

### — WR For Makau In Berlin Marathon —

by Sean Hartnett

For the third time in five years the Berlin Marathon made history as Patrick Musyoki Makau pushed at the frontier of human long-distance performance, running 2:03:38 to trim 21 seconds from Haile Gebrselassie's '08 World—and course—Record from 2:03:59.

The race and new WR took shape at 25K when Makau began to attack off the pace of the 61:44 opening half. For the 26-year-old Kenyan the seemingly implausible tactic of attacking early from what was already record pace was motivated by his primary goal of winning the race.

"I knew that the competition would be so hard because we had very nice pace-makers and because Haile was there," he observed.

"I also knew that my chances for winning were best if the pace was at world record pace then Haile would not win it. That is why from 25 kilometers I was trying all the time to push a bit."

After passing 25K in 1:13:16 (2:03:40 pace) Makau moved forward from his observers position at the back of the lead pack of five pacers and four racers and lifted the

hacking up phlegm.

In the instant that he clapped his legs in despair the marathon torch was passed to a new generation as Makau streaked ahead at

#### Makau vanquished both Gebrselassie and his old World Record



SEAN HARTNETT

pace even higher with a pair of 2:54 kilometers.

Then, in a tactic that he also employed in last year's race, he began zig-zagging across the road as he attempted to break free.

The robust application of speed induced an asthmatic convulsion in the 38-year-old Gebrselassie as he suddenly pulled to the side of the road clutching his chest and

a pace only seen in Godfrey Mutai and Moses Mosop's wind-blown duel last spring in Boston.

Makau pressed ahead with Peter Kirui, the sole surviving pacer, who pounding out a 2:48 for the 30th kilo, apparently nabbed the day's first WR with a 1:27:37 time as the 20-25K segment was covered in 14:20.

But when Kirui failed to finish, by IAAF rule he voided his claim to an official WR,

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so that should go to Makau at 1:27:38 if the en route timing is in order. The old best, 1:27:49, was set by Gebrselassie en route here in the '09 race.

Running alone over the final 10K Makau was now fully focused on the big record.

"By the time I had dropped Haile, then I tried to break the World Record," Makau asserted. "When you are running by yourself it is a very nice moment because you can control the pace and you don't have any pressure. So I knew there is no need to push a lot, but just to maintain my speed."

Makau did more than maintain as he closed the final 2195 meters in 6:33 and after hurdling the divide between the men's and women's finishes stopped the clock in 2:03:38.

"It is a great feeling for me that everyone in Kenya is happy that the record is back," Makau said. "It was a great day and this is the day I will remember forever."

• • •

Florence Kiplagat demonstrated that Kenyan women are also attacking the marathon as she ran away from WR holder Paula Radcliffe and WMM champion Irina Mikitenko in the second half of the race to win in a PR2:19:44.

The 240-year-old Kiplagat become the 11th—and youngest—woman to run under 2:20. Negatively splitting 70:11/69:33 halves, she ran with strength and confidence in her second attempt at the distance after learning much from her DNF in Boston last April.

"For me whatever the race I do not fear anyone, you have to believe in myself," she said. "I like coming from the back and finishing very fast. After 17 I was alone so I started to push and that is when I believed that I could be the winner."

For Radcliffe, her 2:23:46 3<sup>rd</sup>-place effort earns her a spot in the Olympic 26-mile and was a sign of progress on her arduous road back to top form at age-37 (38 in December).

"I ran with my heart and not my head and that probably cost me 2<sup>nd</sup> place and a better time," Radcliffe said.

"As days go it was right in the middle it was no means a disaster but given the preparation I had going in I'm not OK with it but had to be satisfied with it."

## — Berlin Marathon —

Berlin, Germany, September 25—

**1. Makau (Ken) 2:03:38 WR (old WR 2:03:59 Gebrselassie [Eth] '08) (61:44/61:54) (30K—1:27:38 WR; old WR 1:27:49 Gebrselassie '09);**

2. Chemlany (Ken) 2:07:55 PR; 3. Ed. Kimaiyo (Ken) 2:09:50 PR; 4. F. Limo (Ken) 2:10:38; 5. Overall (GB) 2:10:55 PR; 6. Serrano (Spa) 2:13:32 PR;

7. Nimo (Spa) 2:13:34; 8. Munyutu (Fra) 2:14:20; 9. El Himer (Fra) 2:14:46; 10. Ramaala (SA) 2:16:00;... 19. Crabill (US) 2:17:42 PR;...

dnf—Gebrselassie (Eth) (61:43, 1:44:53 @ 35K [2:06:27 pace]);...

rabbits—H. Sugut (Ken), I. Macharia (Ken), G. Kipsang (Ken), B. Kirui (Ken), D. Chebii (Ken), J. Kamzee (Ken), E. Kiplagat (Ken), S. Chepkopol (Ken),

**Pe. Kirui (Ken) (1:27:37 @ 30K: superior to WR, but can't be ratified since he didn't finish the race.**

### BERLIN WOMEN

**1. Kiplagat (Ken) 2:19:44**

**PR (9, x W) (70:11/69:33);**

2. Mikitenko (Ger) 2:22:18;

3. Radcliffe (GB) 2:23:46

(fastest since New York '07);

4. Habtamu (Eth) 2:24:25

PR; 5. Petrova (Rus) 2:25:01

PR; 6. Incerti (Ita) 2:25:32 PR;

7. Console (Ita) 2:26:10 PR;

8. Straneo (Ita) 2:26:33 PR;

9. Okubo (Jpn) 2:28:49 PR;

10. Boonstra (Hol) 2:29:23

PR; 11. Lewandowska (Pol)

2:30:38 PR; 12. Holth (Nor)

2:33:40 PR;... dnf—Simon

(Rom) (1:27:51 @ 25K).

