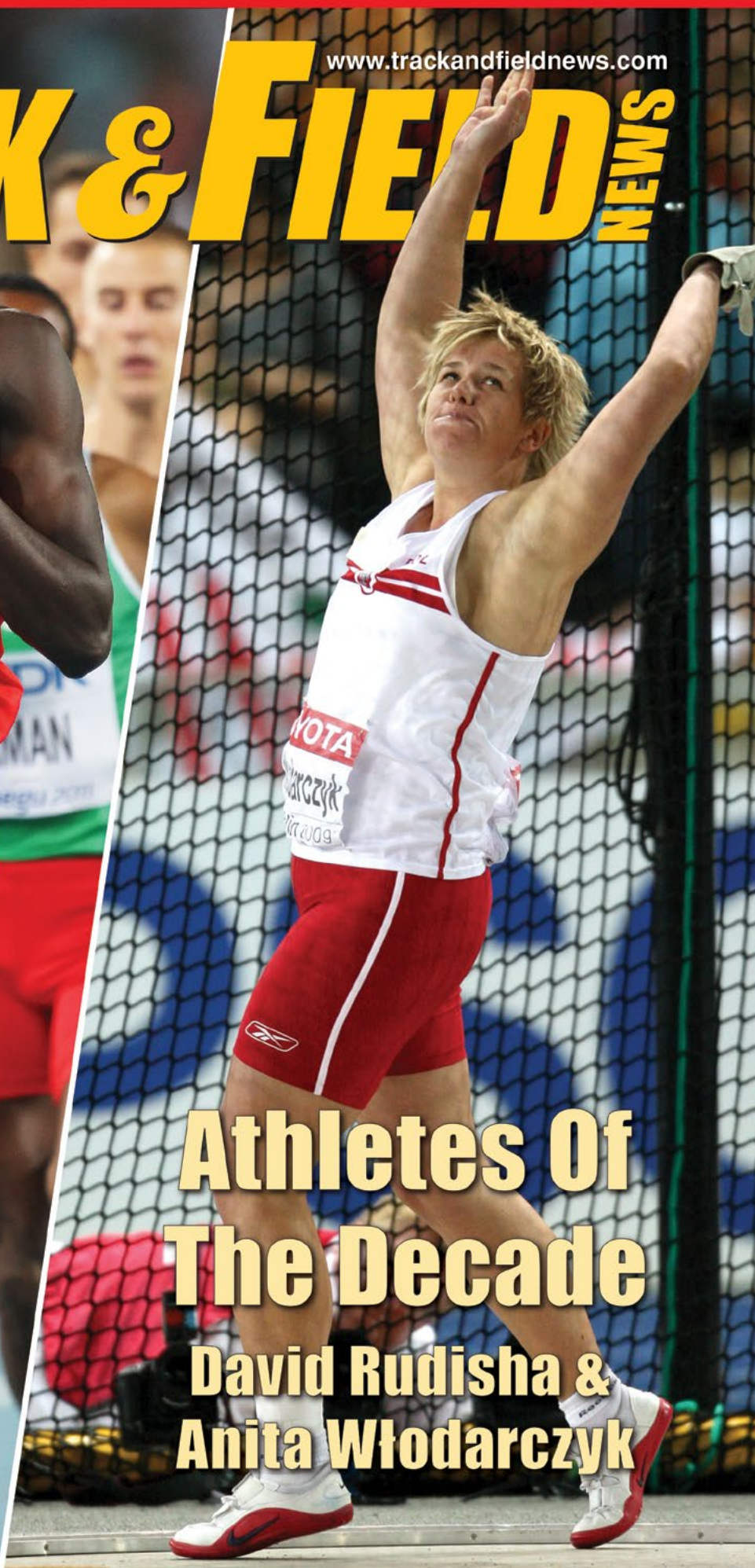


• THE THRILLS & CHILLS OF THE LAST 10 YEARS •

JANUARY 2020

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TRACK & FIELD NEWS



Athletes Of The Decade

David Rudisha &
Anita Włodarczyk

Plan Ahead

Great Track & Travel in the Offing,

2020-2024



2020

■ **The U.S. Olympic Trials**, June 19-28 at the new Hayward Field's state-of-the-art setting at the University of Oregon. This tour is sold out and a wait list has been established. A \$200 refundable deposit gets your name on the wait list.

2021

■ **The U.S. Nationals/World Championship Trials**. Dates and site to be determined, but probably Eugene in late June or early July. 4-5 day tour. This is certain to be a fantastic meet as it will determine the team for the World Championships in Eugene in August. \$100 deposit per person now accepted.

■ **World Track & Field Championships**. Eugene, OR, August 6-15. The first outdoor Worlds to be held in the USA. Lodging at the Village Green resort in Cottage Grove (busing included) and at motels in Eugene. Almost 300 signed up already. Current deposit requirement is \$1,100 per person for this historic meet.

2022

■ **European Diamond League**. We'll select three prime Diamond League meets in Europe (it was Paris, Zurich, and Brussels, plus the Berlin ISATF meeting in 2019) and construct

one of our famous peripatetic trips to European capitals. Perhaps including the Euro Champs in Munich. No details yet, but sure to be popular. \$100 deposit per person required.

2023

■ **World Track & Field Championships**, Budapest, Hungary. The 19th edition of the IAAF World Championships will be held at the Hungarian capital's beautiful track stadium, August 19-27 (new dates). Budapest is a delightful travel destination, with lots to see and do. And we're sure to offer an attractive Diamond League extension before or after the Championships. \$250 per person deposit now accepted.

2024

■ **U.S. Olympic Trials**. Dates and site to be determined. Probably late June. \$100 deposit now accepted.

■ **2024 Games, Paris**. Dates are July 26-August 11. \$100 deposit now accepted.

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FROM THE EDITOR

— The Decade's World Records Revisited

by E. Garry Hill

IT WOULD BE GREAT if track & field could sell itself on competition alone, but the coin of the realm has long been World Records and the relative infrequency of those in recent years has helped consign our sport to secondary status in the sporting pantheon. Having said that, the Teens provided many new highs. Let's recap the absolute standards, chronologically, set in mainstream events (i.e., OG/WC contested, plus the mile, but not including mixed-sex 4x4) from 2010 through 2019. Fittingly, the only two recordsetters from the first year both went on to become our Athlete Of The Decade winners.

2010: Anita Włodarczyk 256-11 (78.30)

Bydgoszcz, Poland, June 06—On her third throw the 24-year-old Pole added almost a foot to the hammer WR she had set at the previous summer's World Championships.

David Rudisha 1:41.09

Berlin, Germany, August 22—The Athlete Of The Year to be stopped Wilson Kipketer's 1:41.11 just 2 days shy of its 13th birthday. Rudisha ran his halves in 49.1 and 52.0. "I feel there is still some room to improve my time but I have no hurry, you know," the 21-year-old Kenyan said. He hurried nonetheless, as it turned out

Rudisha 1:41.01

Rieti, Italy, August 27—Not afraid of a heavy workload, Rudisha had gone from Berlin to the first DL Final (August 25) and won that title in 1:43.50. Two days later it was on to what we called Rieti's "perplexingly fast" track. He went out in 48.9, 0.2 faster than in Berlin and finished off with a 52.1. "I felt strong in both runs," he said.

2011: Vera Sokolova 1:25:08

Sochi, Russia, February 26—Walking in the national walking championships, Sokolova covered 20K in 1:25:08. She would go on to earn a doping suspension 4 years later.

Betty Heidler 260-7 (79.42)

Halle, Germany, May 21—Włodarczyk's hammer standard lasted less than a year as Heidler, 27, became the first German to set a WR in more than two decades. "I hadn't thought about the World Record beforehand," she said. "I flirted with the idea a bit about the German Record, but I can't believe I've gone close to the magic barrier of 80m."

Jamaica 37.04

Daegu, South Korea, September 04—Nesta Carter, Michael Frater, & Yohan Blake handled the first three legs as Usain Bolt got some measure of payback for his infamous false start in the 100 with yet another WR. The old WR was Jamaica's 37.31 from the '09 World Champs.

Patrick Makau 2:03:38

Berlin, Germany, September 25—Germans may not have set many WRs of late, but the capital city's 26-mile route did. Makau, a 26-year-old Kenyan, beat the previous WR holder, Haile Gebrselassie, in the process of getting his. "By the time I had dropped Haile, then I tried to break the World Record," he said. "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."

2012: Ashton Eaton 9039

Eugene, Oregon, June 22-23—The local favorite added 13 points to the decathlon WR despite fighting first-day rain. "Everybody loves life and I think that's why we love the decathlon," he said. "It seems like a whole life—even though I'm just 24."

Rudisha 1:40.91

London, England, August 09—In what we selected as our Men's Performance Of The Decade, Rudisha got his third WR, splitting 49.28/51.63. "It was the most extraordinary piece of running I have probably ever seen," said former WR holder Seb Coe. Your editor had the honor of being on the PA for the race and almost a decade later I still get the proverbial chills thinking about a consummate display of front-running.

Yelena Lashmanova 1:25:02

London, August 11—Just 20, the young Russian upset favored Olga Kaniskina with a strong second half. Unfortunately, like Sokolova before her, a doping DQ was in her future.

United States 40.82

London, August 11—The American foursome of Tianna Bartoletta, Allyson Felix, Bianca Knight & Carmelita Jeter destroyed East Germany's ancient standard, set in '85. Admitted Jeter, "I did look over at the clock, and as I'm running I'm looking over at the clock and I'm seeing this time that's like 37, 38, 39, and then in my heart I said, 'We just did it!'"

Jamaica 36.84

London, August 11—The climactic event of the Games featured the same Caribbean quartet as Daegu, with Bolt blowing away from U.S. anchor Ryan Bailey. Blake told reporters, "We dropped from space like Mr. Bean. We are not human. I am from Mars. What I mean is we are not normal," he clarified. "36.84 is not normal. We are flying." Bolt, rolling his eyes, added, "I said to Yohan, 'You need to stop talking like that. Somebody's going to put you in a straitjacket one day.'"

Aries Merritt 12.80

Brussels, Belgium, September 07— "I always felt I could set a record," said the 27-year-old Georgia native after etching his name into

the books. “But just destroying it like that—I never imagined it would happen that way.”

2013: Wilson Kipsang 2:03:23

Berlin, September 29—The famed German speedway did it again, leading the 31-year-old Kenyan to say, “I’m the man now.” Well, for a while, at least. At this writing it’s now only performance No. 18 on the all-time list. It was the only WR of the year, man or woman.

2014: Renaud Lavillenie 20-2½ (6.16)

Donetsk, Ukraine, February 15—The 27-year-old Frenchman took down Sergey Bubka’s iconic record just shy of its 21st birthday. “I will need time to get back down on Earth,” he said after using the Bubka-sponsored meet to become just the second 20-footer. “It was a mythical record; I knew I had the potential to try it. But I beat it so early, that’s something else.”

Yohann Diniz 3:32:33

Zürich, Switzerland, August 15—The European Championships highlighted the heel-and-toe skills of the 36-year-old Frenchman, who took more than 2:00 off the previous best.

Anita Włodarczyk 261-1 (79.58)

Berlin, August 31—“A hammer thrower getting a standing ovation, that’s crazy,” said the 29-year-old Pole after reclaiming her WR from Heidler, who was a distant 2nd here.

Dennis Kimetto 2:02:57

Berlin, September 28—“I was expecting to win today, but I was not sure about the record,” said the 30-year-old Kenyan, who became the first under the 2:03 barrier. “2:02 is an amazing time.”

2015: Diniz 1:16:36, Yusuke Suzuki

In a busy 7-day span, Diniz (Arles, France, March 08) added the 20K mark to his 50K ownership, only to see Suzuki (Nomi, Japan, March 15) take almost a half-minute off it a week later.

Hong Liu 1:24:38

La Coruña, Spain, June 06—The 28-year-old Chinese vet not only took down Lashmanova’s recognized WR, but also a never-ratified 1:24:47.

Genzebe Dibaba 3:50:07

Fontvieille, Monaco, July 17—Genzebe Dibaba saw the clock ticking over to 2:50 as the bell sounded for the final lap of the 1500 and knew she had a chance of breaking an all-time best—one of the many suspicious Chinese marks from ’93—that many had considered untouchable. Having covered the final 800 in 2:01.7 and the last lap in 59.78, she crossed the line in 3:50.07. “I knew from the beginning that I could break the record and I feel like I can still improve,” said the 24-year-old Ethiopian.

Włodarczyk 266-0 (81.08)

Cetniewo, Poland, August 01—Finally broaching the 80m barrier she had long been chasing, the AOD said just a week shy of her 30th birthday, “I was waiting for this moment so long.”

Ashton Eaton 9045

Beijing, China, August 28-29—After taking a year off from the decathlon, Eaton returned with a new all-time high at the World Championships. “When I got here and I was in a room getting ready to go out for the 100m, then I realized how much I missed it,” he said.

2016: Keni Harrison 12.20

London, July 22—“Only the record will make up for missing out on Rio,” the 23-year-old American hurdler told a press conference the day before the Müller Anniversary Games. Mission accomplished as she took down Yordanka Donkova’s standard from ’88.

Almaz Ayana 29:17.45

Rio de Janeiro, Brazil, August 12—In a stunning bit of negative-splitting (14:47.1/14:30.4), the 24-year-old Ethiopian broke another of the thought-to-be-unbreakable Chinese standards. Responding to a charge that she was using illegal substances she said, “My doping is my training, my doping is Jesus. Otherwise nothing. I am crystal clean.”

Wayde van Niekerk 43.03

Rio, August 14—Just one quick circuit of the track and the 24-year-old South African had replaced the legendary Michael Johnson. And from lane 8, no less. “I feel so motivated and inspired to do more,” he said. “I have a sense this is only the beginning.” Unfortunately, Mr. Injury was looming.

Włodarczyk 269-11 (82.29) & 272-3 (82.98)

Rio, August 15 & Warsaw, Poland, August 28—WRs 4 & 5 for our Athlete Of The Decade came two weeks apart, the first claiming Olympic gold.

Ruth Jebet 8:52.78

St.-Denis, France, August 27—After narrowly missing the WR twice earlier in the year, the 19-year-old Kenyan-turned-Bahraini took almost 6 seconds off the old best. “I was not expecting such a big difference with the record,” she said.

2017: Inês Henriques 4:08:26 & 4:05:56

Porto de Mós, Portugal, January 15 & London, August 13—As the IAAF added the longest walk to its roster, the 36/37-year-old Portuguese perambulator was first onto the WR list, the second mark winning WC gold. This was the only record of the year, man or woman.

2018: Rui Liang 4:04:36

Taichang, China, May 05—The 23-year-old Chinese used the World Team Championships to cut short Henriques’ reign atop the all-time list.

Beatrice Chepkoech 8:44.32

Fontvieille, July 20—“I was thinking maybe I can break 8:50 but not at all was I dreaming about 8:44,” said the 27-year-old Kenyan after utterly destroying Jebet’s old standard. “This time still could be improved, I’m sure. Maybe my next target could be to run under 8:40.”

Kevin Mayer 9126

Talence, France, September 15-16—The 26-year-old French star bounced back from a debacle at the European Championships in administering a solid smack to Eaton’s WR. “We live for moments like this, that are simply incredible,” he said. “I couldn’t cry. I don’t have any more tears left because I was crying so much before the 1500.”

Eliud Kipchoge 2:01:39

Berlin, September 16—“I remember last year when I started the season we had planned for history in Berlin where someone had first run 2:02, 2:03, and 2:04,” said the 33-year-old Kenyan after his first WR in the event, “so we joked about making history by running 2:01.” Done.

2019: Hong Liu 3:59:15

Huangshan, China, March 09—Quite the debut at the longer walk distance, as the 50K’s 4-hour barrier was broken for the first time, and by an athlete in a comeback after two years on maternity leave.

Sifan Hassan 4:12.33

Fontvieille, July 12—A mile in metric Monaco? Why not. After her new standard, the 26-year-old Dutch star said of her 60.2 final lap, “When I crossed the line I was so surprised. After you run a last 400 like that, and set a World Record, it gives me so much confidence.”

Dalilah Muhammad 52.20 & 52.16

Des Moines, Iowa, July 28 & Doha, Qatar, October 04—The 29-year-old U.S. vet used the big stages of the USATF and World Championships to twice lower the 400H best. “I did not expect to break the World Record today,” she said after the second record. “I was definitely just trying to win that race.”

Brigid Kosgei 2:14:04

Chicago, Illinois, October 13—PRing by more than 4 minutes—and yes, wearing Vaporflys—the 25-year-old Kenyan consigned Paula Radcliffe’s mark to history’s dust bin. Although there’s no doubting Kosgei’s credentials, the question will always remain: how much of it was the shoes?

Bring on the ’20s!

Who Was Pictured On The Decade's Covers?

The T&FN covers:
January 2010 - December 2019





See p. 53 for a key to the cover subjects.

A Year-By-Year Look Back At The Decade Of The Teens



The colorful Junkanoo performers helped the World Relays debut in spectacular fashion in Nassau in '14.

by Jeff Hollobaugh

ALLOW US TO TICKLE your memory banks with a quick look at some of the important things—mostly off the track—that transpired over the course of the last 10 years:

2010

USATF fired CEO Doug Logan after little more than 2 years on the job. That was just the first salvo of what would be a 10-year period full of politics & governance issues...

What had begun as the IAAF's Grand Prix circuit in '85 opened for business rechristened as the Diamond League. The 14-meet schedule would focus on creating head-to-head matchups among marquee performers, with athletes scoring points toward the 4-carat diamond to be given to the leader in each event at season's end... In other rebranding news, the IAAF reworked its World Cup meet into the Continental Cup, a 4-team contest between the Americas,

Europe, Africa and Asia/Oceania...

Long a standby at the high school and collegiate levels, the pure no-false start rule was adopted by the IAAF after 7 years of using a one-on-the-field protocol... The NCAA revamped its Regionals setup, going from 4 meets to 2... The IOC's Youth Olympic Games came into being, with the first meet held in Singapore...

Life got simpler for the prep set indoors, as the National Scholastic meet reached an agreement with the New Balance meet and the two "nationals" became one... In an epic case of foreshadowing, the IAAF and the South African federation wrangled over how to handle the sex-test case of a certain Caster Semenya, with the IAAF eventually accepting the findings of an expert panel to allow her to compete... The USATF Championships was staged in Des Moines for the first time.

2011

The year that saw the World Championships staged in South Korea produced some of its

biggest headlines for Usain Bolt's false start in the finals of the Daegu 100...

The IAAF backtracked and allowed Paula Radcliffe's 2:15:25 marathon WR to stand after earlier deciding that women's records could only come from all-woman races...

Led by 800 runner Nick Symmonds, athletes put pressure on USATF and the IAAF to loosen up their restrictions on the size and placement of sponsor logos.

Lamine Diack decided to stand for the IAAF presidency again instead of running for president of Senegal. He won another 4-year term that turned out to be more eventful than he expected... The IAAF, hoping to avert problems like the previous year's conflict over Caster Semenya, introduced a new set of rules governing hyperandrogenism... David Rudisha repeated as Men's Athlete Of The Year...

At the NCAA, Florida State's Ngoni MakuSha did something nobody else—not even Carl Lewis—had ever done before, winning a 100/4x1/LJ triple.

2012

Mo Farah gave the London hosts plenty to shout about—and shout they did—as he highlighted their Olympics with a 5/10 double... Elsewhere in the Games, David Rudisha's wire-to-wire WR win the 800 was chosen (at decade's end) as our Men's Performance Of The Decade...

The IAAF decided it would give the previous year's Diamond League winners Wild Card berths to the World Champs... USATF bowed to athlete pressure and vowed to stop enforcing logo restrictions on uniforms, however the USOC made sure they were in place at the Trials... No World XC Championships was staged, the IAAF having decided to change the event from an every-year one, to only being staged in even-numbered years...

USATF finally filled its CEO position, vacant for more than a year, with Max Siegel... NBC introduced live streaming of Olympic Trials action outside of its broadcast hours... Oregon head Vin Lananna floated the idea that Eugene might be capable of hosting a World Championships... Originally founded in '06 as the Professional Athletes Association, the renamed Track & Field Athletes Association went international with the goal of giving athletes a stronger voice in the sport...

An NCAA subcommittee hashed over 6 years of results to come up with an index to equalize qualifying from various indoor track configurations. Critics felt the results still favored oversized tracks... The IAAF finally got around to starting a Hall Of Fame, with an inaugural class of 24, although the caliber of athletes inducted was at a lower level than might have been expected due to geographical and event-distribution mandates.

2013

Billionaire Stephen A. Schwarzman gifted the USATF Foundation a cool half-million, jump-starting athlete support efforts... The sport found itself in the news in the worst of ways when a terrorist bombing at the Boston Marathon killed 3 spectators and injured scores more... The Drake Relays, with a new slate of corporate sponsors, was able to bring in many more pros in a major return to relevance...

Respected sports scientist Ross Tucker published his opinion that the sub-2:00 marathon was still a very long ways off... With little warning, Samsung pulled out as the title sponsor of the Diamond League, leaving the IAAF in a lurch... Jamaican sprinters ran wild at the World Championships in Moscow, Usain Bolt & Shelly-Ann Fraser-Pryce each claiming 100/200/4x1 golden triples...

High school phenom Mary Cain turned pro after making the World Champs 1500 final, forgoing her final season of eli-

gibility at the prep level, as well as passing on a collegiate career. This turned out to be the start of a bit of a trend for prep superstars... Speaking of high school superstars, Edward Cheserek put an end to Gerry Lindgren's long reign as holder of the national record in the 2M.

Tokyo won the bid to host the '20 Olympics, beating out Istanbul and Madrid... The IAAF signed off on a return to 4-year bans for major doping offenses... Oregon inked a deal to host the NCAA Championships through '21.

2014

Sergey Bubka finally gained company in the 20-foot club as Renaud Lavillenie raised the WR to 20-2½ (6.16)... The first-ever World Relays Championships in Nassau, Bahamas, a colorful meet hailed as a rousing success... Agent Paul Doyle launched the American Track League to create more domestic opportunities for professionals. The fledgling organization teamed up with the TFAA. In April, USATF appeared to open the door to giving the TFAA a little bit of a role in the sport...

Athlete Of The (previous) Decade Kenenisa Bekele finally moved to the roads, winning the Paris Marathon in 2:05:03... The traditional Brussels track 10,000 was canceled, highlighting the growing scarcity of the event on the invitational circuit... In a landmark deal, USATF announced that it had extended its partnership with Nike all the way through '40 at about \$20 million a year. Critics said the deal—not indexed to future inflation—would only benefit the shoe giant in the long run...

Ashton Eaton took a break from decathloning and earned a No. 6 in the World Rankings in the 400H... Eugene got a chance to show off that it could host an international championship, presenting the World Juniors to some 51,000

fans over the course of the 6-day meet... Doha beat Eugene in the bid to host the '19 Worlds...

Four different USATF associations, as well as the Athletes Advisory Committee, protested the USATF Board's decision to make Stephanie Hightower the national governing body's IAAF representative after delegates voted 392-70 to retain Bob Hersh in the position.

2015

The IAAF changed up its qualifying-standard protocol for both the Worlds and Olympics, eliminating the old dual A/B Standards methodology to go with new single standard and using a descending-order list to fill fields...

The IOC considered softening controversial Rule 40 that restricted the right of athletes to acknowledge their sponsors at the Olympics... WADA retooled its doping rules, reintroducing a 4-year ban for first offenses and extending the statute of limitations on the testing of old samples to 10 years...

In a surprise move, the IAAF skipped over the normal bidding procedures and awarded the '21 World Championships to Eugene, finally bringing the meet—in the fifth decade of its existence—to North America... The NCAA split up men and women so that each sex had its own final day. Friday was the men's finals, Saturday the women's...

CAS threw out the IAAF's testosterone rule...

As Beijing hosted a successful Worlds, the IAAF chose its new leader, middle distance legend Seb Coe, who defeated Sergey Bubka... Outgoing IAAF president Lamine Diack was arrested on corruption charges by French officials... In one of the biggest stories, the IAAF suspended Russia after revelations of an apparent state-sponsored doping conspiracy... Stephanie Hightower was elected to the IAAF Council.



3 heavy hitters in the governance world met at Portland's '16 World Indoor Champs. l-r: USATF CEO Max Siegel, USATF President Vin Lananna, IAAF President Seb Coe.



Usain Bolt's amazing career ended on a low note when he pulled up in his final race, the '17 World Champs 4x1 in London.

2016

The IAAF lost its major sponsor, adidas, as the shoe giant cut its contract short 4 years early, reportedly dismayed at the doping scandals and former IAAF president Lamine Diack's role in covering them up; not long after, Nestlé also pulled out... New York City's adidas GP dropped out of the Diamond League, leaving North America with Eugene as its only stop on the premier circuit... Oregon also figured prominently during the indoor season, with Portland hosting the World Indoor Championships...

The IOC began retesting samples from the '08 Olympics, leading to a disturbing number of prominent athletes surrendering medals years after the event... The TrackTown Summer Series offered another twist on a domestic pro league, complete with drafts of athletes...

The release of the McLaren Report just before the Olympics put a bright light on Russia's systemic doping culture... Not long after, WADA found itself the target of a major hacking by a Russian cyber espionage group...

Despite concerns about an epidemic of the Zika virus, as well as the usual facilities-readiness concerns, Rio de Janeiro pulled off a successful Olympics...

Vin Lananna, the man behind the successful bid to host a World Championships in Eugene, added another hat by winning the USATF presidency... The IAAF signed off on the major restructuring plan that had been designed by Seb Coe, promising more transparency and accountability.

2017

In pushing for more innovation in the sport, Coe successfully had the mixed-sex 4x4 added to the '20 Olympics, as well as the '19 Worlds...

The first major retooling of the Diamond League in 8 years meant that all the goodies would be riding on the final, with points scored during the earlier meets qualifying athletes for the final, rather than adding up to determine an overall winner... A reworking of the DL schedule also resulted in fewer appearances for most of the field events as well as the steeple...

Russian hackers hit their mark, releasing a confidential USADA report revealing an ongoing investigation of coach Alberto Salazar and the Nike Oregon Project... Mt. SAC was awarded the '20 Olympic Trials, breaking a 3-meet Eugene streak... The IAAF froze all nationality transfers as it came up with new rules to combat what its described as a "wholesale market for African talent open to the highest bidder"...

USATF assigned veteran coach Orin Richburg the job of managing U.S. relay teams in major championships in the hopes of minimizing the stick mistakes of the past...

It had to happen eventually. Usain Bolt, the biggest marquee name in the sport, finally retired. He didn't go out in the desired blaze of glory, settling for bronze in the 100 and pulling up injured on the relay anchor... With both Paris and Los Angeles vying to host an Olympic Games, the IOC broke with tradition and assigned two Games at once, with Paris getting '24 and LA the next.

2018

Citing conflict of interest concerns over Vin Lananna's dual role as the president of both USATF and TrackTown USA, USATF's Board Of Directors placed him on "temporary administrative leave," installing Mike Conley as Interim President... Longtime T&FN stalwart Jon Hendershott died at 71, a year after his retirement...

Hoping to recapture some of the fervor that had made London '12 so magical, the British federation put together its own version of the World Cup, complete with serious prize money. Unfortunately, the meet had a lot of competition and lost more than \$1 million... The artifacts of some of the sport's most historical moments went on tour with the creation of the IAAF's Heritage Collection...

USATF canceled its Olympic Trials agreement with Mt. SAC, putting the hosting back up for bid before awarding it to that old familiar, Eugene... The IAAF's new rule on testosterone went before CAS as part of a challenge by Caster Semenya, whose career would be effectively ended by the new rule... After staging three successful World Relays meets, the Bahamian federation said it could no longer afford to host the meet, sending the IAAF on a quest that led it to Yokohama, Japan...

The IAAF's Athletics Integrity Unit, founded the previous year, was granted expanded authority to focus on nations with prominent doping issues... Controversy continued over the IAAF's plans to base World Championships qualifying on its new world rankings system, which many, including the Association of Athletics Managers, found flawed... The IAAF's ban on Russia continued, as the national federation continued to miss on the required steps for reinstatement... Willie Banks defeated Stephanie Hightower in USATF voting for the U.S. nominee to the IAAF Council.

2019

With the refurbishing of Eugene's Hayward Field having turned into a teardown/rebuild, the NCAA moved its '19 & '20 champs to Austin... CAS ruled in favor of the IAAF testosterone rule, rejecting Semenya's appeal... The IAAF announced that it would trim events—mostly field—even further in the Diamond League... Transgender CeCe Telford won the NCAA Div. II women's 400 hurdles, focusing the track world on a growing controversy... Following the Worlds in Doha, the IAAF completed its transition to a new name: World Athletics (WA)...

Alberto Salazar was banned for 4 years by USADA for "orchestrating and facilitating prohibited doping conduct." Shortly afterwards, Nike pulled the plug on the Oregon Project... Mary Cain went public with what has been described as an abusive environment at the NOP, bringing worldwide attention to the issue...

Sidelined for almost 2 years by the USATF Board of Directors, Vin Lananna was reinstated as federation president by an arbitration decision... Willie Banks was elected to a seat on the IAAF Council...

The distance world saw many of its standards crushed by athletes wearing versions of the game-changing Nike Vaporfly shoe, with World Athletics scrambling to come up with a defensible response. Eliud Kipchoge used the super-shoes (and a lot of other aids) to break the 2:00 barrier in the marathon... Doha's staging of the World Championships featured an air-conditioned stadium that mitigated the stifling desert heat... T&FN ended the year with its landmark 900th edition. □

David Rudisha Leads The Decade's Top 10 Men

GLADYS CHAUSSON/AGENCY



Athlete Of The Decade David Rudisha capped off his run of 3 straight years as Athlete Of The Year by winning Olympic gold with a stirring wire-to-wire 1:40.91 World Record run.

TALK ABOUT TOUGH DECISIONS! The best man of the Teens: was it Usain Bolt or David Rudisha? Our screening panel knew it had to be one of the two. But which? By the thinnest of margins imaginable the decision came down in favor of the Kenyan halfmile ace.

But first, some background on our decadal (did we just make up a new word?) musings: as with any choice based on a fixed number of years, luck plays a big part. Luck in the form of when your career started and/or ended. Although we had a basic rule of valuing quality over quantity, one who competed in all 10 years of the decade obviously had an advantage over another who competed in just one. The prime component in all choices was "honors won," including Rankings places and finishes in Annual Athlete of The Year voting. Road racing other than the marathon was not considered; neither was cross country.

The Top 10 Men of the Teens:

1. David Rudisha (Kenya)

In a marvelous string to open the decade Rudisha was the Athlete Of The Year in 3 straight years (2010–12), a feat only ever matched by Carl Lewis... When he was done he had broken the 800 World Record 3 times (1:41.09, 1:41.01, 1:40.91), the last of them being chosen as our Performance Of The Decade... His dominance of the all-time list was amazing, as his marks from that era still rate as Nos. 1-2-3-6-7-8 on the all-time list... He won both Olympic golds and a pair of WC golds and ended up with 5 No. 1s in the World Rankings.

2. Usain Bolt (Jamaica)

The No. 4 choice in the Noughties, Bolt is the only repeater from that decade's Top 10. Even though his WR-setting years came in that previous decade, the world's fastest human nonetheless made an impact on the all-time lists, producing the second-fastest 100 ever, 9.63, and the Nos. 5 & 6 clockings in the 200 (19.32, 19.40)... He dominated the World Rankings in each of the dashes, scoring

1-1-1-2-2-2-3 in the 100 and 1-1-1-1-1-3 in the 200... His individual medal haul was large: all 4 Olympic golds, plus G-G-B in the WC 100 and G-G-G in the WC 200... He had had no AOY titles, but was twice runner-up and thrice chosen as No. 3.

3. Christian Taylor (US)

The American TJ ace scored more World Rankings points (89 out of 100) in the decade than any other man. He also claimed more No. 1s, 8, than any other athlete, man or woman... His collection of major golds was also unmatched, with both of the top Olympic honors and 4 times being the WC winner... He moved to No. 2 on the all-time performer's list, his 59-9 (18.21) missing the WR by just 3/4 inches. He claimed all-time performances 2, 5 and =8... Illustrating how tough it can sometimes be for a field eventer to get love from AOY voters, his 5 appearances in the Top 10 garnered him positions 2-5-7-10-10.

4. Mo Farah (Great Britain)

Distance medals galore came the Briton's way: all 4 Oly golds in the 5 & 10, plus 3 more pairs in WC competition (to go with a couple of silvers)... He earned 5 No. 1 Rankings in each event (plus a No. 2 in the marathon)... A racer with a fearsome kick, not a time trialer, he lost some support for a higher spot than No. 4 because of his positions on the all-time list: 34 in the 5000, 16 in the 10 and 63 in the marathon. Interestingly enough, in an event in which he never ranked, the 1500, he's got his highest status: No. 11.

