

### — Continental Cup Men: Lagat Doubles —

by Roy Conrad

Split, Croatia, September 4–5—The inaugural IAAF/VTB Bank Continental Cup may have cut the “teams” in half from the former World Cup, but the new format often resembled the old event in that athletes fought for team points first and then for the prize money doled out to each competitor.

In the end, the squads from Europe totaled 429 combined points—the old Cup was separated by sex—to edge the Americas (419½), with Africa (292) and Asia-Pacific (286½) well back.

Starring on the men’s side was the meet’s lone double winner, American Bernard Lagat.

He became the first 3000/5000 winner in Cup history—in races of predictably plodding paces closed by flat-out final-lap sprints playing ideally to the tactical acumen of the 35-year-old veteran.

In the first day’s 5K, Lagat jogged along comfortably in 3<sup>rd</sup> for much of the distance as Uganda’s Moses Kipsiro set an 8:46.81 tempo—a 14:35 pace.

The pace ratched up with 600 to go, but Lagat never wavered, pouncing off the final turn to close a 52-second last lap for a 13:58.23 win ahead of Kipsiro (13:58.35), who repelled the closing sprint by French steepler Bob Tahri (13:58.79).

Some 24 hours later, Lagat was back in the 3000 to again face Kipsiro, as well as Kenyan Vincent Yator plus Diamond League champ Tariku

Bekele of Ethiopia. But the pedestrian tempo (Yator 5:30.08 at 2K, about 8:15 pace) wasn’t trying in the least for Lagat.

The pace began to wind up with 500 to go and, as in the 5000, Lagat waited until just before the final straight to make his move. He took the chancy route of staying on the rail

as he battled with the African trio, but leader Bekele must have thought Lagat would try to swing wide in the rush for home as the Ethiopian edged into lane 2.

But Lagat’s gamble paid off as an opening on the rail appeared and he pumped hard for home, a 55-second closer finishing his

7:54.75 winner ahead of Kipsiro (7:54.98). Bekele (7:55.79) slipped to 4<sup>th</sup> behind Ecuador’s Bayron Piedra (7:55.52).

“They kind of went the same. But yesterday was more clear,” Lagat said. “There was just one person I was chasing [in the 5000]. Today, there were about five of us together with about 300 to go.

“But I was composed; I know when I have plenty left and I had plenty left. Yesterday I did, too.”

Five other Americans scored individual victories. On day 1, Jeremy Wariner legged a meet record 44.22 in the 400, looking like the JW of old.

Dwight Phillips (27-4½/8.34) and Christian Cantwell (71-9/21.87) took the LJ and SP leads on their first efforts and never were threatened.

On day 2, Wallace Spearmon defended his Cup 200 title with an unpressed 19.95 and Americas team captain David Oliver stayed unbeaten outdoors as a 13.11 won his 14<sup>th</sup> straight final this season.

Spearmon ran a strong backstretch leg in the 4 x 100, passing to Tyson



Lagat took down Kipsiro in the 5000 on the first day

## 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 (USA)
400H.....	47.32	.....	Bershawn Jackson (US)

### Road Events

H-Mar.....	58:23	¶	Zersenay Tadese (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)

Gay, who blew the race open as the Americas won by more than a second at 38.25. The Euro champion French squad didn't connect on the final exchange and DNFed.

In the meet-concluding 4x4, Bershawn Jackson's 45-flat second leg and Greg Nixon's 44.5 third carry kept the Americas squad close to Europe and Ricardo Chambers (44.2) held

### — CONTINENTAL CUP —

2 entries per team (3 in the non-lane runs) for Europe, Africa, Americas and Asia/Oceania.

Each event limited to one athlete per nation; individual events scored 8-7-6-5-4-3-2-1; relays 15, 11, 7, 3)

Prize money: individual events \$30K, \$15K, \$10K, \$7K, \$5K, \$3K, \$2K, \$1K; relays \$30K, \$20K, \$10K, \$8K.

off Europe's Martyn Rooney for a 2:59.00-2:59.84 victory.

Jackson atoned somewhat for the meet-opening upset in his 400 hurdles specialty.

Batman ran hard early, eschewing his usual mid-race relaxation. But he paid in the homestretch as Euro champ Dai Greene and Puerto Rico's Javier Culson put on the pressure. Jackson slammed the final barrier as Greene went on to a PR win at 47.88 from Culson (48.08) and Jackson (48.62).

Jackson revealed post-race that an aunt had passed away with previous day. "I was very close to her," he said.

"To hear such bad news before the race affected my concentration. I hoped to end the season with another win, but I was overwhelmed with emotion and Greene was running very fast. So he was the better man today."

In probably the meet's most dominating win, WR setter David Rudisha was in total command throughout the 800.

The lanky Kenyan grabbed the lead at the break, split 50.84 and 1:16.77 and was never threatened in a 1:43.37 meet-record triumph.

He clocked 26.6 for his closing half-lap to win by 1.44 seconds from European champ Marcin Lewandowski (1:44.81) with American Nick Symmonds 5<sup>th</sup> at 1:44.98.

