

Women's 5000 Metres

21 Entrants

Starts: Saturday, August 16

		Age	(Days)	Born	2014 Best	Personal Best
1008	WENTH Jennifer AUT Seventh in 2010 World Junior 3000m (beaten only by runners of Ethiopian or Kenyan origin) 3000 pb: 9:01.9 -10. 1500 pb: 4:11.07 -11. 800 pb: 2:06.64 -11. 12 EJC 1500 2009; 7 WJC 3000 2010 (9 1500); ht EIC 1500 2011; 15 under-23 ECH 5000 2013. 1 Austrian 1500 2009/2010/2014 (1 indoors 800/1500 2011 & 3000 2014). At EXC: 2008-42J, 2009-41J, 2010-29J, 2011-10u23 In 2014: 1 Austrian indoor 3000; 1 Vienna 2000; 1 Pliezhausen 3000 'B'; 3 Koblenz 5000; 7 Huelva 5000; 3 ETCh 2nd League 3000; 1 Austrian 1500 (3 800)	23y	21d	1991	15:36.96	15:36.96 -14
1065	MÄKI Kristiina CZE Czech record holder at 3000m & 5000m ... 3000 pb: 8:51.69 -14. 5000 pb: 15:35.62 -14. 1500 pb: 4:12.86 -14. 1 Czech 1500 2104 (1 indoors 1500 2013/2014). Father-Finnish, mother-Czech In 2014: 1 Czech indoor 1500; 1 Finnish indoor 1500/3000; 1 Kladno 800/1500; 5 Salzburg 1500; 1 Prague Academica 800; 1 Regensburg 1500; 6 Huelva 5000; 5 Ostrava Golden Spike 2000	22y	326d	1991	15:35.62	15:35.62 -14
1090	FERNÁNDEZ Nuria ESP Full name-Nuria Fernández Domínguez 2010 European Champion at 1500m 3000 pb: 8:38.05 -10 (8:51.04 -14). 1500 pb: 4:00.20 -10 (4:04.67 -14). 800 pb: 2:00.35 -08 (2:04.79 -14). ht EIC 800 98; ht ECH 800 98; sf OLY 1500 2000/2004/2012; 7 WCP 1500 2002; ht WIC 1500 2004/2006; 4 EIC 3000 2009; 2 ETCh 1500 2009 (2011-5); 4 WCH 1500 2009 (99/2005-ht, 2001-12, 2003-sf, 2011-sf); 1 ECH 1500 2010 (2002-8, 2006-ht, 2012-4); 2 EIC 1500 2011 (2005-7); 3 ETCh 3000 2014. At WXC: 2011-24. At EXC: 2008-42, 2009-23, 2010 -16. 1 Spanish 800 2011, 1500 2006/2014 & 5000 2012. Born-Switzerland In 2014: 1 Spanish indoor 3000; 4 Huelva 5000 (pb 15:31.02); 3 ETCh 3000; 1 Alorcón 800; 5 Heusden 1500; 1 Spanish 1500	37y	362d	1976	15:31.02	15:31.02 -14
1092	GONZÁLEZ Paula ESP 3x Spanish Indoor Champion at 3000m ... 10,000 pb: 32:56.13 -14. 3000 pb: 9:01.37i -12 (9:15.89i -14). 1500 pb: 4:18.51 -10. 5 Ibero-American 5000 2010; 11 EIC 3000 2011; ht WIC 3000 2012; ht EIC 3000 2013 At EXC: 2006-27u23, 2007-29u23. 1 Spanish indoor 3000 2010/2012/2013. Coach-Germán Martínez In 2014: 1 Oviedo 3000; 2 Spanish indoor 3000; 10 Spanish XC; 1 Azkoitia 10K; 1 Laredo 10K; 9 Lisbon Ibérico 10,000; 16 European Cup 10,000; 9 Bilbao 3000; 11 Liège 5000; 2 Spanish 5000	29y	104d	1985	15:37.62	15:37.62 -14
