

— Rudisha Lowers 800 World Record Again —

by Roy Conrad

Anyone who thought the rest of the season after the Brussels Diamond League final

would feature nothing but anti-climaxes was not factoring in the ready-for-records Rieti meet and newly minted World Record holder

David Rudisha.

A week after setting his first 800 WR in Germany and just two days after capturing his Diamond trophy in Belgium, the 21-year-old Kenyan lowered the all-time best by 0.08 to 1:41.01 with a powerfully confident attack. The sub-1:41 barrier still lies untouched—barely—but every other 800 performance in history drifts in Rudisha's wake.

As in Berlin, Boaz Lalang placed 2nd, albeit notably closer to his countryman with a PR 1:42.95. American Nick Symmonds raced home 3rd in 1:43.76—also a PR, by 0.07—just ahead of Briton Michael Rimmer's 1:43.89 lifetime best.

A perplexingly fast oval in central Italy on which seven WRs had been set at distances 100–3000 meters prior to Rudisha's, the Rieti track bathed in afternoon sunlight served up magic again. But not without the help of a two-rabbit pacing corps.

Rudisha's training partner and Berlin pacesetter Sammy Tangui led the charge through 400 in 48.20, 0.45 faster than in Berlin. Rudisha followed behind the hares about 0.7 back—0.2 faster than he was in Berlin.

When Tangui retired, second rabbit Jackson Kivuna pressed on around the curve and into the backstretch. But 10 meters into the straight, Rudisha took the lead, as Kivuna strained to stay close, likely under orders that even a little following company could not hurt.

Rudisha reached 600 in 1:14.59, 0.04 slower than in Berlin. He was rolling, though, and a 13.3 home-stretch 100 sealed the deal.

"I felt strong in both [WR] runs," Rudisha said. "They were similar for me."

"I cannot say now what I need to improve," he said. "I will see in training with my coach what I can improve but I think I need to change



Rudisha averaged 50.5
for each of his two laps
of the track

2010 Men's World Leaders

¶ = record performance; i = indoors;
new leaders since last report are in red

Track Events

100.....	9.78	Tyson Gay (US)
.....	9.78	Nesta Carter (Jamaica)
200.....	19.56	Usain Bolt (Jamaica)
400.....	44.13	Jeremy Wariner (US)
800	1:41.01	¶	David Rudisha (Kenya)
1500	3:29.27	Silas Kiplagat (Kenya)
Mile.....	3:49.56	Asbel Kiprop (Kenya)
St.....	8:00.90	Brimin Kipruto (Kenya)
3000	7:28.70	Tariku Bekele (Ethiopia)
5000.....	12:51.21	Eliud Kipchoge (Kenya)
10,000	26:56.74	Josephat Menjo (Kenya)
110H.....	12.89	David Oliver (US)
400H.....	47.32	Bershawn Jackson (US)

Road Events

H-Mar	58:23	¶	Zersenay Tadesse (Eritrea)
Mar	2:04:48	Patrick Makau (Kenya)
20W	1:18:24	Alex Schwazer (Italy)
50W	3:40:37	Yohan Diniz (France)

Relay Events

4 x 100.....	37.45	United States
4 x 200.....	1:20.38	Florida (US)
4 x 400.....	2:58.83	US Under-23
4 x 800.....	7:15.38	Virginia (US)
4 x 1500.....	15:26.43	Arkansas (US)
4 x Mile.....	16:15.14	Oregon (US)
SpMed.....	3:16.01	LSU
DisMed.....	9:21.77i	Oregon TC (US)
4 x 110H.....	55.31	Star Athletics

Field Events

HJ.....	7-9¼ (2.38)	i	Ivan Ukhov (Russia)
PV.....	19-8½ (6.01)	i	Steve Hooker (Australia)
LJ.....	27-9½ (8.47)	Christian Reif (Germany)
TJ.....	59-0 (17.98)	Teddy Tamgho (France)
SP.....	73-6¼ (22.41)	Christian Cantwell (US)
DT.....	234-5 (71.45)	Gerd Kanter (Estonia)
HT.....	265-8 (80.99)	Koji Murofushi (Japan)
JT.....	296-6 (90.37)	Andreas Thorkildsen (Norway)
Dec.....	8483	Bryan Clay (US)

only small details.”

A look at his 100 splits suggests that just spreading the speed on more evenly on the first backstretch might be enough to bag a 1:40 time.

Rudisha's race by the 100s: 12.6, 24.3 (11.7), 36.5 (12.2), 48.9 (12.4), 61.5 (12.6), 1:14.59 (13.1), 1:41.01 (13.3). His final 200, 26.42, was 0.13 faster than in Berlin and his second lap 0.1 slower

Bernard Lagat—like Rudisha, a client of manager James Templeton—rode the excitement after the WR to an American Record 7:29.00 in the meet-concluding 3000.

Tariku Bekele, emerging as a force of his own during the summer of his superstar brother Kenenisa's injury absence, resisted Lagat's miler's kick down the stretch with a world-leading 7:28.70 win.

The Nike OTC's breakthrough distance

man of the year, Chris Solinsky, placed 5th in a new PR, 7:34.32, that moved him to No. 5 on the U.S. all-time list.

