

12th IAAF World Championships in Athletics • Biographical Entry List (may include reserves)

Men's 10,000 Metres

35 Entrants



Start date: Monday, August 17

	Age	(Days)	Born	Season's Best	Personal Best
McNEILL David AUS Second in 2009 US Collegiate 5000m, representing Northern Arizona University 1500 pb: 3:42.78 -09. 5000 pb: 13:30.63 -09. At WXC: 2007-64, 2008-68. 2 NCAA 5000 2009 In 2009: 8 Mt. SAC Relays 5000; 5 Tempe; 1 "Big Sky" Conference 1500/5000; 2 Eugene 5000; 2 NCAA 5000; 1 Cork 3000; 12 London 5000; 1 London "Wedding Day" 7K	22y	312d	1986	-	28:03.02 -08
BIRMINGHAM Collis AUS 2009 Australian Champion at 5000m ... Oceanian record holder at 10,000m 5000 pb: 13:14.53 -09. 3000 pb: 7:46.01 -07. Mile pb: 3:54.30 -09. 1500 pb: 3:37.01 -08. ht OLY 5000 2008. 1 Australian 5000 2009; 1 Scottish 1500 2007/2008/2009. At WXC: 2003-84J, 2007-67, 2008-73, 2009-29. Coach-Nic Bideau In 2009: 1 Hobart 5000; 3 Australian World Championship trial XC; 1 Australian 5000; 29 WXC; 5 Carlsbad 5K; 2 Berkeley 10,000; 5 Gothenburg 5000; 1 Scottish 1500; 13 Oslo Golden League 5000; 4 London Mile	24y	229d	1984	27:29.73	27:29.73 -09
MAHBOOB Hasan BRN TRANSFEREE – Formerly: Silas Kirui KEN Bahraini record holder & 2006 Asian Games Champion at 10,000m 5000 pb: 13:18.98 -08 (15:18.90 -09). Half Mar pb: 61:07 -05. Paced 2005 London Marathon; 1 Asian Games 10,000 2006; 3 Asian Champs 10,000 2007 (4 5000); 1 Arab 10,000 2007 (3 5000); 18 OLY 10,000 2008. Declared for 2007 World 10,000 but did not start In 2009: 1 Fortaleza 5000; 8 Belém 10,000	27y	226d	1981	29:38.86	27:24.46 -08
TADESE Zersenay ERI Tadese pronounced with three syllables: "Ta-de-see" Twice World Half Marathon Champion, former World Cross Country Champion 5000 pb: 12:59.27 -06 (13:07.02 -09). 6 African Champs 10,000 2002; 8 WCH 5000 2003 (2005-14); 3 OLY 10,000 2004 (7 5000); 1 Great North Run 2005; 1 World 20K 2006; 4 WCH 10,000 2007 (2005-6); 1 World Half Mar 2007/2008 (2003-7, 2002-21); 5 OLY 10,000 2008; dnf Lonodn 2009 (marathon début). At WXC: 2002-30 long, 2003-9 long, 2004-6 long, 2005-2 long, 2006-4 long, 2007-1, 2008/2009-3. Two sisters & 4 brothers including younger brothers Kidane and Merhawi who both competed in the World Cross Country Championships in 2009 ... divides his time between Madrid & Eritrea ... his first sport was cycling ... married Merhawit Solomon in Asmara on November 16, 2008, wedding had 2500 guests and was televised live on Eritrean TV ... coach-Jeronimo Bravo Did not finish his first marathon attempt at London 2009 In 2009: 3 WXC (his brother Kidane was 56th, their younger brother Merhawi was 21st in the junior race); dnf London Marathon; 1 Málaga 5000	27y	187d	1982	-	26:37.25 -06
