

— Bekele Wins World XC Preview —

by Angus McLeod

Edinburgh, Scotland; January 13—Kenenisa Bekele dominated the IAAF World Cross Country Championships from 2002 through 2006, taking

Replacing the Ethiopian great as the champion would be Eritrea's Zersenay Tadese, the '04 Olympic 10,000 bronze medalist, would pull away over the last 2000 meters.

lake in ankle-deep water and a very steep climb and decent each lap of the 9.3K race would first take it toll on Torres. By halfway a lead group of Bekele, Tadese, Kipchoge, Ritzenhein, and Joseph Ebuya of Kenya had gathered at the front.

Each time the leaders travelled up the major climb on the course Ritz would slip back, then regroup coming down and on the flats. With one loop to go (just under 2000 meters) Kipchoge was the first to attack, but still Bekele stayed close, with Tadese a step further back.

Up the hill for the last time, with 600 meters to go, the Eritrean fans let out a roar as their man went to the front to push the pace.

But Bekele was not finished. Flying downhill with just over 200 meters to go he struck for home and narrowly gapped his rival, to reestablish himself as the man to beat with his third win in a row here. Bekele ran 27:42, with the Tadese, Kipchoge and Ebuya all being a second back.

...

The women's race also had the same winner for the third year in a row as Ethiopia's Gelete Burka easily beat the Kenyan duo of Linet Masai and Vivian Cheruiyot over the 6000-meter course.

Burka quickly established herself at the front of the field early in the race, but when British teenager Stephanie Twell took the lead of the course's signature hill for the 1st of 2 times, the crowd roared with approval. Twell's lead was short lived.

Men (9.3K): 1. K. Bekele (Eth) 27:42; 2. Tadese (Eri) 27:43; 3. Kipchoge (Ken) 27:43; 4. Ebuya (Ken) 27:43; 5. Ritzenhein (US) 27:56; 6. J. Torres (US) 28:14.

Women (6K): 1. Burka (Eth) 19:58; 2. Masai (Ken) 20:13; 3. V. Cheruiyot (Ken) 20:34; 4. Twell (GB) 20:34; 5. Kalovics (Hun) 20:38; 6. L. Yelling (GB) 20:40.



MARK SHERMAN

Edinburgh action: Bekele in his accustomed position at the front, followed by (l-r) Ebuya, Kipchoge and Ritzenhein. Torres follows (between Bekele & Ebuya).

both the long and short titles with ease.

In most of those races Bekele simply ran at or near the front, allowing others to stay close before becoming bored and in one fast move end the race. It was starting to look as if as long as Bekele wanted to run cross country he would continue to record wins... then came Mombasa '07.

Running in the heat and humidity of the coastal Kenyan town, the 5000/10,000 WR holder would suffer his first cross loss as a Senior, dropping out of the race due to problems dealing with the heat.

Fast forward to Edinburgh's Holyrood Park, where the two once again went head-to-head over the course they will visit in late March for this year's Worlds.

Looking to reestablish himself as the world's dominant harrier, Bekele quickly jumped to the front of the pack and was joined by a group that included Tadese, Eliud Kipchoge of Kenya and Americans Dathan Ritzenhein and Jorge Torres.

The course, which included a few very steep step ups and downs, a run through the edge of a

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— U.S. Indoor News —

ARKANSAS INVITATIONAL

Fayetteville, Arkansas, January 11 (200m banked)—

60: 1. C. Johnson (unat) 6.62; 2. Rodgers (unat) 6.65; 3. Scales (Nik) 6.66; 4. Kimmons (adi) 6.68; 5. Williams (Nik) 6.69.

eTN Q&A: John Hayes

Kenya's current ethnic violence has harmed the nation's runners, leaving 1500/5K world champion Bernard Lagat closely monitoring the safety of family members back in Kenya.

But NCAA 1500 winner Lopez Lomong is physically caught in the crisis. He went to Kenya to visit his Sudanese refugee mother and is unable to train amid the chaos.

