



THE MONTH THAT WAS...

The big news from September (and the end of August) was the IAAF World Championships in Athletics. But clearly there were some other big news items as well. So taking a page from last month's article (which unfortunately wasn't printed in last month's newsletter...), I'll be doing a bulleted list of ten highlights. First, five from the World Champs, then five from the remaining ***Month That Was!***

IAAF World Championships in Athletics

1) **Jenny Barringer-Simpson** is the 2011 1,500m World Champion.

While many thought we had a chance for an American World Champion at 1,500m, all eyes were on **Morgan Uceny**. But due to her being tripped in the final 500m, the American hopes seemed all but lost. Yes, Simpson was in the race, but she was sitting in about 7th place – basically behind everyone but those involved in the shoving.

But, with just over 200m to go, she moved to the outside, risking running quite wide in a bid to get free. Entering the turn, she was in 4th. But by moving wide, there was no one in her way, so she turned it on. Entering the home straight, it looked like the US might be able to snag a medal, barely. And suddenly, Barringer was in 3rd. 2nd. 1st. Those penultimate 50m saw Barringer fly by the competition as though they were high schoolers.

Somehow, Barringer crossed the line first. And, based on her reaction, she may not have much better of an idea than us how this came to pass.



The Empire Runner

2) Who-The-Heck-Is-That?! wins the men's 10,000m.



If you've read my previous articles, you knew that **Mo Farah** was a big favorite for the 10,000m title. Not overwhelming, but big. Other favorites included **Zersenay Tadese**, **Imane Merga**, **Sileshi Sihine**, and of course **King Kenenisa (Bekele)**, coming back from years of injury. But in the end, it was former World Junior 10,000m and XC Champ **Ibrahim Jeilan** who took home the gold.

After some early dawdling, Tadese took the pace and made sure this would be an honest race. While Bekele had to drop out around 6K in, all the big dogs were there, including a few less known runners like Jeilan, whom we knew would soon fade. But he didn't. With 2K to go he was still there. And with 1K to go, still there. And then, Farah took off with 400m to go. But what's this? Jeilan takes off after him 150m later. And starts to get closer. And closer. And then a man whom the announcers really can't even place edges by the big-time British favorite, capturing yet another World title for Ethiopia.

Farah closed his last lap in 53 seconds, but it still wasn't enough for the win. Incredible.



3) **Matt Centrowitz** gets another US Middle-Distance Medal.

I've written about his big win at the NCAA Championships. And his shocking win at the USATF Championships. Well, he didn't win at the World Championships. But I'm pretty sure his Bronze Medal is more than satisfactory for the young collegiate.

While it wasn't a huge shock Centrowitz made the team, even making the finals was a bit of a surprise. But smart running and a blistering 51-point final lap put an America man on the 1,500m medal stand for just the third time recent memory (Lagat 1st 2007, 3rd 2009).

4) Kenya sweeps women's marathon.

It couldn't have started much better for the Kenyan women. The first event of the Championships was the marathon, and the first medal went to Kenya. And the second. And the third. Gold went to **Edna Kiplagat**, despite being accidentally tripped by teammate **Sharon Cherop** in the 24th mile. But she bounced right back, with Cherop waiting for her, as they looked to maintain their lead over main competitor **Bezunesh Bekele** of Ethiopia. And maintain they did, though the fall did let their teammate **Priscah Jeptoo** back into contention.

In the end, Kiplagat easily pulled away to win by 17 over Jeptoo, who was 14 seconds ahead of Cherop. Bekele was 4th another 7 seconds back.

5) **Abel Kirui** retains World Title.

While the men's race honestly was missing the majority of top marathoners, that shouldn't take away from Kirui's title defence. It wasn't as much that he won, but how he won. The first 15K of the race were run quite comfortably with a big pack, with the pace quickening shortly thereafter. Still, there were over 15 runners at the half-way point.

And then there were 4 left just 5K later. The reason: a 14:43 5K split in the hot, humid conditions. But instead of relaxing and running with just a few competitors for a few K, Kirui decided to drop the hammer again, clocking a nearly unheard of 14:18 split to effectively end the race. His winning margin of victory was 2:28, the biggest ever in a World Champs Marathon. The old record was also held by Kirui from the 2007 race.

The Empire Runner

Best of the Rest

1) New World Record in the Marathon!



At the Berlin Marathon, site of **Haile Gebrselassie's** 2:03:59 WR, the marathon mark fell yet again. As is often the case in Berlin, an army of pacemakers was summoned to achieve this goal. The two main stars? Haile G himself and **Patrick Makau**, one of the very few men to break the 2:05 barrier (2:04:48 PR).

While the pace ended up being too much for Geb, Makau hammered away until the final 5K to put himself way ahead of WR pace. And despite slowing to a “pedestrian” 14:59 for the final 5K, Makau ended up home in 2:03:38, a full 21 seconds faster than the previous World Record.

2) **Galan Rupp** breaks 10,000m American Record

With 400m to go, Rupp was on the heels of **Lucas Rotich** and the great King Kenenisa. And while Rupp could in no way stay with them (he still closed in 61), Rupp ended up third in 26:48.00, absolutely shattering **Chris Solinsky's** 26:59.60. The time also makes him the 16th fastest man in the history of the world.

The Empire Runner

3) **Yohan Blake** overshadows **Bolt**

At the end of most Diamond League meets this year, it seemed as though Bolt would overshadow whomever else ran before him. But not this time. Despite running a WL in the 100m, he was quickly forgotten as Yohan Blake took to the blocks in the 200m for the Diamond finale.

World 100m/200m silver medalist **Walter Dix** had a lead coming off the turn, and, as the stronger 200m man, looked to have the race won. But the 100m World Champ Blake somehow found another gear in the final half, and absolutely blew by Dix. And it's not like Dix slowed down; his 19.53 makes him the fourth fastest runner ever. But Blake clocked 19.26, second only to Bolt's WR 19.19.

London is going to be interesting.

4) **Morgan Uceny** gets some redemption.

While nothing can make up for losing her shot at a world medal, Uceny ended her track season in style by winning the Diamond League finale over a ridiculously large 20-person field.

As she had done many times this season, Uceny utterly destroyed the field in the final sprint. With 300m to go she was quite a bit back – over a second – but ended up with not only the win but a world-leading 4:00.06. Only one other runner, 2008 World Indoor Bronze Medalist **Alaoui Selsoull**, was even within a second of Uceny. World Champion Jenny Simpson was 13th, silver medalist **Hannah England** was 5th, and bronze medalist **Natalia Rodriguez** was 8th.

5) **Lagat, Simpson** with 5th Avenue Mile

American's captured both titles at the premier US Road Mile for the first time since 2000. For the women, it was World Champ Jenny Simpson who crossed the line first with a time of 4:22.3. Just behind were **Sally Kipyego** and **Hannah England**, who were both clocked in 4:22.6. Uceny finished 6th, with **Sara Bei Hall** 8th.

For the men, **Bernard Lagat** finally got the win, as he has previously finished 4th once and 2nd twice. Lagat finished with a huge margin of victory, crossing in 3:50/5 to **Amine Laalou's** 3:51.7. **David Torrence** of the Bay Aårea Track Club took third in 3:52.4