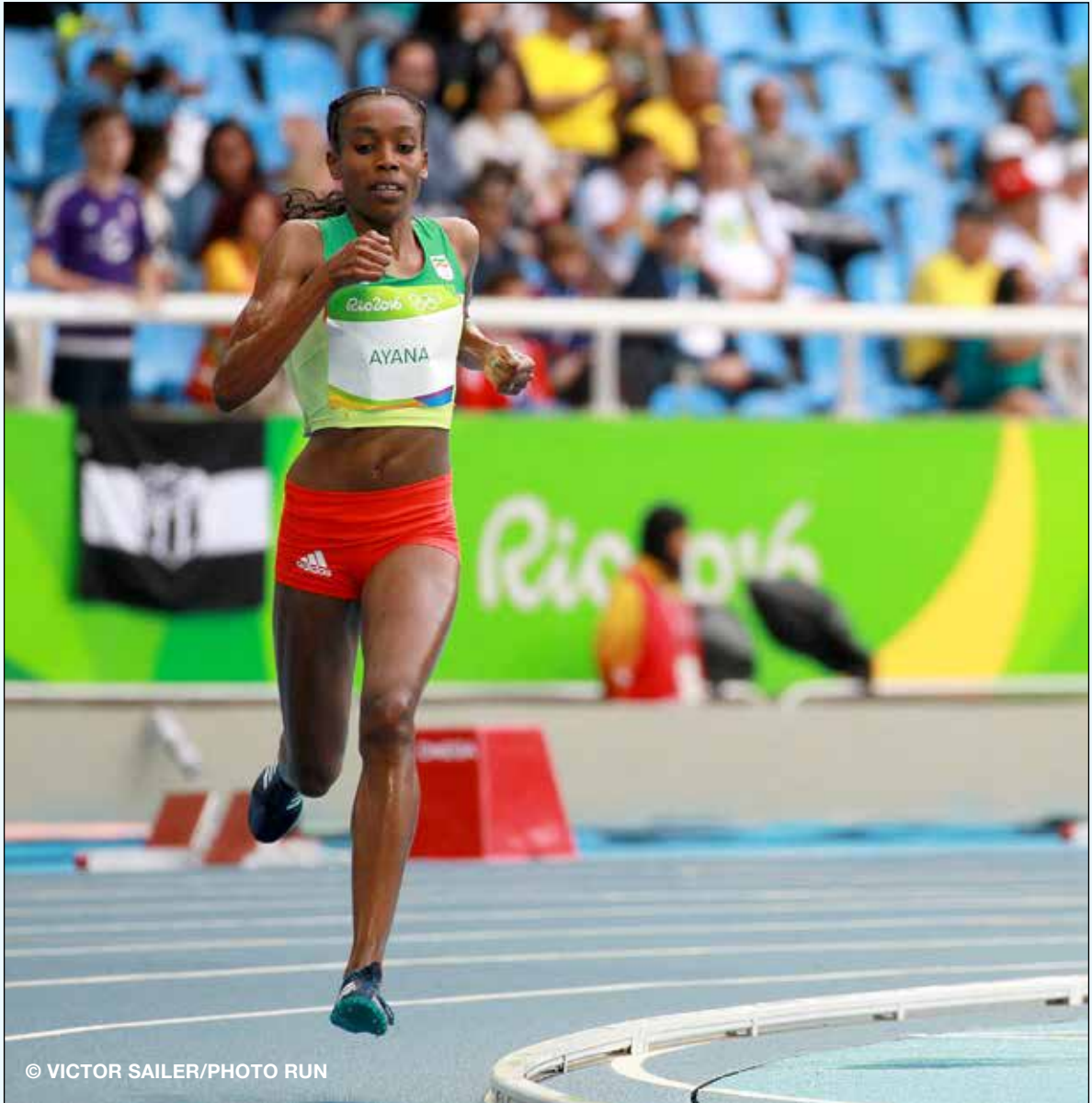


# World Rankings — Women's 10,000



**1956–1980**  
(rankings not done)

**1981**

- 1.....Yelena Sipatova (Soviet Union)
- 2..... Olga Bondarenko (Soviet Union)
- 3..... Yelena Tsukhlo (Soviet Union)
- 4.....Anna Oyun (Soviet Union)
- 5.....Lidia Klyukina (Soviet Union)
- 6..... Natalya Boborova (Soviet Union)
- 7.....Mariya Danilyuk (Soviet Union)
- 8..... Galina Zakharova (Soviet Union)
- 9.... Anna Domoratskaya (Soviet Union)
- 10..... Akemi Masuda (Japan)