## — Track News —

### ALL-AFRICA GAMES

Maputo, Mozambique, September 11–15—

100(-0.4): 1. Seoud (Egy) 10.20; 2. Meité (CI) 10.28; 3. Metu (Ngr) 10.29. II(2.0)—1. Ogho-Ogene (Ngr) 10.06 PR.

200(1.7): 1. Adam (Cam) 20.66 PR; 2. Meité 20.76; 3. Ngwigwa (Bot) 20.94.

400: 1. Yousif (Sud) 45.27; 2. Ogunmola (Ngr) 45.82 PR; 3. Mutai (Ken) 46.52.

## — Makau's By-Kilo Splits —

kilo	time	split	pace	5Ks	10Ks
1	0:02:59	2:59	2:05:53		
2	0:05:55	2:56	2:04:50		
3	0:08:49	2:54	2:04:00		
4	0:11:42	2:53	2:03:25		
5	0:14:37	2:55	2:03:21	14:37	
6	0:17:36	2:59	2:03:46		
7	0:20:33	2:57	2:03:52		
8	0:23:26	2:53	2:03:36		
9	0:26:20	2:54	2:03:28		
10	0:29:17	2:57	2:03:34	14:40	29:17
11	0:32:11	2:54	2:03:27		
12	0:35:09	2:58	2:03:36		
13	0:38:08	2:59	2:03:46		
14	0:41:02	2:54	2:03:40		
15	0:43:52	2:50	2:03:24	14:35	
16	0:46:48	2:56	2:03:25		
17	0:49:44	2:56	2:03:26		
18	0:52:39	2:55	2:03:25		
19	0:55:35	2:56	2:03:26		
20	0:58:30	2:55	2:03:25	14:38	29:13
21	1:01:23	2:53	2:03:20		
22	1:04:22	2:59	2:03:27		
23	1:07:22	3:00	2:03:35		
24	1:10:20	2:58	2:03:39		
25	1:13:18	2:58	2:03:43	14:48	
26	1:16:12	2:54	2:03:40		
27	1:19:06	2:54	2:03:37		
28	1:22:00	2:56	2:03:34		
29	1:24:50	2:50	2:03:26		
30	1:27:38	2:48	2:03:15	14:20	29:08
31	1:30:31	2:53	2:03:12		
32	1:33:26	2:55	2:03:12		
33	1:36:18	2:52	2:03:08		
34	1:39:14	2:56	2:03:09		
35	1:42:16	3:02	2:03:17	14:38	
36	1:45:17	3:01	2:03:24		
37	1:48:15	2:58	2:03:27		
38	1:51:17	3:02	2:03:34		
39	1:54:15	2:58	2:03:37		
40	1:57:15	3:00	2:03:41	14:59	29:37
41	2:00:10	2:55	2:03:40		
42	2:03:05	2:55	2:03:39		
42.195	2:03:38	0:33	2:03:38		

## 2011 Men's World Leaders

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

### Track Events

100.....	9.76	.....	Usain Bolt (Jamaica)
200.....	19.26	.....	Yohan Blake (Jamaica)
400.....	44.36	.....	LaShawn Merritt (US)
800.....	1:41.33	.....	David Rudisha (Kenya)
1500.....	3:30.46	.....	Asbel Kiprop (Kenya)
Mile.....	3:49.09	.....	Haron Keitany (Kenya)
St.....	7:53.64	.....	Brimin Kipruto (Kenya)
3000.....	7:27.76	.....	Alamirew Yewew (Ethiopia)
5000.....	12:53.11	.....	Mo Farah (Great Britain)
10,000.....	26:43.16	.....	Kenenisa Bekele (Ethiopia)
110H.....	12.94	.....	David Oliver (US)
400H.....	47.66(A)	.....	LJ van Zyl (South Africa)
(I-alt).....	47.66	.....	LJ van Zyl (South Africa)

### Road Events

HMar.....	58:30	.....	Zersenay Tadese (Eritrea)
Mar.....	2:03:38 ¶	.....	Patrick Makau (Kenya)
(aided).....	2:03:02' ¶	.....	Geoffrey Mutai (Kenya)
20W.....	1:18:30	.....	Zhen Wang (China)
50W.....	3:35:28	.....	Yohann Diniz (France)

### Relay Events

4 x 100.....	37.04 ¶	.....	Jamaica
4x 200.....	1:20.45	.....	LSU
4 x 400.....	2:58.82	.....	United States
4 x 800.....	7:12.15	.....	Virginia (US)
4 x Mile.....	16:19.98	.....	Princeton (US)
SpMed.....	3:15.18	.....	Texas A&M
DisMed.....	9:17.48	.....	Morocco
4 x 110H.....	55.10	.....	Central Florida Stars

### Field Events

HJ.....	7-9/4 (2.38)i	.....	Ivan Ukhov (Russia) 3 times
PV.....	19-9/4 (6.03)i	.....	Renaud Lavillenie (France)
LJ.....	28-1/4 (8.54)	.....	Mitchell Watt (Australia)
TJ.....	58-11/4 (17.96)	.....	Christian Taylor (US)
SP.....	72-10/16 (22.21)	.....	Dylan Armstrong (Canada)
DT.....	228-0 (69.50)	.....	Zoltán Kővágyó (Hungary)
HT.....	268-8 (81.89)	.....	Krisztián Pars (Hungary)
JT.....	297-3 (90.61)	.....	Andreas Thorkildsen (Norway)
Dec.....	8729	.....	Ashton Eaton (US)

800: 1. Makhloufi (Alg) 1:46.32 PR;  
2. Lalang (Ken) 1:46.40; 3. Kinyor (Ken)  
1:46.52.

