

THE 7 CONTINENTS MARATHON CLUB™ / *Polar Running Adventures*®

UPDATED LIST: 1st DECEMBER 2025

LIST OF ATHLETES WHO HAVE COMPLETED A MARATHON ON ALL 7 CONTINENTS



The 7 Continents Marathon Club™ was established by [Polar Running Adventures](#) 20 years ago. Antarctica is defined as the area within the Antarctic Circle (66.5 Degrees South) / or on the mainland continent of Antarctica.

There are currently 166 women and 453 men who are recognised as having completed at least a marathon distance on all 7

continents. An additional 22 women and 22 men are listed as having completed a half marathon distance.

To request an official certificate of membership or make corrections / additions, please email polarrunningadventures@gmail.com.

WOMEN

NAME	COUNTRY	NAME	COUNTRY
Lauren Abel	(USA)	Georgina Acons	(GBR)
Abisoye Adekanmbi	(USA)	Chiara Adin	(USA)
Demelza Alderson	(AUS/GBR)	Sarah Ames	(GER)
Natalie Arnold	(AUS)	Amanda Barlow	(AUS)
Norma Bastidas	(CAN/MEX)	Sara Bennett	(USA)
Gurmeet Bhalla	(IND)	Lisa Bienia Kenton	(USA)
Tomomi Bitoh	(JPN)	Yunren Bolortuya	(MNG)
Heather Brien	(USA)	Emer Buckley	(IRL)
LaBecca Buselli	(USA)	Silvana Camelio	(CHL)
Janine Canham	(GBR)	Deb Carneol	(USA)
Heather Carr	(USA)	Linda Carrier	(USA)
Pushpa Chandra	(CAN)	Carol Chang	(USA)
Gina Chapman-Davies	(AUS)	Yvonne Elizabeth Chee	(SIN)
Jennifer Cheung	(HKG)	Uma Devi Chigurupati	(IND)
Angela Chong	(SIN)	Krystyna Clarke	(USA)
Amy Clove	(USA)	Janet Cody	(USA)
Angelique Commend	(SUI)	Laurie Copeland	(USA)
Carolyn Corgel	(USA)	Maria Correia	(BRA)
Varsha Das	(IND/USA)	Gulzhamal DeFelice	(KAZ/RUS/USA)
Renee DeMarsh	(USA)	Menchie Dizon	(PHI)
Eleanor Dorran	(IRL)	Stephanie Dorah	(USA)
Emma Clair Dumont	(FRA)	Louise Edwards	(AUS)
Catherine Emerson	(AUS)	Xiaoyan Fan	(CHN)
Jamie Francis	(USA)	Marie Frawley	(USA)