MEDHIN Teklemariam ERI Full name-Teklemariam Medhin Weldeslasie ... ninth at 2009 World Cross Country Championships 10,000 pb: 27:46.50 -08 (28:20.92 -09). 12 WJC 5000 2006; 32 OLY 10,000 2008. 3 French 10,000 2008. At WXC: 2006-13J, 2007-14J, 2008-23, 2009-9 In 2009: 1 Fuensalida XC; 1 San Sebastián XC; 9 WXC; 3 Huelva 5000; 8 Lille 10,000	20y	51d	1989	28:20.92	27:46.50 -08
TADESE Kidane ERI Full name-Kidane Tadese Habtesilase Younger brother of Zersenay Tadese 5000 pb: 13:13.17 -08 (13:21.60 -09). 10 OLY 5000 2008 (12 10,000). At WXC: 2005-16J, 2006-11J, 2007-86, 2008-26, 2009-56 In 2009: 56 WXC; 5 Huelva 5000	21y	347d	1987	-	27:06.16 -08
PENAS Manuel Ángel ESP 5000 pb: 13:22.83 -04. 3000 pb: 7:44.70 -04. 6 Ibero-American 1500 2000. At WXC: 2009-67. Coach-Pepe Tuimil In 2009: 6 Spanish XC; 67 WXC; 5 European Cup 10,000; 3 Spanish 10,000; 8 Barcelona 5000	31y	278d	1977	27:58.76	27:58.76 -09
CASTILLEJO Carles ESP 5000 pb: 13:11.50 -09. 3000 pb: 7:42.02 -04. 2 ECP 3000 2003; 4 WSG 5000 2003; ht OLY 5000 2004; 6 WSG 10,000 2005; 2 ECP 5000/10,000 2008; 23 OLY 10,000 2008; 1 ETCh 5000 2009. 1 Spanish 5000 2004 & 10,000 2009. At WXC: 2004-57 long, 2005-26 long, 2006-26 long, 2007-68, 2008-64, 2009-26. At EXC: 2006-10, 2007-14, 2008-34. Coach-Juan Ramón Muñoz In 2009: 2 Spanish XC; 26 WXC; 7 Catalan 1500; 4 Huelva 5000; 1 Ciudad Real 3000; 2 ETCh 5000; 1 Spanish 10,000 (3 5000)	30y	361d	1978	27:48.80	27:39.79 -08
LAMDASSEM Ayad ESP Ex-Morocco, transferred to Spain in 2007 ... fourth in 2008 European Cross Country Championships Half Mar pb: 61:29 -04. 5000 pb: 13:17.49 -06; 24 OLY 10,000 2008. At WXC: 2000-114J (for Morocco), 2008-36 (for Spain), 2009-30. At EXC: 2008-4. 1 Spanish 10,000 & XC 2007. Coach-Antonio Cánovas In 2009: 3 Spanish XC; 30 WXC; 8 Rabat 5000; 6 Huelva 5000; 1 Ciudad Real 5000; 8 Málaga 5000; 2 Spanish 10,000	27y	307d	1981	27:52.04	27:45.58 -08
BEKELE Kenenisa ETH DEFENDING IAAF WORLD CHAMPION at 10,000m Olympic Champion & World record holder at 5000m & 10,000m ... never beaten in 11 10,000m races ... winner of 16 gold medals at the World Cross Country Championships 5000 pb: 12:37.35 -04 (12:56.23 -09). 1500 pb: 3:32.35 -07. 3000 pb: 7:25.79 -07. 2 World Youth 3000 1999; 2 WJC 5000 2000; 1 WCH 10,000 2003/2005/2007 (3 5000 2003); 1 OLY 10,000 2004 (2 5000); 1 WIC 3000 2006; 1 African Champs 5000 2006; 2 WCP 3000 2006; 1 OLY 5000/10,000 2008 (he ran the last mile of the 5000m in 3:58.7). At WXC: 99-9J, 2001-2 short, 1J, 2002/2003/2004/2005/2006-1 short/1 long, 2007-dnf, 2008-1. Married actress and model Danawit Gebregziabher in Addis Ababa in November 