

Kara Goucher (USA)

DOB: 9 July 1978

Personal Bests:

5000m: 14:55.02 (2007); 10000m: 30:55.16 (2008);

Half marathon: 1:06:57 (2007); Marathon: 2:24:52 (2011)

International Championships Highlights:5000m: 9th in 2008 OG10000m: 3rd in 2007 WC; 10th in 2008 OG; 13th in 2011 WCWorld Cross Country Championships: 21st in 2006Marathon: 10th in 2009 World Championships**Progressions (since 2005):**

Year	5000m	10000m	Half Marathon	Marathon
2012			1:09:12	2:26:06
2011	15:11.47	31:16.65	1:09:03	2:24:52
2010				
2009	15:20.94		1:08:05	2:27:48
2008	14:58.10	30:55.16		2:25:53
2007	14:55.02	32:02.05	1:06:57	
2006	15:08.13	31:17.12		
2005	15:17.55			

Marathon career

	Time	Race	Place	Date
	2:26:06	USOT- Houston	3 rd	14 Jan 2012
Personal Best	2:24:52	Boston	5 th	18 Apr 2011
	2:27:48	World Champ – Berlin	10 th	23 Aug 2009
	2:32:25	Boston	3 rd	20 Apr 2009
	2:25:53	New York	3 rd	3 Nov 2008

2012 Results

Date	Race	Distance	Place	Time
16 June	US Half Marathon Championships – Duluth	Half marathon	1 st	1:09:46
19 May	Rock n Roll Portland Half marathon	Half marathon	1 st	1:13:05
18 Mar	NYC Half	Half marathon	3 rd	1:09:12
14 Jan	USOT – Houston	Marathon	3 rd	2:26:06

2011 Results

Date	Race	Distance	Place	Time
11 Dec	Miami Beach Half Marathon	Half marathon	2 nd	1:12:59
27 Aug	World Championships – Daegu	10000m	13 th	32:29.58
1 July	Harry Jerome Track Classic – Burnaby	1500m	7 th	4:11.88
23 June	USATF Athletics Championships	10000m	2 nd	31:16.65
3 June	Prefontaine – Eugene	5000m	9 th	15:11.47
18 Apr	Boston Marathon	Marathon	5 th	2:24:52
20 Mar	NYC Half Marathon – New York	Half marathon	3 rd	1:09:03
5 Feb	USA Cross Country Championships – San Diego	8Km	7 th	27:37
28 Jan	University of Washington Invitational – Seattle	5000m	1 st	16:11.50i
16 Jan	Rock n Roll Arizona half marathon – Phoenix to Tempe	Half marathon	2 nd	1:14:02

2009 Results

Date	Race	Distance	Place	Time
23 Aug	World Championships – Berlin	Marathon	10 th	2:27:48
2 Aug	Rock n Roll Chicago half marathon	Half marathon	1 st	1:08:05
26 June	USA Outdoor Championships - Eugene	5000m	1 st	15:20.94
21 June	Harry Jerome International - Burnaby	1500m	3 rd	4:09.77
7 June	Prefontaine Classic - Eugene	2000m	7 th	5:41.28
28 May	Nike Mile – Beaverton	1 Mile	2 nd	4:37.58
28 May	Nike Mile - Beaverton	800m	4 th	2:06.79
20 Apr	Boston marathon	Marathon	3 rd	2:32:25
22 Mar	Meia-Maratona Internacional de Lisboa	Half Marathon	1 st	1:08:30
7 Feb	Reebok Boston Indoor Games	3000m	1 st	8:46.65
30 Jan	Millrose Games	1 Mile	1 st	4:33.19
17 Jan	Washington Indoor Preview – Seattle	3000m	1 st	9:03.47
17 Jan	Washington Indoor Preview - Seattle	1 mile	1 st	4:39.51

2008 Results

Date	Race	Distance	Place	Time
3 Nov	New York City Marathon	Marathon	3 rd	2:25:53
5 Oct	Twin Cities – St Paul	10 miles	1 st	53:16
22 Aug	Olympics – Beijing	5000m	9 th	15:49.39
19 Aug	Olympics – Beijing (heat)	5000m	7 th	15:00.98
15 Aug	Olympics – Beijing	10000m	10 th	30:55.16
4 July	US Olympic Trials – Eugene	5000m	1 st	15:01.02
30 June	US Olympic Trials – Eugene (heat)	5000m	1 st heat 2	15:32.22
27 June	US Olympic Trials - Eugene	10000m	2 nd	31:37.72
21 June	Jerome Track Classic – Burnaby	1500m	1 st	4:06.17
8 June	Prefontaine Classic – Eugene	5000m	3 rd	14:58.10
31 May	Border Duel Elite Classic - Portland	10000m	1 st	31:26.48
18 May	Adidas Track Classic – Carson	3000m	4 th	9:00.53
25 Apr	Oregon Relays – Eugene	5000m	1 st	15:33.25
16 Feb	Norwich Union Indoor GP - Birmingham	3000m	6 th	8:57.53
1 Feb	Millrose Games – New York	1 mile	1 st	4:36.03