

Ednah Kurgat

Female, born Jun 15, 1991

Nationality: USA

WORLD ATHLETICS RECOGNIZED PERSONAL BESTS

<https://worldathletics.org/athletes/united-states/ednah-kurgat-14681942>

Half Marathon: 1:08:25 on Mar 28, 2026, in Prague, CZE

20K road 1:05:46 on Sep 1, 2025 in New Haven, CT

10 Miles road: 53:08 on Oct 2, 2022, Minneapolis, MN

10K road: 32:04, on Sep 17, 2022, in Northport, NY

10,000m: 31:12.10 on May 20, 2023, in London, GBR

HIGHLIGHTS 2024-2026

10th, 2026 World Cross Country Championships, 33:28 (approximately 10K)

5th, 2026 Prague Marathon, 1:08:25

3rd, 2026 Publix Atlanta Half Marathon U.S. Championships, 1:09:50

(Kurgat awarded tie for 3rd place adjusting for off-course misdirection; her official place was 13th in 1:11:50)

2nd, 2025 New Haven 20K U.S. Championships, 1:05:46

HIGHLIGHTS PRE-2024

8th, 2023 Night of the 10,000 PBs, 10,000m, 31:12.10

2nd, 2023 New Haven 20K U.S. Championships, 1:06:39

1st, 2022 Wharf to Wharf 6 Mile, 30:38

10th, 2022 The TEN, 10,000m, 31:32.25

HIGHLIGHTS PRE-2024