17, 2007 ... suffered a stress fracture during an attempt to break a world record at 15Km in Nimegen on November 16, 2008 ... full name-Kenenisa Bekele Beyecha In 2009: dnf Hengelo 1500 (pain in right thigh); 1 Berlin Golden League 5000; 1 Oslo Golden League 5000; 1 Rome Golden League 5000 (Therefore unbeaten in 14 5000m finals since losing to Bernard Lagat in London on July 28, 2006); 1 Paris Golden League 3000 (eighth successive win at 3000)	27y	62d	1982	-	26:17.53 -05
SIHINE Sileshi ETH Full name-Sileshi Sihine Mekuria 'The Silver Man' ... silvers at 2004 Olympic 10,000m, 2005 World 5000 & 10,000m, 2006 World XC, 2007 World 10,000m & 2008 Olympic 10,000m ... If it were not for Kenenisa Bekele, he would be double Olympic and double World Champion at 10,000m 5000 pb: 12:47.04 -04 (13:06.63 -09). 3000 pb: 7:29.92 -05. 2 WJC 10,000 2002; 1 African Games 10,000 2003; 2 OLY 10,000 2004/2008; 2 WCH 5000/10,000 2005 (2003-3); 4 World Half Mar 2005; 2 WCH 10,000 2007. At WXC: 2002-6J, 2003-7 long, 2004-3 long, 2006-12 short & 2 long, 2007-16, 2008 -15. Sihine means "victory" in Amharic ... married Tirunesh Dibaba in October 2008, she had accepted his proposal on his birthday (May 9) earlier that year In 2009: 4 Oslo Golden League 5000	26y	97d	1983	-	26:39.69 -04
GEbremariam Gebre-egziabher ETH 2009 World Cross Country Champion ... 2008 African Champion and 27:20.65 for 10,000m in 2008, but that ranked him only eighth among Ethiopians 5000 pb: 12:52.80 -05. 1 WJC 10,000 2002 (3 5000); 6 WCH 5000 2003; 2 African Games 10,000 2003 (2007-3); 2 Afro-Asian Games 10,000 2003; 4 OLY 5000 2004; 6 WCH 10,000 2007 (2005-15); 1 African Champs 10,000 2008. 1 Great Ethiopian Run 2002. At WXC: 2002-1J, 2003-3 long, 2004-2 long & 2 short, 2005-dnf long & 9 short, 2006-30 short & 13 long, 2008-17, 2009-1. Married international runner Worknesh Kidane in Addis Ababa on February 4, 2006, their son Natnael born May 2, 2006 and a second son Mussie born August 2, 2007 In 2009: 1 Ethiopian XC; 1 WXC	24y	337d	1984	-	26:52.33 -07

DINKESA Abebe ETH	25y	160d	1984	27:17.49	26:30.74 -05
Full name-Abebe Dinkesa Negera Improved at 10,000m by 53 seconds in 2005 but has not improved since then though good results at Half Marathon 5000 pb: 12:55.58 -05. Half Mar pb: 63:03 -08. 2 African Champs 10,000 2004 (2006-3); 7 WCH 10,000 2005; 5 World Half Mar 2005 (2004-10, 2008-7). 1 Great Ethiopian Run 2004. At WXC: 2002-9J, 2005-4 long. 2006-39 short & 71 long, 2007-dnf, 2008-41 In 2009: 1 Edinburgh XC; dnf Ethiopian XC; 19 "World's Best" San Juan 10K; 3 Ethiopian 10,000; 7 Hengelo 5000; 3 Utrecht 10,000; 3 Lille 10,000					
MERGA Imane ETH	20y	302d	1988	27:33.87	27:33.53 -08
