

New York, USA 24th September

# International Update

## IAAF World Half Marathon Championships

Edmonton, Canada  
1st October

The combination of a momentary lack in concentration and a premature celebration was the only incentive Fabiano Joseph required to claim his first World Half Marathon Championship at only 19 years of age. Even more remarkable is the fact that Joseph had finished second in the previous two World Half Marathon Championships, the first at just 17 years of age. Approaching the finishing line, Mubarak Hassan Shami of Qatar (previously known as Richard Yatich of Kenya) raised his arms in victory and slowed to cross the line, allowing Joseph to slip past and claim the title. The miscalculation cost the Qatari US\$15,000, the difference between 1<sup>st</sup> and 2<sup>nd</sup> place at the championships.

Little known Yonas Kifle was able to pip pre-race favourite Sileshi Sihine to finish in third place and help Eritrea win a team's silver medal behind Ethiopia. With the inclusion of Olympic 10000m bronze medallist, Zersenay Tadesse, the Eritrean team will be a huge future threat to the dominance of Ethiopia.

Australia's Brett Cartwright ran strongly through halfway (29.54) before fading in the second half of the race to finish in 35<sup>th</sup> position. After the race Cartwright reflected that remnants of the Gold Coast marathon haunted his legs in the later stages of the race and that he was still dealing with the difficulties of post marathon recovery.

In the women's race Constantina Tomescu of Romania showed her World Championships marathon bronze medal was no fluke, winning her first World Championship by a massive 58 seconds. Australia's sole representative in the women's race was Lauren Shelley who ran 74.36 for 32<sup>nd</sup> place. Lauren, who hails from WA, finished just 9 seconds outside her personal best, an outstanding performance given the near freezing conditions.



Tanzania's Fabiano Joseph steals victory from Hassan Shami Mubarak of Qatar.

### Men

|                         |     |         |
|-------------------------|-----|---------|
| 1. Fabiano Joseph       | TAN | 1:01:08 |
| 2. Hassan Shami Mubarak | QAT | 1:01:09 |
| 3. Yonas Kifle          | ERI | 1:01:13 |
| 4. Sileshi Sihine       | ETH | 1:01:14 |
| 5. Dinkesa Negera Abebe | ETH | 1:01:53 |
| 6. John Yuda            | TAN | 1:02:11 |
| 7. James Macharia       | KEN | 1:02:25 |
| 8. Kazuo Ietani         | JPN | 1:02:26 |
| 9. Yared Asmerom        | ERI | 1:02:44 |
| 10. Norman Dlomo        | RSA | 1:02:45 |
| 35. Brett Cartwright    | AUS | 1:05:10 |

### Women

|                        |     |         |
|------------------------|-----|---------|
| 1. Constantina Tomescu | ROM | 1:09:17 |
| 2. Lornah Kiplagat     | NED | 1:10:19 |
| 3. Susan Chepkemei     | KEN | 1:10:20 |
| 4. Galina Bogomolova   | RUS | 1:10:34 |
| 5. Mihaela Botezan     | ROM | 1:10:36 |
| 6. Madaf Pérez         | MEX | 1:10:37 |
| 7. Lidia Grigoryeva    | RUS | 1:11:01 |
| 8. Nuta Olaru          | ROM | 1:11:07 |
| 9. Merima Hashim       | ETH | 1:11:09 |
| 10. Adriana Pirtea     | ROM | 1:11:10 |
| 32. Lauren Shelley     | AUS | 1:14:36 |



## Buster

Mottram and Alan Webb put on a ding-dong battle for the thousands of spectators.

Australia's Craig Mottram capped off an amazing 2005 northern hemisphere summer with a second victory in the city he started his season, New York. Demonstrating his brilliance and versatility, Mottram added the Continental Airlines Fifth Avenue Mile to the New York Healthy Kidney 10km which he won on the 22<sup>nd</sup> of May. Considered to be one of the most famous city mile road races, New York attracted a strong international field all looking to finish off the season on a positive note.

