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
Daisy Jepkemei	KAZ	14:45.69 (Montreuil, 2022) NR	10,000m champion at the 2025 Asian Championships and earned bronze in the 3000m Steeplechase; 6th 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; 3rd at the African Championships 10,000m in 2024.
Vanessa Fraser	USA	14:48.51 (Boston, 2020)i	12th at 2025 USA Championships in the 10,000m; 8th at 2024 Boston 5K.
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; 6th at 2025 World Championships in the 3000m Steeplechase; 1st in the 3000m and 3rd 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; 7th at 2026 Gate River Run 15K.
Alex Millard	GBR	15:02.64 (Oordegem, 2025)	7th 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.
Katelyn Tuohy	USA	15:03.12 (Walnut, 2023)	NCAA Champion in cross country (2022), indoors (2023 3000m and 5000m) and outdoors (2022 5000m) while racing at NC State; 15th at 2026 USA Indoor 3000m; now represents adidas.
Lucy Jenks	USA		
Katie Camarena	USA	15:05.44 (Los Angeles, 2025)	Ran 8:44.77 3000m PB indoors at Boston University this year; 6th at 2025 USA 5K National Championships; 13th and 17th at the 2025 USA Championships 10,000m and 5,000m.
Katie Izzo	USA	15:08.54 (Portland, 2025)	24th at 2026 World Cross Country Championships; 5th in the 3000m at the 2026 Boston University Valentine Invitational (15:10.75) indoors; 2nd at 2025 USA Cross Country National Championships.
Alexandra Lucki	CAN	15:49.82 (Los Angeles, 2022)	Placed 19th overall in the Boston 5K in 2025; member of B.A.A. Running Club.
Rachel Hannah	CAN	15:50.31 (Guelph, 2014)	4th 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.
Mercy Jelimo	KEN	15:57.24 (Nairobi, 2024)	Has run 15:34 for 5K and 35:19 for 10K on the roads.

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Laura Taborda	POR	16:07.06 (Gainesville, 2024)	2026 Portugal National Champion for 5K; 2nd and 3rd for 3000m and 1500m at 2026 Portugal Indoor Championships.

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; 4th at 2021 World Junior Championships 5000m; 14th at 2024 Olympics 5000m.
Mezgebu Sime	ETH	12:49.80 (Oslo, 2025)	2nd at 2026 Gate River Run 15K; 5th 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	7th in the 5000m at the 2024 Olympic Games in Paris; 7th 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 member at the World Championships in 2022 (10,000m) and 2023 (5000m and 10,000m).
Kasey Knevelbaard	USA	13:04.98 (Oordegem, 2025)	Champion in the 5000m at the 2023 Pan American games; placed 8th in the 2024 World Cross Country Championships for the Mixed Relay; 2nd at 2022 B.A.A. Invitational Mile.
Thomas Fafard	CAN	13:05.07 (Bruxelles, 2024)	22nd at 2024 Olympic 5000m; 32nd at 2023 World Road Racing 5K Championships; 62nd at 2024 World Cross Country Championships; 7th and 8th 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; 8th at 2026 NYC Half; runner-up at 2025 Beach to Beacon 10K.
Anthony Camerieri	USA	13:12.02 (Boston, 2026)i	51st at 2024 World Cross Country Championships; 10th at 2025 USA 5K Championships.
Amanuel Mesel	ERI	13:16.25 (Barcelona, 2011)	2012 and 2016 Olympian for Eritrea; 3rd at 2025 Grandma's Marathon and 5th at 2025 Honolulu Marathon.
Dylan Schubert	USA	13:17.89 (Boston, 2024)i	Ran 1:00:55 at the Houston Half in January; 7th at the 2025 NCAA Championships 10,000m.
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.

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Eduardo Menacho	ESP	13:36.17 (Tarragona, 2025)	2021 European U23 champion at 10,000m; 9th at the 2026 Spanish Indoor Championships 3000m.
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; 15th 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)	3rd at 2026 Houston Half in national record 59:21; won 2026 Gate River Run 15K; won 2025 Philadelphia Half Marathon.
Daniel Michalski	USA	14:05.63 (Austin, 2021)	9th at 2025 World Championships 3000m Steeplechase; 2023 Pan Am Games silver medalist in the 3000m Steeplechase; 8:14.07 steeplechase PB.

Women's Wheelchair Division Event Record: 11:10 Susannah Scaroni (USA), 2023

WOMEN'S WHEELCHAIR FIELD	**COUNTRY**	
Christie Dawes	AUS	3rd 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	3rd at 2025 Boston Marathon.
Daniel Romanchuk	USA	3rd 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	2nd at the Boston 5K last year and 3rd at the 2024 Boston Marathon.
Miguel Jimenez-Vergara	USA	Winner of the 2026 Los Angeles Marathon; also won the 2025 Boston Half.

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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	
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.
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.