**2-time No. 1 Almaz Ayana broke an unbreakable WR in Rio.**

**1982**

- 1.....Mary Slaney (US)
- 2.... Anna Domoratskaya (Soviet Union)
- 3..... Raisa Sadreydinova (Soviet Union)
- 4.....Lyudmila Baranova (Soviet Union)
- 5..... Svetlana Ulmasova (Soviet Union)
- 6..... Galina Zakharova (Soviet Union)
- 7..... Gabriele Riemann (East Germany)
- 8..... Nanae Sasaki (Japan)
- 9..... Kim Schnurpfeil (US)
- 10..... Anne-Marie Malone (Canada)

# World Rankings — Women's 10,000

## 1983

- 1..... Raisa Sadreydinova (Soviet Union)
- 2..... Lyudmila Baranova (Soviet Union)
- 3..... Olga Bondarenko (Soviet Union)
- 4..... Aurora Cunha (Portugal)
- 5..... Charlotte Teske (West Germany)
- 6..... Dorthe Rasmussen (Denmark)
- 7.. Tatyana Pozdnyakova (Soviet Union)
- 8..... Anne Audain (New Zealand)
- 9..... Nancy Rooks (Canada)
- 10.. Lyudmila Matveyeva (Soviet Union)

## 1984

- 1..... Olga Bondarenko (Soviet Union)
- 2..... Galina Zakharova (Soviet Union)
- 3..... Ulrike Bruns (East Germany)
- 4..... Joan Samuelson (US)
- 5..... Zhanna Tursunova (Soviet Union)
- 6... Lyubov Konyukhova (Soviet Union)
- 7... Anna Domoratskaya (Soviet Union)
- 8..... Raisa Smekhnova (Soviet Union)
- 9..... Kathy Hayes (US)
- 10.. Lyudmila Matveyeva (Soviet Union)

## 1985

- 1..... Ingrid Kristiansen (Norway)
- 2..... Olga Bondarenko (Soviet Union)
- 3..... Aurora Cunha (Portugal)
- 4..... Svetlana Guskova (Soviet Union)
- 5..... Francie Larrieu Smith (US)
- 6..... Mary Knisely (US)
- 7.. Marina Rodchenkova (Soviet Union)
- 8..... Kirsten O'Hara (US)
- 9..... Lynn Jennings (US)
- 10..... Yelizaveta Bradu (Soviet Union)

## 1986

- 1..... Ingrid Kristiansen (Norway)
- 2..... Olga Bondarenko (Soviet Union)
- 3..... Ulrike Bruns (East Germany)
- 4..... Aurora Cunha (Portugal)
- 5..... Svetlana Guskova (Soviet Union)
- 6..... Yelena Zhupiyeva (Soviet Union)
- 7..... Liz McColgan (Great Britain)
- 8..... Anne Audain (New Zealand)
- 9..... Karolina Szabó (Hungary)
- 10.. Natalya Sorokivskaya (Soviet Union)

## 1987

- 1..... Ingrid Kristiansen (Norway)
- 2..... Yelena Zhupiyeva (Soviet Union)
- 3..... Kathrin Wessel (East Germany)
- 4..... Olga Bondarenko (Soviet Union)
- 5..... Liz McColgan (Great Britain)
- 6..... Lynn Jennings (US)
- 7..... Albertina Machado (Portugal)
- 8..... Xiuting Wang (China)
- 9..... Anne Audain (New Zealand)
- 10..... Angela Tooby (Great Britain)

## 1988

- 1..... Olga Bondarenko (Soviet Union)
- 2..... Liz McColgan (Great Britain)
- 3..... Yelena Zhupiyeva (Soviet Union)
- 4..... Kathrin Wessel (East Germany)
- 5..... Ingrid Kristiansen (Norway)
- 6..... Francie Larrieu Smith (US)
- 7..... Lynn Jennings (US)
- 8... Lyudmila Matveyeva (Soviet Union)
- 9..... Xiuting Wang (China)
- 10..... Lynn Nelson (US)

## 1989

- 1..... Kathrin Wessel (East Germany)
- 2..... Ingrid Kristiansen (Norway)
- 3..... Viorica Ghican (Romania)
- 4..... Iris Biba (West Germany)
- 5.. Natalya Sorokivskaya (Soviet Union)
- 6..... Masami Ishizaka (Japan)
- 7..... Kumi Araki (Japan)
- 8..... Miyoko Asahina (Japan)
- 9..... Akemi Matsuno (Japan)
- 10..... Anne Audain (New Zealand)

