rabat (MAR)	25.05.25
54.96	Fatoumata Binta DIALLO	POR	Franconville (FRA)	18.05.25
55.06	Amalie IUEL	NOR	Zagreb (CRO)	24.05.25
55.09	Zenény GELDENHUYS	RSA	Potchefstroom (RSA)	25.04.25
55.16	Elena KELETY	GER	Zagreb (CRO)	24.05.25
55.20	Emily NEWNHAM	GBR	Bruxelles (BEL)	25.05.25

All-Time World list

50.37	Sydney MCLAUGHLIN-LEVRONE	USA	Paris (FRA)	08.08.24
50.95	Femke BOL	NED	La Chaux-de-Fonds (SUI)	14.07.24
51.58	Dalilah MUHAMMAD	USA	Tokyo (JPN)	04.08.21
51.87	Anna COCKRELL	USA	Paris (FRA)	08.08.24
52.29	Jasmine JONES	USA	Paris (FRA)	08.08.24
52.34	Yulia PECHONKINA	RUS	Tula (RUS)	08.08.03
52.39	Shamier LITTLE	USA	Stockholm (SWE)	04.07.21
52.42	Melaine WALKER	JAM	Berlin (GER)	20.08.09
52.47	Lashinda DEMUS	USA	Daegu (KOR)	01.09.11
52.51	Rushell CLAYTON	JAM	Kingston (JAM)	28.06.24
52.61	Kim BATTEN	USA	Göteborg (SWE)	11.08.95
52.62	Tonja BUFORD-BAILEY	USA	Göteborg (SWE)	11.08.95
52.74	Sally GUNNELL	GBR	Stuttgart (GER)	19.08.93
52.77	Fani CHALKIA	GRE	Athina (GRE)	22.08.04
52.79	Sandra FARMER-PATRICK	USA	Stuttgart (GER)	19.08.93
52.79	Kaliese SPENCER	JAM	London (GBR)	05.08.11
52.82	Deon HEMMINGS	JAM	Atlanta, GA (USA)	31.07.96
52.83	Zuzana HEJNOVÁ	CZE	Moskva (RUS)	15.08.13
52.89	Daimí PERNÍA	CUB	Sevilla (ESP)	25.08.99
52.90	Nezha BIDOUEANE	MAR	Sevilla (ESP)	25.08.99

WR progression

50.37	Sydney MCLAUGHLIN-LEVRONE	USA	Paris (FRA)	08.08.24
50.65	Sydney MCLAUGHLIN-LEVRONE	USA	Eugene, OR (USA)	30.06.24
50.68	Sydney MCLAUGHLIN	USA	Eugene, OR (USA)	22.07.22
51.41	Sydney MCLAUGHLIN	USA	Eugene, OR (USA)	25.06.22
51.46	Sydney MCLAUGHLIN	USA	Tokyo (JPN)	04.08.21
51.90	Sydney MCLAUGHLIN	USA	Eugene, OR (USA)	27.06.21
52.16	Dalilah MUHAMMAD	USA	Doha (QAT)	04.10.19
52.20	Dalilah MUHAMMAD	USA	Des Moines, IA (USA)	28.07.19
52.34	Yulia PECHONKINA	RUS	Tula (RUS)	08.08.03
52.61	Kim BATTEN	USA	Göteborg (SWE)	11.08.95
52.74	Sally GUNNELL	GBR	Stuttgart (GER)	19.08.93
52.94	Marina STEPANOVA	URS	Tashkent (UZB)	17.09.86
53.32	Marina STEPANOVA	URS	Stuttgart (GER)	30.08.86
53.55	Sabine BUSCH	GDR	Berlin (GDR)	22.09.85
53.58	Margarita PONOMARYOVA	URS	Kiev (URS)	22.06.84
54.02	Ana AMBRAZIENE	URS	Moskva (URS)	11.06.83
54.28	Karin ROSSLEY	GDR	Jena (GDR)	18.05.80
54.78	Marina MAKEYEVA	URS	Moskva (URS)	27.07.79
54.89	Tatyana ZELENTOVA	URS	Praha (TCH)	02.09.78