Lagat, whose new U.S. standard eclipsed Bob Kennedy's 7:30.84 mark that stood as the record for 12 seasons, had tried a record shot in Berlin a week earlier and had fallen short in the final stages, as his 7:35.11 finish trailed Bekele home by more than 7 seconds.

Now having nailed the record, Lagat has accomplished all the seasonal goals he listed for *T&FN* in the spring: 3K and 5K ARs plus a fast 1500 time (3:32.51 in Monaco) from his 35-year-old legs.

Lagat and 3rd-placer Edwin Soi became the Nos. 26 and 27 to run under the 7:30 barrier.

Lagat's time also made him the sixth member of the august sub-3:30/7:30/13:00 club. Saïd Aouita was the first, completing the trifecta with a then-WR 12:58.39 in '89.

On the sprint straight, Nesta Carter matched Tyson Gay's world-leading 100 mark for the year, clocking 9.78 ahead of the huge PR 9.88 by American Ryan Bailey.

Carter had a 0.9mps wind at his back—a friendlier zephyr than the -0.4

Gay faced in his London 9.78. Nonetheless, the *Big Gold Book* wind/altitude tables equate the Jamaican's effort to a still-air-at-sea-level 9.84, leaving only Usain Bolt, Asafa Powell, Gay and Maurice Greene ahead of him on the adjusted list.

David Oliver stayed undefeated on the year, as his 13.01 turned back Dwight Thomas (13.26) and Jason Richardson (13.37).

In the 200, Wallace Spearmon looked as good as he ever has in the turn, usually the weak half of his race, and won in 19.85 from Angelo Taylor (20.23).

Koji Murofushi spun his ham-

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mer out to a season-leading 265-8 (80.99).

That was the '04 Olympic champ's best heave in two years and the first improvement of the '10 season lead since Libor Charfreitag's 264-5 (80.59) winning throw at Mt. SAC back in April.

In the women's 1500, two-time world champion Maryam Jamal appended a sharp-looking win to a season in which she had finished mid-pack or worse in prior metric mile outings. Here Jamal kicked crisply once again over the final 200 to outrace Bahraini teammate Mimi Belete, 3:58.93-4:00.25.

2010 Men's U.S. Leaders

Track Events

100.....	9.78	Tyson Gay (adidas)
200.....	19.72	Walter Dix (Nike)
.....		Gay
400.....	44.13	Jeremy Wariner (adidas)
800	1:43.76	Nick Symmonds (Nike)
1500	3:30.90	Andrew Wheating (Oregon)
Mile.....	3:50.64	Leo Manzano (Nike)
St.....	8:13.29	Dan Huling (Reebok)
3000	7:29.00	¶	Bernard Lagat (Nike)
5000.....	12:54.12	¶	Lagat
10,000.....	26:59.60	¶	Chris Solinsky (Oregon TC)
110H.....	12.89	¶	David Oliver (Nike)
400H.....	47.32	Bershawn Jackson (Nike)

Road Events

H-Mar	60:39	Mohamed Trafef (unattached)
Mar	2:08:41	Ryan Hall (Asics)
20W	1:29:22	John Nunn (US Army)
50W	4:23:02	Stephen Quirke (unattached)

Relay Events

4 x 100.....	37.45	Zürich All-Stars
4 x 200.....	1:20.38	Florida
4 x 400.....	2:58.83	National Under-23
4 x 800.....	7:15.38	Virginia
4 x 1500.....	15:26.43	Arkansas
4 x Mile.....	16:15.14	Oregon
SpMed.....	3:16.44	Baylor
DisMed.....	9:21.77i	Oregon TC
4 x 110H.....	56.60+	Clemson

Field Events

HJ.....	7-8(A) (2.34)	i	Jesse Williams (Nike)
(I-alt).....	7-7¼ (2.33)	Dusty Jonas (Nike)
PV.....	19-1 (5.82)	i	Jeremy Scott (Nike)
LJ.....	27-9¼ (8.46)	Dwight Phillips (Nike)
TJ.....	56-4½ (17.18)	i	Christian Taylor (Florida)
SP.....	73-6¼ (22.41)	Christian Cantwell (Nike)
DT.....	229-4 (69.90)	Jason Young (unattached)
HT.....	253-9 (77.35)	A.J. Kruger (Nike)
JT.....	262-7 (80.05)	Mike Hazle (Nike)
Dec.....	8483	Bryan Clay (Nike)

RIETI IWC

IAAF World Challenge No. 12; Rieti, Italy, August 29 (altitude 402m)—

100(0.9): **1. Carter (Jam) 9.78 PR (4, =16 W); 2. R. Bailey (US) 9.88 PR (=17, x W; =6, =24 A);** 3. Forsythe (Jam) 9.95 PR; 4. Lemaître (Fra) 9.97 NR; 5. Frater (Jam) 9.98; 6. Rodgers (US) 10.00; 7. Saidu Ndure (Nor) 10.00 NR; 8. D. Bailey (Ant) 10.11.

