

# 2019 Tokyo Marathon Statistical Information

## Tokyo Marathon All Time list

Performance	Time	Performers	Name	Nat	Place	Date
1	2:03:58	1	Wilson Kipsang	KEN	1	26 Feb 2017
2	2:05:30	2	Dickson Chumba	KEN	1	25 Feb 2018
3	2:05:42		Dickson Chumba		1	23 Feb 2014
4	2:05:51	3	Gideon Kipketer	KEN	2	26 Feb 2017
5	2:05:57	4	Tadese Tola	ETH	2	23 Feb 2014
6	2:06:00	5	Endeshaw Negesse	ETH	1	22 Feb 2015
7	2:06:11	6	Yuta Shitara	JPN	2	25 Feb 2018
8	2:06:25		Dickson Chumba		3	26 Feb 2017
9	2:06:30	7	Sammy Kitwara	KEN	3	23 Feb 2014
10	2:06:33	8	Stephen Kiprotich	UGA	2	22 Feb 2015
11	2:06:33	9	Amos Kipruto	KEN	3	25 Feb 2018
12	2:06:34		Dickson Chumba		3	22 Feb 2015
13	2:06:42	10	Evans Chebet	KEN	4	26 Feb 2017
14	2:06:47		Gideon Kipketer		4	25 Feb 2018
15	2:06:50	11	Dennis Kimetto	KEN	1	24 Feb 2013
16	2:06:54	12	Hiroto Inoue	JPN	5	25 Feb 2018
17	2:06:56	13	Feyisa Lilesa	ETH	1	28 Feb 2016
18	2:06:58	14	Michael Kipyego	KEN	2	24 Feb 2013
19	2:06:58		Michael Kipyego		4	23 Feb 2014
20	2:07:05	15	Peter Some	KEN	5	23 Feb 2014
21	2:07:20	16	Shumi Dechasa	BRN	4	22 Feb 2015
22	2:07:22		Peter Some		5	22 Feb 2015
23	2:07:23	17	Viktor Röthlin	SUI	1	17 Feb 2008
24	2:07:25	18	Markos Geneti	ETH	6	22 Feb 2015
25	2:07:30		Feyisa Lilesa		6	25 Feb 2018
26	2:07:33	19	Bernard Kipyego	KEN	2	28 Feb 2016
27	2:07:34		Dickson Chumba		3	28 Feb 2016
28	2:07:35	20	Hailu Mekonnen	ETH	1	27 Feb 2011
29	2:07:37		Michael Kipyego		1	26 Feb 2012
30	2:07:37	21	Geoffrey Kamworor Kipsang	KEN	6	23 Feb 2014
31	2:07:39	22	Masato Imai	JPN	7	22 Feb 2015
32	2:07:39	23	Alfers Lagat	KEN	5	26 Feb 2017
33	2:07:40	24	Deresa Chimsa	ETH	7	23 Feb 2014
34	2:07:46		Stephen Kiprotich		4	28 Feb 2016
35	2:07:48	25	Arata Fujiwara	JPN	2	26 Feb 2012
36	2:07:50		Steven Kiprotich		3	26 Feb 2012
37	2:07:53		Bernard Kipyego		3	24 Feb 2013
38	2:07:58	26	Tsegaye Kebede	ETH	8	22 Feb 2015
39	2:08:00	27	Kazuhiro Maeda	JPN	4	24 Feb 2013
40	2:08:06	28	Abel Kirui	KEN	5	28 Feb 2016
41	2:08:08	29	Ryo Kiname	JPN	7	25 Feb 2018
42	2:08:09	30	Kohei Matsumura	JPN	8	23 Feb 2014
43	2:08:10		Bernard Kipyego		6	26 Feb 2017
44	2:08:14	31	Yohanes Gebregergish	ERI	7	26 Feb 2017
45	2:08:17	32	Paul Biwott	KEN	2	27 Feb 2011
46	2:08:17	33	Gilbert Kirwa	KEN	6	24 Feb 2013
47	2:08:17	34	Haile Gebrselassie	ETH	4	26 Feb 2012
48	2:08:22		Hiroto Inoue		8	26 Feb 2017
49	2:08:32		Viktor Röthlin		5	26 Feb 2012
50	2:08:37	35	Yuki Kawauchi	JPN	3	27 Feb 2011
51	2:08:38		Kazuhiro Maeda		6	26 Feb 2012
52	2:08:40		Arata Fujiwara		2	17 Feb 2008
53	2:08:45		Tsegaye Kebede		9	26 Feb 2017
54	2:08:45	36	Chihiro Miyawaki	JPN	8	25 Feb 2018
55	2:08:48	37	Kenji Yamamoto	JPN	9	25 Feb 2018
56	2:08:51	38	Koji Kobayashi	JPN	9	23 Feb 2014
57	2:08:55	39	Eliud Kiptanui	KEN	6	28 Feb 2016

## Japan All Comers Performance List

Performance	Time	Performer	Name	Nat	Pos	Venue	DMY
1	2:03:58	1	Wilson Kipsang	KEN	1	Tokyo	26 Feb 2017
2	2:05:18	2	Tsegaye Kebede	ETH	1	Fukuoka	6 Dec 2009
3	2:05:30	3	Dickson Chumba	KEN	1	Tokyo	25 Feb 2018
4	2:05:42		Dickson Chumba		1	Tokyo	23 Feb 2014
5	2:05:48	4	Sondre Nordstad Moen	NOR	1	Fukuoka	3 Dec 2017
6	2:05:51	5	Gideon Kipketer	KEN	2	Tokyo	26 Feb 2017
7	2:05:57	6	Tadese Tola	ETH	2	Tokyo	23 Feb 2014
8	2:06:00	7	Endeshaw Negesse	ETH	1	Tokyo	22 Feb 2015
9	2:06:10		Tsegaye Kebede		1	Fukuoka	7 Dec 2008
10	2:06:11	8	Yuta Shitara	JPN	2	Tokyo	25 Feb 2018
11	2:06:13		Wilson Kipsang Kiprotich		1	Otsu (Lake Biwa)	6 Mar 2011
12	2:06:25		Dickson Chumba		3	Tokyo	26 Feb 2017
13	2:06:30	9	Sammy Kitwara	KEN	3	Tokyo	23 Feb 2014
14	2:06:33	10	Gert Thys	RSA	1	Tokyo	14 Feb 1999
15	2:06:33	11	Stephen Kiprotich	UGA	2	Tokyo	22 Feb 2015
16	2:06:33	12	Amos Kipruto	KEN	3	Tokyo	25 Feb 2018
17	2:06:34		Dickson Chumba		3	Tokyo	22 Feb 2015
18	2:06:39	13	Samuel Wanjiru	KEN	1	Fukuoka	2 Dec 2007
19	2:06:42	14	Evans Chebet	KEN	4	Tokyo	26 Feb 2017
20	2:06:47		Gideon Kipketer		4	Tokyo	25 Feb 2018
21	2:06:50	15	Deriba Merga Ejigu	ETH	2	Fukuoka	2 Dec 2007
22	2:06:50	16	Dennis Kimetto	KEN	1	Tokyo	24 Feb 2013
23	2:06:51	17	Atsushi Fujita	JPN	1	Fukuoka	3 Dec 2000
24	2:06:52	18	Haile Gebrselassie	ETH	1	Fukuoka	3 Dec 2006
25	2:06:54	19	Hiroto Inoue	JPN	5	Tokyo	25 Feb 2018
26	2:06:56	20	Feyisa Lilesa	ETH	1	Tokyo	28 Feb 2016
27	2:06:58	21	Joseph Gitau	KEN	1	Fukuoka	2 Dec 2012
28	2:06:58	22	Michael Kipyego	KEN	2	Tokyo	24 Feb 2013
29	2:06:58		Michael Kipyego		4	Tokyo	23 Feb 2014
30	2:07:04	23	Samuel Ndungu	KEN	1	Otsu (Lake Biwa)	4 Mar 2012
31	2:07:05	24	Peter Some	KEN	5	Tokyo	23 Feb 2014
32	2:07:10		Stephen Kiprotich		2	Fukuoka	3 Dec 2017
33	2:07:13	25	Atsushi Sato	JPN	3	Fukuoka	2 Dec 2007
34	2:07:15	26	Japhet Kosgei	KEN	1	Tokyo	13 Feb 2000
35	2:07:15	27	Dmitriy Baranovskiy	UKR	2	Fukuoka	3 Dec 2006
36	2:07:16	28	Martin Mathathi	KEN	1	Fukuoka	1 Dec 2013
37	2:07:19	29	Jaouad Gharib	MAR	3	Fukuoka	3 Dec 2006
38	2:07:19	30	Suguru Osako	JPN	3	Fukuoka	3 Dec 2017
39	2:07:20	31	Lee Bong-Ju	KOR	2	Tokyo	13 Feb 2000
40	2:07:20	32	Shumi Dechasa	BRN	4	Tokyo	22 Feb 2015
41	2:07:22		Peter Some		5	Tokyo	22 Feb 2015
42	2:07:23	33	Viktor Röthlin	SUI	1	Tokyo	18 Feb 2008
43	2:07:25	34	Markos Geneti	ETH	6	Tokyo	22 Feb 2015
44	2:07:27	35	Yuma Hattori	JPN	1	Fukuoka	2 Dec 2018
45	2:07:28	36	Josiah Thugwane	RSA	1	Fukuoka	7 Dec 1997
46	2:07:30		Feyisa Lilesa		6	Tokyo	25 Feb 2018
47	2:07:33	37	Bernard Kipyego	KEN	2	Tokyo	28 Feb 2016
48	2:07:34	38	Antonio Peña	ESP	1	Otsu (Lake Biwa)	4 Mar 2001
49	2:07:34		Dickson Chumba		3	Tokyo	28 Feb 2016
50	2:07:35	39	Hailu Mekonnen	ETH	1	Tokyo	27 Feb 2011
51	2:07:36	40	Josphat Muchiri Ndambiri	KEN	1	Fukuoka	4 Dec 2011
52	2:07:37		Michael Kipyego		1	Tokyo	26 Feb 2012
53	2:07:37	41	Geoffrey Kipsang Kamworor	KEN	6	Tokyo	23 Feb 2014
54	2:07:39		Japhet Kosgei		1	Otsu (Lake Biwa)	2 Mar 2003
55	2:07:39	42	Henryk Szost	POL	2	Otsu (Lake Biwa)	4 Mar 2012
56	2:07:39	43	Masato Imai	JPN	7	Tokyo	22 Feb 2015
57	2:07:39	44	Alfers Lagat	KEN	5	Tokyo	26 Feb 2017

## World Marathon Majors All Time Performance List

List starts from 2006 when World Marathon Majors were inaugurated

Performances	Time	Performers	Name		Nat	Place	Venue	Date
1	2:01:39	1	Eliud Kipchoge	1	KEN	1	Berlin	16 Sept
2	2:02:57	2	Dennis Kimetto	1	KEN	1	Berlin	28 Sept
3	2:03:02	3	Geoffrey Mutai	1	KEN	1	Boston	18 Apr 2011
4	2:03:03	4	Kenenisa Bekele	1	ETH	1	Berlin	25 Sept
5	2:03:05		Eliud Kipchoge	2		1	London	24 Apr 2016
6	2:03:06	5	Moses Mosop	1	KEN	2	Boston	18 Apr 2011
7	2:03:13	6	Emmanuel Mutai	1	KEN	2	Berlin	28 Sept
8	2:03:13	7	Wilson Kipsang	1	KEN	2	Berlin	25 Sept
9	2:03:23		Wilson Kipsang	2		1	Berlin	29 Sept
10	2:03:32		Eliud Kipchoge	3		1	Berlin	24 Sept
11	2:03:38	8	Patrick Makau	1	KEN	1	Berlin	25 Sept 2011
12	2:03:45		Dennis Kimetto	2		1	Chicago	13 Oct 2013
13	2:03:46	9	Guye Adola	1	ETH	2	Berlin	24 Sept
14	2:03:51	10	Stanley Biwott	1	KEN	2	London	24 Apr 2016
15	2:03:52		Emmanuel Mutai	2		2	Chicago	13 Oct 2013
16	2:03:58		Wilson Kipsang	3		1	Tokyo	26 Feb 2017
17	2:03:59	11	Haile Gebrselassie	1	ETH	1	Berlin	28 Sept
18	2:04:00		Eliud Kipchoge	4		1	Berlin	27 Sept
19	2:04:05		Eliud Kipchoge	5		2	Berlin	29 Sept
20	2:04:11		Eliud Kipchoge	6		1	Chicago	12 Oct 2014
21	2:04:15		Geoffrey Mutai	2		1	Berlin	30 Sept
22	2:04:16		Dennis Kimetto	3		2	Berlin	30 Sept
23	2:04:17		Eliud Kipchoge	7		1	London	22 Apr 2018
24	2:04:26		Haile Gebrselassie	2		1	Berlin	30 Sep 2007
25	2:04:28	12	Sammy Kitwara	1	KEN	2	Chicago	12 Oct 2014
26	2:04:29		Wilson Kipsang	4		1	London	13 Apr 2014
27	2:04:32	13	Dickson Chumba	1	KEN	3	Chicago	12 Oct 2014
28	2:04:38	14	Tsegaye Kebede	1	ETH	1	Chicago	7 Oct 2012
29	2:04:40		Emmanuel Mutai	3		1	London	17 Apr 2011
30	2:04:42		Eliud Kipchoge	8		1	London	26 Apr 2015
31	2:04:44		Wilson Kipsang	5		1	London	22 Apr 2012
32	2:04:47		Wilson Kipsang	6		2	London	26 Apr 2015
33	2:04:49	15	Shura Kitata Tola	1	ETH	2	London	22 Apr 2018
34	2:04:52	16	Feyisa Lilesa	1	ETH	2	Chicago	7 Oct 2012
35	2:04:53	17	Gebregziabher Gebremariam	1	ETH	3	Boston	18 Apr 2011
36	2:04:55		Stanley Biwott	2		2	London	13 Apr 2014
37	2:04:58	18	Ryan Hall	1	USA	4	Boston	18 Apr 2011
38	2:05:06		Geoffrey Mutai	3		1	New York	6 Nov 2011
39	2:05:08		Patrick Makau	2		1	Berlin	26 Sept
40	2:05:10	19	Samuel Wanjiru	1	KEN	1	London	26 Apr 2009
41	2:05:10		Geoffrey Mutai	4		2	Berlin	26 Sept
42	2:05:11	20	Mo Farah		GBR	1	Chicago	7 Oct 2018
43	2:05:15	21	Martin Lel	1	KEN	1	London	13 Apr 2008
44	2:05:16		Sammy Kitwara	2		3	Chicago	13 Oct 2013
45	2:05:19		Tsegaye Kebede	2		1	London	25 Apr 2010
46	2:05:20		Tsegaye Kebede	3		2	London	26 Apr 2009
47	2:05:21	22	Eliud Kiptanui	1	KEN	2	Berlin	27 Sept
48	2:05:24		Samuel Wanjiru	2		2	London	13 Apr 2008
49	2:05:24	23	Mosinet Geremew		ETH	2	Chicago	7 Oct 2018
50	2:05:25	24	Bazu Worku	1	ETH	3	Berlin	26 Sept
51	2:05:27	25	Jaouad Gharib	1	MAR	3	London	26 Apr 2009
52	2:05:27	26	Tilahun Regassa	1	ETH	3	Chicago	7 Oct 2012
53	2:05:30	27	Abderrahim Goumri	1	MAR	3	London	13 Apr 2008
54	2:05:30		Dickson Chumba	2		1	Tokyo	25 Feb 2018
55	2:05:31	28	Evans Chebet	1	KEN	3	Berlin	25 Sept
56	2:05:36	29	James Kwambai	1	KEN	2	Berlin	28 Sept
57	2:05:37		Moses Mosop	2		1	Chicago	9 Oct 2011

### Margin of Victory

	Difference	Winning Time	Name	Nat	Year
Max	1:53	2:03:58	Wilson Kipsang	KEN	2017
	1:37	2:09:45	Daniel Njenga	KEN	2007
	1:17	2:07:23	Viktor Röthlin	SUI	2008
Min	8 seconds	2:06:50	Dennis Kimetto	KEN	2013
	11 seconds	2:07:37	Michael Kipyego	KEN	2012

### Multiple winners:

Dickson Chumba

### Winners by Nation

Country	JPN	KEN	SUI	ETH
Number	1	7	1	3

### Top three finish by Nation

Country	JPN	KEN	SUI	ETH	UGA
Number	11	18	1	4	2

### Last eleven Tokyo Marathons

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Dickson Chumba	KEN	2:05:30	Yuta Shitara	JPN	2:06:11	Amos Kipruto	KEN	2:06:33
2017	Wilson Kipsang	KEN	2:03:58	Gideon Kipketer	KEN	2:05:51	Dickson Chumba	KEN	2:06:25
2016	Feyisa Lilesa	ETH	2:06:56	Bernard Kipyego	KEN	2:07:22	Dickson Chumba	KEN	2:07:34
2015	Endeshaw Negesse	ETH	2:06:00	Stephen Kiprotich	UGA	2:06:33	Dickson Chumba	KEN	2:06:34
2014	Dickson Chumba	KEN	2:05:42	Tadese Tola	ETH	2:05:57	Sammy Kitwara	KEN	2:06:30
2013	Dennis Kimetto	KEN	2:06:50	Michael Kipyego	KEN	2:06:58	Bernard Kipyego	KEN	2:07:53
2012	Michael Kipyego	KEN	2:07:37	Arata Fujiwara	JPN	2:07:48	Steven Kiprotich	UGA	2:07:50
2011	Hailu Mekonnen	ETH	2:07:35	Paul Biwott	KEN	2:08:17	Yuki Kawauchi	JPN	2:08:37
2010	Masakazu Fujiwara	JPN	2:12:19	Arata Fujiwara	JPN	2:12:34	Atsushi Sato	JPN	2:12:35
2009	Salim Kipsang	KEN	2:10:27	Kazuhiro Maeda	JPN	2:11:01	Kensuke Takahashi	JPN	2:11:25
2008	Viktor Röthlin	SUI	2:07:23	Arata Fujiwara	JPN	2:08:40	Julius Gitahi	KEN	2:08:40
2007	Daniel Njenga	KEN	2:09:45	Tomoyuki Sato	JPN	2:11:22	Satoshi Irifune	JPN	2:12:44

### Best Marks for Places in Tokyo Marathon

Place	Time	Name	Nationality	Date
1	2:03:58	Wilson Kipsang	KEN	26 Feb 2017
	2:05:30	Dickson Chumba	KEN	25 Feb 2018
	2:05:42	Dickson Chumba	KEN	23 Feb 2014
	2:06:50	Dennis Kimetto	KEN	24 Feb 2013
	2:06:56	Feyisa Lilesa	ETH	28 Feb 2016
	2:07:23	Viktor Röthlin	SUI	17 Feb 2008
2	2:05:51	Gideon Kipketer	KEN	26 Feb 2017
	2:05:57	Tadese Tola	ETH	23 Feb 2014
	2:06:11	Yuta Shitara	JPN	25 Feb 2018
	2:06:33	Stephen Kiprotich	UGA	22 Feb 2015
	2:06:58	Michael Kipyego	KEN	24 Feb 2013
	2:07:33	Bernard Kipyego	KEN	28 Feb 2016
	2:07:48	Arata Fujiwara	JPN	26 Feb 2012
2:08:17	Paul Biwott	KEN	27 Feb 2011	
3	2:06:25	Dickson Chumba	KEN	26 Feb 2017
	2:06:30	Sammy Kitwara	KEN	23 Feb 2014
	2:06:33	Amos Kipruto	KEN	25 Feb 2018
	2:06:34	Dickson Chumba	KEN	22 Feb 2015
	2:07:34	Dickson Chumba	KEN	28 Feb 2016

	2:07:50	Stephen Kiprotich	UGA	26 Feb 2012
	2:07:53	Bernard Kipyego	KEN	24 Feb 2013
	2:08:37	Yuki Kawauchi	JPN	27 Feb 2011
4	2:06:42	Evans Chebet	KEN	26 Feb 2017
	2:06:47	Gideon Kipkeeter	KEN	25 Feb 2018
	2:06:58	Michael Kipyego	KEN	23 Feb 2014
	2:07:20	Shumi Dechasa	BRN	22 Feb 2015
	2:07:46	Stephen Kiprotich	UGA	28 Feb 2016
	2:08:00	Kazuhiro Maeda	JPN	24 Feb 2013
	2:08:17	Haile Gebrselassie	ETH	26 Feb 2012
	2:09:03	Yoshinori Oda	JPN	27 Feb 2011
5	2:06:54	Hiroto Inoue	JPN	25 Feb 2018
	2:07:05	Peter Some	KEN	23 Feb 2014
	2:07:22	Peter Some	KEN	22 Feb 2015
	2:07:39	Alfers Lagat	KEN	26 Feb 2017
	2:08:02	James Kwambai	KEN	24 Feb 2013
	2:08:06	Abel Kirui	KEN	28 Feb 2016
	2:08:32	Viktor Röthlin	SUI	26 Feb 2012
	2:09:10	Cyrus Njui	KEN	27 Feb 2011
6	2:07:25	Markos Geneti	ETH	22 Feb 2015
	2:07:30	Feyisa Lilesa	ETH	25 Feb 2018
	2:07:37	Geoffrey Kipsang	KEN	23 Feb 2014
	2:08:10	Bernard Kipyego	KEN	26 Feb 2017
	2:08:17	Gilbert Kirwa	KEN	24 Feb 2013
	2:08:38	Kazuhiro Maeda	JPN	26 Feb 2012
	2:08:55	Eliud Kiptanui	KEN	28 Feb 2016
	2:10:50	Felix Limo	KEN	27 Feb 2011
7	2:07:39	Masato Imai	JPN	22 Feb 2015
	2:07:40	Deresa Chimisa	ETH	23 Feb 2014
	2:08:08	Ryo Kiname	JPN	25 Feb 2018
	2:08:14	Yohanes Gebregergish	ERI	26 Feb 2017
	2:09:05	Feyisa Bekele	ETH	24 Feb 2013
	2:09:28	Takayuki Matsumiya	JPN	26 Feb 2012
	2:10:23	Emmanuel Mutai	KEN	28 Feb 2016
	2:11:02	Seiji Kobayashi	JPN	17 Feb 2008
8	2:07:58	Tsegaye Kebede	ETH	22 Feb 2015
	2:08:09	Kohei Matsumura	JPN	23 Feb 2014
	2:08:22	Hiroto Inoue	JPN	26 Feb 2017
	2:08:45	Chihiro Miyawaki	JPN	25 Feb 2018
	2:09:13	Dino Sefir	ETH	24 Feb 2013
	2:09:59	Hailu Mekonnen	ETH	26 Feb 2012
	2:10:57	Yuki Takamiya	JPN	28 Feb 2016
	2:11:15	Kazutoshi Takatsuka	JPN	17 Feb 2008
9	2:08:45	Tsegaye Kebede	ETH	26 Feb 2017
	2:08:48	Kenji Yamamoto	JPN	25 Feb 2018
	2:08:51	Koji Kobayashi	JPN	23 Feb 2014
	2:09:12	Hiroaki Sano	JPN	22 Feb 2015
	2:09:14	Takayuki Matsumiya	JPN	24 Feb 2013
10	2:08:58	Yuki Sato	JPN	25 Feb 2018
	2:09:04	Abel Kirui	KEN	23 Feb 2014

## Split and Lap time for Tokyo Marathon

Fastest split times are in **BOLD**

	5Km	10Km	15Km	20Km	half	25Km	30Km	35Km	40Km	42.195K
Daniel Njenga	15:05	30:18	45:49	61:21	64:50	1:17:13	1:32:04	1:47:11	2:02:43	2:09:45

Viktor Röthlin	14:55	29:59	45:03	60:19	63:44	1:15:35	1:30:48	1:45:57	2:00:56	2:07:23
Salim Kipsang	15:01	30:11	45:35	60:49	64:17	1:16:14	1:31:46	1:47:13	2:03:10	2:10:27
Masakazu Fujiwara	15:15	30:26	45:51	61:43	65:13	1:17:42	1:33:38	1:49:15	2:05:39	2:12:19
Hailu Mekonnen	14:57	29:56	44:50	59:54	63:13	1:15:00	1:29:56	1:44:58	2:00:41	2:07:35
Michael Kipyego	14:39	29:35	44:40	59:35	62:51	1:14:17	1:29:27	1:45:06	2:00:35	2:07:37
Dennis Kimetto	15:15	30:16	45:20	60:52	64:22	1:16:13	1:31:21	1:45:41	2:00:16	2:06:50
Dickson Chumba	14:52	29:39	44:35	59:44	63:03	1:14:51	1:30:02	1:44:58	1:59:19	2:05:42
Endeshaw Negesse	14:56	29:54	44:50	59:52	63:08	1:14:45	1:29:50	1:44:45	1:59:21	2:06:00
Feyisa Lilesa	14:59	29:38	44:28	59:37	62:54	1:14:30	1:29:51	1:44:22	1:59:56	2:06:56
Wilson Kipsang	<b>14:15</b>	<b>28:50</b>	<b>43:34</b>	<b>58:05</b>	<b>61:22</b>	<b>1:12:47</b>	<b>1:27:27</b>	<b>1:42:27</b>	<b>1:57:29</b>	<b>2:03:58</b>
Dickson Chumba	14:47	29:38	44:36	59:27	62:44	1:14:24	1:29:20	1:44:11	1:58:55	2:05:30

Fastest lap times are in **BOLD**

Name		5Km	10Km	15Km	20Km	25Km	30Km	35Km	40Km	42.195K
Daniel Njenga	2007	15:05	15:13	15:31	15:32	15:52	14:51	15:07	15:32	7:02
Viktor Röthelin	2008	14:55	15:04	15:04	15:16	15:16	15:13	15:09	14:59	6:27
Salim Kipsang	2009	15:01	15:10	15:24	15:14	15:25	15:32	15:27	15:57	7:17
Masakazu Fujiwara	2010	15:15	15:11	15:25	15:52	15:59	15:56	15:37	16:24	6:40
Hailu Mekonnen	2011	14:57	14:59	14:54	15:04	15:06	14:56	15:08	15:57	6:54
Michael Kipyego	2012	14:39	14:56	15:05	14:55	<b>14:42</b>	15:10	15:39	15:29	7:02
Dennis Kimetto	2013	15:15	15:01	15:04	15:32	15:21	15:08	<b>14:20</b>	14:35	6:34
Dickson Chubma	2014	14:52	14:47	14:56	15:09	15:07	15:11	14:56	<b>14:21</b>	<b>6:23</b>
Endeshaw Negesse	2015	14:56	14:58	14:56	15:02	14:53	15:05	14:55	14:36	6:39
Feyisa Lilesa	2016	14:59	14:39	14:50	15:09	14:53	15:21	14:31	15:34	7:00
Wilson Kipsang	2017	<b>14:15</b>	<b>14:35</b>	<b>14:44</b>	<b>14:31</b>	<b>14:42</b>	<b>14:40</b>	15:00	15:02	6:29
Dickson Chumba	2018	14:47	14:51	14:58	14:51	14:57	14:56	14:51	14:44	6:35

## Main Contenders:

**Dickson Kiptolo Chumba** (KEN)

DOB: 27 Oct 1986

**Personal Bests:** Half marathon: 1:00:39 (2014); Marathon: 2:04:32 (2014)

### International Championships Highlights:

#### Progressions:

Year	5000m	10000m/10Km	Half Marathon	Marathon
2018			1:05:23	2:05:30
2017				2:06:25
2016			1:02:12	2:07:34
2015		/28:53		2:06:34
2014		/28:47	<b>1:00:39</b>	<b>2:04:32</b>
2013				2:10:15
2012			1:01:34	2:05:46
2011				2:07:23
2010		/28:56	1:02:08	2:09:20

#### Marathon career

	Time	Race	Place	Date
	DNF	Chicago	DNF	7 Oct 2018
	2:05:30	Tokyo	1 <sup>st</sup>	25 Feb 2018
	2:09:11	Toronto	2 <sup>nd</sup>	22 Oct 2017
	2:06:25	Tokyo	3 <sup>rd</sup>	26 Feb 2017
	2:11:26	Chicago	2 <sup>nd</sup>	9 Oct 2016
	2:07:34	Tokyo	3 <sup>rd</sup>	28 Feb 2016
	2:09:25	Chicago	1 <sup>st</sup>	11 Oct 2015
	2:06:34	Tokyo	3 <sup>rd</sup>	22 Feb 2015
Personal Best	<b>2:04:32</b>	Chicago	3 <sup>rd</sup>	12 Oct 2014
	2:05:42	Tokyo	1 <sup>st</sup>	23 Feb 2014
	2:10:15	Amsterdam	8 <sup>th</sup>	20 Oct 2013
	2:14:08	Boston	7 <sup>th</sup>	15 Apr 2013
	DNF	Xiamen	DNF	5 Jan 2013
	2:05:46	Eindhoven	1 <sup>st</sup>	14 Oct 2012
	DNF	Boston	DNF	16 Apr 2012
	2:08:21	Xiamen	2 <sup>nd</sup>	8 Jan 2012
	2:07:23	Frankfurt	7 <sup>th</sup>	30 Oct 2011
	DNF	Chicago	DNF	9 Oct 2011
	2:08:45	Roma	1 <sup>st</sup>	20 Mar 2011
	DNF (pace)	Xiamen	DNF (pace)	2 Jan 2011
	2:09:20	Maranello to Carpi	2 <sup>nd</sup>	10 Oct 2010
	2:11:54	Madrid	2 <sup>nd</sup>	25 Apr 2010

