

Joy Cheptoyek

Female, born May 15, 2002

Nationality: UGA

WORLD ATHLETICS RECOGNIZED PERSONAL BESTS

<https://worldathletics.org/athletes/uganda/joy-cheptoyek-14818058>

Half Marathon: 1:08:00 on March 23, 2025 in Malaga, ESP

10K road: 30:03 on Jan 14, 2024 (national record) in Valencia, ESP

5000m: 14:40.27 (national record) on Aug 19, 2025, in Oordegem, BEL

5K road: 14:28 (national record) on Dec 23, 2023, in Barcelona, ESP

HIGHLIGHTS 2024-2026

1st, 2025 Tokyo Speed Race 10K (30:22)

3rd, 2025 Malaga Half Marathon (1:08:00)

1st, 2025 Oordegem 5000m (14:40.27 national record)

7th, 2025 World Championships 10,000m (31:15.03)

8th, 2025 World Championships 5000m (14:51.17)

HIGHLIGHTS PRE-2024

6th, 2023 World Athletics Road Championships 5K (14:50)

1st, 2023 Castellon road 10K (30:47)