### — CUP MEN —

(9/4—100, 400, 1500, 5K, 400H, 4x1, HJ, LJ, SP, HT)	100(0.7): 1. Lemaître (Fra) 10.06; 2. Bailey (Ant) 10.10; 3. Lewis-Francis (GB) 10.16; 4. Edwards (US) 10.23; 5. Meité (Ci) 10.32; 6. Lao (Chn) 10.38; 7. Rouge-Serret (Aus) 10.45;... fs—Zakari (Gha). 200(0.2): 1. Spearmon (US) 19.95; 2. Martina (NA) 20.47; 3. Meité 20.51; 4. Mal-
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colm (GB) 20.75; 5. Fujimitsu (Jpn) 20.80; 6. Seoud (Egy) 20.94; 7. Davies (Aus) 22.03;... dnf—Saidy Ndure (Nor).

400: 1. Wariner (US) 44.22; 2. Chambers (Jam) 44.59; 3. Bingham (GB) 44.84; 4. Borlée (Bel) 45.01; 5. Yousif (Sud) 45.45; 6. Offereins (Aus) 45.94; 7. Kanemaru (Jpn) 45.95; 8. Khawajah (Lby) 45.99.

800: 1. Rudisha (Ken) 1:43.37 (50.84/52.53) (10th sub-1:44 of year; Kipketer had 11 in '97) (undefeated in 12 meets); 2. Lewandowski (Pol) 1:44.81; 3. Ali (Bhr) 1:44.92;

4. Davide (Bra) 1:44.96; 5. Symmonds

## 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 Trafeh (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)

(US) 1:44.98; 6. Rimmer (GB) 1:45.91; 7. Wole (Eth) 1:46.56; 8. Garrett (Aus) 1:50.32.

1500: 1. Laâlou (Mor) 3:35.49; 2. Gebremedhin (Eth) 3:35.70 (2:55.59); 3. Manzano (US) 3:36.48; 4. Casado (Spa) 3:37.43; 5. Baddeley (GB) 3:38.41;

6. Kiprop (Ken) 3:38.81 (57.13, 1:56.80); 7. Kowal (Fra) 3:39.30; 8. Milne (Can) 3:39.94; 9. Shahween (Sau) 3:40.75; 10. Kealey (Aus) 3:41.51.

St: 1. Matelong (Ken) 8:09.67; 2. Gari (Eth) 8:09.87 NR; 3. Mekhissi-Benabbad (Fra) 8:09.96;

4. Kiplagat (Uga) 8:14.47 (2:39.73, 5:26.96); 5. Luchianov (Mol) 8:22.86; 6. Abdi (Aus) 8:23.39; 7. Taher (Bhr) 8:26.54; 8. Huling (US) 8:27.59; 9. Sánchez (Cub) 8:48.11; 10. Blanco (Spa) 8:48.79.

3000: 1. Lagat (US) 7:54.75; 2. Kipsiro (Uga) 7:54.98; 3. Piedra (Ecu) 7:55.52; 4. Bekele (Eth) 7:55.79; 5. Yator (Ken) 7:57.46 (5:30.08); 6. Blincoe (NZ) 7:57.67;

7. Meucci (Ita) 7:57.98; 8. St. Lawrence (Aus) 7:58.55; 9. Demczyk (Pol) 7:59.92; 10. Smaïl (Fra) 8:11.66; 11. Borrego (Mex)

8:12.92 (2:47.23).

5000: 1. Lagat 13:58.23; 2. Kipsiro (Uga) 13:58.35 (8:46.81, 11:33.47); 3. Tahri (Fra) 13:58.79; 4. Soi (Ken) 13:59.04; 5. Merga (Eth) 14:00.53 (5:55.04);

6. Birmingham (Aus) 14:00.60; 7. Lebid (Ukr) 14:00.73; 8. Girmalegese (Tur) 14:05.24; 9. Borrego (Mex) 14:19.58 (2:50.38).

110H(-1.1): 1. Oliver (US) 13.11 (undefeated in 14 meets, 11 @ 13.12 or better); 2. Turner (GB) 13.48; 3. Shi (Chn) 13.53;

4. Darien (Fra) 13.75; 5. Nurudeen (Ngr) 13.76; 6. Hadj Lazib (Alg) 13.89; 7. Tanonaka (Jpn) 13.92; 8. DeGrammont (Hai) 14.18.

400H: 1. Greene (GB) 47.88 PR (seventh European to break 48); 2. Culson (PR) 48.08; 3. Jackson (US) 48.62; 4. Hann

(Sen) 48.89 PR; 5. van Zyl (SA) 49.97; 6. Kechi (Fra) 50.01; 7. Cole (Aus) 50.37; 8. Koike (Jpn) 54.45.

4 x 100: 1. Americas 38.25 (D. Bailey, Spearmon, Gay, Martina);

2. Asia/Oceania (Japan) 39.28 (Takahira, Tsukahara, Fujimitsu, Kimura);

3. Africa 39.82 (South Africa) (Dreyer, Magakwe, van der Vyver, Mpuang RSA);

...dq[zone]—Europe (France) (Hallay, Lemaitre, Pesson-neaux, Tinmar).

