

# Weltklasse Zurich 2009 • Biographical Summaries • Men

## Men's 5000 Metres

21:35

Golden League Event



2009 World Best: 12:56.23 Kenenisa Bekele ETH Rome 10 Jul 09

The requested pace is identical to that of Bekele's 2004 world record: 1000m: 2:33.24; 2000m: 5:05.47; 3000m: 7:37.34; 4000m: 10:07.93, 57.9 last lap

		Age	(Days)	Born	Season's Best	Personal Best
1,	<b>MASAI Moses</b> KEN Full name-Moses Ndiema Masai 2009 World 10,000m bronze ... 10,000 pb: 26:49.20 -07 (27:44.88 -09). 10 WJC 10,000 2004; 1 African junior 5000/10,000 2005; 4 OLY 10,000 2008 (missed bronze by 0.004); 3 WCH 10,000 2009. 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 ... sister-Linet Masai (1 WCH 10,000 2009) In 2009: 7 Eugene 3000; 4 Kenyan 10,000 (but selected for the World Championships because two men ahead of him – Sammy Kitwara and Gideon Ngatuny – were dropped from the team after they competed in road races without permission from Athletics Kenya); 3 WCH 10,000	23y	88d	1986	-	12:50.55 -08
2,	<b>RITZENHEIN Dathan</b> USA He was the first finisher of non-African origin in the World Championships 10,000m of both 2007 & 2009 Mar pb: 2:10:00 -09. Half Mar pb: 61:25 -06. 10,000 pb: 27:22.28 -09. 3000 pb: 7:39.03 -07. dnf OLY 10,000 2004; 6 WCH 10,000 2009 (2007-9). 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 16:19.19i 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; 6 WCH 10,000	26y	241d	1982	13:34.00	13:16.06 -07
3,	<b>EBUYA Joseph</b> KEN Fourth in 2008 World Cross Country Championships ... 3000 pb: 7:34.62 -08. 10,000 pb: 28:53.46 -06. 4 COM 5000 2006; 2 WJC 10,000 2006 (3 5000); 13 WCH 5000 2009 (2007-ht). At WXC: 2008-4. He is the first international runner of any stature since 1988 Olympic 800m Champion Paul Ereng to emerge from the Turkana tribe who live in north west of Kenya ... full name is Josph Ebuya Nawawona In 2009: 17 Hengelo 5000; 13 Berlin Golden League 5000; 2 Kenyan World Trials 5000; 13 WCH 5000	22y	69d	1987	13:20.2	12:51.00 -07
4,	<b>KIPSIRO Moses</b> UGA 2007 World bronze at 5000m but then fourth in Beijing 2008 & Berlin 2009 3000 pb: 7:30.95 -09. 10,000 pb: 28:03.46 -06. 7 COM 5000 2006; 1 African Champs 10,000 2006 (3 5000); 3 WCH 5000 2007 (2005-ht, 2009-4); 4 OLY 5000 2008. At WXC: 2003-18J, 2005-21J, 2006-29 short & 23 long, 2007-dnf, 2008-13, 2009-2 ... second of seven children In 2009: 1 Seville XC; 1 Ugandan XC; 5 "World's Best" San Juan 10K; 2 WXC; 1 Monaco 3000; 4 WCH 5000	22y	360d	1986	13:18.11	12:50.72 -07
5,	<b>MUTAHI Sammy</b> KEN Full name-Sammy Alex Mutahi ... 10,000 pb: 27:12.42 -07. 3 Kenyan junior 10,000 2008. Raced in Japan for the Konica-Minolta team in 2007 ... he is the younger brother of Faith Macharia (4 WCH 800 2001) In 2009: 3 Kenyan 5000; 2 London 5000; 3 Monaco 3000; 1 Wattenscheid 3000	20y	88d	1989	13:10.17	13:10.17 -09
6,	<b>KIPRUTO Silas</b> KEN Won 2008 French Championship Road 10K ... 10,000 pb: 27:26.31 -08. 7 Kenyan Olympic Trials 5000 2008 In 2009: 2 "World's Best" San Juan 10K; 1 Heillecourt 8.8K; 1 Marseille 10K; 10 Berlin Golden League 5000; 1 Barcelona 5000; 2 Monaco 3000; 3 Wattenscheid 3000	24y	335d	1984	13:08.98	13:02.86 -08
7,	<b>SOI Edwin</b> KEN Full name-Edwin Cheruiyot Soi 2008 Olympic 5000m bronze ... 10,000 pb: 27:14.83 -06. 3000 pb: 7:31.83 -08. 4 WIC 3000 2008; 3 OLY 5000 2008. At WXC: 2006-8 short, 2007-9. Self-coached ... Italian-managed, he stays in Trento when competing in Europe ... as of 2008 he owns a small block of flats and five-acre farm in his home town of Kericho ... wife-Caroline, their daughter Chelangat born July 5, 2005 He won 3000m & 5000m double at 2007 World Athletics Final, then the 5000m again in 2008 In 2009: 3 Doha 3000; 4 Hengelo 5000; 9 Berlin Golden League 5000; 9 Oslo Golden League 5000; 4 Lausanne 3000; 4 Kenyan World Trials 5000	23y	178d	1986	13:01.69	12:52.40 -06
8,	<b>CHEPKOK Vincent</b> KEN Full name-Vincent Kiprop Chepkok 2009 Kenyan Armed Forces Cross Country Champion 10,000 pb: 28:23.46 -06. At WXC: 2007-2J. 1 Kenyan junior XC 2008 In 2009: 1 Kenyan Armed Forces XC; 1 Turin 3000; 4 Berlin Golden League 5000; 2 Kenyan 5000; 3 Oslo Golden League 5000; 1 Kenyan World Trials 5000; 9 WCH 5000	21y	53d	1988	13:01.35	13:01.35 -09
9,	<b>KOGO Micah</b> KEN Full name-Micah Kemboi Kogo World record holder for road 10K, set in the Brunssum "Parelloop" 10K on March 29, 2009 ... 2008 Olympic bronze at 10,000m 10,000 pb: 26:35.63 -06 (27:26.33 -09). 10K pb: 27:01 -09. 3000 pb: 7:38.67 -07. 3 OLY 10,000 2008; 7 WCH 10,000 2009. 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 Golden League 5000	23y	86d	1986	13:01.30	13:00.77 -06
10,	<b>DABA Bekana</b> ETH ht WCH 5000 2007/2009 In 2009: 3 Prague 5000; 1 Carlsbad 5K; 5 Berlin Golden League 5000; 5 Oslo Golden League 5000; 5 Rome Golden League 5000; 6ht WCH 5000	21y	29d	1988	12:59.22	12:59.22 -09
11,	<b>KOMON Leonard</b> KEN Full name-Leonard Patrick Komon Second in 2008 World Cross Country Championships at age 20, then fourth in 2009 10,000 pb: 26:57.08 -08 (28:02.24 -09). 5000 pb: 13:04.12 -06. At WXC: 2006-2J, 2007-4J, 2008-2, 2009-4. Youngest of 14 children In 2009: 4 WXC; 8 Eugene 3000; 6 Kenyan 10,000; 7 Lausanne 3000	21y	230d	1988	-	13:04.12 -06

