

— Breakthroughs For Demus & Vessey In Monaco —

by Roy Conrad

U.S. 400 hurdles champion Lashinda Demus backed up her season-leading 53.65 win from three days earlier in London by

nally join the elite sub-53 club. "I didn't start as fast as I normally do. I still think there's room for improvement."

Walker's 54.20 just edged Trinidad's Jo-

member Christin Wurth-Thomas PRed at 1:59.35 in 7th.

"I can't believe it. This is amazing," said an enthused Vessey. "This time was a commitment I had made to myself; to be tough and not get pushed back. I raced with a determination I never had before."

In the men's two-lapper, U.S. champ Nick Symmonds got his long-sought goal of a sub-1:44 clocking with his PR 1:43.83 for 3rd. Sudan's Abubaker Kaki timed 1:43.50 for the win, just holding off the big closing rush by Russia's Yuriy Borzakovskiy (1:43.58).



ERIC GALLAND/REUTERS

Demus finally joined the sub-53 club

again outrunning Olympic winner Melaine Walker—but even more decisively—at the Herculis Super GP meet.

Demus bested Jamaica's Walker by 0.90 in London. But here on the shore of the Mediterranean, the 26-year-old Californian simply ran away from the field in the meet's first track event. Demus led from the gun in roaring to a 52.63 to become the No. 4 performer in history and leave Walker (54.20) even farther behind. Her old PR was 53.02 in '06.

Only two World Records—the current 52.34 by Russia's Yuliya Pechonkina in '03 and the former global and still AR 52.61 by Kim Batten at the '95 Worlds—plus Tonja Buford-Bailey's 52.62 behind Batten, are faster all-time.

"I've worked so hard and it's finally paying fruits," said Demus, who was thrilled to fi-

sanne Lucas by 0.01. Jamaican Kaliese Spencer PRed at 54.33 in a solitary 4th ahead of American Tiffany Williams' seasonal-best 54.50. Sheena Tosta was farther back in 5th at 54.75.

Some 70 minutes after Demus's stunner, American Maggie Vessey authored her own at 800. In likely her last shot to meet the World Champs A standard of 2:00.00—and having twice threatened the mark during her European summer—the 27-year-old Vessey raced with savvy.

She stayed close to the front through 600 meters before moving on the inside to challenge recent Russian champ Mariya Savinova for the lead. With some 80 meters left, Vessey pulled away to score a big 1:57.84 world-leading win and book her Berlin ticket. Savinova (1:58.39) followed; Worlds 1500 team

MONACO SUPER GP

Fontvieille, Monaco, July 28 (attendance c15,000)—

100(0.1): 1. Martina (NA) 10.07; 2. Patton (US) 10.08; 3. Edwards (US) 10.12; 4. Padgett (US) 10.13; 5. Jelks (US) 10.16; 6. Burns (Tri) 10.18; 7. Spearmon (US) 10.21; 8. Armstrong (Tri) 10.42.

400: 1. Merritt (US) 44.73; 2. Neville (US) 45.26; 3. Gillick (Ire) 45.34; 4. Djhone (Fra) 45.57; 5. Torrance (US) 45.97; 6. Venel (Fra) 46.14; 7. Rooney (GB) 46.22; 8. A. Williams (Bah) 47.98.

800: 1. Kaki (Sud) 1:43.50; 2. Borzakovskiy (Rus) 1:43.58; 3. **Symmonds (US) 1:43.83 PR (AL) (8, x A)**; 4. Lewandowski (Pol) 1:43.84 PR; 5. Som (Hol) 1:44.12;

6. Reed (Can) 1:44.24; 7. Chamney (Ire) 1:45.50; 8. Robinson (US) 1:45.50; 9. Lastenet (Fra) 1:48.84; 10. Rimmer (GB) 1:49.19 (1:16.88);... rabbit—Kiilu (Ken) (49.13).

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2009 Men's World Leaders

(¶ = record performance; i = indoors) (marks in red reported since last week's edition)

100.....	9.77 ¶	Tyson Gay (US)
200.....	19.58	Tyson Gay (US)
400.....	44.50	LaShawn Merritt (US) (twice)
800.....	1:43.09	Abubaker Kaki (Sudan)
1500.....	3:29.47	Augustine Choge (Kenya)
Mile.....	3:48.50	Asbel Kiprop (Kenya)
St.....	7:58.85	Ezekiel Kemboi (Kenya)
3000.....	7:28.37	Eliud Kipchoge (Kenya)
5000.....	12:56.23	Kenenisa Bekele (Ethiopia)
10,000.....	26:57.36	Josphat Muchiri (Kenya)
110H.....	13.04	Dayron Robles (Cuba)
400H.....	47.94	LJ van Zyl (South Africa)
Mar.....	2:04.27	Duncan Kibet (Kenya)
.....	2:04.27	James Kwambai (Kenya)
20W.....	1:17.38	Valeriy Borchin (Russia)
50W.....	3:38.45	Yohann Diniz (France)
4 x 100.....	37.46	Racers TC (mixed nationality)
4 x 400.....	2:59.78	USA
HJ.....	7-10½ (2.40)i	Ivan Ukhov (Russia)
PV.....	19-10½ (6.06)i	Steve Hooker (Australia)
LJ.....	28-8¼ (8.74)	Dwight Phillips (US)
TJ.....	57-11¼ (17.66)	Nelson Évora (Portugal)
SP.....	72-¼ (21.95)	Tomasz Majewski (Poland)
DT.....	235-0 (71.64)	Gerd Kanter (Estonia)
HT.....	267-2 (81.43)	Krisztián Pars (Hungary)
JT.....	297-7 (90.71)	Vadims Vasiļevskis (Latvia)
Dec.....	8654	Leonel Suárez (Cuba)