4 x 400 (1-turn stagger): 1. Americas 2:59.00 (Brenes 45.3, Jackson 45.0, Nixon 44.5, Chambers 44.23);

2. Europe 2:59.84 (Bingham, K. Borlée, Krasnov, Rooney);

3. Africa 3:02.62 (Kikaya, Mutai, Khawajah, Yousif);

4. Asia/Oceania (Australia) 3:03.66 (Milburn, Offereins, Cole, Moore).

### Jumping Events

HJ: 1. Al-Mannai (Qat) 7-5¼ (2.28) PR (6-9½, 7-½, 7-3 [2], 7-4½ [2], 7-5¼, 7-7 [xxx]) (2.07, 2.15, 2.21 [2], 2.25 [2], 2.28, 2.31 [xxx]);

2. Thomas (Bah) 7-5¾ (7-½, 7-3, 7-4½ [2], 7-5¾ [3], 7-7 [xxx])

## 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 ..... 2:26:22i ..... 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)

(2.15, 2.21, 2.25 [2], 2.28 [3], 2.31 [xxx]); 3. Bernard (GB) 7-4½ (2.25); 4. Kgosiemang (Bot) 7-4½; 5. Lee (Mas) 7-4½; 6. Jonas (US) 7-3 (2.21); 7. Dudas (Ser) 6-6 (1.98); ... nh—Bouraada (Alg).

PV: 1. Hooker (Aus) 19-6¼ (5.95) (17-8½ [2], 18-2½ [p], 18-6½, 18-10¼ [2], 19-¼ [p], 19-2¼ [xp], 19-4¼, 19-6¼ [3]) (5.40 [2], 5.55 [p], 5.65, 5.75 [2], 5.80 [p], 5.85 [xp], 5.90, 5.95 [3]);

2. Lavillenie (Fra) 19-4¼ (5.90) (17-8½, 18-2½ [p], 18-6½, 18-10¼ [p], 19-¼, 19-2¼, 19-4¼, 19-6¼ [xxx]) (5.40, 5.55 [p], 5.65, 5.75 [p], 5.80, 5.85, 5.90, 5.95 [xxx]);

3. Miles (US) 18-10¼ (5.75) (17-8½ [2], 18-6½ [2], 18-10¼ [2], 19-¼ [xxx]) (5.40 [2], 5.65 [2], 5.75 [2], 5.80 [xxx]);

4. Mazuryk (Ukr) 18-6½ (5.65); 5. Yang (Chn) 18-2½ (5.55); 6. Lanaro (Mex) 17-8½ (5.40); 7. Bouraada (Alg) 15-9 (4.80).

LJ: 1. Phillips (US) 27-4½ (8.34) (27-4½, f, f, f) (8.34, f, f, f);

2. Gomis (Fra) 26-7 (8.10) (25-10¼, 25-8, f, 26-7) (7.89, 7.82, f, 8.10);

3. Reif (Ger) 26-2¾ (7.99) (23-10¼, 25-2½,

## 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..... 50-½ (15.25) ..... Olga Rypakova (Kazakhstan)

SP..... 71-2½ (21.70)i ..... Nadezhda Ostapchuk (Blr)

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)

# — Cup Women: Vlastic Stars —

by Peter McKenzie

There couldn't have been a more fitting climax to the first Continental Cup than to have hometown hero Blanka Vlašić taking three shots at a high jump World Record before a rapt Poljud Stadium crowd.

The 26-year-old Split native literally had the second-day throng of more than 20,000 fans in the palms of her hands—before each attempt, Vlastic would set the initial tempo for the crowd's rhythmic clapping and the riveted fans dutifully followed

And this year's Euro champion lorded over the competition, as much as the crowd. Vlastic cleared her six heights all on first attempt, including the winning 6-8 $\frac{3}{4}$  (2.05). She had

already locked up the victory from European compatriot Emma Green; the Swede got over 6-4 $\frac{3}{4}$  (1.95) but missed once at 6-6 $\frac{3}{4}$  (2.00) and then twice at 6-7 $\frac{1}{2}$  (2.02).

Vlašić was so on before her home crowd that she didn't notch her first miss until the WR setting of 6-10 $\frac{3}{4}$  (2.10). She touched the bar at 2.00 (ankle) and 2.02 (calves) and grazed it at 2.05 with her lower back, butt and calves. But the bar stayed up each time, eliciting huge roars from the crowd.

Of her three shots at the record, Vlašić's second came closest although she dislodged the bar on top with her shoulders. She grabbed the bar going up on her final try.

Then she fell to her knees on the track as

25-11, 26-2 $\frac{3}{4}$ ) (7.27, 7.68, 7.90, 7.99);  
4. Li (Chn) 26- $\frac{1}{4}$  (7.93); 5. Smith (Ber) 25-11 $\frac{1}{2}$  (7.91); 6. Badji (Sen) 25-10 (7.87);  
7. Lapiere (Aus) 25-3 $\frac{1}{4}$  (7.70); 8. Bouraada (Alg) 23-4 $\frac{1}{2}$  (7.12).

TJ: 1. Oprea (Rom) 56-8 $\frac{3}{4}$  (17.29) (56-1 $\frac{3}{4}$ , f, 56-5 $\frac{1}{4}$ , 56-8 $\frac{3}{4}$ ) (17.11, f, 17.20, 17.29);

2. Copello (Cub) 56-7 $\frac{1}{4}$  (17.25) (56-7 $\frac{1}{4}$ , f, f, 56-1) (17.25, f, f, 17.09);

3. Idowu (GB) 56-6 $\frac{3}{4}$  (17.24) (56-6 $\frac{3}{4}$ , 52-2 $\frac{1}{2}$ , p, 56-2 $\frac{1}{2}$ ) (17.24, 15.91, p, 17.13);

4. Mamba (Cam) 55-5 $\frac{1}{2}$  (16.90); 5. Lewis (Grn) 55-3 $\frac{1}{2}$  (16.85); 6. Oke (Ngr) 54-10 $\frac{1}{4}$  (16.72); 7. Maheswary (Ind) 54-9 $\frac{1}{4}$  (16.69);  
8. Valiyev (Kaz) 51-10 $\frac{1}{2}$  (15.81).