5. Ashton Eaton (US)

He had seen his WR surpassed by the end of the decade, but what the Oregon decathlete accomplished in the 2010–16 window was enough to earn him the No. 5 spot. He actually twice set the WR, with 9039 in '12 and 9045 in '15. He ended up with all-time performances 2, 3 & 9... Along the way he captured both Olympic golds and added a WC

pair (plus a silver)... The '15 AOY, he also claimed positions of 2-5-7 in other years... Stepping away from the decathlon in '15, he earned No. 6 in the 400H World Rankings.

6. Wayde van Niekerk (South Africa)

All records are made to be broken, even long-standing ones set by legends like Michael Johnson. Taking the honors in the 400 was van Niekerk, with his 43.03 to win in Rio. That Olympic gold was bracketed by WC golds in Beijing and London as he Ranked No. 1 three years in a row... The '16 AOY, he was also voted as 4 and 7 in other years... He branched out in '17, capturing WC silver in the 200 and ran the fastest 300 ever, 30.81.

7. Eliud Kipchoge (Kenya)

His fastest times may have been shoe-aided, but no matter what he had on his feet, the former track 5K world champ was the king of the roads, earning 5 No. 1s (plus a 2 and a 9) in the World Rankings. Like many top marathoners, he never appeared in a WC race, but did win Olympic gold and, more importantly, captured 7 World Marathon Majors wins... The '18 AOY, he had other placings of 4-8-9-9 in that voting.

8. Renaud Lavillenie (France)

There was one minor flaw in the high-flying vaulter's decade: he never won a WC gold, even though he did claim a silver and 3 bronzes (and 3 indoor golds). But he did win Olympic gold and silver for a total of 9 podium appearances... Most famously, in '14—his AOY year—he joined Sergey Bubka in the 20-foot club, raising the WR to 20-2½ (6.16)... The only man to make the World Rankings in all 10 years of the decade, he claimed 7 No. 1s, was twice No. 3 and once No. 10.

9. Mutaz Barshim (Qatar)

He still hasn't quite made it to the 8-foot (2.44) barrier, but the '17 AOY came closer than any high jumper other than WR holder Javier Sotomayor, topping out at 7-11½ (2.43). He can claim all-time performances =2, =3 and =6... A 9-time World Ranker, his ratings were 1-1-1-1-2-2-2-5-7... Medal-wise he claims 3 golds (2 WC, 1 WIC), 3 silvers (OG, WC, WIC) and 1 bronze (OG) for a total of 7.

10. Robert Harting (Germany)

The jersey-ripping discus star dominated his event with 5 No. 1 Rankings (plus 4-7-8)... He claimed one of the Olympic golds (younger brother Christoph taking the other) and a pair of WC top spots... He climbs into the top 10 on the basis of being a solid performer in AOY voting, earning spots 3-5-6-6.

Previous AOD Winners

We first started picking the by-decade stars with the December 1969 edition, which was titled "The Sensational Sixties." Our 5 winners since then:

- The '60s—Peter Snell (New Zealand)
- The '70s—Viktor Saneyev (Soviet Union)
- The '80s—Carl Lewis (US)
- The '90s—Michael Johnson (US)
- The '00s—Kenenisa Bekele (Ethiopia) □

Anita Włodarczyk Heads The Decade's Top 10 World Women



3-time Athlete Of The Year Anita Włodarczyk was an easy choice as Athlete Of The Decade.

UNLIKE THE MEN'S SIDE, where the choice was tough, our screening panel was unanimous in picking Anita Włodarczyk as the women's AOD. The Polish hammer great was just that good as throwers went 1-2 in the ratings.

But first, some background on our decadal musings: as with any choice based on a fixed number of years, luck plays a big part. Luck in the form of when your career started and/or ended. Although we had a basic rule of valuing quality over quantity, one who competed in all 10 years of the decade obviously had an advantage over another who competed in just one. The prime component in all choices was "honors won," including Rankings places and finishes in Annual Athlete of The Year voting. Road racing other than the marathon was not considered; neither was cross country.

The Top 10 Women of the Teens:

1. Anita Włodarczyk (Poland)

To be sure, unlike other throwers, women's hammer people don't have to contend with the ghosts of old East Bloc marks, but Włodarczyk still dominates the landscape. Even if you take away her 4 World Records and overwhelming share of the all-time performances list, she still racked up 6 No. 1s (plus a 2-5-6), claimed both Olympic golds and a trio of WC golds... All that was enough to earn her a trio of No. 1s in AOY voting ('14, '16 & '17) plus a No. 2... Just for the record, her ATL dominance includes the 15 farthest meets of all time, topped by her WR 272-3 (82.98).

2. Sandra Perković (Croatia)

No other woman in the decade had more No. 1s than the discus great's 7; she added a 2 and a 3 for good measure... Top 10 spots in AOY voting for her happened more often than not, her 6 appearances charting at 4-6-6-7-7-8...

She stocked her medal chest well, with a pair of Olympic golds to go with 2 WC golds and a WC silver and bronze... Her PR 234-3 (71.41) from '17 rates as the "new millennium WR."... In the seasons from 2012 through '18 she racked up 73 wins and only 7 defeats (a .913 batting average).

3. Shelly-Ann Fraser-Pryce (Jamaica)

In the medals department the diminutive speedster was rather good at the Olympic level (100 gold & bronze; 200 silver) and really good at the WC plateau (4 golds in the 100, 1 gold in the 200)... Her PR century of 10.70—equalling the decade's fastest time—moved her to =No. 4 on the all-time list... In the World Rankings department, she was in the top 5 in the 100 on 6 occasions (1-1-1-1-4-5) and made the half-lapper's top 10 in 4 years (1-2-7-9)... Her AOY high was No. 2, with a pair of No. 6s.

4. Brittney Reese (US)

Almost incomprehensibly, the decade's best long jumper never made it into the top 10 of AOY voting. She must have always been in the wrong place at the wrong time, because she claimed 10 World Ranking spots (6 No. 1s plus 3-4-7-10) and scooped up no fewer than 9 major medals, 7 of them gold (OG, 3 WC, 3 WIC) plus 2 silvers (OG, WIC)... Her best jump of 23-11¾ (7.31) moved her to =No. 9 on the all-time list

5. Caster Semenya (South Africa)

A controversial figure literally from the day she burst upon the scene, Semenya ended up basically ineligible for 800 competition as the last year of the decade unfolded. We took the stance that since she was never taking illegal drugs until new rules came into effect, she was a legitimate performer, and one good enough for No. 5... Her credentials included 4 major gold (2 OG, 2 WC) and the No. 4 time ever (plus Nos.

6 & 8)... The '18 AOY also twice ranked in both the 400 and 1500 and ran the fastest 600 ever.

6. Valerie Adams (New Zealand)

The Kiwi putter was perhaps a bit under-appreciated in her time, her '12 Oly silver being upgraded after the fact after the extensive purging of former Soviet-bloc miscreants... That gold was joined by silver, plus 2 WC golds, 3 WIC golds and 1 WIC bronze)... In the Rankings she chalked up 6 No. 1s, a No. 2 and a 6 and a 9... She was AOY in both '12 and '13 and also had a 2 and a 3.

7. Caterine Ibargüen (Colombia)

No fewer than 7 major medals came the top triple jumper's way: 3 golds (1 OG, 2 WC), 2 silvers (1 OG, 1 WC) and 2 bronzes (WC)... She picked off 5 No. 1s (plus 2-2-3-4) in the World Rankings and moved to No. 6 on the all-time world list... In her one season seriously attacking the long jump she was rated No. 3... She was well represented in the AOY voting, her 5 appearances charting at 3-5-5-9-10.

8. Dalilah Muhammad (US)

Muhammad was cruising along with a nice career arc that had her contending for the spot as top 400 hurdler of the decade when the final season began. And just like that, not only did she claim No. 1, she also had a spectacular AOY year which propelled her into the overall Top 10 here. A pair of World Records can do that for you... All in all, she ended up with both OG and WC golds and added a pair of WC silvers for good measure.

9. Mariya Lasitskene (Russia)

From mid-2016 to mid-2018, Lasitskene formulated an amazing 45-meet win streak. She rarely lost in other years either... She stood on the top step of the podium at the WC 3 times and added an Indoor gold as well... Her 6-9 (2.06) best lifted her to =No. 7 on the all-time list... Her Rankings tally was 5 No. 1s and a No. 7. Scoring very well in AOY balloting she had a 2, a 4 and a 6... Lack of any Olympic credentials made it difficult for her to rate higher than 9.

10. Barbora Špotáková (Czech Republic)

Already the WR holder when the decade began, the Minnesota alum was the only member of our Top 10 not to PR, but she did produce the No. 3 performance ever... She was a monster in the World Rankings department, claiming 6 No. 1s (plus a 2 and a 9)... Medals? 3 golds (1 OG, 2 WC) and a bronze (OG).

Previous AOD Winners

We first started picking women's by-decade stars after the '70s. Our 4 winners since then:

The '70s—Ruth Fuchs (East Germany)

The '80s—Marita Koch (East Germany)

The '90s—Marie-Josée Pérec (France)

The '00s—Yelena Isinbaeva (Russia) □

Christian Taylor Atop The Decade's Top 10 U.S. Men

JUST AS IN THE PREVIOUS DECADE, only 2 Americans made the World Top 10. In this case Christian Taylor (No. 3) and Ashton Eaton (No. 5). They also head the U.S. list, Taylor earning honors as U.S. Men's Athlete Of The Decade. The selection of these U.S. people pays more attention to a domestic point of view than do the world choices.

The Top 10 U.S. men of the Teens:

1. Christian Taylor

From a U.S. Rankings point of view Taylor had a perfect decade, collecting all 10 triple jump No. 1s... At his best he raised the American Record to 59-9 (18.21)... He also earned 6 U.S. Ranks in the LJ, with a high of No. 2 and earned a No. 8 in the 400... For much more on Taylor see his bio in the World Top 10.

2. Ashton Eaton

Both of Eaton's decathlon WRs were of course also ARs and he was 5 times the top U.S. Ranker... So good was he at individual events that he earned a No. 10 in the 110H, a No. 2 in the 400H and a No. 3 in the LJ... 3 times ('12, '15, '16) he was voted USAOY... For much more on Eaton see his bio in the World Top 10.

3. Sam Kendricks

The top American vaulter is working on a string of 5 straight U.S. No. 1s... Indoors and out he has won 9 USATF titles and was voted USAOY in '17... His collection of international medals includes 2 WC golds, 2 WIC silvers and an Oly bronze... 3 times a No. 1 World Ranker... Set an AR of 19-10½ (6.02).

4. Galen Rupp

The Oregonian was all over the U.S. distance rankings, picking off no fewer than 20 positions: 8 in the 10K (including 6 No. 1s), 7 in the 5000 (1 No. 1), 3 in the marathon (all No. 1s) and 2 in the 1500 (high of 4)... He twice set ARs in the 10K—26:48.00 & 26:44.36—and became No. 2 American in the 3000 (7:30.16), No. 8 in the 5000 (12:58.90) and No. 2 in the marathon (2:06:07)... In the Olympics he won 10K silver and marathon bronze.

5. Justin Gatlin

The top-rated U.S. century man and No. 2 in the 200, the Vol alum continued to show speed well into his 30s... On the straightaway he picked up 9 U.S. Ranks, 6 of them No. 1s. At the half-lap the tally was 5 Ranks, 1 No. 1... A 3-time World No. 1 in the 100, he earned a WC gold and 3 silvers and OG silver and bronze... He was voted USAOY in '14.

6. Noah Lyles

He only had 3 seasons as a pro, but the young Virginian quickly made a major impact, debuting at No. 2 in the 200's World Rankings (No. 1 American) and followed that up with a pair of No. 1s... He was also a 100 threat, earning World/U.S. Rankings of 2 and 3... He was selected as USAOY in both '18 and '19... At 9.86 and 19.50, he's =No. 8 and No. 2 on the all-time U.S. list.

7. Will Claye

It's tough to get a No. 1 when your top competition is Christian Taylor, so former teammate Claye had to settle for a TJ sequence of 8 No. 2s and a No. 3... His medal haul totaled 2 WIC golds, 2 OG silvers, and 2 WC silvers (and 2 bronzes)... He also had 7 LJ ranks, topped by a No. 1 in '12, when he won Olympic bronze for 9 medals total... The world's farthest tripler in '19, his 59-6¼ (18.14) made him No. 2 American ever.

8. Aries Merritt

An 8-time U.S. Ranker (with a pair of No. 1s) despite having to take a timeout for a life-saving kidney transplant, the Olympic gold medalist finished off a dream '12 season by lowering the World Record in the hurdles to 12.80. He

had begun that year with a World Indoor gold in the 60H.

9. Evan Jager

Although he didn't take up steeplechasing until he was 23, the former miler was a quick learner, finishing 6th in the Olympics in his first year, one in which he lowered the AR to 8:06.81 in just his fourth final ever. ARs of 8:04.71 and 8:00.45 followed... He can now claim the 9 fastest U.S. times ever... His tally of U.S. No. 1s is at 7.

10. LaShawn Merritt

With 6 U.S. No. 1s (and a No. 3), Merritt was the decade's king of quartermilers... His notable haul of international medals included a WC gold and 2 silvers and an Olympic bronze... His '13 world champion year was good enough that he was voted USAOY... He also earned 4 U.S. Ranks in the 200, including a No. 1.

Previous U.S. Men's AOD Winners

We first started picking the by-decade stars with the '60s. Our first 5 winners:

The '60s—Randy Matson

The '70s—Edwin Moses

The '80s—Carl Lewis

The '90s—Michael Johnson

The '00s—Jeremy Wariner □



Triple jump king Christian Taylor was selected as our U.S. Men's Athlete Of The Decade.

GINO CARLO COLOMO/PHOTO RUN

Brittney Reese Is No. 1 Among The Decade's Top 10 U.S. Women



A 10-year span full of magnificent long jumping made Brittney Reese our U.S. Women's Athlete Of The Decade.

4 AMERICAN WOMEN RATED No. 1s in our By-Event World Top 10s. They fill our first 4 slots here, with Brittney Reese accorded the honor of U.S. Women's Athlete Of The Decade. The selection of these U.S. people pays more attention to a domestic point of view than do the world choices.

The Top 10 U.S. Women of the Teens:

1. Brittney Reese

The decade's best long jumper never won a U.S. Athlete Of The Year title from T&FN's voters, but she made the first 5 in the voting a half-dozen times (2-3-3-3-4-5) for a notable sequence of support. In the LJ she was the top-ranked American on 7 occasions (and 2-2-3 in the other years)... Her best jump of 23-11 $\frac{3}{4}$ (7.31) moved her to No. 3 on the all-time U.S. list... For more details on Reese—who won 9 major international medals—see her bio in the World Top 10.

2. Allyson Felix

The long-sprinter supreme got a lot of love when it came to USAOY voting time, backing up 3 No. 1s ('10, '12, '15) with a 4-5-10 combo... At the world level she rated No. 1 in the 200 and No. 2 in the 400 for the decade, leading the 200 three times and the 400 twice... She moved to No. 3 on the all-time U.S. list in each event, running 21.69 and 49.26... She scored 18 U.S. Rankings: 8 in the 200 (5 No. 1s), 6 in the 400 (4 No. 1s) and 4 in the 100 (high of No. 3).

3. Dalilah Muhammad

Both of Muhammad's 400H WRs were of course also ARs, and that record setting propelled her to the No. 3 spot... She was U.S.-Ranked 5 times in the decade: 3 No. 1s and a pair of No.

2s. She also earned a No. 9 in the flat 400... For more details on the '19 USAOY, see Muhammad's bio in the World Top 10.

4. Jenn Suhr

Indoor vault WRs came Suhr's way twice (16-5 $\frac{1}{2}$ /5.01 and 16-6/5.03), both of which also rated as absolute U.S. bests. Overall, she claimed the 3 highest U.S. marks ever... In the U.S. Rankings department she racked up 5 No. 1s, 3 No. 2s and 2 No. 3s... With Olympic and WIC golds, plus WC silver, she ended up as the world's No. 1 for the decade.

5. Michelle Carter

The best U.S. best putter ever twice set American Records outdoors (66-5/20.24 & 67-8 $\frac{3}{4}$ /20.63) to go with her indoor standard (66-3 $\frac{3}{4}$ /20.21)... She was 5 times the U.S. No. 1 and won 10 USAOY titles (5 in, 5 out)... Her international medal collection was notable with Olympic gold, 2 WC silvers and WIC gold and silver.

6. Emma Coburn

American Records in the steeplechase frequently came Coburn's way—4 of them, in fact: 9:11.42, 9:10.76, 9:07.63, 9:02.58... Also frequent were No. 1 U.S. Rankings: 9 straight from '11 through '19... She claimed a perfect set of international medals with her WC gold & silver and OG bronze...

7. Chaunté Lowe

The decade's best high jumper claimed 5 U.S. No. 1s and twice raised the American Record, to 6-8 $\frac{1}{4}$ (2.04) and 6-8 $\frac{3}{4}$ (2.05). She also raised the indoor AR to 6-7 $\frac{1}{2}$ (2.02). Overall, she produced 6 of the 10 highest U.S. jumps ever... She was an

8-time USATF champion (5 outdoors, 3 in)... 3 times World Ranked in the top 3, she claimed World Indoor gold and bronze medals.

8. DeAnna Price

Coming on like gangbusters as the decade closed, Price emerged as the nation's best hammer thrower ever, claiming 3 ARs: 254-9 (77.65), 256-3 (78.12) and 256-8 (78.24). The last of those moved her to No. 3 on the all-time world list... The runner-up in USAOY voting for '19, she claimed the WC gold medal.

9. Kara Winger

The javelin leader went 10-for-10 in making the U.S. Rankings, 7 of them being No. 1s, matching her number of U.S. titles... Topped by her American Record 218-8 (66.67), she overwhelmed the all-time U.S. list, producing the 6 longest throws ever, plus Nos. 8-10.

10. Tori Bowie

The '17 USAOY left her footprints all over the U.S. Rankings, appearing 14 times, with 6 wins: 5 appearances/4 wins in the 100, 4/2 in the 200 and 5/high of No. 2 in the long jump... Internationally she notched 5 medals: OG 100 silver and 200 bronze; WC 100 gold & bronze and 200 silver... Her PRs of 10.78 and 21.77 moved her to =No. 7 and =No. 5 on the all-time U.S. list.

Previous AOD Winners

We first started picking women's by-decade stars after the '70s. Our 4 winners since then:

The '70s—Kate Schmidt

The '80s—Jackie Joyner-Kersey

The '90s—Gail Devers

The '00s—Sanya Richards-Ross □



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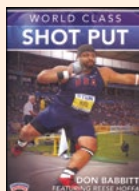


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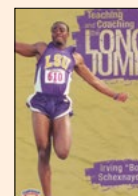
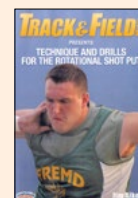
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Overall Decade Miscellany For The Teens

MARK SHEARMAN



Renaud Lavillenie was the only man to make the World Rankings in each year of the Teens.

HERE'S A COLLECTION of numbers & facts generated by the decade that concluded with the '19 season, most of them relating to our famous *T&FN* World Rankings which have been enlightening the planet since the '47 campaign. Note that after-the-fact doping retestings years down the road have caused quite a few to lose their positions. These numbers reflect revised Rankings, not the originals that appeared in the magazine at the time (note also that there are several people mentioned here with pending cases that could downgrade their scores):

MOST WORLD RANKINGS POINTS

10 places, scored 10-9-8-7-6-5-4-3-2-1, so a perfect score would be 100. These are points in a single event:

Men

1. Christian Taylor (TJ) 89; 2. Renaud Lavillenie (PV) 87; 3. Mutaz Barshim (HJ) 77; 4. Pawel Fajdek (HT) 72; 5. Piotr Malachowski (DT) 71; 6. Will Claye (TJ) 70; 7. Asbel Kiprop (1500) 69; 8. Conseslus Kipruto (steeple) 68; 9. Usain Bolt (100) 65; 10. tie, Justin Gatlin (100) & Robert Harting (DT) 64.

Women

1. Anita Włodarczyk (HT) 89; 2. Sandra Perković (DT) 87; 3. Lijiao Gong (SP) 86; 4. Catherine Ibargüen (TJ) 83; 5.

Brittney Reese (LJ) 80; 6. Barbora Špotáková (JT) 71; 7. tie, Valerie Adams (SP) & Hong Liu 66 (20W); 9. Betty Heidler 65 (HT); 10. Zuzana Hejnová (400H) 61.

PREMIUM POINTS SCORED

This methodology scores just the top 3 places in the Rankings, 5-3-1:

Men

1. Taylor 43; 2. Lavillenie 37; 3. tie, Kiprop, Barshim & Fajdek 29; 6. tie, Mo Farah (5000), Farah (10,000) & Eliud Kipchoge (marathon) 28; 9. tie, Bolt (200), David Rudisha (800) & Ashton Eaton (decathlon) 26.

Women

1. Perković 39; 2. Włodarczyk 36; 3. Špotáková 33; 4. Ibargüen 32; 5. Reese 31; 6. Adams 28; 7. Liu 27; 8. tie, Mariya Lasitskensk (HJ) & Heidler 25; 10. Gong 24.

MOST YEARS IN RANKINGS

Only 4 superstars—Lavillenie on the men's side, Reese, Gong & Włodarczyk on the women's—were able to score in all 10 years of the decade, compared to 6 in the Noughties. Another 13 (7 men, 6 women) made it 9 times. Those with 8 or more appearances:

Men

10—Lavillenie; 9—Barshim, Claye, Alexis Copello (TJ), Taylor, David Storl (SP), Malachowski, Dilshod Nazarov

(HT); 8—Mike Rodgers (100), Marcin Lewandowski (800), Silas Kiplagat (1500), Kiprop, Kipruto, Orlando Ortega (110H), Sergey Shubenkov (110H), Wilson Kipsang (marathon), Matej Tóth (50W), Konstadínos Filippídis (PV), Ryan Whiting (SP), Harting, Fajdek.

Women

10—Reese, Gong & Włodarczyk; 9—Ana Cabecinha (20W), Silva, Ibargüen, Nadine Müller (DT), Perković & Dani Stevens (DT); 8—Murielle Ahouré (100), Blessing Okagbare (100), Jenny Simpson (1500), Sofia Assefa (steeple), Hyvin Jepkemoi (steeple), Hejnová, Ruth Beitia (HJ), Darya Klishina (LJ), Ivana Španović (LJ), Olha Saladukha (TJ), Kim Williams (TJ), Adams, Michelle Carter (SP), Wenxiu Zhang (SP), Špotáková & Sunette Viljoen (JT).

MOST RANKING NO. 1s

In one event only (*=titles were consecutive). Note that Farah had 10 combined & Bolt 8 combined.

Men

8—Taylor; 7—Lavillenie*; 5—Bolt (200), Rudisha, Kiprop, Farah (5000), Farah (10,000), Kipchoge*, Harting*; 4—Kipruto, Barshim*, Fajdek, Krisztián Pars* (HT), Eaton.

Women

7—Perković*; 6—Reese, Włodarczyk*, Špotáková; 5—Lasitskensk, Ibargüen, Adams*; 4—Shelly-Ann Fraser-Pryce (100), Caster Semenya (800), Keni Harrison* (100H), Liu, Jessica Ennis-Hill (heptathlon).

NUMBER OF LEADERS PER EVENT

Men's events averaged 5.3 different leaders; women's events averaged 5.25.

Men

9—20W, JT; 7—110H, 400H, 50W, LJ, SP; 6—400, Mar; 5—100, 200, 800, St, 5000, 10,000, HJ, DT, Dec; 4—1500, HT; 2—PV, TJ.

Women

9—Mar; 8—1500; 7—PV; 6—200, 400, 5000, 10,000, 400H, 20W; 5—100, 800, St, 100H, HJ; 4—LJ, TJ, SP, DT, Hept; 3—HT, JT.

ATHLETE OF THE YEAR POINTS

Men

1. Bolt 42; 2. Farah 39; 3. Rudisha 31; 4. Eaton 29; 5. tie, Harting & Kipchoge 24; 7. tie, Taylor & Wayde van Niekerk 21; 9. Bogdan Bondarenko 19; 10. Barshim 18.

Women

1. Wlodarczyk 41; 2. Adams 37; 3. Perković 28; 4. Ibargüen 23; 5. tie, Allyson Felix & Lasitskene 21; 7. tie, Almaz Ayana, Fraser-Pryce & Semenya 19; 10. Ennis-Hill 17.

MOST YEARS IN AOY VOTING TOP 10

Men

6—Farah; 5—Bolt, Kipchoge & Taylor; 4—Eaton, Harting & Rudisha; 3—Barshim, Lavillenie & van Niekerk.

Women

6—Perković; 5—Ibargüen & Wlodarczyk; 4—Adams; 3—Ayana, Felix, Fraser-Pryce, Lasitskene & Semenya.

PERFORMANCES OF THE YEAR

These were the best marks of each year as chosen at the time:

Men

2010 — David Rudisha 1:41.01 WR 800
2011 — Yohan Blake 19.26 200
2012 — David Rudisha 1:40.91 WR 800
2013 — Teddy Tamgho 59-2¼ (18.04) triple jump
2014 — Renaud Lavillenie 20-2½ (6.16) WR vault
2015 — Ashton Eaton 9045 WR decathlon
2016 — Wayde van Niekerk 43.03 WR 400
2017 — Johannes Vetter 309-10 (94.44) javelin
2018 — Eliud Kipchoge 2:01:39 WR marathon
2019 — Joe Kovacs 75-2 (22.91) shot

Women

2010 — Anita Wlodarczyk 256-11 (78.30) WR hammer
2011 — Sally Pearson 12.28 100H
2012 — Allyson Felix 21.69 200
2013 — Brianna McNeal 12.26 AR 100H
2014 — Anita Wlodarczyk 261-1 (79.58) WR hammer
2015 — Genzebe Dibaba 3:50.07 WR 1500
2016 — Almaz Ayana 29:17.45 WR 10,000
2017 — Mary Keitany 2:17:01 marathon
2018 — Beatrice Chepkoech 8:44.32 WR steeple
2019 — Dalilah Muhammad 52.16 WR 400H

PERFORMANCES OF THE DECADE

As the preceding marks chronology showed, there were no end of stunning performances (including some non-winners that weren't even listed here) to choose from as the best of the best from the last 10 years.

Men

The men's choice was clear to us, but by no means easy. The decision was made as much for how the mark was accomplished as was the quality of the mark as a number. As Phil Minshull wrote in our '12 Olympic Edition, "It was quite simply the greatest race ever seen over 2 laps of the track and the man who brought them all home was David Rudisha. The Kenyan WR holder/reigning world champ decided to run the legs off everyone else in the 800 field and was rewarded with the phenomenal time of 1:40.91." His leading-all-the-way splits: 23.5, 25.8 (49.28), 25.02 (1:14.30), 26.61. His laps were covered in 49.28 and 51.63.

Women

On the women's side, here's what Sieg Lindstrom wrote about the Rio women's 10K: "The first running final of the Games kickstarted the proceedings in pick-your-jaw-up-off-the-floor fashion." Almaz Ayana's negative-split (14:47.1/14:30.4) 10K WR was not only the best performance, it was also judged to be the best of the decade. But not by much, as Beatrice Chepkoech's crushing of the steeple WR with her 8:44.32 was a close second choice.

THANKS TO ALL OUR HELPERS!

The T&FN editorial staff gives a hearty thanks to all those who contributed to this decadent undertaking: the World Rankings crew of Jonathan Berenbom, Richard Hymans, Dave Johnson & Nejat Kök; walk expert Bob Bowman; road guru Sean Hartnett; all-around stat maven Jim Rorick. And thanks, of course, to all the unbelievable athletes whose unbelievable feats made it another 10 years well spent on Planet Earth. See you again with our '20s choices a decade from now! □

PLAN AHEAD BUDAPEST 2023



Budapest, Hungary, is the host city of the 2023 World Championships. A city on the Danube of endless fascination and Old (and New) World charm, Budapest welcomes us to the 19th World Championships. The dates have recently changed to August 19-27, 2023. We'll be there with a sizable tour group of fans, and we invite you to join us. The current deposit required is just \$250/person. Possible attractive optional extension trips to Vienna, Prague, Krakow, Zagreb, Dubrovnik, etc. Projected tour price, ca. \$4000 double occupancy. Air not included.

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The Decade's Top 10 Men By Event



GLADYS CHAVAS/OMI AGENCY

The last time dominant dashman Usain Bolt assumed his trademark pose to celebrate a gold medal was at the Rio Olympics.

OUR INTERNATIONAL PANEL of experts, who annually puts their heads together for T&FN's famous World Rankings, this time got together in recapping the second decade of the century. Here's their ordering of the Top 10 in each of the standard individual events.

With each of the Top 10s you'll find some background data: repeaters from the previous decade, the top 3 World Rankings scorers in the decade, a recap of who won the 10 No. 1s and the chronological distribution of the Olympic and World Champs medals, plus World Indoor medals in the jumps and shot. (Note: where needed, medals are as redistributed after any after-the-fact test results. Anybody with a pending CAS case is considered innocent until that final decision.)

100 METERS

1	Usain Bolt	Jamaica
2	Justin Gatlin	US
3	Yohan Blake	Jamaica
4	Christian Coleman	US
5	Andre De Grasse	Canada
6	Tyson Gay	US
7	Asafa Powell	Jamaica
8	Nesta Carter	Jamaica
9	Mike Rodgers	US
10	Noah Lyles	US

WITH BOTH OLYMPIC GOLDS and a pair of WC golds to accompany them, Bolt was the obvious choice for the leader's slot... Repeaters from the last decade: Bolt (1), Powell (2), Gay (4) & Gatlin (5)... Top scorers: Bolt 65, Gatlin 64, Blake 48... No. 1s: Bolt & Gatlin 3; Coleman 2; Blake & Gay 1... OG golds: Bolt/Bolt... WC golds: Blake/Bolt/Bolt/Gatlin/Coleman.

200 METERS

1	Usain Bolt	Jamaica
2	Noah Lyles	US
3	Ramil Guliyev	Turkey

4	Andre De Grasse	Canada
5	Justin Gatlin	US
6	Walter Dix	US
7	Yohan Blake	Jamaica
8	Warren Weir	Jamaica
9	Christophe Lemaitre	France
10	Nickel Ashmeade	Jamaica

BOLT WAS EVEN BETTER here than in the 100, having 3 WC golds to go with his pair of Olympic wins... Repeaters: Bolt (1), & Gatlin (6)... Top scorers: Bolt 58, Ashmeade & Guliyev 31... No. 1s: Bolt 5; Lyles 2; Dix, Gatlin & Guliyev 1... OG golds: Bolt/Bolt... WC golds: Bolt/Bolt/Bolt/Guliyev/Lyles.

400 METERS

1	Wayde van Niekerk	South Africa
2	Kirani James	Grenada
3	LaShawn Merritt	US
4	Steven Gardiner	Bahamas
5	Luguelin Santos	Dominican Republic
6	Fred Kerley	US
7	Isaac Makwala	Botswana
8	Jeremy Wariner	US
9	Abdalelah Haroun	Qatar
10	Tony McQuay	US

VAN NIEKERK was low in points scored, but his 3 high-end seasons combined with the WR were enough to propel him to the fore... Repeaters: Wariner (1) & Merritt (2)... Top scorers: Merritt 58, James 55, van Niekerk 35... No. 1s: van Niekerk 3; James & Merritt 2; Gardiner, Kerley & Wariner 1... OG golds: James/van Niekerk... WC golds: James/Merritt/van Niekerk/van Niekerk/Gardiner.

800 METERS

1	David Rudisha	Kenya
2	Nijel Amos	Botswana
3	Mohamed Aman	Ethiopia
4	Adam Kszczot	Poland

5	Ferguson Cheruiyot	Kenya
6	Nick Symmonds	US
7	Abubaker Kaki	Sudan
8	Pierre-Ambroise Bosse	France
9	Marcin Lewandowski	Poland
10	Amel Tuka	Bosnia

2 **WORLD RECORDS**, 4 gold medals—what's not to like about Rudisha?... Sole repeater: Rudisha (10)... Top scorers: Rudisha 61, Amos 54, Cheruiyot 39... No. 1s: Rudisha 5; Amos 2; Aman, Donovan Brazier (US) & Emmanuel Korir (Kenya) 1... OG golds: Rudisha/Rudisha... WC golds: Rudisha/Aman/Rudisha/Bosse/Donovan Brazier.

