

— Fast Marathons in Cold & Rainy Berlin —

by Sean Hartnett

After four years of featuring Haile Gebrselassie, the Berlin Marathon turned the page and the result was another stunning display of the East African youth movement that continues to reshape the 26-miler.

Despite running through constant drizzle and splashing through a day's accumula-

pacers and 9 real competitors zipped through the opening 10K in 29:20, reaching 12K in 35:10—2:03:41 pace.

The brazen lead group not only included sub-2:06 performers Makau (2:04:48), Mutai (2:04:55), Sammy Korir (2:04:56), and Eliud Kiptanui (2:05:39), but also Worku (WJR 2:06:15), Gilbert Yegon (2:06:18),

interfered with our running. You had to step in the water and it was getting into our shoes and our clothes were sticking to us. My body had become so wet I had to rub it to keep the muscles from cramping."

At 27K the precocious Worku swung to the left side of the road with a strong acceleration that immediately strung out the pack.

Despite his youthful appearance and bouncy stride, Worku was ready to challenge his elders noting, "The pace was going low and many athletes were tired so I decided to push and see who would follow."

Only Makau and Mutai and pacer Eric Ndiema could match the challenge as Worku ripped off Ks of 2:53.7, 2:52.4, 2:52.8, 2:59.0 and 2:51.1—netting a robust 14:19 segment that dropped the projected pace back down to 2:05:05 at 32K.

Makau appreciated Worku's efforts as he recalled "we were talking to each other so that we can push the pace back to a good time. The small guy from Ethiopia was so aggressive and we had to match his pace."

After Ndiema retired at 33K the pace eased as the two Kenyans gauged each other and their Ethiopian rival. For Makau it was a time to be patient.

"With the weather conditions today it was hard to guarantee that you can push and

Makau's 3 marathons have averaged 2:05:23



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tion of rain, Berlin once again proved to be a wickedly fast venue as 25-year-old Kenyan Patrick Makau sprinted ahead of compatriot Geoffrey Mutai in the final 20 meters for a remarkable 2:05:08 win.

While the finish was a redux of the pair's sub-2:05 battle in April in Rotterdam, it was actually Ethiopian Bazu Worku who sparked attention with a sharp acceleration at 27K and his 3rd-place clocking of 2:05:25 a scant 11 days after his 20th birthday.

The cold rain that fell at the start failed to dampen the pre-race chatter about attacking Geb's 2:03:59 World Record as a pack of 5

Yemane Tsegay (2:06:30), Eshetu Wondimu (2:06:46), and Bernard Kipyego (2:07:01) all were inspired by the chance of making history yet most seemed bound for disaster.

The latter seemed more probable as the rain picked up and the pace labored as runners splashed through puddles. Reaching halfway in 62:35 thoughts of records had been displaced with merely coping with the weather. The 5000 between 22 and 27K was covered in 15:07 yielding a 2:05:37 projected pace.

"The weather was terrible," Makau noted. "It was very hard to set a good pace The rain

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keep on pushing,” he explained. “After 30K you were so cold and your muscles were stiff, so the best thing is to be patient and wait. One of my tactics is to pull back and watch the other guys and let them push.”

There was little pushing from Worku who admitted, “I was going well in the second half of the race, but then I got a stitch.”

Mutai also was hesitant to attack: “I usually push a lot in the last kilometers, but today my muscles were stiff and I could not push as much.

Makau’s patience ceased at 40K as he surged to the front ripping through a 2:52.6 kilo that included six turns. “According to my training program and my tactics by the time we are approaching the finish my pace and my spirit of running is coming to a climax, and the hill training that we do in N’Gong gives us the power that we can use in the corners.”

The move dispatched Worku who could not match the accelerations and now down to a two-man race against a known competitor, Makau was now content to let it go until the final sprint.

Makau and Mutai ran side-by-side through the Brandenburg Gate and only some 50 meters from the finish did he sprint away even saluting his win 10 meters out.

Crossing the line Makau made a quick U-turn to greet Kenyan Prime Minister Raila Odinga who held the finish tape.

“I was ready for anything,” Makau said. “When I was in high school I was a 1500 runner and I was very good at sprinting so that gave me an advantage. I know Mutai so I waited almost until the finish line so he could not come back.”

The patience in his sprint and the exuberance of his win left little doubt that he had the fitness to run much faster given better weather.

How much faster is hard to assess, but given an average time of 2:05:23 for the three marathons he has completed and his sub-59 half-marathon pedigree he may indeed challenge Gebrselassie’s 2:03:59 at some time in the future.

Perhaps even more encouraging is the

thoughtful planning and perspective that Makau brought to the marathon in ’10. He manages his own training program and carefully observes how other top marathoners train and compete.

He admitted to some disappointment with the German weather. “According to

Kebede’s move up to the marathon is going very well



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my training, I come to Berlin to run 2:03 or 2:04 so I had to change a lot with the conditions,” he said. “I know I can run a high pace, but I still have to experience and learn how to compete in a top marathon like London where there are many champions.”

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Youth was also served in the women’s race as Aberu Kebede scored an impressive 2:23:50 win just two weeks after her 21st birthday.

