



Women's 10,000 Metres

32 Entrants

		Age	(Days)	Born	Season's Best	Personal Best
1113	de VOS Nathalie BEL	25y	248d	1982	33:10.76	31:22.80 -07
5000 pb: 15:22.96 -06. 10,000 pb: 31:22.80 -07. 10 under-23 ECH 10,000 2003. At WXC: 2005-58 long. 10 ECH 10,000 2006 (11 5000). 1 Belgian 5000 2005. At EXC: 2006-7 In 2008: 3 World Military XC; 10 ECP 10,000; 9 Lucerne; 2 Vienna 5K; dnf Utrecht 10,000; 6 Brasschaat 3000; 1 Oordegem 5000						
1337	DONG Xiaoqin CHN	25y	224d	1983	31:31.87	31:31.87 -08
Mar pb: 2:39:43 -08. 5000 pb: 15:33.95 -08 (15:48.78 -08). At WXC: 2006-32 short & 38 long. 1 Chinese short & long course XC 2006 ... born-Gansu Province ... coach-Zhou Fengxia In 2008: 16 Xiamen Marathon (Chinese Championships); 2 Eagle Rock 5000; 2 Tucson 1500; 3 Stanford 5000; 1 Mt SAC Relays 10,000; 8 Stanford 10,000; 5 "Good Luck" Beijing 5000 (6 10,000); 2 Chinese Olympic Trial 10,000 (4 5000)						
1373	BAI Xue CHN	19y	243d	1988	31:40.38	31:28.88 -05
Won 5000m & 10,000m double at 2005 Asian Championships at age 16; two years earlier at 14 she ran her first marathon in 2:37:07 Mar pb: 2:23:27 -08. 5000 pb: 15:09.84 -07 (15:46.19 -08). 1 Asian Champs 5000/10,000 2005. At WXC: 2005-39J. 1 Chinese youth 3000 2004. "Bi Xue" translates to "white snow" in English ... born Heilongjiang Province ... coach-Geng Huanlong Marathons (7): 9 Beijing 2008; 2 Seoul 2004; 1 Zhengzhou 2007; 3 Beijing 2007; 2 Xiamen 2008; 2 Zhengzhou 2008 Xue pronounced "Shoo - aa" with two syllables In 2008: 2 Xiamen Marathon (Chinese Championships); 1 Chinese XC; 2 Zhengzhou Marathon; 2 "Good Luck" Beijing 10,000 (3 5000)						
1399	ZHANG Yingying CHN	18y	222d	1990	31:38.35	31:17.30 -07
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. 5000 pb: 15:06.08 -07. 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)						
1632	CHECA Isabel ESP	25y	230d	1982	32:07.78	32:07.78 -08
3000 pb: 9:02.26 -08. 5000 pb: 15:26.57 -08. 7 European Cup 10,000 2007. At WXC: 2007-63. 1 Spanish indoor 3000 2008 & 10,000 2008. Her twin sister Delores clocked 8:37.78 for 3000m and 14:55.71 for 5000m in 2008 In 2008: 1 Spanish indoor 3000; 11ht WIC 3000; 8 Spanish XC; 12 ECP 10,000; 5 Zaragoza 3000; 1 Ibero-American 3000; 3 Jerez de la Frontera 5000; 1 Spanish 10,000						
1659	DIBABA Tirunesh ETH	22y	317d	1985	31:03.37	30:15.67 -05
Full name-Tirunesh Dibaba Kenene 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. 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 medallist 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						
1660	TUFA Mestawat ETH	21y	313d	1986	30:38.33	30:38.33 -08
Second at 2008 World Cross Country Championships ... 2007 African Games Champion at 10,000m ... full name-Mestawat Tufa Demisse 3000 pb: 8:47.41 -06. 5000 pb: 14:51.72 -07 (15:29.05 -08). 5 WJC 3000 2000; 2 World Youth 3000 2001; 1 African Games 10,000 2007. At WXC: 2001-10J, 2006-7 long, 2007-47, 2008-2 In 2008: 3 Ethiopian XC; 2 San Juan 10K (behind Lornah Kiplagat but ahead of Elvan Abeyelegesse); 2 WXC; 14 Hengelo 5000; 1 Nijmegen 10,000						
1677	DIBABA Ejegayehu ETH	26y	146d	1982	31:04.05	30:18.39 -05