## 1990

- 1..... Yelena Romanova (Soviet Union)
- 2..... Kathrin Wessel (East Germany)
- 3..... Viorica Ghican (Romania)
- 4..... Annette Sergent (France)
- 5..... Midde Hamrin (Sweden)
- 6..... Uta Pippig (West Germany)
- 7..... Wanda Panfil (Poland)
- 8..... Jill Hunter (Great Britain)
- 9..... Päivi Tikkanen (Finland)
- 10..... Huandi Zhong (China)

# World Rankings — Women's 10,000

## 1991

- 1..... Liz McColgan (Great Britain)
- 2..... Huandi Zhong (China)
- 3..... Kathrin Wessel (Germany)
- 4..... Xiuting Wang (China)
- 5..... Lynn Jennings (US)
- 6..... Uta Pippig (Germany)
- 7..... Ingrid Kristiansen (Norway)
- 8..... Derartu Tulu (Ethiopia)
- 9..... Jill Hunter (Great Britain)
- 10..... Elana Meyer (South Africa)

## 1992

- 1..... Derartu Tulu (Ethiopia)
- 2..... Elana Meyer (South Africa)
- 3..... Lynn Jennings (US)
- 4..... Huandi Zhong (China)
- 5..... Liz McColgan (Great Britain)
- 6..... Xiuting Wang (China)
- 7..... Lisa Ondieki (Australia)
- 8..... Uta Pippig (Germany)
- 9..... Kathrin Wessel (Germany)
- 10..... Judi St. Hilaire (US)

## 1993

- 1..... Junxia Wang (China)
- 2..... Huandi Zhong (China)
- 3..... Sally Barsosio (Kenya)
- 4..... Tegla Loroupe (Kenya)
- 5..... Lynn Jennings (US)
- 6..... Maria Ferreira (Portugal)
- 7..... Albertina Dias (Portugal)
- 8..... Anne Marie Lauck (US)
- 9..... Uta Pippig (Germany)
- 10..... Fernanda Ribeiro (Portugal)

## 1994

- 1..... Junxia Wang (China)
- 2..... Yvonne Murray (Great Britain)
- 3..... Elana Meyer (South Africa)
- 4..... Fernanda Ribeiro (Portugal)
- 5..... Li Dong (China)
- 6..... Maria Ferreira (Portugal)
- 7..... Daria Nauer (Switzerland)
- 8..... Kathrin Wessel (Germany)
- 9..... Huandi Zhong (China)
- 10..... Catherina McKiernan (Ireland)

## 1995

- 1..... Fernanda Ribeiro (Portugal)
- 2..... Derartu Tulu (Ethiopia)
- 3..... Catherina McKiernan (Ireland)
- 4..... Tegla Loroupe (Kenya)
- 5..... Maria Guida (Italy)
- 6..... Elana Meyer (South Africa)
- 7..... Liz McColgan (Great Britain)
- 8..... Alla Zhilyayeva (Russia)
- 9..... Hiromi Suzuki (Japan)
- 10..... Annemari Sandell (Finland)

## 1996

- 1..... Fernanda Ribeiro (Portugal)
- 2..... Junxia Wang (China)
- 3..... Gete Wami (Ethiopia)
- 4..... Derartu Tulu (Ethiopia)
- 5..... Julia Vaquero (Spain)
- 6..... Masako Chiba (Japan)
- 7..... Yuko Kawakami (Japan)
- 8..... Tegla Loroupe (Kenya)
- 9..... Iulia Negura (Romania)
- 10..... Sally Barsosio (Kenya)

## 1997

- 1..... Sally Barsosio (Kenya)
- 2..... Fernanda Ribeiro (Portugal)
- 3..... Masako Chiba (Japan)
- 4..... Nyla Carroll (New Zealand)
- 5..... Berhane Adere (Ethiopia)
- 6..... Xiujuan Ren (China)
- 7..... Tegla Loroupe (Kenya)
- 8..... Harumi Hiroyama (Japan)
- 9..... Julia Vaquero (Spain)
- 10..... Silvia Sommaggio (Italy)