5000 pb: 12:59.75 -09. 3 African junior 10,000 2007. 1 French 10,000 2008 In 2009: 2 Ethiopian 10,000; 4 New York 5000; 3 Milan 5000; 1 Lille 10,000; 6 Rome Golden League 5000					
SINGH Surendra IND	30y	317d	1978	-	28:02.89 -08
Indian record holder at 10,000m ... 5000 pb: 13:40.45 -09. 6 Asian Games 5000/10,000 2006; 5 Asian Champs 5000/10,000 2007; 2 Asian Indoor Champs 3000 2008; 1 South Asian 5000 2008; 26 OLY 10,000 2008. 1 UK 10,000 2008 In 2009: 1 Kochi 3000; 1 Coimbatore 5000; 1 Suzhou 3000; 1 Kunshan 5000; 1 Hong Kong 3000; 1 Jamshedpur 3000; 1 Ranchi 3000					
FAGAN Martin IRL	26y	49d	1983	27:58.48	27:58.48 -09
Twice Irish Champion at 5000m, seventh in 2007 European Cross Country Championships Mar pb: 2:14:06 -08. Half Mar pb: 60:57 -09. 5000 pb: 13:39.62 -06. 4 under-23 ECH 10,000 (5 5000) 2005. 1 Irish 5000 2005/2007 & 10,000 2008. 2 NCAA 10,000 2006. At WXC: 2000-121J, 2001-76J. At EXC: 2001-31J, 2007-7, 2008-24. Based-Flagstaff (Arizona), coach-Greg McMullen Marathons (2): 13 Dubai 2008; dnf OLY 2008 (was coming back after stress fracture to pelvis) In 2009: 1 Austin Half Mar; 5 The Hague Half Mar; 3 Dublin 10K; 8 Berkeley 10,000; 8 New York 10K; 6 Peoria "Steamboat Classic" 4M					
IWAI Yuki JPN	26y	227d	1982	27:58.03	27:58.03 -09
5000 pb: 13:46.14 -08 (13:53.95 -09) In 2009: 5 Hiratsuka 5000; 6 Stanford 10,000; 3 Nobeoka 5000; 4 Fukagawa 10,000; 3 Japanese 10,000					
MASAI Moses KEN	23y	74d	1986	27:44.88	26:49.20 -07
Full name-Moses Ndiema Masai He was fourth in the Beijing Olympic 10,000m, his sister was fourth in the women's 10,000m at the same Games 5000 pb: 12:50.55 -08. 10 WJC 10,000 2004; 1 African junior 5000/10,000 2005; 4 OLY 10,000 2008 (missed bronze by 0.004). 2 Brussels 10,000 2007, where he closed up dramatically on Kenenisa Bekele. At WXC: 2004-16J, 2005-7J, 2008-5. 1 Kenyan junior 10,000 2004. Partner-Doris Changeywo, the 2007 World Military Games 10,000m Champion ... great record in Brussels 10,000: 7th-5th-2nd-2nd in 2004-06-07-08 In 2009: 7 Eugene 3000; 4 Kenyan 10,000 Only fourth in in the Kenyan 10,000m Trial, but is on team after the first two in that race (Sammy Kitwara and Gideon Ngatuny) were de-selected by Athletics Kenya because they competed in international road races without permission					
KIPIEGO Bernard KEN	23y	29d	1986	27:44.80	26:59.51 -07
Full name-Bernard Kipyego Kiprop Third in 2007 World Cross Country Championships at age 20 5000 pb: 13:09.96 -05. Half Mar pb: 59:34 -09. 3 African junior 10,000 2003; 3 Brussels 10,000 2008 (2007-4). At WXC: 2005-2J, 2007-3, 2008-10. Second of 10 children In 2009: 5 Kenyan Police XC; 1 Berlin Half Mar; 2 Heillecourt 8.8K; 2 Edinburgh 10K; 3 Bangalore 10K; 3 Kenyan 10,000					