Full name-Ejegayehu Dibaba Kenene 2004 Olympic 10,000m silver ... double long distance bronze at 2005 World Championships 3000 pb: 8:29.55 -06. 5000 pb: 14:32.74 -04 (14:36.78 -08). 3 African Champs 5000 2002; 9 WCH 10,000 2003; 1 African Games 10,000 2003; 1 Afro-Asian 10,000 2003; 2 OLY 10,000 2004; 3 WCH 5000/10,000 2005; 7 WCH 10,000 2007; 2 African Champs 10,000 2008. At WXC: 2003-9 short, 2004-2 long & 10 short, 2005-14 short, 2006-14 long. Older sister of Tirunesh Dibaba, cousin of Derartu Tulu In 2008: 13 San Juan 10K; 2 African Champs 10,000; 3 Oslo Golden League 5000; 2 Ostrava 10,000; 6 Rome Golden League 5000						
1823	PAVEY Jo GBR	34y	328d	1973	31:56.90	31:26.94 -07
2006 Commonwealth Games 5000m silver ... fourth in 2007 World 10,000m ... fifth in 2004 Olympic 5000m 5000 pb: 14:39.96 -08 (14:58.62 -08). 1500 pb: 4:01.79 -03. 3000 pb: 8:31.72 -02. 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						
1826	REED Kate GBR	25y	320d	1982	31:35.77	31:35.77 -08
Individual silver & team gold at 2006 World University XC Championships 5000 pb: 15:29.10 -07. 3000 pb: 9:01.17 -07. 6 ECP 3000 2004; 2 ECP 5000 2008. 1 British Universities 10,000 2004. At WXC: 2000-75J, 2004-34 short, 2004-40 short, 2006-39 long, 2007-dnf. At EXC: 2001-16J, 2005-16, 2006-18, 2007-6. Ranked as England's top Badminton player as an under-15 ... Great-great grandfather Kenneth McArthur was 1912 Olympic marathon Champion for South Africa ... sports science and nutrition graduate ... coach-Alan Storey In 2008: 1 San Giorgio su Legnano XC; 4 Dublin 10K; 9 Stanford 10,000 (achieved Olympic 'A' standard); 2 ECP 5000						
1898	MOCKENHAUPT Sabrina GER	27y	250d	1980	31:27.05	31:21.28 -05
Second in 2005 European Cross Country Championships ... 3000 pb: 8:46.02 -04. 5000 pb: 15:03.47 -04 (15:38.33 -08). Mar pb: 2:29:33 -07. 8 EIC 3000 2002; 3 ECP 3000 2003 (2001-6); dnf WCH 10,000 2003; 7 WIC 3000 2004; 17 WCH 10,000 2005; 8 ECH 10,000 2006 (2002-10); 6 ECH 5000 2006; 6 WCP 5000 2006 (2002-7); 2 ECP 5000 2007 (2002/2005/2006-4, 2004-3). 1 German 5000 2007/2008. 1 Cologne 2007 (marathon début). At WXC: 98-39J, 99-31J. At EXC: 97-22J, 98-17J, 2000-17, 2001-38, 2003-15, 2004-5, 2005-2. Sergeant in the Bundeswehr (German Federal Armed Forces) ... coach-Heiner Weber In 2008: 1 Schwäbisch-Hall 10K; 3 European Indoor Cup 3000; 1 World Military XC; 2 Paderborn 10K; 4 Stanford 10,000; 1 Vienna 5K; 14 Berlin Golden League 5000; 15 Regensburg 1500; 6 ECP 5000; 1 German 5000; 1 Leverkusen 3000						

2206	KÁLOVICS Anikó HUN	31y	93d	1977	32:09.02	31:40.31	-03
<p>Prolific road racer, but also 3rd in 2003 European XC Championships (in Edinburgh), 4th in 2002/2006, 5th in 2005/2007 ... Hungarian record holder at 10,000m & Half Marathon Mar pb: 2:26:44 -06 Half Mar pb: 68:58 -07. 5000 pb: 15:10.21 -04. 6 EJC 10,000 95; 11 WJC 5000 96 (ht 3000); 4 under-23 ECH 10,000 97; 12 ECH 10,000 98 (2002-14); 20 WCH 10,000 2003. 37 World Half Mar 2001; 20 OLY 10,000 2004 (2000-ht); ht WCH 5000 2005; 11 World 20K 2006. At WXC: 94-66J, 97 -103. At EXC: 97-35, 2001-15, 2002-4, 2003-3, 2004-8, 2005/2007-5, 2006-4. 