

## Women's 5000 Metres

22 Entrants

Aug 12 / 12:15

	Age	(Days)	Born	SB	PB
<b>396</b> <b>SALPETER Lonah Chemtai</b> ISR	<b>29y</b>	240d	1988	<b>15:17.81</b>	<b>15:17.81 -18</b>
<p>Full name-Lonah Chemtai Salpeter (Née Korlima)            Allegiance transferee from Kenya – has lived in Israeli since 2008, acquired Israeli citizenship on March 17, 2016 and cleared by IAAF to represent Israel from April 23, 2016. Now Israel's first female European Champion in athletics            Marathon pb: 2:40:16 -16. Half Mar pb: 68:58 -18. 10,000 pb: 31:33.03 -18. 40 ECH Half Mar 2016; 1 Berlin 25K 2017; 12 World Half Mar 2018; 1 ECP 10,000 2018 (2017 -18); 1 ECH 10,000 2018. At EXC: 2017-50. 1 Israeli 10,000 2016/2017/2018. Coach/husband-Dan Salpeter, who she met while she was working as a nanny for a diplomat at the Kenyan Embassy. Their son Roy born 2015.            Marathons (4): 1 Tel Aviv 2016, dnf OLY 2016, 11 Berlin 2016, 41 WCH 2017            Her facebook explanation for her dnf in Rio: ""Unfortunately, I was forced to stop by a shoulder problem. As you all know, I'm still nursing my 20-month-old son. During my training in Kenya, I tried to stop, but it caused me pain and a shoulder problem due to running with breasts full of milk. This limited me in the European championships in Amsterdam and happened again today. I promise to attain respectable achievements in the future and am going forward with head held high."            In 2018: 1 Rishon Letzion 15K; 1 Tel Aviv 3000 (Israeli record 9:06.60) (Feb 10); 4 Tel Aviv XC; 12 World Half Mar; 2 Tel Aviv 1500 (Apr 21); 1 Israeli 10,000; 1 ECP 10,000; 1 Valencia 15K; 2 Israeli 1500 (Israeli record 4:11.59); 1 Kortrijk 5000 (Israeli record 15:17.81);            Here: 10,000 1-31:43.29</p>					
<b>406</b> <b>KRUMINS Susan</b> NED	<b>32y</b>	33d	1986	<b>15:22.70</b>	<b>14:51.25 -17</b>
<p>(Née Kuijken pronounced "Cow-kun")            2014 European 5000m bronze, 2018 European 10,000m silver            10,000 pb: 31:20.24 -17 (31:52.55 -18). 3000 pb: 8:34.41 -17 (8:41.83 -18). 1500 pb: 4:02.25 -17. 800 pb: 2:02.24 -09. Half Mar pb: 70:52 -17. 3 European Youth 1500 2003; dnf WJC 3000 2004; 2 EJC 3000 2005; 4 under-23 ECH 1500 2007; ht WCH 1500 2009; ht ECH 1500 2010; 8 WCH 5000 2013/2015; 3 ECH 5000 2014 (2016-4); 10 ECH 10,000 2015; 10 WCH 10,000 2015; 8 OLY 10,000 2016; 5 WCH 10,000 2017 (8 5000); 2 ECH 10,000 2018. At WXC: 2004-71J, 2005-58J. At EXC: 2002-34J, 2004-40J, 2005-3J, 2006-16u23, 2007-dnf u23, 2008-1u23. 1 NCAA indoor 3000 2008; 1 NCAA 1500 2009; 1 Dutch 1500 2014 &amp; 5000 2016. Married Andrew Krumins (AUS) in 2016, he's a 1:47.16 800m runner            In 2018: 1 Vienna 5K; 6 Nijmegen 5000; 2 London Diamond 3000;            Here: 10,000 2-31:52.55</p>					
<b>409</b> <b>RUTKOWSKA Katarzyna</b> POL	<b>24y</b>	208d	1994	<b>15:37.31</b>	<b>15:37.31 -18</b>
<p>3x Polish Champion at 10,000m // 10,000 pb: 32:31.40 -18. 4 ECP 10,000 2018 (2017-14); dnf ECH 10,000 2018. At WXC: 2013-48J. At EXC: 2012-47J, 2013-48J, 2016 -5u23, 2017-31. 1 Polish junior XC 2012. 1 Polish 10,000 2016/2017/2018            In 2018: 3 Hannut XC; 1 European Clubs Cup XC; 1 Polish XC; 1 Polish 10,000; 4 ECP 10,000; 1 Łomża 5000; 1 Białystok 1500; 5 Kortrijk 5000; 2 Polish 5000;            Here: 10,000-dnf</p>					
<b>415</b> <b>BOBOCEL Anuța</b> ROU	<b>30y</b>	311d	1987	<b>15:39.08</b>	<b>15:39.08 -18</b>
<p>Former European under-23 Cross Country Champion. Second at 2018 European Cup 10,000m            Half Mar pb: 70:21 -18. 10,000 pb: 31:43.12 -18. 3000 pb: 8:52.86i -13, 9:10.58 -07. 3000SC pb: 9:25.70 -12. 2 EJC 3000SC 2003/2005; 2 WJC 3000SC 2004/2006; ht OLY 3000SC 2008/2012/2016; 7 EIC 3000 2009 (2013-11); 1 under-23 ECH 3000SC 2009 (2007-2); ht WIC 3000 2010; ht EIC 1500 2011; 4 ECH 3000SC 2012 (2010-7, 2016-ht); 13 WCH 3000SC 2013 (2007/2009-ht); 1 Francophone Games 3000SC 2013; 11 EIC 3000 2017; 15 World Half Mar 2018; 2 ECP 10,000 2018; dnf ECH 10,000 2018. At EXC: 2004-2J, 2005-1J, 2006-3J, 2007-1u23, 2008-5u23, 2011-41, 2015-5, 2016-4, 2017-11. Coach-Marin Istrate            In 2018: 15 'Great' Edinburgh XC; 3 European Clubs Cup XC; 2 Cáceres XC; 2 Gijón XC; 15 World Half Mar (pb 70:21); 2 ECP 10,000; 12 Bengaluru 'World' 10K; 1 Cluj-Napoca 5000; 1 Romanian 5000 (2 1500);            Here: 10,000-dnf</p>					
<b>421</b> <b>BAHTA Meraf</b> SWE	<b>29y</b>	47d	1989	<b>15:10.20</b>	<b>14:49.95 -16</b>
<p>Full name-Meraf Bahta Ogbagaber            Former European Champion at 5000m            10,000 pb: 31:13.06 -17. 3000 pb: 8:37.50 -17 (8:42.46i, 8:57.61 -18). 1500 pb: 4:00.49 -17 (4:02.31 -18). 5 WJC 1500 2006; 7 African Games 5000 2007 (9 1500); 1 ETCh 5000 2014; 1 ECH 5000 2014 (2016-2); 2 IAAF Continental Cup 3000 2014; 6 OLY 1500 2016; 4 EIC 1500 2017; 9 WCH 1500 2017; 10 WIC 1500 2018 (12 3000); 3 ECHJ 10,000 2018. 1 Swedish 800/1500 2017; 5000 2011, XC 2013/2014/2017 &amp; indoor 1500/3000 2012/2014. At WXC: 2005-32J, 2006-12J, 2007-6J, 2008-43. At EXC: 2014-3, 2017-2. Missed much of 2015 with a foot injury. Coach-Ulf Friberg            Allegiance transferee from Eritrea – resident in Sweden since February 2009. Previously she was in Spain training when she was ordered home to join the Eritrean army (then she decided to instead go to Sweden seeking asylum as a political refugee). Gained Swedish citizenship on December 23, 2013 and cleared by the IAAF to represent Sweden from January 14, 2014            In 2018: 10 WIC 1500 (12 3000); 1 Stanford Jordan 5000; 7 Eugene Diamond 5000; 3 Hengelo Mile; 6 Stockholm Diamond 1500; 9 Ostrava Golden Spike 800 (pb 2:02.45); 2 Montreuil 2000; 3 Madrid 1500; 1 Sollentuna 3000; 11 Lausanne Diamond 1500; dnf Rabat Diamond 5000;            Here: 10,000 3-32:19.34</p>					
<b>422</b> <b>FOUGBERG Charlotta</b> SWE	<b>33y</b>	52d	1985	<b>15:23.80</b>	<b>15:23.80 -18</b>
<p>Full name-Charlotta Emma Katarina Fougberg            2014 European steeplechase silver            10,000 pb: 32:43.04 -18. 3000SC pb: 9:23.96 -14. 3000 pb: 8:58.56 -14. 12 ETCh 3000 2011; 1 ETCh 3000SC 2014; 2 ECH 3000SC 2014; 5 IAAF Continental Cup 3000SC 2014; 11 EIC 3000 2015 (2017-12); ht WCH 3000SC 2015/2017; ht OLY 3000SC 2016 (missed final by 0.62); 23 ECP 10,000 2018; 7 ECH 10,000 2018. At EXC: 2013-32, 2016-14. 1 Swedish 3000SC 2010/2011/2012/2013 (1 1500 indoor 2010/2013/2015) &amp; XC 2016. She made her international championship debut at age 28.            Coach-Johan Wettergren            In 2018: 3 Verbania Half Mar; 23 ECP 10,000; 1 Swedish Team Champs 5000; 12 Heusden 5000; The excellent Swedish media guide tells us: "Due to achilles problems taking time-out in '18 from steeplechasing focussing on longer distances";            Here: 10,000 7-32:43.04</p>					
<b>427</b> <b>CAN Yasemin</b> TUR	<b>21y</b>	241d	1996	<b>15:30.38</b>	<b>14:36.82 -17</b>
<p>DEFENDING EUROPEAN CHAMPION            Allegiance transferee from Kenya – formerly Vivian Jemutai. Has lived in Turkey since March 13, 2015, acquired Turkish citizenship on May 25, 2015 and cleared by IAAF to represent Turkey from March 13, 2016            10,000 pb: 30:26.41 -16. 3000 pb: 8:43.46i -17, 8:53.16 -16. 1 ECH 5000/10,000 2016; 6 OLY 5000 2016 (7 10,000); 2 EIC 3000 2017; 1 under-23 ECH 5000/10,000 2017; 11 WCH 10,000 2017 (ht 5000); 5 ECH 10,000 2018. At WXC: 2017-3R; At EXC: 2016-1, 2017-1. 1 Turkish indoor 3000/5000 2016; 1 Turkish 10,000 2016. Not to be confused with the Turkish-born Yasemin Can (1 Aug 92) who was the World Junior Mountain Running Champion in 2010. Coach-Carol Santa (ROU), she trains at Lornah Kiplagat's High Altitude Training Centre in Iten (along with Ali Kaya and Aras Kaya)            In 2018: 1 'Great' Edinburgh XC; 9 Doha Diamond 3000; 1 Mersin 3000/5000; 1 European Clubs Cup 3000/5000;            Here: 10,000 5-32:34.34</p>					
<b>437</b> <b>SHMATENKO Yuliya</b> UKR	<b>26y</b>	304d	1991	<b>15:44.85</b>	<b>15:22.85 -17</b>
<p>Half Mar pb: 72:20 -16 (74:55 -18); 10,000 pb: 32:57.31 -18. 17 ECP 10,000 2018. At EXC: 2013-33u23, 2016-49. 2 ETCh 5000 2017; ht WCH 5000 2017; dnf ECH 10,000 2018. 1 Ukrainian XC 2016 &amp; 5000 2017            In 2018: 2 Naples 5K; 2 Korschenbroich 5K; 3 Kiev Half Mar; 6 Vinnytsya 10,000 race 1; 17 ECP 10,000; 1 Ukrainian Teams 3000/5000; 2 Ukrainian 5000;            Here: 10,000-dnf</p>					