The runners set off at a tepid pace, clocking just 18:03 for the opening 5K. Seeing that split, the Ethiopian trio of Kebede, Bezunesh Bekele and Genet Getaneh immediately shifted to a higher pace rattling off 5K segments of 16:56, 16:44, 16:54, and 16:53.

Passing halfway in 1:12:20 Kebede still had plenty of run in her noting “the conditions were not very good, but I was feeling strong at 25K and I tried to push a high pace.”

Running 16:42 for the 25-30K segment, she broke open the race and went on finish a minute ahead of Bekele, while Getaneh suffered immeasurably to a 3:01:49 finish.

Kebede, bronze medalist in last year’s Half Marathon Championships (1:07:39), has focused on the marathon in ’10, debuting with a runner-up finish in Dubai (2:24:26), then winning in Rotterdam (2:25:25).

“I know I can run much faster,” Kebede asserts. “Because the weather was difficult, my focus was not on the time, but with securing the title.”

BERLIN MARATHON

Berlin, Germany, September 26 (rainy, temperatures in the 50s)—

1. P. Makau (Ken) 2:05:08 (x, 11 W);
2. Geo. Mutai (Ken) 2:05:10 (x, =12 W);
3. Worku (Eth) 2:05:25 (14, 21 W);
4. Adhane (Eth) 2:07:52;
5. El. Kiptanui (Ken) 2:08:05;
6. B. Kipyego (Ken) 2:08:50;
7. A. Tadesse (Eri) 2:09:24 PR;
8. G. Koech (Ken) 2:10:34;
9. Fujiwara (Jpn) 2:12:00;
10. Bat-Ochir (Mgl) 2:12:42 NR;
11. Hernández (Spa) 2:13:46 PR;...

14. E. Wondimu (Eth) 2:15:36;... 18. Sa. Korir (Ken) 2:19:55. (leader splits: 62:35/62:33)

(best-ever marks for Berlin place: 3, 5–7)

BERLIN WOMEN

1. Kebede (Eth) 2:23:58 PR;
2. B. Bekele (Eth) 2:24:58;
3. Morimoto (Jpn) 2:26:10;
4. Mockenhaupt (Ger) 2:26:21 PR;
5. Burkovska (Ukr) 2:28:31 PR;
6. Pîrtea (Rom) 2:30:15;
7. A. da Silva (Bra) 2:32:30 PR;
8. Maxwell (SA) 2:32:33 PR;
9. Stublic (Cro) 2:33:42 NR;
10. Gortel (Pol) 2:34:47 PR.

— More Road Races —

TORONTO MARATHON

Toronto, Ontario, September 26—

1. Mungara (Ken) 2:07:58 PR; 2. J. Kipchumba (Ken) 2:08:10 PR; 3. D. Rono (Ken) 2:08:15; 4. Machichin (Ken) 2:08:22 PR; 5. Melese (Eth) 2:08:55;
6. Gelana (Eth) 2:09:31; 7. Njagi (Ken) 2:10:04; 8. Lemi (Eth) 2:10:16; 9. Beyene (Eri) 2:11:23; 10. Coolsaet (Can) 2:11:23 PR; 11. Gillis (Can) 2:12:08 PR.

TORONTO WOMEN

1. Sh. Cherop (Ken) 2:22:43 PR; 2. T. Tsegaye (Eth) 2:22:44 PR; **3. Hassen (Eth) 2:23:06 PR (2, 2 WJ)**; 4. Jelila (Eth) 2:24:33 PR; 5. F. Tufa (Eth) 2:26:40;
6. Alev. Ivanova (Rus) 2:27:08; 7. Mayorova (Rus) 2:28:06 PR; 8. R. Kosgei (Ken) 2:30:52 PR; 9. Nakayama (Jpn) 2:38:26; 10. Gee (GB) 2:38:31.

GREAT NORTH HALF-MARATHON

South Shields, England, September 19 (point-to-point, aided)—

1. Gebrselassie (Eth) 59:33 (*first race since mid-May*); 2. Kimutai (Ken) 61:23; 3. Gharib (Mor) 62:00; 4. Ritzenheim (US) 62:35 (*first race since mid-February*);
5. Bouramdane (Mor) 62:40 PR; 6. Utrianen (Fin) 62:42 PR; 7. Fagan (Ire) 63:24; 8. Martínez (Spa) 63:26; 9. Lemoncello (GB) 63:48; 10. Wicks (GB) 64:09.

GREAT NORTH WOMEN

1. Adere (Eth) 68:49 (*first race since late-April*); 2. Félix (Por) 69:01 PR; 3. Barros (Por) 69:09 PR; 4. Moreira (Por) 70:08 PR; 5. Yamauchi (GB) 70:39;
6. Aguilar (Spa) 73:20; 7. Damen (GB) 73:24; 8. Dixon (GB) 74:15; 9. McCambridge (Ire) 74:32 PR; 10. Robinson (GB) 75:02; 11. Pidgeon (GB) 75:26 PR; 12. Tomescu (Rom) 77:07.

