

### — Two Course Records At Pre-Nationals —

by Don Kopriva

Terre Haute, Indiana, October 18—The four team battles at the Pre-Nationals meet were overshadowed by individuals—one man who ran, one who didn't and a third who also

ran but is surely no also-ran.

On a day when favorites for the NCAA 37 days hence are often established, Sam Chelanga did nothing to dim his chances of following former Liberty teammate Josh McDougal to the top of the podium.

Chelanga, already labeled buy some as the odds-on choice for the national title after his convincing win at the Paul Short Invitational the two weekends ago, paced the strong field over the firm 8K route from the gun and simply ran away with it, winning in 22:52 to clip the course record by 5 seconds.

"I was just trying to push myself and test my ability to compete nationally," he said after putting 40 seconds on the rest of the field. "I feel pretty confident and wasn't that tired at the end of the race, so feel like I will be able to do well."

Also doing well was Auburn's Felix Kibiywo, 2<sup>nd</sup> in 23:35, and the Stanford duo of senior Garrett Heath and heralded frosh Chris Derrick, who went 3-4 to lead Stanford to an easier than may have been expected win over Iona, 77-123.

Of course, the man who didn't run, but will be here on November 24 for the Nationals, is Oregon's Galen Rupp, runner-up last year to McDougal.

And one who ran—kind of, sort of—was another frosh star, Oklahoma State's German Fernandez, who won the open race in a nifty 23:34 as he and teammates John Kosgei and Colby Lowe (2-3 behind him) did what Cowboy coach Dave Smith called "a tempo run."

Overshadowed also was Tyson David of Alabama, who won the first men's race in

**Kuijken equaled the fastest ever run on the course.**



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**Chelanga took 5 seconds off the men's course record.**

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**Tyson David won his race in a photofinish**

## — Pre-Nationals —

### **BLUE DIVISION MEN**

Teams: **1. Alabama 89**; 2. Northern Arizona 113; 3. Michigan 146; 4. Florida State 212; 5. Minnesota 234; 6. William & Mary 242; 7. Cal Poly 273; 8. Cal 315.

Individuals: **1. David' (Al) 23:31**; 2. McNeill (NnAz) 23:31; 3. Mead (Mn) 23:34; 4. Smyth (NDM) 23:39; **5. Maiyo' (Al) 23:40**; 6. McCarthy (Prov) 23:41; 7. Korir' (Wy) 23:44;

8. Rombough (Mn) 23:48; **9. Bor' (Al) 23:49**; 10. O'Lionaird' (Mi) 23:51; 11. Ashkettle (NnAz) 23:52; 12. Baker (But) 23:53; 13. Maina' (EnKy) 23:55; 14. Forsys (Mi) 23:56;

15. True (Dart) 23:59; 16. Matusak (Cal) 24:01; 17. Miller (Syr) 24:03; 18. Boström' (NnAz) 24:03; 19. Kirwa' (NM) 24:04; 20. Hall (UCR) 24:05; 21. Chenoweth (Harv) 24:06;

22. Mack (NCSt) 24:07; 23. Jensen (Web) 24:07; 24. Miami (Oh) 24:08; 25. Dentamo (UNCC) 24:08; 26. Martinez (NCSt) 24:09; 27. Wilhelm (WM) 24:10;

28. Roberts (FIS) 24:11; 29. Grey (WM) 24:11; 30. Fellows (Mi) 24:12; **31. Kutingala' (Al) 24:12**; 32. Leeder (FIS) 24:13; 33. Gabart (FIS) 24:13; 34. Fruin (NnAz) 24:14;

35. Jeffries (Mo) 24:14; 36. Coe (Cal) 24:17; 37. Polley (WaSt) 24:17; 38. Gonia (SLO) 24:19; 39. Leak (WM) 24:20; 40. Koloseus (Syr) 24:22;... **43. Kirwa' (Al) 24:24.** (276 finished)

(AI) 24:24. (276 finished)

### **WHITE DIVISION MEN**

Teams: **1. Stanford 77**; 2. Iona 123; 3. BYU 154; 4. Auburn 194; 5. UCLA 196; 6. Virginia 205; 7. Tulsa 212; 8. Indiana 219.