Eleven toed the line in the men's race with pre-race favourite, USA's Alan Webb, sticking close to the pace maker through the 400m point in 54 seconds, leading the remainder of the field by several metres. Passing through 800m in 1.54, Webb was still several metres up on the field, before Mottram momentarily pulled alongside the American with 200m remaining to run. Mottram edged ahead to take the victory, dipping under 3.50 in the process and recording the 8<sup>th</sup> fastest time in the race's 24-year history.

In the women's race, New Zealand's Kim Smith broke away from the field of 13 athletes to establish an early lead. Unfortunately for Smith, she was caught late in the race and faded to 8<sup>th</sup> position behind Canada's Carmen Douman Hussar, and USA's Amy Rudolph and Treniere Clement.

### Men

|                        |     |        |
|------------------------|-----|--------|
| 1. Craig Mottram       | AUS | 3:49.9 |
| 2. Alan Webb           | USA | 3:51.4 |
| 3. Elkanah Angwenyi    | KEN | 3:54.3 |
| 4. Anthony Famiglietti | USA | 3:57.1 |
| 5. Rui Silva           | POR | 3:57.4 |
| 6. James Thie          | UK  | 3:58.4 |
| 7. Jason Lunn          | USA | 3:59.6 |
| 8. Kevin Sullivan      | CAN | 4:01.4 |
| 9. Nate Brannen        | CAN | 4:03.4 |
| 10. Issac Viciosa      | ESP | 4:08.4 |

### Women

|                           |     |        |
|---------------------------|-----|--------|
| 1. Carmen Douma-Hussar    | CAN | 4:28.0 |
| 2. Amy Rudolph            | USA | 4:28.5 |
| 3. Treniere Clement       | USA | 4:28.7 |
| 4. Carrie Tollefson       | USA | 4:29.2 |
| 5. Amy Mortimer           | USA | 4:30.3 |
| 6. Jenelle Deatherage     | USA | 4:31.6 |
| 7. Jen Toomey             | USA | 4:31.7 |
| 8. Kim Smith              | NZ  | 4:31.9 |
| 9. Sinead Delahunty-Evans | IRL | 4:32.3 |
| 10. Lindsey Gallo         | USA | 4:33.1 |

# Berlin Marathon An Aussie assault!

In 2005 the Real Berlin Marathon acted as the unofficial men's Australian Marathon Championship with eight of Australia's best marathoners all descending on Berlin for a chance to run themselves into the 2006 Commonwealth Games team. Nick Harrison (2.10.22), Andrew Letherby (2.12.45), Shane Nankervis (2.13.07), Rod De Highden (2.13.53), Magnus Michelsson (2.13.59), Kim Gillard (2.15.13), Phillip Sly (2.15.18), Glenn Guzzo (2.17.35), and the marathon debutant Nick Cope, all had their hat in the ring. Just take a moment to consider the amount of Australian quality that was in this race. Seven of these athletes currently occupy positions in the top 40 Australian marathoners of all time. And with three athletes having posted times under the A-qualifying time of 2.14.00, these road warriors needed to go under Sisay Bezabeh's Beppu marathon time of 2.13.14 to push their case for selection in the Commonwealth Games team. In the early stages, Letherby, Nankervis and De Highden were the most aggressive of the Australian's, passing through 10km in 31.12. Harrison, Guzzo, Sly and Gillard followed in a second group 30 seconds further adrift. At 20km Letherby and Nankervis had increased the pace, running 30.46 for the second 10km, while the second group of Aussies had run another consistent split of 31.50, but were showing the signs of falling apart and the next 10km would prove to be decisive. Letherby and Nankervis continued with their great early work with a third 10km split of