2009 Men's U.S. Leaders

100.....	9.77	Tyson Gay (adidas)
200.....	19.58	Tyson Gay (adidas)
400.....	44.50	LaShawn Merritt (Nike) (twice)
800.....	1:43.83	Nick Symmonds (Oregon TC)
1500.....	3:32.56	Bernard Lagat (Nike)
Mile.....	3:51.34i	Bernard Lagat (Nike)
3000.....	7:33.15	Bernard Lagat (Nike)
St.....	8:21.65	Dan Huling (Reebok)
5000.....	13:03.06	Bernard Lagat (Nike)
10,000.....	27:36.99	Tim Nelson (Oregon TC)
110H.....	13.09	David Oliver (Nike)
400H.....	47.98	Bershawn Jackson (Nike)
Mar.....	2:09.21	Meb Keflezighi (Nike)
20W.....	1:26.15	Tim Seaman (New York AC)
50W.....	4:28.53	Philip Dunn (New Balance)
4 x 100.....	37.92	USA Blue Penn
4 x 400.....	2:59.78	USA Red Penn
HJ.....	7-8¾ (2.36)i	Jesse Williams (Nike)
PV.....	19-1 (5.82)i	Derek Miles (Nike)
.....	19-1 (5.82)i	Jeremy Scott (unattached)
LJ.....	28-8¼ (8.74)	Dwight Phillips (Nike)
TJ.....	56-7¼ (17.26)	Brandon Roulhac (Shore AC)
SP.....	71-10 (21.89)	Reese Hoffa (New York AC)
DT.....	224-8 (68.49)	Casey Malone (Nike)
HT.....	252-2 (76.86)	Jake Freeman (New York AC)
JT.....	275-2 (83.87)	Chris Hill (Georgia)
Dec.....	8516	Trey Hardee (Nike)

1500: 1. Baala (Fra) 3:30.96; 2. Zerguelaine (Alg) 3:31.21 PR; 3. Iguider (Mor) 3:31.47 PR; 4. Kamel (Bhr) 3:31.56 PR; 5. Boukensa (Alg) 3:31.90;

6. Mekonnen (Eth) 3:32.18 PR (2:49.89); 7. Lomong (US) 3:32.94 PR (8, x A) (gets Berlin A); 8. Higuero (Spa) 3:33.19; 9. Cronje (Fra) 3:33.63 PR;

10. Sarah (GB) 3:33.98 PR; 11. Yemmouni (Fra) 3:34.90; 12. Kowal (Fra) 3:35.39 PR;... rabbit—Surum (Ken) (54.64, 56.77 [1:51.41]), Polonet (Ken).

St: 1. Taher (Bhr) 8:07.24; 2. Kipyego (Ken) 8:08.48 PR; 3. Ramolefi (SA) 8:11.63 NR (5:25.24); 4. Keskisalo (Fin) 8:12.93 PR; 5. Mutai (Ken) 8:14.38;

6. Kiprotich (Ken) 8:14.45; 7. Chelimo (Ken) 8:15.33; 8. Chemlal (Mor) 8:15.63 PR; 9. Terer (Ken) 8:20.00; 10. Huling (US) 8:21.65 (AL);

11. Zouaoui Dandrieaux (Fra) 8:25.27; 12. Desmet (Bel) 8:29.10; 13. Gunn (GB) 8:37.29; 14. Zerrifi (Alg) 8:48.26;... rabbit—Lagat (Ken) (2:38.41).

3000: 1. Kipsiro (Uga) 7:30.95 PR; 2. Kipruto (Ken) 7:32.52 (5:04.43) PR; 3. Alex (Ken) 7:33.02 PR; 4. Tahri (Fra) 7:33.18 PR; 5. Kiptoo (Ken) 7:34.87; 6. Komon (Ken) 7:35.96;

7. Amdouni (Fra) 7:39.10; 8. Rotich (Ken) 7:41.14; 9. Jager (US) 7:41.78; 10. Kiplimo (Ken) 7:46.21; 11. Smail (Fra) 7:53.34;... rabbit—Esho (Ken) (2:29.90).

110H(0.9): 1. Robles (Cub) 13.06; 2. Brown (US) 13.34; 3. Thomas (Jam) 13.36; 4. Darien (Fra) 13.36 PR; 5. Richardson (US) 13.37; 6. Turner (GB) 13.44; 7. Hicks (US) 13.49; 8. Coco-Viloin (Fra) 13.89.

400H: I-1. van Zyl (SA) 47.94 PR (WL); 2. Jackson (US) 47.98 (AL); 3. McFarlane (Jam) 48.13 (world over-35 best);

4. Culson (PR) 48.29 NR; 5. Phillips (Jam) 48.52; 6. Clement (US) 48.92; 7. Thomas (Aus) 49.26.

II-1. Greene (GB) 49.04; 2. Bellaabouss (Fra) 49.41; 3. Maillard (Fra) 49.81; 4. Williams (GB) 49.86;... dnf—Robertson (Jam).

