



Moroccans dominate most competitive Ottawa 10K race in years

Four sub-28 minute finishes put Ottawa at top of Canadian destinations for elites

May 25, 2013 – OTTAWA – Thirty-three-year-old Moroccan El Hassan El Abbassi crossed the finish line of the 10K Tamarack Ottawa Race Weekend with a time of 27:36 in the most exciting race the city has witnessed in years.

El Abbassi led a tight pack of elite racers, barely holding his edge on Ethiopian Adugna Bikila, 24, at 27:37, 31-year-old Geoffrey Mutai from Kenya in 27:38, and fellow Moroccan Najim El Qady, 32, with a time of 27:41.

Despite shaving three seconds off his 27:41 winning time in 2012 and leading most of the way, Mutai was out-sprinted in the final stretch. It was a good night for El Abbassi, who shaved 26 seconds off his personal best time of 28:07.

“This year’s field exceeded my expectations for its depth of talent,” says Manny Rodrigues, Elite Athlete Coordinator. “With four runners finishing under 28 minutes tonight, it cements Ottawa’s reputation as Canada’s most sought after destination for international elite runners.”

Windy weather may have prevented racers from beating the 2009 course record of 27:24 set by Deriba Merga of Ethiopia. After a rainy week, cool and dry windy conditions moved into the nation’s capital Friday evening.

Malika Assahah, 30, from Morocco, placed first among women elites with a time of 31:45 – a full 30 seconds faster than her personal best time of 32:15. She was followed by 29-year-old Ethiopian Firehiwot Dado at 31:48 and 30-year-old New Zealander Mary Davies at 32:08.

First Canadian male to finish was Kelly Weibe, 23, of Vancouver, with a time of 29:22. Among the strong contingent of Canadian elite women who lined up this year, London, ON native Lanni Marchant, 29, finished with a time of 32:45. Right behind her with a time of 32:51 was 36-year-old Brantford, ON native Krista Duchene, who handily beat her previous best time of 34:08. Rounding out the leading Canadian women was Natasha Fraser, 31, from Port Moody, BC with a time of 33:35.

“A number of athletes will go home happy tonight,” says Rodrigues. “Both men and women winners ran significant personal best times, and Canadians in particular did exceptionally well.”

MEN

NAME	TIME	COUNTRY
1. El Hassan EL ABBASSI	27:36.6	Morocco
2. Adugna BIKILA	27:37.3	Ethiopia
3. Geoffrey MUTAI	27:38.4	Kenya
4. Najim EL QADY	27:41.9	Morocco
5. Edwin KIPYEGO	28:21.8	Kenya
6. Shadrack BIWOTT	28:55.5	USA
7. Ahmed BADAY	28:57.7	Morocco
8. Kelly WIEBE	29:22.0	Canada
9. Martin DENT	29:49.0	Australia
10. Edwin KAITANY	29:59.5	Kenya
11. Johana KARIANKEI	30:33.7	Kenya
12. Christian MERCIER	31:06.2	Canada
13. Jeremie PELLERIN	31:09.1	Canada
14. Pier-Olivier LAFLAMME	31:10.3	Canada
15. Baghdad RACHEM	31:16.6	Canada
16. Kevin COFFEY	31:27.6	Canada
17. Garrett DE JONG	31:36.4	Canada
18. Philippe VIAU-DUPUIS	31:39.3	Canada
19. Francis LEFEBVRE	32:00.8	Canada
20. Amor DEHBI	32:05.5	Algeria

WOMEN

NAME	TIME	COUNTRY
1. Malika ASSAHAH	31:45.7	Morocco
2. Firehiwot DADO	31:48.2	Ethiopia
3. Mary DAVIES	32:08.4	New Zealand
4. Hellen JEMUTAI	32:12.8	Kenya
5. Juliet CHEKWEL	32:38.1	Uganda
6. Lanni MARCHANT	32:45.8	Canada
7. Krista DUCHENE	32:51.9	Canada
8. Joyce CHEPKIRUI	33:00.2	Kenya
9. Natasha FRASER	33:35.0	Canada
10. Rkia EL MOUKIM	33:57.0	Morocco
11. Lindsey SCHERF	34:31.5	USA
12. Erin BURRETT	35:21.9	Canada
13. Rachel HANNAH	36:12.6	Canada
14. Paula WILTSE	36:54.0	Canada
15. Myriam GRENON	37:18.7	Canada
16. Leah E. LAROCQUE	37:22.1	Canada
17. Marie Caroline COTE	37:25.3	Canada
18. Kate GUSTAFSON	37:30.4	Canada
19. Liz MAGUIRE	37:32.6	Canada
20. Karol-Ann ROY	37:51.4	Canada

About the *Tamarack* Ottawa Race Weekend

The 2013 *Tamarack* Ottawa Race Weekend is welcoming 44,000 participants in six races, including the Marathon, the Half-Marathon, the 10K, HTG Sports 5K, 2K and Y Kids Marathon. The Ottawa Marathon and Ottawa 10K are both designated Silver Label IAAF events by the International Amateur Athletic Federation (IAAF). Run Ottawa, the organization behind the *Tamarack* Ottawa Race Weekend, is dedicated to promoting the sport of running and enhancing the health and well-being of our community by organizing distinctive world-class and local races, and managing an active, membership-based running club. Information:

www.runottawa.ca.

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