1 Hungarian 5000 2000/2002/2003. 1 AAA 10,000 2003. Her first sport was swimming (long distance freestyles) ... coach-Zsolt Zsóder</p> <p>Marathons (4): 1 Carpi 2006; 1 Turin 2007; 1 Carpi 2007; 3 Rome 2008</p> <p>In 2008: 2 San Giorgio su Legnano XC; 5 Edinburgh XC; 6 Seville XC; 1 Cannes Half Mar; 3 Rome Marathon; 3 Dublin 10K; 4 European Cup 10,000; 3 Lucerne 10K; 3 Edinburgh 10K; 2 Berne 10M; 4 Manchester 10K; 3 London 10K; 3 Rome Half Mar</p>							
22030	SREEDHARAN Preeja IND	26y	154d	1982	32:04.41	32:04.41	-08
<p>Indian record holder at 10,000m ... 5000 pb: 15:45.61 -08. 1 Asian Indoor Champs 3000 2008. At WXC: 2000-107J, 2001-83J In 2008: 2 Mumbai Half Mar; 1 Asian Indoor Champs 3000; 1 Patiala 5000; 1 Indian Federation Cup 10,000 (2 5000); 1 South Asian 5000; 4 St. Mary's BMC 1500; 2 UK Champs 10,000; 2 Watford BMC 1500; 1 Solihull BMC 5000</p>							
2206	FUKUSHI Kayoko JPN	26y	142d	1982	31:18.79	30:51.81	-02
<p>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. 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</p>							
2210	AKABA Yukiko JPN	28y	300d	1979	31:15.34	31:15.34	-08
<p>Half Mar pb: 68:11 -08. 5000 pb: 15:06.07 -08. 3 WSG 10,000 2001 (8 5000) 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</p>							
2223	SHIBUI Yoko JPN	29y	153d	1979	31:15.07	30:48.89	-02
<p>Japanese record holder at 10,000m ... fourth in 2001 World Championship Marathon 5000 pb: 15:18.92 -02 (15:19.29 -08). Half Mar pb: 69:31 -00. Mar pb: 2:21:22 -02. 1 Japanese 10,000 2008. At WXC: 98-28 long. Before Paula Radcliffe 2002, she was the fastest ever marathon debutante when winning Osaka 2001 in 2:23:11 in bad conditions (cold, wet, windy)</p> <p>Marathons (9): 1 Osaka 2001, 4 WCH 2001, 3 Chicago 2002, 9 Osaka 2004, 1 Berlin 2004, 7 Nagoya 2005, 2 Nagoya 2006, 10 Osaka 2007, 7 Tokyo 2007</p> <p>In 2008: 2 Hyogo Relays 10,000; 3 Yokohama 5000; 1 Kumagaya 5000/10,000; 1 Japanese 10,000 (4 5000)</p>							
2248	MASAI Linet KEN	18y	252d	1989	31:14.98	31:14.98	-08
<p>Full name-Linet Chepkwemoi Masai 2007 World Junior Cross Country Champion in the extreme heat of Mombasa, then third in senior race in Edinburgh 2008 though still a junior 5000 pb: 14:47.14 -08. At WXC: 2007-1J, 2008-3. Younger sister of 26:49.20 10,000m runner Moses Masai (2nd in 2007 Brussels 10,000). Defeated World 1500m Champion Maryam Jamal over road 5K in Geneva on December 1, 2007 In 2008: 2 Edinburgh XC; 1 Le Mans XC; 1 Hannut XC; 2 Kenyan Police XC; 2 Kenyan XC; 3 WXC; 4 Hengelo 5000; 7 Ostrava 10,000</p>							
2278	KABUU Lucy KEN	24y	142d	1984	32:18.06	31:05.90	-04
<p>Full name-Lucy Wangui Kabuu ... 2006 Commonwealth Champion at 10,000m 5000 pb: 14:33.49 -08. Half Mar pb: 69:47 -04. 1500 pb: 4:09.60 -02. 9 OLY 10,000 2004; 1 COM 10,000 2006 (3 5000); 4 African Champs 10,000 2008. At WXC: 2005-5 short. 1 Japanese 5000 2003. 1 Japanese High School 1500/3000 2002; 1 Japanese Corporate 1500 2007. In November 2003 ran first stage for Kenyan team which finished second in Chiba Ekiden, defeating Paula Radcliffe ... she attended high school in Japan (Aomori Yamada high school) In 2008: 1 Chiba XC; 31 Kenyan XC; 1 Kenyan African Championship Trial 10,000; 4 African Champs 10,000; 2 Glasgow 10K; 7 Hengelo 5000; 2 Oslo Golden League 5000; 1 Kenyan Olympic Trials 10,000 (32:18.06 at altitude) (2 5000); 1 Paris Golden League 5000</p>							