PHILLY HALF-MARATHON

ING Rock 'n' Roll; Philadelphia, September 19—

1. Kisorio (Ken) 60:16 PR (cr—old cr 60:27 Khannouchi [Mor] '97); 2. Gebremariam (Eth) 60:25 PR; 3. Goumri (Mor) 61:33 PR; 4. Some (Ken) 61:35 PR;
5. Bairu (Can) 62:08 PR; 6. Cragg (Ire) 62:15; 7. W. Korir (Ken) 62:40 PR; 8. Forrest (Aus) 62:44 PR; 9. Gotcher (adi) 62:50; 10. Cheboiywo (Ken) 63:02;
11. Nelson (OTC) 63:03; 12. Ndereba (Ken) 63:28; 13. Hall (Asics) 63:56; 14. Sh. Biwott (Ken) 64:21; 15. Otsubo (Jpn) 65:29 PR; 16. Hallinan (DC) 65:32 PR;
17. Cabada (Ca) 65:40; 18. Rowe (Pa) 66:22; 19. Dumm (DC) 66:23; 20. Yuot (Pa) 66:27; 21. M. Downin (Mn) 66:31.

PHILLY WOMEN

1. Defar (Eth) 67:45 (debut); 2. Chepkurui (Ken) 67:47 PR; 3. Kidane (Eth) 68:31; **4. Flanagan (OTC) 68:37 (4, 7 A) (AL)**; 5. Smith (NZ) 68:40;
6. Rotich (Ken) 70:24; 7. McGregor (TMn) 72:06; 8. Lucke (Ga) 72:16 PR; 9. Jia (Chn) 72:46 PR; 10. Tulu (Eth) 73:03; 11. Galimova (Rus) 74:15 PR;
12. Nukuri-Johnson (Bur) 74:20 PR; 13. Burla (Mo) 74:23; 14. Ozaki (Jpn) 74:33; 15. Newberry (Va) 74:44;
16. Oyama (Jpn) 75:00; 17. Kano (Jpn) 75:29; 18. Denisova (Rus) 75:32; 19. Bracy (NC) 76:46 PR; 20. Christian (Tx) 77:09.

LISBON HALF-MARATHON

Lisbon, Portugal, September 26—

1. Ta. Tola (Eth) 61:05; 2. Menjo (Ken) 61:42 PR; 3. Fra. Kiprof (Ken) 61:47; 4. Marwa Mkami (Tan) 63:14;
5. E. Mutai (Ken) 63:18; 6. Ferreira (Por) 63:48; 7. R. Silva (Por) 64:42; 8. Mesfen (Eri) 65:21; ... 13. Röthlin (Swi) 68:53.

LISBON WOMEN

1. Keitany (Ken) 68:46; 2. Timbilil (Ken) 70:08; 3. Kiprof (Ken) 70:29; 4. Cheromei (Ken) 71:26; 5. X. Zhu (Chn) 73:24; 6. Console (Ita) 73:42; 7. Félix (Por) 73:53; 8. Rosa (Por) 74:05.

USATF 5K CHAMPS

CVS Downtown 5K, Providence, Rhode Island, September 19—

1. Cheseret (Co) 14:00 (\$8000); 2. Bruce (Or) 14:01; 3. Okuti (Ken) 14:04; 4. Braun (Az) 14:05; 5. Biladeau (Va) 14:06; 6. Alcorn (Az) 14:10; 7. Horn (Az) 14:12.

USATF 5K WOMEN

1. Huddle (RI) 15:48 (\$8000); 2. Hall (Ca) 15:58; 3. Kosgei (Ken) 16:08; 4. Baillie (Co) 16:15; 5. Armstrong (Mn) 16:25; 6. Pezzullo (NC) 16:29.

UTRECHT 10K

Utrecht, Holland, September 26—

- 1. Komon (Ken) 26:44 WR (old WR 27:01 Kogo [Ken] '09) (13:19/13:25)**;
 2. Kitwara (Ken) 27:11 PR; 3. B. Kirui (Ken) 28:08; 4. Mwangangi (Ken) 28:10 PR; 5. E. Chebii (Ken) 28:34;
 6. Perrett (Aus) 28:58 PR; 7. Belkorchi (Mor) 29:16 PR; 9. Athamna (Alg) 29:20; 10. Ben Lkhainouch (Mor) 29:23.
- Women: 1. Elmoukim (Mor) 32:51 PR; 2. H. Kiprof (Ken) 32:54; 3. Boonstra (Hol) 33:24; 4. Kipsoi (Ken) 33:30; 5. Drazdauskaitė (Lit) 33:44.

GRANDMA'S ROAD MILE

Duluth, Minnesota, September 19 (point-to-point)—

1. A. Rono (Ken) 3:58.18 (\$2000); 2. G. Heath (Ca) 3:58.48; 3. F. Kiboiywo (Ken) 3:59.33; 4. K. Chelimo (Ken) 3:59.63; 5. Leer (Or) 4:00.13; 6. Ph. Lagat (Ken) 4:01.73; ... 16. Slattery (Co) 4:13.98.

