



## Women's 5000 Metres

32 Entrants

		Age	(Days)	Born	Season's Best	Personal Best
1111	<b>NIYONIZIGIYE Francine</b> BDI 9 WJC 3000 2004; ht OLY 5000 2004; 8 African Champs 5000 2006; 8 African Games 10,000 2007; ht WCH 5000 2007. At WXC: 2007-65J In 2008: 8 Maroilles 20K	19y	276d	1988	-	16:55.32 -04
1185	<b>KRAVTSOVA Olga</b> BLR 2005 European Cup winner at 5000m ... 10,000 pb: 31:58.52 -07 (32:43.28 -08). 1500 pb: 4:05.76 -05. dnf under-23 ECH 5000 2003; ht OLY 5000 2004; 10 WCH 5000 2005 (2007-13); 5 ECH 5000 2006; 1 ECP 5000 2007 (2008-4); dnf WCH 10,000 2007. 1 Belorussian 1500 2005, 5000 2004/2007/2008 & 10,000 2006/2007. 5 Great North 3K 2007. Defeated Paula Radcliffe in 2005 European Cup First League 5000m In 2008: 1 Belorussian indoor 1500/1500; 7 ECP 10,000; 8 Heillecourt; 2 Brno Half Mar; 1 Belorussian Cup 5000; 4 ECP 5000	27y	26d	1981	15:24.40	14:47.75 -05
1292	<b>METCALFE Megan</b> CAN 2007 Pan-American Champion at 5000m ... 3000 pb: 9:01.49 -07. 1500 pb: 4:11.06 -06. 12 WIC 3000 2008. 1 Canadian 5000 2006/2008. At WXC: 99-112J, 2001-82J, 2005-55 short ... coach-Sean Cleary ... physical therapist at University of West Virginia ... youngest of six, she has a twin brother Mike ... from-Edmonton, Alberta In 2008: 12 WIC; 3 Mt SAC Relays 5000; 1 Carson 3000; 13 Hengelo 5000; 13 Berlin Golden League 5000; 14 Oslo Golden League 5000; 1 Canadian 5000	26y	205d	1982	15:19.79	15:15.73 -07
1392	<b>XUE Fei</b> CHN 2006 World Junior, Asian Games & Chinese senior champion at 5000m ... still a junior in 2008 1500 pb: 4:08.87 -08. 1 WJC 5000 2006; 1 Asian Games 5000 2006; ht WIC 3000 2008. 1 Chinese 5000 2006; 1 Chinese junior 1500/10,000 2007 ... born-Shandong Province ... coach-Ma Xuezhong In 2008: 9ht WIC 3000; 1 "Good Luck" Beijing 5000; 1 Chinese Olympic Trial 5000 (2 1500)	19y	12d	1989	15:42.95	15:02.73 -07
1399	<b>ZHANG Yingying</b> CHN Won 2008 Chinese Marathon title one day after her 18th birthday in 2:22:38, a world junior best. But under IAAF regulations she is too young to contest that event at international championships Mar pb: 2:22:38 -08. 10,000 pb: 31:17.30 -07 (31:31.12 -08). 16 OLY 10,000 2008. 1 Chinese Inter-City Games 10,000 2007. Born-Inner Mongolia Autonomous Region ... coach-Wang Yongmei  Marathons (3): 4 Xiamen 2007 (2:36:52 at age 17); 2 Beijing 2007 (2:27:20); 1 Xiamen 2008 (2:22:38)  In 2008: 1 Xiamen Marathon (Chinese Championships); 1 Chinese junior XC; 1 "Good Luck" Beijing 10,000 (4 5000); Here: 10,000 16/Final-31:31.12	18y	228d	1990	15:49.38	31:17.30 -07
1573	<b>SULTAN Simret</b> ERI Eritrean record holder at 5000m ... ninth at 2007 World Cross Country Championships ht World Youth 1500 2001; 3 African Junior 5000 2001; 7 African Champs 10,000 2002 (8 5000); ht WCH 5000 2003/2007; 5 African Champs 5000 2007. At WXC: 2002-50J, 2002-50J, 2003-15J, 2004-41 short, 2005-26 short, 2006-17 long & 45 long, 2007-9, 2008-25 In 2008: 25 WXC; 6 Jerez de la Frontera 5000; 12 Rome Golden League 5000; 3 Barcelona 5000	24y	30d	1984	15:22.41	15:16.33 -07
1587	<b>CHECA Dolores</b> ESP Checa iis pronounced "Checker" Down from 8:58.35 to 8:43.00 for 3000m already in 2008 1500 pb: 4:02.77 -08. 3000 pb: 8:58.35 -07. 8 EIC 3000 2007; sf WCH 1500 2007. Her twin Isabel ran 9:18.99 for indoor 3000m in 2006 In 2008: 2 Spanish Clubs 1500; 2 European Clubs Cup 3000; 6 Oslo Golden League 5000; 1 ECP 1st League 3000; 3 Jerez de la Frontera 1500; 5 Athens 1500; 1 Spanish 5000; 2 Monaco 3000	25y	236d	1982	14:55.71	14:55.71 -08