Heats: I(1.0)—1. Saidu Ndure 10.07; 2. Frater 10.12; 3. Carter 10.13; 4. Thompson (Tri) 10.13; 5. Samuels (US) 10.15; 6. Collio (Ita) 10.24; 7. Rouge-Serret (Aus) 10.32; 8. Checcucci (Ita) 10.45.

II(1.1)—1. R. Bailey 9.95 PR; 2. Lemaître 9.98 NR; 3. Forsythe 9.99; 4. D. Bailey 10.09; 5. Rodgers 10.10; 6. Di Gregorio (Ita) 10.20; 7. Clarke (Jam) 10.23; 8. Devonish (GB) 10.25.

200(0.6): 1. Spearmon (US) 19.85; 2. Taylor (US) 20.23 PR; 3. Schneeberger (Swi) 20.42 PR; 4. Hession (Ire) 20.72; 5. Davies (Aus) 20.82; 6. Donati (Ita) 20.89.

800: I—1. **Rudisha (Ken) 1:41.01 WR**

(old WR 1:41.09 Rudisha '10) (splits as taken from video by poster "deanouk": **100s—12.7, 11.7 [24.3], 12.2 [36.5], 12.4 [48.9], 12.6 [61.5], 13.1 [1:14.59], 13.1 [1:27.7], 13.3; 200s—25.3, 24.6, 25.7, 26.4; 400s—48.9/52.1];**

2. Lalang (Ken) 1:42.95 PR (23, x W); **3. Symmonds (US) 1:43.76 PR (AL) (8, x A);** 4. Rimmer (GB) 1:43.89 PR;

5. Lewandowski (Pol) 1:44.10; 6. Casado (Spa) 1:44.74 PR; 7. Kivuna (Ken) 2:23.39 (rabbit); rabbit—Tangui (Ken) (48.20).

II—1. Kinyor (Ken) 1:46.40; 2. Reina (Spa) 1:46.56; 3. Mumba (Zam) 1:46.64; 4. Osagie (GB) 1:46.81 PR.

1500: 1. Kiprop (Ken) 3:31.78; 2. Kiplagat (Ken) 3:31.97; 3. Chepseba (Ken) 3:32.42 PR (19, but not Junior);

4. Kamel (Bhr) 3:33.06; 5. Rono (Ken) 3:33.20; 6. Choge (Ken) 3:33.99 (2:51.55);

7. Daba (Eth) 3:34.16; 8. Torrence (US) 3:34.25 PR; 9. van Deventer (SA) 3:34.52; 10. Baala (Fra) 3:34.59;

11. Baddeley (GB) 3:35.35; 12. Lancashire (GB) 3:36.36;... rabbit—Seco (Spa) (55.62, 57.02 [1:52.64]).

3000: **1. T. Bekele (Eth) 7:28.70 PR (WL) (=17, x W) (5:01.25 [out WL]);**

2. Lagat (US) 7:29.00 AR (old AR 7:30.84 Kennedy [Nike] '98) (23, x W); 3. Soi (Ken) 7:29.75 PR;

4. Kipkoech (Ken) 7:32.72 PR (6, 7 WJ); 5. Solinsky (US) 7:34.32 PR (5, 13 A); 6. Tahri (Fra) 7:35.50; 7. Birmingham (Aus) 7:38.77 PR; 8. Rashed (Qat) 7:39.61 PR;

9. Blincoe (NZ) 7:46.38 PR; 10. Huling (US) 7:46.97 PR; 11. Longosiwa (Ken) 7:48.67; 12. Simotwo (Ken) 7:49.41; 13. Lebid (Ukr) 7:49.45; 14. Rupp (US) 7:50.46;... rabbit—Biwott (Ken) (2:27.03).

110H(0.8): 1. Oliver (US) 13.01 (*undefeated in 13 meets in '10*); 2. Thomas (Jam) 13.26; 3. Richardson (US) 13.37;

4. Brown (US) 13.39; 5. Sharman (GB) 13.50; 6. Svoboda

2010 Women's U.S. Leaders

Track Events

100.....	10.82	Carmelita Jeter (Nike)
200.....	22.03	Allyson Felix (Nike)
400.....	49.64	Debbie Dunn (Nike)
800.....	1:57.34	Alysia Johnson (Nike)
1500.....	3:59.59	Christin Wurth-Thomas (Nike)
Mile.....	4:28.92i	Erin Donohue (Nike)
St.....	9:24.84	Lisa Aguilera (Nike)
3000.....	8:31.38	Shannon Rowbury (Nike)
5000.....	14:44.76 ¶	Molly Huddle (Saucony)
10,000.....	31:18.07	Lisa Koll (Iowa St)
100H.....	12.55	Lolo Jones (Asics)
400H.....	52.82	Lashinda Demus (Nike)

Road Events

H-Mar.....	69:41	Shalane Flanagan (Nike)
Mar.....	2:26:22..	Magdalena Lewy Boulet (Saucony)
20W.....	1:39:47	Maria Michta (Walk USA)

