



# Barringer sets record in taking 5th at worlds

## Buff moves up six places in last three laps of steeplechase

Camera staff report  
Tuesday, August 18, 2009

BERLIN -- Jenny Barringer no longer breaks the records of others.

That's just the way it goes when you already own the fastest time in American history.

The University of Colorado star shattered her American record in the 3,000-meter steeplechase by nearly 10 seconds on Monday. Barringer clocked 9 minutes, 12.50 seconds at the IAAF World Championships to finish fifth.

Spain's Marta Dominguez won the race in 9:07.32, which is the best time recorded this season.

"The race, I'm a little sad. The time, I'm like, 'Wow.' I'm stoked," Barringer said. "I'm really happy about the time. I knew I had it in me. This is a place to pop this kind of PR. I'm really pleased with the time."

For the first time in a race this season, Barringer never had a lead and even fell to the back of the pack. With three laps remaining, she was 11th out of 15.

But Barringer, a two-time USA Track & Field and four-time NCAA Champion, continued to push herself. With two laps to go she started to move back up and by the start of the final lap she was eighth. The gap between her and the top seven was about 25 meters.

"She was pretty far back, but she is smart and was on splits that were good for her, and she trusted that there would be victims of the early pace, which there were," Colorado coach Mark Wetmore said. "She closed hard and it's a style that she really enjoys. Her last kilometer was about 3:01, which is really fast. She 'PRed' by 10 seconds and we are thrilled."

In the final 300 meters, Barringer fought her way past Kenyans Gladys Jerotich Kipkemoi (9:14.62, eighth) and then Ruth Bisibori Nyanqau (9:13.16, seventh). Barringer was able to lunge past Tunisia's Habiba Ghribi at the line by .02 seconds for fifth place.

"My actual finish down the straightaway is something I'm proud of," Barringer said. "That kick isn't going anywhere."

That kick allowed Barringer to surpass her previous American, CU and personal record -- 9:22.26 set at 2008 Olympics in Beijing -- by 9.76 seconds.

Monday's race was Barringer's final as a member of the CU track and field team. However, she is returning to Boulder next week for her final cross country season with the Buffs before graduating in

December.

"This is officially the start of cross country season for me," she said. "I can't wait. I'm coming back and I'm so excited to see my teammates."

A former Buff also paced the Americans on Monday. Dathan Ritzenhein placed sixth in the 10,000-meter run with a personal best time of 27:22.28.

"Doing the marathon the last three years teaches you how to grind it out," he said.

Ritzenhein's time is the best ever by an American in the 10K at a World Outdoor Championships, easily bettering Abdi Abdirahman's 27:52.01 from the 2005 Worlds in Finland.

Ritzenhein's time makes him the fourth-fastest American in the event behind only Meb Keflezighi, Abdi Abdirahman and Mark Nenow.

CU assistant coach Casey Malone will participate in the discus at the World Championships today.

## **World Championships**

### **Berlin**

#### **Top 10 in finals only**

#### **MEN**

**10,000** -- 1, Kenenisa Bekele, Ethiopia, 26:46.31. 2, Zersenay Tadese, Eritrea, 26:50.12. 3, Moses Ndiema Masai, Kenya, 26:57.39. 4, Imane Merga, Ethiopia, 27:15.94. 5, Bernard Kiprop Kipyego, Kenya, 27:18.47. 6, Dathan Ritzenhein, United States, 27:22.28. 7, Micah Kipkemboi Kogo, Kenya, 27:26.33. 8, Galen Rupp, United States, 27:37.99. 9, Kidane Tadasse, Eritrea, 27:41.50. 10, Gebregziabher Gebremariam, Ethiopia, 27:44.04.

**Hammer Throw** -- 1, Primož Kozmus, Slovenia, 265-3. 2, Szymon Ziolkowski, Poland, 260-2. 3, Aleksey Zagornyi, Russia, 256-2. 4, Krisztian Pars, Hungary, 254-1. 5, Sergej Litvinov, Germany, 251-3. 6, Markus Esser, Germany, 250-2. 7, Andras Haklits, Croatia, 250-2. 8, Pavel Kryvitski, Belarus, 249-4. 9, Nicola Vizzoni, Italy, 241-9. 10, Libor Charfreitag, Slovakia, 238-3. 11, Dilshod Nazarov, Tajikistan, 235-2. Igor Vinichenko, Russia, NM.

