

— Fast Times In The Chicago Marathon —

by Sean Hartnett

Chicago, October 14—Dennis Kimetto's rapid rise to the top echelons of the marathon world continued on the streets of Chicago.

The long and lean Kenyan left countryman Emmanuel Mutai at the 40K aid station and went on to a victory in 2:03:45, the fourth fastest legal-course clocking in history, trailing only WR setters Wilson Kipsang and Patrick Makau on the performer list.

Mutai, who had also finished 2nd in this spring's London Marathon crossed in 2:03:52, Nos. 4 and 5 on the all-time lists and marking the first time two had bettered 2:04 in the same race on a non-aided course.

The race started with steady, aggressive pacing. American Jason Hartmann provided the steady 14:45 opening 5K, then Moroccan Abdellah Falil ramped up the tempo and expertly guided the field through a set of 14:36, 14:39, 14:39 and 14:37 5K segments such that when the pacers retired at 25K (1:13:16), a tidy pack of 8 was locked onto the 2:03:51 pace.

The keenly experienced Mutai, a 29-year-old whose 13-marathon résumé included 7 sub-2:07 races, stepped into the pacing void leading much of the ensuing 14:48 5K.

"I was content to follow the pacers," he said, "and when they finished, I went to the front to maintain a high pace and the opportunity for a fast time."

Kimetto, also 29, but in only his third 26-miler, moved up to match strides with Mutai, and approaching 30K (1:28:03) launched his first surge that strung out the pack as they passed through the fluid station.

Kimetto and Mutai traded tempo thrusts that dropped '11 winner Moses Mosop, '12 Dubai champ Ayele Abshero, and Mike Ki-gen.



Kimetto & Mutai moved to Nos. 3 & 4 on the all-time world list

Only Sammy Kitwara and Boston runner-up Micah Kogo could match the pace of the 14:35 split through 35K (1:42:38).

Another Kimetto move dispatched Kitwara and Kigen leaving him one-on-one with Mutai.

"We were just going back and forth,"

Kimetto said, adding, "When we were about 5 kilometers from the finish I decided to move forward from this point and keep pushing."

Mutai put up a good chase but a 10-meter gap opened when Kimetto grabbed his bottle at 40K and Mutai whiffed. Although both

athletes downplayed the exchange, Kimetto stretched his advantage to 40 meters when he stopped the clock with the fastest legal time ever run on U.S. soil, destroying the 2:04:38 run by Tsegaye Kebede here last year.

While close to Wilson Kipsang's brand-new World Record of 2:03:23, Kimetto admitted, "My focus was on the competition, only at the end did I pay attention to the clock."

The high pace impaled many runners who struggled mightily over the final kilometers. That was case with both Dathan Ritzenhein and debutant Matt Tegenkamp.

Ritz moved up the leaderboard to finish 5th in spite of slowing significantly over the closing stages. He finished in a U.S.-leading 2:09:45, but his late race struggles left him a bit off his expectations, saying, "If I had finished in 5th-place but run 3:00 faster, I would have been a lot happier with it."

Teg finished 10th in 2:12:28 and called his introduction to the event, "Very interesting; I was on 2:10 pace through 20 miles, so that is something promising to work off."

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The women also took advantage of the near-perfect conditions as Rita Jeptoo blitzed a 68:42 second half to dip 3 seconds under 2:20, the fastest time recorded in 2013. Fellow Kenyan Sum dropped her PR to 2:20:44 to finish 2nd.

While the men maintained a sub-2:04 pace throughout the race, the women covered their first half in 71:15, and passed 30K (1:40:52) at a 2:22:02 clip before Jeptoo went to work.

"During my training I thought I could run 2:20," she said. "So I was feeling strong when I started to go." And go she did immediately lifting the pace over a 16:07 segment, then even higher still with a 15:58 split before speeding across the line in 2:19:57, the 18th woman to better 2:20.