#### 2018 Results

Date	Race	Distance	Place	Time
7 Oct	Chicago Marathon	Marathon	DNF	DNF
29 July	Media Maraton Internacional Bogota	Half marathon	3 <sup>rd</sup>	1:05:23
25 Feb	Tokyo Marathon	Marathon	1 <sup>st</sup>	2:05:30

#### 2017 Results

Date	Race	Distance	Place	Time
22 Oct	Toronto Waterfront Marathon	Marathon	2 <sup>nd</sup>	2:09:11

26 Feb	Tokyo Marathon	Marathon	3 <sup>rd</sup>	2:06:25
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### 2016 Results

Date	Race	Distance	Place	Time
9 Oct	Chicago Marathon	Marathon	2 <sup>nd</sup>	2:11:26
24 Apr	Yangzhou Jianzhen International Half marathon	Half marathon	10 <sup>th</sup>	1:02:12
28 Feb	Tokyo Marathon	Marathon	3 <sup>rd</sup>	2:07:34

### 2015 Results

Date	Race	Distance	Place	Time
11 Oct	Chicago Marathon	Marathon	1 <sup>st</sup>	2:09:25
17 May	TCS World 10-K – Bangalore	10Km	7 <sup>th</sup>	28:53
22 Feb	Tokyo Marathon	Marathon	3 <sup>rd</sup>	2:06:34

### 2014 Results

Date	Race	Distance	Place	Time
12 Oct	Chicago Marathon	Marathon	3 <sup>rd</sup>	2:04:32
27 July	Media Maraton Internacional Bogota	Half Marathon	2 <sup>nd</sup>	1:04:10
1 June	Rock n Roll San Diego Half Marathon	Half marathon	3 <sup>rd</sup>	1:00:39
25 May	Abraha Rosa International 10K – Toa Baja	10Km	3 <sup>rd</sup>	28:47
23 Feb	Tokyo Marathon	Marathon	1 <sup>st</sup>	2:05:42

### 2013 Results

Date	Race	Distance	Place	Time
20 Oct	Amsterdam Marathon	Marathon	8 <sup>th</sup>	2:10:15
26 July	Giro Podistico Internazionale di Castelbuono	10Km	5 <sup>th</sup>	31:09
15 Apr	Boston Marathon	Marathon	7 <sup>th</sup>	2:14:08
5 Jan	Xiamen International Marathon	Marathon	DNF	DNF

### 2012 Results

Date	Race	Distance	Place	Time
14 Oct	Marathon Eindhoven	Marathon	1 <sup>st</sup>	2:05:46
16 Apr	Boston Marathon	Marathon	DNF	DNF
11 Mar	City Pier City Half Marathon	Half marathon	9 <sup>th</sup>	1:01:34
8 Jan	Xiamen International Marathon	Marathon	2 <sup>nd</sup>	2:08:21

### 2011 Results

Date	Race	Distance	Place	Time
30 Oct	Frankfurt Marathon	Marathon	7 <sup>th</sup>	2:07:23
9 Oct	Chicago Marathon	Marathon	DNF	DNF
6 Aug	Corribianco	9.9Km	2 <sup>nd</sup>	28:49
26 June	Corrida Festas da Cidade do Porto	15Km	3 <sup>rd</sup>	44:59
20 Mar	Martona della Citta di Roma	Marathon	1 <sup>st</sup>	2:08:45
2 Jan	Xiamen Marathon	Marathon	DNF (pace)	DNF(pace)

### 2010 Results

Date	Race	Distance	Place	Time
10 Oct	Maranello to Carpi	Marathon	2 <sup>nd</sup>	2:09:20
25 Apr	Maraton Popular de Madrid	Marathon	2 <sup>nd</sup>	2:11:54
14 Mar	Telemarket Brescia	10Km	1 <sup>st</sup>	28:56
7 Mar	Media Maraton de Ribarroja del Turia	Half marathon	2 <sup>nd</sup>	1:02:08

**Berhanu Legese (ETH)**

DOB: 11 Sept 1994



**Personal Bests:** 5000m: 13:08.88 (2014); Half Marathon: 59:20 (2015); Marathon: 2:04:15 (2018)

**International Championships Highlights:**

**Progressions:**

Year	5000m	10000m/10k	Half Marathon	Marathon
2018		/28:18		<b>2:04:15</b>
2017	13:24.89	/28:36	59:46	
2016	13:31.67		1:00:40	
2015	13:23.26	/28:42	<b>59:20</b>	
2014	13:08.88	/28:22		
2013	13:15.32	/27:34		

**Marathon career**

	Time	Race	Place	Date
	2:08:41	Chicago	10 <sup>th</sup>	7 Oct 2018
Personal Best	<b>2:04:15</b>	Dubai	6 <sup>th</sup>	26 Jan 2018

**2018 Results**

Date	Race	Distance	Place	Time
16 Dec	Kolkata 25K	25km	1 <sup>st</sup>	1:15:48
7 Oct	Chicago Marathon	Marathon	10 <sup>th</sup>	2:08:41
27 May	TCS World 10K - Bengaluru	10Km	2 <sup>nd</sup>	28:18
26 Jan	Dubai Marathon	Marathon	6 <sup>th</sup>	2:04:15

**2017 Results**

Date	Race	Distance	Place	Time
19 Nov	AirTel Delhi Half marathon – New Delhi	Half marathon	1 <sup>st</sup>	59:46
17 Sept	Dam tot Damloop – Amsterdam to Zaandam	10 miles	1 <sup>st</sup>	45:38
24 Aug	Weltklasse Zurich	5000m	9 <sup>th</sup>	13:24.89
6 July	Athletissima Lausanne	5000m	5 <sup>th</sup>	13:26.40
21 May	TCS World 10K - Bengaluru	10Km	5 <sup>th</sup>	28:36

**2016 Results**

Date	Race	Distance	Place	Time
18 Sept	Kobenhavn Half Marathon	Half Marathon	DNF	DNF
29 June	ETH Olympic Trials – Hengelo	10000m	DNF	DNF
14 May	Diamond League – Shanghai	5000m	13 <sup>th</sup>	13:31.67
12 Feb	RAK Half Marathon	Half marathon	1 <sup>st</sup>	1:00:40

**2015 Results**

Date	Race	Distance	Place	Time
29 Nov	Delhi Half marathon	Half marathon	1 <sup>st</sup>	59:20
13 Sept	Kobenhavn Half Marathon	Half marathon	17 <sup>th</sup>	1:02:56
6 Sept	Luanda International Half Marathon	Half marathon	3 <sup>rd</sup>	1:01:42
21 June	Internationale Bottrop Gala	5000m	3 <sup>rd</sup>	13:23.26
17 June	ETH 10000m Trials for World Championships - Hengelo	10000m	DNF	DNF
17 May	World 10K – Bangalore	10Km	5 <sup>th</sup>	28:42
29 Mar	Berliner Halbmarathon	Half marathon	1 <sup>st</sup>	59:45

**2014 Results**

Date	Race	Distance	Place	Time
7 Sept	Brabants Dagblad Ten Miles of Tilburg	10 Miles	9 <sup>th</sup>	47:42
13 Aug	African Championships – Marrakech	5000m	8 <sup>th</sup>	13:59.57
5 July	Meeting Areva – Stade de France Paris	5000m	14 <sup>th</sup>	13:33.53

8 June	FBK Games – Hengelo	3000m	13 <sup>th</sup>	7:51.09
18 May	Diamond League – Shanghai	5000m	6 <sup>th</sup>	13:08.88
9 Mar	10K International Asta Footing Taroudant	10Km	4 <sup>th</sup>	28:22
2 Feb	International Meet Demosthenes de Almeida – Luanda	1500m	1 <sup>st</sup>	3:44:07

### 2013 Results

Date	Race	Distance	Place	Time
31 Dec	Corrida de Sao Silvestre – Luanda	10Km	10 <sup>th</sup>	29:09
13 Oct	Tout Rennes Court	10Km	5 <sup>th</sup>	28:05
19 July	Internationale Bottrop Gala	5000m	3 <sup>rd</sup>	13:25.00
13 July	KBC Night of Athletics – Heusden	5000m	14rA	13:21.07
12 June	Nijmegen Global Athletics	5000m	2 <sup>nd</sup>	13:19.84
8 June	FBK Games - Hengelo	5000m	4 <sup>th</sup>	13:15.32
19 May	World 10K – Bangalore	10Km	3 <sup>rd</sup>	28:16
10 Mar	Taroudant 10K	10Km	2 <sup>nd</sup>	27:34
6 Jan	Campaccio Classica del Cross – San Giorgio	10km	5 <sup>th</sup>	28:52

### El Abbassi, El Hassan (BRN)

DOB: 13 Apr 1984

**Personal Bests:** 10000m: 27:25.02 (2015); Half Marathon: 59:27 (2018); Marathon: 2:04:43 (2018)

### International Championships Highlights:

World Cross Country Championships: 15<sup>th</sup> in 2015

10000m: 12<sup>th</sup> in 2015 World Championships; 26<sup>th</sup> in 2016 Olympic Games; 1<sup>st</sup> in 2014 Asian Games

Marathon: 2<sup>nd</sup> in the 2018 Asian Games

### Progressions:

Year	5000m	10000m/10km	Half Marathon	Marathon
2019			1:02:38	
2018		/28:44	<b>59:27</b>	<b>2:04:43</b>
2017		27:49.46	1:01:31	2:10:57
2016	13:19.36	27:49.29/28:30	1:02:16	
2015		<b>27:25.03</b>		
2014	13:33.95	27:32.96/28:04		

### Marathon career

	Time	Race	Place	Date
Personal Best	<b>2:04:43</b>	Valencia	2 <sup>nd</sup>	2 Dec 2018
	2:18:22	Asian Games - Jakarta	2 <sup>nd</sup>	25 Aug 2018
	2:10:57	Lisboa	2 <sup>nd</sup>	15 Oct 2017
	2:22:59	Lake Biwa – Otsu	56 <sup>th</sup>	5 Mar 2017

### 2019 Results

Date	Race	Distance	Place	Time
20 Jan	Aramco Half Marathon – Houston	Half marathon	18 <sup>th</sup>	1:02:38

### 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Maraton Valencia	Marathon	2 <sup>nd</sup>	2:04:43
28 Oct	Medio Maraton Valencia	Half marathon	7 <sup>th</sup>	59:27
25 Aug	Asian Games – Jakarta	Marathon	2 <sup>nd</sup>	2:18:22
24 June	Semi-Marathon de Casablanca	Half marathon	1 <sup>st</sup>	59:58
28 May	Bolder Boulder 10k	10Km	3 <sup>rd</sup>	28:44
1 Apr	Semi Marathon International de Berkane	Half marathon	1 <sup>st</sup>	1:01:57

24 Mar	World Half Marathon Championships – Valencia	Half marathon	21 <sup>st</sup>	1:01:41
25 Feb	Riyadh Half Marathon	Half marathon	10 <sup>th</sup>	1:03:01
7 Jan	Safi Half Marathon	Half marathon	2 <sup>nd</sup>	1:03:03

### 2017 Results

Date	Race	Distance	Place	Time
29 Oct	Grand International Half Marathon – Casablanca	Half marathon	4 <sup>th</sup>	1:01:40
15 Oct	Rock n Roll Lisbon Marathon	Marathon	2 <sup>nd</sup>	2:10:57
30 July	Media Maraton Internacional Bogota	Half marathon	6 <sup>th</sup>	1:06:21
12 July	Maia	10000m	2 <sup>nd</sup>	27:49.46
12 May	Casablanca	Half marathon (short?)	1 <sup>st</sup>	1:00:52
7 May	Memorial Rahal 10K – Casablanca	10Km	1 <sup>st</sup>	27:55
2 Apr	Semi-Marathon de Berkane	Half marathon	1 <sup>st</sup>	1:01:31
5 Mar	Lake Biwa Marathon	Marathon	56 <sup>th</sup>	2:22:59
15 Jan	Cross Internacional de Italica – Sevilla	11.075k	4 <sup>th</sup>	31:49

### 2016 Results

Date	Race	Distance	Place	Time
27 Nov	Cross Internacional de la Constitucion – Alcobendas	10.06kkm	4 <sup>th</sup>	31:14
13 Aug	Olympic Games – Rio de Janeiro	10000m	26 <sup>th</sup>	28:20.17
9 July	Control FeeracionCatalana de Atletismo – Barcelona	5000m	5 <sup>th</sup>	13:19.36
27 May	Prefontaine Classic – Eugene	10000m	15 <sup>th</sup>	27:47.29
6 Mar	10Km International Asta Footing Casablanca	10km	1 <sup>st</sup>	27:26
28 Feb	World's Best 10km – San Juan	10km	7 <sup>th</sup>	28:30
31 Jan	Marraech half marathon	Half marathon	3 <sup>rd</sup>	1:02:16
25 Jan	Cross Internacional Memorial Juan Muguerza - Elgoibar	10.796km	3 <sup>rd</sup>	32:19
17 Jan	Cross Internacional de Italica	10.846km	4 <sup>th</sup>	31:24

### 2015 Results

Date	Race	Distance	Place	Time
5 Oct	CISM World Games – Mungyeng	10000m	1 <sup>st</sup>	27:41.76
22 Aug	World Championships – Beijing	10000m	12 <sup>th</sup>	28:12.57
6 June	Asian Athletics Championships – Wuhan	10000m	1 <sup>st</sup>	28:50.71
29 May	Prefontaine Classic – Eugene	10000m	7 <sup>th</sup>	27:25.02
28 Mar	World Cross Country Championship - Guiyang	12km	15 <sup>th</sup>	36:22

### 2014 Results

Date	Race	Distance	Place	Time
2 Oct	Asian Games – Incheon	10000m	1 <sup>st</sup>	28:11.20
8 June	Mohammed VI d`Athletisme – Marrakech	5000m	9 <sup>th</sup>	13:33.95
29 May	Prefontaine Classic – Eugene	10000m	7 <sup>th</sup>	27:32.96
9 Mar	10k International Asta Footing Taroudant	10km	1 <sup>st</sup>	28:04

## Abdiwak Seifu Tura (ETH)

DOB: 19 June 1997

**Personal Bests:** 5000m: 13:27.70 (2015); Half Marathon: 60:41 (2018); Marathon: 2:04:44 (2018)

### International Championships Highlights:

#### Progressions:

Year	5000m	10000m/10km	Half Marathon	Marathon
2018			<b>1:00:41</b>	<b>2:04:44</b>
2017		/29:52	1:02:58	2:09:26
2016	13:48.57	/29:05		

## Marathon career

	Time	Race	Place	Date
	2:09:18	Shanghai	1 <sup>st</sup>	18 Nov 2018
	2:09:04	Milano	1 <sup>st</sup>	8 Apr 2018
Personal Best	<b>2:04:44</b>	Dubai	7 <sup>th</sup>	26 Jan 2018
	2:09:26	Seoul	2 <sup>nd</sup>	5 Nov 2017

## 2018 Results

Date	Race	Distance	Place	Time
18 Nov	Shanghai Marathon	Marathon	1 <sup>st</sup>	2:09:18
14 Oct	Santander Totta Half Marathon – Lisboa	Half marathon	2 <sup>nd</sup>	1:00:41
8 Apr	Milano City Marathon	Marathon	1 <sup>st</sup>	2:09:04
26 Jan	Dubai Marathon	Marathon	7 <sup>th</sup>	2:04:44

## 2017 Results

Date	Race	Distance	Place	Time
5 Nov	Joong Ang Seoul Marathon	Marathon	2 <sup>nd</sup>	2:09:26
24 Sept	Incheon Half Marathon	Half marathon	2 <sup>nd</sup>	1:02:58
13 May	Okpekpe Road Race	10km	6 <sup>th</sup>	29:52

## 2016 Results

Date	Race	Distance	Place	Time
20 Nov	Great Ethiopian Run – Addis Ababa	10km	6 <sup>th</sup>	29:05
29 June	Catalonia Champ – Barcelona	5000m	9 <sup>th</sup>	13:52.78
25 June	Meeting International Villa de Bilbao	5000m	2 <sup>nd</sup>	13:48.57
23 June	Meeting de Atletismo Madrid	3000m	9 <sup>th</sup>	8:18.61
6 Feb	Meeting d'Athletisme Mondeville	3000m	11 <sup>th</sup>	8:18.27i
24 Jan	Cross Della Vallagarina	10km	5 <sup>th</sup>	27:21
16 Jan	Cross Ouest-France Le Mans	10.4km	9 <sup>th</sup>	31:22

## Kigen, Nobert (KEN)

DOB: 24 Jan 1993

**Personal Bests:** Half Marathon: 59:42 (2016); Marathon: 2:05:13 (2017)

## International Championships Highlights:

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018			1:01:43	2:05:22
2017			1:01:02	<b>2:05:13</b>
2016			<b>59:42</b>	2:09:19
2015		28:18.2	1:00:32	2:09:25

## Marathon career

	Time	Race	Place	Date
	2:05:22	Valencia	5 <sup>th</sup>	2 Dec 2018
	DNF	Boston	DNF	16 Apr 2018
Personal Best	<b>2:05:13</b>	Amsterdam	2 <sup>nd</sup>	15 Oct 2017
	2:06:07	Seoul	4 <sup>th</sup>	19 Mar 2017
	2:09:19	Eindhoven	3 <sup>rd</sup>	9 Oct 2016
	2:10:29	Praha	6 <sup>th</sup>	8 May 2016

	2:09:25	La Rochelle	1 <sup>st</sup>	29 Nov 2015
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### 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Maraton Valencia	Marathon	5 <sup>th</sup>	2:05:22
10 Aug	Kisii Half Marathon	Half marathon	2 <sup>nd</sup>	1:02:56
14 July	Kabarak University Half Marathon	Half marathon	9 <sup>th</sup>	1:04:20
16 Apr	Boston Marathon	Marathon	DNF	DNF
4 Feb	Napoli City Half Marathon	Half marathon	3 <sup>rd</sup>	1:01:43

### 2017 Results

Date	Race	Distance	Place	Time
15 Oct	Amsterdam Marathon	Marathon	2 <sup>nd</sup>	2:05:13
23 Apr	Yangzhou Jianzhen Half marathon	Half marathon	4 <sup>th</sup>	1:01:02
19 Mar	Seoul Marathon	Marathon	4 <sup>th</sup>	2:06:07

### 2016 Results

Date	Race	Distance	Place	Time
9 Oct	Marathon Eindhoven	Marathon	3 <sup>rd</sup>	2:09:19
21 Aug	Karnten Lauff Halbmarathon – Klagenfurt	Half marathon	2 <sup>nd</sup>	1:00:50
8 May	Prague Marathon	Marathon	6 <sup>th</sup>	2:10:29
2 Apr	Sportissimo Prague Half Marathon	Half marathon	4 <sup>th</sup>	59:42

### 2015 Results

Date	Race	Distance	Place	Time
29 Nov	Marathon de La Rochelle	Marathon	1 <sup>st</sup>	2:09:25
13 Sept	Foulee Suresnoise	10Km	1 <sup>st</sup>	29:01
5 Sept	Semi-Marathon de Lille Metropole	Half Marathon	5 <sup>th</sup>	1:00:32
11 July	KEN Athletics Championships - Nairobi	10000m	9 <sup>th</sup>	28:18.2
1 May	Le Puy-en-Velay	15km	3 <sup>rd</sup>	44:01
26 Apr	Semi-Marathon – Nice	Half marathon	3 <sup>rd</sup>	1:01:20
19 Apr	Humarathon Half Marathon- Ivry to Vitry-sur-Seine	Half marathon	1 <sup>st</sup>	1:01:02

### Gideon Kipketer (KEN)

DOB: 10 Nov 1992

**Personal Bests:** Half marathon: 59:53 (2012); Marathon: 2:05:51 (2017)

### International Championships Highlights:

World Cross Country Championships: 8<sup>th</sup> in junior division in 2010

Marathon: 5<sup>th</sup> in 2017 World Championships

### Progressions:

Year	5000m	10000m/10Km	Half Marathon	Marathon
2019			1:05:05	
2018			1:03:51	2:06:15
2017				<b>2:05:51</b>
2016		/29:09		2:08:35
2015		28:25.31		2:09:01
2014			1:02:56	2:10:36
2013		/28:56		2:10:41
2012			<b>59:53</b>	2:08:14
2011		/29:21		

2010	13:15.77			
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### Marathon career

	Time	Race	Place	Date
	2:06:15	Amsterdam	4 <sup>th</sup>	21 Oct 2018
	2:06:47	Tokyo	4 <sup>th</sup>	25 Feb 2018
	DNF (pace)	Berlin	DNF (pace)	24 Sept 2017
	2:10:56	World Championships – London	5 <sup>th</sup>	6 Aug 2017
	DNF (pace)	Monza – Breaking 2	DNF (pace)	6 May 2017
Personal Best	<b>2:05:51</b>	Tokyo	2 <sup>nd</sup>	26 Feb 2017
	2:12:20	Chicago	3 <sup>rd</sup>	9 Oct 2016
	DNF (pace)	London	DNF (pace)	24 Apr 2016
	2:08:35	Mumbai	1 <sup>st</sup>	17 Jan 2016
	2:09:01	Seoul (Joon Ang)	2 <sup>nd</sup>	1 Nov 2015
	2:09:34	Hamburg	5 <sup>th</sup>	26 Apr 2015
	2:18:59	Amsterdam	11 <sup>th</sup>	18 Oct 2014
	2:10:36	Paris	6 <sup>th</sup>	6 Apr 2014
	2:10:41	Tokyo	12 <sup>th</sup>	24 Feb 2013
	2:08:14	Amsterdam	7 <sup>th</sup>	21 Oct 2012

### 2019 Results

Date	Race	Distance	Place	Time
13 Jan	Halve Marathon von Egmond	Half marathon	4 <sup>th</sup>	1:05:05

### 2018 Results

Date	Race	Distance	Place	Time
21 Oct	Amsterdam Marathon	Marathon	4 <sup>th</sup>	2:06:15
14 July	Kabarak University Half Marathon	Half marathon	3 <sup>rd</sup>	63:51
25 Feb	Tokyo Marathon	Marathon	4 <sup>th</sup>	2:06:47

### 2017 Results

Date	Race	Distance	Place	Time
24 Sept	Berlin Marathon	Marathon	DNF (pace)	DNF (pace)
6 Aug	World Championships – Londn	Marathon	5 <sup>th</sup>	2:10:56
6 May	Nike Breaking 2 – Monza	Marathon	DNF (pace)	DNF (pace)
26 Feb	Tokyo Marathon	Marathon	2 <sup>nd</sup>	2:05:51

### 2016 Results

Date	Race	Distance	Place	Time
9 Oct	Chicago Marathon	Marathon	3 <sup>rd</sup>	2:12:20
15 May	TCS World 10K – Bengaluru	10Km	8 <sup>th</sup>	29:09
24 Apr	London Marathon	Marathon	DNF (pace)	DNF (pace)
17 Jan	Mumbai Marathon	Marathon	1 <sup>st</sup>	2:08:35

### 2015 Results

Date	Race	Distance	Place	Time
1 Nov	Joon Ang Seoul Marathon	Marathon	2 <sup>nd</sup>	2:09:01
17 June	ETH 10000m Trials – Hengelo	10000m	DNF (pace)	DNF (pace)
13 June	Golden Spike Leiden	10000m	4rA	28:25.31
22 May	5 <sup>th</sup> Athletics Kenya Meeting – Eldoret	10000m	1r2	29:09.9
26 Apr	Marathon Hamburg	Marathon	5 <sup>th</sup>	2:09:34

### 2014 Results

Date	Race	Distance	Place	Time
19 Oct	Amsterdam Marathon	Marathon	11 <sup>th</sup>	2:18:59
21 Sept	Dam tot Damloop	Marathon	6 <sup>th</sup>	46:36

6 Apr	Marathon de Paris	Marathon	6 <sup>th</sup>	2:10:36
12 Jan	PWE Halve-Marathon von Egmond	Half marathon	2 <sup>nd</sup>	1:02:56

### 2013 Results

Date	Race	Distance	Place	Time
19 May	World 10-K Bangalore	10Km	8 <sup>th</sup>	28:56
24 Feb	Tokyo Marathon	Marathon	12 <sup>th</sup>	2:10:41

### 2012 Results

Date	Race	Distance	Place	Time
2 Dec	Tuskys Wareng Cross Country – Eldoret	12Km	1 <sup>st</sup>	36:04
21 Oct	Amsterdam Marathon	Marathon	7 <sup>th</sup>	2:08:14
30 Sept	Delhi Half Marathon – New Delhi	Half marathon	8 <sup>th</sup>	1:03:33
1 Sept	Semi-Marathon International de Lille Metropole	Half marathon	4 <sup>th</sup>	59:53
1 Apr	Berliner Halbmarathon	Half marathon	9 <sup>th</sup>	1:00:34
8 Jan	Halve Marathon von Egmond	Half marathon	2 <sup>nd</sup>	1:01:03

### 2011 Results

Date	Race	Distance	Place	Time
27 Nov	Tuskys Wareng Cross Country – Eldoret	8Km	1 <sup>st</sup>	23:22.2
12 Nov	Athletics Kenya National Cross Country – Eldoret	?	3 <sup>rd</sup>	20:20.7
9 Oct	Four miles of Groningen	4mile	3 <sup>rd</sup>	17:15
6 Mar	African Cross Country Championships – Cape Town	8Km	4 <sup>th</sup>	23:19
19 Feb	Nairobi International Cross Country	12Km	14 <sup>th</sup>	23:58.3
13 Feb	Lotto Crosscup Hannut	9.55Km	1 <sup>st</sup>	28:22
6 Jan	Campaccio Classica del Cross – San Giorgio su Legnano	10Km	5 <sup>th</sup>	29:21
2 Jan	Sportcentrum Sportiva – Hulshout	9.55Km	1 <sup>st</sup>	28:22

### 2010 Results

Date	Race	Distance	Place	Time
16 June	Kenyan World Junior Champ Trials – Nairobi	5000m	3 <sup>rd</sup>	13:45.2
30 May	FBK Games – Hengelo	3000m	12 <sup>th</sup>	7:53.28
26 May	Odlo Nijmegen Global Athletics	5000m	1 <sup>st</sup>	13:15.77
16 May	Pliezhausen	3000m	1 <sup>st</sup>	7:52.11
28 Mar	World Cross Country Champ – Bydgoszcz	8Km	8 <sup>th</sup>	22:33
20 Feb	Nairobi International Cross Country	8Km	5 <sup>th</sup>	23:52.6
16 Jan	De Stem Mastboscross – Breda	10.265Km	1 <sup>st</sup>	31:31
3 Jan	Lotto Cross Cup van Hulshout	9.55Km	2 <sup>nd</sup>	28:45

### Tadu Abate (ETH)

DOB: 11 Sept 1997

**Personal Bests:** Half Marathon: 60:46 (2017); Marathon: 2:06:47 (2018)

### International Championships Highlights:

#### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018			1:01:21	<b>2:06:47</b>
2017			<b>1:00:46</b>	

### Marathon career

	Time	Race	Place	Date
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Personal Best	<b>2:06:47</b>	Amsterdam	7 <sup>th</sup>	21 Oct 2018
	2:06:54	Hamburg	2 <sup>nd</sup>	29 Apr 2018
	DNF (pace)	Monza	DNF (pace)	6 May 2017

### 2018 Results

Date	Race	Distance	Place	Time
21 Oct	Amsterdam Marathon	Marathon	7 <sup>th</sup>	2:06:47
23 Sept	Hipporun Mezza Maratona di Vinovo	Half marathon	1 <sup>st</sup>	1:02:12
29 Apr	Marathon Hamburg	Marathon	2 <sup>nd</sup>	2:06:54
11 Mar	Meia-Maratona Internacioal de Lisboa	Half marathon	16 <sup>th</sup>	1:01:21
25 Feb	Riyadh Half Marathon	Half marathon	17 <sup>th</sup>	1:04:05

### 2017 Results

Date	Race	Distance	Place	Time
2 Oct	Santander Totta Half Marathon – Lisboa	Half marathon	3 <sup>rd</sup>	1:02:20
2 Sept	Semi-Marathon International de Lille	Half marathon	7 <sup>th</sup>	1:00:58
20 May	Göteborgsvarvet	Half marathon	6 <sup>th</sup>	1:01:56
6 May	Nike Breaking2 - Monza	Marathon	DNF (pace)	DNF (pace)
19 Mar	Meia-Maratona Internacionalde Lisboa	Half marathon	4 <sup>th</sup>	1:00:46