1105	SILVESTRE Marta ESP 10,000 pb: 33:20.39 -12 (33:29.37 -14). 13 ECH 10,000 2012. At EXC: 2011-22, 2012-27, 2013-21 In 2014: 12 Lisbon Ibérico 10,000; 11 Huelva 5000; 4 Bilbao 3000; 2 Alorcón 3000; 10 Liège 5000; 5 Spanish 5000	32y	132d	1982	15:37.14	15:37.14 -14
1164	BLEASDALE Julia GBR Fastest European at 3000m & 5000m in 2012 when she set a total of 10 personal bests 10,000 pb: 30:55.63 -12 (31:42.02 -14). 3000 pb: 8:46.38 -12. 1500 pb: 4:16.56 -12. 4 ECH 5000 2012; 8 OLY 5000/10,000 2012. 1 Inter-Counties 5000 2004; 1 UK 5000 2011. 1 South of England 1500 2004; 1 UK 5000 2011. At WXC: 2011-59. At EXC: 2013-7. Her grandparents were German and she has dual citizenship with Germany. Self-coached She was hampered with achilles paratendonitis in 2013 and knee problems in 2014 (late withdrawals from Braunschweig ETCh & Glasgow COM) In 2014: 1 Carlsbad 5K; 12 Boston 5K; 5 Stanford 10,000; 5 London Westminster (Road) Mile; 14 Rome Diamond 5000; 6 New York Diamond 3000	32y	339d	1981	15:11.68	15:02.00 -12
1170	GORECKA Emelia GBR Twice European Junior Cross Country Champion now a senior ... 3000 pb: 8:55.11 -12. 1500 pb: 4:14.22 -12. (4:16.65 -14) 11 WJC 3000 2010; 2 EJC 5000 2011; 1 Commonwealth Youth Games 3000 2011; 2 ETCh 5000 2013; 1 EJC 3000 2013; 8 COM 5000 2014. At WXC: 2010-23J, 2011-15J. At EXC: 2010-3J, 2011-1J, 2012-2J, 2013-1J. 1 UK junior 3000 2010 & 5000 2011; 1 English Schools junior 1500 2008/2009 & intermediate 3000 2009; 1 English junior 3000 2012. Her grandparents are from Poland, but she was born in Epsom. Coach-Mick Woods In 2014: 3 'Great' Edinburgh XC; 9 Boston 5K (pb 15:40); 5 Stanford 5000; 4 London Westminster (Road) Mile; 4 Watford BMC 1500; 1 UK 5000; 8 COM 5000	20y	197d	1994	15:07.45	15:07.45 -14
1185	PAVEY Jo GBR New European 10,000m Champion, and the oldest woman ever to win a European title Three top 10 places across four Olympics. Commonwealth Games medals at 5000m in 2006 & 2014 (at age 40). 2012 European 10,000m silver Marathon pb: 2:28:24 -11. 10,000 pb: 30:53.20 -12 (32:11.04 -14). 3000 pb: 8:31.27 -02. 1500 pb: 4:01.79 -03. 2 ECP 5000 2002/2003; 5 COM 5000 2002; 3 WCP 5000 2002; 10 WCH 1500 2003 (97-sf); 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); 12 OLY 10,000 2008; 2 ETCh 5000 2010; 2 ECH 10,000 2012; 7 OLY 10,000 2012 (2008-12); 7 OLY 5000 2012; 1 ECH 10,000 2014. At WXC: 2003-40 short. At EXC: 2004-3, 2006-8. 1 UK 5000 2007/2008/2012 & 10,000 2010. Born-Honiton, lives-Teddington ... coach/husband-Gavin, their son Jacob Matthew born September 14, 2009 & daughter Emily born September 4, 2013 Marathons (2): 18 London 2011, 9 New York 2011 In 2014: 1 English 10,000; 1 Watford BMC 5000; 10 Rome Diamond 5000; 2 UK 5000; 3 COM 5000 (split the Kenyans); Here: 10,000 1/Final-32:22.39	40y	328d	1973	15:04.87	14:39.96 -06