Relay Events

4 x 100.....	42.49	Texas A&M
4 x 200.....	1:29.42	Texas A&M
4 x 400.....	3:26.12	USA Blue Penn
4 x 800.....	8:18.22	Tennessee
4 x 1500.....	17:14.91	Tennessee
SpMed.....	3:38.53	USA Blue Penn
DisMed.....	10:54.65	Tennessee
4 x 100H.....	54.27	Virginia Tech

Field Events

HJ.....	6-8¼ (2.05) ¶	Chaunté Lowe (Nike)
PV.....	16-½ (4.89)	Jenn Suhr (adidas)
LJ.....	22-9¼ (6.94)	Brittney Reese (Nike)
TJ.....	47-¼ (14.33)	Erica McLain (Nike)
SP.....	63-11¼ (19.50)	Jill Camarena-Williams (NYAC)
DT.....	218-3 (66.52)	Becky Breisch (unattached)
HT.....	236-0 (71.94)	Amber Campbell (Nike)
JT.....	218-8 (66.67) ¶	Kara Patterson (Asics)
Hept.....	6735	Hyleas Fountain (Nike)

(CzR) 13.69; 7. Tedesco (Ita) 13.84; 8. Wilson (US) 23.80.

Field Events

HJ: 1. Rybakov (Rus) 7-6½ (2.30); 2. Ban-iótis (Gre) 7-5 (2.26); 2. Zamel-Paez (Aus) 7-5 PR; 4. Campioli (Ita) 7-5; 5. Dmitrik (Rus) 7-5; 6. Jonas (US) 7-1½ (2.17); 6. Ninov (Bul) 7-1½; 8. Ukhov (Rus) 6-11½ (2.12);... nh—C. Ciotti (Ita), N. Ciotti (Ita).

LJ: 1. Bayer (Ger) 26-5½ (8.06) (26-5½, f, f, f) (8.06, f, f, f); 2. Li (Chn) 26-3¾ (8.02); 3. Donato (Ita) 25-10¼ (7.89); 4. Gomis (Fra) 25-8¾ (7.84);

5. Jensen (Den) 25-6 (7.77); 6. Noffke (Aus) 25-4½ (7.73); 7. Smith (Ber) 25-4½ (7.73); 8. Howe (Ita) 25-2¾ (7.69); 9. Plotnikov (Rus) 24-11¼ (7.60).

HT: 1. Murofushi (Jpn) 265-7 (80.96) (261-11, 265-7, 262-8, 265-2) (79.84, 80.96, 80.07, 80.83); 2. Charfreitag (Svk) 261-3 (79.62); 3. Nazarov (Tjk) 257-0 (78.34); 4. Litvinov (Ger) 251-10 (76.77).

2010 Women's World Leaders

Track Events

100.....	10.78	Veronica Campbell-Brown (Jamaica)
200.....	21.98	Campbell-Brown
400.....	49.64	Debbie Dunn (US)
800.....	1:57.34	Alysia Johnson (US)
1500.....	3:57.65	Anna Alminova (Russia)
Mile.....	4:23.53i	Gelete Burka (Ethiopia)
St.....	9:11.71	Milcah Chemos (Kenya)
3000.....	8:24.46i	Meseret Defar (Ethiopia)
5000.....	14:24.79i	Defar
10,000.....	31:04.52	Meselech Melkamu (Ethiopia)
100H.....	12.52	Priscilla Lopes-Schliep (Canada)
400H.....	52.82	Lashinda Demus (US)

Road Events

H-Mar.....	67:07	Elvan Abeylegesse (Turkey)
Mar.....	2:22:00	Liliya Shobukhova (Russia)
20W.....	1:26:32	Alesya Kiryapkina (Russia)

Relay Events

4 x 100.....	42.29	Ukraine
4 x 200.....	1:29.42	Texas A&M (US)
4 x 400.....	3:21.26	Russia
4 x 800.....	8:12.41i	Moscow (Russia)
4 x 1500.....	17:14.91	Tennessee (US)
SpMed.....	3:35.37	Jamaica
DisMed.....	10:54.65	Tennessee (US)
4 x 100H.....	52.50	Texas A&M

Field Events

HJ.....	6-9 (2.06)i	Blanka Vlašić (Croatia)
PV.....	16-½ (4.89)	Jenn Suhr (US)
LJ.....	23-4¾ (7.13)	Olga Kucherenko (Russia)
TJ.....	49-6¼ (15.09)	Yargelis Savigne (Cuba)
SP.....	71-2½ (21.70)i	Nadezhda Ostapchuk (Bir)
DT.....	222-4 (67.78)	Nadine Müller (Germany)
HT.....	256-11 (78.30) ¶	Anita Włodarczyk (Poland)
JT.....	226-0 (68.89)	Mariya Abakumova (Russia)
Hept.....	6823	Jessica Ennis (Great Britain)

Qual (8/28): **Murofushi 265-8 (80.99)**
(WL) (254-6, f, 265-8) (77.57, f, 80.99).

RIETI WOMEN

100(0.6): 1. Simpson (Jam) 11.11; 2. Ferguson McKenzie (Bah) 11.15; 3. M. Barber (US) 11.21; 4. Asumnu (US) 11.27; 5. Bailey (Jam) 11.31; 6. Breen (Aus) 11.59.