### Bedan Karoki (KEN)

DOB: 21 Aug 1990

Team: DeNA

**Personal Bests:** 5000m: 13:15.25 (2014); 26:52.12 (2017); Half Marathon: 58:42 (2018)  
Marathon: 2:07:41 (2017)

### International Championships Highlights:

10000m: 5<sup>th</sup> in 2012 OG; 7<sup>th</sup> in 2016 OG; 6<sup>th</sup> in 2013 & 4<sup>th</sup> in 2015 & 2017 World Championships;  
2<sup>nd</sup> in 2011 All Africa Games

Half Marathon: 2<sup>nd</sup> in 2016 World Half Marathon Championships

World Cross Country Champ: 2<sup>nd</sup> in 2015

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2019			1:00:18	
2018			<b>58:42</b>	2:07:59
2017		<b>26:52.12</b>	59:10	<b>2:07:41</b>
2016	13:25.64	27:07.30	59:32	
2015	13:21.26	27:04.77	59:14	
2014	<b>13:15.25</b>	26:52.36	59:23	
2013	13:15.75	27:13.12		
2012	13:21.02	27:05.50		

### Marathon Career

	Time	Race	Place	Date
	DNF (pace)	Fukuoka	DNF (pace)	2 Dec 2018
	2:07:59	Chicago	9 <sup>th</sup>	7 Oct 2018
	2:08:34	London	5 <sup>th</sup>	22 Apr 2018
	2:08:44	Fukuoka	4 <sup>th</sup>	3 Dec 2017
Personal Best	<b>2:07:41</b>	London	3 <sup>rd</sup>	23 Apr 2017

### 2019 Results

Date	Race	Distance	Place	Time
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20 Jan	Aramco Half Marathon – Houston	Half marathon	3 <sup>rd</sup>	1:00:18
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### 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Fukuoka Marathon	Marathon	DNF (pace)	DNF (pace)
7 Oct	Chicago Marathon	Marathon	9 <sup>th</sup>	2:07:59
26 Aug	Half Marathon Buenos Aires	Half marathon	2 <sup>nd</sup>	59:50
22 Apr	London Marathon	Marathon	5 <sup>th</sup>	2:08:34
9 Feb	RAK Half Marathon	Half marathon	1 <sup>st</sup>	58:42
1 Jan	New Year Ekiden	Stage2 – 8.3km	1 <sup>st</sup>	22:25

### 2017 Results

Date	Race	Distance	Place	Time
3 Dec	Fukuoka Marathon	Marathon	4 <sup>th</sup>	2:08:44
4 Aug	World Championships – London	10000m	4 <sup>th</sup>	26:52.12
24 June	KEN World Championships Trials – Nairobi	10000m	2 <sup>nd</sup>	27:40.3
23 Apr	London Marathon	Marathon	3 <sup>rd</sup>	2:07:41
18 Feb	KEN Cross Country Champ – Nairobi	10Km	2 <sup>nd</sup>	29:02
10 Feb	RAK Half Marathon	Half Marathon	1 <sup>st</sup>	59:10
29 Jan	Discovery Kenya Cross Country	10Km	1 <sup>st</sup>	29:54
1 Jan	New Year Ekiden	Stage 2 – 8.3Km	1 <sup>st</sup>	22:01

### 2016 Results

Date	Race	Distance	Place	Time
13 Nov	Nittai University Distance – Yokohama	5000m	1r41	13:25.64
11 Nov	Nittai University Distance – Yokohama	10000m	1r6	27:07.30
18 Sept	Kobenhavn Half marathon	Half marathon	5 <sup>th</sup>	59:32
13 Aug	Olympic Games – Rio	10000m	7 <sup>th</sup>	27:22.93
1 July	KEN Olympic Trials – Eldoret	10000m	DNF	DNF
26 Mar	World Half Marathon – Cardiff	Half marathon	2 <sup>nd</sup>	59:36
28 Feb	World's Best 10K – San Juan	10Km	1 <sup>st</sup>	27:42
13 Feb	Athletics Kenya Nairobi Cross Country	10Km	2 <sup>nd</sup>	28:24
31 Jan	Discover Kenya Cross Country – Eldoret	10Km	1 <sup>st</sup>	28:53
1 Jan	New Year Ekiden	Stage2 – 8.3Km	7 <sup>th</sup>	22:41

### 2015 Results

Date	Race	Distance	Place	Time
13 Sept	Kobenhavn Half Marathon	Half Marathon	1 <sup>st</sup>	59:14
22 Aug	World Championships – Beijing	10000m	4 <sup>th</sup>	27:04.77
1 Aug	KEN Trials for World Championships – Nairobi	10000m	2 <sup>nd</sup>	27:15.33
9 July	Diamond League - Lausanne	5000m	6 <sup>th</sup>	13:21.26
28 Mar	World Cross Country Championships – Guiyang	12Km	2 <sup>nd</sup>	35:00
14 Feb	Athletics Kenya Nairobi Cross Country	12Km	1 <sup>st</sup>	35:08
1 Jan	New Year's Ekiden	Stage 2 – 8.3km	1 <sup>st</sup>	22:39

### 2014 Results

Date	Race	Distance	Place	Time
29 Nov	Hachioji Long Distance	10000m	Pace	Pace
16 Nov	Nittai university distance – Yokohama	5000m		13:25.43
3 Nov	East JPN Corporate team Ekiden Champ – Saitama	Stage3 – 9.2km	1 <sup>st</sup>	26:06
21 Sept	Philadelphia Running Festival	Half marathon	1 <sup>st</sup>	59:23
3 Aug	Beach to Beacon 10K – Cape Elizabeth	10Km	1 <sup>st</sup>	27:37
2 July	Hokuren Distancce Challenge – Kitami	5000m	1rA	13:15.25
30 May	Prefontaine Classic – Eugene	10000m	3 <sup>rd</sup>	26:52.36
18 May	Gifu Seiryu half marathon	Half marathon	1 <sup>st</sup>	1:00:02
10 May	Golden Games in Nobeoka	10000m	Pace	Pace

20 Apr	Hyogo Relays – Kobe	10000m	3r1	27:32.83
16 Mar	Meia Maratona Internacional de Lisboa	Half marathon	1 <sup>st</sup>	59:58
23 Feb	World's Best 10K – San Juan	10Km	1 <sup>st</sup>	28:35
15 Feb	Nairobi Cross Country	12Km	1 <sup>st</sup>	34:56
26 Jan	Discovery Kenya Cross Country – Eldoret	10km	2 <sup>nd</sup>	29:01
1 Jan	New Year's Ekiden – Maebashi	Stage 2 – 8.3km	2 <sup>nd</sup>	22:20

### 2013 Results

Date	Race	Distance	Place	Time
17 Nov	Nittai University Distance - Yokohama	5000m	2r31	13:15.75
3 Nov	East JPN Corporate team Ekiden	Stage3-9.2km	4 <sup>th</sup>	25:36
3 Sept	Hanzekovic Memorial – Zagreb	3000m	6 <sup>th</sup>	7:37.68
26 Aug	Gugl Games – Linz	3000m	6 <sup>th</sup>	7:51.38
10 Aug	World Championships – Moskva	10000m	6 <sup>th</sup>	27:27.17
13 July	Kenyan Trials for World Championships	10000m	1 <sup>st</sup>	27:31.61
31 May	Prefontaine Classic – Eugene	10000m	4 <sup>th</sup>	27:13.12
18 Apr	East JPN Corporate team T&F Champ –Hitachinaka	10000m	1r2	27:30.65
29 Apr	Oda Memorial – Hiroshima	5000m	2 <sup>nd</sup>	13:17.94
18 Feb	Nairobi Cross Country	12Km	DNF	DNF

### Osako, Suguru (JPN)

DOB: 23 May 1991;

Team: Nike Oregon Project (formerly Nissin Foods); College: Waseda

**Personal Bests:** 5000m: 13:08.40NR (2015); 10000m: 27:38.31 (2013); Half marathon: 1:01:13 (2017);  
Marathon: 2:05:50 (2018) NR

### International Championships Highlights:

10000m: 8<sup>th</sup> in 2010 World Junior; 1<sup>st</sup> in 2011 World University Games; 2<sup>nd</sup> in 2014 Asian Games  
21<sup>st</sup> in 2013 World Champ; 17<sup>th</sup> in 2016 Olympic Games

Half Marathon: 24<sup>th</sup> in 2018 World Half Marathon Championships

World Cross Country: 32<sup>nd</sup> in junior race in 2010

### Progressions

Year	5000m	10000m	Half Marathon	Marathon
2019			1:03:01	
2018	13:29.11	28:26.41	1:01:56	2:05:50
2017	13:25.56	27:46.64	61:13	2:10:28
2016	13:31.45	27:50.27		
2015	13:08.40	27:45.24		
2014	13:26.15	28:11.94		

### Marathon Career

	Time	Race	Place	Date
Personal Best	<b>2:05:50</b>	Chicago	3 <sup>rd</sup>	7 Oct 2018
	2:07:19	Fukuoka	3 <sup>rd</sup>	3 Dec 2017
	2:10:28	Boston	3 <sup>rd</sup>	17 Apr 2017

### 2019 Results

Date	Race	Distance	Place	Time
3 Feb	Surf City – Huntington Beach	Half marathon	1 <sup>st</sup>	1:03:01

### 2018 Results

Date	Race	Distance	Place	Time
24 Nov	Hachioji Distance – Machida	10000m	4r4	28:33.92
7 Oct	Chicago Marathon	Marathon	3 <sup>rd</sup>	2:05:50
14 July	Hokuren Distance Challenge – Shibetsu	10000m	1 <sup>st</sup>	28:26.41
14 July	Hokuren Distance challenge – Shibetsu	5000m	1rB	13:53.01
3 May	Payton Jordan Cardinal Invitational – Palo Alto	10000m	DNF	DNF
19 Apr	Bryan Clay Invitational – Azusa	5000m	3r1	13:29.11
24 Mar	World Half Marathon – Valencia	Half marathon	24 <sup>th</sup>	1:01:56
24 Feb	Fukuoka Cross Country	10km	1 <sup>st</sup>	29:53
9 Feb	Washington Husky Classic – Seattle	5000m	9r1	13:48.41

### 2017 Results

Date	Race	Distance	Place	Time
3 Dec	Fukuoka Marathon	Marathon	3 <sup>rd</sup>	2:07:19
5 Nov	Phoenix	Half marathon	1 <sup>st</sup>	1:02:15
8 Oct	BAA Half Marathon	Half marathon	2 <sup>nd</sup>	1:04:42
13 July	Hokuren Distance Challenge – Abashiri	10000m	2rA	27:46.64
23 June	JPN National Athletics Championships	10000m	1 <sup>st</sup>	28:35.47
11 June	Portland Track Festival	5000m	3r1	13:25.56
17 Apr	Boston Marathon	Marathon	3 <sup>rd</sup>	2:10:28
19 Mar	Shamrock Run Half Marathon – Portland	Half Marathon	1 <sup>st</sup>	1:04:12
5 Feb	Marugame half Marathon	Half marathon	6 <sup>th</sup>	1:01:13

### 2016 Results

Date	Race	Distance	Plac	Time
17 Aug	Olympic Games – Rio de Janeiro	5000m	16h2	13:31.45
13 Aug	Olympic Games – Rio de Janeiro	10000m	17 <sup>th</sup>	27:51.94
14 July	Hokuren distance Challenge – Kitami	5000m	DNF	DNF
14 July	Hokuren distance Challenge – Kitami	1500m	1rA	3:40.49
26 June	JPN National Champ – Nagoya	5000m	1 <sup>st</sup>	13:37.13
24 June	JPN National Champ – Nagoya	10000m	1 <sup>st</sup>	28:07.44
12 June	Portland Track Classic - Portland	1500m	5r2	3:40.99
29 May	Prefontaine Classic – Eugene	10000m	DNF	DNF
1 May	Payton Jordan Cardinal Inv – Palo Alto	10000m	2r1	27:50.27
15 Apr	Oregon Relays – Eugene	5000m	1 <sup>st</sup>	13:45.39
22 Jan	Tracktown USA House of Track HP	3000m	6 <sup>th</sup>	7:54.73

### 2015 Results

Date	Race	Distance	Place	Time
26 Aug	World Championships – Beijing	5000m	7h1	13:45.82
24 July	Anniversary Games – London	3000m	10 <sup>th</sup>	7:46.14
18 July	KBC Night of Athletics – Heusden	5000m	6rA	13:08.40
28 June	JPN Athletics Champ – Niigata	5000m	2 <sup>nd</sup>	13:37.72
29 May	Prefontaine Classic	10000m	16 <sup>th</sup>	27:45.24
21 Feb	Sainsbury Indoor GP – Birmingham	2 mile	4 <sup>th</sup>	8:25.76
14 Feb	NYRR Millrose Games	5000m	3 <sup>rd</sup>	13:28.00
31 Jan	Armory Track Inv – New York	2 mile	2 <sup>nd</sup>	8:16.47
17 Jan	U of Washington Indoor – Seattle	1 mile	11 <sup>th</sup>	4:10.85
1 Jan	New Year Ekiden	Stage1 – 12.3km	1 <sup>st</sup>	34:47

## Kiname, Ryo (JPN)

DOB: 22 Jan 1991

Team: MHPS (Mitsubishi Hitachi Power Systems)

**Personal Bests:** 5000m: 13:40.62 (2012); 10000m: 28:18.52 (2011); Half marathon: 1:02:22 (2012); Marathon: 2:08:08 (2018)

### International Championships Highlights:

#### Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	13:58.37	28:54.18		2:08:08
2017	13:51.52	28:44.45		2:10:30
2016	13:48.76	28:50.60		2:13:16
2015	13:44.28	28:22.89		
2014	13:42.24	28:35.66		2:12:48

#### Marathon Career

	Time	Race	Place	Date
	DNF	Chicago	DNF	7 Oct 2018
Personal Best	<b>2:08:08</b>	Tokyo	7 <sup>th</sup>	25 Feb 2018
	2:10:30	Beppu-Oita	3 <sup>rd</sup>	5 Feb 2017
	2:13:16	Hokkaido – Sapporo	1 <sup>st</sup>	28 Aug 2016
	2:12:48	Beppu-Oita	8 <sup>th</sup>	2 Feb 2014

#### 2019 Results

Date	Race	Distance	Place	Time
1 Jan	New Year Ekiden	Stage6 – 12.1km	9 <sup>th</sup>	36:50

#### 2018 Results

Date	Race	Distance	Place	Time
7 Oct	Chicago Marathon	Marathon	DNF	DNF
22 Sept	All JPN Corporate team T&F – Osaka	10000m	9rB	29:35.42
23 June	Nagasaki Night Games	5000m	16r9	14:14.01
19 May	Kyushu Corporate team T&F – Nobeoka	10000m	12r3	28:54.18
5 May	Golden Games Nobeoka	5000m	20rA	13:58.37
29 Apr	Nobeoka Spring meet	5000m	3rA	14:02.23
25 Feb	Tokyo Marathon	Marathon	7 <sup>th</sup>	2:08:08
1 Jan	New Year ekiden	Stage3 – 13.6Km	13 <sup>th</sup>	39:30

#### 2017 Results

Date	Race	Distance	Place	Time
23 Nov	Kyushu Corporate team Ekiden	Stage5 – 13.4km	5 <sup>th</sup>	41:09
14 Oct	Night Games	10000m	3 <sup>rd</sup>	28:56.61
22 Sept	All JPN Corporate team T&F	10000m	11r1	29:52.85
17 Sept	Night Games	5000m	7r6	14:14.21
13 July	Hokuren Distance Challenge – Abashiri	10000m	9rB	29:00.12
24 June	Nagasaki Night Games	5000m	6 <sup>th</sup>	14:08.67
3 June	Sayagatani Time Trials – Kitakyushu	5000m	12r13	13:51.52
20 May	Kyushu Corporate team T&F Champ	10000m	9r3	28:44.45

6 May	Golden Games in Nobeoka	5000m	3rA	13:53.30
22 Apr	Hyogo Relays – Kobe Asics Challenge	10000m	6 <sup>th</sup>	29:01.63
5 Feb	Beppu-Oita Marathon	Marathon	3 <sup>rd</sup>	2:10:30
1 Jan	New Year Ekiden	Stage 3 – 13.6km	7 <sup>th</sup>	38:50

### 2016 Results

Date	Race	Distance	Place	Time
27 Nov	Kosa 10 Miler	10 Miles	3 <sup>rd</sup>	46:47
3 Nov	Kyushu Corporate team Ekiden	Stage1 – 12.9km	2 <sup>nd</sup>	38:17
8 Oct	Nagasaki Night Time Trials	10000m	4 <sup>th</sup>	29:17.58
24 Sept	All JPN Corporate team T&F Champ	10000m	56 <sup>th</sup>	29:51.73
28 Aug	Hokkaido Marathon – Sapporo	Marathon	1 <sup>st</sup>	2:13:16
25 June	Nagasaki Night Time Trials	5000m	2 <sup>nd</sup>	13:48.76
28 May	Sayagatani Time Trials – KitaKyushu	5000m	4r7	13:55.23
21 May	Kyushu Corporate team T&F Champ	10000m	8r3	28:50.60
7 May	Golden Games in Nobeoka	5000m	8rA	14:04.26
24 Apr	Hyogo Relays – Kobe	10000m	17 <sup>th</sup>	29:35.76
1 Jan	New Year Ekiden	Stage 3 – 13.6Km	9 <sup>th</sup>	38:53

### 2015 Results

Date	Race	Distance	Place	Time
29 Nov	Kosa 10 Miler	10 miles	17 <sup>th</sup>	47:07
23 Nov	Kyushu Corporate team Ekiden	Stage1 – 13.4km	2 <sup>nd</sup>	39:27
17 Oct	Saga Distance time trials	10000m	13r5	29:19.73
25 Sept	All JPN Corporate team T&F Champ	10000m	23 <sup>rd</sup>	28:55.77
19 Sept	Chugoku Corporate team Time trials	5000m	6 <sup>th</sup>	14:03.00
9 July	Hokuren Distance Challenge – Fukagawa	10000m	12rA	28:22.89
28 June	JPN National Championships	5000m	16 <sup>th</sup>	13:49.21
16 May	Kyushu Corporate team T&F Champ	10000m	14r3	28:48.65
9 May	Golden Games in Nobeoka	5000m	12rA	13:44.28
25 Apr	Hyogo Relays – Kobe Asics Challenge	10000m	9 <sup>th</sup>	28:36.51

### Nakamura, Shogo (JPN)

DOB: 16 Sept 1992

Team: Fujitsu; College: Komazawa

**Personal Bests:** 5000m: 13:38.93 (2016); 10000m: 28:05.79 (2013); Half Marathon: 1:01:53 (2016)  
Marathon: 2:08:16 (2018)

### International Championships Highlights:

Half Marathon: 28<sup>th</sup> in 2014 & 36<sup>th</sup> in 2016 World Half Marathon Championships

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018	13:53.43	28:50.84		2:08:16
2017		28:16.01	1:04:50	
2016	13:38.93	28:27.50	1:01:53	

### Marathon career

	Time	Race	Place	Date
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Personal Best	<b>2:08:16</b>	Berlin	4 <sup>th</sup>	16 Sept 2018
	2:10:51	Lake Biwa – Otsu	7 <sup>th</sup>	4 Mar 2018

### 2019 Results

Date	Race	Distance	Place	Time
1 Jan	New Year Ekiden	Stage4 – 22.4km	9 <sup>th</sup>	1:05:49

### 2018 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team Ekiden	Stage4 – 9.5km	2 <sup>nd</sup>	27:59
16 Sept	Berlin Marathon	Marathon	4 <sup>th</sup>	2:08:16
22 June	JPN National Championships – Yamaguchi	10000m	15 <sup>th</sup>	29:57.05
5 May	Golden Games in Nobeoka	5000m	14rA	13:53.43
21 Apr	Hyogo Relays – Kobe	10000m	9 <sup>th</sup>	28:50.84
7 Apr	Setagaya Meet	3000m	16r13	8:18.67
4 Mar	Lake Biwa Marathon	Marathon	7 <sup>th</sup>	2:10:51
1 Jan	New Year Ekiden	Stage5 – 15.8km	4 <sup>th</sup>	48:21

### 2017 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team Ekiden –Saitama	Stage2 – 15.3km	5 <sup>th</sup>	45:27
8 Oct	BAA Half Marathon	Half marathon	4 <sup>th</sup>	1:04:50
13 July	Hokuren Distance Challenge – Abashiri	10000m	7 <sup>th</sup>	28:16.01
25 June	JPN National Championships – Osaka	5000m	3 <sup>rd</sup>	13:50.91
29 Apr	Oda Memorial – Hiroshima	5000m	18 <sup>th</sup>	14:36.09
8 Apr	Setagaya Meet	5000m	26r16	14:16.97
8 Apr	Setagaya Meet	5000m	3r13	14:30.13

### 2016 Results

Date	Race	Distance	Place	Time
26 Nov	Hachioji Long Distance	10000m	DNF	DNF
3 Nov	East JPN Corporate team Ekiden	Stage2 – 15.3km	5 <sup>th</sup>	45:19
25 Sept	JPN Corporate team T&F Champ	5000m	5 <sup>th</sup>	13:38.93
14 July	Hokuren Distance Challenge – Kitami	1500m	4rB	3:47.57
11 July	Hokuren Distance Challenge – Abashiri	5000m	20 <sup>th</sup>	13:56.58
24 June	JPN National Championships – Nagoya	10000m	10 <sup>th</sup>	28:39.97
22 May	East JPN Corporate team T&F Champ	5000m	7 <sup>th</sup>	13:49.29
7 May	Golden Games in Nobeoka	10000m	2 <sup>nd</sup>	28:27.50
23 Apr	Nittai University Distance – Yokohama	10000m	9r8	28:44.44
26 Mar	World Half Marathon Champ – Cardiff	Half marathon	36 <sup>th</sup>	1:04:49
14 Feb	JPN Corporate team half marathon	Half marathon	6 <sup>th</sup>	1:01:53
1 Jan	New Year Ekiden	Stage1 – 12.3km	6 <sup>th</sup>	35:29

### Sato, Yuki (JPN)

DOB: 26 Nov 1986; Height: 178cm; Weigh: 60Kg  
Team: Nissin Foods; College: Tokai University

**Personal Bests:** 5000m: 13:13.60 (2013); 10000m: 27:38.25 (2009); Half Marathon: 1:02:33 (2018);  
Marathon: 2:08:58 (2018)

### International Championships Highlights:

3000m: 10h1 in 2003 World Youth Championships  
5000m: 13<sup>th</sup> in 2004 World Junior Championships; 12h1 in 2012 Olympics; 7<sup>th</sup> in 2005 WUG  
10000m: 15<sup>th</sup> in 2011 World Championships; 22<sup>nd</sup> in 2012 Olympics; 4<sup>th</sup> in 2005 WUG  
World Cross Country Championships: junior: 46<sup>th</sup> in 2004, 47<sup>th</sup> in 2005; 93<sup>rd</sup> in 2008

## Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	13:42.92		1:02:33	2:08:58
2017	13:43.44	28:09.01	1:02:53	
2016				2:12:14
2015	13:47.02	27:57.13		2:12:32
2014	13:34.97	27:46.59		
2013	13:13.60	27:39.50		2:16:31
2012	13:28.79	27:57.07		
2011	13:25.53	27:59.60		
2010	13:27.36	28:18.62		
2009	13:30.46	27:38.25		
2008	13:51.52	29:03.54		
2007	13:52.57	27:51.65		

## Marathon Career

	Time	Race	Place	Date
	2:09:18	Berlin	6 <sup>th</sup>	16 Sept 2018
Personal Best	<b>2:08:58</b>	Tokyo	10 <sup>th</sup>	25 Feb 2018
	DNF	Fukuoka	DNF	3 Dec 2017
	DNF (pace)	Tokyo	DNF (pace)	26 Feb 2017
	2:12:14	London	11 <sup>th</sup>	26 Apr 2016
	2:12:32	Berlin	14 <sup>th</sup>	27 Sept 2015
	2:14:15	Tokyo	20 <sup>th</sup>	22 Feb 2015
	2:16:31	Tokyo	31 <sup>st</sup>	24 Feb 2013

## 2019 Results

Date	Race	Distance	Place	Time
3 Feb	Marugame Half Marathon	Half marathon	DNF	DNF
1 Jan	New Year Ekiden	Stage4 – 22.4km	13 <sup>th</sup>	1:06:03

## 2018 Results

Date	Race	Distance	Place	Time
25 Nov	Tokai University Distance	5000m	2r10	14:19.16
25 Nov	Tokai University Distance	5000m	1r9	14:36.14
25 Nov	Tokai University Distance	5000m	1r7	14:42.83
25 Nov	Tokai University Distance	5000m	1r6	14:57.77
16 Sept	Berlin Marathon	Marathon	6 <sup>th</sup>	2:09:18
24 June	JPN National Championships – Yamaguchi	5000m	22 <sup>nd</sup>	14:48.55
22 June	JPN National Championships – Yamaguchi	10000m	DNF	DNF
10 June	Nittai University Distance – Yokohama	5000m	4r29	13:47.82
20 May	Seiko Golden GP – Osaka	3000m	4 <sup>th</sup>	7:56.73
5 May	Golden Games – Nobeoka	5000m	7rA	13:42.92
6 Apr	Kanaguri Memorial – Kumamoto	5000m	8r6	13:53.54
25 Feb	Tokyo Marathon	Marathon	10 <sup>th</sup>	2:08:58
4 Feb	Marugame Half Marathon	Half marathon	16 <sup>th</sup>	1:02:33
1 Jan	New Year Ekiden	Stage7 – 15.5km	3 <sup>rd</sup>	47:38

## 2017 Results

Date	Race	Distance	Place	Time
3 Dec	Fukuoka Marathon	Marathon	DNF	DNF
22 Oct	Medio Maraton Ciudad de Valencia	Half marathon	15 <sup>th</sup>	1:02:53
17 Sept	Rock n Roll Philadelphia Half Marathon	Half Marathon	4 <sup>th</sup>	1:04:34
23 June	JPN National Championships	10000m	4 <sup>th</sup>	28:45.16
6 May	Golden Games in Nobeoka	10000m	2 <sup>nd</sup>	28:09.01
8 Apr	Setagaya T&F meet	5000m	5r16	13:43.44
1 Apr	Kanaguri Memorial – Kumamoto	5000m	11r4	13:44.02
26 Feb	Tokyo Marathon	Marathon	DNF (pace)	DNF (pace)

### 2016 Results

Date	Race	Distance	Place	Time
27 Nov	Kosa 10 Miler	10 Miles	41 <sup>st</sup>	47:41
26 Apr	London Marathon	Marathon	11 <sup>th</sup>	2:12:14
24 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Stage 7 – 13Km	2 <sup>nd</sup>	38:00
1 Jan	New Year Ekiden	Stage3 – 13.6km	4 <sup>th</sup>	38:39

### 2015 Results

Date	Race	Distance	Place	Time
29 Nov	Kosa 10 Miles	10 Miles	79 <sup>th</sup>	48:41
27 Sept	Berlin Marathon	Marathon	14 <sup>th</sup>	2:12:32
17 May	East JPN Corporate team T&F Champ – Kumagaya	5000m	12r4	14:02.69
2 May	Payton Jordan Cardinal Invitational – Palo Alto	10000m	13r1	27:57.13
19 Apr	Oda Memorial in Hiroshima	5000m	16 <sup>th</sup>	14:18.37
4 Apr	Kanaguri – Kumamoto	5000m	14 <sup>th</sup>	13:47.02
4 Apr	Kanaguri – Kumamoto	1500m	16 <sup>th</sup>	3:51.12
22 Feb	Tokyo Marathon	Marathon	20 <sup>th</sup>	2:14:15
1 Jan	New Year Ekiden	Stage 3 – 13.6Km	4 <sup>th</sup>	38:45

### 2014 Results

Date	Race	Distance	Place	Time
7 Dec	Nittai University Distance – Yokohama	5000m	14r41	14:05.13
27 Sept	Asian Games – Incheon	5000m	6 <sup>th</sup>	13:34.97
24 July	Joensuu Games	1500m	2 <sup>nd</sup>	3:43.94
19 July	KBC Night of Athletics	5000m	19rA	13:59.67
8 June	JPN National Championships	5000m	2 <sup>nd</sup>	13:40.99
7 June	JPN National Championships	10000m	1 <sup>st</sup>	28:32.07
17 May	East JPN Corporate team T&F Champ – Fukushima	5000m	8h4	13:57.85
17 May	East JPN Corporate team T&F Champ - Fukushima	1500m	3 <sup>rd</sup>	3:47.35
4 May	Payton Jordan Cardinal Inv – Palo Alto	10000m	8r1	27:46.59
13 Apr	Nittai University Distance	5000m	5r22	13:43.61
5 Apr	Kanaguri – Kumamoto	5000m	4r5	13:53.63
1 Jan	New Year Ekiden	Stage 4 – 22Km	4 <sup>th</sup>	1:04:22