## Throwing Events

SP: 1. Cantwell (US) 71-9 (21.87) (70-3, 71-9, 70-7 $\frac{3}{4}$ , 70-7 $\frac{3}{4}$ ) (21.41, 21.87, 21.53, 21.53);

2. Majewski (Pol) 69-7 $\frac{1}{2}$  (21.22) (68- $\frac{1}{4}$ , 68-5 $\frac{3}{4}$ , 69-7 $\frac{1}{2}$ , 68-2 $\frac{1}{4}$ ) (20.73, 20.87, 21.22, 20.78);

3. Mikhnevich (Blr) 67-10 $\frac{1}{4}$  (20.68) (67-10 $\frac{1}{4}$ , 66-11 $\frac{1}{4}$ , f, f) (20.68, 20.40, f, f);

4. Martin (Aus) 65-11 $\frac{1}{2}$  (20.10); 5. Armstrong (Can) 64-7 $\frac{3}{4}$  (19.70); 6. Lambrechts (SA) 61-8 $\frac{1}{2}$  (18.81); 7. Al-Hebshi (Sau) 58- $\frac{1}{4}$  (17.68); 8. Elemba (Con) 51-11 $\frac{1}{4}$  (15.83) PR.

DT: 1. Harting (Ger) 219-4 (66.85) (214-11, 219-4, 216-9, f) (65.52, 66.85, 66.07, f);

2. Harradine (Aus) 218-0 (66.45) NR (212-4, 218-0, 212-11, 213-11) (64.72, 66.45, 64.90, 65.20);

3. Hadadi (Irn) 211-9 (64.55) (188-9, 208-0, 211-9, 204-5) (57.54, 63.41, 64.55, 62.30);

4. Małachowski (Pol) 210-7 (64.20); 5. Young (US) 201-2 (61.33); 6. Fernández (Cub) 200-9 (61.18); 7. El-Ghazaly (Egy) 196-10 (60.00); 8. Hogan (SA) 180-0 (54.86).

HT: 1. Charfreitag (Svk) 261-5 (79.69) (255-1, 250-4, 261-5, f) (77.76, 76.31, 79.69, f);

2. Nazarov (Taj) 258-5 (78.76) (250-1, 256-2, 252-7, 258-5) (76.22, 78.08, 76.99, 78.76);

3. Al-Zankawi (Kuw) 251-9 (76.73) (f, 243-4, 245-2, 251-9) (f, 74.16, 74.72, 76.73); 4. Vizzoni (Ita) 249-2 (75.94); 5. Janet (Cub) 245-7 (74.87);

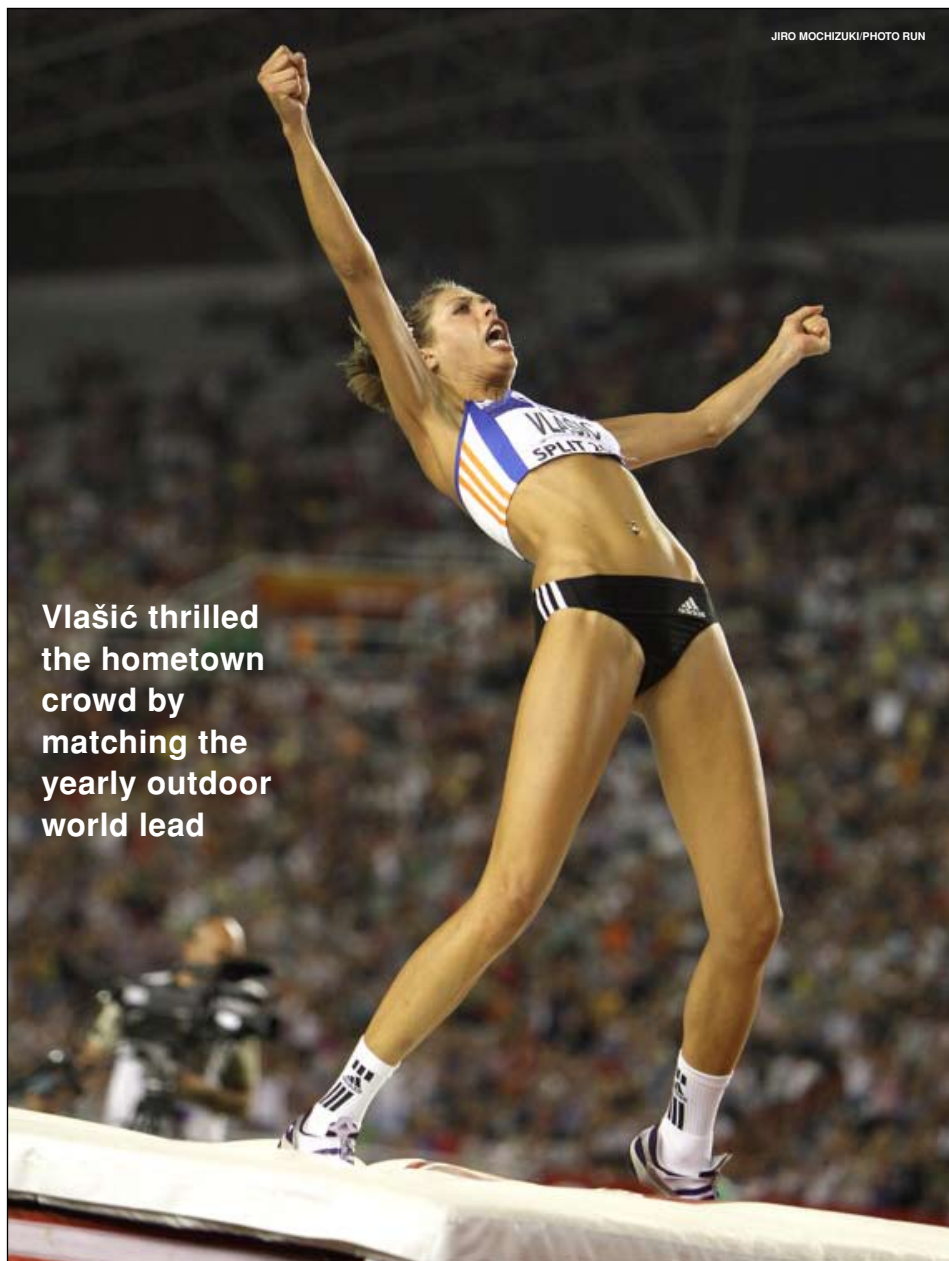
6. Kruger (US) 242-9 (74.00); 7. Harmse (SA) 233-2 (71.06); 8. Anani (Egy) 228-11 (69.77).

