

Olympic medals: 10,000m gold at Athens Games in 2004, silver in

5,000m. Gold in both events in 2008

World championships: Four consecutive 10,000m wins between 2003 and 2009. In 2009 becomes first athlete to win 5,000m and 10.000m at same championships

Cross-country: 11 world titles between 2002 and 2008 – most successful cross-country runner ever

World records

**5,000m:** 12:37.35 – Hengelo, 2004 **10,000m:** 26:17.53 – Brussels, 2005

Information correct as of May 18, 2012
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