400: 1. Firova (Rus) 50.25; 2. Hastings (US) 50.87; 3. Grenot (Ita) 51.20; 4. Hargrove (US) 52.34; 5. Henry (Aus) 52.64; 6. Yefremova (Ukr) 52.75.

1500: 1. Jamal (Bhr) 3:58.93 (3:14.40); 2. Belete (Bhr) 4:00.25 PR; 3. Dehiba (Fra) 4:01.07; 4. Rowbury (US) 4:01.63; 5. Måkestad Bovim (Nor) 4:02.20 PR;

6. Mishchenko (Ukr) 4:03.14 PR; 7. Donohue (US) 4:03.49 PR (16, x A); 8. Plis (Pol) 4:06.76 PR; 9. Ngeiywo (Ken) 4:11.36 PR; 10. Edwards (Can) 4:13.90;

11. Magnani (Ita) 4:14.39;... dnf—Uceny (US), Pierce (US); rabbits—Andrianova (Rus) (61.54), Tverdostup (Ukr) (2:08.21).

3000: 1. Kibet (Ken) 8:39.07; 2. Cheronon (Ken) 8:42.09 PR; 3. Korikwiang (Ken) 8:43.67; 4. Metcalfe Wright (Can) 8:44.29 PR; 5. Mrisho Mohamed (Tan) 8:44.53;

6. Rionoripo (Ken) 8:44.54 PR (age 17); 7. Chemtai (Ken) 8:46.66; 8. Clitheroe (GB) 8:51.82 PR; 9. Popkova (Rus) 8:52.54; 10. Hall (US) 8:53.13; 11. Elmore (Can) 8:58.36;... rabbit—Muriuki (Ken) (2:51.32, 5:48.23).

400H: 1. Tosta (US) 54.71; 2. Hejnová (CzR) 54.99; 3. Wilson (Jam) 55.07; 4. Boden (Aus) 55.48; 5. Leach (US) 55.84; 6. Gentili (Ita) 56.68; 7. Darden (US) 58.51; 8. Spencer (Jam) 82.45.

Field Events

PV: 1. Murer (Bra) 15-6½ (4.74) (14-10¾ [2], 15-2¾ [p], 15-6½, 16-¾ [xxx]) (4.54 [2], 4.64 [p], 4.74, 4.90 [xxx]);

2. Kiryashova (Rus) 14-10¾ (4.54); 3. Shvedova (Blr) 14-2¾ (4.34); 4. Golubchikova (Rus) 14-2¾ (4.34); 4. Janson (US) 14-2¾ (4.34); 6. Scarpellini (Ita) 13-9 (4.19); 7. Duclos-Lasnier (Can) 13-3 (4.04); 7. Choi (SK) 13-3 (4.04).

HT: 1. Lysenko (Rus) 245-5 (74.80) (236-1, 243-6, f, 245-5) (71.97, 74.22, f, 74.80); 2. Moreno (Cub) 242-1 (73.78); 3. Zhang (Chn) 241-9 (73.70); 4. Włodarczyk (Pol) 241-4 (73.57)

(final competition of IAAF Hammer Challenge; won in absentia by Betty Heidler of Germany).

NEUBRANDENBURG

Neubrandenburg, Germany, August 28 (2 athletes per event; 3 attempts in field events except DT, at 5)—

110H(1.6): 1. John (Ger) 13.71; 2. Sedoc (Hol) 13.72.

SP: 1. Bartels (Ger) 69-1½ (21.07); 2. Majewski (Pol) 67-9 (20.65).

DT: 1. Harting (Ger) 228-7 (69.69) PR (215-2, f, 226-0, 220-10, 228-7) (65.59, f, 68.88, 67.33, 69.69); 2. Malachowski (Pol) 220-10 (67.32).

HT: 1. Esser (Ger) 243-9 (74.30); 2. Rautenkranz (Ger) 231-8 (70.62).

NEUBRANDENBURG WOMEN

100H(1.0): 1. Nytra (Ger) 12.90; 2. Skrobáková (CzR) 13.33.

SP: 1. Kleinert (Ger) 62-5¾ (19.04); 2. Hinrichs (Ger) 59-4¼ (18.09).

DT: 1. Müller (Ger) 206-7 (62.98); 2. Rumpf (Ger) 188-7 (57.49).

HT: 1. Heidler (Ger) 236-4 (72.05); 2. Klaas (Ger) 220-6 (67.22).

MERKSEM

Merksem, Belgium, August 28—

100(4.1): 1. Findlay (GB) 10.20w; 2. Shields (Jam) 10.21w.

200(1.0): 1. Shields 20.86.

400: 1. Kanemaru (Jpn) 46.66.

800: 1. Schoenball (Ger) 1:49.51.

1500: 1. Webb (US) 3:41.16; 2. Ndiwa (Ken) 3:41.96; 3. Smaïl (Fra) 3:42.77.

5000: 1. Vail (US) 13:32.10 PR; 2. Karoki (Ken) 13:45.74; 3. Yazawa (Jpn) 13:52.88;

4. Perrett (Aus) 13:59.25; 5. Pierce (US) 14:03.90;... 9. Webb (US) 14:15.49.

10,000: 1. Talboom (Bel) 29:26.74 PR.