1500 METERS

1	Asbel Kiprop	Kenya
2	Silas Kiplagat	Kenya
3	Timothy Cheruiyot	Kenya
4	Elijah Manangoi	Kenya
5	Taoufik Makhloufi	Algeria
6	Matthew Centrowitz	US
7	Ayanleh Souleiman	Djibouti
8	Abdelaati Iguider	Morocco
9	Nixon Chepseba	Kenya
10	Mekonnen Gebremedhin	Ethiopia

3-TIME **WORLD CHAMP KIPROP**, unfortunately, has a pending drug positive, but the loss of his '17 season wouldn't affect his status here... Sole repeater: Kiprop (4)... Top scorers: Kiprop 69, Kiplagat 60, Souleiman 42... No. 1s: Kiprop 5; Cheruiyot & Kiplagat 2; Manangoi 1... OG golds: Makhloufi/Centrowitz... WC golds: Kiprop/Kiprop/Kiprop/Manangoi/Cheruiyot.

STEEPLECHASE

1	Conseslus Kipruto	Kenya
2	Ezekiel Kemboi	Kenya
3	Evan Jager	US
4	Mahiedine Mekhissi	France
5	Paul Koech II	Kenya
7	Jairus Birech	Kenya
7	Soufiane El Bakkali	Morocco
8	Brimin Kipruto	Kenya
9	Benjamin Kigen	Kenya
10	Hillary Yego	Kenya

KEMBOI (4) & KIPRUTO (3) split up the medals, but the latter dominated the World Rankings with 4 No. 1s to 1... Repeaters: Kemboi (2), Koech (3), B. Kipruto (4)... Top scorers: C. Kipruto 68, Koech 48, Kemboi 47... No. 1s: C. Kipruto 4; Birech & Koech 2; El Bakkali & Kemboi 1... OG golds: Kemboi/C. Kipruto... WC golds: Kemboi/Kemboi/Kemboi/C. Kipruto/C. Kipruto.

5000 METERS

1	Mo Farah	Great Britain
2	Muktar Edris	Ethiopia
3	Hagos Gebrhiwet	Ethiopia
4	Selemon Barega	Ethiopia
5	Paul Chelimo	US
6	Bernard Lagat	US
7	Dejen Gebremeskel	Ethiopia
8	Thomas Longosiwa	Kenya
9	Yomif Kejelcha	Ethiopia
10	Isiah Koech	Kenya

5 OF 7 **MAJOR GOLDS**, 5 No. 1s as Farah became a most familiar face... Repeater: Lagat (4)... Top scorers: Farah 59, Gebrhiwet 40, Edris 37... No. 1s: Farah 5; Barega 2; Edris, Imane Merga (Ethiopia) & Caleb Ndiku (Kenya) 1... OG

golds: Farah/Farah... WC golds: Farah/Farah/Farah/Edris/Edris.

10,000 METERS

1	Mo Farah	Great Britain
2	Joshua Cheptegei	Uganda
3	Paul Tanui	Kenya
4	Ibrahim Jeilan	Ethiopia
5	Galen Rupp	US
6	Bedan Muchiri	Kenya
7	Geoffrey Kamworor	Kenya
8	Yomif Kejelcha	Ethiopia
9	Imane Merga	Ethiopia
10	Rhonex Kipruto	Kenya

MIRRORING HIS 5K COUNT, Farah again had 5 major golds, 5 No. 1s and 59 points... No repeaters... Top scorers: Farah 59, Tanui 44, Rupp 40... No. 1s: Farah; Cheptegei 2; Jeilan, Wilson Kiprop (Kenya) & Rupp 1... OG golds: Farah/Farah... WC golds: Jeilan/Farah/Farah/Farah/Cheptegei.

110 HURDLES

1	Sergey Shubenkov	Russia
2	Omar McLeod	Jamaica
3	Aries Merritt	US
4	David Oliver	US
5	Jason Richardson	US
6	Orlando Ortega	Cuba/Spain
7	Hansle Parchment	Jamaica
8	Pascal Martinot-Lagarde	France
9	Grant Holloway	US
10	Dayron Robles	Cuba

NO OLYMPICS FOR SHUBENKOV, but the Russian made the most of his WC appearances, claiming a gold, 2 silvers and a bronze... Repeaters: Robles (4), Oliver (9)... Top scorers: Shubenkov 61, Oliver & Ortega 53... No. 1s: McLeod, Oliver & Shubenkov 2; Martinot-Lagarde, Merritt, Ortega & Robles 1... OG golds: Merritt/McLeod... WC golds: Richardson/Oliver/Shubenkov/McLeod/Holloway.

400 HURDLES

1	Karsten Warholm	Norway
2	Javier Culson	Puerto Rico
3	Kerron Clement	US
4	Michael Tinsley	US
5	Bershawn Jackson	US
6	Félix Sánchez	Dominican Republic
8	Dai Greene	Great Britain
8	Yasmani Copello	Turkey
9	Aderrahmane Samba	Qatar
10	Jehue Gordon	Trinidad

CULSON WAS EASILY the top scorer, but didn't win a major, having OG bronze and WC silver, whereas Warholm twice won the WC and in addition moved to No. 2 on the all-time list... Repeaters: Sánchez (1), Clement (2), Jackson (4)... Top scorers: Culson 55, Tinsley 37, Jackson 32... No. 1s: Culson, Jackson & Warholm 2; Clement, Gordon, Greene & Samba 1... OG golds: Sánchez/Clement... WC golds: Greene/Gordon/Nicholas Bett (Kenya)/Warholm/Warholm.

MARATHON

1	Eliud Kipchoge	Kenya
2	Wilson Kipsang	Kenya
3	Lelisa Desisa	Ethiopia
4	Geoffrey Mutai	Kenya
5	Kenenisa Bekele	Ethiopia
6	Dennis Kimetto	Kenya
7	Stephen Kiprotich	Uganda
8	Tsegaye Kebede	Ethiopia
9	Gabriel Makau	Kenya
10	Abel Kirui	Kenya



In a brilliant 3-year string, 2015–17, Wayde van Niekerk won Olympic gold, 2 WC golds and claimed the 400 WR.

FORGET THE SUB-2:00 SILLINESS: with half the No. 1s and no fewer than 7 World Marathon Majors wins, Kipchoge was the man... Repeater: Kebede (9)... Top scorers: Kipchoge 61, Kipsang 56, Desisa 31... No. 1s: Kipchoge 5, Bekele, Desisa, Kipsang, Makau & G. Mutai 1... OG golds: Kiprotich/Kipchoge... WC golds: A. Kirui/Kiprotich/Ghirmay Ghebreslassie (Eritrea)/G. Kirui/Desisa... Top American: Galen Rupp.

20K WALK

1	Zhen Wang	China
2	Ding Chen	China
3	Zelin Cai	China
4	Miguel Ángel López	Spain
5	Caio Bonfim	Brazil
6	Christopher Linke	Germany
7	Yusuke Suzuki	Japan
8	Toshikazu Yamanishi	Japan
9	Koki Ikeda	Japan
10	Dane Bird-Smith	Australia

THE ONLY DOUBLE No. 1 of the decade, Wang also had a pair of No. 2s to go with his Oly gold and 2 WC silvers... No repeaters... Top scorers: Wang 44, López 31, Cai 29... No. 1s: Wang 2; Eider Arévalo (Colombia), Chen, Ruslan Dmytrenko (Ukraine), Ikeda, Aleksandr Ivanov (Russia), López, Hao Wang (China) & Yamanishi 1... OG golds: Chen/Z. Wang... WC golds: Luis Fernando López/Ivanov/M. López/Arévalo/Yamanishi... Top American: John Nunn.

50K WALK

1	Matej Tóth	Slovakia
2	Jared Tallent	Australia
3	Yohann Diniz	France
4	Robert Heffernan	Ireland
5	Hiroki Arai	Japan
6	Tianfeng Si	China
7	Ihor Hlavan	Ukraine
8	Evan Dunfee	Canada
9	Takayuki Tani	Japan
10	Satoshi Maruo	Japan

AFTER A RIO GOLD Tóth sat out most of the '17 season (including the WC) on an adverse test result of which he was subsequently cleared... Repeater: Tallent (10)... Top scorers: Tóth 62, Tallent 59, Diniz 52... No. 1s: Tóth 3; Diniz 2; Arai, Heffernan, Denis Nizhegorodov (Russia), Yusuke Suzuki (Japan) & Tallent 1... OG golds: Tallent/Tóth... WC golds: Nizhegorodov/Heffernan/Tóth/Diniz/Suzuki... Top American: John Nunn.

HIGH JUMP

1	Mutaz Barshim	Qatar
2	Bogdan Bondarenko	Ukraine
3	Ivan Ukhov	Russia
4	Derek Drouin	Canada
5	Erik Kynard	US
6	Jesse Williams	US
7	Robbie Grabarz	Great Britain
8	Danil Lysenko	Russia
9	Aleksey Dmitrik	Russia
10	Guowei Zhang	China

ONE OF THE DECADE'S FEW 9-time Rankings scorers in any event, Barshim added a trio of No. 2s and a No. 5 to his 4 No. 1s... No repeaters... Top scorers: Barshim 77, Bondarenko 45, Ukhov 43... No. 1s: Barshim 4; Bondarenko & Ukhov 2; Mikhail Akimenko (Russia) & Williams 1... OG golds: Ukhov/Drouin... WC golds: Williams/Bondarenko/Drouin/Barshim/Barshim... WIC golds: Ukhov/Dimitrios Hondrokoúkis (Greece)/Barshim/Gianmarco Tamperi (Italy)/Danil Lysenko (Russia).

POLE VAULT

1	Renaud Lavillenie	France
2	Sam Kendricks	US
3	Piotr Lisek	Poland
4	Paweł Wojciechowski	Poland
5	Björn Otto	Germany
6	Raphael Holzdeppe	Germany
7	Malte Mohr	Germany
8	Thiago Braz	Brazil
9	Shawn Barber	Canada
10	Konstadinos Filippidis	Greece

LAVILLENIE & KENDRICKS met no fewer than 40 times, with the American coming out on top 23–17 as they split all the No. 1s. The WR-setting Frenchman had a better collection of medals and Rankings, however... No repeaters... Top scorers: Lavillenie 87, Kendricks 43, Filippidis 42... No. 1s: Lavillenie 7; Kendricks 3... OG golds: Lavillenie/Braz... WC golds: Wojciechowski/Holzdeppe/Barber/Kendricks/Kendricks... WIC golds: Steve Hooker (Australia)/Lavillenie/Filippidis/Lavillenie/Lavillenie.

LONG JUMP

1	Greg Rutherford	Great Britain
2	Jeff Henderson	US
3	Luvo Manyonga	South Africa
4	Juan Miguel Echevarría	Cuba
5	Aleksandr Menkov	Russia
6	Dwight Phillips	US
7	Tajay Gayle	Jamaica
8	Mitchell Watt	Australia



Top-rated high jumper Mutaz Barshim gave the locals plenty to cheer about when he won gold at Doha '19.

- 9 Fabrice Lapierre South Africa
10 Ruswahl Samaai South Africa

THE LOWEST-TOTALED SCORING LEADER in all the events, Rutherford had the most No. 1s plus OG and WC golds... Repeater: Phillips (1)... Top scorers: Rutherford 42, Henderson & Menkov 37... No. 1s: Rutherford 3; Echevarría 2; Henderson, Manyonga, Menkov, Phillips & Watt 1... OG golds: Rutherford/Henderson... WC golds: Phillips/Menkov/Rutherford/Manyonga/Gayle; WIC golds: Lapierre/Mauro da Silva (Brazil)/da Silva/Marquis Dendy (US)/Echevarría.

TRIPLE JUMP

- 1 Christian Taylor US
2 Will Claye US
3 Teddy Tamgho France
4 Pedro Pablo Pichardo Cuba/Portugal
5 Nelson Évora Portugal
6 Alexis Copello Cuba/Azerbaijan
7 Bin Dong China
8 Fabrizio Donato Italy
9 Phillips Idowu Great Britain
10 Lyukman Adams Russia

TAYLOR WAS SO DOMINANT that even though Claye scored enough points to lead almost every other event he was only 2nd here... Repeater: Évora (3)... Top scorers: Taylor 89, Claye 70, Pichardo 46... No. 1s: Taylor 8; Tamgho 2... OG golds: Taylor/Taylor... WC golds: Taylor/Tamgho/Taylor/Taylor/Taylor; WIC golds: Tamgho/Claye/Adams/Dong/Claye.

SHOT

- 1 Tom Walsh New Zealand
2 David Storl Germany
3 Ryan Crouser US
4 Joe Kovacs US
5 Tomas Majewski Poland
6 Ryan Whiting US
7 Reese Hoffa US
8 Christian Cantwell US
9 Dylan Armstrong Canada
10 Darrell Hill US

THE FIRST 4 were almost impossible to separate, and at various times the panel had them in about every imaginable permutation. The selectors finally settled on Walsh (6 medals, 3 golds, 1 No. 1, 6 times in top 5) over Storl (8 medals, 2 golds, 0 No. 1s, 5 times in top 5), Crouser (2 medals, 1 gold, 3 No. 1s, 4 times in top 5) and Kovacs (4 medals, 2 golds, 1 No. 1, 5 times in top 5)... Repeaters: Cantwell (2),

Hoffa (3), Majewski (5)... Top scorers: Storl 55, Walsh 51, Hoffa 50... No. 1s: Crouser 3; Hoffa 2; Armstrong, Cantwell, Kovacs, Walsh & Whiting 1... OG golds: Majewski/Crouser... WC golds: Storl/Storl/Kovacs/Walsh/Kovacs... WIC golds: Cantwell/Whiting/Whiting/Walsh/Walsh.

DISCUS

- 1 Robert Harting Germany
2 Piotr Małachowski Poland
3 Gerd Kanter Estonia
4 Daniel Ståhl Sweden
5 Ehsan Hadadi Iran
6 Christoph Harting Germany
7 Fedrick Dacres Jamaica
8 Andrius Gudžius Lithuania
9 Robert Urbanek Poland
10 Lukas Weißhaidinger Austria

THIS WAS UNIQUE, with the Harting brothers claiming the Olympic golds... Repeaters: Kanter (2), R. Harting (4), Małachowski (5)... Top scorers: Małachowski 71, R. Harting 64, Kanter 51... No. 1s: R. Harting 5; Małachowski 2; Dacres, Gudžius & Ståhl 1... OG golds: R. Harting/C. Harting... WC golds: R. Harting/R. Harting/Małachowski/Gudžius/Ståhl... Top American: Mason Finley.

HAMMER

- 1 Paweł Fajdek Poland
2 Krisztián Pars Hungary
3 Dilshod Nazarov Tajikistan
4 Wojciech Nowicki Poland
5 Koji Murofushi Japan
6 Primož Kozmus Slovenia
7 Marcel Lomnický Slovakia

- 8 Sergey Litvinov II Germany/Russia
9 Aleksey Sokirskiy Ukraine
10 Bence Halász Hungary

NO OLYMPIC CREDENTIALS for Fajdek, but with 4 WC golds he was clearly the best... Repeaters: Murofushi (1), Kozmus (3), Pars (5)... Top scorers: Fajdek 72, Pars 57, Nazarov 52... No. 1s: Fajdek & Pars 4; Murofushi & Nowicki 1... OG golds: Pars/Nazarov... WC golds: Murofushi/Fajdek/Fajdek/Fajdek/Fajdek... Top American: Kibwé Johnson.

JAVELIN

- 1 Vítězslav Veselý Czech Republic
2 Tero Pitkämäki Finland
3 Thomas Röhler Germany
4 Julius Yego Kenya
5 Johannes Vetter Germany
6 Andreas Thorkildsen Norway
7 Jakub Vadlejch Czech Republic
8 Magnus Kirt Estonia
9 Keshorn Walcott Trinidad
10 Matthias De Zordo Germany

WITH 9 DIFFERENT No. 1s, this was certainly fun to figure out... Despite being shy in the long-throws department, Veselý parlayed the only double No. 1 with Oly silver and WC gold to steal the top spot... Repeaters: Thorkildsen (1), Pitkämäki (4)... Top scorers: Pitkämäki 53, Röhler 47, Veselý 44... No. 1s: Veselý 2; De Zordo, Andreas Hofmann (Germany), Kirt, Pitkämäki, Röhler, Thorkildsen, Vetter & Yego 1... OG golds: Walcott/Röhler... WC golds: De Zordo/Veselý/Yego/Vetter/Anderson Peters (Grenada)... Top American: Sean Furey.

DECATHLON

- 1 Ashton Eaton US
2 Kevin Mayer France
3 Trey Hardee US
4 Damian Warner Canada
5 Rico Freimuth Germany
6 Leonel Suárez Cuba
7 Kai Kazmirek Germany
8 Niklaus Kaul Germany
9 Eelco Sijthoff Netherlands
10 Ilya Shkurenkov Russia

EATON LOST HIS WR to Mayer, but with a pair of all-time bests to go with 4 No. 1s and pairs of both OG and WC golds the American was an easy choice. Repeater: Hardee (7)... Top scorers: Eaton 58, Warner 55, Mayer 44... No. 1s: Eaton 4; Hardee & Mayer 2; Romain Barras (France) & Kaul 1... OG golds: Eaton/Eaton... WC golds: Hardee/Eaton/Eaton/Mayer/Kaul. □



VICTOR SALEPHOTO/ILUM

5 times the top-rated discus thrower, Robert Harting entertained crowds with his shirt-ripping tradition after major gold medals.

The Decade's Top 10 Women By Event

KEVIN MORRIS



With a pair of World Records to go with OG and WC golds, Dalilah Muhammad ruled in the long hurdles.

OUR INTERNATIONAL PANEL of experts, who annually puts their heads together for T&FN's famous World Rankings, this time got together in recapping the second decade of the century. Here's their ordering of the Top 10 women in each of the standard individual events.

With each of the Top 10s you'll find some background data: repeaters from the previous decade, the top 3 World Rankings scorers in the decade, a recap of who won the 10 No. 1s and the chronological distribution of the Olympic and World Champs medals, plus World Indoor medals in the jumps and shot. (Note: where needed, medals are as redistributed after any after-the-fact test results. Anybody with a pending CAS case is considered innocent until that final decision.)

100 METERS

- 1 Shelly-Ann Fraser-Pryce.....Jamaica
- 2 Carmelita Jeter.....US
- 3 Elaine Thompson.....Jamaica
- 4 Torie Bowie.....US
- 5 Veronica Campbell-Brown.....Jamaica
- 6 Dafne Schippers.....Netherlands
- 7 Marie-Josée Ta Lou.....Côte d'Ivoire
- 8 Murielle Ahouré.....Côte d'Ivoire
- 9 Blessing Okagbare.....Nigeria
- 10 Kelly-Ann Baptiste.....Trinidad

LAST DECADE'S RUNNER-UP, Fraser-Pryce added to her bulging trophy case with 4 more major golds... Repeaters from the last decade: VCB (1), SAFP (2), Jeter (10)... Top scorers: SAFP 53, Okagbare 46, Ahouré 44... No. 1s: SAFP 4, Jeter & Thompson 2, VCB & Ta Lou 1... OG golds: SAFP/Thompson... WC golds: Jeter/SAFP/SAFP/Bowie/SAFP.

200 METERS

- 1 Allyson Felix.....US
- 2 Dafne Schippers.....Netherlands
- 3 Elaine Thompson.....Jamaica
- 4 Shaunae Miller-Uibo.....Bahamas

- 5 Shelly-Ann Fraser-Pryce.....Jamaica
- 6 Veronica Campbell-Brown.....Jamaica
- 7 Dina Asher-Smith.....Great Britain
- 8 Carmelita Jeter.....US
- 9 Tori Bowie.....US
- 10 Marie-Josée Ta Lou.....Côte d'Ivoire

FELIX WASN'T QUITE AS GOOD as she was in the Noughties, but was still good enough to hold on to the top with career No. 1s 5, 6 & 7... Repeaters: Felix (1), VCB (2)... Top scorers: Felix 59, Schippers 51, SMU & Thompson 35... No. 1s: Felix & SMU 3, VCB, SAFP, Schippers & Thompson 1... OG golds: Felix/Thompson... WC golds: VCB/SAFP/Schippers/Schippers/Asher-Smith.

400 METERS

- 1 Shaunae Miller-Uibo.....Bahamas
- 2 Allyson Felix.....US
- 3 Amantle Montsho.....Botswana
- 4 Salwa Eid Naser.....Bahrain
- 5 Sanya Richards-Ross.....US
- 6 Christine Ohuruogu.....Great Britain
- 7 Sherricka Jackson.....Jamaica
- 8 Phyllis Francis.....US
- 9 Francena McCorory.....US
- 10 Novlene Williams-Mills.....Jamaica

A NARROW WIN for Miller-Uibo over Felix in a battle of world champions. The Bahamian won their Olympic battle to claim the top spot... Repeaters: SRR (1), Ohuruogu (5), Williams-Mills (9)... Top scorers: SMU 47, McCorory 46, Felix 45... No. 1s: Felix, Miller-Uibo, Montsho & Naser 2; SRR & NWM 1... OG golds: SRR/SMU... WC golds: Montsho/Ohuruogu/Felix/Francis/Naser.

800 METERS

- 1 Caster Semenya.....South Africa
- 2 Francine Niyonsaba.....Burundi
- 3 Eunice Sum.....Kenya
- 4 Ajeé Wilson.....US
- 5 Janeth Jepkosgei.....Kenya
- 6 Alysia Montano.....US

- 7 Pamela Jelimo.....Kenya
- 8 Yekaterina Zavyalova.....Russia
- 9 Margaret Wambui.....Kenya
- 10 Maryna Arzamasova.....Belarus

IN AN EVENT FILLED WITH CONTROVERSY we took the tack that Semenya—like fellow DSD-category runners Niyonsaba & Wambui—was a legal competitor through the '18 season... Repeaters: Jepkosgei (2), Jelimo (5)... Top scorers: Semenya 48, Niyonsaba 45, Wilson 44... No. 1s: Semenya 4; Sum 3; Jelimo, Jepkosgei & Wilson 1... OG golds: Semenya/Semenya... WC golds: Semenya/Sum/Arzamasova/Semenya/Nakaayi.

1500 METERS

- 1 Faith Kipyegon.....Kenya
- 2 Genzebe Dibaba.....Ethiopia
- 3 Jenny Simpson.....US
- 4 Abeba Aregawi.....Ethiopia/Sweden
- 5 Sifan Hassan.....Netherlands
- 6 Maryam Jamal.....Bahrain
- 7 Shannon Rowbury.....US
- 8 Laura Muir.....Great Britain
- 9 Hellen Obiri.....Kenya
- 10 Shelby Houlihan.....US

NOBODY HAD MORE THAN 1 OG gold or WC gold, but only Kipyegon had one of each... Repeater: Jamal (1)... Top scorers: Hassan 50, Kipyegon & Simpson 49... No. 1s: Aregawi & Kipyegon 2; Dibaba, Hassan, Houlihan, Nancy Langat (Kenya), Simpson & Morgan Uceny (US) 1... OG golds: Jamal/Kipyegon... WC golds: Simpson/Aregawi/Dibaba/Kipyegon/Hassan.

STEEPLE

- 1 Beatrice Chepkoech.....Kenya
- 2 Habiba Ghribi.....Tunisia
- 3 Milcah Chemos.....Kenya
- 4 Ruth Jebet.....Bahrain
- 5 Hyvin Jepkemoi.....Kenya
- 6 Emma Coburn.....US
- 7 Sofia Assefa.....Ethiopia
- 8 Hiwot Ayalew.....Ethiopia
- 9 Lydia Chepkurui.....Kenya
- 10 Gesa-Felicitas Krause.....Germany

GHRIBI HAD THE BEST MEDAL COLLECTION, but Chepkoech's sheer wealth of fast times—topped by her amazing WR—were enough to slide the Kenyan to the summit... No repeaters ('00s only done 5-deep)... Top scorers: Jepkemoi 54, Assefa 52, Coburn 46... No. 1s: Chepkoech & Ghribi 3, Chemos 2, Ayalew & Jebet 1... OG golds: Ghribi/Jebet... WC golds: Ghribi/Chemos/Jepkemoi/Coburn/Chepkoech.

5000 METERS

- 1 Vivian Cheruiyot.....Kenya
- 2 Meseret Defar.....Ethiopia
- 3 Hellen Obiri.....Kenya
- 4 Almaz Ayana.....Ethiopia
- 5 Tirunesh Dibaba.....Ethiopia
- 6 Genzebe Dibaba.....Ethiopia
- 7 Mercy Cherono.....Kenya
- 8 Senbere Teferi.....Ethiopia
- 9 Sifan Hassan.....Netherlands
- 10 Margaret Kipkemboi.....Kenya

CHERUIYOT & DEFAR were about as close to a tie as you can get, with the Kenyan winning based on quality of medals (OG gold & silver plus

WC gold vs. OG gold plus WC gold & bronze)... Repeaters: T. Dibaba (1), Defar (2), Cheruiyot (3)... Top scorers: Ayana 45, Cheruiyot 39, G. Dibaba & Obiri 38... No. 1s: Obiri 3; Ayana & Defar 2; Cheruiyot, G. Dibaba & T. Dibaba 1... OG golds: Defar/Cheruiyot... WC golds: Cheruiyot/Defar/Ayana/Obiri/Obiri... Top American: Molly Huddle.

10,000 METERS

- 1 Tirunesh Dibaba Ethiopia
- 2 Vivian Cheruiyot Kenya
- 3 Almaz Ayana Ethiopia
- 4 Sally Kipyego Kenya
- 5 Sifan Hassan Netherlands
- 6 Gelete Burka Ethiopia
- 7 Agnes Tiro Kenya
- 8 Letesenbet Gidey Ethiopia
- 9 Gladys Cheron Kenya
- 10 Linet Masai Kenya

EVERYBODY IN THE TOP 10 had at least 1 WC medal. Dibaba had 2 of them (gold & silver, plus OG gold & bronze)... Repeaters: Dibaba (1), Masai (5)... Top Scorers: Dibaba 47, Cheruiyot 37, Kipyego 32... No. 1s: Dibaba 3; Ayana & Cheruiyot 2; Joyce Chepkirui (Kenya), Hassan & Stacy Ndiwa (Kenya) 1... OG golds: Dibaba/Ayana... WC golds: Cheruiyot/Dibaba/Cheruiyot/Ayana/Hassan... Top American: Molly Huddle.

100 HURDLES

- 1 Sally Pearson Australia
- 2 Dawn Harper Nelson US
- 3 Brianna McNeal US
- 4 Keni Harrison US
- 5 Nia Ali US
- 6 Danielle Williams Jamaica
- 7 Sharika Nelvis US
- 8 Queen Claye US
- 9 Tiffany Porter Great Britain
- 10 Kellie Wells US

WR HOLDER HARRISON had 4 No. 1s, but a dearth of medals—just a solitary WC silver—held her to No. 4... Repeater: Harper Nelson (8)... Top scorers: Harper Nelson 57, Pearson 53, Harrison 43... No. 1s: Harrison 4; Harper Nelson & Pearson 2; Priscilla Lopes-Schliep (Canada) & McNeal 1... OG golds: Pearson/McNeal... WC golds: Pearson/McNeal/Williams/Pearson/Ali.



Allyson Felix repeated as No. 1 in the 200 and added a No. 2 in the 400.

400 HURDLES

- 1 Dalilah Muhammad US
- 2 Zuzana Hejnová Czech Republic
- 3 Lashinda Demus US
- 4 Natalya Antyukh Russia
- 5 Kaliese Carter Jamaica
- 6 Shamier Little US
- 7 Kori Carter US
- 8 Sydney McLaughlin US
- 9 Sara Slott Petersen Denmark
- 10 Georganne Moline US

WITH OG & WC GOLDS to back up her pair of WRs, Muhammad was the only possible choice... Repeater: Demus (4)... Top scorers: Hejnová 61, Ka. Carter 51, Muhammad 45... No. 1s: Ka. Carter, Demus, Hejnová & Muhammad 2, Ko. Carter & Little 1... OG golds: Antyukh/Muhammad... WC golds: Demus/Hejnová/Hejnová/Ko. Carter/Muhammad

MARATHON

- 1 Mary Keitany Kenya
- 2 Brigid Kosgei Kenya
- 3 Edna Kiplagat Kenya
- 4 Priscah Jeptoo Kenya
- 5 Florence Kiplagat Kenya

- 6 Mare Dibaba Ethiopia
- 7 Tirfe Tsegaye Ethiopia
- 8 Jemima Sumgong Kenya
- 9 Aberu Kebede Ethiopia
- 10 Tiki Gelana Ethiopia

THE BATTLE OF EAST AFRICA was won by Kenya, 6 places to 4, including the top 5... Keitany was the only double No. 1... No repeaters... Top scorers: Keitany 49, E. Kiplagat 46, F. Kiplagat 31... No. 1s: Keitany 2; Atsede Baysa (Ethiopia), Vivian Cheruiyot (Kenya), M. Dibaba, Gelana, P. Jeptoo, Kosgei, Sumgong & Tsegaye 1... OG golds: Gelana/Sumgong... WC golds: E. Kiplagat/E. Kiplagat/M. Dibaba/Rose Chelimo (Bahrain)/Ruth Chepngetich (Kenya)... Top American: Shalane Flanagan.

20K WALK

- 1 Hong Liu China
- 2 Yelena Lashmanova Russia
- 3 Shenjie Qieyang China
- 4 Xiuzhi Lu China
- 5 Jiayu Yang China
- 6 Lupita González Mexico
- 7 Ana Cabecinha Por
- 8 Erica de Sena Brazil
- 9 Antonella Palmisano Italy
- 10 Elisa Rigaud Italy

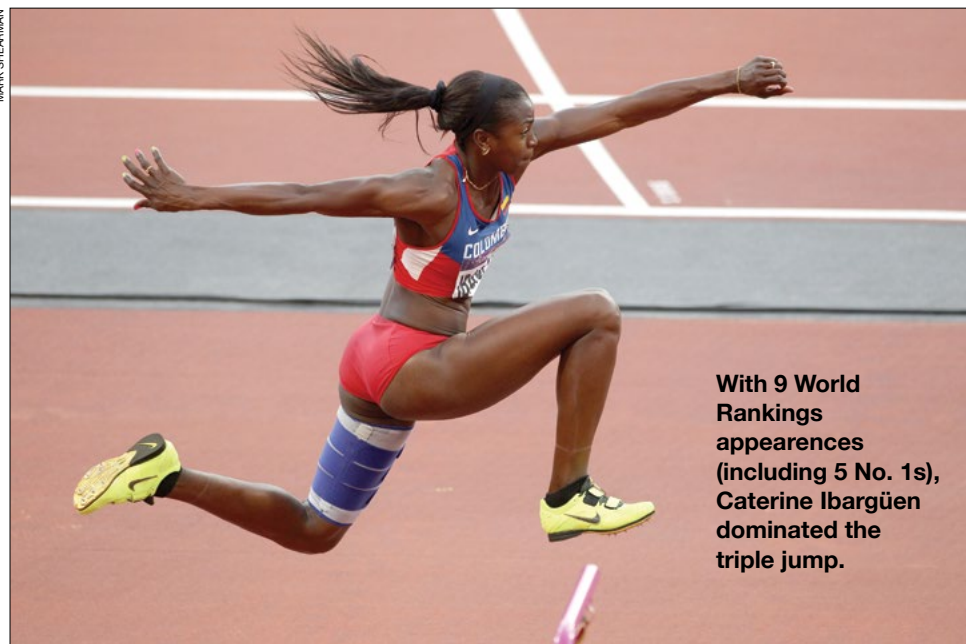
NEEDLESS TO SAY, all the Russian DQs changed a lot of the decade's stats... Top scorers: Liu 66, Qieyang 41, Lu 35... No. 1s: Liu 4; Lashmanova 2; González, Anisya Kirdyapkina (Russia), Maria Vasco (Spain) & Yang 1... OG golds: Lashmanova/Liu... WC golds: Liu/Lashmanova/Liu/Yang/Liu... Top American: Maria Michta-Coffey.

50K WALK

Not enough years of competition to justify decade-long analysis.

HIGH JUMP

- 1 Mariya Lasitskene Russia
- 2 Anna Chicherova Russia
- 3 Ruth Beitia Spain
- 4 Blanka Vlašić Croatia
- 5 Svetlana Shkolina Russia
- 6 Chaunté Lowe US
- 7 Kamila Ličwinko Poland
- 8 Brigetta Barrett US
- 9 Vashiti Cunningham US
- 10 Yuliya Levchenko Ukraine



With 9 World Rankings appearances (including 5 No. 1s), Caterine Ibargüen dominated the triple jump.

Barbora Špotáková added 6 more javelin No. 1s to go with the 3 she earned last decade.