1500: 1. Ndiku (Ken) 3:39.12; 2. Cheboi  
(Ken) 3:39.72; 3. Makhloufi (Alg) 3:39.99.

St: 1. Getahun (Eth) 8:17.36 PR; 2. Gari  
(Eth) 8:18.42; 3. Korme (Eth) 8:20.72 PR.

5000: 1. Kipsiro (Uga) 13:43.08; 2.  
Alamirew (Eth) 13:43.33; 3. Ayele (Eth)  
13:43.51.

10,000: 1. Jeylan (Eth) 28:18.22; 2. Karoki  
(Ken) 28:19.32; 3. Bekele (Eth) 28:20.61 PR.

110H(2.0): 1. Hadj Lazib (Alg) 13.48; 2.  
Nurudeen (Ngr) 13.61; 3. Okon (Ngr) 13.75.

400H: 1. Hamadi (Alg) 50.48; 2. Couto  
(Moz) 51.04; 3. Oletygor (Ken) 51.15.

HMar: 1. Desisa (Eth) 64:31;  
2. Kipkemoi (Ken) 64:44; 3. Daba  
(Eth) 64:51.

20W: 1. Sbaï (Tun) 1:24:53;  
2. Taraouï (Tun) 1:26:44; 3.  
Negoum (Cam) 1:32:08 PR.

4 x 100: 1. Nigeria 38.93;  
2. Ghana 38.95; 3. Botswana  
39.09 NR.

4 x 400: 1. Kenya 3:03.10; 2.  
Nigeria 3:05.26; 3. Botswana  
3:05.92.

### Field Events

HJ: 1. Idris (Sud) 7-4 1/2 (2.25)  
NR; 2. Kgosiemang (Bot) 7-2 1/2  
(2.20); 3. Woodcock (Sey) 7-1/2  
(2.15).

PV: 1. Bouraada (Alg) 16-4 3/4  
(5.00) PR.

LJ: 1. Manyonga (SA) 26-3 3/4  
(8.02); 2. Gaisah (Gha) 25-  
9 1/2 (7.86); 3. Badji  
(Sen) 25-8 1/4 (7.83).

TJ: 1. Oke (Ngr)

54-7 1/2 (16.65); 2.

Nima (Alg) 54-3 1/4

(16.54); 3. Mamba  
(Cam) 53-3/4 (16.17).

SP: 1. Ibrahim

(Egy) 64-8 3/4 (19.73);  
2. Engelbrecht (SA)

61-11 3/4 (18.89); 3.

Potgieter (SA) 61-  
3 1/2 (18.68).

DT: 1. Ibrahim

(Egy) 207-4 (63.20)  
PR; 2. Hogan (SA)

205-4 (62.60) PR; 3.

Tucker (SA) 183-8  
(55.98).

HT: 1. Al-Gamal

(Egy) 245-3 (74.76)  
PR; 2. Harmse (SA)

244-11 (74.66); 3.

Mahmoud (Egy)  
228-8 (69.70).

JT: 1. Yego (Ken)

257-0 (78.34) NR;  
2. Crous (SA)

238-5 (72.68); 3.  
Osayande (Ngr)

232-11 (71.01) PR.

Dec: 1. Addy (Lbr) 7985 NR; 2.  
Thierry (Mri) 7481 NR; 3. Kamé  
(Mol) 7458.

### ALL-AFRICA WOMEN

100(2.5): 1. Osayomi (Ngr)  
10.90w; 2. Okagbare (Ngr)

11.01w; 3. Asumnu (Ngr) 11.26w.  
200(1.9): 1. Osayomi 22.86;

2. Anim (Gha) 23.06; 3. Herunga  
(Nam) 23.50 PR.

400: 1. Montsho (Bot) 50.87; 2.  
Thiam (Sen) 51.77; 3. Herunga  
51.84 NR.

800: 1. Negesa (Uga) 2:01.81;

2. Magiso (Eth) 2:03.22; 3. Chesebe (Ken)  
2:04.16 PR.

1500: 1. Jelagat (Ken) 4:13.67; 2.  
Chepkirui (Ken) 4:13.71; 3. Bogale (Eth)  
4:14.41.

St: 1. Jepkemoi (Ken) 10:00.50 PR; 2.  
Ayalew (Eth) 10:00.57; 3. Adamu (Eth)  
10:02.22.

5000: 1. Utura (Eth) 15:38.70; 2. Anteneh  
(Eth) 15:40.13; 3. Korikwiang (Ken) 15:40.93.

10,000: 1. Utura (Eth) 33:24.82; 2.  
Wude (Eth) 33:24.88; 3. Korikwiang (Ken)

33:26.17; Momanyi (Ken) Momanyi (Ken).

