

2026 Boston 5K Top Contenders

Women's Open Division Event Record: 14:45, Fotyen Tesfay (ETH), 2024

| WOMEN'S FIELD | COUNTRY | 5,000m PB | NOTES |
|----------------|---------|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Medina Eisa | ETH | 14:16.54 (London, 2023) | 7 th at 2024 Olympic 5000m; 2022 and 2024 World Junior Champion at 5000m; Champion at 2024 African Games 5000m; 4 th at World 5K Championships in 2023. |
| Melknat Wudu | ETH | 14:36.65 (Brussels, 2024) | 2024 Boston 10K champion; 2 nd at 2025 Boston Half; 11 th at 2023 World Cross Country Championships U20 race; silver medalist at both 2021 and 2022 World U20 Championships in the 5000m. |
| Daisy Jepkemei | KAZ | 14:45.69 (Montreuil, 2022) NR | 10,000m champion at the 2025 Asian Championships and earned bronze in the 3000m Steeplechase; 6 th at 2024 World Cross Country Championships. |
| Gela Hambese | ETH | 14:47.74 (Doha, 2024) | Boston 5K defending champion (14:53); Bronze medalist in 2026 World Cross Country Championships relay; 3 rd at the African Championships 10,000m in 2024. |
| Taylor Roe | USA | 14:49.91 (Los Angeles, 2025) | Top American finisher at 2025 Boston 5K (3 rd overall); National Champion in the half marathon, 4 miles, and 10 miles in 2025; won NACAC Championships in the 10,000m in 2025; 4 th at 2026 Houston Half (1:06:20). |
| Norah Jeruto | KAZ | 14:51.73 (Berlin, 2019) | 2022 World Champion in the 3000m steeplechase; gold at the 2025 Asian Championships in the 3000m steeplechase; 6 th at 2025 World Championships in the 3000m Steeplechase; 1 st in the 3000m and 3 rd in the 1500m at the 2026 Asian Indoor Championships; Champion in 3000m and 1500m at the 2026 Kazakhstan National Indoor Championships. |
| Rachel Smith | USA | 14:52.04 (Irvine, 2021) | 2021 Olympian in the 5000m; National Champion in the 8K and 20K on the roads in 2024; 7 th at 2026 Gate River Run 15K. |
| Emily Venters | USA | 14:58.77 (Boston, 2025) ⁱ | 33 rd at 2026 World Cross Country Championships; 10 th at 2026 NYC Half; ran 15:18.82 for 5000m indoors at the Boston University Valentine Invitational in February; 5 th at 2025 USA Cross Country Championships. |
| Alex Millard | GBR | 15:02.64 (Oordegem, 2025) | 7 th in 2026 World Cross Country Championships Mixed Relay; earned bronze at the 2024 World Cross Country Championships Mixed Relay; ran 15:14.07 indoors at Boston University this year. |
| Katie Camarena | USA | 15:05.44 (Los Angeles, 2025) | Ran 8:44.77 3000m PB indoors at Boston University this year; 6 th at 2025 USA 5K National Championships; 13 th and 17 th at the 2025 USA Championships 10,000m and 5,000m. |

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| Katie Izzo | USA | 15:08.54 (Portland, 2025) | 24 th at 2026 World Cross Country Championships; 5 th in the 3000m at the 2026 Boston University Valentine Invitational (15:10.75) indoors; 2 nd at 2025 USA Cross Country National Championships. |
| Florence Caron | CAN | 15:25.83 (Boston, 2025)i | 57 th at 2026 World Cross Country Championships; 14 th at 2025 NCAA Cross Country Championships; set indoor 5000m PB at Boston University in 2025 (15:25.83). |
| Maggie Donahue | USA | 15:43.98 (Boston, 2022)i | Member of the B.A.A. High Performance Team; 10 th at 2024 NCAA 10,000m championships; personal best in 5000m was recorded at the Boston University in 2022; Wellesley, MA native. |
| Alexandra Lucki | CAN | 15:49.82 (Los Angeles, 2022) | Placed 19 th overall in the Boston 5K in 2025; member of B.A.A. Running Club. |
| Rachel Hannah | CAN | 15:50.31 (Guelph, 2014) | 4 th in Vancouver First Half Marathon in February 2026; earned gold in the 10,000m at the 2016 Canadian National Championships; bronze at 2015 Pan Am Games Marathon. |
| Grace Richardson | IRL | 15:53.59 (Boston, 2026)i | 5000m PB 15:53.59 set at Boston University this year; 9 th at 2024 Boston 10K for Women. |
| Mercy Jelimo | KEN | 15:57.24 (Nairobi, 2024) | Has run 15:34 for 5K and 35:19 for 10K on the roads. |
| Laura Taborda | POR | 16:07.06 (Gainesville, 2024) | 2026 Portugal National Champion for 5K; 2 nd and 3 rd for 3000m and 1500m at 2026 Portugal Indoor Championships. |
| Caren Chepngeno | KEN | N/A | 15 th at 2026 World Cross Country Championships U20 race. |