Individuals (8K): 1. Chelanga' (Lib) 22:52 (course record—old cr 22:57 Josh McDougal [Lib] '07); 2. Kiboiyo' (Aub) 23:36; **3. Heath (Stan) 23:37**; **4. Derrick (Stan) 23:37**;

5. Mesecho' (Aub) 23:38; 6. Criscione (Fl) 23:39; 7. Kyle (Co) 23:40; 8. Beattie' (Tuls) 23:41; 9. Ledwith' (Iona) 23:42; 10. Uhl (IaSt) 23:44; 11. Kibet' (Aub) 23:47;

**12. Heath (Stan) 23:49**; 13. Marial' (IaSt) 23:49; 14. Barnes (UCLA) 23:50; 15. Okuti' (Iona) 23:53; 16. Khadraoui (Iona) 23:53; 17. Ng'ojoy' (UTEP) 23:54;

18. Sheridan (Iona) 23:55; 19. Shay (BYU) 23:56; 20. Perry (BYU) 23:58; 21. Ng'etich' (UTEP) 23:58;

22. Mutai' (UTEP) 24:00; 23. Collins (Va) 24:01; 24. Bor' (IaSt) 24:05;

**25. Devries (Stan) 24:05**; 26. Karanja (EnMi) 24:07; 27. Schmitt (Wa) 24:08; 28. Henshaw (Tuls) 24:09; 29. Shackleton (UCLA) 24:11; 30. Plotner (In) 24:11;

31. Hubers (In) 24:13; 32. Foster (Va) 24:14; **33. Riley (Stan) 24:16**; 34. McDougal (Lib) 24:17; 35. Nelson (BYU) 24:18; 36. Pannone (Co) 24:18;

37. Gruenewald (BYU) 24:18; 38. Biladeau (Va) 24:18; 39. Smith (UCSB) 24:20; 40. Patterson (UCLA) 24:20. (267 finished)

### **OPEN DIVISION MEN**

1. Fernandez (OkSt) 23:35; 2. Kosgei' (OkSt) 23:45; 3. Lowe (OkSt) 23:58; 4. McNamara (Mi) 24:19; 5. Hinckley (BYU) 24:29.

### **BLUE DIVISION WOMEN**

Teams: **1. Washington 36**; 2. Villanova 126; 3. Minnesota 198; 4. Michigan State 215; 5. Florida 233; 6. Wisconsin 247; 7. Stanford 248; 8. Rice 263.

Individuals (6K): 1. Felnagle (NC) 20:03; 2.

**Blue-race winner Felnagle had the day's second-fastest time**



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23:30, taking the measure of Northern Arizona's David McNeill, who outsprinted Minnesota's Hassan Mead and almost caught the winner. Alabama placed 3 in the top 10 and scored 89 points to beat NAU (113).

On the women's side, Washington proved why it's first in the polls and in the minds of its (cross)countrymen, scoring 36 points off an impressive race that had its top five in the top 16 (see p. 348 for a Q&A session with Husky head Greg Metcalf).

North Carolina's Brie Felnagle moved well in the race's late stages to claim the blue race win over the 6K course in 20:02, 11 ticks better than Auburn's Hollie Knight, then followed by a trio of Washingtonians who iced the win for the Huskies.

"Around 4K, I started to get tired," Felnagle said, "but it helped that I was behind someone and tried to draft off her and then get to the front."

The white race set up another showdown in November, with Florida State and Princeton tying with 69 points in a race won in a course record-tieing 19:49 by the Seminoles' Susan Kuijken.

# eTN Q&A: Washington Coach Greg Metcalf

by Jon Hendershott

In his 12th season as Washington's cross country coach (and seventh as track head), Greg Metcalf has led the Husky women harriers to their first-ever No. 1 rating in the national USTFCCCA Coaches Poll.

The UW women have scored wins in three major overland invitationals: their own Sundodger meet, the Auburn Invitational and most recently the Pre-Nationals meet—the last just two days after Metcalf's 39th birthday.

Besides running well on the site of late-November's NCAA title meet, the Pre-Nationals brought back memories of last year's 8th-place NCAA finish by UW—both races providing major motivation for this year's team:

**T&FN:** A recent story in a Seattle paper quoted some of the runners that they felt they missed a chance at last year's NCAA to win a team trophy. Is that true and if so, how has that helped to motivate the team this year and be ranked No. 1?

**Metcalf:** Last year at the Pac-10 met, we tied for 3<sup>rd</sup> with Arizona State and finished 2 points out of 2<sup>nd</sup> to Oregon. We walked away from the conference meet with the real belief that we could win a trophy at the NCAA.