100H(4.2): 1. Adigun (Ngr) 13.20w; 2.  
Ohanaja (Ngr) 13.36w; 3. Rakotozafy (Mol)

13.55w.

400H: 1. Odumosu (Ngr) 56.26; 2. Theron  
(SA) 57.13; 3. Wright (Lbr) 57.34.

4 x 100: 1. Nigeria 43.34; 2. Ghana 44.33;  
3. Cameroon 45.00.

4 x 400: 1. Nigeria 3:31.21; 2. Senegal

## 2011 Women's World Leaders

### Track Events

100.....	10.70	.....	Carmelita Jeter (US)
200.....	22.15	.....	Shalonda Solomon (US)
400.....	49.35	.....	Anastasiya Kapachinskaya (Russia)
800.....	1:55.87	.....	Mariya Savinova (Russia)
1500.....	4:00.06	.....	Morgan Uceny (US)
Mile.....	4:28.60i	.....	Jenny Simpson (US)
St.....	9:07.03	.....	Yuliya Zaripova (Russia)
3000.....	8:30.26i	.....	Sentayehu Ejigu (Ethiopia)
5000.....	14:20.87	.....	Vivian Cheruiyot (Kenya)
10,000.....	30:38.65	.....	Sally Pearson (Kenya)
100H.....	12.28	.....	Sally Pearson (Australia)
400H.....	52.47	.....	Lashinda Demus (US)

### Road Events

HMar.....	65:50 ¶	.....	Mary Keitany (Kenya)
Mar.....	2:19:19	.....	Mary Keitany (Kenya)
20W.....	1:25:08 ¶	.....	Vera Sokolova (Russia)

### Relay Events

4 x 100.....	41.56	.....	United States
4 x 200.....	1:29.96	.....	Texas A&M (US)
4 x 400.....	3:18.09	.....	United States
4 x 800.....	8:06.24i	.....	Moscow (Russia)
4 x 1500.....	17:25.19	.....	Boston College
SpMed.....	3:34.64	.....	Jamaica
DisMed.....	10:51.49	.....	Georgetown (US)
4 x 100H.....	53.41	.....	Texas A&M

### Field Events

HJ..... 6-9 1/2 (2.07) ..... Anna Chicherova (Russia)

PV..... 16-1 1/4 (4.91) ..... Jenn Suhr (US)

LJ..... 23-7 1/4 (7.19) ..... Brittany Reese (US)

TJ..... 49-2 1/4 (14.99) ..... Yargelis Savigne (Cuba)

..... 49-2 1/4 (14.99) ..... Katerina Ibarguen (Colombia)

SP..... 69-8 1/4 (21.24) .. Valerie Adams (New Zealand)

DT..... 223-0 (67.98) ..... Li Yanfeng (China)

HT..... 260-7 (79.42) ¶ ..... Betty Heidler (Germany)

JT..... 236-2 (71.99) ..... Mariya Abakumova (Russia)

Hept..... 6880 ..... Tatyana Chernova (Russia)



3:32.21; 3. Kenya 3:37.37.

HMar: 1. Dibaba (Eth) 70:47; 2. Deska (Eth) 70:52; 3. Johannes (Nam) 71:12; 4. Arusei (Ken) 71:35; 5. Chepchirchir (Ken) 72:39.

20W: 1. Trabelsi (Tun) 1:40:35; 2. Lafi (Tun) 1:41:25; 3. Eshetu (Eth) 1:42:19 NJR.

### Field Events

HJ: 1. Amata (Ngr) 5-10¾ (1.80); 2. Osazuwa (Ngr) 5-10¾; 3. Labiche (Sey) 5-10¾ NR, NJR.

PV: 1. Mahfoudhi (Tun) 11-9¾ (3.60).

LJ: 1. Okagbare (Ngr) 21-4w (6.50); 2. Ngo Nghidjol (Cam) 21-2½w (6.46); 3. Belbioid (Alg) 21-2½ (6.46) PR.

TJ: 1. Rahouli (Alg) 46-2½ (14.08); 2. Ndoye (Sen) 44-11 (13.69); 3. Otonye (Ngr) 44-4¾ (13.53).

SP: 1. Dogmo (Cam) 52-7¼ (16.03) NR; 2. Abrahamse (SA) 51-6¼ (15.70).

DT: 1. Kragbé Kazai (CI) 185-7 (56.56); 2. Naude (SA) 175-11 (53.63).

HT: 1. Sene (Sen) 201-8 (61.48); 2. Bensaad (Fra) 195-8 (59.65); 3. Ibrahim (Egy) 192-2 (58.57).

JT: 1. Robbesson (SA) 181-6 (55.33).

Hept: 1. Simpson (Gha) 6172; 2. Kouassi (CI) 5714; 3. Tsoaeli (Les) 5590 NR.

### THUM THROWS

Thum, Germany, September 14—

SP: 1. Stori (Ger) 70-6¼ (21.49); 2. Armstrong (Can) 69-9¾ (21.28); 3. Bartels (Ger) 66-7 (20.29).

DT: 1. Marcell (CzR) 196-7 (59.93).

JT: 1. Frank (Ger) 266-11 (81.36).

Women:

SP: 1. Schwanitz (Ger) 60-5¼ (18.42).

DT: 1. Wisniewska (Pol) 187-9 (57.24).

JT: 1. Rittweg (Ger) 183-4 (55.88).