<b>1516</b>	<b>PAUER Nada</b> AUT	<b>31y</b>	272d	1986	<b>15:40.61</b>	<b>15:40.61 -18</b>
1500 pb: 4:22.61 -17 (4:24.76 -18). At EXC: 2017-58. 2 Empire State Building Run-Up 2006 (1576 steps, 86 floors). 1 Austrian indoor 3000 2016/2016; 1 Austrian 1500 2018 In 2018: 10 Pliezhausen 1000; 2 Karlsruhe; 4 Vienna 5K; 2 Aarhus 3000; 8 Tübingen 5000; 3 Pfungstadt 1500; 8 Bellinzona 5000; 1 Austrian 1500						
<b>1523</b>	<b>CARTON Louise</b> BEL	<b>24y</b>	116d	1994	<b>15:33.25</b>	<b>15:23.82 -15</b>
2015 European under-23 Cross Country Champion // 3000 pb: 9:07.61 -15. 1500 pb: 4:10.98 -15. 4 EJC 3000 2013; 2 under-23 ECH 5000 2015; 7 ECH 5000 2016; ht OLY 5000 2016. At EXC: 2013-18J, 2014-7u23, 2015-1u23, 2016-69. Coach-Dirk Engelen In 2018: 8 Rotselaar XC; 1 Virton 1500; 12 Oordegem IFAM; 11 Nijmegen 5000; 9 Tübingen 5000; 17 Heusden 5000						
<b>1696</b>	<b>COURTNEY Melissa</b> GBR	<b>24y</b>	345d	1993	<b>15:16.51</b>	<b>15:16.51 -18</b>
2018 Commonwealth bronze at 1500m // 3000 pb: 8:43.72 -17 (8:46.33 -18). 1500 pb: 4:03.44 -18. Mile pb: 4:23.15 -17 (4:27.29 -18). 800 pb: 2:04.03 -17. 10 under-23 ECH 1500 2015; ht ECH 1500 2016; 5 WSG 1500 2017; 3 COM 1500 2018 (9 5000). At EXC: 2017-1R. 1 Welsh 1500 2014; 1 English under-23 1500 2014/2015. Her partner is international decathlete Ashley Bryant. Coach-Rob Denmark (formerly Mark Pauley) In 2018: 1 Glasgow 3000m; 1 Eaubonne 3000; 4 UK indoor 3000; 2 Brisbane Classic 1500; 3 COM 1500 (9 5000); 1 Westminster Road Mile; 5 Hengelo Mile; 1 Nijmegen 5000; 2 UK 5000; 10 Lausanne Diamond 1500						
<b>1710</b>	<b>McCOLGAN Eilish</b> GBR	<b>27y</b>	258d	1990	<b>14:52.83</b>	<b>14:48.49 -17</b>
Twice 10th at World Championships: Steeplechase in 2013 & 5000m in 2017 1500 pb: 4:01.70 -07 (4:04.30 -18). 10,000 pb: 32:10.59 -17. 3000 pb: 8:31.00 -17 (8:48.03 -18). 3000SC pb: 9:35.82 -13. 8 Commonwealth Youth Games 3000 2008 (9 1500); 9 ETCh 3000SC 2011; 6 under-23 ECH 3000SC 2011; ht OLY 3000SC 2012; 10 WCH 3000SC 2013; 6 COM 3000SC 2014; 6 ECH 5000 2016; 13 OLY 5000 2016; 3 EIC 3000 2017; 10 WIC 3000 2018 (ht 1500); 6 COM 1500/5000 2018. 1 UK 3000SC 2012/2013/2014. Her mother/coach Liz McColgan was Commonwealth Games 10,000m Champion in 1986 & 1990. Father Peter McColgan still holds the Northern Ireland record for steeplechase (8:27.93 in 1991) She was British #1 at Steeplechase in 2013 & 2014, but missed 2015 with an ankle injury ("My body cannot cope with the impact of the steeplechase ... I need to forget about hurdling and just run") In 2018: 1 Doha 10K (31:53); 3 Madrid 1500; 1 UK indoor 1500 (2 3000); 10 WIC 3000 (ht 1500); 3 Brisbane Classic 1500; 6 COM 1500/5000; 12 Doha Diamond 3000; 2 Nijmegen 5000; 3 UK 5000; 8 Lausanne Diamond 1500; 7 Rabat Diamond 5000						
<b>1729</b>	<b>TWELL Stephanie</b> GBR	<b>28y</b>	358d	1989	<b>15:18.77</b>	<b>14:54.08 -10</b>
2010 Commonwealth 1500m bronze, then her best year since then in 2016 (world indoor 3000m final, European 5000m bronze) 3000 pb: 8:40.98 -16, 8:41.94 -18 (8:47.93 -18). 1500 pb: 4:02.54 -10 (4:05.56 -18). 10,000 pb: 32:16.23 -17. 800 pb: 2:02.58 -16. 2 EJC 1500 2007; 1 WJC 1500 2008 (2006-8); ht OLY 1500 2008; ht WCH 1500 2009; 5 ECH 1500 2010; 3 COM 1500 2010 (4 5000); 12 WCH 5000 2015 (2017-ht); 6 WIC 3000 2016; 3 ECH 5000 2016; ht OLY 5000 2016; 5 EIC 5000 2017; 7 COM 1500 2018 (14 5000). 1 UK 5000 2013/2015/2016/2017/2018; 1 UK indoor 3000 2016. At WXC: 2005-60J, 2006-30J, 2009-38, 2010-23, 2013-40. At EXC: 2005-7J, 2006/2007/2008-1J, 2009-11u23, 2010-20, 2011-4u23, 2013-15, 2014-7, 2015/2016-6. She broke her ankle in three places during a cross country race in February 2011. Coach-Geoff Wightman (formerly Mick Woods) In 2018: 3 Boston New Balance 3000; 11 Glasgow 1500; 4 Brisbane Classic 1500; 7 COM 1500(14 5000); 1 London '10,000' 10K; 4 Nijmegen 5000; 4 Marseille 5000; 1 UK 5000 (record-equalling 5th time, Jo Pavey also won 5); 12 Rabat Diamond 5000; 6 London Diamond 3000						
<b>1737</b>	<b>BURKARD Elena</b> GER	<b>26y</b>	181d	1992	<b>15:12.17</b>	<b>15:12.17 -18</b>
Fifth at 2017 European Cross Country Championships // 3000SC pb: 9:34.51 -18. 1500 pb: 4:10.92 -17. 8 EJC 5000 2011. At EXC: 2010-21J, 2011-11J, 2017-5. Now lives and studies at Tübingen, she was at the University of San Francisco. Her second sport is show jumping. Coach-Jörg Müller In 2018: 4 'Great' Edinburgh XC; 1 Diekirch XC; 1 German XC; 2 Pliezhausen 2000SC; 2 Rehlingen 3000SC; 1 Montbéliard 3000SC; 3 Tübingen 5000; 1 Mannheim 800; 11 Paris Diamond 3000SC; 1 Riederich 1500; 2 Lucerne 3000SC; 10 Köngen 800 'B'; 2 German 1500						
<b>1757</b>	<b>KLEIN Hanna</b> GER	<b>25y</b>	126d	1993	<b>15:17.47</b>	<b>15:17.14 -17</b>
2017 World 1500m finalist, then World Student Games Champion at 5000m 1500 pb: 4:04.15 -17 (4:06.46-18). 800 pb: 2:01.60 -15 (2:02.35 -18). 7 Youth Olympic Games 1000 2010; 8 EJC 800 2011; 8 under-23 ECH 1500 2015; 9 EIC 3000 2017; 2 ETCh 3000 2017; 11 WCH 1500 2017; 1 WSG 5000 2017. 1 German 5000 2018 In 2018: 2 German indoor 1500; 5ht WIC 1500; 1 Weinstadt 800; 1 Schwäbisch Gmünd 1500; 1 Karlsruhe 5000; 2 Montbéliard 1500; 2 Tübingen 1500; 2 Mannheim 800; 1 German 5000						
<b>1758</b>	<b>KLOSTERHALFEN Konstanze</b> GER	<b>21y</b>	173d	1997	<b>15:19.93</b>	<b>14:51.38 -17</b>
German record holder at 3000m indoors & out // 1500 pb: 3:59.30 -17 (4:04.00i; 4:06.34 -8). 3000 pb: 8:29.29 -17 (8:36.01i -18). 1500 pb: 3:58.92 -17 (4:04.00i -18). 800 pb: 1:59.65 -17. 4 Youth Olympic Games 1500 2014; 3 EJC 1500 2015; 3 WJC 3000 2016; sf OLY 1500 2016; 2 EIC 1500 2017; 1 under-23 ECH 1500 2017; sf WCH 1500 2017; 7 WIC 3000 2018. At EXC: 2014-28J, 2015/2016-1J, 2017-2u23. 1 German 1500 2016/2017/2018 & indoor 1500 2017/2018. She can play the piano and the flute. Familiar name-"Koko". Coach-Sebastian Weiss In 2018: 2 Karlsruhe 1500; 1 German indoor 3000 (German indoor record 8:36.01); 7 WIC 3000; 2 Kortrijk 5000; 1 German 1500 (she missed the first half of the season with a knee injury)						
<b>1762</b>	<b>KREBS Denise</b> GER	<b>31y</b>	44d	1987	<b>15:26.58</b>	<b>15:26.58 -18</b>
2010 German Indoor Champion at 1500m // 1500 pb: 4:06.01 -12 (4:12.39 -18). 800 pb: 2:02.12 -12. ht WJC 1500 2006; 7 ETCh 1500 2011 (2009-10, 2010-10); 11 under-23 ECH 1500 2009; 2 World Military Games 1500 2011; 2 WSG 1500 2011; ht ECH 1500 2012. At EXC: 2017-7R. 1 German under-23 1500 2007/2008/2009 & indoor 1500 2010 In 2018: 2 Leverkusen 10K; 2 Karlsruhe 5000; 7 Oordegem IFAM; dnf Chorzów; 4 Loughborough BMC/Jun 23; 6 Kortrijk 5000; 3 German 5000						
<b>1912</b>	<b>HASSAN Sifan</b> NED	<b>25y</b>	221d	1993	<b>14:22.34</b>	<b>14:22.34 -18</b>
World Championship bronzes at 1500m in 2015 & 5000m in 2017 // 800 pb: 1:56.81 -17 (1:59.35 -18). 1500 pb: 3:56.05 -15. 3000 pb: 8:28.90 -17. 5 WIC 3000 2014; 1 ECH 1500 2014 (2 5000); 1 IAAF Continental Cup 1500 2014; 1 EIC 1500 2015; 3 WCH 1500 2015 (sf 800); 1 WIC 1500 2016; 2 ECH 1500 2016; 5 OLY 1500 2016 (ht 800); 3 WCH 5000 2017 (5 1500); 2 WIC 3000 2018 (3 1500). At EXC: 2013-1u23, 2015-1. 1 Dutch 1500 2013 (1 indoor 1500 2015 & 800 2016). Her last 800m in the Beijing World Championship 1500m (when she tried to stay with Genzebe Dibaba) – 1:57.15. Coach-Alberto Salazar Allegiance transferee from Ethiopia – moved to Netherlands in 2008, acquired Dutch citizenship on November 19, 2013 and cleared by the IAAF to compete for that country from November 29, 2013 (then became European under-23 Cross Country Champion after nine days) In 2018: 2 WIC 3000 (3 1500); 10 Paris Diamond 800; 3 Lausanne Diamond 1500; 2 Rabat Diamond 5000 (European record 14:22.34); 1 London Diamond (4:14.71, #3 world all-time)						
<b>1913</b>	<b>KOSTER Maureen</b> NED	<b>26y</b>	37d	1992	<b>15:19.61</b>	<b>15:07.20 -16</b>
2015 European Indoor 3000m bronze (when she held on after trying to break away at 2000m) 3000 pb: 8:44.63i -17, 8:48.46 -16 (9:09.78 -18). 1500 pb: 3:59.79 -15 (4:05.12 -18). 800 pb: 2:02.15 -14. ht WJC 1500 2010; sf WCH 1500 2013/2015; ht ECH 1500 2014; 3 EIC 3000 2015 (2017-4); ht OLY 1500 2016; 6 ETCh 1500 2017 (2014-7). At EXC: 2012-21u23, 2013-14u23, 2014-5u23, 2015-9. 1 Dutch 1500 2012/2015. 1 Dutch indoor 3000 2016. Coach-uncle-Bert Koster In 2018: 1 Apeldoorn 8K; 1 Dutch 10K; 1 Schoorl 10K; 1 Brunssum 10K; 6 Stanford Jordan 5000; dnf Eugene Diamond 5000; 14 Hengelo Mile; 8 Tübingen 1500; 6 Madrid 1500; dnf Heusden 5000						
<b>1930</b>	<b>GRØVDAL Karoline Bjerkeli</b> NOR	<b>28y</b>	57d	1990	-	<b>14:57.53 -16</b>
Third at 2015 European Cross Country Championships 2016/2017 & European Championship 10,000m 3000SC pb: 9:13.35 -17 (9:18.36-18). Half Mar pb: 69:41 -12 (72:43 -18). 10,000 pb: 31:14.07 -16. 3000 pb: 8:37.58 -17. 1500 pb: 4:05.57 -18. 5 WJC 3000SC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009; 3 ETCh 5000 2010 (7 3000SC); 9 ECH 5000 2010 (dnf 10,000); ht OLY 5000 2012; 13 WCH 5000 2013 (2015-ht); 20 World Half Mar 2014; 12 ECH 5000 2014; 3 ECH 10,000 2016; 7 OLY 5000 2016 (9 10,000); dnf WCH 5000 final (ht 1500). At WXC: 2010-dnf. At EXC: 2006-2J, 2009-1J, 2013-5, 2015-3, 2016-3, 2017-3 In 2018: 3 New York Half Mar; 3 Cambridge MA 'Boston Games' 1500; 1 Florø 2000; 7 Oslo Diamond 3000SC; 10 Stockholm Diamond 1500 (pb 4:05.57); 9 Paris Diamond 3000SC; 11 Monaco Diamond 3000SC						

1949 **KACZYNSKA Paulina** POL

**27y** 17d 1991 **15:29.67** **15:29.67 -18**

10,000 pb: 33:29.05 -18. 3000 pb: 9:00.46 -18. 1500 pb: 4:09.95 -18. 4 WSG 5000 2015; 5 ETCh 5000 2017. At EXC: 2013-26u23, 2016-52. 1 Polish 10,000 2015 & 5000 2018

In 2018: 3 Diekirch XC; 2 Polish 10,000; 2 Bialogard; 3 Andújar 5000; 7 Turku Nurmi 3000; 8 Chorzów 1500; 5 Tübingen 5000; 7 Goleniów (Jun 20); 1 Polish 5000 (3 1500)

2062 **NILSSON Linn** SWE

**27y** 299d 1990 **15:18.14** **15:18.14 -18**

3000 pb: 8:57.89 -18. 1500 pb: 4:10.11 -18. 11 ETCh 3000 2014; 6ht WIC 1500 2018. At EXC: 2017-4R. 1 Swedish 1500 2013 & 5000 2017. 1 Swedish indoor 800/1500 2014 (1 indoor 1500 2016 & 3000 2017/2018). Coach-Ulf Friberg

