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AUGUST 2018

TRACK & FIELD NEWS

**3 World Junior Records
For Mondo Duplantis**

**A Thrilling European
Championships**

**Ronnie Baker
Is Joining
The Sprint
Conversation**

**Darrell Hill
Can Sneak
Up On You**

**T&FN Interview:
Courtney Frerichs**

A photograph of Mondo Duplantis in mid-air, performing a pole vault. He is wearing a yellow and blue athletic uniform and blue shoes. He is holding a yellow and white pole vault pole. The background is dark, suggesting an indoor or night-time outdoor setting.

**Mondo Reaches
New Heights**

Cover photo by Mark Shearman

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From The Editor – The U.S. Needs Summer Meets In 2019

August 2018 by E. Garry Hill



A call for more U.S. summer meets at the professional level is hardly a new or revolutionary concept. Indeed, the U.S. could use more high-end domestic competition in every month from January through August. In every year. But next year, 2019, is special. It has a crying need for competitive opportunities for Team USA in not only July and August, but also September, as the IAAF has thrown a nifty curveball at the sport with the staging of the latest-ever World Championships. Doha's do in the desert will be staged between September 28 and October 6. The previous latest any WC has cranked up was August 28 by Rome '87.

So, what's the USA doing about this timing? Back in January of '15, my column said this: "I have long ranted about the traditional late-June timing [of the Trials meet] being horribly out of touch with the realities of modern international competition, with a too-large break between the USATF Championships and the Worlds compromising Team USA's ability to field the best team possible. Obviously, if you have joined me in believing that the typical late-June / mid-August gap was bad, imagine how bad it will be when the Worlds moves to late-September.

"So the '19 USATF needs to move. And by a lot. If you're going to move it, make it a real move. My suggestion is that it needs to be the first weekend of September, leaving two off-weeks before things crank up in Qatar. That might compromise IAAF thinking on its DL series a bit, but I think USATF needs to exercise its tail-wagging-the-dog power here by making a preemptive strike and announcing well in advance that it has that weekend staked out."

Well, somebody in Indy ended up somewhat on the same page, and next year's WC Trials have moved. But only a month, to July 25–28. Then it's basically 9 (nine!) weeks until the WC itself. That gap is filled thusly at the highest end of competition: after the WCT it's 3 weeks with no Diamond League meets and then the final four in 20 days. After that it's another 3 weeks before Doha cranks up. The highest-end U.S. performers will have DL opportunities, but not many. For most it could turn out to be 9 weeks without competition. And that's just the back end.

On the front end, June sports 5 DL meets, not the least among them Pre, which has moved a month later than usual and will be staged on June 28–29. Then there's a 3-week gap to the WCT that at least has 3 DLs.

So I ask this question: for the bulk of the WC hopefuls, those not quite good enough to garner DL invitations, where are the meets that will give them a serious chance to hone their competitive skills? They don't exist. Where are the meets for these people after they've made the team? This is not a new problem, but with the radical dating of both the Nationals and the Worlds the situation will be exacerbated.

I fully realize that creating new meets is a nasty task. Just ask agent Paul Doyle, who put together the short-lived American Track League and deserves more credit for trying than he got. The Oregon folk took a stab at it with the team-oriented TrackTown Summer Series, but that has silently faded away too. But should it be up to "private citizens" to be doing all the heavy lifting in this regard? What about the folks in Indy?

Sure, USATF has created a nice little property with May's Distance Classic in SoCal. Is this a meet that should be moved a month or so later next year? And shouldn't the federation be creating more meets along this line for next year? (Next year = all years, of course, but let's start small.)

We wouldn't be having this conversation, of course, if the IAAF hadn't allowed its calendar to be egregiously disrupted. My August '15 column was titled, "Both of the IAAF presidential candidates are talking about calendar reform... yesss!" I went on to note that Sergey Bubka had in his manifesto, "Reviewing the international calendar to ensure harmonization of key IAAF events, regional and national competitions." For his part, Seb Coe said, "I believe that the creation of a truly harmonized calendar is key to the global promotion of track & field. Listening to the Federations and our broadcasters, sponsors and athletes, it's clear that we need new competitive structures for the future. We must look at how the format and presentation of competitions like the Diamond League fit within the overall calendar and how we can help boost the quality of these competitions to make each meeting and the overall season more compelling."

Coe won, of course, and the Doha horse was already out of the barn. Let's just hope that his ongoing efforts to reform the calendar (he brings it up all the time) bear some fruit. The sport needs cohesion, and the way the DL and the WC are all over the map just isn't doing us any good. I would note that golf, despite already being one of the more popular sports going, has taken major steps for 2019, moving the PGA from its traditional August date to May, and pulling the FedEx Cup from September into that hole. All the majors will be wrapped before football and baseball take over TV in September. It's time for track to aim for a hole in one.

Birmingham Diamond League – Christian Coleman Survives Late-Race Scare

August 19, 2018 by Simon Turnbull



Christian Coleman's margin over hard-charging Reece Prescod was a mere 0.001. (MARK SHEARMAN)

Birmingham, England, August 19—Christian Coleman returned to the city where he had blitzed to World Indoor 60 gold in March to notch his second comeback 100 win of the outdoor season. As in the Rabat DL in July he claimed the scalp of U.S. champ and joint world leader Noah Lyles in the process. And just like in the Moroccan capital, Lyles had to settle for 3rd as the bullet-starting Coleman held on to beat another fast-finishing rival by less than the thickness of his singlet. In Rabat, Coleman's last race before a recurrence of the hamstring trouble that had previously kept him out of competitive commission for 6 weeks, the world 100 silver medalist squeaked home by 0.006 from Ronnie Baker, both men being credited with 9.98. This time the margin was a mere 0.001.

After getting the jump on the field with vastly superior pickup out of the blocks, Coleman slowly ran out of gas over the final 20 and appeared to be caught on the line as Reece Prescod reproduced the grandstand finish that took him to within 0.01 of gold and his British teammate Zharnel Hughes at the European Champs the previous week, charging through from last place in the second half.

Both men were given 9.94s, a PR for the burgeoning Brit and a seasonal best for the American. The photofinish picture showed Coleman at 9.938 and Prescod at 9.939. Lyles was a relatively detached 3rd in 9.98—with former world champion Yohan Blake 4th (9.99) and Hughes 5th (10.05). "I gave a sigh of relief because you never know what to expect when you come back from injury," confessed Coleman. "I got my rhythm back and I came out with the win in a good time." Lyles subsequently tweeted, "No lie I thought I got last when I crossed the line. But can't be mad with 9.98."

Sandi Morris was the only other World Indoor winner to make a winning return to England's "Second City." Like the rest of the women's vault field, though, she struggled to find any rhythm against a wickedly swirling wind, needing two attempts to negotiate the modest opening height of 14-5¼ (4.40) and finding 15-1¾ (4.62) sufficient for victory.

There was no repeat of the 3¼-hour epic from the Indoor that climaxed with Morris nailing a championship record 16-2¾ (4.95) to claim her first global gold medal with her longtime nemesis Katerína Stefanídi down in 3rd. In the unsheltered outdoor Birmingham arena, her Greek rival managed to clear her opening height, 14-10 (4.52), for 2nd in a competition that was completed in just 57 minutes. Newly-crowned NACAC champion Katie Nageotte and European silver medalist Nikoléta Kiriakopoúlou were joint 3rd with first-time clearances at 14-5¼ (4.40).

The highlight of the women's program came, as expected, in the 200. Drained by her efforts in Berlin—where she had clocked a breakthrough WL in the 200 (21.89) and a joint WL in the 100 (10.85)—Britain's Dina Asher-Smith could not match

up to the imperious Shaunae Miller-Uibo. Asher-Smith, world champion Dafne Schippers and U.S. champ Jenna Prandini were level at the front coming off the turn but Miller-Uibo got her long levers motoring and powered ahead in the final 50 to finish the clear winner in a 22.15 MR. Asher-Smith (22.31) rallied for 2nd with Schippers 3rd (22.41), Shericka Jackson (22.55) 4th, Prandini (22.58) 5th and Gabby Thomas (22.85) 6th.

Miller-Uibo remains unbeaten in 10 outdoor races in 2018 (7 at 200, 3 at 400) and also at the high jump and shot she contested at the Bahamian Championships. "It was a great race today," said the Olympic 400 gold medalist. "I'm happy to come out on top and to get a pretty fast time. Once I put myself into the race off the curve, I used my 400 strength to power home."

There was a surreal feel about much of the meet, what with the men's and women's Olympic triple jump champions Christian Taylor leading the 400 for 340m and Caterina Ibargüen doing likewise in the long jump for three rounds. Taylor, on a mission to join the sub-45 club, faded to 4th in 45.78 (well down on the impressive 45.07 PR he notched in Hengelo) but claimed the scalps of some top-notch quartermilers ('12 Olympic silver medalist Luguélin Santos, European bronze medalist Jonathan Borlée and African champion Baboloki Thebe). Up at the front, the fast-finishing Fred Kerley (45.54), racing for the first time since June 9, pipped European champion Matt Hudson Smith (45.59) and USATF runner-up Paul Dedewo (45.62). Ibargüen held on for 2nd in her second-string event, jumping 22-3¾ (6.80), as Germany's Euro champ Malaika Mihambo nailed victory with a meet record 22-10 (6.96).

There were also German victories for Christina Schwanitz in the shot (59-8½/18.20) and for Andreas Hoffman in the javelin (294-8/89.82), ahead of compatriot Julian Weber (284-2/86.63), with Olympic and European champion Thomas Röhler back in 4th (276-8/84.33). South Africa's world champion Luvo Manyonga took the non-DL long jump with another 28-footer, hitting that milepost (8.53) exactly. In his farewell competition, Britain's former world/Olympic/European gold medalist Greg Rutherford reached just 24-4½ (7.43) for 8th.

Orlando Ortega of Spain powered home in the 110 hurdles in 13.08 to go to No. 2 on the yearly world list with Jamaican Ronald Levy 2nd (13.22) and new Euro champ Pascal Martinot-Lagarde 3rd (13.27). The 800 was also an impressively brisk affair, Emmanuel Korir (who had made premeet rumblings about attacking the World Record) surging to victory in 1:42.79, not quite as stunning as his 1:42.05 WL in the London DL but an MR nonetheless.

There was also an historic victory in the 66th running of the Emsley Carr Mile, Stewart McSweyn sweeping past fellow-countryman Ryan Gregson 40m from the line to become the first ever Australian winner (3:54.60). In doing so, he added his name to a roll of honour that includes such illustrious names as Kip Keino ('66), Jim Ryun ('67), Seb Coe ('77 & '83), Steve Ovett ('79), John Walker ('87), Saïd Aouita ('89), Haile Gebrselassie ('99) and Hicham El Guerrouj ('00, '01 & '02).

BIRMINGHAM DL MEN'S RESULTS

Müller Grand Prix; Birmingham, England, August 18—

100(-0.5): 1. Christian Coleman (US) 9.94 (9.938); 2. Reece Prescod (GB) 9.94 PR (9.939); 3. Noah Lyles (US) 9.98; 4. Yohan Blake (Jam) 9.99; 5. Zharnel Hughes (GB) 10.05; 6. Akani Simbine (SA) 10.09; 7. Tyquendo Tracey (Jam) 10.15; 8. CJ Ujah (GB) 10.17; 9. Mike Rodgers (US) 10.22.

400: 1. Fred Kerley (US) 45.54 (*first race since 6/09*); 2. Matthew Hudson-Smith (GB) 45.59; 3. Paul Dedewo (US) 45.62; 4. Christian Taylor (US) 45.78; 5. Luguélin Santos (DR) 45.81; 6. Jonathan Borlée (Bel) 46.27; 7. Baboloki Thebe (Bot) 46.35; 8. Dwayne Cowan (GB) 46.94.

800: 1. Emmanuel Korir (Ken) 1:42.79; 2. Jonathan Kitilit (Ken) 1:43.53 (1:16.58); 3. Elijah Manangoi (Ken) 1:44.15 PR; 4. Ferguson Cheruiyot (Ken) 1:44.44; 5. Marcin Lewandowski (Pol) 1:44.75; 6. Adam Kszczot (Pol) 1:44.97; 7. Jake Wightman (GB) 1:45.00; 8. Erik Sowinski (US) 1:45.68; 9. Brandon McBride (Can) 1:45.78; 10. Clayton Murphy (US) 1:47.80;... rabbit—Bram Som (Neth) (50.20).

Non-DL Mile: 1. Stewart McSweyn (Aus) 3:54.60 PR (3:39.94); 2. Ryan Gregson (Aus) 3:55.10 (3:39.78); 3. Paul Chelimo (US) 3:55.96 PR (3:41.53); 4. Vincent Kibet (Ken) 3:56.17 (3:40.78); 5. Nick Willis (NZ) 3:56.77 (3:41.82); 6. Jordan Williamsz (Aus) 3:56.92 (3:42.10); 7. Charlie Da'Vall Grice (GB) 3:56.97 (3:41.83); 8. Neil Gourley (GB) 3:57.11 PR (3:42.03); 9. Ismael Debjani (Bel) 3:57.33 PR (3:42.23);

10. Drew Hunter (US) 3:58.62 (3:42.63); 11. Kalle Berglund (Swe) 3:59.24 PR (3:44.03); 12. Chris O'Hare (GB) 3:59.70 (3:43.96); 13. Timo Benitz (Ger) 3:59.86 PR (3:43.92); 14. Jakub Holuša (CzR) 4:00.34 (3:44.08); 15. Eric Avila (US) 4:09.49 (3:44.68);... dnf—Youssouf Hiss Bachir (Dji) (2:57.68);... rabbit—James Magut (Ken) (56.10, 57.68 [1:53.78]).

St: 1. Conseslus Kipruto (Ken) 8:14.33; 2. Chala Beyo (Eth) 8:14.61; 3. Nicholas Bett (Ken) 8:16.44 (5:34.34);

4. Leonard Bett (Ken) 8:16.97 PR (WJL);

5. Benjamin Kigen (Ken) 8:17.43; 6. Abraham Kibiwot (Ken) 8:22.81; 7. Matt Hughes (Can) 8:23.67; 8. Hillary Bor (US) 8:30.04; 9. Djilali Bedrani (Fra) 8:33.33; 10. Yoann Kowal (Fra) 8:34.80; 11. Fernando Carro (Spa) 8:35.20; 12. Amos Kirui (Ken) 8:40.54; 13. Mason Ferlic (US) 8:40.74; 14. Zak Seddon (GB) 8:41.36; 15. Ieuan Thomas (GB) 8:51.01;... dq—Napoleon Solomon (Swe);... rabbit—Daniel Arce (Spa) (2:45.32).

110H(1.3): 1. Orlando Ortega (Spa) 13.08; 2. Ronald Levy (Jam) 13.22; 3. Pascal Martinot-Lagarde (Fra) 13.27; 4. Freddie Crittenden (US) 13.27 PR; 5. Andy Pozzi (GB) 13.35; 6. Gabriel Constantino (Bra) 13.41; 7. Johnathan Cabral (Can) 13.46; 8. David King (GB) 13.53.

Field Events

HJ: 1. Brandon Starc (Aus) 7-7¾ (2.33) PR; 2. Michael Mason (Can) 7-6½ (2.30); 3. Jeron Robinson (US) 7-6½; 4. Naoto Tobe (Jpn) 7-4¼ (2.24); 5. Mathew Sawe (Ken) 7-2½ (2.20); 6. Bryan McBride (US) & Mateusz Przybylko (Ger) 7-2½; 8. Chris Baker (GB) 7-1 (2.16).

Non-DL LJ: 1. Luvo Manyonga (SA) 28-0 (8.53) (27-7½, f, f, 28-0, 23-7¼, 27-9½) (8.42, f, f, 8.53, 7.19, 8.47); 2. Tajay Gayle (Jam) 26-9¾ (8.17); 3. Henry Frayne (Aus) 26-3½ (8.01); 4. Zarck Visser (SA) 25-11 (7.90); 5. Tomasz Jaszczuk (Pol) 25-8¾ (7.84); 6. Miltiádis Tentóglou (Gre) 25-8 (7.82); 7. Dan Bramble (GB) 25-7½ (7.81); 8. Greg Rutherford (GB) 24-4½ (7.43).

JT: 1. Andreas Hofmann (Ger) 294-8 (89.82) (279-2, 294-8, 280-6, 265-7) (85.10, 89.82, 85.51, 80.94); 2. Julian Weber (Ger) 284-2 (86.63); 3. Magnus Kirt (Est) 279-10 (85.31); 4. Thomas Röhler (Ger) 276-8 (84.33); 5. Marcin Krukowski (Pol) 275-5 (83.96); 6. Gatis Čakšs (Lat) 265-7 (80.96); 7. Petr Frydrych (CzR) 262-0 (79.86).

BIRMINGHAM DL WOMEN'S RESULTS

200(0.4): 1. Shaunae Miller-Uibo (Bah) 22.15; 2. Dina Asher-Smith (GB) 22.31; 3. Dafne Schippers (Hol) 22.41; 4. Shericka Jackson (Jam) 22.55; 5. Jenna Prandini (US) 22.58; 6. Gabby Thomas (US) 22.85; 7. Marie Josée Ta Lou (CI) 22.88; 8. Kyra Jefferson (US) 23.26.

Non-DL 1000: 1. Laura Muir (GB) 2:33.92 PR (2:03.00); 2. Renelle Lamote (Fra) 2:34.48 PR; 3. Adelle Tracey (GB) 2:34.59 PR; 4. Katie Snowden (GB) 2:35.54 PR; 5. Colleen Quigley (US) 2:36.53 PR; 6. Jemma Reekie (GB) 2:36.79 PR; 7. Brittany McGowan (Aus) 2:37.80 PR; 8. Simona Vrzalová (CzR) 2:38.20 PR; 9. Angie Petty (NZ) 2:38.87; 10. Kaela Edwards (US) 2:42.17;... rabbit—Esther Guerrero (Spa) (60.61).

1500: 1. Sifan Hassan (Hol) 4:00.60; 2. Gudaf Tsegay (Eth) 4:01.03 (2:08.70, 3:14.84); 3. Sofia Ennaoui (Pol) 4:02.06; 4. Axumawit Embaye (Eth) 4:02.44; 5. Sarah McDonald (GB) 4:03.17 PR; 6. Winny Chebet (Ken) 4:03.64; 7. Marta Pen (Por) 4:03.99 PR; 8. Kate Grace (US) 4:04.64; 9. Ciara Mageean (Ire) 4:06.13; 10. Alemaz Teshale (Eth) 4:07.47; 11. Gabriela Stafford (Can) 4:07.51; 12. Nelly Jepkosgei (Ken) 4:07.69; 13. Brenda Martinez (US) 4:12.90;... dnf—Angelika Cichocka (Pol), Maureen Koster (Neth);... rabbit—Charlene Thomas (GB) (63.28).

3000: 1. Agnes Tirop (Ken) 8:32.21; 2. Lilian Rengeruk (Ken) 8:33.43; 3. Hellen Obiri (Ken) 8:36.26 (5:48.23); 4. Eilish McColgan (GB) 8:38.49; 5. Melissa Courtney (GB) 8:39.20 PR; 6. Konstanze

Klosterhalfen (Ger) 8:41.37; 7. Lonah Chemtai Salpeter (Isr) 8:42.88 NR; 8. Ejgayehu Taye (Eth) 8:44.13 PR;

9. Elena Burkard (Ger) 8:45.43 PR; 10. Eva Cherono (Ken) 8:45.65; 11. Steph Twell (GB) 8:46.79; 12. Susan Kruminis (Hol) 8:49.60; 13. Genevieve LaCaze (Aus) 8:50.19; 14. Katie Mackey (US) 8:53.18; 15. Beatrice Chebet (Ken) 8:59.72 PR; 16. Camille Buscomb (NZ) 9:00.52; 17. Dominique Scott Efurud (SA) 9:01.64;... rabbit—Renata Plis (Pol) (2:53.81).

Non-DL 100H(-0.6): 1. Pamela Dutkiewicz (Ger) 12.84; 2. Cindy Roleder (Ger) 12.96; 3. Nadine Visser (Hol) 13.07; 4. Luca Kozák (Hun) 13.39; 5. Alicia Barrett (GB) 13.56; 6. Cindy Ofili (GB) 13.58;... dnf—Yanique Thompson (Jam);... dq—Eline Berings (Bel).

400H: 1. Léa Sprunger (Swi) 54.86; 2. Janieve Russell (Jam) 54.91; 3. Meghan Beesley (GB) 55.83; 4. Eilidh Doyle (GB) 56.61; 5. Sage Watson (Can) 57.11; 6. Wenda Nel (SA) 57.51;... dnf—Georganne Moline (US).

Field Events

PV: 1. Sandi Morris (US) 15-1¾ (4.62) (14-5¼ [2], 14-10, 15-1¾, 15-5¾ [xxx]) (4.40 [2], 4.52, 4.62, 4.72 [xxx]); 2. Katerína Stefanídi (Gre) 14-10 (4.52); 3. tie, Nikoléta Kiriakopoulou (Gre) & Katie Nageotte (US) 14-5¼ (4.40); 5. tie, Holly Bradshaw (GB) & Ninon Guillon-Romarin (Fra) 14-5¼;... nh—Angelica Bengtsson (Swe);... nh—Eliza McCartney (NZ), Yarisley Silva (Cub).

LJ: 1. Malaika Mihambo (Ger) 22-10 (6.96) (21-3½, f, 21-8, 22-4½, 21-10, 22-10) (6.49, f, 6.60, 6.82, 6.65, 6.96); 2. Caterine Ibargüen (Col) 22-3¾ (6.80); 3. Shara Proctor (GB) 21-11¼ (6.70); 4. Lorraine Ugen (GB) 21-11½w (6.69) (21-4/6.50); 5. Jazmin Sawyers (GB) 21-10¾ (6.67); 6. Christabel Netty (Can) 21-5½ (6.54); 7. Katarina Johnson-Thompson (GB) 21-½ (6.41); 8. Sha'Keela Saunders (US) 20-11¼ (6.38).

SP: 1. Christina Schwanitz (Ger) 59-8½ (18.20); 2. Paulina Guba (Pol) 58-9½ (17.92); 3. Melissa Boekelman (Hol) 58-4 (17.78); 4. Danniell Thomas-Dodd (Jam) 58-1¾ (17.72); 5. Sophie McKinna (GB) 57-9¾ (17.62); 6. Michelle Carter (US) 57-¾ (17.39); 7. Fanny Roos (Swe) 56-11½ (17.36); 8. Klaudia Kardasz (Pol) 55-1 (16.79).

European Championships Tuesday — Hot Day For British Speedsters

August 8, 2018 by T&FN



Dina Asher-Smith's 10.85 won her the 100 gold and also gave her a share of the yearly world lead. (MARK SHEARMAN)

Berlin, Germany; August 07—Britain's top sprinters closed out the first finals evening of the 24th European Championships with 100-meter performances as hot as the conditions had been throughout a day when the thermometer topped out at 95F/35C in the early afternoon.

In the women's final—with the temperature still at 84 (29C) for the 9:30pm start—Dina Asher-Smith tore from the blocks to an instant lead and held it to the line to win in a British Record 10.85 from German Gina Lückenkemper's late-charging 10.98 and the 10.99 of defending champion Dafne Schippers.

An 0.07 PR for the 22-year-old Asher-Smith, the mark equaled Marie-Josée Ta Lou's world leader set at the Doha DL in May. Switzerland's Mujinga Kambundji, in lane 4 to Asher-Smith's left, chased best early but the 21-year-old Lückenkemper, who looked hopelessly buried at the start, came through with an inspired final 40m that matched her semi time. The clocking for two-time world 200 titlist Schippers, who appeared to get up to 2nd at midway before being caught just before the line, was her first sub-11 of the year.

"I'm so happy with my time," said Asher-Smith. "I came here to be European champion, so I'm happy to have achieved that. I didn't realize I had won until I turned around. Now, I'm going to have to deal with being the world lead but I can deal with that. Europe is definitely the place to be sprinting; these girls are fast!" The Briton also served notice she intends to defend the 200 title she won in '16. "One race down, let's see what happens next in the 200m," she said.

After dashing 9.97 to win his semi, Jimmy Vicaut seemed to have the upper hand for the men's final. When the Frenchman failed to appear at the start, however, attention shifted to long, tall Zharnel Hughes, who had dashed 9.91 in June and won his semi in 10.01. The 6-2 $\frac{3}{4}$ (1.90) Hughes started first among a trio of sub-10 Britons that also included Reece Prescod and C.J. Ujah.

Hughes started at a disadvantage to Italian Tortu Filippo a lane to his right for the initial steps of the race, and Jak Ali Harvey, too, was out well. At halfway, though, the favorite had the lead over Turk Harvey and hung onto it for a 0.01 margin at the finish, 9.95–9.96. Prescod, two lanes to Harvey's right in 7 came up late for 3rd in 10.01.

"This was my main focus of the whole season and I am glad I made these fans happy as they were cheering for us a lot," said Hughes. "This is what I really wanted and I worked for it. You know, I have had a rocky season, I got disqualified at the Commonwealth Games, so this victory is very important for me." His time was a meet record, icing on the cake for a

man known to have a sweet tooth. “It was a great day for Great Britain winning two golds and one silver in sprints,” he said. “I think it is the good way towards the Olympics if I stay healthy. Usain Bolt did what he did at this stadium [World Records at the '09 Worlds]. I did the championships record and I am happy for that.”

A Big Day For Poland Too

Poland did Britain one better in the 1–2 department, taking gold and silver in both the men’s shot and hammer. The shot, with 6 throwing past 21m (68-10¾) was a tense battle. Michał Haratyk took the lead in round 2 with a 71-3¼ (21.72) heave. In the same round he got a scare from 21-year-old compatriot Konrad Bukowiecki, 71-¾ (21.66). In each frame, Haratyk had to watch local fave and defending champ David Storl attempt to glide-out a throw that would catch him. Didn’t happen. Storl’s 70-3 (21.41) opener was his best among just two fair throws. The German finished 3rd and Haratyk walked away with the crown.

In the hammer it was Wojciech Nowicki—heretofore a man of bronze, at the '16 Euros, Rio Olympics and the last two World Championships—who won the day over world champ Paweł Fajdek. The former took the first round lead at 258-2 (78.69) but could not improve as the favored Nowicki hit 262-5 (80.00) in frame 2 and then 262-10 (80.12) in 3 for the win. The meet was his eighth over 80m this year, topped by his list-leading 268-6 (81.85).

In the men’s 10,000, Morad Amdouni of France waited until the last homestretch to blast away from Belgium’s Abdi Bashir for a 28:11.22–28:11.76 victory. Spain’s Adel Mechaal, front-running not for the first time, had led a good number of the 25 laps but dropped to 2nd behind Bashir (28:13.78) when the last lap began and faded to 4th (28:13.78) in the final homestretch. Amdouni, 30, turned the decisive circuit in 55.81 and last 200 in 27.42.

In the hot-weather men’s 50K walk earlier in the day, Olympic champion Matej Tóth hoped to show he was all the way back after missing last year’s World Championships. He had to skip the global title meet amid a doping investigation that ultimately found him innocent. The Slovak led the walk in the 20–30K segments, however Ukraine’s Maryan Zakalnytskyy proved too strong, took over from there and won in 3:46:32 with Tóth at 3:47:37, but declaring, “Half of my body wanted to stop but the people who supported me all the time in that difficult period helped me to get to the finish.”

Ines Henriques won the inaugural Euro women’s 50 walk in 4:09:21 from Ukraine’s Alina Tsviliy (4:12:44) and Spain’s Julia Takács (4:15:22).

Day 1 decathlon action brought disaster for world champion Kevin Mayer. Fans of the French star were talking about a 9000-pointer, or even a WR, and their excitement looked well-founded when he PRed at 10.64 in the 100... but then fouled all three of his long jump attempts to finish early and bitterly. “This is a black day for me. I do not have an excuse,” he said after eschewing a safety jump and going all-out on all three. “I am very sorry for those who expected a lot of me, for all my fans. I was in great shape. I wanted to show much more than this. This was a big mistake. I took a high risk. But I do not regret the risk. I know that many people were expecting a lot from me and it hurts to disappoint them. This is really frustrating for me. I am quite disgusted. But this is sport.”

Finals on tap for Wednesday, when it’s supposed to be even hotter and may experience a “severe thunderstorm”: men’s long jump, discus, decathlon; women’s 10,000, shot. □

Euro Champ Results appear at the back of the PDF issue so you may skip printing them if you wish.

European Championships Wednesday – Gudžius Beats Ståhl In A Thriller

August 8, 2018 by T&FN

Berlin, Germany; August 08—A clash of discus titans highlighted a sizzling Wednesday at the European Championships on a day when the city reached triple digits (102F/39C). It was a mere 91 (33C) when last year’s World Championships gold and silver winners went at it again.

Andrius Gudžius threw a 215-8 (65.75) leader in round 1, then watched as Daniel Ståhl—who chased him to the top of the podium in London last year—launched a second round 223-2 (68.02). But the mark was eventually called a foul, the Swede’s toe having touched the ground in front of the ring. However, it served notice to the 27-year-old Lithuanian that he would need to throw farther to guarantee a win. He didn’t improve on his second attempt but stayed firmly in the lead as Ståhl fouled again, putting himself in a precarious position.



Andrius Gudžius came through on the last throw of the whole competition to win discus gold. (MARK SHEARMAN)

In round 3 Gudžius improved his lead to 220-5 (67.19). Ståhl, the last thrower in the order, advanced to the final three rounds with his 210-7 (64.23). Ståhl unleashed a fourth-round 223-10 (68.23) that vaulted him into the lead. The now-deposed Gudžius responded with 222-0 (67.66): an improvement, but not enough. Both fouled in the penultimate round. Then Ståhl fouled again and the final throw of the competition belonged to Gudžius, who saved his best for last, hitting 224-7 (68.46) to grab the gold.

Said the winner, "To be honest, I really expected to do this in these championships but it was hard. I must say I'm really impressed with the German fans. It is evident they really value athletics, and, in particular, the German athletes. I'm always excited to come back here to Berlin and compete. He also had a weather critique, saying, "The competition was very difficult: hot, wet, after rain. It looks like we're in the tropics."

Of this being the final Euros for '08 Olympic champ Gerd Kanter (5th at 211-1/64.34) and '12 Olympic champ/3-time world champ Robert Harting (6th at 211-0/64.33), Gudžius said, "The gods of the discus are leaving, and we are just children." Two of the event's big names weren't even in the final, both Christoph Harting ('16 Olympic gold medalist) and Piotr Malachowski ('15 world champion) racking up triple-foul results in the Q-round.

The men's long jump leader after the first round at 26-1½ (7.96), Miltiádis Tentóglou of Greece got knocked back to bronze position after Germany's Fabian Heinle launched a 26-8¼ (8.13) in round 2 and Ukraine's Serhii Nykyforov matched that in round 3. Tentóglou improved to 26-3 (8.00) in round 3, fouled his next attempt, and then exploded with a 27-¾ (8.25) in round 5 to seal the win. The gold will match the Euro Junior medal he captured last year.

Another Polish Throws Gold

In the women's shot, Paulina Guba came from behind on her final throw to upend Christina Schwanitz. The German had led from the first round with her 62-11½ (19.19). The Pole had thrown 61-7 (18.77) in round 1, improving to 62-5 (19.02) in round 5 before her 63-5 (19.33) corker. It was her second-best throw ever, after her PR 63-7 (19.38) set exactly a month ago. Said the winner, "I am shocked. I am sorry if I upset the local fans but I surprised even myself. I just wanted to win and it is my first medal from a big competition."

Israel's Lonah Chemtai Salpeter had no trouble dominating the 10,000, her evenly paced 31:43.29 (15:52.19/15:51.10) easily handling Dutchwoman Susan Krumins (31:52.55) and Sweden's Meraf Bahta (32:19.34). The 29-year-old former Kenyan

has been racing in Israel since '12 and has been competing for the nation since '16.

The failure of heavy decathlon favorite Kevin Mayer to make it past the second event on Tuesday opened the door for Germany's Arthur Abele, who scored the win over Russians Ilya Shkurenkov, 8431–8321. Britain's NCAA champion, Tim Duckworth, was in runner-up position before the final event but dropped to 5th in 8160.

In the morning qualifying, all three German men's javelin throwers qualified nicely, with Johannes Vetter (286-8/87.39) and Thomas Röhler (280-5/85.47) taking the top 2 places. The 1500 heats saw all three Ingebrigtsens get through, though Filip made it a show, falling on lap 3 and getting up to sprint madly to qualify despite a spike wound. Notable in not qualifying was Czech Jakob Holuša, who PRed 2 weeks ago at Monaco with his 3:32.49.