JT: 1. Thorkildsen (Nor) 292-10 (89.26) (has 8 of year's top 10 throws, 13 of 16, 16 of 25) (259-0, 278-3, 275-9, 292-10) (78.94, 84.81, 84.06, 89.26);

2. Pienaar (SA) 272-10 (83.17) (252-4, f, 255-11, 272-10) (76.93, f, 78.00, 83.17);

3. De Zordo (Ger) 271-11 (82.89) (262-5, 268-9, f, 271-11) (80.00, 81.93, f, 82.89);

4. Bannister (Aus) 262-5 (79.99); 5. Farquhar (NZ) 256-10 (78.29); 6. El Rahman (Egy) 243-1 (74.11); 7. Ibarguen (Col) 241-10 (73.73); 8. Hazle (US) 240-1 (73.18).



Vlašić thrilled the hometown crowd by matching the yearly outdoor world lead

the crowd cheered anew, Vlašić sobbing with relief to have won and met the immense expectations put on her ahead of the meet.

"It was a perfect crowd," she said. "I'm so proud to be a part of it and so proud that the crowd supported everybody in all the events. It was just fantastic. You can't imagine what this means to me. It's a moment that my family and I will never forget."

Of her WR attempts she said, "I was so happy to jump at it again. I missed [trying] it so much."

As clear as Vlašić's victory was, the meet's closest finish came in the women's 100 hurdles. The race boasted one of the meet's strongest overall fields, and quick-starting Aussie Sally Pearson got her usual strong getaway.

The Olympic silver medalist held the slimmest of margins over U.S. victor Lolo Jones with Euro champ Nevin Yanit also in the mix early. But the Turk slipped back at halfway, while '03 world champ Perdita Felicien surged up on the inside.

The trio ran in tandem over the final three barriers and on the run-in. A medium-sized Croatian flag likely could have covered all three at the line. Beyond the finish, Jones held her hands open, palms up, wanting to know who won. Pearson and Felicien intently eyed the stadium screen.

Then Pearson screamed and leaped for joy as her 12.65 win was confirmed ahead of Jones (12.66) and Felicien (12.68), with Yanit (12.84) farther back in 4<sup>th</sup>.

Pearson said, "I came here to win and I did it. I'm going home with \$30,000 and since I'm looking for a house, it's a good day's work and it will help."

Said Jones, who was ill the previous night, "I'm pretty happy since I had only about five hours of sleep last night. I'm looking forward to next year [since] this season leaves me with a lot of fire. I have a lot of goals left to accomplish."

In the shot, Olympic/World champ Valerie Vili got her first win of the year over the previously-beaten Nadezhda Ostapchuk—and convincingly. The New Zealander hit a 67-11 (20.70) opener throwing just ahead of the Belarusian. Then Vili powered her second heave out to a season-best 68-5¼ (20.86), the No. 2 throw of her career.

Ostapchuk reached her 66-2½ (20.18) best on her third throw, but all four of Adams' puts would have won.

No U.S. woman won an individual event, but runner-up finishes were claimed by Shalonda Solomon (11.09) and Debbie Dunn (50.21) as well as Jones, with 3<sup>rd</sup>s to Christin Wurth-Thomas (4:21.46), Shannon Rowbury (9:04.82) and Molly Huddle (16:08.60).

Solomon and Dunn also ran legs on the winning Americas 4x1 (43.07) and 4x4 (3:26.37) baton squads.

## CONTINENTAL CUP WOMEN

(9/4—100, 400, 800, 3K, 400H, 4x1, PV, TJ, DT, JT)

100(1.4): 1. Baptiste (Tri) 11.05; 2. Solomon (US) 11.09; 3. Okagbare (Ngr) 11.14; 4. Sailer (Ger) 11.26; 5. Okparaebor (Nor) 11.37; 6. Fukushima (Jpn) 11.42; 7. Zang Milama (Gab) 11.49; 8. Breen (Aus) 11.58.