2286	ARUSEI Peninah KEN	29y	172d	1979	30:57.8	30:57.8	-08
<p>Primarily a road runner, twice winner of the prestigious Berlin 25K ... now fourth on the Kenyan all-time list at 10,000m 5000 pb: 15:42.20 -07. Half Mar pb: 68:22 -08. 1 Berlin 25K 2006/2008 (2007-2); 1 World Military Games 5000 2007. 4 Kenyan 5000 2007. 1 Glasgow Half Mar 2007 In 2008: 4 Kenyan Armed Forces XC; 12 Kenyan XC; 1 Paderborn 10K; 1 Berlin Half Mar; 2 Würzburg 10K; 1 Berlin 25K; 2 Kenyan Olympic Trials 10,000; 3 Voorthuizen 10K; 1 Steenwijk 10,000</p> <p>She was not initially selected for Beijing having placed second in the Kenyan Trials but outside the Olympic qualifying time. She then came to Europe and achieved a sub-31 clocking in a solo run in Steenwijk NED on July 19</p>							
2385	LEGHZAOUI Asmae MAR	31y	348d	1976	-	31:16.94	-01
<p>2000 African Champion at 5000m ... Moroccan record holder at 10,000m Mar pb: 2:28:44 -08. Half Mar pb: 68:34 -99. 5000 pb: 14:48.31 -00. 3000 pb: 8:33.85 -00 -01. 1 African Champs 5000 2000 (2002-4); 18 OLY 10,000 2000; 7 WCH 10,000 2001 (99-dnf, 2007-16); 1 Mediterranean Games 10,000 2001 (2 5000); 2 Mediterranean Games 5000/10,000 2005; dnf Paris 2006 (marathon debut); dnf African Champs 10,000 2006; 14 Rome 2007; 1 Ottawa 2008. At WXC: 98-78 long, 99-7 short, 2000-27 short, 2001-9 short, 2003-dq long & short, 2008-13. Set world road 10K best of 30:29 in 2002, since bettered by Paula Radcliffe ... doping suspension 2003-2005 ... daughter Mayer born February 19, 2004 In 2008: dnf Moroccan XC; 13 WXC; 1 Rabat Half Mar; 1 Ottawa Marathon; 1 Ouezzane 10K</p>							
2450	RODRÍGUEZ Dulce María MEX	35y	364d	1972	31:39.20	31:25.33	-05
<p>5000 pb: 15:18.06 -04 (15:45.96 -08). Mar pb: 2:28:54 -06 (2:33:23 -08). ht OLY 5000 2000/2004; 37 World Half Mar 2000; ht WCH 5000 2001; 1 Central American 1500/5000 2002; 5 Pan-Am Games 1500 2003. 2 Torreón 2001; 13 Osaka 2002; 1 Mexico City 2003; 24 WCH 10,000 2007. At WXC: 2000-53 long. 1 Mexican 1500 2002-2005 In 2008: 3 Boca del Rio Half Mar; 3 Veracruz Half Mar; 2 Torreón; 4 Berlin Half Mar; 13 Mt SAC Relays 5000; 10 Stanford 10,000; 2 Ixtapa 30K (Mexican Olympic Marathon Trial); 6 "Bolder" Boulder 10K; 2 Jakarta 10K; 15 Ostrava 10,000; 12 Jerez de la Frontera 5000</p>							
2491	KIBET Hilda NED	27y	140d	1981	30:58.48	30:58.48	-08
<p>Ex-Kenya, became a Dutch citizen on October 13, 2007 and as she never competed for Kenya was cleared to represent the Netherlands from February 16, 2008 5000 pb: 15:32.07 -04. Half Mar pb: 69:43 -07. Mar pb: 2:32:10 -07. At WXC: 2008-5. 1 Hague Half Mar 2007; 6 Amsterdam 2007. Paced 2005 New York Marathon along with Liz Yelling. Trained to be a physiotherapist for three years in the Netherlands ... began running seriously in 2002 ... cousin of Lornah Kiplagat In 2008: 2 Egmond Aan Zee Half Mar; 1 Dutch 10K; 4 Abu Dhabi Half Mar; 5 WXC; 3 ECP 10,000; 1 Utrecht 10,000; 1 New York 10K; 2 British 10K London Run 10K</p>							
