

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

UPDATED LIST: 10 JANUARY 2025

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



The 7 Continents Marathon Club™ was established by [Polar Running Adventures](#) 19 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 135 women and 388 men who are recognised as members of the Club.

An additional 12 women and 10 men are listed as having completed a half marathon distance.

To request corrections / additions, please email [polarrunningadventures@gmail.com](mailto:polarrunningadventures@gmail.com).

## WOMEN

NAME	COUNTRY	NAME	COUNTRY
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)
Yunren Bolortuya	(MNG)	Heather Brien	(USA)
Emer Buckley	(IRL)	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)	Maria Correia	(BRA)
Varsha Das	(IND/USA)	Gulzhamal DeFelice	(KAZ/RUS/USA)
Renee DeMarsh	(USA)	Eleanor Dorrان	(IRL)
Emma Clair Dumont	(FRA)	Louise Edwards	(AUS)
Catherine Emerson	(AUS)	Rebecca Frechette	(USA)
Nancy Freeman	(USA)	Ellen Hunter Gans	(USA)
Becs Gentry	(GBR)	Johanna Garvin	(AUS)
Stephanie Gicquel	(FRA)	Susannah Gill	(GBR)
Lise Gronsker	(NOR)	Huwen Hao	(USA)

Heather Hawkins	(AUS)	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)
Deirdre Keane	(USA)	Alicia Kletter	(USA)
Padmaja Kodali	(USA)	Hillary Kupish	(USA)
Sarah Lacina	(USA)	Beata Larson	(POL/USA)
Gloria Lau	(SIN)	Frederique Laurent	(FRA)
Carrie Lavigne	(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)	Fiona Oakes	(GBR)
Sarah Oliphant	(USA)	Rebecca Openshaw-Rowe	(GBR)
Sally Orange	(GBR)	Roxie Paine	(USA)
Shirley Parry	(CAN)	Ashley Paulson	(USA)
Stefanie Pettersson	(BRA/SWE)	Eleanor Pienaar	(RSA)
Karime Pinera	(MEX)	Becca Pizzi	(USA)
Linda Quirk	(USA)	Susan Ragon	(USA)
Evija Reine	(LAT)	Anne-Sophie Reinhardt	(GER)
Lisandra Richardson	(PUR/USA)	Jennifer Robertson	(CAN)
Molene Scheepers	(RSA)	Judy Scrine	(GBR)
Noelle Sheridan	(USA)	Signe Simonsen	(DEN)
Jenny Simpson	(USA)	Sasie Smittipatana	(THA)
Jennifer Solomon	(USA)	Sarah Steer	(GBR)
Jill Stevens	(USA)	Lisanna Stotts	(USA)
Sandra Suckling	(AUS)	Catherine Yanfeng Sun	(CHN/HKG)
Lorna Tan	(USA)	BethAnn Telford	(USA)
Shona Douglas Thomson	(GBR)	Richelle Turner	(AUS)
Julie Uychiat	(USA)	GiGi Van Ostrand	(USA)
Charlotte Waller	(GBR)	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)	Marianna Zaikova	(FIN)
Meriem Achab Zekri	(ESP)	Jin Zhu	(USA)
Yufei Zhu	(CAN)		

**MEN**

<b>NAME</b>	<b>COUNTRY</b>	<b>NAME</b>	<b>COUNTRY</b>
James Alderson	(AUS)	Lee Alexander	(GBR)
Lois Alexander	(GBR)	Ibrar Ali	(GBR)
Luis Allen	(USA)	Joshua Alston	(GBR)
Marcelo Alves	(BRA)	Tariq Amassyali	(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)
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)
Erik Benrud	(USA)	Justin Berutich	(USA)
Arunjut Bhalla	(IND)	Kunal Bhardwaj	(IND)
Andrejs Birjukovs	(LAT)	Steve Birnie	(GBR)
Jared Blank	(USA)	Havard Bo	(NOR)
Grzegorz Bogunia	(POL)	Frank Bollnow	(GER)
Harry Botha	(RSA)	Christopher Boundy	(USA)
Michael Bowling	(USA)	Paul Box	(USA)
Larry Bradley	(USA)	Cole Brecka	(USA)
Dan Bronstein	(GER)	Andrew Brooks	(USA)
Kevin Brosi	(USA)	Matt Buck	(USA)
Richard Buell	(USA)	Christopher Bullock	(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)	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)	Matt Dean	(AUS)