LASITSKENE WAS NIGH-ON INVINCIBLE in the last half of the decade and her 5 No. 1s may well have been 6 had she not been denied a Rio opportunity because of Russia's malfeasance... Repeaters: Vlašić (1), Chicherova (4), Lowe (10)... Top scorers: Lasitskene 54, Beitia 49, Vlašić 43... No. 1s: Lasitskene 5; Chicherova 2; Beitia, Shkolina & Vlašić 1... OG golds: Chicherova/Beitia... WC golds: Chicherova/Shkolina/Lasitskene/Lasitskene/Lasitskene... WIC golds: Vlašić/Lowe/Lasitskene & Ličwinko/Cunningham/Lasitskene.

POLE VAULT

- 1 Jenn Suhr US
- 2 Katerina Stefanídi Greece
- 3 Sandi Morris US
- 4 Yelena Isinbaeva Russia
- 5 Yarisley Silva Cuba
- 6 Fabiana Murer Brazil
- 7 Nikoléta Kiriakopoulou Greece
- 8 Anzhelika Sidorova Russia
- 9 Svetlana Feofanova Russia
- 10 Silke Spiegelburg Germany

STEFANÍDI & MORRIS each had 5 major medals to Suhr's 3, but the '12 OG gold combined with a pair of indoor WRs—and the 3 highest vaults of the decade overall—gave the edge to Suhr... Repeaters: Isinbaeva (1), Feofanova (2), Suhr (6), Murer (8)... Top scorers: Silva 59, Suhr 58, Murer 49... No. 1s: Morris, Murer & Suhr 2; Isinbaeva, Kiriakopoulou, Sidorova & Stefanídi 1... OG golds: Suhr/Stefanídi... WC golds: Murer/Isinbaeva/Silva/Stefanídi/Sidorova... WIC golds: Murer/Isinbaeva/Silva/Suhr/Morris.

LONG JUMP

- 1 Brittney Reese US
- 2 Tianna Bartoletta US
- 3 Ivana Španović Serbia
- 4 Malaika Mihambo Germany
- 5 Darya Klishina Russia
- 6 Shara Proctor Great Britain
- 7 Janay DeLoach US
- 8 Éloyse Lesueur-Aymonin France
- 9 Yelena Sokolova Russia
- 10 Lorraine Ugen Great Britain

WHAT A COLLECTION OF GOODIES for Reese: Olympic gold & silver, 3 WC golds, 3 WIC golds (and a silver) plus 6 No. 1s... Repeater: Reese (9)... Top scorers: Reese 80, Španović 58, Klishina 45... No. 1s: Reese 6; Mihambo 2; Bartoletta & Lesueur-Aymonin 1... OG golds: Reese/Bartoletta... WC golds: Reese/Reese/Bartoletta/

Reese/Mihambo... WIC golds: Reese/Reese/Lesueur-Aymonin/Reese/Španović.

TRIPLE JUMP

- 1 Catherine Ibargüen Colombia
- 2 Yulimar Rojas Venezuela
- 3 Olga Rypakova Kazakhstan
- 4 Olha Saladukha Ukraine
- 5 Kim Williams Jamaica
- 6 Yekaterina Koneva Russia
- 7 Hanna Minenko Ukraine/Israel
- 8 Yargelis Savigne Cuba
- 9 Shanika Ricketts Jamaica
- 10 Keturah Orji US

ROJAS CAME ON STRONGLY as the decade ended, but overall fellow South American Ibargüen had OG gold & silver plus a pair of WC golds, a silver and a pair of bronzes to go with 5 No. 1s... Repeater: Savigne (3)... Top scorers: Ibargüen 83, Rypakova 53, Saladukha 52... No. 1s: Ibargüen 5; Rojas & Rypakova 2; Saladukha 1... OG golds: Rypakova/Ibargüen... WC golds: Saladukha/Ibargüen/Ibargüen/Rojas/Rojas... WIC golds: Rypakova/Yamilé Aldama (Great Britain)/Koneva/Rojas/Rojas.

SHOT

- 1 Valerie Adams New Zealand
- 2 Lijiao Gong China
- 3 Michelle Carter US
- 4 Christina Schwanitz Germany
- 5 Anita Márton Hungary
- 6 Jill Camarena-Williams US
- 7 Danniel Thomas-Dodd Jamaica
- 8 Cleopatra Borel Trinidad
- 9 Nadine Kleinert Germany
- 10 Raven Saunders US

DESPITE LOSING 2 YEARS of the decade to maternity, Adams was the dominant force, claiming half of the No. 1s and 6 major golds... Repeaters: Adams (1), Kleinert (3)... Top scorers: Gong 86, Adams 66, Carter 51... No. 1s: Adams 5; Gong 3; Carter & Schwanitz 1... OG golds: Adams/Carter... WC golds: Adams/Adams/Schwanitz/Gong/Gong... WIC golds: Adams/Adams/Adams/Carter/Márton.

DISCUS

- 1 Sandra Perković Croatia
- 2 Denia Caballero Cuba
- 3 Yarelis Barrios Cuba
- 4 Nadine Müller Germany
- 5 Mélina Robert-Michon France
- 6 Yaimé Pérez Cuba

- 7 Yanfeng Li China
- 8 Dani Stevens Australia
- 9 Gia Lewis-Smallwood US
- 10 Żaneta Glanc Poland

PERKOVIĆ SCORED MORE "premium points" (for top 3 in the Rankings) than any other woman, racking up 7 straight No. 1s... Repeater: Barrios (7)... Top scorers: Perković 87, Müller 53, Caballero & Stevens 46... No. 1s: Perković 7; Barrios, Li & Pérez 1... OG golds: Perković/Perković... WC golds: Li/Perković/Caballero/Perković/Pérez.

HAMMER

- 1 Anita Włodarczyk Poland
- 2 Betty Heidler Germany
- 3 Wenxiu Zhang China
- 4 Zheng Wang China
- 5 DeAnna Price US
- 6 Joanna Fiodorow Poland
- 7 Kathrin Klaas Germany
- 8 Yipsi Moreno Cuba
- 9 Alexandra Tavernier France
- 10 Tatyana Lysenko Russia

WITH HER DOMINATION of the medals and Ranking stats, who else but Włodarczyk?... Repeaters: Moreno (1), Heidler (4), Zhang (6), Lysenko (7), Włodarczyk (8)... Top scorers: Włodarczyk 89, Heidler 65, Zhang 58... No. 1s: Włodarczyk 6; Heidler 3; Price 1... OG golds: Włodarczyk/Włodarczyk... WC golds: Lysenko/Włodarczyk/Włodarczyk/Włodarczyk/Price.

JAVELIN

- 1 Barbora Špotáková Czech Republic
- 2 Christina Obergföll Germany
- 3 Sunette Viljoen South Africa
- 4 Huihui Lu China
- 5 Linda Stahl Germany
- 6 Sara Kolak Croatia
- 7 Katharina Molitor Germany
- 8 Tatsiana Khaladovich Belarus
- 9 Kelsey Barber Australia
- 10 Kim Mickle Australia

ŠPOTÁKOVÁ DIDN'T GET A PR in the decade, the only leader not to do so, but she nonetheless produced the No. 3 performance in history and captured 6 No. 1s despite a pair of maternity leaves... Repeaters: Špotáková (3), Obergföll (5)... Top scorers: Špotáková 71, Viljoen 53, Obergföll 43... No. 1s: Špotáková 6; Lu & Obergföll 2... OG golds: Špotáková/Kolak... WC golds: Špotáková/Obergföll/Molitor/Špotáková/Barber... Top American: Kara Winger.

HEPTATHLON

- 1 Jessica Ennis-Hill Great Britain
- 2 Nafi Thiam Belgium
- 3 Katarina Johnson-Thompson Great Britain
- 4 Brianna Theisen-Eaton Canada
- 5 Carolyn Schäfer Germany
- 6 Laura Ikauniece Latvia
- 7 Hanna Kasyanova Ukraine
- 8 Lilli Schwarzkopf Germany
- 9 Jennifer Oeser Germany
- 10 Nadine Broersen Netherlands

EACH WINNING both an OG & WC gold, Ennis-Hill & Thiam were close for the top spot, but the Brit had 1 more No. 1 Ranking... Repeater: Ennis-Hill (8)... Top scorers: Ennis-Hill 49, Johnson-Thompson 45, Thiam 44... No. 1s: Ennis-Hill 4; Thiam 3; Johnson-Thompson 2; Kasyanova 1... OG golds: Ennis-Hill/Thiam... WC golds: Ennis-Hill/Kasyanova/Ennis-Hill/Thiam/Johnson-Thompson. □

The Decade's Top 10 Collegiate Men

OUR SELECTION PANEL was torn on who was the best collegiate man of the '10s, succeeding Florida State's Walter Dix. In the final analysis, Edward Cheserek got a bit more high-end support than Grant Holloway to narrowly earn top honors. Note that this is an *individual* honor, so being on a winning relay or being a member of a team champion had no bearing on the choosing. Note also that competition outside the end of the actual collegiate season—which terminates with the NCAA Championships—was not considered. Here's our top 10:

1. Edward Cheserek (Oregon)

You wanna talk NCAA titles? Oregon's Kenyan import had them in spades. How about 12 individual track wins? Outdoors, the 5000s of '15 & '16 and the 10,000s of '14, '15 & '16; indoors the '15 mile plus 3000/5000 doubles in '14, '16 & '17. But the top-of-the-podium finishes didn't stop there, as he also had a trifecta of XC titles, winning in '13, '14 & '15. (It's not relevant to the Top 10 here, but note that he additionally ran on a pair of NCAA Indoor-winning distance medleys.) His gold-medal tally may well have been one or two higher had he not injured his back in the middle of his senior outdoor season and been unable to run at the Nationals. Content to sit and kick for wins in the Nationals, Cheserek never did crank out a time that made the all-time list in the 5000 or 10,000, but he did let it all out in an indoor mile as a senior, his 3:52.01 rating as the Absolute Collegiate Record (and his en route 3:37.01 rating as the Indoor CR).

2. Grant Holloway (Florida)

Hurdles were no obstacle for the versatile Gator star, who won both the Indoor 60H and Outdoor 110H titles as a frosh, soph & junior. Indoors, he lowered the Collegiate Record to 7.42 as a soph, then to 7.35 (also an American Record) as a junior. Outdoors he became the first collegian to break the 13-second barrier, running 12.98 as a junior to finally take down Renaldo Nehemiah's legendary 13.00. He was fast enough without hurdles to make the all-time collegiate indoor Top 10 in both the 60 and 300. One of the best collegiate relayers ever, he produced splits of 43.74 and 43.88 at the Nationals. He turned pro after his junior season, so won't be a collegian this year.

3. Lawi Lalang (Arizona)

Before Cheserek came along, Lalang ran up a most impressive collection of NCAA titles, scoring a 5/10 double in '13 and adding another 5000 title in '14. Indoors, he won a 3/5 double in '12 and a mile/3000 pairing in '13. And in addition he won the '11 XC title. He and Cheserek overlapped in one outdoor NCAA race, Lalang winning the '14 10K. Outdoors, Lalang also had 2nds in the 1500 and 5000 and a 3rd in the 5000. He also claimed the CR in the 5000 with his 13:00.95 as a junior and missed the CR in the mile by just 0.44 with his 3:52.88 as a senior.



Top performer Edward Cheserek made quite a habit of celebratory victory O's at national championship meets.

4. Jarrion Lawson (Arkansas)

Having your name linked with Jesse Owens can definitely earn you a Top 10 spot, and the versatile Razorback senior did his part at the '16 Nationals, winning a 100/200/LJ triple that only the Buckeye legend had previously accomplished. He was also the Indoor long jump winner as both a soph and a senior.

5. Rai Benjamin (UCLA & USC)

Showing great promise from the get-go, Benjamin ran the 400H for the Bruins as a frosh and soph, claiming 7th and 2nd at the Nationals. He then moved cross-town and became the best collegiate performer ever, winning the national title at 47.02, moving to =No. 2 on the all-time world list in the process. He finished off with the meet's fastest second leg ever, 43.6. And that was the end of his collegiate career, as he turned pro early.

6. Michael Norman (USC)

The Trojan quartermile ace had a spectacular sophomore season. It began indoors where he won the Nationals title in a World Record 44.52 (and added a 44.52 relay leg). Moving outdoors, it was another Nationals title, this one with a Collegiate Record 43.61. And he added the No. 4 split in meet history, 43.62. Like teammate Benjamin, he then turned pro.

7. Fred Kerley (Texas A&M)

Kerley's reign as the fastest collegiate quartermiler ever lasted only a year with the emergence of Norman. But what a senior season the Aggie had lowering the Collegiate Record

to 43.70 and also producing the Nos. 3 (44.09) and =4 (44.10) times ever, the latter winning the national title. He also won the undercover crown, his 44.85 moving him to No. 3 on the all-time collegiate list.

8. Christian Coleman (Tennessee)

The Vol speed merchant had a pair of notable campaigns before turning pro early. As a frosh he claimed the NCAA Indoor 200 title and finished 2nd behind Lawson in the Outdoor 100. He exploded as a soph, equaling the Indoor CR in the 60 (6.45) and scoring a 60/200 double at Nationals. Outdoors, it was another double, 100/200, with a Collegiate Record 9.82 in the century's semis.

9. Derek Drouin (Indiana)

Indiana's Canadian import was the decade's dominant force in the high jump, claiming no fewer than 5 national titles: the Outdoor in '10 & '13 and the indoor in '10, '11 & '13. His 7-7¾ to win the '11 Indoor moved him to =No. 3 on the all-time collegiate indoor list, and his 7-8½ the next year raised him to No. 2. His outdoor PR of 7-8¾ made him =No. 2 ever.

10. Lindon Victor (Texas A&M)

When the decade began the top 3 collegiate decathlon scorers ever were big-namers who all went on to win international titles: Trey Hardee, Tom Pappas & Ashton Eaton. Victor went on to twice raise the CR as a senior, scoring 8472 and then 8539. He won the NCAA 10-eventer in both '16 & '17 and ended up with 5 of the 8 highest scores ever. □

The Decade's Top 10 Collegiate Women



Top-rated Keturah Orji finished off her exemplary collegiate career with a rare LJ/TJ double.

THERE WAS LITTLE DOUBT on who our panel thought was the best collegiate woman of the '10s, horizontal jump star Keturah Orji succeeding miler/steepler Jenny Barringer/Simpson of Colorado. Note that this is an *individual* honor, so being on a winning relay or being a member of a team champion had no bearing on the choosing. Note also that competition outside the end of the actual collegiate season—which terminates with the NCAA Championships—was not considered. Here's our top 10:

1. Keturah Orji (Georgia)

The bouncy New Jersey native had pretty good long jump credentials: 7th-6th-3rd-1st in the NCAA Outdoor, 13th-4th-3rd-2nd at the Indoor, with a 22-4¼ best. But it was her triple jumping that gained her the No. 1 position: NCAA Outdoor titles all 4 years (2015–18) to become the event's first 4-time winner. She wasn't quite as perfect undercover, only winning 3 straight times after taking 2nd as a frosh. She stamped her name in the CR book 4 times, reaching 46-10¾ and 47-8 (also an American Record) as a soph, then hitting 47-8 and 47-11¾ as a senior. Overall she can claim 9 of the 10 longest collegiate marks ever. Indoors the tally is the 8 farthest ever and she claimed 2 CRs as a junior and another as a senior, all three of the marks also counting as ARs.

2. Maggie Ewen (Arizona State)

The Sun Devil star was all-around throwing talent personified, winning 4 national titles in 3 events: 2 in the shot (indoors & out in '18) and 1 each in the discus ('18) and hammer ('17). She

was also a 2-time scorer in the weight indoors, with a high of 4th. Overall, she was an 11-time scorer indoors and out. She produced 3 Collegiate Records in the hammer—240-7 as a junior, 241-6 & 244-6 as a senior—plus the all-time outdoor best in the shot (63-10¼).

3. Raevyn Rogers (Oregon)

Going undefeated against collegians in '17, the Texas native reached the high point of her senior year with a Collegiate Record 1:59.10, snipping 0.01 off the standard set by Suzy Hamilton 27 years earlier. She won the NCAA as a frosh, soph & junior (taking the indoor titles the last two years as well) before going pro early. She also had a 49.77 split in her final race as a Duck, then the No. 6 time ever in NCAA meet history.

4. Brigetta Barrett (Arizona)

Nobody jumped higher than Barrett in this decade—or any other for that matter—as she scaled a Collegiate Record 6-6¾ to win the Pac-12 as a senior in '13. That was her third straight conference title, and in each of the years 2011–13 she won the NCAA titles both indoors and out. She's =No. 3 on the all-time indoor list at 6-5½. She was undefeated against collegiate competition in her soph/junior/senior years.

5. Courtney Okolo (Texas)

The Longhorn speedster was clearly the decade's dominant quartermiler. After an Outdoor 4th as a frosh in '13, she lowered the Collegiate Record to 50.03 in winning the Big 12 as a soph, then went on to capture the national title. She snared Indoor crowns as a junior and

senior, then added another Outdoor title as a senior, plus another Collegiate Record, 49.71. She capped her final year with the then-second-fastest split in NCAA meet history, 49.57.

6. Brianna Rollins/McNeal (Clemson)

Hurdler Rollins began her collegiate career as an indoor star and ended it as the fastest outdoor performer ever. As a frosh ('11) she won the NCAA Indoor 60H. As a soph she was the outdoor 100H runner-up; then came her awesome junior campaign. Indoors began with a Collegiate Record 7.78 in January and concluded with the Nos. 2 & 3 times ever in winning the NCAA Indoor. Outdoors she twice became the fastest collegian ever, setting CRs of 12.47 and 12.39 in the heats and semis at the NCAA Championships. She then turned pro.

7. Kimberlyn Duncan (LSU)

In a brilliant 3-year close to her career as a Bayou Bengal, Duncan racked up 56 points out of 60 in the 100/200, in the process becoming the first-ever 3-time winner of the half-lapper. She paired her 200 wins with 2nds in the 100 as a soph and junior and a 3rd as a senior. The last two years she also won the Indoor's 200 titles. Timewise, she broke the low-altitude CR in the 200 three times, once as a junior and twice as a senior.

8. Kendell Williams (Georgia)

One of two strong candidates as the decade's multi-event queen, Williams racked up no fewer than 7 national titles, 2014–17: all 4 in the pentathlon and 3 of 4 in the heptathlon (where she was 2nd as a soph). It was in the 5-event version where the versatile Bulldog really sparkled, setting 3 CRs, topped by a 4703 and claiming 7 of the 9 highest scores ever. Her 6354 total sits her at No. 5 on the all-time heptathlon list.

9. Brianne Theisen-Eaton (Oregon)

The Ducks' Canadian import also won 3 NCAA heptathlon titles in her career, but one of hers was in '09, so she slips behind Williams despite cranking out the No. 2 collegiate score ever, 6440. She also turned in what was at the time the No. 4 total ever, 6353. Undercover, she claimed a trio of pentathlon titles and climbed to No. 6 on the all-time list at 4555.

10. Raven Saunders (Southern Illinois/Mississippi)

A national-title winner at two schools, Saunders had a spectacular year as a Saluki frosh, winning the NCAA shot titles indoors and out. As a soph for the Rebels she repeated in the outdoor event and twice raised the CR, to 63-1¼ and 63-5. Her junior year brought the farthest collegiate put ever, 64-2¼, and she added a second indoor crown. She turned pro before her senior year. □

The Decade's Top 10 High School Boys

OUR PANEL OF PREP EXPERTS had little trouble choosing the successor to Alan Webb as Boys AOD, with almost all the votes for No. 1 going to vaulter-supreme Mondo Duplantis, who was twice ('17 & '18) a unanimous choice as Athlete Of The Year. Here's how our Top 10 played out:

1. Mondo Duplantis (Lafayette, Louisiana)

When you rank No. 6 in the world (yes, world) as a junior, it's a pretty good sign your prep career is on the fast track to success. The signs had come earlier, of course, as the Cajun/Swede had frosh and soph All-Am ratings of 5 and 2. But it was as an 11th-grader that he moved to the top of the HS world—and into the world's consciousness—with a '17 campaign which saw him raise the absolute HSR 6 times, including the first prep 19-footer and topping out at 19-4¼. His senior year—one in which he rose to No. 4 in the World Rankings—produced another 5 absolute HSRs, with the last of them, 19-10¼, looking like it will last for many-many years. He went undefeated by high schoolers in his two AOY years and ended up with the 25 highest vaults in prep history, including all 23 of the 19-footers.

2. Noah Lyles (Williams, Alexandria, Virginia)

Lyles joined Duplantis as a 2-time AOY, rating as No. 1 in both '15 & '16 and earning some support as AOD. He was a double No. 1 All-America in the 100 and 200 both years and added a No. 3 in

the half-lapper as a soph. He broke the national 200 record with his 20.09, claiming 4th in the '16 Olympic Trials. In the 100, his 10.14 in '15 remains the national junior-class record and stands at No. 6 on the all-time list.

3. Ryan Crouser (Barlow, Gresham, Oregon)

The year after cousin Sam won top honors, the '11 AOY had an amazing senior season, claiming the national discus record at 237-6. He backed that up with 3 throws in the all-time top 8. He also sparkled with the shot, producing the best non-Michael Carter throw ever with a 77-2¾ that destroyed the old indoor best by more than 2ft. A 63-11 with the 16-pounder also gave him the national indoor record in that event.

4. Sam Crouser (Gresham, Oregon)

A threat to the national javelin record when '10 began, Crouser achieved that goal not only once, but twice, reaching 244-2 & 255-4. But that was only part of his arsenal, as he was also No. 12 on the shot list (64-5½) and threw the discus 205-10 to earn No. 1 All-America honors in that event as well. He was a unanimous choice as AOY.

5. Matthew Boling (Strake, Houston, Texas)

A unique pair of No. 5 All-America ratings in the 400 and long jump as a junior gave hints of what was to come in Boling's senior year. He roared to the AOY title after becoming the first ever to rate No. 1 in the 100, 200 and LJ. Marks-

wise he recorded the fastest all-conditions 100 ever (9.98w), became No. 8 ever in the 200 (20.31) and jumped to No. 7 ever at 26-3½.

6. Trentavis Friday (Cherryville, North Carolina)

The '14 AOY showed turns of speed like no prep before him. First he lowered the still-standing national 100 record to 10.00. He was perhaps better in the 200, where he won the World Junior Championships gold and produced the two fastest all-conditions times ever by a high schooler, 20.03 and 20.04.

7. Michael Norman (Vista Murrieta, Murrieta, California)

He never rated higher than No. 3 in AOY balloting, but the all-around SoCal sprint star reached that level twice as he picked off 5 All-Am ratings in 3 events: in '15 he was No. 2 in the 200 and No. 1 in the 400 and in '16 he was No. 2 in the 100, 200 & 400. His 20.14 as a senior missed the previous HSR in the 200 by just 0.01 and earned him 5th in the Olympic Trials.

8. Drew Hunter (Loudoun Valley, Purcellville, Virginia)

Like Norman, Hunter made the overall Top 10 on the strength of a pair of non-AOY years, claiming No. 5 in '15 and No. 4 in '16. He did his best work during the indoor portion of his senior season, claiming national undercover records in the 1500 (3:41.93), mile (3:57.81) and 3000 (7:59.33). That last also rates as the absolute HSR.

9. Gunnar Nixon (Santa Fe, Edmond, Oklahoma)

The versatile 10-eventer missed being AOY by just 3 points in '11, trailing only Ryan Crouser. He scored a decathlon trifecta as a senior, claiming the national records with the HS (8035), Junior (7748) and international (7524) implements. As a junior he had raised the national class record with the prep implements to 7573.

10. Rudy Winkler (Averill Park, New York)

After a No. 10 in AOY voting as a junior, the ball-and-chain star made it all the way to the top in '13. In repeating as No. 1 in the hammer (after a No. 3 as a soph), he claimed new national standards with both the HS (260-5) and Junior (249-0) implements. Internationally, he made the World Youth final in the 10th grade and World Junior final in the 11th. □



No. 1 performer Mondo Duplantis became the first prep 19-footer during the indoor season of his junior year.

The Decade's Top 10 High School Girls

MIKE SCOTT



She went on to become prep AOY again the next year, but Sydney McLaughlin's signature moment was probably making the Olympic team as a junior.

TURNING PRO EARLY had a major impact on the girls' side in the Teens. The AOY choices of '13, '14 & '15 all prematurely gave up HS eligibility as did the '15 runner-up after the next year's indoor season. Sydney McLaughlin, on the other hand, stayed the course and had the unique feat of making the Top 10 all 4 years, so our panel of prep experts gave her a narrow edge over Mary Cain as the overall leader. Here's our Top 10:

1. Sydney McLaughlin (Union Catholic, Scotch Plains, New Jersey)

No. 8 as a frosh, No. 4 as a soph and then a pair of No. 1s in '16 & '17, the latter unanimous, McLaughlin was all over the AOY balloting during her entire high school career. So too was her progression as the class recordholder in the 400H starting with 55.63 as a frosh and 55.28 as a soph. Her junior (54.46 & 54.15) and senior (54.03 & 53.82) years produced not only the class records but also a pair of HSRs as well. Additionally, the 53.82 was a World Junior Record. As a 12th-grader she also ran the one and only 300H race of her life, crushing the national record with her 38.90. Overall, she racked up 7 All-America honors, topped by her 4 No. 1s in the 400H. She also earned a No. 3 in the 100H as a frosh and in the 400 had a No. 2 (junior) and No. 1 (senior). Perhaps most memorably, as a junior she made the Olympic Team and advanced as far as the semis in Rio.

2. Mary Cain (Bronxville, New York)

After finishing a strong No. 2 in the '12 AOY balloting, Cain was a unanimous selection as No.

1 the next year, as a junior. That marked the third year in a row that she had set a class record in the 1500, her 4:10.77 HSR & 4:04.62 HSR following a 4:11.01 HSR as a soph and 4:17.84 as a frosh. In her AOY year she went on to claim 9th at the World Championships. She also found time to turn in some high-end 800 running, lowering the HSR to 1:59.51. Her '13 indoor campaign was also remarkable: 4:11.72 iHSR, 4:28.25 iHSR, 9:04.51 iHSR, 9:38.68 iHSR. The mile and 2M times both rate as the absolute HSRs as well. Cain spent what would have been her senior year of eligibility as a pro.

3. Vashti Cunningham (Gorman, Las Vegas, Nevada)

The best prep high jumper ever didn't claim an AOY title, but she did have an honor none of the others could claim: a World Championships gold medal. In Cunningham's case, it was of the indoor variety, and after that success in March of her senior year she turned pro, sacrificing an outdoor campaign that may well have seen her beat McLaughlin for the AOY crown. She had also been the AOY runner-up—by a single point—in her junior year after No. 8 as a soph. She produced the 7 highest jumps in prep history, topped by her HSR 6-6¼.

4. Shelbi Vaughan (Legacy, Mansfield, Texas)

The unanimous '12 AOY went on a record rampage in her senior year, upping the national record 4 times with throws of 191-6, 191-11, 193-11 & 198-9. She produced the No. 4 throw in history, 195-9 to take 4th in the Olympic Trials, missing

a spot on Team USA by just 21 inches. Overall, that campaign saw her produce the 10 farthest throws ever.

5. Alyssa Wilson (Donovan, Toms River, New Jersey)

The '18 AOY runner-up (after a No. 3 as a junior), Wilson left her fingerprints all over the All-Am throws charts. In the shot she was No. 3 as a soph, then tacked on a pair of No. 1s (with HSRs of 57-1¼ & 58-1 as a senior). In the discus she was No. 4 as a junior and No. 1 as a senior), and in the discus twice No. 2.

6. Briana Williams (Northeast, Oakland Park, Florida)

The No. 5 AOY in the '18 voting as a soph, the Jamaican international claimed the '19 crown after a season which saw her lower the national record to 10.94. She also produced the Nos. 3 (11.01), 4 (11.02A), =6 (11.10) & =12 (11.11A) times ever. Her 22.50 as a soph made her the No. 5 ever at the half-lap.

7. Anna Hall (Valor, Highlands Ranch, Colorado)

Versatility was the name of the game for Hall, who claimed national records in the heptathlon as both a junior (5798) and senior (5829). She was the No. 1 All-America both years, of course, and added A-A spots in the high jump as both a junior (No. 2) and senior (No. 5). Her two AOY finishes were as No. 3 in '18 and No. 2 in '19.

8. Katelyn Tuohy (North Rockland, Thiells, New York)

Hampered by illness/injury in her junior year, Tuohy was "only" No. 8 in '19's AOY balloting. But that combined with a fabulous soph campaign earned her No. 8. The No. 1 All-Am choice in both the mile and 2M that year she claimed indoor HSRs in the 2000 (5:57.56), 3000 (9:01.81) & 5000 (15:37.12). That last time also rates as the absolute HSR.

9. tie, Kaylin Whitney (East Ridge, Clermont, Florida) & Candace Hill (Rockdale, Conyers, Georgia)

If you want to talk precocious sprinters be sure to save a spot in the conversation for these two, who in parallel successive years (Whitney '14, Hill '15) became AOYs as 16-year-old sophs. And both claimed the national record in the 100 (11.10 for Whitney, 10.98 for Hill). As well, Whitney was the World Junior 200 winner (and bronze medalist in the 100), while the next year Hill was the winner of the 100 and 200 golds at the World Youth Championships. Finally each gave up her junior and senior years of eligibility, turning pro. □

New Balance GP — Women's Long Races Sparkle

by Larry Newman

ROXBURY CROSSING, Massachusetts, January 25—The inaugural meeting of the World Indoor Tour kicked off at the Reggie Lewis Track & Athletic Center on the campus of Roxbury CC. The women's distance events captured much of the spotlight with Vermont's Ellie Purrier (9:29.17) pushing forth with a convincing win over Dominique Scott and 8-time U.S. steeple champion Emma Coburn in the 2M.

Purrier, a transplanted Boston resident who grew up on a dairy farm in Montgomery Center, Vermont, and starred collegiately for New Hampshire, was convincing with her late-race surge to notch a PR, jumping to No. 5 on the all-time U.S. list. "It was kind of a grind" said the '18 NCAA indoor mile champion, "But I felt confident with 200 to go. Honestly, I felt like I could have run a little bit faster, but overall I'm happy with how I ran." Purrier, who will next compete in the Millrose Games mile, continued, "It was just amazing competing here in Boston. It's just so cool to see such a big crowd from my college and my friends from home. It makes it a lot more special."

The 1500 featured a battle of training mates as Jessica Hull (4:04.14 PR) held off Konstanze Klosterhalfen (4:04.58) in the stretch. Hull, a 4-time NCAA champion at Oregon with a résumé that includes titles outdoors at 1500 and indoors at 3000 who will continue to train in the U.S., was focusing on maintaining her composure through the end. "I was just trying to be strong through the finishline," said the 23-year-old Aussie. "Last season that was exposed as my weakness, so I just had an opportunity today to practice that and I was pretty excited that I had been patient enough to wait," referring to her late-race strategy. "It was awesome to share essentially the entire race with my training partner [Klosterhalfen]. It was great to be out there together and I pulled a lot of energy from that and was really excited. It was my first win in a while, so it was special."

Sydney McLaughlin was forced to scratch from the women's 500. A statement released by meet management said she was apparently "a little tight from traveling" and was asked by coach Joanna Hayes not to compete. Hayes explained, "She's got an exciting season ahead of her and her

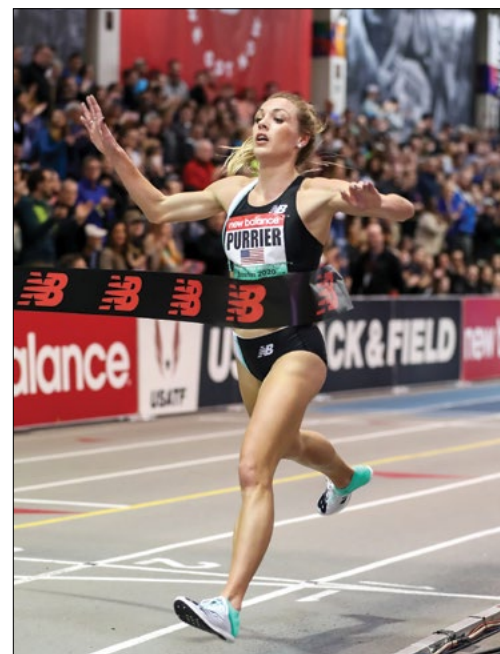
health is our first priority, so we want to make sure she takes care of herself."

With the meet schedule slightly juggled in McLaughlin's absence, it was up to world 800 champ Donovan Brazier to woo the near-capacity crowd in the men's 600. Brazier had company for the first two laps, but after that there was clearly nobody up to the task to jockey with him. He was a man alone on the final lap, finishing nearly a straightaway up on the pack, cruising to a PR 1:14.39, the No. 2 all-time performance, ranking only behind his World Record 1:13.77 set at last year's Nationals.