Then we had a runner who was sick and Lauren Saylor was a frosh in her first time on the big stage and those kinds of things. We had a brief team meeting in our tent after the NCAA.

We had placed 8<sup>th</sup>, the best finish in Washington's history. But we also talked a little about what could have been and then really looked into the future. "A year from now, what do we want to do?"

We lost Trisha Rasmussen and Dani Schuster, the 5-6-7-type placers on our team. We knew who we were returning, like Kate Follett and Anita Campbell. We didn't know then who we would add to our team, but as I told our women, our goal was to get to this November 24 and the next NCAA meet really with a chance to win.

There are no guarantees or crystal ball, but that was the goal of our team then. Then with who we added—[Canadian Junior star] Kendra Schaaf and [Cal State mile champ] Christine Babcock—they have had an immediate impact and helped make us better.

Because of those two and others return-

ing, like Mel Lawrence and Lauren Saylor and Kailey Campbell, we had a handful of women who went home during the summer and did really good work to come back this fall.

**T&FN:** Adding talents like Schaaf and Babcock, especially after how they improved on the track last spring, to the returning veterans must have been an important ingredient to add to the overall team mix.



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Greg Metcalf

**Metcalf:** Even last November, we were recruiting both Kendra and Christine, so the possibility existed of adding them to the team. But the kids still have to say yes and we were just thankful that they chose to come to Washington and they have been fantastic.

**T&FN:** And they obviously have bought into the belief in the team.

**Metcalf:** Yes, and in talking to people about the team, the one thing I say about our women is that right now we have great team chemistry and great synergy right this second.

I think that's a really key ingredient to go to the national meet and be able to race and compete at a high level. That just gives myself and my coaching staff, Kelly Strong and Jimmy Bean, great confidence as we prepare for the championship part of our season.

**T&FN:** But do you coaches take it as "one meet at a time"? There is the overarching goal of the NCAA, but there are the Pac-10 and Western Regional before that.

**Metcalf:** Definitely and I think that's one thing we've done a good job on. The mantra from the beginning has been, "Yes, ultimately this is leading to November 24. But it is just a date and there are definite steps that you have to take to get to that date."

At the Pre-Nationals, Kendra was nervous and it was the first 6K Christine had ever run. So those were really the two big reasons that we went and they learned valuable lessons. They'll have a certain level of familiarity when we get back there.

But we walked away from the meet and now our attention is focused on going to Eugene on October 31 and doing the very best job we can at the Pac-10 championships.

**T&FN:** Maybe the team members can get an early Halloween treat at the Pac-10.

**Metcalf:** Well, Stanford has won 12 consecutive Pac-10 titles on the women's side and they are still very good and very dangerous. And Oregon at home will be very hard

to beat. But we'll go give it a shot and on the day we'll do everything we can.

**T&FN:** And that's really all you can do, isn't it? Just concentrate on what you want to do.

**Metcalf:** That's one thing we've really talked with our team about. One thing I definitely preach is, "We can't control anything anybody else does. It's about our team controlling the controllables, the things that we can take care of." You can't do anymore than that.

Right now, we're operating at a high level. I walked away from the Pre-National meet realizing that we're doing similar stuff to what we did a year ago. We ran better at the end of last year, but in mindset and psychology alone, they're really geared toward running their best at the end of this season.

You look at our results last week and you can say, "That was a pretty good day." Yet I truly believe there's more in there.

Amanda Miller didn't run and she in our top five right now. She's more a middle distance runner and I wanted to protect the number of times she would go to the well. And she ran in the NCAA last year, so has that experience.

Then you have Michelle Turner, who won the Western Regional 1500 last year and was a semifinalist at the Trials.

So we have fantastic depth right now. I think we can handle the ups and downs. Sure runners might be a little hurt or get sick. When we won at Auburn, I think that half the women were sick. But we traveled across the U.S., into the South where it was hot and humid and still ran well.

But that depth creates a safety net. There's enough depth right now so if one person isn't 100% on a given day, we have very capable women waiting to go get the job done well.

**T&FN:** It's a great plus to have that "safety net."

**Metcalf:** It is and I think it all began last track season. When we sat at the Trials and saw what our women did, and then what Kendra Schaaf did [7<sup>th</sup> in World Junior 5000], gave tremendous momentum to the rest of our group. There were five or six who were still racing, but the next 10 or more on our team were still involved and following what happened. That led right into this cross country season and we have great momentum and definitely are headed in the right direction.

