Vivian Cheruiyot, born on September 11, 1983, in Keiyo District, Kenya, is a long-distance runner who has made a significant mark in the world of athletics. She began running while in primary school and rose to prominence in the early 2000s. Her career is marked by a steady progression, with her first major international success coming in 2007 when she won the silver medal in the 5000 meters at the World Championships in Osaka. This achievement was a sign of her potential and the start of her journey towards becoming one of the best female distance runners of her generation. Cheruiyot's versatility across different distances is noteworthy. She has excelled in both 5000 meters and 10000 meters events, showcasing her exceptional endurance and tactical racing skills. In 2011, she achieved a rare double victory at the World Championships in Daegu, winning gold in both the 5000m and 10000m. This feat underscored her dominance in long-distance running and placed her among an elite group of athletes who have managed to win both events at the same World Championships. One of Vivian Cheruiyot's most remarkable performances came during the 2016 Rio de Janeiro Olympics. After securing a silver medal in the 10000 meters, she went on to win gold in the 5000 meters. This Olympic victory was a testament to her resilience and competitive spirit, especially considering that she had given birth to her son Allan Kiprono just a year prior to the Olympics. Her comeback story and triumph in Rio inspired many, demonstrating that athletes can return to peak performance after maternity leave. Cheruiyot has also faced challenges and setbacks in her career, including missing out on an Olympic medal in the 5000 meters at the 2008 Beijing Olympics, where she finished fifth. However, she used this disappointment as motivation to improve, which was evident in her subsequent performances. Her ability to bounce back from setbacks has been a defining characteristic of her career and serves as an inspiration to aspiring athletes. In addition to her Olympic and World Championships successes, Vivian Cheruiyot has also excelled in cross country running. She won the World Cross Country Championships four times (2009, 2010, 2011, and 2015), a testament to her strength and stamina over challenging terrains. Her performances in cross country have contributed to her reputation as one of the most versatile distance runners in the world. Cheruiyot's commitment to her sport extends beyond her personal achievements. She is known for her advocacy for clean sport and fair competition. As an athlete who has competed at the highest levels, she has spoken out against doping and has been a role model for clean competition. Her stance on this issue has earned her respect among her peers and fans alike, and she has been a positive influence in the fight against performance-enhancing drugs in athletics. In 2016, Vivian Cheruiyot was honored with the Laureus Sportswoman of the Year Award, which is presented to the sportswoman whose actions have most captured the imagination of the world. This accolade recognized not only her exceptional performances on the track but also her influence as a role model for women and girls in sports. Her achievements have shown that with dedication and hard work, success is possible regardless of one's background. Beyond her athletic prowess, Cheruiyot is also known for her philanthropic efforts. She has used her platform to support various charitable causes, including education and women's empowerment in Kenya. She has been involved in initiatives that provide scholarships to young girls and support for schools in her home country, demonstrating her commitment to giving back to the community that has supported her throughout her career. Vivian Cheruiyot made a significant transition to marathon running later in her career, a move that many distance runners make as they seek new challenges. Her marathon debut was at the 2017 London Marathon, where she finished fourth. She returned to the same race in 2018 and won with a personal best time of 2:18:31, proving that her talents extend to the longer distance and highlighting her adaptability as an elite athlete. Throughout her career, Vivian Cheruiyot has been a symbol of consistency and longevity in the sport of athletics. Her career has spanned over two decades, and she has remained competitive at the international level throughout. This longevity is a result of her disciplined training regimen, careful race selection, and ability to adapt to the evolving demands of professional running. Her dedication to her sport has made her an icon in Kenyan athletics and a respected figure worldwide.