In 2018: 1 Swedish indoor 3000; 6ht WIC 1500; 4 Stanford Jordan 5000; 11 Oordegem IFAM 1500; dnf Madrid 1500; 2 Sollentuna 3000; 9 Cork City Sports 3000; 6 Dublin Morton 1500; 7 Heusden 1500

WORLD ALL-TIME LIST

1..... 14:11.15..Tirunesh Dibaba ETH.....2008  
2..... 14:12.59..Almaz Ayana ETH.....2016  
3..... 14:12.88..Meseret Defar ETH..... 2008  
4..... 14:15.41..Genzebe Dibaba..... 2015  
5..... 14:18.37..Hellen Obiri KEN..... 2017  
6..... 14:20.87..Vivian Cheruiyot KEN.....2011  
7..... 14:23.75..Liliya Shobukhova RUS..... 2008  
8..... 14:24.68..Elvan Abeylegesse TUR..... 2004  
9..... 14:27.55..Carolyn Kipkirui KEN.....2017  
10... 14:28.09..Jiang Bo CHN..... 1997

2018 EUROPEAN LIST

1..... 14:22.34..Sifan Hassan NED  
2..... 14:52.83..Eilish McColgan GBR  
3..... 15:10.20..Meraf Bahta SWE  
4..... 15:12.17..Elena Burkard GER  
5..... 15:15.77..Jip Vastenburg NED  
6..... 15:16.51..Melissa Courtney GBR  
7..... 15:17.47..Hanna Klein GER  
8..... 15:17.81..Lonah Chemtai Salpeter ISR  
9..... 15:18.14..Linn Nilsson SWE  
10... 15:18.77..Stephanie Twell GBR

## Women's Marathon

59 Entrants

Aug 12 / 9:05

	Age	(Days)	Born	SB	PB
<b>351</b> <b>DAMANTSEVICH Maryna</b> BLR	<b>33y</b>	65d	1985	<b>2:39:44</b>	<b>2:30:07 -15</b>
Half Mar pb: 72:13 -15 (72:32 -18). 10,000 pb: 33:36.10 -15. 14 ECP 10,000 2013; 18 ECH Half Mar 2016. 1 Belarusian 10,000 2012 Marathons (20): 1 Riga 2010, 1 Poznan 2010, 3 Kraków 2011, 1 Łódź 2011, 1 Kosice 2011, 6 Macau 2011, 6 Vienna 2012, 2 Kosice 2012, 2 Warsaw 2013, 1 Caen 2013, 1 Poznan 2013, 13 Sacramento 2013, 3 Warsaw 2014, 18 ECH 2014, 4 Warsaw 2015, 1 Osaka 2015, 3 Warsaw 2016, 45 OLY 2016, 7 Saitama 2016, 9 Vienna 2018 In 2018: 9 Vienna Marathon; 8 Olomouc Half Mar					
<b>352</b> <b>IVANOVA Nastassia</b> BLR	<b>35y</b>	279d	1982	<b>2:28:03</b>	<b>2:27:24 -12</b>
(Née Staravoitava) Twice Warsaw Marathon winner // Half Mar pb: 72:15 -18. 10,000 pb: 32:54.98 -17 (33:10.19 -18). 5000 pb: 15:36.69 -08. 1500 pb: 4:12.11 -06. 4 EJC 1500 2001; 13 ECH 5000 2006; 6 ECP 1500 2007 (8 3000); 11 ETCh 5000 2010; 21 ECP 10,000 2012 (2011-24); 11 ETCh 3000 2013; 32 ECH Half Mar 2016. 1 Belarusian 10,000 2011/2018. At WXC: 2000-56J, 2006-48 short. At EXC: 2000-22J Marathons (10): 2 Kraków 2011, 2 Düsseldorf 2012, 32 OLY 2012, 8 Tokyo 2013, 7 Saitama 2015, 3 Łódź 2016, dnf OLY 2016, 3 Florence 2016, 1 Warsaw 2017, 1 Warsaw 2018 In 2018: 4 Belarusian indoor 3000; 10 Roma to Ostia Half Mar; 37 World Half Mar; 1 Warsaw Marathon; 1 Belarusian 10,000					
<b>354</b> <b>MAZURONAK Volha</b> BLR	<b>29y</b>	118d	1989	-	<b>2:23:54 -16</b>
(Née Malevich) Former junior race walk international. Fifth at 2016 Olympic Marathon Half Mar pb: 70:57 -18. 10,000 pb: 32:31.15 -14. 5000 pb: 15:35.21 -15 (15:33.06 -18). 10K walk pb: 44:30 -06. dq ECP junior 10K 2005; 4 World Youth 5000 Walk 2005; 5 WJC 10,000 Walk 2005; 7 ECH 10,000 2014; 2 ETCh 5000 2015; 18 World Half Mar 2018. At WCP Walk: 2006-4J. At WXC: 2005-100J. At EXC: 2007-35J. 1 Belarusian 10,000 2013/2014 (1 5000 2013). Lives-New York Marathons (11): 1 Debno 2012, 1 Omsk 2012, 4 Baltimore 2012, 2 Łódź 2013, dnf Honolulu 2013, 1 Sacramento 2014, 9 London 2015, 4 London 2016, 5 OLY 2016, 2 Valencia 2017, 1 Düsseldorf 2018 In 2018: 1 Belarusian indoor 3000; 18 World Half Mar; 1 Düsseldorf Marathon; 1 Brest 3000 (3 5000)					
<b>355</b> <b>SAVINA Nina</b> BLR	<b>25y</b>	20d	1993	<b>2:37:09</b>	<b>2:37:09 -18</b>
3x Belarusian Champion at 5000m // Half Mar pb: 71:50 -16. 10,000 pb: 33:19.93 -15 (34:26.15 -18). 5000 pb: 15:54.97 -15. 3000 pb: 9:13.90 -17. 6 Youth Olympic Games 3000 2010; 5 under-23 ECH 10,000 2015 (7 5000); 25 ECH Half Mar 2016; 9 ECP 10,000 2017; 7 ETCh 5000 2017; 42 World Half Mar 2018. At WXC: 2011-71J. At EXC: 2010-47J, 2011-46J, 2013-35u23, 2014-23u23, 2015-11u23. 1 Belarusian 5000 2014/2015/2016 (1 10,000 2015/2017) Marathon (1): 3 Kraków 2018 In 2018: 3 Belarusian indoor 1500/3000; 42 World Half Mar; 3 Kraków Marathon; 3 Belarusian 10,000					
<b>356</b> <b>SOMAVA Iryna</b> BLR	<b>27y</b>	252d	1990	<b>2:39:06</b>	<b>2:39:06 -18</b>
Half Mar pb: 73:32 -16 (77:55 -18). 10,000 pb: 33:42.22 -17 (34:03.31 -18). 5000 pb: 16:46.34 -17. dnf ECP 10,000 2015; 37 ECH Half Mar 2016. 1 Belarusian 10,000 2016 (2015-4) Marathon (1): 1 Debno 2018 In 2018: 2 Belarusian Cup; 5 Belarusian indoor 3000; 1 Zywiec Half Mar; 1 Debno Marathon; 2 Belarusian 10,000					
<b>357</b> <b>BJELJAC Bojana</b> CRO	<b>29y</b>	122d	1989	<b>2:37:33</b>	<b>2:37:33 -18</b>
Half Mar pb: 74:24 -18. 10,000 pb: 35:29.6 -17. 5000 pb: 17:07.78 -17. 58 World Half Mar 2018. At EXC: 2017-62. 1 Croat 3000/5000 2018 Marathons (6): 3 Zürich 2016, 6 Zagreb 2016, 1 Ferrara 2017, 57 WCH 2017, 3 Zagreb 2017, 6 Rotterdam 2018 In 2018: 6 Rotterdam Marathon; 2 Croat 10,000; 2 Karlovac 10K; 4 Brcko 10K; 1 Croat 3000/5000					
<b>358</b> <b>MATOSEVIC Matea</b> CRO	<b>29y</b>	149d	1989	<b>2:55:29</b>	<b>2:41:42 -17</b>
Full name-Matea Matošević Hačić 2015 San Sebastian Marathon winner Half Mar pb: 75:20 -12 (78:47-18). 10,000 pb: 34:28.94 -11. 5000 pb: 16:19.80 -14. ht WJC 1500 2008; 6 under-23 ECH 10,000 2011 (11 5000); 50 World Half Mar 2012. At EXC: 2006-85J, 2008-45J, 2011-23u23, 2012-44, 2013-13. 1 Croat 5000 2017. Coach-Mladen Katalenic Marathons (7): 4 Zagreb 2015, 1 San Sebastian 2015, 104 OLY 2016, 7 Zagreb 2016, 69 WCH 2017, 4 Zagreb 2017, 1 Plitvice 2018 In 2018: dnf World Half Mar; 1 Belgrade Half Mar; 1 Plitvice Marathon; 4 Karlovac 10K					
<b>359</b> <b>STEPAN Nikolina</b> CRO	<b>29y</b>	242d	1988	<b>2:45:21</b>	<b>2:43:58 -17</b>
110,000 pb: 36:01.2 -16. Croat 10,000 2015 Marathons (3) 9 Zagreb 2016, 1 Linz 2017, 76 WCH 2017 In 2018: 14 Rotterdam Marathon; 3 Croat 10,000					
<b>360</b> <b>SUSTIC Nikolina</b> CRO	<b>31y</b>	17d	1987	<b>2:43:53</b>	<b>2:42:51 -17</b>
Fullname-Nikolina Sustic Stankovic Prolific marathoner & ultramarathoner. Second in 2016 World Championships 100K 61 European Mountain Running Champs 2009; 20 World Long Distance Mountain Running Champs Marathon 2015; 2 IAU World 100K 2016 (2015-9) (IAU = International Association of Ultrarunners) Marathons (30): 8 Vienna 2013, 6 Zagreb 2014, 3 Venice 2014, 4 Reggio Emilia 2014, 5 Treviso 2015, 1 Brescia 2015, 6 Copenhagen 2015, 20 Riffelberg 2015, 6 Zagreb 2015, 2 Locarno 2015, 5 Podgorica 2015, 1 Verona 2015, 3 Reggio Emilia 2015, 1 Valletta 2016, 7 Milan 2016, 8 Interlaken 2016, 6 Sofia 2016, 3 Ravenna 2016, 4 Verona 2016, 12 Vienna 2017, 23 Berlin 2017, 5 Zagreb 2017, 4 Venice 2017, 6 Ljubljana 2017, 3 Reggio Emilia 2017, 1 Pisa 2017, 3 Treviso 2018, 4 Padua 2018, 1 Rimini 2018 In 2018: 3 Treviso Marathon; 4 Padua Marathon; 1 Romagna 50K; 1 Rimini Marathon; 1 Faenza 100K; 1 Pistoia- to Abetone 50K; 1 Florence to Faenza 100K					
<b>361</b> <b>VRABCOVÁ-NYVLTOVÁ Eva</b> CZE	<b>32y</b>	185d	1986	-	<b>2:29:41 -17</b>
She's taking a break from a very successful career as a Nordic skier, having competed at three Winter Olympics Half Mar pb: 71:01 -18. 5000 pb: 16:14.92 -15. 8 ECH Half Mar 2016; 44 World Half Mar 2018. At EXC: 2016-15. 1 Czech 5000 2014 (2015-2) Marathons (4): 6 Prague 2016, 26 OLY 2016, 14 WCH 2017, 7 New York 2017 At Winter Olympic in cross-country ski-ing: 2006 – 45th in 10K; 2010 – 33rd in Sprint; 2014 – 5th in 30K In 2018: 1 Alphen aan den Rijn 20K; 44 World Half Mar; 8 Prague Half Mar; 1 Karlovy Vary Half Mar; 8 New York 'Mini' 10K; 5 Olomouc Half Mar					
<b>363</b> <b>DIAZ Maria Azucena</b> ESP	<b>35y</b>	234d	1982	-	<b>2:30:31 -17</b>
Full name-Maria Azucena Diaz Calvo 3x Spanish Champion at half marathon Half Mar pb: 72:08 -08 (73:31-18). 10,000 pb: 33:03.36 -13. 5000 pb: 16:24.90 -08. 3000SC pb: 10:02.55 -06. 16 World Half Mar 2008 (2010-34, 2012-23); 36 ECH Half Mar 2016. 1 Spanish Half Mar 2009/2010/2012. At WXC: 2013-50. At EXC: 2006-21, 2012-25, 2017-27. Coach-José Ríos Marathons (3): 5 Rotterdam 2014, 6 Rotterdam 2016, 34 OLY 2016 In 2018: 6 Doha Half Mar; 13 Seville XC; 11 European Clubs Cup XC; 3 Gijón XC; 3 Spanish XC; 3 Azkoitia Half Mar; 5 Madrid Half Mar; 1 Spanish 10K; 12 Bilbao Road Mile					