Ukraine's Anna Ryzhykova led the 400H semis at 54.82, her fastest time in 5 years. Failing to qualify was Denmark's Olympic silver medalist, Sara Slott Petersen, as well as 2-time World champ Zuzana Hejnová.

The dream of doubling is still alive for Karsten Warholm, after he won his 400 semi in 44.91. However, he will have to contend with Britain's Matthew Hudson-Smith, who looked very powerful and relaxed in his 44.76 qualifier. Belgium's Jonathan Borlée (44.87) could also make noise in the final.

Finals on tap for Thursday, when the daily high is supposed to drop down to the low 90s (33C): men's 200, steeple, 400H, JT; women's 100H, PV. □

European Championships Thursday – Step 1 Complete For Warholm

August 9, 2018 by T&FN



Karsten Warholm finally shook off Yasmani Copello in the final straight. (MARK SHEARMAN)

Berlin, Germany; August 09—Another warm day at the European Championships found the locals going happy after a 4-medal haul, although the biggest star of the night was a Norwegian.

Karsten Warholm's quest for a 400H/400 double got off to a great start with a barriers gold, although he got just about all he could handle from Yasmani Copello, the Cuban-turned-Turk. Warholm went out strongly in lane 6, but two corridors

inside him Copello kept stride throughout. The pair rose almost simultaneously over the two final barriers, with reigning world champ Warholm proving the stronger on the run-in as both produced national records, running 47.64 and 47.81. Outside Warholm, in lanes 7 & 8 a similar battle was waged for bronze between Thomas Barr and Ludvy Vaillant, the Irishman (48.31) prevailing over the Frenchman (48.42 PR) after the final obstacle.

Said the winner, who still has the flat 400 final to come, "This was fantastic! After my World title I am European champion now! It sounds like where I should be. It feels so good; I am so happy. It was a tough race. I had enough to give on the last 100m. I am so pleased that it went my way. This was my main race. I will take some time off and see what tomorrow will bring." Copello, who was escorted away by medical personnel, later said, "I really don't know what happened, but I fell really ill straight after the race. I honestly thought I was going to die."

Perhaps no other event on the entire program held as much interest for the crowd as did the men's javelin, what with the German squad featuring a trio of 300-footers. They didn't get a magical podium sweep but left plenty happy after a 1-2 by Thomas Röhler (293-6/89.47) and Andreas Hofmann (287-5/87.60). Röhler fouled his first attempt, but took the lead with 288-9 (88.02) on his second and never looked back, getting his big mark in round 3 and finishing off with another good enough to win, 288-5 (87.90). The locals also went home happy about a pair of hurdle medals, Pamela Dutkiewicz (12.72) and Cindy Roleder (12.77) finishing 2-3 behind Elvira Herman of Belarus (12.67). (as this article was posted, the 100H results were under protest and not yet final)

In the women's vault, favored Katerína Stefanídi passed the first three heights, not entering until the bar was at 15-3 (4.65), which she scaled on first attempt. Highly rated Anzhelika Sidorova passed that height after having shared the lead through 14-11 (4.55). The Russian passed 15-3 and then reentered the fray at 15-5 (4.70), where Stefanídi passed, as did Briton Holly Bradshaw. It took Sidorova all three attempts to make the bar, with Stefanídi teammate Nikoléta Kiriakopoúlou taking the lead with her first-try success.

The next height was 15-7 (4.75) with just the four remaining. With Sidorova now passing, Kiriakopoúlou led off with a make to stay in the lead. Briefly, as Stefanídi stayed perfect on the day with a first-try make. Bradshaw cleared on her final shot and the bar rose to 15-9 (4.80). Kiriakopoúlou and Sidorova missed, but Stefanídi—with a very smooth clearance—did not, and then Bradshaw failed. On second time around Kiriakopoúlou moved into 2nd with a make, followed by misses for Sidorova and Bradshaw, who were also unsuccessful on the final attempts.

A Greek 1-2 ensured, Stefanídi and Kiriakopoúlou proceeded to 15-11 (4.85) to final their order. This was career meeting No. 36 between the two, with Stefanídi—distinctive as usual with her signature knee socks, one of blue, one of white—raising her lead to 24-12 as she was successful on her third try after Kiriakopoúlou went out. The 28-year-old Stefanídi, an NCAA champion in her Stanford days, closed the day with three misses at a year-leading 16-3¼ (4.96). "I came here with a completely different mentality," said the winner, "as I had never had to defend a title before, so it was very stressful."

A heavily-tatted, sunglass-wearing Ramil Guliyev sparkled in the men's 200. The 28-year-old Azerbaijani-turned-Turk ran a very strong turn out of lane 6 and had a lead of a couple of strides entering the straight. He just kept powering away, crossing the line with the fastest low-altitude time in European history, 19.76, clipping 0.12 off his PR. "This is a fast track, great audience, great conditions. I really enjoyed this moment and I have to say big thank you to all fans supporting us," he said.

French steepler Mahiedine Mekhissi, unlike the '14 EC, kept his shirt on as he crossed the line and this time easily kept gold after an 8:31.66 romp. With a double in the 5000 planned, he held his homestretch celebration to pointing at the "France" lettering on his jersey.

The first day of the women's heptathlon found favored Nafi Thiam trailing Katarina Johnson-Thompson by 87 points, as the Briton moved into the lead with a 22.88 in the 200. Second-day projections still see the Belgian likely to win, but the Briton isn't going to go quietly.

Finals on tap for a very busy Friday: men's 400, 1500, 110H; women's 800, 400H, HJ, TJ, JT, Hept. □

European Championships Friday – Another Nifty Night For Norway

August 10, 2018 by T&FN



At 17 Jakob Ingebrigtsen not only became the youngest Euros winner ever, he's also the first born in this millennium. (MARK SHEARMAN)

Berlin, Germany; August 10—Karsten Warholm's bold attempt at a 400H/400 double didn't meet with success on the fifth day of the European Championships, but for the second night in a row a Norwegian provided big headlines. Ingebrigtsen had won Euro 1500 titles twice before and the two Norwegian gold medalist brothers, Henrik ('12 winner) and Filip ('16) were in the final tonight, running in front of a crowd of close to 50,000, but their precocious 17-year-old sibling Jakob ran away with the race to become the youngest-ever winner and complete the family collection of Euros golds.

After Lithuania's Simas Bertasius led the field past 400 in 59.52, Team Ingebrigtsen, after massing in the back for that circuit, strode to the front over the next 300, Jakob and Filip leading with all the finalists close. Jakob led past 800 (2:01.12) and unflinchingly stayed there. He passed the bell in 2:44.46 and let his full kick fly with 200 to go with his brothers plus Britons Charlie Da'Vall Grice and Chris O'Hare at his heels. Poised in his final attack, the youngest Ingebrigtsen led by a meter from Grice into the homestretch and put the race away from there. Marcin Lewandowski, heretofore best known as an 800 man, sprinted from 7th off the final turn to 2nd 5m from the line drawing a rightward glance from Ingebrigtsen, but the teen held him off 3:38.10–3:38.14. Also finishing well was 24-year-old Briton Jake Wightman, 5th off the turn, 2nd 50m out and 3rd at the line in 3:38.25 ahead of Henrik Ingebrigtsen (3:38.40). Defending champ Filip, the Euro leader coming in at 3:30.01, appeared to throw in the towel in the last 100 and wound up 11th in 3:41.66. He had fallen in his heat and incurred a deep spike wound.

Jakob's closing splits were impressive—26.84, 40.34, 53.64, 1:51.27—as were Lewandowski's over the last lap—26.05, 39.40, 53.06. Said the winner, "I was wondering if I missed a lap or something." Bronze medalist Wightman said to the media, "I hadn't realized which one of the Ingebrigtsen brothers had won until I spoke to you guys. I hadn't seen who was coming

behind me until the last lap. Running alongside the 3 of them is absolutely unbelievable. They train together, they know each other really well, you can never guess what they're going to do. Tactically, they are very, very sharp!"

With the temperature some 20 degrees cooler than the night before, Warholm's dreams of a 400/400H double were crushed by unforgiving reality, as he went out fast, battling for the lead on the backstretch. Halfway through the race, Britain's Matthew Hudson-Smith came on hard, pulling away over the final turn. In the last 100, he dominated, clocking a 44.78 victory over two of Belgium's Borlées, Kevin (45.13) and Jonathan (45.19). Warholm, who had looked to be in medal contention until he hit the wall with 100 to go, trotted home dead last in 46.68.

Said Hudson-Smith, who almost quit the sport last year but instead rejuvenated his career by moving to Florida to train, "It's a good feeling. The time doesn't matter, that's for the future. It was about winning and going on in the future. Times will come, I went for it and tried something new."

Sergey Shubenkov came into the sprint hurdles as one of the strongest of favorites, his last five races (minus the DQ) all faster than the world's No. 2 this season, topped by his world-leading 12.92. In semi 1, the Russian clocked 13.24, while Orlando Ortega of Spain won the second in 13.21. In the third semi, France's Pascal Martinot-Lagarde won in 13.32.

That set up the final, with two-time champion Shubenkov in lane 5, PML in lane 4 and Ortega in 3. From the moment the gun flashed, it was clear only two men were in it for the gold. Martinot-Lagarde and Shubenkov ran in lockstep over 10 hurdles and when they leaned, the human eye could not separate them. After the finish, both waited before celebrating. Finally, the announcement that PML had triumphed by 0.002 sent the Frenchman into an emotional demonstration. Both had clocked 13.17 (13.163–13.165). Ortega, well back in 13.34, took the bronze. "It's a crazy thing," said Martinot-Lagarde. "I will enjoy it."

Thiam Tops Women's Events

After a Day 1 that saw Nafi Thiam firmly predicted for the win despite being off-form in most of her events, the Belgian Olympic champion weathered an impressive challenge from Britain's Katarina Johnson-Thompson to with the gold with a 57-point margin, 6816 WL to 6759.

Thiam's subpar first day saw her only nail one event well, the shot, with her PR 50-4½ (15.35). That, combined with a solid day that put the oft-frustrated KJT into the lead (4017–3930), fueled British hopes that the KJT could reel in her first outdoor gold in a major championships, or at least her first medal of any color.

On Day 2 Johnson-Thompson hit the long jump well, 21-11 (6.68), safely ahead of Thiam's 21-8 (6.60)—extending her lead to 113 points. In the javelin, she launched a PR of 138-4 (42.16). That's where Thiam came back fighting, shaking off her lethargy and throwing 175-8 (53.55) and then her No. 2 throw ever, 190-0 (57.91). With that, she put the gold out of reach unless a miracle touched Johnson-Thompson, who would be 192 points behind at the start of the 800.

KJT didn't hold back, running 2:09.84 to lead the heat. Thiam ran only 2:19.35, but that was enough to hold on for the win, even as Johnson-Thompson added 68 points to her PR from Götzis last year. Germany's Carolin Schäfer took bronze in 6602, but her teammates Louise Grauvogel and Mareike Arndt were unable to finish after being involved in a car accident on the way to the stadium.

Said Thiam, "In the javelin, I knew that I had to make a big throw to have a better margin for the 800m because she's a very good runner. It played with my head a lot. We had to fight to the end. As always, we must go to the end to have no regrets whatever happens and I gave everything I had."

Johnson-Thompson was understandably thrilled with her silver, saying, "I feel like I can do it. I believe in myself and this is going to be good for me moving forwards."

The snapping of her 45-meet win streak notwithstanding, Mariya Lasitskene rarely loses high jump competitions these days. The 25-year-old Russian's new streak is now at 3, as she turned back the challenge of Bulgarian Mirela Demireva. The win here may briefly have been in doubt after her first attempt, when she atypically missed at the pedestrian-for-her height of 6-5 (1.96), leaving only Marie-Laurence Jungfleisch with a perfect record. The German ended up with only the bronze, however, as she was unable to clear another height.

The favored Lasitskene soared over 6-5 on her second attempt, a height that Demireva boldly (she had only ever made the height in 4 previous lifetime meets) passed. Even more boldly, she passed again at 6-6 (1.98), a height she had only ever cleared once, her PR 6-6¾ (2.00) to take Rio silver behind Lasitskene. The Russian had a soaring clearance here and the stick went up to that 2m barrier. Both missed first tries, then Demireva missed again, neither of her attempts having looked good at all. Lasitskene then nudged the bar and it stayed. On her third attempt a more competent looking Demireva set the bar wiggling, but it stayed. The rest was anticlimax, as both passed (!) at 6-7½ (2.02) before missing at 6-8¼ (2.04).

The winner looked rather distraught in the pit and then smacked a support at the athlete benches. "I won but I am upset," she confirmed. "We expected much better jumps and a much higher result. If you want to congratulate me, it is OK, but I cannot celebrate after this event. I do not know why it went like this. I have to talk to my coach and we have to watch the videos. I will continue with the next competitions and the Diamond League but I hope I will feel much better."

Addressing her aggressive tactics, Demireva explained, "There wasn't any special plan today. I knew I would need 2m to win and I came here for gold. So I wanted to save the precious energy for significant heights."

Léa Sprunger, 28, delivered Switzerland's first gold of the meet in the 400H. The bronze medalist in '16, Sprunger came into the meet as European leader at 54.59 with her 6th-place at the Lausanne DL. As '16 champion Sara Slott Petersen was eliminated in the semis, Ukraine's Anna Ryzhykova won her semi with a season's best 54.82 to set herself up as a challenger for gold. Eilidh Doyle, the '14 champion, had struggled with a calf injury since claiming Commonwealth bronze in April with a 54.80 clocking but proclaimed herself healthy once again and went for it early in the final.

Doyle in lane 6, Ryzhykova in 5 and second Brit Meghan Beesley in lane 1 got out hard with Sprunger in 3 just a half step behind over the backstretch barriers. Doyle reached hurdle 5 with a slip of a lead, but around the second curve Sprunger sprung into action. She cleared hurdle 8 even with Ryzhykova but built a 2 step lead at hurdle 9, which she increased to the final barrier. Ryzhykova clawed some of the margin back on the run-in but the Swiss crossed the line first, 54.33–54.51. Although she was the Briton not fancied for a medal, Beesley, too, finished strongly to take bronze in 55.31 as Doyle trailed in last in 56.23.

"This is my first gold medal," said Sprunger. "It is just amazing. I came here with the best European time and finally I have the title. There are many Swiss supporters here, they make a lot of noise. I do not remember much from the race. I only remember the last hurdle and that I found it so hard to lift my legs over the hurdle."

German fans had expected—and gotten—big things in the men's javelin. Hopes for big things on the women's side were more tempered, but the best of outcomes eventuated as Christin Hussong grabbed the gold. The solidly built 24-year-old went from likely medalist to likely winner in the qualifying round when she unleashed a PR 220-9 (67.29) on her first attempt. Her closest pursuer sat almost 20-feet back. She was even better in the final as she crushed her rivals' hopes with another PR on her first throw, a meet record 222-9 (67.90).

"All season I knew that I was in super shape but I could not put it onto the javelin," she said after moving to No. 10 on the all-time world list. "I wanted a medal, but now that this medal is a gold one, that is so super! I was afraid that the qualifying mark had only been an exception. Seeing the German javelin throwers excel yesterday evening really inspired and motivated me."

Like Hussong, Paraskeví Papahristou grabbed the triple jump competition by the throat in the qualifying round and never let go. The 29-year-old Greek stayed on point in the final, equaling her seasonal best of 47-10¾ (14.60) in the second round after fouling her first. "I'm feeling really, really great," she said. "I knew I was going to win the title from the moment I first arrived in Berlin. I was feeling very confident about my performance and level of fitness."

After having won her heat and semi, Ukraine's Nataliya Pryshchepa defended her 800 title from '16 in what played out as a tactical contest. Briton Lynsey Sharpe took the lead at the break on the first backstretch and led Switzerland's Selina Büchel and Brit teammate Shelayna Oskan-Clarke through 200 in 27.26. Oskan-Clarke (59.25) and Büchel just 0.01 behind ran at the front of the closely quartered group through 400, from where Büchel launched a bid for the win.

The Swiss 2-time Euro Indoor winner, who had placed 6th at the World Indoor in March, led down the backstraight to 600 in 1:29.59 still separated from Oskan-Clarke by just 0.02. Racing off the last turn Frenchwoman Renelle Lamote zoomed to the fore on the outside and seemed to think she had the race in the bag. Oh, no! Pryshchepa, 6th with the straightaway to go, was also kicking wide on the outside of lane 2. Swinging into lane 3 the 23-year-old defending titlist ran past Lamote some 60m from the line to win by a meter in 2:00.38. Lamote was timed in 2:00.62 holding off another Ukrainian late charge from Olha Lyakhova (2:00.79).

Lamote, the silver medalist 2 years ago, was not at all pleased, saying, "I am not satisfied. I wanted to win. I am very angry with myself. I still have to analyze the race. Maybe I can be more pleased with it later."

Finals on tap for Saturday's busy single stadium session: men's 800, 5000, 20K Walk, 4×4, HJ; women's 200, 400, 20K Walk, 4×4, LJ, DT. □

European Championships Saturday – 1 Win Is Good, 2 Are Better

August 11, 2018 by T&FN



Dina Asher-Smith's PR 21.89 gave her her second world-leading time of the meet. (MARK SHEARMAN)

Berlin, Germany; August 11—With one day left in the meet, Dina Asher-Smith and Jakob Ingebrigtsen stamped themselves as the biggest heroes of the European Championships, each winning a second gold. With a crowd of 60,000+ looking on the British speedster added the 200 to her earlier 100 honor and the young Norwegian tacked on the 5000 win to yesterday's 1500 triumph.

Asher-Smith had handled the century field with relative ease on Tuesday, equaling the yearly world lead with her 10.85 PR, but figured to have a bit tougher task in the half-lapper, what with 2-time world champ Dafne Schippers to contend with. Schippers, drawn in 4, would have the advantage of being a lane inside Asher-Smith, able to keep her in sight. The Briton quickly made a vanishing target, however, as she burst from the blocks and made up the stagger on lane 6's Jamile Samuels before they reached the straightaway. With Asher-Smith having a 4-5m lead, it then became a question of whether or not Schippers' ability to maintain speed in the second half of the race would be enough. It wasn't. She pulled back a meter or two, but ended up well down as DAS added another world lead to her honors with a PR 21.89. The Dutch pair of Schippers (22.14) and Samuels (22.37 =PR) claimed the other two medals.

"It's been a crazy championships!" said Asher-Smith. "I really wanted to do a good time, but wasn't expecting to take the WL in the 200m. I had a lot of fun, and didn't expect to run this fast when I'm still tired from the 100m final. I know this is not the Olympic Games or the World Championships, but I'm still very proud of myself."

Andreas Kramer of Sweden took the men's 800 out at a rather pedestrian pace covering the first 200 in 25.04. Back in 7th at 25.68 was reigning world champ Pierre-Ambroise Bosse. The Frenchman had waited until the final 200 to make his move in London last year, but here he surged into the lead in the second half-lap, hitting the bell at 53.14. On Kramer's shoulder (53.47) cagey Pole Adam Kszczot was well-placed in 3rd (53.57). They stayed in that order down the backstretch, but on the final curve Kszczot, the 2-time defender, began an irresistible surge that saw him cover the last 200 in 25.53 as he came home in a seasonal-best 1:44.59. Kramer (1:45.03 =NR) overhauled Bosse (1:45.30) in the last half of the homestretch. Great negative-split running: Kszczot 53.57/51.02, Kramer 53.47/51.96, Bosse 53.14/52.16.

Said Kszczot, 28, "I was really nervous before the start so I am so glad I made the final and defended the title. I did something that nobody else did before: I won 3 titles in a row and I feel so emotional to make history. Winning this title was four times harder than the one in 2014. Always, it is getting harder and harder. The guys are so strong and I knew it was going to be hard."

That the women's long jump wouldn't go according to form became apparent when defending champion Ivana Španović could not compete after suffering a partial rupture of an Achilles in the qualifying. It got even less formful in round 3 of the final when world leader Lorraine Ugen fouled, her best of 21-2 (6.45) leaving her in 9th with no jumps coming in the final 3 rounds. Instead, the day belonged to Malaika Mihambo, who had lost most of the '17 season after a freak foot injury suffered when she slipped on some stairs. The German had languished in 10th after the first two rounds but soared to a winning distance of 22-1¾ (6.75) in round 3.

Mihambo's biggest challenger looked to be Briton Shara Proctor, who launched her 21-11½ (6.69) in round 4. Jazmin Sawyers 21-10¾ (6.66) and Maryna Bekh 21-10¾ (6.67) put themselves into the picture in round 5. In the final stanza, the action got even more lively. Sawyers flew a 21-10¾ of her own to edge into 3rd. Proctor improved to 21-11¾ (6.70) for 2nd. Then Bekh leaped 22-1 (6.73) to snatch silver for good. Mihambo concluded the action with a 22-1 (6.73) that underscored her victory. That it was the most modest winning distance since '74 did not phase Mihambo, who said, "This time I did it the hard way."

The Youngest Ingebrigtsen Dazzles Again

Again, Jakob Ingebrigtsen made it look easy, the teenager romping to victory in the 5000 after taking control of the race before the 3800 mark. The race had been a steady yet tame affair to that point with Switzerland's Julien Wanders leading a sizeable pack through 3000 in 8:04.91. After conferring with brother Henrik mid-race (third brother Filip didn't run, his soreness after his fall in the 1500 heats now diagnosed as a broken rib), Jakob moved to the front and upped the ante. With a confidence belying his years, the Norwegian sensation then kicked from the front, covering his final 800 in 1:56.04, his last circuit in 54.09. Henrik joined him on the last lap as they pulled clear from France's 10K gold medalist Morhad Amdouni and Italy's Yemaneberhan Crippa.

Jakob won in a European Junior Record 13:17.06, with Henrik taking silver in 13:18.75. Amdouni held off fast-closing Crippa for bronze, 13:19.14–13:19.85. "It was a little crazy to get this medal today, this is huge!" said the victor. "Winning a second title in two days is also the result of having done this my whole life." Said Henrik, "This could only feel better if Filip was here to take the bronze medal. But he is still part of the team; we're all in this together. Both my medal and Jacob's tonight will feel like a victory for him, too."

Steeple winner Mahiedine Mekhissi had planned on a double-win meet also, but withdrew from the 5000 without explanation.

Spain's Álvaro Martín held back from the early pace of Germany's Christopher Linke in the 20K Walk, waiting until 15K before darting ahead of the pack on the 20-lap course to pull away for the win in 1:20:42. "It was a tough race," said Martín, who won the first big title of his career. "I was waiting for Linke to lose touch with the rest of the group, but it wasn't easy. There were many German fans out here today." Silver medalist Diego García walked alongside Martín until the final 2K, holding on for a 1:20:48 finish and a Spanish 1-2. The battle for bronze was spirited, with Russian Vasilii Mizinov holding off fast-closing Italian, Massimo Stano, 1:20:50–1:20:51. Early leader Linke faded to 13th.

Initially, the plan had been for the women's 20K Walk to go off 2 hours before the men's, but a suspected gas leak in the city center caused firefighters to delay the event, forcing organizers to scramble to put on both walks simultaneously. Czech Anežka Drahotová led for much of the way before Mária Pérez flew over the final 3K to capture Spain's second gold of the morning. Pérez clocked 1:26:36 to knock down Olimpiada Ivanova's '02 meet record by 6 seconds. Drahotová took the silver in 1:27:03, well clear of bronze medalist Antonella Palmisano (1:27:30).

For someone who has dominated the women's discus for so long, Sandra Perković likes to live dangerously, frequently flirting with foul trouble. She was red-flagged on her first attempt and then couldn't broach the 60m (196-10) line on her next two throws and found herself in 3rd at a mere 196-9 (59.97). Then came another foul and Nadine Müller of Germany (a seasonal best 206-8/63.00) was two rounds from victory. But the Croatian favorite looked like her old self in round 5, spinning one out to 221-10 (67.62). Müller hadn't thrown that far in a half-dozen years and didn't here either. Perković, still only 28, thus became the first ever to win a Euro title 5 times.

Said the winner, "I have a new slogan now: 'Sandra, give me five!' During the competition, I was thinking about my mother who is always very nervous watching me on TV. So I started to think about her and I imagined how nervous she must be at home seeing me not throwing so well. Then I managed to finally improve and I smiled for the camera. But suddenly, I saw her in the crowd. She came here to surprise me."

Mateusz Przybylko of Germany and Maksim Nedasekau of Belarus staged an entertaining battle in the men's high jump. Przybylko never trailed, clearing the first 6 heights on first try. He pulled into solo possession of the lead when he scaled 7-7¾ (2.33). Nedasekau also cleared that height—equaling his PR—on first try, but he had failed twice at 7-5¾ (2.28)

before boldly passing to 7-7 (2.21) which he made on his sole available attempt. Both had set the bar trembling on their 7-7¾ clearances, so the next height 7-8½ (2.35) wasn't going to come easily. Indeed, it was too much for Nedasekau, just 20, but Przybylko, 6 years his senior, just managed to slide over on his first try. After a second miss Nedasekau tried once and failed at 7-9¼ (2.37), which the German passed. The winner made one token attempt at 7-9¾ (2.38) before shutting it down. "The Belarus guy was strong," he said. "When he cleared 2.33m I told myself 'I have to go over the bar now.'"

Justyna Świąty-Ersetic, long a key leg on the successful Polish 4×4, finally arrived on the stage as a solo runner, crushing her personal best of 51.05 with a 50.41 that tagged Greece's fast-starting María Belibasáki in the final step of the 400. The Pole, in lane 3, was close to last place at the 100, while Belibasáki built a solid lead on the backstretch. Even at the 300, the Greek still had 4m on Świąty-Ersetic, who was closing fast. In 2nd, Belibasáki (50.45) nailed the Greek Record, and bronze winner Lisanne de Witte broke the Dutch Record with her 50.77.

"I am shocked, really surprised," said the winner, whose time made her the No. 2 Pole ever, after the 49.28 NR of the recently passed legend Irina Szewińska. "The only complication is now that I have to get ready for the 4 x 400 relay which starts in 90 minutes."

An NCAA-like 90 minutes later Poland would not be denied. Even with two of its runners having scored PRs in the 400, the red & white went to the front at the first exchange and never let up. Małgorzata Hołub-Kowalik's 52.3 put the Poles ahead of Britain (52.5) and France (52.6).

On the second leg, Iga Baumgart-Witan—who had placed 5th in the 400 with her PR 51.24—ran 51.3, falling back to 4th before charging back on the stretch to hand off in the lead. At halfway, the depth of the race became clear. Poland (1:43.63) led Belgium (1:44.10), with France (1:44.40), Britain (1:44.42), Italy (1:44.53) and Germany (1:44.61) close behind.

With Patrycja Wyciskiewicz running 51.25 up front, Italy's Raphaella Lukudo stormed to 2nd at the final exchange with her 51.03, just ahead of France at the handoff. On the anchor, Świąty-Ersetic was passed by France's Floria Guei on the backstretch but reeled her in early on the final straight, sealing a 3:26.59 Polish win with a 51.71 leg. France held second thanks to Guei's 51.59, while Eilidh Doyle produced a 51.50 to give Britain the bronze.

Said Hołub-Kowalik, "This is a special moment for our country as we won our first European title in this relay. I am so proud of our girls and especially of Justyna as she managed to get ready for the relay after she won the individual event."

Belgium's answers to Norway's Ingebrigtsen brothers are the Borlée brothers: Dylan (46.1 leadoff) combined with Jonathan (44.7 second leg) & Kevin (43.91 anchor), plus third leg Jonathan Sacoor (44.70) to produce a 2:59.47 winner and a successful title defense. Spain had an 0.44 lead at the final handoff and Bruno Hortelano tacked maybe another 10th onto that in the first 200. But Kevin, very savvy at the 4×4 craft after NCAA experience at Florida State pulled smoothly away in the homestraight to score the win. The fading Hortelano was caught and passed by Britain's Martyn Rooney (44.24) for the silver. Said Jonathan Borlée, "We have been running the 4×4 since Beijing and every time we have been in the final. We always give our best in the relay."

Finals on tap for Sunday's final session: men's marathon, 4×1, PV, TJ; women's 1500, steeple, 5000, 4×1, HT. □

European Championships Sunday – Mondo Better Than Ever... Thrice

August 12, 2018 by T&FN

Berlin, Germany; August 12—Perhaps it's easiest just to lay out the series of the pole vault winner: 17-4½ (5.30), pass; 18-½ (5.50), make; 18-6½ (5.65), make; 18-10¼ (5.75), pass; 19-¼ (5.80), miss/make; 19-2¼ (5.85), make; 19-4¼ (5.90), make; 19-6¼ (5.95) World Junior Record, make; 19-8¼ (6.00) World Junior Record, make; 19-10¼ (6.05) World Junior Record, make; 20-0 (6.10), pass.

But those cold hard numbers—claimed by Mondo Duplantis, of course—don't tell the story of just how spectacular he looked as the European Championships came to a rousing finish. Other than that anomalous single miss at 19-¼ (5.80) he didn't touch the crossbar all day. Just trip after trip down the runway, soaring high over the bar despite the intense pressure and not always being in the lead.

When the bar rose to 19-2¼ (5.85), perfect records found Pole Piotr Lisek in the lead, with Duplantis 2nd and WR holder Renaud Lavillenie only 7th after a pass at 18-10¼ (5.75) and a pair of misses at 19-¼ (5.80). At 19-2¼ (5.85), young Russian Timur Morgunov, who had passed 19-¼ (5.80), assumed the lead by remaining perfect on the day. Duplantis kept pace and Lavillenie clawed his way back into the game with a make on his only available try.



**Mondo Duplantis produced World Junior Records of 19-6¼ (5.95), 19-8¼ (6.00) and 19-10¼ (6.05).
(MARK SHEARMAN)**

The next setting, 19-4¼ (5.90), found 5 vaulters still in the game. Lisek promptly cleared to briefly take the lead, but the top spot quickly moved to Duplantis and then back to Morgunov as they were also successful. Lavillenie and second Pole Paweł Wojciechowski passed.

So there were still 5 at 19-6¼ (5.95): Lisek missed, but Duplantis went over to reclaim the lead, and he kept it when Morgunov—jumping at a PR height—incurred his first failure of the day. Lavillenie vaulted into 2nd with a make and Wojciechowski missed. With the chess match getting serious, Lisek and Morgunov both elected to pass to the next height. For Duplantis, the clearance added 2cm to his own World Junior & High School Records.

And then there were 4, vaulting at the event's big barrier, 6.00 (19-8¼). Lavillenie and Lisek had previously conquered that setting, but the latter on only one occasions. It was new territory for the two youngsters. Lisek kicked things off with a miss. Duplantis stayed in his groove, soaring over for another WJR. That earned him a bear hug from Wojciechowski, with the group expanding to 4 as Lisek and Lavillenie joined in the celebration. Those vaulters are indeed a close-knit bunch. But Duplantis quickly had company as the 21-year-old Morgunov joined the 6-meter club. Lavillenie missed. Lisek missed a second time and he was out. Lavillenie passed.

With the bar at 19-10¼ (6.05), surely the ceaseless clearance of bars had to end, right? With Lisek gone, Duplantis now assumed the icebreaking role. Wham! Another clean clearance and the Swedish-American claimed a share of No. 4 on the all-time world list. That earned him another hug from his good buddy Lavillenie. The rest was anticlimactic, as neither Lavillenie or Morgunov could match Duplantis. A long competition finally settled, Duplantis elected to pass the next height, the big English barrier of 20-0 (6.10).

"I don't think that there are any words in this world to describe what I feel," said Duplantis, who is about to start his frosh-year classes at LSU. "I am on the top of the world. I am so happy; it could not be any better. After I jumped 6m, I just knew I needed to go higher. It was crazy and pretty tough for me. I had to switch poles at the higher heights for ones I have never used before in competition."

Said Morgunov, who became only the fifth man ever to jump 6m and lose, "I really did not expect such results at all. I just competed with the others and tried to do technically good jumps. I have no idea what happened there and why it was

All-Time Men's PV List

After his Berlin heroics, Mondo Duplantis now has a share of the No. 4 position ever.

Mark	Athlete	Date
6.16 20-2½i	Renaud Lavillenie (France)	2/15/14
6.15 20-2i	Sergey Bubka (Ukraine)	2/21/93
6.06 19-10½i	Steve Hooker (Australia)	2/07/09
6.05 19-10¼	Maksim Tarasov (Russia)	6/16/99
6.05 19-10¼	Mondo Duplantis (Sweden)	8/12/18
6.05 19-10¼	Dmitriy Markov (Australia)	8/09/01
6.04 19-9¾	Brad Walker (US)	6/08/08
6.03 19-9¼	Okkert Brits (South Africa)	8/18/95
6.03 19-9¼	Jeff Hartwig (US)	6/14/00
6.03 19-9¼	Thiago Braz (Brazil)	8/15/16

such a crazy amazing competition.”