1656	<b>MELKAMU Meselech</b> ETH (Meselech pronounced "Messel-etch") ... three individual bronze medals at World Cross Country Championships 10,000 pb: 31:04.93 -08. 3000 pb: 8:34.73 -05. 1500 pb: 4:07.52 -07. 4 WCH 5000 2005 (2007-6); 6 African Champs 5000 2006; 2 African Games 5000 2007; 2 WIC 3000 2008. At WXC: 2003-4J, 2004-1J, 2005-4 long & 6 short, 2006-3 short & long, 2007-3, 2008-9. 1 Great Ireland Run 2006. Father-Melkamu Haile Yesus was a marathon runner In 2008: 2 WIC 3000; 9 WXC; 1 African Champs 5000 (beat Meseret Defar); 2 Hengelo 5000; 3 Ostrava 10,000 (début); 2 Rome Golden League 5000	23y	123d	1985	14:38.78	14:33.83 -07
1659	<b>DIBABA Tirunesh</b> ETH New Olympic Champion at 10,000m Epic new world 5000m record in Oslo on June 6, 2008, with her last 3000m taking just 8:27.51, faster than her best for that distance 5000 pb: 14:11.15 -08. 10,000 pb: 29:54.66 -08. 3000 pb: 8:29.55 -06. 2 WJC 5000 2002; 1 WCH 5000 2003; 3 OLY 5000 2004; 1 WCH 5000/10,000 2005; 2 African Champs 5000 2006; 1 WCP 3000 2006; 1 WCH 10,000 2007 (60.16 last lap but almost dropped out earlier in the race with injury); 1 African Champs 10,000 2008. At WXC: 2001-5J, 2002-2J, 2003-1J, 7 short, 2004-2 short, 2005-1 long/1 short, 2006-1 long, dnf short, 2007-2, 2008-1. Cousin of Derartu Tulu ... one of seven children, she has five sisters including 2004 Olympic 10,000m silver medalist Ejegayehu and 2008 World Junior Cross Country Champion Genzebe ... fiancé-Sileshi Sihine In 2008: 1 Boston 3000 indoor (8:33.37); 1 WXC; 1 African Champs 10,000; 1 Oslo Golden League 5000 (world record 14:11.15); 1 Ostrava 10,000; 1 Rome Golden League 5000; Here: 10,000 1/Final-29:54.66  Belaynesh Fikadu is the athlete who loses her place at the Games because of Dibaba's apparently late decision to double up	22y	323d	1985	14:11.15	14:11.15 -08
1665	<b>DEFAR Meseret</b> ETH DEFENDING OLYMPIC CHAMPION Voted world woman athlete of 2007 ... Olympic & World Champion at 5000m ... twice World Indoor Champion at 3000m 3000 pb: 8:24.51 -07. 2 World Youth 3000 99; 2 WJC 5000 2000; 1 WJC 3000/5000 2002; 1 African Games 5000 2003/2007; 2 Afro-Asian 5000 2003; 1 WIC 3000 2004/2006 (2003-3); 1 OLY 5000 2004; 1 African Champs 5000 2006 (2000-2); 1 WCP 5000 2006; 1 WCH 5000 2007 (2005-2, 2003-ht). At WXC: 2002 -13J. 1 Ethiopian 3000 2003. Defar means "bold" in Amharic ... husband-former soccer player Teodros Hailu  "Nothing I have achieved so far compares to my victory in Athens four years ago," she told the IAAF website. "It has changed my career and my life. It has also inspired many girls from Addis Ababa to take up the sport."  In 2008: 1 Boston 2M indoor (world best 9:10.50); 1 Stuttgart 3000 indoor; 1ht WIC 3000; 1 WIC 3000; 2 African Champs 5000; 1 Eugene 5000; 1 Stockholm 5000 (missed world record by 1.73)	24y	274d	1983	14:12.88	14:12.88 -08
1823	<b>PAVEY Jo</b> GBR 2006 Commonwealth Games 5000m silver ... fourth in 2007 World 10,000m ... fifth in 2004 Olympic 5000m 1500 pb: 4:01.79 -03. 3000 pb: 8:31.72 -02. 10,000 pb: 31:12.30 -08. 2 ECP 5000 2002/2003; 5 COM 5000 2002; 3 WCP 5000 2002; 10 WCH 1500 2003 (97-st); 5 WIC 3000 2004; 5 OLY 5000 2004 (2000-12); dnf EIC 3000 2005 (calf injury); 1 ECP 3000 2006; 4 ECH 5000 2006 (2002-5); 4 WCH 10,000 2007; 9 WCH 5000 2007 (2001-11, 2005-15). At WXC: 2003-40 short. At EXC: 2004-3, 2006-8. 1 AAA indoor 3000 2004/2005 & outdoor 5000 2006; 1 UK 5000 2007/2008. 4 Great North Run 2007. Born-Honiton, lives-Teddington ... coach/husband-Gavin In 2008: 7 Lisbon Half Mar (pb 70:39); 2 Windsor 10K; 2 Dublin 10K; 1 Manchester 10K; 8 Oslo Golden League 5000; 1 UK Champs 10,000; 1 UK Champs 5000; 3 Stockholm 5000; Here: 10,000 12/Final-31:12.30	34y	334d	1973	14:58.62	14:39.96 -08