31.12. Phil Sly also managed to hold close to his early pace and began putting big time gaps into Gillard, Harrison, De Highden and Guzzo. Magnus Michelsson, who was not having a good day, had already withdrawn prior to 30km. Winning the event by a comfortable margin was Philip Manyim (2.07.41) from Peter Chebet (2.08.58) and Jackson Koech (2.09.07) with the first five athletes all-hailing from Kenya. Letherby, the 2002 Commonwealth Games bronze medallist, truly shone in the final 12.2km, running strongly into 8<sup>th</sup> position, recording a personal best time of 2.11.42 and giving his selection chances a huge boost. Similarly, Shane Nankervis held his race together to also record a pb of 2.12.33 (12<sup>th</sup> place) and put himself in the mix for selection. Phil Sly had another solid day to run another 2.16 (15<sup>th</sup> place). Meanwhile Nick Cope benefited from a conservative start to pick up many of his compatriots and finished with Kim Gillard in 2.20.58 (24<sup>th</sup> and 25<sup>th</sup> place). Harrison and De Highden were only 47 seconds further adrift and also finished together in 27<sup>th</sup> and 28<sup>th</sup> position. Glen Guzzo showed tremendous spirit to chase the 2.14 qualifying, but his second half of 81 minutes will certainly be one that he will not want to remember. Also in Berlin, the women's Olympic marathon champion Mizuki Noguchi of Japan, produced a phenomenal run that saw her finish in 18<sup>th</sup> place overall and clock a time of 2.19.12, making her the third fastest women marathoner of all-time.



Andrew Letherby leading the Australian's home

## Men

- |                         |         |
|-------------------------|---------|
| 1. Philip Manyim KEN    | 2.07.41 |
| 2. Peter Chebet KEN     | 2.08.58 |
| 3. Jackson Koech KEN    | 2.09.07 |
| 4. Joshua Chelanga KEN  | 2.09.10 |
| 5. Joseph Ngolepus KEN  | 2.10.10 |
| 6. Shimeles Mola ETH    | 2.10.11 |
| 7. Michael Rotich KEN   | 2.10.53 |
| 8. Andrew Letherby AUS  | 2.11.42 |
| 9. Romulo da Silva BRA  | 2.12.03 |
| 10. Terefe Yae ETH      | 2.12.07 |
| 12. Shane Nankervis AUS | 2.12.33 |
| 15. Phillip Sly AUS     | 2.16.32 |
| 23. Nicolas Cope AUS    | 2.20.58 |
| 24. Kim Gillard AUS     | 2.20.58 |
| 26. Nick Harrison AUS   | 2.21.45 |
| 27. Rod de Highden AUS  | 2.21.45 |
| 33. Erwin Mcrae AUS     | 2.24.51 |
| 41. Glenn Guzzo AUS     | 2.28.45 |

## Women

- |                        |         |
|------------------------|---------|
| 1. Mizuki Noguchi JAP  | 2.19.12 |
| 2. Luminita Zaituc GER | 2.27.34 |
| 3. Asale Tafa ETH      | 2.28.27 |
| 4. Melanie Kraus GER   | 2.34.23 |
| 5. Worknesh Tola ETH   | 2.35.32 |
| 6. Shona Hicks GBR     | 2.38.42 |
| 7. Anne Aagaard DEN    | 2.38.44 |
| 8. Anna Rahm SWE       | 2.39.31 |
| 9. Eva Gradwohl AUT    | 2.39.51 |
| 10. Jess Petersson GBR | 2.42.01 |



