

Women's 3000m Steeplechase

23 Entrants

Starts: Friday, August 15

			Age	(Days)	Born	2014 Best	Personal Best
1024	KUDZELICH Svetlana	BLR	27y	99d	1987	9:32.79	9:32.79 -14
4x Belarusian Steeplechase Champion indoors ... 1500 pb: 4:10.76. 10,000 pb: 32:40.61 -11. 5000 pb: 15:57.22 -10. 3000 pb: 9:00.06 -11. 12 WJC 5000 2006; 2 under-23 ECH 5000 2009 (5 10,000); 5 ETCh 3000 2010 (2011-6); 8 ECH 10,000 2010 (2012-dq/ht); 7 ECP 10,000 2011; ht OLY 3000SC 2012; 7 ETCh 3000Sc 2013. 1 Belarussian 1500 2014, 5000 2009, 3000SC 2014 (1 indoors 2009-2012) In 2014: 1 Belarusian indoor 3000; 3 Warsaw Half Mar; 1 Korschenbroich 5K; 7 Marrakech 3000SC; 6 Ostrava Golden Spike 3000SC; 1 Belarusian 1500/3000SC							
1035	DÄNEKOVA Silvia	BUL	31y	188d	1983	9:43.13	9:35.66 -13
Multi-Bulgarian Champion at Steeplechase and distances ... 1500 pb: 4:16.36i, 4:18.30 -13 (4:19.58 -14). 5000 pb: 16:10.17 -14. 13 European Mountain Racing Championship 2010; 11 ECH 3000SC 2012; ht OLY 3000SC 2012; 55 World Half Mar 2012. At WXC: 2010-81. At EXC: 2013-13. 1 Bulgarian 5000/3000SC 2010/2012/2014, 1500/3000SC 2011/2013 In 2014: 1 Kalamáta 3000SC; 1 Bulgarian 5000/3000SC; 9 Marrakech 3000SC; 1 ETCh 2nd League 3000SC (4 5000); 3 Balkan 1500 (1 3000SC)							
1098	MARTÍN Diana	ESP	33y	135d	1981	9:33.02	9:33.02 -14
Full name-Diana Martin Gimenez ... 5000 pb: 15:53.05 -10 (15:57.55 -14). 10,000 pb: 32:50.06 -14. 6 WSG 3000SC 2007; 8 ECH 3000SC 2012 (2006-ht); ht OLY 3000SC 2012; 4 ETCh 3000SC 2013 (2011-5); 11 WCH 3000SC 2013 (2007/2009-ht). 1 Spanish 3000SC 2013/2014. At WXC: 2000-109J, 2005-81 short, 2008-39, 2009-31, 2013-22. At EXC: 2000-30J, 2005-60, 2008-49, 2010-14, 2011-64, 2013-14. Coach-Antonio Serrano (There is another Diana Martin born 31-7-1990 who, confusingly, was third in the 2013 & 2014 Spanish Championship Steeplechase won by this Diana Martín) In 2014: 4 Spanish indoor 3000; 6 Lisbon Ibérico 10,000; 6 'Great' Ireland 10K; 1 Spanish Universities 3000SC; 1 Valencia 3000; 1 European Clubs Cup 5000/5000; 7 Oordegem IFAM 3000SC; 1 Santander 3000SC; 4 ETCh 3000SC; 1 Zaragoza 3000; 1 Alcorcón 3000; 3 Heusden 3000SC; 1 Spanish 3000SC							
1108	URBINA Teresa	ESP	29y	147d	1985	9:49.35	9:41.95 -09
Full name-María Teresa Urbina Gomez 2004 World Junior finalist at Steeplechase 5000 pb: 16:48.42 -05. 11 WJC 3000SC 2004; 2 Ibero-American 3000SC 2006; 5 under-23 ECH 3000SC 2007 (2005-7); 5 WJC 3000SC 2009; ht EIC 3000 2013. At WXC: 2004-72J, 2013-57. At EXC: 2003-48J, 2004-58J, 2006-24u23, 2007-dnfu23, 2008-51, 2013-30 In 2014: 1 Bilbao 3000SC; 1 Zaragoza 3000SC; 6 Alcorcón 1500; 10 Heusden 3000SC; 2 Spanish 3000SC							