As for Lavillenie, who equaled the highest 3rd-place jump ever, he said, “Before coming here I said that the competition was going to be an intense battle—and it was. We have to enjoy it. This was one of the most epic competitions ever. I know why I love to be at championships. Today it was like in poker: ‘all in.’ It is a kind of a risk, but if you do not do it, you cannot win. It was an emotional day. I have to be honest, I had a lot of trouble with my knee; it was difficult for me to be without pain. The pole was not moving as I expected, so I jumped with a smaller pole.”

One final stat note: under current USATF rules, as a U.S. citizen Duplantis is eligible for American Records, even though he represents Sweden internationally and is not carried on U.S. lists.

Meanwhile, At Ground Level...

In a meet with a timetable full of quirks, the middle of the final session was turned over to a trio of longer women's races, sequentially the 1500, 5000 and steeple. The reigning Euro Indoor 1500 titlist—with a pair of World Indoor medals (1500 silver and 3000 bronze) added to her collection in March—Laura Muir came into the metric mile as the favorite and took the win with a mid-race surge and strength to the end. After the 25-year-old Briton's teammate Laura Weightman covered the first lap at the front in 69.54, Muir, coached by Steve Cram, moved to the lead on the second circuit and powered through the third lap with a 61.89 split that strung out the field and set the favorite 5m clear of Weightman at the bell with another 10m back to Pole Sofia Ennaoui.

As Muir knocked out the first half of her final lap in 30.56, Weightman's tempo began to waiver. Ennaoui and Ireland's Ciara Mageean closed the gap to Weightman on the backstretch and reached her shoulder exiting the last turn. Muir cruised away free and clear to win in 4:02.32 for her first major outdoor crown. Ennaoui closed well down the straight to take 2nd in 4:03.08 more than 3m ahead of Weightman, who gritted her teeth, repulsed Mageean's attempt to pass and earned the bronze with 4:03.75. She had also placed 3rd in '14. For the 22-year-old Ennaoui, the silver represented an upgrade from the bronze she won at the Euro Indoor last year.

Said Muir, who had covered the last 400 in 63.12 and last 2 laps in 2:05.31, “I'm really, really happy with this gold medal. I knew the pressure was on, and I'm really glad Laura Weightman was right behind me, so both of us could be on the podium.”

Sifan Hassan eschewed the 1500 for the 5000 and made the longer distance look easy. The prohibitive favorite after her 14:22.34 European Record in Rabat, the Dutchwoman stayed in the back while Eilish McColgan of Britain led for most of the first 6 laps, guiding the pack through kilos of 3:03.01 and 2:58.61. Turkey's Yasemin Can took over as the lead pack went down to 5: Can, McColgan, 10,000 champ Lonah Salpeter, Germany's Konstanze Klosterhalfen and Hassan. Can maintained the pace with a third kilometer of 3:00.97 (8:59.58).

After a 3:03.02 fourth kilo, Hassan took over, streaking to the front. The pack stayed with her as she increased the tempo through 200s of 35.73, 34.54 and 31.31. With 600 to go, Salpeter challenged, sprinting hard. Hassan responded and the

two floated away from the others. With 400 to go, Salpeter, on Hassan's shoulder, stopped, thinking she had won silver. Somewhat confused, Hassan launched into her actual kick, covering the final lap in 60.65 to score gold in a meet record 14:46.12. Behind her, Salpeter, once she started running again, was immediately passed by a hard-charging McColgan, who held on for silver in 14:52.83. Can moved past Salpeter into the bronze position with 200 left, finishing in 14:57.63. The Israeli, crushed by her mistake, earned a short-term national record 15:01.00 in 4th before finding out she had been disqualified for a lane violation on the initial lane break after the start.

Said Hassan, "My plan was to go in front on the last 800m for the final sprint. I did what my coach told me. On the last lap I saw Salpeter, I thought she wanted to do a longer sprint, I thought that she wanted to pick up the pace. And when she stopped, I thought, 'Am I right? What is she doing? What should I do?' I heard the people shout. It was crazy. And then I realized that I was right and continued my race for the final lap."

In the steeple Fabienne Schlumpf of Switzerland did the lion's share of the leading, through the first kilo in 3:05.79 and 2000 in 6:16.32 after taking up the tempo from early leader Maruša Mišmaš of Slovenia. At the end, though, it was 26-year-old home favorite Gesa Felicitas-Krause who defended her title from '16. As Schlumpf tried her best to get away in the closing laps, Felicitas-Krause stuck right behind, at 5-5¼ (1.67) her head topping out around the 6-foot (1.83) Schlumpf's shoulders. On the run-in to the final water jump, Felicitas-Krause injected a sharp acceleration to pass her Swiss rival before the barrier, splashed into the water a meter in front and sprinted away to a 15m lead at the end. Felicitas-Krause's 9:19.80 winner was her season's best as was the 9:22.29 for Schlumpf. Norwegian Karoline Bjerkeli-Grøvdal took bronze in 9:24.46 ahead of '16 silver medalist Gega Luiza of Albania (9:24.78). "I am happy that my tactics worked," said the winner. "I still had some power left on the last lap. The time is secondary; I am happy that it is sub-9:30."

Nelson Évora came to the meet with a medal chest that contained just about everything one could want, including World ('07) and Olympic ('08) golds from a decade ago. But at 34, the Portuguese vet was still missing something significant. Even though he had a pair of Euro Indoor golds, he had never scored outside. Until now. "This is perfect! I have been longing for this European title for a while, and, today, I finally did it," he said after his fifth-round comethrough, raising his seasonal best to 56-1½ (17.10) to pass leader Alexis Copello. "Age doesn't really matter," the winner explained. "The most important is to have high expectations and aspirations so I can do well. I'm still growing as an athlete, and I can jump better than this."

Anita Włodarczyk was brutally honest after winning the hammer for the fourth time, explaining, "I have so many medals that it is hard for me to find the right motivation at every competition. But I want to win and I was also aiming for 80m." The Polish WR holder was nowhere near 80 (262-5) on her lackluster first throw, reaching a mere 227-6 (69.35). Meanwhile, Alexandra Tavernier had made things interesting by upping the French Record to 245-4 (74.78) to take the lead. "My aim was to get out a great throw on the first attempt and it worked," she said. It didn't work for long, of course, because Włodarczyk responded with a 251-0 (76.50), improved that to 255-4 (77.82) in round 3 and a meet record 259-0 (78.94) in the fourth stanza before finishing off with 257-8 (78.55) and a foul. Tavernier's mark did hold up for silver.

A Hat Trick For Asher-Smith

The Dina Asher-Smith show continued in the 4 x 100, with the double sprint winner sealing her claim as the woman of the championships. In the heats, Britain led with the fastest time, 42.19, though the Germans won the second heat with a 42.34 despite a horrible final changeover. Also looking like threats were the Dutch (42.62) and the Swiss (42.62). In the final, Dafne Schippers got the Dutch out to a sizeable lead in lane 4 on the first leg, leaving British leadoff Asha Phillip considerably behind in lane 3. Germany's Gina Lückenkemper powered the backstretch, moving into the lead on the handoff, as Britain's Imani Lansiquot pulled closer. On the turn, the Germans were joined by the Swiss, the Dutch and the British. By the final exchange, the Swiss appeared to be in the lead alongside the Netherlands, with the Germans a smidge behind—and the British two smidges back.

Cue Asher-Smith. The 22-year-old phenomenon took the baton from Bianca Williams and ran as if on fire, reeling in the Swiss anchor, Salomé Kora, first, then the German anchor Rebekka Haase. With 50m left she nailed the Netherlands' Naomi Sedney and when she hit the finish in a world-leading 41.88 she led by 2m. The Dutch scored silver in 42.15 and the Germans bronze (42.23).

"I'm just so honestly proud," said Asher-Smith of winning her third gold of the meet, all in WL time. "It was something that I was aiming for and you never know if it's possible and you never know how relays are going to go. I'm so grateful for all these girls for putting out their best for our country and coming home with gold." Not since Katrin Krabbe in '90 had this sprint triple been accomplished.

The men's 4x1 brought the meet to a close as 2-time defending champion Great Britain projected as the odds-on favorite. The Brit baton men also won gold at last summer's World Championships and had zipped a season leading 37.61 at the London DL 3 weeks ago. The crew of CJ Ujah, Zharnel Hughes, Adam Gemili and Nethaneel Mitchell-Blake led qualifying in 37.84.

The plot thickened, though, when the favorites took the track for the final and Mitchell-Blake was nowhere to be seen, having been replaced on anchor by 29-year-old Harry Aikines-Aryeetey. "HAA," while a veteran of the British '14 gold medal squad and the unit that placed 5th at Rio, this year had not shown the kind of form that carried Mitchell-Blake to 200 silver in these championships (20.04). In lane 5, Ujah carried the stick out well, but in lane 8 Turkey's Emre Zafer Barnes was also moving fast. Zharnel Hughes took the baton and turned the backstraight with speed befitting his status as 100 champion for the lead.

Hughes' turnover to Gemili was efficiently swift and the '14 200 champion maintained his squad's margin over Turkey and the Netherlands (lane 7) around the bend. Aikines-Aryeetey took the stick well before Turkey's Yiğitcan Hekimoglu passed to this year's 200 champ Ramil Guliyev and the completion of the Netherlands pass (Hensley Paulina to Taymir Burnet). Guliyev scorched the straight racing past Burnet some 20m from the line but HAA crossed a meter-and-a-half in front for a 37.80–37.98 win. Turkey's silver time was a national record. It was a 3-team race, as the Netherlands in 3rd at 38.03, also an NR, enjoyed almost a half-second margin over France (38.51).

The Brit foursome all offered praise for their collaborative effort. Ujah: "I always like to kick things off, and it's been a pleasure to run with these guys. One word to define us would be strength." Hughes: "It's been really exciting to be here, I'm very happy to be able to run with this group after the 100. It's been a busy week for me." Gemili: "It's an amazing way to end these championships, especially for some of us who are not happy with our individual results. This is really fantastic. If I have to use a word to define us, maybe I'd say unity or versatility." Aikines-Aryeetey's comments suggested his substitution for Mitchell-Blake was planned all along. "I'm the old dog in the group," he said, "so I didn't have to run the semi-final. I won my first international medal right here, in this stadium, 9 years ago [at the World Championships], so this has been a great experience today."

The meet's final day began downtown with the staging of the marathons. For the women, the 26-miler was more a grind than any complicated tactical battle. Belarus's Volha Mazuronak, who had placed 5th in Rio, directed the lead pack from the start, despite dealing with a gory-looking nosebleed that hit a half-hour into the race. By halfway (1:14:00), 10 remained in the pack. By 30K, that number had dwindled to 4: Mazuronak and her teammate, Maryna Damantsevich, France's Clémence Calvin, and Czech Eva Vrabcová-Nývltová. The pace had remained steady through 10K segments of 35:12, 34:58, 34:25 and 34:28. But Damantsevich had hit the wall after 30K—all that remained was to sort out the order of the medals. With 2K to go, the 3 survivors remained together.

However, Mazuronak, 29, showed her remaining strength, building an impressive lead—and then losing it all less than a mile from the finish by taking a wrong turn that allowed Calvin to catch up. She recovered magnificently, mounting a powerful kick to win by 6 seconds, 2:26:22–2:26:28. Vrabcová-Nývltová (2:26:31) grabbed 3rd. With the medalists all within a 9-second window, this was the closest race in Euros history. In the team competition, Belarus (1-4-5) handily topped Italy (6-8-14) and Spain (9-13-23).

For Naert Koen, a big breakthrough could not have come at a better time. The 28-year-old Belgian had moved up to the marathon in '15 and had never placed higher in a race than 7th. With a best of 2:10:16 from '17, he was ranked only No. 9 among the starters. However, today would be the day he made all the right moves. Just after 30K, he made a decisive surge away from the pack and went unchallenged to the finish line, crossing in a meet record 2:09:51, breaking Martín Fiz's 2:10:31 mark from 24 years ago. Switzerland's Tadesse Abraham—who won the half-marathon at the '16 Euros—closed well to grab silver in 2:11:24 (on his birthday, no less), while Italy's Yassine Rachik got to the bronze in 2:12:09, clear of the fast-closing Javier Guerra of Spain (2:12:22). Italy (3-5-12) won the team race over Spain (4-6-16) and Austria (8-10-41). Said Koen—who works full-time as a nurse—"This is incredible! Coming out here and do this time, it hasn't really sunk in. I was really nervous before, and during the race, but I knew I had to be very patient. So, I waited until the right moment to move away from the group, and get the lead position. I was feeling particularly strong today, but equally apprehensive. I guess I simply turned all that stress into power and confidence throughout the race. It's really difficult to believe this has happened. I knew I could get a medal, but never expected it to be the gold one." □

Euro Champ Results appear at the back of the PDF issue so you may skip printing them if you wish.

Mondo Phenomeno

August 13, 2018 by Phil Minshull



“I have no words for how I feel,” said Mondo Duplantis after his triple-record day in Berlin. (MARK SHEARMAN)

Various online urban dictionaries refer to “mondo” as “very large or great in amount or number” and vaulter Mondo Duplantis certainly reinforced that definition in both centimeters and inches with his thrilling performance when he cleared 19-10¼ (6.05) to take the Euro title in Berlin.

The Louisiana native, who went to Lafayette High and who will start his collegiate studies at LSU in mid-August, was competing for Sweden as he holds dual nationality and racked up a stunning set of stats:

- Firstly, it was a World Junior (U20) Record, improving his own mark of 19-5½ (5.93) set in Baton Rouge at the state high school champs back in May. In fact, he improved his standard in three stages, going over 19-6¼ (5.95), 19-8¼ (6.00) and finally 19-10¼ (6.05); all at the first time of asking.
- Secondly, it was a meet record, improving on the venerable mark of 19-8¼ (6.00) set by Russian star Rodion Gataullin 24 years ago to the day in '94.
- Thirdly, it elevated the precocious teenager to =No. 4 on the all-time list, and only Sergey Bubka has actually gone higher outdoors.

With father Greg—a former HS Recordholder and a 19-foot vaulter himself—and Swedish mother Helena watching in the stands, Mondo put daylight between himself and the bar with his final clearance but, emotionally spent after clinching the gold medal, he understandably called it a day and declined the opportunity to try for a higher bar.

After clearing his historic winning height he initially stood up emotionless but then collapsed to the pit, dry-heaving and gasping for air on a warm and claustrophobic night in the German capital when the temperatures were hovering in the low 80s for much of the competition.

Despite France’s Renaud Lavillenie and Russia’s Timur Morgunov still vaulting—the latter only 21 himself and clearing

19-8¼ himself on his first attempt to make the competition only the fifth in history in which two men have gone over the halcyon metric height of 6.00, proceedings came to a halt as all and sundry congratulated Duplantis, the first being WR holder Lavillenie. The fact that the Frenchman was the first to give Duplantis a generous hug symbolized for many that the baton was being passed between the vaulting generations and that Lavillenie might soon become yesterday's news.

"I have no words for how I feel," said Duplantis after the event. "This is a dream that has come true. Now I'm so tired. I want to celebrate but I want to sleep at the same time. This is really crazy. I have watched so many YouTube videos of vaulters who have won great championships over the years and I have dreamed that I'd get such a moment sometime."

Duplantis, who has also consistently demonstrated nerves of carbon fiber, continued, "I'm faster than I've ever been and stronger as well, and the crowd was so motivating. I thought I could take the gold tonight, but would I do it at 6.05? I didn't think so. However, one of my favorite jumps during the final was at 5.90. It felt so easy, then I knew I could respond at any height, no matter how high the others went. I didn't think so much about the bar when it was at 6.05; it was just that I had to take that height to get the gold medal because Morgunov and Lavillenie both were still fighting at 6.05.

"I would have said [6.05] was in a different universe even though I've been doing this sport my whole life. I was sitting on the back of the runway and I sort of said to myself 'Really, I have to make this to win? You must be kidding me.' If they had made 6.05 I think I would have just quit vaulting. Having to make 6.10 to win, that wouldn't be fair. To be honest I don't even remember the jump at 6m! Everything is now completely blank. I'll have to go back and watch it on YouTube, but 6.05 felt kinda easy. I didn't touch it. It felt so easy that at first I thought I'd even gone under the bar! And then I looked down when I'm up there and there is the bar, down there!

"After 6.05, I was so tired—remember I had improved my PR three times—so I never thought about continuing and having a go at the World Record."

Despite competing in the bright yellow jersey of his mother's native Sweden, Duplantis may also lay claim to the American Record, succeeding Brad Walker, whose 19-9¼ (6.04) has stood as the mark for U.S. vaulters to aim for since he went over that height at the '08 Pre.

Since Duplantis has dual nationality, the possibility exists that he could simultaneously be a national record holder in two countries with the same mark from the same meet, just as he already is with the Junior standards from both nations, current U.S. regulations not mandating that one be eligible to represent the national internationally in order to claim a record, the key word being "citizen." □

Asher-Smith's Berlin Gold Haul Raises Her To Another Level

August 15, 2018 by Mike Rowbottom

It's all starting to happen for Dina Asher-Smith. Britain's 22-year-old sprinting talent, fresh from 100, 200 and 4×100 golds at the European Championships, has stepped not just onto the top of the podium, but also up to an entirely new level of exposure—and, of course, expectation.

Her 200 victory in the stadium where Jesse Owens had earned three sprinting golds at the '36 Olympics was watched live by 3.3 million BBC-TV viewers. She did not disappoint, following up her earlier 100 win in 10.85—equal fastest in the world this year—with the world's outright fastest 200 time, 21.89. After her anchor leg in the relay had lifted Britain from 4th to 1st, the bookies were not slow in shouting the odds for this King's College, London, history graduate to make her own golden history at the Tokyo 2020 Olympics. According to Betway, she is a 9/2 hope to reach the top of the podium in Japan.

Meanwhile this young woman from Orpington, in Kent, coached by John Blackie as a member of the Blackheath & Bromley Harriers Athletic Club, has earned high praise from the UK Athletics Performance Director, Neil Black, who has worked in the sport for more than 25 years. "We knew that Dina had loads of talent," he told The Guardian. "But what she's done is incredible. It's better than anything I've seen in my time at UK Athletics, really. She has been so focused, so determined, so professional and so calm. She is a pleasure to have around and has really demonstrated to everyone else in the team how to go about performing at the highest level."

"There is more to come, and she knows that," he added. "I honestly think this is the beginning. I think she is going to run even faster. And I am absolutely sure all her competitors across the world have finally registered what she can do. When you put Dina's multiple gold medal-winning and world-leading, world-class times together, if they are not fearful, if they are not respectful, then they must be crazy."

Asher-Smith was actually defending her 200 title in Berlin, but her victory in Amsterdam 2 years ago came in a race that lacked the home world champion Dafne Schippers, who chose, in an event that preceded the Rio Games, to concentrate on retaining her European 100 title. Schippers went on to defend her world 200 crown in London last year in a race where Asher-Smith finished 4th. For her own part, however, the British sprinter's preparations had been traumatically undermined by a freak training accident in February that had left her with a broken foot.



Dina Asher-Smith began her 3-gold collection with a win in the 100. (MARK SHEARMAN)

switches I've got to have my own confidence, my own self-belief."

Talking to her after her 100 in Berlin, it was clear that behind her vivacity there lies a thoughtful and highly competitive character. "For me, I've worked out over the years, I have to be chilled to run well," she said. "Some people they have to be really serious, really committed and focused, some people have to be like nervous and kind of scared, but for me I just have to be happy. I have to be in a good mood. So I'm listening to my favorite music, having a bit of a dance, chilled out. I found out from London last year, just trial and error, that a happy and relaxed Dina is a fast Dina."

And there was evidence even in that post-race chat with media that a fast Dina is also a sharp Dina. Raising the inevitable subject of 2020 after the 100 final, a reporter commented, "You've got to feel like you can take on the best in the world now, you've got the fastest time in the world now and..." Suddenly he had been vivaciously interrupted by his interviewee: "Equal. Equal. Equal. Equal. You have to say 'equal' because I can't say I'm the fastest."

But then, like the good student, Asher-Smith answered the question asked: "We'll have to wait and see because by then there will probably be new faces, new names. But ultimately we do work in cycles and I'm building on to Tokyo. Equal. I'll take it. It's better than none."

The same caution, the same sharpness, was evident later in her ITV appearance as an interviewer interrupted her to put the following unformed question: "You won the 100m. Gold. Then you went on and did the 200m. Gold. Is there more pressure on each one you go into, or is it because you are so elated there is, I mean how do you feel? When you see athletes lining up I think we all want to know what is going on in your head and..." At this point Asher-Smith, with another giggle, has already provided a single word answer: "Run." Before adding, smilingly: "It's pretty basic. Pretty basic."

Earlier this season she went out early to Australia to prepare for the Commonwealth Games, where she finished 3rd in the 200 in 22.29 behind the Olympic 400 gold medalist, Shaunae Miller-Uibo of the Bahamas, who won in 22.09, and Shericka Jackson of Jamaica, who clocked 22.18.

Fast forward 4 months, and Asher-Smith found herself as one of the standout performers in what has been one of the finest European Championships in the event's history—indeed, in the estimation of the EA President Svein Arne Hansen, the best ever.

"It's been a crazy championships!" said Asher-Smith in the aftermath of her second individual gold. "I really wanted to do a good time, but wasn't expecting to take the world lead in the 200m. I had a lot of fun, and didn't expect to run this fast when I'm still tired from the 100m final. I know this is not the Olympic Games or the World Championships, but I'm still very proud of myself. My mum and dad, my physio, and some friends are here, and I know they are very proud of me. I still have a lot in me to give. But I need to focus on running my own race."

The day after getting back from Berlin, Asher-Smith was interviewed on ITV's Good Morning Britain and asked about the huge media coverage of her triple triumph. She wasn't remotely fazed. "I don't personally read the papers anyway," she said. "I don't really know. All my friends were going crazy and I had no idea. But for me I just kind of stay in my own little bubble in my own little world, because at the end of the day its really nice having everybody wanting me to do well and hoping I do well, but maybe if that

As Black commented in his assessment of the fastest British sprinter ever: “On the surface she is this lovely, butter-wouldn’t-melt person but underneath it she is ruthless when she needs to be. She works out with real clarity what needs to be done and I don’t think she lets anything get in the way.”

Worth watching all the way to Tokyo and beyond. But she won’t be making any easy assumptions... □

Germany Dominates Euro Men’s Javelin

August 9, 2018 by Mark Cullen

It’s rare in a continental championship that the top 3 in the world in one event come together to decide who is best. It’s rarer still that all three should be from the same country. Rarer than that? That the championship is held in their home



Thomas Röhler was “precise” in claiming the javelin gold. (MARK SHEARMAN)

country. The hoped-for German men’s javelin-medal sweep did not materialize at Berlin’s Olympiastadion, but the national team finished a still notable 1-2-5. The places were decided early. On a hot and humid night replete with swirling wind and heavy air, the expected 90-meters-plus (c295ft) fest did not materialize. Olympic gold medalist Thomas Röhler, the most consistent of the trio, came closest to 90 and won with his third-round 293-6 (89.47) heave. Andreas Hofmann’s 287-5 (87.60) second-stanza toss led until Röhler flew by him a round later.

Estonia’s Kirt Magnus (282-0/85.96) and Poland’s Marcin Krukowski (277-4/ 84.55) broke up the sweep. The top 4 were decided in the first 3 rounds as throwing conditions deteriorated. Reigning world champ Johannes Vetter, the third German, mustered a best of 273-2 (83.27) and simply could not get unwound as he ended up far from his ’18 world leader of 304-1 (92.70).

Röhler was the only one who had a successful strategy for handling the wind. In separate individual interviews Röhler and Hofmann revealed the subtle difference between gold and silver. “The wind was difficult,” said Röhler, “but we expected that—or I expected that—and I had a game plan for today: just throw precisely, no power, nothing. Just do what you can do as precisely as you can. All the throws showed it was possible, but it was really tough to make them sail.” As he said “precise,” Röhler pinched his thumb and forefinger together, raised his arm, and pointed to the sky to exactly the point he was aiming for. The changing nature of the wind was a factor, too, he explained: “People in the stands told me it was a headwind; we just felt a strong tailwind—I think we just felt it at different levels.”

Runner-up Hofmann said, “Sometimes it was from the back and sometimes from the side and after the second throw I don’t know. I hit the point—I hit the javelin very well the first few meters, but then when the javelin got its height it came down very, very early—too early. But it was not a technical thing—the throw was very good but I don’t know what happened in the air. Some dealt with it better than me. It was a struggle, and you see it was 2m farther,” he said ruefully of Röhler’s winner.

When asked if it would be helpful to have a directional wind gauge, Hofmann said that one on the ground would only be a beginning. “You throw 30, 40m higher—you have to have a wind gauge there or flags or something like that. Sometimes you see it in the stadium,” said the always shrewd silver medalist. “On the roof you see some flags and then you can deal with it—how the wind goes 10–12m faster.” How to use this information? “Before the competition you can deal with the struggle of how you want to throw.”

It was Röhler who figured out best how to handle the wind, and his precision won the day. □

NACAC Championships — Americans Dominate The Action

August 16, 2018 by Roy Conrad

Toronto, Ontario, August 10-12—The third edition of the NACAC (North American, Central America & Caribbean) Championships was the first that did not precede a World Championships in the same year. As a result, there was a noticeable improvement in the quality of Team USA and other teams as well. To be sure some of the area's top athletes chose to skip this meet for various reasons. Nonetheless, 27 meet records were set and many events were closely contested at a high level.

In all, Team USA won 25 golds (lower than the 28 that they had won at each of the first two editions) and an all-time high 61 medals overall. Both of those totals were aided by the weakness (and in some cases the absence) of competition. The men and women swept the steeplechase medals, but they were the only 3 entrants in each race. In fact, in the 6 longest track events, the total entries amounted to only 22 runners.

In spite of some key losses to U.S. athletes, Jamaica also had a successful meet, with 7 golds and 21 total medals. The most impressive of Jamaica's winners was Fedric Dacres, the reigning Pan-Am and Commonwealth Games gold medalist. He solidified his claim to being the top discus thrower in the world this year with a toss of 224-7 (68.47), well ahead of countryman Travis Smikle's 214-9 (65.46).

An unprecedented 19 USATF winners competed and 11 of them, including 8 women, won individual titles. They included Ajee' Wilson and Shamier Little, who turned in outstanding performances. Wilson led the 800 for the entire race and won the gold medal by running 1:57.52, her 8th straight meet under 2:00. Ex-NCAA champ Natoya Goule, who had beaten Wilson in their last encounter at the Monaco DL, took the silver for Jamaica.

Little, who won the Pan-Am 400H here 3 years ago, ran 53.32, the second-fastest time in the world this year, and also the second-fastest of her career. She beat a quality field that included Olympic finalist Janieve Russell of Jamaica (53.81) and USATF runner-up Georganne Moline (54.26). A third notable victory by an American woman over a Jamaican came in the 100H, in which Keni Harrison (12.55) beat '15 world champion Danielle Williams (12.67).

On the men's side, strong U.S. performances were turned in by Darrell Hill, who won the shot with a toss of 71-1½ (21.68), and Marquis Dendy, whose first-round long jump of 27-2½ (8.29) held up for the gold medal.

The hosts had some solid efforts, but won only two events. Ex-NCAA champion Brandon McBride won the 800 in 1:46.14 and the men's 4×1 took the gold in 38.56 after the US botched the first exchange (between Jeff Demps and Kendal Williams) and failed to finish.

The meet was held at the University of Toronto's Varsity Stadium, a facility with 5000 seats, all along the home straight. Approximate attendance was 1000/3500/2000 for the three days. The weather was perfect throughout—sunny and 80 (27C) each day—Sunday's attendance was apparently affected by other events being held elsewhere in the city, including Toronto Blue Jays home games. The absence of Andre De Grasse also had an impact. The Canadian sprint star had been prominently featured in the meet's marketing campaign and when a hamstring injury ended his season a month ago, the meet organizers reduced ticket prices and even offered partial refunds to those who had already paid full price.

We've moved NACAC results to the end of the August issue PDF version so subscribers can decide for themselves if they want to print those pages.



Marquis Dendy produced his longest outdoor jump of the year, 27-2½ (8.29). (CLAUS ANDERSEN)

Putter Darrell Hill Can Sneak Up On You

August 9, 2018 by Sieg Lindstrom



Just as at last year's Diamond League Final, Darrell Hill was a surprise winner at USATF. (KEVIN MORRIS/PHOTO RUN)

For two years now Darrell Hill, you might say, has been the stealth shot star, the putter who lofts one long when you don't see it coming.

In '16 at the Olympic Trials he was the first-year pro who came into a field loaded with four world champions and produced the first 70-footer of his life to make the team. True, that other first-year pro, Ryan Crouser, won with a toss more than 2½ feet longer but Crouser's pedigree, replete with four NCAA crowns in and out, had him on everybody's watch list. Hill's NCAA 2nd in '15 had not screamed "future Olympian."

Last year Hill made the World Championships final, placing only 11th, but then he struck again at the Diamond League Final. In a ring set up in Brussels' imposing Grand Place square, on his final throw Hill flung the ball 73-7½ (22.44) for the win and jumped to No. 8 on the U.S. all-time list.

Hill's days in sneaking-up-on-'em mode were over, and he underscored that taking his first USATF title in June. "It really wasn't that anything was working well," Hill told the media in Des Moines after denying Crouser the chance to be the first putter since Al Feuerbach (1973–75) to win at the nationals 3 years in a row. "It was just trying to be able to stay balanced. It was one of those competitions that it didn't take a 22-meter throw to win, it was who was going to be able to settle into the competition and be able to just get a good throw.

"70 feet is a great throw, but with these guys—you know I've thrown 73-feet, Ryan and Joe [Kovacs] have thrown 74-feet so you know the potential for far throws is there. Today was just a competition where it was the race to 70-feet. Sometimes it's like that and I'm just glad that it was able to be me today."

No question, Hill (whose first name is accented Dah-RELL) is operating in a golden age for the iron ball. He knows it. In the last 15 months Tom Walsh (74-4½/22.67), Crouser (74-3¾/22.65) and Kovacs (74-¾/22.57)—all winners of World or Olympic gold—launched their shots into all-time world top 10 territory. Just ¾ inches away from that list with his PR,

The All-Time U.S. Shot Top 10

Darrell Hill trails only 7 Americans on the shot's all-time list. He doesn't need to improve by much to start knocking off those immediately ahead of him:

Mark	Athlete	Date
22.86 75-0	Brian Oldfield (ITA)	5/10/75
22.66 74-4¼i	Randy Barnes (Mazda)	1/20/89
22.65 74-¾	Ryan Crouser (Nike)	6/25/17
22.57 74-¾	Joe Kovacs (unattached)	5/18/17
22.54 73-11½	Christian Cantwell (Nike)	6/05/04
22.52 73-10¾	John Brenner (Mazda)	4/26/87
22.51 73-10¾	Adam Nelson (Nike)	5/18/02
22.44 73-7½	Darrell Hill (Nike)	8/31/17
22.43 73-7¼	Reese Hoffa (New York AC)	8/03/07
22.28 73-1¼	Ryan Whiting (Nike)	5/10/13

age-wise Hill is the baby of the bunch, 24 years old, born 8 months after Crouser.

And Hill's "throwing age"? Well, in '09 Crouser PRed at 67-7 (20.60) with the high school 12-pounder and Hill, same prep graduating class ('11), had not yet even picked up a shot for his school, Pennwood of Lansdowne, Pennsylvania. The recent model Hill may be the putter people didn't see coming. Eight years ago he didn't even see it himself, although soon enough he would.

The Shot Came Along Late

"When I was in high school I played football, I played AAU basketball, I wrestled for a period of time, I tried a bunch of different things," he says. "As I got older I loved football and I was progressing in that, and a high school track coach saw me in the hallway my junior year and asked me if I could help the team out. They had a league championships that week and he was just, 'Hey, we don't have any shotputters. I know you're a big guy [he currently scales in at 6-3½/330 [1.92/150], I know you're strong so do you think you could just come throw this ball for us?'"

"A lot of my friends were already on the team so for me it was just I get to get on a bus with my friends, go to a different school, all I gotta do is throw a shot and I get to hang out with my friends. I really liked the coach, he was a nice guy. So I went and did that. I didn't do anything spectacular. I think I threw 37-feet so that obviously wasn't anything great but I loved my friends so we had a great time going there, we had a great time at the meet, great time on the way back. And I wasn't really having that much fun wrestling, to be honest. I wasn't great, I was just another guy on the wrestling team and so I just decided this was more fun than that. I wasn't good, I was just having more fun.