### 2013 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team Ekiden	Stage 2 – 15.3Km	1 <sup>st</sup>	44:18
21 Sept	All JPN Corporate team T&F Champ	5000m	5h3	14:08.35
21 Sept	All JPN Corporate team T&F Champ	5000m	7 <sup>th</sup>	13:54.58



13 Aug	World Championships – Moskva	5000m	11h2	13:37.07
10 Aug	World Championships – Moskva	10000m	DNF	DNF
19 July	Diamond League Monaco	5000m	12 <sup>th</sup>	13:34.18
13 July	Night of Athletics	5000m	8 <sup>th</sup>	13:13.60
8 June	JPN National Championships	10000m	1 <sup>st</sup>	28:24.94
18 May	East JPN Corporate team T&F Champ	1500m	3 <sup>rd</sup>	3:46.73
28 Apr	Payton Jordan Cardinal Invitational	10000m	3 <sup>rd</sup>	27:39.50
19 Apr	Mt SAC Relays – Walnut	5000m	4 <sup>th</sup>	13:30.57
6 Apr	Kanaguri – Kumamoto	1500m	3 <sup>rd</sup>	3:50.52
24 Feb	Tokyo Marathon	Marathon	31 <sup>st</sup>	2:16:31
1 Jan	New Year Ekiden	Stage 6 – 12.5Km	10 <sup>th</sup>	38:24

### 2012 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate Ekiden	Stage 4 – 9.9Km	4 <sup>th</sup>	29:58
22 Sept	All JPN Corporate team T&F Champ	5000m	4 <sup>th</sup>	13:38.51
22 Sept	All JPN Corporate team T&F Champ	5000m	2h1	13:56.55
7 Aug	Olympic Games – London	5000m	12h1	13:38.22
4 Aug	Olympic Games – London	10000m	22 <sup>nd</sup>	28:44.06
13 July	Diamond League London	5000m	10 <sup>th</sup>	13:43.43
5 July	Sollentuna GP	5000m	2rA	13:28.79
9 June	JPN National Championships – Osaka	10000m	1 <sup>st</sup>	28:18.15
27 May	Nittai University Distance – Yokohama	5000m	1r23	13:43.01
19 May	East JPN Corporate team T&F Champ	1500m	2 <sup>nd</sup>	3:47.27
29 Apr	Payton Jordan Cardinal Inv – Palo Alto	10000m	16 <sup>th</sup>	27:57.07
20 Apr	Mt SAC Relays	5000m	1 <sup>st</sup>	13:40.91
7 Apr	Kanguri Memorial – Kumamoto	5000m	6 <sup>th</sup>	13:33.16
25 Feb	Fukuoka Cross Country	10Km	2 <sup>nd</sup>	30:27
12 Feb	Chiba Cross Country	12Km	6 <sup>th</sup>	36:05
1 Jan	New Year Ekiden	Stage 4 – 22K	1 <sup>st</sup>	1:02:51

### 2011 Results

Date	Race	Distance	Place	Time
3 Nov	East JPN Corporate team Ekiden	Stage 1 – 11.6Km	1 <sup>st</sup>	33:00
28 Aug	World Championships – Daegu	10000m	15 <sup>th</sup>	29:04.15
10 July	Asian Championships – Kobe	5000m	2 <sup>nd</sup>	13:40.78
12 June	JPN National Championships – Kumagaya	5000m	2 <sup>nd</sup>	13:38.19
10 June	JPN National Championships – Kumagaya	10000m	1 <sup>st</sup>	28:10.87
28 May	Golden Games in Nobeoka	5000m	5rE	13:25.53
21 May	East JPN Corporate team T&F Champ	1500m	3 <sup>rd</sup>	3:44.80
1 May	Payton Jordan Cardinal Inv – Palo Alto	10000m	19 <sup>th</sup>	27:59.60
22 Apr	Oregon Relays – Eugene	5000m	4 <sup>th</sup>	13:46.76
13 Feb	Chiba Cross Country	12m	6 <sup>th</sup>	35:38
1 Jan	New Year Ekiden	Stage 4 – 22Km	1 <sup>st</sup>	1:03:25

### 2010 Results

Date	Race	Distance	Place	Time
23 Nov	Chiba ekiden	Stage 3 – 10Km	4 <sup>th</sup>	29:41
3 Nov	East JPN Corporate team Ekiden	Stage 7 – 13.5Km	1 <sup>st</sup>	40:03

24 Sept	All JPN Corporate team T&F Champ	10000m	14 <sup>th</sup>	28:18.62
10 July	Night of Athletics	5000m	9 <sup>th</sup>	13:27.36
3 July	Memorial Leon Buyle	3000m	3 <sup>rd</sup>	7:44.63
4 June	National Championships – Marugame	10000m	3 <sup>rd</sup>	28:44.59
3 May	Shizuoka International – Fukuroi	5000m	6 <sup>th</sup>	13:35.09
23 Apr	Brutus Hamilton Inv – Berkeley	10000m	1 <sup>st</sup>	28:27.93
16 Apr	Mt SAC Relays	5000m	1 <sup>st</sup>	13:44.70
27 Feb	Fukuoka Cross Country	10Km	4 <sup>th</sup>	29:15
14 Feb	Chiba Cross Country	12Km	18 <sup>th</sup>	36:14
24 Jan	Inter-Prefectural Men's Ekiden - Hiroshima	Stage 7 – 13Km	1 <sup>st</sup>	37:12
1 Jan	New Year Ekiden	Stage 3 – 13.7km	1 <sup>st</sup>	38:29

## Kamino, Daichi (JPN)

DOB: 13 Sept 1993

Team: formerly Konica Minolta; College: Aoyama Gakuin University

**Personal Bests:** 5000m: 13:56.05 (2018); 10000m: 28:17.54 (2016); Half marathon: 1:01:04 (2017);  
Marathon: 2:10:18 (2018)

### International Championships Highlights:

#### Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	13:56.05	29:09.48	1:02:19	2:10:18
2017		28:56.34	1:01:04	2:12:50
2016	14:02.49	28:17.54		
2015	14:12.22		1:01:21	

#### Marathon Career

	Time	Race	Place	Date
	2:19:28	Fukuoka	29 <sup>th</sup>	2 Dec 2018
	DNF	Berlin	DNF	16 Sept 2018
Personal best	<b>2:10:18</b>	Tokyo	18 <sup>th</sup>	25 Feb 2018
	2:12:50	Fukuoka	13 <sup>th</sup>	3 Dec 2017

#### 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Fukuoka Marathon	Marathon	29 <sup>th</sup>	2:19:28
18 Nov	Ageo half Marathon	Half marathon	7 <sup>th</sup>	1:02:19
16 Sept	Berlin Marathon	Marathon	DNF	DNF
1 July	Hakodate Half Marathon	Half marathon	7 <sup>th</sup>	1:02:55
9 June	Nittai University Distance	10000m	6 <sup>th</sup>	29:09.48
12 May	Nittai University Distance – Yokohama	10000m	3r5	28:35.47
22 Apr	Nittai University Distance – Yokohama	5000m	2r26	13:56.05
7 Apr	Setagaya Time Trials – Tokyo	3000m	1r10	8:19.44
25 Feb	Tokyo Marathon	Marathon	18 <sup>th</sup>	2:10:18
4 Feb	Marugame Half Marathon	Half marathon	17 <sup>th</sup>	1:02:35
1 Jan	New Year Ekiden	Stage7 – 15.5km	12 <sup>th</sup>	48:38

## 2017 Results

Date	Race	Distance	Place	Time
3 Dec	Fukuoka Marathon	Marathon	13 <sup>th</sup>	2:12:50
10 Sept	Great North Run	Half marathon	12 <sup>th</sup>	1:04:47
13 July	Hokuren Distance challenge – Abashiri	10000m	9rB	28:56.34
23 June	JPN National Championships -	10000m	20 <sup>th</sup>	29:36.05
19 Feb	Oume Marathon	30Km	3 <sup>rd</sup>	1:31:33
5 Feb	Marugame half Marathon	Half marathon	5 <sup>th</sup>	1:01:04
22 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Stage7 – 13km	3 <sup>rd</sup>	38:01
1 Jan	New Year Ekiden	Stage 4 – 22km	7 <sup>th</sup>	1:03:49

## 2016 Results

Date	Race	Distance	Place	Time
27 Nov	Kosa 10 Miler	10 Miles	1 <sup>st</sup>	46:38
3 Nov	East JPN Corporate team Ekiden	Stage 2 – 15.3km	3 <sup>rd</sup>	45:14
24 Sept	All JPN Corporate team T&F Champ	10000m	19r3	28:49.33
11 July	Hokuren Distance Challenge – Abashiri	10000m	2rB	28:17.54
24 June	JPN National Championships – Nagoya	10000m	15 <sup>th</sup>	29:07.55
21 May	East JPN Corporate team T&F Champ	10000m	10r2	29:00.94
7 May	Golden Games in Nobeoka	10000m	6 <sup>th</sup>	28:37.71
24 Apr	Nittai University Distance – Challenge	5000m	2r29	14:02.49
27 Feb	Fukuoka Cross Country	12km	2 <sup>nd</sup>	36:02
2 Jan	Hakone Ekiden	Stage5 – 23.2km	2 <sup>nd</sup>	1:19:17

## 2015 Results

Date	Race	Distance	Place	Time
1 Nov	All JPN Collegiate Ekiden – Nagoya to Ise	Stage8 – 19.7km	8 <sup>th</sup>	59:45
12 June	JPN University individual Champ – Hiratsuka	5000m	9r2	14:13.98
1 Feb	Marugame Half marathon	Half marathon	9 <sup>th</sup>	1:01:21
18 Jan	Inter-Prefectural Ekiden – Hiroshima	Stage7 – 13km	3 <sup>rd</sup>	37:36
2 Jan	Hakone Ekiden	Stage5 – 23.2km	1 <sup>st</sup>	1:16:15

## Fukuda, Jo (JPN)

DOB: 31 Dec 1990

Team: Nishitetsu; College: Kokushikan

**Personal Bests:** 5000m: 14:09.18 (2017); 10000m: 28:44.67 (2017); Half marathon: 1:02:25 (2019); Marathon: 2:09:52 (2018)

## International Championships Highlights:

### Progressions

Year	5000m	10000m	Half Marathon	Marathon
2019			1:02:25	
2018	14:09.61	28:50.11		2:09:52
2017	14:09.18	28:44.67		2:15:11
2016	14:24.21	29:18.76		2:16:29

## Marathon Career

	Time	Race	Place	Date
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	2:10:54	Fukuoka	7 <sup>th</sup>	2 Dec 2018
	2:21:28	Hokkaido – Sapporo	29 <sup>th</sup>	26 Aug 2018
Personal Best	<b>2:09:52</b>	Gold Coast	3 <sup>rd</sup>	1 July 2018
	2:18:16	Lake Biwa – Otsu	23 <sup>rd</sup>	4 Mar 2018
	2:15:11	Hokkaido – Sapporo	3 <sup>rd</sup>	27 Aug 2017
	2:16:17	Beppu-Oita	20 <sup>th</sup>	5 Feb 2017
	2:16:30	Hokkaido – Sapporo	9 <sup>th</sup>	28 Aug 2016
	2:19:06	Lake Biwa – Otsu	35 <sup>th</sup>	6 Mar 2016

### 2019 Results

Date	Race	Distance	Place	Time
3 Feb	Marugame Half Marathon	Half marathon	26 <sup>th</sup>	1:02:25
20 Jan	Inter-Prefectural Men's Ekiden	Stage7 – 13km	24 <sup>th</sup>	38:38
1 Jan	New Year Ekiden	Stage4 – 22.4km	23 <sup>rd</sup>	1:06:42

### 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Fukuoka Marathon	Marathon	7 <sup>th</sup>	2:10:54
3 Nov	Kyushu Corporate team Ekiden	Stage5 – 13.0km	3 <sup>rd</sup>	38:27
29 Sept	Chugoku Corporate team Distance	10000m	5r3	29:27.18
22 Sept	All JPN Corporate team T&F champ	10000m	13r1	29:53.21
15 Sept	Chugoku Corporate team Distance	5000m	7r7	14:15.69
26 Aug	Hokkaido Marathon – Sapporo	Marathon	29 <sup>th</sup>	2:21:28
1 July	Gold Coast Marathon	Marathon	3 <sup>rd</sup>	2:09:52
19 May	Kyushu Corporate team T&F Champ	10000m	15r3	28:50.11
5 May	Golden Games in Nobeoka	5000m	10rF	14:09.61
7 Apr	Kanaguri Distance – Kumamoto	5000m	18r4	14:16.04
4 Mar	Lake Biwa Marathon – Otsu	Marathon	23 <sup>rd</sup>	2:18:16
1 Jan	New Year Ekiden	Stage4 – 22.4km	18 <sup>th</sup>	1:06:54

### 2017 Results

Date	Race	Distance	Place	Time
3 Dec	Kosa 10 Miler	10 miles	15 <sup>th</sup>	47:16
23 Nov	Kyushu Corporate team Ekiden	Stage5 – 13.4km	4 <sup>th</sup>	40:36
3 Nov	West JPN T&F	5000m	12r2	14:09.18
14 Oct	Saga Long Distance	10000m	2r4	28:44.67
1 Oct	Fukuoka Champ (Omuta 10Km )	10Km	5 <sup>th</sup>	30:16
16 Sept	Chugoku Corporate team distance	5000m	14r6	14:30.01
27 Aug	Hokkaido Marathon – Sapporo	Marathon	3 <sup>rd</sup>	2:15:11
3 June	Nittai University Distance – Yokohama	10000m	14r10	29:27.86
20 May	Kyushu Corporate team T&F Champ	10000m	9r2	29:23.96
6 May	Golden Games in Nobeoka	5000m	7rF	14:21.28
29 Apr	Nobeoka Spring time trials	5000m	18 <sup>th</sup>	14:17.73
2 Apr	Kanaguri Distance – Kumamoto	5000m	16r1	14:39.84
5 Feb	Beppu-Oita Marathon	Marathon	20 <sup>th</sup>	2:16:16
1 Jan	New Year Ekiden	Stage7 – 15.5km	30 <sup>th</sup>	47:46

### 2016 Results

Date	Race	Distance	Place	Time
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27 Nov	Kosa 10 Miles	10 miles	78 <sup>th</sup>	48:48
3 Nov	Kyushu Corporate team Ekiden	Stage5 – 13.4km	7 <sup>th</sup>	41:26
15 Oct	Saga distance	10000m	6 <sup>th</sup>	29:51.03
2 Oct	Fukuoka Champ (Omuta 10Km)	10km	27 <sup>th</sup>	33:04
28 Aug	Hokkaido Marathon – Sapporo	Marathon	9 <sup>th</sup>	2:16:30
28 May	Sayagatani time trials	5000m	19r7	14:24.21
21 May	Kyushu Corporate team T&F	10000m	7r2	29:18.76
7 May	Golden Games – Nobeoka	5000m	2rG	14:24.21
30 Apr	Fukuoka Champ	1500m	6 <sup>th</sup>	3:55.04
30 Apr	Fukuoka Champ	1500m	2h	3:52.97
23 Apr	Nittai University Distance – Yokohama	10000m	4r6	29:38.0
6 Mar	Lake Biwa Marathon	Marathon	35 <sup>th</sup>	2:19:06

## Otsuka, Shohei (JPN)

DOB: 13 Aug 1994

Team: Kyudenko; College: Komazawa University

**Personal Bests:** 5000m: 13:55.41 (2018); 10000m: 28:30.10 (2018); Half Marathon: 1:02:32 (2014)  
Marathon: 2:10:12 (2018)

### International Championships Highlights:

#### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2019			1:02:53	
2018	13:55.41	28:30.10		2:10:12
2017	13:56.40	28:46.36		2:15:10
2016	13:57.29	28:48.94	1:04:44	

#### Marathon career

	Time	Race	Place	Date
	2:12:07	Hokkaido – Sapporo	4 <sup>th</sup>	26 Aug 2018
Personal Best	<b>2:10:12</b>	Beppu-Oita	3 <sup>rd</sup>	4 Feb 2018
	2:15:10	Lake Biwa – Otsu	16 <sup>th</sup>	5 Mar 2017

#### 2019 Results

Date	Race	Distance	Place	Time
3 Feb	Marugame Half Marathon	Half Marathon	34 <sup>th</sup>	1:02:53
1 Jan	New Year Ekiden	Stage4 – 22.4km	25 <sup>th</sup>	1:07:05

#### 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Kosa 10 Miler	10 miles	5 <sup>th</sup>	46:21
3 Nov	Kyushu Corporate team Ekiden – Fukuoka	Stage7 – 16.3km	1 <sup>st</sup>	46:26
20 Oct	Challenge Game Oita	5000m	8r18	14:07:33
26 Aug	Hokkaido Marathon – Sapporo	Marathon	4 <sup>th</sup>	2:12:07
2 June	Night distance time trials – Kitakyushu	5000m	19 <sup>th</sup>	13:59.81
19 May	Kyushu Corporate team T&F Champ – Kitakyushu	10000m	9r3	28:30.10
5 May	Golden Games in Nobeoka	5000m	4rE	13:55.41
21 Apr	Hyogo Relays – Kobe ASICS Challenge	10000m	16r2	29:04.95
15 Apr	West JPN time trials – Kurume	5000m	1 <sup>st</sup>	14:18.57
7 Apr	Kanakuri Distance – Kumamoto	5000m	14r4	14:07.10

4 Feb	Beppu-Oita Marathon	Marathon	3 <sup>rd</sup>	2:10:12
1 Jan	New Year Ekiden	Stage4 – 22.4km	14 <sup>th</sup>	1:06:48

### 2017 Results

Date	Race	Distance	Place	Time
23 Nov	Kyushu Corporate team Ekiden – Fukuoka	Stage5 – 13.4km	2 <sup>nd</sup>	40:25
14 Oct	Saga Distance time trials	10000m	6 <sup>th</sup>	28:55.81
23 Sept	JPN Corporate team T&F Champ – Osaka	10000m	1r1	29:05.16
13 July	Hokuren Distance Challenge – Abashiri	5000m	11rB	14:08.42
6 July	Hokuren Distance Challenge – Fukagawa	10000m	7rA	29:04.54
3 June	Sayagatani time trials	5000m	6r12	14:06.01
20 May	Kyushu Corporate team T&F Champ – Kitakyushu	10000m	10r3	28:46.36
6 May	Golden Games in Nobeoka	5000m	7rB	13:56.40
30 Apr	Fukuoka Championships	5000m	1 <sup>st</sup>	14:26.33
29 Apr	Fukuoka Championships	1500m	3 <sup>rd</sup>	3:50.74
29 Apr	Fukuoka Championships	1500m	3r2	3:57.94
23 Apr	Hitashi Time Trials	1500m	1 <sup>st</sup>	3:51.83
23 Apr	Hitashi Time Trials	3000m	1 <sup>st</sup>	8:13.72
5 Mar	Lake Biwa Marathon – Otsu	Marathon	16 <sup>th</sup>	2:15:10
22 Jan	Inter-Prefectural Men's Ekiden – Hiroshima	Stage7 – 13km	15 <sup>th</sup>	38:36
2 Jan	Hakone Ekiden	Stage5 – 20.8km	1 <sup>st</sup>	1:12:46

### 2016 Results

Date	Race	Distance	Place	Time
6 Nov	National Collegiate Ekiden Championships	Stage8 – 19.7km	3 <sup>rd</sup>	58:03
10 Oct	Izumo Ekiden	Stage6 – 10.2km	4 <sup>th</sup>	30:14
25 Sept	Nittai Distance Challenge – Yokohama	5000m	17r36	14:04.95
14 July	Hokuren Distance Challenge – Kitami	5000m	15rB	14:14.35
11 July	Hokuren Distance Challenge – Abashiri	10000m	20rA	29:07.69
22 May	Kanto District Collegiate Championships - Yokohama	Half marathon	4 <sup>th</sup>	1:04:44
7 May	Golden Games in Nobeoka	5000m	5rB	13:57.29
23 Apr	Hyogo Relays – Kobe	10000m	17r2	28:48.94
2 Jan	Hakone Ekiden	Stage5 – 23.2km	4 <sup>th</sup>	1:20:38

## Current Men's Marathon All Time Performance List

Performances	Time	Performers	Name	Nat	Pos	Venue	Date
	2:00:25		Eliud Kipchoge	KEN	1	Monza	6 May 17
1	2:01:39	1	Eliud Kipchoge	KEN	1	Berlin	16 Sept 18
2	2:02:57	2	Dennis Kimetto	KEN	1	Berlin	28 Sept 14
3	2:03:02	3	Geoffrey Mutai	KEN	1	Boston	18 Apr 11
4	2:03:03	4	Kenenisa Bekele	ETH	1	Berlin	25 Sept 16
5	2:03:05		Eliud Kipchoge		1	London	24 Apr 16
6	2:03:06	5	MosesMosop	KEN	2	Boston	18 Apr 11
7	2:03:13	6	Emmanuel Mutai	KEN	2	Berlin	28 Sept 14
8	2:03:13	7	Wilson Kipsang	KEN	2	Berlin	25 Sept 16
9	2:03:23		Wilson Kipsang		1	Berlin	29 Sept 13
10	2:03:32		Eliud Kipchoge		1	Berlin	24 Sept 17
11	2:03:34	8	Getaneh MollaTamire	ETH	1	Dubai	25 Jan 19
12	2:03:38	9	Patrick Makau	KEN	1	Berlin	25 Sept 11
13	2:03:40	10	Herpassa Negasa	ETH	2	Dubai	25 Jan 19
14	2:03:42		Wilson Kipsang		1	Frankfurt	30 Oct 11
15	2:03:45		Dennis Kimetto		1	Chicago	13 Oct 13
16	2:03:46	11	Guye Adola	ETH	2	Berlin	24 Sept 17
17	2:03:51	12	Stanley Biwott	KEN	2	London	24 Apr 16
18	2:03:52		Emmanuel Mutai		2	Chicago	13 Oct 13
19	2:03:58		Wilson Kipsang		1	Tokyo	26 Feb 17
20	2:03:59	13	Haile Gebrselassie	ETH	1	Berlin	28 Sept 08
21	2:04:00		Eliud Kipchoge		1	Berlin	27 Sept 15
22	2:04:00	14	Mosinet Geremew Bayih	ETH	1	Dubai	26 Jan 18
23	2:04:02	15	Leul Gebresilase Aleme	ETH	2	Dubai	26 Jan 18
24	2:04:05		Eliud Kipchoge		2	Berlin	29 Sept 15
25	2:04:06	16	Tamirat Tola	ETH	3	Dubai	26 Jan 18
26	2:04:06	17	Asefa Mengstu Negewo	ETH	4	Dubai	26 Jan 18
27	2:04:06	18	Lawrence Cherono	KEN	1	Amsterdam	21 Oct 18
28	2:04:08	19	Sisay Lemma Kasaye	ETH	5	Dubai	26 Jan 18
29	2:04:11		Eliud Kipchoge		1	Chicago	12 Oct 14
30	2:04:11		Tamirat Tola Adere		1	Dubai	20 Jan 17
31	2:04:15		Geoffrey Mutai		1	Berlin	30 Sept 12
32	2:04:15	20	Birhanu Legese Gurmessa	ETH	6	Dubai	26 Jan 18
33	2:04:16		Dennis Kimetto		2	Berlin	30 Sept 12
34	2:04:17		Eliud Kipchoge		1	London	22 Apr 18
35	2:04:23	21	Ayele Abshero	ETH	1	Dubai	27 Jan 12
36	2:04:24	22	Tesfaye Abera Dibaba	ETH	1	Dubai	22 Jan 16
37	2:04:24		Asefa Mengstu		3	Dubai	25 Jan 18
38	2:04:26		Haile Gebrselassie		1	Berlin	30 Sep 07
39	2:04:27	23	Duncan Kibet	KEN	1	Rotterdam	5 Apr 09
40	2:04:27	24	James Kwambai	KEN	2	Rotterdam	5 Apr 09
41	2:04:28	25	Sammy Kitwara	KEN	2	Chicago	12 Oct 14
42	2:04:29		Wilson Kipsang		1	London	13 Apr 14
43	2:04:31		Leul Gebresilase Aleme		1	Valencia	2 Dec 18
44	2:04:32	26	Tsegaye Mekonen Asefa	ETH	1	Dubai	24 Jan 14
45	2:04:32	27	Dickson Chumba	KEN	3	Chicago	12 Oct 14
46	2:04:33	28	Lemi Berhanu Hayle	ETH	2	Dubai	22 Jan 16
47	2:04:37	29	Mule Wasihun	ETH	2	Amsterdam	21 Oct 18
48	2:04:38	30	Tsegaye Kebede	ETH	1	Chicago	7 Oct 12
49	2:04:40		Emmanuel Mutai		1	London	17 Apr 11
50	2:04:40	31	Solomon Deksisa	ETH	3	Amsterdam	21 Oct 18
51	2:04:42		Eliud Kipchoge		1	London	26 Apr 15
52	2:04:43	32	El Hassan El Abbassi	BRN	2	Valencia	2 Dec 18
53	2:04:44		Wilson Kipsang		1	London	22 Apr 12
54	2:04:44	33	Seifu Tura Abdiwak	ETH	7	Dubai	26 Jan 18

## 2019 Women's Marathon Performance List

Performance	Time	Performer	Name	Nat	Pos	Venue	Date
1	2:17:08	1	Ruth Chepngetich	KEN	1	Dubai	25 Jan 2019
2	2:17:41	2	Worknesh Degefa	ETH	2	Dubai	25 Jan 2019
3	2:21:05	3	Worknesh Edesa	ETH	3	Dubai	25 Jan 2019
4	2:22:45	4	Waganesh Mekasha	ETH	4	Dubai	25 Jan 2019
5	2:23:28	5	Biruktayit Degefa	ETH	1	Houston	20 Jan 2019
6	2:24:28	6	Gutteni Shone Imana	ETH	1	Sevilla	17 Feb 2019
7	2:24:53	7	Abeba Tekulu Gebremeskel	ETH	2	Sevilla	17 Feb 2019
8	2:25:39	8	Fatuma Sado	ETH	1	Osaka	27 Jan 2019
9	2:25:45	9	Worknesh Alemu	ETH	1	Mumbai	20 Jan 2019
10	2:25:46	10	Rei Ohara	JPN	2	Osaka	27 Jan 2019
11	2:25:54	11	Dinkesa Yenenesh Tilahun	ETH	3	Sevilla	17 Feb 2019
12	2:25:59	12	Sintayehu Lewetegn Hailemichael	ETH	5	Dubai	25 Jan 2019
13	2:26:01	13	Bornes Kitur	KEN	3	Osaka	27 Jan 2019
14	2:26:09	14	Amane Gobena	ETH	2	Mumbai	20 Jan 2019
15	2:26:13	15	Volha Mazuronak	BLR	1	Hong Kong	17 Feb 2019
16	2:26:38	16	Rahma Tusa Chota	ETH	6	Dubai	25 Jan 2019
17	2:26:39	17	Birke Debele	ETH	3	Mumbai	20 Jan 2019
18	2:26:41	18	Belaynesh Fikadu	ETH	2	Houston	20 Jan 2019
19	2:26:46	19	Sifan Melaku Demise	ETH	4	Sevilla	17 Feb 2019
20	2:26:56	20	Meseret Belete	ETH	3	Houston	20 Jan 2019
21	2:27:25	21	Medina Deme Armino	ETH	1	Xiamen	6 Jan 2019
22	2:27:36	22	Muluhabt Tsega Chekol	ETH	7	Dubai	25 Jan 2019
23	2:27:39	23	Madoka Nakano	JPN	4	Osaka	27 Jan 2019
24	2:27:42	24	Shasho Insermu Mijana	ETH	2	Xiamen	6 Jan 2019
25	2:28:02	25	Yukari Abe	JPN	5	Osaka	27 Jan 2019
26	2:28:06	26	Buze Diriba	ETH	4	Houston	20 Jan 2019
27	2:28:10	27	Urge Diro Sokoka	ETH	5	Sevilla	17 Feb 2019
28	2:28:42	28	Hanae Tanaka	JPN	6	Osaka	27 Jan 2019
29	2:28:46	29	Sechale Dalasa	ETH	5	Houston	20 Jan 2019
30	2:28:49	30	Aberu Ayana Mulisa	ETH	6	Sevilla	17 Feb 2019
31	2:28:52	31	Lemelem Berna Yachem	ETH	1	Castellon	24 Feb 2019
32	2:29:03	32	Tomomi Tanaka	JPN	7	Osaka	27 Jan 2019
33	2:29:15	33	Natsuki Omori	JPN	8	Osaka	27 Jan 2019
34	2:29:40	34	Charlotta Fougberg	SWE	7	Sevilla	17 Feb 2019
35	2:29:55	35	Fantu Eticha Jimma	ETH	3	Xiamen	6 Jan 2019
36	2:29:57	36	Mulunesh Zewdu Asefa	ETH	1	Marrakech	27 Jan 2019