2008	<b>PAPP Krisztina</b> HUN	25y	246d	1982	15:21.92	15:08.65	-05
2003 European under-23 Champion at 10,000m ... 1500 pb: 4:08.94 -08. 3000 pb: 8:44.49 -06. 10,000 pb: 32:31.54 -06 (32:16.50 -08). 4 EJC 3000 2001; ht WJC 1500 2000; 12 EIC 3000 2002; 1 under-23 ECH 10,000 2003 (4 5000); ht OLY 5000 2004; 3 ECP 10,000 2006; 8 ECH 5000 2006; 6 WCP 3000 2006; 20 World Half Mar 2007. At EXC: 99-55J, 2000-32J, 2001-30J, 2004-22, 2005-45. 1 Hungarian 1500 2006, 5000 2004/2005 & 10,000 2005/2006 In 2008: 1 Hungarian indoor 1500/3000; dnf ECP 10,000; 1 Belgrade 5000; 3 Zaragoza 3000; 12 Ostrava 10,000; 1 Budapest City 1500; 3 ECP 1st League 3000; 2 Jerez de la Frontera 5000; 11 Rome Golden League 5000; 1 Hungarian 1500; 2 Leverkusen 3000							
2083	<b>WEISSTEINER Silvia</b> ITA	29y	38d	1979	15:16.80	15:11.81	-07
2007 European Indoor bronze at 3000m ... 3000 pb: 8:58.91 -03. 10,000 pb: 32:30.55 -06. 6 ECP 5000 2005; 14 ECH 10,000 2006; 3 EIC 3000 2007 (2005-4); 12 WCH 5000 2007; 7 WIC 3000 2008. 1 Italian 1500 2007. At WXC: 97-83J, 98-90J, 2000-48 long, 2003-46 short. At EXC: 97-33J, 98-18J, 2000-38, 2003-33, 2006-13. 1 Italian 5000 2005/2006 ... older brother Roland is also a cross-country international. Born-Bolzano ... coach-Ruggero Grassi In 2008: 2 European Indoor Cup 3000; 1 Italian indoor 3000; 7 WIC 3000; 1 Oderzo 5.5K; 16 Hengelo 5000; 3 Italian Clubs 5000; 9 Rome Golden League 5000; 2 Trento 1500							
2200	<b>KOBAYASHI Yuriko</b> JPN	19y	250d	1988	15:07.37	15:07.37	-08
Japanese junior record holder at 1500m & 3000m ... 2005 World Youth silver at 1500m, 2006 World junior bronze 1500 pb: 4:07.86 -06 (4:12.11 -08). 3000 pb: 8:51.85 -08. ht WJC 800 2004; 2 World Youth 1500 2005; 3 Asian Champs 1500 2005; 3 WJC 1500 2006. 1 Japanese 1500 2005. At WXC: 2006-30 short In 2008: Ran first stage for Japanese team which placed second in Yokohama Ekiden, clocking 15:04 for 5K; 1 Kumamoto 5000; 1 Kobe 1500; 1 Wakayama 3000; 1 Hyogo Relays 1500; 2 Stanford 1500; 1 Osaka 1500; 1 Sapporo 3000; 1 Japanese 5000; 1 Kitami 1500							
2206	<b>FUKUSHI Kayoko</b> JPN	26y	148d	1982	15:16.27	14:53.22	-05
World 15K record holder ... Asian half marathon record holder ... Japanese record holder at 3000m & 5000m ... 2006 Asian Games Champion at 10,000m Half Mar pb: 67:26 -06.10,000 pB: 30:51.81 -02 (31:01.14 -08). 5000 pb: 14:53.22 -05. 3000 pb: 8:44.40 -02. Mar pb: 2:40:54 -08. 4 WJC 5000 2000; 2 Asian Games 5000/10,000 2002; 11 WCH 10,000 2003/2005; 12 WCH 10,000 2003 (2003-ht); 26 OLY 10,000 2004; 3 WCP 5000 2006; 6 World Road 20K 2006; 1 Asian Games 10,000 2006; 10 WCH 10,000 2007 (14 5000). At WXC: 2002-15J, 2006-6 long. 1 Japanese 10,000 2002-2007 (1 5000 2006/2007) In 2008: 19 Osaka Marathon (led for 34K but faded to finish in 2:40:54 on her debut); 6 Niigata 10,000; 1 Fukagawa 10,000; 1 Amagasaki 3000; 3 Japanese 5000/10,000; 10 Rome Golden League 5000							
2210	<b>AKABA Yukiko</b> JPN	28y	306d	1979	15:06.07	15:06.07	-08