"It feels great. This is my tradition so far while being a professional," said the 22-year-old Michigan native. "I've run at Boston Reggie Lewis four years straight now and I've come out with four wins in a row. So might as well keep coming back." The fans would agree.

Harvard grad Gabby Thomas (36.52) put away a strong field in the women's 300 that included Jessica Beard (37.58) and Shamier Little (37.07 in the second section) just across the river from where she attended school. "It was really great to compete at home here in Boston," said a beaming Thomas, who grew up in the village of Florence, in Northampton, Massachusetts, and now trains in Texas. "A lot of people come out to see me and it means a lot. Especially being my first year out of college and having that energy around me. It's really an amazing feeling. I'm happy to be back, happy to be home."

The men's mile sparked a rather tactical race up front with Scotland's Chris O'Hare just edging out New Zealand's Nick Willis, 3:59.62-3:59.89. O'Hare didn't quite know what to make of his inaugural race of the campaign. "The first race of



Ellie Purrier moved to No. 5 on the all-time U.S. 2M list with her 9:29.17.

the season is always somewhat of a mystery, never feels good," said the 29-year-old Tulsa grad. "So, when we were coming through in 60-second pace I was thinking 'I don't feel good at all.'" He then dug down and found the motivation he needed: "So, at that point it's just about remembering my two sons, remembering why I'm doing this. You know they're always my motivation, but it's times when it gets tough that they always motivate me in the race to go to that extra gear." □

NEW BALANCE GP MEN'S RESULTS

Roxbury Crossing, Massachusetts; January 25 (200 banked; * = WIT scoring event) —

60": 1. Demek Kemp (US) 6.50 PR; 2. Keitavious Walter (US) 6.61; 3. Zhouzheng Xu (Chn) 6.68; 4. Yuki Koike (Jpn) 6.69 PR; 5. Asafa Powell (Jam) 6.71; 6. Harry Aikines-Aryeetey (GB) 6.73; 7. Trayvon Bromell (US) 6.84.

400": 1. Obi Igbokwe (US) 46.50; 2. Vernon Norwood (US) 47.48; 3. Kahmari Montgomery (US) 47.72; 4. Taylor McLaughlin (US) 48.25; 5. Rilwan Alowonle (Ngr) 48.38; 6. Nery Brenes (CR) 48.48.

600": 1. Donovan Brazier (US) 1:14.39 (2, 2W; 2, 2A; in-out: x, 8A); 2. Michael Stigler (US) 1:20.21; 3. Robert Grant (US) 1:20.36 PR; 4. Dave Kendziera (US) 1:20.61 PR; 5. Brian Bell (US) 1:22.70 PR.

1000": 1. Bryce Hoppel (US) 2:17.41 PR (3, 3); 2. Jake Wightman (GB) 2:17.51 NR; 3. Saul Ordoñez (Spa) 2:18.81 PR; 4. Brad Mathas (NZ) 2:23.01 PR.

Mile: 1. Chris O'Hare (GB) 3:59.62 (3:44.62); 2. Nick Willis (NZ) 3:59.89 (3:44.89); 3. James Randon (US) 4:01.32 (3:46.45 PR); 4. Jaxson Hoey (US) 4:01.63 PR (3:45.66 PR); 5. Mason Ferlic (US) 4:02.88 (3:46.83 PR); 6. Clayton Murphy (US) 4:03.37 (3:46.64); 7. Julian Oakley (NZ) 4:05.56 (3:47.39); 8. Josh Hoey (US) 4:07.08 (3:48.55 PR); 9. Masaki Toda (Jpn) 4:16.38 PR (3:57.69 PR).

3000": 1. Bethwel Birgen (Ken) 7:44.21; 2. Edward Cheserek (Ken) 7:46.74; 3. Jonas Raess (Swi) 7:52.20 PR; 4. Ben Flanagan (Can) 7:56.02; 5. Jemaine Coleman (GB) 7:58.95 PR; 6. Jonny Davies (GB) 8:00.98; 7. Izac Yorks (US) 8:01.77 (fell); 8. Adam Craig (GB) 8:01.81; 9. Brian Barraza (US) 8:02.24; 10. Adel Mechaal (Spa) 8:02.76; 11. Jordan Mann (US) 8:10.65 (fell).

Field Event

TJ*: 1. Pablo Torrijos (Spa) 54-11½ (16.75); 2. Chris Carter (US) 54-4 (16.56); 3. Troy Doris (Guy) 52-8¾ (16.07); 4. David Oluwadara (US) 51-¾ (15.55); 5. Nathaniel Meade (US) 50-10¾ (15.51).

NEW BALANCE WOMEN'S RESULTS

300": 1-1. Gabby Thomas (US) 36.52; 2. Jessica Beard (US) 37.58; 3. Carline Muir (Can) 38.58; 4. Laura de Witte (Hol) 39.01 PR. II-1. Shamier Little (US) 37.07; 2. Kendall Ellis (US) 37.36; 3. Amy Allcock (GB) 38.45 PR.

500": 1. Lisanne de Witte (Hol) 1:10.50 PR; 2. Jordan Lavender (US) 1:12.53 PR; 3. Brooke Feldmeier (US) 1:13.07 PR; 4. Brenna Detra (US) 1:13.08.

1500": 1. Jessica Hull (Aus) 4:04.14 NR; 2. Konstanze Klosterhalfen (Ger) 4:04.38; 3. Ciara Mageean (Ire) 4:06.42 NR; 4. Cory McGee (US) 4:06.88 PR; 5. Heather MacLean (US) 4:08.12 PR; 6. Esther Guerrero (Spa) 4:09.93 PR;

7. Mariah Kelly (Can) 4:10.01 PR; 8. Lindsey Butterworth (Can) 4:14.82 PR; 9. Siobra Cléirigh Büttner (Ire) 4:16.70 PR; 10. Lianne Farber (US) 4:19.30.

2M: 1. Ellie Purrier (US) 9:29.17 PR (5, 6 A; in-out: 7, 10 A) (8:56.54);

2. Dominique Scott Efurud (SA) 9:31.98 PR (8:56.89);

3. Emma Coburn (US) 9:32.81 PR (8, 9 A) (8:56.60);

4. Katrina Coogan (US) 9:36.52 PR (8:59.97 PR); 5. Jessica O'Connell (Can) 9:36.79 PR (8:58.14); 6. Stephanie Garcia (US) 9:39.11 PR (8:59.21); 7. Camille Buscomb (NZ) 9:50.02 PR (9:09.12 PR); 8. Katie Mackey (US) 9:50.57 (9:06.23).

60H*: 1. Nia Ali (US) 7.94; 2. Christina Clemons (US) 7.98; 3. Janeek Brown (Jam) 8.00; 4. Brittany Anderson (Jam) 8.07 PR; 5. Isabelle Pedersen (Nor) 8.10; 6. Payton Chadwick (US) 8.13; 7. Jeanine Williams (Jam) 8.14; 8. Tiffany Porter (GB) 8.21.

Heats I-5. Lolo Jones (US) 8.32. II-dnf—Jasmin Stowers (US).

Field Event

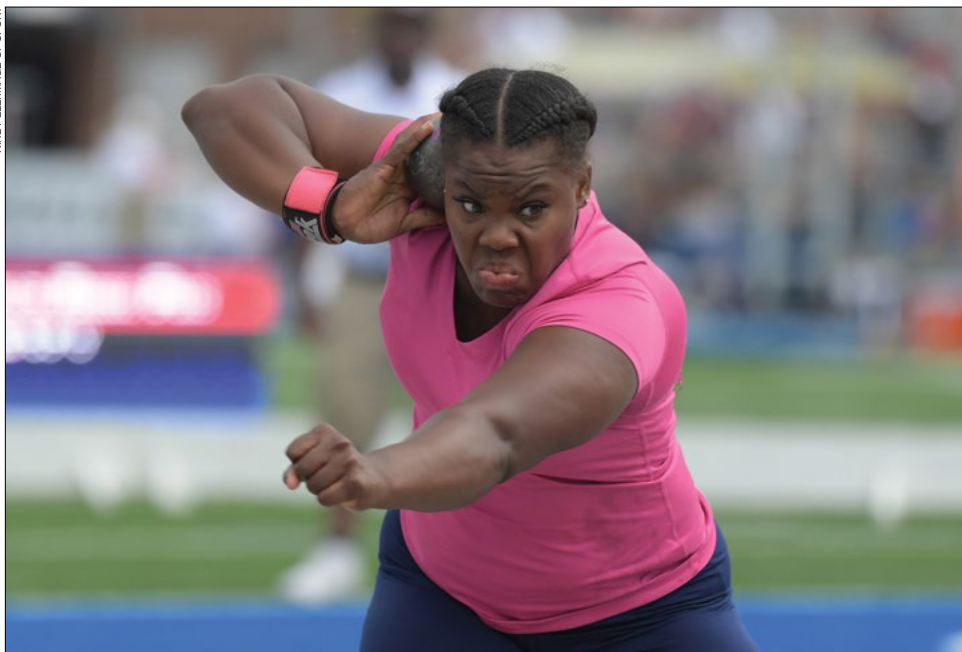
HJ*: 1. Amina Smith (US) 6-2¼ (1.89); 2. Priscilla Frederick (Ant) 6-2¼; 3. Liz Patterson (US) 6-¾ (1.85); 4. Maruša Černjul (Slo) 6-¾.

In a battle of training partners, Jessica Hull edge Konstanze Klosterhalfen in the 1500.



Sander Invitational — Fine Putting By Jessica Ramsey

KIRBY LEIMAGE OF SPORT



A 62-½ heave left Jessica Ramsey just an inch and three-quarters off her new indoor PR.

by Rich Sands

NEW YORK CITY, January 25—As the domestic professional circuit finally got underway, several athletes looked to be in mid-season form at the Sander Invitational.

Hidden in a far corner of New York City's Armory, the women's shot produced one of the afternoon's most notable performances. Jessica Ramsey was just off her recent indoor PR to top a field that included the top three American throwers from '19. After taking the lead in the

third round with a 60-8 (18.49) heave, the Western Kentucky grad hit 62-½ (18.91) in the fourth round to seal the win. That's just off the 62-2¼ (18.95) she launched at Vanderbilt last week. Maggie Ewen nearly stole the victory with her 61-8¼ (18.80) in the final round, while defending indoor and outdoor USATF champ Chase Ealey managed only 58-3 (17.75) for 3rd on a day where she fouled half her throws.

On the track, Wadeline Jonathan ran aggressively to win the women's 400 in 51.71, an indoor PR by more than a second. Prep phenom Athing Mu was a distant 2nd in 53.14, but easily beat the

rest of the pros in the race.

Jordan Gusman and Nicole Hutchinson came to town eyeing the World Indoor standard in the 3000, and both came away successful—barely. Gusman, an Australian native who trains part-time in Boulder, Colorado, and represents Malta internationally, broke away from the field with 5 laps to go to win the men's race in 7:49.11, just inside the 7:50 needed for a Nanjing entry. Not bad for his first-ever time running on an indoor track. "I walked out in lane 3 or 4 and I just thought, 'This is pretty steep,'" said Gusman. "Once you get into lane 1 and pick up speed it's not as bad as you think, but it was really interesting."

Hutchinson hit the WC standard by an even slimmer margin, crossing the line in 8:48.92 to slip under the required 8:49. The Villanova grad (by way of Canada) had to battle clubmate Heidi See (8:52.94) most of the way before sealing the win.

Hutchinson and See were paced to the 1600 by another training partner, Nikki Hiltz, who was doubling back after winning the mile just over an hour earlier. Hiltz, a WC 1500 finalist, held off BYU's Whittni Orton, 4:29.39–4:29.76, as both set PRs. "The goal coming in was just to win this race," Hiltz said. "It's just an opener, a rust-buster, [I wanted] to shake out the cobwebs. It actually took me a while to warm up into it, kind of remember how to race again." Comebacking Mary Cain was 13th at 9:24.38.

Ajee' Wilson (2:02.33) and Isaiah Harris (1:48.05) won the 800s comfortably, while Canadian 5000 specialist Justyn Knight showed his speed by winning the men's mile in 3:59.32, covering the final 200 in 27.39. "Everybody wants to run the mile," the Syracuse grad said of his choice to drop down in distance. "Knowing that I have Olympic standard [in the 5000] already I just wanted to get some speed under my legs and make sure that I have those wheels come time for Canadian trials and outdoor track." □

SANDER CHALLENGE MEN'S RESULTS

New York City, January 24-25 (200 banked)—

400: 1. Wil London (Nik) 46.60; 2. Tyrell Richard (adi) 47.12; 3. Nathan Strother (adi) 47.15.

800: 1. Isaiah Harris (Nik) 1:48.05; 2. Abraham Alvarado (AtITC) 1:48.34; 3. Eric Sowinski (unat) 1:48.79; 4. Harun Abda (unat) 1:48.80; 5. Robert Downs (unat) 1:50.28.

Mile: 1. Justyn Knight (Can) 3:59.32; 2. Rob Napolitano (HokaN-JNY) 3:59.68; 3. Chris Hatler (PhilR) 4:00.88; 4. Patrick Joseph (adi) 4:01.08.

3000: 1. Jordan Gusman (Aus) 7:49.11; 2. Ryan Adams (Furm) 7:49.45; 3. Jacob Thomson (BAA) 7:50.00; 4. Willy Fink (unat) 7:50.21; 5. Travis Mahoney (HokaN-JNY) 7:50.29; 6. Robert Domanic (RbkB) 7:52.08; 7. Sam Prkel (adi) 7:53.82; 8. David Ribich (BrkB) 7:54.16; 9. Alex Masai (Hof) 7:54.34; 10. Obsa Ali (Asics) 7:57.64.

TJ: 1. Chris Benard (Nik) 55-5¼ (16.91); 2. Donald Scott (adi) 55-2¼ (16.82); 3. KeAndre Bates (unat) 53-10½ (16.42); 4. Armani Wallace (unat) 53-5½ (16.29); 5. ***Clarence Foote-Talley (OhSt) 51-2¼ (15.61).

Collegiate Men

400: 1. *Tyler Johnson (OhSt) 46.84; 2. Arinze Chance (SC) 47.14.

4 x 400: 1. South Carolina 3:10.27.

HJ: 1. Keenon Laine (unat) 7-2½ (2.20).

PV: 1. ***Zach McWhorter (BYU) 18-4¼ (5.61).

Wt: 1. **Tyler Merkley (PennSt) 68-1½ (20.76).

Hept: 1. Brian Matthews (BYU) 5320.

SANDER WOMEN

400: 1. Wadeline Jonathan (adi) 51.71; 2. Athing Mu (NJHS) 53.14; 3. Jaide Stepter (Pom) 53.25; 4. Courtney Okolo (Nik) 53.71; 5. Grace Claxton (PR) 54.30.

800: 1. Ajee' Wilson (adi) 2:02.33; 2. Olivia Baker (GSTC) 2:02.98; 3. Carley Thomas (Wa) 2:03.06; 4. Allie Wilson (AtITC) 2:04.28; 5. Nia Akins (Penn) 2:04.31;

6. Sammy Watson (adi) 2:04.68; 7. Danae Rivers (PennSt) 2:05.20; 8. Chrishuna Williams (Nik) 2:05.52.

Mile: 1. Nikki Hiltz (adiMis) 4:29.39 (4:12.06);

2. Whittni Orton (BYU) 4:29.76 (4:12.34 (9, 9 C; 7, 7 AmC);

3. Lucia Stafford (Can) 4:31.42 (4:13.50); 4. Sarah MacPherson (Can) 4:33.36 (4:14.91); 5. Hanna Hermansson (Swe) 4:37.56.

3000: 1. Nicole Hutchinson (Can) 8:48.92; 2. Heidi See (Aus) 8:52.94; 3. Emily Lipari (adi) 8:54.43; 4. Amy-Eloise Neale (GB) 8:56.54; 5. Erika Kemp (BAA) 8:58.44; 6. Shannon Osika (Nik) 9:00.42; 7. Amanda Eccleston (Brk) 9:00.76; 8. Paige Stoner (RbkB) 9:01.36; 9. Abbie McNulty (RbkB) 9:04.50; 10. Sarah Pagano (adi) 9:09.63; 11. Yolanda Ngarambe (Swe) 9:14.88; 12. Josette Norris (RbkB) 9:18.03; 13. Mary Cain (US) 9:24.38; 14. Katelyn Tuohy (NYHS) 9:32.88.

Field Events

LJ: 1. Quanesha Burks (adi) 22-1 (6.73) (22-1, 21-8¼, 21-4¼, 21-8¼, 21-9½, 21-8¼) (6.73, 6.61, 6.51, 6.61, 6.64, 6.62); 2. Kate Hall (Asics) 21-10 (6.65); 3. Akela Jones (Bar) 21-¾ (6.42); 4. Jasmine Todd (unat) 20-5¼ (6.23); 5. Sha'Keela Saunders (adi) 20-3¼ (6.18).

SP: 1. Jessica Ramsey (unat) 62-½ (18.91) (f, 58-11½, 60-8, 62-½, 59-11¼, f) (f, 17.97, 18.49, 18.91, 18.27, f); 2. Maggie Ewen (unat) 61-8¼ (18.80); 3. Chase Ealey (unat) 58-3 (17.75); 4. Raven Saunders (unat) 57-8¼ (17.58);

5. *Adelaide Aquila (OhSt) 56-11¼ (17.35); 6. Monique Riddick (Vel) 55-3¼ (16.86); 7. Lloydricia Cameron (Jam) 53-9 (16.38).

Collegiate Women

(1/24—60, 60H, DM, Pent)

60: 1. *Anavia Battle (OhSt) 7.33.

200: 1. *Stephanie Davis (SC) 23.94.

400: 1. **Shae Anderson (UCLA) 53.46.

800: IV-1. Michaela Meyer (De) 2:07.26. V-1. Cynthia Anais (Fra) 2:03.48; 2. Megan Malasarte (AtITC) 2:04.93; 3. Anna Camp (BYU) 2:06.71; 4. Olga Kosichenko (CPTC) 2:07.63.

60H: 1. *Morgan Lewis (OhSt) 8.27; 2. *Destinee Rocker (SC) 8.27.

4 x 400: 1. Ohio State 3:39.52; 2. UCLA 3:40.11; 3. Penn 3:40.60.

DisMed: 1. Duke 11:15.47; 2. Columbia 11:18.20.

PV: 1. **Hailey Sweatman (SC) 13-9¼ (4.20).

TJ: 1. **Kali Hatcher (Col) 42-6¼ (12.97); 2. Zion Lewis (Brown) 42-0 (12.80).

SP: 1. *Alyssa Wilson (UCLA) 57-¾ (17.39).

Pent: 1. Madeline Holmberg (PennSt) 4171.

Collegiate 300 Record For Jacory Patterson

VIRGINIA TECH ATHLETICS



His 32.28 made Jacory Patterson No. 1 on the all-time collegiate list, plus No. 6 American and No. 11 in the world.

BLACKSBURG, VIRGINIA, January 17—For the second year in a row Jacory Patterson had a recordbreaking season 300m opener at home at the Virginia Tech Invitational. Last year, as a frosh, the South Carolina native cranked out a 32.49 that gave him the World Junior (U20) Record, moving to No. 2 on the all-time collegiate list in the process. After this year's meet, with a winning time of 32.28, he's No. 1. "Last year, I found out the Collegiate Record was 32.32, and of course, that was my goal this year," Patterson said. "I don't like putting limits on myself. I just told myself to go out there and run."

"Jacory is one that has big goals for himself," Tech sprint coach Tim Vaught said. "Ever since I recruited this guy, he's said that he wanted to break records and be a national champion. At practice, he's one of those athletes that every coach wants. He's always asking what he needs to do and wants to do more than somebody else to get better. For him to break this NCAA record formerly held by Torrin Lawrence of Georgia, it's amazing. It just speaks volumes about the amount of work he puts in."

Outdoors last year, Patterson lowered his long-dash PRs to 20.57 and 45.46. He was formcharted No. 6 in our 400 predictions going into the NCAA, but tweaked a hamstring a few days before the meet and had to withdraw. □

The All-Time Collegiate 300 List

The top 10 collegians ever (A = altitude over 1000m; + = hand time plus 0.14):

	Time	Athlete	Date
1.	32.28	Jacory Patterson (Virginia Tech)	1/17/20
2.	32.32	Torrin Lawrence (Georgia)	1/22/10
3.	32.67	Lorenzo Daniel (Mississippi State)	3/01/87
4.	32.79(A)	Amir James (Northwestern Louisiana)	3/04/17
5.	32.80	Grant Holloway (Florida)	1/07/17
		Benjamin Vedel' (Florida)	1/06/18
7.	32.83	Dwight St. Hillaire' (Kentucky)	12/08/17
8.	32.89	Antonio Woodard (Iowa)	12/08/18
9.	32.94+	Tyrone Kemp (Florida)	3/10/90
10.	32.98	Steve Lewis (UCLA)	2/26/89

Puma brush spikes from 1968



David Butler, pole vault coach at Rice University, has an original pair of Puma brush spikes from 1968. The shoes are in pristine condition and he is interested in selling them. Contact him at stayhop@comcast.net.

Pole Vault Fans: check out Butler's Facebook group called "The Vault: How Bamboo, Steel and Fiberglass Changed Our Lives." Butler has one of the world's biggest collections of "pole vault imagery and film" and has created a "pole vault museum" with this group. Great stories and responses on the site.

A Tough Cookie Sticks In There For 5K American Collegiate Record

KEVIN MORRIS

by Jeff Hollobaugh

WITH MILER CRAIG ENGELS rabbit-
ing the 5000 at the Thomas Terrier Classic,
Tyler Day tucked into the pack and went
along for a ride—a very fast ride that would
find him claiming the American-born CR.
“I felt really smooth, I felt really confident,”
says the 23-year-old Northern Arizona se-
nior. “It kinda hurt a little but I know I’m a
tough cookie, so I just stuck in there. My big
thing was I tried telling myself, ‘No gaps.’”

Engels had set a stiff pace from the
start (kilos in 2:37.68 & 5:18.52) in what was
the first indoor race ever for Olympic 10K
silver medalist Paul Tanui at age 29. After
halfway Engels was done and the Kenyan
took over. He passed 3K in 7:59.16, with Eric
Jenkins, Matt Baxter, and Day still hanging
on. After 3200 (8:30.32), Day moved into 3rd,
explaining, “Once I passed Matt, I was able
to work back into the group and then latch
on there and stick it out.”

Tanui kept the pack on target for the
next K (10:39.81) before Jenkins shot into
the lead. With 3 laps to go, Tanui moved
back to the front with Day a step behind.
The Kenyan had the better kick, covering
the final circuit in 27.92 to win at 13:15.72. Day
closed in 28.94 to clock 13:16.95 to become the
fastest American collegian ever, indoors or out,
taking almost 10 seconds off his PR.



**Tyler Day's almost-10-second PR improvement found him replacing
Galen Rupp in the recordbooks.**

Day admits that it hadn't quite hit him that he
had beaten Galen Rupp's 13:18.12 from '09. “I saw
everyone kind of bewildered,
looking at me like, ‘Holy crap.’
And for me, I was just, ‘I don’t
know what I just did.’ I felt
this kind of thing when we
won our first national title
[in XC]. It’s something you
dream about for a long time,
and then when it comes into
focus, whoa! it’s like crazy,
you know?”

Coached by Mike Smith,
Day says that it was no
accident that he got into
world-class shape over the
winter. A 3-time cross coun-
try All-America for the Lum-
berjacks, he first made A-A
on the track with an 8th at
the '17 Indoor. The next year,
after a 28:04.44 at Stanford,
he finished 4th in the NCAA
10,000.

Last year was a bit of a
disappointment, even though
he lowered his 5K PR of
13:25.06 at Payton Jordan.
He finished only 13th in the
NCAA Indoor, then at the
Outdoor, he took 6th in the

10K. “That was one of the hardest 10Ks I’ve ever
done,” he says, “but as a whole I just felt like
I had more to prove. I’m a guy who could run
these fast times but I just haven’t been able to
put it on for the big race. That 6th place kind of
showed it. I was really kind of angry at that.”

The turning point really came after the
indoor campaign he explains. “Smith took me
aside and he was just like, ‘Hey man, I know
you’re a tough guy. I know I’ve thrown stuff at
you that I wouldn’t throw at anyone else and
I know there’s more in the tank. You just need
to take ownership on what you’re doing. You
need to get out there and grind it out again. I
know you can do it.’”

With no more XC eligibility remaining, Day
threw himself into training for this Olympic
year, revealing, “This cross season while the
team was doing its thing, I tried to work my butt
off. I’ve just been waiting, counting down the
days when I could represent the Lumberjacks
again on the track.”

As for the OT, Day says, “Our plan was
10,000 for sure. So Boston was great and every-
thing, but for me that’s just a stepping stone to
get to June and get on the line at the Trials. So
I’m kind of up in the air on the 5K too. “We’re
planning on trying to hit the Olympic standard
[27:28.00]—most likely at Stanford—and then
get a spot on the Trials line and see if I could
be one of the three lucky dudes that represent
the United States.” □

The All-Time Collegiate Men's Indoor 5000 Top 10

Tyler Day moved to No. 3 all-time with his Boston run, but
No. 1 among American-born collegians. The Top 10 (‘ =
non-American):

Mark	Athlete	Date
1. 13:08.28	Lawi Lalang' (Arizona)	2/11/12
2. 13:13.74	Stephen Sambu' (Arizona)	2/11/12
3. 13:16.95	Tyler Day (Northern Arizona)	1/24/20
4. 13:18.12	Galen Rupp (Oregon)	2/13/09
5. 13:19.54	Leonard Korir' (Iona)	2/11/12
6. 13:19.58	Chris Derrick (Stanford)	2/11/12
7. 13:19.79	Sam Chelanga' (Liberty)	2/13/09
8. 13:20.4	Suleiman Nyambui' (UTEP)	2/06/81
9. 13:22.17	Geoff Smith' (Providence)	2/12/82
10. 13:22.6	Alberto Salazar (Oregon)	2/06/81

High School Season Opens With 3 National Records

KEVIN MORRIS



The setter of the national 600 record last year, Athing Mu now has the 500 standard as well.

SOME OF THE BIGGEST STARS of the '19 prep season kicked off their '20 campaigns with some notable performances. Off the track came the major news that national record holders Tamari Davis and Briana Williams had turned pro (see sidebar).

500 Record To Athing Mu

Last year's national record setter in the 600, Athing Mu (Central, Trenton, New Jersey) showed her stuff at two other distances at the Virginia Showcase. She opened up on Thursday with a 300 in 37.36, a time that moved her to No. 3 ever, missing the HSR by just 0.54. Two days later she

sprinted even better, taking down the all-time 500 best with her 1:10.22. That nipped by 0.08 the mark set by Chanelle Price (Easton, Pennsylvania) in '08. She won by more than 2 seconds.

Outdoors, Mu is an 800 star already worthy of mention along with pros in our [Olympic Trials Preview](#) of the event. "Before I race the 800 I just want to get some speedwork in to see where I'm at," said the Texas A&M signee. "This is my first time at both events so I really just went in, hoping to run whatever fast times... 37 was really something crazy. I really didn't think I'd do that."

Another Walk Mark For Taylor Ewert

Mu wasn't the only record-setter at the Virginia Showcase. Having already set myriad walk records both indoors and out the last couple of years, Taylor Ewert (Beavercreek, Ohio) destroyed her own national standard (and American Junior Record) in the 3K walk with a 13:00.56 performance, a 24-second improvement on her mark from the same meet last year.

Tamari Davis Ties 60 Best

After a 7.25 heat in the 60 moved Tamari Davis (East Ridge, Clermont, Florida) into a tie for No. 5 all-time, the junior brought more heat to the Gamecock Opener final

where she faced a solid field of collegians and pros. Zipping 7.19 for the win over Norfolk State's Kiara Grant (an 11.04 performer outdoors), Davis tied the HSR set at altitude by Coloradan Ashley Owens in '04. Davis's mark, a World Youth (U18) best, also bettered the low-altitude best of 7.22 set by Floridian Shayla Sanders in '12.

More Action At The Virginia Showcase

Mu and Ewert were only part of the story in Lynchburg as a blazing boys 300 matchup saw Cameron Rose (Hickory Ridge, Harrisburg, North Carolina) nipping Justin Robinson (West, Hazelwood, Missouri), 32.84–32.87. Rose moved into a tie for No. 2 all-time, with Robinson equaling No. 4.

Robinson, No. 1 ranked in the 400 last year, came back to win the 500 in 1:02.39, making him No. 5 all-time.

On the girls' side the multi-talented Morgan Smalls (Panther Creek, Cary, North Carolina) moved to No. 8 all-time with her 42-10 TJ on the same day that she won the high jump at 6-0. The next day she won the 200 in 24.46.

Other Highlights...

At Clemson's Orange & Purple meet Briana Williams (Northeast, Oakland Park, Florida) preceded Davis's HSR with a PR 7.25 60 to move to =5 all-time. It was her last race in the prep ranks before she signed a pro contract... Cheyenne Figueroa (Classical, Providence, Rhode Island) moved into a tie for No. 7 all-time in the weight throw with her 62-8 ½... Leah Pasqualetti (Orchard Park, New York) vaulted 14-0 to move to =8 all-time... A week after his big 300, Rose produced a 20.94 to move to No. 5 ever in the 200. □

Davis & Williams Take The Professional Route

The sprint world lost two of its brightest stars as senior Briana Williams (Northeast, Oakland Park, Florida) and junior Tamari Davis (East Ridge, Clermont, Florida), both 17, signed pro contracts.

After inking her deal with Nike, Williams announced, "It's official, guys. I am turning pro, and I am represented by HS International." Last year's [High School Athlete Of The Year](#) after lowering the 100 record to 10.94, she is not only forgoing her remaining high school and NCAA eligibility, but she also said that she is done with Junior (U20) competition as well.

New indoor 60 recordholder Davis surprised many with her announcement that she had signed with adidas. "I have a wonderful support system that stuck with me through everything," she said. At the end of the day, this decision was a great opportunity that was handed to me and I took it." She is planning to finish her high school diploma with online classes, while her shoe deal will pay for her college education.

Precocious Tamari Davis Ties HSR In The 60

BRYAN WAYNE



She's still just an 11th-grader, but Tamari Davis is planning on taking a shot at the Olympic 200 team.

by Jeff Hollobaugh

WHEN SHE BLISTERED THE 60 at the Gamecock Opener in a stunning 7.19, tying the national High School Record and beating a solid college/pro field, that was all part of the plan for wunderkind sprinter Tamari Davis (East Ridge, Clermont, Florida), right? Not exactly. Coach Gary Evans—the same Gary Evans who guided Bahamian Steven Gardiner to the World Championships 400 gold last year—was caught off guard by his prodigy's record dash. "She just made me change my whole game plan," he says, laughing.

Davis, who holds the national frosh-class 100 and 200 records outdoors, has barely gotten going on her winter routine. "Tamari started training again in November," Evans explains. "We were on grass all the way to January 6. We

practice three days a week and one day we still kept on grass. The other days, I'm telling you the farthest we've gone and the fastest we've done have been 300s and 150s, and the 150s only about 20-second pace."

He continues, "The only thing she did fast the week before the meet, she did some blocks. That was it. So me seeing that in practice, no, I did not see 7.19 coming. I thought she was probably going to run 7.3-low, maybe 7.2-high. According to the training that we're doing, that's where she should have been. But her legs are moving faster than my thoughts."

Davis, who will turn 17 in mid-February, is now a junior at East Ridge after transferring from Gainesville's Oak Hall. She was just as surprised as her coach by the record run. "I was very shocked," she says. "I wasn't expecting to run that fast, honestly. I just wanted to go into the race P Ring and I P Red big time, so I was very

happy." Davis only ran the 60 in two meets last year, and she's enjoying the chance to do the short dash more often: "Last year, I didn't really focus on the 60 that much. I ran more 200s. But this year I'm focusing more on 60s to get my start good for the outdoor season." She did run the 60 enough to set a national soph-class record of 7.27, not quite as her frosh-class standard of 7.25 in '18.

Racing against pros and top-shelf collegians doesn't rattle her at all. "It's a great experience," she says. "I'm a youngster running against them. My mindset is just go into the race and PR. I don't care what place I get. I just want to PR because I'm racing to get some amazing performances."

Evans says that the performance has caused him to rewrite her schedule, explaining, "You know me, I don't believe in running them a lot." He has pulled her from an upcoming 200 at Clemson. Her next race will be a smaller meet on February 8. "If she runs that good in the prelims, that will be it. We won't come back for the finals." Then she goes to the USATF Championships in Albuquerque. "Let's give her a shot," projects Evans. "Since we're going to do the Olympic Trials, let's go ahead and run against

the big girls indoors. See what happens, roll the dice. That's her birthday weekend, she might get blessed."