Men's Open Division Event Record: 13:20, Ben True (USA), 2017

| MEN'S FIELD | COUNTRY | 5,000m PB | NOTES |
|---------------|---------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Addisu Yihune | ETH | 12:49.65 (Oslo, 2024) | 2022 World Junior Champion at 5000m; 4 th at 2021 World Junior Championships 5000m; 14 th at 2024 Olympics 5000m. |
| Mezgebu Sime | ETH | 12:49.80 (Oslo, 2025) | 2 nd at 2026 Gate River Run 15K; 5 th at the 2024 African Championships in the 5000m (13:48.29); has run 13:01 for 5K on the roads. |
| Cooper Teare | USA | 12:54.72 (Los Angeles, 2024) | Won the 2024 Boston 5K (13:38); silver medalist at the 2025 NACAC Championships in the 5000m; 2021 NCAA Champion at 5000m; earned gold in the 1500m at the 2022 USA National Championships. |
| Edwin Kurgat | KEN | 12:57.52 (Boston, 2024)i | 7 th in the 5000m at the 2024 Olympic Games in Paris; 7 th at the 2025 World Championships in the 10,000m in Tokyo; 2019 NCAA Cross Country champion while at Iowa State. |
| Sean McGorty | USA | 13:02.13 (Heusden-Zolder, 2023) | Earned gold in the 2022 NACAC Championships in the 10,000m event; also earned gold in 2018 at the NCAA Championships in the 5000m; Team USA |

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| | | | member at the World Championships in 2022 (10,000m) and 2023 (5000m and 10,000m). |
| Valentin Soca | URU | 13:02.85 (Oordegem, 2025) | Gold medalist in the 5000m event at the 2024 Uruguay Championships; also earned gold at the 2023 South American Championships in the 5000m. |
| Morgan Beadlescomb | USA | 13:03.57 (Boston, 2024)i | Won the 2023 Boston 5K (13:25); 1 st at the 2023 USA 5K National Championships in New York City; 4 th at 2026 USA Indoor Championships 3000m. |
| Kasey Knevelbaard | USA | 13:04.98 (Oordegem, 2025) | Champion in the 5000m at the 2023 Pan American games; placed 8 th in the 2024 World Cross Country Championships for the Mixed Relay; 2 nd at 2022 B.A.A. Invitational Mile. |
| Thomas Fafard | CAN | 13:05.07 (Bruxelles, 2024) | 22 nd at 2024 Olympic 5000m; 32 nd at 2023 World Road Racing 5K Championships; 62 nd at 2024 World Cross Country Championships; 7 th and 8 th at 2025 and 2024 Boston Halfs. |
| Patrick Kiprop | KEN | 13:11.67 (Boston, 2025)i | 2nd at the 2026 Houston Half Marathon with a personal best of 59:14; 8 th at 2026 NYC Half; runner-up at 2025 Beach to Beacon 10K. |
| Anthony Camerieri | USA | 13:12.02 (Boston, 2026)i | 51 st at 2024 World Cross Country Championships; 10 th at 2025 USA 5K Championships. |
| Emmanuel Kosgei | KEN | 13:13.63 (Kumamoto, 2024) | Ran 13:43.43 and 13:40.11 for 5000m in 2025. |
| Amanuel Mesel | ERI | 13:16.25 (Barcelona, 2011) | 2012 and 2016 Olympian for Eritrea; 3 rd at 2025 Grandma's Marathon and 5 th at 2025 Honolulu Marathon. |
| David Mullarkey | GBR | 13:18.40 (Winston Salem, 2026) | Silver medalist in the 5000m and 10,000m races at the 2025 World University Games in Bochum, Germany; 26 th at 2026 World Cross Country Championships. |
| Eric Van der Els | USA | 13:21.78 (Portland, 2024) | Representing B.A.A. High Performance Team; ran collegiately at University of Connecticut. |
| James Mwaura | USA | 13:22.21 (Boston)i | Representing B.A.A. High Performance Team; ran collegiately at Gonzaga where he was an All-American. |
| Andy Wacker | USA | 13:41.45 (Walnut, 2013) | 11 th at 2026 Gate River Run 15K. |
| Aidan Troutner | USA | 13:45.09 (Boston, 2022)i | Set a personal best in the marathon (2:10:23, Chicago) in 2025. |
| Camren Todd | USA | 13:53.64 (Clovis, 2021) | Ran a personal best of 1:01:23 at the Houston Half Marathon in January 2026; 15 th at 2026 NYC Half (1:02:06). |
| Kelvin Kariankei | KEN | 13:54.9 (Nakuru 2025) | Has run 13:54.9 and 28:42.61 at altitude for 5000m and 10,000m on the track in Nakuru. |
| Mohammed El Youssfi | MAR | 13:56.82 (Hutchinson, 2025) | 3 rd at 2026 Houston Half in national record 59:21; won 2026 Gate River Run 15K; won 2025 Philadelphia Half Marathon. |