Half Mar pb: 68:11 -08. 10,000 pb: 31:15.34 -08 (32:00.37 -08). 3 WSG 10,000 2001 (8 5000); 20 OLY 10,000 2008 In 2008: Ran second stage for Japanese team which placed second in Yokohama Ekiden, clocking 31:43 for 10K; 1 Japanese Corporate Half Mar; 4 Hyogo Relays 10,000; 3 Hiroshima 5000; 2 Niigata 10,000; 2 Japanese 5000/10,000; 1 Kitami 5000; Here: 10,000 20/Final-32:00.37							
2253	<b>CHERONO Priscah</b> KEN	28y	53d	1980	14:45.12	14:35.30	-06
Full name-Priscah Jepleting Ngetich, she married Charles Cheronon in December 2006 and told me she wishes to be known as Priscah Cheronon 2007 World 5000m bronze ... World Cross Country silvers in 1997 (junior) & 2006 (senior short course) 3000 pb: 8:30.70 -07. 7 WJC 5000 98 (96-6); 2 African Champs 5000 2004; 3 WCH 5000 2007 (2005-7). 1 Kenyan 5000 2008. At WXC: 97-2J, 98-11J, 2000 -78 short, 2002-18 short, 2003-11 short, 2004-4 short, 2006-2 short, 2007-7 In 2008: 1 Elgoibar XC; 1 Seville XC; 1 Valencia de Alcanara XC; 7 WXC; 1 Heillecourt 4.7K; 5 Hengelo 5000; 2 Berlin Golden League 5000; 1 Kenyan Olympic Trials 5000; 3 Rome Golden League 5000; 2 Paris Golden League 5000							
2280	<b>KIBET Sylvia</b> KEN	24y	144d	1984	15:05.09	14:57.37	-07
Fourth in 2007 World 5000m & 2008 World indoor 3000m ... 3000 pb: 8:40.09 -06. Half Mar pb: 71:36 -06. 10,000 pb: 31:39.34 -06. 3 African Champs 5000 2006; 3 African Games 5000 2007; 4 WCH 5000 2007; 4 WIC 3000 2008 In 2008: 18 Kenyan XC; 4 WIC; 6 Doha 1500; 1 Berlin Golden League 5000; 12 Oslo Golden League 5000; 3 Kenyan Olympic Trials 5000; 3 Paris Golden League 5000							
2283	<b>CHERUIYOT Vivian</b> KEN	24y	284d	1983	14:57.43	14:22.51	-07
Ran quicker than the old world 5000m record behind Meseret Defar in Oslo 2007 ... 2007 World 5000m silver ... Sydney Olympic finalist at age 16 1500 pb: 4:06.65 -07. 3000 pb: 8:28.66 -07. 5000 pb: 14:22.51 -07. 3 World Youth 3000 99; 3 African Games 5000 99; 14 OLY 5000 2000; 3 WJC 5000 2002. At WXC: 98-5J, 99-2J, 2000-1J, 2001-4J, 2002-3J, 2004-8 short, 2006-8 short, 2007-8. 1 Kenyan junior 99/2000. 1.53/39kg ... Coach-Ricky Simms In 2008: 1 Amorebieta XC; 3 Edinburgh XC; 8 Kenyan XC; 1 Carlsbad 5K; 1 Glasgow 10K; 3 European Clubs Cup 1500/3000; 2 Eugene 5000; 4 Kenyan Olympic Trials 5000							
2386	<b>ALAOUI SELSOULI Mariem</b> MAR	24y	133d	1984	-	14:36.52	-07
2002 World Junior silver at 3000m ... much improved in 2007, for example by five seconds at 1500m Outdoor 1500 pb: 4:01.52 -07. 3000 pb: 8:29.52 -07. 5 World Youth 3000 2001; 2 WJC 3000 2002 (5 1500); 1 African junior 3000 2003; 5 WSG 5000 2005 (10 1500); 6 WIC 3000 2006; 5 WCH 1500 2007. 1 World University XC 2004. At WXC: 2002-25J, 2003-13J, 2004-45 short, 2005-22 short, 2006-15 short, 2007 -17. Fluent English ... her uncle Mustapha played handball for Morocco In 2008: 3 WIC 3000; 1 Rabat 3000; 1 Tangiers 3000							
2415	<b>CHANDAMALE Lucia</b> MAW	20y	62d	1988	-	16:35.75	-07
Malawi record holder at Marathon ... Mar pb: 3:16:24 -03.10 COM 5000 2006; 10 African Champs 5000 2006; 12 African Games 5000 2006; ht WCH 5000 2007. At WXC: 2004-40J In 2007: 6 Algiers 5000; 2 Recanati 'B'; 12 African Games 5000							
2662	<b>AUGUSTO Jessica</b> POR	26y	285d	1981	15:19.67	14:56.39	-07