Medal Winners

2024 - Olympic Games - Paris

1.	Sydney MCLAUGHLIN-LEVRONE (USA)	50.37
2.	Anna COCKRELL (USA)	51.87
3.	Femke BOL (NED)	52.15

2024 - African Ch. - Douala

1.	Rogail JOSEPH (RSA)	55.71
2.	Noura ENNADI (MAR)	56.16
3.	Linda ANGOUNOU (CMR)	56.48

2024 - African Games - Accra

1.	Rogail JOSEPH (RSA)	55.39
2.	Noura ENNADI (MAR)	55.85
3.	Linda ANGOUNOU (CMR)	56.41

2023 - World Ch. - Budapest

1.	Femke BOL (NED)	51.70
2.	Shamier LITTLE (USA)	52.80
3.	Rushell CLAYTON (JAM)	52.81

2022 - World Ch. - Oregon

1.	Sydney MCLAUGHLIN (USA)	50.68
2.	Femke BOL (NED)	52.27
3.	Dalilah MUHAMMAD (USA)	53.13

2022 - African Ch. - St Pierre

1.	Zenény VAN DER WALT (RSA)	56.00
2.	Taylon BIELDT (RSA)	56.67
3.	Noura ENNADI (MAR)	58.06

2021 - Olympic Games - Tokyo

1.	Sydney MCLAUGHLIN (USA)	51.46
2.	Dalilah MUHAMMAD (USA)	51.58
3.	Femke BOL (NED)	52.03

2019 - World Ch. - Doha

1.	Dalilah MUHAMMAD (USA)	52.16
2.	Sydney MCLAUGHLIN (USA)	52.23
3.	Rushell CLAYTON (JAM)	53.74

2019 - African Games - Rabat

1.	Vanice Kerubo NYAGISERA (KEN)	56.95
2.	Lamia L HABZ (MAR)	56.97
3.	Abasiono AKPAN (NGR)	57.66

2017 - World Ch. - London

1.	Kori CARTER (USA)	53.07
2.	Dalilah MUHAMMAD (USA)	53.50
3.	Ristananna TRACEY (JAM)	53.74

Previous Winners

24 Amalie IUEL (NOR) 54.89

1	Elisabeth SLETTUM (NOR)	38y	PB: 55.77 Oslo (NOR) 30.06.2022
GENERAL: 12 times National champion 200m (21, 19, 15, 14, 09, 08, 07, 06, 05), 4x100m (24), Sprint Medley 1000m (22), 4x400m (24) 9 times National Indoor champion 60m (05, 04), 200m sh (22, 14, 13, 08, 06, 05, 04) WA World Rankings: 85th OTHER PBs: 17.35ww 150m(13) - 23.32 200m(22) - 23.39 200m sh(22) - 37.22 300m(22) - 37.80 300m sh(21) HONOURS: NCH (9xWin) NICH (9xWin) 2025: 200m sh Bærum (NOR) 2. 24.06 - 200m sh Bærum (NOR) h 24.13 - 200m sh Bærum (NOR) 2. 24.14 - 400m Shaoxing/Keqiao (CHN) DL 4. 53.79 - 400m Oslo (NOR) 1. 54.38 INFO: Based in Oslo. Studies: Oslo University College. Has trained with Karsten Warholm and Amalie Iuel. Height: 1.87 / 6'2".			
2	Jessica WRIGHT (USA)	25y	SB: 56.79 Gaborone (BOT) 12.04 PB: 55.78 Des Moines, IA (USA) 27.04.2024
GENERAL: World Indoor Championships silver medallist 4x400m sh (24) WA World Rankings: 68th OTHER PBs: 38.06 300m sh(22) - 52.34 400m(23) - 52.37 400m sh(24) - 8.64 60mH(22) - 13.64 100mH(22) 2025: 400m sh Astana (KAZ) 1. 56.16 - 200m sh Cambridge, MA (USA) 1. 25.71 - 400m sh Cambridge, MA (USA) 1. 55.26 - 400m sh Lubbock, TX (USA) 3. 55.43 - 400mH Austin, TX (USA) 2. 56.81 - 400mH Gaborone (BOT) 5. 56.79 - 400mH Des Moines, IA (USA) 5. 57.58 - 400mH San Marcos, TX (USA) 1. 57.22 INFO: Hometown: Durham. Studies: Howard University. Major in Biology.			
3	Line KLOSTER (NOR)	35y	SB: 1:27.11 Zagreb (CRO) 24.05 PB: 53.91 La Chaux-de-Fonds (SUI) 03.07.2022
GENERAL: 13 times National champion 100m (24, 23, 22), 200m (23, 22, 18, 13, 12), 400m (16, 13, 12), 100mH (17), 400mH (18) 8 times National Indoor champion 200m sh (12), 400m sh (18, 13, 12), 800m sh (19), 60mH (15), 4x200m sh (15, 13) WA World Rankings: 50th OTHER PBs: 17.17 150m(22) - 22.51ww 200m(22) - 23.03 200m(22) - 26.11 200mH(20) - 38.97 300mH(18) Current Records: 3xNBP: NBP 17.17 150m Potchefstroom(22) - NBP 1:12.29 500m sh Hvam(19) - NBP 38.97 300mH Lillestrøm(18) HONOURS: NCH (13xWin) NICH (6xWin) 2025: 100m Potchefstroom (RSA) 6. 12.03 - 200m Potchefstroom (RSA) 1. 23.69 - 400mH Zagreb (CRO) WC 8. 1:27.11 INFO: Born in Oslo. Height: 1.79 / 5'10". Club: SK Vidar.			
4	Kristiina HALONEN (FIN)	27y	SB: 56.40 Espoo (FIN) 21.05 PB: 55.62 Roma (ITA) 09.06.2024
GENERAL: National champion 400mH (22) WA World Rankings: 43rd OTHER PBs: 18.22 150m(25) - 24.57 200m sh(24) - 38.84 300m sh(24) - 54.82 400m sh(23) - 1:31.45 600m sh(23) Current Records: 1xNBP: NBP 1:31.45 600m sh Jyväskylä(23) HONOURS: NCH (1xWin) 2025: 150m Espoo (FIN) 3. 18.22 - 400mH Espoo (FIN) 1. 56.40 INFO: Born in Lappeenranta.			
5	Amalie IUEL (NOR)	31y	SB: 55.06 Zagreb (CRO) 24.05 PB: 54.68 München (GER) 18.08.2022
GENERAL: 11 times National champion 400m (21, 19, 18, 17), 400mH (24, 22, 20, 19, 17, 16), Sprint Medley 1000m (24) 2 times In top 8 at European Championships WA World Rankings: 17th OTHER PBs: 23.41 200m(16) - 37.51 300m sh(21) - 51.64 400m(21) - 52.25 400m sh(20) - 39.35 300mH(18) Current Records: 1xNBP: NBP 37.51 300m sh Bærum(21) HONOURS: Eur. Team Ch./1st (1xWin) WUG (1xBronze) NCH (10xWin) 2025: 400m Shaoxing/Keqiao (CHN) DL 1. 52.17 - 400mH Zagreb (CRO) WC 1. 55.06 INFO: Born in Denmark. Represents Norway since 2015. Studies: University of Southern California. Major in Human Biology. Likes playing the guitar and singing; favourite food is sushi. Her idol is Carolina Klüft; has 4 siblings; her partner is Aksel Lund Svindal. Height: 1.79 / 5'10".			
6	Daniela LEDECKÁ (SVK)	28y	SB: 56.55 Zagreb (CRO) 24.05 PB: 55.83 Roma (ITA) 10.06.2024
GENERAL: In top 8 at European Championships 5 times National champion 400mH (24, 22, 19, 18, 17) WA World Rankings: 41st OTHER PBs: 23.84 200m(20) - 24.36 200m sh(25) - 37.83 300m sh(25) - 52.64 400m(24) - 52.71 400m sh(25) Current Records: 1xNBP: NBP 3:54.01 2x2x400m Chorzów(21) HONOURS: NCH (5xWin) NICH (1xWin) 2025: 200m sh Ostrava (CZE) 1. 24.36 - 400m sh Ostrava (CZE) 4. 52.95 - 400m sh Ostrava (CZE) OC 52.75 - 300m sh Birmingham (GBR) 6. 37.83 - 400m sh Ostrava (CZE) 1. 52.71 - 400m sh Nanjing (CHN) h 53.39 - 400mH Gaborone (BOT) 7. 57.27 - 400mH Zagreb (CRO) WC 5. 56.55 INFO: Born in Levoca. Studies: Matej Bel University. Club: SK Dukla o.z. Banská Bystrica.			
7	Bianca STUBLER (USA)	25y	SB: 56.52 Des Moines, IA (USA) 26.04 PB: 56.04 Budapest (HUN) 26.05.2024
WA World Rankings: 57th OTHER PBs: 23.96 200m(22) - 38.97 300m sh(22) - 53.42 400m(22) - 53.56 400m sh(24) - 2:08.79 800m sh(23) 2025: 500m sh Cambridge, MA (USA) 1. 1:13.14 - 300m sh Boston, MA (USA) 4. 39.33 - 400mH Austin, TX (USA) 3. 56.82 - 400mH Gaborone (BOT) 6. 57.14 - 400mH Des Moines, IA (USA) 4. 56.52 - 400mH Zagreb (CRO) WC 6. 56.91 INFO: Hometown: Menomonee Falls. Studies: University of Wisconsin. Major in Interior Architecture.			
8	Eileen DEMES (GER)	27y	PB: 54.80 Regensburg (SUI) 24.08.2024
GENERAL: In top 8 at European Championships 2 times In top 8 at World U20 Championships 400mH (16), 4x400m (16) WA World Rankings: 51st OTHER PBs: 18.04 150m(24) - 37.97 300m(24) - 51.63 400m(24) - 8.65 60mH (0.76)(13) - 40.10 300mH(23) HONOURS: NCH (1xWin) INFO: Athlete of Hessen. Height: 1.79 / 5'10".			

Start list

3000mSC

Time: 17:01

Lane	Athlete	MF	NR	PB	SB
1	Sharon CHEPKEMOI	KEN	8:44.32	9:50.30	9:57.27
2	Kena TUFA	ETH	8:54.61	9:38.18	9:38.18
3	Loice CHEKWEMOI	UGA	8:48.03	9:18.84	
4	Caren CHEBET	KEN	8:44.32	9:30.42	9:36.28
5	Diana CHEPKEMOI	KEN	8:44.32	9:29.84	9:58.97
6	Jackline CHEPKOECH	KEN	8:44.32	8:57.35	
7	Bizunesh GETAHUN	ETH	8:54.61	9:56.84	
8	Firehiwot GESESE	ETH	8:54.61	9:25.53	
9	Wosane ASEFA	ETH	8:54.61	9:54.82	
10	Stella RUTTO	ROU	9:16.85	9:22.36	9:46.90
11	Nancy CHEPKWURUI	UGA	8:48.03	9:47.47	
12	Joyce Jepkoge BIWOT (PM)	KEN	8:44.32	10:21.17	10:21.17

Pace: 1000m - 3:06.0 (Biwot until 1400m)
Target : 9:20.0

Medal Winners

2024 - Olympic Games - Paris

1. Winfred YAVI (BRN) 8:52.76
2. Peruth CHEMUTAI (UGA) 8:53.34
3. Faith CHEROTICH (KEN) 8:55.15

2024 - African Ch. - Douala

1. Loice CHEKWEMOI (UGA) 9:24.47
2. Alemnat WALLE (ETH) 9:35.19
3. Leah JERUTO (KEN) 9:36.33

2024 - African Games - Accra

1. Beatrice CHEPKOECH (KEN) 9:15.61
2. Peruth CHEMUTAI (UGA) 9:16.07
3. Lomi MULETA (ETH) 9:26.63

2023 - World Ch. - Budapest

1. Winfred YAVI (BRN) 8:54.29
2. Beatrice CHEPKOECH (KEN) 8:58.98
3. Faith CHEROTICH (KEN) 9:00.69

2022 - World Ch. - Oregon

1. Norah JERUTO (KAZ) 8:53.02
2. Werkuha GETACHEW (ETH) 8:54.61
3. Mekides ABEBE (ETH) 8:56.08

2022 - African Ch. - St Pierre

1. Werkuha GETACHEW (ETH) 9:36.81
2. Zerfe WONDEMAGEGN (ETH) 9:41.37
3. Caren CHEBET (KEN) 9:43.64

2021 - Olympic Games - Tokyo

1. Peruth CHEMUTAI (UGA) 9:01.45
2. Courtney FRERICHs (USA) 9:04.79
3. Hyvin KIYENG (KEN) 9:05.39

2019 - World Ch. - Doha

1. Beatrice CHEPKOECH (KEN) 8:57.84
2. Emma COBURN (USA) 9:02.35
3. Gesa Felicitas KRAUSE (GER) 9:03.30

2019 - African Games - Rabat

1. Mekides ABEBE (ETH) 9:35.18
2. Mercy Wanjiru GITAHU (KEN) 9:37.53
3. Weynshet ANSA (ETH) 9:38.56

2017 - World Ch. - London

1. Emma COBURN (USA) 9:02.58
2. Courtney FRERICHs (USA) 9:03.77
3. Hyvin KIYENG (KEN) 9:04.03

Previous Winners

24	Stella RUTTO (ROU)	9:39.57
23	Beatrice CHEPKOECH (KEN)	9:13.51
22	Norah JERUTO (KAZ)	9:04.95
21	Celliphine Chepteek CHESPOL (KEN)	9:30.55
20	Beatrice CHEPKOECH (KEN)	9:29.05