Rebecca Frechette	(USA)	Nancy Freeman	(USA)
Ellen Hunter Gans	(USA)	Becs Gentry	(GBR)
Johanna Garvin	(AUS)	Stephanie Gicquel	(FRA)
Catherine Gill	(USA)	Susannah Gill	(GBR)
Lise Gronsker	(NOR)	Huwen Hao	(USA)
Heather Hawkins	(AUS)	Xiangyu He	(CHN)
Nahila Hernandez	(CUB/MEX)	Christine Hobson	(GBR)
Merry Morgan Holotik	(USA)	Anneta Hunt	(NZL)
Sarah Hunter	(USA)	Adriana Istrate	(ROM)
Jill Jamieson	(USA)	Inez Janiak	(POL)
Kelly-Ann Jenkins	(USA)	Sandra Johnson	(USA)
Haley Jones	(USA)	Jessica Jones	(USA)
Sinead Kane	(IRL)	Sheri Kanter	(USA)
Deirdre Keane	(USA)	Michelle Khare	(USA)
Alicia Kletter	(USA)	Martha Klueh	(USA)
Padmaja Kodali	(USA)	Hillary Kupish	(USA)
Sarah Lacina	(USA)	Beata Larson	(POL/USA)
Gloria Lau	(SIN)	Frederique Laurent	(FRA)
Carrie Lavigne	(USA)	Natalia Lazarus	(USA)
Vivian Lee	(CHN/USA)	Celene Loo	(SIN)
Kristina Schou Madsen	(DEN)	Jackie Mall	(USA)
Keri Mandell	(USA)	Adjoa Mantey	(USA)
Sha Mao	(CHN)	Stevie Matthews	(GBR)
Suzanne McKeen	(AUS)	Kelly Allen McLay	(USA)
Joanna Medras	(POL)	Nontu Mgabhi	(RSA)
Agata Mikolajczyk	(POL)	Rebecca Mitchell	(AUS)
Cara Nelson	(USA)	Lauren Neuschel	(USA)
Meghan Newcomer	(USA)	Chirine Njeim	(LIB/USA)
Lisa Norton-Motulsky	(USA)	Fiona Oakes	(GBR)
Sarah Oliphant	(USA)	Rebecca Openshaw-Rowe	(GBR)
Sally Orange	(GBR)	Roxie Paine	(USA)
Shirley Parry	(CAN)	Ashley Paulson	(USA)
Jenny Paulson	(USA/ROU)	Stefanie Pettersson	(BRA/SWE)
Eleanor Pienaar	(RSA)	Karime Pinera	(MEX)
Becca Pizzi	(USA)	Roma Puisiene	(LTU)
Linda Quirk	(USA)	Susan Ragon	(USA)
Evija Reine	(LAT)	Anne-Sophie Reinhardt	(GER)
Lisandra Richardson	(PUR/USA)	Estefania Unzo Ripoli	(ESP)
Jennifer Robertson	(CAN)	Jenny Rowe	(USA)
Rebecca Rowe	(GBR)	Molene Scheepers	(RSA)
Judy Scrine	(GBR)	Molly Sheridan	(USA)
Noelle Sheridan	(USA)	Signe Simonsen	(DEN)
Jenny Simpson	(USA)	Alena Skrbkova	(CZE)
Sasie Smittipatana	(THA)	Jennifer Solomon	(USA)
Sarah Steer	(GBR)	Jill Stevens	(USA)
Lisanna Stotts	(USA)	Sandra Suckling	(AUS)
Sarah Summerhill	(USA)	Catherine Yanfeng Sun	(CHN/HKG)
Lorna Tan	(USA)	BethAnn Telford	(USA)

Shona Douglas Thomson	(GBR)	Ashleigh Tran	(USA)
Richelle Turner	(AUS)	Julie Uychiat	(USA)
Lyndsay Van Benschoten	(USA)	GiGi Van Ostrand	(USA)
Charlotte Waller	(GBR)	Smita Warriar	(USA)
Anneke Wester	(NED)	Angie Weinberger	(AUT)
Mikayla Wingle	(USA)	Danielle Witkowski	(USA)
Petra Wright	(CAN)	Guoping Xie	(CHN)
Susan Yarad	(USA)	Azade Yedidag	(TUR/USA)
Rong Yue	(CHN)	Marianna Zaikova	(FIN)
Meriem Achab Zekri	(ESP)	Hong Zhang	(CHN)
Jin Zhu	(USA)	Yufei Zhu	(CAN)

MEN

NAME	COUNTRY	NAME	COUNTRY
James Alderson	(AUS)	Lee Alexander	(GBR)
Lois Alexander	(GBR)	Ibrar Ali	(GBR)
Luis Allen	(USA)	Joshua Alston	(GBR)
Marcelo Alves	(BRA)	Tariq Amassyal	(USA)
John Armbrust	(USA)	Anand Anantharaman	(IND)
Nick Appell	(GBR)	Sebastian Armenault	(ARG)
Marcin Aslanowicz	(POL)	Richard Atkins	(GBR)
Stefan Aumann	(GER)	Glen Avery	(USA)
Sardar Azimov	(FRA)	Clifton Baccus	(USA)
Michael Baer	(SUI)	Moritz Baier-Lentz	(GER)
Delbert Baker	(USA)	Ben Balester	(USA)
Hassan Baraka	(MOR)	Matthew Barnett	(USA)
Brad Beall	(USA)	Daniel Beck	(DEN)
Dennis Beggs	(USA)	Erik Benrud	(USA)
Justin Berutich	(USA)	Arunjut Bhalla	(IND)
Kunal Bhardwaj	(IND)	Dawei Bian	(CHN)
Andrejs Birjukovs	(LAT)	Steve Birnie	(GBR)
Jared Blank	(USA)	Havard Bo	(NOR)
Grzegorz Bogunia	(POL)	Frank Bollnow	(GER)
Nicholas Boskers	(USA)	Harry Botha	(RSA)
Christopher Boundy	(USA)	Randy Boyd	(USA)
Michael Bowling	(USA)	Paul Box	(USA)
Larry Bradley	(USA)	Cole Brecka	(USA)
Dan Bronstein	(GER)	Andrew Brooks	(USA)
Kevin Brosi	(USA)	Christian Brown-Johnson	(USA)
Matt Buck	(USA)	Richard Buell	(USA)
Christopher Bullock	(USA)	Corey Burton	(USA)
Joel Butler	(USA)	Carl Byington	(USA)
Patrick Cande	(TAH)	Luiz Candido	(BRA)
Roger Canham	(GBR)	Alberto Cardenas	(PER)
Jun Cao	(CHN)	Daniel Cartica	(USA)