200(-0.6): 1. Fedoriva (Rus) 22.86; 2. Bryzhina (Ukr) 23.37; 3. Mothersill (Cay) 23.41; 4. C. Moore (US) 23.52; 5. Osayomi (Ngr) 23.84; 6. Henry (Aus) 24.02; 7. Wittstock (SA) 24.05; 8. Takahashi (Jpn) 24.27.

400: 1. Montsho (Bot) 49.89; 2. Dunn (US) 50.21; 3. Firova (Rus) 50.45; 4. S. Williams (Jam) 50.70; 5. Thiam (Sen) 51.46; 6. Grenot (Ita) 51.74; 7. Henry (Aus) 52.52; 8. Chiba (Jpn) 53.38.

800: 1. Jepkosgei (Ken) 1:57.88; 2. Sinclair (Jam) 1:58.16; 3. Savinova (Rus) 1:58.27; 4. Meadows (GB) 1:58.88; 5. Luka (Ind) 1:59.17 NR (58.04); 6. Bouras (Alg) 1:59.61; 7. Hamblin (NZ) 1:59.66 PR; 8. Johnson (US) 2:01.83.

1500: 1. Dehiba (Fra) 4:19.78; 2. Edwards (Can) 4:21.34; 3. Wurth-Thomas (US) 4:21.46; 4. Belete (Bhr) 4:22.27; 5. Cakir (Tur) 4:22.43 (1:19.56, 2:32.66); 6. Hamblin (NZ) 4:22.45; 7. Burka (Eth) 4:23.76; 8. Langat (Ken) 4:23.93 (3:37.19); 9. McKnight (Aus) 4:27.40;... dnf—Lakhouad (Mor).

St: 1. Zarudneva (Rus) 9:25.46 (3:10.31, 6:24.77); 2. Chemos (Ken) 9:25.84; 3. Assefa (Eth) 9:29.53; 4. Ouhaddou (Mor) 9:39.39; 5. Aguilera (US) 9:41.48;

6. Hinds (Jam) 9:45.08; 7. Dean (GB) 9:45.36; 8. Li (Chn) 9:47.28; 9. Duarte (Fra) 9:49.93; 10. Hayakari (Jpn) 10:04.97.

3000: 1. Defar (Eth) 9:03.33 (3:17.63, 6:16.54); 2. Bekele (Tur) 9:04.08; 3. Rowbury (US) 9:04.82;

4. Elmore (Can) 9:05.75; 5. Chenonge (Ken) 9:07.18; 6. Daba (Bhr) 9:08.86; 7. Moreira (Por) 9:10.37; 8. Kobayashi (Jpn) 9:10.92; 9. McKnight (Aus) 9:24.50.

5000: 1. Cheruiyot (Ken) 16:05.74 (13:20.95); 2. Ejigu (Eth) 16:07.11 (10:18.83); 3. Huddle (US) 16:08.60; 4. Abeylegesse (Tur) 16:10.36 (3:13.21);

5. Mrisho Mohamed (Tan) 16:12.94; 6. Eshete (Bhr) 16:15.47; 7. Augusto (Por) 16:18.20 (6:57.53); 8. Metcalfe Wright (Can) 16:29.63.

100H(-0.5): 1. Pearson (Aus) 12.65; 2. Jones (US) 12.66; 3. Felicien (Can) 12.68; 4. Yanit (Tur) 12.84; 5. O'Rourke (Ire) 12.99; 6. Adigun (Ngr) 13.48; 7. Faye (Sen) 13.58; 8. Terada (Jpn) 13.67.

400H: 1. Wilson (Jam) 54.52; 2. Odumosu (Ngr) 54.59 NR; 3. Stambolova (Bul) 54.89; 4. Antyukh (Rus) 55.19; 5. Boden (Aus) 55.30; 6. Leach (US) 55.64; 7. Lambarki (Mor) 59.03.

4 x 100: 1. Americas 43.07 (Mothersill, Ferguson McKenzie, Solomon, Baptiste); 2. Europe (Ukraine) 43.77 (Povh, Pohrebnyak, Ryemyen, Bryzhina);

3. Africa 43.88 (Zang Milama, Osazuwa, Damola Osayomi, Okagbare);

4. Asia/Oceania (Japan) 44.54 (Wada, Fukushima, Sano, Takahashi).

4 x 400 (1-turn stagger): 1. Americas 3:26.37 (S. Williams 51.7, Dunn 50.7, Wilson 52.47, Amertil 51.49);

2. Europe 3:26.58 (Ustalova, Krivoshapka, Grenot, Firova);

3. Africa 3:27.99 (Abugan, Mbacké Thiam, Fatou, Montsho);

4. Asia/Oceania (Australia) 3:33.32 (Boden, Henry, Tauro, Crook).

## Jumping Events

HJ: 1. **Vlašić (Cro) 6-8¾ (2.05) (=out WL) (6-2, 6-3½, 6-4¾, 6-6 [p], 6-6¾, 6-7½, 6-8¾, 6-10¾ [xxx]) (1.88, 1.92, 1.95, 1.98 [p], 2.00, 2.02, 2.05, 2.10 [xxx])**;

2. Green (Swe) 6-4¾ (1.95); 3. Spencer (StL) 6-2 (1.88); 3. Dusanova (Uzb) 6-2; 5. Ustinova (Kaz) 6-2; 6. Mayor (Cub) 5-10 (1.78); 7. Tsoaeli (Les) 5-10 NR; 8. Simpson (Gha) 5-7¾ (1.72).