#### **WOMEN**

**100** -- 1, Shelly-Ann Fraser, Jamaica, 10.73. 2, Kerron Stewart, Jamaica, 10.75. 3, Carmelita Jeter, United States, 10.90. 4, Veronica Campbell-Brown, Jamaica, 10.95. 5, Lauryn Williams, United States, 11.01. 6, Debbie Ferguson-McKenzie, Bahamas, 11.05. 7, Chandra Sturup, Bahamas, 11.05. 8, Aleen Bailey, Jamaica, 11.16.

**3,000 Steeplechase** -- 1, Marta Dominguez, Spain, 9:07.32. 2, Yuliya Zarudneva, Russia, 9:08.39. 3, Milcah Chemos Cheywa, Kenya, 9:08.57. 4, Gulnara Galkina, Russia, 9:11.09. 5, Jennifer Barringer, United States, 9:12.50. 6, Habiba Ghribi, Tunisia, 9:12.52. 7, Ruth Bisibori Nyangau, Kenya, 9:13.16. 8, Gladys Jerotich Kipkemai, Kenya, 9:14.62. 9, Antje Moldner, Germany, 9:18.54. 10, Zemzem Ahmed, Ethiopia, 9:22.64.

**Pole Vault** -- 1, Anna Rogowska, Poland, 15-7. 2 (tie), Monika Pyrek, Poland, and Chelsea Johnson, United States, 15-3. 4, Silke Spiegelburg, Germany, 15-3. 5, Fabiana Murer, Brazil, 14-11. 6, Kate Dennison, Britain, 14-11. 7 (tie), Anna Battke, Germany, and Tatyana Polnova, Russia, 14-5¼. 9, Aleksandra Kiryashova, Russia, 14-5¼. 10, Kristina Gadschiew, Germany, 14-5¼.

**Triple Jump** -- 1, Yargeris Savigne, Cuba, 49-03/4. 2, Mabel Gay, Cuba, 47-11¼. 3, Anna Pyatykh, Russia, 47-10. 4, Biljana Topic, Serbia, 47-73/4. 5 Trecia Smith, Jamaica, 47-6¼. 6, Tatyana Lebedeva, Russia, 47-13/4. 7 Cristina Bujin, Romania, 46-9½. 8, Dana Veldakova, Slovakia, 46-9. 9, Limei Xie, China, 46-5½. 10 Olga Rypakova, Kazakhstan, 45-73/4.



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## Oviedo grad Jenny Barringer sets American record in steeplechase

posted by Joe Williams on Aug 17, 2009 6:14:14 PM

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Oviedo's Jenny Barringer continued to set the standard for American women in the 3,000-meter steeplechase.

Barringer marked the end of her track career at the University of Colorado Monday by posting an American record with a time of 9 minutes, 12.50 seconds and finishing fifth at the IAAF World Championships in Berlin, Germany. That time bettered her own American record of 9:22.26 that she set at the 2008 Summer Olympics in Beijing.

Marta Domínguez of Spain won the World Championships in 9:07.32, Yuliya Zarudneva of Russia was second in 9:08.39 and Milcah Chemos Cheywa of Kenya was third in 9:08.57.

"They went out so fast and I have so much respect for those women," Barringer said in a release from the Colorado Sports Information Director's office. "It was a blistering pace. I thought that maybe I was being too timid but it was under what I normally go out at. I think I ran a smart race. I ran a 10-second p.r and it's another American record. I know that I ran hard."

The race marked the first time in a race this season that Barringer never had the lead and even fell to the back of the pack. With three laps remaining, she was 11th out of 15 runners. But, she worked her way back up in the field and was in eighth heading into the final lap.

Barringer's storied track career at Colorado is now over, but she ends as a four-time NCAA champion, including three titles in the steeplechase. She also has six collegiate records, seven school records and three Big 12 Conference individual titles.

She will begin her final cross country season for the Buffaloes in the fall.

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# Jenny Barringer smashes American steeplechase record

August 18, 6:09 AM · Brenda Barrera - Running Examiner

Jenny Barringer's birthday is coming up this weekend and she gave herself an early present with her performance at the World Championships yesterday making a strong finish to claim 5th place in the 3,000 meter steeplechase finishing in a time of 9:12:50, setting a new American record. This shatters the record she set at the 2008 Beijing Olympic Games where she set the previous American record with her 9:22:26 race.

Below are some informative links about Barringer and the sport of steeplechase plus *scroll down to watch her post race interview* with the fine folks at [www.letsrun.com](http://www.letsrun.com). Per her interview, I say she *is* a major force in U.S. women's distance running and I'm excited to see her race toward her future goals!