<b>364</b>	<b>GALIMANY Marta</b> ESP	<b>32y</b>	<b>309d</b>	<b>1985</b>	-	<b>2:34:16 -17</b>
Full name-Marta Galimany Guasch // Half Mar pb: 73:13 -18. 10,000 pb: 34:50.92 -17. 5000 pb: 16:29.42 -15 (16:43.67 -18). 2 Mediterranean Games Half Mar 2018. Born-Tarragona, coach-Jordi Toda Marathon (1): 12 Berlin 2017 In 2018: 5 Spanish Half Mar; 14 Barcelona Half Mar; 8 Gijón XC; 1 Valencia Half Mar (the mass race held after the World Championships); 2 Barcelona 3000; 1 Barcelona 5000 (May 6); 2 Durango 3000 (May 19); 2 Mediterranean Games Half Mar						
<b>365</b>	<b>GBRE Trihas</b> ESP	<b>28y</b>	<b>103d</b>	<b>1990</b>	-	<b>2:38:47 -10</b>
Full name-Trihas Gebre Annoon First European finisher at 2015 World Cross Country Championships Half Mar pb: 69:51 -18. 10,000 pb: 32:03.39 -13. 5000 pb: 15:27.94 -15. 1 ECP 10,000 2015; 7 ETCh 5000 2015; 16 WCH 10,000 2015; 10 ECH 10,000 2016; 29 OLY 10,000 2016; 33 World Half Mar 2018. At WXC: 2015-15, 2017-20. At EXC: 2014-13, 2015-11, 2016-7, 2017-13. 1 Spanish XC 2014/2015/2016/2017/2018 & 5000 2016. Allegiance transferee from ETH –her husband Aitzol Urruzola is Spanish. She has had continuous residence in Spain since October 31, 2011. Gained Spanish citizenship on July 30, 2014 and cleared by the IAAF to represent Spain from November 14, 2014. Coaches-Juan del Campo / Luis Miguel Martín Marathon (1): 1 San Sebastian 2010 In 2018: 1 Amorebieta XC; 5 Elgóibar XC; 5 Seville XC; 4 European Clubs Cup XC; 1 Spanish XC (5th time); 33 World Half Mar; 3 Olomouc Half Mar (pb 69:51)						
<b>366</b>	<b>LOYO Elena</b> ESP	<b>35y</b>	<b>211d</b>	<b>1983</b>	<b>2:33:20</b>	<b>2:33:20 -18</b>
Full name-Elena Loyo Menoyo // Half Mar pb: 73:24 -17 (74:00 -18). 5000 pb: 16:18.86 -17. 55 World Half Mar 2018; 3 Mediterranean Games Half Mar 2018. Born-Vitoria, coach-Martin Fiz Marathons (2): 7 Seville 2017, 6 Milan 2018 In 2018: 2 Spanish Half Mar; 2 San Sebastián 10K; 12 Gijón XC; 55 World Half Mar; 6 Milan; 8 Bilbao; 3 Mediterranean Games Half Mar						
<b>369</b>	<b>SIMAL Clara</b> ESP	<b>31y</b>	<b>206d</b>	<b>1987</b>	<b>2:33:10</b>	<b>2:33:10 -18</b>
Half Mar pb: 75:43 -18. 5000 pb: 16:46.30 -17. 3000 pb: 10:15.92 -15. At EXC: 2008-59u23. 6 Spanish 3000SC 2015/2017. Coaches-Juan del Campo & Luis Miguel Martín Marathons (2): 2 Castellón 2017, 9 Seville 2108 In 2018: 6 Spanish Half Mar; 1 Madrid XC; 9 Seville Marathon; 11 Madrid Half Mar; 3 Albacete Half Mar						
<b>370</b>	<b>CALVIN Clémence</b> FRA	<b>28y</b>	<b>85d</b>	<b>1990</b>	-	<b>Début</b>
2014 European 10,000m silver after great battle with Joanne Pavey (GBR) (maternity since then) Half Mar pb: 71:17 -16 (71:51 -18). 10,000 pb: 31:52.86 -14. 5000 pb: 15:05.78 -14. 3000 pb: 8:53.20 -14. 9 EJC 3000 2009; 3 under-23 ECH 5000 2011; 1 European Cup 10,000 2014; 2 ECH 10,000 2014; 5 IAAF Continental Cup 5000 2014; 3 ETCh 5000 2015 (6 3000); 28 World Half Mar 2018. At WXC: 2009-28J, 2011-69. 1 French XC 2013. At EXC: 2006-29J, 2007-28J, 2009-38J, 2010-13u23, 2012-3u23, 2013-12, 2015-7. 1 French XC 2013/2016 In 2018: 7 French XC; 28 World Half Mar; 5 'Great' Manchester 10K; 1 Languex 10K; 4 Olomouc Half Mar						
<b>373</b>	<b>BARLOW Tracy</b> GBR	<b>33y</b>	<b>53d</b>	<b>1985</b>	<b>2:32:09</b>	<b>2:30:42 -17</b>
Winner of the mass women's race at the 2016 London Marathon (her sixth attempt at the race) Half Mar pb: 72:38 -18. 10K pb: 34:14 -17. 43 World Half Mar 2018. Former sprinter. Worked full-time as a nurse until January 2017. Based-Winchester, coach-Nick Anderson Marathons (13): 1371 London Mass 2011, 510 London Mass 2012, 53 Amsterdam 2012, 50 London Mass 2013, 26 London Mass 2014, 18 Berlin 2014, 4 London Mass 2015; 13 Toronto 2015, 1 London Mass 2016, 9 Frankfurt 2016, 16 London 2017, 43 WCH 2017, 9 London 2018 In 2018: 22 Houston Half Mar; 16 Barcelona Half Mar; 7 London 'Big' Half Mar; 8 Falesia 5K; 43 World Half Mar (pb 72:35. Strangely she was 43rd at both London 2017 & Valencia 2018); Fourth leg for TVH team which were seventh at the English Six-Stage Road relay Championships, with much the quickest long stage of the day; 9 London Marathon; 4 London '10,000' 10K; 1 Swansea Half Mar						
<b>374</b>	<b>JONES Caryl</b> GBR	<b>31y</b>	<b>128d</b>	<b>1987</b>	<b>2:43:58</b>	<b>2:34:16 -17</b>
Tenth in 2012 World Half Marathon. 2012 UK Champion at 10,000m when she was the first British finisher after Worknesh Kidane Half Mar pb: 71:18 -12 (73:28 -18). 10,000 pb: 32:52.53 -12. 5000 pb: 15:37.3 -12. 3000 pb: 9:16.87 -12. 10 World Half Mar 2012. At EXC: 2012-15. 2 UK 10,000 2012 (first Briton). 1 Welsh 2000SC 2009, 10,000 2010, 5000 2012, XC 2016. She works as an accountant and also helps out at the family dairy farm at Narberth in Pembrokeshire. Coach-Alan Storey Marathons (2): 11 Amsterdam 2017, 8 COM 2018 In 2018: 1 Telford 10K; 5 London 'Big' Half Mar; 8 COM Marathon; 21 London '10,000' 10K						
<b>375</b>	<b>PARTRIDGE Lily</b> GBR	<b>27y</b>	<b>154d</b>	<b>1991</b>	<b>2:29:24</b>	<b>2:29:24 -18</b>
Under-23 team gold at 2013 European Cross Country Championships // Half Mar pb: 70:32 -15 (71:06 -18). 10,000 pb: 32:20.77 -15. 5000 pb: 16:11.81 -13. 3000 pb: 9:06.40 -15. 1500 pb: 4:23.11 -15. 3 ECP 10,000 2015; 8 ETCh 5000 2015; 53 ECH Half Mar 2016. 7 'Great' North Half Mar 2017 (2016-9). At WXC: 2008-43J, 2009-31J. At EXC: 2009-39J, 2010-9J, 2012-15u23, 2013-5u23, 2014-11, 2017-15. 1 English 'National' XC 2015 Marathons (3): 4 Seville 2017, dnf Berlin 2017, 8 London 2018 In 2018: 1 Seville Half Mar; 1 Bramley 10M; 2 London 'Big' Half Mar; 9 'Great' Manchester 10K (tripped over at start); 5 London '10,000' 10K						
<b>376</b>	<b>PURDUE Charlotte</b> GBR	<b>27y</b>	<b>61d</b>	<b>1991</b>	-	<b>2:29:23 -17</b>
2010 European Junior Cross Country Champion // Half Mar pb: 70:29 -18. 10,000 pb: 32:03.55 -12. 5000 pb: 15:23.4 -10. 3000 pb: 9:10.34 -10. 2 EJC 5000 2009 (2007 -10); 4 COM 10,000 2010 (6 5000); 6 ECH 10,000 2012; 33 World Half Mar 2016; dnf ECH Half Mar 2016. At WXC: 2007-15J, 2009-14J, 2011-14. At EXC: 2007-3J, 2008 -2J, 2010-1J, 2013-3u23. 1 English Schools junior XC 2005 & 3000 2008; 1 English under-15 XC 2006 & under-17 XC 2007; 1 AAA under-17 3000 2006. Her father Nick was once third in British Jet-Ski Championships. Her partner-Adam Clarke (1 English under-23 5000 2013) Knee operations in May 2010 (left) & May 2011 (right), then multiple stress fractures. Coach-Nic Bideau Marathons (4): 16 London 2016, 5 Frankfurt 2016, 15 London 2017, 13 WCH 2017 In 2018: 2 Hobart 10K; 1 London 'Big' Half Mar; 21 World Half Mar						
<b>377</b>	<b>SAMUELS Sonia</b> GBR	<b>39y</b>	<b>86d</b>	<b>1979</b>	-	<b>2:28:04 -15</b>
(Née-Thomas) Team gold at 2015 European Cross Country Championships Half Mar pb: 72:36 -13 (72:40 -18). 10,000 pb: 32:39.36 -14. 5000 pb: 15:44.24 -11 (15:46.70 -14). 9 ECP 10,000 2013 (2012 -15); 7 COM 10,000 2014. At WXC: 97-93J, 98-89J, 2002-75 short, 2009-dnf. At EXC: 98-22J, 2009-21, 2014-15, 2015-22. 1 UK 10,000 2011 (actually third overall, but the two in front were foreigners). Won 1995 Junior 'Great' North Run. Graduated in European Studies from Loughborough University (she can speak German, Spanish and French). Her husband Nick Samuels both North of England and Welsh indoor 1500m titles in 2010. Coach-Terence Mahon Marathons (8): 18 London 2012, 9 Berlin 2012, 16 WCH 2013, 15 London 2015, 9 Berlin 2015, 14 London 2016, 30 OLY 2016, 5 COM 2018 Ritual: "I have the same pre-competition run and strides the day before, the usual breakfast, but I gave up on lucky pants a few years ago." In 2018: 7 Barcelona Half Mar; 4 London 'Big' Half Mar; 5 COM Marathon; 7 London '10,000' 10K; 4 Ceské Budejovice Half Mar						
<b>379</b>	<b>AMRHEIN Fabienne</b> GER	<b>25y</b>	<b>257d</b>	<b>1992</b>	<b>2:32:35</b>	<b>2:32:35 -18</b>
Half Mar pb: 72:56 -18. 5000 pb: 16:12.39 -17. 6 WSG Half Mar 2017. At EXC: 2013-41u23, 2014-28u23, 2015-51, 2016-20, 2018-28 Marathons (2): 11 Berlin 2017, 2 Düsseldorf 2018 In 2018: 3 German Half Mar; 2 Düsseldorf Marathon; 3 Berlin 10K; 4 Regensburg 10,000; 5 Hamburg Half Mar						
<b>382</b>	<b>HEINIG Katharina</b> GER	<b>28y</b>	<b>353d</b>	<b>1989</b>	-	<b>2:28:34 -16</b>
Daughter of Katrin Dörre-Heinig, 1988 Olympic & 1991 World bronze medallist at marathon and London marathon winner in 1992-1994 Half Mar pb: 72:55 -16 (72:44 -18). 5000 pb: 16:48.54 -07. 55 ECH Half Mar 2016. At EXC: 2006-35J, 2007-79J Marathons (11): 1 Cologne 2010, 5 Hannover 2011, 11 Hannover 2012, 7 Hamburg 2013, 9 Hamburg 2014, 28 ECH 2014, 16 Frankfurt 2014, dnf Zurich 2016, 5 Berlin 2016, 39 WCH 2017, 8 Frankfurt 2017 In 2018: 15 Barcelona Half Mar; 1 Leverkusen 10K; 7 Berlin Half Mar; 1 Korschenbroich 5K; 7 Würzburg 10K; 4 Aschaffenburg 7.9K						

