

# THE MARATHON GRAND SLAM CLUB® / Polar Running Adventures®

UPDATED LIST: 22 June 2026

LIST OF ATHLETES WHO HAVE COMPLETED A MARATHON ON ALL 7 CONTINENTS AND AT THE NORTH POLE (ICE CAMP BETWEEN 89 DEGREES NORTH AND 90 DEGREES NORTH)



Please Note: For Antarctica, the first list of 35 women and 121 men is comprised of those who completed a marathon within the Antarctic Circle (66.5 Degrees South) on the mainland continent of Antarctica. The second list includes an additional 10 women and 35 men who completed a marathon within the *Antarctic region*, defined by the Antarctic Treaty as a latitude of 60 Degrees South, thereby including the South Shetland Islands.

\*All athletes have travelled with Richard Donovan / Polar Running Adventures to the North Pole. To request corrections / additions, please email [polarrunningadventures@gmail.com](mailto:polarrunningadventures@gmail.com).

## WOMEN

NAME	COUNTRY	NAME	COUNTRY
Demelza Alderson	(GBR/AUS)	Sarah Ames	(GER)
Heather Carr	(USA)	Pushpa Chandra	(CAN)
Jennifer Cheung	(HKG)	Emma Clair Dumont	(FRA)
Uma Devi Chigurupati	(IND)	Gulzhamal DeFelice	(KAZ/RUS/USA)
Eleanor Dorran	(IRL)	Nancy Freeman	(USA)
Stephanie Gicquel	(FRA)	Lise Gronskar	(NOR)
Heather Hawkins	(AUS)	Adriana Istrate	(ROM)
Gloria Lau	(SIN)	Christophe Laurent	(FRA)
Vivian Lee	(CHN/USA)	Adjoa Smalls Mantey	(USA)
Sha Mao	(CHN)	Stevie Matthews	(GBR)
Joanna Medras	(POL)	Fiona Oakes	(GBR)
Sarah Oliphant	(USA)	Roxie Paine	(USA)
Stefanie Pettersson	(BRA/SWE)	Eleanor Pienaar	(RSA)
Lisandra Richardson	(PUR/USA)	Judy Scrine	(GBR)
Sasie Smittipatana	(THA)	Catherine Yanfeng Sun	(CHN/HKG)
Shona Douglas Thomson	(GBR)	Richelle Turner	(AUS)
Anneke Wester	(NED)	Guoping Xie	(CHN)
Marianna Zaikova	(FIN)		

**MEN**

<b>NAME</b>	<b>COUNTRY</b>	<b>NAME</b>	<b>COUNTRY</b>
James Alderson	(AUS)	Marcelo Alves	(BRA)
Anand Anantharaman	(IND)	Nick Appell	(GBR)
Stefann Aumann	(GER)	Michael Baer	(SUI)
Brad Beall	(USA)	Havard Bo	(NOR)
Frank Bollnow	(GER)	Harry Botha	(RSA)
Christopher Bullock	(USA)	Patrick Cande	(TAH)
Tommy Chen	(TPE)	Donald Cheung	(CHN)
Krishna Prasad Chigurupati	(IND)	Wing Keung Chik	(HKG)
Howard Choi	(USA)	Mark Collins	(USA)
Victor Consunji	(PHI)	Mark Cooper	(AUS)
Miles Cudmore	(GBR)	James Danaher	(GBR)
Henri Alain d'Andria	(FRA)	Richard Donovan	(IRL)
Duc Do	(AUS/VIE)	Gareth Evans	(GBR/USA)
David Field	(AUS)	Sir Ranulph Fiennes	(GBR)
Jacques Fox	(LUX)	William Gargiullo	(SUI)
Chad Garlock	(USA)	Graham Gillespie	(AUS)
Fernando Gonzalez	(ESP)	Evgeniy Gorkov	(RUS)
Paul Grealish	(IRL)	Glenn Grossman	(USA)
Zhu Han	(CHN)	Cees Hardeman	(NED)
Angelo Henry	(ITA/RSA)	Stuart Horsewood	(GBR)
Jon Howard	(GBR)	Mohan Iyer	(USA)
Ted Jackson	(GBR)	Peter Jensen	(DEN)
Christopher Jonns	(GBR)	René Gross Kærskov	(DEN)
Alex Kemp	(GBR)	Don Kern	(USA)
MJ Kim	(KOR/USA)	David Kuhne	(AUS)
Christophe Lebrun	(FRA)	Keith Leung	(CHN)
Xiaobai Li	(CHN)	Xiaobo Li	(CHN)
Xibei Li	(CHN)	Joseph Lim	(USA)
Steve Lo	(HKG)	James Love	(GBR)
Masao Maki	(JPN)	Luis Alonso Marcos	(ESP)
Peter McGarry	(IRL)	Martin Molsater	(NOR)
Djalma Moura	(BRA)	Steve Munson	(USA)
Andrew Murray	(GBR)	Joao Netto	(POR)
Patrick Ngan	(CHN/HKG)	George Nichols	(USA)
Lookpetch Nielsen	(THA)	Arnold Oliphant	(USA)
Boon Ong	(SIN)	Phing Ong	(SIN)
John O'Regan	(IRL)	Jon O'Shea	(GBR)
Daniel Palko	(SVK)	Samir Patel	(USA)
Anders Pettersson	(BRA/SWE)	Stephen Pienaar	(RSA)
Rob Plienaar	(NED)	Jaroslav Rajtar	(POL)
Larry Rich	(USA)	Philippe Richet	(FRA)
Michel Robitaille	(CAN)	Andrei Rosu	(ROM)
Joao Bandeira Santos	(POR)	Markus Schramm	(GER)
Steven Seaton	(GBR)	Chris Seymour	(AUS/USA)
Jingbiao Shan	(CHN)	Ladislav Simek	(CZE)