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| Daniel Michalski | USA | 14:05.63 (Austin, 2021) | 9 th at 2025 World Championships 3000m Steeplechase; 2023 Pan Am Games silver medalist in the 3000m Steeplechase; 8:14.07 steeplechase PB. |
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Women's Wheelchair Division Event Record: 11:10 Susannah Scaroni (USA), 2023

| WOMEN'S WHEELCHAIR FIELD | COUNTRY | |
|--------------------------|---------|-----------------------------------------------------------------------------------------------------|
| Christie Dawes | AUS | 3 rd at last year's Boston 5K in 13:11. |
| Tatyana McFadden | USA | 5-time Boston Marathon champion. |
| Emelia Perry | USA | Silver medalist at the 2025 World Triathlon Para Championships. |
| Eden Rainbow-Cooper | GBR | 2024 Boston Marathon champion; won the Boston 5K for the last two years (12:08, 2025; 12:04, 2024). |
| Michelle Wheeler | USA | Won the 2024 Boston Half (1:00:25). |

Men's Wheelchair Division Event Record: 9:52, Marcel Hug (SUI), 2023

| MEN'S WHEELCHAIR FIELD | COUNTRY | |
|------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------|
| Marcel Hug | SUI | Boston 5K champion for the last four years (2022-2025); eight-time Boston Marathon champion. |
| Jetze Plat | NED | 3 rd at 2025 Boston Marathon. |
| Daniel Romanchuk | USA | 3 rd at the Boston 5K last year; two-time Boston Marathon champion; has also won the B.A.A. 10K and Boston Half. |
| David Weir | GBR | 2 nd at the Boston 5K last year and 3 rd at the 2024 Boston Marathon. |
| Miguel Jimenez-Vergara | USA | Winner of the 2026 Los Angeles Marathon; also won the 2025 Boston Half. |

| WOMEN'S PARA ATHLETICS DIVISION | COUNTRY | CLASSIFICATION | |
|---------------------------------|---------|----------------|----------------------------------------------------------------------------------------------------------|
| Meghan Bradshaw | USA | T42-44/T61-64 | Won Boston Marathon, Boston 10K, and Boston Half Para Athletic Divisions in 2024. |
| Kelly Bruno | USA | T42-44/T61-64 | Won the T42-44/T61-64 division at last year's 5K; former Survivor contestant; competes up to 100 milers. |

| MEN'S PARA ATHLETICS DIVISION | COUNTRY | CLASSIFICATION | |
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| Wajdi Boukhili | TUN | T12 | 2024 Paralympic Gold Medalist; placed second in 2024 Boston 5K. |
| El Amin Chentouf | MAR | T12 | Back-to-back defending Boston 5K T12 champion. |
| Thomas Cantara | USA | T20 | Defending T20 champion for the last two years. |
| Kade Lubner | USA | T35-T38 | Senior in high school; holds six national records in age/classification. |
| Deon Kenzie | AUS | T35-T38 | Two-time Paralympic medalist on the track. |
| Atsbha Gebremeskel | ETH | T46 | B.A.A. Grand Slam winner (5K, 10K, Half, Marathon) in 2024. |
| Richard Whitehead | GBR | T61 | Paralympic sprinter turned marathoner; won Boston Marathon Para Athletics Division title in 2025. |
| Marko Cheseto Lemteuki | USA | T62 | 2024 and 2025 Boston 5K T62 champion. |
| Brian Reynolds | USA | T62 | World record holder at 10K; placed second at 2025 Boston 5K. |
| Peter Keating | USA | T42-44/T61-64 | Placed third in the T42-44/T61-64 division in the 2025 Boston 5K. |
| Juan Torres | COL | T45-T47 | Marathon best of 3:30. |
| Matthew Felton | AUS | T45-T47 | Ran 2:45:33 at the 2019 World Para Championships in the Marathon. |