Records

WR	8:44.32	Beatrice CHEPKOECH	KEN	Monaco	20:07.18
AR	8:44.32	Beatrice CHEPKOECH	KEN	Monaco	20:07.18
NR	8:44.32	Beatrice CHEPKOECH	KEN	Monaco	20:07.18
WJR	8:58.78	Celliphine Chepteek CHESPOL	KEN	Eugene, OR	26:05.17
MR	9:04.95	Norah JERUTO	KAZ		07:05.22
WL	9:05.08	Faith CHEROTICH	KEN	Doha	16:05.25

2025 World list

9:05.08	Faith CHEROTICH	KEN	Doha (QAT)	16:05.25
9:05.26	Winfred YAVI	BRN	Doha (QAT)	16:05.25
9:09.27	Sembo ALMAYEW	ETH	Doha (QAT)	16:05.25
9:10.13	Doris LEMNGOLE	KEN	Winston Salem, NC (USA)	18:04.25
9:10.46	Norah JERUTO	KAZ	Gumi (KOR)	30:05.25
9:12.13	Marwa BOUZAYANI	TUN	Doha (QAT)	16:05.25
9:12.46	Parul CHAUDHARY	IND	Gumi (KOR)	30:05.25
9:15.55	Peruth CHEMUTAI	UGA	Doha (QAT)	16:05.25
9:15.93	Pamela KOSGEI	KEN	Palo Alto, CA (USA)	04:04.25
9:17.57	Elise THORNER	GBR	Los Angeles, CA (USA)	24:05.25
9:18.05	Lexy HALLADAY	USA	Palo Alto, CA (USA)	25:04.25
9:22.03	Angelina ELLIS	USA	Los Angeles, CA (USA)	24:05.25
9:22.28	Daisy JEPKEMEI	KAZ	Doha (QAT)	16:05.25
9:22.30	Lomi MULETA	ETH	Doha (QAT)	16:05.25
9:23.04	Sophie NOVAK	USA	Los Angeles, CA (USA)	24:05.25
9:24.36	Kristlin GEAR	USA	Los Angeles, CA (USA)	24:05.25
9:24.95	Kaylee MITCHELL	USA	Los Angeles, CA (USA)	24:05.25
9:26.24	Gracie HYDE	USA	Los Angeles, CA (USA)	24:05.25
9:27.85	Angelina NAPOLEON	USA	Winston Salem, NC (USA)	16:05.25
9:29.19	Cara FEAIN-RYAN	AUS	Perth (AUS)	11:04.25

All-Time World list

8:44.32	Beatrice CHEPKOECH	KEN	Monaco (MON)	20:07.18
8:44.39	Winfred YAVI	BRN	Roma (ITA)	30:08.24
8:48.03	Peruth CHEMUTAI	UGA	Roma (ITA)	30:08.24
8:52.78	Ruth JEBET	BRN	Paris-St-Denis (FRA)	27:08.16
8:53.02	Norah JERUTO	KAZ	Eugene, OR (USA)	20:07.22
8:54.61	Werkuha GETACHEW	ETH	Eugene, OR (USA)	20:07.22
8:55.15	Faith CHEROTICH	KEN	Paris (FRA)	06:08.24
8:56.08	Mekides ABEBE	ETH	Eugene, OR (USA)	20:07.22
8:57.35	Jackline CHEPKOECH	KEN	London (GBR)	23:07.23
8:57.77	Courtney FRERICHs	USA	Eugene, OR (USA)	21:08.21
8:58.67	Alice FINOT	FRA	Paris (FRA)	06:08.24
8:58.78	Celliphine Chepteek CHESPOL	KEN	Eugene, OR (USA)	26:05.17
8:58.81	Guinara SAMITOVA-GALKINA	RUS	Beijing (CHN)	17:08.08
9:00.01	Hyvin KIYENG	KEN	Eugene, OR (USA)	28:05.16
9:00.71	Sembo ALMAYEW	ETH	Firenze (ITA)	02:06.23
9:02.35	Emma COBURN	USA	Doha (QAT)	30:09.19
9:03.22	Valerie CONSTIEN	USA	Eugene, OR (USA)	27:06.24
9:03.30	Gesa Felicitas KRAUSE	GER	Doha (QAT)	30:09.19
9:04.35	Elizabeth BIRD	GBR	Paris (FRA)	06:08.24
9:04.61	Zerfe WONDEMAGEGN	ETH	Firenze (ITA)	02:06.23

WR progression

8:44.32	Beatrice CHEPKOECH	KEN	Monaco (MON)	20:07.18
8:52.78	Ruth JEBET	BRN	Paris-St-Denis (FRA)	27:08.16
8:58.81	Guinara SAMITOVA-GALKINA	RUS	Beijing (CHN)	17:08.08
9:01.59	Guinara SAMITOVA	RUS	Herakleion (GRE)	04:07.04
9:08.33	Guinara SAMITOVA	RUS	Tula (RUS)	10:08.03
9:16.51	Alesia TURAVA	BLR	Gdansk (POL)	27:07.02
9:21.72	Alesia TURAVA	BLR	Ostrava (CZE)	12:06.02
9:22.29	Justyna BAK	POL	Milano (ITA)	05:06.02
9:25.31	Justyna BAK	POL	Nice (FRA)	09:07.01
9:40.20	Cristina ILOC-CASANDRA	ROU	Reims (FRA)	30:08.00
9:43.64	Cristina ILOC-CASANDRA	ROU	Bucuresti (ROU)	07:08.00
9:48.88	Yelena MOTALOVA	RUS	Tula (RUS)	31:07.99

