



Q&A: Barringer talks about her AR

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BERLIN – Jenny Barringer came to these 2009 World Championships looking to contend for her first international medal in the women's 3000m steeplechase. While the University of Colorado standout did not land on the podium, she did obliterate her American record in the event by 10 seconds, finishing fifth in 9 minutes, 12.50 seconds.

Barringer slipped back in the pack midway through the race and lost contact with the leaders, something she could ill afford to do. But with a strong-willed kick, she was able to pull herself to a higher finish. Afterward, she shared her thoughts in the mixed zone.

#### How do you feel about your performance?

With the place, I'm a little sad. With the time, I'm like wow. I'm really happy with the time. I knew I had it in me. This is the kind of place to pop those kinds of PRs and I'm really pleased with it. As far as the race, I could see the kicking starting and I belong there. I know if I'm there, I got it. That part was hard. I was really proud of myself that I finished so strong despite the fact that the last 100 meters I was a little bummed.

#### Can you talk about the leaders and the early pace that they set?

They got a little bit ahead. I was just trying to run hard and stay at a tough pace and press my own. I did my best.

#### Do you think you slid back a little bit too much way too early?

That is going to be the argument. Should I have pressed a little in the middle? I'll have to sit down with my coach and look at the splits. My first reaction without seeing any race analysis is that the women went out really hard. I checked one split along the way 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. If you're just passionate and you go out with the lead saying, 'I'm going to medal and I'm going to do it from the front the whole way,' I might have hit a wall and not finished where I did. I did what I can do. I'm proud of the time. I knew 9:10 was going to be near the medals so that's what I shot for. I ran 9:12. Again, the time I'm proud of, the race I need to get in it a little more.

#### What did you think about the middle pace of the race?

I was making up ground, but I wasn't totally in there. I just wasn't there when the kicking started so I've got to work on that.

#### You did get an American record out of it though.

Yeah, a huge American record. 10 seconds. Wooooo!

#### Was 9:10 the goal in the back of your mind coming in or what were you thinking?

In this race, time doesn't matter. The American record is really cool, but I was fifth. What matters is top three, so that's what I have to keep in mind. The time is a good gauge. You have to know what you are physically capable of this year, this season, this championship. I knew I could run 9:10. I knew I hadn't done it yet but that I had it in me. I came really close to that. Every time my coach and I have sat down and said this is the shape I'm in, we've been really close. I knew 9:10. I thought it would get medals. I think 9:09 got a medal (9:08.57 took bronze), so I need to run something around there. But we're working on it. I'm only 22, right? We still have a couple years to work on it.

#### Did some of your experience from Osaka and Beijing show itself here?

Absolutely. In Osaka, I went out at the back of the pack and raced in the back. I was missing some aggression. I was missing some passion in it. I was maybe being too practical. In Beijing, I went out and said, 'I'm hungry and I want to run really, really fast.' So I ran fast, ran well. This year, I wanted to be there, I wanted to be kicking, and I got as close as I could. It's been a great progression. I'm so much more experienced than two years ago. I'm a totally different runner. As I continue to mature, I'm seeing in myself a lot of growth, and a lot of potential for growth. Like I said, the kick is there. I just got to be in the dogfight. Two years from now, we'll be there.

#### You were ninth in Beijing and fifth here. You're kind of getting geometric in your progression. Are you going to medal in 2011?

I've got big goals, and I've got goals beyond being a great steeplechaser. I want to be a great female American distance runner. I'm working from the 800m up through the 5K. I want to be able to make a meaningful contribution to this USA team anywhere they need me. That's what I'm working on.



By: Getty Images

Jennifer Barringer (right) broke the American record in the women's 3000m steeplechase by 10 seconds with a time of 9:12.50.

**So from ninth to fifth. What's next, first?**

(laughs) Yeah, we're getting there. I'm coming back strong. I'm telling you now, if I'm there at the end I'm going to be fierce.

**Why did you opt to just run the steeplechase when you could have also probably made it in the 1500m?**

I've tried to make smart decisions. I haven't really trained for the 1500m. The 1500m is tricky. You've got rounds. You've got lots of tactics. I'm a baby in the 1500m. I don't know that I know how to run a tactical race. To try and run my first true season of 1500 meters and then change horses midstream, I thought that would be foolish. We had a plan from the beginning of the season and I stuck with it. I ran the steeple. I'm not coming home with a medal, but I'm coming home with a huge PR and an American record so I think I'm doing very well and I'm on my way in my progression.

**Would you consider the 1500m more next year in what is a non-championship season?**

Absolutely. The 800m, the 1500m, the mid-distance races are something I've been excited about developing. I have no race schedule for the next year. I'm looking forward to running cross-country for Colorado in the fall and then signing a contract and I'll have a lot more people in my inner circle to talk about my races for next season.

**So cross-country will be the end of your college eligibility?**

Yup. I'm coming back to the ladies on the Colorado team and I'm going to lead the Buffs, hopefully, to a really great finish at Nationals.





# CU's Malone makes discus finals at World Championships

Camera staff report  
Wednesday, August 19, 2009

BERLIN -- Colorado assistant track and field coach Casey Malone qualified for the discus finals at the World Championships on Tuesday.

Malone needed just one throw to make the finals. His first attempt of 213 feet, 8 inches was good enough for third in his flight and fifth overall, securing his finals berth.

Germany's Robert Harting had the best throw of the round after launching the discus 219-2.

The discus finals are today at 12:10 p.m. Versus is airing the World Championships from 11:30 a.m. to 2 p.m.



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