



Full name:	Yvonne Jelagat Morwa
Racing name:	Yvonne Jelagat
Nationality:	Kenya
Date of birth:	12 November 1993
Born in:	Ndanai, Eldoret (1,900 m above sea level)
Resident of:	Kaptagat (2,300 m above sea level) – since 2015
Personal best (selection):	10K: 31:38, Appingedam (NED), 2017 15K: 47:47, Le Puy en Velay (FRA), 2017 Half Marathon: 1:08:19 Karlovy Vary (CZE), 2017
Specializes in (as of 2017):	Road races
First international race in:	Sportisimo Prague Half Marathon, Prague (CZE) 2017
adidas athlete since:	2017

SELECTED HONORS

The winner of the Mattoni Karlovy Vary Half Marathon — 1:08:19 Karlovy Vary (CZE), 2017
The winner of the Le Puy en Velay 15K — 47:47, Le Puy en Velay (FRA), 2017

2017 RESULTS (SELECTION)

Appingedam 10K, Appingedam (NED) — 2nd, 31:38 PB
Mattoni Karlovy Vary Half Marathon, Karlovy Vary (CZE) — 1st, 1:08:19 PB, CR
Le Puy en Velay 15K, Le Puy en Velay (FRA) — 1st, 47:47 PB

BEYOND THE STATS:

- #YvonneJelagat #RunCzechRacing
- Renting house, lives alone
- Single
- Coached by Titas Limo
- Trains with different groups, based on the programme
- Ran to school 7 km each way, for period of 7 years
- Has 1 brother
- First established athlete in the family
- Enjoys reading the Bible, singing
- Professional goals: to break the world record in half marathon
- Dream: to help people, particularly to build a house for her brother
- Favorite training type: speed work, pyramid down: 1000 m + 800 m + 600 m + 400 m + 200 m
- Trains on tarmac, speed works on the soft ground stadium
- Strength training: every Wednesday
- Mileage per week per training phase: 150-160 km
- Longest long run: 35 km
- Number of training sessions in a typical week: 12 sessions
- Interesting facts: was about to quit training in 2016; Thankful to Ikaika Sports and RunCzech for supporting her

Typical day:
5:40 wakes up
6:00 training
7:15 takes tea and ugali, cleaning the house
8:00 nap
10:00 second training (50 min jogging); stretching
11:00 takes water, relaxing
12:00 lunch
12:30 relaxation, nap
17:00 prepares porridge for supper
19:30 supper
20:30 reading the Bible
21:00 retires for the night

- Favorite foods: ugali with managu, milk
- Would like to invest her money in building rental houses
- Favorite sports: football. Fan of Arsenal. Favorite player Alex Sanchez
- Favorite athletes: Mary Keitany (three times winner of New York Marathon, PB 2:18:37), Peres Jepchirchir (current world record holder in half marathon, PB 1:05:06), Vivian Cheruiyot (2016 Olympic Champion in 5000 m, PB 14:20.87)
- Was in the Czech Republic twice