On a day that many runners wilted after an ambitious pace gamble, Jeptoo closed her final 12.2 kilometers in 39:05, a whopping 2:15:14 pace. The 32 year-old reigning Boston Marathon champ gained confidence every step of the way admitting, "First at 35K and then at 38K I saw that my pace was getting close to 2:20, and I had a strong finish to get my best time."

— Chicago Marathon —

World Marathon Major; Chicago, Illinois, October 13—

1. Dennis Kimetto (Ken) 2:03:45 PR (3, 4 W) (a-c: 5, 6 W) (U.S. all-comers record—old 2:04:38 Kebede [Eth] '12 Chicago) (14:46, 14:37 [29:23], 14:39 [44:02], 14:38 [58:40], 14:39 [1:13:19], 14:45 [1:28:04], 14:35 [1:42:39], 14:39 [1:57:18], 6:27) (1:01:52/1:01:53);

2. Emmanuel Mutai (Ken) 2:03:52 PR (4, 5 W) (a-c: 6, 7 W) (14:46, 14:37 [29:23], 14:39 [44:02], 14:39 [58:41], 14:37 [1:13:18], 14:46 [1:28:04], 14:34 [1:42:38], 14:41 [1:57:19], 6:33) (1:01:53/1:01:59);

3. Sammy Kitwara (Ken) 2:05:16 PR; 4. Micah Kogo (Ken) 2:06:56 PR;

5. Dathan Ritzenhein (US) 2:09:45 (AL) (14:54, 14:54 [29:48], 15:01 [44:49], 14:55 [59:44], 14:58 [1:14:42], 15:14 [1:29:56], 15:54 [1:45:50], 16:39 [2:02:29], 7:16) (1:03:02/1:06:43);

6. Ayele Abshero (Eth) 2:10:10; 7. Hiroaki Sano (Jpn) 2:10:29 PR; 8. Moses Mosop (Ken) 2:11:19; 9. Yoshinori Oda (Jpn) 2:11:29; 10. Matt Tegenkamp (US) 2:12:28 PR (debut);

11. Mike Kigen (Ken) 2:12:40; 12. Michael Shelley (Aus) 2:13:09; 13. Kenji Higashino (Jpn) 2:13:52; 14. Craig Leon (US) 2:13:52 PR; 15. Norihide Fujimori (Jpn) 2:13:54;

16. Mike Morgan (US) 2:15:01; 17. Fidele Jefferson (US) 2:15:18 PR; 18. Hiroki Tanaka (Jpn) 2:15:35; 19. Jared Ward (US) 2:16:17 PR; 20. Yoshiki Otsuka (Jpn) 2:16:57;

21. Pius Nyantika (Ken) 2:17:38; 22. Sean Quigley (US) 2:17:45; 23. Brandon Mull (US) 2:18:14 PR; 24. Eric Loeffler (US) 2:18:39; 25. Dan Kremske (US) 2:18:52 PR;

26. Matt Dewald (US) 2:19:30; 27. Travis Boyd (US) 2:19:56 PR; 28. Chris Pannone (US) 2:20:40; 29. Brandon Dworak (US) 2:20:46 PR; 30. Glenn Randall (US) 2:21:32;

31. Bret Fransen (US) 2:21:43 PR; 32. Samuel Morse (US) 2:21:57 PR; 33. Robert Winslow (Can) 2:22:39 PR; 34. Matthew Blume (US) 2:22:44 PR;

35. Ian Forsyth (Can) 2:23:01 PR; 36. Matt Hensley (US) 2:23:16; 37. Michael Capriolo (US) 2:23:28 PR; 38. Brian Fimmel (US) 2:23:47 PR; 39. Kevin Havel (US) 2:23:59 PR;

40. Brian Walker (Can) 2:24:11 PR; 41. Jared Burdick (US) 2:24:28; 42. Dale Taylor (US) 2:25:11 PR.

(best-ever mark for place: 2)

CHICAGO WOMEN

1. Rita Jeptoo (Ken) 2:19:57 PR (WL) (18, 24 W) 16:59(16:59, 16:52 [33:51], 16:53 [50:44], 16:50 [1:07:34], 16:45 [1:24:19], 16:33 [1:40:52], 16:07 [1:56:59], 15:58 [2:12:57], 7:00);