1217	KOCK Maren GER 10,000 pb: 33:14.32 -14. 3000 pb: 8:50.12 -14. 1500 pb: 4:10.28 -14. 7 World Youth 3000 2005; 10 EJC 3000 2009. At EXC: 2010-32u23, 2013-23. 1 German 1500 2014 In 2014: 2 German XC; 3 German 10,000; 1 Salzburg 3000; 2 Koblenz 5000; 3 Regensburg 800; 4 Dessau 1500; 1 Osterode 3000; 1 South German 5000; 2 Heusden 1500 'B'; 1 German 1500	24y	53d	1990	15:22.75	15:22.75 -14
1263	BRITTON Fionnuala IRL Twice European Cross Country Champion ... 10,000 pb: 31:29.22 -12 (32:32.45 -14). 3000SC pb: 9:37.60 -11. 12 WCH 3000SC 2007 (2011-ht); ht OLY 3000SC 2008; 6 WSG 2009 (2005-11); 11 ECH 3000SC 2010 (2006-ht); 4 ECH 10,000 2012 (2014-8); 15 OLY 10,000 2012 (ht 5000); 3 EIC 3000 2013. At WXC: 2001-98J, 2002-72J, 2003-33J, 2004-75 long, 2005-75 short, 2007-14, 2008-36, 2011-16, 2013-14. At EXC: 2001-74J, 2002-49J, 2003-21J, 2005-39, 2006-2u23, 2007-7, 2009-11, 2010-4, 2011/2012-1, 2013-4. Graduate in Sports Science and Health from Dublin City University. Coach-Chris Jones In 2014: 4 Antrim XC; 2 'Great' Edinburgh XC; 4 'Great' Ireland 10K; 1 Lifford 3000; 4 English 10,000; 1 Dublin IMC 3000; 2 ETCh 1st League 5000; 3 Cork City Sports 3000; 6 Lucerne 5000; 1 Irish 5000 (2 1500); Here: 10,000 8/Final-32:32.45	29y	323d	1984	15:23.37	15:12.97 -12
1303	VIOLA Giulia ITA Full name-Giulia Alessandra Viola 2013 European indoor finalist at 1500m 1500 pb: 4:10.00 -13 (4:10.50 -14). 3000 pb: 9:03.26 -14. 8 EJC 3000 2008; 7 EIC 1500 1500 2013; 5 under-23 ECH 1500 2013; 5 ETCh 5000 2014. 1 Italian 5000 2013/2014 (1 1500 2013, 1 indoor 3000 2014). At EXC: 2012-33u23, 2013-43u23. Coach-Vittorio Di Saverio In 2014: 1 Italian indoor 3000; 12 Carlsbad 5K; 4 Stanford 5000 'B'; 2 Gavardo 3000; 4 Salzburg 1500; 1 Bellinzona 1500; 3 ETCh 5000; 4 Padua 3000; 3 Karlstad 1500; 1 Italian 5000	23y	112d	1991	15:40.30	15:40.30 -14

1334	HASSAN Sifan NED TRANSFEREE – Formerly 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) 1500 pb: 3:57.00 -14. 3000 pb: 8:32.53 -13 (8:45.24 -14). 800 pb: 1:59.95 -14. 1 Dutch 1500 & XC 2013. At EXC: 2013-1u23. Ranked third in the world at 3000m in 2013 after Meseret Defar & Mercy Cherono In 2014: 5 WIC 3000; 1 Stanford 5000; 3 Shanghai Diamond 1500; 5 Eugene Diamond 1500; 1 Hengelo 1500; 5 Ostrava Golden Spike 800; 1 ETCh 3000 (58.93 last lap); 1 Paris Diamond 1500; 1 Glasgow Diamond 1500; 10 Monaco Diamond 5000; Here: 1500 1/h2-4:09.55	21y	225d	1993	14:59.23	14:59.23 -14