1113	PATJUK Jekaterina	EST	31y	130d	1983	9:50.15	9:50.15 -14
Estonian record holder at Steeplechase ... 5000 pb: 16:25.61 -11. 12 WSG 5000 2005; 7 WSG 3000SC 2009. At EXC: 2010-39. 1 Estonian 1500 2006/2009, 5000 2006-2010/2012/2013/2014, 10,000 2009/2010 & 3000SC 2009/2010/2012/2014. At EXC: 2013-57 In 2014: 1 Estonian indoor 3000 (2 1500); 6 Paderborn 10K; 1 Kotka; 8 Gothenburg Grand Prix; 3 ETCh 1st League (7 5000); 1 Estonian 5000/3000SC							
1121	ERIKSSON Sandra	FIN	25y	71d	1989	9:24.70	9:24.70 -14
Finnish record holder & 9x Champion ... 10 EJC 2007; 5 WJC 2008; 4 under-23 ECH 2009; 9 ETCh 2010; 10 ECH 2012; ht OLY 2012; 6 WSG 2013; ht WCH 2013. At EXC: 2008-9J, 2010-5u23. 1 Finnish 2007-2014 (1 1500/5000 2010/2012, 1 1500 2014) In 2014: 1 Oordegem IFAM 1500; 3 Rehlingen; 1 Lahti; 1 ETCh 1st League; 1 Turku Paavo Nurmi Games 3000; 6 Glasgow Diamond; 1 Pedersöre 800; 1 Joensuu; 1 Finnish 1500/3000SC							
1128	LEHTINEN Johanna	FIN	35y	174d	1979	9:48.50	9:40.28 -06
(Née Risku) ... 1500 pb: 4:06.85 -05. 5 under-23 ECH 3000SC 2001 (7 1500); 2 WSG 1500 2003; ht WCH 1500 2005.; ht ECH 1500 2012 (dnf 5000) 1 Finnish 1500 2002/2005/2006/12 (1 10,000 2012). At WXC: 96-74J In 2014: 14 Lucerne 5000; 4 Joensuu; dnf Finnish; 2 Portuguese short course XC; 3 Dessau 1500							
1218	KRAUSE Gesa-Felicitas	GER	22y	10d	1992	9:38.40	9:23.52 -12
2013 European under-23 Steeplechase Champion. Finalist in Daegu 2011, London 2012 & Moscow 2013 3000 pb: 9:01.16i -12. 1500 pb: 4:11.94 -12. 800 pb: 2:05.25 -11. 7 World Youth 2000SC 2009; 4 WJC 2010; 1 EJC 2011; 8 WCH 2011 (2013-9); 4 ECH 2012; 8 OLY 2012; 1 under-23 ECH 2013. At EXC: 2009-26J, 2010-11J, 2011-9J, 2013-15u23. Coach-Wolfgang Heinig (husband and former coach of German marathon legend Katrin Dörre) In 2014: 5 German indoor 1500; 8 Eugene Diamond; 5 Gothenburg Grand Prix; 12 Paris Diamond; 2 German							
1225	MÖLDNER-SCHMIDT Antje	GER	30y	61d	1984	9:38.30	9:18.54 -09
German record holder & 4x Champion. Seventh in London 2012 & eighth at Moscow 2013 3000 pb: 9:00.74 -04. 1500 pb: 4:08.81 -05. ht WJC 1500 2002; 6 EJC 1500 2003; 5 ECP 3000 2004 (2007-6); 6 EIC 1500 2005; 6 ECP 1500 2006; 5 ECP 2008; 1 ETCh 2009 (2013-3, 2014-2); 3 ECH 2012; 7 OLY 2012 (2008-ht); 8 WCH 2013 (2009-9). 1 German 2008/2009/2012/2013/2014. At EXC: 2003-14J. Missed 2010 battling lymph gland cancer, but she was given the all-clear by doctors in November that year. Coach-Beate Conrad In 2014: 1 Rehlingen; 2 ETCh; 1 German							