KOGO Micah KEN	23y	72d	1986	-	26:35.63 -06
World record holder for road 10K, set in the Brunssum "Parelloop" 10K on March 29, 2009 ... 2008 Olympic bronze at 10,000m 5000 pb: 13:00.77 -06 (13:01.30 -09). 10K pb: 27:01 -09. 3000 pb: 7:38.67 -07. 3 OLY 10,000 2008. 1 AAA road 10K 2005; 1 Brussels 10,000 2006 (2007-3) In 2009: 1 Le Mans XC; 2 San Sebastián XC; 1 Brunssum "Parelloop" 10K (world road record 27:01); 1 Edinburgh 10K; 1 New York 5000; 3 Berlin 5000 He did not compete in the Kenyan 10,000m Trial, but is on team after the first two in that race (Sammy Kitwara and Gideon Ngatuny) were de-selected by Athletics Kenya because they competed in international road races without permission					
ROMERO Juan Carlos MEX	31y	242d	1977	29:11.63	27:47.46 -08
Full name-Juan Carlos Romero Bernal ... 5000 pb: 13:34.84 -09. Mar pb: 2:18:49 -08. 2 Central American & Caribbean 5000/10,000 2005; 52 World 20K 2006; 10 Torreón Marathon 2008 (2007-14); 29 OLY 10,000 2008. 1 Mexican 10,000 2005/2009 In 2009: 12 Mt. SAC Relays 5000; 20 Berkeley 10,000; 16 Stanford 5000; 20 Boulder 10K; 8 Victoria 1500; 1 Richmond 5000; 1 Mexican 10,000					
BARRIOS Juan Luis MEX	26y	51d	1983	27:40.10	27:40.10 -09
Seventh & top non-African in 2008 Olympic 5000m ... double silver at 2007 Pan-American Games Half Mar pb: 61:48 -08 (64:44 -09). 5000 pb: 13:11.37 -07 (13:16.65 -09). 3000 pb: 7:37.64 -06. 1500 pb: 3:37.71 -07. 8 WJC 1500 2002; 1 Central American & Caribbean Champs 1500 2003 & 5000 2005; 1 Central American & Caribbean Games 1500/5000 2006; 2 Pan-Am Games 1500/5000 2007; 14 WCH 5000 2007; 7 OLY 5000 2008. 5 Great North Run 2008. 1 Mexican 1500 2002/2004/2005 (1 800 2004). At WXC: 2001-47J, 2002-22J, 2005-57 short, 2006-62 short ... soldier in Mexican Army ... coach-Rafael Martinez In 2009: 8 Boca del Rio Half Mar; 27 "World's Best" San Juan 10K; 2 Mexico City 800; 1 Mt. SAC Relays 5000; 5 Berkeley 10,000; 9 Stanford 1500; 9 Kortrijk 1500; 4 Liège 3000; 13 Heusden 5000					
SILVA Rui Pedro POR	28y	100d	1981	28:01.63	28:01.63 -09
Fifth at 2006 European Cross Country Championships ... Half Mar pb: 63:33 -08. 5000 pb: 13:44.23 -05 (14:03.16 -09). 34 OLY 10,000 2008; 5 ETCh 5000 2009. 1 Portuguese 5000 2005/2009 & 10,000 2008. At WXC: 2000-112J, 2003-76 short, 2004-66 short, 2005-71 short, 2007-dnf. At EXC: 98-74J, 2000-4J, 2005-44, 2006-5, 2007-34. Coach-João Campos In 2009: 1 Portuguese XC; dnf WXC; 1 Dublin 10K; 2 Cartaxo 10K; 4 Edinburgh 10K; 5 Régua Half Mar; 2 European Cup 10,000 (pb 28:01.63); 5 ETCh 5000; 4 Porto 15K; 1 Portuguese 5000					