1338	KUIJKEN Susan NED (Kuijken pronounced "Cow-kun") 2008 European under-23 Cross Country Champion 3000 pb: 8:39.65 -13. 1500 pb: 4:05.38 -13 (4:07.21 -14). 800 pb: 2:02.24 -09. 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. 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 In 2014: 1 Perth Classic 1500; 1 Dutch 1500	28y	37d	1986	-	15:04.36 -13
1350	GRØVDAL Karoline Bjerkeli NOR Former European Junior Champion at 5000m, Steeplechase & Cross Country Half Mar pb: 69:41 -12 (70:53 -14). Road 10K pb: 31:29 -09. 3000 pb: 8:55.95 -12. 3000SC pb: 9:33.19 -07. 5 WJC 2006; 3 World Youth 2000SC 2007; 1 EJC 3000SC 2007/2009 (1 5000 2009); ht WCH 3000SC 2009; 3 ETCh 5000 2010 (7 3000SC); 10 ECH 5000 2010 (dnf 10,000); ht OLY 5000 2012; 13 WCH 5000 2013; 20 World Half Mar 2014. At WXC: 2010-dnf. At EXC: 2006-2J, 2009-1J, 2013-5. 1 Norwegian 3000SC 2006/2009 & 5000 2012. Coach-Knut Jæger Hansen In 2014: 20 World Half Mar	24y	61d	1990	-	15:16.27 -13
1380	PLIŚ Renata POL Twice Polish Champion at 1500m ... 1500 pb: 4:03.50 -11 (4:05.40 -14). 800 pb: 2:00.45 -10 (2:04.27i -14). 3000 pb: 8:40.42 -13 (8:52.55 -14). 11 ETCh 800 2009; 2 ETCh 3000 2010 (2013-5); ht ECH 1500 2010; 4 EIC 1500 2011; sf WCH 1500 2011/2013; ht OLY 1500 2012; 3 ETCh 1500 2013; 7 WIC 3000 2014 (2010-ht). At EXC: 2004-25J. 1 Polish 800 2010 & 1500 2012/2013. Coaches-Janusz Walkowiak & Zbigniew Król In 2014: 5 Polish indoor 800; 7 WIC 3000; 12 Eugene Diamond 2M; dnf Szczecin 1500; 9 New York Diamond 1500; 4 Ostrava Golden Spike 2000; 6 ETCh 3000; 3 Sollentuna 1500; 11 Lausanne Diamond 3000; 6 Montreuil 1500; 9 Glasgow Diamond 1500; Here: 1500 2/h2-4:10.33	29y	190d	1985	15:18.75	15:18.75 -14
1391	FÉLIX Dulce POR Full name-Ana Dulce Félix Third at 2011 European Cross Country Championships, second in 2012 & third again in 2013 Marathon pb: 2:25:40 -11 (2:26:46 -14). Half Mar pb: 69:01 -10 (73:11 -14). 10,000 pb: 31:33.42 -11 (32:35.90 -14). 3000 pb: 8:58.03 -09. 13 World Half Mar 2008; 5 ETCh 5000 2009/2011 (10 300 2011). 2 'Great' North Run 2010 (2009-3); 8 WCH 10,000 2011 (2009/2013-13); 1 ECH 10,000 2012 (2010-7, 2014-12). 