383	<b>HOTTENROTT Laura</b> GER	26y	87d	1992	2:33:01	2:33:01 -18
Half Mar pb: 73:15 -17 (75:45 -18). 10,000 pb: 33:43.41 -16. 5000 pb: 15:47.28i, 15:55.87 -16 Marathons (2): 12 Frankfurt 2017, 8 Seville 2018 In 2018: 16 R'as Al Khaimah Half Mar; 8 Seville						
386	<b>PRIVILETZIO Glória-Tziována</b> GRE	30y	22d	1988	2:38:51	2:38:51 -18
=Half Mar 81:31 -17. 10,000 pb: 35:30.04 -18. 5000 pb: 16:52.33 -18. 2 Greek 5000 2018. Works full-time as a physiotherapist. Until 2013 she practiced finswimming, at which she won medals in national championships and was Greek international. Coach-Ioánnis Perifanos Marathons (8): 346 Athens 2011, 34 Athens 2012, 13 Athens 2013, 12 Athens 2014, 5 Athens 2015, 9 Rotterdam 2017, 71 WCH 2017, 7 Rotterdam 2018 In 2018: 7 Rotterdam Marathon; 4 Mégara 10,000; 2 Greek 5000						
387	<b>REBOÚLI Ouranía</b> GRE	29y	86d	1989	-	2:39:52 -15
Unexpectedly high sixth place in 2016 European Championships Half Marathon to break a 28 year-old Greek record Half Mar pb: 71:52 -16 (78:31 -18). 10,000 pb: 34:06.80 -16. 5000 pb: 16:03.92 -18. 5 under-23 ECH 10,000 2011; 6 ECH Half Mar 2016; 11 ETCh 5000 2017. 1 Greek 5000 2018 & 10,000 2012-2016. Born in Leros (Dodecanese), but moved the much larger Rodos (Rhodes) where she found better facilities to train for the marathon. Coach-Panayiótis Haramís Marathons (9): 8 Athens 2014, 1 Rhodes 2015, 28 Berlin 2015, 2 Athens 2015, 88 OLY 2016, 3 Athens 2016, 13 Hamburg 2017, dnf WCH 2017, 4 Athens 2017 In 2018: 5 Tríkala XC; 1 Thessaloníki 5K; 1 Rhodes Half Mar; 1 Rhodes 5000; 1 Lefkáda Half Mar; 1 Greek 5000						
388	<b>TSEKINI-BOUDOURI Sonia</b> GRE	42y	33d	1976	2:48:26	2:45:02 -17
10,000 pb: 36:14.36 .17. 1 Greek 10,000 2017 Marathons: 5 Athens 2016, 1 Thessaloníki 2017, 13 Prague 2017, 12 Hamburg 2018 In 2018: 2 Lárísa 10K; 1 Thessaloníki 10K; 12 Hamburg Marathon						
389	<b>GYURKO Fanni</b> HUN	31y	204d	1987	-	2:39:48 -17
Orienteering specialist (best World Championship placing of 14th in 2012, best European Championship placing of 10th in 2010) 4 Hungarian 10,000 2011. Member of Forth Valley Orienteers (GBR) & Silvanus SE (HUN), Lives-Stirling (Scotland), her husband Graham Gristwood is an international mountain runner (25th World Champs 2017) Marathons (5): 15 Frankfurt 2010, 30 Berlin 2011; 11 London Mass 2015, 5 London Mass 2017; 15 Frankfurt 2017 In 2018: 4 Motherwell 10M; 3 Edinburgh Half Mar						
391	<b>CONNOLLY Breege</b> IRL	40y	190d	1978	-	2:37:29 -15/17
Half Mar pb: 76:09 -18. 15 Great North Run 2011/2014. Her cousin Teresa McGloin/Doherty was 11th in the 'Great' Manchester 10K in 2012/2013 Marathons (10): 5 Dublin 2006, 3 Belfast 2010, 4 Edinburgh 2011, 16 Dublin 2011, 19 Rotterdam 2012, 3 London Mass 2013, 10 Dublin 2014, 2 London Mass 2015, 76 OLY 2016, 13 Valencia 2017 In 2018: 1 Edinburgh Half Mar						
392	<b>GANIEL O'NEILL Gladys</b> IRL	41y	153d	1977	-	2:37:55 -17
Dr Gladys Ganiel O'Neill. Works as a lecturer in anthropology, sociology and politics at Trinity College Dublin at Belfast. She has dual citizenship with the USA. 41 European Mountain Running Champs 2013; 71 ECH Half Mar 2016. 1 Northern Irish 5000 2011. Coach-Matt Shields Marathons (11): 9 London Mass 2009, 10 Amsterdam 2009, 2 London Mass 2010, 2 London Mass 2011, 10 Dublin 2011, 8 Houston 2012, 24 Rotterdam 2012, 5 London Mass 2013, 13 Berlin 2013, 12 COM 2014, 13 Seville 2016 In 2018: 25 Barcelona Half Mar; 4 Dublin 10K						
393	<b>GRAHAM Laura</b> IRL	32y	158d	1986	2:43:34	2:37:05 -17
2017 Belfast Marathon winner // Half Mar pb: 75:59 -18. 78 World Half Mar 2018 Marathons (10): 15 Belfast 2015, 12 Dublin 2015, 16 London Mass 2016, 2 Belfast 2016, 10 Dublin 2016, 24 London Mass 2017, 1 Belfast 2017, 14 Berlin 2017, 4 Dublin 2017, 2 Belfast 2018 In 2018: 23 Armagh 3K; 12 London 'Big' Half Mar; 78 World Half Mar; 2 Belfast Marathon; 2 Northern Irish 5000; 2 Dublin 10K						
394	<b>LEE Lizzie</b> IRL	38y	79d	1980	-	2:32:51 -15
The vital fourth scorer for the Irish team which won European Cross Country team gold in 2012 Half Mar pb: 73:19 -18. 5000 pb: 16:54.76 -10. 46 World Half Mar 2018, At WXC: 2010-34, 2012-23, 2015-13, 2017-49. 1 Irish 5000 2011. 1 Irish indoor 3000 2013. 3 European Sprint Triathlon 2010. She also competes as an aquathlete (swimming & running). She is a graduate in electrical engineering from University College Cork. Former triathlete who decided to prioritise running on the advice of former World 5000m Champion Eamonn Coghlan. Coach-Donie Walsh (Ran in the first eight World Cross Country Championships, winning a team silver in 1979) Marathons (4): 27 Rotterdam 2012, 9 Berlin 2013, 17 Berlin 2015, 57 OLY 2016 In 2018: 17 European Clubs Cup XC; 11 Barcelona Half Mar; 46 World Half Mar; 1 Dublin 10K (Jun 3); 1 Dublin 10K (Jul 22)						
397	<b>BERTONE Catherine</b> ITA	46y	95d	1972	-	2:28:34 -17
Third in 2015 World Mountain Running Marathon Championships // Half Mar pb: 73:42 -16. 38 ECH Half Mar 2016. Born-Turkey (where her father was working at the time). She is a doctor (an infectious disease specialist). Coach-Roberto Rastello Marathons (18): 11 Milan 2003, 8 Milan 2004, 3 Mont St. Michel 2005, 5 Turin 2007, 7 Carpi 2007, 7 Carpi 2008, 1 San Remo 2008, 16 Berlin 2011, 11 Turin 2011, 10 Frankfurt 2012, 13 Frankfurt 2013, 4 Turin 2014, 3 World Long Distance Mountain Running Champs (Zermatt – continuous climb of 1500m at altitude) 2015, 1 Ravenna 2015, 1 Reggio Emilia 2015, 4 Rotterdam 2016, 25 OLY 2016, 6 Berlin 2017 In 2018: 10 Prague Half Mar; 5 Turin Half Mar; 6 Lugano Half Mar; 14 Languex 10K						
398	<b>DOSSENA Sara</b> ITA	33y	260d	1984	-	2:29:39 -17
Triathlete who has had instant success on her switch to concentrate on distance running Half Mar pb: 70:39 -17 (73:48 -18). 5000 pb: 16:25.85 -16. 1 Mediterranean Games Half Mar 2018. At EXC: 2006-12u23, 2015-44, 2016-46. 1 Italian XC 2015 & 10,000 2017. Competed as a Duathlete and Triathlete in 2011-2016, winning six Italian titles and two European Championship medals. Born-Lodi. Coach-Maurizio Brassini Marathons (2): 6 New York 2017, dnf Nagoya 2018 In 2018: dnf Nagoya Marathon; On March 19 she launched her book "Io Fenice" (I, Pheonix) – the story of "a life dedicated to sport, from the beginning with athletics, to triathlon to be reborn from falls, to the New York marathon."; 1 Mediterranean Games Half Mar						
399	<b>EPIS Giovanna</b> ITA	30y	59d	1988	2:29:41	2:29:41 -18
Half Mar pb: 72:27 -18. 10,000 pb: 33:44.01 -11. 5000 pb: 16:27.97 -11. 17 under-23 ECH 10,000 2009; 7 WSG 10,000 2011; 40 World Half Mar 2018. At EXC: 2007-64J, 2009-39u23, 2010-19u23, 2011-39 Marathons (5): 4 Istanbul 2015, dnf Istanbul 2016, 14 Rotterdam 2017, 10 Istanbul 2017, 6 Seville 2018 In 2018: 6 Seville Marathon; 40 World Half Mar; 2 Turin Half Mar; 2 Milan 3000; 2 Oderzo 5K; 4 ECP 10,000 'B'						
400	<b>GOTTI Laura</b> ITA	27y	57d	1991	2:33:22	2:33:22 -18
Half Mar pb: 76:16 -18 Marathons (6): 3 Brescia 2017, 1 Russi 2017, 19 Chicago 2017, 2 Reggio Emilia 2017, 3 Brescia 2018, 7 Milan 2018 In 2018: 3 Brescia Marathon; 7 Milan Marathon						
401	<b>MARAOUI Fatna</b> ITA	41y	31d	1977	2:33:18	2:30:50 -15
Ex-Morocco // Half Mar pb: 70:08 -11 (76:04 -18). 10,000 pb: 33:05.79 -07. 5000 pb: 15:42.21 -06. 38 World Half Mar 2014 (2007-dnf). At WXC 2008-dnf, 2011-93. At EXC: 2006-37, 2009-27, 2012-14, 2014-35 Marathons (8): 4 Venice 2007, 1 Padua 2014, 3 Milan 2015, 2 Turin 2015, 5 Valencia 2015, 2 Florence 2016, 1 Padova 2017, 5 Milan 2018 In 2018: 5 Milan Marathon; 4 Kiev Half Mar; 3 Oderzo 5K; 3 'Great' Birmingham 10K; 4 Telesia 10K; 7 Brcko 10K						