Women:

- RMile: 1. Douma-Hussar (Can) 4:35.60 (\$2000); 2. Mortimer (Ks) 4:36.00; 3. Dorniden (Mn) 4:39.40; 4. Anderson (Mn) 4:42.20; 5. Willis (Ire) 4:42.50; 6. Cheever (Mn) 4:49.20.

FIFTH AVENUE MILE

New York City, September 26—

1. Laâlou (Mor) 3:52.83 (\$5000); 2. Lagat (Nik) 3:53.30; 3. Baddeley (GB) 3:53.34; 4. Webb (OTC) 3:53.72;
5. Manzano (Asics) 3:54.17; 6. Willis (NZ) 3:54.81; 7. Leer (OTC) 3:55.02; 8. Lancashire (GB) 3:55.22.

FIFTH AVENUE WOMEN

1. Rowbury (Nik) 4:24.12 (\$5000); 2. Hall (Asics) 4:24.34; 3. Donohue (Nik) 4:24.40; 4. England (GB) 4:25.29;
5. Huddle (Sauc) 4:25.92; 6. Uceny (Reeb) 4:26.27; 7. Mortimer (Reeb) 4:27.07; 8. Douma-Hussar (Can) 4:27.53.

IAAF WALK CHALLENGE FINAL

Beijing, September 18—

- 10W: **1. Zh. Wang (Chn) 37:44 NR, WJR (old WJR 37:46.4t Burayev [Rus] '00)**; 2. Y. Chu (Chn) 37:57 PR; 3. Rubino (Ita) 38:00 PR; 4. H. Wang (Chn) 38:00 PR;
5. López (Col) 38:10 PR; 6. H. Kim (SK) 38:13 PR; 7. D. Chen (Chn) 38:23 PR; 8. Tallent (Aus) 38:29 PR; 9. Adams (Aus) 38:41 PR; 10. Ch. Park (SK) 38:42 PR;
 11. Erickson (Aus) 38:59 PR; 12. Vieira (Por) 39:06 PR; 13. Z. Cai (Chn) 39:06 PR; 14. Tóth (Svk) 39:07 PR; 15. Rutter (Aus) 39:20 PR; 16. Arai (Jpn) 40:11 PR;
 17. Ch. Zhao (Chn) 40:12 PR; 18. Lim (SK) 41:28 PR; 19. Oh (SK) 42:11 PR; ... dnf—F. Xu (Chn); ... dq—Byun (SK), Sánchez (Mex).

IAAF WALKS WOMEN

- 10W: 1. Sibileva (Rus) 41:53 PR; 2. H. Liu (Chn) 42:30 PR; 3. Seeger (Ger) 42:36 PR; 4. Y. Li (Chn) 42:41 PR; 5. Henriques (Por) 43:09 PR; 6. Cabecinha (Por) 43:17 PR;
7. Feitor (Por) 43:41; 8. Malíková (Svk) 44:12 PR; 9. Q. He (Chn) 44:20 PR; 10. V. Santos (Por) 44:53; 11. Rothwell (Aus) 46:05; ... dq—L. Li (Chn), Tallent (Aus).

— Track Results —

BRAZILIAN CHAMPS

São Paulo, September 15–19—

100(-1.9): 1. Lucindo 10.39 PR. 200(-0.9): 1. Lucindo 20.75 PR. 400: 1. Estefani 46.14 PR.

800: 1. Davide 1:46.45. 1500: 1. Oliveira 3:42.69. St: 1. de Souza 8:44.38. 5000: 1. Oliveira 14:12.73 PR. 10,000: 1. dos Santos 28:44.59.

110H(0.1): 1. Souza 14.03. 400H: 1. Suguimati 50.26. 20W: 1. dos Santos 1:27.39.

HJ: 1. de Lima 7-2½ (2.20). PV: 1. F. da Silva 18-2¾ (5.56). LJ: 1. M. da Silva 26-3½ (8.01). TJ: 1. H. da Silva 55-6½ (16.93) PR.

SP: 1. Julião 61-4 (18.69) PR. DT: 1. Julião 198-11 (60.62). HT: 1. Domingos 232-7 (70.90). JT: 1. F. da Silva 238-9 (72.77).

Dec: 1. Venâncio 7765 PR.

BRAZIL WOMEN

100(-2.2): 1. A. da Silva 11.53. 200(1.0): 1. A. da Silva 23.21. 400: 1. Coutinho 51.93.

800: 1. dos Santos 2:06.79. 1500: 1. de Carvalho 4:27.08 PR. St: 1. Heitling 10:08.25. 5000: 1. F. da Silva 16:06.41. 10,000: 1. F. da Silva 34:15.85.

100H(-2.2): 1. Machado 13.51. 400H: 1. Tavares 58.55. 20W: 1. Lopes 1:39:36.

4 x 100: 1. Bovespa 43.88. 4 x 400: 1. Bovespa 3:37.72.

HJ: 1. Freitas 6-1½ (1.87) PR. PV: 1. Murer 15-5 (4.70). LJ: 1. Costa 21-8¼ (6.61). TJ: 1. Costa 46-½w (14.03).

SP: 1. Brito 51-4¼ (15.65). DT: 1. Adriano 188-11 (57.59). HT: 1. Soares 200-8 (61.17). JT: 1. de Silva 185-11 (56.68) PR.