Davis is ready for whatever the campaign brings, saying, "We've been working very hard for this upcoming season. I'm fired up about all the upcoming things." With her sights on the Trials, she and Evans have not ruled out participating in the World Junior (U20) Championships. The qualifying meet, the USATF Juniors, is June 12-14. At the Trials, the first round for the 200—her probable choice—starts on June 25.

"She's going to do both," says Evans. "I'm not having her double up. She would just do one event at both of them. If she makes the Olympic team, of course, we'll give up her spot on the World Juniors, but if she doesn't, she'll just do the World Juniors."

"It's going to be a great experience," says Davis. "I can't wait for summer to hit." □

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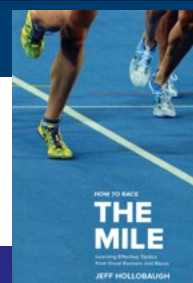
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USATF XC Titles To Rotich & Rogers

MIKE SCOTT



Anthony Rotich was the first of three straight U.S. Army runners across the line.

by Roy Conrad

SAN DIEGO, CALIFORNIA, January 18—Anthony Rotich led the way for the U.S. Army men's team at the USATF Cross Country Championships, pulling away on the final 2K loop to score a convincing win in 30:35.8 over the 10K course. That keyed a 15-point winning total for the military squad. The runner-up for the second-straight year, Emmanuel Bor finished more than 20 seconds back in 30:57.5, with Lawi Lalang 3rd in 31:00.0.

"The race was a little bit tough," said Rotich. "I knew I could work with my teammates for victory and that's what we did." The 28-year-old Kenyan native has been an American citizen since February '19; he had been a 3-time NCAA steeple champ for UTEP.

The women also ran 10K this year, and Texas A&M alum Natasha Rogers battled with Syracuse alum Paige Stoner for the first 4 laps before breaking free on the final loop to win in 35:22.2. Stoner took 2nd in 35:42.7, ahead of Carrie Verdon's 36:01.6 for 3rd.

"That last lap I knew I just had to make the tiniest little surge," said Rogers. "Once you do that sometimes you can just hold it." The Olympic Trials 10K runner-up in '12—despite falling early in the race—Rogers did not have the standard to compete in the London Games. In recent years she had virtually dropped out of the sport. Now 28, she is back training with the Hansons-Brooks Distance Project. "I'm on a vendetta," she said. "I should have made the team in 2012. That's my huge goal, that's why I wanted to come back to running."

A U.S. Army team won on the women's side too, beating squads from the Navy, Air Force and Marines (the only scoring teams entered).

The Junior (U20) boys race was won by Northern Arizona redshirt Corey Gorgas in 25:44.8 for 8K. Second was Michigan prep Evan Bishop (East Grand Rapids) in 26:21.6. The Junior girls 6K was dominated by Brooke Rauber, whose 22:11.0 put her 36 seconds ahead of runner-up Rayna Stanziano.

The races were a qualifier for the Pan-Am Cup, to be held February 29 in Victoria, British Columbia. □

USATF CROSS COUNTRY RESULTS

San Diego, California, January 18—

Senior Men (10K)

1. Anthony Rotich (Nike/USAr) 30:36; 2. Emmanuel Bor (Nike/USAr) 30:58; 3. Lawi Lalang (Nike/USAr) 31:00; 4. Dillon Maggard (Hoka) 31:08; 5. Nicholas Hauger (HokaNAZE) 31:08; 6. Matt Welch (Az) 31:22; 7. Michael Jordan (Nike/USAr) 31:28; 8. David Goodman (BouTC) 31:34; 9. Tai Dinger (Wi) 31:50; 10. Connor McMillan (Ut) 31:54;

11. Macdonard Ondara (USAr) 32:01; 12. Andrew Wacker (Co) 32:19; 13. Joe Moore (KCSm) 32:21; 14. Frankline Tonui (Nike/USAr) 32:23; 15. Connor Winter (Co) 32:25; 16. Kyle King (USMC) 32:38; 17. Steven Grolle (PeninsulaDC) 32:43; 18. Jesse Young (NEDist) 32:46; 19. Austen Dalquist (RootsRP) 32:49; 20. Joshua Espinoza (CalC) 32:57.

Junior Men (8K)

1. Corey Gorgas (NnAz) 25:45; 2. Evan Bishop (Mich) 26:22; 3. Bridger Altice (UtSt) 26:39; 4. Alex Comerford (Syr) 26:41; 5. Gabe Simonsen (Okla) 27:15; 6. Jacob Harris (Tol) 27:17; 7. Javien Hale (ND) 27:40; 8. Lucas Chung (StM) 27:53; 9. Daniel Beam (NM) 28:03; 10. Deshawn Goodwin (Wings) 28:11.

Senior Women (10K)

1. Natosha Rogers (Colo) 35:45; 2. Paige Stoner (ReebBos) 36:07; 3. Carrie Verdon (BouTC) 36:24; 4. Sarah Pease (Ois) 36:39; 5. Grace Graham-Zamudi (CalC) 36:58; 6. Danielle Shanahan (HokaNnAzE) 37:01; 7. Tansey Lystad (Co) 37:12; 8. Calene Morris (Janes) 37:24; 9. Cleo Whiting (BouTC) 37:28; 10. Catarina Rocha (OceanStAc) 37:32;

11. Caroline Alcorta (Va) 37:40; 12. Alia Gray (RootsRP) 37:50; 13. Clarissa Whiting (BouTC) 37:59; 14. Lindsay Carrick (USMC) 38:10; 15. Rachel Schilkowsky (MavTC) 38:37; 16. Carina Gillespie (USAF) 38:57; 17. Molly Callahan (Co) 39:04; 18. Rachel Viger (USN) 39:49; 19. Andrea Condle (Ca) 39:51; 20. Selina Sekulic (Ut) 40:09.

Junior Women (6K)

1. Brooke Rauber (NY) 22:11; 2. Rayna Stanziano (StM) 22:48; 3. Kalea Bartolotto (NWN) 23:10; 4. Bailey Brinkerhoff (UtSt) 23:18; 5. Sophia McDonnell (Brad) 23:23; 6. Abigail Osterlund (NWN) 23:25; 7. Justus Holden-Betts (Syr) 23:37; 8. Karlie Callahan (UtSt) 24:04; 9. Kayla Fortino (NWN) 24:06; 10. Kayla Byrne (NWN) 24:25.

Off-Track Racing Roundup For January



New 10K WR setter Rhonex Kipruto set the first of his two World Junior Records in New York 2 years ago.

IT'S EASY TO THINK of the first month of the year as indoor-track time, but as always, there was significant action outside, both on the roads and over hill & dale, including the USATF XC Champs.

Road 10K Record For Kipruto

Rhonex Kipruto, the track 10,000 bronze medalist at the World Championships, brought the 10K road WR a lot closer to the oval best, producing a sterling 26:24 to win by 48 seconds on the streets of the Mediterranean port city of Valencia, Spain (January 12). That took down the WR of 26:38 set 6 weeks earlier in the same city—but a different course—by Uganda's Joshua Cheptegei. Second in 27:12 went to Japan-based Kenyan Benard Kimeli, with Switzerland's Julien Wanders 3rd in 27:13, a European Record.

The 20-year-old Kipruto, notably shod in adidas—not any version of the Nike Vaporfly—left the pacemakers behind before 4K and passed the halfway mark in 13:23, then blitzed the last half in 13:01. "I am over the moon," he said. "When I clocked [a World Junior Record] 26:46 in Prague in 2018, I set myself the target of breaking the World Record and today my dream came true."

The women's all-time best also got a scare, as Kenyan Sheila Kiprotich, 29, came within 3 seconds with her 29:46. Her time was originally reported as a record 29:42. Rosemary Wanjiru finished 2nd in 29:50 with Norah Tanui a step

behind in 29:51. The finish doubled the list of sub-30 runners in world history.

Ethiopians Win Houston Marathons

A pair of Ethiopians, Kelkile Gezahegn and Askale Merachi, may have won at the Houston Marathon (January 19), but for American fans, more significant was that on the last day in the qualifying window for the OT marathon, 12 American men and 17 women bettered the B standard. All told, including the accompanying half marathon, 85 Americans beat the Trials standards.

Gezahegn won the \$47,500 first prize by more than 2:00 with his 2:08:36. Merachi made even more—\$65,000—with her 2:23:29 PR. Craig Hunt (2:17:18) and Adriana Nelson-Pirtea (2:33:18) each finished 8th in their respective fields to lead U.S. finishers.

Ethiopians Again In Dubai

It's not often that a marathon ends in a sprint but that's exactly what happened on the streets of Dubai (January 24). Ethiopia's Olika Adugna—a first-time marathoner running in a pair of borrowed Vaporflys, having forgo his racing shoes on the plane—won in 2:06:15. Kenya's Erick Kiptanui was just behind in 2:06:17 as 9 more finished in the next 17 seconds. The race featured the fastest

times ever for places 10-13. "I always believed I could win," said Adugna.

Last year's Boston women's winner, Worknesh Degefa, led from the start to win at 2:19:38 and win, with Gitei Shone 2nd in a PR 2:20:11.

50K Walk Olympic Trials

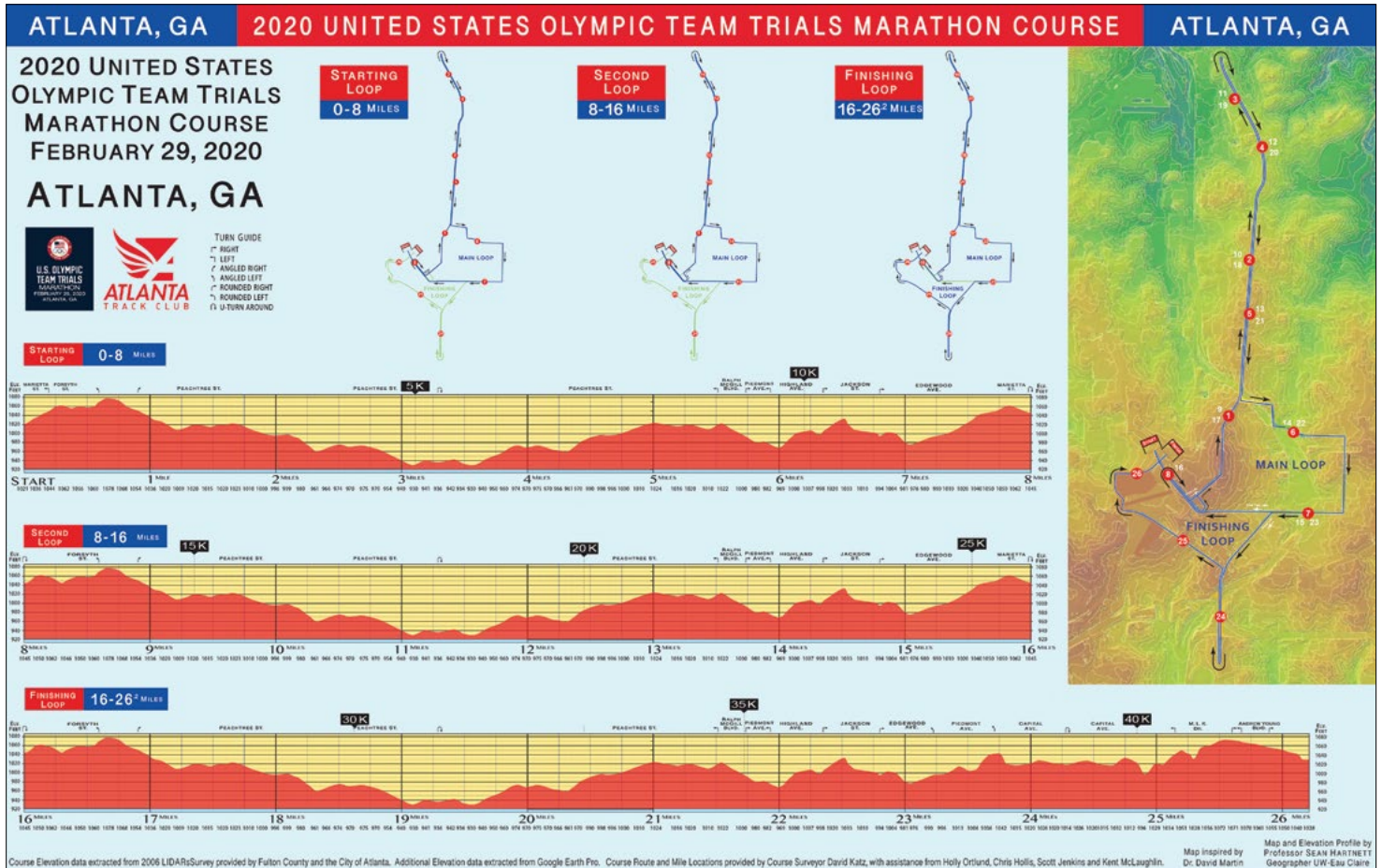
With a new name at the front of the pack, the 50K race walk Olympic Trials (Santee, California, January 25) fell well short of hitting the Olympic standard of 3:50:00. Andreas Gustafsson, who lost two years of his career to a positive test for EPO and switched nationality from Sweden in the interim, competed in his first U.S. championship as a citizen, capturing the title in 4:12:11.

Nick Christie set the pace for the first 30K before Gustafsson took over as the temperatures rose to 70° Fahrenheit (21 C) by the end of the race on the 1.25M loop course.

Defending champ Matthew Forgues finished 2nd in 4:14:42 as Christie, feeling ill, faded to 3rd in 4:27:28. It appears likely that no American will compete in the event in the Olympics this year, as the 38-year-old winner has a best of 3:54:08 set in '11. Only once has an American walked faster than 3:50: Curt Clausen's American Record of 3:48:04 in '99.

Robyn Stevens won the women's race in 4:37:31 (the No. 6 U.S. performance ever, with Erin Taylor-Talcott 2nd (4:47:00) and AR holder Katie Burnett 3rd (4:53:26)). □

Professor Marathon Looks At The Olympic Trials



Geographer Sean Hartnett used his cartography skills to craft this map of the hilly Olympic Trials marathon course in Atlanta.

by Sean Hartnett

FEBRUARY 29, 2020—With America's best marathoners set for Tokyo selection on Leap Year Day, the Atlanta TC will host a very large and challenging Olympic Trials. By OT standards, Rich Kenah and his ATC crew will stage a huge event with more than 250 men and 500 women having achieved the qualifying times (64:00/2:19:00 for men, 73:00/2:44:00 for women). So it is likely that some 700 athletes will toe the line for the 12:03 men's start, with the women at 12:13—yes those are prescribed TV times as NBC will also kick off its Trials programming with a 3-hour live broadcast.

As for Atlanta's 3-loop course of 8, 8 and 10.2M, let's just say that indicative of the Georgia capital's Piedmont setting, it starts hilly, ends hilly, and has a lot of hills in between. In total, the course features 1389ft (423m) of uphill climbing, and with the finish a few hundred meters from the start, 1382ft (421m) of downhill. By comparison, the Boston Marathon has 924 (282m) of uphill and 1383 (422) of downhill. While Boston features relatively longer stretches of downhill, uphill, and flat running, Atlanta's undulations are relentless.

Abnormally warm, cold, windy or wet

weather will only exacerbate the level of difficulty. Add in the elevated mental burdens of an OT competition and the Atlanta affair will be a challenging full-body test. Given the race's WA Gold Label designation, Olympic self-selection awaits the first 3 men and women across the line, regardless of time. With the leap-day race, they will have 5 full months to recover and prepare for the Olympic races set for August 8 and 9 in Sapporo.

Ward Is The Men's Favorite

Six weeks ahead of the Trials, many of the leading contenders found their way to Houston for a half-marathon tuneup. The Sunday group run turned serious in the final kilo as Jared Ward zipped to the front of a 13-man American pack and sped towards a 61:36 clocking. Heading up the finishing stretch and onto Atlanta, Ward repeatedly looked over his shoulder, guarding his preeminent position among American marathoners.

With his Rio '16 experience, steady progress and heady racing, the 31-year old BYU alum has firmly established himself as the best bet to make the squad. He is a strength runner who performs well in tough competitions, and coach Ed Eyestone knows a thing or two about OT marathons, having made the '88 and '92 teams.

Rupp & Korir Next In The Queue

While Ward has the best prospects for making the men's team, Galen Rupp and Leonard Korir are also capable of making the team if not winning the race. The 33-year-old Rupp is the defending champion and Rio bronze medalist with the talent and experience to be a shoe-in if he is healthy. Coming off Achilles surgery, a calf strain in Chicago, and a coaching change that is a big IF. Given that two laps around the Atlanta course will expose any weak muscles or connective tissue, if Rupp—who holds the 10K AR at 26:44.36—is in the chase over the final loop, he should be able to get it done.

Korir led the '19 US list with a 2:07:56 clocking in Amsterdam and made the Rio team in the 10,000 where he has a 27:20.18 PR. The Kenyan import has also been a very successful cross country and road racer with a 59:52 half PR. Short on full-marathon experience, Korir is prepping at Patrick Sang's camp in Kenya training with his big names Bernard Lagat and Eliud Kipchoge.

Led by Korir and the 44-year-old Lagat—who ran 2:12:10 last year—there are more naturalized Kenyans to consider. Add steepler Stanley Kebenei (61:57), Augustus Maiyo (2:12:25), Elkanah Kibet (2:11:51), and the recently retired

Olympic Trials Preview —

Women's 800 Dominated By Big 2

KIRBY LEE/IMAGE OF SPORT



World Championships medals helped solidify Ajee' Wilson & Raevyn Rogers atop the U.S. halfmiling heap.

by Jeff Hollobaugh

The Giants

WITH A PAIR OF REIGNING World Champs medalists—Ajee' Wilson and Raevyn Rogers—coming back at the top of their game, one can be forgiven for thinking that qualifying for the U.S. Olympic team in the women's 800 will be daunting.

"There are quite a few women in the 800 who have run fast enough to make the team," says Hanna Green, last year's big find (see sidebar). "I think last year it was a little weaker, but I feel like a lot of people are coming back this year and there are other girls who've been injured that could also come in strong this year."

"The 800 is loaded," agrees veteran Chanelle Price, who trains with Green. "But in a way, it's wide open. You have Ajee' and Raevyn, who got those medals, but I think that third spot is up for grabs, I really do."

Whether one spot is open or all three, the battle to finish in the top 3 on June 28—the final day of the Olympic Trials—could be one for the ages.

Any 2-lap specialists with Tokyo aspirations have to reconcile themselves to the fact that two of the best—in terms of freshly-minted bullion—will likely be on the starting line.

The bronze medalist, Ajee' Wilson (see p. 41), ended the year with a global No. 1 ranking and at age 25 is nowhere near the end of her trajectory. She went undefeated until the World Champs, save for early losses to Caster Semenya and Francine Niyonsaba, both later banned from the event by the testosterone rule.

Wilson employs a standard race strategy that is successful more often than not, leading from the start before summoning her strength to pull away in the last 200. With plenty of endurance background (4:05.18 PR at 1500), she manages the strategy with supreme confidence.

Wilson's training partner Raevyn Rogers (see p. 42), the surprise Doha silver medalist, has an entirely different set of strengths and an as-yet unpredictable racing style. Her range was best demonstrated at the Worlds, where she led her

semi in a blistering 57.88 and then bravely hung on to win. In the final, two days later, she sat so far back that most counted her out after the halfway mark (7th in 59.05), then she stormed to 2nd with a jaw-dropping homestretch dash. The Oregon alum, 23, has speed to burn; her open 400 PR is 52.06, but that's deceptive. In 2017 she anchored the Ducks to an NCAA win in the 4×4 with a 49.77 closer.

Between those two, there wouldn't seem to be much room for newcomers. However, Ce'Aira Brown (see p. 43), bouncing back from an injury-slowed '19 campaign that saw her make the finals in Doha, says for her, the attitude she used successfully in '18 is the key to challenging for the podium: "It is just being fearless and giving everything that you have, no matter who you're racing with. You have the top girls on the line, but when I'm in a race, I like to feel like I belong there as well. That helped me in 2018, not worrying about other people's stats and what they did because I felt like I worked that hard as well to be where I'm at."

Nothing epitomizes the depth of the event

as well as the members of Derek Thompson's Philadelphia-based training group. In addition to medalists Rogers and Wilson, other specialists in the group include 1:57.38 performer Charlene Lipsey and former World Junior champion Sammy Watson.

For many, training with their biggest rivals might present serious challenges. Analyzes Wilson, "Whether they're training with me or not, I'm going to have to line up against them at some point, you know? Everybody has their own different styles, their own strengths. So when Raevyn came, she's super-fast. I looked at it as this is somebody that I'll be able to work with and build on that part of my race. I'm going to have to race them eventually. Since everybody's super talented, it's just an opportunity to work. Hopefully when we do line up, it'll work in my favor 'cause up to that point, we're teammates, but then we're competitors and it doesn't really matter how much I like you. It's just about getting to that line."

Rogers calls Wilson "a blessing" in the way she has helped newcomers feel welcome to the training group: "It takes a lot for a person to try to help other people when they're trying to grow themselves. And she took that challenge just as the genuine person that she is to help me as well as my teammates not only kind of get used to our coach, but to keep reminding us that, 'You're fine, you're good, everything's going to work out.'"

Stanford alum Olivia Baker (see p. 44), now 23, marked herself as a threat with her 4th-place finish at USATF last summer. With a 2:00.08 PR—not to mention 52.46 speed—the former World Junior 400 medalist has the turnover. She has been training in Texas with coach Darryl Woodson to further build her strength.

The Doublers

The 800/1500 double is easy enough in Eugene, with the 1500 final on the evening of June 22, three days before the first round of the 800. That's flipped from '16, when the 800 came first. Who will that affect? Kate Grace is one likely to go for the 1500 and use the 800 as backup. In '16 she qualified for the team by winning a topsy-turvy 800 final, then took a pass on the 1500. However, in '17 and '19, the Bowerman TC veteran, now 31, focused on the 1500. She hasn't run a PR at 800 since '16 (1:58.28), but last summer clocked her best 1500 ever (4:02.49). It makes perfect sense for her to go for the 1500 first.

So far, she's not committing publicly. "Just head down training right now," she texted T&FN. "800 and double is definitely an option but at this point I'm going to continue to let the training speak for itself and see how things develop."

Comebacking Brenda Martinez is another veteran doubler. She has been out since early last season with Achilles troubles. In '16 she was fighting for the lead on the final turn when she tripped and finished a far-back 7th. She came back to grab a team spot in the 1500. The next season she made the 800 squad for the Worlds. Her PRs in both events (1:57.91/4:00.94) date back to '13, the year she won 800 silver at the WC. Now 32, she hasn't shared much about her current fitness or training. However Martinez, now 32, is a ferocious competitor, so if she shows

signs of health—and gets a qualifying mark—she can't be discounted.

Another potential doubler, if healthy, is Colorado's Sage Hurta. She ran a breakthrough 2:00.99 race during a light redshirt campaign last season, which put her on the radar for the 800. A 4:09.37 best at 1500—combined with a solid cross country résumé—indicates she has possibilities in the longer run. In mid-January, however, Hurta announced that several months of shin pain had been diagnosed as a tibial stress fracture. That canceled any indoor plans and left her Trials prospects dependent on how well and quickly the Buff junior can recover.

The Comebackers

Prime among non-Rankers from last year still to be reckoned with is Charlene Lipsey, who bounced back from Olympic-year disappointment in '16 to run her way to the WC final the next season, burning a string of PRs that got down to 1:57.38. Sidelined by an Achilles injury before the racing started in '19, she struggled with getting healthy. On Instagram, she said, "This year has been unexpectedly challenging. I've

been dealing with an injury that has thrown me through a loop. A lot of tears, sleepless nights, isolation, and just flat out pain both physically and mentally. I never knew dealing with an injury would be this difficult."

However, an excited Wilson says, "Charlene's back." The 28-year-old LSU alum has returned to healthy training with the Philly group. No word yet on when we will see her race.

Another who has demonstrated the talent to make the team if she's healthy is Arkansas alum Chrishuna Williams, who made the Rio team with a PR 1:59.59. She has not been under 2:00 since, however. Last season, with a best of 2:03.03, she missed the U.S. champs.

Chanelle Price, now 29, has a best of 1:59.10 from '15, the year after she won World Indoor gold. However, in '17 she developed a pulmonary embolism; in the difficult months of recovery, she injured her foot. She lost all of '18. "I thought about giving up a lot of times," she admits. "But when I walk away from the sport, I want it to be on my terms, not a sickness or injury. So I just had to keep digging deep to find that motivation." Last season, on the advice of her agent, she dabbled in rabbiting to "get into that

The Event's 2019 Find Of The Year Was Hanna Green

Hanna Green's breakout '19 was the stuff of dreams—until it wasn't. The Virginia Tech alum broke 2:00 for the first time with her 1:58.75 in her first-ever Diamond League race at the Pre Classic. She ran even faster—1:58.19—to take 2nd at the USATF Championships. Then the DL Circuit rookie won her next race, crushing a 1:58.39 to triumph in Paris. Hard to complain about any of that.

But then came disappointments at the DL Final and the Worlds. She placed 7th in Brussels in 2:02.47, explaining, "I think I was just tired." But then she pulled a hamstring right before she departed for Doha, and could only manage 2:04.37 in the first round, for another 7th.

"It was unfortunate," she says, "but you never know what's going to happen. I mean, it was a great year. I really can't complain about anything. I would've obviously liked to

have done better at Brussels and Worlds, but... overall I'm happy with how it went." She ended up rated No. 3 among Americans (an improvement of 5 places over '18) and was on the cusp of making the world top 10.

Green, now 25, says her second campaign as a pro was fantastic preparation for the Olympic season: "I learned to be more confident in myself and believe that I can keep up with some of the faster girls. Previously I had always thought, 'Oh, they're so much faster than me,' but now I know I'm just as fast as they are."

She also improved greatly at 1500 last summer, from a 4:15.08 PR in '17 to 4:06.66. Will she double? "I don't know," she says. "We'll see what happens. I think I'm going to be pretty strong in both of them." Before she makes that decision, the Oregon TC member will run a short indoor season, with only a single race before the USATF Indoor.

As for making the Tokyo team, she says, "You know, I don't want to put too much pressure on myself. I think I just need to try and be consistent and strong like I was last year. If I do everything right now, by the time I get there I'll be strong enough hopefully to make the team."



Hanna Green emerged as a 2-lap force last year.

Leading Contenders By The Numbers

Here are last year's 10 U.S. Rankers, in order, followed by some other notables. The listed age is what they will be at the time of the OT. The Olympic qualifying standard is 1:59.50, a mark only 4 Americans reached last year.

	Athlete	Age	PR	'19 Best
1	Ajee' Wilson	26	1:55.61 ('17)	1:57.72
2	Raevyn Rogers	23	1:57.69 ('18)	1:58.18
3	Hanna Green	25	1:58.19 ('19)	1:58.19
4	Ce'Aira Brown	26	1:58.01 ('18)	1:59.74
5	Kate Grace	31	1:58.28 ('16)	1:59.33
6	Olivia Baker	24	2:00.08 ('18)	2:00.94
7	Athing Mu	18	2:01.17 ('19)	2:01.17
8	Sage Hurta	22	2:00.99 ('19)	2:00.99
9	Sammy Watson	20	2:00.65 ('17)	2:01.70
10	Nia Akins	21	2:01.67 ('19)	2:01.67
nr	Charlene Lipsey	28	1:57.38 ('17)	dnc
nr	Brenda Martinez	32	1:57.91 ('13)	nt
nr	Laura Roesler	28	1:59.04 ('14)	1:59.80
nr	Chrishuna Williams	27	1:59.09 ('16)	2:03.03
nr	Chanelle Price	29	1:59.10 ('15)	2:03.16
nr	Avi'Tal Wilson-Perteete	21	2:01.14 ('18)	2:02.20
nr	Allie Wilson	24	2:02.56 ('19)	2:02.56

Diamond League feel again." She adds, "It was so weird. These are my competitors. But it's good training." Now working with Oregon TC Elite and coach Mark Rowland, she is set on making the Trials final that she missed last time.

Laura Roesler finished 2nd at USATF way back in '14 with her still-standing PR of 1:59.04. Since then, the Oregon alum has been riding

Mu, the precocious youngster from Trenton, New Jersey, is expected by many to make a serious mark. Mu, who recently signed with Texas A&M, ran her PR of 2:01.17 in finishing 5th at the USATF meet last summer. She had captured the imagination of many when she won the USATF Indoor 600 title in an American Record 1:23.57, beating Rogers by more than a

the injury roller coaster. Last year she opened up better than ever with an indoor PR of 1:59.80, but was injured again before outdoors. With any luck, at 28 she'll emerge this spring as another contender.

The Young Ones

Normally we would look to the NCAA ranks to see who else is coming down the pipeline, but this year one of the most intriguing young prospects has already gone pro while another hasn't even gone to college yet. Sammy Watson won the NCAA title in '18, her first year with Texas A&M, but the New Yorker surprisingly bailed after her sophomore campaign had started. She turned pro, finished 6th at USATF in 2:01.70 (her PR 2:00.65 is from '17) and ran a couple of low-level European races.

Now she too has joined up with Derek Thompson's Philly training group. "It's been so nice having her here," says Wilson. "She's already learning so much and growing so much. I'm excited to see how this year will play out for her."

Meanwhile, Athing

second. She dismisses the heavy expectations placed on her, saying, "I'm doing this for fun. I'm young. I've got a lot of years to improve." One place she has already improved this winter is in the 500, lowering the national HS record to 1:10.22.

A number of current and recent NCAA types could also challenge for the final: Penn senior Nia Akins, 21, was the NCAA runner-up last year in a PR 2:01.67. UNLV's Avi'Tai Wilson-Perteete, 20, finished 3rd in the NCAA after a 2:01.14 in '18. Monmouth alum Allie Wilson, 23, has a best of just 2:02.56 but is also worth watching.

The Race Itself

No matter who makes the final, the feverish nature of the Trials almost ensures the competition will be largely unpredictable, if not downright wild. In '16, a controversial crash on the final turn probably had a big effect on the results. That came a year after the '15 pileup, which cost Allie Wilson a shoe and others a potential spot on the team.

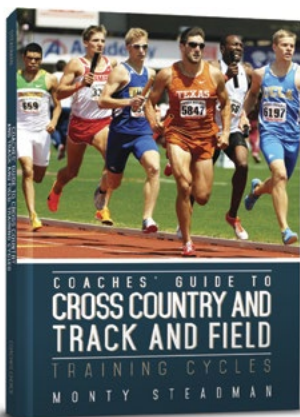
Says Olivia Baker, "If you have a lane in the final, you have a chance. On that given day it could be anybody. I certainly hope there isn't a fall, but it gets iffy. It's a fast race where we don't have our own lanes."

Wilson adds, "There's that looming thought in the back of your head, like you know, 'It might get physical.' You're hyper-aware of where you are, what your positioning is, the space of the race and just mindful of, hey, something could go down. But I wouldn't say it's something I obsess over, because I've not fallen more than I've fallen."

Raevyn Rogers' biggest strength tactically is her flexibility, something that would come in handy in a crazy race. "However the race goes," she says, "I plan to be engaged from the start and prepared to react however the race develops."

Whoever gets those 8 lanes, they will have run their hearts out just to get there. And for the first 3 across the line, it will take everything.

Chanelle Price says it best—and her words speak for others as well: "All the obstacles and trials I've faced, that's what's going to allow me to dig deep on that final stretch—everything I've had to overcome these past few years." □



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Ajee' Wilson Is Ready For The Olympic Year

JIRO MOCHIZUKU/IMAGE OF SPORT

Birmingham was one of four Diamond League races won by Ajee' Wilson last year.



by Jeff Hollobaugh

AFTER THE FINISH of the [Doha 800](#) Ajee' Wilson's face was hard to read. Certainly stoic, perhaps stunned. With 100m left, the race favorite appeared to be on her way to her first WC gold. Instead, the powerful finishes of Halimah Nakaayi and her own training partner, Raevyn Rogers, relegated the American champion to bronze, repeating the medal she won in '17.

"I definitely wanted Worlds to go differently," she admits, offering no excuses. "I feel like that was what I had on that given day. I don't have a particular reason it happened. The race kind of went how it did. It was just a matter of that was what it was."

Still, a [No. 1 World Ranking](#) helped confirm the fact that she had put down an impressive body of work in the pre-Olympic year. "It was a reminder that last year was a good one, even though it didn't end how I wanted it to. It's easy to just focus on the negative sometimes. It was a nice reminder that, hey, it didn't go how you wanted, but my coach and I, we put together a good season. What we're doing is working."