ABDULLAH Ahmad Hassan QAT	28y	16d	1981	-	26:38.76 -03
TRANSFEREE – formerly Albert Chepkurui KEN, now officially a citizen of Qatar having been issued with a Qatari passport on August 9, 2003 ... third in 2004 & 2008 World Half Marathon and 2005 World Cross Country long race 5000 pb: 12:56.27 -03 (13:15.20 -09). 3000 pb: 7:43.01 -00. 3 Goodwill Games 10,000 2001; 4 WCH 10,000 2003 (2007-dnf); 1 Asian Champs 10,000 2003/2007 (2 5000 2007); 3 World Half Mar 2004/2008 (2007-24); 1 Asian XC 2007; 8 OLY 10,000 2008. 1 Brussels 10,000 2004. At WXC: 99-5J, 2001-6 short, 2002-6 long, 2004-4 short, 2005-8 short & 3 long, 2007-12, 2008-8, 2009-18. Born-Keiyo In 2009: 1 Asian XC; 18 WXC; 3 Tangiers 5000; 6 Heusden 5000; 6 London 5000					
KEMBOI Nicholas QAT	19y	239d	1989	27:41.99	26:30.03 -03
TRANSFEREE – Formerly: KEN (has retained original name) ... Mar pb: 60:31 -03. 5000 pb: 13:01.14 -03 (13:33.68 -09). 3000 pb: 7:50.99 -05. 40 World Half Mar 2005; dnf World 20K 2006. At WXC: 2001-4J, 2002-7J, 2006-62 long. Improved at 10,000m by 1:50 to finish close behind Haile Gebrselassie in Brussels 2003 ... born-Kericho In 2009: 6 Utrecht 10,000; 11 Milan 5000					
RYBAKOV Anatoliy RUS	24y	168d	1985	28:19.39	28:06.54 -08
2005 European under-23 Champion at 5000m in 2005 & 10,000m in 2007 ... twice European Junior Cross Country silver medallist, close behind his twin 10,000 pb: 28:06.54 -08. 5000 pb: 13:53.43 -06. Mar pb: 2:17:43 -08.1 EJC 5000 2003; 1 under-23 ECH 5000 2005 & 10,000 2007; 23 World Half Mar 2008 (2007-47). At WXC: 2003-35J, 2004-38J. At EXC: 2002/2003-2J, 2004-3J, 2005-42, 2006-5u23, 2007-9u23. 1 Russian Half Mar 2008. Twin brother of runner Yevgeniy Rybakov, Yevgeniy is the elder by 90 seconds Marathon (1): 17 Rome 2008 In 2009: 4 Russian indoor 5000; 2 Russian XC; 9 European Cup 10,000; 2 Russian 10,000					

DISI Dieudonné RWA	28y 262d 1980	27:22.28 -07
Rwandan record holder at 10,000m ... sixth in the last two World Half Marathon Championships Mar pb: 2:12:47 -09. Half Mar pb: 59:32 -07. 5000 pb: 13:25.13 -08. 8 African Games 10,000 2003; 4 African Champs 10,000 2004; 17 OLY 10,000 2004 (2008 -19); 17 WCH 10,000 2005; ht WIC 3000 2006; 9 World 20K 2006; ht WCH 5000 2007; 6 World Half Mar 2007/2008 (2000-69). At WXC: 98-136 long, 2002-54 short & 87 long, 2003-30 long, 2004-18; 2007-23, 2005-32 long, 2006-40 long, 2008-dnf. Lost parents & eight brothers in 1994 genocide, he then fled to Burundi by foot Marathon (1) 18 Paris 2009. Also paced London 2008 In 2009: 1 Rwandan XC; 13 San Blas Half Mar; 4 Lagos 23K; 18 Paris; 7 Maroilles 20K; 11 Bangalore 10K		
MARWA Dickson TAN	27y 158d 1982	27:38.58 -07