PV: 1. Feofanova (Rus) 15-5 (4.70) (14-3¼, 14-9, 15-1 [2], 15-5 [3]) (4.35, 4.50, 4.60 [2], 4.70 [3]);

2. Ryzih (Ger) 15-1 (4.60) (12-5½, 13-1½ [p], 13-9¼, 14-3¼, 14-9, 15-1, 15-5 [xxx]) (3.80, 4.00 [p], 4.20, 4.35, 4.50, 4.60, 4.70 [xxx]);

3. Murer (Bra) 14-9 (4.50); 4. Li (Chn) 14-9 PR; 5. Holliday (US) 14-3¼ (4.35); 6. Boyd (Aus) 14-3¼; 7. Berthier (Bur) 11-1¾ (3.40);... nh—Nisrine (Mor).

LJ: 1. Tarasova (Uzb) 21-11¾ (6.70) (f, 20-6¼, 20-8, 21-11¾) (f, 6.25, 6.30, 6.70);

2. Savigne (Cub) 21-9 (6.63) (20-7¼, 21-4, 20-8½, 21-9) (6.28, 6.50, 6.31, 6.63); 3. Rypakova (Kaz) 21-8 (6.60) (21-8, f, 21-5¼, f) (6.60, f, 6.53, f);

4. Radevica (Lat) 21-6 (6.55); 5. Gomes (Por) 21-4¾ (6.52); 6. Okagbare (Ngr) 20-9¾ (6.34); 7. Glenn (US) 20-7¼ (6.28); 8. Chnaik (Mor) 18-11¾ (5.78).

TJ: 1. **Rypakova 50-½ (15.25) NR (WL) (7, =17 W) (50-½, 47-3, f, f) (15.25, 14.40, f, f)**;

2. Saladuha (Ukr) 48-2¾ (14.70) (47-3, f, 48-2¾, 47-8½) (14.40, f, 14.70, 14.54);

3. Savigne (Cub) 48-0 (14.63) (47-11¼, f, 48-0, f) (14.61, f, 14.63, f);

4. Xie (Chn) 47-1 (14.35); 5. La Mantia (Ita) 46-4 (14.12); 6. Nambawa (Uga) 45-2½ (13.78); 7. Nkiruka (Ngr) 44-11w (13.69) (42-¾/12.82); 8. McLain (US) 44-8¼ (13.62).

## Throwing Events

SP: 1. Vili (NZ) 68-5¼ (20.86) (67-11, 68-5¼, 68-1½, 67-5½) (20.70, 20.86, 20.76, 20.56);

2. Ostapchuk (Blr) 66-2½ (20.18) (64-9¾, 66-½, 66-2½, f) (19.75, 20.13, 20.18, f);

3. Gong (Chn) 66-½ (20.13) (63-1½, 66-½, 66-½, f) (19.24, 20.13, 20.13, f);

4. González (Cub) 61-1¼ (18.62); 5. Camarena-Williams (US) 60-8 (18.49); 6.

## — MEET/RACE SCHEDULE —

always check with the hosts before traveling to a meet

### Pro-Circuit Meets

#### September

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

#### 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

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 ‡

Ivanova (Rus) 59-10¼ (18.24); 7. Ibekwe (Ngr) 44-10¼ (13.67); 8. Isiao (Ken) 42-9½ (13.04).

DT: 1. Li (Chn) 209-3 (63.79) (202-0, 201-1, 209-3, f) (61.57, 61.29, 63.79, f);

2. Perković (Cro) 207-7 (63.29) (204-5, 199-2, 207-7, 196-2) (62.30, 60.70, 63.29, 59.80);

3. Barrios (Cub) 205-4 (62.58) (192-9, 203-1, 205-4, 204-3) (58.77, 61.90, 62.58, 62.27);

4. Samuels (Aus) 201-3 (61.34); 5. Breisch (US) 199-2 (60.70); 6. Grasu (Rom) 195-10 (59.69); 7. Naude (SA) 183-0 (55.79); 8. Kragbé Kazai (Ci) 171-6 (52.27).

HT: 1. Lysenko (Rus) 242-5 (73.88) (238-4, f, 240-1, 242-5) (72.64, f, 73.18, 73.88);

2. Zhang (Chn) 241-9 (73.69) (241-9, f, 231-2, 238-6) (73.69, f, 70.46, 72.71);

3. Moreno (Cub) 238-7 (72.73) (f, f, 230-4, 238-7) (f, f, 70.21, 72.73);

4. Heidler (Ger) 238-6 (72.70) (230-11, f,

238-6, f) (70.38, f, 72.70, f);

5. Dahlgren (Arg) 217-4 (66.25); 6. Neighbour (Aus) 206-11 (63.07); 7. Hussein (Egy) 203-0 (61.87).

JT: 1. Abakumova (Rus) 223-7 (68.14) (214-2, 223-7, 205-0, 203-1) (65.28, 68.14, 62.49, 61.90);

2. Viljoen (SA) 204-1 (62.21) (198-5, 204-1, 196-9, 197-1) (60.48, 62.21, 59.98, 60.07);

3. Mickle (Aus) 201-4 (61.36) (f, 201-4, f, f) (f, 61.36, f, f);

4. Stahl (Ger) 198-0 (60.37); 5. Omar (Egy) 190-10 (58.16) NR; 6. Patterson (US) 190-6 (58.07); 7. Ribeaux (Cub) 187-3 (57.08).