## 2018 Men's Marathon Performance List

Performance	Time	Performer	Name	Nat	Pos	Venue	Date
1	2:01:39	1	Eliud Kipchoge	KEN	1	Berlin	16 Sept 2018
2	2:04:00	2	Mosinet Geremew Bayih	ETH	1	Dubai	26 Jan 2018
3	2:04:02	3	Leul Gebresilase Aleme	ETH	2	Dubai	26 Jan 2018
4	2:04:06	4	Tamirat Tola Adere	ETH	3	Dubai	26 Jan 2018
5	2:04:06	5	Asefa Mengstu Negewo	ETH	4	Dubai	26 Jan 2018
6	2:04:06	6	Lawrence Cherono	KEN	1	Amsterdam	21 Oct 2018
7	2:04:08	7	Sisay Lemma Kasaye	ETH	5	Dubai	26 Jan 2018
8	2:04:15	8	Birhanu Legese Gurmesa	ETH	6	Dubai	26 Jan 2018
9	2:04:17		Eliud Kipchoge		1	London	22 Apr 2018
10	2:04:31		Leul Gebrselassie		1	Valencia	2 Dec 2018
11	2:04:37	9	Mule Wasihun	ETH	2	Amsterdam	21 Oct 2018
12	2:04:40	10	Solomon Deksisa	ETH	3	Amsterdam	21 Oct 2018
13	2:04:43	11	El Hassan El Abbassi	BRN	2	Valencia	2 Dec 2018
14	2:04:44	12	Seifu Tura Abdiwak	ETH	7	Dubai	26 Jan 2018
15	2:04:49	13	Tola Shura Kitata	ETH	2	London	22 Apr 2018
16	2:04:53	14	Mathew Kisorio	KEN	3	Valencia	2 Dec 2018
17	2:04:58		Sisay Lemma Kasaye		1	Ljubljana	28 Oct 2018
18	2:05:11	15	Mo Farah	GBR	1	Chicago	7 Oct 2018
19	2:05:21	16	Emmanuel Kipkemboi Saina	KEN	1	Buenos Aires	23 Sept 2018
20	2:05:21	17	Tsegaye Kebede	ETH	4	Valencia	2 Dec 2018
21	2:05:22	18	Robert Kipkoech Kigen	KEN	5	Valencia	2 Dec 2018
22	2:05:24		Mosinet Geremew		2	Chicago	7 Oct 2018
23	2:05:26	19	El Mahjoub Dazza	MAR	6	Valencia	2 Dec 2018
24	2:05:30	20	Dickson Chumba	KEN	1	Tokyo	25 Feb 2018
25	2:05:44	21	Kenneth Kipkemoi	KEN	1	Rotterdam	8 Apr 2018
26	2:05:50	22	Abera Kuma	ETH	2	Rotterdam	8 Apr 2018
27	2:05:50	23	Suguru Osako	JPN	3	Chicago	7 Oct 2018
28	2:05:56	24	Kelkile Gezahegn	ETH	3	Rotterdam	8 Apr 2018
29	2:05:57		Kenneth Kipkemoi		4	Chicago	7 Oct 2018
30	2:05:58	25	Laban Korir	KEN	4	Rotterdam	8 Apr 2018
31	2:05:59	26	Lilesa Desisa	ETH	1	New York	4 Nov 2018
32	2:06:01		Shura Kitata		2	New York	4 Nov 2018
33	2:06:07	27	Galen Rupp	USA	1	Praha	6 May 2018
34	2:06:11	28	Yuta Shitara	JPN	2	Tokyo	25 Feb 2018
35	2:06:15	29	Gideon Kipketer	KEN	4	Amsterdam	21 Oct 2018
36	2:06:21		Mo Farah		3	London	22 Apr 2018
37	2:06:21		Galen Rupp		5	Chicago	7 Oct 2018
38	2:06:21	30	Sammy Kirop Kitwara	KEN	7	Valencia	2 Dec 2018
39	2:06:23	31	Amos Kipruto	KEN	2	Berlin	16 Sept 2018
40	2:06:24	32	Kaan Özbilen	TUR	5	Amsterdam	21 Oct 2018
41	2:06:24	33	Solomon Kirwa Yego	KEN	8	Valencia	2 Dec 2018
42	2:06:25	34	Paul Lonyangata	KEN	1	Paris	8 Apr 2018
43	2:06:26	35	Geoffrey Kamworor	KEN	3	New York	4 Nov 2018
44	2:06:29	36	Abraham Kiptum	KEN	1	Daegu	1 Apr 2018
45	2:06:33		Amos Kipruto	KEN	3	Tokyo	25 Feb 2018
46	2:06:33		Laban Korir		6	Amsterdam	21 Oct 2018
47	2:06:34		Solomon Deksisa		1	Hamburg	29 Apr 2018
48	2:06:35	37	Evans Kipkoech Korir	KEN	2	Daegu	1 Apr 2018
49	2:06:36		Mathew Kisorio		2	Paris	8 Apr 2018
50	2:06:37		Kelkile Gezahegn Woldaregay		1	Frankfurt	28 Oct 2018
51	2:06:41	38	Ernest Ngeno	KEN	3	Paris	8 Apr 2018
52	2:06:41	39	Martin Kiprugut Kosgey	KEN	2	Frankfurt	28 Oct 2018
53	2:06:45	40	Geoffrey Kirui	KEN	6	Chicago	7 Oct 2018
54	2:06:47		Gideon Kipketer		4	Tokyo	25 Feb 2018
55	2:06:47	41	Tadu Abate	ETH	7	Amsterdam	21 Oct 2018

## Women:

### Tokyo Marathon All Time list

Performances	Time	Performers	Name	Nat	Place	Date
1	2:19:47	1	Sarah Chepchirchir	KEN	1	26 Feb 2017
2	2:19:51	2	Birhane Dibaba	ETH	1	25 Feb 2018
3	2:21:19		Birhane Dibaba		2	26 Feb 2017
4	2:21:19	3	Ruti Aga	ETH	2	25 Feb 2018
5	2:21:27	4	Helah Kiprof	KEN	1	28 Feb 2016
6	2:21:42	5	Amy Cragg	USA	3	25 Feb 2018
7	2:21:51	6	Amane Gobena	ETH	2	28 Feb 2016
8	2:22:07	7	Shure Demise	ETH	4	25 Feb 2018
9	2:22:23	8	Tirfi Tsegaye Beyene	ETH	1	23 Feb 2014
10	2:22:30		Birhane Dibaba		2	23 Feb 2014
11	2:22:36	9	Edna Kiplagat	KEN	3	28 Feb 2016
12	2:23:01	10	Aberu Kebede	ETH	4	28 Feb 2016
13	2:23:09		Amane Gobena		3	26 Feb 2017
14	2:23:15		Birhane Dibaba		1	22 Feb 2015
15	2:23:16		Birhane Dibaba		5	28 Feb 2016
16	2:24:03		Helah Kiprof		2	22 Feb 2015
17	2:24:16	11	Lucy Kabuu Wangui	KEN	3	23 Feb 2014
18	2:24:26	12	Tiki Gelana	ETH	3	22 Feb 2015
19	2:24:35	13	Caroline Rotich	KEN	4	23 Feb 2014
20	2:25:04		Shure Demise		6	28 Feb 2016
21	2:25:28	14	Atsede Habtamu	ETH	1	26 Feb 2012
22	2:25:34		Aberu Kebede		1	24 Feb 2013
23	2:25:38	15	Mizuho Nasukawa	JPN	1	22 Mar 2009
24	2:25:50	16	Ashete Dido	ETH	7	28 Feb 2016
25	2:26:00	17	Yeshi Esayias	ETH	2	26 Feb 2012
26	2:26:01		Yeshi Esayias		2	24 Feb 2013
27	2:26:02	18	Helena Kirop	KEN	3	26 Feb 2012
28	2:26:03	19	Janet Rono	KEN	5	23 Feb 2014
29	2:26:08	20	Eri Okubo	JPN	4	26 Feb 2012
30	2:26:41	21	Irina Mikitenko	GER	3	24 Feb 2013
31	2:26:43	22	Selly Kaptich Chepyego	KEN	4	22 Feb 2015
32	2:26:46	23	Tatyana Arkhipova	RUS	5	26 Feb 2012
33	2:26:51	24	Albina Mayorova	RUS	4	24 Feb 2013
34	2:26:54	25	Flomena Cheyech Daniel	KEN	5	22 Feb 2015
35	2:27:08	26	Ayaka Fujimoto	JPN	4	26 Feb 2017
36	2:27:36	27	Maia Neuenschwander	SUI	8	28 Feb 2016
37	2:27:37	28	Marta Lema	ETH	5	26 Feb 2017
38	2:28:18		Albina Mayorova		6	23 Feb 2014
39	2:28:22	29	Lishan Dula	BRN	6	26 Feb 2012
40	2:28:26	30	Sara Hall	USA	6	26 Feb 2017
41	2:28:30	31	Yoshimi Ozaki	JPN	5	24 Feb 2013
42	2:28:36	32	Everusalem Kuma	ETH	7	26 Feb 2012
43	2:28:36	33	Mai Ito	JPN	7	23 Feb 2014
44	2:28:38	34	Kateryna Stetsenko	UKR	8	26 Feb 2012
45	2:28:49	35	Noriko Higuchi	JPN	1	27 Feb 2011
46	2:28:55	36	Yukari Sahaku	JPN	2	22 Mar 2009
47	2:28:56		Tatyana Petrova (Arkhipova)		2	27 Feb 2011
48	2:28:58		Helah Kiprof		5	25 Feb 2018
49	2:29:03	37	Yoko Shibui	JPN	3	27 Feb 2011
50	2:29:17	38	Adriana Da Silva	BRA	9	26 Feb 2012
51	2:29:19	39	Reiko Tosa	JPN	3	22 Mar 2009
52	2:29:20	40	Helalia Johannes	NAM	6	24 Feb 2013
53	2:29:25	41	Sumiko Suzuki	JPN	10	26 Feb 2012

## Japan All Comers Performance List

Performances	Time	Performers	Name	Nat	Place	Venue	Date
1	2:19:47	1	Sarah Chepchirchir	KEN	1	Tokyo	26 Feb 2017
2	2:19:51	2	Birhane Dibaba	ETH	1	Tokyo	25 Feb 2018
3	2:21:17	3	Eunice Jepkirui Kirwa	BRN	1	Nagoya	12 Mar 2017
4	2:21:18	4	Mizuki Noguchi	JPN	1	Osaka	26 Jan 2003
5	2:21:19		Birhane Dibaba		2	Tokyo	26 Feb 2017
6	2:21:19	5	Ruti Aga	ETH	2	Tokyo	25 Feb 2018
7	2:21:27	6	Helah Kiprop	KEN	1	Tokyo	28 Feb 2016
8	2:21:36	7	Yuka Ando	JPN	2	Nagoya	12 Mar 2017
9	2:21:37		Mizuki Noguchi		1	Tokyo	18 Nov 2007
10	2:21:42	8	Amy Cragg	USA	3	Tokyo	25 Feb 2018
11	2:21:45	9	Masako Chiba	JPN	2	Osaka	26 Jan 2003
12	2:21:45	10	Meskerem Assefa	ETH	1	Nagoya	11 Mar 2018
13	2:21:51	11	Naoko Sakamoto	JPN	3	Osaka	26 Jan 2003
14	2:21:51	12	Amane Gobena	ETH	2	Tokyo	28 Feb 2016
15	2:22:07	13	Shure Demise	ETH	4	Tokyo	25 Feb 2018
16	2:22:08		Eunice Jepkirui Kirwa		1	Nagoya	8 Mar 2015
17	2:22:12	14	Eri Yamaguchi	JPN	1	Tokyo	21 Nov 1999
18	2:22:17	15	Kayoko Fukushi	JPN	1	Osaka	31 Jan 2016
19	2:22:19	16	Naoko Takahashi	JPN	1	Nagoya	12 Mar 2000
20	2:22:22	17	Lornah Kiplagat	KEN	4	Osaka	26 Jan 2003
21	2:22:23	18	Tirfi Tsegaye Beyene	ETH	1	Tokyo	23 Feb 2014
22	2:22:30		Berhane Dibaba		2	Tokyo	23 Feb 2014
23	2:22:36	19	Edna Kiplagat	KEN	3	Tokyo	28 Feb 2016
24	2:22:40		Eunice Jepkirui Kirwa		1	Nagoya	13 Mar 2016
25	2:22:44	20	Mizuki Matsuda	JPN	1	Osaka	28 Jan 2018
26	2:22:48	21	Sairi Maeda	JPN	3	Nagoya	8 Mar 2015
27	2:22:48	22	Valary Jemeli	KEN	2	Nagoya	11 Mar 2018
28	2:22:54	23	Lidia Simon	ROM	1	Osaka	30 Jan 2000
29	2:22:56	24	Harumi Hiroyama	JPN	2	Osaka	30 Jan 2000
30	2:22:56	25	Jelena Prokopcuka	LAT	1	Osaka	30 Jan 2005
31	2:23:01	26	Aberu Kebede	ETH	4	Tokyo	28 Feb 2016
32	2:23:07	27	Lydia Cheromei	KEN	1	Yokohama	18 Nov 2012
33	2:23:07	28	Hanami Sekine	JPN	3	Nagoya	11 Mar 2018
34	2:23:09		Amane Gobena		3	Tokyo	26 Feb 2017
35	2:23:11	29	Yoko Shibui	JPN	1	Osaka	28 Jan 2001
36	2:23:15		Birhane Dibaba		1	Tokyo	22 Feb 2015
37	2:23:16		Birhane Dibaba		5	Tokyo	28 Feb 2016
38	2:23:18	30	Flomena Cheyech Daniel	KEN	1	Saitama	13 Nov 2016
39	2:23:19	31	Tomomi Tanaka	JPN	2	Nagoya	13 Mar 2016
40	2:23:20	32	Rei Ohara	JPN	3	Nagoya	13 Mar 2016
41	2:23:23	33	Risa Shigetomo	JPN	1	Osaka	29 Jan 2012
42	2:23:24		Lidia Simon		1	Osaka	31 Jan 1999
43	2:23:26		Harumi Hiroyama		1	Nagoya	12 Mar 2006
44	2:23:30	34	Mari Ozaki	JPN	5	Osaka	26 Jan 2003
45	2:23:30	35	Yoshimi Ozaki	JPN	1	Tokyo	16 Nov 2008
46	2:23:31	36	Esther Wanjiru	KEN	3	Osaka	30 Jan 2000
47	2:23:31	37	Salina Kosgei	KEN	2	Tokyo	18 Nov 2007
48	2:23:34	38	Ryoko Kizaki	JPN	1	Nagoya	10 Mar 2013
49	2:23:42		Yoko Shibui		1	Osaka	25 Jan 2009
50	2:23:46	39	Tegla Loroupe	KEN	2	Osaka	31 Jan 1999
51	2:23:47	40	Mao Kiyota	JPN	3	Nagoya	12 Mar 2017
52	2:23:48	41	Yumiko Hara	JPN	1	Osaka	28 Jan 2007
53	2:23:48	42	Honami Maeda	JPN	2	Osaka	28 Jan 2018
54	2:23:51	43	Lisa Ondieki	AUS	1	Osaka	31 Jan 1988
55	2:23:51		Berhane Dibaba		2	Nagoya	10 Mar 2013
56	2:23:52	44	Albina Mayorova	RUS	1	Nagoya	11 Mar 2012
57	2:23:55		Lornah Kiplagat		1	Osaka	27 Jan 2002
58	2:23:56		Yoshimi Ozaki		1	Yokohama	20 Feb 2011
59	2:23:57	45	Reiko Tosa	JPN	1	Nagoya	14 Mar 2004

## World Marathon Majors All Time Performance List

List starts from 2006 when World Marathon Majors were inaugurated

Performances	Time	Performers	Name		Nat	Place	Venue	Date
1	2:17:01	1	Mary Keitany	1	KEN	1	London	23 Apr 2017
2	2:17:56	2	Tirunesh Dibaba	1	ETH	2	London	23 Apr 2017
3	2:18:11	3	Gladys Cherono	1	KEN	1	Berlin	16 Sept
4	2:18:31		Tirunesh Dibaba	2		1	Chicago	8 Oct 2017
5	2:18:31	4	Vivian Cheruiyot	1	KEN	1	London	22 Apr 2018
6	2:18:34	5	Ruti Aga	1	KEN	2	Berlin	16 Sept
7	2:18:35	6	Brigid Kosgei		KEN	1	Chicago	7 Oct 2018
8	2:18:37		Mary Keitany	2		1	London	22 Apr 2012
9	2:18:55		Tirunesh Dibaba	3		3	Berlin	16 Sept
10	2:19:19	7	Irina Mikitenko	1	GER	1	Berlin	28 Sept
11	2:19:19		Mary Keitany	3		1	London	17 Apr 2011
12	2:19:25		Gladys Cherono	2		1	Berlin	27 Sept
13	2:19:36	8	Denna Kastor	1	USA	1	London	23 Apr 2006
14	2:19:44	9	Florence Kiplagat	1	KEN	1	Berlin	25 Sept 2011
15	2:19:47	10	Sarah Chepchirchir	1	KEN	1	Tokyo	26 Feb 2017
16	2:19:50	11	Edna Kiplagat	1	KEN	2	London	22 Apr 2012
17	2:19:51	12	Birhane Dibaba	1	ETH	1	Tokyo	25 Feb 2018
18	2:19:57	13	Rita Jeptoo	1	KEN	1	Chicago	13 Oct 2013
19	2:19:59	14	Buzunesh Deba	1	ETH	1	Boston	21 Apr 2014
20	2:20:13		Brigid Kosgei	2		2	London	22 Apr 2018
21	2:20:14	15	Priscah Jeptoo	1	KEN	3	London	22 Apr 2012
22	2:20:15		Priscah Jeptoo	2		1	London	21 Apr 2013
23	2:20:18	16	Tirfi Tsegaye	1	ETH	1	Berlin	28 Sept
24	2:20:21		Edna Kiplagat	2		1	London	13 Apr 2014
25	2:20:22		Brigid Kosgei	3		2	Chicago	8 Oct 2017
26	2:20:23		Gladys Cherono	3		1	Berlin	24 Sept
27	2:20:24		Florence Kiplagat	2		2	London	13 Apr 2014
28	2:20:27	17	Feyse Tadese	1	ETH	2	Berlin	28 Sept
29	2:20:30	18	Aberu Kebede	1	ETH	1	Berlin	30 Sept
30	2:20:35		Tirunesh Dibaba	4		3	London	13 Apr 2014
31	2:20:35	19	Mare Dibaba	1	ETH	2	Boston	21 Apr 2014
32	2:20:38	20	Zhou Chunxiu	1	CHN	1	London	22 Apr 2007
33	2:20:41	21	Jemima Jelagat Sumgong	1	KEN	3	Boston	21 Apr 2014
34	2:20:41		Ruti Aga	2		2	Berlin	24 Sept
35	2:20:42	22	Berhane Adere	1	ETH	1	Chicago	22 Oct 2006
36	2:20:45		Aberu Kebede	2		1	Berlin	25 Sept
37	2:20:46		Edna Kiplagat	3		3	London	17 Apr 2011
38	2:20:47	23	Galina Bogomolova	1	RUS	2	Chicago	22 Oct 2006
39	2:20:48		Jemima Sumgong Jelagat	2		2	Chicago	13 Oct 2013
40	2:20:48		Aberu Kebede	3		2	Berlin	27 Sept
41	2:20:53	24	Valary Aiyabei		KEN	3	Berlin	24 Sept
42	2:20:57		Florence Kiplagat	3		4	London	22 Apr 2012
43	2:20:57	25	Jordan Hasay		USA	3	Chicago	8 Oct 2017
44	2:21:13		Florence Kiplagat	4		1	Berlin	29 Sept
45	2:21:14	26	Shalane Flanagan	1	USA	3	Berlin	28 Sept
46	2:21:18		Edna Kiplagat	4		4	Berlin	16 Sept
47	2:21:18	27	Roza Dereje		ETH	2	Chicago	7 Oct 2018
48	2:21:19		Tirfi Tsegaye Beyene	2		2	Berlin	30 Sept
49	2:21:19		Birhane Dibaba	2		2	Tokyo	26 Feb 2017
50	2:21:19		Ruti Aga	3		2	Tokyo	25 Feb 2018
51	2:21:27	28	Helah Kiprop	1	KEN	1	Tokyo	28 Feb 2016
52	2:21:28	29	Meselech Melkamu	1	ETH	4	Boston	21 Apr 2014
53	2:21:29	30	Lyudmila Petrova	1	RUS	2	London	23 Apr 2006
54	2:21:31	31	Askale Magarsa Tafa	1	ETH	2	Berlin	28 Sept
55	2:21:32		Edna Kiplagat	5		2	London	21 Apr 2013
56	2:21:32		Florence Kiplagat	5		1	Chicago	9 Oct 2016
57	2:21:34	32	Gete Wami	1	ETH	1	Berlin	24 Sept
58	2:21:40	33	Tadelech Bekele	1	ETH	3	London	22 Apr 2018

### Margin of Victory

	Difference	Winning Time	Name	Nat	Year
Max	18:53	2:31:01	Hitomi Niiya	JPN	2007
	13:24	2:35:35	Claudia Dreher	GER	2008
Min	7 sec	2:28:49	Noriko Higuchi	JPN	2011
	24 sec	2:21:27	Helah Kiprof	KEN	2016
	27 sec	2:22:23	Tirfi Tsegaye Beyene	ETH	2014
		2:25:34	Aberu Kebede	ETH	2013

### Multiple winners:

Birhane Dibaba (ETH): 2015, 2018

### Winners by Nation

Country	JPN	RUS	GER	ETH	KEN
Number	3	1	1	5	2

### Top three finish by Nation

Country	JPN	KEN	RUS	ETH	GER	ROU	USA
Number	10	6	2	14	2	1	1

### Last twelve Tokyo Marathons

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Birhane Dibaba	ETH	2:19:51	Ruti Aga	ETH	2:21:19	Amy Cragg	USA	2:21:42
2017	Sarah Chepchirchir	KEN	2:19:47	Birhane Dibaba	ETH	2:21:19	Amane Gobena	ETH	2:23:00
2016	Helah Kiprof	KEN	2:21:27	Amane Gobena	ETH	2:21:51	Edna Kiplagat	KEN	2:22:36
2015	Birhane Dibaba	ETH	2:23:15	Helah Kiprof	KEN	2:24:03	Tiki Gelana	ETH	2:24:26
2014	Tirfi Tsegaye Beyene	ETH	2:22:23	Birhane Dibaba	ETH	2:22:30	Lucy Kabuu	KEN	2:24:16
2013	Aberu Kebede	ETH	2:25:34	Yeshi Esayias	ETH	2:26:01	Irina Mikitenko	GER	2:26:41
2012	Atsede Habtamu	ETH	2:25:28	Yeshi Esayias	ETH	2:26:00	Helena Kirof	KEN	2:26:02
2011	Noriko Higuchi	JPN	2:28:49	Tatyana Petrova	RUS	2:28:56	Yoko Shibui	JPN	2:29:03
2010	Alevtina Biktimirova	RUS	2:34:39	Robe Guta	ETH	2:36:29	Nuta Olaru	ROU	2:36:42
2009	Mizuho Nasukawa	JPN	2:25:38	Yukari Sahaku	JPN	2:28:55	Reiko Tosa	JPN	2:29:19
2008	Claudia Dreher	GER	2:35:35	Risa Mizutani	JPN	2:48:59	Yoshimi Kasezawa	JPN	2:51:18
2007	Hitomi Niiya	JPN	2:31:01	Mari Tanigawa	JPN	2:49:54	Hikari Tanaka	JPN	2:50:02

### Best Marks for Places in Tokyo Marathon

Place	Time	Name	Nat	Date
1	2:19:47	Sarah Chepchirchir	KEN	26 Feb 2017
	2:19:51	Birhane Dibaba	ETH	25 Feb 2018
	2:21:27	Helah Kiprof	KEN	28 Feb 2016
	2:22:23	Tirfi Tsegaye Beyene	ETH	23 Feb 2014
	2:23:15	Birhane Dibaba	ETH	22 Feb 2015
	2:25:28	Atsede Habtamu	ETH	26 Feb 2012
2	2:21:19	Birhane Dibaba	ETH	26 Feb 2017
	2:21:19	Ruti Aga	ETH	25 Feb 2018
	2:21:51	Amane Gobena	ETH	28 Feb 2016
	2:22:30	Birhane Dibaba	ETH	23 Feb 2014
	2:24:03	Helah Kiprof	KEN	22 Feb 2015
	2:26:00	Yeshi Esayias	ETH	26 Feb 2012
3	2:21:42	Amy Cragg	USA	25 Feb 2018
	2:22:36	Edna Kiplagat	KEN	28 Feb 2016
	2:23:00	Amane Gobena	ETH	26 Feb 2017
	2:24:16	Lucy Kabuu Wangui	KEN	23 Feb 2014
	2:24:26	Tiki Gelana	ETH	22 Feb 2015
	2:26:02	Helena Kirof	KEN	26 Feb 2012
4	2:22:07	Shure Demise	ETH	25 Feb 2018

	2:23:01 2:24:35 2:26:08	Aberu Kebede Caroline Rotich Eri Okubo	ETH KEN JPN	28 Feb 2016 23 Feb 2014 26 Feb 2012
5	2:23:16 2:26:03 2:26:46	Birhane Dibaba Janet Rono Tatyana Arkhipova	ETH KEN RUS	28 Feb 2016 23 Feb 2014 26 Feb 2012
6	2:25:04 2:28:18 2:28:22	Shure Dmise Albina Mayorova Lishan Dula	ETH RUS BRN	28 Feb 2016 23 Feb 2014 26 Feb 2012
7	2:25:50 2:28:36	Ashete Bekele Dido Eyerusalem Kuma Mai Ito	ETH ETH JPN	28 Feb 2016 26 Feb 2012 23 Feb 2014
8	2:27:36 2:28:38	Maja Neuenschwander Kateryna Stetsenko	SUI UKR	28 Feb 2016 26 Feb 2012

### Split & lap time for Tokyo Marathon

Name	5Km	10Km	15Km	20Km	Half	25Km	30Km	35Km	40Km	42.195K
Hitomi Niiya	18:41	36:00	53:10	70:36	74:23	1:27:42	1:45:01	2:03:19	2:22:26	2:31:01
Mizuho Nasukawa	17:01	34:19	51:34	68:34	72:19	1:25:31	1:42:33	1:59:53	2:17:39	2:25:38
Alevtina Biktimirova	17:34	34:56	52:04	69:30		1:27:24	1:45:43	2:04:46	2:25:17	2:34:39
Noriko Higuchi	17:25	34:54	52:18	69:40	73:30	1:26:57	1:44:38	2:02:29	2:20:56	2:28:49
Atsede Habtamu	<b>17:00</b>	34:33	52:00	69:32	73:25	1:26:52	1:44:02	2:01:12	2:18:02	2:25:28
Aberu Kebede	16:50	33:31	50:21	67:52	71:50	1:25:21	1:42:39	2:00:21	2:17:51	2:25:34
Tirfi Tsegaye	17:20	34:18	51:08	68:05		1:24:45	1:41:27	1:58:30	2:15:02	2:22:23
Birhane Dibaba	16:53	33:44	50:48	67:59	71:41	1:25:09	1:42:08	1:58:43	2:15:24	2:23:15
Helah Kiprop	16:48	33:28	50:17	67:05	70:41	1:23:39	1:40:26	1:57:08	2:13:47	2:21:27
Sarah Chepchirchir	16:39	33:20	50:06	66:46	70:31	1:23:35	1:40:26	1:56:12	2:12:35	2:19:47
Birhane Dibaba	16:38	33:16	49:59	66:37	70:19	1:23:17	1:39:52	1:56:18	2:12:40	2:19:51

Name	Year	5Km	10Km	15Km	20Km	25Km	30Km	35Km	40Km	42.195K
Hitomi Niiya	2007	18:41	17:19	17:10	17:26	17:06	17:19	18:18	19:07	8:35
Mizuho Nasukawa	2009	17:01	17:18	17:15	17:00	16:57	17:02	17:20	17:46	7:59
Alevtina Biktimirova	2010	17:34	17:22	17:08	17:26	17:54	18:19	19:03	20:31	9:22
Noriko Higuchi	2011	17:25	17:29	17:24	17:22	17:17	17:41	17:51	18:27	7:53
Atsede Habtamu	2012	17:00	17:33	17:27	17:32	17:20	17:10	17:10	16:50	7:26
Aberu Kebede	2013	16:50	16:41	16:50	17:31	17:29	17:18	17:42	17:30	7:43
Tirfi Tsegaye	2014	17:20	16:58	16:50	16:57	16:40	16:42	17:03	16:32	7:21
Birhane Dibaba	2015	16:53	16:51	17:04	17:11	17:10	16:59	16:35	16:41	7:51
Helah Kiprop	2016	16:48	16:40	16:49	16:48	16:34	16:47	16:42	16:39	7:40
Sarah Chepchirchir	2017	16:39	16:41	16:46	16:40	16:49	16:51	15:46	16:23	7:12
Birhane Dibaba	2018	16:38	16:38	16:43	16:38	16:40	16:35	16:26	16:22	7:11