[From Team USA: Jenny Barringer](#)

**FOR MORE INFO:** [USATF bio](#) / [Jenny's Flotrack blog](#) / [Univ of Colorado bio](#) (lots of info and nice write-up if you scroll down) / [Steeplechasechics.com](#) / [Universal Sports Steeplechase page](#) / [Steeplechase Training & Technique](#)



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Brenda Barrera is an Examiner from the National Edition. You can see Brenda's articles at: ["http://www.Examiner.com/x-560-Running-Examiner"](http://www.Examiner.com/x-560-Running-Examiner)



## Day 3 Team USA evening quotes from Berlin

08-17-2009

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### Chelsea Johnson (Atascadero, Calif.), women's pole vault silver medalist

I knew this year I was going to make the team. I knew I was going to medal. Things have been going really great this year. That was a goal to come here and medal. Silver is great. I have been 100 percent confident. I was ready to go with my eye on the prize. That was the mindset coming in here, going clean for the first three rounds. It was just like in Eugene, make every height on your first attempt. That's what I did today. It is nice to get it done with and rest while the rest of the girls are battling it out.

### Carmelita Jeter (Los Angeles), Women's 100 meters bronze medalist

It was a great race! Like Shelly said, she just jumped out of those blocks, and I just told myself to go and get a medal. I was pleased to get on the podium.

(on the perceived rivalry between the USA and Jamaica)&ndash;There's no bad blood between the USA and Jamaica. We're all competitive, and we want to run fast.

I've trained really hard this year. I've changed my coach to John Smith. We've been working on a lot of things, and tried to put some things together. It's been a great year, and there's more to come next year, and we'll start off next year where we left off this year.

### Jennifer Barringer (Boulder, Colo.), 5<sup>th</sup> in women's 3,000m steeplechase AMERICAN RECORD

The race, I'm a little sad. The time, I'm like, "Wow." I'm stoked. I'm really happy about the time. I knew I had it in me. This is a place to pop this kind of PR. I'm really pleased with the time. In the race, I could see the kicking starting, and I knew belong there. I know if I'm there I got it. That part was hard. I was proud of myself that I finished so strong, despite the fact that in the last 100 meters...I was a little bummed.

My first reaction without seeing any analysis is that the women went out hard. I checked one split for me, and I knew I was running hard for me. These types of races are so tricky. You have to be smart instead of just passionate. I'm proud of the time. A huge American record, 10 seconds. In this race, time doesn't matter. The American record is really cool. I was fifth. What matters is finishing in the top three. That's what I have to keep in mind.

### Dathan Ritzenhein (Eugene, Oregon), 6<sup>th</sup> in Men's 10,000 meters

I'm pretty happy! The one thing I'm disappointed is that the two guys in front of me were fourth and fifth, and that if I had pushed it a bit in the middle, I might have been there with them. I may have ended up sixth anyway, but I'm happy that things came around when they did.

Doing the marathon the last three years teaches you how to grind it out. I knew when the pace picked up that if I could stay in contact, then someone might fall off. There's not very many guys in the world who can sustain the pace up front.

Alberto (Salazar) gets a lot of credit for this one today. The last seven weeks have been awesome. I really enjoyed the change, and I could feel the difference today. I feel that there's been a lot of revitalization in my running. I'm more excited about my running than I've been.

### Tim Nelson (Portland, Oregon), 17<sup>th</sup> in Men's 10000 meters

It was a new experience for me. I think that I could have run a lot better than I did. I'm not happy with the results of the race. I wasn't really sure what was going to happen when that move was made. I wasn't quite sure of myself.

I have a lot of room for improvement.

### Lauryn Williams (Miami, Florida), Women's 100 meters

It was a good race. I don't know what my coach is going to say about what I did technically. I know we both hoped that I could go under 11 seconds, but realistically it would have been difficult to go from 11.0 to 10.7-something.

I came out to do my best, and I feel that I did my best, but where I came up short is that I really was hoping to dip under 11 seconds.

This is the first time in three years that I've run without hamstring problems, and running with just plain athlete soreness. That in itself is exciting.

I don't feel like the Jamaicans are that far away from me. I'm looking forward to getting back up there with them.

### Sheena Tosta (San Diego, Calif.), Women's 400 hurdles

I was focusing on running hard over the first eight and relaxing over the last two hurdles. I wasn't tired, but tomorrow, I'm looking to put it all together. I shut it down, but I didn't see anyone else coming. I think I might have shut it down too much.