

Kamathi Charles Waweru

Nyeri (KE), 18 May 1978

KENYA

PB 5000m: 13'02"51

PB Marathon: 02h 07'33"

PB 3000m: 07'41"89

PB Half Marathon: 01h 00'20"

PB 10000m: 26'51"49

RACE	DATE	PERFORMANCE	POSITION
Cross Country:			
Kenya Cross Country Championships	12/02/2006	31'51"	6
Cross Internacional de Elgoibar	22/01/2006	32'23"	1
Cross de Italica	15/01/2006	31'11"	3
IAAF World Cross Country Championship	20/03/2005	36'03"	10
Kenyan Cross Country Championship	12/02/2005	35'34"	4
Kenyan Police Cross Country Champ.	29/01/2005	12'03"	1
IAAF World Cross Country Championship	20/03/2004	36'36"	5
Kenyan Cross Country Championship	13/02/2004	35'26"	6
Cross Internacional Ciudad De Valladolid	10/01/2004	31'33"	3
Cross Intern. Zornotza Amorebieta	04/01/2004	35'13"	2
Cross de Venta de Banos	21/12/2003	32'50"	3
Cross Country Alà dei Sardi	06/04/2003	32'32"	2
Cross Internacional de Italica	19/01/2003	32'10"	6
Cross de Italica	19/01/2003	32'10"	6
Cross del Campaccio	06/01/2003	36'01"	2
Cross de Llodio	24/11/2002	26'57"	1
Cross de Soria	17/11/2002	28'06"	1
IAAF World Cross Country Championship	23/03/2002	35'29"	5
Cinque Mulini	10/03/2002	35'08"	2
National Cross Championship	23/02/2002	36'49"	5
Cross Internacional de Elgoibar	20/01/2002	31'57"	2
Cross de Italica	13/01/2002	30'45"	3
Cross del Campaccio	05/01/2002	35'55"	7
Cross di Oristano	16/12/2001	29'13"	1
Cross Country Alà dei Sardi	01/04/2001	31'58"	4
IAAF World Cross Country Championship	24/03/2001	40'05"	3
Cinque Mulini	04/03/2001	37'07"	1
Cross de Italica	14/01/2001	31'48"	1
Cross Intern. Zornotza Amorebieta	07/01/2001	31'52"	2
Cinque Mulini	27/02/2000	34'01"	1
IAAF World Cross Country Championship	20/02/2000	35'51"	7

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Almond Blossom Cross Country	06/02/2000	29'34"	2
ASLK-CGER Cross Cup	19/12/1999	33'06"	5
5000m:			
Golden Gala	08/07/2005	13'45"43	19
Galà Atletica	11/06/2005	13'35"00	1
IAAF World Athletics Final	18/09/2004	13'15"02	7
ISTAF	12/09/2004	13'35"09	13
Weltklasse	06/08/2004	13'11"41	6
Kenyan Championships	19/07/2004	13'45"70	1
Kenyan Police Championships 2004	29/05/2004	13'48"50	1
Meeting Montecarlo	13/09/2003	13'34"65	8
Meeting di San Sebastian	10/08/2003	13'19"04	6
Kenyan Championships	26/07/2003	13'37"04	3
Gaz de France	04/07/2003	13'20"43	11
Kenyan Trials	19/06/2003	13'30"80	7
Golden Spike Ostrawa	12/06/2003	13'15"33	6
Weltklasse	16/08/2002	13'02"51	6
Bislett Games	13/07/2001	13'31"56	20
Golden Gala	29/06/2001	13'05"16	10
Memorial Van Damme	25/08/2000	13'45"36	22
Slovak Gold	22/06/2000	13'23"24	2
Penn Relays	28/04/2000	13'42"	1
ISTAF	07/09/1999	13'05"29	11
Marathon:			
Fortis Rotterdam Marathon	13/04/2008	02h 07'33"	3
Milano City Marathon	02/12/2007	02h 11'25"	4
Beijing Marathon	21/10/2007		PM
3000m:			
Meeting Madrid	16/07/2005	07'43"83	6
Memorial Primo Nebiolo	06/06/2003	07'41"89	4
Asics Grand Prix	15/06/2000	07'43"50	3
Half Marathon:			
Maratonina Città di Udine	24/09/2006	01h 01'17"	5
Meia Maratona de Portugal	26/09/2004	01h 02'53"	5
Lisbon Half Marathon	28/03/2004	01h 00'28"	8
IAAF World Half Marathon Champ.	05/05/2002	01h 02'01"	9
Stramilano Star	13/04/2002	01h 00'20"	2
10000m:			
IAAF World Championship	06/08/2005	27'37"82 f	12
Kenyan Trials	25/06/2005	27'59"00	2
Memorial Van Damme	03/09/2004	26'59"93	2
Olympic Games	29/08/2004	28'17"08	13
African Championship	18/07/2004	28'07"83	1
Kenyan Trials	26/06/2004	28'25"80	3
IAAF Super Grand Prix Golden Spike	08/06/2004	28'35"94	11
Memorial Van Damme	05/09/2003	27'29"47	13

IAAF World Championship	24/08/2003	27'45"05	7
Meeting di Santiago	20/07/2003	27'29"00	1
Memorial Van Damme	30/08/2002		DNF
Memorial Van Damme	24/08/2001	27'26"55	3
IAAF World Championship	03/08/2001	27'53"25	1
Kenyan Championships	23/06/2001	28'20"98	10
National Championship	23/06/2001	27'47"33	1
Fanny Blankers Koen Games	04/06/2001	27'22"58	2
Memorial Van Damme	01/09/1999	26'51"49	1
Road Race:			
Memorial Greco	29/09/2003	29'59"	9
Dam to Dam	21/09/2003	46'00"	2
Giro Pod. Int. di Pettinengo	13/10/2002	26'24"	1
Memorial Greco	29/09/2002	28'31"	1
Dam to Dam	22/09/2002	45'08"	1
International 10Km of Berkane	31/03/2002	26'48"	2
Memorial Greco	30/09/2001	29'21"	3
Dam to Dam	23/09/2001	46'05"	1
10Km du Conseil General	01/05/2001	28'29"	3
Corrida Heillecourt	29/04/2001	24'41"	7
Giro Media Blenio	16/04/2001	28'14"	2
Cvs Pharmacy Cleveland	17/09/2000	13'57"	5
The US 10K Classic	04/09/2000	29'05"	1
Falmouth Road Race 7M	13/08/2000	32'09"	7