## Main Contenders:

**Ruti Aga** (ETH)

DOB: 16 Jan 1994

**Personal Bests:** Half Marathon: 66:39 (2018); Marathon: 2:18:34 (2018)

### International Championships Highlights:

5000m: 2<sup>nd</sup> in 2012 World Junior Championships;

Cross Country: 5<sup>th</sup> in 2013 World Cross Country Championships;

### Progressions:

Year	5000m	10000m/10Km	Half Marathon	Marathon
2019			1:06:56	
2018			<b>1:06:39</b>	<b>2:18:34</b>
2017		/32:46	1:10:02	2:20:41
2016		/34:49	1:08:07	2:24:41
2015		/32:23		
2014		/32:22		

### Marathon career

	Time	Race	Place	Date
Personal Best	<b>2:18:34</b>	Berlin	2 <sup>nd</sup>	16 Sept 2018
	2:21:19	Tokyo	2 <sup>nd</sup>	25 Feb 2018
	2:20:41	Berlin	2 <sup>nd</sup>	24 Sept 2017
	2:33:26	Boston	10 <sup>th</sup>	17 Apr 2017
	2:46:16	Dubai	13 <sup>th</sup>	20 Jan 2017
	2:24:41	Berlin	3 <sup>rd</sup>	25 Sept 2016
	2:25:27	Wien	2 <sup>nd</sup>	10 Apr 2016
	DNF (pace)	Osaka Women	DNF (pace)	31 Jan 2016

### 2019 Results

Date	Race	Distance	Place	Time
20 Jan	Aramco Half Marathon – Houston	Half marathon	3 <sup>rd</sup>	1:06:56

### 2018 Results

Date	Race	Distance	Place	Time
16 Sept	Berlin Marathon	Marathon	2 <sup>nd</sup>	2:18:34
25 Feb	Tokyo Marathon	Marathon	2 <sup>nd</sup>	2:21:19
14 Jan	Houston half marathon	Half marathon	1 <sup>st</sup>	1:06:39

### 2017 Results

Date	Race	Distance	Place	Time
24 Sept	Berlin Marathon	Marathon	2 <sup>nd</sup>	2:20:41
9 July	Utica Boilermaker 15K – Utica	15Km	2 <sup>nd</sup>	49:20
29 May	Bolder Boulder	10Km	2 <sup>nd</sup>	32:46
17 Apr	Boston Marathon	Marathon	10 <sup>th</sup>	2:33:26
19 Mar	Meia Maratona Internacional de Lisboa	Half marathon	5 <sup>th</sup>	1:10:02
20 Jan	Dubai Marathon	Marathon	13 <sup>th</sup>	2:46:16

### 2016 Results

Date	Race	Distance	Place	Time
25 Sept	Berlin Marathon	Marathon	3 <sup>rd</sup>	2:24:41
30 May	Bolder Boulder	10Km	9 <sup>th</sup>	34:49
10 Apr	Vienna City Marathon – Wien	Marathon	2 <sup>nd</sup>	2:25:27

20 Mar	Meia- Maratona Internacional de Lisboa	Half marathon	1 <sup>st</sup>	1:09:16
31 Jan	Osaka Women's Marathon	Marathon	DNF (pace)	DNF (pace)
17 Jan	Houston half marathon	Half marathon	4 <sup>th</sup>	1:08:07

### 2015 Results

Date	Race	Distance	Place	Time
15 Nov	Istanbul	15Km	1 <sup>st</sup>	49:45
25 June	Quad-City Times Bix 7 – Davenport	7 Miles	7 <sup>th</sup>	38:16
12 July	Utica Boilermaker	15Km	3 <sup>rd</sup>	50:10
17 June	ETH 10000m – Hengelo	10000m	DNF	DNF
3 May	Lilac Bloomsday – Spokane	12Km	2 <sup>nd</sup>	39:28
26 Apr	Hy-Vee Road Race – Des Moines	10Km	2 <sup>nd</sup>	32:23
28 Mar	Cooper River Bridge run – Charleston	10Km	2 <sup>nd</sup>	32:28
9 Jan	Doha	10km	1 <sup>st</sup>	33:26

### 2014 Results

Date	Race	Distance	Place	Time
23 Nov	Great ETH Run – Addis Ababa	10Km	8 <sup>th</sup>	35:12
19 July	Meeting de Atletismo Madrid	3000m	7 <sup>th</sup>	9:04.95
6 July	Padova	3000m	6 <sup>th</sup>	9:03.06
24 May	Ottawa	10Km	2 <sup>nd</sup>	32:21
16 Mar	African Cross Country – Kampala	8Km	7 <sup>th</sup>	26:33

### Feysa Tadesse Boru (ETH)

DOB: 19 Nov 1988

**Personal Bests:** Half marathon: 1:08:35 (2013); Marathon: 2:19:30 (2018)

### International Championships Highlights:

Half Marathon: 4<sup>th</sup> in 2010, 2<sup>nd</sup> in 2012 World Half Marathon Championships

World Cross Country Championships: 7<sup>th</sup> in 2010

Marathon: DNF in 2013 World Championships

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018				<b>2:19:30</b>
2017				2:26:46
2016				2:25:03
2015			1:10:29	
2014			1:09:19	2:20:27
2013			<b>1:08:35</b>	2:21:06
2012			1:08:56	2:23:07
2011			68:44	2:25:20
2010			68:50	
2009				2:36:57

### Marathon career

	Time	Race	Place	Date
Personal Best	<b>2:19:30</b>	Dubai	2 <sup>nd</sup>	26 Jan 2018
	2:26:46	Praha	5 <sup>th</sup>	7 May 2017
	2:25:03	London	7 <sup>th</sup>	26 Apr 2016
	2:20:27	Berlin	2 <sup>nd</sup>	28 Sept 2014
	2:21:42	London	4 <sup>th</sup>	13 Apr 2014
	DNF	World Championships - Moskva	DNF	10 Aug 2013



	2:21:06	Paris	1	7 Apr 2013
	2:23:07	Shanghai	1 <sup>st</sup>	2 Dec 2012
	2:23:26	Seoul	1 <sup>st</sup>	18 Mar 2012
	2:25:20	Eindhoven	3 <sup>rd</sup>	9 Oct 2011
	2:30:23	Dubai	10 <sup>th</sup>	21 Jan 2011
	2:36:57	Venezia	10 <sup>th</sup>	25 Oct 2009

### 2018 Results

Date	Race	Distance	Place	Time
26 Jan	Dubai Marathon	Marathon	2 <sup>nd</sup>	2:19:30

### 2017 Results

Date	Race	Distance	Place	Time
7 May	Prague Marathon – Praha	Marathon	5 <sup>th</sup>	2:26:46

### 2016 Results

Date	Race	Distance	Place	Time
26 Apr	London Marathon	Marathon	7 <sup>th</sup>	2:25:03

### 2015 Results

Date	Race	Distance	Place	Time
18 Oct	Rock n Roll Meia Maratona de Lisboa	Half marathon	4 <sup>th</sup>	1:10:29

### 2014 Results

Date	Race	Distance	Place	Time
31 Dec	Sao Silvestre Road Race – Sao Paulo	15km	4 <sup>th</sup>	52:31
28 Sept	Berlin Marathon	Marathon	2 <sup>nd</sup>	2:20:27
13 Apr	London Marathon	Marathon	4 <sup>th</sup>	2:21:42
14 Feb	RAK half Marathon	Half marathon	7 <sup>th</sup>	1:09:19

### 2013 Results

Date	Race	Distance	Place	Time
10 Aug	World Championships – Moskva	Marathon	DNF	DNF
7 Apr	Paris Marathon	Marathon	1 <sup>st</sup>	2:21:06
15 Feb	RAK half marathon	Half Marathon	9 <sup>th</sup>	1:08:35

### 2012 Results

Date	Race	Distance	Place	Time
2 Dec	Shanghai marathon	Marathon	1 <sup>st</sup>	2:23:07
6 Oct	World Half Marathon Championships – Kavarna	Half marathon	2 <sup>nd</sup>	1:08:56
18 Mar	Seoul International Marathon	Marathon	1 <sup>st</sup>	2:23:26
17 Feb	RAK Half Marathon	Half marathon	4 <sup>th</sup>	1:09:15

### 2011 Results

Date	Race	Distance	Place	Time
27 Nov	Cross de l'Acier – Leffrinckroucke	6.55Km	1 <sup>st</sup>	21:09
20 Nov	10K de La Provence – Marseille	10Km	1 <sup>st</sup>	32:29
9 Oct	Marathon Eindhoven	Marathon	3 <sup>rd</sup>	2:25:20
5 June	Jakarta International 10Km	10Km	2 <sup>nd</sup>	32:48
3 Apr	Semi Marathon de Rabat	Half marathon	1 <sup>st</sup>	1:08:44
21 Jan	Dubai Marathon	Marathon	10 <sup>th</sup>	2:30:23

### 2010 Results

Date	Race	Distance	Place	Time
21 Nov	Delhi Half marathon – New Delhi	Half marathon	7 <sup>th</sup>	1:08:50

16 Oct	World Half Marathon Championships - Nanning	Half marathon	4 <sup>th</sup>	1:09:28
5 Sept	Unicredit Banca Run Tune Up – Bologna	Half marathon	1 <sup>st</sup>	1:10:08
26 June	Znamensky Memorial – Zhukovskiy	10000m	4 <sup>th</sup>	32:29.07
15 May	15Km Villa de Massamagrell	15Km	1 <sup>st</sup>	51:12
1 May	Puy-en-Velay	15Km	1 <sup>st</sup>	49:48
38 Mar	World Cross Country Championships - Bydgoszcz	8Km	7 <sup>th</sup>	25:03
24 Jan	Sululta Cross Country	8Km	3 <sup>rd</sup>	28:46.04

### 2009 Results

Date	Race	Distance	Place	Time
25 Oct	Venice Marathon - Venezia	Marathon	10 <sup>th</sup>	2:36:57

### Arage Yebrgual Melese (ETH)

DOB: 18 Apr 1990

**Personal Bests:** Half Marathon: 1:07:18 (2018); Marathon: 2:19:36 (2018)

### International Championships Highlights:

World Cross Country: 29<sup>th</sup> in 2013

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018			<b>1:07:18</b>	<b>2:19:36</b>
2017				2:22:51
2016				2:24:49
2015			1:08:21	2:23:23
2014			1:09:23	2:26:21
2013		33:32.63	1:09:02	

### Marathon career

	Time	Race	Place	Date
	2:20:36	Shanghai	1 <sup>st</sup>	18 Nov 2018
	2:27:47	Dongying	2 <sup>nd</sup>	5 May 2018
Personal Best	<b>2:19:36</b>	Dubai	3 <sup>rd</sup>	26 Jan 2018
	2:24:30	Frankfurt	2 <sup>nd</sup>	29 Oct 2017
	2:22:51	Paris	5 <sup>th</sup>	9 Apr 2017
	2:23:13	Dubai	3 <sup>rd</sup>	20 Jan 2017
	2:24:49	Chicago	5 <sup>th</sup>	9 Oct 2016
	2:32:06	Paris	5 <sup>th</sup>	3 Apr 2016
	2:23:43	Chicago	2 <sup>nd</sup>	11 Oct 2015
	2:23:49	Praha	1 <sup>st</sup>	3 May 2015
	2:23:23	Houston	1 <sup>st</sup>	18 Jan 2015
	2:32:47	Hangzhou	1 <sup>st</sup>	2 Nov 2014
	2:32:49	Brisbane	4 <sup>th</sup>	6 July 2014
	2:26:21	Paris	2 <sup>nd</sup>	6 Apr 2014
	2:29:46	Dubai	13 <sup>th</sup>	24 Jan 2014

### 2018 Results

Date	Race	Distance	Place	Time
18 Nov	Shanghai Marathon	Marathon	1 <sup>st</sup>	2:20:36
14 Oct	Santander Totta Half Marathon	Half marathon	1 <sup>st</sup>	1:07:18
5 May	Yellow River Estuary Marathon – Dongying	Marathon	2 <sup>nd</sup>	2:27:47
26 Jan	Dubai Marathon	Marathon	3 <sup>rd</sup>	2:19:36

### 2017 Results

Date	Race	Distance	Place	Time
29 Oct	Frankfurt Marathon	Marathon	2 <sup>nd</sup>	2:24:30
9 Apr	Marathon de Paris	Marathon	5 <sup>th</sup>	2:22:51
20 Jan	Dubai Marathon	Marathon	3 <sup>rd</sup>	2:23:13

### 2016 Results

Date	Race	Distance	Place	Time
9 Oct	Chicago Marathon	Marathon	5 <sup>th</sup>	2:24:49
3 Apr	Marathon de Paris	Marathon	5 <sup>th</sup>	2:32:06

### 2015 Results

Date	Race	Distance	Place	Time
22 Nov	Great Ethiopian Run – Addis Ababa	10000m	2 <sup>nd</sup>	33:11
11 Oct	Chicago Marathon	Marathon	2 <sup>nd</sup>	2:23:43
17 Sept	All-Africa Games – Brazzaville	Half marathon	3 <sup>rd</sup>	1:12:42
10 June	ETH Champ – Addis Ababa	10000m	1 <sup>st</sup>	32:40.23
3 May	Prague Marathon	Marathon	1 <sup>st</sup>	2:23:49
28 Mar	Sportisimo Prague Half Marathon	Half marathon	2 <sup>nd</sup>	1:08:21
8 Mar	Semi-Marathon de Paris	Half marathon	1 <sup>st</sup>	1:09:50
18 Jan	Houston Marathon	Marathon	1 <sup>st</sup>	2:23:23

### 2014 Results

Date	Race	Distance	Place	Time
2 Nov	Hangzhou Marathon	Marathon	1 <sup>st</sup>	2:32:47
6 July	Gold Coast – Brisbane	Marathon	4 <sup>th</sup>	2:32:49
6 Apr	Marathon de Paris	Marathon	2 <sup>nd</sup>	2:26:21
2 Mar	Semi Marathon de Paris	Half marathon	1 <sup>st</sup>	1:09:23
24 Jan	Dubai Marathon	Marathon	13 <sup>th</sup>	2:29:46

### 2013 Results

Date	Race	Distance	Place	Time
15 Dec	Delhi Half marathon	Half marathon	8 <sup>th</sup>	1:11:59
17 Nov	Semi-Marathon de Boulogne-Billancourt	Half marathon	2 <sup>nd</sup>	1:11:55
29 Sept	Paris Versailles	16.3Km	3 <sup>rd</sup>	56:35
8 Sept	Half marathon of Ningxia Yellow River – Wuzhong	Half marathon	1 <sup>st</sup>	1:13:18
4 Aug	Beach to Beacon 10K – Cape Elizabeth	10Km	4 <sup>th</sup>	31:40
30 June	ETH Athletics Champ – Addis Ababa	10000m	1 <sup>st</sup>	33:32.63
4 July	Peachtree road race – Atlanta	10Km	3 <sup>rd</sup>	32:16
22 June	Mattoni Olomouc Half Marathon	Half marathon	2 <sup>nd</sup>	1:10:43
18 May	Goteborgsvarvet	Half marathon	5 <sup>th</sup>	1:16:25
21 Apr	Yangzhou Jianzhen Half Marathon	Half marathon	3 <sup>rd</sup>	1:09:02
24 Mar	World Cross Country Champ – Bydgoszcz	8km	29 <sup>th</sup>	25:44
24 Feb	Jan Meda International – Addis Ababa	8Km	3 <sup>rd</sup>	26:37
3 Feb	San Blas Half Marathon – Coamo	Half marathon	2 <sup>nd</sup>	1:14:20
13 Jan	Halve Marathon von Egmond	Half marathon	3 <sup>rd</sup>	1:11:14

### Florence Kiplagat (KEN)

DOB: 27 Feb 1987

**Personal Bests:** 5000m: 14:40.14 (2009); 10000m: 30:11.53 (2009); Half Marathon: 1:05:09 WR (2015)  
Marathon: 2:19:44 (2011)

### International Championships Highlights:

5000m: 2<sup>nd</sup> in 2006 World Junior Championships  
 10000m: 12<sup>th</sup> in 2009 World Championships; 2<sup>nd</sup> in 2014 Commonwealth Games  
 World Cross Country Championships: 5<sup>th</sup> in 2007 and 1<sup>st</sup> in 2009  
 Half Marathon: 1<sup>st</sup> in 2010 World Half Marathon Championships

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018				2:26:08
2017			1:08:15	2:26:25
2016			1:09:19	2:21:32
2015			<b>1:05:09</b>	2:23:33
2014		32:09.48	1:05:12	2:20:24
2013			1:07:13	2:21:13
2012			1:06:38	2:20:57
2011			1:08:02	<b>2:19:44</b>
2010	14:52.64	32:46.99	1:07:40	
2009	14:40.14	30:11.53		

### Half marathon career

	Time	Race	Place	Date
	1:08:15	Barcelona	1 <sup>st</sup>	12 Feb 2017
	1:11:20	Zwolle	3 <sup>rd</sup>	11 June 2016
	1:09:19	Barcelona	1 <sup>st</sup>	14 Feb 2016
	DNF	Delhi	DNF	29 Nov 2015
	1:09:20	Luanda	4 <sup>th</sup>	6 Sept 2015
Personal Best	<b>1:05:09 WR</b>	Barcelona	1 <sup>st</sup>	15 Feb 2015
	1:10:04	New Delhi	1 <sup>st</sup>	23 Nov 2014
	1:05:12 WR	Barcelona	1 <sup>st</sup>	16 Feb 2014
	1:08:00	New Delhi	1 <sup>st</sup>	15 Dec 2013
	1:10:06	Klagenfurt	1 <sup>st</sup>	18 Aug 2013
	1:07:13	Ras Al Khaimah	5 <sup>th</sup>	15 Feb 2013
	1:06:38	Roma-Ostia	1 <sup>st</sup>	26 Feb 2012
	1:11:21	Egmond Aan Zee	2 <sup>nd</sup>	8 Jan 2012
	1:08:02	Klagenfurt	1 <sup>st</sup>	21 Aug 2011
	1:10:29	Sapporo	1 <sup>st</sup>	3 July 2011
	1:08:24	World Half marathon championships – Nanning	1 <sup>st</sup>	16 Oct 2010
	1:07:40	Lille	1 <sup>st</sup>	4 Sept 2010

### Marathon career:

	Time	Race	Place	Date
	2:26:08	Chicago	4 <sup>th</sup>	7 Oct 2018
	DNF	Chicago	DNF	8 Oct 2017
	2:26:25	London	9 <sup>th</sup>	23 Apr 2017
	2:21:32	Chicago	1 <sup>st</sup>	9 Oct 2016
	2:23:39	London	3 <sup>rd</sup>	24 Apr 2016
	2:23:33	Chicago	1 <sup>st</sup>	11 Oct 2015
	2:24:15	London	5 <sup>th</sup>	26 Apr 2015
	2:25:57	Chicago	2 <sup>nd</sup>	12 Oct 2014
	2:20:24	London	2 <sup>nd</sup>	13 Apr 2014
	2:21:13	Berlin	1 <sup>st</sup>	29 Sept 2013
	2:27:05	London	6 <sup>th</sup>	21 Apr 2013
	2:20:57	London	4 <sup>th</sup>	22 Apr 2012
Personal Best	<b>2:19:44</b>	Berlin	1 <sup>st</sup>	25 Sept 2011
	DNF (1:42:59 at 30K)	Boston	DNF	18 Apr 2011

### 2018 Results

Date	Race	Distance	Place	Time
16 Dec	Kolkata 25k	25km	5 <sup>th</sup>	1:27:57
18 Nov	Zevenheuvelenloop 15k – Nijmegen	15km	5 <sup>th</sup>	49:01
7 Oct	Chicago Marathon	Marathon	4 <sup>th</sup>	2:26:08

### 2017 Results

Date	Race	Distance	Place	Time
8 Oct	Chicago Marathon	Marathon	DNF	DNF
23 Apr	London Marathon	Marathon	9 <sup>th</sup>	2:26:25
12 Feb	Mitja Marato de Barcelona	Half marathon	1 <sup>st</sup>	1:08:15

### 2016 Results

Date	Race	Distance	Place	Time
9 Oct	Chicago Marathon	Marathon	1 <sup>st</sup>	2:21:32
4 Sept	Tilburg Ladies Run 10K	10Km	3 <sup>rd</sup>	32:27
11 June	Zwolve Half Marathon – Zwolle	Half marathon	3 <sup>rd</sup>	1:11:20
24 Apr	London Marathon	Marathon	3 <sup>rd</sup>	2:23:39
14 Feb	Mitja Marato de Barcelona	Half marathon	1 <sup>st</sup>	1:09:19

### 2015 Results

Date	Race	Distance	Place	Time
29 Nov	Air Tel Delhi Half Marathon	Half marathon	DNF	DNF
11 Oct	Chicago Marathon	Marathon	1 <sup>st</sup>	2:23:33
6 Sept	Luanda	Half marathon	4 <sup>th</sup>	1:09:20
17 June	Hengelo – ETH 10000m Trials	10000m	DNF (pace)	DNF (pace)
26 Apr	London Marathon	Marathon	5 <sup>th</sup>	2:24:15
15 Feb	Mitja Marato de Barcelona	Half marathon	1 <sup>st</sup>	1:05:09

### 2014 Results

Date	Race	Distance	Place	Time
23 Nov	Delhi Half Marathon	Half marathon	1 <sup>st</sup>	1:10:04
12 Oct	Chicago marathon	Marathon	2 <sup>nd</sup>	2:25:57
29 July	Commonwealth Games – Glasgow	10000m	2 <sup>nd</sup>	32:09.48
17 June	Zlata Tetra Golden Spike – Ostrava	20000m	DNF	DNF
6 June	Kenyan Champ – Nairobi	10000m	1 <sup>st</sup>	32:30.92
13 Apr	London Marathon	Marathon	2 <sup>nd</sup>	2:20:24
16 Feb	Mitja Marato de Barcelona	Half marathon	1 <sup>st</sup>	1:05:12
11 Jan	Kenyan Police Cross Country – Nairobi	8Km	1 <sup>st</sup>	27:44

### 2013 Results

Date	Race	Distance	Place	Time
15 Dec	Air Tel Delhi Half Marathon – New Delhi	Half marathon	1 <sup>st</sup>	1:08:00
27 Oct	Bupa Great South Run 10 Miles – Southsea to Portsmouth	10 Mile	1 <sup>st</sup>	53:53
29 Sept	Berlin Marathon	Marathon	1 <sup>st</sup>	2:21:13
18 Aug	Karnten Lauff Halbmarathon – Klagenfurt	Half marathon	1 <sup>st</sup>	1:10:06
21 Apr	London Marathon	Marathon	6 <sup>th</sup>	2:27:05
15 Feb	RAK Half Marathon	Half marathon	5 <sup>th</sup>	1:07:13

### 2012 Results

Date	Race	Distance	Place	Time
15 June	KEN National Championships – Nairobi	10000m	4 <sup>th</sup>	32:27.54
1 June	Prefontaine Classic – Eugene	10000m	2 <sup>nd</sup>	30:24.85
22 Apr	London Marathon	Marathon	4 <sup>th</sup>	2:20:57
26 Feb	Maratonina Roma – Ostia	Half Marathon	1 <sup>st</sup>	1:06:38
8 Jan	Halve Marathon von Egmond- Egmond Aan Zee	Half Marathon	2 <sup>nd</sup>	1:11:21

## 2011 Results

Date	Race	Distance	Place	Time
25 Sept	Berlin Marathon	Marathon	1 <sup>st</sup>	2:19:44
21 Aug	Klagenfurt Halbmarathon	Half marathon	1 <sup>st</sup>	1:08:02
3 July	Sapporo Half Marathon	Half Marathon	1 <sup>st</sup>	1:10:29
29 May	Corrida de Mulher - Lisboa	5Km	3 <sup>rd</sup>	15:41
18 Apr	Boston Marathon (1:11:42 at half, 1:42:59 at 30K)	Marathon	DNF	DNF

## 2010 Results

Date	Race	Distance	Place	Time
15 Nov	Zevenheuvelenloop 15K – Nijmegen	15Km	2 <sup>nd</sup>	48:08
16 Oct	World Half Marathon Championships – Nanning	Half marathon	1 <sup>st</sup>	1:08:24
4 Sept	Semi-Marathon International de Lille Metropole	Half marathon	1 <sup>st</sup>	1:07:40
13 Aug	Aviva London GP	5000m	12 <sup>th</sup>	15:22.99
16 July	Meeting Areva – Paris	5000m	9 <sup>th</sup>	14:52.64
8 July	Athletissima - Lausanne	3000m	8 <sup>th</sup>	8:40.72
25 June	Athletics Kenya National Athletics Champ – Nairobi	10000m	6 <sup>th</sup>	32:46.99
30 May	FBK Games – Hengelo	5000m	6 <sup>th</sup>	15:14.38
23 May	Shanghai Golden GP	5000m	11 <sup>th</sup>	15:23.30
2 May	BUPA Great Edinburgh Run	10Km	1 <sup>st</sup>	32:10

## 2009 Results

Date	Race	Distance	Place	Time
15 Aug	World Championships in Berlin	10000m	12 <sup>th</sup>	31:30.85
3 July	Bislett Games - Oslo	5000m	6 <sup>th</sup>	14:40.14
14 June	Utrecht Night of 10000m	10000m	2 <sup>nd</sup>	30:11.53
8 May	Athletics Kenya Weekend Meeting #5 – Eldoret	1500m	1 <sup>st</sup>	4:22.8
5 Apr	Trofeo Alasport – Ala dei Sardi	5Km	1 <sup>st</sup>	17:33.5
28 Mar	World Cross Country Championships - Amman	8Km	1 <sup>st</sup>	26:13
21 Feb	Kenyan World Champ Trials – Nairobi	8Km	1 <sup>st</sup>	28:31.4
18 Jan	Cross Internacional de Itatica – Seville	8Km	1 <sup>st</sup>	26:14
11 Jan	Cross Internacional Juan Muguerza - Elgoibar	6.62Km	1 <sup>st</sup>	21:39

## Shure Demise Ware (ETH)

DOB: 21 Jan 1996

**Personal Bests:** Half Marathon: 1:08:53 (2014); Marathon: 2:20:59 (2015) World Junior Record

### International Championships Highlights:

Marathon: 5<sup>th</sup> in the 2017 World Championships

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018		33:46.7	1:13:01	2:22:07
2017			1:11:28	2:22:57
2016		32:14.25		2:25:04
2015		32:54.09	1:13:47	<b>2:20:59</b>
2014			<b>1:08:53</b>	
2013			1:11:03	

### Marathon career

	Time	Race	Place	Date
	2:22:15	Chicago	3 <sup>rd</sup>	7 Oct 2018
	2:22:07	Tokyo	4 <sup>th</sup>	25 Feb 2018
	2:27:58	World Championships – London	5 <sup>th</sup>	6 Aug 2017

	2:22:57	Dubai	2 <sup>nd</sup>	30 Jan 2017
	2:25:18	Toronto	1 <sup>st</sup>	16 Oct 2016
	2:25:04	Tokyo	6 <sup>th</sup>	28 Feb 2016
	2:23:37	Toronto	1 <sup>st</sup>	18 Oct 2015
	2:27:15	Boston	8 <sup>th</sup>	20 Apr 2015
Personal Best	<b>2:20:59</b>	Dubai	4 <sup>th</sup>	23 Jan 2015

### 2018 Results

Date	Race	Distance	Place	Time
7 Oct	Chicago Marathon	Marathon	3 <sup>rd</sup>	2:22:15
19 May	Goteborgsvarvet – Goteborg	Half marathon	9 <sup>th</sup>	1:13:01
17 Apr	ETH National Champ – Addis Ababa	10000m	6 <sup>th</sup>	33:46.7
25 Feb	Tokyo Marathon	Marathon	4 <sup>th</sup>	2:22:07

### 2017 Results

Date	Race	Distance	Place	Time
6 Aug	World Championships – London	Marathon	5 <sup>th</sup>	2:27:58
23 Apr	Yangzhou Jianzhen International Half Marathon	Half marathon	4 <sup>th</sup>	1:11:28
30 Jan	Dubai Marathon	Marathon	2 <sup>nd</sup>	2:22:57

### 2016 Results

Date	Race	Distance	Place	Time
16 Oct	Toronto Waterfront Marathon	Marathon	1 <sup>st</sup>	2:25:18
25 June	African Athletics Championships – Durban	10000m	5 <sup>th</sup>	32:14.25
13 May	Adidas Boost Meeting – Herzogenaurach	10000m	DNF	DNF
20 Apr	ETH National Championships – Addis Ababa	1000m	1 <sup>st</sup>	33:24.5
28 Feb	Tokyo Marathon	Marathon	6 <sup>th</sup>	2:25:04