2. Jemima Jelagat (Ken) 2:20:48 PR (16:59, 16:53 [33:52], 16:53 [50:45], 16:49 [1:07:34], 16:45 [1:24:19], 16:33 [1:40:52], 16:08 [1:57:00], 16:20 [2:13:20], 7:28);

3. Mariya Konovalova (Rus) 2:22:46 PR; 4. Aliaksandra Duliba (Blr) 2:23:44 NR; 5.

Atsede Baysa (Eth) 2:26:42; 6. Ehitu Kiros (Eth) 2:27:42; 7. Yukiko Akaba (Jpn) 2:27:49;

8. Abebech Afework (Eth) 2:28:38; 9. Clara Santucci (US) 2:31:39 (née Grandt); 10. Melissa Johnson-White (US) 2:32:37 PR; 11. Laurie Knowles (US) 2:36:29 PR;

12. Stephanie Pezzullo (US) 2:38:03; 13. Gina Slaby (US) 2:40:44; 14. Gabriela Traña (CR) 2:41:49; 15. Elizabeth Eder (US) 2:42:36 PR; 16. Erin Heenan (US) 2:42:46 PR;

17. Kristen Heckert (US) 2:44:12 PR; 18. Loring Crowley (US) 2:44:12 PR; 19. Erica Braswell (US) 2:45:23 PR; 20. Maria Morales (US) 2:46:04 PR;

21. Amanda Rice (US) 2:46:10; 22. Julie Northrup (US) 2:46:32 PR; 23. Sarah Robinson (US) 2:47:14 PR; 24. Laura Hagley (US) 2:47:15 PR; 25. Jeanna Composti (US) 2:47:26 PR;

26. Mackenzie Howe (US) 2:47:42; 27. Joy Moats (US) 2:48:00 PR; 28. Ashley Evans (US) 2:48:49 PR; 29. Briana Eaton (US) 2:49:00 PR; 30. Paula Keating (US) 2:49:18.

— More Marathons —

LISBON MARATHON

Lisbon, October 6 (out-and-back)—

1. Paul Lonyangata (Ken) 2:09:46; 2. Sergey Lebid (Ukr) 2:11:24 PB; 3. Laban Mutai (Ken) 2:12:21;

Women:

1. Agnes Kiprop (Ken) 2:31:15; 2. Helena Kiprop (Ken) 2:32:07; 3. Melkam Gizaw (Eth) 2:35:16.

COLOGNE MARATHON

Cologne, October 13—

1. Nicholas Chelimo (Ken) 2:09:45; 2. Henry Chirchir (Ken) 2:09:54; 3. Duncan Koech (Ken) 2:10:10.

Women:

1. Janet Rono (Ken) 2:28:36; 2. Agnieszka Gortel (Pol) 2:30:28.

EINDHOVEN MARATHON

Eindhoven, Holland, October 13—

1. Yemane Tsegay (Eth) 2:09:11; 2. Bazu Worku (Eth) 2:09:19; 3. Lemma Sissay (Eth) 2:09:44.

Women:

1. Ruth Wanjiru (Ken) 2:34:48.

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U.S. XC SCHEDULE

October

- 19.....Pre-NCAA; Terre Haute, Indiana
.....Wisconsin/adidas Invitational; Madison, Wisconsin
26.....MEAC Conference; Princess Anne, Maryland
28.....SWAC Conference; Clinton, Mississippi