And I've told our women if we get to the national meet and we do our thing and run our best and end up 3<sup>rd</sup>, that's still fantastic.

## World Men's Leaders

100	.....9.69 U. Bolt (Jam)
200	.....19.30 U. Bolt (Jam)
400	.....43.75 L. Merritt (US)
800	.....1:42.69 A. Kaki (Sud)
1500	.....3:31.49 D. Komen (Ken)
Mile	.....3:49.38 A. Baddeley (GB)
St	.....8:00.57 P. Koech (Ken)
3000	.....7:28.48+ K. Bekele (Eth)
5000	.....12:50.18 K. Bekele (Eth)
10,000	.....26:25.97 K. Bekele (Eth)
110H	.....12.87 D. Robles (Cub)
400H	.....47.25 A. Taylor (US)
Mar	.....2:03:59 H. Gebrselassie (Eth)
20W	.....1:16:43 S. Morozov (Rus)
50W	.....3:34:14 D. Nizhegorodov (Rus)
4 x 100	.....37.10 Jamaica
4 x 400	.....2:55.39 United States
HJ	.....7-9¼ (2.38) Y. Rybakov (Rus)
	.....7-9¼ (2.38) A. Silnov (Rus)
PV	.....19-9¼ (6.04) B. Walker (US)
LJ	.....28-7¼ (8.73) I. Saladino (Pan)
TJ	.....58-31 (17.75) P. Idowu (GB)
SP	.....73-6i (22.40) A. Nelson (US)
DT	.....235-10 (71.88) G. Kanter (Est)
HT	.....277-3 (84.51) I. Tikhon (Blr)
JT	.....297-1 (90.57) A. Thorkildsen (Nor)
Dec	.....8832 B. Clay (US)

Knight (Aub) 20:14; **3. SchAAF' (Wa) 20:15;**  
**4. Babcock (Wa) 20:16;** **5. Lawrence (Wa) 20:18;** 6. Bush (MiSt) 20:20;  
 7. Jorgense (Wi) 20:20; **8. Follett (Wa) 20:21;** 9. Ramos (KsSt) 20:21; 10. Doetzel' (Prov) 20:24; 11. Marchand (Ia) 20:28; 12. McKay (Louisv) 20:30;  
 13. Mimic' (Vill) 20:34; 14. Koons (Vill) 20:36; 15. Holesh (NC) 20:36; **16. Campbell (Wa) 20:38;** 17. Senakiewich (MiSt) 20:39; 18. Duwell (Mn) 20:46;  
 19. Mericle (Rice) 20:48; 20. Waite (Rice) 20:52; 21. Summers (Oh) 20:53; 22. Kruzal (Fl) 20:53; 23. Robinson (In) 20:53; 24. Pye (Rice) 20:54; 25. Tallman (Vill) 20:54;  
 26. Archer (NM) 20:55; **27. Saylor (Wa) 20:57;** 28. Chetelat (Stan) 20:58; 29. Domenichelli (UCSB) 20:59; 30. Marino (Vill) 21:00; 31. Beecham (Oh) 21:04;  
 32. Lacaze (Fl) 21:06; 33. Picchetti (Ga) 21:06; 34. Eilers (Ia) 21:07; 35. Ali (Fl) 21:08; 36. Grinaker (Wi) 21:09;  
 37. Harrington (Stan) 21:13; 38. Lagat' (Az) 21:13; 39. Perry (Ia) 21:13; 40. Anderson (Mn) 21:14. (278 finished)

### WHITE DIVISION WOMEN

Teams: **1. tie, Florida State & Princeton 89;** 3. Michigan 168; 4. tie, Illinois & Georgetown 186; 6. Arizona State 202; 7. Baylor 203; 8. Stony Brook 265.  
 Individuals: **1. Kuijken' (FIST) 19:49 =cr (=course record Barringer [Co] '07);** 2. Edwards' (Mi) 20:21; 3. Jesang' (WnKy) 20:23; 4. Engel (Il) 20:23;  
**5. Costello (Prin) 20:25;** 6. Van Miert'

(FIST) **20:25;** 7. Becker (Tuls) 20:28; 8. Bedell (Bay) 20:35; 9. Pohl (NnAz) 20:37; 10. Crofford (Nb) 20:39; 11. Kieilty (AzSt) 20:40;