110H(3.0): 1. Fontenot (US) 13.80w.

400H: 1. Bultheel (Bel) 50.31.

MERKSEM WOMEN

100(1.0): 1. Mothersill (Cay) 11.47; 2. Facey (Jam) 11.48; 3. Möllinger (Ger) 11.58; 4. Kwakye (GB) 11.58.

200(-0.1): 1. Facey (Jam) 23.38; 2. Williams (NZ) 23.84; 3. Möllinger (Ger) 23.96; 4. Beesley (GB) 24.14; 5. Wineberg (US) 24.40.

400: 1. Wineberg 52.93.

800: 1. Sinclair (Jam) 2:01.80.

1500: 1. Stellingwerff (Can) 4:15.83.

10,000: 1. Luxem (Bel) 34:05.86 PR.

400H: 1. Beesley (GB) 58.65.

EBERSTADT HJ

Eberstadt, Germany, August 28—29—

HJ(8/28): 1. Spank (Ger) 7-6½ (2.30); 2. Dmitrik (Rus) 7-6½; 3. tie, Williams (US) & Ukhov (Rus) 7-5¼ (2.27); 5. Shustov (Rus) 7-5¼; 6. Mudrov (Rus) 7-4¼ (2.24); 7. Oni (GB) 7-2½ (2.20); 8. Thomas (Bah) 7-2½; 9. Malchenko (Rus) 7-2½; 10. tie, Günther (Ger) & Lee (Mas) 7-2½.

EBERSTADT WOMEN

HJ: 1. Friedrich (Ger) 6-6¾ (2.00); 2. Shkolina (Rus) 6-5½ (1.97); 3. Gordeyeva (Rus) 6-4¼ (1.94); 4. Beitia (Spa) 6-3¼ (1.91); 5. Radzivil (Uzb) 6-3¼; 6. Dusanova (Uzb) 6-2 (1.88); 7. Stypolina (Ukr) 6-2; 8. tie, Jungfleisch (Ger), Ryan (Ire) & Lundmark (Svi) 6-½ (1.84).

TURKU

Turku, Finland, August 29—

10,000: **1. Menjo (Ken) 26:56.74 PR (WL) (26, x W)**; 2. Oporta (Fin) 31:57.08 PR.

ROVERETO

Rovereto, Italy, August 31—

100(0.9): 1. Blake (Jam) 10.06; 2. Gatlin (US) 10.09 (fastest time since 9/19/05); 3. Di Gregorio (Ita) 10.28; 4. Anderson (Jam) 10.48; 5. Moseley (Aut) 10.63;... fs—Bailey (US), Cerutti (Ita).

400: 1. Vistalli (Ita) 45.77; 2. Neville (US) 45.91; 3. Fothergill (Jam) 46.04; 4. Schneider (Ger) 46.39; 5. Ostrovskyy (Ukr) 46.48; 6. Torrance (US) 46.59.

1500: 1. H. Maiyo (Ken) 3:38.52 PR; 2. Daba (Eth) 3:39.47;.

5000: 1. Al. Korir (Ken) 13:17.09; 2. Lonyangat (Ken) 13:19.07 PR; 3. Meucci (Ita) 13:24.38 PR;

4. Penas (Spa) 13:25.06; 5. Longosiwa (Ken) 13:31.07; 6. Rashed (Qat) 13:32.29; 7. Komen (Ken) 13:33.60; 8. Kwalia (Qat) 13:40.00.

110H(0.1): 1. Richardson (US) 13.48; 2. Sharman (GB) 13.55; 3. Sedoc (Hol) 13.75; 4. Lynsha (Blr) 13.83.

Field Events

HJ: 1. Malchenko (Rus) 7-4¼ (2.24); 2. Williams (US) 7-4¼; 3. Mudrov (Rus) 7-3 (2.21); 4. Oni (GB) 7-1¾ (2.18); 5. Campioli (Ita) 7-1¾; 6. Banióti (Gre) 7-1¾.

LJ: 1. Menkov (Rus) 26-7 (8.10); 2. Jensen (Den) 25-9¼ (7.85).

JT: 1. Farquhar (NZ) 261-11 (79.85); 2. Janik (Pol) 257-11 (78.61); 3. Kosynskyy

— MEET/RACE SCHEDULE —

always check with the hosts before traveling to a meet

Pro-Circuit Meets

September

3.....Padua, Italy
7.....Pedros Cup; Szczecin, Poland
11.....DécaNation; Annecy, France
11-12.....Décastar Multis; Talence, France
16.....Discus Challenge; Tallinn, Estonia
19.....Super Meet; Kawasaki, Japan