"So I quit the wrestling team and decided to keep throwing shot, and just naturally, me being a competitive person, I took to YouTube to really kind of see what this sport was that I was doing and just tried to get better each time out and be competitive with the guys that were around me. Then we went to a meet in New York and I saw Nick Vena, who was a 70-footer at that point of time. So just trying to be competitive with the people that I would see was what kind of helped me develop in high school."

That meet in New York was the New Balance Indoor Nationals and Hill in his first full season as a putter placed 7th at 60-7¼ (18.48) with the 12-pounder. The heave was the second of his series and he fouled the other five. Not exactly a disaster as he had switched putting styles just weeks before. "I was originally a glider," he explains. "That's the easy one to teach somebody. Not all the way, but the easiest way to teach a beginner is to teach him how to glide first. I was a glider all the way until the middle of my senior season. I didn't really have a throws coach. My head coach, Lenny Jordan, was a sprint coach but if you talked to him he'd tell you he's not a throws coach at all.

"So I was at a competition and I competed against another guy often and his dad was a throws coach. He came up to me after three throws and said, 'Hey, do you think you're going to do this in college?'"

"I said, 'Maybe I might,' because I'm getting good at that point.

“He said, ‘They’ll probably ask you to spin so why not just give it a shot? You’ve already got this meet won by like 6-feet. Why not just mess around with it?’

“And I’m one to just mess around with stuff so I did and I ended up matching my mark from the first three throws with the glide with the spin. So I decided I was going to stick with that. That was my transition to the spin.” That transition began auspiciously enough that the NBIN mark attracted some attention from college coaches. “There’s not schools beating down your door at 60-feet but you can get some opportunities,” he says. “So I didn’t have any full ride offers but some schools called, they were interested in me and I took a couple visits.”

Keeping in mind Hill’s progression versus putters that are now his peers, consider that Crouser threw 77-2¾ (23.54) that prep indoor season. Different zip code. Then.

Moving On To College

“I went to the University of Houston for my freshman year, H-Town Speed City, as they call it now,” Hill recalls. (Cougar coach Leroy Burrell is a Pennwood alum.) At the West Regional his frosh year, Hill threw 55-1 (16.79). Three weeks later at the USATF Junior Champs he reached 61-1¼ (18.62) with the U20 implement and placed 4th.

“I really enjoyed my time when I was at the University of Houston. I still talk to Coach Burrell, I still talk to my teammates from there, I met a lot of great people there, but I’m a Penn Stater through and through,” Hill says. “I had to make a tough decision to leave Houston, obviously, but I knew that my true happiness would be with me being back at Penn State in the blue and white.”

A Rehabilitation & Human Services major, Hill remembers the exact day in his Nittany Lion putting career that he decided he could be an Olympian. Details matter to him: “It was my junior year at the Big 10 Championships at Purdue University. I had been doing pretty well. My first time that I ever won a Big 10 championship was at that meet. My PR at the time was 19.64 [64-5¼] and in round 6 of the Big 10 Championships I threw 20.57 [67-6], which was my first time over 20-meters and obviously the Olympic standard at 20.50. So it put me over the Olympic standard, it got me an opportunity to go to the U.S. Championships and the NACAC U-23 team that summer. So it was the first real glimpse that, yeah, maybe I could have an opportunity to do this after school.”

Here’s where Hill’s story jumps to his push through the 70-foot barrier and Rio at the next summer’s Olympic Trials. Wait, not so fast.

At the Trials, “it was a breakthrough that I got [the distance] legally,” Hill says, “but all the way back to 2015 at the USA Championships, I was actually leading after round 1. I thought I was going to Beijing. I’m a very confident person so I threw 20.80 [68-3] in 2015 in round 1 and I was feeling really confident and I just had a bunch of heel fouls on the toeboard. I’m bringing them into the ring but I’m clipping the top of the toeboard over and over and over again, and they were about 21.40, 21.30 throws. And I did that all summer. I did it at the Pan-American Games, I did it at my first meet in Europe. I mean I did it all summer so it was very troubling for me that my personal best is 20.86 [68-5¼] but it should realistically probably be about 21.30.”

In the spring of ‘16, Hill’s heel-foul problem “drove me to come work with [revered throws coach] Art Venegas at the [Chula Vista] Training Center,” he says. “That was what I called him about: ‘Do you think you could get me to land with my heel flat in the ring so I won’t foul?’ ”

Venegas’s answer: “Absolutely.”

Hill told the coach, “If you can do it, I’m coming.” Recalling his early sessions with Venegas, Hill says his new coach “told me, ‘There’s a ton of things that I want to help you to work on that I think could help you be the best in the world but for these next couple months we’re just gonna work on trying to get your heel flat. That’s the biggest issue.’ And I went 20.94, 21.16, 21.63, and the next thing you know I’m going to the Olympics.

“It wasn’t even so much at that period of time physical. I’ve got to thank my [Penn State] coach Patrick Ebel who’s now at Auburn University. We put a lot of great work in, but technically I just kept getting called on the heel. And it’s not like the officials were wrongly calling it, I just kept hitting the toeboard. So that was kind of a big breakthrough.”

His day of days to that point had come from far enough out of the stratosphere that Hill’s family was nowhere close to tickets-to-Rio-booked status. No money for the air fare was readily at hand. But Hill’s father, Ellis, an Uber driver, says the son, “met a wonderful passenger who wouldn’t take no for an answer. She was just so generous and wanted to help my dad get that opportunity to come watch me compete. So they set up a crowd-funding with a gofundme account and I just posted it just to see. I didn’t know what to feel about it nor what to think but I just posted it and the U.S. kind of just took over with that. A lot of people supported me and supported my dad and that meant the world to me.”

Ellis Hill works in Darby, Pennsylvania. “So if you see my dad as your Uber driver,” Hill says, “give him a good tip.” While Hill’s best in the Olympic Q round (64-2¼/19.56) didn’t advance him to the final, his path as an elite thrower was set. “Rio was an experience,” he says. “Training was up and down, I was happy to be there, I was confident. I didn’t, honestly, get the performance that I wanted to but I put that directly back into training. Me and Coach Venegas, that was our first real championship together, and we’d only been together for about 4 months at that point so really understanding championship training and what kind of makes me go and how to make things work, I think we lost that a bit in the details. So that’s what I can attribute my performance in Rio to. It didn’t go my way but I threw far a couple weeks after that [70-4¼/21.44] at the Zagreb IWC] so I was obviously still prepared to do well.”

Last fall the rightly venerated Venegas retired. His legacy hasn’t skipped a beat. This season Hill, still training in Chula Vista, connected with San Diego State throws mentor Greg Garza, whose college coach at UCLA was Venegas.

Garza, Hill says, “knows the background that I have as far as the type of drills and things that I’ve done. So that made the transition a little bit easier into his system. But his system is completely different, he has his own style. He took the knowledge that he got from working with Art and kind of developed his own way. So it definitely was an adjustment—just

It’s Not An Off-Year For The Shot

One might, without cogitating enough as the season for Americans rides through the Euro Championships break in invitational action, surmise that there’s not much at stake before the summer winds down and that a U.S. thrower is already looking ahead to the three big years ahead, Worlds/Olympics/Worlds. Not Darrell Hill.

“I’m going to compete at the NACAC Championships in Toronto on August 10th with Team USA and hopefully get another medal and just have another great competition,” he says. “Then I’ll head over to Europe a few days before the Diamond League Final and hope to defend that.”

Not just for hard-earned treasure, by any stretch.

“This particular year, there not being a World Championships or an Olympics, some people like to call it an off-year,” Hill says, “but I think if you look at the results there’s nothing off about our event this year at all. So for me I’m treating the Diamond League Final like that major championship. It is a major championship, it’s a winner take all.

“As for U.S. guys, the winner gets an automatic bid to the World Championships in 2019. It’s just one competition and so to me, and I’m sure for these other guys, it’s a major championship. It will be all the best throwers in the world, Zürich’s a beautiful place. I feel like I’ve been saying this a lot because people keep asking me, but it is one of my favorite places to throw. I really enjoyed it back in 2016 when I was there so it’ll be a great venue, there’s a lot at stake so this is a major championship.”

getting used to a new person. Me and Greg, we didn’t even know each other a year ago. I’d seen him once and we shook hands.” But the collaboration gelled rapidly.

“If you subtract my 22.44 from last year,” Hill assesses 2018, “I’d say I’m having the best year of my life. So, so far so good.” For superb consistency, he is surely right. Through the late-July Diamond League break Hill had put up 10 meets above 21-meters and at least 19 throws at that level, with the shortest of these his 69-½ (21.03) at the Lausanne DL. “I say this all the time, I say it to anybody who wants to listen: My goal is to be the best ever. And to be the best ever it’s not just one thing. You need gold medals, so my goal is obviously to win the World Championships, the Olympic Games and to throw farther than anybody’s ever thrown. I mean that’s no secret, we all have those same ambitions. But yeah, the World Record. I won’t just say in the next three years but I’m trying. I think I might need it [to win a meet some day]. That’s the beautiful thing about where we are in the sport right now. It’s so tough competing. Every week you got Ryan Crouser, you got Tom Walsh, you got Joe, and you’ve got Michał Haratyk at 22-meters [72-5¼/22.08]. It’s super tough but I believe that we’re going to see the best throwing that we’ve ever seen because of it.

“I’m just really excited to be in the sport at this time right now because—as good as I’m ever gonna be? We’ll find out, we’ll find out soon.” □

Jenna Prandini Is Returning To Her Old Self

August 2018 by Sieg Lindstrom



The World Cup 200 saw Jenna Prandini dashing to victory in a PR 22.16. (MARK SHEARMAN)

She was never really away but sprinter Jenna Prandini is back after what she terms a “reset.” After a subpar ‘17, the 25-year-old Californian has chalked up career milestones this summer: first Diamond League win (the London 200), a PR at the distance (22.16, same race) and the second USATF title of her career, also at 200 and following on a win in ‘15. She also finished 3rd in the USATF 100, with her 10.98 there her first sub-11 since the ‘16 Olympic Trials.

“I’m finally healthy now so I kind of just raced myself into shape this year,” she says, with her sights now set on the DL 200 final. “But I’m starting to feel a lot more comfortable on the track and everything’s just so much smoother when I run.”

This month, Prandini won the NACAC 100 crown with a 10.96 that equaled her fourth-fastest clocking ever and was her fastest since ‘16. Heading towards the winner-take-all August 31 DL finale, Prandini is tied for the 200’s points lead (28) with Jamaica’s Shericka Jackson. Among the sparkling cast of qualifiers in the half-lap the only sprinter Prandini hasn’t won against this year is the undefeated Shauna Miller-Uibo.

Rio Olympian Prandini, one could assess, has not had a season like this one since ‘15, when she turned pro early after the World Championships. That was the year in which as an Oregon junior she set a low-altitude 100 Collegiate Record (10.92), won the NCAA 200 and placed 2nd in the 100 and long jump, reached the World Championships 200 semis and won WC silver after running the third leg on the U.S. 4×1. Her feats on behalf of the Ducks earned Prandini T&FN’s Woman Collegiate Athlete Of The Year honor (and the USTFCCCA’s Bowerman Award).

As first-season pro campaigns go, the Olympic year, too, went swimmingly—although Prandini’s favorite sport besides track in her prep days was volleyball. Coached as she still is by Oregon sprint assistant Curtis Taylor, she placed 3rd in the Trials 200 (5th in the 100) and advanced to the Rio semis (4th) and closed out with a DL 200 3rd in Paris.

Last season was an exercise in frustration, a traffic tie-up due to an injury that took 5 months to diagnose before a stress fracture to the navicular bone in her right foot was pinpointed in the autumn. Both her times and competitive record took hits. “My foot actually started hurting right around [April’s] Mt. SAC last year,” she explains. “I basically ran all season with it hurting a lot and I went to a lot of doctors. We couldn’t really figure out what it was and I should have listened to myself, knowing that something was wrong. But because nothing was showing up on paper, I kept trying to train through it. They actually didn’t find my stress fracture until the end of September when I had sat out for so long [since the Lausanne

DL in early July]. I was telling them, 'My foot still feels the exact same, it should be healed by now.'

Prandini admits of the navicular, "It's a slow-healing bone, an annoying one to hurt." She had cracked the same bone before, in '12. "It actually was the exact same thing. It was on a different side of the bone so it was the same kind of pain but it didn't feel the same," a feint by the nervous system that mystified medics. "Once I figured out that I had a stress fracture," Prandini says, she and Taylor "just decided together that I would stay and do all my rehab and all my physical therapy at home [in Clovis, a Fresno suburb] and keep it consistent there because I couldn't really do anything else anyway."

Clovis's warm climate—in fact, baking-hot but dry in the summer—was conducive to her early-'18 preparation, and Prandini adds that "one of the volunteer assistants from Oregon [Trevor Ferguson] got a job in Fresno at Fresno Pacific so my season just progressed. Curtis was giving me my workouts and [Ferguson] was helping me set everything up so it just kind of worked, and every once in a while I'll meet up with Curtis and do my workouts with him.

"It's been kind of a really weird year but we kind of just rolled with it and it's been working so far." The home environment offered other positives. "Right now in Clovis," Prandini says, "it's nice because my whole family's there so I have all of them to hang out with. My little nephews, I get to go play with them if I'm ever bored. They're at home so I know where to go to get some energy out, entertainment."

Believe it or not, Prandini feels she derived some benefit from the injury. "It's kind of hard to categorize," she says, "but I got injured so I was completely able to reset and mentally reset. I just sat out and I couldn't train but I could think about my races and watch what I was doing. I think it's not been my technique [that was lacking], it's just going out and executing the race that my coach wants me to run. So I think the injury was a blessing in disguise."

In case you're curious, Prandini has not necessarily relegated her long jump career—dormant since her 22-3¼ (6.80) PR took 2nd at the '15 NCAA—to her memory book. She's of a mind to give leaping another go. "That was the plan this year, actually" she says with a laugh, "but my jump foot is the one that I broke. So we shut that down but I would say yes in the future. I couldn't tell you exactly when but definitely."

As Prandini rolls toward the Diamond League Final, she says, "I know I'm in good shape and I'm ready to run fast and I know everybody else that's lining up is ready to run fast too so I'm just excited to go out there and be part of that competition."



Sieg Lindstrom is *Track & Field News's* Managing Editor. He fell in love with the sport as a high school distance runner, and has covered 8 editions of the Olympics and 14 outdoor World Championships. In a feverish effort to brush up his résumé before he was hired, he also attended the '84 Olympics and '87 Worlds as a fan.

My Top 5 Men's Moments From Berlin

August 14, 2018 by Phil Minshull



Ramil Guliyev is threatening to bring down Pietro Mennea's ancient altitude-aided Euro 200 Record. (MARK SHEARMAN)

1. Ramil Guliyev Ready To Shake Up The Furlong

When Pietro Mennea ran 19.72 in the rarefied air of Mexico City in '79, it was a WR and was to stay on the books for the best part of 17 years until Michael Johnson ran 19.66 at the '96 OT in Atlanta. The Italian's mark still remains a European Record even though another 9 Continental sprinters have broken 20 but now, finally, it looks to be living on borrowed time after Ramil Guliyev ran 19.76 in Berlin. It was the second-best time by a European and a sea-level record. Despite a disappointing 7th at Pre back in May, Guliyev has had a consistent record since and won at the Oslo and Stockholm DL meetings before being beaten in Monaco as Noah Lyles sped to his 19.65 PR and world-leading mark. Into the bargain, the reigning world champ's storming last leg in the 4×1 brought Turkey from a long way back through to silver and almost snatched gold from the Great Britain quartet.

Having already confirmed he will run in the DL 200 final in Zürich and then the Continental Cup in Ostrava, the scene is set for Guliyev to bring the season to a climax with a couple of great 200 battles with Lyles and, maybe, Michael Norman.

2. Young Guns Unfazed By The Pressure

In many respects, the overarching tale of the '18 Euros was the number of titles won by young talents. Many yards of hard copy and terabytes of social media coverage have been expounded on Mondo Duplantis and his PV gold while Jakob Ingebrigtsen became the youngest-ever male European champion when he won the 1500 and then took a stunning double the next day when he won the 5000 final in a European Junior (U20) Record.

Sure, Ingebrigtsen's path to this sensational double was eased by a sympathetic timetable which meant he didn't have to run a 5000 heat—which caused considerable debate about the rights and wrongs of this decision when 24 men lined up

for the final—but he still put two high caliber fields to the sword and he hasn't even celebrated his 18th birthday.

The likes of 400H winner Karsten Warholm and shot silver medallist Konrad Bukowiecki are scarcely much older at just 22 and 21. Europe looks to have a good set of crowd pleasers and seat fillers in place for the next decade, which is of prime importance as, like it or not, that's where the money and the important 1-day meetings are going to be regardless of the structure and future of the Diamond League after the end of next summer.

3. Nelson Évora Is Almost Ageless

Portuguese triple jumper Nelson Évora won his first Continental title more than 15 years ago at the '03 European juniors. For a few years, he seemed the man most likely to take down Jonathan Edwards' longstanding WR as he chalked up victories at the '07 WC and '08 OG. Injuries intervened for several years and stalled his progress between '10 and '14 but then he came back to form with a Euro Indoor gold medal in '15 and defended that title last year. Finally, at the age of 34, he notched up the one accolade that had been missing from his collection, an outdoor Euro crown.

Now coached by Cuban LJ legend Iván Pedroso and spending much of his time across the border in Spain, Évora perhaps served notice to Christian Taylor, et al, that they shouldn't take the Portuguese jumper's advancing age as any sign of a decline in his fighting spirit. For the record, the bronze in Berlin was won by an even older TJer, Dimítrios Tsiámis. The 36-year-old Greek was contesting his fourth Euro final and finally got on the podium, becoming the event's oldest-ever medalist.

4. Martinot-Lagarde Finally Comes Good

Sergey Shubenkov came to town as the favorite in the wake of his sparkling runs around the international circuit—which included a 12.92 WL in Hungary and was the only man under 13 this year—but the Russian never recovered from a poor getaway and had to settle for silver despite closing down on France's fast-starting Pascal Martinot-Lagarde.

The pair were given the same time of 13.17 but Martinot-Lagarde got the verdict by 0.002 after the photofinish was examined, the winner collapsing to the track and sobbing his heart out with a mixture of delight and relief. Even since he emerged as a top-class hurdler in '12, a major outdoor Senior title has evaded the '10 World Junior champion although he holds the French NR at 12.95 from the '14 Monaco DL meeting. He did medal at 3 successive World Indoors between '12 and '16 but a Euro bronze in '14 and 4ths at the '15 WC and '16 OG had been his best performances outdoors. Now the jinx has been broken.

5. How To Say Goodbye To A Local Hero

Robert Harting is inexorably linked with Berlin. At the '09 WC in the city, the German capital resident and member of the local sports club produced a come-from-behind victory in the last round with a PR of 227-8 (69.43) to move up from silver to gold and, as T&FN wrote at the time, "turn the stadium into a cauldron of noise." His subsequent antics with the mascot Berlino (who was making a comeback at these Euros), became an internet sensation.

Two more world titles and a pair of Euro golds later, Harting—a conspicuous booster for the champs for the last 2 years to further cement his local popularity—decided to call it a day and had targeted this competition for his finale. The sendoff was tumultuous with the crowd raising the rafters every time he entered the circle.

This time he didn't get on the podium, finishing 6th with 211-0 (64.33) but the crowd rose to its feet after the competition was over as he was feted from the stands and the infield by almost 40,000 spectators as well as his fellow throwers. Videos were played on the stadium's big screens of some of his greatest triumphs as David Bowie's epic cut Heroes—coincidentally written and first recorded in Berlin—played over the speakers. Harting could not avoid tears welling up in his eyes. A few discus throwers have thrown further than his best of 231-10 (70.66) but the event has had no one as charismatic for decades. □

My Top 5 Women's Moments From Berlin

August 14, 2018 by Steven Mills



Discus thrower supreme Sandra Perković came through to win a record title No. 5. (MARK SHEARMAN)

1. Perković Overcomes A Wobble To Make Meet History

Sandra Perković won her first European title 8 years ago in Barcelona at the age of 20. Now she created history by becoming the first athlete in history to win 5 European titles in the same event (a feat admittedly made easier with the championships now held every 2 years instead of 4). French steeplechaser Mahiedine Mekhissi would have also pipped her to that accolade by a day had he crossed the finish at Zurich '14 wearing his vest.

Having won her fifth title, her thoughts turned to winning a prospective No. 6 at Paris '20—but not before she has the small matter of defending her world title in Doha next autumn. Then there's that other small matter, the defense of her Olympic title in Tokyo within 13 days of the continental championship (exact schedules for the two meets are not yet set). "I think the next European Championships will be much easier for me because I already managed to make the history with the fifth title," said the Croatian star who, at 28, could still dominate the event for perhaps another decade.

But despite her unbridled dominance over the last nine years, Perković hasn't been entirely infallible in championships. She only won her first title in Barcelona with her last throw and she began her Olympic title defense in '16 with 2 no-throws. She was out of sorts for the first four rounds of the final in Berlin but she nailed her fifth-round throw. "If you know Sandra, you know that she will pull one out sooner or later," said silver medalist Nadine Müller, who

had led until round 5. "From the first to the last attempt it was clear that she would win the gold."

2. Asher-Smith Propels Herself Into The Big Time

Not since the halcyon days of the early '80s, when Kathy Cook was competing, had a British female sprinter won an individual medal in a global championships but Dina Asher-Smith will have made the rest of the world sit up after her exploits in Berlin. It was the East Germans who were dominant in Cook's era but now it is the Jamaicans and the Americans—along with a couple of interlopers from Côte d'Ivoire—who rule the roost. If they weren't paying attention to events unfolding in Berlin, a quick glance across the world lists will reveal Asher-Smith at =No. 1 in the 100 (10.85) and No. 1 outright in the 200 (21.89). Both times were sizeable British Records and she also anchored the 4×1 to victory in another world-leading mark, 41.88.

"I know this is not the Olympics Games or the World Championships, but I'm still very proud of myself," she said modestly. Be that as it may, she still beat 2-time world 200 champ—and Europe's best sprinter over the last 5 seasons—Dafne Schippers in both finals.

Not only did Asher-Smith become the first British athlete in meet history to win 3 titles in the same championships, she is only the third sprinter in European Championships history to win three sprint titles in the same edition. The other two were Katrin Krabbe in '90 and Petra Vogt in '69.

3. Thiam Shows Her Mettle To Fend Off An Inspired KJT

Nafi Thiam's reign in the heptathlon came under threat from an inspired effort by Katarina Johnson-Thompson, who pushed the reigning world and Olympic champion for 5½ events out of the 7. KJT embellished her overnight lead by go-

ing out to 21-11½ (6.68) in the long jump which seemed to spur Thiam's competitive instincts. After a so-so first day, she immediately responded with 21-9 (6.60) before delivering the knockout blow in the javelin—a meet best of 190-0 (57.91). A 100-point deficit was now a 200-point advantage, leaving Johnson-Thompson with a near insuperable task in the 800. The Brit clawed back some of the gap but Thiam had enough of a buffer. Her score of 6816 was still a world-leading mark despite having cleared “only” 6-3¼ (1.91) in the high jump, some 10cm below her heptathlon world best set at Götzis in May. Thiam was ahead of European Record schedule in Götzis up until the javelin in which she could only manage 154-10 (47.20). Her longtime coach Roger Lespagnard said she has altered her technique since last year's World Championships in a bid to maximize her potential and while she just missed her Belgian Record of 194-7 (59.32) here, it was her third throw in the sixth event which sealed a hat-trick of major titles at the age of 23.

4. Krause's Surge Sends The Olympiastadion Into Euphoria

It was probably not just serendipity—but also in large part deliberate timetabling—that the hosts had to wait until the very last individual event for their only gold medal on the track. It came courtesy of the most devastating of sprint finishes from reigning steeplechase champion Gesa-Felicitas Krause and it was greeted with the most deafening and spine-tingling of receptions.

The 26-year-old German slingshotted past Switzerland's Fabienne Schlumpf over the last waterjump like a woman possessed, opening up a winning gap of nearly 3 seconds on the Swiss recordholder in the space of 150m for a successful defence of her title after frontrunning to gold at Amsterdam '16.

“I always have a plan A,” said the winner. “But also a plan B or even a plan C. I always watch my opponents, what are they doing and I want to be able to react accordingly.”

5. Mazuronak Bloodied But Not Beaten; Calvin Nearly Does A Rosa Mota

The marathon might not have been one of the most eagerly awaited contests but the race developed into a dramatic and absorbing spectacle between former walker Volha Mazuronak and 26-mile debutante Clémence Calvin. Mazuronak had to overcome a huge nosebleed in the early stages as well as what looked for a time like a potentially indomitable challenge from the French rookie, who was seeking to emulate Portugal's Rosa Mota from Athens '82 by winning the European title on her first try at the distance.

The third complication of the race for Mazuronak came in the final kilo as she almost took a wrong turn off the course but the Belarusian—whose expression remained impassive and impervious throughout these tribulations—pegged back her French rival before breaking her resolve and her title hopes with an unmatched acceleration towards the finish-line on the European Mile, one of the successful innovations of the championships.

Mazuronak produced a negative split of 72:22 to win the title in 2:26:22—a surprisingly fast time in very warm conditions—ahead of Calvin, whose silver with a 2:26:28 clocking still represented the most auspicious of debuts at the distance.

“Fortunately, I managed it and it did not affect me in the end. But I know it must have looked horrible,” said Mazuronak on the nosebleed, an incident which went viral on the Internet. □

African Championships – Caster Semanya Breaks Another Barrier

August 6, 2018 by T&FN



Caster Semanya's national record 49.96 put her in the 400's sub-50 club. (BOB RAMSAK)

Asaba, Nigeria; August 01-05—The IAAF may be trying to put Caster Semanya into a club in which she has no desire to belong, but the embattled South African joined her third significant club of the year at the African Championships.

The reigning world and Olympic 800 champion is having a remarkable campaign at age 27, despite all the distractions swirling around her. Back in May she became a member of the sub-4:00 club in the 1500, winning the Doha DL in 3:59.44. At the end of June it was the 800's 1:55 benchmark that fell as her 1:54.25 to win the Paris DL lifted her to No. 4 on the all-time world list. Here, the 50-second barrier was broached as her national record 49.96 left Caster Christine Botlogetswe of Botswana far behind at 51.19.

"It's always been a dream to go sub-50," said Semanya, who came in with a PR of 50.40 set 2 years ago. "I figured at the right time and with the right conditions in my favor, it would come. This was one of those races that work in your favor."

Two days later came the 800 and Semanya ran her winning streak in that event to 27 finals with a meet record 1:56.06. "I was testing my limits and seeing how far I could go after running 49 seconds and 1:56.06 is a beautiful time," she said. "I couldn't have asked for more." The old MR of 1:56.36 was set by Maria Mutola back in '93.

The Kenyan women swept the steeplechase medals, with new WR holder Beatrice Chepkoech leading the way with the No. 9 performance ever, 8:59.88. Behind her, teenager Celliphine Chespol produced the No. 8 Junior time ever, 9:09.61.

Marie-Josée Ta Lou of Côte d'Ivoire scored an 11.15/22.50 sprint double, but in a meet marred by organizational difficulties she said, "I think this is my first and last time to come to Nigeria to compete."

The best men's event featured the year's two fastest 800 runners, Emmanuel Korir of Kenya and Nijel Amos of Botswana, but their race was marred by a questionable start. Carole Fuchs told Athletics International that the starter shot the gun before giving the orders. Half of the field started running while the others stayed put and only started to run when those on the inside passed them. Kenya apparently lodged a complaint but it was dismissed. Amos won the race, 1:45.20–1:45.65.

AFRICAN CHAMPS MEN'S RESULTS

Asaba, Nigeria, August 01-05—

(8/01—10K; 8/02—100, LJ, SP, DT; 8/03—400, 800, St, 400H, 4x1, HJ; 8/04—110H, PV, TJ, HT)

100(-2.1): 1. Akani Simbine (SA) 10.25; 2. Arthur Gue Cissé (CI) 10.33; 3. Simon Magakwe (SA) 10.35.

200: 1. Ncincili Titi (SA) 20.46; 2. Divine Oduduru (Ngr) 20.60; 3. Luxolo Adams (SA) 20.60.

400: 1. Baboloki Thebe (Bot) 44.81; 2. Thapelo Phora (SA) 45.14 PR; 3. Chidi Okezie (Ngr) 45.65 =PR.

800: 1. Nijel Amos (Bot) 1:45.20; 2. Emmanuel Korir (Ken) 1:45.65; 3. Mostafa Smaili (Mor) 1:45.90; 4. Antoine Gakeme (Bur) 1:45.91; 5. Ferguson Cheruiyot (Ken) 1:46.33; 6. Jonathan Kitilit (Ken) 1:46.88.

1500: 1. Elijah Manangoi (Ken) 3:35.20; 2. Timothy Cheruiyot (Ken) 3:35.93; 3. Ronald Musagala (Uga) 3:36.41; 4. Ayanleh Souleiman (Dji) 3:37.18; 5. Aman Wote (Eth) 3:38.49; 6. Abdelaati Iguidier (Mor) 3:39.20.

St: 1. Conseslus Kipruto (Ken) 8:26.38; 2. Soufiane El Bakkali (Mor) 8:28.01; 3. Getnet Wale (Eth) 8:30.87; 4. Amos Kirui (Ken) 8:33.83.

5000: 1. Edward Zakayo (Ken) 13:48.58; 2. Getaneh Tamire (Eth) 13:49.06; 3. Yemane Hailesilassie (Eri) 13:49.58; 4. Selemo Barega (Eth) 13:52.27.

10,000: 1. Jemal Yimer (Eth) 29:08.01; 2. Andamlak Belihu (Eth) 29:11.09; 3. Timothy Toroitich (Uga) 29:11.87.

110H: 1. Antonio Alkana (SA) 13.51; 2. Abejoye Oyeniyi (Ngr) 13.87 PR; 3. Wellington Zaza (Lbr) 13.88.

400H: 1. Abdelmalik Lahoulou (Alg) 48.47 NR; 2. Cornel Fredericks (SA) 49.40; 3. Zied Azizi (Tun) 49.48; 4. Haron Koech (Ken) 49.94.

20W: 1. Samuel Gathimba (Ken) 1:25:14; 2. Lebogang Shange (SA) 1:25:25; 2. Hassanine Sbaï (Tun) 1:25:25.

4 x 100: 1. South Africa 38.25 (Akani Simbine, Simon Magakwe, Emile Erasmus, Henricho Bruintjies); 2. Nigeria 38.74; 3. Côte d'Ivoire 38.92; 4. Zimbabwe 39.37.

4 x 400: 1. Kenya 3:00.92 (Jared Momanyi, Alphas Kishoyan, Haron Koech, Emmanuel Korir); 2. South Africa 3:03.50; 3. Nigeria 3:04.88; 4. Swaziland 3:04.98 NR; 5. Algeria 3:05.27.

Field Events

HJ: 1. Mathew Sawe (Ken) 7-6½ (2.30) =NR; 2. Chris Moleya (SA) 7-5 (2.26) =PR; 3. Mpho Links (SA) 7-½ (2.15).

PV: 1. Mohamed Amin Habib Romdhana (Tun) 17-¾ (5.20); 2. Valco Van Wyk (SA) 16-8¾ (5.10); 3. Mejdji Chehata (Tun) 16-8¾ =PR.

LJ: 1. Ruswahl Samaai (SA) 27-8¾ (8.45); 2. Luvo Manyonga (SA) 27-8 (8.43); 3. Yahya Berrabah (Mor) 26-8½w (8.14); 4. Tahar Triki (Alg) 26-3½ (8.01).

TJ: 1. Fabrice Zango Hugues (Bur) 56-1¾ (17.11) NR; 2. Khotso Mokoena (SA) 55-2¾ (16.83); 3. Tahar Triki (Alg) 55-¾ (16.78).

SP: 1. Chuk Enekwechi (Ngr) 69-2 (21.08); 2. Hamza Mohamed (Egy) 63-5 (19.33); 3. Kyle Blignaut (SA) 62-6 (19.05).

DT: 1. Victor Hogan (SA) 197-0 (60.06); 2. Werner Visser (SA) 191-0 (58.22) PR; 3. El Bachir Mbarki (Mor) 180-4 (54.97).

HT: 1. Mostafa Hicham Al-Gamal (Egy) 241-2 (73.50); 2. Islam Saad Abou Seri Mohamed (Egy) 230-8 (70.32) PR; 3. Hassan Mohamed Mahmoud (Egy) 229-4 (69.90).

JT: 1. Julius Yego (Ken) 253-9 (77.34); 2. Phil-Mar Janse van Rensburg (SA) 251-2 (76.57); 3. Samuel Kure Adams (Ngr) 248-4 (75.69) PR.