### 2015 Results

Date	Race	Distance	Place	Time
18 Oct	Toronto Waterfront Marathon	Marathon	1 <sup>st</sup>	2:23:37
26 July	Media Maraton Internacional Bogota	Half marathon	2 <sup>nd</sup>	1:13:47
10 June	ETH Champ – Addis Ababa	10000m	2 <sup>nd</sup>	32:54.09
20 Apr	Boston Marathon	Marathon	8 <sup>th</sup>	2:27:14
23 Jan	Dubai Marathon	Marathon	4 <sup>th</sup>	2:20:59

### 2014 Results

Date	Race	Distance	Place	Time
26 Oct	Wantu Cup – Linyi	Half marathon	5 <sup>th</sup>	1:12:12
14 Sept	Mezza Maratona Internazionale del Concilio Citta di Trento	Half marathon	1 <sup>st</sup>	1:14:11
1 May	15km du Puy-en-Velay	15Km	4 <sup>th</sup>	51:56
30 Mar	Warsaw Half Marathon – Warszawa	Half marathon	2 <sup>nd</sup>	1:11:22
16 Mar	African Cross Country Champ – Kampala	6km	11 <sup>th</sup>	20:30
2 Mar	Maratonina Roma-Ostia	Half marathon	4 <sup>th</sup>	1:08:53
9 Feb	Jan Meda International Cross Country – Addis Ababa	6Km	3 <sup>rd</sup>	19:40

### 2013 Results

Date	Race	Distance	Place	Time
8 June	Mattoni Ceske Budejovice half marathon	Half marathon	2 <sup>nd</sup>	1:12:16
7 Apr	Semi-Marathon de Rabat	Half marathon	3 <sup>rd</sup>	1:11:03

**Bedatu Hirpa (ETH)**

DOB: 28 Apr 1999

**Personal Bests:** 1500m: 4:12.92 (2015); Marathon: 2:21:32 (2018)

**International Championships Highlights:**

1500m: 1<sup>st</sup> in 2015 World Youth Championships

**Progressions:**

Year	1500m	10000m	Half Marathon	Marathon
2018				<b>2:21:32</b>
2017				2:34:18
2016	4:19.29			

**Marathon career**

	Time	Race	Place	Date
Personal Best	<b>2:21:32</b>	Frankfurt	3 <sup>rd</sup>	28 Oct 2018
	2:25:54	Sevilla	3 <sup>rd</sup>	25 Feb 2018
	2:34:18	Athinai	1 <sup>st</sup>	12 Nov 2017
	2:34:47	Madrid	3 <sup>rd</sup>	23 May 2017

**2018 Results**

Date	Race	Distance	Place	Time
28 Oct	Frankfurt Marathon	Marathon	3 <sup>rd</sup>	2:21:32
25 Feb	Zurich Maraton Ciudad de Sevilla	Marathon	3 <sup>rd</sup>	2:25:54

**2017 Results**

Date	Race	Distance	Place	Time
12 Nov	Athens Marathon	Marathon	1 <sup>st</sup>	2:34:18
23 May	Rock n Roll Madrid Marathon	Marathon	3 <sup>rd</sup>	2:34:47

**2016 Results**

Date	Race	Distance	Place	Time
20 May	Zlata Tetra Golden Spike – Ostrava	1500m	16 <sup>th</sup>	4:19.29

**Mimi Belete (BRN)**

DOB: 9 June 1988

**Personal Bests:** 5000m: 14:54.71 (2015); 10000m: 32:46.74 (2017); Half Marathon: 69:15 (2017)  
Marathon: 2:22:29 (2018)

**International Championships Highlights:**

5000m: 11<sup>th</sup> in 2015 World Championships; 1<sup>st</sup> in 2010 and 2<sup>nd</sup> in 2014 Asian Games

1500m: 7<sup>th</sup> in 2011 World Championships; 3<sup>rd</sup> in 2010 and 2<sup>nd</sup> in 2014 Asian Games

World Cross Country Championships: 28<sup>th</sup> in 2009 & 16<sup>th</sup> in 2010

**Progressions:**

Year	5000m	10000m	Half Marathon	Marathon
2018			1:09:26	<b>2:22:29</b>
2017	15:26.49	32:46.74	<b>1:09:15</b>	
2016	15:29.72			

**Marathon career**

	Time	Race	Place	Date
Personal Best	<b>2:22:29</b>	Toronto	1 <sup>st</sup>	21 Oct 2018
	2:26:06	Hamburg	3 <sup>rd</sup>	29 Apr 2018



## 2018 Results

Date	Race	Distance	Place	Time
21 Oct	Toronto Waterfront Marathon	Marathon	1 <sup>st</sup>	2:22:29
29 Apr	Haspa Marathon Hamburg	Marathon	3 <sup>rd</sup>	2:26:06
11 Mar	Meia Maratona Internacional de Lisboa	Half marathon	4 <sup>th</sup>	1:11:38
11 Feb	Mitja Marato de Barcelona	Half marathon	4 <sup>th</sup>	1:09:26

## 2017 Results

Date	Race	Distance	Place	Time
19 Nov	Delhi Half-Marathon	Half marathon	11 <sup>th</sup>	1:12:22
17 Sept	Dam tot Damloop – Amsterdam to Zaandam	10 Miles	4 <sup>th</sup>	53:33
22 July	KBC Night of Athletics – Heusden	5000m	14 <sup>th</sup>	15:26.49
10 June	FBK Games - Hengelo	10000m	11 <sup>th</sup>	32:46.74
21 May	World 10K – Bengaluru	10Km	10 <sup>th</sup>	34:32
23 Apr	Gifu Seiryu Half Marathon	Half marathon	4 <sup>th</sup>	1:12:22
12 Feb	Gensan Giulietta & Romeo Half Marathon – Verona	Half marathon	1 <sup>st</sup>	1:09:15

## 2016 Results

Date	Race	Distance	Place	Time
16 Aug	Olympic Games – Rio de Janeiro	5000m	10h2	15:29.72
27 May	Prefontaine Classic - Eugene	5000m	DNF	DNF
22 May	FBK Games – Hengelo	1500m	12 <sup>th</sup>	4:12.84
6 May	Diamond League Doha	3000m	12 <sup>th</sup>	8:51.00
29 Feb	Asian Cross Country Championships - Manama	8.4km	3 <sup>rd</sup>	29:46
20 Feb	Glasgow Indoor Grand Prix	3000m	10 <sup>th</sup>	9:11.26i
16 Jan	Antrim International Cross Country Challenge	5.6km	2 <sup>nd</sup>	18:09

## Helen Tola (ETH)

DOB: 21 Nov 1994

**Personal Bests:** Half Marathon: 67:47 (2018); Marathon: 2:22:48 (2018)

## International Championships Highlights:

### Progressions:

Year	5000m	10000m/10km	Half Marathon	Marathon
2018		/31:13	<b>1:07:47</b>	<b>2:22:48</b>
2017		/31:16	1:09:48	2:22:51
2016			1:12:12	2:29:21

## Marathon career

	Time	Race	Place	Date
Personal Best	<b>2:22:48</b>	Berlin	6 <sup>th</sup>	16 Sept 2018
	2:22:51	Berlin	4 <sup>th</sup>	24 Sept 2017
	2:25:04	Barcelona	1 <sup>st</sup>	12 Mar 2017
	2:31:27	Frankfurt	7 <sup>th</sup>	30 Oct 2016
	2:29:21	Annecy	1 <sup>st</sup>	17 Apr 2016
	2:31:25	Lausanne	1 <sup>st</sup>	25 Oct 2015

## 2018 Results

Date	Race	Distance	Place	Time
16 Dec	Corrda de Noel de Neuchatel	7km	1 <sup>st</sup>	26:16

8 Dec	Course de Noel – Sion	5.25km	1 <sup>st</sup>	15:30
2 Dec	Course de l'Escalade – Geneve	7.32km	1 <sup>st</sup>	23:52
24 Nov	Basler Stadtlauf	5.9km	1 <sup>st</sup>	18:46
28 Oct	Medio Maraton Valencia	Half marathon	8 <sup>th</sup>	1:08:39
16 Sept	Berlin Marathon	Marathon	6 <sup>th</sup>	2:22:48
11 Mar	Meia Maratona Internacional de Lisboa	Half marathon	3 <sup>rd</sup>	1:11:33
9 Feb	RAK Half Marathon	Half marathon	9 <sup>th</sup>	1:07:47

### 2017 Results

Date	Race	Distance	Place	Time
2 Dec	Course de l'Escalade	7.32km	1 <sup>st</sup>	23:50
25 Nov	Basler Stadtlauf – Basel	5.9km	1 <sup>st</sup>	19:32
18 Nov	La Corrida Bulloise – Bulle	6km	1 <sup>st</sup>	19:39
22 Oct	Lausanne Marathon, half marathon & 10km	10Km	1 <sup>st</sup>	31:16
24 Sept	Berlin Marathon	Marathon	4 <sup>th</sup>	2:22:51
3 Sept	Switzerland Marathon Light	Half marathon	1 <sup>st</sup>	1:09:48
11 June	Schweizer Frauenlauf – Bern	5km	2 <sup>nd</sup>	17:02
21 May	Stralugano Half marathon – Lugano	Half marathon	3 <sup>rd</sup>	1:12:27
13 May	Grand Prix von Bern	10 mile	3 <sup>rd</sup>	58:00
30 Apr	Wurzburger Residenzlauf	10km	3 <sup>rd</sup>	34:07
9 Apr	Tout Roanne Court	10Km	1 <sup>st</sup>	33:40
12 Mar	Zurich Marato de Barcelona	Marathon	1 <sup>st</sup>	2:25:04

### 2016 Results

Date	Race	Distance	Place	Time
10 Dec	Course de Noel – Sion	5.25km	1 <sup>st</sup>	16:01
3 Dec	Course de l'Escalade – Geneva	7.32km	1 <sup>st</sup>	24:16
19 Nov	La Corrida Bulloise	6km	1 <sup>st</sup>	19:26
30 Oct	Frankfurt Marathon	Marathon	7 <sup>th</sup>	2:31:27
18 Sept	Kobenhavn Half Marathon	Half marathon	11 <sup>th</sup>	1:12:12
12 June	Schweizer Frauenlauf – Bern	5km	1 <sup>st</sup>	16:19
15 May	BIG 25 Berlin	25km	2 <sup>nd</sup>	1:28:32
24 Apr	20km de Lausanne	20km	1 <sup>st</sup>	1:09:36
17 Apr	Marathon du Lac Annecy	Marathon	1 <sup>st</sup>	2:29:21
10 Apr	Tout Roanne Court	10km	1 <sup>st</sup>	33:58
19 Mar	Kerzerslauf 15km – Kerzers	15km	7 <sup>th</sup>	52:52
6 Mar	Lago Maggiore Half marathon – Stresa to Verbania	Half marathon	2 <sup>nd</sup>	1:15:37

### Rose Chelimo (BRN)

DOB: 12 July 1989

**Personal Bests:** 10000m: 31:37.81 (2017); Half Marathon: 68:08 (2016); Marathon: 2:22:51 (2017)

### International Championships Highlights:

Marathon: 8<sup>th</sup> in 2016 Olympics; 1<sup>st</sup> in 2017 World Championships; 1<sup>st</sup> in 2018 Asian Games

Half Marathon: 14<sup>th</sup> in 2018 World Half Marathon Championships

World Cross Country Championships: 9<sup>th</sup> in 2017

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018			1:10:07	2:26:03
2017		31:37.81	1:08:37	<b>2:22:51</b>
2016			<b>1:08:08</b>	2:24:14

## Marathon career

	Time	Race	Place	Date
	2:34:51	Asian Games - Jakarta	1 <sup>st</sup>	26 Aug 2018
	2:26:03	London	6 <sup>th</sup>	22 Apr 2018
	2:27:11	World Championships - London	1 <sup>st</sup>	6 Aug 2017
Personal Best	<b>2:22:51</b>	Boston	2 <sup>nd</sup>	17 Apr 2017
	2:27:36	Olympic Games – Rio de Janeiro	8 <sup>th</sup>	14 Aug 2016
	2:24:14	Seoul	1 <sup>st</sup>	20 Mar 2016

## 2019 Results

Date	Race	Distance	Place	Time
27 Jan	Discovery Kenya Cross Country – Eldoret	8km	10 <sup>th</sup>	29:11

## 2018 Results

Date	Race	Distance	Place	Time
2 Dec	Pfixx Solar Montferland Run – 's-Heerenberg	15km	5 <sup>th</sup>	51:09
14 Oct	Santander Totta Half marathon	Half marathon	5 <sup>th</sup>	1:10:37
30 Sept	Great Scottish Run Half Marathon - Glasgow	Half marathon	2 <sup>nd</sup>	1:10:07
26 Aug	Asian Games – Jakarta	Marathon	1 <sup>st</sup>	2:34:51
10 June	Scania Zwolse Half Marathon	Half marathon	3 <sup>rd</sup>	1:10:59
22 Apr	London Marathon	Marathon	6 <sup>th</sup>	2:26:03
24 Mar	World Half Marathon Championships – Valencia	Half marathon	14 <sup>th</sup>	1:10:20
28 Jan	Discovery Kenya Cross Country - Eldoret	8km	6 <sup>th</sup>	28:23
7 Jan	Safi Half Marathon	Half marathon	4 <sup>th</sup>	1:13:30

## 2017 Results

Date	Race	Distance	Place	Time
20 Nov	Zevenheuvelenloop 15K – Nijmegen	15Km	5 <sup>th</sup>	49:08
2 Oct	Santander Totta Half marathon – Lisboa	Half marathon	3 <sup>rd</sup>	1:09:48
6 Aug	World Championships – London	Marathon	1 <sup>st</sup>	2:27:11
24 June	Mattoni Olomouc Half marathon	Half marathon	3 <sup>rd</sup>	1:10:33
20 May	Islamic Solidarity Games – Baku	10000m	2 <sup>nd</sup>	31:37.81
17 Apr	Boston Marathon	Marathon	2 <sup>nd</sup>	2:22:51
26 Mar	World Cross Country Champ - Kampala	9.858km	9 <sup>th</sup>	33:01
10 Feb	RAK Half Marathon	Half marathon	7 <sup>th</sup>	1:08:37
29 Jan	Discovery Kenya Cross Country – Eldoret	8km	20 <sup>th</sup>	28:49
21 Jan	Nandi Cross Country Champ – Eldoret	8km	2 <sup>nd</sup>	27:50

## 2016 Results

Date	Race	Distance	Place	Time
20 Nov	Delhi Half Marathon	Half marathon	9 <sup>th</sup>	1:10:17
22 Oct	Medio Maraton Ciudad de Valencia	Half marathon	3 <sup>rd</sup>	1:09:35
15 Oct	Ndalat Gaa Cross Country	8km	10 <sup>th</sup>	29:18
14 Aug	Olympic Games – Rio de Janeiro	Marathon	8 <sup>th</sup>	2:27:36
15 May	World 10K – Bengaluru	10km	5 <sup>th</sup>	32:54
20 Mar	Seoul Marathon	Marathon	1 <sup>st</sup>	2:24:14
12 Feb	RAK Half Marathon	Half marathon	9 <sup>th</sup>	1:08:08
31 Jan	Discovery Kenya Cross Country – Eldoret	8km	17 <sup>th</sup>	27:44

## Ruth Chebitok (KEN)

DOB: 26 Dec 1990

**Personal Bests:** Half Marathon: 72:57 (2015); Marathon: 2:23:29 (2018)

## International Championships Highlights:

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018				<b>2:23:29</b>
2017				
2016			1:14:11	

### Marathon career

	Time	Race	Place	Date
Personal Best	<b>2:23:29</b>	Toronto	3 <sup>rd</sup>	21 Oct 2018
	2:24:49	Gold Coast	1 <sup>st</sup>	1 July 2018
	2:25:49	Barcelona	1 <sup>st</sup>	11 Mar 2018

### 2018 Results

Date	Race	Distance	Place	Time
21 Oct	Toronto Waterfront Marathon	Marathon	3 <sup>rd</sup>	2:23:29
1 July	Gold Coast Airport Marathon	Marathon	1 <sup>st</sup>	2:24:49
11 Mar	Zurich Marato de Barcelona	Marathon	1 <sup>st</sup>	2:25:49

### 2017 Results

Date	Race	Distance	Place	Time
2 June	Eldoret Central Rift Championships	800m	3 <sup>rd</sup>	2:11.6h

### 2016 Results

Date	Race	Distance	Place	Time
20 Nov	Maratonina Citta di Uta	Half marathon	1 <sup>st</sup>	1:16:40
13 Nov	ASICS Run 2016 – Cuneo	6km	1 <sup>st</sup>	19:49
30 Oct	Maratonina Citta di Arezzo	Half Marathon	1 <sup>st</sup>	1:14:11
9 Oct	Pisa Half Marathon	Half Marathon	1 <sup>st</sup>	1:16:09
11 Sept	Unisalute Run Tune Up – Bologna	Half marathon	3 <sup>rd</sup>	1:16:34
10 Apr	30K Run Belluno-Feltre	30Km	1 <sup>st</sup>	1:59:11
20 Mar	Ferrara Half Marathon	Half marathon	1 <sup>st</sup>	1:15:41
6 Mar	Treviso Marathon & Half Marathon	Half marathon	1 <sup>st</sup>	1:17:10
28 Feb	Mezza Maratona di Napoli	Half marathon	1 <sup>st</sup>	1:14:45
21 Feb	ITA Cross Country Champ – Gubbio	8km	7 <sup>th</sup>	25:46

## Chelimo, Joan Melly (KEN)

DOB: 10 Nov 1988

**Personal Bests:** 10km: 31:24 (2017) (30:14 en route 2018); Half Marathon: 65:04 (2018)

## International Championships Highlights:

### Progressions:

Year	5000m	10000m/10km	Half Marathon	Marathon
2018		/32:18 (30:14)	<b>1:05:04</b>	
2017		/31:24	1:06:25	
2016		/33:25		

### 2018 Results

Date	Race	Distance	Place	Time
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2 Dec	Pfixx Solar Montferland Run – 's Heerenberg	15km	1 <sup>st</sup>	48:44
7 Oct	BAA Half Marathon	Half marathon	1 <sup>st</sup>	1:09:34
16 Sept	Kobenhavn Half Marathon	Half marathon	3 <sup>rd</sup>	1:06:15
10 Aug	Kisii Half Marthon	Half Marathon	1 <sup>st</sup>	1:10:25
22 Apr	Yangzhou Half Marathon	Half marathon	2 <sup>nd</sup>	1:09:11
7 Apr	Prague Half Marathon	Half marathon	1 <sup>st</sup>	1:05:04
9 Feb	RAK Half Marathon	Half marathon	4 <sup>th</sup>	1:05:37
20 Jan	Elgeyo Marakwet County Cross Country – Iten	10km	1 <sup>st</sup>	32:18

### 2017 Results

Date	Race	Distance	Place	Time
30 Dec	Tambach Mwisho Wa Mwaka – Tambach	10km	1 <sup>st</sup>	33:25
8 Oct	BAA Half Marathon	Half marathon	1 <sup>st</sup>	1:10:31
17 Sept	Kobenhavn Half Marathon	Half marathon	2 <sup>nd</sup>	1:06:25
29 July	Aloha Zane Branson Memorial 15k – Kabarak	15km	1 <sup>st</sup>	50:25
25 June	BAA 10K – Boston	10km	1 <sup>st</sup>	31:24
1 May	15km du Puy-en-Velay	15km	2 <sup>nd</sup>	48:19
2 Apr	Berlin Halbmarathon	Half marathon	1 <sup>st</sup>	1:08:45
19 Mar	Eldoret Red Cross Half Marathon	Half marathon	2 <sup>nd</sup>	1:10:33
18 Feb	Keya Cross Country Champ – Nairobi	10km	25 <sup>th</sup>	34:01
21 Jan	Kenya Prison Cross Country Champ – Nairobi	10km	9 <sup>th</sup>	34:59

### 2016 Results

Date	Race	Distance	Place	Time
17 Sept	Kericho 10k	10km	6 <sup>th</sup>	33:25

### Yeshaneh Ababel (ETH)

DOB: 10 June 1990 (22 July 1991 according to IAAF)

**Personal Bests:** 5000m: 14:41.58 (2016); 10000m: 30:35.91 (2013); Half Marathon: 65:46 (2018)  
Marathon: 2:33:10 (2013)

### International Championships Highlights:

5000m: 14<sup>th</sup> in 2016 Olympic Games

10000m: 9<sup>th</sup> in 2013 World Championships

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018			<b>1:05:46</b>	
2017			1:07:21	
2016	14:41.58	30:54.12	1:07:52	

### Marathon career

	Time	Race	Place	Date
	2:20:16 (short)	Abu Dhabi	1 <sup>st</sup>	7 Dec 2018
	DNF	Dubai	DNF	26 Jan 2018
Personal Best	<b>2:33:10</b>	Milano City	3 <sup>rd</sup>	7 Apr 2013
	2:34:36	Torino	6 <sup>th</sup>	13 Nov 2011

### 2018 Results

Date	Race	Distance	Place	Time
7 Dec	Abu Dhabi Marathon (did NOT run full distance)	Marathon (short)	1 <sup>st</sup>	2:20:16
21 Oct	Delhi Half Marathon	Half marathon	5 <sup>th</sup>	1:07:49
16 Sept	Kobenhavn Half Marathon	Half marathon	2 <sup>nd</sup>	1:05:46
4 Aug	Beach to Beacon 10K – Cape Elizabeth	10km	2 <sup>nd</sup>	31:26

22 Apr	Yangzhou Jianzhen half marathon	Half marathon	1 <sup>st</sup>	1:09:06
8 Apr	Istanbul Half Marathon	Half marathon	1 <sup>st</sup>	1:06:22
26 Jan	Dubai Marathon	Marathon	DNF	DNF

### 2017 Results

Date	Race	Distance	Place	Time
19 Nov	Delhi Half Marathon	Half marathon	2 <sup>nd</sup>	1:07:21
23 Apr	Yangzhou Jianzhen Half marathon	Half marathon	2 <sup>nd</sup>	1:10:38
19 Mar	Meia Maratona Internacional de Lisboa	Half marathon	6 <sup>th</sup>	1:10:13

### 2016 Results

Date	Race	Distance	Place	Time
20 Nov	Delhi Half Marathon	Half marathon	2 <sup>nd</sup>	1:07:52
19 Aug	Olympic Games – Rio de Janeiro	5000m	14 <sup>th</sup>	15:18.26
16 Aug	Olympic Games – Rio de Janeiro	5000m	8h1	15:24.38
29 June	ETH 10000m Olympic Trials – Hengelo	10000m	8 <sup>th</sup>	30:54.12
27 May	Prefontaine Classic – Eugene	5000m	9 <sup>th</sup>	14:47.29
22 May	Meeting Mohammed VI (Diamond League) – Rabat	5000m	5 <sup>th</sup>	14:41.58
3 Jan	Adana Half Marathon	Half marathon	1 <sup>st</sup>	1:09:36

## Maeda, Honami (JPN)

DOB: 17 July 1996

Team: Tenmaya

### Personal Bests:

5000m: 15:38.16 (2018); 10000m: 32:13.87 (2018);

Half marathon: 1:09:12 (2018); Marathon: 2:23:48 (2018)

### International Championships Highlights:

Half Marathon: 35<sup>th</sup> in the 2018 World Half Marathon Championships

### Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	15:38.16	32:13:87	1:09:12	2:23:48
2017	16:16.81	33:18.99	1:10:22	2:28:48
2016	15:51.83	32:43.42	1:12:50	
2015	15:53.37			

### Marathon Career

	Time	Race	Place	Date
	2:25:23	Berlin	7 <sup>th</sup>	16 Sept 2018
Personal Best	<b>2:23:48</b>	Osaka Women	2 <sup>nd</sup>	28 Jan 2018
	2:28:48	Hokkaido Marathon – Sapporo	1 <sup>st</sup>	27 Aug 2017
	2:32:19	Osaka Women	12 <sup>th</sup>	29 Jan 2017

### 2019 Results

Date	Race	Distance	Place	Time
13 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	3 <sup>rd</sup>	31:49

### 2018 Results

Date	Race	Distance	Place	Time
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23 Dec	Sanyo Women's Road Race – Okayama	Half Marathon	1 <sup>st</sup>	1:09:12
25 Nov	Queen's Ekiden – Sendai	Stage3 – 10.9km	5 <sup>th</sup>	35:15
17 Nov	Chugoku Corporate Distance time trials – Kure	5000m	7 <sup>th</sup>	15:58.19
16 Sept	Berlin Marathon	Marathon	7 <sup>th</sup>	2:25:23
14 July	Hokuren Distance Challenge – Shibetsu	5000m	2rA	15:38.16
11 July	Hokuren Distance Challenge – Fukagawa	10000m	2 <sup>nd</sup>	32:13.87
20 May	Chugoku Corporate team T&F – Miyoshi (3 <sup>rd</sup> leg)	4x400mR	1 <sup>st</sup>	4:21.71
19 May	Chugoku Corporate team T&F – Miyoshi	10000m	1 <sup>st</sup>	32:30.39
24 Mar	World Half Marathon Championships – Valencia	Half marathon	35 <sup>th</sup>	1:12:09
28 Jan	Osaka Women's Marathon	Marathon	2 <sup>nd</sup>	2:23:48

### 2017 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race	Half marathon	7 <sup>th</sup>	1:10:22
26 Nov	All JPN Corporate team Women's Ekiden - Sendai	Stage 5 – 10km	7 <sup>th</sup>	33:41
18 Nov	Chugoku Corporate team Distance – Kure	5000m	5 <sup>th</sup>	16:16.81
22 Sept	All JPN Corporate team T&F Champ – Osaka	10000m	18 <sup>th</sup>	33:18.99
27 Aug	Hokkaido Marathon – Sapporo	Marathon	1 <sup>st</sup>	2:28:48
21 May	Chugoku Corporea team T&F Champ – Miyoshi	4x400mR	2 <sup>nd</sup>	4:29.32
20 May	Chugoku Corporate team T&F Champ – Miyoshi	10000m	1 <sup>st</sup>	33:43.08
14 May	Sendai Half Marathon	Half Marathon	19 <sup>th</sup>	1:16:29
29 Jan	Osaka Women's Marathon	Marathon	12 <sup>th</sup>	2:32:19

### 2016 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race	Half marathon	34 <sup>th</sup>	1:17:39
27 Nov	All JPN Corporate team Women's Ekiden – Sendai	Stage5 – 10km	11 <sup>th</sup>	33:50
19 Nov	Chugoku Corporate team Distance – Kure	5000m	3 <sup>rd</sup>	15:52.47
23 Sept	All JPN Corporate team T&F Champ – Osaka	10000m	24 <sup>th</sup>	33:37.32
17 Sept	Chugoku Corporate team Distance – Miyoshi	5000m	2 <sup>nd</sup>	16:24.19
14 July	Hokuren Distance Challenge – Kitami	5000m	13rA	15:51.83
11 July	Hokuren Distance Challenge – Abashiri	10000m	16rA	32:43.42
7 July	Hokuren Distance Challenge – Fukagawa	3000m	10rA	9:23.06
22 May	Chugoku Corporate team T&F Champ – Miyoshi	4x400mR	2 <sup>nd</sup>	4:41.01
21 May	Chugoku Corporate team T&F Champ – Miyoshi	10000m	2 <sup>nd</sup>	33:35.44
8 May	Sendai Half Marathon	Half marathon	2 <sup>nd</sup>	1:13:02
23 Apr	Hyogo Relays – Kobe	5000m	21 <sup>st</sup>	16:34.85
10 Apr	Okayama Time Trials	5000m	3 <sup>rd</sup>	16:38.34
14 Feb	All JPN Corporate team Half Marathon – Yamaguchi	Half marathon	14 <sup>th</sup>	1:12:50

### 2015 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race – Okayama	10Km	9 <sup>th</sup>	33:15
13 Dec	All JPN Corporate team Women's Ekiden - Sendai	Stage6 – 6.795km	7 <sup>th</sup>	21:39
5 Dec	Himeji Distance	5000m	5 <sup>th</sup>	15:53.37
25 Oct	Princess Ekiden – Munakata	Stage 5 – 10.4km	10 <sup>th</sup>	36:18
26 Sept	All JPN Corporate team T&F Champ – Gifu	3000m	7 <sup>th</sup>	9:28.49
26 June	Okayama T&F Champ	5000m	3 <sup>rd</sup>	17:01.78
17 May	Chugoku Corporate team T&F Champ – Miyoshi	3000m	3 <sup>rd</sup>	9:49.03

9 May	Chugoku Corporate team T&F Champ – Miyoshi	5000m	5 <sup>th</sup>	16:56.82
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## Takashima, Yuka (JPN)