Portuguese Steeplechase record holder ... first European finisher at 2007 World Cross Country Championships 3000SC pb: 9:22.50 -08. 3000 pb: 8:41.53 -07. 1500 pb: 4:13.31 -08. 6 EJC 3000 99 (12 1500); 8 WJC 3000 2000; 10 under-23 ECH 1500 2001 (dnf 5000 2003); 1 WSG 5000 2007; 15 WCH 5000 2007 (2005-ht); 8 WIC 3000 2008. At WXC: 2000-32J, 2001-57 short, 2004-61 short, 2005-31 short, 2006-dnf long, 2007-12. At EXC: 98-12J, 99-8J, 2000-1J, 2002-16, 2004-18, 2005-30, 2006-9, 2007-11, 2008-dnf. 1 Portuguese 5000 2006 & indoor 1500 2008 In 2008: 3 European Clubs XC; 1 Portuguese indoor 1500; 1 Portuguese XC; 8 WIC 3000; 4 Edinburgh 10K; 12 Hengelo 5000; 3 Huelva 3000SC; 2 ECP 1st League 3000; dnf Barcelona 3000SC; 5 Portuguese 800; dnf London Grand Prix 3000SC; Here: 3000SC 5/h2-9:30.23							
2783	<b>GALKINA-SAMITOVA Gulnara</b> RUS	30y	42d	1978	14:33.13	14:33.13	-08
(Née Samitova) ... Olymic Champion and world record holder at steeplechase 3000SC pb: 8:58.81 -08. 00 pb: 2:01.40 -07. 1500 pb: 4:01.29 -04 (4:03.31 -08). 3000SC pb: 8:58.81 -08. 3000 pb: 8:42.96 -08. 5000 pb: 14:33.13 -08. 1 ECP 3000SC 2003; 7 WCH 5000 2003; 3 WIC 1500 2004; 6 OLY 5000 2004; 1 ECP 3000 2007; 7 WCH 3000SC 2007. 1 Russian 3000SC 2003/2008. Married 400m runner Anton Galkin on October 30, 2004; took career break in 2005/2006 ... coach-Tatyana Ksenchenko In 2008: 1 Moscow 1500 (May 14); 1 European Clubs Cup 3000 (pb); 1 Oslo Golden League; 1 ECP; 1 Russian (2 5000 with pb); 1 Irkutsk 1500; Here: 3000SC 1/h1-9:15.17; 3000SC 1/Final-8:58.81 (world record)							
2831	<b>SHOBUKHOVA Liliya</b> RUS	30y	280d	1977	14:23.75	14:23.75	-08
(Née Volkova) ... European record holder at 5000m ... 2006 European silver at 5000m 3000 pb: 8:34.85 -04. 1500 pb: 4:03.78 -04. 4 ECP 3000 2001; 5 EIC 3000 2002 (2005-6); 13 OLY 5000 2004; 1 ECP 5000 2005/2006 (2004-2, 2007-4); 9 WCH 5000 2005; 2 WIC 3000 2006; 2 ECH 5000 2006 (2002-17); 2 WCP 5000 2006. 25 World Half Mar 2007. At WXC: 2001-64 short, 2002-23 short, 2005-32 short. At EXC: 2002-17, 2004-11, 2005-21. 1 Russian 5000 2002 & indoor 3000 2005/2006 ... Coaches-Tatyana & Yevgeniy Senchenko In 2008: 4 Russian indoor 5000 'B'; Ran fourth stage for Russian team which placed third in Yokohama Ekiden, clocking 21:15 for 6K; 2 Zhukovskiy 1500; 1 Russian 5000 (European record 14:23.75)							
2842	<b>ZADOROZHNAJA Yelena</b> RUS	30y	260d	1977	14:43.89	14:43.89	-08
(Pronounced "Zador-ROZH-maya") ... 2002 European 5000m bronze ... 3000SC pb: 9:32.41 -05.1500 pb: 3:59.94 -02. 2 under-23 ECH 1500 99; 3 WIC 3000 2001 (2004-6); 1 ECP 5000 2001/2003 (1 3000 2005); 6 WCH 5000 2001 (collapsed after finish); 3 EIC 3000 2002; 3 ECH 5000 2002; 3 WCP 3000 2002; 4 WCH 5000 2003 (8 1500); 4 OLY 5000 2004; 6 WCH 3000SC 2005. Won 2002 Grand Prix Final 1500. Achieved a brown belt as a Karate player, she was Siberian Champion at that sport between the ages of 15 & 17 ... coach-Aleksandr Sapunov ... out through maternity in 2006/2007 In 2008: Ran first stage for Russian team which placed third in Yokohama Ekiden, clocking 15:27 for 5K; 1 European Clubs Cup ; 1 Zhukovskiy; 1 Moscow City 5000; 1 Russian Cup/Tula; 4 Russian 5000; 2 Irkutsk 1500/3000							