November

- 1.....Metro-Atlantic Conference; Bronx, New York
.....Mountain West Conference; Colorado Springs, Colo
.....SEC Conference; Gainesville, Florida
2.....ACC; Winston-Salem, North Carolina
.....Atlantic Sun Conference; Nashville, Tennessee
.....America East; Binghamton, New York
.....Atlantic 10 Conference; Mechanicsville, Virginia
.....Big 12 Conference; Waco, Texas
.....Big East Conference; Kenosha, Wisconsin
.....Big Sky Conference; Bozeman, Montana
.....Big West; San Luis Obispo, California
.....Colonial Conference; Towson, Maryland
.....Conference USA; Denton, Texas
.....Heps; Princeton, New Jersey
.....Horizon League; Youngstown, Ohio
.....Mid-American Conference; Bowling Green, Ohio
.....Missouri Valley Conference; Des Moines, Iowa
.....Ohio Valley Conference; Morehead, Kentucky
.....Pac-12 Conference; Boulder, Colorado
.....Patriot League; Easton, Pennsylvania
.....Southern Conference; Birmingham, Alabama
.....Summit League; Fort Wayne, Indiana
.....Sun Belt Conference; Troy, Alabama
.....WAC; Seattle, Washington
.....West Coast Conference; Malibu, California
3.....Big 10 Conference; West Lafayette, Indiana
4.....Southland Conference; Lake Charles, Louisiana
9.....JUCO Championships; Fort Dodge, Iowa
.....JUCO III; Northfield, Massachusetts
.....NCAA Div. II Regionals (8 sites)
10.....NXN Heartland Regionals; Sioux Falls, South Dakota
15.....NCAA Div. I Regionals
.....*Great Lakes—Madison, Wisconsin*
.....*Mid-Atlantic—Bethlehem, Pennsylvania*
.....*Midwest—Ames, Iowa*
.....*Mountain—Ogden, Utah*
.....*Northeast—Bronx, New York*
.....*Southeast—Charlottesville, Virginia*
.....*South Central—Waco, Texas*
.....*South—Tuscaloosa, Alabama*
.....*West—Sacramento, California*

- 16.....NCAA Div. III Regionals (8 sites)
.....NXN Northwest Regional; Boise, Idaho
17.....NXN Midwest Regional; Terre Haute, Indiana
23.....NCAA Championships; Terre Haute, Indiana
.....NCAA II Championships; Spokane, Washington
.....NCAA III Championships; Hanover, Indiana
.....IC4A/ECAC; Bronx, New York
.....NAIA Championships; Winfield, Kansas
.....NXN South Regional; The Woodlands, Texas
.....NXN Southwest Regional; Mesa, Arizona
30.....NXN NE/NY Regional; Wappinger Falls, New York
.....NXN Southeast Regional; Cary, North Carolina
.....Foot Locker Midwest Regional; Kenosha, Wisconsin
.....Foot Locker Northeast Regional; Bronx, New York
.....Foot Locker Southern Regional; Charlotte, N Carolina

December

- 7.....Nike HS XC Nationals (NXN); Portland, Oregon
.....Foot Locker HS West Regional; Walnut, California
14.....Foot Locker Championships; San Diego, California
.....USATF Junior Olympics; San Antonio, Texas
.....USATF Club Championships; Bend, Oregon

February 2014

- 15.....USATF Championships; Boulder, Colorado

always check with the hosts before traveling to any race, be it domestic or international

— Other Road —

GREAT SCOTTISH HALF

Glasgow, Scotland, October 6
(near-loop)—

1. Haile Gebrselassie (Eth) 61:09
(Master's WR); 2. Emmanuel Bett
(Ken) 61:40;

3. Ayad Lamdassem (Spa) 61:59;
4. Jesus España (Spa) 64:01; 5. Chris
Thompson (GB) 64:49; 6. Andrew
Lemoncello (GB) 64:55.