**12. McShine' (FIST) 20:43;** 13. Maloy (Gtn) 20:44; 14. Bizzarri (Il) 20:47; **15. Brandeland (Prin) 20:47;** 16. Kohlmeier (Mi) 20:47; 17. Hardt (AzSt) 20:49; 18. Garcia (Va) 20:51;  
 19. Bradley (Bay) 20:53; 20. Jones (Bay) 20:53; 21. Johnson (Wich) 20:55; **22. Higginson (Prin) 20:57;** **23. Banfich (Prin) 20:58;** 24. Morriral (Pur) 20:59;  
 25. Conley (UCD) 20:59; 26. Olvera (UCI) 21:00; 27. Ferguson (NDm) 21:01; 28. Labelaud (Gtn) 21:02; **29. Kiernan (Prin) 21:03;** 30. Sutherland (Il) 21:04;  
**31. Snow (FIST) 21:05;** 32. Gregg (UCD) 21:06; **33. Vanleuven (Prin) 21:06;** 34. Kingma (AzSt) 21:09; 35. Tauro (Mi) 21:10; 36. Jelimo' (Cinc) 21:11;  
 37. Olivas (UCR) 21:11; 38. Van Dalen (SBR) 21:12; 39. Infeld (Gtn) 21:12; 40. Jorgensen (Vand) 21:12;... **42. Willemsen' (FIST) 21:16.** (281 finished)

### OPEN DIVISION WOMEN

1. Dougherty (Vill) 21:18; 2. Portis (MiSt) 21:28; 3. Glencer (Prin) 21:31.

## — More Collegiate XC —

### CHILE PEPPER FESTIVAL

Fayetteville, Arkansas, October 18—  
 Teams: **1. Texas A&M 52;** 2. Arkansas 75; 3. Lamar 120; 4. Virginia Tech 122; 5. Rend Lake CC 150.  
 10K: 1. Kirwa' (Hard) 28:54; 2. Kosgei' (Lam) 29:06; **3. Songok' (TxAM) 29:17;** 4. Nyango' (ACU) 29:24; 5. Sambu' (Rend) 29:26; 6. Summerside (unat) 29:28;  
 7. MacPherson (Ar) 29:33; 8. Limo' (TxT) 29:37; 9. Kasagule' (Lam) 29:42; 10. Kigen' (TCU) 29:45; 11. Tanui' (ACU) 29:46; **12. McNab (TxAM) 29:57;**  
 13. Bor' (CloudCC) 29:58; 14. Ulrey (unat) 29:59; 15. Cornwall (VaT) 30:07; 16. Hefferon (unat) 30:07.19; 17. LaCava (Ar) 30:11; 18. McClary (Ar) 30:11;  
 19. Sorrell (unat) 30:13; **20. Bible (TxAM) 30:14;** 21. Sang' (ACU) 30:18; **22. Ondrasek (TxAM) 30:20;** **23. Sauvageau (TxAM) 30:23;** 24. Kosgei' (Hard) 30:24;  
 25. Tuach (Rend) 30:25; 26. Lagat' (OR) 30:25; 27. Chebaibai' (OR) 30:26; 28. Kiplagat' (Rend) 30:29; 29. Dinnel (LaT) 30:30; 30. Bean (Lam) 30:31.  
**CHILE PEPPER WOMEN**  
 Teams: **1. Texas Tech 72;** 2. Arkansas 101; 3. SMU 139; 4. Virginia Tech 183; 5. Boston College 185.  
 6K: **1. Kipyego' (TxT) 19:27;** 2. Fanning (VaT) 19:43; **3. Badaru' (TxT) 19:55;** 4. Fjortoft' (SMU) 20:14; 5. Karunde' (WayB) 20:22; 6. Cheruiyot' (MoSt) 20:28;  
 7. White (Ar) 20:33; 8. Biwott' (WayB) 20:41; **9. Kipsang' (TxT) 20:45;** 10. Fitzsimmons (SD) 20:46; 11. Munoz (TxAM) 20:53; 12.