### BAD KÖSTRITZ THROWS

Bad Köstritz, Germany, September 17—

SP: 1. Majewski (Pol) 67-10¼ (20.68); 2. Bartels (Ger) 64-½ (19.52); 3. Schmidt (Ger) 62-6 (19.05); 4. Dittmar (Ger) 60-3 (18.36).

DT: 1. Harting (Ger) 212-5 (64.76); 2. Harradine (Aus) 206-10 (63.05); 3. Marcell (CzR) 198-3 (60.43); 4. Malachowski (Pol) 194-10 (59.40).

### BAD KÖSTRITZ WOMEN

SP: 1. Adams (NZ) 67-6¾ (20.59); 2. Schwanitz (Ger) 60-4¾ (18.41); 3. Borel-Brown (Tri) 59-11¾ (18.28).

DT: 1. Potepa (Pol) 187-7 (57.18).

## 2011 Women's U.S. Leaders

### Track Events

100..... 10.70 ..... Carmelita Jeter (Nike)  
200..... 22.15 ..... Shalonda Solomon (Saucony)  
400..... 49.59 ..... Allyson Felix (Nike)  
800..... 1:57.48 ..... Alycia Montaño (Nike)  
1500..... 4:00.06 ..... Morgan Uceny (adidas)  
Mile..... 4:28.60i ..... Jenny Simpson (New Balance)  
St ..... 9:37.16 ..... Emma Coburn (Colorado)  
3000..... 8:39.18i ..... Shalane Flanagan (Nike)  
5000..... 14:45.20 ..... Shalane Flanagan (Nike)  
10,000..... 30:39.57 ..... Shalane Flanagan (Nike)  
100H ..... 12.47 ..... Danielle Carruthers (unattached)  
..... 12.47 ..... Dawn Harper (Nike)  
400H ..... 52.47 ¶ ..... Lashinda Demus (Nike)

### Road Events

Half-Mar .. 69:03 ..... Kara Goucher (Nike)  
Mar ..... 2:29:35 ..... Stephanie Rothstein (McMillan E)  
(aided)... 2:22:38' ..... Desiree Davila (Hansons/Brooks)  
20W ..... 1:34:52 ..... Maria Michta (Walk USA)

### Relay Events

4 x 100..... 41.56 ..... National Team  
4 x 200..... 1:29.96 ..... Texas A&M  
4 x 400..... 3:18.09 ..... National Team  
4 x 800..... 8:26.47 ..... Georgetown  
4 x 1500... 17:25.65 ..... Georgetown  
SpMed..... 3:37.81 ..... USA Red Penn  
DisMed.... 10:51.49 ..... Georgetown  
4 x 100H.. 53.98 ..... Clemson

### Field Events

HJ ..... 6-5 (1.96) ..... Brigetta Barrett (Arizona)  
PV ..... 16-1¼ (4.91) ..... Jenn Suhr (adidas)  
LJ ..... 23-7¼ (7.19) ..... Brittany Reese (Nike)  
TJ ..... 46-6¼ (14.18) ..... Amanda Smock (unattached)  
SP ..... 66-2½ (20.18) ¶ ..... Jill Camarena-Williams (NYAC)  
DT ..... 210-11 (64.30) ..... Becky Breisch (Nike)  
HT ..... 238-4 (72.65) ..... Jessica Cosby (Nike)  
JT ..... 205-11 (62.76) ..... Kara Patterson (Asics)  
Hept..... 6058 ..... Sharon Day (Asics)

### NEWCASTLE

Newcastle, England, September 17 (quayside meet; 150m straight track)—

100(1.5): 1. Aikines-Aryeetey (GB) 10.27; 2. Malcolm (GB) 10.45; 3. Porter (US) 10.56; 4. Osaghae (US) 10.64.

150: 1. Walter Dix (US) 14.65 PR; 2. Marlon Devonish (GB) 14.87 PR; 3. Maurice Mitchell (US) 15.08 PR; 4. James Ellington (GB) 15.18 PR.

Road Mile: 1. Lagat (US) 4:06.01; 2. Miller (US) 4:08.14; 3. Osagie (GB) 4:09.53; 4. Raeside (GB) 4:10.23; 5. Gunn (GB) 4:12.78 PR; 6. Cowart (US) 4:14.19.

Road 2M: 1. Farah (GB) 8:37.72; 2. Olinger (US) 8:42.15 PR; 3. See (US) 8:46.34; 4. Acosta (US) 8:47.44; 5. Bauhs (US) 8:47.57; 6. Wilkinson (GB) 8:49.12 PR; 7. Mellor (GB) 8:53.01.

110H(0.7): 1. Richardson (US) 13.16; 2.