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)	Timothy Durbin	(USA)
Matt Dyer	(USA)	Darren Edwards	(GBR)
Gunter Engelhart	(AUT)	Duncan Erasmus	(NZL)
Hassan Esufally	(SRI)	Gareth Evans	(GBR/USA)
Patrick Fallon	(USA)	John Fang	(TWN)
David Field	(AUS)	Sir Ranulph Fiennes	(GBR)
Winston Fisher	(USA)	Graham Fowke	(GBR)
Jacques Fox	(LUX)	Martin Franklin	(GBR)
Frank Fumich	(USA)	Michael Gabriel	(USA)
William Gargiullo	(SUI)	Chad Garlock	(USA)
Mauro Garza	(USA)	Greg Gerardy	(USA)
David Gething	(HKG)	Graham Gillespie	(AUS)
Henri Girault	(FRA)	Fernando Gonzalez	(ESP)
Evgeniy Gorkov	(RUS)	Shawn Gray	(USA)
Paul Grealish	(IRL)	Colman Greene	(IRL)
Tomasz Grewinski	(POL)	Griff Griffith	(USA)
Glenn Grossman	(USA)	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)	David Harris	(USA)
Tim Harris	(GBR)	Mark Harrod	(GBR)
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)	Stuart Horsewood	(GBR)
Nicholas Horsfall	(GBR)	Jon Howard	(GBR)
Jason Huang	(TPE)	Mohan Iyer	(USA)
Ted Jackson	(GBR)	Peter Jensen	(DEN)
Feibao Jin	(CHN)	Frank Johansen	(DEN)
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)
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)
Rafal Lasota	(POL)	Wendelin Lauxen	(GER)
Christophe Lebrun	(FRA)	Andy Lee	(GBR/HKG)
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)
James Love	(GBR)	PJ Loyello	(USA)
Russel Lund	(USA)	Fei Luo	(CHN)
Masao Maki	(JPN)	Yusuke Mamada	(JPN)
Daqing Mao	(SIN)	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 Mohendro	(CAN/IND)	Martin Molsater	(NOR)
Mitsuo Moriya	(JPN)	Barry Morton	(CAN)
Mitch Moser	(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)	Jonathan Negretti	(USA)
Alex Nemet	(USA)	Joao Netto	(POR)
Erasmus Nevarez	(USA)	Dariusz Nowski	(POL)
Seow Kong Ng	(MAS)	Patrick Ngan	(CHN/HKG)
Yusheng Ni	(CHN)	George Nichols	(USA)
Lookpetch Nielsen	(THA)	Luke Nolan	(IRL)
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)
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)

Daniel Rebella	(USA)	Larry Rich	(USA)
Philippe Richet	(FRA)	Raphael Rinaudo	(FRA)
Peter Ritchie	(GBR)	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)	Chris Seymour	(AUS/USA)
Jingbiao Shan	(CHN)	Lane Shimonishi	(USA)
Cristian Sieveking	(CHL)	John Silverman	(CAN)
Ladislav Simek	(CZE)	Jagjit Singh	(GBR)
Jasdeep Singh	(CAN)	Pal Skyrud	(NOR)
Stephen Smith	(USA)	Xian Song	(CHN)
Pawel Spyt	(POL)	Neil Standring	(GBR)
Vlado Staresinic	(CRO)	Rick Steele	(USA)
Martin Steer	(GBR)	Willy Steinskog	(NOR)
Krzysztof Stepien	(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)	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)
Lukasz Urbaniak	(POL)	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)	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)
Song Yang	(CHN)	Christopher Yanney	(USA)
Emre Yedidag	(TUR/USA)	Shane Young	(AUS)
Nick Zafer	(AUS)	Bartlomiej Zajac	(POL)
Scott Ziffra	(USA)	Collin Zwickel	(CAN)

### WOMEN (HALF MARATHON)

NAME	COUNTRY	NAME	COUNTRY
Lauren Cavett	(USA)	Elaine Du	(CAN)
Ludivina Budano Ferrer	(PHI)	Elizabeth Gmerek	(USA)
Kim Komo	(USA)	Julie LaForge	(USA)
Maryanne Lee	(USA)	Brandi Myers	(USA)
Mona Lisa Pinkney	(USA)	Sarah Reinertsen	(USA)
Ginny Turner	(USA)	Suzi Williams Zellers	(USA)

### MEN (HALF MARATHON)

NAME	COUNTRY	NAME	COUNTRY
Ashok Arora	(USA)	Byron Ball	(USA)
Carter Cavett	(USA)	Brian Cronin	(USA)
Joe Findaro	(USA)	Jeremie Gicquel	(FRA)
Braxton Lee	(USA)	Michael Rogers	(USA)
Filip Vabrousek	(CZE)	Iain Ward	(IRL)