Lomong, whose childhood flight from ethnic violence in Sudan brought him to safe haven with an adopted U.S. family, now finds himself again in tenuous circumstances, although he hopes to be able to resume training soon. After becoming a U.S. citizen last summer, Lomong went to Kenya to see his family after a 16-year separation.

Air Force distance coach John Hayes, formerly Lomong's coach at Northern Arizona, is once again guiding the 23-year-old. Sadly, events in Kenya have overtaken the normal Olympic-year pressures. T&FN recently spoke with Hayes:

Hayes: I gave Lopez workouts to do while he's in Kenya but he only did a week's, maybe a week-and-a-half's, worth of workouts. He took a few weeks off after NCAAAs and now he's going to start back up running again. But when the violence broke out, he hasn't been able to get out on a run since then.

T&FN: *Where is he in Kenya?*

Hayes: His mother has a small apartment. It's very small, with, I think, two boys and a girl, and they sleep around the outside and they cook in the middle. It's in a town about 20 minutes outside Nairobi.

He said he was going to get a little apartment right next door to that. Rather than sleep in the same place as they are, he was going to be right next door so he could get some sleep and train.

T&FN: *Has there been violence in the area where he is staying?*

Hayes: I think there was a point where they were very nervous that they were going to have to take their stuff and get out, but it never materialized into being as bad as he thought it was going to be. I went into panic mode that day and made sure that a lot of media outlets knew about it and people that had interviewed him over the last year.

I just want to give him the opportunity to get out, if need be, because the violence could just come and sweep in there. It could be good and then 30 minutes later it's blowing up, so I want him to have options.

T&FN: *When is he scheduled to come back?*

Hayes: He's scheduled to fly back on February 3rd. I'd love for him to get back before then, but I understand his need to see his family and everything. Heck, I wish we could get his family out of there. I just don't know how possible that is at this point.

200: 1. Harts (Bay) 21.21 (WL, AL, CL).
400: 1. Iglehart-Summers (Bay) 47.02.
800: 1. Hatch (unat) 1:48.93 (WL, AL); 2. Al. McClary (Ar) 1:49.28 (CL).
Mile: 1. Boit (adi) 4:03.83; 2. An. McClary (Ar) 4:07.57;... 8. Kirui (MsSt) 4:15.21.
3000: 1. LaCava (Ar) 8:05.01; 2. Kigen (TCU) 8:05.05; 3. King (unat) 8:06.01.

60H: 1. Hicks (adi) 7.57; 2. Faulk (Nik) 7.65; 3. Miller (unat) 7.88.

4 x 400: 1. Baylor 3:09.70; 2. TCU 3:10.43.

DisMed: 1. Arkansas 10:08.43.

Field Events

HJ: 1. Sellers (KsSt) 7-2¼ (2.19); 2. Bailey (Ar) 7-¼ (2.14) PR.

PV: 1. Scott (Ks) 17-4½ (5.30).

LJ: 1. Boutte (Ok) 24-11¾ (7.61).

TJ: 1. Jackson (TCU) 51-9 (15.77); 2. Balumbu (Ar) 51-5½ (15.68).

ARKANSAS WOMEN

60: I-1. Hodge (TCU-StK) 7.38. II-1. Young (unat) 7.34.

200: 1. Hodge 23.63 (WL); 2. Anderson (Ks) 23.77 (AL, CL).

800: Davis (Ar) 2:12.61.
Mile: 1. Bradley (Bay) 4:51.79.

3000: 1. Jones (Bay) 9:45.22.

60H: 1. Cooper (Ar) 8.30.

4 x 400: 1. Arkansas 3:41.54; 2. Mississippi 3:42.36; 3. Baylor 3:43.42; 4. Oklahoma 3:43.48.

Field Events

PV: 1. Steiner (unat) 13-10 (4.22); 2. Stripling (Ar) 13-8¼ (4.17); 3. Sultanova (Ks) 13-6¼ (4.12); 4. Landau (unat) 13-2¼ (4.02); 5. Gonzalez (KsSt) 13-2¼.