Pal Skyrud	(NOR)	Neil Standring	(GBR)
Vlado Stareshin	(CRO)	Willy Steinskog	(NOR)
Yang Song	(CHN)	Krzysztof Stepień	(POL)
Piotr Suchenia	(POL)	Gilbert Summa	(FRA)
Greg Swan	(AUS)	Krzysztof Szachna	(POL)
William Tan	(SIN)	Alexander Tauchhammer	(AUT)
William Thomas	(USA)	Douglas Thompson	(USA)
Gary Thornton	(IRL)	Mark Tointon	(GBR)
Ahmet Uysal	(TUR)	Petr Vabroušek	(CZE)
Patrick Waller	(GBR)	Michael Wardian	(USA)
Brent Weigner	(USA)	Dorn Wenninger	(USA)
Doug White	(USA)	Luke Wigman	(GBR)
Douglas Wilson	(AUS)	Wojciech Wiwatowski	(POL)
Pierre Wolksonky	(FRA)	Simon Wrenn	(GBR)
Eric Yuesheng Xin	(CHN/HKG)	Song Yang	(CHN)
Nick Zafer	(AUS)		

## ANTARCTIC REGION

### WOMEN

NAME	COUNTRY	NAME	COUNTRY
Liubov Bleykh	(RUS)	Leonie Stander Delpont	(RSA)
Karen Michelsen	(CAN)	Tuedon Morgan	(NGR)
Ivana Pilarova	(CZ)	Mary Ritz	(USA)
Sonja Viljoen Stall	(RSA)	Pam Solberg-Tapper	(USA)
Mariko Takano	(JPN)	Ginny Turner	(USA)

### MEN

NAME	COUNTRY	NAME	COUNTRY
Dani Afiouni	(LBN)	Juan Antonio Alegre	(ESP)
Luis Vincente Barco	(ARG)	Gary Baron	(GBR)
Johannes Belgers	(NED)	Bob Bundschuh	(USA)
Miguel Caselles	(ESP)	Tom Djurdjevich	(USA)
Mark Duncan	(RSA)	Fernando Gonzales	(ESP)
Hans-Wilhelm Hamke	(GER)	Jurgen Heilbock	(GER)
Dave Horsley	(GBR)	Wolfgang Kapf	(AUT)
Janos Kis	(HUN)	Juergen Kuhlmeier	(GER)
Roberto Liano	(MEX)	Jorge Gonzalez de Matauco	(ESP)
Vijay Lingegowda	(USA)	Kym McConnell	(NZL)
Mazen Mroueh	(LBN)	Mustapha Mroueih	(LBN)
Seow Kong Ng	(MAY)	Marcus Pinsker	(GER)
Ziyad Rahim	(PAK)	Chakravarthy Reddy	(USA)
Fernando Ribeiro	(LUX)	Michel Ribet	(FRA/USA)
Paul Ruesch	(USA)	Wolfgang Schwarzaeugl	(AUT)
Clyde Shank	(USA)	Mark Sinclair	(GBR)

Frank Staples

(GBR)

Osy Waye

(GBR)

Robert White

(USA)