



Saïf Saeed Shaheen

1999

3.000	8:06.1	1	Kakamega	12 May
1.500	3:41.8	8 s2	Nairobi, <i>NCh</i>	25 Jun
3.000 st	9:03.3	2	Nairobi, <i>NCh/jr</i>	02 Jul
2.000 st	5:31.89	1	Bydgoszcz, <i>WCh/Y</i>	17 Jul
1.500	3:41.08	1	Malmö, <i>MAI</i>	02 Aug
3.000	7:48.6 +	5	London, <i>GP</i>	07 Aug
2 miles	8:18.80	6	London, <i>GP</i>	07 Aug
3.000 st	8:19.12	11	Zürich, <i>WK/GL</i>	11 Aug
3.000 st	8:25.59	4	Bellinzona	01 Sep
3.000	7:55.30	11	Rieti, <i>gp</i>	05 Sep

2000

1.500	3:45.4	5	Eldoret	29 Apr
3.000 st	8:16.27	6	Paris, <i>Gaz/GL</i>	23 Jun

2001

3.000	7:46.23	1	Newcastle	03 Feb
3.000	7:46.03	2	Sydney	16 Feb
3.000 st	8:30.54	2	Canberra	18 Feb
3.000 st	8:21.94	1	Hobart	11 Mar
3.000 st	8:19.43	3	Doha, <i>GP</i>	18 May
3.000 st	8:22.98	2	Portland, <i>gp</i>	03 Jun
3.000 st	8:25.98	2	Stanford, <i>GP</i>	09 Jun
2.000	5:03.06	8	Villeneuve, d'Ascq	17 Jun
1.500	3:35.47	5	Zagreb, <i>Hanz</i>	02 Jul
3.000 st	8:24.58	8	Nice, <i>Nik/GP</i>	09 Jul
1.500	3:39.18	1	Lappeenranta	15 Jul
1.500	3:37.27	2	Gateshead, <i>gp</i>	19 Aug
3.000 st	7:58.66	3	Bruxelles, <i>VD/GL</i>	24 Aug
3.000 st	8:09.59	1	Berlin, <i>ISTAF/GL</i>	31 Aug
3.000 st	8:19.98	3	Brisbane, <i>GWG</i>	05 Sep
3.000 st	8:18.85	3	Melbourne, <i>GPF</i>	09 Sep

2002

1.500	3:41.47	4	Newcastle	23 Feb
5.000	13:11.55	1	Melbourne, <i>gp</i>	07 Mar
3.000 st	8:25.96	1	Hobart	09 Mar
3.000 st	8:08.73	4	Doha, <i>GP</i>	15 May
3.000 st	8:05.75	2	Portland, <i>gp</i>	18 May
3.000 st	8:17.31	1	Athinai, <i>Tsi/GP</i>	10 Jun
3.000 st	8:23.9	4 s2	Nairobi, <i>NCh</i>	20 Jun
3.000 st	8:18.02	1	Nairobi, <i>NCh</i>	22 Jun
1.500	3:35.79	2	Zagreb, <i>Hanz/gp</i>	08 Jul
3.000 st	8:01.65	3	Stockholm, <i>DNG/GP</i>	16 Jul
3.000 st	7:58.10	2	Monaco, <i>Her/GL</i>	19 Jul
3.000 st	8:19.41	1	Manchester, <i>CG</i>	27 Jul
3.000 st	8:23.85	3	Radès, <i>Afr Ch</i>	08 Aug
3.000 st	8:05.14	2	Zürich, <i>WK/GL</i>	16 Aug