LJ: 1. Polk (unat) 20-2¼ (6.15).

TJ: 1. Faluade (OpP) 43-3¾ (13.20); 2. Manning (Ks) 42-6¼ (12.96).

SP: 1. Harrison (TCU) 50-3¼ (15.32).

Wt: 1. Tarasova (Ks) 60-5¼ (18.42).

HOUSTON OPENER

Houston, January 12 (200m unbanked)—

60: 1. Williams (UTSA) 6.66.

Mile: 1. Solares (Mex) 3:59.36.
60H: 1. O'Hare (Tx) 7.96. Heats: III-1. Kilmartin (unat) 8.30.

HJ: 1. Diggs (Hous) 7-3¼ (2.22).

PV: 1. Wallace (Tx) 16-6¾ (5.05); 2. Kilmartin 16-¾ (4.90);... 4. Hardee (unat) 15-1 (4.60).

LJ: 1. Turner (Hous) 24-1¾ (7.36);... 8. Hardee 21-7¼ (6.58).

2008 World Indoor Leaders

MEN

60.....6.54 S. Francis (Gat)
200.....21.21 T. Harts (US)
400.....46.08 L. Wang (Chn)
800.....1:47.49 S. Keiner (Ger)
Mile.....3:59.36 P. Solares (Mex)
3000.....7:59.85 G. Andreyev (Rus)
5000.....13:45.16 J. McDougal (US)
60H.....7.52 A. Scott (GB)

HJ.....7-8½ (2.35) I. Ukhov (Rus)
PV.....19-¼ (5.80) D. Miles (US)
LJ.....26-¼ (7.93) H. Al-Sabee (Sau)
TJ.....56-1¼ (17.11) N. Évora (Por)
SP.....67-11½ (20.71) A. Nelson (US)
Wt.....79-8 (24.28) A. Kruger (US)
Hept.....6005 A. Pogorelov (Rus)

WOMEN

60.....7.22 Y. Polyakova (Rus)
.....S. Nabokina (Rus)
200.....23.63 V. Hodge (StK)
400.....53.56 X. Tang (Chn)
800.....2:03.02 Y. Fomenko (Rus)
1500.....4:07.73 Y. Fomenko (Rus)
Mile.....4:47.29 K. Erdman (US)
3000.....9:09.62 O. Komyagina (Rus)
60H.....8.04 F. Fofanah (Gui)

HJ.....6-5½ (1.97) A. Friedrich (Ger)
PV.....15-1½ (4.61) J. Stuczynski (US)
LJ.....22-7 (6.88) I. Simagina (Rus)
TJ.....46-0 (14.02) S. Mamyeyeva (Ukr)
SP.....57-6½ (17.54) L. Wanless (US)
WT.....68-3 (20.80) S. Large (US)
Pent.....4690 A. Bogdanova (Rus)

HOUSTON WOMEN

60: 1. Knight (Tx) 7.34; 2. Anderson (Tx) 7.34; 3. Okwaro (TxSn) 7.48.
60H: 1. Golding-Clarke (unat) 8.18.

KENTUCKY INVITATIONAL

Lexington, January 11-12 (290m unbanked—oversized)—

60: 1. Robinson (unat) 6.64.
200: 1. Robinson 21.10.
400: 1. McCombs (WnKy) 47.57.
800: 1. S. Smith (unat) 1:51.12.
Mile: 1. Morgan (Zap) 4:13.91.
3000: 1. Korir (Ken) 8:02.08.
60H: 1. English (unat) 7.85.
LJ: 1. Ames (Ky) 23-10¾ (7.28).
TJ: 1. Jordan (GaT) 51-¼ (15.55).
SP: 1. Scott (Ky) 57-5½ (17.51).
DT: 1. Reynolds (unat) 203-10 (62.14); 2. Scott (Ky) 203-4 (61.98) PR.
Wt: 1. Scott 64-10¾ (19.78).