Hept: 1. Spínola 5677.

NEWCASTLE

Newcastle, England, September 18—

100: I(3.5)–1. Lewis-Francis (GB) 10.12w; 2. Rouge-Serret (Aus) 10.30w. II(1.0)–1. Rutherford (GB) 10.26 PR; 2. Malcolm (GB) 10.31.

150(0.2): 1. Devonish (GB) 14.88; 2. Ntia-moah (Aus) 15.34 PR; 3. Pierre (GB) 15.48 PR; 4. P. Johnson (Aus) 15.61 PR.

110H(2.8): 1. Turner (GB) 13.40w; 2. Eyears (Aus) 13.88w.

PV: 1. Cutts (GB) 17-¾ (5.20); 2. Lewis (GB) 17-¾;... nh—Lucas (Aus), Hooker (Aus).

LJ: 1. Noffke (Aus) 25-11 (7.90); 2. Rutherford (GB) 25-6¼ (7.78).

NEWCASTLE WOMEN

100(2.8): 1. Endacott (GB) 11.47w; 2. Maduaka (GB) 11.56w.

150(0.9): 1. Pearson (Aus) 16.86 PR; 2. Turner (GB) 17.07 PR.

Road Mile: 1. England (GB) 4:38; 2. Helen Clitheroe (GB) 4:39;... 5. Jennifer Meadows (GB) 4:51.

100H(1.0): 1. Pearson (Aus) 12.85; 2. Broadbelt-Blake (GB) 13.49.

HJ: 1. Okuneva (Ukr) 6-1¼ (1.86); 2. Dubnová (CzR) 5-10¾ (1.80).

TALENCE MULTIS

IAAF Combined-Events Challenge; Talence, France, September 18–19—

Dec: 1. Suárez (Cub) 8328 (11.08w, 23-4¾/7.13w, 45-8/13.92, 6-11/2.11, 49.12 [4173–4], 14.49, 150-2/45.78, 15-3½/4.66, 234-5/71.46, 4:30.61 [4155]);

2. Behrenbruch (Ger) 8202 (11.04w, 23-6¾/7.18, 53-11/16.43, 6-6¼/1.99, 50.16 [4188–3], 14.41, 152-0/46.34, 15-7¼/4.76, 209-2/63.77, 4:42.34 [4014]);

3. Barras (Fra) 8180 (11.06w, 23-6¼/7.17w, 49-5/15.06, 6-5/1.96, 49.03 [4121–6], 14.38, 136-11/41.75, 15-11¼/4.86, 209-5/63.84, 4:26.34 [4054]);

4. Garcia (Cub) 8174 (10.89, 23-1¾/7.05, 49-10/15.19, 6-8¾/2.05, 48.94 [4226–2], 14.52, 144-3/43.96, 15-11¼/4.86, 206-4/62.89, 4:45.52 [3948]);

5. Smith (Jam) 8157 (10.97, 22-6¼/6.86, 51-5/15.67, 6-4/1.93, 49.26 [4068–8], 14.31, 169-3/51.60, 15-7¼/4.76, 192-11/58.80, 4:37.95 [4089]);

6. Van Alphen (Bel) 8091 PR (11.14, 24-¼/7.32, 48-7¼/14.81, 6-4/1.93, 49.24 [4089–7], 14.87, 148-2/45.17, 14-11½/4.56, 209-5/63.84, 4:22.70 [4002]);

7. Kasyanov (Ukr) 8032 (10.72, 24-5½/7.45, 46-11¼/14.32, 6-8¾/2.05, 49.22 [4295–1], 14.47, 147-0/44.81, 14-11½/4.56, 152-6/46.48, 4:30.02 [3737]);

8. Sintnicolaas (Hol) 8018; 9. Drozdov (Rus) 7959; 10. Dudaš (Ser) 7913 (4148[5]/3765); 11. Newdick (NZ) 7828; 12. Querin (Fra) 7688; 13. Logel (Fra) 7287;

... dnf—Raja (Est), Pahapill (Est), Kravchenko (Blr), Altena (Hol), Dhoubi (Tun).

TALENCE WOMEN

Hept: 1. Chernova (Rus) 6453 (13.51, 5-11½/1.82, 44-4¼/13.52, 23.66w [3828–1], 20-5¼/6.23, 157-4/47.96, 2:15.69 [2625]);