### BECKUM WOMEN'S VAULT

Beckum, Germany, August 29—

PV: 1. Spiegelburg (Ger) 15-1 (4.60); 2. Polnova (Rus) 14-5¼ (4.40); 3. Boyd (Aus) 14-1¼ (4.30); 4. Hingst (Ger) 14-1¼;

5. Ryzih (Ger) 13-11¼ (4.25); 6. Holliday (US) 13-9¼ (4.20); 7. Owen (US) 13-9¼;... nh—Hütter (Ger), Gadschiew (Ger).

### AACHEN VAULT

Aachen, Germany, September 1—

PV (town square): 1. Mohr (Ger) 19-4¼ (5.90) PR; 2. Spiegelburg (Ger) 18-4¾ (5.61); 3. Czerwinski (Pol) 18-4¾ (5.61);

4. Walker (US) 18-1 (5.51); 5. van Wengarden (Hol) 18-1 (5.51); 6. Schulze (Ger) 17-9 (5.41);

7. tie, Lobinger (Ger) & Mesnil (Fra) 17-9 (5.41); 9. tie, Dilla (Ger) & Holzdeppe (Ger) 17-9; 11. Otto (Ger) 17-9; 12. Frauen (Ger) 17-1 (5.21); 13. Börgeling (Ger) 17-1.

### PADUA

Padua, Italy, September 3—  
100(0.4): 1. Gatlin (US) 10.15; 2. Frater (Jam) 10.27; 3. Ashmeade (Jam) 10.39.

800: 1. Reina (Spa) 1:46.51; 2. Ellerton (Can) 1:46.77; 3. Seck (Sen) 1:46.82; 4. Willis (NZ) 1:46.89; 5. Renshaw (Aus) 1:47.09;... 8. Webb (US) 1:48.34;... 10. Leer (US) 1:50.03.

400H: 1. Gaymon (US) 49.56; 2. Carabelli (Ita) 50.14; 3. Maillard (Fra) 50.28; 4. Kortbeek (Hol) 50.85.

### Field Events

LJ: 1. Menkov (Rus) 26-2¼ (7.98); 2. Méliz (Spa) 25-8 (7.82); 3. Leitis (Lat) 25-5¼ (7.75); 4. Noffke (Aus) 25-1¼ (7.65).

SP: 1. Scott (Jam) 64-4 (19.61); 2. Bauer (Ger) 62-10 (19.15).

### PADUA WOMEN

100(0.0): 1. Simpson (Jam) 11.26; 2. M. Barber (US) 11.40; 3. Asumnu (US) 11.43.

800: 1. Cusma Piccione (Ita) 2:00.88; 2. Kofanova (Rus) 2:01.06; 3. England (GB) 2:01.30; 4. Donohue (US) 2:01.81; 5. Santusti (Cub) 2:01.81; 6. Maracheva (Rus) 2:02.34; 7. Moser (US) 2:03.09.

3000: 1. Rionoripo (Ken) 8:47.41; 2. Korikwiang (Ken) 8:47.62; 3. Ngeiywo (Ken) 8:48.16 PR; 4. Dibaba (Eth) 8:48.35 PR.

### Field Events

PV: 1. Kiryashova (Rus) 14-6 (4.42); 2. tie, Bruno (Ita), Hingst (Ger) & Golubchikova (Rus) 14-2 (4.32).

SP: 1. Kleinert (Ger) 60-9½ (18.53); 2. Pravalinskay-Karolchik (Blr) 58-3¼ (17.76); 3. Terlecki (Ger) 56-10¼ (17.33).

DT: 1. Wisniewska (Pol) 195-8 (59.64); 2. Karsak (Ukr) 195-6 (59.59); 3. Brown Trafton (US) 193-2 (58.88); 4. Thurmond (US) 192-8 (58.72).

JT: 1. Obergföll (Ger) 207-11 (63.39); 2. Rittweg (Ger) 188-8 (57.51); 3. Hjálmsdóttir (Ice) 187-7 (57.18); 4. Ratej (Slo) 185-6 (56.54).

## — USATF 20K Champs —

Stratton Faxon 20K; New Haven, Connecticut, September 6—

1. Quigley (Pa) 59:21 (\$8000); 2. Trafef (Ca) 59:29; 3. Carney (Co) 59:33; 4. Young (Co) 59:45; 5. Smyth (Ut) 59:54;

6. Bruce (Or) 59:59; 7. Gotcher (Az) 60:21; 8. Hartmann (Ma) 60:44; 9. Sayenko (Wa) 61:00; 10. Rizzo (Co) 61:18.

### 20K WOMEN

1. Lewy-Boulet (Ca) 67:41 (\$8000); 2. Rothstein (Az) 68:26; 3. Kennard (Co) 68:38; 4. Grandt (WV) 69:02;

5. Moody (Co) 69:38; 6. Kilmer (NY) 69:43; 7. Hastings (Ca) 69:52; 8. Fryburg-Zaitz (Co) 69:56; 9. De Reuck (Co) 70:23; 10. Westover (NH) 70:49.

as the season winds down, 2  
weeks until the next  
*eTrack Newsletter*