



## Tilahun Regassa (Ethiopia)

Date of Birth: 18 January, 1990  
 PB Marathon (2012): 2:05:27  
 PB Half Marathon (2010): 0:59:19



### Biography

Regassa endured a difficult childhood. His parents divorced when he was three and he was raised by his father until the age of fifteen, when his father died. Tilahun worked for a stone company and lived on the streets for three years afterwards, relying on food handouts.

In 2008 at the Lille Half Marathon, he won on his debut over the distance with a time of 59:36 - one of the fastest times for a teenage athlete and a new all-comers record for France. A bronze medal winner with Ethiopia at the 2009 IAAF World Half Marathon Championships, Regassa's first race of 2010 saw a new personal best and course record of 59:19 to win the Zayed International Half Marathon.

On his marathon debut he took third with the third fastest debut ever at the 2012 Chicago Marathon in 2:05:27. His first Marathon win came in 2013 in the city of Rotterdam by over a minute, which he followed with another Dutch win in Eindhoven in 2014.

### Significant Results

2015	Xiamen Marathon	2nd	2:06:54
2014	Eindhoven Marathon	1st	2:06:21
2013	Rotterdam Marathon	1st	2:05:38
2012	Chicago Marathon	3rd	2:05:27