2. Dobrynska (Ukr) 6309 (13.71, 6-¾/1.85, 49-7/15.11, 25.13w [3804–2], 20-1¾/6.14, 149-1¼/5.71, 2:19.12 [2505]);

3. Zelinka (Can) 6204 (13.29, 5-7/1.70, 45-3¾/13.81, 24.27w [3672–3], 19-7/5.97, 145-2/44.24, 2:11.46) [2532];

4. Klucinová (CzR) 6153 (14.24, 5-11½/1.82, 44-10¼/13.67, 24.81 [3624–6], 19-6/5.94, 157-8/48.07, 2:16.23 [2529]);

5. Tymińska (Pol) 6099 (13.65, 5-7/1.70, 45-11¼/14.01, 23.99w [3660–4], 20-4¼/6.20, 110-6/33.68, 2:08.87 [2439]);

6. Samuelsson (Swe) 6058 (14.28, 5-8/1.73, 45-9/13.94, 24.05w [3596–7], 19-11¾/6.09, 120-11/36.87, 2:09.08 [2462]);

7. Wade (US) 5982 (14.00, 5-11½/1.82, 41-5¾/12.64, 24.79 [3591–8], 20-5/6.22, 125-5/38.24, 2:18.83 [2391]);

8. Melnychenko (Ukr) 5951; 9. De Aniceto (Fra) 5798; 10. Aerts (Bel) 5776; 11. Cachová (CzR) 5665;

12. Goncharova (Rus) 5647; 13. Yosypenko (Ukr) 5052; 13. Yosypenko (Ukr) 5052;... dnf—Kouassi (Fra).

KAWASAKI

Kawasaki, Japan, September 19—

100(-1.6): 1. Lemaître (Fra) 10.26; 2. Spearmon (US) 10.47; 3. Guliyev (Aze) 10.50; 4. Tsukahara (Jpn) 10.51.

400: 1. Brenes (CA) 46.14; 2. Wroe (Aus) 46.27; 3. Ishizuka (Jpn) 46.30; 4. Kozłowski (Pol) 46.69;... 7. Torrance (US) 47.83.

110H(-2.7): 1. Thomas (Jam) 13.46; 2. Wilson (US) 13.48; 3. Aoki (Jpn) 13.81.

400H: 1. Jackson (US) 49.87; 2. Sánchez (DR) 50.53; 3. Kishimoto (Jpn) 50.59; 4. Kunkel (Can) 51.53.

Field Events

HJ: 1. Takahari (Jpn) 7-4¼ (2.24) PR; 2. Thomas (Bah) 7-4¼; 3. Ninov (Bul) 7-3 (2.21); 4. Kindred (US) 7-3.

PV: 1. Sasase (Jpn) 18-½ (5.50) =PR; 2. Hollis (US) 17-8½ (5.40); 3. Ogita (Jpn) 17-8½ (5.40); 4. Miles (US) 17-4½ (5.30).

SP: 1. Martin (Aus) 61-5 (18.72).

JT: 1. Pitkämäki (Fin) 272-8 (83.12); 2. Murakami (Jpn) 270-9 (82.52); 3. Wirkkala (Fin) 252-1 (76.85).

KAWASAKI WOMEN

100(-0.3): 1. Madison (US) 11.32; 2. Fukushima (Jpn) 11.48; 3. Asumnu (US) 11.50.

800: 1. Kofanova (Rus) 2:00.46; 2. Petlyuk (Ukr) 2:01.01; 3. Kubo (Jpn) 2:03.09.

100H(-0.7): 1. Carruthers (US) 13.14; 2. Terada (Jpn) 13.24; 3. Dixon (Jam) 13.3.

400H: 1. Zunda (Lat) 56.67; 2. Aoki (Jpn) 57.61;... 5. Darden (US) 60.09.

HJ: 1. Vlašić (Cro) 6-5½ (1.97); 2. Gordeyeva (Rus) 6-4¾ (1.95); 3. Spencer (StL) 6-2¼ (1.89).

JAPAN CORPORATE CHAMPS

Niigata, September 24–26—

100(1.1): 1. Kimura 10.31. 200(-0.3): 1. Fujimitsu 20.82. 400: 1. Ishizuka 46.53.

800: 1. Yokota 1:48.58. 1500: 1. Ndiku (Ken) 3:39.27 PR. St: 1. Tariku (Eth) 8:21.36. 5000: 1. Ndiku (Ken) 13:45.69.

10,000: 1. Tanui (Ken) 27:22.32; 2. Muchiri (Ken) 27:22.78; 3. Thuo (Ken) 27:25.09; 4. Ngatuny (Ken) 27:26.02; 5. Onishi 27:50.72 PR; 6. Kihara 27:52.75 PR.

110H(0.2): 1. Moses 13.93. 400H: 1. Suguimati (Bra) 50.00. 10W: 1. Morioka 39:07.84 NR.

HJ: 1. Takahari 7-1¾ (2.18). PV: 1. Ogita 17-8½ (5.40). LJ: 1. Sugai 26-1½ (7.96). TJ: 1. Ishikawa 53-3½ (16.24).

SP: 1. Yamada 57-2 (17.42). DT: 1. Hat-akeyama 182-7 (55.65). HT: 1. Murofushi 249-6 (76.04). JT: 1. Arai 239-11 (73.12).