In a year of "more ups than downs," Wilson says the high point was capturing the [Diamond League crown in Brussels](#), explaining, "I remember the first time I ever went to a Diamond League Final, it was in Zürich. Watching the athletes who

won go around the stadium. And it gets dark and they had the lights and it was a huge spectacle. And I remember thinking, 'This is so cool. I hope one day, I'll be able to experience that.' So 6 years later I had that moment. It was super special."

Wilson clocked 2:00.24 in that win at the Van Damme. Five weeks earlier she had run her yearly best of 1:57.72 to win her fourth [USATF title](#) outdoors. Now she stands on the brink of another Olympic season. In Rio, she finished 3rd in her semi, just missing the final. Since then, she says that time has made her a different person.

"I've matured over the years and my body style is getting used to this level of training," she says. "I've found a sweet spot of what works for me. I've learned my body better. I'm more passionate about what I'm doing; I'm definitely more appreciative of being able to do what I do. There's so many opportunities and benefits that have come with running and how many relationships I've created over the years. I would say I'm more in love with what I do."

Now in the midst of her winter training with coach Derek Thompson, Wilson says, "We're looking at training and racing as just improving in any way, every way possible." There have been no major changes, she adds, just a bit more emphasis on strength and a shorter indoor season. "I think I'm racing three times and that's probably the shortest I've run indoors since high school."

Should she qualify for the World Indoor—a

meet in which she captured [silvers the last two times out](#)—she notes, "I definitely think that anytime you make a team it's a big deal that can't be taken for granted. Should that opportunity come, my coach and I will sit down and talk about it. We're going to do these races and see how things play out."

However, Wilson's major focus, of course, will be on the Trials and the Games. A veteran at 25, she knows what she needs to do: "I'm going to just stay in tune, stay locked into what I'm doing. At this point we've figured out what works for me. Staying committed to the course and staying focused and just keeping my head down and grinding is the best chance I have of making that goal. Anything can happen; things happen. I can't control everything, but I can control what I'm putting out and how I'm coming to the line every time I race. Just being consistent across the board is my best bet of trying to go for it all."

After her Doha disappointment, Wilson is not just motivated—she's also having a blast: "I'm excited, ready, prepared [laughs]—I laugh because coming to practice, I'm like, 'Morning everybody!! What's up?!' I'm genuinely excited to be at practice. I'm excited to work out. Pumped up, excited, just regardless of results, I'm ready to get after it. My teammates and my coach make it that much more fulfilling to just go after that goal, because everybody is awesome. I can't say that enough." □

Raevyn Rogers Looks Forward To A Hayward Field Return



Displaying her speed, Raevyn Rogers wound up her collegiate career with a 49.77 relay carry.

by Sieg Lindstrom

FOR RAEVYN ROGERS, who wound up the '19 campaign on the superb high note of a silver-medal run at the World Championships, lining up to contest the Olympic Trials 800 in June will mark not just another chance to vie for her first Olympic berth, but also a homecoming. To her alma mater and its fans. Hayward Field is the spot in which the Houston native wowed the famously engaged local track nuts by capturing three NCAA outdoor crowns, 2015–17 before going pro a year early. The 23-year-old Texan relishes the prospect of running before the Hayward faithful again and figures their support can't hurt her OT prospects; she placed 5th as a Duck soph in '16.

Rogers even has a nickname for the all-new stadium in which the Trials will be run. "My creative side thinks of it as a dinosaur," she says, "It's those ribs" (the striking architectural flourish that will support the state-of-the-art track venue's partially overhanging translucent roof once construction is complete). But the magic of Hayward—old or new—asserts Rogers, is the fans. "I'm excited for the chance to run in front of the people who saw me in the ['14] World Junior Championships even before I went to college and then supported my development in college."

Rogers' rise to Doha medalist last year, however, owes just as much to coach Derek

Thompson's deep 800 training group, which includes Ajee' Wilson. After finishing her degree, Rogers decamped to Philadelphia and its 2-lap power enclave before the '19 campaign; before that Thompson had guided her training from afar in '18. The rewards have been obvious and more than worth the initial uncertainty, which Rogers candidly admits she felt.

2019, she says, was "a little mentally tough just because of making the transition from training by yourself to training with other people, and people who are stronger than you in different areas." PRs in other events highlight some of the skills diversity: Wilson, '19's No. 1 World Ranker, has run just 53.63 for 400 (albeit 6 years ago) yet has 4:05.18 endurance in the 1500. Rogers, by contrast, turned a 49.77 relay split at the '17 NCAA and has never raced a 1500. A year-plus into working out together, Rogers says, "It's immensely beneficial that I know [Wilson] is going to be pushing out [on longer reps]." Rogers gets to pay it back with her wheels when the intervals are shorter and quicker.

That's the on-the-track scenario. Wilson as a person earns even greater encomiums from Rogers: "She has a genuine heart. She doesn't have any malicious intent with anybody." Before the Doha final, Rogers says Wilson gave "me and [U.S. teammate Ce'Aira Brown]—who had made it through the 800 rounds—bracelets that she had chosen for us that [represented] values that she felt pertain to us. So definitely a mentor

type of vibe, like she's definitely a big sister. So she knows what she can do and of course she expected more [than bronze in the Worlds final], but I also feel like she's learning, as well, because you're never too old to learn."

For races, that training synergy with Wilson and the rest of their group coaxed Rogers out of the shell in which she dwelled in '18, when she felt "I don't know if I would say 'shy,' but I guess less confident in races to where I would sit back and not want to be in the mix, or I was still trying to figure out where I could separate myself from the other athletes."

The Paris DL race 5 weeks before the Worlds final last year dealt a cracking blow to her reticence. Rogers opted to blast out hard behind rabbit Chanelle Price, ripped through the lap in under 56.0

and 600 in 1:26.56—and paid the price. U.S. rival Hanna Green won in 1:58.39 as Rogers slipped to 6th in 1:59.50. Nonetheless, for Rogers the outing brought a huge confidence boost. "I just owned it and I went for it," she explains. "And I felt amazing even coming through at like 55, I felt great. I wasn't tired. I wasn't tired throughout the whole race and even when I got lactic at the end, I still wasn't tired. And so that race just showed so much to me about my abilities and what I can do." Ditto the WC final in which she exploded into sprinter mode for the mass-kicking conclusion and sped from 7th with 100 to go to 2nd.

Rogers declines to predict how the Olympic Trials final will play out. She prefers to wait and see, "be ready for whatever happens," but she is aiming for a post-Trials schedule unlike '16's. "I got a job at Nordstrom Rack," she says, "because when you're a college athlete, opportunities to earn some money are rare. I learned a lot about retail and I enjoyed the team aspect of it."

She has reached a different phase of her developmental arc this year and intends to make the most of it. "This is the important part before I have my peak time in my career," Rogers says, "where I'm learning from races, I'm learning the importance of faith in yourself and confidence, all these values that are kind of going to be instilled in me so that I'm a little bit more secure in myself when I do have my time where everything just goes down." □

Ce'Aira Brown Working On Strength & Speed

MARK SHEARMAN



"I'm with the 1500 girls on strength days and the 800 girls on speed days," says Ce'Aira Brown.

by Jeff Hollobaugh

SHE ONLY MADE an NCAA final once while competing for Hampton, and that 7th place at the '16 Indoor didn't do much to put Ce'Aira (like Sierra) Brown on the board as a Team USA contender in this Olympic year. Four years ago she ran a PR 2:02.82 at the Florida Relays and made it to the Olympic Trials, only to finish a non-advancing 7th in the first round. She wanted more—thus began the grind that transformed the onetime 2:11 high schooler from Philly into a world-class runner.

"Coming from the college I came from you don't always get the chance to race the best in the country and that's something I've always dreamed of," she explains. "I wanted to reach new limits and take my body places it's never gone before and in order to do that I knew I had to get into the races with girls that are more experienced than I am. I also knew I had to train harder in order to do that."

She signed on with the Hoka New Jersey/New York TC and veteran coach Frank Gagliano. In her first year working with Gags—as well as former steeple star Tom Nohilly—she made solid

progress, lowering her best to 2:00.84 and running respectably on the Euro B-circuit. For the first time she ventured into longer races, running a mile best of 4:47.34 and hitting 17:18 for 5K on the road.

Then came '18. The distance work and strength work all paid off as she finished 3rd at USATF in a PR 1:58.65, and improved that to 1:58.01 a month later. Along the way she improved to 4:09.44 at 1500. The rapid rise continued into the '19 indoor season. Brown ran an indoor best of 1:59.74, took 3rd in the USATF 1000 at 2:35.62,

and brought her mile best down to 4:28.12.

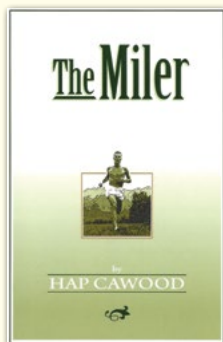
But then disaster hit outdoors. She ran a 1500 in Nashville, impressing with a 4:06.06 PR. But her foot was on fire. "That was my first injury," she points out. "I had never had one before. I came off a good year before that and I started off good [in '19]. I was really looking forward to running faster than 1:58 but it didn't happen; I was overworking myself. Everything was hard, from the recovery runs to reps on a track. And my mileage went up; I was close to 70mpw. Just overworking myself, not being smart because I was so hungry and happy to feel fit."

"I was really down on myself. My teammates and coaches, they kept me going. I had to cross-train for about 6-7 weeks before USATF. I tried my best at USAs and you know how that turned out." She was unable to make the final, missing the last qualifying spot by just 0.03 to Sammy Watson. However, because she already had the World qualifying standard, she earned a trip to Doha. There she hit her season best 2:00.12 to make the final, where she placed 8th. Overall, she says, "It was kind of a disappointing season. But I felt better with the way I finished. Making top 8 at Worlds was really like a redemption to me."

Now the 26-year-old is back training well, finishing up an altitude phase before testing herself at the Millrose Games in February. "I'm with the 1500 girls on strength days and the 800 girls on speed days," she says, noting that she may consider doubling at the OT: "I have to talk about that with my coach. Honestly, I really wanted to focus on the 800 this year, but as long as I stay healthy, I'll have a good chance in both." To get there, she says, "I just have to believe in myself a little more and push a little harder. I feel like I have that fight in me to have a chance to be on the podium."

For Brown, being focused is all-important: "You have to have laser focus because a lot of people can try to get into your head. During the season, I don't watch other people's times. I don't watch their races. When you're doing that, you kind of lose focus and start to compare yourself to other people, like, 'Why am I not running this?' Instead, I just worry about what I have going on and listen to my coaches."

For the coming campaign, she says, "It's all or nothing. That's kind of the mindset I had in '18. It was just being fearless and giving everything that you have." □



'Run with me.'

TheMiler.com

Olivia Baker Aiming For Her First Sub-2:00

KIRBY LEE/IMAGE OF SPORT



Last year's No. 6-rated American in the 800, Olivia Baker twice won international age-group medals in the 400.

by Jeff Hollobaugh

EARLY IN HER CAREER Olivia Baker showed that she has speed. Plenty. As a prep junior she won World Youth (U18) silver in the 400 and the next year she took World Junior (U20) bronze. The New Jersey native didn't start in on the 800 until that senior year, when she ran 2:06.01 to finish 2nd at New Balance Nationals and earned No. 3 All-America honors. But it was in the 400, where she ran 52.46 that she was the top-rated high schooler.

In her four seasons at Stanford, however, her focus switched to the 2-lapper. She earned All-America honors six times, with an NCAA runner-up finish in her second year. She also won a Pac-12 400 crown in '16.

To step up and compete as a pro turned out to be another game entirely. A few weeks after graduation in '18, she clocked her PR 2:00.08 to finish 6th at the USATF meet.

After this last season, while she admits she was frustrated not to break 2:00, she says, "I knew the transition from collegiate running to

professional running wasn't going to be easy, just like any transition. So I expected to take the challenges as they came and I felt like I had a good end to the year." She arrived in Des Moines with an early season best of 2:01.21, and improved that to 2:00.94 in placing 4th at USATF.

"It was kind of a high and a low because I felt like I was so close. I don't necessarily mean close to 3rd; I fully recognize that 3rd was like 2 seconds in front of me. Yet in that time when Ajee' won the Diamond League, with that 4th-place all I would have needed to do is hit that world standard to get the extra spot on the world team. And I missed it by three-tenths. So in some ways it was bittersweet. But I also look at the improvement of having been 6th in 2018 and 4th in 2019. I look forward to continuing to work my way up the ranks."

Now training near Austin with coach Darryl Woodson, Baker says, "We just have to keep getting stronger. I feel like I say that almost every year and every year I continue to make progress. I've got to get some more mileage under me and that's something we've been working on."

For now she has put on hold applying to

med school. She took the MCAT exam in '18 and expects to continue with her academics after the Olympic year: "There are a lot of options that are up in the air right now." In the meantime, she has kept busy reading scientific journal articles and running a book club with horizontal jumper Keturah Orji.

The biggest lesson she learned from the '19 campaign? "I figured out my race plan and learned how to keep it consistent. When everything around me is changing and moving, it's important to stay grounded in my race plan." □

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A Mixed Ruling On Super-Shoes

KIRBY LEE/IMAGE OF SPORT



Nike's groundbreaking Vaporfly 4% Flyknit was released to the public in October of 2018.

by Roy Conrad

THE PROVERBIAL OTHER SHOE has dropped as WA issued its long-awaited ruling on Nike's Vaporfly family of shoes (see ["The \\$64,000 Question: 'Is It The Shoes?'"](#) from our October '19 issue) on the last day of January.

The new protocol leaves the performance-enhancing shoes acceptable for competition, but clarifies the process for future shoes to be legal, as well as placing restrictions on the design of shoes. The rules, which take effect April 30, state that any shoe has to be available on retail for the public for at least 4 months before it can be used in competition. Prototypes are banned from competition.

That means that the Vaporfly prototype spikes that Sifan Hassan wore during her amazing display of distance prowess in Doha (1500/10,000 double) are now banned. The prototypes, which also raised complaints when Laura Muir wore them in breaking the British indoor mile record last winter, are not available to the public. It is not known yet if Nike is going to race them to the market so that its athletes can again compete in them 4 months later.

According to the guidelines, future shoe designs cannot have a sole higher than 40mm, the height of the current retail Next% (Nike's pending Alphafly reportedly tops out at 50mm).

Only one rigid plate is allowed in the insole (not including a spike plate). The guidelines do not affect jump shoes, which will continue to adhere to previous specifications, but spiked running shoes are limited to a 30mm sole. Spiked shoes may also have an additional plate, "but only for the purpose of attaching the spikes to the sole"

WA is establishing an expert working group to guide future research and implications in the shoe war, and to assess new models. "It is not our job to regulate the entire sports shoe market," said WA chief Seb Coe, "but it is our duty to preserve the integrity of elite competition by ensuring that the shoes worn by elite athletes in competition do not offer any unfair assistance or advantage. As we enter the Olympic year, we don't believe we can rule out shoes that have been generally available for a considerable period of time, but we can draw a line by prohibiting the use of shoes that go further than what is currently on the market while we investigate further."

The ruling won't please some of the prominent voices that called for an outright ban on the Vaporfly and its variants. Some have responded in jest: Brooks runner Desi Linden tweeted, "BREAKING: @World Athletics rule all super shoes legal, with new requirement—athlete must wear a foam red nose while using said shoes during competition. Many regulations on the foam nose to follow, WA very actively testing

effect of the Vaporfly doesn't appear to be quite that extreme yet, and the effect of the new poles took many years to unfold, while the new family of super-shoes convey instant results. However, the shoes are so widely used now that the logistics of putting the genie back into the bottle were likely impossible.

That Vaporflys are now seen by many competitive distance runners as essential is undeniable. In Japan's venerable Hakone Ekiden Relay, some 84% of the runners were clad in the Nikes, even those on teams sponsored by Mizuno and Asics. The following Monday, shares of the Japanese shoe companies dropped noticeably.

Reportedly, some of Nike's competitors aren't far behind in their design of racing shoes with similar features. Sharp-eyed observers at road races have spotted adidas prototypes that feature a thicker sole than the Vaporfly. And Brooks has announced the release of a new shoe that incorporates a carbon-fiber plate and new foam material.

The coming Olympic Trials Marathon, one can safely assume, will be a parade of Vaporflys mixed in with the new models of some of Nike's competitors. Note that those competitors will need to hurry. In order for shoes to qualify as legal for the start of the Olympics on July 31, they need to be available on the retail market by the end of March. □

models at the moment."

Others have seriously mourned the fact that the records of the distance world—such as Paula Radcliffe's long-standing marathon WR—are being erased too quickly. But the Alphafly is a step too far. When Bernard Lagat posted a photo of himself in what appeared to be Alphafly shoes, someone asked how much they would cost. One reply: "The price is integrity."

Commentator Tim Hutchings tweeted, "I've huge admiration for much Nike has achieved & still does for our sport, but the Vaporfly shoes have made setting PRs & recordbreaking too easy for runners at all levels & it's right it should stop. Our sport's always respected history; these shoes don't."

An analogy can be made to the switch to fiberglass poles for vaulting, though the

VICTOR SALLER/PHOTO RUN



After missing all of '19 to injury, 2-time Olympian Evan Jager is eager to make it all the way back in the steeple this year.

SEEN & HEARD as we launch another Olympic year:

EVAN JAGER is hoping to come back from injury and return to the steeplechase wars in a big way. In January the American Record holder posted on Instagram, "I hurdled for the first time since August 2018 and damn did it feel good! After sustaining a foot injury at the end of the 2018 season recovery has been an incredibly up and down road. 2019 was a really hard year for me mentally, physically and emotionally and I have had a certain amount of doubt as to whether or not I was ever going to be able to Steeple again. I always believed that I would but that doubt was always creeping in the back of my mind."

"Today was exactly what I needed to prove to myself that I would get back to being the athlete I knew I could be. Being able to hurdle might not be the biggest accomplishment but this year I'm trying to celebrate the little victories and not be so hard on myself when things don't go exactly to plan. Anyways I'm happy and F@#&ING amped for this year!"

Allyson Felix, now 34, told NBC that after a maternity-shortened '19 season that saw her run no 200s we'll see her back in her longtime flagship event this time around, in addition to the 400. "Everything's on the table this year," she said. "This year, I'm going to be getting back to sprinting. I think that's really key for me to

be myself, and that's something that I didn't even get to touch last year."

After missing Doha with a knee problem Kenyan 1500 star **Elijah Manangoi** says he will be ready for Tokyo. "It was a bad injury; I would term it a monster injury because it took away what I desired most in my career," he says. "I want to forget it and a good season in 2020 will help a great deal. Now I am back, ready to contest for the Olympic Games title."

Apparently tired of waiting for his U.S. citizenship to come through, 17-time NCAA champion Edward Cheserek is reportedly going to try to make the Kenyan team for the Olympics. "Edward has decided to go ahead and compete for Kenya if he can qualify," explains coach/agent Stephen Haas. "There is still an uncertain timeline for U.S. citizenships and he feels he can make teams and compete at the highest level."

Once again, Auburn sprinter/footballer **Anthony Schwartz** will skip spring football to concentrate on track. But he says, "There

will probably be a decision coming. If I make an Olympic team, I feel like I'll just stick with track. If I run and kind of have the season I did last year, I think I'll stick with football." As a Florida prep, Schwartz was the No. 1 All-America in both dashes as a senior after having been No. 1 in the 100 as a junior. His PRs— 10.09(A)/10.13 & 20.47—date to his '18 season.

A Rio 4x4 gold medalist, **Gil Roberts** isn't done in a year that will see him turn 31. He says he's heading to the Trials at full speed. "I'm in the peak of my career," he feels. "I'm in way better shape today than I've ever been in my life as far as speed and fitness-wise, stamina-wise. I'm going to let God tell me when I'm done running. I'm going to go until I can't go no more." As for the trademark gold chains he likes to wear while racing, he says, "I do this because it's me, and I'm at my most comfortable and my best when I'm being myself."

NCAA cross country 3rd-placer **Katie Izzo** is experiencing a resurgence at Arkansas after she experienced what might easily have been a career-ending injury in her first college go-round at Cal Poly SLO. "My tibia and fibula bones snapped in the middle of the race, and a week later I had surgery," she says. She now carries a 12-inch titanium rod in her leg and teammates call her the "bionic woman." She sat out five straight seasons (in/out/XC) recovering. Now she says, "It was all a blessing in disguise. If that hadn't have happened, I never would have come to Arkansas."

Faith Kipyegon, silver medalist in the blazing WC 1500, says she will be much stronger in Tokyo. "For sure I expect this year to be different from 2019 because I had a very short time to prepare for World Championships having come back from maternity break," she says. "I know that if I build up well towards Tokyo then I will be much stronger."

Getting ready for a defense of her Olympic

Kenya Names Its Olympic Marathon Team

With WR holders **Eliud Kipchoge** and **Brigid Kosgei** leading the way, Kenya will have—not surprisingly—a powerhouse pair of marathon trios in Tokyo (aka Sapporo) this summer for the Olympics. Joining Kipchoge (2:01:39) on the men's team will be Lawrence Cherono (2:04:06) and Amos Kipruto (2:05:43). Kosgei (2:14:04) will have as mates Ruth Chepngetich (2:17:08) and Vivian Cheruiyot (2:18:31). "It is the best team ever assembled for the Olympics," says Cheruiyot. "We are going to work hard in training and make our country proud."

shot title would be a lot easier if **Michelle Carter** had transportation. Turns out her car has been trapped in the garage ever since an Amazon driver crashed into the door in early December while making a delivery to her neighbor. "I just really want this to be over with," Carter told WFAA after 6 weeks of the door not being operational. "I have to ask friends for a ride and try to borrow people's cars, try to Uber places." Amazon says it is trying to resolve the situation as soon as possible.

Eliud Kipchoge says he is ready for one of the most ballyhooed marathon clashes ever, when he and Kenenisa Bekele, the history's two fastest, clash in London on April 26. "I don't want only to win, but to achieve. You can define 'achieve' on your own," he says. "Records will always be broken if you get the right people and the right people to mentor the athletes and tell them that they should challenge themselves and build their careers, and know that it's not just about winning, but running a fast time, breaking a world record, breaking a course record. If all athletes understand that and feel hungry for that, then World Records will be broken."

Galen Rupp, forced to find a new coaching setup following the 4-year ban of longtime mentor Alberto Salazar, reached out to Northern Arizona head coach Mike Smith. "I had never met or spoken to Galen Rupp in my life," said Smith in an e-mail made public by Runner's World. "The phone call I received from him was a surprise. This was not a road I wanted to go down. To be honest, it was just easiest to turn it down."

Instead, the architect of Northern Arizona's great distance success said yes, and is priming Rupp for the OT Marathon. "What I found out by getting to know Galen was that there was much more going on than the picture portrayed of him, and I wish the world knew that. I have never seen someone more all-in in my life."

Heptathlete **Alex Gochenour** has opened up about the positive test for the anabolic agent Ostarine ("Status Quo," December) that earned her a 4-year ban. In a long post on Twitter, she said it was a low-level test (0.01 ng/ml). "I believe that's equal to about a grain of salt in a swimming pool," she wrote. "I have spent countless hours and thousands of dollars trying to find a source, thus proving my innocence." She failed, and chose to sit for an interview with USADA. Afterwards, she was told that WADA was considering changing the threshold for ostarine, "meaning I was within the legal limits and my case would disappear." That never happened. "I am angry. I was guilty until proven innocent," she continued. "A burden that is SOLELY mine. I've been treated like it was a criminal investigation with none of the actual standards of a criminal investigation."

Molly Huddle recently wrote a guest editorial in the *Providence Journal* advocating for the Senate passage of the Rodchenkov Anti-Doping Act. The bill, already passed in the House, would criminalize sports-doping conspiracies. "When the playing field is not level because of realities like Russian state-sponsored doping, it hurts both athletes and the communities we come from," she wrote. "Clean athletes are role models for Rhode Island youth, but our accomplishments are overlooked when the podium is

Shot Star Back From The Pits Of Despair

Raven Saunders, 5th in the Rio shot, has revealed that she has struggled over the last two years since leaving Ole Miss—where she had won 4 NCAA titles—under somewhat mysterious circumstances. Describing a January morning in 2018, she says, "I knew I had to be somewhere, but I just rolled past campus and kept driving and driving, I was in a daze, and I could tell something was very off. I just felt like I was in over my head. I was probably about 10 or 15 minutes from trying to end my life."

What saved her was a text she sent to a former therapist. "I wanted to let somebody know what was going on, so I texted her that I was afraid and that I didn't know what I was going to do to myself."

Diagnosed with depression, anxiety and PTSD, Saunders has worked herself back into a healthy place. She had hip surgery in May and since then has lost 78 pounds while training in Southern California. Now she is plotting her return to competition. "Right now, it's just a matter of building back up," she says. "I think I'm going to have a fantastic season, with how I'm feeling, how I'm throwing, the support system I have around me."

unattainable due to widespread doping. When a medal is stolen from a clean athlete, the scope of that athlete's influence as a positive mentor is diminished. When we don't win, we don't receive the media coverage, at home or nationally, to inspire the next generation to pursue their own dreams."

And just who can run faster than 9.58? **Usain Bolt** says there's a chance his 100 record will fall in Tokyo. "Anything is possible," he said late last year. "I'm looking to see what happens next season. Let's see whose running fast, let's see who is doing good." He says the track surface will play a role: "I talked to some of the guys that were wearing spikes and they said it felt solid, it felt quick. And it's brand-new and when it's new it's always good."

Miler **Nikki Hiltz** says that her coming out last year was probably a major factor in her breakthrough season on the track. "When I decided to be who I am, a weight was lifted. I don't think my breakthrough season was coincidental—I was holding back this part of me, hiding it and burying it. When you're happy and holistic off the track, it's going to translate on the track. That was that."

"I've been fortunate to make it already," says **Jenny Simpson** of her Tokyo Olympic quest for what would be her fourth squad. "I feel grateful already going into the season. I do think it's a misconception, though, that one year builds on another—every year stands on its own for me and I feel like I have to re-earn that right to stand on the starting line really believing I can make the team again."

Arkansas women's head **Lance Harter** is not even close to making retirement plans at age 69. "I love what I do," he says. "I look forward to going to work every day. Is there going to be a time when I probably need to be honest and address that? Yes. Is there a capacity where I maybe turn over the head job to somebody and then I become either just the distance coach or possibly a volunteer coach? I love coaching, and I think it keeps you young."

Ethiopian marathoner **Derara Hurisa** said he forgot to bring his racing shoes to the Mumbai Marathon. The adidas-sponsored runner then had no choice but to turn to friend Abraham Girma and borrow a pair of his Vaporflys. "I lost my regular shoes in flight and am waiting for them," said the not-quite-victimized Hurisa, who won the race

in 2:08:09, scoring a \$60,000 payday.

In an apparent response to the explosion of fast times in the 26-miler, **Yuta Shitara** says he will only accept the final spot on the Japanese Olympic marathon team if he can run 2:04 or better at the Tokyo Marathon in March: "Even if I break the national record and am chosen, unless I run 2:04 I won't deserve to run in the Tokyo Olympics." The Japanese Record Is 2:05:50.

The U.S.'s newest 19-foot vaulter after his early 19-1 (5.82), **Kyle Pater** has come a long way, says Air Force vault coach Scott Steffan. "If you would have seen Kyle his freshman year here, we thought he was probably going to hurt himself pretty bad if not die a couple times when he planted the pole. He was a little crazy."

South Africa missed a men's 4x1 medal by just 0.30 in Doha. Coach Paul Gorries thinks he can get his foursome on the podium in Tokyo. "We came back home and analyzed it and there's still a lot more we can do with the changeovers, and there's a lot of work to be done on where we exchange the baton in the zone," he points out. "So if I can get what I want from the guys at the training camps, with the assistance of people who are working with me, I'm sure we can run way under 37.60 and that will definitely put us in the medals."

No. 1-rated long jumper **Malaika Mihambo** PRed at 23-11½ (7.30) to win the WC title, but is hoping for farther in the future: "Well, I know very well I am 18cm behind Heike Drechsler and her German Record [24-6½/7.48]. I am confident that I can add something to my best performance so far. But I'm also a realist enough to know that something like that can't be forced. In addition to my health and my level of training, the right competition conditions must also be in place. In this respect, I am not actively pushing for a distance like this because there are so many factors that I cannot influence myself."

After placing 4th at Rio, Irish 400 hurdler **Thomas Barr** hopes he can again be in the mix. In Doha, he just missed the final. "It was a frustrating Championships because I was in better shape than I represented on track," he says. "I gave it my everything but I should have been up there and in that final. That was disappointing but at the same time it was a very consistent, consolidating year overall. In one way coming off the back of it, I'm nearly more motivated going into this year." □



As construction continues on the new Hayward Field, the signature tower got its cap on February 1.

THE USOPC PUT ITS FOOT DOWN and told Team USA Minnesota that it could no longer use the term "Team USA" in its title. The training group, in its 19th year, is now titled **Minnesota Distance Elite**...

On the benevolent side, the USOPC is finally putting some funding at the disposal of its **Athletes' Advisory Council**, with an initial budget of \$525,000 earmarked for staffing, projects and travel...

Reigning Olympic vault gold medalist **Kat-erina Stefanidi** has decided to focus on training and skip the indoor season...

Note that the **Shanghai Diamond League** meeting on May 16 will not be held as usual in Shanghai Stadium because of renovations. A different venue is to be announced. Note also that the venue for the other Chinese DL meet, set for May 10, still hasn't been announced. Between the two is the Continental Tour meet, set for Nanjing on May 13. Given the coronavirus situation, all this may of course be moot...

Lauren Paquette has joined the Hoka NAZ Elite squad...

Julia Rizek, the '19 NCAA mile champion indoors while at Ohio State, will be training with the District TC after signing with Under Armour...

Long jumper **Kate Hall** has inked a sponsorship deal with Asics...

A May 2 stop in Nairobi has been added to the **WA Continental Tour** (*T&FN*, November), which now has its full complement of 10 meets at its gold level (none of them in the U.S.). A silver level features another to-be-announced 10 meets...

The annual javelin competition in the German city of Jena has been canceled for this year so that its organizer, **Thomas Röhler**, can concentrate on defending his Olympic title...

As a track meet, the **World University Games** isn't quite what it was in past decades. The cross country version is struggling also. Organizers of the March event in Marrakech have extended entry deadlines and lowered entry fees to boost participation...

"**Utterly ridiculous**," was the reaction of longtime stat guru Peter Matthews of Britain after WA ratified as the 5K road WR the 13:22 of Kenyan Robert Keter, "given that there have been hundreds of men who have run faster..."

Nike has signed a renewal of its sponsorship of the Chinese federation through 2033...

A new hyphenated name: **Jamaican sprinter Elaine Thompson-Herrah** following her marriage to coach Derron Herrah...

Jake Heyward, Britain's '17 European Junior (U20) champ at 1500, has moved to Eugene to be coached by Mark Rowland and run for the Oregon TC...

The **Youth Olympic Games** of '22, set for Dakar, Senegal, have been moved from May/June to October/November...

Sophie O'Sullivan, the Euro U18 silver medalist at 800, has signed with Washington. She is the daughter of distance legend Sonia O'Sullivan, who won five NCAA titles for Villanova...

A round of promotions at the **USATF** headquarters saw Robert Chapman named Director Of Sports Science and Leah Testa named Associate Director Of Merchandise & Retail Operations...

Longtime Indiana assistant **Phil Henson** has died at 74. He also served admirably as track's Director Of Competition at the '96 Olympics...

Former Arkansas All-America **Sharif Karie**, 41, has been sentenced to nearly 5 years in federal prison for his part in a conspiracy to fraudulently receive more than \$500,000 in federal benefits for a day-care center he owned...

The CEO of the **Tokyo Olympics**, Toshiro Mutoh, has pledged that the Games won't overspend their \$12 billion budget. "There's an incentive to make the budget appear as small as possible. But you do need money to host the Games..."

Axios reports that in the last 10 years, the **NCAA sports** that have made the biggest gains in terms of number of schools sponsoring them have been lacrosse and track. On the men's side, indoor track (141) leads lacrosse (139) and outdoor

track (133). For women, lacrosse (200) leads both track genres (outdoor 170, indoor 165)...

Athletes are worried that the stadium in Eldoret, where the **Kenyan Trials** are to be held in June, still is not ready. Renovation was begun in '17 but reportedly stalled soon after, and little has been done since...

Russia is reportedly contributing more than a million dollars to WADA for 2020. The largest contributors are the United States (\$2.3 million), Japan (\$1.6 million) and Canada (\$1.2 million)...

Pitt has announced that it is building a new indoor track facility that will feature an 8-lane 300m oval. It is set to be completed in 2024...