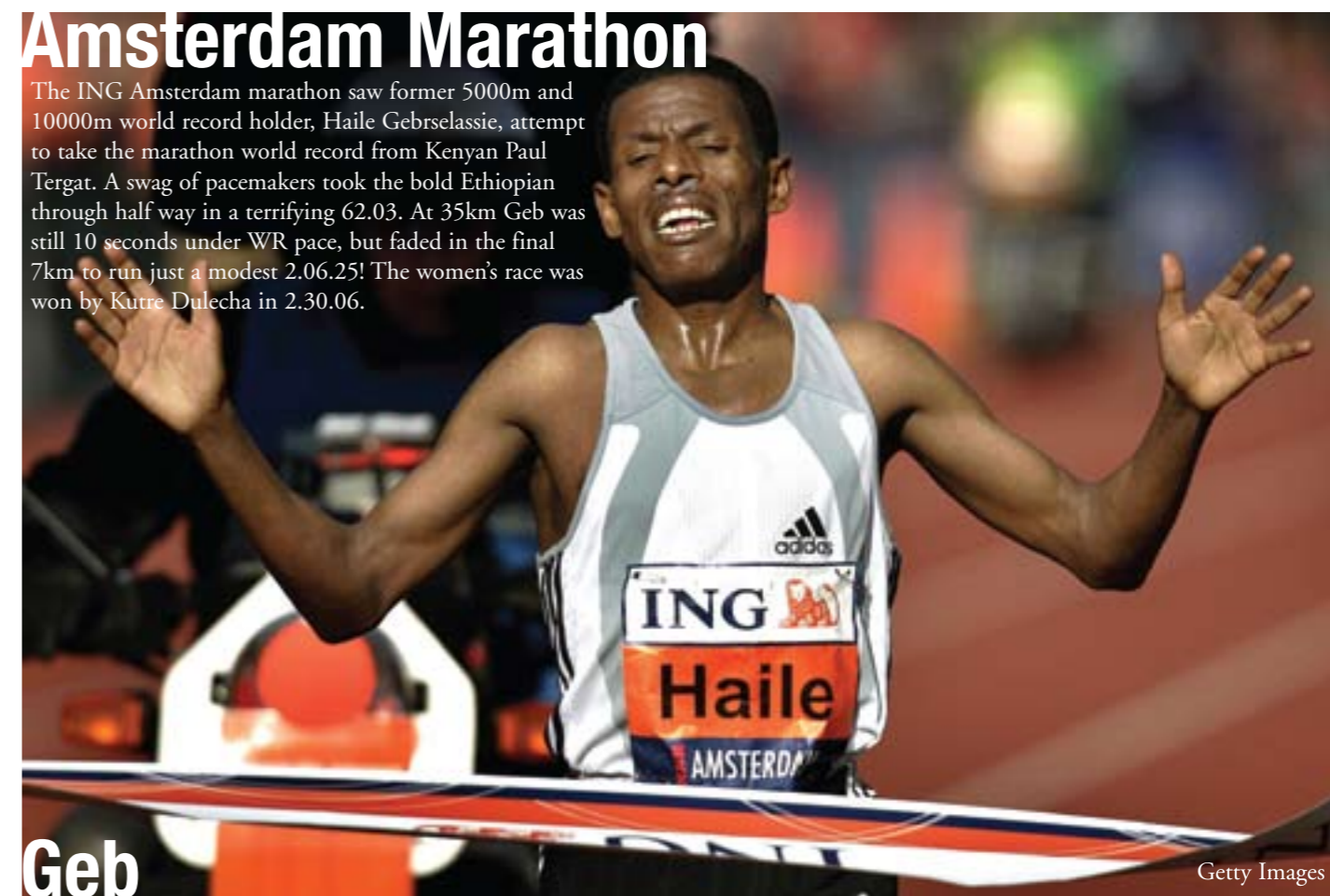
Kim Gillard



Nankervis - shame about the haircut!

# Amsterdam Marathon

The ING Amsterdam marathon saw former 5000m and 10000m world record holder, Haile Gebrselassie, attempt to take the marathon world record from Kenyan Paul Tergat. A swag of pacemakers took the bold Ethiopian through half way in a terrifying 62.03. At 35km Geb was still 10 seconds under WR pace, but faded in the final 7km to run just a modest 2.06.25! The women's race was won by Kutre Dulecha in 2.30.06.



Geb

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