Field Events

PV: 1. Lavillenie (Fra) 19-3½ (5.88) (17-10½, 18-4½, 18-8¼, 19-¼, 19-3½ [2]) (5.45, 5.60, 5.70, 5.80, 5.88 [2]);

2. Walker (US) 19-¼ (5.80) (18-4½, 18-8¼ [2], 19-¼, p, 19-6¼ [xpx]) (5.60, 5.70 [2], 5.80, p, 5.95 [xpx]);

3. Mesnil (Fra) 19-¼; 4. Mazuryk (Ukr)

19-¼; 5. Ecker (Ger) 18-8¼ (5.70); 6. Miles (US) 18-8¼;

7. Kucheryanu (Rus) 18-4½ (5.60); 8. Clavier (Fra) 18-4½; 9. Dossévi (Fra) 18-4½; 10. tie, Scott (US) & Stevenson (US) 17-10½ (5.45).

LJ: 1. Mokoena (SA) 27-2 (8.28) (27-2, 27-¾, p, 27-2, p, p) (8.28, 8.25, p, 8.28, p, p); 2. Tomlinson (GB) 26-7¼ (8.11); 3. Sdiri (Fra) 26-3¾ (8.02);

4. Al-Sabee (Sau) 26-2¾ (7.99); 5. Badji (Sen) 26-2¼ (7.98); 6. Watt (Aus) 26-¾ (7.94); 7. Howe (Ita) 25-9¼ (7.85); 8. Johnson (US) 25-5¼ (7.75); 9. Quinley (US) 24-4½ (7.43);... nm—Lapierre (Aus).

MONACO WOMEN

100(0.0): 1. Fraser (Jam) 10.91; 2. Ferguson McKenzie (Bah) 10.97 (first sub-11 since '03); 3. Campbell-Brown (Jam) 11.03;

4. Sturup (Bah) 11.13; 5. Jones-Ferrette (VI) 11.14; 6. Anderson (US) 11.18; 7. Bailey (Jam) 11.26; 8. Durst (US) 11.35.

800: 1. Vessey (US) 1:57.84 PR (WL, AL) (=7, x A) (gets Berlin-A); 2. Savinova (Rus) 1:58.39 (1:28.03); 3. Meadows (GB) 1:58.63 PR; 4. Simpson (GB) 1:59.07 PR;

5. Sinclair (Jam) 1:59.13; 6. Kostetskaya (Rus) 1:59.31; 7. Wurth-Thomas (US) 1:59.35 PR; 8. Krevsun (Ukr) 1:59.47; 9. Guégan (Fra) 1:59.77; 10. Uceny (US) 2:00.06;... rabbit—Tverdostup (Ukr) (57.04).

1500: 1. Jamal (Bhr) 3:58.83; 2. Burka (Eth) 3:59.56; 3. Alaoui Selsouli (Mor) 4:00.95 PR; 4. Willard (US) 4:01.68; 5. Dobriskey (GB) 4:02.28; 6. Ejdsy (Pol) 4:02.30 PR;

7. Lakhoud (Mor) 4:03.23 PR; 8. Twell (GB) 4:03.48 PR; 9. England (GB) 4:04.29 PR; 10. Panteleyeva (Rus) 4:04.29; 11. Hilali (Mor) 4:05.12;

12. Chojicka (Pol) 4:06.07; 13. Lishchynska (Ukr) 4:13.14;... rabbits—Mishchenko (Ukr) (63.62, 66.20 [2:09.82]), Donohue (US) (3:15.26).

100H(0.7): 1. McLellan (Aus) 12.50 NR; 2. Lopes-Schliep (Can) 12.54; 3. Jones (US) 12.61; 4. Foster-Hylton (Jam) 12.62; 5. Powell (US) 12.70; 6. Harper (US) 12.79; 7. Nytra (Ger) 12.87.

400H: 1. Demus (US) 52.63 PR (WL, AL) (4, 4 W; 3, 3 A); 2. Walker (Jam) 54.20; 3. Lucas (Tri) 54.21;

4. Spencer (Jam) 54.33 PR; 5. Williams (US) 54.50; 6. Tosta (US) 54.75; 7. Hejnová (CzR) 54.90 NR; 8. Jesien (Pol) 55.83.

Field Events

HJ: 1. Vlašić (Cro) 6-8 (2.03) (6-1½, 6-3¼, 6-4¼, 6-7 [2], 6-8 [2], 6-8¾ [xxx]) (1.87, 1.91, 1.95, 2.01 [2], 2.03 [2], 2.05 [xxx]);

2. Friedrich (Ger) 6-8 (6-3¼, 6-4¼, 6-7 [2], 6-8 [3], 6-8¾ [xxx]) (1.91, 1.95, 2.01 [2], 2.03 [3], 2.05 [xxx]);

3. Chicherova (Rus) 6-4¼ (1.95); 4. Gordeeva (Rus) 6-3¼ (1.91); 5. tie, Skotnik (Fra) & Acuff (US) 6-3¼; 7. Klyugina (Rus) 6-1½ (1.87); 8. tie, Shkolina (Rus) & Kröger (Ger) 6-1½.