## World Women's Leaders

100	.....10.78 T. Edwards (US)
	.....10.78 S. Fraser (Jam)
200	.....21.74 V. Campbell-Brown (Jam)
400	.....49.62 C. Ohuruogu (GB)
800	.....1:54.01 P. Jelimo (Ken)
1500	.....3:59.75i G. Burka (Eth)
Mile	.....4:18.23 G. Burke (Eth)
St	.....8:58.81 G. Galkina (Rus)
3000	.....8:27.93i M. Defar (Eth)
5000	.....14:11.15 T. Dibaba (Eth)
10,000	.....29:54.66 T. Dibaba (Eth)
100H	.....12.43 L. Jones (US)
400H	.....52.64 M. Walker (Jam)
Mar	.....2:19:19 I. Mikitenko (Ger)
20W	.....1:25:11 O. Kaniskina (Rus)
4 x 100	.....42.24 Jamaica
4 x 400	.....3:18.54 United States
HJ	.....6-9 (2.06) B. Vlašić (Cro) (twice)
PV	.....16-6¾ (5.05) Y. Isinbayeva (Rus)
LJ	.....23-4½ (7.12) N. Gomes (Por)
TJ	.....50-6 (15.39) F. Mbango (Cam)
SP	.....68-10 (20.98) N. Ostapchuk (Blr)
DT	.....218-2 (66.51) N. Grasu (Rom)
HT	.....253-8 (77.32) O. Menkova (Blr)
JT	.....237-2 (72.28) B. Špotáková (CzR)
Hept	.....6733 N. Dobrynska (Ukr)

Waters (Ok) 20:57;  
 13. Jimenez (Tx) 20:59; 14. Rono' (AMCC) 21:00; 15. Fanning (VaT) 21:01; 16. Bargiachi (Ar) 21:03; 17. Kalmer' (Ar) 21:04; 18. Vaughn (Al) 21:05;  
 19. Forish (SMU) 21:14; **20. Diaz (TxT) 21:16;** 21. Johnson (Al) 21:22; 22. Martinez (IUPFW) 21:24; 23. Born (SF) 21:26; 24. Chabot (BC) 21:29; 25. Rosen (Ar) 21:30;  
 26. Korra' (SMU) 21:32; 27. Champa (BC) 21:33; 28. Martinez (IUPFW) 21:33; 29. Phillips (MoSt) 21:35; 30. Engel (Ok) 21:37;... **39. Guzman (TxT) 21:53.**

### PENN STATE NATIONAL

University Park, October 17—  
 Teams: **1. Georgetown 43;** 2. Penn State 93; 3. Villanova 126; 4. Cortland St 127.  
**1. Bumbalough (Gtn) 25:10;** 2. Steeds (GaSt) 25:14; **3. Miller (Gtn) 25:18;** 4. Beamish (Vill) 25:19; 5. Dawson (PennSt) 25:24; 6. Henken (Ky) 25:26;  
 7. Reagan (SlipR) 25:27; 8. Edwards (LaS) 25:27; **9. Scheid (Gtn) 25:28;** 10. Benford (Rich) 25:28; 11. Llano (Rich) 25:31; **12. Teye' (Gtn) 25:31;**  
 13. Brett' (Guelph) 25:33; 14. Weiss (SlipR) 25:36; 15. Capecci (Vill) 25:36; 16. Nally (Cort) 25:37; 17. Lewis (Vill) 25:37; **18. Banks (Gtn) 25:38;** 19. McCandless (PennSt) 25:39;  
 20. Headman (unat) 25:40; 21. Mahoney (PennSt) 25:47; 22. Gonzalez (Rider) 25:47; 23. Henry (Cort) 25:50; 24. Dubois (Cort) 25:51; 25. McNally (PennSt) 25:52.

## Cross Country Schedule

### October

- 25.....Atlantic Sun Conference; Macon, Georgia  
..... Lone Star Conference; Kingsville, Texas  
.....MEAC; Princess Anne, Maryland  
27.....SWAC; Clinton, Mississippi  
31.....Big East; Bronx, New York  
.....Heps; Bronx, New York

### November

- 1.....ACC; Chapel Hill, North Carolina  
..... America East Conference; Cockeysville, Maryland  
..... Atlantic 10 Conference; Charlotte, North Carolina  
.....Big 12 Conference; Ames, Iowa  
.....Big Sky Conference; Portland, Oregon  
.....Big West Conference; Riverside, California  
..... Colonial Conference; Centreville, Virginia  
..... Conference USA; Memphis, Tennessee  
..... Horizon League; Green Bay, Wisconsin  
.....Metro Atlantic Conference; Lake Buena Vista, Florida  
.....Mid-American Conference; Ypsilanti, Michigan  
..... Missouri Valley Conference; Springfield, Missouri  
.....Mountain West Conference; San Diego, California  
..... Ohio Valley Conference; Cape Girardeau, Missouri  
.....Pac-10 Conference; Eugene, Oregon  
..... Patriot League; Bethlehem, Pennsylvania  
..... Southern Conference; Spartanburg, South Carolina  
..... Summit League; Shreveport, Louisiana  
.....Sun Belt Conference; Bowling Green, Kentucky  
.....WAC; Las Cruces, New Mexico  
.....West Coast Conference; Belmont, California  
2.....Big 10 Conference; Ann Arbor, Michigan  
3.....SEC; Starkville, Mississippi  
..... Southland Conference; Nacogdoches, Texas  
8.....NCAA II Regionals (8 sites)  
.....JUCO I Championships; Spartanburg, South Carolina  
.....JUCO III Championships; Warwick, Rhode Island  
15.....NCAA III Regionals (8 sites)  
.....NCAA I Regionals