## 1998

- 1..... Sonia O'Sullivan (Ireland)
- 2..... Fernanda Ribeiro (Portugal)
- 3..... Paula Radcliffe (Great Britain)
- 4..... Lidia Simon (Romania)
- 5..... Olivera Jevtić (Yugoslavia)
- 6..... Zhaoxia Dong (China)
- 7..... Yuko Kawakami (Japan)
- 8..... Chiemi Takahashi (Japan)
- 9..... Leah Malot (Kenya)
- 10..... Esther Wanjiru (Kenya)

# World Rankings — Women's 10,000

## 1999

- 1..... Gete Wami (Ethiopia)
- 2..... Paula Radcliffe (Great Britain)
- 3..... Tegla Loroupe (Kenya)
- 4..... Leah Malot (Kenya)
- 5..... Merima Hashim (Ethiopia)
- 6..... Merima Denboba (Ethiopia)
- 7..... Harumi Hiroyama (Japan)
- 8..... Chiemi Takahashi (Japan)
- 9..... Berhane Adere (Ethiopia)
- 10..... Yuko Kawakami (Japan)

## 2000

- 1..... Derartu Tulu (Ethiopia)
- 2..... Gete Wami (Ethiopia)
- 3..... Fernanda Ribeiro (Portugal)
- 4..... Paula Radcliffe (Great Britain)
- 5..... Tegla Loroupe (Kenya)
- 6..... Sonia O'Sullivan (Ireland)
- 7..... Ji Li (China)
- 8..... Elana Meyer (South Africa)
- 9..... Lidiya Grigoryeva (Russia)
- 10..... Yuko Kawakami (Japan)

## 2001

- 1..... Derartu Tulu (Ethiopia)
- 2..... Berhane Adere (Ethiopia)
- 3..... Gete Wami (Ethiopia)
- 4..... Paula Radcliffe (Great Britain)
- 5..... Asmae Leghzaoui (Morocco)
- 6..... Ayelech Worku (Ethiopia)
- 7..... Mihaela Botezan (Romania)
- 8..... Restituta Joseph (Tanzania)
- 9..... Lyudmila Petrova (Russia)
- 10..... Leah Malot (Kenya)

## 2002

- 1..... Paula Radcliffe (Great Britain)
- 2..... Yingjie Sun (China)
- 3..... Sonia O'Sullivan (Ireland)
- 4..... Kayoko Fukushi (Japan)
- 5..... Yoko Shibui (Japan)
- 6..... Deena Kastor (US)
- 7..... Lyudmila Biktasheva (Russia)
- 8..... Mihaela Botezan (Romania)
- 9..... Salina Kosgei (Kenya)
- 10..... Susan Chepkemei (Kenya)

## 2003

- 1..... Berhane Adere (Ethiopia)
- 2..... Werknesh Kidane (Ethiopia)
- 3..... Yingjie Sun (China)
- 4..... Lornah Kiplagat (Netherlands)
- 5..... Alla Zhilyayeva (Russia)
- 6..... Galina Bogomolova (Russia)
- 7..... Huina Xing (China)
- 8..... Benita Johnson (Australia)
- 9..... Adriana Fernández (Mexico)
- 10..... Ejegayehu Dibaba (Ethiopia)

## 2004

- 1..... Huina Xing (China)
- 2..... Ejegayehu Dibaba (Ethiopia)
- 3..... Derartu Tulu (Ethiopia)
- 4..... Werknesh Kidane (Ethiopia)
- 5..... Lornah Kiplagat (Netherlands)
- 6..... Paula Radcliffe (Great Britain)
- 7..... Yingjie Sun (China)
- 8..... Jelena Prokopčuka (Latvia)
- 9..... Lidiya Grigoryeva (Russia)
- 10..... Lucy Kabuu (Kenya)

## 2005

- 1..... Tirunesh Dibaba (Ethiopia)
- 2..... Berhane Adere (Ethiopia)
- 3..... Ejegayehu Dibaba (Ethiopia)
- 4..... Huina Xing (China)
- 5..... Edith Masai (Kenya)
- 6..... Werknesh Kidane (Ethiopia)
- 7..... Galina Bogomolova (Russia)
- 8..... Paula Radcliffe (Great Britain)
- 9..... Irene Kwambai (Kenya)
- 10..... Kayoko Fukushi (Japan)

## 2006

- 1..... Inga Abitova (Russia)
- 2..... Susanne Wigene (Norway)
- 3..... Lidiya Grigoryeva (Russia)
- 4..... Galina Bogomolova (Russia)
- 5..... Elvan Abeylegesse (Turkey)
- 6..... Kayoko Fukushi (Japan)
- 7..... Lornah Kiplagat (Netherlands)
- 8..... Jelena Prokopčuka (Latvia)
- 9..... Edith Masai (Kenya)
- 10..... Lucy Kabuu (Kenya)