2492	KIPLAGAT Lornah NED	34y	105d	1974	31:04.04	30:12.53	-03
<p>World Champion and world record holder at 20K & Half Marathon ... Mar pb: 2:22:22 -03. Half Mar pb: 66:25 -07. 5000 pb: 14:51.95 -02. 4 WCH 10,000 2003; 5 OLY 10,000 2004; 5 ECH 10,000 2006; 1 World 20K 2006; 1 World Half Mar 2007 (2005-2). At WXC: 96-80, 2004-6 long, 2006-2 long & 5 short, 2007-1. At EXC: 2005-1 Marathons: 1 Los Angeles 97/98 (99-dnf); 1 Amsterdam 99; 2 Chicago 2000 (97-10, 2001-dnf with blood clot on lung); 4 Boston 2001 (2000-5); 1 Osaka 2002 (2003-4); 3 New York 2003 (2002/2004-7, 2005-10); 1 Rotterdam 2005; 5 London 2007 (paced in 1997) Built a training camp for Kenyan women runners, which opened in April 2000 and is run by her sister, Monica ... set world road 10M bests on the "Dam to Dam" course between Amsterdam and Zaandam in 2002 (50:54) & 2006 (50:50) ... ex-Kenya, her Dutch citizenship confirmed on July 23, 2003 ... speaks six languages including English, Dutch & German ... met her Dutch husband/manager -Pieter Langerhorst at the 1997 London Marathon where she was the pacemaker In 2008: 1 San Juan 10K; 1 Abu Dhabi Half Mar; 2 ECP 10,000; dnf Utrecht 10,000; 2 Nijmegen 10,000; 1 British 10K London Run 10K</p>							

2544	SMITH Kim NZL	26y	268d	1981	30:35.54	30:35.54 -08
2005 World Student Games Champion at 5000m ... New Zealand record holder at 3000m, 5000m & 10,000m 3000 pb: 8:35.31 -07. 5000 pb: 14:45.93 -08. 10,000 pb: 30:35.54 -08. 1500 pb: 4:11.25 -04. ht OLY 5000 2004; 15 WCH 10,000 2005; 1 WSG 5000 2005; 4 WCP 5000 2007; 15 WCH 10,000 2005; 1 WSG 5000 2005; 5 WCH 10,000 2007; 6 WIC 3000 2008. At WXC: 2002-52 long, 2003-61 short, 2005-12 long. 1 NCAA indoor 3000/5000 2004; 1 NCAA 5000 2004. 1 New Zealand 5000 2002/2005/2006/2008 In 2008: 6 WIC; 1 New Zealand 5000; 2 Stanford 10,000; 2 New York 5000; 1 Peoria 4M; 4 Rome Golden League 5000; 4 Stockholm 5000						
2781	KONOVALOVA Mariya RUS	33y	365d	1974	30:59.35	30:59.35 -08
Second at 2006 European Cross Country Championships and fourth in 2007 3000 pb: 8:44.46 -08. 5000 pb: 14:38.09 -08. 11 WCH 5000 2007. At EXC: 2005-10, 2006-2, 2007-4. 1 Russian XC 2006 In 2008: 1 European Clubs XC; 3 Russian indoor 3000; Ran third stage for Russian team which placed third in Yokohama Ekiden, clocking 18:10 for 6K; 15 Hengelo 5000; 15 Berlin Golden League 5000; 2 Russian 10,000 (3 5000); 3 Russian 5000; 1 Irkutsk 3000						
2801	ABITOVA Inga RUS	26y	161d	1982	30:46.70	30:31.42 -06
2006 European Champion at 10,000m more than one minute quicker than her previous best Mar pb: 2:33:55 -06. 11 World Youth 3000 99; 1 ECH 10,000 2006. 1 Russian 2007/2008. At WXC: 2001-30J. At EXC: 2000-21J, 2001-4J, 2005-7, 2006-31. From Togliatti ... son, Yegor (5) ... coach-Vladimir Timofeyev Marathons (5): 6 Moscow 2004; 1 Belgrade 2005; 2 Mumbai 2006; dnf Osaka 2007; 9 London 2007 In 2008: 10 R'as Al Khaimah Half Mar; Ran second stage for Russian team which placed third in Yokohama Ekiden, clocking 33:02 for 10K; 14 Lisbon Half Mar; 1 Russian 10,000						