402	<b>MARHELE Ilona</b> LAT	32y	127d	1986	-	2:37:40	-17
Half Mar pb: 76:09-16 (76:26 -18). 10,000 pb: 35:33.30 -16. 1 Latvian 5000 2007. Coach-Leonidis Strelakovskis Marathons (8): 16 Vienna 2011, 4 Poznan 2011, 16 Rotterdam 2012, 6 Cologne 2012, 15 Frankfurt 2015, 61 OLY 2016, 21 WCH 2017, 18 Valencia 2017 In 2018: 88 World Half Mar; 3 Riga Half Mar							
403	<b>EIMONTE Milda</b> LTU	29y	146d	1989	-	2:34:48	-16
(Née Vilčinskaitė) // Half Mar pb: 74:38 -18. 5000 pb: 16:38.90 -18. 1 Lithuanian 1500/5000 2016 Marathon (1): 10 Frankfurt 2016 In 2018: 1 Riga Half Mar							
404	<b>ZUSINAITE Vaida</b> LTU	30y	209d	1988	-	2:32:50	-16
Half Mar pb: 75:51 -13 (77:38 -18). 10,000 pb: 35:45.22 -17. 5000 pb: 16:09.13 -12. 3000SC pb: 9:54.36 -12. 8 EJC 5000 2007 (11 3000); 9 under-23 ECH 10,000 2009 (10 5000); 9 WSG 10,000 2011 (11 5000); ht ECH 3000SC 2012; 6 WSG 3000SC 2013. 1 Lithuanian 5000 2006-2009/2012/2014 & 3000SC 2006 (1 indoor 1500 2015, 3000 2012/2015). Coach-Romas Sausaiciu Marathons (7): 1 Vilnius 2014, 4 Hannover 2015, 4 Hannover 2016, 38 OLY 2016, 11 Hangzhou 2016, 9 Taipei 2017, 45 WCH 2017 In 2018: 2 Lithuanian indoor 3000; 87 World Half Mar; 16 Korschenbroich 5K; 4 Karlovy Vary Half Mar; 6 Brcko 10K							
405	<b>DEELSTRA Andrea</b> NED	33y	157d	1985	-	2:26:46	-15
Made huge advancement to place fifth (first European) at 2015 Berlin Marathon Half Mar pb: 73:37 -12 (76:07 -18). 10,000 pb: 34:55.31 -13. 5000 pb: 16:16.61 -16. 3000SC pb: 9:54.25 -06. 17 ECP 10,000 2013. At EXC: 2004-53J, 2006-11u23, 2007 -27u23. 1 Dutch 3000SC 2007/2010 & XC 2017. Lives-Apeldoorn. Coach-Bram Wassenaar Marathons (6): 4 Eindhoven 2012, 2 Eindhoven 2013, 13 ECH 2014, 5 Berlin 2015, 60 OLY 2016, 17 London 2017 In 2018: 7 Egmond Aan Zee Half Mar; 1 Breda XC; 1 Dutch XC; 7 Venlo Half Mar							
407	<b>VAN DER MEIJDEN Ruth</b> NED	33y	359d	1984	2:33:27	2:31:15	-17
Half Mar pb: 73:01 -16 (76:44 -18). 34 ECH Half Mar 2016. At EXC: 2015-41 Marathons (6): 6 Eindhoven 2013; 6 Rotterdam 2014, dnf ECH 2014, 7 Amsterdam 2016, 5 Rotterdam 2017, 10 Seville 2018 In 2018: 8 Egmond Aan Zee Half Mar; 4 Dutch 10K; 4 School 10K; 10 Seville Marathon; 11 Korschenbroich 5K							
410	<b>TRZASKALSKA Izabela</b> POL	30y	213d	1988	2:32:26	2:29:56	-17
Trzaskalska pronounced like "Chash - Kal - Ska" // Half Mar pb: 71:33 -16. 5000 pb: 16:03.89 -17. At EXC: 2007-22J, 2008-44u23, 2010-dnfu23. At WXC: 2007-dnfJ. 1 Polish 10K 2017. Coach-Marek Jaukubowski Marathons (7): 5 Warsaw 2014, 9 Łódź 2015, 3 Warsaw 2015, 2 Warsaw 2017, 23 WCH 2017, 13 Osaka 2018, 3 Warsaw 2018 In 2018: 13 Osaka; 3 Warsaw; 8 'Great' Manchester 10K; 2 Łomża 5000; 3 Wrocław Half Mar; 7 Polish 5000							
416	<b>TODORAN Paula</b> ROU	33y	62d	1985	-	2:36:44	-16
Full name-Claudia Paula Todoran // Half Mar pb: 72:59 -07 (76:40 -18). 10,000 pb: 33:12.08 -07 (35:42.03-18). 5000 pb: 15:52.99 -07. 14 WJC 5000 2004; 4 under-23 ECH 10,000 2005/2007; 12 WSG Half Mar 2009; 33 World 20K 2006; 33 World Half Mar 2010 (2007-37, 2008-55, 2014-73, 2016-35); 22 ECH Half Mar 2016 At EXC: 2001-47J, 2002-56J, 2003-38J, 2004-18J, 2006-13u23, 2016-37, 2017-70. Coach-Mirel Seisanu Marathons (15): 3 Bucharest 2009, 4 Kavarna 2010, 6 Bucharest 2011, 3 Bucharest 2012, 3 Podgorica 2013, 2 Pisa 2013, 1 Bucharest 2014, 17 Hamburg 2015, dnf WCH 2015, 4 Bucharest 2015, 6 Podgorica 2015, 8 Seville 2016, 101 OLY 2016, 14 Hamburg 2017, dnf WCH 2017 In 2018: 80 World Half Mar; 2 Romanian 10,000							
417	<b>HREBEC Laura</b> SUI	41y	90d	1977	-	2:40:28	-17
Half Mar pb: 75:08 -16. 2 Swiss 10K 2010; 39 ECH Half Mar 2016 Marathons: 1 Geneva 2010; 1 Lausanne 2012, 1 Lausanne 2017 In 2018: 5 Kerzers 15K; 1 Lausanne 20K; 3 Berne 10M (May 19); 6 Berne 5K (Jun 10)							
418	<b>MOEN GUIDON Karoline</b> SUI	27y	79d	1991	-	2:40:36	-17
Half Mar pb: 78:17 -17 Marathons (3): 17 Berlin 2016, 10 Stockholm 2017, 18 Berlin 2018 In 2018: 2 Holmestrand 10K							
419	<b>RUEGGER Susanne</b> SUI	33y	346d	1984	-	2:39:39	-17
Half Mar pb: 77:15 -16. 10,000 pb: 35:32.22 -13. 5000 pb: 16:58.82 -16. 3 Swiss 10,000 2015 & 5000 2016 Marathons (4): 15 Berlin 2013, 2 Lucerne 2015, 1 Lucerne 2016, 17 Berlin 2017 In 2018: 8 Lugano Half Mar; 4 Oberägeri 14.5K							
420	<b>STRAHL Martina</b> SUI	31y	95d	1987	-	2:30:58	-16
2015 World Mountain Running Marathon Champion // Half Mar pb: 69:29 -18. 10,000 pb: 33:11.21 -10. 5000 pb: 16:30.91 -10. 1 European Mountain Running Champs 2009/2011 (2013-9); 9 ECH 10,000 2010; 3 World Mountain Running Champs 2010 (2008-5, 2012-20); 1 World Long Distance Mountain Running Champs Marathon 2015; 156 ECH Half Mar 2016. 1 Swiss 5000 2010/2011 Marathons (8): 1 Lucerne 2013, 3 Interlaken 2013, 1 Lucerne 2013, 33 ECH 2014, 1 World Long Distance Mountain Running Champs (Zermatt – continuous climb of 1500m at altitude) 2015, 24 Berlin 2015, 1 Interlaken 2016, 6 Frankfurt 2016 In 2018: 1 Payerne 10K; 2 Berlin Half Mar (Swiss record 69:29); 2 Langenthal 3000; 1 Berne 10M; 1 Oberägeri 14.5K							
423	<b>LARSSON Mikaela</b> SWE	32y	363d	1985	2:40:28	2:38:41	-17
Half Mar pb: 75:43 -18. 10,000 pb: 36:23.68 -16. Coach-Kent Claesson Marathons (7): 23 Berlin 2014, 11 Stockholm 2015, 22 New York 2015, 13 Berlin 2016, 6 Stockholm 2017, 15 Valencia 2017, 1 Stockholm 2018 In 2018: 4 Swedish indoor 3000; 8 Berlin Half Mar; 3 Oslo Sentrumsløpet 10K; 3 Stockholm 10K; 1 Stockholm Marathon							
424	<b>LINDHOLM Hanna</b> SWE	38y	255d	1979	2:36:02	2:36:02	-18
Half Mar pb: 74:13 -18. 10,000 pb: 35:03.80 -17. 5 Nordic Challenge 10,000 2013; 1 Swedish 10K 2018. Coach-Per Synnerman Marathons (7): 4:10:59 (2009) & 4:16:19 (2010) as a jogger; 14 Hamburg 2014, 42 ECH 2014, 4 Stockholm 2016, 11 Stockholm 2017, 15 Dubai 2018 In 2018: 15 Dubai Marathon; 3 Swedish indoor 3000; 11 Prague Half Mar; 2 Stockholm 10K; 1 Karlstad 5000; 1 Swedish 10K							
425	<b>NORRBOM Cecilia</b> SWE	30y	194d	1988	2:39:22	2:39:22	-18
10,000 pb: 34:16.21 -16 (36:02.93 -18). 5000 pb: 16:23.26 -16. 3000 pb: 9:35.39 -15. 76 ECH Half Mar 2016. 3 Swedish 10,000 2016; 20 UK 10,000 2017. Coach-Patrik Tjårdal Marathons (2): 9 Seville 2017, 9 Houston 2018 In 2018: 9 Houston Marathon; 8 Stockholm 10K; 24 ECP 10,000 'B'; 2 Swedish Team Champs 5000							
426	<b>STARFELT Malin</b> SWE	31y	234d	1986	2:40:32	2:40:32	-18
(Née Backlund) // Half Mar pb: 78:43 -18. Occupation: Nurse. Son born December 2016. Coach/husband-Victor Starfelt Marathons (5, with a personal best each time): 3:13:59 in 2014, 3:00:59 in 2015, 20 Stockholm 2016, 21 Valencia 2017, 9 Hamburg 2018 In 2018: 9 Hamburg Marathon; 18 Gothenburg Half Mar; 6 Swedish 10K							
428	<b>DAGDELEN Elif</b> TUR	27y	2d	1991	2:39:58	2:39:58	-18
6 Balkan XC 2017 Marathon (1): 8 Düsseldorf 2018 In 2018: 21 European Clubs Cup XC; 8 Düsseldorf Marathon; 3 Mersin 3000 (45000)							

429	<b>ERDAL Tubay</b> TUR	22y	313d	1995	2:39:45	2:39:45 -18
Half Mar pb: 77:24 -18. 3000SC pb: 10:21.74 -17. 3 World Junior Mountain Running Champs 2013; 77 ECH Half Mar 2016; 14 under-23 ECH 10,000 10,000 2017; 7 Mediterranean Games Half Mar 2017. At EXC: 2013-94J, 2015-46u23, 2016-26u23, 2017-31u23 Marathons (2): 13 Prague 2016, 7 Düsseldorf 2018 In 2018: 3 Trabzon Half Mar; 7 Düsseldorf Marathon; 7 Mediterranean Games Half Mar						
430	<b>KIRAZ Ümmü</b> TUR	35y	317d	1982	-	2:36:15 -12
Two-year ban 2015-2017 and the deletion of five year's results 2011-2015 after irregularities found in her biological passport in 2011 Half Mar pb: 72:50 -11. 10,000 pb: 34:36.05 -10. Former Mountain running international (15th at 2006 European Championships). At EXC: 2012-34, 2013-24, 2014-dq Marathons (11): 3 Düsseldorf 2008, 12 Istanbul 2008, 8 Istanbul 2010, dq/8 Istanbul 2011, dq/9 Düsseldorf 2012, dq/86 OLY 2012, dq/5 Istanbul 2012, dq/dnf WCH 2013, dq/6 Istanbul 2013, dq/3 Zürich 2014, dq/6 Istanbul 2014 (in what would have been a pb 2:32:52)						
431	<b>KHAPILINA Viktoriya</b> UKR	26y	108d	1992	-	2:35:55 -17
(Née Bunyak) 2013 European under-23 10,000m silver in 2013 // Half Mar pb: 74:19 -18. 10,000 pb: 33:36.67 -13 (33:50.10 -18). 5000 pb: 16:34.88 -14. 9 EJC 5000 2011 (12 3000); 2 under-23 ECH 10,000 2013. At EXC: 2012-38u23 Marathons (5): 4 Bila Tserkva 2012, 2 Kiev 2013, 1 Bila Tserkva 2016, dnf WCH 2017, 3 Dublin 2017 In 2018: 4 Gdynia Half Mar; 8 Vinnytsya 10,000 race 1; 3 Karaganda Half Mar; 6 Ukrainian 10,000						
432	<b>KOTOVSKA Olga</b> UKR	34y	248d	1983	2:32:55	2:28:47 -14
2013 Bournemouth Marathon Champion // Half Mar pb: 72:19 -11 (74:14 -18). 10,000 pb: 33:21.27 -18. 11 ECP 10,000 2015. At EXC: 2013-38. 1 Ukrainian 10,000 2016. Coach-Oleksandr Kuzin Marathons (17): 6 Valencia 2007, 3 Kosice 2007, 1 Kraków 2008, 2 Mainz 2011, 3 Ljubljana 2011, 2 Mainz 2012, 3 Valencia 2012, 7 Pyongyang 2013, 1 Bournemouth 2013, 1 Rennes 2014, 2 Hannover 2015, 1 Bila Tserkva 2015, 1 Taipei 2016, 33 OLY 2016, 5 Daegu 2017, 5 Hangzhou 2017, 6 Daegu 2018 In 2018: 3 Naples Half Mar; 6 Daegu; 2 Karlovy Vary Half Mar; 2 České Budejovice Half Mar; 3 Ukrainian 10,000						
433	<b>MYKHAYLOVA Darya</b> UKR	29y	103d	1989	2:39:02	2:35:55 -17
Half Mar pb: 74:13 -18. 10,000 pb: 34:05.32 -18. At EXC: 2015-48. 21 ECP 10,000 2016, 3 Ukrainian 10,000 2016 Marathons (4): 8 Poznan 2015, 2 Bila Tserkva 2016, 5 Warsaw 2017, 44 WCH 2017 In 2018: 2 Kiev 3000; 11 Paris Marathon; 7 Kiev Half Mar; 9 Vinnytsya 10,000 race 1; 8 Ukrainian 10,000						
434	<b>OVCHARUK Vira</b> UKR	37y	229d	1980	2:55:20	2:37:49 -10
5000 pb: 16:28.05 -09 Marathons Marathons (9): 1 Philadelphia 2008, 2 Des Moines 2009, 10 Rome 2010, 33 ECH 2010, 1 Belfast 2011, 4 Bucharest 2011, 2 Mainz 2017, 7 Sofia 2017, 3 Varna 2018 In 2018: 14 Vinnytsya 10,000; 3 Varna Marathon						

#### WORLD ALL-TIME LIST

1.....2:15:25.....Paula Radcliffe GBR..... 2003
2.....2:17:01.....Mary Keitany KEN..... 2017
3.....2:17:56.....Tirunesh Dibaba ETH..... 2017
4.....2:18:31.....Vivian Cheruiyot KEN..... 2018
5.....2:18:47.....Catherine Ndereba KEN..... 2001
6.....2:18:58.....Tiki Gelana ETH..... 2012
7.....2:19:12.....Mizuki Noguchi JPN..... 2005
8.....2:19:17.....Roza Dereje ETH..... 2018
9.....2:19:19.....Irina Mikitenko GER..... 2008
10...2:19:25.....Gladys Cherono KEN..... 2015

#### 2018 EUROPEAN LIST

1.....2:25:25.....Volha Mazuronak BLR
2.....2:28:03.....Nastassia Ivanova BLR
3.....2:28:53.....Anne-Mari Hyryläinen FIN
4.....2:28:55.....Sardana Trofimova RUS
5.....2:29:24.....Lily Partridge GBR
6.....2:29:29.....Anja Scherl GER
7.....2:29:41.....Giovanna Epis ITA
8.....2:30:24.....Alina Prokopyeva RUS
9.....2:30:40.....Natalya Tikhonova RUS
10...2:30:46.....Karolina Nadolska POL