2009 Women's World Leaders

(*¶* = record performance; *i* = indoors)

100.....	10.75	Kerron Stewart (Jamaica)
200.....	21.88	Allyson Felix (US)
400.....	49.23	Sanya Richards (US)
800.....	1:56.72	Caster Semenya (South Africa)
1500.....	3:56.55	Maryam Jamal (Bahrain)
Mile.....	4:25.91i	Jenny Barringer (US)
St.....	9:09.39	Marta Dominguez (Spain)
3000.....	8:25.80i+	Meseret Defar (Ethiopia)
5000.....	14:24.37i	Meseret Defar (Ethiopia)
10,000.....	29:53.0	Meselech Melkamu (Ethiopia)
100H.....	12.47	Lolo Jones (US)
400H.....	52.63	Lashinda Demus (US)
Mar.....	2:22:11	Irina Mikitenko (Germany)
20W.....	1:24:56	Olga Kaniskina (Russia)
4 x 100.....	42.36	Texas A&M (US)
4 x 400.....	3:23.08	USA
HJ.....	6-9 (2.06)	Ariane Friedrich (Germany)
PV.....	16-4¾ (5.00)i	Yelena Isinbayeva (Russia)
LJ.....	23-2 (7.06)	Brittney Reese (US)
TJ.....	49-8¼ (15.14)	Nadezhda Alekhina (Russia)
SP.....	67-10¾ (20.69)	Valerie Vili (New Zealand)
DT.....	217-2 (66.21)	Stephanie Brown Trafton (US)
HT.....	252-3 (76.90)	Martina Hrašnová (Slovakia)
JT.....	225-0 (68.59)	Christina Obergföll (Germany)
Hept.....	6587	Jessica Ennis (Great Britain)

2009 Women's U.S. Leaders

100.....	10.92	Carmelita Jeter (Nike)
200.....	21.88	Allyson Felix (adidas)
400.....	49.23	Sanya Richards (Nike)
800.....	1:57.84	Maggie Vessey (unattached)
1500.....	3:59.90	Jenny Barringer (Colorado)
Mile.....	4:25.91i	Jenny Barringer (Colorado)
St.....	9:25.54	Jenny Barringer (Colorado)
3000.....	8:42.03i	Jenny Barringer (Colorado)
5000.....	14:47.62i	Shalane Flanagan (Nike)
10,000.....	31:22.69	Amy Begley (Nike)
100H.....	12.47	Lolo Jones (Nike)
400H.....	52.63	Lashinda Demus (Nike)
Mar.....	2:32:25	Kara Goucher (Nike)
20W.....	1:37:13	Teresa Vaill (Walk USA)
4 x 100.....	42.36	Texas A&M
4 x 400.....	3:23.08	USA Red Penn
HJ.....	6-6 (1.98)i	Destinee Hooker (Texas)
.....	6-6 (1.98)	Chaunté Howard (Nike) (twice)
PV.....	15-10 (4.83)i	Jenn Stuczynski (adidas)
LJ.....	23-2 (7.06)	Brittney Reese (Nike)
TJ.....	45-8 (13.92)	Shakeema Welsch (unat) (twice)
SP.....	62-9¼ (19.13)	Michelle Carter (Nike)
DT.....	217-2 (66.21)	Stephanie Brown Trafton (Nike)
HT.....	236-4 (72.04)	Jessica Cosby (Nike)
JT.....	209-9 (63.95)	Kara Patterson (Purdue)
Hept.....	6290w	Diana Pickler (Asics)

TJ: 1. Savigne (Cub) 48-10¼ (14.89) (48-7½, 48-10¼, 47-9¾, 48-4½, 40-6¾, f) (14.82, 14.89, 14.57, 14.74, 12.36, f);
2. Gay (Cub) 47-3½ (14.41) (47-2½, 47-3½, f, 47-¼, 46-10, 46-11¾) (14.39, 14.41, f, 14.33, 14.27, 14.32);

3. Lebedeva (Rus) 47-2½ (14.39) (47-2¼, 47-2½, 44-11¾, 45-9, 46-2½, 46-6¼) (14.38, 14.39, 13.71, 13.94, 14.08, 14.18);

4. Veldáková (Svk) 46-8¼ (14.23); 5. Aldama (Sud) 46-8 (14.22); 6. Sestak (Slo) 45-8½ (13.93); 7. Nzola Meso (Fra) 45-6½ (13.88);... 3f—Smith (Jam).

JT: 1. Špotáková (CzR) 214-5 (65.37) (199-2, 201-8, 214-5, p, f, 207-11) (60.70, 61.46, 65.37, p, f, 63.37); 2. Nerius (Ger) 204-6;

3. Molitor (Ger) 197-10 (60.31); 4. Viljoen (SA) 195-11 (59.73); 5. Negoita (Rom) 195-2 (59.49); 6. Rebryk (Ukr) 193-4 (58.92); 7. Mickle (Aus) 192-9 (58.77).

MÖLN DAL

Möln dal, Sweden, July 24—TJ: 1. Olsson (Swe) 56-6¾ (17.24) (first meet of year; farthest mark since July '07).

BRASSCHAAT

Brasschaat, Belgium, July 26—
200(-0.4): 1. Dykes (US) 20.73.

800: I-1. Joseph (Hai) 1:46.1; 2. Mumba (Zam) 1:46.3 PR; 3. Emmen (US) 1:46.6.

II-1. Wiczorek (US) 1:47.97.

1500: 1. Van Malderen (Bel) 3:39.43; 2. Salel (Ken) 3:39.51; 3. Milne (Can) 3:39.62.

Mile: 1. Brown (US) 3:57.54 PR; 2. Torrence (US) 3:57.76; **3. Thompson (US) 3:59.29 PR (U.S. sub-4:00 #329) (age 30);**

4. Mickowski (US) 4:00.52 PR; 5. de Koning (Hol) 4:01.09 PR; 6. Brosnan (US) 4:02.31 PR; 7. Schmitz (US) 4:03.39.

5000: 1. Dame (Eth) 13:34.97; 2. Sato (Jpn) 13:35.32; 3. Bauhs (US) 13:35.39; 4. Kenneally (Ire) 13:36.71 PR;

5. Vaughn (US) 13:37.16;... 11. Pierce (US) 13:41.00 PR;... 16. Sayenko (US) 13:50.15 PR.

PV: 1. Goossens (Bel) 17-10½ (5.45).