1240	SUSSMANN Jana	GER	23y	306d	1990	9:43.52	9:43.28 -11
2011 European under-23 steeplechase silver ... 5000 pb: 15:54.92 -11. 1500 pb: 4:16.98 -11. 7 WJC 1500 2008; 3 ETCh 2011; 2 under-23 ECH 2011. At EXC: 2008-30J, 2009-13J, 2010-18u23, 2012-16u23. 1 German 3000SC 2011. She can speak in Latin and her twin sister Kim Sussmann is also an athlete In 2014: dnf Rehlingen; Osterode 3000; 6 Heusden; 3 German							
1296	ROFFINO Valeria	ITA	24y	127d	1990	9:53.82	9:53.82 -14
5000 pb: 16:42.50 -10. 3000 pb: 9:31.16 -12. 11 World Youth 2000SC 2007; 5 EJC 3000SC 2009. At WXC: 2008-50J, 2009-43J. At EXC: 2006-36J, 2007-45J, 2010-36u23, 2012-23u23, 2013-46. 1 Italian 2014. Born-Biella ... coach-Clelia Zola In 2014: 5 Italian 10,000; 1 Italian Universities 3000SC; 9 European Cup 10,000 'B'; 9 ETCh; 1 Italian							
1308	JELIZAROVA Polina	LAT	25y	105d	1989	9:52.62	9:27.21 -12
2012 Olympic finalist ... 1500 pb: 4:13.96 -12 (4:21.20 -14). 3000 pb: 8:56.06i -13, 9:22.8 -07. 3000SC pb: 9:27.21 -12. 1 EJC 3000SC 2005 (2007-3); 4 WJC 3000SC 2006 (2008-6); 11 WSG 3000SC 2009; 7 under-23 ECH 3000SC 2009; 6 ECH 3000SC 2012; 13 OLY 3000SC 2012; 8 EIC 3000 2013. At EXC: 2010 -54u23. 1 Latvian indoor 1500/3000 2012 & 3000Sc 2014 In 2014: 2 Latvian Cup 1500; 1 Riga 1500; 2 ETCh 2nd League 3000SC; 1 Latvian 3000SC							
1356	LØVNES Ingeborg	NOR	21y	342d	1992	10:00.73	10:00.73 -14
1500 pb: 4:17.40 -13 (4:25.46 -14). 10 World Youth 1500 2009; ht WJC 1500 2010; 12 ETCh 1500 2013. 1 Norwegian under-23 800/1500 2013 In 2014: dnf Oslo 10,000; 9 Oslo Diamond 1500; 1 Gothenburg VUG 1500/3000; 1 Nordic under-23 3000SC; 4 Ninove Rasschaert 3000SC							
1377	KOWALSKA Katarzyna	POL	29y	129d	1985	9:38.10	9:26.93 -09
Twice European under-23 Champion. 6x Polish Champion ... Half Mar pb: 71:27 -11 (73:47 -14). 5000 pb: 15:48.88 -11. 1 under-23 ECH 2005/2007; 8 ECH 2006 (2010-10); 8 WCP 2006; 1 ECP 2007 (2006-3); 12 WCH 2009 (2007/2013-ht); 3 ETCh 2010 (2009-dnf, 2013-11). At WXC: 2010-36, 2013-61. At EXC: 2004-21J, 2006-9u23, 2007-3u23. 1 Polish 2009/2010/2011/2012/2013/2014 & XC 2009/2010/2011/2012/2013. Coach-Marian Nowakowski In 2014: 12 Roma to Ostia Half Mar; 5 Warsaw Marathon (Marathon début, 2:34:57); 2 Bielsko-Biala 10K; 4 Rehlingen; 4 Gothenburg Grand Prix; 3 ETCh; 1 Polish							