## 2011 Men's U.S. Leaders

### Track Events

100..... 9.79 ..... Tyson Gay (adidas)  
200..... 19.53 ..... Walter Dix (Nike)  
400..... 44.36 ..... LaShawn Merritt (Nike)  
800..... 1:43.83 ..... Nick Symmonds (Oregon TC)  
1500..... 3:33.11 ..... Bernard Lagat (Nike)  
Mile..... 3:51.24 ..... Leonel Manzano (Nike)  
St ..... 8:17.27 ..... Billy Nelson (New Balance)  
3000..... 7:32.17 ..... Bernard Lagat (Nike)  
5000..... 12:53.60 ..... Bernard Lagat (Nike)  
10,000..... 26:48.00 ¶ ..... Galen Rupp (Nike)  
110H ..... 12.94 ..... David Oliver (Nike)  
400H ..... 47.93 ..... Jeshua Anderson (Washington St)

### Road Events

HMar ..... 60:30 ..... Galen Rupp (Oregon TC)  
Mar ..... 2:11:30 ..... Nick Arciniaga (McMillan Elite)  
(aided)... 2:04:58' ..... Ryan Hall (Asics)  
20W ..... 1:23.26 ..... Trevor Barron (New York AC)  
50W ..... 4:16:01 ..... Benjamin Shorey (unat)

### Relay Events

4 x 100 .... 37.79 ..... National Team  
4 x 200..... 1:22.00 ..... Florida  
4 x 400..... 2:58.82 ..... Mississippi State  
4 x 800..... 7:12.15 ..... Virginia  
4 x Mile.... 16:19.98 ..... Princeton  
SpMed..... 3:16.18 ..... Iowa  
DisMed.... 9:18.09 ..... USA Red Penn  
4 x 110H.. 56.22+ ..... Florida

### Field Events

HJ ..... 7-9¼ (2.37) ..... Jesse Williams (Nike)  
PV ..... 19-2 (5.84) ..... Brad Walker (Nike)  
LJ ..... 27-8¼ (8.45) ..... Dwight Phillips (Nike)  
TJ ..... 58-11¼ (17.96) ..... Christian Taylor (Florida)  
SP ..... 72-5¼ (22.09) ..... Adam Nelson (Saucony)  
..... 72-5¼ (22.09) ..... Reese Hoffa (New York AC)  
DT ..... 225-7 (68.76) ..... Jarred Rome (Nike)  
HT ..... 263-6 (80.31) ..... Kibwé Johnson (Nike)  
JT ..... 268-0 (81.70) ..... Corey White (unattached)  
Dec ..... 8729 ..... Ashton Eaton (Oregon TC)

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Oliver (US) 13.36; 3. Sharman (GB) 13.82;  
4. Turner (GB) 14.08.

LJ: 1. Hicks (US) 25-8¾ (7.84); 2. Jegede  
(GB) 25-4 (7.72); 3. Ewulo (GB) 24-7¾ (7.51);  
4. Phillips (US) 16-5¼ (5.01).

**NEWCASTLE WOMEN**

150: 1. Carmelita Jeter (US) 16.50  
PR; 2. Anyika Onuora (GB) 16.90 PR; 3.  
Abi Oyepitan (GB) 16.98 PR; 4. Natasha  
Hastings (US) 17.19 PR.

Road Mile: 1. England (GB) 4:39.49 PR;  
2. Clitheroe (GB) 4:40.65 PR; 3. Moser (US)  
4:44.05; 4. Meadows (GB) 4:44.99 PR; 5.  
Lucas (US) 4:45.85; 6. Cathey (US) 4:49.68  
PR; 7. Anderson (US) 4:51.15.

100H(0.3): 1. Harper (US) 12.73; 2.  
Carruthers (US) 12.77; 3. McGreavy (GB)  
13.46; 4. Helsby (GB) 14.33.

PV: 1. Holliday (US) 14-0 (4.27); 2.  
Bleasdale (GB) 13-6¼ (4.12);... nh—Steiner  
Bennett (US).

**TANGIER**

Tangier, Morocco, September 18—

100(-0.4): 1. Chambers (GB) 10.28; 2.  
Ouhadi (Mor) 10.32; 3. Waugh (Jam) 10.40.

200(-0.1): 1. Waugh 20.71; 2. Ouhadi  
20.85; 3. Chambers 20.86.

1500: 1. Moustauoui (Mor) 3:36.33; 2.  
Iguider (Mor) 3:36.57; 3. Ndiwa (Ken)  
3:38.69.

3000: 1. Gathimba (Ken) 7:50.94.

400H: 1. Phillips (Jam) 49.62; 2. Derevyagin  
(Rus) 49.92; 3. Sánchez (DR) 50.13.

**Field Events**

PV: 1. Tsvionchyk (Blr) 17-¾ (5.20); 2.  
Burlachenko (Rus) 17-¾.

LJ: 1. Berrabah (Mor) 26-4½ (8.04); 2.  
Méliz (Spa) 25-7½ (7.81); 3. Martínez (Cub)  
25-5¼ (7.75).

SP: 1. Armstrong (Can) 71-4¼ (21.75);  
2. Fortes (Por) 67-7½ (20.61); 3. Cantwell  
(US) 67-6¼ (20.58).

**TANGIER WOMEN**

100(-2.2): 1. Ferguson McKenzie (Bah)  
11.46; 2. Ryemyen (Ukr) 11.46; 3. Stuy  
(Ukr) 11.48.

200(-1.4): 1. Ferguson McKenzie 22.81;  
2. Ryemyen 22.84; 3. Stuy 23.28.

800: 1. Simpson (GB) 2:02.21; 2. Akkaoui  
(Mor) 2:02.65; 3. Abaakil (Mor) 2:05.86.

1500: 1. Simpson (US) 4:15.07; 2.  
Mishchenko (Ukr) 4:15.13; 3. Dehiba (Fra)  
4:15.55; 4. Tomashova (Rus) 4:16.38; 5.  
Mageean (Ire) 4:16.48; 6. McKnight (Aus)  
4:16.51; 7. Buckman (Aus) 4:16.59.