Dec(8/1-2): 1. Larbi Bouraada (Alg) 8101 (10.94, 24-3¾/7.41w, 42-½/12.81, 6-9/2.06, 48.39, 14.70, 132-1/40.27, 15-5/4.70, 219-4/66.87, 4:38.42); 2. Friedrich Pretorius (SA) 7733; 3. Samuel Osadolor (Ngr) 7095 PR.

AFRICAN CHAMPS WOMEN'S RESULTS

(8/02—100, 5K, 100H, PV, HT; 8/03—400, 1500, 4x1, LJ, DT; 8/04—10K)

100(-2.3): 1. Marie Josée Ta Lou (CI) 11.15; 2. Janet Amponsah (Gha) 11.54; 3. Joy Udo-Gabriel (Ngr) 11.58.

200: 1. Ta Lou 22.50; 2. Germaine Abdessolo Bivina (Cam) 23.36 PR; 3. Amponsah 23.38.

400: 1. Caster Semenya (SA) 49.96 NR; 2. Christine Botlogetswe (Bot) 51.19; 3. Yinka Ajayi (Ngr) 51.34.

800: 1. Caster Semenya (SA) 1:56.06; 2. Francine Niyonsaba (Bur) 1:57.97; 3. Habitam Alemu (Eth) 1:58.86; 4. Halimah Nakaayi (Uga) 1:58.90; 5. Winnie Nanyondo (Uga) 1:59.41; 6. Malika Akkaoui (Mor) 2:00.01;... dnf—Margaret Wambui (Ken).

1500: 1. Winny Chebet (Ken) 4:14.02; 2. Rabab Arrafi (Mor) 4:14.12; 3. Malika Akkaoui (Mor) 4:14.17.

St: 1. Beatrice Chepkoech (Ken) 8:59.88 (x, 9 W); 2. Celliphine Chespol (Ken) 9:09.61 (x, 8 WJ);

3. Fancy Cheronon (Ken) 9:23.92 PR; 4. Woynshet Ansa (Eth) 9:27.03 PR; 5. Peruth Chemutai (Uga) 9:45.42.

5000: 1. Hellen Obiri (Ken) 15:47.18; 2. Senbere Teferi (Eth) 15:54.48; 3. Meskerem Mamo (Eth) 15:57.38.

10,000: 1. Stacy Ndiwa (Ken) 31:31.17 PR; 2. Alice Nawowuna (Ken) 31:36.12; 3. Gete Alemayehu (Eth) 32:10.68; 4. Stella Chesang (Uga) 32:29.54; 5. Mercyline Chelangat (Uga) 32:36.39.

100H: 1. Tobi Amusan (Ngr) 12.86; 2. Rikenette Steenkamp (SA) 13.18; 3. Rosvitha Okou (CI) 13.39.

400H: 1. Glory Nathaniel Onome (Ngr) 55.53; 2. Lamiae Lhabze (Mor) 56.66; 3. Wenda Nel (SA) 57.04.

20W: 1. Yehualeye Beletew (Eth) 1:31:47 NR; 2. Grace Njue (Ken) 1:35:54; 3. Chahineze Nasri (Tun) 1:37:28.

4 x 100: 1. Nigeria 43.77; 2. Côte d'Ivoire 44.40.

4 x 400: 1. Nigeria 3:31.17; 2. Kenya 3:35.45; 3. Zambia 3:38.18.

Field Events

HJ: 1. Ghizlane Siba (Mor) 6-0 (1.83) =PR; 2. Erika Seyama (Swa) 5-10¾ (1.80) =NR; 3. Hoda Hagra (Egy) 5-10¾ PR.

PV: 1. Dorra Mahfoudhi (Tun) 13-5¼ (4.10); 2. Dina Ahmed Al-Tabaa (Egy) 13-3½ (4.05) NR.

LJ: 1. Ese Brume (Ngr) 22-5 (6.83) =PR; 2. Marthe Yasmine Koala (Bur) 21-5½w (6.54); 3. Linque Beneke (SA) 20-11¼ (6.38).

TJ: 1. Grace Anigbata (Ngr) 46-0 (14.02) PR; 2. Zinzi Chanbangu (SA) 44-7 (13.59); 3. Lerato Schele (Les) 43-8 (13.31).

SP: 1. Ischke Senekal (SA) 56-6¾ (17.24); 2. Jessica Include (GBI) 55-0 (16.76); 3. Meike Strydom (SA) 52-5½ (15.99).

DT: 1. Chioma Onyekwere (Ngr) 190-7 (58.09) PR; 2. Chinwe Okoro (Ngr) 188-2 (57.37); 3. Ischke Senekal (SA) 176-7 (53.82).

HT: 1. Soukana Zakkour (Mor) 224-0 (68.28) NR; 2. Temi Ogunrinde (Ngr) 221-1 (67.39); 3. Jennifer Batu (Con) 217-11 (66.43) NR.

Hept(8/1-2): 1. Odile Ahouanwanou (Ben) 5999; 2. Marthe Yasmine Koala (Bur) 5967; 3. Hoda Hagra (Egy) 4646 PR.

USATF & AAU Junior Olympics – Quite The Quad For Mu

August 5, 2018 by T&FN



NBN 800 champ Athing Mu won an AAUJO triple and added a 2nd. (VICTOR SAILER/PHOTO RUN)

USATF JO BOYS RESULTS

Greensboro, North Carolina, July 23-29—
100(0.0): 1. Kamden Jackson (LaHS) 10.57.
200(0.9): 1. Joseph Fahnbulleh (MnHS) 20.69.
400: 1. Derrick Price (LaHS) 47.69.
800: 1. Jason Gomez (CaHS) 1:53.34.
1500: 1. Gomez 4:03.59.
2000St: 1. Sadio Fenner (CoHS) 6:13.48.
3000: 1. Tobias Wolfson (NYHS) 8:50.26.
110H(0.9): 1. Cameron Murray (GaHS) 13.52 (HSL).
400H: 1. James Smith (AzHS) 51.53.
3000W: 1. Jordan Crawford (GaHS) 14:16.63 (HSL).
4 x 100: 1. CL Athletics Stars 40.38.
4 x 400: 1. United Southern Express 3:12.94.
4 x 800: 1. Menlo Greyhounds 7:43.75.

Major summer age-group competition wrapped up the last week of July and first week of August with the staging of the two Junior Olympics meets. The AAU's version featured a pair of triple winners, with soph Athing Mu (Central, Trenton, New Jersey) making the biggest impression.

Competing in the 15-16 division, Mu, who won the New Balance Nationals 800 back in June, captured not only her signature event in 2:07.54, but also added the titles in the 400 (52.83 after a 52.77 heat) and 1500 (4:38.78). But that's not all! She also took 2nd in the in the 200, running 24.07 into a 2.7mps wind. All of her times were faster than the winning times in the 17-18 division. Had she won the half-lapper she would have made AAU history by being the first 4-event winner ever.

"I didn't know about it until they told me afterwards," she told Jeff Edelstein of The Trentonian. "So yeah, I guess there was a tiny, tiny amount of, 'Aw, too bad, I didn't get it,' but it was a good meet. Besides, I'll be running for quite a while and I'm sure there will be different times I'll be able to make history."

Matching Mu's 3-event feat was busy sprinter Tyrese Cooper (Norland, Miami Gardens, Florida). His wins came in 10.47, 20.73 & 46.02. A rising junior, Cooper says he plans on finishing school by the end of the year with an aim towards running collegiately in '18.

The USATF's meet produced a pair of national high school leaders by Georgians, Cameron Murray (Westlake, Atlanta) hurdling 13.52 and Jordan Crawford (Douglas, Douglasville) walking the 3000 in 14:16.63.

Field Events

HJ: 1. Charles McBride (NCHS) 7-2½ (2.20).
PV: 1. Travis Snyder (TxHS) 15-5 (4.70).
LJ: 1. Jayhlen Washington (NCHS) 23-11 (7.29).
TJ: 1. Washington 50-11½ (15.53); 2. Jequan Hogan (CoHS) 50-11 (15.52).
SP: 1. Tanner Duffin (GaHS) 61-¼ (18.60).
DT: 1. Anthony Harrison (NYHS) 169-10 (51.76).
HT: 1. Jacob Furland (RIHS) 207-7 (63.27).
JT: 1. Tzurriel Pedigo (LaHS) 227-5 (69.32).
Dec: 1. Peyton Davis (MoHS) 6918.

USATF JO GIRLS RESULTS

100(0.0): 1. Semira Killebrew (InHS) 11.59.
200(1.0): 1. Alexa Rossum (GaHS) 23.65.
400: 1. Gizelle Reid (NvHS) 54.37.

800: 1. Emoni Coleman (GaHS) 2:14.21
1500: 1. Jackie Addy (GaHS) 4:36.00.
2000St: 1. Janette Schraft (IaHS) 7:03.82.
3000: 1. Jackie Addy (GaHS) 10:20.34.
100H(0.3): 1. Alia Armstrong (LaHS) 13.40.
400H: 1. Vanessa Watson (NYHS) 60.03.
3000W: 1. Victoria Heiser-Whatley (SCHS) 15:40.67.
4 x 100: 1. ATL Zoom Athletics 44.85.
4 x 400: 1. MVP League 3:43.91.
4 x 800: 1. Track Houston 9:27.86.

Field Events

HJ: 1. Jelena Rowe (NvHS) 5-10³/₄ (1.80).
PV: 1. Chloe Cunliffe (WaHS) 13-11 (4.24).
LJ: 1. Prommyse Hoosier (InHS) 19-9 (6.02).
TJ: 1. Serena Bolden (IIHS) 41-7 (12.67).
SP: 1. Kathleen Young (SC) 50-0 (15.24).
DT: 1. Karlee Freeman (WaHS) 158-9 (48.38).
HT: 1. Monique Hardy (NYHS) 170-5 (51.95).
JT: 1. Skylar Ciccolini (PaHS) 158-8 (48.37).
Hept: 1. Valerie Schmidt (OrHS) 4544.

AAU JO BOYS RESULTS

Des Moines, Iowa, July 28–August 04—

100(-1.2): 1. Tyrese Cooper (FIHS) 10.47.
200(-1.2): 1. Cooper 20.73.
400: 1. Cooper 46.02.
800: 1. Colin Jones (TnHS) 1:51.44.
1500: 1. Kieran McDermott (MdHS) 3:58.30.
2000St: 1. Kyle Mastin (KyHS) 6:12.79.
3000: 1. John Hodges (InHS) 8:53.69.
110H(0.1): 1. Kurt Powdar (VaHS) 13.68.
400H: 1. Evan Matthews (OhHS) 52.76.
3000W: 1. Jordan Crawford (GaHS) 14:31.87.
4 x 100: 1. Milwaukee Mustangs 40.34.
4 x 400: 1. Team Quest 3:13.19.
4 x 800: 1. Memphis Jaguars 7:44.34.

Field Events

HJ: 1. Jack Durst (KsHS) 6-10³/₄ (2.10).
PV: 1. Zachary Davis (TxHS) 15-10 (4.83).

LJ: 1. Obdarius Ware (TxHS) 24-1¹/₂ (7.35).
TJ: 1. Darius Scott (GaHS) 50-6¹/₄ (15.40).
SP: 1. Christian Turner (MoHS) 60-10¹/₂ (18.55).
DT: 1. Cory Moore (NvHS) 178-7 (54.44).
JT: 1. Tzurriel Pedigo (LaHS) 229-4 (69.91).
Dec: 1. Isaiah Martin (MoHS) 7125.

Boys 15-16

800: 1. Brandon Miller (MoHS) 1:50.14.
SP: 1. Bryce Foster (TxHS) 64-¹/₂ (19.52).
DT: 1. Foster 180-2 (54.91).

AAU JO GIRLS RESULTS

100(-1.3): 1. Tiana Wilson (ArHS) 12.04.
200(-2.8): 1. Tnia Riley (MnHS) 24.52.
400: 1. Jatana Folston (FIHS) 53.71.
800: 1. Liah Collins (TxHS) 2:13.97.
1500: 1. Halena Rahmaan (TxHS) 4:39.62.
2000St: 1. Sidney Reagor (KyHS) 7:41.72.
3000: 1. Rebecca Wusinich (PaHS) 10:20.45.
100H(0.6): 1. Christina Warren (PaHS) 13.79.
400H: 1. Tierra Sydnor (InHS) 61.95.
3000W: 1. D'Amaie Davis (MdHS) 17:07.14.
4 x 100: 1. Team Quest 45.95.
4 x 400: 1. Team Quest 3:44.93.
4 x 800: 1. Team Quest 9:27.57.

Field Events

HJ: 1, Marissa Jensen (MoHS) 5-7 (1.70).
PV: 1. Anna Griffith (TxHS) 11-10³/₄ (3.63).
LJ: 1. Armoni Brown (WiHS) 19-5¹/₂ (5.93).
TJ: 1. Christina Warren (PaHS) 40-4³/₄ (12.31).
SP: 1. Mikayla Deshazer (MoHS) 46-6 (14.17).
DT: 1. Deshazer 150-6 (45.87).
JT: 1. Meghan Owens (KyHS) 150-4 (45.82).
Hept: 1. Anna Heacock (MoHS) 4662.

Girls 15-16

200(-2.7): 1. Jassani Carter (FIHS) 24.01; 2. Athing Mu (NJHS) 24.07.
400: 1. Mu 52.83. Heats: XIII–1. Mu 52.77.
800: 1. Mu 2:07.54.
1500: 1. Mu 4:38.78.

Central American & Caribbean Games — McMaster Hurdles 47.60

August 3, 2018 by T&FN



Kyron McMaster missed his PR by just 0.04 in his fast CAC win. (JIRO MOCHIZUKI/THE SPORTING IMAGE)

Baranquilla, Colombia, July 29-August 02—The men's 400 hurdles had two big breakthrough performers last year, Karsten Warholm and Kyron McMaster. The Norwegian, of course, went on to be the world champion, whereas the British Virgin Islander was DQed for a lane violation in the heats. But McMaster then won the Diamond League Final and ended up as the year's only sub-48 performer.

Fast forward to this year and McMaster, now 21, faced a difficult situation, his coach Dag Samuels having been killed by Hurricane Irma last fall. McMaster debuted by winning the Commonwealth gold, then took 3rd in the Doha DL before being forced to the sidelines for several weeks with a hip flexor problem. He bounced back with a 47.54 in Paris and now has scared that national record with a 47.60 win in the CAC (Central American & Caribbean Games).

The success, said McMaster was his way of honouring his small country. "Today was really more about the country. It is my contribution, but nothing to do with me personally," he explained. "I just wanted to come out and run for the country. I am learning a lot with my new coach. We are just combining, mixing and playing with new things. The Games represents the area where we grew up, our beginnings, our heritage."

CAC MEN'S MEDALISTS

Barranquilla, Colombia, July 29-August 2—

100(1.7): 1. Nesta Carter (Jam) 10.07; 2. Jason Rogers (StK) 10.15;
3. Cejhae Greene (Ant) 10.16.

200(0.9): 1. Bernardo Baloyes (Col) 20.13; 2. Alonso Edward (Pan)
20.17; 3. Kyle Greaux (Tri) 20.26.

400: 1. Luguelín Santos (DR) 44.59; 2. Yoandys Lescay (Cub) 45.38;

3. Nery Brenes (CR) 45.61.

800: 1. Jesús López (Mex) 1:45.2; 2. Ryan Sánchez (PR) 1:46.3;
3. Wesley Vázquez (PR) 1:46.6.

1500: 1. Daniel Estrada (Mex) 3:56.57; 2. Jose Rodriguez (Mex)
3:56.70; 3. Carlos Sanmartin (Col) 3:56.78.

St: 1. Gerad Giraldo (Col) 8:44.51; 2. Ricardo Estremera (PR)
8:46.24; 3. Andrés Camargo (Col) 8:50.66.

5000: 1. Mauricio González (Col) 13:53.40; 2. Mario Pacay (Gua) 13:56.30; 3. Victor Montañez (Mex) 14:05.87.

10,000: 1. Juan Barrios (Mex) 30:07.49; 2. Mario Pacay (Gua) 30:09.79; 3. Ivan Gonzalez (Col) 30:15.23.

110H(1.4): 1. Shane Brathwaite (Bar) 13.38; 2. Ruebin Walters (Tri) 13.57; 3. Roger V. Iribarne (Cub) 13.58.

400H: 1. Kyron McMaster (BVI) 47.60; 2. Annsert Whyte (Jam) 48.50; 3. Juander Santos (DR) 48.77.

Mar: 1. Jeisson Alexander Suarez (Col) 2:29:54; 2. Daniel Vargas (Mex) 2:30:30; 3. Williams Julajuj (Gua) 2:31:42.

20W: 1. Eider Arévalo (Col) 1:26:42; 2. Manuel Soto (Col) 1:26:59; 3. Erick Barrondo (Gua) 1:27:17.

50W: 1. José Ojeda (Mex) 4:02:45; 2. Jorge Ruiz (Col) 4:05:28; 3. José Montaña (Col) 4:08:10.

4 x 100: 1. Barbados 38.41 (Shane Brathwaite, Mario Burke, Burkheart Ellis, Jaquone Hoyte); 2. Dominican Republic 38.71; 3. Jamaica 38.79.

4 x 400: 1. Cuba 3:03.87 (Adrian Chacón, Yoandys Lescay, Raydel Rojas, Leandro Zamora); 2. Dominican Republic 3:03.92; 3. Colombia 3:04.35.

Field Events

HJ: 1. Donald Thomas (Bah) 7-5¼ (2.28); 2. Eure Yañez (Ven) 7-5¾; 3. Jermaine Francis (StK) 7-5¼.

PV: 1. tie, Lázaro Borges (Cub) & Walter Viáfara (Col) 17-4½ (5.30); 3. Eduardo Nápoles (Cub) 17-¾ (5.20).

LJ: 1. Ramone Bailey (Jam) 26-5¾ (8.07); 2. Tyrone Smith (Ber) 26-4¼ (8.03); 3. Andwuelle Wright (Tri) 26-¾ (7.94) (0.3).

TJ: 1. Cristian Nápoles (Cub) 56-10¾ (17.34) (56-10¾, 56-½, 56-½, 55-0, p, 50-10¼) (17.34, 17.08, 17.08, 16.76, p, 15.50);

2. Jordan A. Díaz (Cub) 56-8¾w (17.29) (56-2¾w, 56-8, 56-8¾w, f, 56-1¾, 56-½) (17.14w, 17.27, 17.29w, f, 17.11, 17.08);

3. Miguel Van Assen (Sur) 55-7¾ (16.96).

SP: 1. O'Dayne Richards (Jam) 68-11¾ (21.02); 2. Ashinia Miller (Jam) 66-3 (20.19); 3. Eldred Henry (BVI) 66-2½ (20.18).

DT: 1. Mauricio Ortega (Col) 217-6 (66.30); 2. Jorge Fernández (Cub) 214-1 (65.27); 3. Travis Smikle (Jam) 212-2 (64.68).

HT: 1. Diego Del Real (Mex) 245-10 (74.95); 2. Reinier Mejías (Cub) 240-5 (73.28); 3. Roberto Janet (Cub) 239-10 (73.11).

JT: 1. Keshorn Walcott (Tri) 277-1 (84.47); 2. Anderson Peters (Grn) 268-4 (81.80); 3. David Carreón (Mex) 250-2 (76.27).

Dec: 1. Leonel Suárez (Cub) 8026 (11.17, 23-5¼/7.14, 45-5/13.84, 6-8¾/2.05, 50.53, 14.57, 146-9/44.72, 15-5/4.70, 210-0/64.00, 4:34.21); 2. José Lemos (Col) 7913; 3. Briander Rivero (Cub) 7858.

CAC WOMEN'S MEDALISTS

100(2.3): 1. Jonielle Smith (Jam) 11.04w; 2. Khalifa St. Fort (Tri) 11.15w; 3. Andrea Purica (Ven) 11.32w.

200(0.6): 1. Shashalee Forbes (Jam) 22.80; 2. Semoy Hackett (Tri) 22.95; 3. Jodean Williams (Jam) 22.96.

400: 1. Tiffany James (Jam) 52.35; 2. Fiordaliza Cofil (DR) 52.72; 3. Derri-Ann Hill (Jam) 53.30.

800: 1. Rose M. Almanza (Cub) 2:01.63; 2. Alena Brooks (Tri) 2:02.26; 3. Sonia Gaskin (Bar) 2:03.13.

1500: 1. Almanza 4:22.14; 2. Angelín Figueroa (PR) 4:22.52; 3. Rosibel García (Col) 4:23.43.

St: 1. Ana Narváez (Mex) 10:00.01; 2. Beverly Ramos (PR) 10:07.71; 3. Andrea Ferris (Pan) 10:18.92.

5000: 1. Muriel Coneo (Col) 16:13.47; 2. Ramos 16:14.04; 3. Brenda Flores (Mex) 16:16.71.

10,000: 1. Patricia Sánchez (Mex) 33:41.48; 2. Ramos 33:46.99; 3. Vianey De La Rosa (Mex) 34:10.75.

100H(1.5): 1. Andrea Vargas (CR) 12.90; 2. Vanessa Clerveaux (Hai) 13.07; 3. Jeanine Williams (Jam) 13.11.

400H: 1. Ronda Whyte (Jam) 55.08; 2. Zudikey Rodríguez (Mex) 55.11; 3. Zurian Hechavarría (Cub) 55.13.

Mar: 1. Madai Perez (Mex) 2:57:55; 2. Dailin Belmonte (Cub) 2:59:09; 3. Angie Orjuela (Col) 2:59:49.

4 x 100: 1. Jamaica 43.41 (Jura Levy, Natasha Morrison, Sherone Simpson, Jonnielle Smith); 2. Trinidad 43.61; 3. Dominican Republic 43.68.

4 x 400: 1. Cuba 3:29.48 (Zurian Hechavarría, Rose M. Almanza, Gilda Casanova, Roxana Gómez); 2. Jamaica 3:30.67; 3. Colombia 3:32.61.

Field Events

HJ: 1. Levern Spencer (StL) 6-2¾ (1.90); 2. Ximena Esquivel (Mex) 6-1¼ (1.86); 3. María Fernanda Murillo (Col) 6-1¼.

PV: 1. Yarisley Silva (Cub) 15-5 (4.70); 2. Robeilys Peinado (Ven) 14-9 (4.50); 3. Lisa María Salomon (Cub) 13-5¼ (4.10).

LJ: 1. Caterine Iburgüen (Col) 22-5w (6.83) (21-6¼/6.56); 2. Chantel Malone (BVI) 21-4¾ (6.52); 3. Alysbeth Felix (Cub) 21-2w (6.45) (21-0/6.40).

TJ: 1. Iburgüen 48-11½ (14.92) (48-1¼w, 48-4½w, 48-6¼, 48-5¼w, 48-11½, f) (14.66w, 14.74w, 14.79, 14.76w, 14.92, f);

2. Yosiris Urrutia (Col) 47-6¼w (14.48) (47-5¾/14.47); 3. Liadagmis Povea (Cub) 47-4½w (14.44) (46-9/14.25).

SP: 1. Cleopatra Borel (Tri) 59-6¼ (18.14); 2. Yanivis López (Cub) 59-2 (18.03); 3. María Fernanda Orozco (Mex) 58-8 (17.88).

DT: 1. Yaime Pérez (Cub) 216-6 (66.00); 2. Denia Caballero (Cub) 213-7 (65.10); 3. Shaniece Love (Jam) 191-7 (58.40).

HT: 1. Rosa Rodríguez (Ven) 222-9 (67.91); 2. Elianis Despaigne (Cub) 211-3 (64.40); 3. Yaritza Martínez (Cub) 201-7 (61.44).

JT: 1. María Murillo (Col) 195-4 (59.54); 2. Coraly Ortíz (PR) 184-7 (56.27); 3. Yulenmis Aguilar (Cub) 182-5 (55.60).

Hept: 1. Yorgelis Rodríguez (Cub) 6436 (13.60w, 6-0/1.83, 46-8¼/14.23, 24.56, 20-5¼/6.23, 160-7/48.96, 2:15.50); 2. Evelis Aguilar (Col) 6285 (13.92w, 5-9¾/1.77, 44-9/13.64, 23.95, 21-2¼/6.47, 141-1/43.01, 2:16.18); 3. Luisaris Toledo (Ven) 5848.

Ronnie Baker Deserves To Be In The Conversation

August 13, 2018 by Sieg Lindstrom



Ronnie Baker (here beating indoor king Christian Coleman at Pre) is finished with being overlooked in top-sprinter discussions. (KIRBY LEE/IMAGE OF SPORT)

As this summer of sprinting—the first of the post-Bolt era—has unfolded, Ronnie Baker has checked an important box. He has dashed into the thick of the fray and the world knows it.

Much has changed since the end of May, when the 24-year-old Kentucky native won the 100 at the Eugene Diamond League for a second straight year. After sprinting a wind-aided 9.78 on that sunny Saturday afternoon in Eugene to leave Worlds silver medalist Christian Coleman 0.06 in arrears, Baker, just presenting the facts, stated his case for recognition. “I had the fastest time coming in [to the Pre meet] last year, no one talked about me. Not in any of the headlines, none of the media. Same thing this year, I had the fastest time coming in. Still, nothing in the media, nothing about me and I’m coming out here and I run really fast and I win these races against world-class guys and I’m still not mentioned so I definitely believe I should be in the conversation a little bit more.”

As the denouement of the summer campaign approaches he is in all the conversations with DL wins banked at not just Eugene but also Rome, Paris (9.88 PR to equal Noah Lyles’ world lead) and London. Baker has put up the 7 fastest 100 marks of his career this year, averaging 9.902 for his swiftest 5, the sort of quality-in-quantity figure not seen since Justin Gatlin’s ‘16 season when the ‘17 world champion averaged 9.878.

“There’s been a breakthrough and I just feel like I have kind of less doubt about who I am and what I’m capable of doing,” Baker says. “I think that that’s kind of the biggest thing for me. It’s just more focused and I had a mental breakthrough as far as where I was last year and where I am now. The indoor season was great. It was exciting, I ended up getting a [World Indoor] bronze medal, so that was awesome. I think that it definitely helped me grow as a sprinter and as just a

professional athlete in general.”

Although he was World Ranked No. 9 in the 100 last year, before this summer Baker’s reputation centered on indoor success. In ’16 while a TCU senior he set a low-altitude Collegiate Record, 6.47, in winning his second-in-a-row NCAA 60 crown. In ’17 he grabbed the USATF title. At the World Indoor this March he finished in bronze position—doing so, incidentally behind 60 WR-setter Christian Coleman and China’s Bingtian Su, the runners-up in his two Pre 100 wins.

Baker took his 3rd-place finish at the WIC as something of a kick in the rear. “From a professional aspect and just, you know, being in my second year,” he says, “I think that that indoor season helped me a lot. It humbled me and also helped me to really, really hone in and work harder in some of the things that I may have been struggling with. Not only physically but also mentally. And so I think that that even has propelled me to the next level with my outdoor season. I think that even indoors I wasn’t just another guy, but obviously when someone breaks the World Record, you know, that he’s the main focus. So I definitely think it was a very humbling experience. I grew a lot and now I’m in the conversation because I’ve been so consistent and I’ve been more focused this outdoor season.”

No elite athlete reaches that level by a directly linear route, and Baker’s may come as a surprise. The NCAA 60 star now among the world elite in the 100 came to TCU from Ballard High in Louisville as a quartermiler who won State 400 titles as a junior and senior. “Yeah, I did,” he says with a chuckle. “That was my original event. I mean, I ran all three [sprints] in high school, everyone runs all the sprints, you know, run the 4, the 1 and the 2, but the 400 was always my premier event and so that’s what I got recruited to go to TCU for and I think that I was doing some sprint workouts, some quartermile workouts and I was in both groups for most of two years.”

Baker PRed at 46.18 in the 400 as a college frosh but says there was no tectonic shift behind his migration to the short dashes. “Really I just had some good foot speed and it came to a point where I got to choose if I wanted to run the 4 or the 1 and 2, and after I got the choice I never did the 400 again. I never did the open quarter after my sophomore year of college. I mean, the 400 wasn’t my favorite event by any stretch, but I just, I feel like it always goes the other way around. People always want to be a 100m sprinter and then they end up going the opposite way, so they end up being 400, 800, mile people. But I was a special case and I went the other way. It’s rare to see that so I guess I’m kind of special in that sense.”

Another anomaly for Baker—whose running career began with cross country races as an elementary student when he lived in Anchorage, Alaska—is that in-between dash, the 200. He never won a State title in the half-lap in high school (he won 2 in the 100 along with his 400s) and admits it is “still my race that I can’t figure out.” He says he can count on one hand the times he has run a 200 with serious intent, and although he ran 20.06 with 4.3 wind behind him in the spring of ’17, his legal best is a 20.55 this past March. His practice times tell him “that my 200 is way better than what my PR says it is right now because a 9.88 guy isn’t a 20.55 guy. It doesn’t make sense.” But for now and likely in the championship seasons in front of him it “it’s not a super, super high priority.”

Immediate priority No. 1 is the Diamond League Final on August 31 in Brussels. It will be a meeting with Coleman and Noah Lyles (assuming Lyles scores enough points at the Birmingham DL to qualify), Baker’s vanquisher by a mere 0.02 at the USATF Champs, and he is ready. Of all his races this year, the Prefontaine dash, Baker says, was “the closest to what we quote-unquote would say is perfect in my book. But all those other races have been good. I think that the times that I have lost this year—which is only twice, USAs and the Rabat Diamond League—I think that I had some issues where I was maybe thinking too much. I just beat myself because I’ve been very, very consistent this year. And I think that those two times, there are some things that I did in the race that I went back and looked at where I knew that if I had just corrected those things, I would have won easily.”

For the DL final Baker will aim to follow a maxim oft repeated by his coach, Dallas-based mentor Darryl Anderson: “Stay focused on your 48. The lane’s 48 inches so stay focused on your 48 and everything else will fall into place.” Baker isn’t saying he can completely disconnect from the drama of momentous matchups. But he does say that “even when Coleman and Lyles are in the race, I feel like my goal has always been to be the fastest guy in the world. At any point—it doesn’t matter if it’s an off year, it doesn’t matter if it’s the Diamond League Final or the Mt. SAC Relays—you know, my goal is to be the fastest and so there definitely is that kind of little pressure if they are in the race. The top three guys are racing and so whoever wins, he’s gonna kinda be the person for that race or that point in time.

“But I feel like I’ve taken a step back from looking at it that way and kind of trying to focus on my race and my past and what I’m doing at the time and not let the media or anything determine how I’m going to run the race. I think when I get rid of that [showdown] kind of mindset, which I’ve slowly been doing, I run a lot better, perform a lot better, which leads to winning.”

Off the track, Baker, who majored in Kinesiology at TCU with an emphasis in Health Fitness, is working with a friend to launch a website this fall, “to give people access to my brain as far as training regimens and workout plans. People will

be able to go [to the site] and get specialized programs. So that will be cool.”

Baker’s just-for-fun passion is amusement parks. “I really love roller coasters,” he says, describing a two-day visit he took to Cedar Point, a park in Ohio that bills itself as “The Roller Coaster Capital of the World.” He says, “There’s just something about [thrill rides], the whole being nervous and then getting on it and loving it, just having such a good time, it’s a thrill and a rush.”

Sounds a little like racing 100 meters. “I just thought about that as I was saying it,” Baker admits. “It’s the same, you know, you get those little butterflies, you get nervous and then you run it and you have a good time doing it and then afterwards it’s such rush of just excitement and adrenaline. I feel like it definitely relates. Maybe that’s why I like it so much.”

T&FN Interview: Courtney Frerichs

August 11, 2018 by Jeff Hollobaugh



Monaco was the site as Courtney Frerichs got her first win over Emma Coburn in a dozen tries. (JIRO MOCHIZUKI/IMAGE OF SPORT)

Courtney Frerichs is a bit of a fairytale story. A latecomer to our sport, she concentrated on gymnastics before devoting herself to running as a high school senior in Nixa, Missouri—where she never made it to the state track meet. In her only State final in cross country, she collapsed before the finish and crossed in 54th.

Working with coach James Butler at UMKC, she found her collegiate calling as a steeplechaser, eventually placing 2nd at the NCAA behind Colleen Quigley. With eligibility remaining after she graduated, she (and coach Butler) headed to New Mexico, where she earned a masters in Community Health Education and finished 4th in the NCAA cross, leading the Lobos to the team crown. In her final collegiate track season, she captured the NCAA steeple in a Collegiate Record 9:24.41.

That led her, naturally, to the pros and a landscape dominated domestically by Emma Coburn. Guided by agent Tom Ratcliffe, Frerichs joined the Nike Bowerman TC. Over the first summer, she stayed with Butler in New Mexico, making the Olympic team with a 9:20.92 for 2nd at the Trials and then placing 11th in the Rio final. She wrapped up the year with a New Year’s Eve wedding to former UMKC

teammate Griffin Humphreys and a move to Portland and the coaching of Jerry Schumacher.