Women:

1. Susan Partridge (GB) 70:40; 2.
Frey Ross (GB) 71:51 PB; 3. Polline
Wanjiku (Ken) 73:01; 4. Steph Twell
(GB) 73:59.

LISBON HALF-MARATHON

Lisbon, October 6 (out-and-
back)—

1. Wilson Kiprop (Ken) 60:19; 2.
Goiton Kifle (Eri) 61:18; 3. Teklemar-
iam Medhin (Eri) 62:05; 4. Richard
Sigei (Ken) 62:13;

5. Imane Merga (Eth) 62:40; 6.
Simon Cheprot (Ken) 62:44; 7. Peter
Some (Ken) 63:16;

8. Tariku Bekele (Eth) 63:21; 9.
Yared Asmeron (Eri) 63:24; 10. Dino
Sefir (Eth) 63:34; 11. Ibrahim Jeylan
(Eth) 64:37.

LISBON WOMEN

1. Valeria Straneo (Ita) 69:23; 2.
Worknesh Degefa (Eth) 71:08; 3.
Firehiwot Dado (Eth) 72:03; 4. Jane
Kiptoo (Ken) 72:08;

5. Gulume Chala (Eth) 72:16;
6. Dulce Félix (Por) 72:29; 7. Sule
Utura (Eth) 73:24; 8. Jessica Augusto
(Por) 73:52.

BAA HALF-MARATHON

Boston, October 13 (loop,
hilly)—

1. Lelisa Desisa' (Eth) 60:34; 2.
Daniel Sale' (Ken) 60:41; 3. Stephen
Sambu' (Ken) 60:41 (*wins \$100,000*
BAA Distance Medley); 4. Sam
Chelanga' (Ken) 61:04;

5. Lani Rutto' (Ken) 61:32; 6. Allan
Kiprono' (Ken) 62:00; 7. Jeffrey Egg-
leston (Co) 63:41; 8. Harbert Okuti'
(Uga) 63:52; 9. Aaron Braun (Co)
63:52; 10. Henry Rutto' (Ken) 63:58.

Women:

1. Kim Smith' (NZ) 69:14 (*wins*
\$100,000); 2. Aheza Kiros' (Eth)
70:03; 3. Alice Kimutai' (Ken) 70:37;
4. Kristen Fryburg-Zaitz (Co) 73:12;
5. Millicent Kuria' (Ken) 73:53; 6.
Katie Matthews (Ma) 74:29.

GRONINGEN 4-MILE

Groningen, Holland, October 13—

Men: 1. Yenew Alamirew (Eth) 17:30; 2.
Abrar Osman (Eth) 17:30; 3. Haile Gebrse-
lassie (Eth) 17:31; 4. Andy Vernon (GB) 17:37;
5. Mekonnen Gebremedhin (Eth) 17:48;
6. Tom Wiggers (Hol) 17:50; 7. Jesper van
der Wielen (Hol) 17:54; 8. Gert-Jan Wassink
(Hol) 17:59.

Women:

1. Viola Kibiwot (Ken) 19:14 (*"world*
record"—old, 19:20 Chebet [Ken] '10); 2.
Emily Chebet (Ken) 19:17; 3. Irene Jelagat
(Ken) 19:23;

4. Maryam Yusuf Jamal (Bhr) 19:43; 5.
Ruti Aga (Eth) 19:59; 6. Sifan Hassan (Eth)
20:01; 7. Lauren Howarth (GB) 20:01; 8.
Gladys Chesire (Ken) 20:03.

PARIS 20K

Paris, October 13—

1. Tebalu Heyi Zawude (Eth) 58:07; 2.
Charles Ogari (Ken) 58:08; 3. Alfred Cherop
(Ken) 58:24.

Women:

1. Sarah Chepchirchir (Ken) 65:03 (course
record—old cr 65:28 Hellen Kimutai [Ken]
'00); 2. Cynthia Jerotich (Ken) 65:08; 3.
Gladys Kipsoi (Ken) 66:13.

SAN JOSÉ HALF-MARATHON

San José, California, October 6 (loop)—

1. Ryan Vail (Or) 62:46 (\$1000); 2. Fer-
nando Cabada (Co) 63:14; 3. Dylan Wykes'
(Can) 63:47; 4. Gabe Proctor (Ca) 64:28 PR.

Women:

1. Natasha Fraser' (Can) 74:39 (\$1000);
2. Megan Deakins (Ca) 76:33 PR.

**in next week's eTN:
Pre-NCAA, Wisconsin;
Amsterdam Marathon**