BRASSCHAAT WOMEN

800: 1. Martinez (US) 2:00.85 PR; 2. Dahl (US) 2:00.88 PR; 3. Hamblin (GB) 2:00.90 PR;... 7. Green (US) 2:05.21.

1500: 1. Belete (Eth) 4:09.09 PR; 2.

Maveau (Bel) 4:09.50 PR; 3. Centrowitz (US) 4:10.23 PR; 4. De Grande (Bel) 4:10.71 PR;

5. McNeice (Ire) 4:11.03; 6. Dicrescenzo (US) 4:12.78 PR; 7. Gallo (US) 4:13.86;... 11. Hinter (US) 4:21.97 PR.

3000: 1. Hastings (US) 9:11.10 PR; 2. Anteneh (Eth) 9:12.11 PR; 3. Yalaw (Eth) 9:12.11; 4. Doetzel (Can) 9:13.19 PR; 5. Anderson (US) 9:16.40 PR; 6. Garrahan (US) 9:18.13 PR.

LJ: 1. Reese (US) 21-11¾ (6.70); 2. Ruckstuhl (Hol) 21-2¾ (6.47); 3. Upshaw (US) 19-10¼ (6.05).

DT: 1. Jansen (Hol) 184-3 (56.17).

STOCKHOLM SUPERGP

Stockholm, Sweden, July 31 (rainy)—

100: I(2.6)—1. **Gay (US) 9.79w (a-c: x, =8 A);** 2. Patton (US) 9.95w; 3. Powell (Jam) 9.98w; 4. Martina (NA) 10.01w; 5. Saidu Ndure (Nor) 10.07w; 6. Edwards (US) 10.07w; 7. Collins (StK) 10.10w; 8. Frater (Jam) 10.17w.

II(1.5)—1. Burns (Tri) 10.16; 2. Spearmon (US) 10.19; 3. Francis (Qat) 10.21; 4. Hinds (Bar) 10.37;... fs—Brown (Tri).

400: I-1. Wariner (US) 44.83; 2. Bingham (GB) 45.49; 3. Clement (US) 45.83; 4. Wissman (Swe) 45.91; 5. Wroe (Aus) 45.91; 6. Jackson (US) 45.96; 7. Steffensen (Aus) 46.16; 8. Torrance (US) 46.59.

II-1. Chambers (Jam) 45.54; 2. Clark (US) 46.14; 3. Blackwood (Jam) 46.38; 4. Milburn (Aus) 46.89.

III-1. Yusuf (Sud) 45.95.

800: 1. Lalang (Ken) 1:47.11; 2. Borzakovskiy (Rus) 1:47.34; 3. Osmolovych (Ukr) 1:47.35; 4. Manseur (Alg) 1:47.46; 5. Kamel (Bhr) 1:47.65; 6. Rimmer (GB) 1:47.98; 7. Claesson (Swe) 1:48.05; 8. Milkevics (Lat) 1:48.17;... rabbit—Kiilu (Ken).

1000: 1. Ali (Bhr) 2:16.55 (out WL); 2. Rono (Ken) 2:16.82; 3. Kaki (Sud) 2:16.98; 4. Riseley (Aus) 2:17.35 PR; **5. Lagat (US) 2:17.52 (AL);**

6. Lancashire (GB) 2:17.63 PR; 7. Smith (US) 2:17.65 PR; 8. van der Westhuizen (SA) 2:17.81 PR; 9. Brannen (Can) 2:17.87; 10. Manzano (US) 2:19.73 PR;... rabbit—Krummenacker (US).

St: 1. Kipyego (Ken) 8:17.17; 2. Kiprotich (Ken) 8:18.29; 3. Mutai (Ken) 8:24.76; 4. Chumba (Ken) 8:25.43; 5. McAdams (US) 8:25.66; 6. Terer (Ken) 8:26.00;

7. Mohamed (Swe) 8:27.17; 8. Kosgei (Ken) 8:30.08; 9. Le Dauphin (Fra) 8:33.36; 10. Y. Biwott (Ken) 8:35.51 PR; 11. Abdi (Aus) 8:35.91;... 14. Alcorn (US) 8:53.35.

110H: I(0.3)—1. Robles (Cub) 13.11; 2. Brown (US) 13.38; 3. Richardson (US) 13.43; 4. Mitchum (US) 13.49; 5. Nossmy (Swe) 13.67; 6. Hicks (US) 13.68; 7. Kronberg (Swe) 13.74.

II(0.8)—1. Sands (Bah) 13.55; 2. Thornton (US) 14.37; 3. Wilson (US) 16.38.

Field Events

HJ: 1. Williams (US) 7-6½ (2.30) (7-2½, 7-4¼ [2], 7-5¼, 7-6½ [2], 7-7¼ [xxx]) (2.20, 2.24 [2], 2.27, 2.30 [2], 2.32 [xxx]);

2. Rybakov (Rus) 7-6½ (7-2½ [2], 7-4¼, 7-5¼ [2], 7-6½ [2], 7-7¼ [xxx]) (2.20 [2], 2.24, 2.27 [2], 2.30 [2], 2.32 [xxx]);

3. Bába (CzR) 7-5¼ (2.27); 4. Ukhov (Rus) 7-4¼ (2.24); 5. Manson (US) 7-4¼; 6. Dmitrik (Rus) 7-4¼; 7. Shustov (Rus) 7-2½ (2.20); 8. Mason (GB) 7-2½ 9. Kgosiemang (Bot) 7-½ (2.15); 10. Harris (US) 7-½.