Pace: 1000m - 3:06.0 (Biwot until 1400m) Target : 9:20.0

1	Sharon CHEPKEMOI (KEN)	18y	SB: 9:57.27 Nairobi (KEN) 15.05	PB: 9:50.30 Lima (PER) 29.08.2024
GENERAL: In top 8 at World U20 Championships WA World Rankings: 96th OTHER PBs: 4:29.10 1500m(24) - 9:33.21 3000m(24) - 16:21.60 5000m(25) HONOURS: 2025: 3000mSC Nairobi (KEN) 3. 10:23.54 - 3000mSC Nairobi (KEN) 1. 9:57.27 - 5000m Nairobi (KEN) 11. 16:21.60				
2	Kena TUFA (ETH)		SB and PB: 9:38.18 Cernusco Sul Naviglio (ITA) 04.05	
OTHER PBs: 15:34.11 5000m(25) 2025: 3000mSC Cernusco Sul Naviglio (ITA) 1. 9:38.18 - 5000m Stockholm (SWE) 1. 15:34.11				
3	Loice CHEKWEMOI (UGA)	18y	PB: 9:18.84 Lima (PER) 29.08.2024	
GENERAL: African champion 3000mSC (24) World U20 Championships silver medallist 3000mSC (24) WA World Rankings: 27th OTHER PBs: 4:30.57 1500m(22) - 6:31.12 2000mSC(23) - 15:15 5 km Road(25) HONOURS: World U20 Ch. (1xSilver) Afr. Ch. (1xGold) NCH (1xWin) 2025: 5 km Road Herzogenaurach (GER) 5. 15:15				
4	Caren CHEBET (KEN)	25y	SB: 9:36.28 Nairobi (KEN) 12.04	PB: 9:30.42 Nairobi (KEN) 07.05.2022
GENERAL: African Championships bronze medallist 3000mSC (22) World U18 champion 2000mSC (17) OTHER PBs: 4:13.2h 1500m(22) - 34:26.7h 10,000m(19) - 6:24.80 2000mSC(17) - 32:19 10km Road(25) - 51:02 15 km Road(19) HONOURS: World Youth Ch. (1xGold) Afr. Ch. (1xBronze) Afr. U20 Ch. (1xSilver) 2025: 3000mSC Nairobi (KEN) 1. 9:36.28 - 10km Road Bengaluru (IND) 4. 32:19				
5	Diana CHEPKEMOI (KEN)	18y	SB: 9:58.97 Nairobi (KEN) 15.05	PB: 9:29.84 Lima (PER) 29.08.2024
GENERAL: World U20 Championships bronze medallist 3000mSC (24) In top 8 at World Cross Country Championships WA World Rankings: 67th OTHER PBs: 4:21.95 1500m(24) - 16:06.06 5000m(24) - 6:23.70 2000mSC(23) HONOURS: World U20 Ch. (1xBronze) 2025: 3000mSC Nairobi (KEN) 2. 10:12.36 - 3000mSC Nairobi (KEN) 2. 9:58.97 - 5000m Nairobi (KEN) 12. 16:41.00				
6	Jackline CHEPKOECH (KEN)	21y	PB: 8:57.35 London (GBR) 23.07.2023	
GENERAL: Commonwealth Games winner 3000mSC (22) In top 8 at World Championships HONOURS: World Ch. (1xFinal) : 8. 3000mSC Budapest(23) 9:14.72 World U20 Ch. (1xGold) CWG (1xGold) NCH (1xWin) INFO: Born in Olenguruone. Her idol is Beatrice Chepkoech. Height: 1.67 / 5'6".				
7	Bizunesh GETAHUN (ETH)		PB: 9:56.84 Nairobi (KEN) 20.04.2024	
8	Firehiwot GESESE (ETH)	19y	PB: 9:25.53 Xiamen (CHN) 20.04.2024	
GENERAL: In top 8 at All-African Games In top 8 at World U20 Championships 3000mSC (24) WA World Rankings: 71st OTHER PBs: 8:55.01 3000m sh(25) - 15:26.22 5000m(24) - 6:18.55 2000mSC(23) HONOURS: 2025: 3000m sh Liévin (FRA) 10. 8:55.01				
9	Wosane ASEFA (ETH)	18y	PB: 9:54.82 Nairobi (KEN) 20.04.2024	
GENERAL: In top 8 at African Championships HONOURS:				
10	Stella RUTTO (ROU)	25y	SB: 9:46.90 Doha (QAT) 16.05	PB: 9:22.36 Roma (ITA) 09.06.2024
GENERAL: African U20 champion 3000mSC (15) In top 8 at European Championships 3000mSC (24) WA World Rankings: 28th OTHER PBs: 8:47.36 3000m(22) - 8:59.45 3000m sh(25) - 15:06.93 5000m(22) - 32:04 10km Road(22) - 1:07:45 Half Marathon(21) Current Records: 1xNBP : NBP 6:14.76 2000mSC Jerusalem(24) HONOURS: World U20 Ch. (1xBronze) Afr. U20 Ch. (1xGold) Balkan Ind. Ch. (1xWin) 2025: 3000m sh Beograd (SRB) 4. 9:12.21 - 3000m sh Ostrava (CZE) 11. 9:19.72 - 1500m sh București (ROU) 1. 4:22.36 - 3000m sh Beograd (SRB) 1. 8:59.45 - 3000m sh București (ROU) 1. 9:33.73 - 10km Road Brussels-Leuven (BEL) 41. 33:19 - 3000mSC Doha (QAT) DL 13. 9:46.90 INFO: Born in Kenya; represented the country until 2021. Height: 1.68 / 5'6".				
11	Nancy CHEPKWURUI (UGA)	17y	PB: 9:47.47 Lima (PER) 29.08.2024	
GENERAL: In top 8 at World U20 Championships OTHER PBs: 4:15.42 1500m(25) - 9:32.6h 3000m(24) - 17:22.17 5000m(23) HONOURS: 2025: 3000m Kampala (UGA) 7. 9:34.23 - 1500m Kampala (UGA) 3. 4:15.42				
12	Joyce Jepkogei BIWOT (KEN)	25y	SB and PB: 10:21.17 Nairobi (KEN) 15.05	
2025: 3000mSC Nairobi (KEN) 4. 10:32.94 - 3000mSC Nairobi (KEN) 4. 10:21.17				

Start list Long Jump Time: 16:25

Order	Athlete	MF	NR	PB	SB
1	Rougui SOW	FRA	7.05	6.72	5.53
2	Faith Jepkemboi KIPSANG	KEN	6.44	5.87	5.87
3	Tshegofatso BOJOSI	BOT	6.45	6.45	6.45
4	Danielle NOLTE	RSA	6.93	6.61	6.56
5	Maja BEDRAČ	SLO	6.78	6.49	6.47
6	Lissandra Maysa CAMPOS	BRA	7.26	6.69	6.53
7	Esraa OWIS	EGY	6.75	6.75	6.67
8	Diana LESTI	HUN	6.86	6.75	6.31

Records

WR	7.52	Galina CHISTYAKOVA	URS	Leningrad	11.06.88
AR	7.17	Ese BRUME	NGR	Chula Vista, CA	29.05.21
NR	6.44	Maximila IMALI	KEN	Nairobi	22.06.23
WJR	7.14	Heike DAUTE	GDR	Bratislava	04.06.83
MR	6.50	Alina ROTARU-KOTTMANN	ROU		18.09.21
WL	7.07	Malaika MIHAMBO	GER	Karlsruhe	07.02.25

2025 World list

7.07	Malaika MIHAMBO	GER	Karlsruhe (GER) (i)	07.02.25
7.03	+0.4 Lex BROWN	USA	Lawrence, KS (USA)	16.05.25
6.98	Anthaya CHARLTON	BAH	Fayetteville, AR (USA) (i)	31.01.25
6.96	Claire BRYANT	USA	Nanjing (CHN) (i)	23.03.25
6.94	Tacoria HUMPHREY	USA	Indianapolis, IN (USA) (i)	28.02.25
6.94	Larissa IAPICHINO	ITA	Apeldoorn (NED) (i)	08.03.25
6.90	Annik KÄLIN	SUI	Apeldoorn (NED) (i)	08.03.25
6.81	+1.6 Alyssa JONES	USA	Palo Alto, CA (USA)	04.04.25
6.80	+0.9 Quanesha BURKS	USA	Atlanta, GA (USA)	17.05.25
6.79	Mikaelle ASSANI	GER	Karlsruhe (GER) (i)	07.02.25
6.79	Jasmine MOORE	USA	Fayetteville, AR (USA) (i)	14.02.25
6.79	Yelena SOKOLOVA	RUS	Moskva (RUS) (i)	01.03.25
6.77	+1.4 Rosmaiby QUESADA	CUB	La Habana (CUB)	25.04.25
6.76	Viktoria GORLOVA	RUS	Moskva (RUS) (i)	01.03.25
6.75	Milica GARDAŠEVIĆ	SRB	Apeldoorn (NED) (i)	08.03.25
6.75	+1.5 Tara DAVIS-WOODHALL	USA	Des Moines, IA (USA)	26.04.25
6.74	0.0 Ackelia SMITH	JAM	Miramar, FL (USA)	05.04.25
6.73	Monae' NICHOLS	USA	New York, NY (USA) (i)	22.02.25
6.73	Fátima DIAME	ESP	Apeldoorn (NED) (i)	08.03.25
6.73	+0.6 Tyra GITTENS	TTO	San Marcos, TX (USA)	17.05.25

All-Time World list

7.52	+1.4 Galina CHISTYAKOVA	URS	Leningrad (URS)	11.06.88
7.49	+1.3 Jackie JOYNER-KERSEE	USA	New York, NY (USA)	22.05.94
7.48	+1.2 Heike DRECHSLER	GDR	Neubrandenburg (GDR)	09.07.88
7.43	+1.4 Anișoara CUȘMIR	ROU	București (ROU)	04.06.83
7.42	+2.0 Tatyana KOTOVA	RUS	Annecy (FRA)	23.06.02
7.39	+0.5 Yelena BELEVSKAYA	URS	Bryansk (URS)	18.07.87
7.37	Inessa KRAVETS	UKR	Kyiv (UKR)	13.06.92
7.33	+0.4 Tatyana LEBEDEVA	RUS	Tula (RUS)	31.07.04
7.31	+1.5 Yelena KHLOPOTNOVA	URS	Almaty (KAZ)	12.09.85
7.31	+1.9 Marion JONES	USA	Eugene, OR (USA)	31.05.98
7.31	+1.7 Brittney REESE	USA	Eugene, OR (USA)	02.07.16
7.30	-0.8 Malaika MIHAMBO	GER	Doha (QAT)	06.10.19
7.27	-0.4 Irina MELESHINA	RUS	Tula (RUS)	31.07.04
7.26	+1.8 Maurén Higa MAGGI	BRA	Bogotá (COL)	25.06.99
7.24	+1.0 Larisa BEREZHNYA	URS	Granada (ESP)	25.05.91
7.24	Ivana ŠPANOVIĆ	SRB	Beograd (SRB) (i)	05.03.17
7.21	+1.6 Helga RADTKE	GDR	Dresden (GER)	26.07.84
7.21	+1.9 Lyudmila KOLCHANOVA	RUS	Sochi (RUS)	27.05.07
7.20	-0.3 Vally IONESCU	ROU	București (ROU)	01.08.82
7.20	+2.0 Irena OZHENKO	URS	Budapest (HUN)	12.09.86