1 Portuguese 5000 2011. At WXC: 2000-110J, 2001-70J, 2008-72, 2009-15. At EXC: 2000-23J, 2001-31J, 2008-17, 2009-6, 2010-3, 2012-2, 2013-3. Coach-Sameiro Araujo Marathons (7): dnf New York 2010, 2 Vienna 2011, 4 New York 2011, 21 OLY 2012, 9 Boston 2013, dnf New York 2013, 8 London 2014 (She clocked 31:30.90 in the 2009 World 10,000m final but it cannot count as a personal best because she was one of those who were allowed to cut in early after the start due to the absence of cones separating the two echelons of runners) In 2014: 1 Viana do Castelo Half Mar; 10 Lisbon Spring Half Mar; 8 London Marathon; 5 'Great' Manchester 10K; 1 Vienna 5K; 1 ETCh 1st League 5000; 4 Lucerne 5000; 2 Portuguese 5000	31y	295d	1982	15:21.32	15:08.02 -09
1394	MOREIRA Sara POR 2013 European Indoor Champion at 3000m ... 3000 pb: 8:42.69 -10. 10,000 pb: 31:16.44 -12 (32:01.42 -14). Half Mar pb: 70:08 -10. 1500 pb: 4:07.11 -10. 3000SC pb: 9:28.64 -09. 3 under-23 ECH 3000SC 2007; 12 WCH 3000SC 2007 (2011-dq); ht OLY 3000SC 2008; 10 WCH 5000 2009 (ht 3000SC); 1 WSG 5000/3000SC 2009; 5 WIC 3000 2010; 2 ECH 5000 2010 (2012-3); 6 IAAF Continental Cup 3000 2010; 7 EIC 1500 2011; 2 WSG 5000 2011; dq WCH 3000SC 2011; 1 ECP 10,000 2012; 14 OLY 10,000 2012; 1 EIC 3000 2013 (2009-2); 5 ECH 10,000 2014. 1 Portuguese 3000SC 2007/2008/2009/2011. At WXC: 2011 -20. At EXC: 2003-60J, 2007-13u23, 2008-35, 2009-10, 2010-9, 2012-12. Coach/husband-Pedro Ribeiro was Portuguese Steeplechase Champion in 2010 In 2014: 3 Lisbon 5K; 2 Vienna 5K; 3 European Cup 10,000; 2 Huelva 5000; 1 ETCh 1st League 3000; 6 Madrid 3000; 1 Portuguese 5000; Here: 10,000 5/Final-32:30.12	28y	301d	1985	15:20.01	14:54.71 -10
1429	KOROBKINA Yelena RUS 3000 pb: 8:51.00 -14. 1500 pb: 4:05.18 -13. 5000 pb: 15:22.14 -11 (15:14.67 -14). 1 EJC 3000 2009; ht EIC 1500 2011; 9 under-23 ECH 5000 2011; 4 EIC 3000 2013; 1 ETCh 3000 2013 (2014-2); 2 WSG 1500 2013; 12 WCH 1500 2013; ht WIC 1500 2014. At EXC: 2008-21J. 1 Russian 5000 2014 (1 indoor 1500 2013 & 3000 2014) In 2014: 1 Russian indoor 3000; 3ht WIC 1500; 1 Russian Teams 5000; 1 Moscow under-23; 2 ETCh 3000; 1 Russian 5000	23y	262d	1990	15:14.67	15:14.67 -14
1460	ROMAN Sonja SLO Slovenian record holder & 2009 European indoor bronze at 1500m ... 3000 pb: 9:03.99 -09 (9:11.47 -14). 1500 pb: 4:02.13 -09 (4:11.78 -14). 800 pb: 2:02.47 -03 (2:08.97 -14). ht WJC 800/1500 96; 7 EJC 1500 97; 7 ECP 1500 98; sf WJC 800 98 (ht 1500); 12 under-23 ECH 1500 2001; ht ECH 1500 2002/2006/2014; 9 WSG 1500 2005 (2003-11); 7 EIC 1500 2007 (2005-ht); dnf WIC 1500 final 2008 (2003/2004-ht); ht OLY 1500 2008/2012; 3 EIC 1500 2009; sf WCH 1500 2009/2013. 1 Slovenian 800 2002/2004/2007/2008/2009/2012/2013 (1 1500 2006/2007). At EXC: 97-6J, 98-7J, 99-dnf, 2002-33, 2006-24, 2011-20 In 2014: 3 Balkan indoor; 5 Lucerne 4.25K; paced Tokyo; 6 Beijing World Challenge; 3 Kalamáta; 3 Montbéliard; 8 Dessau; 8 Sotteville 3000; 4 ETCh 1st League 5000 (11 800); 3 Sollentuna 2000; 6 Velenje 1500; 3 Balkan 5000; 2 Slovenian 1500/3000; Here: 1500 8/h1-4:16.38	35y	156d	1979	15:40.41	15:40.41 -14