JAPAN CORPORATE WOMEN

100(1.0): 1. Sano 11.71. 200(-0.1): 1. Watanabe 24.33. 400: 1. Chiba 54.04. 800: 1. Kubo 2:04.72. 1500: 1. Kimanzi (Ken) 4:21.63. St: 1. Hayakari 9:48.55. 5000: 1. Mwangi (Ken) 15:25.40.
10,000: 1-1. Kizaki 32:16.40; 2. Fukushima 32:18.96; 3. Ito 32:21.37; 4. Akaba 32:26.25; 5. Miyauchi 32:39.13; 6. Seike 32:42.97; 7. Ozaki 32:43.64; 8. Nejo 32:44.37 PR; 9. Higuchi 32:45.22; 10. Fujinaga 32:50.16.
11-1. Takashima 32:22.93 PR; 2. Urata 32:24.46 PR; 3. Nakashima 32:43.02 PR.
100H(0.9): 1. Ishino 13.60. 400H: 1. Aoki 57.33. 10W: 1. Kawasaki 43:01.60 NR.
HJ: 1. Fujisawa 5-10 (1.78). PV: 1. Abiko 13-1½ (4.00). LJ: 1. Hamajima 19-2¾ (5.86). TJ: 1. Sato 41-9¼ (12.73).
SP: 1. Shirai 49-11¼ (15.23). DT: 1. Murofushi 165-7 (50.48). HT: 1. Aya 206-8 (63.00). JT: 1. Miyashita 173-3 (52.82).

— Collegiate XC —

COWBOY JAMBOREE

Stillwater, Oklahoma, September 25—
Teams: 1. Oklahoma State 28; 2. Michigan 110; 3. Wayland Baptist 143.
8000m: 1. Mecheso (OkSt) 23:47; 2. Kithuka (WayB) 24:07; 3. Kisorio (OkCh) 24:22; 4. Sang (ACU) 24:26; 5. Lowe (OkSt) 24:29; 6. Fernandez (OkSt) 24:29;
7. Farrell (OkSt) 24:29; 8. Chirchir (Ken) 24:29; 9. Campbell (SPI) 24:34; 10. Stublaski (OkSt) 24:48; 11. Forsy (Mi) 24:51; 12. McElroy (OkSt) 24:56; 13. Kigen (TCU) 24:58.

COWBOY WOMEN

Teams: 1. Oklahoma State 25; 2. Kansas State 47; 3. Pittsburg State 142.
6000m: 1. Susa (OkSt) 21:11; 2. Messick (KsSt) 21:15; 3. Kemboi (TCU) 21:31; 4. Fratczak (OkSt) 21:32; 5. Piluisina (OkSt) 21:36; 6. Milton (OkSt) 21:38;
7. Bazzay (KsSt) 21:39; 8. Tresch (KsSt) 21:44; 9. Kujawa (OkSt) 21:57; 10. Clifton (KsSt) 22:03; 11. Determan (unat) 22:06; 12. Ndasym (OR) 22:07.

STANFORD INVITATIONAL

Stanford, California, September 25—
Teams: 1. Stanford 31; 2. Arkansas 43; 3. Northern Arizona 123; 4. UCLA 130; 5. Cal 151.
8000m: 1. McNeill (NnAz) 23:18; 2. Heath (Stan) 23:22; 3. Riley (Stan) 23:22; 4. Derrick (Stan) 23:22; 5. Coe (Cal) 23:29; 6. Haile (Ar) 23:30;

7. Ulrey (Ar) 23:38; 8. Johnson (Stan) 23:41; 9. de Rubira (unat) 23:45; 10. Boyer (Ar) 23:50; 11. Fernandez (Ar) 23:52;
12. Chinchar (Ar) 23:56; 13. Handa (Chico) 23:56; 14. Peterson (UCD) 24:00; 15. Unterreiner (Stan) 24:05; 16. Olson (unat) 24:05;
17. Cantero (Ar) 24:13; 18. Knight (UCLA) 24:13; 19. Pedersen (NnAz) 24:15; 20. Karlsson (Cal) 24:18.

STANFORD WOMEN

Teams: 1. Stanford 41; 2. Cal 86; 3. Long Beach State 127; 4. Cal Poly SLO 134; 5. UCLA 168.
6000m: 1. Kroeger (Stan) 20:06; 2. Maier (Cal) 20:10; 3. Murakami (UCLA) 20:34; 4. Erdmann (LoyM) 20:44; 5. Griffin (Stan) 20:45;
6. Drechsler (UCD) 20:49; 7. Erdélyi (USC) 20:56; 8. Shea (LoyM) 20:57; 9. Vega (UCLA) 21:02; 10. Dunne (Stan) 21:02;
11. Tyerman (SLO) 21:03; 12. Tonn (Stan) 21:05; 13. Weaver (unat) 21:07; 14. Gits (Stan) 21:12; 15. Marcy (Stan) 21:14;
16. Morejon (CSN) 21:14; 17. Greggor (unat) 21:18; 18. Mergaert (Ut) 21:19; 19. Chetelat (Cal) 21:23; 20. Tam (Cal) 21:26.

GRIAK INVITATIONAL

St. Paul, September 25—
Teams: 1. Duke 83; 2. NC State 92; 3. New Mexico 93; 4. BYU 118; 5. Minnesota 136; 6. Navy 136.
8000m: 1. Sambu (Az) 23:41; 2. Kipruto (NM) 24:00; 3. Batty (BYU) 24:15; 4. Hill (NCSt) 24:17; 5. Fraser (NM) 24:20;
6. Gerrard (NM) 24:25; 7. Colley (NCSt) 24:26; 8. Waggoner (Duke) 24:27; 9. Hanko (Navy) 24:27; 10. Blankenship (Mn) 24:32;
11. Bor (IaSt) 24:37; 12. Brodeur (Duke) 24:38; 13. Dawson (PennSt) 24:42; 14. Torchia (Mn) 24:43; 15. Gagnon (Mn) 24:43.