2909 **BONFIM Celma** STP **30y** 240d 1977 **17:37.26** **17:37.26 -08**  
 Full name-Celma da Graça Soares  
 São Tomé record holder at 3000m, 500m & 3000m Steeplechase  
 3000 pb: 10:00.87 -08. 3000SC pb: 10:42.48 -08. 20 WSG 5000 2001  
 Carried flag at opening ceremony

2972 **MRISHO Zakia** TAN **24y** 182d 1984 **15:28.92** **14:43.87 -05**  
 Tanzanian record holder at 3000m & 5000m ... 3000 pb: 8:39.91 -05 (8:44.33 -08). 10,000 pb: 33:19.25 -02. 6 WCH 5000 2005 (2007-ht); 8 COM 5000 2006. At WXC: 2005-20 long, 2007-23  
 In 2008: 3 Villa Lagarina Half Mar; 1 Pergine Valsugana 1500/5000; 1 Italian Clubs 5000 (2 1500); 4 Monaco 3000

3045 **ABEYLEGESSE Elvan** TUR **25y** 343d 1982 **15:26.33** **14:24.68 -04**  
 2007 World & 2008 Olympic 10,000 silvers ... Ethiopian origin, moved to Turkey in 1999 and at 5000m became that county's first world record holder in Bergen on June 11, 2004  
 10,000 pb: 29:56.34 -08. 1500 pb: 3:58.28 -04. 3000 pb: 8:31.94 -02. 10,000 pb: 30:21.67 -06. 5 World Youth 3000 99; 2 EJC 5000 99; 6 WJC 3000/5000 2000; 1 EJC 3000/000 2001; 5 WCH 5000 2003/2007; 12 OLY 5000 2003 (8 1500); 3 ECH 5000 2006 (dnf 10,000); 2 WCH 10,000 2007. At WXC: 99-9J, 2000-90 short, 2001-22J, 2007-28. At EXC: 99-17J (team gold), 2000-3J, 2001-1J, 2002-3, 2003-2 ... previously known as Elvan Can and/or Hewan Abeye ETH ...  
 coach-Anatoly Byckov ... 41kg  
 In 2008: 3 San Juan 10K; 1 ECP 10,000; =1 Bangalore 10K; 1 European Clubs Cup 5000; 1 Turkish Clubs 3000; 1 ECP 1st League 5000;  
 Here: 10,000 10/Final-29:56.34

