



OTTAWA  **10K**

TWELVE TO WATCH IN THE 2015 OTTAWA 10K

WOMEN

Gladys Cherono KENYA

In addition to running the 4th fastest marathon debut in history 2:20:03, Cherono was the 2014 IAAF World Half Marathon Champion. More to the point, she has run 30:29.23 for 10,000m on the track and was the 2012 African 5000m/10000m champion. She turns 32 on May 12th and has targeted the Ottawa 10K course record (31:21) set by Mary Keitany a year ago.

Lineth Chepkurui KENYA

With a personal best of 30:45, the 37-year-old Chepkurui has tackled some of the world's best road racers in recent years while splitting her time between Boulder, Colorado and Iten, Kenya. Three times she has finished in the top 10 of the IAAF World Cross Country Championships, a race considered the most competitive on the calendar. In March, she tested herself at the Prague Half Marathon during her buildup to Ottawa.

Ruti Aga ETHIOPIA

Just 21 years of age, Aga is quickly establishing herself as a potent force on the road race circuit since taking the 5000m silver medal at the 2012 IAAF World Junior Athletics Championships in Barcelona. Last year, she finished second to Mary Keitany in the Ottawa 10k. More recently, on April 26th, she finished a close 2nd in the Hy-Vee Des Moines 10k with a time of 32:23.

Lanni Marchant CANADA

The native of London, Ontario is a practicing criminal lawyer in Tennessee. Two years ago, she set the Canadian women's marathon record with a fine time of 2:28:00. But she is also a very quick 10k runner. Her best 10,000m on the track is 32:11.06. On April 19th of this year, she won the Toronto Yonge Street 10k in a personal best of 31:49 - missing the course record by just seven seconds. Again this year she has spent months training at high altitude in Kenya and Flagstaff, Arizona.

Rachel Hannah CANADA

Hannah has come into form in recent years winning the 2014 Canadian titles at 10k, the Half Marathon and cross country. Earlier this year, she finished 25th in the 2015 IAAF World Cross Country Championships in Guiyang, China. A 28 year old clinical dietician, she is expected to battle Marchant for the 2015 Canadian 10k title.

Natasha Wodak CANADA

This 33-year-old Vancouver resident is off to a spectacular year after missing much of 2014 due to plantar fasciitis. Representing Canada, she finished a credible 27th at the IAAF World Cross Country Championships in Guiyang, China March 28th. This performance came only two weeks after she had run a personal best at the very hilly New York City Half Marathon finishing 6th in 1:11:20. Incredibly, she raced to a new Canadian 10,000m record on May 2nd with a time of 31:41.59. Next up is the Ottawa 10k - the Canadian Championships.

MEN

David Kogei KENYA

Last year Kogei finished as runner up to the great Wilson Kiprop in the Ottawa 10k. He has run the 10k distance in 27:56. Most recently he ran the Berlin Half Marathon in a splendid time of 59:46 finishing a close second and knocking more than a minute off his personal best for the distance. Kogei trains in Iten, Kenya the hub of middle and long distance running. He is 30 years old.

Tilahun Regassa ETHIOPIA

Regassa is a very talented runner who graduated from excellence on the track to dominating performances on the roads. He has a 10k personal best of 27:32 but has run 27:18.90 on the track. He won the 2014 Eindhoven marathon and finished 3rd in the 2012 Chicago marathon with a personal best time of 2:05:27. This past January, he finished 2nd at the Xiamen Marathon in China and has been preparing well for the shorter distance. He will be expected to give Kogei all he can handle. Despite his dynamic range, Regassa is still only 25 years old.

Amos Mitei KENYA

Just 23 years old, Mitei has already demonstrated his ability to race at the highest level. Last year, he recorded a personal best Half Marathon time of 60:53 in Luanda, Uganda after winning some Discovery Kenya races. A 27:42 clocking to win the Nairobi Diamond 10k last August attracted attention of overseas race promoters. Most recently he ran 27:58 for second place in the Paderborn (Germany) 10k. He trains with marathon superstars Geoffrey Mutai and Dennis Kimetto in the Volare Sports training camp.

Eric Gillis CANADA

A two time Canadian Olympian (in 2008 he ran the 10,000m and in 2012 the marathon), Gillis is also the reigning Canadian 10k, Half Marathon and marathon champion. Defending the title he won in Toronto last year will first and foremost be on his mind as he descends on Ottawa. Though he is best known for the 2:11:21 marathon time he ran last October in Toronto, he also ran 28:07.19 for 10,000m on the track. Now 35, he is maybe not as quick as he was in yesteryear but it would be a big shock if he was to lose the Canadian championship.



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Khalid Khannouchi USA

In his heyday, the Moroccan-born Khannouchi twice beat the world marathon record and famously defeated both Haile Gebrselassie and Paul Tergat in the 2002 London Marathon. He's 43 now and making a rare appearance at a Canadian road race. It is unrealistic to expect him to replicate the form that took him to a 27:45 personal best 10k. However, he is surely a legend in road racing and will command attention from knowledgeable road race fans. He is also expected to make an appearance at the Runners Expo.

Wesley Korir, KEN

A last minute addition to the 10K start list, the 32-year old Kenyan burst onto the marathon scene in 2008 when he entered the Chicago Marathon as a non-elite, starting five minutes after the professional field, and went on to finish fourth overall. He then had back-to-back wins at the L.A. Marathon before winning the 2012 Boston Marathon. But running marathons is only part of Korir's story. He is also a member of Kenyan Parliament and a co-founder with his wife, Canadian Tarah McKay-Korir, of the Kenyan Kids Foundation.

Note: The 2015 Ottawa 10k is an IAAF Gold Label race and the official Canadian 10k Championship.