GRIAK WOMEN

Teams: 1. Arizona 76; 2. New Mexico 102; 3. Iowa State 113; 4. Duke 119; 5. Providence 139.
6000m: 1. Hoer (NCSt) 20:39; 2. Price (Mn) 20:41; 3. Fisher (Tol) 20:54; 4. Tulliamuk (IaSt) 20:59; 5. Greany (Prov) 21:10;
6. Saina (IaSt) 21:17; 7. Bottorff (Duke) 21:18; 8. Senior (NM) 21:22; 9. King (BC) 21:23; 10. Nagel (Prov) 21:23; 11. Bergman (Az) 21:24;
12. Moen (Az) 21:26; 13. Kennedy (IaSt) 21:28; 14. Kibet (Az) 21:28; 15. Meyer (Az) 21:28.5.

CROSS COUNTRY SCHEDULE

always check with the hosts before traveling to a race

October

9.....New Englands; Boston, Massachusetts
16.....Chile Pepper Invitational; Fayetteville, Arkansas
.....Dellinger Invitational; Springfield, Oregon
.....Pre-NCAA; Terre Haute, Indiana
28.....Southland Conference; Beaumont, Texas
29.....Heps; Bronx, New York
.....Metro Atlantic Conference; Hammonasset Park, Conn
.....Mountain West Conference; Laramie, Wyoming
30.....ACC; Chestnut Hill, Massachusetts
.....America East Conference; Boston, Massachusetts
.....Atlantic Sun; Spartanburg, South Carolina
.....Atlantic 10 Conference; Pittsburgh, Pennsylvania
.....Big East; Kenosha, Jamesville, New York
.....Big 12 Conference; Stillwater, Oklahoma
.....Big Sky Conference; Spokane, Washington
.....Big West Conference; Riverside, California
.....Colonial Conference; Atlanta, Georgia
.....Conference USA; Tulsa, Oklahoma
.....Horizon League; Chicago, Illinois
.....MEAC; Princess Anne, Maryland
.....Mid-American Conference; Kalamazoo, Michigan
.....Missouri Valley Conference; Wichita, Kansas
.....Ohio Valley Conference; Nashville, Tennessee
.....Pac-10 Conference; Seattle, Washington
.....Patriot League; Easton, Pennsylvania
.....Southern Conference; Boone, North Carolina
.....Summit League; Carmel, Indiana
.....Sun Belt Conference; Bowling Green, Kentucky
.....WAC; Moscow, Idaho
.....West Coast Conference; Belmont, California
31.....Big 10 Conference; Madison, Wisconsin
.....SWAC; Clinton, Mississippi

November

1.....SEC; Columbia, South Carolina
6.....Lone Star Conference; Abilene, Texas
13.....NCAA Regionals
.....Great Lakes—Rochester, Michigan
.....Mid-Atlantic—State College, Pennsylvania
.....Midwest—Peoria, Illinois
.....Mountain—Salt Lake City, Utah
.....Northeast—Hammonasset Park, Connecticut
.....Southeast—Louisville, Kentucky
.....South Central—Waco, Texas
.....South—Hoover, Alabama
.....West—Springfield, Oregon
.....JUCCO Championships; Spartanburg, South Carolina
.....JUCCO III Championships; Selden, New York
.....NXN Heartland Regional; Sioux Falls, South Dakota
.....NXN Midwest Regional; Terre Haute, Indiana
.....NXN Northwest Regional; Boise, Idaho
13-14.....NCAA Div. III Regionals (8 sites)
20.....IC4A/ECAC; Bronx, New York
.....NAIA Championships; Vancouver, Washington
.....NCAA III Championships; Waverly, Iowa
.....NXN South Regional; The Woodlands, Texas
.....NXN Southwest Regional; Tempe, Arizona
20-21.....NCAA Div. II Regionals (8 sites)
22.....NCAA Championships; Terre Haute, Indiana
27.....NXN NE/NY Regional; Wappinger Falls, New York
.....NXN Southeast Regional; Cary, North Carolina
.....Foot Locker HS Midwest Reg.; Kenosha, Wisconsin
.....Foot Locker HS Northeast Reg.; Long Island, New York
.....Foot Locker HS Southern Reg.; Charlotte, North Carolina

December

4.....NCAA Div. II Championships; Louisville, Kentucky
.....Nike HS XC Nationals (NXN); Portland, Oregon
.....AAU Youth Championships; Orlando, Florida
.....Foot Locker HS West Regional; Walnut, California
11.....Foot Locker HS Championships; San Diego, California
.....USATF Junior Olympics; Hoover, Alabama
.....USATF Club Championships; Charlotte, North Carolina
12.....European Championships; Albufeira, Portugal

February 2011

5.....USATF Championships; San Diego, California

It'll be 2 weeks till the next
eTrack Newsletter:
Chicago Marathon, Collegiate XC