400H: 1. Titimets (Ukr) 57.29; 2. Gentili  
(Ita) 57.34; 3. El Habz (Mor) 59.37.

**Field Events**

LJ: 1. Tigau (Rom) 20-5¾ (6.24); 2. Kolaric  
(Slo) 20-5¼ (6.23); 3. Griva (Lat) 20-5 (6.22).

JT: 1. Wessman (Swe) 183-3 (55.86); 2.  
Rebryk (Ukr) 182-5 (55.61); 3. Hatsko (Ukr)  
180-4 (54.97).

## WARSAW

Warsaw, Poland, September 20—  
100(1.8): 1. Pérez (Cub) 10.31.  
400: 1. Pistorius (SA) 46.65.  
800: 1. Kszczot (Pol) 1:45.48; 2. Lewandowski (Pol) 1:49.48.

### Field Events

4-weight SP (2 throws each with 5-, 6-, 7.26- & 8-kilo shots [11, 13.2, 16 & 17.6-pounds]; winner based on best throw with each): 1. Armstrong (Can) 290-11 (88.67); 2. Majewski (Pol) 290-10 (88.64); 3. Cantwell (US) 286-3 (87.24).

5kgSP: 1. Majewski 81-7½ (24.88); 2. Armstrong 79-2¾ (24.15 PR); 3. Cantwell 74-10 (22.81).

6kgSP: 1. Armstrong 76-3¾ (23.26); 2. Majewski 75-11½ (23.15); 3. Cantwell 74-6¼ (22.71).

7.26kgSP: 1. Cantwell 70-3½ (21.42); 2. Armstrong 69-8 (21.23); 3. Majewski 68-5¼ (20.86).

8kgSP: 1. Cantwell 66-6 (20.27); 2. Armstrong 65-8¾ (20.03); 3. Majewski 64-9¾ (19.75).

DT: 1. Kanter (Est) 223-0 (67.99); 2. Kóvágó (Hun) 218-9 (66.69); 3. Urbanek (Pol) 211-2 (64.37) PR; 4. Malachowski (Pol) 209-9 (63.93); 5. Czajkowski (Pol) 199-3 (60.74).

HT: 1. Fajdek (Pol) 255-9 (77.96); 2. Pars (Hun) 252-6 (76.97); 3. Kozmus (Slo) 239-1 (72.88); 4. Sokyrskyy (Ukr) 236-4 (72.05); 5. Ziolkowski (Pol) 231-6 (70.56).

## WARSAW WOMEN

100(0.8): 1. Douglas (GB) 11.52;... 4. Ottey (Slo) 11.84.

1000: 1. Cichocka (Pol) 2:37.33; 2. Plis (Pol) 2:37.89 PR; 3. Setowska-Dryk (Pol) 2:38.46.

LJ: 1. Veldáková (Svk) 21-6w (6.55); 2. Renstrøm (Nor) 21-5¼ (6.53).

HT: 1. Lysenko (Rus) 236-10 (72.19); 2. Wlodarczyk (Pol) 233-0 (71.02); 3. Campbell (US) 214-9 (65.46).

## SZOMBATHELY

Szombathely, Hungary, September 23—  
HT: 1. Pars (Hun) 268-8 (81.89) (WL) (252-5, 262-0, 262-8, 268-8, 262-5, p) (76.95, 79.87, 80.06, 81.89, 79.99, p);

2. Esser (Ger) 249-10 (76.16); 3. Németh (Hun) 247-9 (75.53); 4. Ziolkowski (Pol) 245-9 (74.92); 5. Sokyrskyy (Ukr) 243-9 (74.31); 6. Haklits (Cro) 236-4 (72.05).

## — More Road Results —

### USATF 20K CHAMPS

New Haven, Connecticut, September 5—

1. Abdirahman (Az) 60:12; 2. Lehmkuhle (Mn) 60:36; 3. Cabada (Co) 60:59; 4. Landry (Mi) 61:17; 5. Gotcher (Az) 61:44; 6. Carlson (SD) 62:03; 7. Smyth (Ut) 62:09; 8. Hine (Ma) 62:14; 9. Osman (Az) 62:24; 10. Clark (NC) 62:26.

### USATF 20K WOMEN

1. Cherobon-Bawcom (Ga) 68:31; 2. Grandt (WV) 69:05; 3. McGregor (Mi) 69:56; 4. Bierbaum-LeFrak (NY) 69:58; 5. Cappello (Va) 70:19; 6. Williams (Co) 70:24; 7. Peyton (Mn) 70:28; 8. Faber (Me) 70:53; 9. Harrison (Az) 71:05; 10. Lucas (Or) 72:24.

### DAM TOT DAM 10-MILE

Zaandam, Holland, September 18 (point-to-point; flat)—

1. Komon (Ken) 44:27 (course record—old 44:45 P. Koeh [Ken] '97) (13:13, 14:04 [27:17], 14:09 [41:26], 3:01);

2. Tsegay (Eri) 44:38 (13:13, 14:09 [27:22], 14:08 [41:30], 3:08); 3. Mwangangi (Ken) 45:13; 4. Ke. Kimutai (Ken) 45:15; 5. H. Kiplagat (Ken) 46:19.