1510	BAHTA Meraf SWE Full name-Meraf Bahta Ogbagaber Formerly Eritrea. She fled via Spain to Sweden in 2009 and resisted deportation with the help of the Swedish athletics authorities Resident in Sweden since August 18, 2010, acquired Swedish citizenship on January 14, 2014 and cleared by the IAAF to represent Sweden from that date 3000 pb: 8:58.55 -13. 1500 pb: 4:03.16 -14. 5 WJC 1500 2006; 7 African Games 5000 2007 (9 1500); 1 ETCh 5000 2014. At WXC: 2005-32J, 2006-12J, 2007 -6J, 2008-43 In 2014: 1 Swedish indoor 3000; 1 Mt SAC Relays 5000; 2 Stanford 5000; 3 Hengelo 1500; 1 Dessau 1500; 1 Gothenburg Folksam 1500; 1 ETCh 5000; 9 Lausanne Diamond 3000; 6 Glasgow Diamond 1500; 1 Heusden 1500	25y	51d	1989	14:59.49	14:59.49 -14
1527	BULUT Gamze TUR Down from 4:18.23 to 4:01.18 in 2012, winning European & Olympic 1500m silvers behind her controversial compatriot Aslı Çakır Alptekin 1500 pb: 4:01.18 -12 (4:07.79 -14)/3000SC pb: 9:34.88 -12. 800 pb: 2:03.59 -12. ht World Youth 2000SC 2009; 3 European Youth Olympic Festival 2000SC 2009; 2 ECH 1500 2012 (2014-ht); 2 OLY 1500 2012; 1 under-23 ECH 5000 2013; ht WIC 1500 2014. At WXC: 2010-68J, 2011-15J. 1 Turkish 3000SC 2011 In 2014: 1 Turkish indoor 1500; 2 Balkan indoor 800; 6ht WIC 1500; 1 Turkish Clubs 5000 (2 1500); 2 Mediterranean under-23 1500; 2 ETCh 5000; 1 Turkish 1500 (in 4:07.79, her fastest since 2012); Here: 1500 12/h2-4:18.28	22y	10d	1992	16:23.71	15:45.03 -13

WORLD ALL-TIME LIST

1.....	14:11.15..	Tirunesh Dibaba	ETH.....	2008
2.....	14:12.88..	Meseret Defar	ETH.....	2008
3.....	14:20.87..	Vivian Cheruiyot	KEN.....	2011
4.....	14:23.75..	Liliya Shobukhova	RUS.....	2008
5.....	14:24.68..	Elvan Abeylegesse	TUR.....	2004
6.....	14:25.84..	Almaz Ayana	ETH.....	2013
7.....	14:28.09..	Jiang Bo	CHN.....	1997
8.....	14:28.49..	Sentayehu Ejigu	ETH.....	2010
9.....	14:28.88..	Genzebe Dibaba	ETH.....	2014
10...	14:29.11..	Paula Radcliffe	GBR.....	2004

2014 EUROPEAN LIST

1.....	14:59.23..	Sifan Hassan	NED
2.....	14:59.49..	Meraf Bahta	SWE
3.....	15:04.87..	Jo Pavey	GBR
4.....	15:07.45..	Emelia Gorecka	GBR
5.....	15:11.68..	Julia Bleasdale	GBR
6.....	15:12.83..	Clémence Calvin	FRA
7.....	15:14.67..	Yelena Korobkina	RUS
8.....	15:16.01..	Christine Bardelle	FRA
9.....	15:18.53..	Sabrina Mockenhaupt	GER
10...	15:18.75..	Renata Pliś	POL