PV: 1. tie, Fritz (Swe) & Mazuryk (Ukr) 18-4¾ (5.61); 3. Hooker (Aus) 18-4¾; 4. Gerasimov (Rus) 18-1 (5.51); 5. Chistiakov (Rus) 18-1;

6. tie, Burgess (Aus) & Kucheryanu (Rus) 17-5 (5.31); 8. tie, Stevenson (US) & Straub (Ger) 17-5;... nh—da Silva (Bra), Jeng (Swe).

SP(7/30; downtown): 1. **Majewski (Pol) 72-¼ (21.95) PR (WL) (24, x W) (71-½, 72-¼, 70-4¼, f, f, 71-7½) (21.65, 21.95, 21.44, f, f, 21.83);**

2. Hoffa (US) 70-7¾ (21.53) (67-5¼, 70-5, 70-1, f, 69-4¼, 70-7¾) (20.55, 21.46, 21.36, f, 21.14, 21.53);

3. Nelson (US) 68-¼ (20.73); 4. Armstrong (Can) 67-0 (20.42); 5. Sofin (Rus) 65-5 (19.94); 6. Peetre (Est) 65-2 (19.86);

7. Scott (Jam) 64-8 (19.71); 8. Winger (US) 63-11½ (19.49); 9. Martin (Aus) 63-4¾ (19.32); 10. Anlezark (Aus) 61-10½ (18.86).

JT: 1. Thorkildsen (Nor) 284-11 (86.85) (280-3, 277-1, 269-0, 277-4, 284-11, 281-0) (85.43, 84.47, 81.99, 84.54, 86.85, 85.65);

2. Pyatnytsya (Ukr) 259-8 (79.15); 3. Rags (Lat) 258-1 (78.67); 4. Hazle (US) 255-1 (77.76); 5. Frydrych (CzR) 252-10 (77.07); 6. Wallin (Swe) 245-10 (74.95);

7. Lohse (Swe) 241-2 (73.52); 8. Makarov (Rus) 237-7 (72.43); 9. Kovals (Lat) 237-3 (72.33); 10. Smet (Bel) 235-7 (71.82);... nm—Vasilevskis (Lat).

STOCKHOLM WOMEN

200(1.3): 1. **Felix (US) 21.88 (WL, AL) (x, =22 A);** 2. Ferguson-McKenzie (Bah) 22.23; 3. Stewart (Jam) 22.72; 4. Hooker (US) 22.84; 5. Jones-Ferrette (VI) 23.15; 6. Mothersill (Cay) 23.27; 7. Anderson (US) 23.32; 8. Chermoshanskaya (Rus) 23.70.

400: 1-1. S. Williams (Jam) 50.63; 2. Krivoschapka (Rus) 50.80; 3. Hargrove (US) 51.01;

4. Williams-Mills (Jam) 51.15; 5. Hastings (US) 51.49; 6. Pompey (Guy) 51.49; 7. Gushchina (Rus) 51.55; 8. Lloyd (Jam) 51.79.

II-1. Sanders (GB) 51.55; 2. Zadorina (Rus) 52.29; 3. Whyte (Jam) 52.53; 4. Woods (US) 52.55;

5. Lewis (Aus) 52.62; 6. Cox (US) 52.89; 7. C. Williams (Jam) 53.99; 8. Trotter (US) 54.31.

1500: 1. Wurth-Thomas (US) 4:03.01; 2. Rowbury (US) 4:05.47; 3. England (GB) 4:06.28; 4. Twell (UK) 4:06.35; 5. Mishchenko

(Ukr) 4:06.45;

6. Hilali (Mor) 4:07.95; 7. Roman (Slo) 4:09.10; 8. Hamblin (NZ) 4:09.49; 9. Måkestad (Nor) 4:09.96; 10. Donohue (US) 4:10.27; 11. Elmore (Can) 4:10.45;

12. McKnight (Aus) 4:11.57; 13. Stellingwerf (Can) 4:13.27; 14. Johansson (Swe) 4:16.48;... dnf—Lishchynska (Ukr), Zinurova (Rus).

5000: 1. **Barringer (US) 15:05.25 out PR (out AL) (extended-season: x, 2 C);** 2. Popkova (Rus) 15:05.95 PR; 3. Monteiro (Por) 15:07.08; 4. Rhines (US) 15:07.78; 5. Félix (Por) 15:08.02 PR; 6. Fekadu (Eth) 15:14.94; 7. Metivier-Baillie (US) 15:26.49; 8. Achamo (Eth) 15:29.03 PR;... 10. McGregor (US) 16:11.08;... dnf—Pantelyeva (Rus).

100H(0.9): 1. Lopes-Schliep (Can) 12.51 PR; 2. Jones (US) 12.52; 3. Foster-Hylton (Jam) 12.57; 4. McLellan (Aus) 12.64; 5. Felicien (Can) 12.65; 6. Ofili (US) 12.82; 7. Tejada (Cub) 12.96; 8. Powell (US) 13.12.

Heats: 1(1.8)—1. Felicien 12.54; 2. Foster-Hylton 12.59; 3. McLellan 12.80; 4. Tejada 12.85; 5. Lewis (US) 12.90; 6. Golding-Clarke (Jam) 12.93; 7. Vukicevic (Nor) 13.00.

II(1.3)—1. Lopes-Schliep 12.53; 2. Powell 12.64; 3. Jones 12.68; 4. Ofili 12.77; 5. Carruthers (US) 13.02; 6. O'Rourke (Ire) 13.12; 7. Soloveva (Rus) 13.22; 8. Antonova (Rus) 13.28.

