



THE BOWERMAN 2010

# FINAL CANDIDATE LIST - MEN



## Sam Chelanga

School	<b>Liberty</b>
Class	<b>RS Junior</b>
Events	<b>Distance</b>
Hometown	<b>Nairobi, Kenya</b>
High School/ Previous Coll.	<b>Bartolimo / Fairleigh Dickinson</b>



### 2010 PERFORMANCE LEDGER

Event	Date	Mark	Place	Notes	Meet	Location
--- INDOOR ---						
Mile	Jan 22	4:07.15	1	PB	Hokie Inv	Blacksburg, Va.
3000m	Feb 27	8:14.07	1	SB	Big South	Clemson, S.C.
5000m	Feb 12	13:44.16	1		Tyson Inv	Fayetteville, Ark.
	<b>Mar 12</b>	<b>13:37.01</b>	<b>2</b>	<b>SB</b>	<b>NCAA</b>	<b>Fayetteville, Ark.</b>
DMR	Feb 28	10:06.90	1		Big South	Clemson, S.C.
--- OUTDOOR ---						
5000m	May 14	13:54.82	1		IC4A	Princeton, N.J.
	May 29	13:52.49	1Q/1h2		NCAA (SF)	Greensboro, N.C.
	<b>Jun 12</b>	<b>13:45.35</b>	<b>2</b>	<b>SB</b>	<b>NCAA</b>	<b>Eugene, Ore.</b>
10k	<b>May 1</b>	<b>27:08.39</b>	<b>3 [1c]</b>	<b>CR, CL, PB</b>	<b>CardinalInv</b>	<b>Palo Alto, Calif.</b>
	<i>(Collegiate Record -- old: 27:28.48, Chelanga, 2009)</i>					
	May 27	29:27.20	1Q		NCAA (SF)	Greensboro, N.C.
	Jun 10	28:37.40	1		NCAA	Eugene, Ore.

### HIGHLIGHTS

**INDOOR:** NCAA runner-up in the 5000 meters, running season best 13:37.01 in national final ... the Big South Men's Track & Field Athlete of the Year, Chelanga was also successful on the conference level, winning a trio of events (mile, 3K and distance medley relay) at the Big South Indoor Track & Field Championships.

**OUTDOOR:** Chelanga's greatest successes in 2010 came at the 10K distance, including his first NCAA track & field national championship and a new collegiate record ... his NCAA 10K title came by an 18-second margin, the largest margin of victory in the NCAA men's 10K final since 2002 ... meanwhile, Chelanga's NCAA 10K record time of 27:08.39, set May 1 at the Payton Jordan Cardinal Invitational, shattered his own collegiate standard by 20 seconds and ranks No. 3 in the world for 2010 ... Chelanga also finished as the NCAA national runner-up in the 5K, both indoors and outdoors ... the pair of NCAA 5K finals were the only two individual races Chelanga lost to a collegiate opponent all year, and the setbacks came by a total of just 1.14 seconds ... successfully defended his 5K title at the IC4A Outdoor Track & Field Championships ... USTFCCCA Southeast Region Track Athlete of the Year.

### 2010 IAAF World List Position

(as of June 20)

**10000m:** 3rd  
**5000m, indoor:** 17th