# World Rankings — Women's 10,000

## 2007

- 1.....Tirunesh Dibaba (Ethiopia)
- 2..... Kara Goucher (US)
- 3..... Jo Pavey (Great Britain)
- 4..... Kim Smith (New Zealand)
- 5..... Deena Kastor (US)
- 6..... Mestawat Tufa (Ethiopia)
- 7.....Ejegayehu Dibaba (Ethiopia)
- 8..... Jen Rhines (US)
- 9..... Florence Kiplagat (Kenya)
- 10.....Philes Ongori (Kenya)

## 2008

- 1.....Tirunesh Dibaba (Ethiopia)
- 2..... Shalane Flanagan (US)
- 3..... Linet Masai (Kenya)
- 4..... Mariya Konovalova (Russia)
- 5..... Lucy Kabuu (Kenya)
- 6.....Lornah Kiplagat (Netherlands)
- 7.....Ejegayehu Dibaba (Ethiopia)
- 8..... Kim Smith (New Zealand)
- 9..... Mestawat Tufa (Ethiopia)
- 10..... Kara Goucher (US)

## 2009

- 1..... Linet Masai (Kenya)
- 2..... Meselech Melkamu (Ethiopia)
- 3.....Wude Ayalew (Ethiopia)
- 4..... Meseret Defar (Ethiopia)
- 5..... Grace Momanyi (Kenya)
- 6..... Amy Begley (US)
- 7..... Florence Kiplagat (Kenya)
- 8..... Yurika Nakamura (Japan)
- 9..... Kim Smith (New Zealand)
- 10.....Kayoko Fukushi (Japan)

## 2010

- 1.....Tirunesh Dibaba (Ethiopia)
- 2..... Meselech Melkamu (Ethiopia)
- 3..... Linet Masai (Kenya)
- 4..... Elvan Abeylegesse (Turkey)
- 5..... Grace Momanyi (Kenya)
- 6.....Inês Monteiro (Portugal)
- 7..... Pauline Korikwang (Kenya)
- 8..... Doris Changeiywo (Kenya)
- 9..... Jéssica Augusto (Portugal)
- 10.....Kayoko Fukushi (Japan)

## 2011

- 1.....Vivian Cheruiyot (Kenya)
- 2..... Sally Kipyego (Kenya)
- 3..... Linet Masai (Kenya)
- 4..... Priscah Cheron (Kenya)
- 5..... Meselech Melkamu (Ethiopia)
- 6..... Shalane Flanagan (US)
- 7.....Shitaye Eshete (Bahrain)
- 8.....Kayoko Fukushi (Japan)
- 9..... Meseret Defar (Ethiopia)
- 10..... Worknesh Kidane (Ethiopia)

## 2012

- 1.....Tirunesh Dibaba (Ethiopia)
- 2..... Sally Kipyego (Kenya)
- 3..... Vivian Cheruiyot (Kenya)
- 4..... Florence Kiplagat (Kenya)
- 5..... Worknesh Kidane (Ethiopia)
- 6..... Belaynesh Oljira (Ethiopia)
- 7..... Joyce Chepkirui (Kenya)
- 8..... Shitaye Eshete (Ethiopia)
- 9..... Jo Pavey (Great Britain)
- 10..... Julia Bleasdale (Great Britain)

## 2013

- 1..... Tirunesh Dibaba (Ethiopia)
- 2..... Meseret Defar (Ethiopia)
- 3..... Gladys Cheron (Kenya)
- 4..... Belaynesh Oljira (Ethiopia)
- 5..... Emily Chebet (Kenya)
- 6..... Hitomi Niiya (Japan)
- 7..... Shitaye Eshete (Bahrain)
- 8..... Selly Chepyego (Kenya)
- 9..... Shalane Flanagan (US)
- 10..... Yeshaneh Ababel (Ethiopia)

## 2014

- 1..... Joyce Chepkirui (Kenya)
- 2..... Florence Kiplagat (Kenya)
- 3..... Sally Kipyego (Kenya)
- 4..... Molly Huddle (US)
- 5.....Betsy Saina (Kenya)
- 6..... Selly Chepyego (Kenya)
- 7..... Alia Mohamed Saeed (UAE)
- 8..... Changqin Ding (China)
- 9..... Emily Chebet (Kenya)
- 10.....Ayumi Hagiwara (Japan)