WR progression

7.52	+1.4 Galina CHISTYAKOVA	URS	Leningrad (URS)	11.06.88
7.45	+1.0 Galina CHISTYAKOVA	URS	Leningrad (URS)	11.06.88
7.45	+0.6 Jackie JOYNER-KERSEE	USA	Indianapolis, IN (USA)	13.08.87
7.45	+1.1 Heike DRECHSLER	GDR	Dresden (GER)	03.07.86
7.45	+0.9 Heike DRECHSLER	GDR	Tallinn (EST)	21.06.86
7.44	+2.0 Heike DRECHSLER	GDR	Berlin (GDR)	22.09.85
7.43	+1.4 Anișoara CUȘMIR	ROU	București (ROU)	04.06.83
7.27	+0.6 Anișoara CUȘMIR	ROU	București (ROU)	04.06.83
7.21	+0.6 Anișoara CUȘMIR	ROU	București (ROU)	15.05.83
7.20	-0.3 Vally IONESCU	ROU	București (ROU)	01.08.82
7.15	+0.3 Anișoara CUȘMIR	ROU	București (ROU)	01.08.82
7.09	0.0 Vilma BARDAUSKIENĖ	URS	Praha (TCH)	29.08.78
7.07	+1.9 Vilma BARDAUSKIENĖ	URS	Kishinev (URS)	18.08.78
6.99	+2.0 Sigrun SIEGL	GDR	Dresden (GER)	19.05.76
6.92	+1.6 Angela VOIGT	GDR	Dresden (GER)	09.05.76
6.84	0.0 Heidemarie ROSENDAHL	FRG	Torino (ITA)	03.09.70
6.82	0.0 Viorica VISCOPOLEANU	ROU	Ciudad de México (MEX)	14.10.68
6.76	-1.6 Mary RAND	GBR	Tokyo (JPN)	14.10.64
6.70	Tatyana SHCHELKANOVA	URS	Moskva (URS)	04.07.64