2855	ARYASOVA Tatiana RUS	29y	134d	1979	31:04.88	31:04.88 -08
(Née Khmeleva) ... silver at 5000m in 2001 World Student Games ... 5000 pb: 15:15.40 -05. Mar pb: 2:29:09 -08. 3 under-23 ECH 5000 2001; 2 WSG 5000 2001. At WXC: 97-31J. At EXC: 2001-41. 10 Honolulu Marathon 2002; 1 Los Angeles Marathon 2008 In 2008: 1 Los Angeles Marathon; 3 Russian 10,000						
3045	ABEYLEGESSE Elvan TUR	25y	337d	1982	31:36.33	30:21.67 -06
2007 World 10,000 silver .. Ethiopian origin, moved to Turkey in 1999 and at 5000m became that county's first world record holder in Bergen on June 11, 2004 5000 pb: 14:24.68 -04. 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						
3101	BERKUT Nataliya UKR	33y	76d	1975	31:47.03	31:08.89 -04
Ukrainian record holder & 7x Champion at 10,000m ... Half Mar pb: 70:26 -03. 5000 pb: 14:59.26 -04 (15:21.20 -08). 10K pb: 31:14 -06. Mar pb: 2:32:15 -08; 17 WCH 10,000 2001 (2003-22); dnf ECH 10,000 2002; dnf OLY 10,000 2004; 8 World 20K 2006; 1 ECP 5000 2008 (98/2005-7, 2006-3). 1 Ukrainian 10,000 2000 -2005/2007/2008 (1 5000 2006). At WXC: 2002-51 long Marathons: 13 New York 2003; 3 Nagano 2004; 16 Osaka 2008. Also paced Nagoya 2003/2006, New York 2005 & Osaka 2006 In 2008: 16 Osaka Marathon; 8 R'as Al Khaimah Half Mar; 9 San Juan 10K; 6 ECP 10,000; 1 Ukrainian Cup 5000; 1 ECP 5000; 1 Ukrainian 10,000						
3140	YODER-BEGLEY Amy USA	30y	215d	1978	31:43.60	31:43.60 -08
5000 pb: 15:24.88 -05 (15:46.55 -08). ht WJC 5000 96. 3 NCAA 10,000 2000. Graduate in Exercise Science and Biomechanics from the University of Arkansas ... Coach-Alberto Salazar In 2008: 2 Oregon Relays 5000; 12 Stanford 10,000; 6 Carson 3000; 2 Portland OR 10,000; 3 US Olympic Trials 10,000						
3171	GOUCHER Kara USA	30y	36d	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. 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)						
3283	FLANAGAN Shalane USA	27y	37d	1981	30:34.49	30:34.49 -08
North American record holder at 5000m & 10,000m ... 5000 pb: 14:44.80 -07 (15:02.81 -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)						

WORLD ALL-TIME LIST	2008 WORLD LIST
1..... 29:31.78..Wang Junxia CHN..... 1993	1..... 30:34.49..Shalane Flanagan USA
2..... 30:01.09..Paula Radcliffe GBR..... 2002	2..... 30:35.54..Kim Smith NZL
3..... 30:04.18..Berhane Adere ETH..... 2003	3..... 30:38.33..Mestawat Tufa ETH
4..... 30:07.15..Worknesh Kidane ETH..... 2003	4..... 30:46.70..Inga Abitova RUS
5..... 30:07.20..Sun Yingjie CHN..... 2003	5..... 30:57.8....Peninah Arusei KEN
6..... 30:12.53..Lornah Kiplagat NED..... 2003	6..... 30:58.48..Hilda Kibet NED
7..... 30:13.37..Zhong Huandi CHN..... 1993	7..... 30:59.35..Mariya Konovalova RUS
8..... 30:13.74..Ingrid Kristiansen NOR..... 1986	8..... 31:03.37..Tirunesh Dibaba ETH
9..... 30:15.67..Tirunesh Dibaba ETH..... 2005	9..... 31:04.04..Lornah Kiplagat NED
10... 30:17.49..Derartu Tulu ETH..... 2000	10... 31:04.05..Ejegayehu Dibaba ETH