2003

1.500	3:40.1	2	Eldoret	10 May
5.000	13:48.97	1	Valencia	24 May
3.000 st	8:16.44	1	Valencia	25 May
2.000	5:29.18 +	1	Ostrava, <i>GS/SGP</i>	12 Jun
5.000	12:48.81	1	Ostrava, <i>GS/SGP</i>	12 Jun
3.000 st	8:05.68	1	Trikala, <i>Tsj/SGP</i>	24 Jun
1.500	3:35.15	5	Lausanne, <i>Ath/SGP</i>	01 Jul
3.000 st	8:06.41	1	Paris, <i>Gaz/GL</i>	04 Jul
3.000 st	8:04.75	1	Stockholm, <i>DNG/SGP</i>	05 Aug
3.000 st	8:02.48	1	Zürich, <i>WK/GL</i>	15 Aug
3.000 st	8:22.20	1 h2	Paris, <i>WCh</i>	23 Aug
3.000 st	8:04.39	1	Paris, <i>WCh</i>	26 Aug
3.000 st	8:00.06	1	Bruxelles, <i>VD/GL</i>	05 Sep
3.000 st	7:57.38	1	Monaco, <i>WAF</i>	14 Sep
1.500	3:51.68	1 h1	Manila, <i>Asian Ch</i>	20 Sep
1.500	3:42.79	2	Manila, <i>Asian Ch</i>	21 Sep
5.000	13:58.92	2	Manila, <i>Asian Ch</i>	23 Sep

AfrR

2004

c.c. 5.0 km	13:04	1	Beirut	03 Mar
3.000	7:34.67	2	Doha, <i>SGP</i>	14 May
5.000	13:55.08	1	Moskva, <i>EP/Club</i>	29 May
3.000 st	8:33.75	1	Moskva, <i>EP/Club</i>	30 May
3.000 st	8:11.54	1	Ostrava, <i>GS/SGP</i>	08 Jun
3.000 st	8:01.97	1	Iraklio, <i>Tsj/SGP</i>	04 Jul
5.000	13:14.65	10	Stockholm, <i>DNG/SGP</i>	27 Jul
3.000 st	8:00.60	1	Zürich, <i>WK/GL</i>	06 Aug
3.000 st	7:53.63	1	Bruxelles, <i>VD/GL</i>	03 Sep
3.000 st	7:56.94	1	Monaco, <i>WAF</i>	19 Sep

WR

2005

c.c. 9.2 km	28:06	4	Edinburgh	15 Jan
c.c. 10.0 km	29.40	1	San Vittore Olona	06 Feb
c.c. 9.2 km	11.42	4	St. Galmier, <i>IAAF Ch</i>	19 Mar

c.c. 10.02 km	35.53	8	St. Galmier, <i>IAAF Ch</i>	20 Mar
2.000 st	5:14.53	1	Doha, <i>Qat/SGP</i>	13 May
3.000 st	7:57.28	1	Athinai, <i>Tsi/SGP</i>	14 Jun
3.000 st	7:56.34	1	Roma, <i>G.Gala/GL</i>	08 Jul
3.000 st	8:11.79	1 h1	Helsinki, <i>WCh</i>	07 Aug
3.000 st	8:13.31	1	Helsinki, <i>WCh</i>	09 Aug
3.000 st	8:02.69	1	Zürich, <i>WK/GL</i>	19 Aug
3.000 st	7:55.51	1	Bruxelles, <i>VD/GL</i>	26 Aug

AfrR

2006

c.c. 9.2 km	26:12	2	Edinburgh	14 Jan
3.000	7:39.77 i	1	Pattaya	11 Feb
3.000	7:52.85 i	3 h1	Moskva, <i>WiCh</i>	10 Mar
3.000	7:41.28 i	2	Moskva, <i>WiCh</i>	12 Mar
c.c. 4.2 km	11:08	9	Fukuoka, <i>WCh</i>	01 Apr
3.000 st	7:56.32	1	Athinai, <i>Tsi/SGP</i>	03 Jul
5.000	12:51.98	2	Roma, <i>G.Gala/GL</i>	14 Jul
3.000 st	7:56.54	1	Zürich, <i>WK/GL</i>	18 Aug
3.000 st	8:04.32	1	Bruxelles, <i>VD/GL</i>	25 Aug
1.500	3:33.51	2	Berlin, <i>ISTAF/GL</i>	03 Sep
5.000	13:35.30	1	Athinai, <i>WP</i>	16 Sep
3.000 st	8:19.09	1	Athinai, <i>WP</i>	17 Sep

2007

injured

2008

5.000	13:29.83	2	Beograd, <i>Takac</i>	29 May
3.000	7:47.53+	7	Eugene, <i>Pre/GP</i>	08 Jun
2 Miles	8:22.86	7	Eugene, <i>Pre/GP</i>	08 Jun
3.000 st	-	dnf	Athiná, <i>TSI/GP</i>	13 Jul