Last year, she became a global force, placing 2nd at USATF to Coburn and then joining her friend and rival on the London podium with a silver medal and a monster PR of 9:03.77 that made her the second-fastest American ever. Now, with her 9:00.85 in Monaco in July, she's the fastest American ever and No. 6 on the all-time world list.

But at age 25 she's just one of the success stories that make up Schumacher's "Bowerman Babes." In the last 12 months, the crew has seen Quigley PR at 9:15.97, Shalane Flanagan win the New York Marathon, Amy Cragg run 2:21:42 at Tokyo, Marielle Hall crush an 8:40.20 indoor 3000 before taking 2nd in the USATF 10,000, and Shelby Houlihan run undefeated outdoors with a stunning 3:57.34 and an American Record 14:34.45.

Two years ago, Frerichs told us that she was excited about "putting myself in that professional world and seeing what can happen." A lot has happened at a dizzying pace and now the former gymnast is the fastest American steepler ever. She recently spent some time talking with us about her journey and where she hopes it will take her next.

T&FN: In the last two years you've gone from NCAA champion looking to try professional running to a World silver medalist and American Recordholder. Are you surprised that you made the transition so quickly to world-class running?

Frerichs: Everything I've been able to accomplish were goals that I had for my professional career. Joining Jerry's group and getting to work with him and Pascal [Dobert] and all the women in the group, I felt like I would be able to accomplish those. But I think maybe the timeline, it's been a little faster than I expected.

Courtney Frerichs In A Nutshell

Personal

Courtney Rose Frerichs was born January 18, 1993 in Barrington, Illinois; is married to Griffin Humphreys; 5-7/117 (170/53)

PRs

1500—4:14.62 '18; 3000—8:53.99 '17; Steeple—9:00.85 AR '18 (6, 13 W); 5000—15:31.62i '15

Schools

Nixa HS (Missouri) '11; UMKC '15; New Mexico '16; competes professionally for Nike's Bowerman TC.

Coaches

Lance Brumley high school; James Butler college; Jerry Schumacher pro. Agent Tom Ratcliffe

Major Meets

Steeple—2)USJ, 8h)WJ '12; 6)NCAA '13; 6)NCAA '14; 2)NCAA, 7)USA '15; 1)NCAA, 2)OT, 11)OG '16; 2)USA, 2)WC '17; 2)USA '18

5000—5)NCi '15

XC—38)NCAA '13; 13)NCAA '14; 4)NCAA '15; 4)USA '17; 4)USA '18

World/U.S. Rankings

'17—2, 7; '16—x, 3; '15—x, 6; '14—x, 9

T&FN: Were there any key turning points in the last 2 years when you realized you were on the right track?

Frerichs: Things really started quickly last July, leading up to Worlds. Before USA's, things finally started to click. The transition from college to professional running—no matter who you are or where you go—it's hard. You're jumping to a whole new level and you're changing. A lot of people are changing coaches and now running's your job. I went through those same struggles I think a lot of people go through and, yeah, there were some moments of doubt.

But once the steeple season came back around, that outdoor track season, I started to see a lot of progress in my work as compared to the previous year, which I had considered to be really successful. I started to see more of a light, like, I'm making a step forward. That [2017] USAs was a really good performance. That gave me more confidence. And the Prefontaine Classic too, to be able to PR that early in the season. Last summer was when I started to gain my confidence at

this new level.

T&FN: What are the biggest differences between your training with the Bowerman TC and what you did before with coach Butler in New Mexico?

Frerichs: The intensity and volume of workouts is quite a bit higher. I remember showing up to my very first workout under Jerry in the fall of 2016. With Coach Butler, typically if I was doing mile repeats, it was 4 x mile. Jerry, the first workout and he's like, "OK, we have 6 x mile today at 5:25 on the grass." And my eyes just got so big. Like, 'Oh my gosh.' And you know, I didn't make it through the full 6 miles that day. But I think going out there and not just limiting myself to the 4 that I knew I could do, I was able to already see myself making the step. Volume and intensity have been a huge thing and I'm really lucky to have so many great training partners. On those days that are hard, they just tell me, "Zone in on my back. Just follow it as long as you can" and so on. It would have been way harder to make these changes in training all alone.

T&FN: What's the Bowerman TC atmosphere like now with all the success your team has been having?

On Breaking A Speed Barrier

Courtney Frerichs may have just missed the 9-minute barrier in her AR-setting steeple, but she had another breakthrough this year, finally breaking 60 for the 400. "How cool was that for you?" we asked her.

"Speedwork has been a new thing for me. I didn't do a lot of speedwork in college. I think we had a little amount of time to try and develop me into a distance runner since I didn't have a lot of experience from high school. So we kind of picked a few things to get really good at and speed was something we didn't touch. Coming to Jerry, I'd never done all-out speed days that we do sometimes now. I remember him telling me to run a hard 400 and I ran 69 seconds and he was just like, 'OK, umm, you know, we have a lot of work to do...' He even referred to me at one point as 'turtle slow.'

"For me the watch is something that sometimes I have to take away. I need to just run. And so we slowly developed this mindset that I need to just go run and I'll really be able to push myself that way. Finally learning to jump into speed workouts with people because I'm very hesitant to do that. I was like, 'I need to just focus on myself because I'm not there with everyone else yet.'

"I had gotten down to 61-high last year and set this goal of breaking 60 going into this year. And Jerry was like, 'I don't know if it'll happen...' He's always comparing me to Shalane [Flanagan], which is always a compliment in any way. And he was like, 'You know, you're just a lot like her,' even though she has run 4:05, so I think she does have a pretty good speed. This year we've really worked on it and I did it. I finally broke 60 in the middle of the workout. It just gave me a lot of confidence that I was developing into an overall better runner, not just a steeplechaser. I think a majority of my improvement as a steeplechaser is going to come from improvement as a flat runner."

Frerichs: They are running very, very well, not just on the national level but on the international level as well. In St. Moritz in particular, Shelby and I were doing a lot of our doubles together and I was watching her specific sessions and she was watching mine. We would go out on these double runs together and we just talked about the big weekend, which was Monaco/Heusden. We just felt ready for it and I think that is something really exciting about this year: more than ever, I think a lot of us have felt ready. Not that we weren't ready before, but we felt mentally ready to make these jumps and set these PRs and put ourselves in these races.

T&FN: Now that the dust has settled on your American Record, how do you process that?

Frerichs: If I look back six years ago when I started the event, I never would have dreamed this would have happened, but it's a testament to the coaches. I've been able to have their belief in me and their commitment to my progress over time. I've been slowly building my mileage every single year since 2012. Even under Jerry, you know, when I came in we kind of left things the same, even built it more this year. So I've been really lucky to have some very patient people in my corner.

T&FN: Do you think you would be as good as you are without an Emma Coburn out there?

Frerichs: Oh, definitely not. There's no way. I think her doing what she's done and just paving the way, kind of like Evan [Jager] has done. I think Evan's been a huge factor as well. And Jenny [Simpson] did a lot of things that helped Emma as well. Being able to watch people like that really go after these big goals that have never been done before has given me a lot of the confidence to go to do it myself. Being able to be in that [World Champs] race with Emma where she went for it and she made that decision to take the lead and win the very first medal for the US in the steeplechase was incredible, and then two days later be able to watch Evan do the same thing.

Those were moments that really stuck in my head that I think I've really learned from and try to do as well. In London I felt like I did a pretty good job of that. Made a pretty bold move to do everything I could to make sure I ended up on the podium. Watching those two has been really important for me to set big goals and learn from to form my own career. I also have Emma especially to thank for how high she set that bar for those of us that were coming up through the collegiate ranks when she was winning the U.S. champs and starting to set the American Record. I think I've definitely had my eye on way faster times than maybe I would have dreamed about because of watching some of the things she's been able to accomplish.

T&FN: You were so close to breaking 9:00. Do you catch yourself second-guessing how you ran that race?

Frerichs: Absolutely. Oh yeah, definitely. Even when I crossed the finish line, there's a photo and you see my face and I was so happy. I knew I set the American Record, but then I sat down on the track and kind of put my hands on my head and thought, "Oh my gosh, 9-flat?" I already started racking my brain. "What could I have done differently? Where could I been more aggressive?" Hindsight is 20/20: "Aw, I could have done this, I could've done that." But it's good to have



Her unlooked-for American Record put Courtney Frerichs oh-so-close to sub-9:00 territory. (GIANCARLO COLOMBO/PHOTO RUN)

that sort of fire: "OK, I have this huge accomplishment that I've done this season, but there's more I want to do." And so it's been good going into this next block of training to have that big goal still there. I know that if I execute in the right race, that it's very doable and I think it's doable for Emma as well, which I think would be such a great day if we had two Americans under 9:00.

T&FN: What do you make of Beatrice Chepkoech's new World Record? How do you compete with that in the future?

Frerichs: That's an incredible time and I am not gonna lie, you know, as workouts were going on, going really well this year, I started to move my eye toward that 8:52 record because I really felt like I could get close. Mid-8:50s this year and target that over the next few years. So when she then lowered that by another 8 seconds, I was like, "Oh my gosh." But I think it's a huge step for the women's steeplechase.

I think for myself I'm going to keep working on my flat-running abilities because I think that's going to help me be a better steeplechaser. And Jerry and I have already been discussing the next step we want to take for this year is to try and

be here and then kind of continually work over the next two years to close that gap. That had been the goal since 2016, to close the gap and get closer to Emma. So I'm taking that same approach and we'll see what happens going into Tokyo. Hopefully the gap will be closer and I'll have a chance at being in contention for gold.

T&FN: Looking at the all-time list for the steeple, the company you're in would seem to indicate that you might be ready for a sub-15 for 5000. Do you think you might have that opportunity this year?

Frerichs: I don't know. I brought it up to Jerry and he's like, "I know..." The 5K would definitely be my other event. The 1500 I struggle a little bit more with but I would love to run a 5K, it's been over 2½ years since I ran one. If the right one did happen to be in the schedule, he wouldn't hesitate to let me get one in. If not this year, we've discussed definitely trying to do one next year because I really think sub-15 is definitely doable and I would love to join that group of women.

T&FN: What's it been like to work on your speed with training partners like Shelby Houlihan who have better sprint credentials?

Frerichs: They're very gentle with me. They're not going to slow down by any means as they shouldn't. But Shelby's been great in encouraging me to try and pair up with her a little bit in the speed work, which was something new. We did one all-out speed day where I finally did attempt pairing up with her. I did blow myself up, but that was something Jerry's been trying to get me to do basically since I joined the group. So it was a good step for me just to really test myself. It's fun.

Shelby's been fantastic. Not even in just watching what she's accomplished this year, but just the way she comes to practice. She's so excited and loves workout days. And so I really try to channel her positivity and she's always encouraging me to put the watch away and test myself and things like that.

T&FN: If we didn't know your 400 best, we would have all assumed it was fantastic because you can finish races really well.

Frerichs: That's something I think Shelby's touched on this year a lot too. Everyone's asked her about her kick and that comes from a lot of work on aerobic strength. I was doing a lot more aerobic work in college—long tempos, good long runs, mile repeats, stuff like that. So I was strong and then was able to finish really strong. I feel pretty confident my last 400 to 600 meters.

I could sometimes get into trouble if it came down to like 200 meters or less. Particularly in events like the 1500, I would find that I was right with a pack of girls who would then go on to run maybe 4:10 or a little faster, but they'd have a huge gear shift with 200 to go that I didn't have. That's where I think this speedwork has really helped me to develop. But all that aerobic work has been just as important and that's why I'm still in the race with 400 meters to go.

T&FN: What are you looking forward to the rest of this year?

Frerichs: I have the Diamond League final on August 31 in Brussels and then I'm planning to run the Continental Cup in Ostrava. Those two are kind of it right now. We're back up in Park City for a month at altitude leading into Brussels. Yeah. Hitting a huge goal of setting the American Record, but also running under 9-flat. I told Jerry things are going really well right now. I want to take advantage of this fitness and I want to get a really good block of training in before Brussels so that way I can really feel ready to hopefully run even faster.

Ups & Downs For 800 Star Clayton Murphy

August 20, 2018 by Jeff Hollobaugh



One of the highlights of Clayton Murphy's international campaign has been a World Cup win in London. (MARK SHEARMAN)

"The 800 is a tough event to really get back into things if you've been away from it."

Clayton Murphy would know, having ridden the roller coaster of the sport from obscurity to the peak, and then through injury to the point where he is again a player on the international stage. Just a 4:13 prep miler, in '14 he was a promising Akron frosh with 1:50.03/3:44.53 PRs, but not yet a blip on the national scene. A year later, he made it to the semis of the World Championships in Beijing thanks to a clutch 1:45.59 PR at the USATF Champs. His junior year was the stuff of fantasy: NCAA titles indoors and out, turning pro early, Olympic bronze medal, 1:42.93, No. 6 in the World Rankings. Just a few ticks away from being on top of the world.

Then '17 happened. Great early-season performances led him to try a double at Nationals. And it all blew up. A hamstring cramp held him to last in the 1500 final and kept him out of the 800 final completely. The summer season was suddenly gone; he tried an August race in Poland, placing a lackluster 7th.

"It was really tough to get back from that and get that issue solved," the 23-year-old Ohio native explains. "But the season was kind of over by the point when my hamstrings really healed. Then in the fall I developed a knee injury. I had to have some minor surgery in November. Obviously with surgery comes side effects. That was a pretty big step back in the fall."

While Murphy worked through rehab with coach Alberto Salazar and the Nike Oregon Project support staff, some fans counted him out. If he had chosen to wallow in the sport's various message boards, he would have found plenty of doubters. He says he didn't even bother to look.

"Obviously a lot of people talk and create their opinions," he explains. "I never really looked at that. I knew I had trust in Alberto and knew what I was capable of. And so it was a lot of trusting the process and really letting things come along. It's all about consistency and staying healthy. I really wanted to get back to where I was gradually and make sure that I was ready to go before we really let kind of let the horse out of the stable. It was really just being patient and trusting the

The All-Time U.S. Men's 800 List

Only 2 Americans have ever run 2 laps faster than Clayton Murphy. The all-time U.S. top 10:

Time	Athlete	Date
1:42.60	Johnny Gray (Santa Monica TC)	8/28/85
1:42.82	Duane Solomon (Saucony)	8/09/12
1:42.93	Clayton Murphy (Akron)	8/15/16
1:42.95	Nick Symmonds (Oregon TC)	8/09/12
1:43.20	Mark Everett (Powerade)	7/09/97
1:43.34	Boris Berian (Big Bear TC)	7/17/15
1:43.35	David Mack (Santa Monica TC)	8/28/85
1:43.38	Rich Kenah (Asics)	8/13/97
1:43.55	Donavan Brazier (Texas A&M)	6/10/16
1:43.5+	Rick Wohlhuter (UCTC)	6/08/74
+ = converted from 880y		

process, trusting the coach and just seeing myself get back to where I was.”

That coach relationship is everything to Murphy, who also had a positive rapport with his college coach, Lee LaBadie. “Alberto was a very open to what I’ve done in the past and I’ve obviously had success in the past,” he explains. “We sat down to discuss what worked in the past and what I thought with things I really wanted to keep putting in my training regimen and he was very open to that. We worked together to create kind of a plan going forward.”

To the outside observer, the road seemed slow. A full indoor season in ‘18 gave him a highlight of 1:46.61 for 5th at Millrose. But then he was unable to make the finals at the USATF Indoor. When he returned to Mt. SAC, site of his 1:43.60 a year earlier, he took 2nd to Mexico’s Jesus López in 1:47.22. In the early Diamond League meets he grabbed 6th in Doha, followed by another 6th in Shanghai.

A 3:53.50 mile at the Prefontaine Classic looked good; still, he was anything but a strong favorite in Des Moines. Yet he put together a dazzling kick to win his first USATF title, negative-splitting a 1:46.50 (54.54/51.96). The hits kept coming: a 1:44.69 a week later in Hungary. Victories in Lucerne (1:46.41) over Kenyan Alfred Kipkeeter and the World Cup (1:46.52) over Pole Adam Kszczot.

That led Murphy to the London DL, where he chased Emmanuel Korir to the fastest race of the year, 1:42.50, producing his No. 2 performance ever, 1:43.12. “It feels good to start getting back into the rhythm of things... I’m not that experienced at the event anyway to start with and then missing some time made it a little tougher to come back to it. But things are starting to click now and I’m just enjoying the process of coming back.”

And what of the 1500? Last year it looked to be getting equal emphasis. This year, it’s in the back seat, says Murphy, who says that his focus over the next couple of years will be solidly on the 2-lapper. “It’s a transition year for us,” he says. “A bit of trying some new things and keeping some old things.” He adds, “Really I’m just focused on ‘19 and ‘20 and really being ready for those two big championships.” □



Jeff Hollobaugh is a writer and stat geek who has been associated with *T&FN* in various capacities since 1987. He is the author of *How To Race The Mile*. He lives in Michigan where he can often be found announcing track meets in bad weather.

ON YOUR MARKS



Fred Kerley's first race since early June was a win in the Birmingham DL 400. (MARK SHEARMAN)

“TrackTown Still On The Fundraising Treadmill”

A July 30 editorial in the Eugene Register-Guard opened by saying, “Passing the hat isn’t an approved track & field event. It ought to be.” The paper goes on to say that “with the clock ticking” TrackTown appears to be \$15 million short in what it hoped for from state government...

Arantxa King, the '10 NCAA long jump runner-up for Stanford, has been elected chair of the athletes commission for the NACAC. The 28-year-old Bermudan is a lawyer these days...

Notable club signings: Vanessa Fraser, 4th in the NCAA 5000 for Stanford, has joined up with the Nike Bowerman TC; Northern Arizona alum Andy Trouard, the NCAA 3K champ indoors, has joined the Oregon TC Elite; triple jumper supreme Keturah Orji is the first field athlete on the Atlanta TC's elite team...

The men's long jump qualifying at the European Championships saw the debut of a system that projected a laser line in the sand for athletes to shoot for...

BIG TREES COMING: As controversial as the plans are for the new Hayward Field, we have to admit Eugene is going to look fabulous in several hundred years. As part of the plans to get ready for the '21 Worlds, over 2000 giant sequoia trees are being planted throughout town. (Since we're in the record business, note the oldest known sequoia is 3500 years old.)

The U.S. Sub-4:00 Club Continues To Grow

With 28 additions to the list so far, 2018 is now the most productive year ever for Americans to break the 4:00 mile for the first time. Overall, the elite (OK, increasingly less-elite) club now has 521 members (<https://trackandfieldnews.com/u-sub-400-milers-club-chronologically/>)...

The IOC has extended its longtime partnership with VISA for another 14 years, to 2032...

Some 42 years after moving to Kenya's upload town of Iten and coaching generations of Kenyan legends, Father Colm

O'Connell has had a street in the city named for him.

It Didn't Stay In Vegas

'13 world high jump champ Bogdan Bondarenko has admitted that he got married sometime in the last year in Nevada's wild-life central to triple jumper Irina Pimenova; he only came public with the news after they had their first child...

The IAAF has removed Karim Ibrahim from its Council. No explanation was forthcoming other than a statement that the Malaysian official was "ineligible." He was accused in a German documentary of covering up doping in his homeland...

According to a USADA survey of 900 athletes, nearly 40% say they've only been drug-tested 5 or fewer times in their careers. The data was not broken down by sport...

The USTFCCA has named its high school coaches of the year: Alex Armenteros, girls coach at St. Thomas Aquinas (Ft. Lauderdale, Florida) and Tom Loy, boys coach at East Canton of Ohio...

55 years. That's how long Al Cantello—a former WR setter in the javelin—coached at Navy before announcing his retirement this month. ..

Most statues are made to order. Not so with an 11-foot bronze of Billy Mills, which New Mexico sculptor George Rivera crafted with the hope of placing it outside the Olympic Stadium in Tokyo in '20. Now he and supporters such as hurdle great Edwin Moses and former USATF head Ollan Cassell are trying to convince the Japanese to say yes. Minor reality check: as awesome a hero as Mills might be to American fans, why should he take primacy over so many other '64 gold medalists?

You're As Old As You Feel

Shalane Flanagan tweeted about her experience doing speedwork with her younger Bowerman OTC teammates, "Age is just a number until you try to sprint with 25-year-olds. Then you really are old." ...

Chicago is the scene of a legal tussle between environmentalists and the city, which is moving a track in Jackson Park to make room for the Obama Presidential Center. A judge ruled in August in favor of the city...

Two-time NCAA long jump champ Kate Hall, who has left Georgia a year early to return to her home state of Maine, has taken an assistant coaching job at Div. III St. Joseph's College...

Ukraine doesn't mess around with fashion critics. A middle-distance runner criticized the national team outfit the federa-

LAST LAP

Here's this month's collection of generally off-track activities that have gone a long way towards shaping the way the sport is headed:

'20 Olympic Trials Back To Eugene

The U.S. selection meet for the Tokyo Olympics finally has a home. Back in the April issue we told you that USATF had pulled hosting rights for the '20 Olympic Trials from Mt. SAC. Bidding was subsequently reopened and Eugene and Sacramento—who lost out in the original bidding—jumped back into the fray, as did Austin.

In early August, USATF's Board of Directors chose Eugene, with chair Steve Miller saying, "No domestic event is more important to athletes and fans than the Olympic Trials. The 2020 U.S. Olympic Team Trials is even more critical because it will lead off an unprecedented opportunity to elevate track & field in this country. Having continuity in location as we move from the Olympic Trials into 2021 will enhance and amplify everything around the sport in the United States, from marketing and promotions to operational efficiencies."

USOC Chief of Sport Performance Alan Ashley said, "The USOC is pleased with the selection of Eugene as the host of the 2020 U.S. Olympic Team Trials. From a performance perspective, the USOC's top considerations are that the Olympic Trials provide the best competitive experience to athletes and serve as a platform to select the best Olympic Team possible. Eugene is a well-established host, and we look forward to the 2020 Olympic Team that will be selected there."

For his part, TrackTown USA CEO Michael Reilly said "We could not be more excited to host the 2020 U.S. Olympic Trials. We are confident that the Eugene-Springfield community, our public and private partners, and the fans who travel from across the country will ensure an extraordinary atmosphere for this event. A new, state-of-the-art Hayward Field on the beautiful University of Oregon campus will be a perfect setting for the athletes striving to become a part of the World's #1 Track & Field team."

All this assumes, of course, that the new Hayward Field is ready in time. Not that we're suggesting it won't be. Construction has been going on steadily ever since the NCAA wrapped up. With the existing structures all gone, by mid-August an excavation company was averaging 750 cubic yards (60-75 dump trucks) of dirt removal per hour.

USATF Foundation Comes Up Big

Elite athletes got a big boost from the USATF Foundation in July when the group awarded \$875,000 in Schwarzman Grants to 25 high-end performers who expect to be in the mix in the approach to the next World Championships and Olympics. The grants are named for Blackstone CEO Stephen A. Schwarzman, who last year donated an unprecedented \$2.5 million to



An artist's rendering (not an architect's drawing!) of how the new Hayward Field will turn out.

the cause. This year Schwarzman donated an additional \$250,000 to raise the amount of each grant to \$35,000. The grantees: Men: Ronnie Baker (100), Zack Bazile (LJ), Paul Chelimo (5000), Ryan Crouser (SP), Paul Dedewo (400), Mason Finley (DT), Darrell Hill (SP), TJ Holmes (400H), Reggie Jagers (DT), Shadrack Kipchirchir (10,000), Kenny Selmon (400H), Christian Taylor (TJ);

Women: Gwen Berry (HT), Erica Bougard (Hept), Kendall Ellis (400), Maggie Ewen (SP/DT/HT), Phyllis Francis (400), Tori Franklin (TJ), Georganne Moline (400H), Sandi Morris (PV), Katie Nageotte (PV), Keturah Orji (LJ/TJ), DeAnna Price (HT), Raven Saunders (SP), Shakima Wimbley (400).

In addition, another 45 athletes were given Elite Athlete Development grants of \$5000 each. The total given by the foundation is over \$1.3 million this year, the first to surpass the million-dollar benchmark.

McLaughlin Signs With Major Talent Agency

Everyone knew Sydney McLaughlin was going to go big-time after a one-and-done frosh season at Kentucky. An NCAA title, a 52.75 World Junior Record and a stunning set of marks including 11.07w, 22.39 and 50.07 just bolstered a résumé that included making the Olympic team as a high school junior, so it was no surprise when she announced in Eugene in June that she was turning pro.

While several months later we still await news of a shoe contract, the new professional has signed to be represented by William Morris Endeavor, the high-power agency that also works with Allyson Felix, tennis star Serena Williams and actor Denzel Washington. There has also been no word on the World Junior Recordholder's training future. At one point in

June she had said she would be following coach Edrick Floréal from Kentucky to Texas, but in late July TV commentator Ato Boldon said that she won't be changing locales. And she has enrolled in the fall semester at Kentucky.

High Tech Indoor Facility Coming To Chicago

America's second city will soon have a banked indoor track as Chicago has broken ground on a \$55 million facility on the South Side. The project, pushed for 35 years by activist and Northeastern Illinois professor Conrad Worrill, will feature a hydraulically banked 200m track with an interior straightaway, field event and warm-up areas.

The 139,500 square-foot facility will be located in Chicago's Gately Park, and be designed for use by a variety of sports

New Transfer-Of-Allegiance Rules Released

The IAAF appears to have successfully put the brakes on what head man Seb Coe had called "flags of convenience"—the practice of nations encouraging the transfer of athletes (aka recruiting) in order to enrich their medal counts. "We can't have an element of our sport that has descended into human trafficking," Coe has said. "This is just basic human rights and it has to be addressed." After an 18-month freeze of allegiance transfers, at its end-of-July Council Meeting the IAAF unveiled its new rules, which take immediate effect.

Among the provisos:

- No transfers can take place before age 20. (But can you apply before 20?)
- There is a minimum 3-year waiting period from application until a transfer takes effect.
- A review panel will rule on the credibility of each application.
- Evidence must be shown that the athlete's new nation is providing citizenship and full rights.
- Athletes must reside at least 75% of the time in their new country, excluding trips away for competition or training.
- An athlete can only change countries once.

It is still unclear how the new rules will affect the case of one of the most prominent potential transfers, Rai Benjamin. U.S.-born, the USC hurdle star has dual citizenship with Antigua, which he last represented at the '15 World Relays at age 17. When did his 3-year clock start running?

throughout the year. In addition, it will host after-school and summer programs for teens. "It's an opportunity to put Chicago track & field on the map," said Worrill. The facility is expected to be completed in August '19.

More Golds For Semenya

Two more medals of the highest order are on their way to Caster Semenya, just weeks before a new IAAF hyperandrogenism ruling might make it harder for the South African great to win such honors in the future. CAS has agreed with the drug testers and stripped top-of-the-podium spots from the '11 WC and '12 OG from Russian 800 runner Mariya Savinova. Both of those races saw Semenya finish in the runner-up position. The ruling gives Semenya a total of 3 outdoor World titles and 2 Olympic golds. She is the first woman ever to win twice at the Games.

Savinova will also be stripped of the '10 Euro title in addition to getting a 4-year ban. CAS pulled no punches in its ruling, saying, "The athlete has distorted multiple high-level competitions, damaged numerous other athletes and has breached the applicable rules on many occasions using multiple different substances and did so in full knowledge of the circumstances."

Savinova's positive test did not come from the Olympic retests that reassigned so many medals, but rather as a result of film of her talking about doping in the German documentary that revealed the Russian doping program. Subsequently, blood samples in her biological passport were reexamined and found to be out of whack.

Some Rule Changes For NCAA Track

The NCAA's Playing Rules Oversight Panel has signed off on a June recommendation by the Track & Field Rules Committee for some rules modifications. Henceforth, the NCAA will mirror the IAAF/USATF changes of this year and expanding the exchange zones in the sprint relays. In the 4x1 and 4x2 the zones will all be 30m. In the sprint medley, the first zone will be 30 and the rest will stay at 20. The changes are set to go into effect next season. On the surface, not much will change,

as the previous set of guidelines allowed for a 10m acceleration area followed by a 20m zone. The vast majority of violations have always occurred at the end of the zone.

Other notable updates:

- All members of a college team must wear the same uniforms (same primary color/same logo) each day of competition.
- Field event competitors now have a 30-second window to begin their attempts, except for vaulters, who will remain at 60 seconds. This also now matches IAAF/USATF standards.
- False-start detection blocks have now been approved for NCAA use.



Lilesa Coming Out Of Exile

You can go home again after all. That's what Ethiopia's Feyisa Lilesa has decided 2 years after he crossed the finish in the Olympic marathon with his arms crossed in protest against his government's treatment of his Oromo tribe. Since then, the silver medalist has stayed in the U.S. in a self-imposed exile, his family joining him last year.

However, things have changed in his homeland now that the new prime minister, Abiy Ahmed, is not only a reformer but a member of the Oromo as well. Ahmed invited the runner back, and the country's Olympic committee and its athletics federation sent a joint letter promising him a "hero's welcome."

Said federation head Haile Gebrselassie, "He was born fearless. I knew him personally, and I was close to him. And he questions why people should be oppressed. He stands up for his

people."

What To Do About Tokyo's Weather Conditions

The heat at the '20 Olympics is going to be a problem, but the Japanese are working overtime on possible solutions. Their motivation is high, given this summer's heatwave that has caused more than 125 deaths in the island nation. In late July, a temperature of 106 (41F) was recorded, a record for Japan. The heavy humidity in Tokyo compounds the risk. The Games, set for late July-early August, will be a bigger weather challenge than the '64 version, which was held in October.

With the marathons already set for 7am, the president of the LOC has met with the prime minister to discuss a shift to daylight savings time to put the runners another hour away from the worst heat. Tokyo city officials are also experimenting with watering the pavement to see if that will bring temperatures down along the road courses.

Among the other solutions being discussed:

- Large tents and cooling fans for spectators waiting in line.
- Air-conditioned rest areas at all venues and dining areas.
- Solar heat-blocking pavement along the road courses.
- Reduced working hours for employees and volunteers.
- Allowing spectators to bring drinks and umbrellas.

The Japanese aren't the only ones looking for answers. The Canadian team tested a high-tech "pill" during the early-August NACAC meet in Toronto. The pill is actually a feedback sensor with Bluetooth technology from which scientists can download information that will help them figure out a race plan based on core temperature limitations.

"It's a bit of science," said one of the designers, "it's informed, but it's still a bit of art."

After Eugene 2021, Where Next?

The '19 World Championships are slated for Doha, Qatar, and 2 years later the IAAF's biggest meet moves on to Eugene. What about '23 and onwards?

Well, that meet falls under a new protocol the IAAF announced early in '17. An IAAF statement explained, "Council approved a proposal made by Sebastian Coe to no longer continue with the formal bidding process by which the IAAF has traditionally attracted applications to host IAAF World Athletics Series competitions, including the IAAF World Championships. In future, the IAAF will now assess the strategic goals for growing the sport in relation to each IAAF competition, targeting cities from countries and regions which will best assist the delivery of those aims. The aim is to create a true partnership matching the hopes and ambitions of potential hosts with those of the IAAF."

At its meeting this July, the Council gave a leg up to Budapest, announcing, “Under the new bidding rules, the Council was informed of the discussions with European cities and approved the recommendation that Budapest be declared the preferred European city to host the IAAF World Championships in 2023. The process now is for a full technical, financial and risk evaluation to be undertaken with the results presented to the Council in December. At that stage a final decision will be made.”

And 2025? Speaking in Nigeria just before the opening of the African Championships, Coe raised the subject of that year’s Worlds being hosted by an African city, saying, “I made a promise when I became president and that was to try and bring as many events as possible to Africa.”

More Criticism For IAAF On Testosterone

The IAAF’s potential coming rules on hyperandrogenism came under heavy fire in July as Human Rights Watch—the prominent international advocacy group—demanded the international governing body “urgently revoke these regulations.”

In an open letter to Seb Coe, the group stated, “Instead of upholding the legitimate objective of ensuring that each athlete is qualified to compete in the appropriate category in sports competitions, the IAAF’s new regulations violate internationally-protected fundamental rights and discriminate against women on the basis of both their sex and their sex characteristics, violating their privacy, and having the effect of coercing them into unnecessary medical procedures.”

This will be tough criticism for the IAAF to brush off; Human Rights Watch, founded in ’78, won the Nobel Peace Prize in ’97 for its work against landmines.

More than 60 members of the Women’s Sports Foundation, which includes tennis legend Billie Jean King, have also come out in opposition to the new rules, stating that, “no woman should be required to change her body to compete in women’s sport.”

More Rebuilding In Eugene

Collegiate track in the Pacific Northwest may look a lot different next year. It’s not just that Hayward Field will be out of commission during its rebuild. It’s that personnel changes have rocked the Oregon program.