KENTUCKY INVITATIONAL WOMEN

60: 1. Layne (Tn) 7.37.
200: 1. Kidd (unat) 23.51.
400: 1. Kidd 52.89.
800: 1. Uceny (Reeb) 2:05.47 PR; 2. Gallo (Reeb) 2:05.89.
Mile: 1. Erdman (Reeb) 4:47.29.
3000: 1. Edwards (Mi) 9:24.12.
60H: 1. Fofanah (GaT) 8.04; 2. Ofili (unat) 8.05.
HJ: 1. Wade (Mi) 5-8 (1.73).
TJ: 1. Nambawa (MTn) 43-1³/₄ (13.15).
SP: 1. Alexander (Tn) 53-9¹/₄ (16.39); 2. Muffet (Ky) 53-3¹/₂ (16.24).
DT: 1. Alexander 164-3 (50.06).
Wt: 1. Jatsek (OhSt) 67-11¹/₂ (20.71).

VIRGINIA TECH INVITATIONAL

Blacksburg, January 11–12 (200m banked)—
55: 1. Wells (Tn) 6.23.
1000: 1. Debole (Gtn) 2:22.89; 2. Bumbalough (Gtn) 2:24.16; 3. Thompson (Gtn) 2:25.83.
55H: 1. DuBose (unat) 7.33; 2. Berger (Md) 7.40.
4 x 200: 1. Clemson 1:27.05; 2. Norfolk State 1:27.64; 3. Georgetown 1:29.03.
PV: 1. Mondshein (PVP) 17-6¹/₂ (5.35); 2. Greeley (Clem) 17-6¹/₂; 3. Olhovsky (VaT) 17-6¹/₂.
TJ: 1. McCoy (GM) 51-4¹/₂ (15.66).
SP: 1. Henderson (Lib) 61-10¹/₂ (18.86).

VIRGINIA TECH WOMEN

55: 1. Joyce (unat) 6.85; 2. Currie (UNCC) 6.93; 3. Spruill (VaT) 6.96; 4. Moses (UNCC) 6.96.
300: 1. Spruill (VaT) 37.93.
500: I–1. Green (unat) 1:12.75.
III–1. Spruiel (NCAT) 1:12.20; 2. Harrison (VaT) 1:12.75.
1000: 1. Fanning (VaT) 2:47.07; 2. Maloy (Gtn) 2:47.90; 3. Lehman (Duke) 2:49.64.
55H: 1. Castlin (VaT) 7.59; 2. Green (unat) 7.72; 3. Harrison (VaT) 7.77.
4 x 200: 1. **Virginia Tech 1:36.43 CR (old CR 1:36.5 Tennessee State '79) (Potts, Spruill, Castlin, Harrison)**; 2. Virginia 1:38.93; 3. George Mason 1:38.97.
4 x 400: 1. Virginia Tech 3:44.34.
SP: 1. Borel-Brown (Tri) 57-1 (17.40); 2. Pryor (VaT) 54-0 (16.46); 3. Grant (Va) 51-9¹/₄ (15.78).

DARTMOUTH INVITATIONAL

Hanover, New Hampshire, January 11–13 (200m unbanked)—
SP: 1. Nelson (unat) 67-11¹/₂ (20.71) (WL, AL).
Hept: 1. Rahim (Asc) 5883 (AL).
Women:
Pent: 1. Wallin (Thrash) 3892.