Doug Carrell	(USA)	JP Caudill	(USA)
Patrick Charlebois	(CAN)	Cheng Chen	(CHN)
Penbin Chen	(CHN)	Tommy Chen	(TPE)
Merrick Chernett	(USA)	Donald Cheung	(HKG)
Wai Hung Paul Cheung	(HKG)	Krishna Prasad Chigurupati	(IND)
Wing Keung Chik	(CHN/HKG)	Clive Choate	(AUS)
Howard Choi	(USA)	Kevin Cochrane	(USA)
Scott Coey	(AUS)	Joshua Cohen	(USA)
Mark Collins	(USA)	Roger Comish	(GBR)
Jeff Conine	(USA)	Victor Consunji	(PHI)
Robert Conway	(USA)	Mark Cooper	(AUS)
Denis Cormican	(IRL)	Chris Cotteleer	(BEL)
Jason Cousins	(GBR)	John Craven	(GBR)
Michael Crome	(USA)	Lars Crusius	(GER)
Miles Cudmore	(GBR)	Derk Cullinan	(USA)
Damien Cunningham	(IRL)	Mirek Cydzik	(POL)
Henri Alain d'Andria	(FRA)	James Danaher	(GBR)
Christoph Dankert	(GER)	Nirmal Das	(IND/USA)
Scot Davis	(USA)	Matt Dean	(AUS)
Conor Delaney	(USA)	Aydin Demirchi	(AZB)
Gafar Demirchi	(AZB)	Tom Dildrew	(GBR)
Duc Do	(AUS/VIE)	Michael Dolan	(GBR)
Richard Donovan	(IRL)	David Duarte	(USA)
Dave Dudek	(USA)	Martins Dukats	(LAT)
Jacob Dunne	(USA)	Timothy Durbin	(USA)
Matt Dyer	(USA)	George Economu	(ZIM/CYP)
Chris Edell	(USA)	Darren Edwards	(GBR)
Alexander Egan	(USA)	James Elliot-Square	(GBR)
Gunter Engelhart	(AUT)	Duncan Erasmus	(NZL)
Hassan Esufally	(SRI)	Gareth Evans	(GBR/USA)
Fabian Fabbro	(AUS)	Patrick Fallon	(USA)
Rui Fan	(HKG)	John Fang	(TWN)
David Field	(AUS)	Sir Ranulph Fiennes	(GBR)
Winston Fisher	(USA)	Ryan Fleming	(USA)
David Fortier	(USA)	Graham Fowke	(GBR)
Jacques Fox	(LUX)	Antonio Frances	(ANG)
Frederic Franconieri	(FRA)	Martin Franklin	(GBR)
Frank Fumich	(USA)	Michael Gabriel	(USA)
William Gargiullo	(SUI)	Chad Garlock	(USA)
Mauro Garza	(USA)	Weicong Ge	(CHN)
Greg Gerardy	(USA)	David Gething	(HKG)
Graham Gillespie	(AUS)	Henri Girault	(FRA)
Pedro Glaz	(ARG)	Christopher Gonsalves	(USA)
Fernando Gonzalez	(ESP)	Evgeniy Gorkov	(RUS)
Shawn Gray	(USA)	Paul Grealish	(IRL)
Colman Greene	(IRL)	Tomasz Grewinski	(POL)
Griff Griffith	(USA)	Glenn Grossman	(USA)
Qizhen Gu	(CHN)	Wenjuan Gu	(CHN)