Distance coaches Maurica and Andy Powell were both hired away by Washington. Maurica will be the Huskies’ new director of track & field and cross country (and Duck mile legend Matthew Centrowitz will be joining them as a volunteer coach). Reportedly at least four Duck All-Americans have been given their releases and will move to Seattle: Tanner Anderson, Lilli Burdon, Katie Rainsberger & Mick Stanovsek.

According to the Eugene Register-Guard, a number of recruits may also have changed their minds, among them Josh Hoey, the HS Recordholder in the indoor 800 at 1:47.67. Yearly mile leader Brodey Hasty (4:00.05) has been released from his letter of intent and instead signed with Northern Arizona.

Head coach Robert Johnson has hired Helen Lehman-Winters (USF) and Ben Thomas (Virginia Tech) to coach the distance runners.

Not All Went Smoothly At African Champs

While the African Championships in Asaba, Nigeria, featured some terrific races, it also served as a cautionary tale in how not to put on a major meet. Perhaps Asaba was a bad choice in itself. The city of 150,000 features an international airport but no scheduled flights to the capital of Lagos, through which most of the international competitors would be flying.

Officials arranged charter flights to ferry athletes and coaches to the meet 270M (c430K) away, but because they were running up to 3 days behind, many events had to be rescheduled while hundreds of athletes slept in the Lagos airport. The Tanzanian team, tied up with communication and visa issues, didn’t even come.

The track, literally, had bumps in it, causing some sprinters to slow things down to avoid injury. The lighting at the stadium did not work, so evening events had to be canceled. The bathrooms had no water supply. The scoreboard did not work.

The Kenyan federation, which put on the successful IAAF World Youth Championships last year, was said to be furious with the treatment of its athletes. Said one top officials, “It is beyond our comprehension why Asaba was given the rights to host an event of this caliber without putting into consideration the logistics.”

On the bright side, the 5-day meet featured throngs of excited fans, selling out the 22,000-seat stadium each day.

The Latest Chapter Of War & Peace...

The long-running Russia saga appears no closer to a conclusion as the IAAF Council has decided to keep the Russian

Federation on the banned list at least until its December meeting.

Three requirements remain for the Russians to meet:

- They will have to pay the IAAF's costs for the Taskforce and all of the cases that have gone before the CAS. The Russians have already agreed to this and are waiting for a final accounting.
- They will have to accept the findings of the McLaren and Schmid Commissions that the Ministry of Sport was behind the doping and subsequent coverup. So far this has been too big of an ask.
- They will also have to provide access to all of the data from testing at the Moscow lab 2011–15 so that the governing bodies can determine if there are any other individual cases that need to be pursued by the authorities.

Reportedly, WADA has been negotiating with the Russians on some of these points and may produce a breakthrough at its September meeting.

High-Risk Doping Nations Singled Out

With an eye toward moving the sport beyond the Russia scandal and the resulting public relations nightmare, the Athletic Integrity Unit will be making federations more responsible for anti-doping practices. Nations are being put into three categories based on their level of success and perceived risk of doping. Category A represents the biggest risks and currently includes Belarus, Ethiopia, Kenya & Ukraine. Russia, ostensibly, will be added to this list once its suspension is lifted.

Athletes from the category-A countries will have to undergo 3 out-of-competition doping tests in the 10 months prior to a global championship. They nations also have to provide mandatory education for athletes and support-people.

According to the IAAF, Category B will include the other federations who are competitive at international level. Category C will include federations with very few international-level athletes.

The new guidelines, approved by the IAAF Council at its July meeting, also expand the authority of the AIU. Previously, its powers only applied to individuals, but now it will be able to investigate federations and monitor their compliance. Said AIU chair David Howman, "The IAAF Council should be congratulated for adopting innovative new rules that also make all of its member federations accountable on anti-doping matters."

At NACAC, A Win Was Just A Win

If you won your event at NACAC, it would have been nice to get a Wild Card entry—or even an automatic A-standard—to the World Championships next year. That, however, won't be happening, says the IAAF.

Some investigative reporting by Lincoln Shryack of FloTrack found that both USATF and NACAC advised athletes in writing, that the winner of each event "will qualify with the A-Standard for the 2019 IAAF World Championships in Qatar and 2019 Pan-Am Games in Peru."

Once people in Toronto started talking about this, the IAAF was quick to crush that false hope, explaining, "In the past the winner of the Area Championships was deemed to have achieved the entry standard (not a Wild Card) for the next World Championships, but that will no longer apply under the new world rankings system, as the world rankings will decide qualification."

FloTrack said it had spoken to at least 2 American athletes who had competed in Toronto who believed a victory was indeed equivalent to an automatic qualifier.

Morris Sees Women Vaulting 17-Feet

Jumping in her hometown of Greenville, South Carolina, inspired Sandi Morris to share the heights of her visions. "My outlook is I truly believe that women can jump 5.20m [17-¾]," she said. "I really do believe that. And that belief drives me to want to prove that, and to jump as high as I physically can."

Analyzing her shots at a World Record 16-7½ (5.07) she told Simon Turnbull of the IAAF, "That's the closest I've ever been to making 5.07. Two of my attempts were really solid. I was over most of the way. I just didn't quite have the depth behind the bar to make it completely over." She added, "Am I the one who's going to jump 5.20? I don't know. I would like to think so. I think I've got the speed to definitely break the World Record, the strength to break the World Record. I don't know what my top end is but I'm definitely going to push myself until I find out."

As Morris told T&FN last year, "Who knows what women are capable of jumping? Men have been at it a bit longer than women have, so I think that I wouldn't be surprised if in the next 10 years we see a couple of women around 17-feet."

STATUS QUO — August

August 20, 2018 by T&FN

The latest in the aches, pains & eligibility departments:

In a major development, the IAAF finally came up with its new guidelines governing athletes' changing of national representation.

A pair of prominent Russian high jumpers were missing at the European Championships. World Indoor champ **Danil Lysenko** had his "authorized neutral athlete" status revoked for whereabouts violations. Lysenko said he didn't take the system seriously, and that "there was never a thought of hiding and running from doping officers, as many can now think." Former Olympic champ **Anna Chicherova** came off suspension on June 30, but hadn't spent enough time in the dope-testing pool to be eligible for ANA status.

Sprinter **Murielle Ahouré** of Côte d'Ivoire missed the African Champs because of a severe allergic reaction she suffered in London.

The British javelin champ 2 years ago, **Joanna Blair** has been banned until July of '21 after testing positive for the banned steroid metandienone last year. She said she had unintentionally ingested them from a contaminated supplement bought online.

Canadian shotputter **Brittany Crew** broke her foot in two places while training in Belgium and had to miss NACAC.

Jamaican 200 runner **Sashalee Forbes**, a 22.71 performer, withdrew from NACAC with an unspecified injury.

Shelly-Ann Fraser-Pryce has pulled the plug on her comeback-from-maternity season to concentrate on training for next year.

A bad hammy knocked Britain's **Dai Greene**, the '11 World champ at 400H, out of the Euros.

NCAA/USATF 100 champ **Aleia Hobbs** didn't run again after winning in Des Moines. She had knee problems which have required a pair of surgeries since.

Filip Ingebrigtsen of Norway skipped the Euro 5000 because of a broken rib following his crash in the 1500 heats.

Florida State hurdler **Cortney Jones**, 3rd in the NCAA and the World Juniors, had surgery in August to repair a hamstring she tore in Tampere.

Morphine, a banned substance, showed up in an April test for sub-2:20 Kenyan marathoner **Lucy Kabuu**.

German decathlete **Kai Kazmirek** withdrew from the Euros with a muscle problem.

Jamaican hurdler **Ronald Levy** skipped NACAC with an unspecified injury but was back running at the Birmingham DL.

An under-the-weather **Shamier Little** couldn't run the Birmingham DL 400H. "I have a cold," she tweeted on her way home the next day. "And I woke up from one of my several naps, and I actually shed a tear thinking about how I'm actually snotty nosed on this plane like this."

Kenyan marathoner **Wilson Loyanai** has acquired South Korean citizenship, but will be unable to represent the country at the '20 Olympics. The 2:05:13 performer has been competing for a Korean city since '15, when he finished serving a 2-year doping ban. He will be known as Oh Joo-han, which translates as "I run for Korea."



After returning from maternity all the way to a DL win in London, two-time Olympic 100 champ Shelly-Ann Fraser-Pryce has stepped off to prep for '19.

Swiss sprinter **Pascal Mancini** was dropped from the team for the European Champs and has been suspended until further notice for posting racist content on Facebook. His federation said, "The board believes the athlete's transgressions cannot be tolerated. Swiss Athletics is unreservedly committed to a fair and respectful sport."

A bad landing at the Birmingham DL left Kiwi vaulter **Eliza McCartney** with an injured heel. With nothing broken, just bruising, she intends to continue her season.

Euro steeple champ **Mahiedine Mekhissi**, nursing a calf injury, skipped Birmingham to focus on the Diamond League Final.

Belgian discus thrower **Philip Milanov** pulled out of the Euros due to a stress fracture in his right foot.

Host Nigeria's big hope, **Blessing Okagbare**, withdrew from the sprints at the African Championships, citing injury.

The IAAF cleared a change-of-nation application from Britain to Ireland by sprinter **Leon Reid**, who went on to take 7th in the Euro 200.

German **Richard Ringer**, the Euro leader at 10,000, dropped out of that event at Euros and withdrew from the 5000 because of a calf injury.

Olympic long jump champ **Greg Rutherford** made his retirement final after competing in the Birmingham DL.

Two weeks before the European Championships, German putter **Christina Schwantz** got whiplash and injured a thumb in a car accident.

Caster Semenya missed Birmingham because of an illness she contracted in Nigeria while at the African Championships.

Ivana Španović of Serbia suffered a season-ending Achilles injury on her first leap in the Euros qualifying.

German vaulter **Silke Spiegelburg** lost training this summer due to an inflammation of her foot.

Italian high jumper **Gianmarco Tamberi** pulled out of Birmingham with an intestinal virus.

French sprinter **Jimmy Vicaut** didn't show for the Euro 100 final; he ended his season with a grade 2 thigh tear incurred in the semis. □

LANDMARKS

Named To The USTFCCCA Hall Of Fame

On December 18 the national coaches group will add the following mentors to its Hall of Fame: Artis Davenport, Karen Dennis, Ron Mann, Damon Martin, John McNichols and Dan Pfaff.

Died: Nicholas Bett, 28

On August 8, in Nandi County, Kenya; in a car crash. The surprise '15 WC gold medalist in the 400 hurdles at 47.79, he World Ranked No. 3 that year, and No. 6 the following season.

Died: Jim Neidhart, 63

On August 14, in Wesley Chapel, Florida, after a seizure caused him to fall and strike his head. Set a California prep record in the shot at 69-3/4 in '73, moving to No. 6 on the all-time list. Ranked No. 10 in the U.S. in '75, the year he threw his PR 65-1 1/2 (19.85). He dabbled in football, but his biggest claim to fame came as "The Anvil" when he wrestled in the WWE.

Died: Willy Rasmussen, 80

On August 12 in Asker, Norway. The 2-time Olympic javelinist was 5th in the '60 Games. Was a 4-time World Ranker with a high of No. 5 in '61. His PR of 276-2 (84.18) with the old implement that year made him No. 8 on the all-time world list. □

FOR THE RECORD

Record alterations reported since the July issue. W = World; A = American; J = Junior (U20); HS = High School; (r) = road. Note: even though he's not considered eligible for the U.S. yearly / all-time lists, Mondo Duplantis does have U.S. citizenship and by current USATF rules that makes him eligible for American Records.

MEN ABSOLUTE TRACK					
NONE					

MEN ABSOLUTE FIELD					
PV	5.95 19-6¼	WJ, AJ, HS	Mondo Duplantis (Sweden/ Lafayette, Louisiana)	Berlin, Germany	August 12
	6.00 19-8¼	WJ, AJ, HS	Mondo Duplantis (Sweden/ Lafayette, Louisiana)	Berlin, Germany	August 12
	6.05 19-10¼	A, WJ, AJ, HS	Mondo Duplantis (Sweden/ Lafayette, Louisiana)	Berlin, Germany	August 12

WOMEN ABSOLUTE TRACK					
NONE					

WOMEN ABSOLUTE FIELD					
NONE					

WOMEN WALKS					
5K Walk(r)	23:08	AJ, HS	Taylor Ewert (Beavercreek, Ohio)	Toronto, Ontario	August 10

CALENDAR

Diamond League	
August	
30	Weltklasse; Zürich, Switzerland
31	Van Damme Memorial; Brussels, Belgium
Other Internationals	
August	
22	Skolimowska Memorial; Chorzów, Poland
24	Citta della Quercia; Rovereto, Italy
31-01	Sweden vs. Finland; Tampere, Finland
September	
02	Invitational; Padua, Italy
	ISATF IWC; Berlin, Germany
04	IWC; Zagreb, Serbia
05	DécaNation; Sotteville, France
07-09	National Championships; Pescara, Italy
08	Great North CityGames; Gateshead, England
08-09	Continental Cup; Ostrava, Czech Republic
15-16	Décaster Multis; Talence, France

October	
11-17	Youth Olympics; Buenos Aires, Argentina
U.S. Road Circuit	
† = USATF Champs race	
August	
25	Crim 10M; Flint, Michigan
September	
03	New Haven 20K; New Haven, Connecticut †
16	Half-Marathon; Philadelphia, Pennsylvania
	CVS Downtown 5K; Providence, Rhode Island
Marathons	
September	
02	Beijing, China
16	BMW World Marathon Major; Berlin, Germany
	Sydney, Australia
October	
07	Bank of America World Marathon Major; Chicago, Illinois
	Twin Cities; Minneapolis, Minnesota †
14	Eindhoven, Netherlands
21	Amsterdam, Netherlands
	Toronto, Ontario
28	Venice, Italy
	Frankfurt, Germany
November	
04	TCS World Marathon Major; New York, New York
Cross Country	
September	
28	Nuttycombe Wisconsin Invitational; Madison, Wisconsin
29	Griak Invitational; Minneapolis, Minnesota
November	
09	NCAA Regionals; 9 sites
17	NCAA Championships; Madison, Wisconsin
December	
01	Nike Cross Nationals (NXN); Portland, Oregon
08	USATF Club Championships; Spokane, Washington
	Foot Locker Championships; San Diego, California

European Championships – Men's Results

by T&FN

Berlin, Germany, August 06–12–

(8/07—100, 10K, 50W, SP, HT; 8/08—LJ, DT, Dec; 8/09—200, St, 400H, JT; 8/10—400, 1500, 110H; 8/11—800, 5K, 20W, 4x4, HJ; 8/12—Mar, 4x1, PV, TJ)

100 METERS

(wind 0.0): 1. Zharnel Hughes (GB) 9.95; 2. Reece Prescod (GB) 9.96 PR; 3. Jak Ali Harvey (Tur) 10.01; 4. CJ Ujah (GB) 10.06; 5. Filippo Tortu (Ita) 10.08; 6. Churandy Martina (Neth) 10.16; 7. Emre Zafer Barnes (Tur) 10.29;... dnc—Jimmy Vicaut (Fra).

200 METERS

(wind +0.7): 1. Ramil Guliyev (Tur) 19.76 NR; 2. Nethaneel Mitchell-Blake (GB) 20.04; 3. Alex Wilson (Swi) 20.04 NR; 4. Bruno Hortelano (Spa) 20.05; 5. Adam Gemili (GB) 20.10; 6. Eseosa Desalu (Ita) 20.13 PR; 7. Leon Reid (Ire) 20.37; 8. Solomon Bockarie (Neth) 20.39.

1. Jakob Ingebrigtsen (Nor) 3:38.10 (26.84, 40.34, 53.64, 1:51.27); 2. Marcin Lewandowski (Pol) 3:38.14 (26.05, 39.40, 53.06); 3. Jake Wightman (GB) 3:38.25; 4. Henrik Ingebrigtsen (Nor) 3:38.50; 5. Charlie Da'Vall Grice (GB) 3:38.65; 6. Simas Bertašius (Lit) 3:39.04; 7. Timo Benitz (Ger) 3:39.28; 8. Ismael Debjani (Bel) 3:39.48.

STEEPLE

1. Mahiedine Mekhissi (Fra) 8:31.66; 2. Fernando Carro (Spa) 8:34.16; 3. Yohanes Chiappinelli (Ita) 8:35.81; 4. Yoann Kowal (Fra) 8:36.77; 5. Zak Seddon (GB) 8:37.28; 6. Daniel Arce (Spa) 8:38.12; 7. Krystian Zalewski (Pol) 8:38.59; 8. Topi Raitanen (Fin) 8:40.11.

5000 METERS

1. J. Ingebrigtsen 13:17.06 NJR; 2. H. Ingebrigtsen 13:18.75; 3. Morhad Amdouni (Fra) 13:19.14; 4. Yemaneberhan Crippa (Ita) 13:19.85; 5. Marc Scott (GB) 13:23.14; 6. Polat Kemboi Arikan (Tur) 13:23.42; 7. Rinas Akhmadiyev (Rus) 13:24.43 PR; 8. Julien Wanders (Swi) 13:24.79 PR.

10,000 METERS



Britons Zharnel Hughes, Reese Prescod & CJ Ujah went 1-2-4 in the 100. (MARK SHEARMAN)

400 METERS

1. Matthew Hudson-Smith (GB) 44.78; 2. Kevin Borlée (Bel) 45.13; 3. Jonathan Borlée (Bel) 45.19; 4. Karol Zalewski (Pol) 45.34; 5. Luka Janežič (Slo) 45.43; 6. Óscar Husillos (Spa) 45.61; 7. Ricardo Dos Santos (Por) 45.78; 8. Karsten Warholm (Nor) 46.68.

800 METERS

1. Adam Kszczot (Pol) 1:44.59 (53.57/51.02); 2. Andreas Kramer (Swe) 1:45.03 =NR (53.47/51.96); 3. Pierre-Ambroise Bosse (Fra) 1:45.30 (53.14/52.16); 4. Michał Rozmys (Pol) 1:45.32 PR; 5. Mateusz Borkowski (Pol) 1:45.42 PR; 6. Andreas Bube (Den) 1:45.92; 7. Álvaro de Arriba (Spa) 1:46.41; 8. Lukáš Hodobod (CzR) 1:46.60.

1500 METERS

1. Amdouni 28:11.22; 2. Bashir Abdi (Bel) 28:11.76; 3. Crippa 28:12.15; 4. Adel Mechaal (Spa) 28:13.78; 5. Andy Vernon (GB) 28:16.90; 6. Soufiane Bouchikhi (Bel) 28:19.04; 7. Julien Wanders (Swi) 28:22.02; 8. Florian Carvalho (Fra) 28:29.78.

110 HURDLES

(wind 0.0): 1. Pascal Martinot-Lagarde (Fra) 13.17; 2. Sergey Shubenkov (Rus) 13.17; 3. Orlando Ortega (Spa) 13.34; 4. Damian Czykier (Pol) 13.38; 5. Gregor Traber (Ger) 13.46; 6. Andy Pozzi (GB) 13.48; 7. Aurel Manga (Fra) 13.51; 8. Balázs Baji (Hun) 13.55.

400 HURDLES

1. Karsten Warholm (Nor) 47.64 NR; 2. Yasmani Copello (Tur) 47.81

NR; 3. Thomas Barr (Ire) 48.31; 4. Ludvy Vaillant (Fra) 48.42 PR; 5. Patryk Dobek (Pol) 48.59; 6. Rasmus Mägi (Est) 48.75; 7. Sérgio Fernández (Spa) 48.98; 8. Timofey Chalyy (Rus) 49.41.

MARATHON

1. Koen Naert (Bel) 2:09:51; 2. Tadesse Abraham (Swi) 2:11:24; 3. Yassine Rachik (Ita) 2:12:09 PR; 4. Javier Guerra (Spa) 2:12:22; 5. Eyob Ghebrehiwet Faniel (Ita) 2:12:43; 6. Jesus España (Spa) 2:12:58; 7. Maru Teferi (Isr) 2:13:00 NR; 8. Lemawork Ketema (Aut) 2:13:22 PR.

20K WALK

1. Alvaro Martin (Spa) 1:20:42; 2. Diego García Carrera (Spa) 1:20:48; 3. Vasiliy Mizinov (Rus) 1:20:50; 4. Massimo Stano (Ita) 1:20:51 PR; 5. Nils Brembach (Ger) 1:21:25; 6. Miguel Ángel López (Spa) 1:21:27; 7. Tom Bosworth (GB) 1:21:31; 8. Hagen Pohle (Ger) 1:21:35.

50K WALK

1. Maryan Zakalnytsky (Ukr) 3:46:32; 2. Matej Tóth (Svk) 3:47:27; 3. Dzmitry Dziubin (Blr) 3:47:59 PR; 4. Håvard Haukenes (Nor) 3:48:35; 5. Carl Dohmann (Ger) 3:50:27; 6. Rafał Augustyn (Pol) 3:51:37; 7. Rafał Sikora (Pol) 3:52:56; 8. Nathaniel Seiler (Ger) 3:54:08 PR.

4 x 100

1. Great Britain 37.80 (Chijindu Ujah, Zharnel Hughes, Adam Gemili, Harry Aikines-Aryeetey);
2. Turkey 37.98 NR (#11 nation) (Emre Zafer Barnes, Jak Ali Harvey, Yiğitcan Hekimoglu, Ramil Guliyev);
3. Netherlands 38.03 NR (Christopher Garia, Churandy Martina, Hensley Paulina, Taymir Burnet);
4. France 38.51 (Mickael-Méba Zeze, Marvin Rene, Stuart Dutamby, Mouhamadou Fall);
5. Ukraine 38.71 (Oleksandr Sokolov, Emil Ibrahimov, Volodymyr Suprun, Serhiy Smelyk);
6. Finland 38.92 NR (Eetu Rantala, Otto Ahlfors, Oskari Lehtonen, Samuel Puroala);
7. Portugal 39.07 (José Lopes, Diogo Antunes, Frederico Curvelo, Carlos Nascimento);... dnc — Czech Republic.

4 x 400

1. Belgium 2:59.47 (Dylan Borlée 46.1, Jonathan Borlée 44.8, Jonathan Sacoor 44.70, Kevin Borlée 43.91);
2. Great Britain 3:00.36 (Rabah Yousif 46.1, Dwayne Cowan 45.3, Matthew Hudson-Smith 44.77, Martyn Rooney 44.24);
3. Spain 3:00.78 (Óscar Husillos 45.8, Lucas Bua 44.7, Samuel García 44.80, Bruno Hortelano 45.56);
4. France 3:02.08 (Ludvy Vaillant, Mamoudou Hanne, Teddy Atine, Thomas Jordier 45.68);
5. Poland 3:02.27 (Karol Zalewski, Rafał Omelko, Łukasz Krawczuk, Kajetan Duszyński 45.72);
6. Italy 3:02.34 (Edoardo Scotti, Michele Tricca, Davide Re, Matteo Galvan 44.86);
7. Czech Republic 3:03.00 (Jan Tesař, Pavel Maslák, Patrik Šorm, Filip Šnejdr 46.40);
8. Germany 3:04.69 (Patrick Schneider, Torben Junker, Fabian Dammermann, Johannes Trefz 45.74).

HIGH JUMP

1. Mateusz Przybylko (Ger) 7-8½ (2.35) =PR (7-2¼, 7-4¼, 7-5¾, 7-7, 7-7¾, 7-8½, 7-9¾ [xpp]) (2.19, 2.24, 2.28, 2.31, 2.33, 2.35, 2.38 [xpp]); 2. Maksim Nedasekau (Blr) 7-7¾ (2.33) =PR; 3. Ilya Ivanyuk (Rus) 7-7 (2.31) PR; 4. Gianmarco Tamberi (Ita) 7-5¾ (2.28); 5. tie, Andrii Protsenko (Ukr) & Alperen Acet (Tur) 7-4¼ (2.24); 7. Sylwester Bednarek (Pol) 7-4¼; 8. tie, Eike Onnen (Ger) & Douwe Amels (Neth) 7-2¼ (2.19).

POLE VAULT

1. Mondo Duplantis (Swe/LaHS) 19-10¼ (6.05) WJR, HSR, NR, NJR (old records 19-8¼/6.00 Duplantis in series) (=4, =20 W; non-Bubka: =3, =4 W) (WL)

(18-½, 18-6½, 19-¼ [2], 19-2¼ [x, =9 WJ, HS], 19-4¼ [x, =4 WJ, HS], 19-6¼ WJR, HSR, NR, NJR [old records 19-5½/5.93 Duplantis '18], 19-8¼ WJR, HSR, NR, NJR [old records 19-6¼/6.00 Duplantis in series], 19-10¼, 20-0 [ppp]) (5.50, 5.65, 5.80 [2], 5.85, 5.90, 5.95, 6.00, 6.05, 6.10 [ppp]) (member #23 of 6m club);

2. Timur Morgunov (Rus) 19-8¼ (6.00) PR (18-½, 18-6½, 18-10¼, 19-2¼, 19-4¼, 19-6¼ [xp], 19-8¼ =WL, 19-10¼ [xxx]) (5.50, 5.65, 5.75, 5.85, 5.90, 5.95 [xp], 6.00, 6.05 [xxx]) (member #24 of 6m club);

3. Renaud Lavillenie (Fra) 19-6¼ (5.95) (18-6½, 19-¼ [xpp], 19-2¼, 19-6¼, 19-8¼ [xp], 19-10¼ [xx]) (5.65, 5.80 [xpp], 5.85, 5.95, 6.00 [xp], 6.05 [xx]);

4. Piotr Lisek (Pol) 19-4¼ (5.90); 5. Paweł Wojciechowski (Pol) 19-¼ (5.80); 6. Konstadínos Filippídis (Gre) 18-10¼ (5.75);

6. Sondre Guttormsen (Nor/CaHS) 18-10¼ NR, NJR (=5, x WJ; 2, 2 HS);

8. Axel Chapelle (Fra) 18-6½ (5.65).

(best-ever mark-for-place: =2, =3)

LONG JUMP

1. Miltiádis Tentóglou (Gre) 27-¾ (8.25) (26-1½, 25-7¼, 26-3, f, 27-¾, 23-1¼) (7.96, 7.80, 8.00, f, 8.25, 7.04); 2. Fabian Heinle (Ger) 26-8¼ (8.13) (25-11, 26-8¼, f, 26-3¾, 25-0, 26-8¼) (7.90, 8.13, f, 8.02, 7.62, 8.13); 3. Serhii Nykyforov (Ukr) 26-8¼ (8.13) (25-7¼, 26-1¾, 26-8¼, 26-3, f, 25-11) (7.80, 7.97, 8.13, 8.00, f, 7.90); 4. Thobias Nilsson Montler (Swe) 26-7 (8.10) PR; 5. Tomasz Jaszczuk (Pol) 26-6¼ (8.08); 6. Dan Bramble (GB) 25-11 (7.90); 7. Michel Tornéus (Swe) 25-9½ (7.86); 8. Guillaume Victorin (Fra) 25-8¾ (7.84).

TRIPLE JUMP

1. Nelson Évora (Por) 56-1¼ (17.10) (f, 54-3¾, 55-3¾, 55-4¼, 56-1¼, f) (f, 16.55, 16.86, 16.87, 17.10, f); 2. Alexis Copello (Aze) 55-6½ (16.93); 3. Dimítrios Tsiámis (Gre) 55-¾ (16.78); 4. Nazim Babayev (Aze) 55-0 (16.76); 5. Pablo Torrijos (Spa) 54-11¼ (16.74); 6. Nathan Douglas (GB) 54-10 (16.71); 7. Jean-Marc Pontvianne (Fra) 54-6 (16.61); 8. Tomas Veszelka (Svk) 54-1 (16.48).

SHOT

1. Michał Haratyk (Pol) 71-3¼ (21.72) (68-8½, 71-3¼, f, 70-6½, f, 71-¾) (20.94, 21.72, f, 21.50, f, 21.66); 2. Konrad Bukowiecki (Pol) 71-¾ (21.66) out PR (65-7¾, 71-¾, 68-9¼, f, f, 68-4½) (20.01, 21.66, 20.96, f, f, 20.84); 3. David Storl (Ger) 70-3 (21.41); 4. Tomáš Staněk (CzR) 69-5¼ (21.16); 5. Aleksandr Lesnoy (Rus)

69-½ (21.04); 6. Bob Bertemes (Lux) 68-10¼ (21.00) NR; 7. Stipe Žunić (Cro) 68-¼ (20.73); 8. Maksim Afonin (Rus) 67-10¼ (20.68).

DISCUS

1. Andrius Gudžius (Lit) 224-7 (68.46) (215-8, 206-4, 220-5, 222-0, f, 224-7) (65.75, 62.89, 67.19, 67.66, f, 68.46); 2. Daniel Ståhl (Swe) 223-10 (68.23) (f, f, 210-7, 223-10, f, f) (f, f, 64.20, 68.23, f, f); 3. Lukas Weißhaidinger (Aut) 213-8 (65.14); 4. Simon Pettersson (Swe) 211-9 (64.55); 5. Gerd Kanter (Est) 211-1 (64.34); 6. Robert Harting (Ger) 211-0 (64.33); 7. Alin Alexandru Firfirica (Rom) 209-1 (63.73); 8. Apostolos Parelis (Cyp) 208-9 (63.62).

HAMMER

1. Wojciech Nowicki (Pol) 262-10 (80.12) (253-3, 262-5, 262-10, 259-2, f, 258-6) (77.19, 80.00, 80.12, 79.00, f, 78.81); 2. Paweł Fajdek (Pol) 258-2 (78.69) (258-2, f, f, f, 257-0, 249-5) (78.69, f, f, f, 78.34, 76.02); 3. Bence Halász (Hun) 253-10 (77.36); 4. Pavel Bareisha (Blr) 252-8 (77.02); 5. Eivind Henriksen (Nor) 252-2 (76.86) NR; 6. Ivan Tikhon (Blr) 248-8 (75.79); 7. Hlib Piskunov (Ukr) 244-10 (74.62); 8. Serghei Marghiev (Mol) 244-4 (74.47).

JAVELIN

1. Thomas Röhler (Ger) 293-6 (89.47) (f, 288-9, 293-6, 287-4, p, 288-5) (f, 88.02, 89.47, 87.58, p, 87.90); 2. Andreas Hofmann (Ger) 287-5 (87.60) (280-10, 287-5, f, f, f, 280-5) (85.61, 87.60, f, f, f, 85.48); 3. Magnus Kirt (Est) 282-0 (85.96); 4. Marcin Kruskowski (Pol) 277-4 (84.55); 5. Johannes Vetter (Ger) 273-2 (83.27); 6. Antti Ruuskanen (Fin) 268-0 (81.70); 7. Andrian Mardare (Mol) 267-6 (81.54); 8. Jakub Vadlejch (CzR) 264-7 (80.64).

DECATHLON

1. Arthur Abele (Ger) 8431 (10.86, 24-4¼/7.42, 51-3¼/15.64, 6-4/1.93, 48.01, 13.94, 149-0/45.42, 15-¼/4.60, 223-5/68.10, 4:30.84); 2. Ilya Shkureniov (Rus) 8321 (11.12, 24-9¼/7.55, 44-¾/13.43, 6-7½/2.02, 48.95, 14.44, 149-4/45.53, 17-4½/5.30, 194-0/59.13, 4:31.38); 3. Vitali Zhuk (Blr) 8290 PR (11.12, 23-1¾/7.05, 51-4¼/15.65, 6-6¼/1.99, 48.41, 14.66, 149-2/45.46, 16-¾/4.90, 217-2/66.19, 4:30.81); 4. Niklas Kaul (Ger) 8220 PR (11.36, 23-7½/7.20, 45-5¼/13.85, 6-9¾/2.08, 49.28, 14.78, 151-1¼/6.30, 15-5/4.70, 222-2/67.72, 4:23.67); 5. Tim Duckworth (GB) 8160 (10.65, 24-10/7.57w, 44-8/13.61, 7-1½/2.17, 49.87, 14.55, 137-7/41.94, 16-8¾/5.10, 179-9/54.78, 4:58.28); 6. Martin Roe (Nor) 8131 (10.86, 24-11¾/7.61, 50-9½/15.48, 6-5/1.96, 49.42, 15.31, 138-6/42.22, 15-9/4.80, 211-8/64.53, 4:41.40); 7. Pieter Braun (Neth) 8105 (11.33, 24-8¼/7.52, 46-8/14.22, 6-7½/2.02, 48.52, 14.56, 143-6/43.75, 15-¼/4.60, 195-3/59.53, 4:27.20); 8. Jan Doležal (CzR) 8067 PR (11.06, 23-4½/7.12, 46-½/14.03, 6-7½/2.02, 49.42, 14.58, 150-¾/5.81, 15-9/4.80, 205-7/62.67, 4:41.27); ... dnf—Maicel Uibo (Est), Karl Robert Saluri (Est), Eelco Sintnicolaas (Neth), Thomas Van Der Plaetsen (Bel), Kevin Mayer (Fra) (10.64 PR, 3f).

