

**Sarah Chelangat**

**Female, born Jun 5, 2001**

**Nationality: UGA**



#### **WORLD ATHLETICS HIGHEST RANKED PERFORMANCES**

<https://worldathletics.org/athletes/uganda/sarah-chelangat-14786748>

**30:24 : 10K road** : 4th, 10K Valencia Ibercaja, ESP (Jan 15, 2023)

**14:40.88 : 5000m** : 4th, Diamond League BAUHAUS-Galan, Stockhom, SWE (Jul 2, 2023)

**8:32.53 : 3000m** : 6th, Bislett Games (Oslo NOR) (Jun 15, 2023)

**31:06.46 : 10,000m** : 3rd, FBK After Summer Competition, Hengelo, NED (Oct 10, 2020)

#### **HIGHLIGHTS, 2022-2024**

**1st, 2023 Credit Union Cherry Blossom 10 Mile – USATF 10 Mile Championships (52:04)**

4th, 2023 Valencia Ibercaja 10K, ESP (30:24)

4th, 2023 Diamond League BAUHAUS-Galan 5000m (14:40.88)

**8th, 2023 Copenhagen Half Marathon (1:07:59)**

6th, 2023 Bislett Games 3000m (Oslo, NOR) (8:32.53)

#### **HIGHLIGHTS PRIOR TO 2022**

(none)

**For additional information:** <https://www.rrmonlineguide.com/athletes/8139>