Javier Castro Guinea	(ESP)	Cem Hacioglu	(USA)
Ryan Hall	(USA)	Mark Hamlin	(CAN/GBR)
Zhu Han	(CHN)	Cees Hardeman	(NED)
Pini Haroz	(ISR/USA)	Chris Harris	(AUS)
David Harris	(USA)	Tim Harris	(GBR)
Mark Harrod	(GBR)	Glenn Hattem	(USA)
Stephen Hearn	(GBR)	Hendrik Hellemans	(BEL)
Marten Hellman	(FIN)	Angelo Henry	(ITA/RSA)
Luke Hepworth	(AUS)	Michael Heyl	(USA)
Steve Hibbs	(USA)	Mike Hill	(USA)
John Hixson	(USA)	Paul Holborn	(CAN/GBR)
Stuart Horsewood	(GBR)	Nicholas Horsfall	(GBR)
Jon Howard	(GBR)	Jason Huang	(TPE)
Paul Hurckman	(USA)	Mohan Iyer	(USA)
Ted Jackson	(GBR)	Pierre-Olivier Jacques	(CAN)
Peter Jensen	(DEN)	Feibao Jin	(CHN)
Frank Johansen	(DEN)	Forrest Johnson	(USA)
Alain Joineau	(FRA)	Sam Jolly	(GBR)
Steven Jomides	(USA)	Christopher Jonns	(GBR)
Hakan Jonnson	(SWE)	Patrick Joyce	(USA)
René Gross Kærskov	(DEN)	Santosh Karmacharya	(NEP/USA)
Bill Karz	(USA)	Mikio Kawamoto	(JPN)
Andrew Keast	(AUS)	Alex Kemp	(GBR)
Scott Kemp	(USA)	Don Kern	(USA)
Travis Kiefer	(USA)	Piotr Kieltyka	(POL)
David Kilgore	(USA)	MJ Kim	(KOR/USA)
Bas Kodden	(NED)	Henrik Kolmos	(DEN)
Alan Kowalczyk	(POL)	Jesper Floyd Kristiansen	(DEN)
John Kraus	(USA)	David Kuhne	(AUS)
Maciej Kurzajewski	(POL)	Pawel Kwasny	(POL)
Nick Lagen	(USA)	Alfredo Laboy	(PUR)
Evan Lai	(USA)	Potenciano (Yong) Larrazabal	(PHI)
Brian Larson	(USA)	Reid Larson	(USA)
Rafal Lasota	(POL)	Wendelin Lauxen	(GER)
Christophe Lebrun	(FRA)	Andy Lee	(GBR/HKG)
Stephane Leger	(CAN)	Mark Leibold	(USA)
Keith Leung	(CHN)	Stirling Levy	(USA)
Jianhong Li	(CHN)	Xiaobai Li	(CHN)
Xiaobo Li	(CHN)	Xibei Li	(CHN)
Joseph Lim	(USA)	Mark Lister	(GBR/HKG)
Dan Little	(USA)	Steve Lo	(HKG)
Michael Loban	(USA)	Sterling Lock	(USA)
James Love	(GBR)	PJ Loyello	(USA)
Sully Luepke	(USA)	Russel Lund	(USA)
Fei Luo	(CHN)	Masao Maki	(JPN)
Yusuke Mamada	(JPN)	Daqing Mao	(SIN)
Alessandro Maraniello	(ITA/SUI)	Bruno Massero	(BRA)
Gregory McCarthy	(USA)	Daniel McCoy	(USA)