European Championships – Women's Results

by T&FN

Berlin, Germany, August 06–12—

(8/7—100, 50W; 8/8—10K, SP; 8/9—100H, PV; 8/10—800, 400H, HJ, TJ, JT, Hept; 8/11—200, 400, 20W, 4x4, LJ, DT; 8/12—1500, St, 5000, Mar, 4x1, HT)

100 METERS

(wind 0.0): 1. Dina Asher-Smith (GB) 10.85 NR (=WL);

2. Gina Lückenkemper (Ger) 10.98; 3. Dafne Schippers (Neth) 10.99; 4. Mujinga Kambundji (Swi) 11.05; 5. Jamile Samuel (Neth) 11.14; 6. Imani Lansiquot (GB) 11.14; 7. Carolle Zahi (Fra) 11.20; 8. Orlann Ombissa (Fra) 11.29.

200 METERS

(wind +0.2): 1. Asher-Smith 21.89 NR (WL) (22, x W);

2. Schippers 22.14; 3. Samuel 22.37 =PR; 4. Kambundji 22.45; 5. Ivet Lalova-Collio (Bul) 22.82; 6. Bianca Williams (GB) 22.88; 7. Beth Dobbin (GB) 22.93; 8. Laura Müller (Ger) 23.08.

400 METERS

1. Justyna Święty-Ersetic (Pol) 50.41 PR; 2. María Belibasáki (Gre) 50.45 NR; 3. Lisanne de Witte (Neth) 50.77 NR; 4. Laviai Nielsen (GB) 51.21 =PR; 5. Iga Baumgart-Witan (Pol) 51.24 PR; 6. Agnė Šerkšnienė (Lit) 51.42; 7. Floria Guei (Fra) 51.57; 8. Madiea Ghafoor (Neth) 51.57.

800 METERS

1. Nataliya Pryshchepa (Ukr) 2:00.38 (59.73/60.65); 2. Renelle Lamote (Fra) 2:00.62 (59.55/61.07); 3. Olha Lyakhova (Ukr) 2:00.79

(59.95/60.83); 4. Adelle Tracey (GB) 2:00.86 (59.63/61.23); 5. Anna Sabat (Pol) 2:01.26; 6. Lynsey Sharp (GB) 2:01.83; 7. Selina Büchel (Swi) 2:02.05; 8. Shelayna Oskan-Clarke (GB) 2:02.26.

1500 METERS

1. Laura Muir (GB) 4:02.32 (63.12); 2. Sofia Ennaoui (Pol) 4:03.08 (61.84); 3. Laura Weightman (GB) 4:03.75 (63.89);

4. Ciara Mageean (Ire) 4:04.63; 5. Simona Vrzalová (CzR) 4:06.47; 6. Marta Pen (Por) 4:06.54; 7. Hanna Hermansson (Swe) 4:07.16 PR; 8. Daryia Barysevich (Blr) 4:07.52.

STEEPLE

1. Gesa-Felicitas Krause (Ger) 9:19.80; 2. Fabienne Schlumpf (Swi) 9:22.29; 3. Karoline Bjerkeli Grøvdal (Nor) 9:24.46; 4. Luiza Gega (Alb) 9:24.78; 5. Adva Cohen (Isr) 9:29.74 NR; 6. Elena Burkard (Ger) 9:29.76 PR; 7. Anna Emilie Møller (Den) 9:31.66 NR; 8. Irene Sánchez (Spa) 9:31.84 PR.

5000 METERS

1. Sifan Hassan (Neth) 14:46.12; 2. Eilish McColgan (GB) 14:53.05; 3. Yasemin Can (Tur) 14:57.63; 4. Konstanze Klosterhalfen (Ger) 15:03.73; 5. Melissa Courtney (GB) 15:04.75 PR; 6. Susan Krumins (Neth) 15:09.65; 7. Ancuța Bobocel (Rom) 15:16.13 PR; 8. Maureen Koster (Neth) 15:21.64; ... dq—Lonah Chemtai Salpeter (Isr).

10,000 METERS

1. Salpeter 31:43.29; 2. Krumins 31:52.55; 3. Meraf Bahta (Swe) 32:19.34; 4. Alina Reh (Ger) 32:28.48; 5. Can 32:34.34;

6. Alice Wright (GB) 32:36.45; 7. Charlotta Fougberg (Swe) 32:43.04 PR; 8. Sviatlana Kudzelich (Blr) 32:46.34.

100 HURDLES

(wind -0.5): 1. Elvira Herman (Blr) 12.67; 2. Pamela Dutkiewicz (Ger) 12.72; 3. Cindy Roleder (Ger) 12.77; 4. Nadine Visser (Neth) 12.88; 5. Ricarda Lobe (Ger) 13.00; 6. Karolina Kołeczek (Pol) 13.11;... dq—Alina Talay (Blr), Solene Ndama (Fra).

400 HURDLES

1. Léa Sprunger (Swi) 54.33; 2. Anna Ryzhykova (Ukr) 54.51; 3. Meghan Beesley (GB) 55.31; 4. Hanne Claes (Bel) 55.75; 5. Yadisleidy Pedrosa (Ita) 55.80; 6. Vera Rudakova (Rus) 55.89; 7. Viktoriya Tkachuk (Ukr) 56.15; 8. Eilidh Doyle (GB) 56.23.

MARATHON

1. Volha Mazuronak (Blr) 2:26:22; 2. Clémence Calvin (Fra) 2:26:28 PR; 3. Eva Vrabcová-Nývltová (CzR) 2:26:31 NR; 4. Maryna Damantsevich (Blr) 2:27:44 PR; 5. Nastassia Ivanova (Blr) 2:27:49; 6. Sara Dossena (Ita) 2:27:53 PR; 7. Martina Stráhl (Swi) 2:28:07 PR; 8. Catherine Bertone (Ita) 2:30:06.

20K WALK

1. Mária Pérez (Spa) 1:26:36 NR; 2. Anežka Drahotová (CzR) 1:27:03; 3. Antonella Palmisano (Ita) 1:27:30; 4. Brigita Virbalytė-Dimšienė (Lit) 1:27:59 NR; 5. Živilė Vaiciukevičiūtė (Lit) 1:28:07 PR; 6. Laura García-Caro (Spa) 1:28:15 PR; 7. Inna Kashyna (Ukr) 1:29:16; 8. Ana Cabecinha (Por) 1:29:49.

50K WALK

1. Inês Henriques (Por) 4:09:21 (x, 6 W); 2. Alina Tsviliy (Ukr) 4:12:44 NR (7, 10 W);

3. Julia Takács (Spa) 4:15:22; 4. Khrystyna Yudkina (Ukr) 4:20:46 PR; 5. Vasylyna Vitovshchik (Ukr) 4:23:15 PR; 6. Mária Czaková (Svk) 4:24:59; 7. Ainhoa Pinedo (Spa) 4:27:03; 8. Mar Juárez (Spa) 4:28:58 PR.

4 x 100

1. Great Britain 41.88 (WL) (Asha Philip, Imani Lansiquot, Bianca Williams, Dina Asher-Smith);

2. Netherlands 42.15 (Dafne Schippers, Marije van Hunenstijn, Jamile Samuel, Naomi Sedney);

3. Germany 42.23 (Lisa Marie Kwayie, Gina Lückenkemper, Tatjana Pinto, Rebekka Haase);

4. Switzerland 42.30 (Ajla Del Ponte, Sarah Atcho, Mujinga Kambundji, Salomé Kora);

5. France 43.10 (Orlann Ombissa-Dzangue, Stella Akakpo, Jennifer Galais, Carolle Zahi);

6. Poland 43.34 (Kamila Ciba, Anna Kielbasińska, Martyna Kotwiła, Ewa Swoboda);

7. Italy 43.42 (Johanelis Herrera Abreu, Gloria Hooper, Irene Siragusa, Audrey Alloh);

8. Spain 43.54 (Maria Isabel Pérez, Estela García, Paula Sevilla, Cristina Lara).

4 x 400

1. Poland 3:26.59 (Małgorzata Hołub-Kowalik 52.3, Iga Baumgart-Witan 51.4, Patrycja Wyciszkiewicz 51.20, Justyna Świąty-Ersetic 51.71);

2. France 3:27.17 (Elea Mariama Diarra 52.6, Deborah Sananes 51.8, Agnes Raharolahy 51.18, Floria Guei 51.59);

3. Great Britain 3:27.40 (Zoey Clark 52.5, Anyika Onuora 52.0, Amy Allcock 51.48, Eilidh Doyle 51.50);

4. Belgium 3:27.69 NR (Cynthia Bolingo Mbongo, Hanne Claes, Justien Grillet, Camille Laus (51.10);



Christin Hussong PRed in both the qualifying and final, moving to No. 10 on the all-time world list. (MARK SHEARMAN)

5. Italy 3:28.62 (Maria Benedicta Chigbolu, Ayomide Folorunso, Raphaela Boaheng Lukudo, Libania Grenot 53.06);

6. Germany 3:30.33 (Nadine Gonska, Laura Müller, Karolina Pahlitzsch, Hannah Mergenthaler);

7. Romania 3:32.15 (Andrea Miklos, Cristina Daniela Balan, Sanda Belgyan, Bianca Răzor);

8. Slovakia 3:32.22 (Emma Zapletalová, Iveta Putalová, Daniela Ledecká, Alexandra Bezeková).

HIGH JUMP

1. Mariya Lasitskene (Rus) 6-6¾ (2.00) (6-1½, 6-3¼, 6-4¼, 6-5 [2], 6-6, 6-6¾ [2], 6-8¼ [xxx]) (1.87, 1.91, 1.94, 1.96 [2], 1.98, 2.00 [2], 2.04 [xxx]); 2. Mirela Demireva (Bul) 6-6¾ =PR (6-1½, 6-3¼, 6-4¼ [2], 6-6¾ [3], 6-8¼ [xxx]) (1.87, 1.91, 1.94 [2], 2.00 [3], 2.04 [xxx]); 3. Marie-Laurence Jungfleisch (Ger) 6-5 (1.96); 4. Airinė Palšytė (Lit) 6-5; 5. Kateryna Tabashnyk (Ukr) 6-4¼ (1.94); 6. Michaela Hrubá (CzR) 6-3¼ (1.91); 7. Morgan Lake (GB) 6-3¼; 8. Alessia Trost (Ita) 6-3¼.

POLE VAULT

1. Katerína Stefanídi (Gre) 15-11 (4.85) (15-3, 15-7, 15-9, 15-11 [3], 16-3¼ [xxx]) (4.65, 4.75, 4.80, 4.85 [3], 4.96 [xxx]); 2. Nikoléta Kiriakopoulou (Gre) 15-9 (4.80) (14-7¼, 14-11 [2], 15-3, 15-5, 15-7, 15-9 [2], 15-11 [xxx]) (4.45, 4.55 [2], 4.65, 4.70, 4.75, 4.80 [2], 4.85

[xxx]); 3. Holly Bradshaw (GB) 15-7 (4.75); 4. Anzhelika Sidorova (Rus) 15-5 (4.70); 5. Ninon Guillon-Romarin (Fra) 15-3 (4.65); 6. Angelica Bengtsson (Swe) 15-3; 7. Iryna Zhuk (Blr) 14-11 (4.55); 8. Maryna Kylypko (Ukr) 14-7¼ (4.45).

LONG JUMP

1. Malaika Mhambo (Ger) 22-1¼ (6.75) (20-10½, 20-10½, 22-1¼, 21-5½, f, 22-1) (6.36, 6.36, 6.75, 6.54, f, 6.73);

2. Maryna Bekh (Ukr) 22-1 (6.73) (21-8, 21-2, 21-4¾, f, 21-10¾, 22-1) (6.60, 6.45, 6.52, f, 6.67, 6.73);

3. Shara Proctor (GB) 21-11¼ (6.70) (21-7¼, 21-1½, 21-4¼, 21-11½, f, 21-11¼) (6.58, 6.44, 6.51, 6.69, f, 6.70);

4. Jazmin Sawyers (GB) 21-10¾ (6.67); 5. Nastassia Mironchyk-Ivanova (Blr) 21-7¼ (6.58); 6. Ksenija Balta (Est) 21-3½ (6.49); 7. Khaddi Sagnia (Swe) 21-2¾ (6.47); 8. Evelise Veiga (Por) 21-2¾ (6.47);... dnc—Ivana Španović (Ser).

TRIPLE JUMP

1. Paraskevi Papahristou (Gre) 47-10¾ (14.60) (f, 47-10¾, f, f, f, 46-11¾) (f, 14.60, f, f, f, 14.32); 2. Kristin Gierisch (Ger) 47-5 (14.45) PR (47-5, 45-8½, 43-5¼, 47-2½, 47-¾, 46-8¼) (14.45, 13.93, 13.24, 14.39, 14.34, 14.23); 3. Ana Peleteiro (Spa) 47-4½ (14.44) (47-3¾, 47-¼, 46-4, f, f, 47-4½) (14.42, 14.33, 14.12, f, f, 14.44); 4. Elena Andreea Panțuroiu (Rom) 47-2¼ (14.38); 5. Hanna Minenko (Isr) 47-1¾ (14.37); 6. Gabriela Petrova (Bul) 46-9½ (14.26); 7. Jeanine Assani Issouf (Fra) 46-4 (14.12); 8. Rouguy Diallo (Fra) 46-2½ (14.08).

SHOT

1. Paulina Guba (Pol) 63-5 (19.33) (61-7, 61-7, f, 60-8, 62-5, 63-5) (18.77, 18.77, f, 18.49, 19.02, 19.33); 2. Christina Schwanitz (Ger) 62-11½ (19.19) (62-11½, 62-7¼, f, 61-10½, f, 62-3¼) (19.19, 19.08, f, 18.86, f, 18.98); 3. Aliona Dubitskaya (Blr) 61-8½ (18.81); 4. Klaudia Kardasz (Pol) 60-7¾ (18.48) PR; 5. Sara Gambetta (Ger) 59-5¾ (18.13);

6. Radoslava Mavrodieva (Bul) 59-2 (18.03); 7. Sophie McKinna (GB) 58-½ (17.69); 8. Viktoriya Kolb (Blr) 57-5 (17.50).

DISCUS

1. Sandra Perković (Cro) 221-10 (67.62) (f, 193-10, 196-9, f, 221-10, f) (f, 59.09, 59.97, f, 67.62, f); 2. Nadine Müller (Ger) 206-8 (63.00); 3. Shanice Craft (Ger) 204-11 (62.46); 4. Claudine Vita (Ger) 200-11 (61.25); 5. Daisy Osakue (Ita) 194-7 (59.32); 6. Dragana Tomašević (Ser) 193-4 (58.94); 7. Liliana Cá (Por) 193-3 (58.91); 8. Alexandra Emilianov (Mol) 190-7 (58.10).

HAMMER

1. Anita Włodarczyk (Pol) 259-0 (78.94) (227-6, 251-0, 255-4, 259-0, 257-8, f) (69.35, 76.50, 77.82, 78.94, 78.55, f); 2. Alexandra Tavernier (Fra) 245-4 (74.78) NR; 3. Joanna Fiodorow (Pol) 242-9 (74.00); 4. Malwina Kopron (Pol) 236-10 (72.20); 5. Hanna Skydan (Aze) 236-6 (72.10); 6. Zalina Petrivskaya (Mol) 235-7 (71.80); 7. Kathrin Klaas (Ger) 234-7 (71.50); 8. Sophie Hitchon (GB) 231-4 (70.52).

JAVELIN

1. Christin Hussong (Ger) 222-9 (67.90) PR (10, x W) (222-9, 205-2, f, f, f, 194-0) (67.90, 62.53, f, f, f, 59.15);

2. Nikola Ogrodniková (CzR) 202-11 (61.85); 3. Liveta Jasiūnaitė (Lit) 202-0 (61.59); 4. Martina Ratej (Slo) 201-5 (61.41); 5. Tatsiana Khaladovich (Blr) 199-10 (60.92); 6. Alexie Alais (Fra) 196-10 (60.01); 7. Irena Šedivá (CzR) 196-1 (59.76); 8. Sigrid Borge (Nor) 195-6 (59.60).

HEPTATHLON

1. Nafi Thiam (Bel) 6816 (WL)

(13.69, 6-3¼/1.91, 50-4½/15.35, 24.81, 21-8/6.60, 190-0/57.91, 2:19.35);

2. Katarina Johnson-Thompson (GB) 6759 PR

(13.34, 6-3¼/1.91, 42-11½/13.09, 22.88, 21-11/6.68, 138-4/42.16, 2:09.84);

3. Carolin Schäfer (Ger) 6602

(13.33, 5-10½/1.79, 46-4/14.12, 23.75, 20-5¾/6.24, 176-3/53.73, 2:14.65);

4. Ivona Dadić (Aut) 6552 NR

(13.66, 5-11½/1.82, 46-1½/14.06, 23.61, 20-10/6.35, 155-7/47.42, 2:11.87);

5. Anouk Vetter (Neth) 6414

(13.55, 5-9¼/1.76, 48-6¼/14.79, 23.97, 20-8/6.30, 168-1/51.25, 2:22.84);

6. Kateřina Cachová (CzR) 6400 PR

(13.29, 6-¾/1.85, 41-8½/12.71, 24.25, 20-10½/6.36, 146-5/44.64, 2:14.91);

7. Xénia Krizsán (Hun) 6367

(13.64, 5-10½/1.79, 45-10¾/13.99, 25.05, 20-5¾/6.24, 149-1/45.45, 2:07.61);

8. Verena Preiner (Aut) 6337 PR

(13.58, 5-8/1.73, 45-1¾/13.76, 24.12, 19-11¼/6.09, 160-1/48.79, 2:11.29);

NACAC MEN'S RESULTS

Toronto, Ontario, August 10-12—

(8/10—10K, 20W, TJ, SP; 8/11—100, 400, 800, 5K, 110H, HJ, HT, JT)

100(0.4): 1. Tyquendo Tracey (Jam) 10.03; 2. Kendal Williams (US) 10.11; 3. Cameron Burrell (US) 10.12;

4. Bismark Boateng (Can) 10.16; 5. Gavin Smellie (Can) 10.21; 6. Warren Fraser (Bah) 10.26;... dnf—Kenroy Anderson (Jam);... dq—Jason Rogers (StK).

200(1.7): 1. Kyle Greaux (Tri) 20.11; 2. Aaron Brown (Can) 20.20; 3. Nigel Ellis (Jam) 20.57; 4. Jahnoy Thompson (Jam) 20.59; 5. Jerome Blake (Can) 20.64; 6. Andrew Hudson (US) 20.67;... dq—Terrell Smith (US).

400: 1. Demish Gaye (Jam) 45.47; 2. Nery Brenes (CR) 45.67; 3. Fitzroy Dunkley (Jam) 45.76; 4. Myles Pringle (US) 45.99; 5. Yoandys Lescay (Cub) 46.21; 6. Alonzo Russell (Bah) 46.26.

800: 1. Brandon McBride (Can) 1:46.14; 2. Marco Arop (Can) 1:46.82; 3. Wesley Vázquez (PR) 1:47.63; 4. Anthonio Mascoll (Bar) 1:48.00; 5. Drew Piazza (US) 1:48.31; 6. Brandon Lasater (US) 1:50.91.

1500: 1. Izaic Yorks (US) 3:51.85; 2. Patrick Casey (US) 3:51.87; 3. Charles Philibert-Thiboutot (Can) 3:52.60; 4. Pedro Acuña Maya (Cub) 3:54.08.

St: 1. Andy Bayer (US) 8:28.55; 2. Travis Mahoney (US) 8:29.29; 3. Jordan Mann (US) 8:45.14.

5000: 1. Hassan Mead (US) 14:00.18; 2. Riley Masters (US) 14:01.04; 3. Justyn Knight (Can) 14:01.77; 4. Emmanuel Bor (US) 14:02.40;

5. Kemoy Campbell (Jam) 14:10.68.

10,000: 1. Lopez Lomong (US) 29:49.03; 2. Elkanah Kibet (US) 29:51.37; 3. Reed Fischer (US) 29:53.63; 4. Sergio Ruez Villa (Can) 30:20.31.

110H(0.4): 1. Hansle Parchment (Jam) 13.28; 2. Aleec Harris (US) 13.49; 3. Shane Brathwaite (Bar) 13.52; 4. Jeffery Julmis (Hai) 13.63; 5. Ruebin Walters (Tri) 13.72; 6. Johnathan Cabral (Can) 14.07;... dq—Devon Allen (US).

400H: 1. Kyron McMaster (BVI) 48.18; 2. Annsert Whyte (Jam) 48.91; 3. Khallifah Rosser (US) 49.13; 4. Shawn Rowe (Jam) 49.40; 5. TJ Holmes (US) 49.79; 6. Leandro Zamora (Cub) 50.01; 7. Jehue Gordon (Tri) 50.12.

20W: 1. Evan Dunfee (Can) 1:25:39; 2. Nick Christie (US) 1:30:11; 3. John Cody Risch (US) 1:36:05;... dq—Emmanuel Corvera (US).

4 x 100: 1. Canada 38.56 (Bismark Boateng, Jerome Blake, Mobolade Ajomale, Aaron Brown); 2. Barbados 38.69; 3. Trinidad & Tobago 38.89; 4. Jamaica 38.96; 5. Turks & Caicos 41.21;... dnf—United States (Jeff Demps, Kendal Williams, Cordero Gray, Cameron Burrell).

4 x 400: 1. United States 3:00.60 (Nathan Strother, Obi Igbokwe, Michael Cherry 45.19, Kahmari Montgomery 44.48);

2. Bahamas 3:03.80 (Alonzo Russell 44.20); 3. Cuba 3:04.11 (Yoandys Lescay 44.19); 4. Canada 3:04.74 (Nathan George 44.67); 5. Barbados 3:05.97;... dq—Jamaica (3:03.78).

Field Events

HJ: 1. Jeron Robinson (US) 7-5 $\frac{3}{4}$ (2.28); 2. Michael Mason (Can) 7-5 $\frac{3}{4}$; 3. tie, Donald Thomas (Bah) & Django Lovett (Can) 7-5 $\frac{3}{4}$; 5. Jamal Wilson (Bah) 7-3 $\frac{1}{4}$ (2.22); 6. Edgar Rivera (Mex) 7-3 $\frac{1}{4}$;... 8. Trey Culver (US) 7-1 (2.16).

PV: 1. Scott Houston (US) 17-10 $\frac{1}{2}$ (5.45); 2. Shawn Barber (Can) 17-8 $\frac{1}{2}$ (5.40);... nh—Cole Walsh (US).

LJ: 1. Marquis Dendy (US) 27-2 $\frac{1}{2}$ (8.29) (27-2 $\frac{1}{2}$, f, f, 26- $\frac{3}{4}$, 25-7 $\frac{1}{4}$, f) (8.29, f, f, 7.94, 7.80, f);

2. Tajay Gayle (Jam) 27- $\frac{1}{2}$ (8.24) PR (f, 26-2 $\frac{1}{4}$, 26-9, 26- $\frac{3}{4}$, 26-8 $\frac{1}{4}$, 27- $\frac{1}{2}$) (f, 7.98, 8.15, 7.94, 8.13, 8.24);

3. Ramone Bailey (Jam) 26-6 $\frac{1}{2}$ (8.09); 4. Tyrone Smith (Ber) 26-2 $\frac{1}{4}$ (7.98); 5. Andwuelle Wright (Tri) 26- $\frac{1}{4}$ (7.93); 6. Ifeanyi Otuonye (TKS) 25-6 $\frac{1}{4}$ (7.78); 7. Damarcus Simpson (US) 25-5 $\frac{1}{2}$ (7.76).

TJ: 1. Jordan A. Díaz (Cub) 55-2 $\frac{3}{4}$ (16.83); 2. Chris Benard (US) 54-10 $\frac{3}{4}$ (16.73); 3. KeAndre Bates (US) 54-4 $\frac{3}{4}$ (16.58);

4. Yordanis Durañona (Dom) 52-8 (16.05); 5. Kaiwan Culmer (Bah) 52-6 $\frac{1}{2}$ (16.01); 6. Alberto Alvarez (Mex) 51-8 $\frac{1}{2}$ (15.76).

SP: 1. Darrell Hill (US) 71-1 $\frac{1}{2}$ (21.68) (67-8, 70-7 $\frac{1}{4}$, 71-1 $\frac{1}{2}$, f, f, f) (20.62, 21.52, 21.68, f, f, f);

2. Tim Nedow (Can) 68-11 $\frac{3}{4}$ (21.02); 3. O'Dayne Richards (Jam) 68-6 $\frac{1}{2}$ (20.89); 4. Ashinia Miller (Jam) 68-5 (20.85); 5. Eldred Henry (BVI) 67-8 $\frac{1}{4}$ (20.63) NR; 6. Curtis Jensen (US) 67- $\frac{3}{4}$ (20.44).

DT: 1. Fedrick Dacres (Jam) 224-7 (68.47) (216-2, 221-1, 210-7, f, 218-0, 224-7) (65.89, 67.39, 64.19, f, 66.46, 68.47);

2. Travis Smikle (Jam) 214-9 (65.46); 3. Reggie Jagers (US) 205-8 (62.70); 4. Mason Finley (US) 201-11 (61.55); 5. Abel Gilet (Hai) 140-9 (42.91); 6. Rickssen Opont (Hai) 133-6 (40.70).

HT: 1. Roberto Sawyers (CR) 239-4 (72.94); 2. Alex Young (US) 238-8 (72.75); 3. Adam Keenan (Can) 238-7 (72.72); 4. Rudy Winkler (US) 231-1 (70.45); 5. Caniggia Raynor (Jam) 212-8 (64.83).

JT: 1. Anderson Peters (Grn) 261-4 (79.65); 2. Curtis Thompson (US) 249-5 (76.02); 3. Markim Felix (Grn) 246-6 (75.14);

4. Capers Williamson (US) 244-0 (74.39); 5. Evan Karakolis (Can) 223-2 (68.02); 6. Brian Donna (Hai) 168-10 (51.46).

NACAC WOMEN'S RESULTS

(8/10—St, 5K, 20W, HJ, DT, HT; 8/11—100, 400, 800, 10K, 100H, PV, LJ)

100(0.9): 1. Jenna Prandini (US) 10.96; 2. Jonielle Smith (Jam) 11.07 =PR; 3. Crystal Emmanuel (Can) 11.11; 4. Dezerea Bryant (US) 11.17; 5. Shelly-Ann Fraser-Pryce (Jam) 11.18; 6. Khalifa St. Fort (Tri) 11.28.

200(-0.3): 1. Shericka Jackson (Jam) 22.64; 2. Crystal Emmanuel (Can) 22.67; 3. Phyllis Francis (US) 22.91;

4. Jodean Williams (Jam) 23.19; 5. Semoy Hackett (Tri) 23.27; 6. Ty'Nia Gaither (Bah) 23.41; 7. Brittany Brown (US) 23.46.

400: 1. Stephenie Ann McPherson (Jam) 51.15, 2. Aiyanna Stiverne (Can) 52.00; 3. Brionna Thomas (US) 52.19; 4. Courtney Okolo (US) 52.21; 5. Christine Day (Jam) 52.53; 6. Maddie Price (Can) 53.54.

800: 1. Ajee' Wilson (US) 1:57.52; 2. Natoya Goule (Jam) 1:57.95; 3. Rose M. Almanza (Cub) 2:00.15; 4. Raevyn Rogers (US) 2:00.75; 5. Lindsey Butterworth (Can) 2:00.81; 6. Simoya Campbell (Jam) 2:00.98.

1500: 1. Kate Grace (US) 4:06.23; 2. Shannon Osika (US) 4:06.92; 3. Gabriela Staford (Can) 4:07.36; 4. Rachel Schneider (US) 4:09.50; 5. Nicole Sifuentes (Can) 4:18.77; 6. Angelin Figueroa (PR) 4:33.15.

St: 1. Mel Lawrence (US) 9:45.36; 2. Emily Oren (US) 9:56.66; 3. Megan Rolland (US) 9:59.85.

5000: 1. Rachel Schneider (US) 15:26.19; 2. Lauren Paquette (US) 15:39.40; 3. Kate Van Buskirk (Can) 15:50.35.

10,000: 1. Marielle Hall (US) 33:27.19; 2. Rochelle Kanuho (US) 33:28.33; 3. Rachel Cliff (Can) 33:30.16; 4. Sarah Pagano (US) 33:33.35.

100H(0.9): 1. Keni Harrison (US) 12.55; 2. Danielle Williams (Jam) 12.67; 3. Andrea Vargas (CR) 12.91; 4. Queen Harrison (US) 12.93; 5. Devynne Charlton (Bah) 13.07; 6. Yanique Thompson (Jam) 13.17.

400H: 1. Shamier Little (US) 53.32; 2. Janieve Russell (Jam) 53.81; 3. Georganne Moline (US) 54.26; 4. Zurian Hechevarría (Cub) 55.71; 5. Leah Nugent (Jam) 55.74; 6. Sparkle McKnight (Tri) 56.33.

20W: 1. Maria Michta-Coffey (US) 1:36:34; 2. Mirna Sucely Ortiz (Gua) 1:38:36; 3. Katie Burnett (US) 1:39:31; 4. Dalia Oliveras (PR) 1:41:01;... dq—Robyn Stevens (US).

4 x 100: 1. United States 42.50 (Kiara Parker, Shania Collins, Dezerea Bryant, Jenna Prandini); 2. Jamaica 43.33, 3. Canada 43.50.

4 x 400: 1. United States 3:26.08 (Briana Guillory, Jasmine Blocker, Kiana Horton 51.89, Courtney Okolo 49.78); 2. Jamaica 3:27.25; 3. Canada 3:28.04.

Field Events

HJ: 1. Levern Spencer (StL) 6-3 $\frac{1}{4}$ (1.91); 2. Liz Patterson (US) 6-2 (1.88); 3. Loretta Blaut (US) 5-11 $\frac{1}{2}$ (1.82); 4. Ximena Esquivel (Mex) 5-11 $\frac{1}{2}$;... nh—Alyx Treasure (Can).

PV: 1. Katie Nageotte (US) 15-7 (4.75) out PR; 2. Yarisley Silva (Cub) 15-5 (4.70); 3. Sandi Morris (US) 15-3 (4.65); 4. Alisandra Negrete (Mex) 13-5 $\frac{1}{4}$ (4.10);... nh—Anicka Newell (Can).

LJ: 1. Sha'Keela Saunders (US) 21-8 (6.60); 2. Quanesha Burks (US) 21-7 $\frac{1}{2}$ (6.59); 3. Tisanna Hickling (Jam) 20-11 $\frac{1}{4}$ (6.38);

4. Tyra Gittens (Tri) 20-6 $\frac{1}{4}$ (6.25); 5. Chantel Malone (BVI) 20-3 $\frac{1}{4}$ (6.19); 6. Bianca Stuart (Bah) 19-11 $\frac{3}{4}$ (6.09).

TJ: 1. Shanika Ricketts (Jam) 46-9 (14.25) (45-3, 46- $\frac{3}{4}$, f, 44-5 $\frac{1}{2}$,

46-7½, 46-8¾) (13.79, 14.04, f, 13.55, 14.21, 14.24);

2. Tori Franklin (US) 46-2¾ (14.09); 3. Thea LaFond (Dom) 45-1 (13.74); 4. Caroline Ehrhardt (Can) 44-8¾ (13.63); 5. Lynnika Pitts (US) 43-11¼ (13.39); 6. Ayanna Alexander (Tri) 42-5½ (12.94).

SP: 1. Maggie Ewen (US) 59-9½ (18.22); 2. Cleopatra Borel (Tri) 58-6 (17.83); 3. Jessica Ramsey (US) 58-4¾ (17.80).

DT: 1. Yaimé Pérez (Cub) 203-3 (61.97); 2. Valarie Allman (US) 195-9 (59.67); 3. Maggie Ewen (US) 193-7 (59.00); 4. Rachel Andres

(Can) 182-7 (55.65).

HT: 1. DeAnna Price (US) 244-9 (74.60) (242-6, 244-9, 243-3, f, f, f) (73.92, 74.60, 74.14, f, f, f);

2. Jillian Weir (Can) 235-2 (71.69); 3. Brooke Andersen (US) 229-10 (70.05); 4. Tynelle Gumbs (BVI) 192-10 (58.78).

JT: 1. Ariana Ince (US) 195-6 (59.59); 2. Bethany Drake (US) 179-6 (54.71) PR; 3. Coralys Ortiz (PR) 179-6 (54.71); 4. Rachel Andres (Can) 142-5 (43.40).