Medal Winners

2024 - Olympic Games - Paris

1.	Tara DAVIS-WOODHALL (USA)	7.10
2.	Malaika MIHAMBO (GER)	6.98
3.	Jasmine MOORE (USA)	6.96

2024 - African Ch. - Douala

1.	Ese BRUME (NGR)	6.73
2.	Marthe KOALA (BUR)	6.72
3.	Danielle NOLTE (RSA)	6.44

2024 - African Games - Accra

1.	Ese BRUME (NGR)	6.92
2.	Marthe KOALA (BUR)	6.81
3.	Prestina Oluchi OCHONOGOR (NGR)	6.67

2023 - World Ch. - Budapest

1.	Ivana VULETA (SRB)	7.14
2.	Tara DAVIS-WOODHALL (USA)	6.91
3.	Alina ROTARU-KOTTMANN (ROU)	6.88

2022 - World Ch. - Oregon

1.	Malaika MIHAMBO (GER)	7.12
2.	Ese BRUME (NGR)	7.02
3.	Leticia ORO MELO (BRA)	6.89

2022 - African Ch. - St Pierre

1.	Marthe KOALA (BUR)	6.42
2.	Yousra LAJDOUD (MAR)	6.37
3.	Esraa OWIS (EGY)	6.29

2021 - Olympic Games - Tokyo

1.	Malaika MIHAMBO (GER)	7.00
2.	Brittney REESE (USA)	6.97
3.	Ese BRUME (NGR)	6.97

2019 - World Ch. - Doha

1.	Malaika MIHAMBO (GER)	7.30
2.	Maryna BEKH-ROMANCHUK (UKR)	6.92
3.	Ese BRUME (NGR)	6.91

2019 - African Games - Rabat

1.	Ese BRUME (NGR)	6.69
2.	Deborah ACQUAH (GHA)	6.37
3.	Lynique BENEKE (RSA)	6.30

2018 - African Ch. - Asaba

1.	Ese BRUME (NGR)	6.83
2.	Marthe KOALA (BUR)	6.54
3.	Lynique BENEKE (RSA)	6.38

Previous Winners

21	Milica GARDAŠEVIĆ (SRB)	6.68
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1	Rougui SOW (FRA)	29y	SB: 5.53 Franconville (FRA) 18.05	PB: 6.72 Athens, GA (USA) 07.04.2017
GENERAL: European Team Championships silver medallist Long Jump (17) 2 times National champion Long Jump (23, 18) OTHER PBs: 8.29 60mH(23) - 8.29 60mH(16) - 8.90 60mH (0.76)(11) - 13.41 100mH(23) - 14.39 100mH (0.76/8.50)(12) HONOURS: Eur. Team Ch. (1xSilver) NCH (2xWin) 2025: Long Jump Franconville (FRA) 6. 5.53 - 100mH Franconville (FRA) 6. 14.66 INFO: Hometown: Le Havre. Studies: University of South Carolina.				
2	Faith Jepkemboi KIPSANG (KEN)	23y	SB and PB: 5.87 Nairobi (KEN) 12.04	
GENERAL: African U20 champion Long Jump (19) National champion Triple Jump (23) OTHER PBs: 1.75 High Jump(23) - 12.81 Triple Jump(23) - 12.13 Triple Jump(18) Current Records: 1x=NR: =NR= 1.75 High Jump Nairobi(23) HONOURS: Afr. U20 Ch. (1xGold) NCH (1xWin) 2025: High Jump Nairobi (KEN) 1. 1.65 - Long Jump Nairobi (KEN) 1. 5.87				
3	Tshegofatso BOJOSI (BOT)	27y	SB and PB: 6.45 Francistown (BOT) 01.02	
GENERAL: 4 times National champion Long Jump (24, 23), Triple Jump (24, 22) In top 8 at African Championships WA World Rankings: 119th OTHER PBs: 57.14 400m(25) - 12.54 Triple Jump(24) HONOURS: NCH (4xWin) 2025: 400m Francistown (BOT) 1. 57.14 - Long Jump Francistown (BOT) 1. 6.45 - Long Jump Gaborone (BOT) 1. 6.41 - Long Jump Pretoria (RSA) 1. 6.00 - Long Jump Francistown (BOT) 1. 5.96 - Long Jump Johannesburg (RSA) 5. 5.89 - Long Jump Gaborone (BOT) 5. 6.13 INFO: Based in Maun.				
4	Danielle NOLTE (RSA)	23y	SB: 6.56 Johannesburg (RSA) 19.03	PB: 6.61 Pietermaritzburg (RSA) 20.04.2024
GENERAL: African Championships bronze medallist Long Jump (24) 4 times National champion Long Jump (25, 24, 23, 22) WA World Rankings: 45th OTHER PBs: 7.89 60m(22) - 11.66 100m(24) - 13.17 Triple Jump(24) HONOURS: Afr. Ch. (1xBronze) NCH (4xWin) 2025: Long Jump Pretoria (RSA) 1. 6.03 - Long Jump Pretoria (RSA) 1. 6.34 - Long Jump Pretoria (RSA) 1. 6.29 - Long Jump Johannesburg (RSA) 1. 6.56 - Long Jump Gaborone (BOT) 4. 6.28 - Long Jump Potchefstroom (RSA) NCH q 6.31 - Long Jump Potchefstroom (RSA) NCH 1. 6.21 - Long Jump Dubai (UAE) 5. 6.26 - Long Jump Dubai (UAE) 4. 6.30 INFO: Hometown: Pretoria. Studies: TuksSport High School.				
5	Maja BEDRAČ (SLO)	25y	SB: 6.47 Zagreb (CRO) 21.01	PB: 6.49 Lignano Sabbiadoro (ITA) 14.07.2024
GENERAL: 8 times National Indoor champion 200m sh (16), Long Jump (25, 24, 23, 20, 18, 17), Pentathlon sh (23) 4 times National champion Long Jump (24, 21, 20, 16) WA World Rankings: 70th OTHER PBs: 8.43 60mH(23) - 8.52 60mH (0.76)(16) - 8.47 60mH (0.76/8.25)(16) - 13.65 100mH (0.76/8.50)(16) - 13.58ww 100mH (0.76/8.50)(16) HONOURS: World Youth Ch. (1xBronze) Eur. U18 Ch. (1xSilver) Balkan Ch. (1xWin) NCH (4xWin) 2025: Long Jump Novo Mesto (SLO) 1. 6.19 - Long Jump Zagreb (CRO) 1. 6.47 - Long Jump Beograd (SRB) 1. 6.30 - Long Jump Beograd (SRB) 4. 6.29 - Long Jump Novo Mesto (SLO) 1. 6.11 - Long Jump Ptuj (SLO) 1. 6.29 INFO: Based in Ptuj. Club: AK Ptuj.				
6	Lissandra Maysa CAMPOS (BRA)	23y	SB: 6.53 Bragança Paulista (BRA) 29.03 (BRA) 07.05.2023	PB: 6.69 Bragança Paulista
GENERAL: 2 times South American Championships silver medallist Long Jump (25, 23) 2 times South American U23 Championships silver medallist Long Jump (22, 21) WA World Rankings: 98th OTHER PBs: 12.49 100m(19) - 12.08 Triple Jump(17) HONOURS: Sam. Ch. (2xSilver) IberoAM Ch. (1xSilver) Sam. U23 Ch. (2xSilver) 2025: Long Jump Bragança Paulista (BRA) 3. 6.03 - Long Jump Cochabamba (BOL) OC 5.88 - Long Jump Sao Bernardo do Campo (BRA) 1. 6.09 - Long Jump Bragança Paulista (BRA) q 6.23 - Long Jump Bragança Paulista (BRA) 1. 6.53 - Long Jump Mar del Plata (ARG) SaC 6.39 - Long Jump Mar del Plata (ARG) SaC 2. 6.48w - Long Jump Cuiaba (BRA) 1. 6.43 INFO: Based in Cuiabá. Member of the army. Height: 1.65 / 5'5".				
7	Esraa OWIS (EGY)	27y	SB: 6.67 Dubai (UAE) 09.05	PB: 6.75 El Maadi (EGY) 14.09.2022
GENERAL: 15 times National champion Long Jump (24, 23, 22, 21, 20, 19, 18), Triple Jump (24, 23, 22, 21, 20, 19, 18), 4x100m (23) African Championships bronze medallist Long Jump (22) WA World Rankings: 25th OTHER PBs: 13.58 Triple Jump(25) HONOURS: Afr. Ch. (1xBronze) PanArab G. (2xWin) Afr. U20 Ch. (1xSilver, 1xBronze) 2025: Triple Jump Cairo (EGY) 1. 12.77 - Long Jump Cairo (EGY) 1. 6.47 - Long Jump Oran (ALG) 1. 6.48 - Triple Jump Oran (ALG) 1. 13.58 - Long Jump Dubai (UAE) 1. 6.67 - Long Jump Dubai (UAE) 1. 6.66 - Long Jump Limassol (CYP) 1. 6.54 INFO: Won EGY's first silver medal in long jump at the Mediterranean Games. Height: 1.70 / 5'7".				
8	Diana LESTI (HUN)	27y	SB: 6.31 Luxembourg (LUX) 19.01	PB: 6.75 Budapest (HUN) 08.06.2023
GENERAL: 2 times National Indoor champion Long Jump (23, 21) WA World Rankings: 71st OTHER PBs: 11.76ww 100m(20) - 11.87 100m(20) - 24.14 200m(21) - 25.57 200m sh(16) - 12.24 Triple Jump(16) HONOURS: NICH (2xWin) 2025: Long Jump Luxembourg (LUX) 3. 6.31 - Long Jump Gorzów Wielkopolski (POL) 7. 6.05 - Long Jump Tampere (FIN) 4. 6.18 - Long Jump Berlin (GER) 5. 6.22 - Long Jump Budapest (HUN) 2. 6.30 INFO: Born in Budapest. Studies: Budapest Business University. Former Hungarian Athletics Breakthrough Award winner.				

Start list Hammer Throw Time: 16:10

Order	Athlete	MF	NR	PB	SB
1	Roseline Nyachama RAKAMBA	KEN	60.80	55.59	54.94
2	Nova KIENAST	GER	79.42	68.54	68.54
3	Iryna KLYMETS	UKR	74.52	73.56	69.39
4	Bianca Florentina GHELBER	ROU	76.07	74.18	72.18
5	Rose LOGA	FRA	75.38	73.17	73.17
6	Katrine Koch JACOBSEN	DEN	74.22	74.22	73.80
7	Beatrice Nedberge LLANO	NOR	73.08	73.08	73.08
8	Anita WŁODARCZYK	POL	82.98	82.98	69.91
9	Janee' KASSANAVOID	USA	80.31	78.00	76.42
10	Camryn ROGERS	CAN	78.62	78.62	78.14

Medal Winners

2024 - Olympic Games - Paris

1.	Camryn ROGERS (CAN)	76.97
2.	Annette Nneka ECHIKUNWOKE (USA)	75.48
3.	Jie ZHAO (CHN)	74.27

2024 - African Ch. - Douala

1.	Zahra TATAR (ALG)	67.82
2.	Oyesade OLATOYE (NGR)	67.72
3.	Zouina BOUZEBRA (ALG)	65.48

2024 - African Games - Accra

1.	Zahra TATAR (ALG)	69.65
2.	Zouina BOUZEBRA (ALG)	68.97
3.	Oyesade OLATOYE (NGR)	68.92

2023 - World Ch. - Budapest

1.	Camryn ROGERS (CAN)	77.22
2.	Janee' KASSANAVOID (USA)	76.36
3.	DeAnna PRICE (USA)	75.41

2022 - World Ch. - Oregon

1.	Brooke ANDERSEN (USA)	78.96
2.	Camryn ROGERS (CAN)	75.52
3.	Janee' KASSANAVOID (USA)	74.86

2022 - African Ch. - St Pierre

1.	Oyesade OLATOYE (NGR)	63.67
2.	Zouina BOUZEBRA (ALG)	63.48
3.	Rawan AYMAN IBRAHIM BARAKAT (EGY)	62.67

2021 - Olympic Games - Tokyo

1.	Anita WŁODARCZYK (POL)	78.48
2.	Zheng WANG (CHN)	77.03
3.	Malwina KOPRON (POL)	75.49

2019 - World Ch. - Doha

1.	DeAnna PRICE (USA)	77.54
2.	Joanna FIODOROW (POL)	76.35
3.	Zheng WANG (CHN)	74.76

2019 - African Games - Rabat

1.	Laetitia BAMBARA (BUR)	65.28
2.	Temilola Olatoke OGUNRINDE (NGR)	64.68
3.	Zouina BOUZEBRA (ALG)	63.34

2018 - African Ch. - Asaba

1.	Soukaina ZAKKOUR (MAR)	68.28
2.	Temilola Olatoke OGUNRINDE (NGR)	67.39
3.	Jennifer BATU (CGO)	66.43

Previous Winners

24	Janee' KASSANAVOID (USA)	75.99
23	Janee' KASSANAVOID (USA)	74.25
22	Anita WŁODARCZYK (POL)	78.06
21	Katrine Koch JACOBSEN (DEN)	71.09
20	Rosa Andreina RODRIGUEZ (VEN)	69.55

Records

WR	82.98	Anita WŁODARCZYK	POL	Warszawa	28.08.16
AR	75.49	Annette Nneka ECHIKUNWOKE	NGR	Tucson, AZ	22.05.21
NR	60.80	Linda Ngendo OSESO	KEN	Austin, TX	26.05.12
WJR	73.43	Silja KOSONEN	FIN	Vaasa	28.06.21
MR	78.06	Anita WŁODARCZYK	POL		07.05.22
WL	79.29	Brooke ANDERSEN	USA	Tucson, AZ	24.05.25