<b>12,</b>	<b>KWALIA James</b> QAT TRANSFEREE – Formerly: KEN (has retained original name) 2009 World bronze at 5000m 3000 pb: 7:28.28 -04 (7:43.26 -09). Mile pb: 3:50.39 -03. 3 World Youth 3000 2001; 13 WCH 5000 2005; 1 Asian Champs 5000 2005; 1 Asian Games 5000 2006; 3 Asian Indoor Champs 3000 2008; 9 WIC 3000 2008; 8 OLY 5000 2008; 3 WCH 5000 2009. Received Qatar passport on August 5, 2004 and cleared to compete for that country from October 28, 2004. At WXC: 2005-15 short In 2009: 2 Gulf 5000; 7 Doha 3000; 1 International Military Champs 5000 (9 1500); 2 Oslo Golden League 5000; 8 Lausanne 3000; 8 Paris Golden League 3000; 3 WCH 5000	<b>25y</b>	76d	1984	<b>13:05.46</b>	<b>12:54.58 -03</b>
<b>13,</b>	<b>BEKELE Kenenisa</b> ETH AF GOLDEN LEAGUE JACKPOT CONTENDER Olympic Champion, World record holder and now World Champion at 5000m & 10,000m 10,000 pb: 26:17.53 -05 (26:45.31 -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, he last lost to Craig Mottram at the World Cup on September 17, 2006); 1 WCH 10,000 (12th successive win at 10,000m, never beaten at the distance); 1 WCH 5000 (15th successive win at 5000m, he last llost to Bernard Lagat in London on July 28, 2006)	<b>27y</b>	76d	1982	<b>12:56.23</b>	<b>12:37.35 -04</b>
<b>14,</b>	<b>LONGOSIWA Thomas</b> KEN PACEMAKER 1 – 2:32 to 1000m ... 3000 pb: 7:30.09 -09. 6 African Games 5000 2007; 12 OLY 5000 2008. At WXC 2006-dq/J. 1 Kenyan 5000 2007. Coach-Moses Kiptanui Originally found guilty of having falsified his birthdate in order to compete in the junior race at the 2006 World Cross Country Championships. He said he was born in 1988 when it was actually 1982. His fifth place in that event was annulled and he was jailed for three days by the Kenyan authorities, but apparently later cleared of all charges in Kenya In 2009: 2 Dakar 3000; 2 Doha 3000; 12 Hengelo 5000; 4 Turin 3000; 6 Berlin Golden League 5000; 4 Kenyan 5000; 3 Lausanne 3000; 10 Rome Golden League 5000	<b>27y</b>	226d	1982	<b>13:03.43</b>	<b>12:51.95 -07</b>
<b>15,</b>	<b>KIPTOO Mark</b> KEN PACEMAKER 2 – 5:04 to 2000m, 7:37 to 3000m Full name-Mark Kosgei Kiptoo Member of Kenyan Air Force, he served on peacekeeping missions in Burundi 10,000 pb: 27:14.67 -08. 3000 pb: 7:32.97 -09. 9 African Games 5000 2007; 1 World Military Games 5000 2007 (2 10,000). 4 Kenyan Olympic Trials 10,000 2008. At WXC: 2008-14, 2009-7 In 2009: 7 Kenyan Armed Forces XC; 3 Kenyan XC; 7 WXC; 2 Charleston 10K; 1 New Orleans 10K; 6 Doha 3000; 2 Bangalore 10K; 7 Berlin Golden League 5000; 2 Rome Golden League 5000; 5 Monaco 3000	<b>33y</b>	67d	1976	<b>12:57.62</b>	<b>12:57.62 -09</b>