Field Events

LJ: 1. Sokolova (Rus) 22-5¼w (6.84) (21-5¼, 21-5½w, 21-10, 21-6¼, 21-9½, 22-5¼w) (6.53, 6.54w, 6.65, 6.56, 6.64, 6.84w);

2. Balta (Est) 22-4½w (6.82) (21-5¼, f, 21-10¼, 21-10¼, 22-4½w, 21-11½) (6.53, f, 6.66, 6.66, 6.82w, 6.69);

3. Reese (US) 22-4¼ (6.81) (16-4½, f, 21-1½, f, 20-10½, 22-4¼) (4.99, f, 6.44, f, 6.36, 6.81);

4. Jimoh (US) 22-1½ (6.74); 5. Kucherenko (Rus) 21-10w (6.65) (21-9½/6.64); 6. Jarrett (Jam) 21-7½w (6.59) (21-5½/6.54); 7. Lebedeva (Rus) 21-5½w (6.54);

8. Klishina (Rus) 21-4 (6.50); 9. Balayeva (Rus) 20-9¼ (6.34); 10. Molchanova (Ukr) 20-8w (6.30) (20-6¼/6.25); 11. Glenn (US) 20-7¼ (6.28).

SP(7/30): 1. Kleinert (Ger) 63-11 (19.48) (63-11, 63-9¾, f, f, 61-7½, f) (19.48, 19.45, f, f, 18.78, f);

2. **Carter (US) 62-9¼ (19.13) PR (AL) (9, x A) (f, 60-2½, 56-9½, 62-9¼, 59-11, 60-¼) (f, 18.35, 17.31, 19.13, 18.26, 18.29);**

3. González (Cub) 61-5½ (18.73); 4. Hinrichs (Ger) 60-11¼ (18.57); 5. Borel-Brown (Tri) 59-8¼ (18.19); 6. Heltne (Rom) 59-0 (17.98); 7. Skujyte (Lit) 56-9½ (17.31);... 10. Wanless (US) 55-4¼ (16.87).

KENYAN TRIALS

Nairobi, July 25 (altitude 1675m) (* = named to WC team)—

100: 1. K. Soi 10.66.

400: 1. M. Mutai* 45.55; 2. Jo. Kibet 46.27; 3. Musembi 46.89.

800: 1. Rudisha* 1:47.00; 2. Kirwa Yego* 1:47.48; 3. Kivuna* 1:47.96; 4. Lalang 1:48.35; 5. G. Rono 1:48.54; 6. R. Bett 1:49.05; 7. H. Kandie 1:49.43; 8. R. Kiplanget 1:51.23.

1500: 1. A. Kiprop* 3:32.82; 2. H. Keitany* 3:33.59; 3. Choge* 3:33.86; 4. Gathimba 3:34.83; 5. Biwott 3:38.84; 6. Ch. Kipsang 3:39.04; 7. Simotwo 3:47.55; 8. B. Kiptum 3:47.77.

5000: 1. V. Chepkok* 13:19.8; 2. Ebuya* 13:20.2; 3. Kipchoge* 13:24.2; 4. Soi 13:24.2; 5. Ndiwa 13:26.0; 6. Jo. Kiplimo 13:28.2; 7. Kisorio 13:30.6.

10,000: Kogo*, Masai*, Kipyego*.

St: 1. Kipruto* 8:20.03; 2. Mateelong* 8:20.60; 3. E. Kemboi* 8:24.15; 4. M. Kipyego 8:24.91; 5. A. Mutai 8:30.81; 6. P. Koech* 8:36.75; 7. Co. Ngeno 8:37.24; 8. P. Langat 8:42.91.

400H: 1. V. Koskei 50.8.

Mar: R.K. Cheruiyot*, Kirui*, B. Kiptoo*, Mutai*, Rono*.

20W: 1. D. Kimutai 1:23:13; 2. Shikuku 1:26:45.

KENYA TRIALS WOMEN

400: 1. Zakari* 52.43.

800: 1. J. Jepkosgei* 1:59.31; 2. Jelimo* 1:59.49; 3. Ch. Koech 2:01.92; 4. W. Chebet 2:05.12; 5. Wandia 2:05.13; 6. M. Chemos 2:07.09; 7. N. Jeptanui 2:07.29; 8. Mwanzi 2:10.18; 9. J. Jelagat 2:10.31.

1500: 1. I. Jelagat* 4:12.05; 2. N. Langat* 4:13.00; 3. Wangare 4:14.44; 4. Katunge 4:15.64; 5. Wambui 4:16.25; 6. V. Kibiwot 4:17.03.

St: 1. Kipkemboi* 9:32.62; 2. M. Chemos* 9:35.94; 3. L. Rotich 9:53.62; 4. Bisibori* 10:08.33.

5000: 1. V. Cheruiyot* 15:25.21; 2. S. Kibet* 15:25.42; 3. Chenonge* 15:27.29; 4. Momanyi 15:32.42; 5. Korikwang 15:50.17; 6. Arusei 15:55.78; 7. S. Kipyego 16:02.65; 8. P. Cheptanui 16:08.28.

10,000: L. Masai*, Kiplagat*, Momanyi*.

400H: 1. Wasike 59.1.

Mar: R. Kimaiyo*, H. Kiprop*, Komu*, Limika*, Mumbi*.