3046 **BEKELE Alemitu** TUR **30y** 337d 1977 **15:05.85** **15:05.85 -08**  
 Ex-Ethiopia ... 3000 pb: 8:55.51 -07. 1500 pb: 4:06.32 -08. Mar pb: 2:40:09 -00. 44 WCH Marathon 97; 37 World Half Mar 99 (for Ethiopia). 1 Balkan 3000/5000 2007. Former marathoner (1 Brugge & Stockholm 2002, 1 Maastricht 2006) who has moved down in distances  
 In 2008: 2 European Clubs XC; 2 Balkan indoor 3000; 10ht WIC 3000; 1 Turkish 5000; 1 Istanbul Mile (Jun 7); 9 Groesbeek 10K; 1 ECP 1st League; 1 Istanbul 1500 (Jun 29); 1 Belgian 10,000

3171 **GOUCHER Kara** USA **30y** 42d 1978 **31:26.48** **31:17.12 -06**  
 (Née Grgas-Wheeler) ... 2007 World 10,000m bronze ... 2007 Great North Run winner ahead of Paula Radcliffe  
 1500 pb: 4:05.14 -06. 3000 pb: 8:34.99 -07. 5000 pb: 14:55.02 -07 (14:58.10 -08). 3 WCP 3000 2006; 3 WCH 10,000 2007; 10 OLY 10,000 2008. 1 Great North Run 2007 (in US best 66:57). At WXC: 2006-21 short. 1 NCAA 3000/5000/XC 2000. 1 US 5000 2008. Studied Psychology at University of Colorado ... her father Mirko was Croatian ... she can play the piano and French Horn ... her husband is Adam Goucher, twice US Champion at 5000m, they live in Portland, Oregon ... coach-Alberto Salazar  
 In 2008: 1 Oregon Relays 5000; 4 Carson 3000; 1 Portland 10,000; 3 Eugene 5000; 1 Burnaby 1500; 1 US Olympic Trials 5000 (2 10,000);  
 Here: 10,000 10/Final-30:55.16