## Women's 20 Kilometres Walk

34 Entrants

Aug 11 / 9:05

	Age	(Days)	Born	SB	PB
<b>101</b> <b>SMERDOVA Yana</b> ANA	<b>20y</b>	184d	1998	<b>1:31:57</b>	<b>1:31:57 -18</b>
Russian national; the IAAF Doping Review Board approved her application to compete internationally in 2018 as a neutral athlete on April 12, 2018 1 ECP junior 10K 2017; 1 EJC 10,000 2017; 26 WTCh 20K 2018 In 2018: 7 Russian winter 20K					
<b>103</b> <b>RASHCHUPKINA Viktoryia</b> BLR	<b>23y</b>	79d	1995	<b>1:33:06</b>	<b>1:33:06 -18</b>
13 WCP junior 10K 2012; 4 ECP junior 10K 2013; dnf EJC 10,000 2013; 7 WCP junior 10K 2014; 10 WJC 10,000 2014; 13 ECP 20K 2017; 4 under-23 ECH 20K 2017 (2015-8); 21 WTCh 20K 2018 In 2018: 1 Belarusian indoor 5000/10,000; 1 Gomel 20K; 21 WTCh 20K					
<b>106</b> <b>DRAHOTOVA Anežka</b> CZE	<b>23y</b>	19d	1995	<b>1:28:40</b>	<b>1:26:53 -15</b>
2014 European bronze // Half Mar pb: 74:25 -14. 5000 pb: 16:03.18 -15. 3000SC pb: 10:10.45 -14. 6 World youth 5000 2011; 6 WJC 10,000 2012; 7 World Junior Mountain Running Champs 2012; 1 EJC 10,000 2013 (2011-13); 9 EJC 3000SC 2013; 7 WCH 20K 2013 (2015-8, 2017-dnf); 1 WCP junior 10K 2014; 1 WJC 10,000 2014; 3 ECH 20K 2014; 2 under-23 ECH 20K 2015 (12 5000 run!); 7 under-23 ECH 20K 2017; 6 WTCh 20K 2018 (2016-19). Placed 19th in the junior women's road race at the 2013 World Cycling Championships in Florence. Her twin sister Eliška was third when Anežka won the European Junior title in Rieti 2013 In 2018: 1 Jablonec indoor 3000; 2 Lugano 20K; 2 Dudince 20K; 5 Poděbrady 20K; 6 WTCh 20K; 2 Prague 10K; 1 European Clubs Cup 'B' 5000					
<b>107</b> <b>GARCIA-CARO Laura</b> ESP	<b>23y</b>	116d	1995	<b>1:29:58</b>	<b>1:29:29 -17</b>
Third at 2017 European Cup, ninth at 2017 World Championships // 6 ECP junior 10K 2013; 5 EJC 10,000 2013; 4 WCP junior 10K 2014; 4 WJC 10,000 2014; 4 under-23 ECH 20K 2015 (2017-dq); 3 ECP 20K 2017 (2015-10); 9 WCH 20K 2017 (2015-32); 14 WTCh 20K 20K 2018. Coach-José Antonio Quintana In 2018: 6 Rio Maior 20K; 14 WTCh 20K; dnf La Coruña 20K; 2 Spanish 10,000					
<b>108</b> <b>GONZÁLEZ Raquel</b> ESP	<b>28y</b>	267d	1989	<b>1:30:15</b>	<b>1:28:36 -14</b>
16 ECP junior 10K 2005 (2007-17); 26 WCP junior 10K 2006; 11 EJC 10,000 2007; 21 WJC 10,000 2008; 8 under-23 ECH 20K 2009 (2011-14); 13 WCP 20K 2014; 10 ECH 20K 2014; 11 ECP 20K 2015 (2013-17); 14 WCH 20K 2015; 9 WTCh 20K 2016 (2018-19); 20 OLY 20K 2016. Coach-Valenti Massana (1 WCH 20K 93). 1 Spanish 20K 2015 & 10,000 2016/2018 In 2018: 1 El Vendrell 20K; 2 Spanish 20K; 2 Spanish Universities 5000; 1 Spanish Clubs 5000; 19 WTCh 20K; 1 Durango 5000; 4 La Coruña 20K; 3 Castellón 5000; 1 Barcelona 5000; 2 Spanish Autonomic 5000; 1 Spanish 10,000					
<b>110</b> <b>PÉREZ María</b> ESP	<b>22y</b>	102d	1996	<b>1:28:50</b>	<b>1:28:50 -18</b>
Tenth at 2017 World Championships, seventh at 2018 World Team Championships 29 WCP junior 10K 2012; 7 World youth 5000 2013; 9 WCP junior 10K 2014; 5 WJC 10,000 2014; 3 ECP junior 10K 2015 (2013-12); 4 EJC 10,000 2015; 2 Ibero-American 10,000 2016; 6 ECP 20K 2017; 2 under-23 ECH 20K 2017; 10 WCH 20K 2017; 7 WTCh 20K 2018. 1 Spanish 20K 2018. Coach-Daniel Jacinto Garzón In 2018: 2 Andalusian 10K; 1 Spanish 20K; 1 Spanish Universities 5000; 7 WTCh 20K; 1 San Sebastián 5000; dnf La Coruña 20K; 8 La Coruña 20K; 1 Huelva 3000; 1 Castellón 5000; 1 Spanish Autonomic 5000; 3 Spanish 10,000					
<b>112</b> <b>SÁNCHEZ-PUEBLA Lidia</b> ESP	<b>22y</b>	23d	1996	<b>1:31:21</b>	<b>1:30:51 -17</b>
9 World youth 5000 2013; 15 WCP junior 10K 2014; 6 ECP junior 10K 2015; 7 EJC 10,000 2015; 3 Mediterranean under-23 10,000 2016; 9 ECP 20K 2017; dq under-23 ECH 20K 2017; 27 WTCh 20K 2018. Coach-José Antonio Carrillo In 2018: 1 Mostoles 10K; 4 Spanish 20K; dnf Rio Maior 20K; 1 Spanish Clubs 5000; 27 WTCh 20K; 6 La Coruña 20K; 1 Jesolo 10,000; 1 Palencia 5000; 1 Spanish under-23 10,000; 3 Spanish Autonomic 5000; 5 Spanish 10,000					
<b>113</b> <b>TAKACS Júlia</b> ESP	<b>29y</b>	42d	1989	<b>1:27:58</b>	<b>1:27:58 -18</b>
Allegiance transferee from Hungary – obtained Spanish citizenship on June 20, 2008 and officially cleared to compete for Spain one week later (as she had never competed internationally for Hungary) 2018 European 50K bronze 50K pb: 4:13:04 -18. 16 WJC 10,000 2008; 2 Ibero-American 10,000 2010/2014; 10 ECP 2011 (2009-11, 2013-22); 3 under-23 ECH 2011 (2009-5); 1 WSG 20K 2011; 10 WCP 20K 2012 (2010-26, 2014-29); 9 WCH 20K 2013; 13 WTCh 20K 2016; 33 OLY 20K 2016; 8 WTCh 50K 2018; 3 ECH 50K 2018. 1 Spanish 50K 2018, 20K 2013/2015 & 10,000 2014/2015/2017. Former rhythmic gymnast. Coach-Montserrat Pastor (same as Jesús Angel García) In 2018: 1 Algeciras 20K; 1 Spanish 50K (4:13:04, fifth world all-time); 3 Spanish 20K; 3 Spanish Universities 5000; 8 WTCh 50K; 1 Castellón 5000; 2 La Coruña 20K; 2 Castellón 5000; 4 Spanish 10,000; Here: 50K 3-4:15:22					
<b>115</b> <b>NEUVONEN Elisa</b> FIN	<b>27y</b>	144d	1991	-	<b>1:35:09 -17</b>
14 under-23 ECH 20K 2013; 19 ECP 20K 2017; 3 WSG 20K 2017. 1 Finnish indoor 3000 2017 In 2018: 1 Kuortane 5000; 1 Jämsä 3000; 2 Jämsä 5000; 1 Finnish 10K					
<b>117</b> <b>MENUET Emilie</b> FRA	<b>26y</b>	256d	1991	<b>1:33:02</b>	<b>1:31:38 -16</b>
Thirteenth at 2016 Olympics // 6 ECP junior 10K 2009; dq EJC 10,000 2009; 14 WCP junior 10K 2010; 18 WJC 10,000 2010; 8 under-23 ECH 20K 2011 (2013-9); 5 Francophone Games 20K 2013; 65 WCP 20K 2014; 31 WCH 20K 2015; 65 WTCh 20K 2016; 13 OLY 20K 2016; 10 ECP 20K 2017 (2011-27, 2013-35, 2015-21). 1 French 10,000 2015 & 20K 2018. Coach-Marc Glaudel In 2018: dq Monterrey 20K; 1 French 20K; 12 Poděbrady 20K; 28 WTCh 20K; dnf La Coruña 20K; dnf Alytus 20K; dnf Simnas 5K; 1 Tours 3000; 3 Blois 5000; 2 French 5000					
<b>118</b> <b>DAVIES Bethan</b> GBR	<b>27y</b>	276d	1990	<b>1:31:53</b>	<b>1:31:53 -18</b>
DEFENDING UK CHAMPION 2018 Commonwealth Games bronze (for Wales) // 20,000 pb: 1:36:39.70 -15. 5000 pb: 21:21.52 -17 (22:04.98-18). 22 ECP 20K 2017 (2013-44); 29 WCH 20K 2018; 3 COM 20K 2018; 64 WTCh 2018. 1 English under-23 10,000 2012/2013; 1 UK 5000 2013/2016/2017 & indoor 3000 2016 / 5000 2018. Former Welsh cross country international. Graduate of neuroscience from the University of Leeds. Coach-Andi Drake In 2018: 1 UK indoor 5000; 3 Lugano 20K; 3 COM 20K; 64 WTCh 20K; 1 UK (RWA) 20K (first British finisher, so she is auto-selected for the European Championships); 1 UK 5000; 1 Welsh 3000					
<b>119</b> <b>LEWIS Heather</b> GBR	<b>24y</b>	289d	1993	<b>1:36:14</b>	<b>1:36:14 -18</b>
20K pb: 1:36:14 -18. 7 COM 20K 2018. At WCP: 2012-23J. 1 English junior 10,000 2014; 1 UK 5000 2014 (2011/2012/2013-2). Coaches-Chris Jones & Pete Freeman. Trains with Bethan Davies WAL In 2018: dq UK indoor 5000; 6 Lugano 20K; 7 COM 20K; 1 Coventry RWA 10K; 2 UK (RWA) 20K; 2 Welsh 3000					
<b>120</b> <b>FEIGE Saskia</b> GER	<b>20y</b>	362d	1997	<b>1:33:12</b>	<b>1:33:12 -18</b>
28 WTCh junior 10K 2016; 15 under-23 ECH 20K 2017; 32 WTCh 20K 2018 In 2018: 10 Poděbrady 20K; 2 German 20K; 32 WTCh 20K					