— Road Results —

USATF 1/2-MARATHON CHAMPS

Houston, Texas, January 13—
Men: 1. Carney (Co) 62:21 (\$12,000); 2. Lehmuhle (Mn) 1:02:33; 3. Sundell (Ca) 1:03:21; 4. Cabada (Ca) 1:03:42; 5. Gildea (Tn) 1:03:43; 1:0. Koborsi (DC) 1:03:52;
7. Kirkpatrick (Co) 1:03:53; 8. Simpson (WV) 1:03:54; 9. Wykes (Can) 1:03:54; 10. Gabrielson (Mn) 1:04:06; 11. Gotcher (Az) 1:04:07.
Women: 1. K. O'Neill (Ca) 1:11:58 (\$12,000); 2. Davila (Mi) 1:12:12; 3. Burla (Mo) 1:12:23; 4. Aish (Co) 1:12:32; 5. Nicolini Lehmuhle (Mn) 1:13:00;
6. Newberry (Va) 1:13:01; 1:0. Moody (Co) 1:13:04; 8. McMahan (Mi) 1:13:09; 9. Gomez (Co) 1:13:10; 10. White (Mi) 1:13:12.

HOUSTON MARATHON

Houston, January 13—
Men: 1. D. Cheruiyot (Ken) 2:12:32 (\$27,000); 2. Adilo (Eth) 2:12:53; 3. Abyu (GB) 2:13:46; 4. Harroufi (Mor) 2:14:36; 5. Chirlee (Ken) 2:15:55.
Women: 1. Tune (Eth) 2:24:40 (course record—old 2:26:52 Tune 07) (\$35,000); 2. Tola (Eth) 2:35:38; 3. Vinokurova (Rus) 2:38:42; 4. Tomas (Ut) 2:39:27; 5. Fowler (Ut) 2:41:58.

— High School News —

MORRIS COUNTY RELAYS

Madison, New Jersey, January 7—SP: 1. Vena (Morristown) 61-1¹/₂ frosh-class record (old record 60-0 Bookout [Stroud, Ok] '99) (age 14; 6-3¹/₂/265).

ARKANSAS INVITATIONAL

Fayetteville, January 12—60HH: 1. Davis (Southeast, Raleigh, NC) 7.63 (4, 4 HS), junior-class record (old record 7.74, Harris [Centreville, Clifton, Va] '99).

FORT COLLINS TC ALL-COMERS

Boulder, Colorado, January 12 (altitude 1655)—60m: 1. Rankin (Overland, Aurora, Co) 6.64 (=4, =5 HS).

Injury/Eligibility Update

The latest headlines (more details in the February issue of *T&FN*):

•**Suzu Favor Hamilton**, who turns 40 in August, has confirmed her retirement.

•'04 Oly silver medalist **Matt Hemingway** doesn't intend to high jump this year.

•**Xavier Carter** is training in Gainesville and says he is fully recovered from his knee injury.

•Hampton sprinter **Francena McCorory** suffered a sprained knee and elbow as a passenger in an early-January car accident. Former teammate **Yvette Lewis** pulled her right hamstring in an early December indoor 60.

•HJ veteran **Tisha Waller**, 37, is back in training and aims to compete outdoors if not indoors.

Two-lap vet **Nicole Teter** will pass indoor competition to concentrate on training for the outdoor season.

•**Jaysuma Saidy** is now eligible to sprint for his adopted country of Norway.

•One-lapper **Brandon Simpson** has retired due to ongoing injuries.

•'05 world steeple champ **Dorcus Inzikuru** gave birth to a daughter at the end of December and plans to be back for Beijing.

•World Junior 100 champ **Harry Aikines-Aryeetey** of Britain is back in training after missing 11 months due to injuries.

•Jamaican 400 talent **Edino Steele**, who ran at Pasadena CC last season, has turned pro.

•Health problems have hit Aussie vaulters **Steve Hooker** (virus linked to glandular fever), **Paul Burgess** (infection near an Achilles tendon) and **Kym Howe** (foot injury).

•French long jumper **Salim Sdiri**, stabbed by a javelin last summer, resumed jogging last fall but hasn't made any decision about resuming serious training or competition.

•He was expected to challenge the High School Record in the 400H this year, but **Robert Griffin** has graduated early and is already at Baylor, where he'll also be trying for the quarterback's role.

in next week's eNewsletter:

**Haile Gebrselassie's marathon WR attempt in Dubai;
New Balance Invitational and collegiate meets galore**