



THE BOWERMAN 2010

FINAL CANDIDATE LIST - MEN



Sam Chelanga

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



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.
	Mar 12	13:37.01	2	SB	NCAA	Fayetteville, Ark.
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.
	Jun 12	13:45.35	2	SB	NCAA	Eugene, Ore.
10k	May 1	27:08.39	3 [1c]	CR, CL, PB	CardinalInv	Palo Alto, Calif.
		<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