121	<b>LEHMEYER Emilia</b> GER	21y	121d	1997	1:32:49	1:32:49 -18
17 ECP junior 19K 2015; 19 WTCh junior 10K 2016; 14 WJC 10,000 2016; 16 ECP 20K 2017; 6 under-23 ECH 20K 2017; 35 WTCh 20K 2018 In 2018: 1 German 20K						
122	<b>ZUREK Teresa</b> GER	20y	12d	1998	1:33:30	1:33:30 -18
17 World youth 5000 2015; 35 WTCh junior 10K 2016; 3 ECP junior 10K 2017 (2015-26). 67 WTCh 20K 2018. 1 German 5000 2016 In 2018: 1 Erfurt indoor 3000; 5 Lugano 20K; 11 Poděbrady 20K; 3 German 20K; 67 WTCh 20K						
123	<b>DRISBIÓTI Antigóni</b> GRE	34y	141d	1984	1:32:34	1:30:56 -16
27 ECP 2013/2015 (2017-dnf); 3 Mediterranean Games 2013; 30 WCH 2013; 24 ECH 2014; 15 OLY 2016. 1 Greek 2013-2015. Coach-Athanasios Deliyiannis. She works at family-owned local specialty restaurant in her hometown of Karditsa. In 2018: 1 Mégara 20K; 1 Tríkala 10,000; 2 Alytus 20K; dnf Simnas 5K						
124	<b>KOVÁCS Barbara</b> HUN	25y	15d	1993	1:37:19	1:32:44 -17
16 EJC 10,000 2011; 34 WCP junior 10K 2012; 69 WCP 20K 2014; 17 under-23 ECH 20K 2015 (2013-18); 58 OLY 20K 2016; 12 ECP 20K 2017; 27 WCH 20K 2017; dq WSG 20K 2017 In 2018: dnf Dudince 20K; 17 Poděbrady 20K; 1 Békéscsaba 20K; 1 Miskolc 10,000; 1 Tatabánya 10K; 1 Budapest 5000						
125	<b>RÉCSEI Rita</b> HUN	22y	192d	1996	1:39:53	1:34:43 -17
37 ECP junior 10K 2013 (2015-dq); 27 World Youth 5000 2013; 29 WCP junior 10K 2014; 29 WJC 10,000 2014; 19 EJC 10,000 2015; 59 OLY 20K 2016; 24 ECP 20K 2017; 9 under-23 ECH 20K 2017; 51 WCH 20K 2017; 5 WSG 20K 2017 1 Hungarian indoor 3000 2015/2016 In 2018: 26 Poděbrady 20K; 3 Békéscsaba 20K; 2 Miskolc 10,000; 2 Tatabánya 10K; 2 Budapest 5000						
129	<b>GIORGI Eleonora</b> ITA	28y	330d	1989	1:28:31	1:26:17 -15
Tenth at Moscow 2013, fifth at 2014 World Cup, 2014 Europeans & 2018 World Teams 27 WCP junior 10K 2008; 18 WJC 10,000 2008; 5 under-23 ECH 20K 2011 (2009-11); 13 OLY 20K 2012 (2016-dq); 1 Mediterranean Games 20K 2013; 10 WCH 20K 2013 (2011-4); 9 WCP 20K 2014 (2012-53); 7 ECH 20K 2014; 4 OLY 20K 2016; 1 ECP 20K 2017 (2011-28, 2013-dnf); 3 WCH 20K 2017 (2013-13, 2015-5); 17 WTCh 20K 2018. 1 Italian indoor 3000 2013/2015/2017 & 20K 2014. Former volleyball player. Coach-Patrizio Parcesepe In 2018: 1 Lugano 20K; 1 Poděbrady 20K; 1 Milan 5000; 5 WTCh 20K						
130	<b>PALMISANO Antonella</b> ITA	27y	4d	1991	1:30:29	1:26:36 -17
Fourth at 2016 Olympics (then was heading for another fourth place in London 2017 before the late disqualification of Lu Xiuzhi CHN elevated her to third place) 5 World Youth 5000 2007; 9 WJC 10,000 2008; 3 ECP junior 10K 2009; 2 EJC 10,000 2009; 1 WCP junior 10K 2010 (2008-22); 4 WJC 10,000 2010; 2 under-23 ECH 20K 2013 (2011-4); 9 WCP 20K 2014 (2012-53); 7 ECH 20K 2014; 4 OLY 20K 2016; 1 ECP 20K 2017 (2011-28, 2013-dnf); 3 WCH 20K 2017 (2013-13, 2015-5); 17 WTCh 20K 2018. 1 Italian indoor 3000 2013/2015/2017 & 20K 2014. Former volleyball player. Coach-Patrizio Parcesepe In 2018: 1 Italian indoor 3000; 2 Rio Maior 20K; 17 WTCh 20K						
131	<b>TRAPLETTI Valentina</b> ITA	33y	29d	1985	1:30:19	1:30:19 -18
Seventh at 2017 European Cup // 11 WJC 10,000 2004; 11 under-23 ECH 20K 2007; 27 WCP 20K 2008 (2014-56); 6 WSG 20K 2009; 23 WTCh 20K 2016; 7 ECP 20K 2017 (2015-20); 15 WCH 20K 2017 (2009-16); 16 WTCh 20K 2018. 1 Italian 20K 2017/2018. Coached in Milan by Enzo Fiorillo In 2018: 5 Monterrey 20K; 1 Italian 20K; 3 Poděbrady 20K; 16 WTCh 20K; dnf Alytus 20K; dnf Simnas 5K; 1 Modena 5000						
132	<b>VAICIUKEVICIUTE Zivilė</b> LTU	22y	128d	1996	1:31:53	1:31:23 -17
(Pronounced like "Vee-Koo Kevvy Cheetay") Twin sister of Monika Vaičiukevičiūtė, and their older sister is Gintare Vaičiukevičiūtė, all three are international walkers 16 World Youth 5000 2013; 19 WCP junior 10K 2014; 12 WJC 10,000 2014; 7 ECP junior 10K 2015 (2013-19); 8 EJC 10,000 2015; 53 WTCh 20K 2016; 56 OLY 20K 2016; 11 ECP 20K 2017; 3 under-23 ECH 20K 2017; 19 WCH 20K 2017 In 2018: 2 Lithuanian indoor 3000; 4 Poděbrady 20K; 25 WTCh 20K; 2 Utena 3000; 3 Alytus 20K; 3 Simnas 5K						
133	<b>VIRBALYTĖ-DIMŠIENĖ Brigita</b> LTU	33y	190d	1985	1:29:02	1:29:02 -18
(Married name-Dimšienė) Seventh at 2015 World Championships, after which she was voted Lithuanian Athlete of the Year 50K pb: 4:25:22 -10. 5 World Youth 5000 2001; 5 ECP junior 10K 2003; 4 EJC 10,000 2003; 13 WCP junior 10K 2004; 9 WJC 10,000 2004; 8 under-23 ECH 20K 2007; 29 WCP 20K 2010 (2006-51, 2008-39, 2012-39, 2014-34); 12 ECH 20K 2010 (2014-18); 25 OLY 20K 2012; 7 WCH 20K 2015 (2009-23, 2011-27, 2013-19, 2017-16); 8 ECP 20K 2017 (2009-20, 2011-15, 2013-18, 2015-14); 10 WTCh 20K 2018 (2016-21) In 2018: 5 Australian 10,000; 6 Oceanian 20K; 1 Lithuanian indoor 3000; 2 Poděbrady 20K; 10 WTCh 20K; 1 Utena 3000; 1 Alytus 20K; 1 Simnas 5K						
136	<b>ZDZIEBŁO Katarzyna</b> POL	21y	254d	1996	1:32:50	1:32:50 -18
8 World youth 5000 2013; 11 WJC 10,000 2014; 5 ECP junior 10K 2015; 10 EJC 10,000 2015; 48 WTCh 20K 2016 In 2018: 1 Polish indoor 3000; 1 Zaniemyśl 20K; 41 WTCh 20K; 2 Polish 20K; 2 Polish 5000						
137	<b>BARROS Edna</b> POR	21y	234d	1996	1:35:03	1:35:03 -18
37 WCP junior 2014; 14 ECP junior 10K 2015; 14 EJC 10,000 2015; 10 under-23 ECH 20K 2017; 45 WTCh 20K 2018 In 2018: 2 Faro 10,000; 1 Portuguese Clubs indoor 3000; 3 Portuguese 20K; 2 Portuguese indoor 3000; 2 Montemor-o-Novo Taça 10,000; 8 Rio Maior 20K; 45 WTCh 20K; 2 Faro 5000; 3 Jesolo 10,000; 3 Portuguese 10,000; 1 Guimarães 10,000						
138	<b>CABECINHA Ana</b> POR	34y	102d	1984	1:29:41	1:27:46 -08
Top eight at 11 successive Worlds / Olympics / World Cups / World Team Championships since 2010 10 World Youth 5000 2001; 12 WJC 10,000 2002; 14 ECP junior 10K 2003; 3 EJC 10,000 2003; 4 under-23 ECH 20K 2005; 1 Ibero-American 10,000 2006/2010; 8 WCP 20K 2010/2012/2014 (2006-12, 2008-11); 6 ECH 20K 2014 (2010-7); 4 WCH 20K 2015 (2011/2017-6, 2013-8); 6 WTCh 20K 2016; 6 OLY 20K 2016 (2008/2012-8); 2 ECP 20K 2017 (2007-dnf, 2011-14, 2009-13, 2013-5, 2015-9). 1 Portuguese 10,000 2005/2008/2010/2014/2015/2016/2017. Coach-Paulo Murta In 2018: 1 Faro 10,000; 4 Pombal 3000 run; 2 Portuguese 20K; 1 Portuguese indoor 3000; 2 Portuguese Clubs indoor div 1 3000 run; 4 Rio Maior 20K; 18 WTCh 20K; 1 Faro 5000; 1 Faro 3000/5000; 3 La Coruña 20K; 2 Portuguese 10,000						
139	<b>HENRIQUES Inês</b> POR	38y	100d	1980	1:29:15	1:29:00 -16
World & new European Champion at 50K // 50K pb: 4:95:56 -17 (4:09:21 -18). 22 WJC 5000 96 (98-24); 12 EJC 5000 99 (97-21); 10 under-23 ECH 10K 2001; 7 ECP 20K 2007 (2001-25, 2005-17, 2009/2017-dq, 2011-12, 2013-8, 2015-16); 7 WCH 20K 2007 (2001-dq, 2005-27, 2009-10, 2011-9, 2013-11, 2015-23); 3 WCP 20K 2010 (2002-23, 2004-34, 2006-13, 2008-19, 2012-9, 204-22); 8 ECH 20K 2010 (2002-15, 2006-12, 2014-13); 8 WTCh 20K 2016; 12 OLY 20K 2016 (2004-25, 2012-14); 1 WCH 50K 2017; dnf WTCh 50K 2018; 1 ECH 50K 2018. 1 Portuguese 10,000 2006/2009/2013 & 20K 2011/2016. Coach-Jorge Miguel "For me, the 50K came at the right moment, because after the Olympics I considered finishing my career," she told iaaf.org in 2018 In 2018: 1 Portuguese 35K (pb 2:45:51, 3:57 pacer, she beat all but two of the men in the race); 1 Portuguese 20K; 3 Monterrey 20K; 3 Rio Maior 20K; dnf WTCh 50K (she led in the first half of the race, but dropped out and ultimately lost her world record to Liang Rui CHN – "I began to have physical problems and later dizziness" – it was the first time she'd dropped out of a race); 5 La Coruña 20K; Here: 50K 1-4:09:21						
140	<b>ARSINE Andreea</b> ROU	29y	329d	1988	1:33:59	1:33:46 -17
29 ECP 20K 2015; 45 OLY 20K 2016; 31 WCH 20K 2017; 38 WTCh 20K 2018 (2016-59). Coach-Veronica Budileanu Marinescu In 2018: 1 Bacau indoor 3000; 1 Romanian 20K; 38 WTCh 20K; 2 Pitești 20K						
141	<b>RODEAN Ana Veronica</b> ROU	34y	47d	1984	1:35:02	1:34:07 -16
Marathon pb: 2:50:52 -13. 12 WSG 2009; 35 WCP 20K 2012; 50 OLY 20K 2016; 23 ECP 20K 2017 (2009-25); 34 WCH 20K 2017; 48 WTCh 20K 2018 (2016-51). 1 Romanian 20K 2016. Coach-Octavian Mazaran Marathons (3): 6 Bucharest 2012, 1 Cluj-Napoca 2013, 4 Bucharest 2016 In 2018: 2 Romanian 20K; 48 WTCh 20K; 1 Pitești 20K						

143	<b>CZAKOVA Mária SVK</b>	<b>29y</b>	311d	1988	<b>1:31:03</b>	<b>1:31:03 -18</b>
Sixth at 2018 European 50K // 50K pb: 4:14:25 -18. 18 WCP junior 10K 2006; 19 ECP junior 10K 2007; 10 EJC 10,000 2007; 14 under-23 ECH 20K 2009; 29 WCH 20K 2011 (2013-49, 2015-30, 2017-36); 51 WCP 20K 2014 (2008-63, 2010-dnf, 2012-65); 25 ECH 20K 2014; 30 ECP 20K 2015 (2009-31, 2011-39, 2013-32); 8 WSG 20K 2015 (2011-13, 2013-10); 48 OLY 20K 2016 (2012-50); 20 WTCh 20K 2018 (2016-46); 6 ECH 50K 2018. Coach-Matej Spisiak In 2018: 1 Bratislava indoor 3000; 1 Dudince 50K (Czech record 4:14:25); 20 WTCh 20K; 1 Samorin 5000; Here: 50K 6-4:24:59						
144	<b>BEKMEZ Meryem TUR</b>	<b>18y</b>	9d	2000	<b>1:36:08</b>	<b>1:36:08 -18</b>
Silvers at World Youth & World Junior Championships, and she remains a junior to the end of 2019 10,000 pb: 44:17.69 -18. 2 ECP junior 10K 2017; 2 World Youth 5000 2017; 3 EJC 10,000 2017; 2 WJC 10,000 2018 In 2018: 1 Antalya 10K; 1 Minsk indoor 5000; 1 Dudince 10K; 5 WTCh junior 10K; 4 Alytus; 2 WJC 10,000						
146	<b>BOROVSKA Nadiya UKR</b>	<b>37y</b>	166d	1981	<b>1:29:22</b>	<b>1:29:22 -18</b>
(Née Prokopuk) // 11 WSG 20K 2005; 15 OLY 20K 2012 (2008-33); 11 WCH 2015 (2011-22, 2017-dq). At WCP: 2004-43, 2006-43, 2008-dq, 2012-30. At ECP: 2005-32, 2007-32, 2011-11, 2017-5; 11 WTCh 2018 (2016-20). 1 Ukrainian winter 20K 2007/2011/2012/2015/2016. Coach-Mykola Kalytka In 2018: 1 Ukrainian winter 20K; 11 WTCh 20K						
147	<b>FILYUK Mariya UKR</b>	<b>22y</b>	300d	1995	<b>1:34:11</b>	<b>1:34:11 -18</b>
dq WCP junior 10K 2014; 12 under-23 ECH 20K 2017 In 2018: 2 Ukrainian Teams indoor 5000; 4 Ukrainian winter 35K; 1 Ukrainian 20K						
148	<b>KASHYNA Inna UKR</b>	<b>26y</b>	317d	1991	<b>1:28:58</b>	<b>1:28:58 -18</b>
2017 World Student Games Champion // 8 under-23 ECH 20K 2013; 33 WCP 20K 2014; 23 ECH 20K 2014; 21 OLY 20K 2016; 4 ECP 20K 2017 (2013-29, 2015-17); 20 WCH 20K 2017; 1 WSG 20K 2017 (2015-6); 9 WTCh 20K 2018 (2016-18). 1 Ukrainian 20K 2013/2014. Coaches-Tetiana & Mykola Kryvokhyzha In 2018: 2 Ukrainian winter 20K; 9 WTCh 20K; 4 Castellón 5000						

<u>WORLD ALL-TIME LIST</u>	<u>2018 EUROPEAN LIST</u>
1..... 1:23:39....Yelena Lashmanova RUS.....2018	1..... 1:23:39....Yelena Lashmanova RUS
2..... 1:24:38....Liu Hong CHN.....2015	2..... 1:27:11....Mariya Ponomaryova RUS
3..... 1:24:47....Elmira Alembekova RUS.....2015	3..... 1:27:42....Sofiya Brodatskaya RUS
4..... 1:24:50....Olimpiada Ivanova RUS.....2001	4..... 1:27:58....Julia Takács ESP
5..... 1:24:56....Olga Kaniskina RUS.....2009	5..... 1:28:31....Eleonora Giorgi ITA
6..... 1:24:58....Yelena Lashmanova RUS.....2016	6..... 1:28:40....Anežka Drahotová CZE
7..... 1:25:03....Marina Pandakova RUS.....2015	7..... 1:28:41....Antonella Palmisano ITA
8..... 1:25:04....Svetlana Vasilyeva RUS.....2015	8..... 1:28:50....Mária Pérez ESP
9..... 1:25:08....Vera Sokolova RUS.....2011	9..... 1:28:58....Inna Kashyna UKR
10... 1:25:09....Anisya Kiryapkina RUS.....2011	10... 1:29:02....Brigita Virbalytė-Dimšienė LTU