*Great Lakes—West Lafayette, Indiana*  
*Mid-Atlantic—Princeton, New Jersey*  
*Midwest—Stillwater, Oklahoma*  
*Mountain—Fort Collins, Colorado*  
*Northeast—Bronx, New York*  
*Southeast—Clemmons, North Carolina*  
*South Central—Waco, Texas*  
*South—Maryville, Tennessee*  
*West—Stanford, California*

- .....NTN Heartland Regional; Sioux Falls, South Dakota  
.....NTN Midwest Regional, Terre Haute, Indiana  
..... NTN Northwest Regional; Boise, Idaho  
22.....IC4A/ECAC; Bronx, New York  
.....NAIA Championships; Kenosha, Wisconsin  
.....NCAA II Championships; Slippery Rock, Pennsylvania  
.....NCAA III Championships; Hanover, Indiana  
.....NTN South Regional; The Woodlands, Texas  
..... NTN Southwest Regional; Tempe, Arizona  
24.....NCAA Championships; Terre Haute, Indiana  
29.....NTN NE Regional; Wappinger Falls, New York  
.....NTN Southeast Regional; Cary, North Carolina  
.....Foot Locker Midwest HS; Kenosha, Wisconsin  
.....Foot Locker Northeast HS; Bronx, New York  
.....Foot Locker Southern HS; Charlotte, North Carolina

### December

- 1..... Nike HS Team Nationals (NTN); Portland, Oregon  
6.....AAU Youth Championships; Decatur, Alabama  
.....Foot Locker West HS; Walnut, California  
13.....Foot Locker HS Championships; San Diego, California  
.....USATF Junior Olympics; Hanover County, Virginia  
.....USATF Club Championships; Spokane, Washington  
14.....European Championships; Brussels, Belgium

### February '09

- 7.....USATF Championships; Derwood, Maryland

### March '09

- 28.....World Championships; Amman, Jordan

## PENN STATE WOMEN

Teams: 1. West Virginia 40; 2. Penn State 83; 3. Wake Forest 136; 4. Duke 154; 5. Tennessee 162.

1. Carson' (Guelph) 20:07; 2. **Bland (WV) 20:11; 3. Grandt (WV) 20:17;** 4. Franek (PennSt) 20:20; 5. Bowman (Tn) 20:24; 6. Spence (Shipp) 20:36;

7. Kieffer (WF) 20:51; 8. **Lewis (WV) 20:56;** 9. McKenna (unat) 20:56; 10. **Christopher (WV) 20:59;** 11. Seymour (Duke) 21:01; 12. Traynor (Rich) 21:02;

13. Laurie' (Guelph) 21:04; 14. Spring (PennSt) 21:04; 15. Blancett (GaSt) 21:05; 16. Nosenko (WF) 21:05; 17. Van Alstine (Rich) 21:05;

18. Hogan (GWa) 21:06; 19. Harrison (WV) 21:07; 20. Ortman (Ky) 21:09; 21. Rosenfeld (PennSt) 21:10;

22. **O'Connell (WV) 21:11;** 23. Percival (PennSt) 21:12; 24. Ortman (Ky) 21:13; 25. Millhouse (PennSt) 21:14.

## — Marathons —

### DONG-A MARATHON

Gyeongju, South Korea, October 19—

Men: 1. Teimet (Ken) 2:09:53 PR; 2. Birhanu (Eth) 2:09:56; 3. Kibiwott (Ken) 2:10:06; 4. Barmao (Ken) 2:10:22; 5. Komen (Ken) 2:11:12; 6. Kiplagat (Ken) 2:11:13; 7. Yuda Msuri (Tan) 2:11:52; 8. Lee (SK) 2:16:22 PR; 9. Khabotov (Rus) 2:17:39;...

dnf—Utraiainen (Fin), J. Muindi (Ken), H. Kogo (Ken), Onsare (Ken), Sipe (Tan).