# World Rankings — Women's 10,000

## 2015

- 1.....Vivian Cheruiyot (Kenya)
- 2..... Gelete Burka (Ethiopia)
- 3..... Molly Huddle (US)
- 4..... Emily Infeld (US)
- 5..... Sally Kipyego (Kenya)
- 6..... Shalane Flanagan (US)
- 7.....Alice Nawowuna (Kenya)
- 8..... Gladys Chesire (Kenya)
- 9..... Alemitu Haroye (Ethiopia)
- 10.....Betsy Saina (Kenya)

## 2016

- 1..... Almaz Ayana (Ethiopia)
- 2.....Vivian Cheruiyot (Kenya)
- 3.....Tirunesh Dibaba (Ethiopia)
- 4.....Alice Nawowuna (Kenya)
- 5.....Betsy Saina (Kenya)
- 6..... Molly Huddle (US)
- 7..... Yasemin Can (Turkey)
- 8..... Gelete Burka (Ethiopia)
- 9..... Netsanet Gudeta (Ethiopia)
- 10..... Genet Ayalew (Ethiopia)

## 2017

- 1..... Almaz Ayana (Ethiopia)
- 2.....Tirunesh Dibaba (Ethiopia)
- 3..... Agnes Tirop (Kenya)
- 4.....Alice Nawowuna (Kenya)
- 5..... Gelete Burka (Ethiopia)
- 6..... Senbere Teferi (Ethiopia)
- 7..... Belaynesh Oljira (Ethiopia)
- 8..... Emily Infeld (US)
- 9.....Susan Krumins (Netherlands)
- 10..... Irene Cheptai (Kenya)

## 2018

- 1.....Stacy Ndiwa (Kenya)
- 2..... Pauline Korikwang (Kenya)
- 3..... Stella Chesang (Uganda)
- 4.....Alice Nawowuna (Kenya)
- 5..... Gete Alemayehu (Ethiopia)
- 6..... Pauline Kamulu (Kenya)
- 7..... Mercyline Chelangat (Uganda)
- 8..... Lonah Chemtai Salpeter (Israel)
- 9.....Sandra Tuei (Kenya)
- 10.....Gloria Kite (Kenya)

## 2019

- 1..... Sifan Hassan (Netherlands)
- 2.....Letesenbet Gidey (Ethiopia)
- 3..... Agnes Tirop (Kenya)
- 4.....Rosemary Wanjiru (Kenya)
- 5.....Hellen Obiri (Kenya)
- 6..... Senbere Teferi (Ethiopia)
- 7..... Netsanet Gudeta (Ethiopia)
- 8.....Susan Krumins (Netherlands)
- 9..... Tsehay Gemechu (Ethiopia)
- 10..... Molly Huddle (US)

## 2021

- 1..... Sifan Hassan (Netherlands)
- 2..... Kalkidan Gezahegne (Bahrain)
- 3.....Letesenbet Gidey (Ethiopia)
- 4..... Gudaf Tsegay (Ethiopia)
- 5.....Hellen Obiri (Kenya)
- 6..... Francine Niyonsaba (Burundi)
- 7..... Irene Cheptai (Kenya)
- 8..... Tsige Gebreselama (Ethiopia)
- 9..... Tsehay Gemechu (Ethiopia)
- 10..... Yalemzerf Yehualaw (Ethiopia)

## 2022

- 1.....Letesenbet Gidey (Ethiopia)
- 2.....Hellen Obiri (Kenya)
- 3.....Margaret Kipkemboi (Kenya)
- 4..... Sifan Hassan (Netherlands)
- 5.....Ejgayehu Taye (Ethiopia)
- 6.....Rahel Daniel (Eritrea)
- 7..... Eilish McColgan (Great Britain)
- 8..... Bosena Mulate (Ethiopia)
- 9..... Caroline Kipkirui (Kazakhstan)
- 10..... Karissa Schweizer (US)

## 2023

- 1..... Gudaf Tsegay (Ethiopia)
- 2.....Letesenbet Gidey (Ethiopia)
- 3.....Ejgayehu Taye (Ethiopia)
- 4..... Sifan Hassan (Netherlands)
- 5.....Irene Kimais (Kenya)
- 6..... Alicia Monson (US)
- 7..... Mizan Alem (Ethiopia)
- 8..... Agnes Ngetich (Kenya)
- 9.....Grace Loibach Nawowuna (Kenya)
- 10..... Eilish McColgan (Great Britain)