Women:

1. P. Cheronno (Ken) 51:57; 2. D. Chepkemai (Ken) 52:46; 3. Afework (Eth) 52:48; 4. Kiplagat (Hol) 53:01.

### 5TH AVENUE MILE

New York City, September 24 (point-to-point; aided)—

1. Lagat (Nik) 3:50.5 (\$5000); 2. Laâlou (Mor) 3:51.7; 3. Torrence (Nik) 3:52.4; 4. See (Sauc) 3:52.9; 5. Miller (NBal) 3:54.4; 6. Rankin (MarG) 3:54.7;

7. Heath (Sauc) 3:55.3; 8. Riseley (Aus) 3:56.6; 9. Lagat (Ken) 3:57.0; 10. Famiglietti (Reck) 3:57.1; 11. Acosta (unat) 3:57.5; 12. Hesch (NRLA) 3:57.5;

13. Miller (Nik) 3:57.8; 14. Lalang (Ken) 3:59.1; 15. Endale (Eth) 3:59.4; 16. Bruce (OTC) 4:00.4; 17. Symmonds (OTC) 4:04.9; 18. Leer (Nik) 4:10.8.

### 5TH AVENUE WOMEN

1. Simpson (NBal) 4:22.3 (\$5000); 2. Kipyego (Ken) 4:22.6 (\$4500 including prime for leading at half plus sub-4:32 finish); 3. England (GB) 4:22.6; 4. Måkestad Bovim (Nor) 4:24.6; 5. Kuijken (Hol) 4:25.5; 6. Uceny (adi) 4:26.2; 7. Rowbury (Nik) 4:27.0; 8. Hall (Asics) 4:29.1; 9. Martinez (NBal) 4:29.6; 10. Parker (GB) 4:31.7; 11. Moser (Nik) 4:31.9; 12. Infeld (NYAC) 4:33.0; 13. Kampf (Asics) 4:33.0; 14. Montaña (Nik) 4:34.0;

## CROSS COUNTRY SCHEDULE

### October

1 ..... Dellinger Invitational; Springfield, Oregon  
8 ..... New Englands; Boston, Massachusetts  
14 ..... Wisconsin adidas Invitational; Madison, Wisconsin  
15 ..... Chile Pepper Invitational; Fayetteville, Arkansas  
16 ..... Pre-NCAA; Terre Haute, Indiana  
22 ..... Lone Star Conference; San Angelo, Texas  
28 ..... Metro Atlantic Conference; Bronx, New York  
29 ..... ACC Conference; Clemson, South Carolina  
..... America East Conference; Albany, New York  
..... Atlantic Sun Conference; Nashville, Tennessee  
..... Atlantic 10 Conference; Charlotte, North Carolina  
..... Big East Conference; Louisville, Kentucky  
..... Big 12 Conference; College Station, Texas  
..... Big Sky Conference; Pocatello, Idaho  
..... Big West Conference; Riverside, California  
..... Colonial Conference; Hampton, Georgia  
..... Conference USA; Houston, Texas  
..... Heps; Princeton, New Jersey  
..... Horizon League; Cleveland, Ohio  
..... MEAC Conference; Princess Anne, Maryland  
..... Mid-American Conference; Muncie, Indiana  
..... Mountain West Conference; Fort Collins, Colorado  
..... Ohio Valley Conference; Richmond, Kentucky  
..... Pac-12 Conference; Phoenix, Arizona  
..... Patriot League; Bethlehem, Pennsylvania  
..... Southern Conference; Charleston, South Carolina  
..... Summit League; Tulsa, Oklahoma

15. McKnight (Aus) 4:34.1; 16. E. Sujew (Ger) 4:34.5; 17. D. Sujew (Ger) 4:35.2; 18. Anderson (Brk) 4:36.7; 19. Wallace (Nik) 4:39.7; 20. Vessey (NBal) 4:44.6.

### LISBON HALF-MARATHON

IAAF Gold Label; Lisbon, Portugal, September 25—

1. S. Sang (Ken) 61:13; 2. L. Rotich (Ken) 61:38; 3. Olenakeri (Ken) 62:19 PR; 4. S. Kigen (Ken) 62:31; 5. Marwa Mkami (Tan) 63:10; 6. E. Chebii (Ken) 63:21; 7. Ferreira (Por) 63:56; 8. J. Menjo (Ken) 64:27; 9. P. Korir (Ken) 64:33; 10. Feiteira (Por) 64:39; 11. Röthlin (Swi) 64:47; 12. F. Silva (Por) 64:52; 13. Damião (Por) 65:26; 14. Pinto (Por) 65:57 PR; 15. S. Kipruto (Ken) 66:02.

### LISBON WOMEN

1. M. Keitany (Ken) 67:54; 2. H. Kiprop (Ken) 68:57 PR; 3. C. Kilel (Ken) 70:30; 4. R. Jeptoo (Ken) 70:34; 5. Davila (US) 71:27; 6. Mukunzi (Ken) 71:54; 7. S. Kosgei (Ken) 71:55; 8. Kimutai (Ken) 72:29; 9. Félix (Por) 73:34; 10. An. Rosa (Por) 74:44.

### UTRECHT 10K

IAAF Bronze Label; Utrecht, Holland, September 25—

1. Langat (Ken) 27:28; 2. Kiptoo (Ken) 27:44; 3. N. Kemboi (Ken) 27:56; 4. Kimutai (Ken) 27:57.

Women:

1. W. Jepkemboi (Ken) 31:31; 2. El Moukim (Mor) 32:12; 3. E. Cheronno (Ken) 32:12.

In the next *eTN* (2 weeks):  
collegiate XC openers