Full name-Dickson Marwa Mkami ... Mar pb: 2:13:23 -09. Half Mar pb: 59:52 -08. 5000 pb: 13:25.18 -07. 3000 pb: 7:42.94 -07. 6 COM 10,000 2006 (8 5000); 12 World 20K 2006; 4 African Games 10,000 2007 (13 5000); 16 WCH 10,000 2007; 8 World Half Mar 2007 (2008-19). At WXC: 2007-66 Marathons (6): 13 Frankfurt 2003, 27 Paris 2004, 3 Gold Coast 2004, 11 Zurich 2005, 1 Brisbane 2005, 13 Rotterdam 2009 In 2009: 13 Ras Al Khaimah Half Mar; 9 Moshi Half Mar; 13 Rotterdam; 3 Dar Es Salaam Half Mar; 1 Gold Coast Half Mar		
JOSEPH Marco TAN	20y 2d 1989	27:42.75 27:42.75 -09
Half Mar pb: 60:21 -08. 5000 pb: 13:27.74 -08 (13:32.36 -09). At WXC: 2007-22J In 2009: 1 Cuiba 10K; 2 Rio de Janeiro 10K; 15 Moshi Half Mar; 4 European Clubs Cup 3000 (7 1500); 1 Prague 5000 (6 1500); 7 Utrecht 10,000; 5 Bilbao 5000; 1 Kladno 5000		
NGIMBA Ezekiel TAN	23y 362d 1985	27:39.92 27:39.92 -09
Full name-Ezekiel Jafari Ngimba ... 5000 pb: 13:24.39 -09. Half Mar pb: 61:28 -07. 19 World Half Mar 2007 In 2009: 7 European Clubs XC; 1 Lake Maggiore Half Mar; 12 Prague Half Mar; 1 European Clubs Cup 5000; 2 Prague 5000 (3 1500); 8 Huelva 5000; 5 Utrecht 10,000		
TOROITICH Martin UGA	26y 4d 1983	28:53.0 27:57.11 -08
Second in 2008 World Mountain Running Trophy ... Half Mar pb: 62:19 -08. 5000 pb: 13:34.84 -02. 2 African junior 10,000 2001; 13 World Half Mar 2004 (2002 -87, 2003-43); 11 Cologne 2005; 13 World 20K 2006; 2 World Mountain Running Trophy 2008. At WXC: 98-41J, 2000/2002-11J, 2005-107 long, 2007-10, 2008 -29 In 2009: 4 San Blas Half Mar; 13 Bangalore 10K; 1 Ugandan 10,000		
KIPROP Boniface UGA	23y 306d 1985	26:39.77 -05
Full name-Boniface Kiprop Toroitich 2006 Commonwealth Games Champion at 10,000m ... fourth at 10,000m at both Athens 2004 & Helsinki 2005 5000 pb: 12:57.11 -06. 1 African junior 5000 2001 (2 10,000); 1 African junior 5000/10,000 2003; ht WCH 5000 2003; 4 African Games 10,000 2003 (6 5000); 3 Afro-Asian Games 10,000 2003; 1 WJC 10,000 2004 (5 5000); 4 OLY 10,000 2004 (2008-10); 4 WCH 10,000 2005 (2007-10); 1 COM 10,000 2006; 6 African Games 10,000 2007. At WXC: 2000-27J, 2002-3J, 2003/2004-2J, 2005-7 long, 2006-22 long, 2007-dnf (collapsed in the heat with 600m to go while in fifth position), 2008-16. Older brother is Martin Toroitich (11 World Junior XC 2002) ... Kiprop = born when it's raining ... member of Kalenjii tribe, most of whom live in Kenya In 2009: 5 London "10,000" 10K; 12 Bangalore 10K		
RITZENHEIN Dathan USA	26y 227d 1982	27:58.59 27:35.65 -06
