Full name:	Joyciline Jepkosgei
Racing name:	Joyciline Jepkosgei
Nationality:	Kenya
Date of birth:	08 December 1993
Born in:	Nandi, Kenya (altitude 2000m above sea level)
Resident of:	Iten, Kenya (altitude 2,400m above sea level) – since 2015
Personal best (selection):	5000m: 15:40.0h, Nairobi (KEN), 2016 10000m: 31:28.28, Durban (RSA), 2016 10k: 31:08, Prague (CZE), 2016 Half marathon: 1:06:08, Ras al-Khaimah, 2017
Specializes in (as of 2017):	Road races
First international race in:	Mattoni Karlovy Vary Half Marathon (CZE), 2016
adidas athlete since:	2016

2017 RESULTS (SELECTION)

RAK Half Marathon, Ras al-Khaimah (UEA) — 3rd, 1:06:08 PB

2016 RESULTS (SELECTION)

Marseille Cassis 20k, Marseille (FRA) — 1st, 1:07:02 PB, competition record
Birell Prague Grand Prix, 10k, Prague (CZE) — 2nd, 31:08 PB
IAAF African Championships, 10000m, Durban (RSA) — 3rd, 31:28.28 PB
IAAF Kenyan National Championships, 10000m, Nairobi (KEN) — 3rd, 32:35.82 at altitude
Mattoni Karlovy Vary Half Marathon, Karlovy Vary (CZE) — 1st, 1:09:07 PB, competition record
2016 Armed Forces Championship (5000m), Nairobi (KEN) — 2nd, 15:40.0h at altitude
Nairobi Half marathon, Nairobi (KEN) — 2nd, 1:09:09 at altitude PB

BEYOND THE STATS:

- #JoycilineJepkosgei #RunCzechRacing
- Lives with her husband Nicholas Koech
- Coached by husband Nicholas Koech
- Trains partially in Wilson Kipsang's group
- Ran to school 2 km each way, for period of 10 years
- Has 2 brothers and 3 sisters
- First established athlete in the family
- Enjoys reading Bible
- Professional goals: to perform consistently well, break course records
- Dream: to help family to have a better life
- Favorite training type: long run 20-25K
- Trains on dirt-roads only
- Doesn't do any strength training
- Mileage per week per training phase: 150-180 km
- Longest Long Run: 30 km
- Number of training sessions in a typical week: 14 sessions

Typical day:

5:40 wakes up, doesn't take any food before training
6:00 training
7:00 breakfast, tea with milk, some bread, banana or batata
8:00 nap or just relaxation
10:20 second training (40-50 minutes jogging)
11:20 relaxation, then preparing lunch
13:00 lunch
14:00 relaxation
16:00 jogging and some exercises
18:00 shower and preparing supper
19:30 supper
20:40 retires for the night

- Favorite foods: green vegetables, fruit juice
- Would like to invest her earnings in real estate, to build a camp and develop talented children
- Favorite sports: athletics only
- Favorite athletes: Joyce Chepkirui (the winner of 2015 Amsterdam Marathon 2:24:11), Mercy Cherono (2013 World Championships Silver medallist, 5000m. 5000m PB 14:34:10)
- Was in Czech Republic twice due to participation in the Birell Prague Gran Prix 10k and Mattoni Karlovy Vary Half Marathon
- Enjoyed hospitality of RunCzech team, beautiful architecture, local food