2025 World list

79.29	Brooke ANDERSEN	USA	Tucson, AZ (USA)	24.05.25
78.80	Rachel RICHESON	USA	Ramona, OK (USA)	11.04.25
78.51	DeAnna PRICE	USA	Tucson, AZ (USA)	24.05.25
78.14	Camryn ROGERS	CAN	Walnut, CA (USA)	19.04.25
77.07	Silja KOSONEN	FIN	Nicosia (CYP)	15.03.25
76.42	Janee' KASSANAVOID	USA	Tucson, AZ (USA)	24.05.25
75.48	Jie ZHAO	CHN	Chengdu (CHN)	02.04.25
75.47	Annette Nneka ECHIKUNWOKE	USA	Tucson, AZ (USA)	24.05.25
73.80	Katrine Koch JACOBSEN	DEN	Ramona, OK (USA)	17.04.25
73.17	Rose LOGA	FRA	St-Denis-Réunion (FRA)	01.02.25
73.08	Li Ji	CHN	Chengdu (CHN)	29.03.25
73.08	Beatrice Nedberge LLANO	NOR	Ramona, OK (USA)	14.04.25
72.98	Erin REESE	USA	Tucson, AZ (USA)	24.05.25
72.97	Jiangyan Li	CHN	Chengdu (CHN)	02.04.25
72.37	Sara FANTINI	ITA	Nicosia (CYP)	15.03.25
72.36	Alisiya NAUMOVA	RUS	Sochi (RUS)	23.04.25
72.30	Jiale ZHANG	CHN	Jiaxing (CHN)	28.04.25
72.18	Bianca Florentina GHELBER	ROU	Dubai (UAE)	09.05.25
72.05	Jinyao GAO	CHN	Chengdu (CHN)	29.03.25
71.89	Alena SOBALLEVA	BLR	Brest (BLR)	05.03.25

All-Time World list

82.98	Anita WŁODARCZYK	POL	Warszawa (POL)	28.08.16
80.31	DeAnna PRICE	USA	Eugene, OR (USA)	26.06.21
80.17	Brooke ANDERSEN	USA	Tucson, AZ (USA)	20.05.23
79.42	Betty HEIDLER	GER	Halle (GER)	21.05.11
78.80	Rachel RICHESON	USA	Ramona, OK (USA)	11.04.25
78.62	Camryn ROGERS	CAN	Los Angeles, CA (USA)	26.05.23
78.51	Tatyana LYSENKO	RUS	Cheboksary (RUS)	05.07.12
78.00	Janee' KASSANAVOID	USA	Tucson, AZ (USA)	21.05.22
77.78	Gwen BERRY	USA	Chorzów (POL)	08.06.18
77.68	Zheng WANG	CHN	Chengdu (CHN)	29.03.14
77.33	Wenxiu ZHANG	CHN	Incheon (KOR)	28.09.14
77.32	Oksana MIANKOVA	BLR	Minsk (BLR)	29.06.08
77.26	Gulfiya KHANAFEYEVA	RUS	Tula (RUS)	12.06.06
77.13	Oksana KONDRATYEVA	RUS	Zhukovskiy (RUS)	30.06.13
77.10	Hanna SKYDAN	AZE	Budapest (HUN)	23.08.23
77.07	Silja KOSONEN	FIN	Nicosia (CYP)	15.03.25
76.90	Martina HRAŠNOVÁ	SVK	Trnava (SVK)	16.05.09
76.85	Malwina KOPRON	POL	Taipei City (TPE)	26.08.17
76.83	Kamila SKOLIMOWSKA	POL	Doha (QAT)	11.05.07
76.72	Mariya BESPALOVA	RUS	Zhukovskiy (RUS)	23.06.12

WR progression

82.98	Anita WŁODARCZYK	POL	Warszawa (POL)	28.08.16
82.29	Anita WŁODARCZYK	POL	Rio de Janeiro (BRA)	15.08.16
81.08	Anita WŁODARCZYK	POL	Władysławowo (POL)	01.08.15
79.58	Anita WŁODARCZYK	POL	Berlin (GER)	31.08.14
79.42	Betty HEIDLER	GER	Halle (GER)	21.05.11
78.30	Anita WŁODARCZYK	POL	Bydgoszcz (POL)	06.06.10
77.96	Anita WŁODARCZYK	POL	Berlin (GER)	22.08.09
77.80	Tatyana LYSENKO	RUS	Tallinn (EST)	15.08.06
77.41	Tatyana LYSENKO	RUS	Zhukovskiy (RUS)	24.06.06
77.26	Gulfiya KHANAFEYEVA	RUS	Tula (RUS)	12.06.06
77.06	Tatyana LYSENKO	RUS	Moskva (RUS)	15.07.05
76.07	Mihaela MELINTE	ROU	Rüdlingen (SUI)	29.08.99
76.05	Mihaela MELINTE	ROU	Rüdlingen (SUI)	29.08.99
75.97	Mihaela MELINTE	ROU	Clermont-Ferrand (FRA)	13.05.99
75.29	Mihaela MELINTE	ROU	Clermont-Ferrand (FRA)	13.05.99
73.14	Mihaela MELINTE	ROU	Poiana Brasov (ROU)	16.07.98
73.10	Olga KUZENKOVA	RUS	München (GER)	22.06.97
71.22	Olga KUZENKOVA	RUS	München (GER)	22.06.97
69.58	Mihaela MELINTE	ROU	București (ROU)	08.03.97