Nolan McCoy	(USA)	Peter McGarry	(IRL)
Kevin McGeeney	(IRL)	Dave McGillivray	(USA)
Roberto Mello	(ITA)	Fernando Mendez	(MEX)
Guenther Mertins	(GER)	Simon Michaels	(GBR)
Allim Milazi	(RSA)	Brad Miller	(USA)
Ray Miller	(USA)	Tristan Miller	(AUS)
Munish Mohendroo	(CAN/IND)	Martin Molsater	(NOR)
Mitsuo Moriya	(JPN)	Barry Morton	(CAN)
Mitch Moser	(USA)	Wyatt Moss	(USA)
Djalma Moura	(BRA)	Fergal Mullen	(IRL)
Steve Munson	(USA)	Bill Murphy	(USA)
James Murphy	(IRL)	Andrew Murray	(GBR)
Greg Nance	(USA)	Mark Nassi	(USA)
Alan Nawoj	(USA)	Brendan Nee	(IRL)
Jonathan Negretti	(USA)	Alex Nemet	(USA)
Joao Netto	(POR)	Erasmo Nevarez	(USA)
Dariusz Newski	(POL)	Seow Kong Ng	(MAS)
Patrick Ngan	(CHN/HKG)	Yusheng Ni	(CHN)
George Nichols	(USA)	Lookpetch Nielsen	(THA)
Luke Nolan	(IRL)	Paris Norriss	(GBR)
Michal Nowak	(POL)	Alvaro Nunez	(ESP/USA)
Detlef Oetter	(GER)	Arnold Oliphant	(USA)
Boon Ong	(SIN)	Phing Ong	(SIN)
Gavin Opperman	(RSA)	Robert Owens	(USA)
John O'Regan	(IRL)	Jon O'Shea	(GBR)
Patrick O'Toole	(IRL)	Daniel Palko	(SVK)
Alessandro Paolucci	(ITA)	Bret Parker	(USA)
Milosz Pasiecznik	(POL)	Raj Patel	(GBR/IND)
Rajesh Patel	(USA)	Samir Patel	(USA)
Jeff Pearce	(USA)	Anders Pettersson	(BRA/SWE)
Stephen Pienaar	(RSA)	Rob Plijnaar	(NED)
Rafael Munar Pons	(ESP)	Silvui Popovich	(ROU)
Ger Prendergast	(IRL)	Constantinos Psilogenis	(ITA)
Amin Pu	(CHN)	Xiaobin Qiu	(CHN)
Raymundo Quintana	(MEX)	Karan Rai	(USA)
Aditya Raj	(IND)	Jaroslav Rajtar	(POL)
Calum Ramm	(USA)	Eravanan Rao	(AUS)
Cosmin Rata	(BEL/ROM)	Daniel Rebella	(USA)
Larry Rich	(USA)	Tony Rich	(USA)
Philippe Richet	(FRA)	Raphael Rinaudo	(FRA)
Peter Ritchie	(GBR)	Raul Riveros	(USA)
Michel Robitaille	(CAN)	Jeff Rosen	(CAN)
Andrei Rosu	(ROM)	Joel Runyon	(USA)
Krzysztof Sabisz	(POL)	Hideaki Sakata	(JPN)
David Samson	(USA)	Josh Samson	(USA)
Joao Santos	(POR)	Rodney Sargeant	(AUS)
Christopher Scates	(GBR)	Johan Scheepers	(RSA)
Markus Schramm	(GER)	Jurgen Schuster	(GER)