DOB: 12 May 1988

**Personal Bests:** 5000m: 15:31.66 (2014); 10000m: 31:33.33 (2017); Half Marathon: 1:11:18 (2018) Marathon: 2:26:13 (2018)

### International Championships Highlights:

10000m: 18<sup>th</sup> in 2016 Olympic Games; 20<sup>th</sup> in 2015 World Championships

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2018		32:18.59	1:11:18	2:26:13
2017		31:33.33		
2016		31:35.76		

### Marathon career

	Time	Race	Place	Date
Personal Best	<b>2:26:13</b>	Paris	8 <sup>th</sup>	8 Apr 2018

### 2019 Results

Date	Race	Distance	Place	Time
10 Feb	Karatsu road race	10km	1 <sup>st</sup>	32:49

### 2018 Results

Date	Race	Distance	Place	Time
25 Nov	Queen's Ekiden – Sendai	Stage3 – 10.9km	3 <sup>rd</sup>	35:03
15 Sept	Mattoni Usti nad Labem Half Marathon	Half marathon	8 <sup>th</sup>	1:11:43
8 Sept	Birell Prague GP	10km	9 <sup>th</sup>	32:26
8 July	Utica Boilermaker	15km	7 <sup>th</sup>	50:34
22 June	JPN National Championships – Yamaguchi	10000m	6 <sup>th</sup>	32:18.59
8 Apr	Marathon de Paris	Marathon	8 <sup>th</sup>	2:26:13
18 Mar	Matsue Ladies Half Marathon & 10km	10Km	1 <sup>st</sup>	32:29
9 Feb	RAK Half Marathon	Half marathon	14 <sup>th</sup>	1:11:18

### 2017 Results

Date	Race	Distance	Place	Time
26 Nov	Queen's Ekiden – Sendai	Stage3 – 10.9km	3 <sup>rd</sup>	35:42
9 July	Hokuren Distance Challenge – Kitami	3000m	7 <sup>th</sup>	9:07.57
23 June	JPN National Championships – Osaka	10000m	9 <sup>th</sup>	32:43.57
11 June	FBK Games - Hengelo	10000m	12 <sup>th</sup>	33:08.76
5 May	Payton Jordan – Palo Alto	10000m	5 <sup>th</sup>	31:33.33

### 2016 Results

Date	Race	Distance	Place	Time
27 Nov	Queen's Ekiden – Sendai	Stage3 – 10.9km	1 <sup>st</sup>	34:33
23 Oct	Princess Ekiden – Munakata	Stage3 – 10.3km	3 <sup>rd</sup>	33:08
12 Aug	Olympic Games - Rio de Janeiro	10000m	18 <sup>th</sup>	31:36.44
24 June	JPN National Championships – Nagoya	10000m	3 <sup>rd</sup>	31:35.76

## Keiko, Nogami (JPN)



DOB: 6 Dec 1985;  
Team: 18 Bank

**Personal Bests:** 5000m: 15:24.70 (2018); 10000m: 32:07.70 (2018); Half marathon: 1:11:16 (2017); Marathon: 2:26:33 (2018)

### International Championships Highlights:

Marathon: 2<sup>nd</sup> in 2018 Asian Games

### Progressions

Year	5000m	10000m	Half Marathon	Marathon
2018	15:24.70	32:07.70		2:26:33
2017	15:37.82	32:41.64	1:11:16	2:29:05
2016			1:11:52	
2015	15:43.76	32:14.58	1:13:44	2:28:19

### Marathon Career

	Time	Race	Place	Date
	2:36:27	Asian Games – Jakarta	2 <sup>nd</sup>	26 Aug 2018
Personal Best	<b>2:26:33</b>	Nagoya Women	5 <sup>th</sup>	11 Mar 2018
	2:29:05	Asian Champ – Dongguan	2 <sup>nd</sup>	26 Nov 2017
	2:30:11	Hokkaido – Sapporo	2 <sup>nd</sup>	27 Aug 2017
	2:32:01	Nagoya Women	12 <sup>th</sup>	12 Mar 2017
	2:29:34	Gold Coast	2 <sup>nd</sup>	5 July 2015
	2:28:19	Nagoya Women	6 <sup>th</sup>	8 Mar 2015

### 2019 Results

Date	Race	Distance	Place	Time
3 Feb	Marugame Half Marathon	Half Marathon	10 <sup>th</sup>	1:13:28
13 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 -10km	5 <sup>th</sup>	32:09

### 2018 Results

Date	Race	Distance	Place	Time
8 Dec	JPN Corporate team Distance time trials – Yamaguchi	10000m	9r2	32:14.86
23 Nov	Time Trials in Nagasaki – Isahaya	5000m	1 <sup>st</sup>	15:48.76
5 Oct	National Sports Festival - Fukui	5000m	3 <sup>rd</sup>	15:37.28
26 Aug	Asian Games – Jakarta	Marathon	2 <sup>nd</sup>	2:36:27
19 May	Kyushu Corporate team T&F Champ - Kitakyushu	10000m	1 <sup>st</sup>	32:07.70
5 May	Golden Games in Nobeoka	5000m	4rA	15:24.70
22 Apr	Hyogo Relays - Kobe	10000m	3 <sup>rd</sup>	32:17.90
11 Mar	Nagoya Women's Marathon	Marathon	5 <sup>th</sup>	2:26:33
14 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	6 <sup>th</sup>	31:55

### 2017 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race – Okayama	Half marathon	12 <sup>th</sup>	1:11:16
26 Nov	Asian Marathon champ – Dongguan	Marathon	2 <sup>nd</sup>	2:29:05
22 Oct	Princess Ekiden – Munakata	Stage3 – 10.7km	2 <sup>nd</sup>	34:00
6 Oct	National Sports Festival – Matsuyama	5000m	3 <sup>rd</sup>	15:37.82
27 Aug	Hokkaido Marathon – Sapporo	Marathon	2 <sup>nd</sup>	2:30:11
24 June	Night Long Distance – Isahaya	5000m	1 <sup>st</sup>	15:54.16

20 May	Kyushu Corporate team T&F Champ	10000m	2 <sup>nd</sup>	32:41.64
6 May	Golden Games Nobeoka	5000m	1rB	15:52.03
12 Mar	Nagoya Women's Marathon	Marathon	12 <sup>th</sup>	2:32:01

### 2016 Results

Date	Race	Distance	Place	Time
31 Jan	Osaka Half Marathon	Half marathon	3 <sup>rd</sup>	1:11:52
17 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	8 <sup>th</sup>	32:25

### 2015 Results

Date	Race	Distance	Place	Time
13 Dec	Queen's Ekiden – Sendai	Stage6 – 6.795km	14 <sup>th</sup>	22:01
25 Oct	Princess Ekiden – Munakata	Stage3 – 10.3km	8 <sup>th</sup>	33:24
2 Oct	National Sports Festival – Wakayama	5000m	8 <sup>th</sup>	15:58.19
5 July	Gold Coast Marathon	Marathon	2 <sup>nd</sup>	2:29:34
26 June	JPN Athletics Champ – Niigata	10000m	17 <sup>th</sup>	33:13.49
16 May	Kyushu Corporate team T&F Champ	10000m	2 <sup>nd</sup>	32:14.58
9 May	Golden Games – Nobeoka	5000m	7rA	15:49.21
26 Apr	Hyogo Relays – Kobe	10000m	3 <sup>rd</sup>	32:40.53
19 Apr	Oda Memorial – Hiroshima	5000m	1r2	15:43.76
8 Mar	Nagoya Women's Marathon	Marathon	6 <sup>th</sup>	2:28:19
15 Feb	All JPN Corporate team Half Marathon –	Half marathon	23 <sup>rd</sup>	1:13:44
11 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	9 <sup>th</sup>	32:59

## Ichiyama, Mao (JPN)

DOB: 29 May 1997

**Personal Bests:** 5000m: 15:24.17 (2017); 10000m: 31:49.01 (2017); Half Marathon: 69:14 (2017)

### International Championships Highlights:

Half Marathon: 19<sup>th</sup> in 2018 World Half Marathon Championships

World Cross Country Championships: 39<sup>th</sup> in 2017

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2019			1:10:49	
2018	15:36.11	31:57.91	71:02	
2017	15:24.17	31:49.01	69:14	
2016	15:44.33	32:15.73		

## Making Marathon debut

### 2019 Results

Date	Race	Distance	Place	Time
3 Feb	Marugame Half Marathon	Half Marathon	6 <sup>th</sup>	1:10:49
13 Jan	Inter-Prefectural Women's Ekiden	Stage 9 – 10km	6 <sup>th</sup>	32:12

### 2018 Results

Date	Race	Distance	Place	Time
25 Nov	Queen's Ekiden – Sendai	Stage1 – 7km	3 <sup>rd</sup>	22:20
18 Nov	Chugoku Corporate Distance Time Trials	5000m	1 <sup>st</sup>	15:42.30
20 Oct	Princess Ekiden – Munakata	Stage3 – 10.7km	1 <sup>st</sup>	34:23

14 Oct	Osaka Time trials	5000m	1 <sup>st</sup>	15:46.17
23 Sept	JPN national corporate team T&F Champ - Osaka	5000m	10rA	15:50.62
21 Sept	JPN national corporate team T&F Champ - Osaka	10000m	7rA	32:34.92
21 July	KBC Nacht van de Atletiek – Heusden-Zolder	5000m	19 <sup>th</sup>	15:45.56
14 July	Flanders Cup – Kortrijk	5000m	4 <sup>th</sup>	15:36.11
7 July	Hokurren Distance Challenge – Kitami	3000m	5 <sup>th</sup>	9:14.08
24 June	JPN National Championships – Yamaguchi	5000m	10 <sup>th</sup>	15:47.83
22 June	JPN National Championships – Yamaguchi	10000m	5 <sup>th</sup>	32:18.31
28 May	Bolder Boulder	10Km	8 <sup>th</sup>	34:10
20 May	Seiko Golden Grand Prix – Osaka	3000m	9 <sup>th</sup>	8:58.66
13 May	Kansai Corporate team T&F Champ – Osaka	5000m	1 <sup>st</sup>	15:45.58
11 May	Kansai Corporate team T&F Champ – Osaka	10000m	1 <sup>st</sup>	33:00.26
3 May	Payton Jordan – Palo Alto	10000m	5 <sup>th</sup>	31:57.91
24 Mar	World Half Marathon Championships – Valencia	Half marathon	19 <sup>th</sup>	1:11:02
14 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage9 – 10km	2 <sup>nd</sup>	31:49

### 2017 Results

Date	Race	Distance	Place	Time
23 Dec	Sanyo Women's Road Race – Okayama	Half marathon	3 <sup>rd</sup>	1:09:14
18 Dec	Kyoto Industrial University Distance time trials	5000m	1 <sup>st</sup>	16:05.62
9 Dec	JPN Corporate team time trials – Yamaguchi	10000m	3 <sup>rd</sup>	32:06.14
9 Dec	JPN Corporate team time trials – Yamaguchi	5000m	1r2	15:56.57
26 Nov	Queen's Ekiden	Stage1 – 7km	7 <sup>th</sup>	22:13
1 Oct	Sumitomo Cup - Itami	3000m	1 <sup>st</sup>	9:19.90
24 Sept	JPN Corporate team T&F Champ – Osaka	5000m	5 <sup>th</sup>	15:24.17
24 Sept	JPN Corporate team T&F champ – Osaka	3000m	1 <sup>st</sup>	9:08.01
22 Sept	JPN Corporate team T&F Champ – Osaka	10000m	2 <sup>nd</sup>	32:15.09
3 Sept	Virginia Beach Half Marathon	Half marathon	1 <sup>st</sup>	1:13:49
23 July	Shibetsu Half Marathon	Half marathon	1 <sup>st</sup>	1:14:01
9 July	Hokuren Distance Challenge – Kitami	3000m	2 <sup>nd</sup>	8:53.54
25 June	JPN National Championships – Osaka	5000m	4 <sup>th</sup>	15:26.25
23 June	JPN National Championships – Osaka	10000m	4 <sup>th</sup>	31:55.48
21 May	Kansai Corporate team T&F Champ	1500m	2 <sup>nd</sup>	4:28.82
20 May	Kansai Corporate team T&F Champ	5000m	1 <sup>st</sup>	15:49.63
19 May	Kansai Corporate team T&F Champ	10000m	1 <sup>st</sup>	32:48.15
5 May	Payton Jordan – Palo Alto	10000m	10 <sup>th</sup>	31:49.01
26 Mar	World Cross Country Championships – Kampala		39 <sup>th</sup>	35:53
25 Feb	Fukuoka Cross Country	8km	1 <sup>st</sup>	26:46
12 Feb	JPN Corporate team half marathon & 10K- Yamaguchi	10km	2 <sup>nd</sup>	32:24
13 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage1 – 6km	2 <sup>nd</sup>	19:27
5 Jan	Himuka Ladies Trials	10000m	1 <sup>st</sup>	33:53.82

### 2016 Results

Date	Race	Distance	Place	Time
10 Dec	JPN Corporate team Time Trials – Yamaguchi	10000m	2 <sup>nd</sup>	32:15.73
27 Nov	Queen's Ekiden – Sendai	Stage1 – 7km	1 <sup>st</sup>	21:50
20 Nov	Kyoto Time Trials	3000m	1 <sup>st</sup>	9:20.37
23 Oct	Princess Ekiden	Stage1 – 7km	3 <sup>rd</sup>	22:40
7 Oct	National Sports Festival – Iwate	5000m	9 <sup>th</sup>	15:50.38
25 Sept	JPN Corporate team T&F Champ – Osaka	5000m	12r2	15:49.98
24 Sept	JPN Corporate team T&F Champ – Osaka	3000m	3 <sup>rd</sup>	9:13.09
24 July	Shibetsu Half Marathon & 10Km	10km	2 <sup>nd</sup>	34:35
14 July	Hokuren Distance Challenge – Kitami	5000m	8rA	15:48.04
11 July	Hokuren Distance Challenge – Abashiri	5000m	9rA	15:47.47
11 June	Kansai Corporate team time trials	5000m	1r1	16:07.27

22 May	Kansai Corporate team T&F Champ – Osaka	1500m	1 <sup>st</sup>	4:29.71
21 May	Kansai Corporate team T&F Champ – Osaka	3000m	1 <sup>st</sup>	9:20.23
7 May	Golden Games in Nobeoka	5000m	6rA	15:44.33
24 Apr	Kyoto time trials	3000m	1r1	9:23.39
17 Jan	Inter-Prefectural Women's Ekiden – Kyoto	Stage4 – 4km	4 <sup>th</sup>	13:10
5 Jan	Himuka Ladies Trials	5000m	3 <sup>rd</sup>	16:06.16

## Current Women's Marathon All Time Performance List

Performances	Time	Performers	Name	Nat	Pos	Venue	Date
1	2:15:25	1	Paula Radcliffe	GBR	1	London	13 Apr 03
2	2:17:01	2	Mary Keitany	KEN	1	London	23 Apr 17
3	2:17:08	3	Ruth Chepngetich	KEN	1	Dubai	25 Jan 18
4	2:17:18		Paula Radcliffe		1	Chicago	13 Oct 02
5	2:17:41	4	Worknesh Degefa Debele		2	Dubai	25 Jan 19
6	2:17:42		Paula Radcliffe		1	London	17 Apr 05
7	2:17:56	5	Tirunesh Dibaba	ETH	2	London	23 Apr 17
8	2:18:11	6	Gladys Cherono	KEN	1	Berlin	16 Sept 18
9	2:18:31		Tirunesh Dibaba		1	Chicago	8 Oct 17
10	2:18:31	7	Vivian Cheruiyot	KEN	1	London	22 Apr 18
11	2:18:34	8	Ruti Aga	KEN	2	Berlin	16 Sept 18
12	2:18:35	9	Brigid Kosgei	KEN	1	Chicago	7 Oct 18
13	2:18:35		Ruth Chepngetich		1	Istanbul	11 Nov 18
14	2:18:37		Mary Keitany		1	London	22 Apr 12
15	2:18:47	10	Catherine Ndereba	KEN	1	Chicago	7 Oct 01
16	2:18:55		Tirunesh Dibaba		3	Berlin	16 Sept 18
17	2:18:56		Paula Radcliffe		1	London	14 Apr 02
18	2:18:58	11	Tiki Gelana	ETH	1	Rotterdam	15 Apr 12
19	2:19:12	12	Mizuki Noguchi	JPN	1	Berlin	25 Sept 05
20	2:19:17	13	Roza Dereje Bekele	ETH	1	Dubai	26 Jan 18
21	2:19:19	14	Irina Mikitenko	GER	1	Berlin	28 Sept 08
22	2:19:19		Mary Keitany		1	London	17 Apr 11
23	2:19:25		Gladys Cherono		1	Berlin	27 Sept 15
24	2:19:26		Catherine Ndereba		2	Chicago	13 Oct 02
25	2:19:30	15	Feyse Tadese Boru	ETH	2	Dubai	26 Jan 18
26	2:19:31	16	Aselefech Mergia	ETH	1	Dubai	27 Jan 12
27	2:19:34	17	Lucy Wangui Kabuu	KEN	2	Dubai	27 Jan 12
28	2:19:36	18	Deena Kastor	USA	1	London	23 Apr 06
29	2:19:36	19	Yebrgual Melese Arage	ETH	3	Dubai	26 Jan 18
30	2:19:39	20	Sun Yingjie	CHN	1	Beijing	19 Oct 03
31	2:19:41	21	Yoko Shibui	JPN	1	Berlin	26 Sept 04
32	2:19:41	22	Tirfi Tsegaye Beyene	ETH	1	Dubai	22 Jan 16
33	2:19:44	23	Florence Kiplagat	KEN	1	Berlin	25 Sept 11
34	2:19:46	24	Naoko Takahashi	JPN	1	Berlin	30 Sept 01
35	2:19:47	25	Sarah Chepchirchir	KEN	1	Tokyo	26 Feb 17
36	2:19:50	26	Edna Kiplagat	KEN	2	London	22 Apr 12
37	2:19:51	27	Zhou Chunxiu	CHN	1	Seoul	12 Mar 06
38	2:19:51	28	Birhane Dibaba	ETH	1	Tokyo	25 Feb 18
39	2:19:52	29	Mare Dibaba	ETH	3	Dubai	27 Jan 12
40	2:19:52		Mare Dibaba		1	Xiamen	3 Jan 15
41	2:19:53		Worknesh Degefa Debele		4	Dubai	26 Jan 18
42	2:19:55		Catherine Ndereba		2	London	13 Apr 03
43	2:19:57	30	Rita Jeptoo	KEN	1	Chicago	13 Oct 13
44	2:19:59	31	Buzunesh Deba	ETH	1	Boston	21 Apr 14
45	2:20:02		Aselefech Mergia Medessa		1	Dubai	23 Jan 15
46	2:20:03		Gladys Cherono Kiprono		2	Dubai	23 Jan 15
47	2:20:13	32	Tesfay Haylu Haftamnesh	ETH	5	Dubai	26 Jan 18
48	2:20:13		Brigid Kosgei		2	London	22 Apr 18
49	2:20:14	33	Priscah Jeptoo	KEN	3	London	22 Apr 12
50	2:20:15		Priscah Jeptoo		1	London	21 Apr 13
51	2:20:18		Tirfi Tsegaye		1	Berlin	28 Sept 14
52	2:20:21		Edna Kiplagat		1	London	13 Apr 14
53	2:20:21		Lucy Kabuu Wangui		3	Dubai	23 Jan 15
54	2:20:22		Brigid Kosgei		2	Chicago	8 Oct 17
55	2:20:23		Gladys Cherono		1	Berlin	24 Sept 17

## 2019 Men's Marathon Performance List

Performance	Time	Performer	Name	Nat	Pos	Venue	Date
1	2:03:34	1	Getaneh Milla Tamire	ETH	1	Dubai	25 Jan 2019
2	2:03:40	2	Herpassa Negasa Kitesa	ETH	2	Dubai	25 Jan 2019
3	2:04:24	3	Asefa Mengstu Ngegewo	ETH	3	Dubai	25 Jan 2019
4	2:05:02	4	Emmanuel Kipkemboi Saina	KEN	4	Dubai	25 Jan 2019
5	2:05:18	5	Shifera Tamru Aredo	ETH	5	Dubai	25 Jan 2019
6	2:06:09	6	Kelkile Gezahegn Woldaregay	ETH	6	Dubai	25 Jan 2019
7	2:06:32	7	Aduugna Takele Bikila	ETH	7	Dubai	25 Jan 2019
8	2:06:36	8	Tsedat Abege Ayana	ETH	1	Sevilla	17 Feb 2019
9	2:06:39	9	Belay Asefa Bedada	ETH	2	Sevilla	17 Feb 2019
10	2:06:41	10	Birhanu Bekele Berga	ETH	3	Sevilla	17 Feb 2019
11	2:06:46	11	Okubay Tsegay Gebretnsae	ERI	4	Sevilla	17 Feb 2019
12	2:06:49	12	Daniel Kipkore Kibet	KEN	5	Sevilla	17 Feb 2019
13	2:08:16	13	Andualem Belay Shiferau	EHT	1	Castellan	24 Feb 2019
14	2:08:20	14	Birhanu Teshome Demisie	ETH	8	Dubai	25 Jan 2019
15	2:08:27	15	Fikadu Kebede Debele	ETH	9	Dubai	25 Jan 2019
16	2:08:35	16	Hicham Laquoahi	MAR	1	Beppu-Oita	3 Feb 2019
17	2:08:43	17	Fikadu Girma Teferi	ETH	1	Marrakech	27 Jan 2019
18	2:08:49	18	Paul Muchemi Maina	KEN	2	Marrakech	27 Jan 2019
19	2:09:04	19	Abdela Godana	ETH	2	Beppu-Oita	3 Feb 2019
20	2:09:11	20	Yihunilign Adane	ETH	3	Beppu-Oita	3 Feb 2019
21	2:09:15	21	Cosmas Lagat	KEN	1	Mumbai	20 Jan 2019
22	2:09:15	22	Kohei Futaoka	JPN	4	Beppu-Oita	3 Feb 2019
23	2:09:20	23	Barbanas Kiptum	KEN	1	Hong Kong	17 Feb 2019
24	2:09:26	24	Dejene Debela Gonfa	ETH	1	Xiamen	6 Jan 2019
25	2:09:28	25	Afewerk Mesfin Woldtensae	ETH	2	Xiamen	6 Jan 2019
26	2:09:28	26	Samuel Kiplimo Kosgei	KEN	6	Sevilla	17 Feb 2019
27	2:09:29	27	Ryo Hashimoto	JPN	5	Beppu-Oita	3 Feb 2019
28	2:09:30	28	Yuji Iwata	JPN	6	Beppu-Oita	3 Feb 2019
29	2:09:36	29	Birhan Nebebew Tesfaye	ETH	3	Xiamen	6 Jan 2019
30	2:09:43	30	Chele Dechasa Beyene	ETH	4	Xiamen	6 Jan 2019
31	2:09:50	31	Tadese Abraham	SUI	10	Dubai	25 Jan 2019
32	2:09:52	32	Belachew Alemayehu Ameta	ETH	5	Xiamen	6 Jan 2019
33	2:09:55	33	Hassan Chahdi	FRA	7	Sevilla	17 Feb 2019
34	2:09:56	34	Dinbushe Bira Seboka	ETH	3	Marrakech	27 Jan 2019
35	2:10:02	35	Albert Korir	KEN	1	Houston	20 Jan 2019
36	2:10:05	36	Aychew Bantie	ETH	2	Mumbai	20 Jan 2019
37	2:10:08	37	Yitayal Atnafu	ETH	2	Houston	20 Jan 2019
38	2:10:10	38	Mohamed El Talhaoui	MAR	4	Marrakech	27 Jan 2019

## 2018 Women's Marathon Performance List

Performance	Time	Performer	Name	Nat	Pos	Venue	Date
1	2:18:11	1	Gladys Cherono	KEN	1	Berlin	16 Sept 2018
2	2:18:31	2	Vivian Cheruiyot	KEN	1	London	22 Apr 2018
3	2:18:34	3	Ruti Aga	KEN	2	Berlin	16 Sept 2018
4	2:18:35	4	Brigid Kosgei	KEN	1	Chicago	7 Oct 2018
5	2:18:35	5	Ruth Chepngetich	KEN	1	Istanbul	11 Nov 2018
6	2:18:55	6	Tirunesh Dibaba	ETH	3	Berlin	16 Sept 2018
7	2:19:17	7	Roza Dereje Bekele	ETH	1	Dubai	26 Jan 2018
8	2:19:30	8	Feyse Tadese Boru	ETH	2	Dubai	26 Jan 2018
9	2:19:36	9	Yebrgual Melese Arage	ETH	3	Dubai	26 Jan 2018
10	2:19:51	10	Birhane Dibaba	ETH	1	Tokyo	25 Feb 2018
11	2:19:53	11	Worknesh Degefa Debele	ETH	4	Dubai	26 Jan 2018
12	2:20:13	12	Tesfay Haylu Haftamnesh	ETH	5	Dubai	26 Jan 2018
13	2:20:13		Brigid Kosgei		2	London	22 Apr 2018
14	2:20:36	13	Meskerem Assefa Wondimagegn	ETH	1	Frankfurt	28 Oct 2018
15	2:20:36		Yebrgual Melese		1	Shanghai	18 Nov 2018
16	2:20:45	14	Gelete Burka Bati	ETH	6	Dubai	26 Jan 2018
17	2:20:47		Haftamnesh Tesfay Haylu		2	Frankfurt	28 Oct 2018
18	2:21:14	15	Ashete Bekere Dido	ETH	1	Valencia	2 Dec 2018
19	2:21:18	16	Edna Kiplagat	KEN	4	Berlin	16 Sept 2018
20	2:21:18		Roza Dereje		2	Chicago	7 Oct 2018
21	2:21:19		Ruti Aga		2	Tokyo	25 Feb 2018
22	2:21:32	17	Bedatu Hirpa Badane	ETH	3	Frankfurt	28 Oct 2018
23	2:21:38	18	Valary Jemeli Aiyabei	KEN	1	Beijing	16 Sept 2018
24	2:21:40	19	Tadelech Bekele	ETH	3	London	22 Apr 2018
25	2:21:42	20	Amy Cragg	USA	3	Tokyo	25 Feb 2018
26	2:21:45	21	Dera Yami Dida	ETH	7	Dubai	26 Jan 2018
27	2:21:45		Meskerem Assefa		1	Nagoya	11 Mar 2018
28	2:21:51	22	Azmera Abreha	ETH	2	Shanghai	18 Nov 2018
29	2:21:53	23	Belaynesh Oljira Jemama	ETH	4	Frankfurt	28 Oct 2018
30	2:22:07	24	Shure Demise	ETH	4	Tokyo	25 Feb 2018
31	2:22:11	25	Lydia Cheromei	KEN	2	Valencia	2 Dec 2018
32	2:22:15		Shure Demise		3	Chicago	7 Oct 2018
33	2:22:17		Gelete Burka		1	Ottawa	27 May 2018
34	2:22:23	26	Mizuki Matsuda	JPN	5	Berlin	16 Sept 2018
35	2:22:29	27	Mimi Belete	BRN	1	Toronto	21 Oct 2018
36	2:22:35	28	Marta Megra	ETH	2	Toronto	21 Oct 2018
37	2:22:39		Dera Dida Yami		5	Frankfurt	28 Oct 2018
38	2:22:44		Mizuki Matsuda	JPN	1	Osaka	28 Jan 2018
39	2:22:45	29	Sintayehu Lewetegn Hailemichael	ETH	6	Frankfurt	28 Oct 2018
40	2:22:46	30	Nancy Kiprof	KEN	7	Frankfurt	28 Oct 2018
41	2:22:48		Valary Jemeli		2	Nagoya	11 Mar 2018
42	2:22:48	31	Helen Tola	ETH	6	Berlin	16 Sept 2018
43	2:22:48	32	Mary Keitany	KEN	1	New York	4 Nov 2018
44	2:22:56	33	Betsy Saina	KEN	1	Paris	8 Apr 2018
45	2:22:58	34	Visiline Jepkesho	KEN	1	Ljubljana	28 Oct 2018
46	2:22:59		Ruth Chepngetich		2	Paris	8 Apr 2018
47	2:23:06	35	Gulume Chala Tollesa	ETH	3	Paris	8 Apr 2018
48	2:23:07	36	Hanami Sekine	JPN	3	Nagoya	11 Mar 2018
49	2:23:14		Tadelech Bekele		1	Amsterdam	21 Oct 2018
50	2:23:15	37	Sally Kaptich Chepyego	KEN	2	Ljubljana	28 Oct 2018
51	2:23:27		Ashete Bekele		4	Paris	8 Apr 2018
52	2:23:28	38	Shasho Inermu	ETH	2	Amsterdam	21 Oct 2018
53	2:23:29	39	Ruth Chebitok	KEN	3	Toronto	21 Oct 2018
54	2:23:31	40	Azmera Gebru	ETH	3	Amsterdam	21 Oct 2018