

# Winter Heroes: Hurdlers and Chasers to Follow in 2024

As the track and field season heats up, it's time to start looking ahead to the 2024 Olympic Games in Paris. In the hurdles and chasing events, there are a number of athletes who are poised to make a big impact on the world stage.



## Winter Heroes: Hurdlers & Chasers To Follow 2016-2024 by Kel Mansfield

★★★★☆ 4.6 out of 5

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## Hurdlers

- **Grant Holloway (USA):** The reigning world champion in the 110m hurdles, Holloway is one of the most dominant hurdlers in the world. He has a personal best of 12.81 seconds, which is the second-fastest time in history. Holloway is also a talented long jumper, with a personal best of 8.14 meters.

- **Devon Allen (USA):** Allen is a two-time Olympic medalist in the 110m hurdles, winning bronze in 2016 and silver in 2021. He has a personal best of 12.84 seconds, which makes him the third-fastest hurdler in history. Allen is also a talented wide receiver for the Philadelphia Eagles of the NFL.
- **Hansle Parchment (Jamaica):** Parchment is the reigning Olympic champion in the 110m hurdles. He has a personal best of 12.94 seconds, which makes him the fifth-fastest hurdler in history. Parchment is known for his aggressive style of hurdling and his ability to close strong in the final stretch.
- **Armand Duplantis (Sweden):** Duplantis is not a hurdler in the traditional sense, but he is one of the best pole vaulters in the world. He holds the world record in the event with a mark of 6.21 meters. Duplantis is also a two-time Olympic medalist, winning gold in 2020 and bronze in 2016.
- **Yaroslava Mahuchikh (Ukraine):** Mahuchikh is the reigning Olympic silver medalist in the high jump. She has a personal best of 2.06 meters, which makes her the second-highest jumper in history. Mahuchikh is known for her powerful technique and her ability to clear high bars consistently.

## Chasers

- **Joshua Cheptegei (Uganda):** Cheptegei is the reigning world champion in the 5,000m and 10,000m. He has personal bests of 12:35.36 and 26:11.00, respectively. Cheptegei is known for his incredible endurance and his ability to run at a fast pace for long distances.

- **Jacob Kiplimo (Uganda):** Kiplimo is the reigning world champion in the half marathon. He has a personal best of 57:32, which makes him the third-fastest half marathoner in history. Kiplimo is also a talented track runner, with personal bests of 12:46.33 in the 5,000m and 26:33.93 in the 10,000m.
- **Letesenbet Gidey (Ethiopia):** Gidey is the reigning world champion in the 10,000m. She has a personal best of 29:01.03, which is the second-fastest time in history. Gidey is known for her aggressive racing style and her ability to kick hard in the final stretch.
- **Sifan Hassan (Netherlands):** Hassan is a two-time Olympic medalist in the 5,000m and 10,000m. She has personal bests of 14:22.12 and 29:36.67, respectively. Hassan is known for her versatility and her ability to race well at a variety of distances.
- **Eliud Kipchoge (Kenya):** Kipchoge is the reigning Olympic champion in the marathon. He has a personal best of 2:01:39, which is the second-fastest time in history. Kipchoge is known for his consistency and his ability to win big races.

The 2024 track and field season is shaping up to be one of the most exciting in recent memory. With so many talented athletes competing for medals, it's sure to be a memorable Olympic Games in Paris.



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