1403	CASANDRA Cristina ROU (Née Iloc). Former world steeplechase record holder. Fifth at Beijing Olympics 5000 pb: 15:22.64 -99. 3 WJC 5000 96; 2 under-23 ECH 5000 97/99; 3 WSG 5000 99/2003 (97-4); 1 ECP 3000SC 2005 (2002/2003-2, 2006-6); 9 ECH 3000SC 2006; 6 WCH 3000SC 2007 (2005-7, 2009/2011-ht); 5 OLY 3000SC 2008 (2012-ht). At WXC: 95-31J, 96-7J, 97-71, 98-37 short, 99-29 short & 39 long, 2000-66 short & 79 long, 2001-37 short, 2002-77 short. At EXC: 98-12, 2000-18, 2011-25, 2013-48. 1 Romanian 3000SC 2000-2007/2009/2011/2014. Her first sport was Orienteering. Coach/husband Silviu Casandra In 2014: 2 Romanian indoor 3000; 3 Balkan indoor 3000; 1 Romanian 'International' 3000SC; 6 ETCh 1st League 3000SC; 1 Romanian 3000SC; 3 Balkan 3000SC	36y 297d 1977	9:51.40	9:16.85 -08
1416	ARISTARKHOVA Natalya RUS Won at 2013 European Team Championships with a personal best (which still stands) 3000 pb: 8:57.03i -14. 1500 pb: 4:10.34 -13. 12 EIC 3000 2013; 1 ETCh 3000SC 2013; ht WCH 3000SC 2014. 1 Russian 3000SC 2013/2014. Coach-Alexey Komarov She won the title of "Miss athletics Krasnoyarsk-2012" in December 2012 (Krasnoyarsk is the third largest city in Siberia after Novosibirsk and Omsk) In 2014: 2 Russian indoor 1500/3000; 7ht WIC 3000; 1 Russian 3000SC	24y 287d 1989	9:32.98	9:30.64 -13
1446	SOKOLENKO Yekaterina RUS 2013 European under-23 Steeplechase silver ... 5000 pb: 15:56.59 -14. 2 under-23 ECH 3000SC 2013. At EXC: 2013-11u23 In 2014: 12 'Great' Edinburgh XC; 1 Siberian under-23 indoor; 6 Russian indoor 3000 (12 1500); 1 Cannes 10K; 4 Zhukovskiy XC; 2 Russian Teams; 2 Zhukovskiy 5000; 2 Russian 3000SC	21y 334d 1992	9:34.12	9:34.12 -14
1452	VLASOVA Natalya RUS Best known as a cross country runner ... 3000 pb: 9:09.43 -14. 5000 pb: 15:52.46i -14. At EXC: 2007-20J, 2008-18u23, 2009-16u23, 2010-11u23 In 2014: 2 Moscow City indoor 3000; 6 European Clubs Cup XC; 7 Russian indoor 5000; 4 Zhukovskiy XC; 6 Russian Teams 3000SC; 1 Moscow Kuts 3000; 3 Russian 3000SC	26y 25d 1988	9:34.62	9:34.62 -14
1458	MISMAŠ Maruša SLO Slovenian record holder ... 1500 pb: 4:14.96 -12. 400H pb: 60.54 -10. 5 Youth Olympic Games 400H 2010; 9 WJC 1500 2012 (sf 800); 2 EJC 3000SC 2013; ht EIC 1500 2013. 1 Slovenian 400H 2010, 800/1500 2011, 1500/3000SC 2013 & 1500/3000 2014. At EXC: 2011-21J, 2012-4J, 2013-3J In 2014: 1 Vienna 1500; 5ht WIC 1500; 1 Slovenian XC; 1 Slovenian under-23 10,000; 1 Novo Mesto 3000SC; 1 European Clubs Cup 'B' 3000SC; 1 Slovenian Cup; 4 ETCh 1st League 1500/3000SC; 8 Velenje 1500; 1 Slovenian 1500/3000	19y 263d 1994	9:40.49	9:40.49 -14
