

Shalane Flanagan (USA)

DOB: 8 July 1981

Personal Bests: 5000m: 14:44.80 (2007); 10000m: 30:22.22 (2008); Half marathon: 1:08:37 (2010);
Marathon: 2:25:38 (2012)**International Championships Highlights:**10000m: 3rd in 2008 Olympic Games; 14th in 2009 World Championships; 7th in 2011 WC5000m: 10th in 2008 Olympic Games; 8th in 2007 World ChampionshipsWorld Cross Country Championships: 3rd in 2011; 12th in 2010, 20th in (short) 2005; 14th in (short) 2004**Progressions:**

Year	5000m	10000m	Half Marathon	Marathon
2012			1:08:52	2:25:38
2011	14:45.20	30:39.57	1:09:58	
2010	14:49.08		1:08:37	2:28:40
2009	15:10.86	31:23.43		
2008	14:59.69	30:22.22		
2007	14:44.80			

Marathon career

	Time	Race	Place	Date
Personal Best	2:25:38	USOT – Houston	1 st	14 Jan 2012
	2:28:40	New York	2 nd	7 Nov 2010

2012 Results

Date	Race	Distance	Place	Time
22 June	USOT - Eugene	10000m	3 rd	31:59.69
25 Mar	Meia Maratona Internacional de Lisboa	Half marathon	1 st	1:08:52
26 Feb	World's Best 10K – San Juan	10Km	6 th	32:20
14 Jan	US Olympic Marathon Trials – Houston	Marathon	1 st	2:25:38

2011 Results

Date	Race	Distance	Place	Time
11 Dec	Miami Beach Half marathon	Half marathon	1 st	1:09:58
13 Nov	Rock n Roll San Antonio half marathon	Half marathon	1 st	1:10:49
8 Sept	Weltklasse – Zürich	5000m	15 th	15:32.31
27 Aug	World Championships – Daegu	10000m	7 th	31:25.57
29 July	DN Galan – Stockholm	5000m	4 th	14:46.80
22 July	Herculis Meeting – Monaco	1500m	10 th	4:06.63
8 July	Meeting Areva – Paris	5000m	4 th	14:45.20
23 June	USATF Athletics Championships – Eugene	10000m	1 st	30:59.97
3 June	Prefontaine Classic – Eugene	5000m	6 th	14:49.68
1 May	Payton Jordan Cardinal Invitational – Palo Alto	10000m	2 nd	30:39.57
15 Apr	Mt SAC Relays – Walnut	1500m	1 st	4:11.67
20 Mar	World Cross Country Championships – Punta Umbria	8Km	3 rd	25:10
22 Feb	XL Galan - Stockholm	3000m	2 nd	8:39.18i
5 Feb	USA Cross Country Championships – San Diego	8Km	1 st	25:47
29 Jan	U of Washington Invitational – Seattle	Mile	2 nd	4:33.81i
15 Jan	U of Washington Indoor Preview – Seattle	3000m	DNF (pace)	DNF

2010 Results

Date	Race	Distance	Place	Time
7 Nov	New York Marathon	Marathon	2 nd	2:28:40
19 Sept	Rock n Roll Philadelphia Half marathon	Half marathon	4 th	1:08:37
3 July	Prefontaine Classic - Eugene	5000m	2 nd	14:49.08
26 June	USATF Champ – Des Moines	1500m	11 th	4:19.56
24 June	USATF Champ – Des Moines	1500m (heat1)	2h1	4:11.94
12 June	Grand Prix – New York	1500m	9 th	4:06.44
29 May	OSAA Champ – Eugene	1500m	2 nd	4:08:03
22 May	USATF High Performance – Los Angeles	1500m	3 rd	4:10.24
1 May	Cardinal Invitational – Palo Alto	5000m	2 nd	15:04.23
28 Mar	World Cross Country Champ	7094m	12 th	25:20
13 Feb	US Cross Country Champ - Spokane	8Km	1 st	25:10
17 Jan	Aramco Half marathon - Houston	Half marathon	1 st	1:09:41

2009 Results

Date	Race	Distance	Place	Time
15 Aug	World Championships – Berlin	10000m	14 th	31:32.19
25 June	US Outdoor Championships - Eugene	10000m	2 nd	31:23.43
7 June	Prefontaine Classic – Eugene	1500m	11 th	4:06.91
16 May	Adidas Track Classic – Carson	5000m	4 th	15:10.86
19 Apr	BAA Mile – Boston	1mile	2 nd	4:40.2
1 Mar	World's Best 10K – San Juan	10K	4 th	32:25
7 Feb	Boston Indoor Games	5000m	2 nd	14:47.62

2008 Results

Date	Race	Distance	Place	Time
21 Sept	Downtown 5K (US 5K Champ) – Providence	5Km	1 st	15:28.4
22 Aug	Olympic Games – Beijing	5000m	10 th	15:50.80
19 Aug	Olympic Games – Beijing	5000m	6h2	14:59.69
15 Aug	Olympic Games – Beijing	10000m	3 rd	30:22.22
4 July	US Olympic Trials – Eugene	5000m	3 rd	15:02.81
30 June	US Olympic Trials – Eugene	5000m	1h1	15:35.86
27 June	US Olympic Trials - Eugene	10000m	1 st	31:34.81
4 May	Cardinal Invitational – Palo Alto	10000m	1 st	30:34.49
15 Mar	Central Park Challenge – New York	8Km	1 st	25:39.7
16 Feb	US Cross Country Champ - San Diego	8Km	1 st	25:26