International Championships

September

4-5.....Continental Cup; Split, Croatia

October

6-12.....Commonwealth Games; New Delhi, India

November

12-27.....Asian Games; Guangzhou, China

Road Racing

† = USATF Championship race

§ = IAAF Gold Label race; ‡ = IAAF Silver; ¶ = IAAF bronze

September

6.....USATF 20K Champs; New Haven, Connecticut
11.....Metro 10K, Prague, Czech Republic ‡
19.....Great North Half; S Shields, England §
.....CVS Downtown 5K; Providence, Rhode Island †
.....Philly Half; Philadelphia, Pennsylvania
26.....Half-Marathon; Lisbon, Portugal §
.....World Marathon Major; Berlin, Germany §
.....Marathon; Toronto, Ontario ‡

October

3.....USATF 10M Champs; Minneapolis, Minnesota †
.....Rock & Roll Half-Marathon; San José, California
.....Marathon; Cologne, Germany
.....USATF mMarathon Champs; Minneapolis, Minnesota †
10.....World Marathon Major; Chicago, Illinois §
.....Eindhoven, Holland
11.....Tufts Women's 10K, Boston, Massachusetts †
16.....World Half-Marathon Champs; Nanning, China
31.....Classique, Cassis, France ‡
24.....Great South Run, Portsmouth, England §

November

7.....USATF Women's Marathon, New York City †
21.....Airtel Half-Marathon, Delhi, India §
31.....15K, Nijmegen, Holland ‡

December

31.....10K; Madrid, Spain ‡

100H(3.9): 1. Dektyareva (Rus) 12.95w; 2. Roleder (Ger) 13.13w.

Field Events

PV: 1. Janson (US) 14-5½ (4.41); 2. Hingst (Ger) 14-5½; 3. Shvedova (Blr) 14-1¾ (4.31); 4. Scarpellini (Ita) 13-7¾ (4.16);

5. tie, Kiryashova (Rus) & Golubchikova (Rus) 13-7¾; 7. tie, Gadschiew (Ger) & Benecchi (Ita) 13-1½ (4.00).

TJ: 1. Dacheva (Bul) 46-4 (14.12); 2. La Mantia (Ita) 45-4½ (13.83); 3. Viatkina (Blr) 45-4¼ (13.82).

JT: 1. Obergföll (Ger) 211-3 (64.38); 2. Mickle (Aus) 197-4 (60.14); 3. Rebyryk (Ukr) 195-2 (59.48); 4. Eisenlauer (Ger) 190-7 (58.11); 5. Bani (Ita) 190-7 (58.09).

ZAGREB IWC

IAAF World Challenge No. 13/ Final; Zagreb, Croatia, September 1—

100(-0.3): 1. Gay (US) 9.92; 2. Carter (Jam) 10.07; 3. Rodgers (US) 10.14; 4. Frater (Jam) 10.17;

5. Saidu Ndure (Nor) 10.21; 6. Armstrong (Tri) 10.24; 7. Samuels (US) 10.28; 8. Edwards (US) 10.32.

400: 1. Brenes (CR) 45.42; 2. J. Borlée (Bel) 45.69; 3. Hurtault (Dom) 46.34; 4. Kikaya (Con) 46.41; 5. Yousif (Sud) 46.53; 6. Wissman (Swe) 47.64.

800: 1. Symmonds (US) 1:45.37; 2. Ali (Bhr) 1:45.65; 3. Kinyor (Ken) 1:45.86 PR; 4. Lancashire (GB) 1:46.28; 5. Holusa (CzR) 1:46.63; 6. Mohammed (GB) 1:46.98.

110H(-0.7): 1. Thomas (Jam) 13.40; 2. Brown (US) 13.43; 3. Svoboda (CzR) 13.45; 4. Turner (GB) 13.50; 5. Sharman (GB) 13.59; 6. Grabusić (Cro) 13.88; 7. Wilson (US) 21.45.

400H: 1. Gaymon (US) 49.19; 2. Bultheel (Bel) 49.77; 3. van Zyl (SA) 50.29; 4. Kunkel (Can) 50.35; 5. Kechi (Fra) 50.71.

Field Events

LJ: 1. Phillips (US) 25-9¼ (7.85); 2. Méliz (Spa) 25-8¾ (7.84); 3. Shalin (Rus) 25-2¾ (7.69); 4. Jensen (Den) 24-3 (7.39).

SP: 1. Cantwell (US) 72-10¾ (22.22) (70-7, 72-10¾, 69-6¾, 70-7, 69-9¾, f) (21.51, 22.22, 21.20, 21.51, 21.28, f);

2. Hoffa (US) 70-5¾ (21.48) (68-8½, 69-½, 70-5¾, 69-9, 69-9¾, 69-11) (20.94, 21.04, 21.48, 21.26, 21.28, 21.31);

3. Martin (US) 68-7 (20.90); 4. Majewski (Pol) 68-5 (20.85); 5. Armstrong (Can) 66-6 (20.27); 6. Zalskā (CzR) 64-7¼ (19.69); 7. Martin (Aus) 62-9½ (19.14); 8. Scott (Jam) 62-8 (19.10).

DT: 1. Hadadi (Irn) 218-4 (66.56); 2. Varga

(Cro) 217-0 (66.14); 3. Casañas (Spa) 214-1 (65.27); 4. Marić (Cro) 197-1 (60.07); 5. Lyakhov (Rus) 183-8 (55.98).