Springfield, Oregon, is moving ahead with its plans for an indoor track facility to serve the Eugene area. Groundbreaking is planned for '21 prior to the World Championships.

Usain Bolt has announced that he and long-time girlfriend Kasi Bennett are expecting their first child this year...

In other baby news, former multistars **Brianne Theisen-Eaton** and **Ashton Eaton** had a baby boy, Ander, in January...

This April the **Penn Relays** will host a series of special events celebrating the 100th anniversary of the participation of Historically Black Colleges & Universities...

Jamaica will be unveiling a statue of **Asafa Powell** at Kingston's Independence Park in February...

The **NCAA** has given a boost to potential Olympians in the college ranks by allowing them to accept funding for travel and training expenses, and also allow travel monies for parents and coaches. Athletes will qualify by having the USOPC designate them as elite...

In April, **NBC** will roll out a new streaming service, **Peacock**, that will feature extensive Tokyo coverage...

Lisa Morgan-Richman has been named men's and women's XC coach at TCU...

Two-time Olympic 200 gold medalist **Veronica Campbell-Brown** has launched her own clothing line called "VCB Fit."

A Brazilian judge has ordered the **Rio Olympic Park** closed to the public out of concern for safety, with a number of the facilities having fallen into disrepair...

In another sign of the coming apocalypse, the *Kingston Gleaner* says some **Jamaican high schools** are getting into foreign recruiting, bringing in talent from both Africa and other Caribbean nations. □

No Relay Teams Allowed

Very much attuned to the concept of recycling, the **Tokyo Games** this summer will feature innovative cardboard bed frames for athletes in the Olympic Village. However, the manufacturer warns that the single beds should not be used by too many at once: "As long as they stick to just two people in the bed, they should be strong enough to support the load." The cardboard will be converted into paper products after the Games. The mattress components—the mattresses are not made of cardboard—will be recycled into plastic products. According to a Tokyo official, the beds can stand up to 200kg (440lb). "They are stronger than wooden beds," he said.

HERE'S THE LATEST in the aches, pains & eligibility departments, plus our annual mid-season look at the "Where They Are Going" situation:

MIKE SCOTT



2-time NCAA champ Anderson Peters decided to forego the rest of his collegiate eligibility after winning the World Championships.

Three prominent collegians have turned pro early: **Marco Arop** & **Anderson Peters** of Mississippi State and **Wadeline Jonathas** of South Carolina. So have a pair of high-end HS sprinters, **Tamari Davis** and **Briana Williams**.

'16 Olympian **Robby Andrews** says that he is back to training at 100% after being stricken with Lyme Disease as well as other tick-borne infections in 2018.

JaCorian Duffield has retired from the high jumping wars at 27. Explains the 7-8 (2.34) performer, "I've had little injuries that kind of flared up. I just got tired of dealing with the injuries and training during the injuries, and so I just decided to move on and start the next chapter."

After giving birth in August, quartermiler **Natasha Hastings** is back in training. Worried about the repercussions, she hid her pregnancy from her sponsors for 5 months.

Colorado junior **Sage Hurta** will miss at least the indoor season with a tibial stress fracture.

Jakob Ingebrigtsen of Norway apparently got injured at the European XC Championships

and has canceled indoor plans.

After losing last year to a foot injury steeplechaser **Evan Jager** has resumed hurdling for the first time in 17 months

Kenyan marathoner **Mary Keitany** has declined an invite to Boston because of a back injury.

BYU distance star **Conner Mantz** reportedly has a stress fracture.

Dutch sprint ace **Dafne Schippers** says she has had some minor setbacks in training and will be skipping the indoor season.

Jonielle Smith, who ran on Jamaica's gold medal 4x1 in Doha, sustained minor injuries in a Florida car crash but is back training.

Athlete Of The Decade **Anita Włodarczyk**, who had to undergo arthroscopic surgery on her left knee last summer, has returned to training, starting out in January at the Chula Vista training center.

Australian-born **Sasha Zhoya**, who holds the World Youth Record for the 110H (12.87 over 36-inchers), has opted to represent France internationally and will aim for the World

Juniors this summer. The 17-year-old prodigy also holds the WYR in the vault at 18-2 ¾ (5.56).

Doping Bans:

4 years—**Mousaab Balla** (Qatar, 800), **Mustapha El Aziz** (Morocco, distance), **Philip Kimutai** (Kenya, distance), **Nirmala Sheoran** (India, 400);

2 years—**Michelle Lee-Ahye** (Trinidad, sprints);

19 months—**Kateryna Tabashnyk** (Ukraine, HJ);

16 months—**Sammy Kitwara** (Kenya, distance).

Provisional Doping Bans:

Al Mahjoub Dazza, the Moroccan marathon recordholder at 2:05:26, for biological passport issues;

Kenyan 800 star **Alfred Kipketer**, for whereabouts violations;

Former marathon WR holder **Wilson Kipsang**, for a whereabouts failure.

MID-YEAR MEN'S WTAG UPDATE

Arkansas

N—Johnathan Baker 24-10w; Cade Clark 10.50; Rhett Nelson 17-2¾. JC—Andrew Kibet' (Ken) 3:47.89; Lesley Mahlakoane' (SA) 46.41. T—*Emmanuel Cheboston 28:42.13; -Amon Kemboi 3:39.72, 7:44.77, 13:33.64, 28:55.46.

Arkansas Baptist

N—Kennedy Lightner 10.34(A), 20.48(A).

Auburn

T—*Brandon Smiley 20.67.

Barton County JC

N—Shakwon Coke' (Jam) 25-4½, 51-¾; Alan De Falchi' (Bra) 189-3 DT (jr); Tyrese Reid' (Jam) 1:49.30; Johnny Rentería' (Col) 10.18(A), 20.95(A).

Campbell

DNR—Amon Kemboi 3:39.72, 7:44.77, 13:33.64, 28:55.46.

Cloud County JC

N—Andrew Betton' (Jam) 48-7¼; Daniel Cope' (Jam) 189-1 JrDT; Timothy Emo-Oghene' (Ngr) 50.45; Courtney Lawrence' (Jam) 66-3¼ (hs); Samuel Macklin 23-10¾w; Goga Maglake-lidze' (Geo) 52-9½; Richard Newman 7-¼; Elijah Wilson 6-10.

Coffeyville JC

N—Henry Kiner 49-4¼.

Drake

DNR—**Kundai Maguranyanga' 20.67.

Florida State

Didn't arrive—Enoch Adegoke' (Ngr) 10.12, 21.07.

Georgia

T—*Delano Dunkley' 10.35.

Hinds JC

N—Tyrese Cooper 10.32, 20.51, 45.38(A); Etaijen Easter 6-10, 24-4½; Morgan Jamison 20.98; Kurt Powdar 13.27; Omar Simpson 47.16; Daniel Williams' (Guy) 10.48, 20.94, 46.72(A).

Indiana Tech

DNR—*Brandon Smiley 20.67.

Iowa Central JC

N—Dashinelle Dyer' (Jam) 10.40, 51.68; Lee

Eppie' (Bot) 46.47; Tristen Hanna' (Bah) 48-7½w.

Louisville

DNR—*Emmanuel Cheboston 28:42.13.

Maryland

N—Nick Cross (fb) 6.68i.

Mississippi State

Pro—*Marco Arop' 1:44.25; *Anderson Peters' 286-5.

New Mexico JC

N—Tyrell Edwards' (Tri) 10.46; Djimon Gumbs' (BVI) 182-3 DT; Javed Jones' (Jam) 51.60; Ramon Lindo' (Jam) 47.18; Jalen Purcell' (Tri) 10.30, 21.03.

Ohio State

N—Adrian Curry' (Bah) 10.42.

Southern—New Orleans

DNR—*Delano Dunkley' 10.35.

TCU

N—Ethan Brown' (GB) 46.44. T—**Kundai Maguranyanga' 20.67.

Texas A&M

T—Adé Mason' 53-8½.

Western Texas JC

N—Tyreke Bryan' (Jam) 20.99; Akeem Cargill' (Jam) 13.28(hs); Romel Plummer' (Jam) 50.43.

MID-YEAR WOMEN'S WTAG UPDATE

Arkansas

T—*Krissy Gear 9:52.71St.

Barton County JC

N—Yara Amador' (Mex) 59.91; Annia Ashley' (Jam) 5-10½, 20-8; Ana da Silva' (Bra) 49-2¼; Deisiane Teixeira' (Bra) 172-5 JT.

Cal State Northridge

DNR—**Immanuela Aliu' 11.50, 11.44w, 23.44.

Cloud County JC

N—Marie Forbes' (Jam) 165-4 DT; Mercy Ntia-Obong' (Ngr) 11.46, 23.17.

Coffeyville JC

N—Kristina Tchoumak' (Can) 167-9 HT.

Colorado State

DNR—*Destinee Rocker 13.05.

Florida State

DNR—***Ava Peebles FLXC.

Furman

DNR—*Krissy Gear 9:52.71St.

Georgia

GT—Victoria Powell 52.79.

Hinds JC

N—Breanna Brown-Marshall 13.88/13.72w, 41.76, 5-10½; Ockera Myrie' (Jam) 11.43, 23.04.

Iowa Central JC

N—Janae Barksdale 54.28; Abigail Brooks' (Jam) 53.44; Eleanora Curtabbi' (Ita) 4:28.40.

Maryland

N—Ashley Germain' (Can) 19-9, 4831 (youth).

New Mexico JC

N—Mathilda Bjorklund' (Swe) 186-11 HT; Susan Francis' (Jam) 20-6½; Maria Simancas' (Ven) 54.06; Ayla Stanislaus' (Tri) 11.58, 11.51w, 23.42.

Oregon

DNR—**Ruby Stauber 2:03.01.

South Carolina

T—*Destinee Rocker 13.05. DNR—**Mathilde Coquillaud Salomon' 13.46, 5066; Pro—Wadeline Jonathas 23.20, 49.60, 20-7¼i.

Stephen F. Austin

T—**Mathilde Coquillaud Salomon' 13.46, 5066.

Texas

T—***Ava Peebles FLXC.

Texas A&M

T—**Immanuela Aliu' 11.50, 11.44w, 23.44.

Vanderbilt

T—**Ruby Stauber 2:03.01.

Washington State

N—Leonie Reuter' (Ger) 6-½.

Western Texas JC

N—Jovanna Gustave' (Bar) 11.67. □

BIG GOLD BOOK

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HERE'S THIS MONTH'S collection of short takes on generally off-track activities that have gone a long way towards shaping the way the sport is headed.



Emma Coburn made her yearly debut with a 2M PR in Boston, but don't look for her to tackling many international steeplechases this year.

Emma Coburn To Snub WA Steeples

One athlete not happy with the removal of the steeplechase from the Diamond League Final is '17 world champ Emma Coburn. "I've been very frustrated about the steeple being cut from the Diamond League and was invited to race at a Diamond League race where there is a steeplechase in the TV window but turned it down just because I don't agree with what is happening," she said at Boston's New Balance GP. "So I don't want to compete in any races supporting the current system."

Joe Bosshard, her husband/coach, told *letsrun.com* that she won't be running in WA's Continental Tour either, which raises the question of just how many opportunities Coburn is going to find to race her specialty in the Olympic year. So where will his wife steeple? "You tell me," Bosshard said.

Update On The Athletics Association

Christian Taylor isn't backing down from his idea of starting The Athletics Association to advocate for the right of athletes to have a say in the running of the sport. He's even gotten a boost from WA, which has published his call to arms in its *Spikes* magazine.

"I am fully aware that World Athletics already has an Athletes' Commission," says the U.S. Men's Athlete Of The Decade, "but I'm a big believer that we also needed something truly independent." He notes that the launch of the association came sooner than expected when the Diamond League announced it was dropping 4 events. "The criteria used to drop events didn't sit well with me and the other members agreed. They spoke about popularity of various events based off social media clicks, but that seems such

a fickle, short-term methodology to use to then mess with the livelihoods of athletes.

"There is a lot of frustration among athletes, including those in events that weren't taken out. This is the blessing and the curse of the decision to remove the 200m as a scoring event, because now that sprinters are being hit, they're taking a bigger interest in how their sport is run."

He reports that already more than 500 athletes have signed up. "It's not that I want athletes standing behind me. I want them standing beside me."

WC Prize Money: To Tax Or Not To Tax?

At most World Championships, the host country's governments waive taxes on the prize money, so that athletes can go home with the full sums they're promised. However, Oregon21 is not most World Championships, and the Eugene Register-Guard is reporting that the state's lawmakers aren't moving in that direction. Of the \$7.2 million in prize money, approximately \$2 million is heading to the taxman—or taxmen, plural, as the U.S. is more complicated than most hosts, with both federal and state governments wanting a share.

That taxes be waived for prizewinners is a longstanding international federation hosting requirement. Reportedly one state legislator has a bill in the works to effect the required relief. Oregon21 CEO Niels de Vos reportedly met with federal lawmakers last March but got no traction. Currently, the LOC has the estimated \$2.16M liability built into its budget if it has to eat the charges.

Protest At Your Own Risk

IOC President Thomas Bach is putting the kibosh on athletes using the Olympics as a forum

for political or cultural protests, saying the Games "are not, and must never be, a platform to advance political or any other potentially divisive ends."

Last year, there were two such protests at the Pan-Am Games (one involving hammer thrower Gwen Berry). The USOPC placed Berry and the other Pan-Am protester on probation and warned that similar situations would be dealt with more harshly in Tokyo. In '16, silver medalist Feyisa Lilesa crossed the finish of the marathon with his arms crossed in support of his ethnic group in Ethiopia, oppressed at the time. He was not punished—though he did seek asylum in the U.S. afterwards, fearful of his own country's response.

The IOC has long had its Rule 50 in place: "No kind of demonstration or political, religious or racial propaganda is permitted in any Olympic sites, venues or other areas." In early January, the IOC Athletes' Commission published further guidelines on Rule 50. Examples of banned behaviors include political messaging, signs or armbands, hand gestures and kneeling, and refusing to follow ceremonies protocol. The rule applies during competition, official ceremonies, and in the Olympic Village. However, athletes will be able to express their views freely during press conferences and interviews, and also on social media.

John Carlos Critical Of IOC Stance

The most iconic Olympic protest ever, of course, was authored by John Carlos and Tommie Smith in '68. Reacting to the IOC's latest pronouncement, the always-outsoken Carlos told *The Nation* that the rule is "nonsense." Carlos said, "They are saying that they don't want politics at the Olympics but this is a political move. The silencing of people is political. We all love the Olympics but I'm not sacrificing my humanity to win a medal."

"The athlete should be able to make a statement on that medal stand. They are not disrespecting a flag. They are using their time to do what they think is right. They are trying to save lives. No one has the right to take away what's inside you or silence what you want to say."

Ironically—given that the USOC banned Carlos and Smith from the Olympic Village in Mexico City—they were recently inducted into the USOPC Hall Of Fame.

Farah In The Retesting Market?

As promised, WADA is taking a closer look at the disbanded Nike Oregon Project and has indicated it will want to reexamine samples from some of the group's top runners.

However, Nicole Sapstead, the CEO of the UK Anti-Doping Agency, said she was not wild about turning over the samples of many-time Olympic champion Mo Farah, saying, "We supported USADA in their investigation into the Nike Oregon Project. There has never been any ill-feeling or lack of willingness or assistance on our part."

But when you open a sample up, every time you freeze it and thaw it and freeze it again, you are degrading the sample. If any partner comes forward and says: 'I have evidence to suggest this might be present in these athletes and this is part of an ongoing investigation,' I'll be the first one to say: 'Help yourself. How can we help you?' But I'm not going to risk samples that we hold in storage that could enable us to re-test when the science moves along."

That stance generated some bad PR, and UKAD clarified its position: "To clarify, at this moment in time we have not received any request from WADA for reanalysis of samples we hold for any sportsperson." For his part, Farah said, "I've said many times, I am happy for any anti-doping body to test any of my previous samples any time."

Virus Moves World Indoor To '21

WA has announced that the World Indoor Championships, set for Nanjing, China, in March would be postponed a year because of the host nation's coronavirus outbreak. A day later, the World Health Organization (WHO) declared the outbreak—which had multiplied tenfold in the previous week—a global health emergency. The WA decision came on the heels of the cancellation of the Asian Indoor Championships and the Hong Kong Marathon, among other events.

The WA statement read, in part, "We have considered the possibility of relocating the event to another country and would like to thank the cities that have volunteered to host the championships. However, given concerns still exist regarding the spread of the virus outside China, we have decided not to go with this option, as it may lead to further postponement at a later date."

No date has been set for what will now be the '21 version of the meet, which could potentially clash with the European Indoor, set for Toruń, Poland, March 05–07. Said EA president Svein Arne Hansen, "We agreed a minimum of 2 weeks between the European Indoor Championships and the World Indoor Championships... so the athletes have the best chance to attend both."

Looming above the crisis is the fear—perhaps fueled by the ubiquity of modern e-based communication?—that the outbreak, which has already spread beyond China's borders, could become a pandemic and threaten the Tokyo Olympics, set for July. Also at risk might be a trio of meets currently scheduled for China in May: 2 DLs and a Continental Tour fixture.

3 NCAA Stars Go Pro Early

Mississippi State teammates Anderson Peters and Marco Arop have decided to take a pass on more collegiate seasons, turning pro after their sophomore years. Peters, who won World Champs

javelin gold for Grenada, explained, "There's no guarantee that I would break the NCAA Record, and I think it's best that I begin competing on the professional circuit. Right now is the perfect time. There's only one other gold medal that I can win, which is the Olympic championship."

Arop was a 2-time runner-up in the NCAA and at 21 was the youngest athlete to make the WC 800 final. "This wasn't an easy decision to make, but it was one I would have to make eventually," said the Canadian import.

On the women's side, Wadeline Jonathas, the NCAA 400 champ as a junior, opted to turn pro after a WC 4th, saying, "My coaches at South Carolina have helped me a lot. I love them. I appreciate them. I am very thankful that I ended up here at South Carolina. They are just amazing. All I know is that this is exciting, and I'm looking forward to this next step. I'm looking forward to surprising myself again."

Diack's Trial Postponed To June

The ongoing saga of the Diack family continues, as the trial of former IAAF president Lamine Diack, set to start in mid-January, has been delayed until June. The postponement was caused when new documents were submitted to the court relating to testimony that his son, Papa Massata Diack, gave in Senegal last November. Prosecutors asked for the delay so that they could study the new information.

The elder Diack, now 86, has been under house arrest in Paris since November of '15. Following the hearing he asked the court to let him return to Senegal to visit family. His son is still there, with the country refusing to honor extradition requests. The 3-judge French panel—familiar with the concept of "flight risk"—opted to keep Diack in the French capital. Two weeks later he appeared in court to give more testimony.

It has also been revealed that WA is seeking more than \$45 million in damages from the six defendants in the trial, "based on loss of sponsorship revenue, damage to reputation and potential loss of earnings."

Russia Fights Back On Suspension

With Olympic participation at stake, the battle lines between WADA and Russia are becoming more clear. Craig Reddie, who just finished his term as WADA president, says the organization will stand behind its December 09 decision to throw 4 years of sanctions at Russia.

Meanwhile, RUSADA is claiming that WADA's charges are a hoax; in late December, RUSADA sent a formal appeal to WADA that "disputes the notice of non-compliance in its entirety." To head off the Russian appeal, WADA took its case directly to CAS in mid-January, following through

on Reddie's promise to "defend that decision with the utmost vigor."

The IOC's Thomas Bach is hoping that the CAS ruling will be clear and "watertight" to minimize confusion for various federations in the leadup to Tokyo. The wait could be long, however, as some reports say that CAS will not have its hearing until May, leaving the Russian situation up in the air until the Olympics are imminent.

Russian Athletes Distressed

With WA having put the "Authorized Neutral Athlete" program on hold, top Russian performers are starting to realize that their chances for international competition this Olympic year are somewhere between slim and fading fast.

Not surprisingly, anger is building, but not toward WA. Instead, the target is the Russian federation.

High jumper Mariya Lasitskene is going so far as to threaten a lawsuit against the former and current managers of the federation, saying, "In case a court refuses to accept my lawsuit against RusAF in the capacity of a public organization, I will start filing lawsuits against particular people, namely those who were officially found guilty in the case with a fake medical certificate of [Danil] Lysenko. Their actions have been detrimental and are resulting in my deprivations in moral, reputational and financial aspects. According to my preliminary estimations, it should be a multi-million lawsuit in case I completely miss this winter season."

Lasitskene followed up with an open letter to the federation, signed by two other world champions, Sergey Shubenkov and Anzhelika Sidorova. "The Russian Sports Ministry was ordered to work out a road map to eradicate doping before December 03. But it hasn't been done yet," noted the letter.

The world's No. 1 high jumper, 27, now is at risk of missing her second straight Olympics because of the sanctions on her federation. "We have problems which should have been fixed during a 4-year period," she says. "Those who say that it's shameful to compete under a neutral flag don't even know how much power and energy an athlete dedicates to the sport he or she represents. We don't how long careers will last and we retire before 40. I don't have time to wait until the situation is resolved."

Problems At WADA?

WADA's investigations unit is either in bad shape or it's not, according to recent reports. An annual audit of the Intelligence & Investigations Department of the global testing authority claims the unit is acutely short on resources and personnel. The audit was done in April and dated August. It recommended the immediate hiring of three more people, as much of the investigations work has been focused on the Russia crisis. "Taking into account the resources available..." the report read, "the quality of its work remains exceptional."

Craig Reddie, the outgoing WADA president, said at year's end that "WADA has shown it has the will, the expertise and the legal tools to stand up effectively to this unprecedented level of cheating and corruption." He singled out the I & I unit for playing "a decisive role" in the Russia case. It is unknown if WADA was able to direct more resources to the unit after the audit came out. □

And In The Sharp-Eyed Reader Department...

A trio of oopsies from past issues that bear mentioning.

1. Daniel Perez correctly notes that in November's "Last Lap" the group photo of mile WR-setters mislabeled Nouredine Morceli as Saïd Aouita...

2. Regarding Peter Snell's December obituary, Gary Park writes, "Fascinating stuff, not to say mind-blowing when we learn that in Snell's first indoor race 'he led from tape to gun.' Who knew? Are you saying he ran backwards?"

3. Courtesy of Bob Langenbach, also from December: "I see that Karsten Warholm grew a half-inch from 6-1½ to 6-2 in the distance from p. 19 to p. 74! I do note that his metric measurement stayed constant at 1.87." The shorter of the imperial heights is the correct one.

Died: Vilhjálmur Einarsson, 85

On December 28; in Reykjavík, Iceland. The Dartmouth alum won silver in the triple jump at the '56 Olympics and was also 5th in '60. He earned 4 World Rankings with a high of No. 2 in '56.

Died: Gennadiy Valyukevich, 61

On December 29. A 6-time World Ranker in the triple jump for the Soviet Union, the Belarusian reached a high of No. 2 in '79, the year he won the European Indoor. Twice an indoor WR setter, he finished 10th in the '83 World Championships. □

FOR THE RECORD

Records broken since the December issue. W = World; A = American; C = Collegiate; J = Junior (U20); Y = Youth (U18); HS = High School; + = event not officially recognized by governing body; i = indoor mark qualifying as Absolute record.

MEN INDOOR TRACK					
300	32.28	C	Jacory Patterson (Virginia Tech)	Blacksburg, Virginia	January 17
5000	13:16.95	AmC	Tyler Day (Northern Arizona)	Boston, Massachusetts	January 24
WOMEN INDOOR TRACK					
60	7.19	WY, =HS	Tamari Davis (East Ridge, Clermont, Florida)	Columbia, South Carolina	January 17
500	1:10:22	HS	Athing Mu (Central, Trenton, New Jersey)	Lynchburg, Virginia	January 17
3000W	13:00.56	AJ, HS	Taylor Ewert (Beavercreek, Ohio)	Lynchburg, Virginia	January 17
MEN ABSOLUTE TRACK					
5000	13:16.95i	AmC	Tyler Day (Northern Arizona)	Boston, Massachusetts	January 24
WOMEN ABSOLUTE TRACK					
3000W	13:00.56i	AJ, HS	Taylor Ewert (Beavercreek, Ohio)	Lynchburg, Virginia	January 17
MEN ROAD					
10K	26:24	W	Rhonex Kipruto (Kenya)	Valencia, Spain	January 12

Index To The Track & Field News Covers Of the '10s

See pp. 6-7 for thumbnail versions of all the TF&N covers of the Teens, the prime players.

2010

January—Matt Tegenkamp/Chris Solinsky; February—Usain Bolt; March—Kenenisa Bekele/Yelena Isinbaeva; April—Bernard Lagat; May—Ashton Eaton; June—Bolt; July—Solinsky; August—Andrew Wheating; September—David Oliver; October—Tyson Gay/Bolt; November—David Rudisha; December—Blanka Vlašić

2011

January—Haile Gebrselassie; February—Rudisha; March—Allyson Felix; April—Ashton Eaton; May—Shalane Flanagan; June—Jessica Beard; July—Ryan Martin/Charles Jock; August—Robby Andrews; September—Walter Dix; October—Arman Hall; November—Jenny Simpson; December—Patrick Makau

2012

January—Geoffrey Mutai; February—Rudisha; March—Bolt; April—Galen Rupp; May—Eaton; June—Jeff Demps; July—Gay; August—Tony McQuay/Bryshon Nellum; September—Eaton; October—Carmelita Jeter; November—Aries Merritt; December—Laura Hollander

2013

January—Kennedy Kithuka; February—Rudisha;

March—Mary Cain; April—Erik Sowinski; May—Jenn Suhr; June—Nellum; July—Ryan Whiting; August—Brian McNeal; September—Duane Solomon; October—Kori Carter; November—Bolt; December—Wilson Kipsang

2014

January—Mutai; February—Bogdan Bondarenko; March—Eaton; April—Renaud Lavillenie; May—Phyllis Francis; June—Meb Keflezighi; July—Ben True/Hassan Mead; August—Rupp; September—Simpson; October—Kaylin Whitney; November—Dennis Kimetto; December—Trentavis Friday

2015

January—Edward Cheserek; February—Lavillenie; March—Demi Payne; April—Matthew Centrowitz/Nick Willis; May—Shawn Barber; June—Jenna Prandini; July—Felix; August—Marquis Dendy; September—Nick Symmonds; October—Candace Hill; November—Eaton; December—Noah Lyles

2016

January—Lamine Diack; February—Eaton; March—Suhr; April—Drew Hunter; May—Vashti Cunningham; June—Courtney Okolo; July—Justin Gatlin; August—Jarrion Lawson; September—Keni Harrison; October—Wayde

van Niekerk; November—Sandi Morris; December—Centrowitz

2017

January—Patrick Tiernan; February—van Niekerk; March—Bolt; April—Mondo Duplantis; May—Sydney McLaughlin; June—Joe Kovacs; July—Christian Taylor; August—Sam Kendricks; September—Emma Coburn; October—Eliud Kipchoge; November—Flanagan; December—Mutaz Barshim

2018

January—Tori Bowie; February—Christian Coleman; March—Morris; April—McLaughlin; May—Ryan Crouser; June—Michael Norman; July—Lyles; August—Duplantis; September—Kevin Mayer; October—Duplantis; November—Morgan McDonald/Grant Fisher; December—Kipchoge

2019

January—Rai Benjamin; February—Samuel Tefera; March—Grant Holloway; April—Norman; May—Kipchoge; June—Sha'Carri Richardson; July—Cunningham; August—Dalilah Muhammad; September—Matthew Boling; October—Holloway; November—DeAnna Price; December—Muhammad

U.S. Indoor Invitationals

February	
07-08	Husker Invitational; Lincoln, Nebraska
	Meyo Invitational; Notre Dame, Indiana
	Spire Invitational; Geneva, Ohio
	Thomas Invitational; College Station, Texas
08	Camel City Elite; Winston-Salem, North Carolina
	Great Southwest HS; Albuquerque, New Mexico
	Millrose Games; New York, New York
	Sykes-Sabock Cup; University Park, Pennsylvania
13-14	Kirby Elite Invitational; Albuquerque, New Mexico
13-15	Simplot HS; Pocatello, Idaho
14	Fastrack Invitational, Staten Island, New York
	Husky Classic; Seattle, Washington
	Samford Invitational; Birmingham, Alabama
14-15	Hemery Invitational; Allston, Massachusetts
	Iowa State Classic; Ames, Iowa
	Music City Invitational; Nashville, Tennessee
	Tiger Paw Invitational; Clemson, South Carolina
	Tyson Invitational; Fayetteville, Arkansas
21	JML DMR Invitational; Winston-Salem, North Carolina
	LSU Twilight; Baton Rouge, Louisiana
	Silverston Invitational; Ann Arbor, Michigan
22	Texas A&M Invitational; College Station, Texas
	Wilson Invitational; Notre Dame, Indiana

National Indoor Championships

February	
14-15	USATF; Albuquerque, New Mexico
March	
05-07	NAIA; Brookings, South Dakota
06-07	JUCO; Lynchburg, Virginia
13-14	NCAA; Albuquerque, New Mexico
	NCAA II; Birmingham, Alabama
	NCAA III; Winston-Salem, North Carolina
13-15	New Balance Indoor Nationals HS; NYC, New York

Collegiate Indoor Conferences

February	
21-22	America East; Boston, Massachusetts
22-23	Conference USA; Birmingham, Alabama
24-25	Sun Belt; Birmingham, Alabama
26-27	Ohio Valley; Birmingham, Alabama
27-29	ACC; Notre Dame, Indiana
	Big Sky; Pocatello, Idaho
	Mountain West; Albuquerque, New Mexico
28-29	American; Birmingham, Alabama
	Big 10; Geneva, Ohio
	Big 12; Ames, Iowa
	Mid-American; Akron, Ohio
	Mountain Pacific; Seattle, Washington
	SEC; College Station, Texas
	WAC; Nampa, Idaho
29-01	Ivy League; Ithaca, New York
	Missouri Valley; Cedar Falls, Iowa
	Patriot League; Lehigh, Pennsylvania
	Southern; Lexington, Virginia
	Horizon; Youngstown, Ohio
31	Mets; Staten Island, New York
March	
01-02	Big East; Geneva, Ohio
	Southland; Birmingham, Alabama
06-08	IC4A/ECAC; Boston, Massachusetts

International Indoor Meets

February	
04	PSD Bank World Indoor Tour; Düsseldorf, Germany
08	Copernicus Cup World Indoor Tour; Toruń, Poland
15	Müller Grand Prix World Indoor Tour; Glasgow, Scotland
19	Hauts-de-France Pas-de-Calais World Indoor Tour; Liévin, France
21	Villa de Madrid World Indoor Tour; Madrid, Spain
March	
	World Indoor Championships XVIII; Nanjing, China (postponed to 2021)



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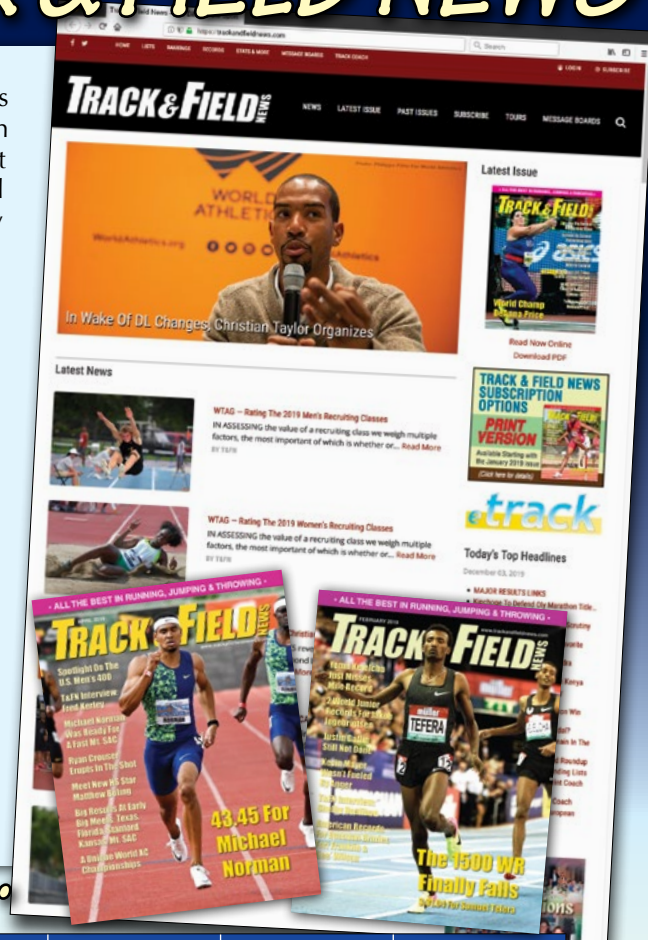
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