Steve Scott	(USA)	Steven Seaton	(GBR)
Hoberto Serrano (JR)	(USA)	Chris Seymour	(AUS/USA)
Christopher Shaari	(USA)	Jingbiao Shan	(CHN)
Lane Shimonishi	(USA)	Cristian Sieveking	(CHL)
Brent Silkey	(KOR/USA)	John Silverman	(CAN)
Ladislav Simek	(CZE)	Jagjit Singh	(GBR)
Jasdeep Singh	(CAN)	Jordan Sisto	(USA)
Pal Skyrud	(NOR)	Stephen Smith	(USA)
Casey Snyder	(USA)	Xian Song	(CHN)
Pawel Spyt	(POL)	Neil Standring	(GBR)
Vlado Staresinic	(CRO)	Rick Steele	(USA)
Martin Steer	(GBR)	Willy Steinskog	(NOR)
Krzysztof Stepień	(POL)	Mike Stroud	(GBR)
Piotr Suchenia	(POL)	Gilbert Summa	(FRA)
Greg Swan	(AUS)	Sean Swarner	(USA)
Krzysztof Szachna	(POL)	Ireneusz Szpot	(POL)
Ross Taggart	(RSA/GBR)	Jeff Tan	(USA)
William Tan	(SIN)	Thomas Taut	(AUT)
Alexander Tauchhammer	(AUT)	Timothy Taylor	(USA)
Jonathan Terrell	(USA)	Charles Tetrault	(CAN)
Robert Tetrault	(CAN)	Philip Theodore	(USA)
Stephan Thodesen	(NOR)	Olivier Thiriet	(FRA)
Paul Thomson	(USA)	William Thomas	(USA)
Isaac Thyer	(AUS)	Gary Thornton	(IRL)
Andrew Thorpe	(AUS)	Mark Tointon	(GBR)
Carlo Tonini	(AUS)	Eric Tozer	(USA)
John Trbovich	(USA)	Reid Tucker	(USA)
Lukasz Urbaniak	(POL)	Juan Uro	(ARG/USA)
Ahmet Uysal	(TUR)	Petr Vabrousek	(CZE)
Rob van Pelt	(NED)	Pit Van Rijswijk	(LUX)
Arno van Triest	(NED)	Gary van Vuuren	(ZIM)
Bart Verbruggen	(BEL)	Nilo Vergaro	(PHI)
Rahul Salim Verghese	(IND)	Pascal Vinarnic	(GBR/FRA)
Patrick Waller	(GBR)	Michael Wardian	(USA)
Paul Webb	(GBR)	David Weeds	(GBR)
Robert Weeks	(USA)	Friedhelm Weidemann	(GER)
Brent Weigner	(USA)	Dorn Wenninger	(USA)
Heinrich Westenraad	(AUS)	Doug White	(USA)
Thomas Wieman	(AUS)	Luke Wigman	(GBR)
James Wilde	(GBR)	BJ Williams	(USA)
Reginald Willick	(CAN)	Douglas Wilson	(AUS)
Brian Winter	(USA)	Nick Wishart	(USA)
Wojciech Wiwatowski	(POL)	Pierre Wolkonsky	(FRA)
Simon Wrenn	(GBR)	Ben Wright	(USA)
Jordan Wylie	(GBR)	Eric Yuesheng Xin	(CHN/HKG)
Greg Yaghmai	(USA)	Song Yang	(CHN)
Christopher Yanney	(USA)	Emre Yedidag	(TUR/USA)
Dhananjay Yellurkar	(IND)	Shane Young	(AUS)

Yuz Yusof	(MAS)	Nick Zafer	(AUS)
Bartlomiej Zajac	(POL)	Zhiwei Zhao	(CHN)
Liu Zhong	(SIN)	Scott Ziffra	(USA)
Collin Zwickel	(CAN)		

WOMEN (HALF MARATHON)

NAME	COUNTRY	NAME	COUNTRY
Ashley Abel	(USA)	Jacky Hunt-Broersma	(USA)
Lauren Cavett	(USA)	Elaine Du	(CAN)
Ludivina Budano Ferrer	(PHI)	Katrin Fleischer	(GER)
Elizabeth Gmerek	(USA)	Kim Komo	(USA)
Julie LaForge	(USA)	Maryanne Lee	(USA)
Mengfei Liu	(USA)	Ying Liu	(CHN)
Megan Murphy	(USA)	Brandi Myers	(USA)
Mona Lisa Pinkney	(USA)	Sarah Reinertsen	(USA)
Ellie Romnes	(USA)	Stephanie Ann Schofield	(USA)
Ginny Turner	(USA)	Li Xu	(CHN)
Suzi Williams Zellers	(USA)	Xin Zhen	(CHN)

MEN (HALF MARATHON)

NAME	COUNTRY	NAME	COUNTRY
Dan Abel	(USA)	Ashok Arora	(USA)
Byron Ball	(USA)	Anthony Brown	(USA)
Carter Cavett	(USA)	Ning Chen	(CHN)
Brian Cronin	(USA)	Lawton Delisser	(USA)
Joe Findaro	(USA)	Thomas Gamblin	(USA)
Jeremie Gicquel	(FRA)	Braxton Lee	(USA)
Michael McDermott	(IRL)	Adrian McHale	(IRL)
Jeff Nance	(USA)	Tianyi Ni	(CHN)
Gerhard Rivera	(USA)	Michael Rogers	(USA)
Andrew Trevoy	(CAN)	Filip Vabrousek	(CZE)
Iain Ward	(IRL)	Cyril Wong	(HKG)