1	Roseline Nyachama RAKAMBA (KEN)	34y	SB: 54.94 Nairobi (KEN) 15.05	PB: 55.59 Nairobi (KEN) 22.06.2023
GENERAL: 6 times National champion Discus Throw (22, 19, 18, 14), Hammer Throw (23, 18) 3 times In top 8 at All-African Games OTHER PBs: 50.90 Discus Throw(24) HONOURS: NCH (6xWin) 2025: Hammer Throw Nairobi (KEN) 1. 54.94 - Discus Throw Nairobi (KEN) 1. 47.50				
2	Nova KIENAST (GER)	17y	SB and PB: 68.54 Kamloops (CAN) 14.03	
GENERAL: European U18 Championships bronze medallist Hammer Throw (3kg) (24) In top 8 at World U20 Championships WA World Rankings: 100th OTHER PBs: 78.16 Hammer Throw (3kg)(24) Current Records: 1xWU18B: WU18B 78.16 Hammer Throw (3kg) Mesa, AZ(24) HONOURS: Eur. U18 Ch. (1xBronze) 2025: Hammer Throw Kamloops (CAN) 1. 68.54 - Hammer Throw Kamloops (CAN) 1. 65.58 - Hammer Throw Kamloops (CAN) 1. 64.33 - Hammer Throw Neuwied (GER) 4. 64.80 - Hammer Throw Halle (GER) 14. 64.58 INFO: As a child, she dreamt of being an astronaut. Admires Betty Heidler and Christoph Harting. Club: SV Preußen Berlin.				
3	Iryna KLYMETS (UKR)	30y	SB: 69.39 Dubai (UAE) 09.05	PB: 73.56 Doha (QAT) 28.09.2019
GENERAL: In top 8 at World Championships 7 times National champion Hammer Throw (24, 23, 22, 21, 20, 19, 18) WA World Rankings: 43rd HONOURS: World Ch. (1xFinal); 5. Hammer Throw Doha(19) 73.56 Eur. Team Ch. (1xBronze) Eur. Throw. Cup (1xBronze) 2025: Hammer Throw Odesa (UKR) 1. 64.01 - Hammer Throw Odesa (UKR) 1. 65.68 - Hammer Throw Nicosia (CYP) 10. 67.21 - Hammer Throw Melbourne (AUS) 6. 66.04 - Hammer Throw Dubai (UAE) 2. 69.39 - Hammer Throw Dubai (UAE) 2. 67.63 - Hammer Throw Halle (GER) 10. 65.67 - Hammer Throw Lutsk (UKR) 1. 67.01 INFO: Born in Chetvertnya. Studies: Lesya Ukrainka Eastern European National University. Nickname: Ira. Likes nail art and cooking; her idol is Anita Włodarczyk. Height: 1.68 / 5'6".				
4	Bianca Florentina GHELBER (ROU)	34y	SB: 72.18 Dubai (UAE) 09.05	PB: 74.18 Tokyo (JPN) 03.08.2021
GENERAL: 4 times In top 8 at World Championships European champion Hammer Throw (22) WA World Rankings: 16th OTHER PBs: 69.66 Hammer Throw (3kg)(05) HONOURS: OG (1xFinal); 6. Hammer Throw Tokyo(21) 74.18 World Ch. (4xFinal): 6. Hammer Throw Eugene, OR(22) 72.26 - 6. Hammer Throw Daegu(11) 72.04 - 7. Hammer Throw Budapest(23) 73.70 - 8. Hammer Throw Moskva(13) 71.25 World U20 Ch. (2xGold) World Youth Ch. (2xGold) 2025: Hammer Throw București (ROU) 1. 69.78 - Hammer Throw Nicosia (CYP) 4. 71.55 - Hammer Throw Dubai (UAE) 1. 72.18 - Hammer Throw Dubai (UAE) 1. 70.64 INFO: Born in Roman. Studies: Vasile Alecsandri University. Her idols are Usain Bolt and Asafa Powell. Former ROU Athlete of the Year. Height: 1.71 / 5'7".				
5	Rose LOGA (FRA)	22y	SB and PB: 73.17 St-Denis-Réunion (FRA) 01.02	
GENERAL: European Championships bronze medallist Hammer Throw (24) World U20 Championships silver medallist Hammer Throw (21) WA World Rankings: 15th OTHER PBs: 70.28 Hammer Throw (3kg)(19) HONOURS: World U20 Ch. (1xSilver) Eur. Ch. (1xBronze): 3. Hammer Throw Roma(24) 72.68 Eur. Throw. Cup (1xSilver) Eur. U20 Ch. (1xSilver) 2025: Hammer Throw St-Denis-Réunion (FRA) 1. 73.17 - Hammer Throw Salon-de-Provence (FRA) 1. 71.54 - Hammer Throw Nicosia (CYP) 2. 72.87 - Hammer Throw Melbourne (AUS) 2. 69.05 - Hammer Throw Chartres (FRA) 1. 67.60 - Hammer Throw La Roche-sur-Yon (FRA) 1. 61.84 - Hammer Throw Chorzów (POL) 4. 68.27 - Hammer Throw Forbach (FRA) 3. 67.17 INFO: Hometown: Chartres. Studies: Université Paris Dauphine. Likes playing the piano. Height: 1.77 / 5'10".				
6	Katrine Koch JACOBSEN (DEN)	25y	SB: 73.80 Ramona, OK (USA) 17.04	PB: 74.22 Trnava (SVK) 08.06.2022
GENERAL: European (Winter) Throwing Cup winner Hammer Throw (24) In top 8 at European Championships WA World Rankings: 11th OTHER PBs: 8.95 60mH(20) - 8.88 60mH (0.76)(16) - 14.53 100mH(19) - 14.04 100mH (0.76/8.50)(16) - 20.31 Weight Throw(22) HONOURS: Eur. Throw. Cup (1xGold, 1xBronze) Eur. U23 Ch. (1xSilver) NCH (5xWin) 2025: Shot Put København (DEN) 1. 13.29 - Shot Put Odense (DEN) 4. 13.91 - Hammer Throw Nicosia (CYP) 6. 69.81 - Hammer Throw Ramona, OK (USA) 2. 73.67 - Hammer Throw Ramona, OK (USA) 2. 72.78 - Hammer Throw Ramona, OK (USA) 1. 73.80 - Hammer Throw Ramona, OK (USA) 1. 72.92 - Hammer Throw Des Moines, IA (USA) 6. 70.84 - Hammer Throw Halle (GER) 2. 73.28 INFO: Athlete of Copenhagen. Earlier was involved in gymnastics. Height: 1.77 / 5'10".				
7	Beatrice Nedberge LLANO (NOR)	27y	SB and PB: 73.08 Ramona, OK (USA) 14.04	
GENERAL: World U20 champion Hammer Throw (16) 8 times National champion Hammer Throw (24, 23, 21, 20, 19, 17, 16, 15) WA World Rankings: 27th OTHER PBs: 70.00 Hammer Throw (3kg)(14) - 21.67 Weight Throw(23) HONOURS: World U20 Ch. (1xGold) Eur. U23 Ch. (1xBronze) Eur. U20 Ch. (1xSilver) NCH (8xWin) 2025: Shot Put København (DEN) 2. 12.21 - Hammer Throw Nicosia (CYP) 7. 69.40 - Hammer Throw Ramona, OK (USA) 3. 70.91 - Hammer Throw Ramona, OK (USA) 1. 73.08 - Hammer Throw Ramona, OK (USA) 2. 70.63 - Hammer Throw Ramona, OK (USA) 2. 69.98 - Hammer Throw Halle (GER) 7. 67.21 INFO: Born in Bergen. Studies: Arizona State University. Degree in Organisational Leadership. Height: 1.69 / 5'7".				
8	Anita WŁODARCZYK (POL)	39y	SB: 69.91 Chorzów (POL) 23.05	PB: 82.98 Warszawa (POL) 28.08.2016
GENERAL: 3 times Olympic champion Hammer Throw (21, 16, 12) 4 times World champion Hammer Throw (17, 15, 13, 09) WA World Rankings: 5th OTHER PBs: 52.26 Discus Throw(08) - 20.09 Weight Throw(14) Current Records: 1xWR: WR 82.98 Hammer Throw Warszawa(16) HONOURS: OG (3xGold): 1. Hammer Throw Tokyo(21) 78.48 - 1. Hammer Throw Rio de Janeiro(16) 82.29 - 1. Hammer Throw London(12) 77.60 - 4. Hammer Throw Paris(24) 74.23 - 4. Hammer Throw Beijing(08) 71.56 World Ch. (4xGold): 1. Hammer Throw London(17) 77.90 - 1. Hammer Throw Beijing(15) 80.85 - 1. Hammer Throw Moskva(13) 78.46 - 1. Hammer Throw Berlin(09) 77.96 - 5. Hammer Throw Daegu(11) 73.56 World (Cont.) Cup (1xGold, 1xSilver) Eur. Ch. (4xGold, 1xSilver, 1xBronze): 1. Hammer Throw Berlin(18) 78.94 - 1. Hammer Throw Amsterdam(16) 78.14 - 1. Hammer Throw Zürich(14) 78.76 - 1. Hammer Throw Helsinki(12) 74.29 - 2. Hammer Throw Roma(24) 72.92 - 3. Hammer Throw Barcelona(10) 73.56 2025: Hammer Throw Chorzów (POL) 2. 69.91 INFO: Born in Rawicz. Studies: Academy of Sport Education Warsaw. Was awarded the Polish Golden Spike in 2016; Former Poland's Sport Person of the Year. Nickname: Chrumka; likes cooking and travelling. Earlier was involved in cycle speedway. Her idol is Kamila Skolimowska. Was the flag bearer of POL at the opening ceremony of the 2024 Olympics. Height: 1.77 / 5'10".				
9	Janee' KASSANAVOID (USA)	30y	SB: 76.42 Tucson, AZ (USA) 24.05	PB: 78.00 Tucson, AZ (USA) 21.05.2022
GENERAL: World Championships silver medallist Hammer Throw (23) World Championships bronze medallist Hammer Throw (22) WA World Rankings: 10th OTHER PBs: 24.28 Weight Throw(22) HONOURS: World Ch. (1xSilver, 1xBronze): 2. Hammer Throw Budapest(23) 76.36 - 3. Hammer Throw Eugene, OR(22) 74.86 NACAC Ch. (1xGold) NICH (1xWin) 2025: Weight Throw Gainesville, FL (USA) 1. 21.64 - Hammer Throw Tucson, AZ (USA) 4. 76.42 INFO: Hometown: Lawson. Studies: Kansas State University. Major in Dietetics. Aspires to become a registered dietician and personal chef.				
10	Camryn ROGERS (CAN)	25y	SB: 78.14 Walnut, CA (USA) 19.04	PB: 78.62 Los Angeles, CA (USA) 26.05.2023
GENERAL: Olympic champion Hammer Throw (24) World champion Hammer Throw (23) WA World Rankings: 1st OTHER PBs: 65.16 Hammer Throw (3kg)(15) - 24.06 Weight Throw(22) HONOURS: OG (1xGold): 1. Hammer Throw Paris(24) 76.97 - 5. Hammer Throw Tokyo(21) 74.35 World Ch. (1xGold, 1xSilver): 1. Hammer Throw Budapest(23) 77.22 - 2. Hammer Throw Eugene, OR(22) 75.52 World U20 Ch. (1xGold) 2025: Hammer Throw Walnut, CA (USA) 1. 78.14 INFO: Born in Richmond. Studies: University of California, Berkeley. Likes reading, hiking, and poetry. Motto: "Never train to settle.". Height: 1.67 / 5'6".				