Women: 1. Youn (SK) 2:31:21 PR; 2. Chung (SK) 2:37:15.

### BEIJING MARATHON

Beijing, October 19—

Mar: 1. B. Kiptoo (Ken) 2:10:14; 2. L. Chelimo (Ken) 2:10:30 PR; 3. Wangai (Ken) 2:10:52; 4. Kisri (Mor) 2:11:31; 5. Saina (Ken) 2:13:25;

6. W. Chen (Chn) 2:13:46 PR; 7. Ren (Chn) 2:14:27; 8. Z. Wang (Chn) 2:15:03 PR; 9. Takeyasu (Jpn) 2:15:10; 10. Chen (Chn) 2:15:32;

11. Han (Chn) 2:15:56; 12. Watanabe (Jpn) 2:16:33; 13. Zheng (Chn) 2:16:55; 14. Wami (Eth) 2:16:58; 15. Dong (Chn) 2:16:59;

16. L. Wang (Chn) 2:17:07; 17. Kipserem (Ken) 2:17:12 PR; 18. Yin (Chn) 2:17:35 PR; 19. Ch. Wang (Chn) 2:18:24; 20. Peng (Chn) 2:18:46 PR.

## The Titles Of T&FN Issues

If you're sharp-eyed, you might notice that the most recent issue (Usain Bolt cover) isn't called "October 2008"; it's "2008 Olympic Edition." The next issue will be called "November/December," not just "November."

Due to the needs of our newsstand distributors, we needed to make our dating even earlier, hence this little tweak.

It will NOT affect your subscription. The November/December issue will count as only one, so you will get 12 in the calendar year. But if your subscription was set to expire in, say, February, it will now expire with the March issue instead.

Thanks for bearing with us.

### BEIJING WOMEN

1. Bai (Chn) (19) 2:26:27; 2. Chen (Chn) 2:28:25; 3. Y. Zhang (Chn) 2:28:52; 4. Kimutai (Ken) 2:29:19; 5. Chelagat (Ken) 2:31:40;

6. Kim (NK) 2:33:15; 7. Ji. Wang (Chn) 2:36:07; 8. Toroitich (Ken) 2:36:26; 9. W. Sun (Chn) 2:39:26; 10. Ju. Zhang (Chn) 2:39:33 PR;... 31. Y. Sun (Chn) 2:57:25.

### AMSTERDAM MARATHON

Amsterdam, Holland, October 19—

Men: 1. Pa. Kirui (Ken) 2:07:52; 2. Dechase (Eth) 2:08:31 PR; 3. Cheboror (Ken) 2:09:13; 4. J. Kipkorir (Ken) 2:09:22 PR; 5. Ja. Koech (Ken) 2:09:42; 6. Ja. Rotich (Ken) 2:10:04;

7. Deme (Eth) 2:10:13 PR; 8. Kibowen (Ken) 2:11:28; 9. Matebor (Ken) 2:11:34; 10. Berhanu (Eth) 2:12:23; 11. Toek (Ken) 2:12:27; 12. B. Limo (Ken) 2:12:46 PR;

13. Tsige (Eth) 2:13:23 PR; 14. van den Broek (Hol) 2:13:51; 15. Bouazza (Mor) 2:14:26 PR; 16. Ndiso (Ken) 2:15:49 PR;... 21. Mayeroff (US) 2:24:29.

Women: 1. Cheromei (Ken) 2:25:57 PR; 2. Adenach (Eth) 2:30:17; 3. Markos (Eth) 2:32:32;... 9. Reddy (US) 2:39:33.

### REIMS MARATHON

Reims, France, October 19—

1. Kiyeng (Ken) 2:07:53 PR; 2. Joh. Komen (Ken) 2:08:06 PR; 3. V. Limo (Ken) 2:08:16 PR; 4. D. Kemboi (Ken) 2:08:40; 5. A. Kirui (Ken) 2:09:38 PR; 6. A. Chelanga (Ken) 2:10:28;

7. Cherogony (Ken) 2:10:45 PR; 8. Gelana (Eth) 2:11:50 PR; 9. Ph. Biwott (Ken) 2:13:01; 10. Jon. Kibet (Ken) 2:13:04.

Women:

1. A. Kiprof (Ken) 2:32:37 PR.

two weeks until the next  
eNewsletter:  
Conference XC, NYC Marathon