3221 **RHINES Jen** USA **34y** 50d 1974 **14:54.29** **14:54.29 -08**  
 Seventh in 2007 World 5000m after having moved down from the marathon  
 3000 pb: 8:35.03 -07 (8:51.29 -08). 10,000 pb: 31:17.31 -07 (31:30.31 -08). Mar pb: 2:29:57 -04. ht OLY 10,000 2000; 22 WCH 10,000 2001; 14 Chicago 2002 (marathon debut); 3 US Olympic Trials 2004; 34 OLY 2004; 4 Rome 2006; 7 Tokyo 2007; 7 WCH 5000 2007. 1 US Champs 10,000 2002. At WXC: 99-23 long, 2000-13 long, 2001-27 long, 2002-12 long. 1 NCAA 5000 94/95/96. ... lives-Mammoth Lakes ... Graduate of Civil & Environmental Engineering from Villanova University ... husband-runner Terance Mahon  
 In 2008: 2 US indoor 3000; 8ht WIC 3000; 7 Stanford 10,000; 3 Carson 3000; 5 Berlin Golden League 5000; 5 Oslo Golden League 5000; 2 US Olympic Trials 5000; 4 Paris Golden League 5000; 1 London Grand Prix 3000; 6 Monaco 3000

3283 **FLANAGAN Shalane** USA **27y** 43d 1981 **15:02.81** **14:44.80 -07**  
 2008 Olympic bronze at 500m ... North American record holder at 5000m & 10,000m  
 5000 pb: 14:44.80 -07 (15:02.81 -08). 10,000 pb: 30:22.22 -08. 3000 pb: 8:35.34 -07. ht OLY 5000 2004; 8 WCH 5000 2007. 1 US 5000 2005/2007; 1 NCAA indoor 3000 2003 & US indoor 3000 2007 & 10,000 2008. At WXC: 2000-29J, 2004-14 short, 2005-20 short. 1 NCAA XC 2002/2003. Mother Cheryl Bridges was fourth in the 1969 International Cross Country Championships; father Steve was also an international cross country runner ... born-Boulder ... coach-John Cook  
 In 2008: 1 US Champs XC; 1 US Champs 8K; 1 Stanford 10,000; 1 US Olympic Trials 10,000 (3 5000); 3 OLY 10,000

**WORLD ALL-TIME LIST**

- 1..... 14:11.15..Tirunesh Dibaba ETH..... 2008
- 2..... 14:12.88..Meseret Defar ETH..... 2008
- 3..... 14:22.51..Vivian Cheruiyot KEN..... 2007
- 4..... 14:23.75..Liliya Shobukhova RUS..... 2008
- 5..... 14:24.68..Elvan Abeylegesse TUR..... 2004
- 6..... 14:28.09..Jiang Bo CHN..... 1997
- 7..... 14:29.11..Paula Radcliffe GBR..... 2004
- =8... 14:29.32..Olga Yegorova RUS..... 2001
- ..... 14:29.32..Berhane Adere ETH..... 2003
- 10... 14:29.82..Dong Yanmei CHN..... 1997

**2008 WORLD LIST**

- 1..... 14:11.15..Tirunesh Dibaba ETH
- 2..... 14:12.88..Meseret Defar ETH
- 3..... 14:23.75..Liliya Shobukhova RUS
- 4..... 14:33.13..Gulnara Galkina RUS
- 5..... 14:33.49..Lucy Wangui KEN
- 6..... 14:36.78..Ejegayehu Dibaba ETH
- 7..... 14:38.09..Mariya Kononova RUS
- 8..... 14:38.73..Meseret Defar ETH
- 9..... 14:38.78..Meselech Melkamu ETH
- 10... 14:45.12..Priscah Cherono KEN