— U.S. Meets —

HAMMER MEET

Chula Vista, California, July 22—HT: 1. Welihozkiy (PBay) 231-11 (70.68);

2. **McCullough (Chaminade, West Hills, Ca) 219-7 (66.92) HSR (old HSR 218-8/66.65 McCullough in series) (2, 6 AJ)**

(214-7 PR [4, x AJ; 2, 4 HS], 212-9 [x, =7 HS], 218-8 HSR—old 216-2/65.89 Freeman [Hendricken, Warwick, RI '99] [2, 6 AJ], 215-11 [x, 4 HS], 219-7 HSR, 206-10) (65.42, 64.84, 66.65, 65.82, 66.92, 63.05).

WCTHROWS PREVIEW

Portland, Oregon, July 25—

DT: 1. Brooks (Il) 191-5 (58.34); 2. Conwell (CNW) 182-8 (55.68).

HT: 1. Mai (USAR) 235-11 (71.90); 2. Milakovic (unat) 206-6 (62.94).

JT: 1. S. Crouser (OrHS) 220-9 (67.28).

PORTLAND WOMEN

DT: 1. Brown Trafton (Nik) 208-0 (63.40) (200-9, 196-4, 200-5, f, 208-0) (61.20, 59.85, 61.08, f, 63.40);

2. Thurmond (Nik) 199-9 (60.89) (195-11, f, 199-9, 197-4, 198-6, 200-7) (59.73, f, 60.89, 60.14, 60.50, 61.14);

3. Pierson (unat) 197-1 (60.09); 4. Lewis-Smallwood (unat) 184-6 (56.24).

HT: 1. Cosby (Nik) 233-11 (71.30) (233-11, 226-5, 230-8, 221-3, f, 223-7) (71.30, 69.01, 70.30, 67.44, f, 68.15)

JT: 1. Kreiner (Nik) 198-7 (60.53) (*misses Berlin-A by 47cm*) (198-7, f, f, f, f, 180-9) (60.53, f, f, f, 55.09).

Status Quo

MORE FROM the aches, pains & eligibility departments:

Last year, stress fractures seemed to be the injury du jour for **British** athletes. This year, it's hamstrings with one-lappers **Martyn Rooney** and Olympic champ **Christine Ohuruogu** the most notable victims. The latter skipped several meets in order to train, but reported no problems with her hamstring in late July.

Also among Britons, 1500 men who are hurting are WC team members **Andy Baddeley** (calf) and **Tom Lancashire** (groin).

And javelinist **Goldie Sayers** is fighting to reach top fitness in time for Berlin despite having a partial stress fracture in her back discovered in late May.

Beijing 800 winner **Wilfried Bungei** asked to be named directly to Kenya's Worlds team while he regains fitness from an Achilles problem. Selectors picked two runners to join defender Alfred Kirwa Yego, leaving Bungei's future undecided as July ended.

Indoor 800 WR holder **Jolanda Čepлак** has returned from a 2-year doping ban, but doesn't intend to try to run at Worlds.

Olympic decathlon champ **Bryan Clay** definitely won't compete this year. He had left open a narrow hope he might contest the Talence deca in September but has decided to pass all competition in '09.

Spain's **Dolores Checa** (5000) and **Concepción Montaner** (LJ) both have announced they are pregnant.

Ethiopian stars expected to double in Berlin, all at 5000/10,000, include **Kenenisa Bekele** and the women's trio of **Tirunesh Dibaba**, **Meseret Defar** and **Meselech Melkamu**. A fourth man was named in the 5000 in case Bekele decides not to run.

Former vault WR holder **Svetlana Feofanova** has been hampered all season by an unspecified injury.

Tyson Gay will be part of a U.S. 4 x 100 team to run on August 8 at a meet in Cottbus, Germany.

He says he will delay surgery on his injured groin until after the season ends

and that the muscle problem bothers him more following races than during.

Olympic 1500 silver medalist **Iryna Lishchynska** of Ukraine sprained an ankle the day of the Rome Golden League meet; she missed that race plus London, but returned by Monaco.

Missing from the Monaco GP hurdles were **Michelle Perry** (sore knee) and **Angelo Taylor** (sore hamstring).

Worlds 400H defender **Jana Rawlinson** is now definitely out of Berlin due to a bulging disc in her back which has caused major pain in a hamstring.

'00 Olympic 800 champ **Nils Schumann** of Germany has retired at age 31 due to ongoing injuries.

Steeple WR holder **Saïf Shaheen** will pass up his specialty at Worlds to run the 5000.

Vault AR holder **Jenn Stuczynski** didn't compete in Europe post-USATF to continue treatment on left Achilles tendinitis.

Swedish high jumper **Linus Thörnblad** passed up London, Stockholm and his nationals due to a hip problem.

Jamaican Positives

Five **Jamaicans** had positive A tests for stimulants (with hints they were of a lesser-ban variety): sprinter Yohan Blake, Marvin Anderson and Sherry-Ann Brooks, and 400 sprinters Allodin Fothergill and Lanceford Spence.

Their late-July B tests were delayed due to lack of representation for all the athletes at the Montréal lab.

CAS Says Nyet

Seven **Russian** women will serve bans longer than 2 years, CAS has ruled in an appeal on their urine-manipulation punishment: middle distance runners Svetlana Cherkasova, Yuliya Fomenko, Yelena Soboleva and the retired Olga Yegorova, plus discus thrower Dariya Pishchalnikova and hammer thrower Gulfiya Khanafeyeva.

The suspensions of 2 years and 9 months will run from July 31, '08, to April 30, '11. Their results from April/May '07 forward are annulled.

in the next eNewsletter:
**Pan-Am Juniors,
USATF Junior Olympics,
African Juniors**