

## Running Resume for Malcolm Campbell (US Citizen)

(Became Master – 01/03/2011)

- \* 13-Time All American
- \* 2-Time Academic All-American
- \* Member of 3 World Championship Teams
- \* 4- Time Olympic Trials Qualifier
- \* 21 International Appearances for Scotland and Great Britain
- \* 2011 National Masters Cross Country Champion

### Personal Records

1500m – 3:48.7	3,000m – 8:06.4
5,000m – 13:58.62	10,000m – 28:56.87
8k – 23:23	½ Marathon – 63:46
Marathon – 2:18.41	50km – 2:58.14

### 2012 Goal Races:

- USATF ½ Marathon Champs – Melbourne, FL
- Gate River 15K – Jacksonville, FL –
- Boston Marathon
- USATF Masters 10K Champs
- Peachtree 10K – Atlanta, GA
- USATF Masters 15K Champs
- USATF 5K Champs
- USATF Masters Marathon Champs – Twin Cities
- USATF Masters Club X-C Champs

### Objectives:

1. Break at least one PR (< 2:18 Marathon)
2. Win at least one U.S. Masters Championships in 2012
3. Become Runner's World - Masters Runner of the Year in 2012

## **Race Schedule – 2012**

01/01 Resolution Run 10K – Atlanta, GA  
01/15 Naples Half Marathon  
01/28 Polar Bear 5k – Marietta, GA  
**02/05 USATF Half Marathon Champs – Melbourne, FL**  
02/12 Run for Donna Marathon – Jacksonville, FL  
02/25 Cantrell 5K – Macon, GA  
**03/10 Gate River 15k**  
03/31 Cooper River Bridge Run 10K – Charleston, SC  
**04/16 Boston Marathon – Boston, MA**  
05/06 Bloomsday 12k – Spokane, WA  
**05/19 USATF 8K – Williamsburg, VA**  
05/28 Cotton Row 10K – Huntsville, AL  
06/16 Grandmas Marathon – Duluth, MN  
**07/04 Peachtree 10K – Atlanta, GA**  
07/08 Boilermaker 15K  
08/04 Beach to Beacon 10K - Cape Elizabeth, ME  
08/12 Falmouth Road Race – Falmouth, MA  
08/25 Crim 10M – Flint, MI  
**09/03 USATF Masters 15KM Champs – Buffalo**  
09/13 KP Corp Challenge – Atlanta  
**09/29 USATF 5K – Syracuse - NY**  
**10/07 USATF Masters Marathon – Minn, MN**  
10/20 Haunted Hustle 5K – Douglasville, GA  
10/27 Big Pumpkin 5K – Roswell, GA  
11/17 Atlanta’s Richest 5k – Atlanta, GA  
**12/08 USATF Masters Club XC Champs - KY**