2001 World junior XC bronze ... ninth in 2007 World 10,000m after eight men of African origin, ninth again in Beijing marathon Mar pb: 2:10:00 -09. Half Mar pb: 61:25 -06. 5000 pb: 13:16.06 -07. 3000 pb: 7:39.03 -07. dnf OLY 10,000 2004; 3 Great North Run 2006. At WXC: 2005-62 long, 1 US long course XC & road 10K 2005. 1 NCAA XC 2003 (representing University of Michigan). At WXC: 2001-3J, 2002-24 long. Wife-Kalin Toedebusch ran 16:19.191 for 5000m in 2004, their daughter Addison born September 2007 ... born-Grand Rapids, Michigan ... studied History at the University of Colorado ... self-coached Marathons (4): 11 New York 2006, 2 US Olympic Trials 2007, 9 OLY 2008 (beat Ryan Hall); 11 London 2009 In 2009: 2 US Champs Half Mar; 11 London Marathon; 2 Toronto 5000; 2 US Champs 10,000		
RUPP Galen USA	23y 98d 1986	27:52.53 27:33.48 -07
Four US Collegiate titles in 2009: indoor 3000m & 5000m and outdoor 5000m & 10,000m, he is also the reigning NCAA Cross Country Champion 5000 pb: 13:18.12i -09, 13:30.49 -07 (13:46.41 -09). 7 World Youth 3000 2003; 1 Pan-Am junior 5000 2003; 9 WJC 5000 2004; 11 WCH 10,000 2007; 13 OLY 10,000 2009. At WXC: 2005-20J. 1 US 10,000 2009. 1 NCAA XC 2008, indoor 3000/5000 2009 & 5000/10,000 2009. In 2004 broke the US junior record for 5000m which had stood for 40 years to Jerry Lindgren ... student of Business at the University of Oregon ... born-Portland, Oregon ... coach-Alberto Salazar, he trains with the Gouchers In 2009: 1 NCAA indoor 3000/5000; 1 Oregon Relays 10,000; 5 Stanford; 1 Eugene 10,000 (May 16); 2 Eugene 1500 (May 17); 1 Eugene 5000 (May 29); 2 Eugene 1500; 1 NCAA 5000/10,000; 1 US Champs 10,000		
NELSON Tim USA	25y 168d 1984	27:36.99 27:36.99 -09
5000 pb: 13:24.87 -09. 3 US 10,000 2009. Was at the University of Wisconsin, now based in Portland, Oregon where his training group includes Matt Teegenkamp (4 WCH 5000 2007) ... their coach-Jerry Schumacher In 2009: 2 US Champs XC; 2 US Champs 15K; 1 Stanford 10,000; 3 US Champs 10,000		

WORLD ALL-TIME LIST

1..... 26:17.53..Kenenisa Bekele ETH..... 2005
2..... 26:22.75..Haile Gebrselassie ETH..... 1998
3..... 26:27.85..Paul Tergat KEN..... 1997
4..... 26:30.03..Nicolas Kemboi KEN..... 2003
5..... 26:30.74..Abebe Dinkesa ETH..... 2005
6..... 26:35.63..Micah Kogo KEN..... 2006
7..... 26:36.26..Paul Koech KEN..... 1997
8..... 26:37.25..Zersenay Tadesse ERI..... 2006
9..... 26:38.08..Salah Hissou MAR..... 1996
10... 26:38.76..Abdullah Ahmad Hassan..... 2003

2009 WORLD LIST

1..... 26:57.36..Josphat Muchiri KEN
2..... 26:59.88..Martin Mathathi KEN
3..... 27:01.83..Gideon Ngatuny KEN
4..... 27:09.40..Ali Abdosh ETH
5..... 27:15.44..Mathew Kisorio KEN
6..... 27:17.49..Abebe Dinkesa ETH
7..... 27:22.19..Ibrahim Jeylan ETH
8..... 27:26.56..Mekubo Mogusu KEN
9..... 27:28.48..Samuel Chelanga KEN
10... 27:29.73..Collis Birmingham AUS