1481	LEUTERT Astrid SUI Swiss indoor record holder at 5000m ... 5000 pb: 16:09.51 -12. 3000 pb: 9:16.64i -14 (Swiss indoor record). 10 EJC 5000 2005. At WXC: 2006-54J. At EXC: 2004-dnf J; 2005-24J, 2006-54J, 2008-24u23. Was at Northern Arizona University In 2014: 11 Lucerne 4.25K; 1 Pliezhausen 2000SC; 4 Oordegem IFAM 3000SC; 6 Bellinzona 1500; 3 ETCh 2nd League 3000SC; 4 Swiss 1500	26y 336d 1987	9:50.35	9:50.35 -14
1484	SCHLUMPF Fabienne SUI Swiss steeplechase record holder ... 5000 pb: 15:51.06 -14. 1500 pb: 4:22.89 -14. dq ht WCH 3000SC 2013 (ran inside kerb). At EXC: 2011-30u23, 2012 -14u23. 1 Swiss 3000SC 2009/2012 & 1500 2014 In 2014: 7 Lucerne 4.25K; 1 Karlsfeld 5000; 1 Langenthal 3000; 3 Oordegem IFAM; 5 Rehlingen; 1 ETCh 2nd League 5000 (2 3000); 1 Swiss 1500	23y 270d 1990	9:37.81	9:37.81 -14
1516	FOUGBERG Charlotta SWE 2014 European Team Championships winner ... 5000 pb: 16:04.21 -13. 3000 pb: 8:58.56 -14. 1500 pb: 4:13.58 -14. 12 ETCh 3000 2011; ht WCH 3000SC 2013; 1 ETCh 3000SC 2014. At EXC: 2013-33. 1 Swedish 3000SC 2010/2011/2012/2013. Coach-Johan Wettergren Late developer, made her international championship debut at age 28 In 2014: 2 Swedish indoor 3000; 1 Oslo 3000; 1 Oordegem IFAM 3000SC; 1 Oslo Diamond 1500; 1 Gothenburg Grand Prix 3000SC; 1 ETCh 3000SC; 1 Swedish Clubs 5000/1500SC; 4 Glasgow Diamond 3000SC (a 10.65 second pb); 1 Karlstad 1500	29y 56d 1985	9:23.96	9:23.96 -14
1532	KAYA Özlem TUR 1500 pb: 4:19.66 -14. 10,000 pb: 33:51.32 -12. 11 under-23 ECH 3000SC 2011; ht ECH 3000SC 2012; ht OLY 3000SC 2012. At EXC: 2006-70J, 2008-25J, 2009-59J, 2013-32 In 2014: 2 Turkish indoor 1500/3000; 4 Balkan indoor 1500; 1 Istanbul 5000/3000SC; 1 Turkish Clubs 3000/3000SC; 8 ETCh 3000SC (12 1500); 2 Turkish 1500/1500; 4 Balkan/3000SC	24y 116d 1990	9:47.34	9:38.32 -12

<u>WORLD ALL-TIME LIST</u>	<u>2014 EUROPEAN LIST</u>
1.....8:58.81....Gulnara Galkina RUS.....2008	1.....9:23.96....Charlotta Fouberg SWE
2.....9:05.02....Yuliya Zaripova RUS.....2012	2.....9:24.70....Sandra Eriksson FIN
3.....9:06.57....Yekaterina Volkova RUS.....2007	3.....9:32.79....Sviatlana Kudzelich BLR
4.....9:07.14....Milcah Chemos KEN.....2012	4.....9:32.98....Natalya Aristarkhova RUS
5.....9:07.32....Marta Dominguez ESP.....2009	5.....9:33.02....Diana Martin ESP
6.....9:07.41....Eunice Jepkorir KEN.....2008	6.....9:34.12....Yekaterina Sokolenko RUS
7.....9:08.37....Habiba Ghribi TUN.....2012	7.....9:34.62....Natalya Vlasova RUS
8.....9:09.00....Sofia Assefa ETH.....2012	8.....9:35.28....Yekaterina Doseykina RUS
9.....9:09.19....Tatyana Petrova RUS.....2007	9.....9:37.81....Fabienne Schlumpf SUI
10...9:09.61....Hiwot Ayalew ETH.....2012	10...9:38.10....Katarzyna Kowalska POL