HT: 1. Murofushi (Jpn) 261-6 (79.71) (wins IAAF Hammer Challenge) (255-7, 258-1, 257-3, 261-6, f, 252-5) (77.91, 78.67, 78.43, 79.71, f, 76.94);

2. Charfreitag (Svk) 253-5 (77.24); 3. Pars (Hun) 252-6 (76.96); 4. Esser (Ger) 249-11 (76.19); 5. Nazarov (Tjk) 249-2 (75.95); 6. Shayunov (Blr) 247-2 (75.35);

7. Ziółkowski (Pol) 244-4 (74.48); 8. Al-Zinkawi (Kuw) 240-10 (73.42); 9. Karjalainen (Fin) 235-10 (71.89); 10. Haklits (Cro) 235-8 (71.83);... nm—Litvinov (Ger).

ZAGREB WOMEN

200(-0.3): 1. Myers (US) 22.94; 2. Ferguson McKenzie (Bah) 23.08; 3. Mothersill (Cay) 23.55; 4. Woods (US) 23.69; 5. Amertil (Bah) 23.70; 6. C. Moore (US) 23.94.

400: 1. Hastings (US) 51.35; 2. Dunn (US) 51.75; 3. Rosolová (CzR) 52.31; 4. Sher. Williams (Jam) 52.60; 5. Darden (US) 54.40;... dq—Cox (US).

800: 1. Sinclair (Jam) 1:58.59; 2. Uceny (US) 1:59.49; 3. Måkestad Bovim (Nor) 1:59.82 PR; 4. Klocová (Svk) 2:00.44;

5. Plis (Pol) 2:00.45 OR; 6. Moser (US) 2:01.58; 7. Wurth-Thomas (US) 2:03.27; 8. Andrianova (Rus) 2:07.74;... rabbit—Hargrove (US).

100H(0.5): 1. Jones (US) 12.87; 2. Felicien (Can) 12.88; 3. Carruthers (US) 13.01; 4. Dektyareva (Rus) 13.06; 5. Snihur (Ukr) 13.12; 6. O'Rourke (Ire) 13.18; 7. Ennis-London (Jam) 13.56.

400H: 1. Spencer (Jam) 54.23; 2. Hejnová (CzR) 55.14; 3. Wilson (Jam) 55.55; 4. Leach (US) 55.78; 5. Ouédraogo (Bel) 56.52;... dnf—Tosta (US).

Field Events

HJ: 1. Vlašić (Cro) 6-7½ (2.02) (6-1½, 6-4, 6-6, 6-7½, 6-8¾ [xxx]) (1.87, 1.93, 1.98, 2.02, 2.05 [xxx]);

2. Shkolina (Rus) 6-4 (1.93); 3. Gordeeva (Rus) 6-1½ (1.87); 4. Simić (Cro) 6-1½; 5. Jungmark (Swe) 6-1½.

TJ: 1. Veld'áková (Svk) 46-8¾ (14.24); 2. Rodic (Slo) 45-9¾ (13.96); 3. Pyatykh (Rus) 45-7 (13.89); 4. Smith (Jam) 45-5¾ (13.86); 5. McLain (US) 44-10¼ (13.67); 6. Kutyakova (Rus) 44-9½ (13.65).

DT: 1. Perković (Cro) 215-1 (65.56) (215-1, f, 210-9, 199-7, 201-0, 210-5) (65.56, f, 64.25, 60.85, 61.27, 64.14);

2. Li (Chn) 207-10 (63.35); 3. Tomasević (Ser) 201-4 (61.38); 4. Wisniewska (Pol) 199-4 (60.76); 5. Grasu (Rom) 196-6 (59.91); 6. Thurmond (US) 195-7 (59.61);

7. Potepa (Pol) 193-1 (58.85); 8. Cechlová (CzR) 186-9 (56.92); 9. Rumpf (Ger) 183-3 (55.87); 10. Begić (Cro) 182-5 (55.60).

in the next eTrack Newsletter:
Continental Cup

(Ukr) 254-3 (77.51).

ROVERETO WOMEN

100(6.7): 1. Baptiste (Tri) 11.13w; 2. Barber (US) 11.17w; 3. Asumnu (US) 11.28w; 4. Bailey (Jam) 11.29w; 5. Turner (GB) 11.31w.

800: 1. Cusma Piccione (Ita) 2:00.37; 2. Kofanova (Rus) 2:00.54; 3. Félix (Fra) 2:00.84 PR; 4. Balciunaitė (Lit) 2:02.59;

5. Bernard-Thomas (Grn) 2:03.05; 6. Santiusti (Cub) 2:03.08; 7. Sum (Ken) 2:04.95; 8. Reina (Ita) 2:06.52; 9. Semenya (SA) 2:07.16.

St: 1. Bekele (Eth) 9:25.09; 2. Ayana (Eth) 9:26.96 (x, 5WJ); 3. Kowalska (Pol) 9:37.33; 4. Alemu (Eth) 9:39.67 PR;

5. Adamu (Eth) 9:42.23; 6. Mara (Ukr) 9:47.60; 7. Juravel (Mol) 9:58.02; 8. Hall (US) 10:00.20 PR (second steeple of career).