

Endurance Running Performance Statistics

Year	Male 5,000m		
	Event	Sub	Sub
	10	50	100
2006	1	22	44
2007	1	21	41
2008	0	34	50
2009	2	28	65
2010	2	25	63
2011	0	33	75
2012	1	35	73
2013	0	28	68
2014	2	30	59
2015	2	33	77
2016	1	33	80
2017	3	27	87
2018	3	39	96
2019	6	51	115

Year	Male 5k Road		
	Event	Sub	Sub
	10	50	100
2006	0	11	74
2007	0	15	91
2008	0	14	89
2009	0	11	69
2010	0	24	90
2011	0	22	99
2012	0	29	100
2013	0	22	84
2014	0	20	79
2015	0	32	112
2016	0	41	136
2017	1	38	123
2018	0	31	128
2019	1	50	171

Year	Male 10,000m		
	Event	Sub	Sub
	10	50	100
2006	1	3	6
2007	1	5	8
2008	0	7	13
2009	2	5	9
2010	0	11	15
2011	1	7	18
2012	1	10	18
2013	2	12	21
2014	4	15	24
2015	3	10	17
2016	2	16	28
2017	4	11	24
2018	6	13	33
2019	2	18	37

Year	Male 10k Road		
	Event	Sub	Sub
	10	50	100
2006	1	20	105
2007	2	20	101
2008	3	25	100
2009	1	25	97
2010	5	34	100
2011	3	39	95
2012	4	33	98
2013	5	34	92
2014	3	39	113
2015	7	31	118
2016	6	29	110
2017	4	34	123
2018	6	39	116
2019	10	50	173

Year	Male HM		
	Event	Sub	Sub
	10	50	100
2006	0	8	41
2007	0	12	40
2008	1	11	41
2009	2	14	34
2010	2	17	45
2011	4	18	40
2012	4	20	46
2013	2	20	45
2014	3	23	62
2015	4	14	61
2016	9	20	65
2017	4	21	58
2018	4	17	69
2019	2	24	74

Year	Male MARA		
	Event	Sub	Sub
	10	50	100
2006	0	4	20
2007	0	2	17
2008	0	4	17
2009	1	4	23
2010	3	10	25
2011	1	6	16
2012	1	10	22
2013	2	8	25
2014	2	9	25
2015	2	9	33
2016	4	10	32
2017	3	9	47
2018	2	10	33
2019	4	16	56

Year	Female 5,000m		
	Event	Sub	Sub
	10	50	100
2006	0	4	11
2007	0	3	14
2008	1	4	12
2009	2	4	13
2010	3	6	14
2011	2	8	9
2012	2	11	18
2013	5	11	20
2014	4	12	23
2015	5	14	21
2016	5	14	30
2017	4	20	28
2018	2	11	24
2019	5	15	25

Year	Female 5k Road		
	Event	Sub	Sub
	10	50	100
2006	0	8	29
2007	0	4	27
2008	0	5	28
2009	1	6	23
2010	1	7	39
2011	0	11	47
2012	0	10	44
2013	0	12	33
2014	1	13	49
2015	0	14	42
2016	1	17	55
2017	0	13	52
2018	0	20	38
2019	3	14	53

Year	Female 10,000m		
	Event	Sub	Sub
	10	50	100
2006	1	2	3
2007	1	1	5
2008	1	1	3
2009	1	1	3
2010	1	2	2
2011	0	1	2
2012	1	4	6
2013	0	2	5
2014	2	2	7
2015	1	4	7
2016	1	4	7
2017	4	7	14
2018	3	4	7
2019	5	9	13

Year	Female 10k Road		
	Event	Sub	Sub
	10	50	100
2006	4	8	29
2007	2	8	34
2008	3	8	28
2009	2	12	27
2010	4	17	42
2011	2	13	42
2012	4	20	46
2013	3	19	53
2014	5	21	52
2015	2	24	57
2016	4	18	50
2017	5	16	44
2018	5	14	44
2019	7	21	47

Year	Female HM		
	Event	Sub	Sub
	10	50	100
2006	4	10	24
2007	3	8	21
2008	2	7	20
2009	1	5	19
2010	2	6	20
2011	2	11	24
2012	4	13	25
2013	5	17	27
2014	2	12	27
2015	2	11	32
2016	6	15	34
2017	2	9	22
2018	3	11	30
2019	4	13	29

Year	Female MARA		
	Event	Sub	Sub
	10	50	100
2006	4	12	14
2007	4	12	17
2008	3	7	18
2009	3	8	20
2010	5	11	22
2011	6	9	17
2012	6	10	32
2013	8	19	36
2014	10	20	36
2015	8	18	44
2016	7	14	29
2017	8	18	30
2018	5	11	25
2019	6	14	32