



## Catching up with Jenny Barringer

Thu Jul 30, 2009 By Joe Battaglia / Universal Sports



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*While most runners packed their bags and headed to Europe to compete on the professional circuit following June's USA Outdoor Championships, Jenny Barringer elected to stay home and train after a difficult stretch of racing.*

*The 2008 Olympic steeplechaser will run her first European race on Friday, when she competes at the DN Galan meet in advance of the IAAF World Championships in Berlin Aug. 15-23. We caught up with the University of Colorado senior in Stockholm to see how she has been and what she is looking forward to in the coming weeks.*

### Can you catch us up on what you've been up to since USA Outdoors?

I've been training. I'm in Sweden right now to run a 5k on Friday. Then I'll run another 800m in Germany a week before the World Championships.

### Did you take some time off after the USA Outdoor Championships and how did you feel physically coming off that grueling stretch of conferences, Regionals, Prefontaine, NCAAs, and then USAs?

I did take a little bit of down time, not really time off. I went back to Florida to see some of my family. I didn't really feel physically tired after my long stretch of races. I was more emotionally low. It's difficult to get psyched up over and over when the races are coming as quickly as they were.

### How has your training gone?

Really well. We've been able to stick very closely with the plan we put together at the beginning of the season. The Worlds and races in Europe are exciting to train for and the anticipation and desire to do well here are showing in my preparation.

### Did you contemplate heading over to Europe sooner than now and if not, why have you held up?

The plan was put together a while ago based on meets we thought I could get into and what was best for my preparation for the Worlds.

### It has been almost a year since you've raced on the European circuit. What have you missed and what are you most looking forward to about getting out there again on Friday?

I'm excited about the level of competition I'm going to be facing. The trips are fun but stressful at times. I think they bring out a positive edge in me. I enjoy being on an adventure and planning my days around training. I'm sometimes guilty of trying to fit too much into a day when I'm at home. On the road, I'm less likely to be distracted.

### What are your goals for the 5000m race in Stockholm? Is there a time you're shooting for or is it simply to test fitness?

Definitely to test fitness. I would like to go under 15 (minutes) though. I've come so close and I would like to get that one in the books before I'm out of college.

**Why did you elect to race an 800m coming off the 5K?**

It's a difficult effort, very difficult for me, and I can recover from it relatively quickly compared to the other distances. I need to learn to be less intimidated by the shorter events. I'm also excited about the likeliness of running a PR. It's always fun to run a PR, no matter what.

**Heading toward Berlin do you feel you have enough steeplechase races under your belt where you don't need a tune-up in that event before Worlds?**

I feel confident that we have a good plan. The steeple is hard on the body and I know the event pretty well, so doing another one isn't essential. I think gaining fitness is going to be most important for me between now and the Worlds.

**Looking ahead to Berlin and the steeple, do you feel like you are approaching that race in a position of greater strength than maybe you did heading into the Olympic steeple last August?**

I think I'm a better runner than I was a year ago. I think I'm in better shape and I think my mental game has matured. I have a similar ranking going into the meet as I did in Beijing but I have had a much better season in other distances this year. I hope that translates to the steeple at the Worlds when it really counts.

**When you look at some of the top times in the steeple this season, especially seeing Marta Dominguez from Spain run 9:09 this weekend, what kind of time do you think it will take to medal and do you see a sub-9 needed to win gold?**

There is greater depth in the steeple than there was last year. Each year I expect and hope that it's going to get faster and more competitive. I don't know how fast the race will be up front but I think it's safe to say that the top five or six will be faster as a group than they were last year.

**Were you surprised at all when Anna Willard dropped out of the steeple in favor of the 1500m?**

No, I think she could be competitive in either race, but I'm not surprised she decided to focus on just one.

**What are your goals for the steeple in Berlin?**

I want to run a PR. There's a bit of unfinished business there because the steeple is supposed to be my primary event and it's the only distance I've run this year that I didn't set a personal best. I want to do that at the Worlds.

**Do you have any concerns about the length of your season taking a toll or do you feel you've been able to manage that well through selective racing?**

It takes a toll even if you manage it well. I think my coaches and I have communicated well and raced a logical amount. I appreciate that despite the excitement and hype they didn't make me toe the line more than was best for the rest of my season. I still have a lot of spunk left going into the Worlds and that's the way I want it.



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Jul 30th, 2009

## Stockholm GP: Barringer, Wurth-Thomas Win

By [cara](#). Filed under [News](#)

Year after year, the Stockholm Super Grand Prix produces some of the best times and marks in the world. This year, the meet acts as a final tune-up for many athletes, as they race one last time before the World T&F Championships.

*DN Galan Stockholm Super GP: [Event Website](#) / [Results](#)*

### **Stockholm GP Summary**



Running for the first time this season on the European circuit, **Jenny Barringer** showed why she's one of the best women distance runners in the world. Despite getting bounced back and having to sprint back to the front a few times during her race, Barringer won the women's 5,000m race in 15:05.25.

From the gun, Barringer kept on the shoulder of the pace setter, however, from time to time the field would surge and she'd find herself near the back of the pack, then needing to sprint back up to the front to regain the position. A slow early pace meant Barringer was going to have to work hard to break 15 minutes, which was her goal prior to Friday's race, but with 400 meters to go, that task seemed nearly impossible.

However, at the gun, Barringer was sitting at the pack of six runners, which included fellow American **Jen Rhines**, but sprinted to the front with 300 meters to go and never looked back, finishing strong down the homestretch. Barringer's performance was inspiring, as she now looks forward to an 800m contest before the start of the IAAF World T&F Championships.

While Barringer won the race, Rhines finished a very respectable fourth overall. Her finishing time of 15:07.78 dramatically lowered her seasonal best and shows she is rounding into form nicely. **Renee Metivier-Baillie** and **Katie McGregor** finished seventh and tenth respectively in 15:26.49 and 16:11.08.

The other premier race of the day was the women's 1,500m, which saw **Christin Wurth-Thomas** and **Shannon Rowbury** place 1-2. From the start, Rowbury took out the pace, sitting on the shoulder of the rabbit, as she came through 400m in 64 and 800m in 2:09. At 1,200m the Americans were 1-2-3, as Rowbury led, with Wurth-Thomas and **Erin Donohue** both looking strong.

At the bell, Rowbury started to surge, pushing the pace hard, but Wurth-Thomas made her move at 200m and never looked back, taking home first in 4:03.01, with Rowbury finish second. Donohue faded a bit, finishing outside of the top three. Overall, this was another strong showing for the American women at 1,500m.

On the men's side, the marquee event of the day was the men's 1,000m, which saw Bahrain's Belal Mansoor Ali win the race in 2:16.55. The top American finisher was **Bernard Lagat** in fifth place,

finishing in 2:17.52, while '08 Olympian **Christian Smith** finishing right behind in seventh place in 2:17.65. **Leo Manzano** also finished the race, placing tenth in 2:19.73.

## Stockholm GP Preview

Undoubtedly, the women's 5,000m race will be the most anticipated performance of the evening for American distance running fans. Quiet since her U.S. championship performance in the steeplechase over a month ago, **Jenny Barringer** (*pictured left*) finally gets the opportunity to test herself against some of the best distance runners in the world. Barringer came close to breaking the 15 minute barrier in the event earlier in the season, so her obvious goal here will be to dip under the 15 minute mark.

Taking a little down time since the U.S. T&F Championships, Barringer should feel rested and ready to roll. She recently told Universal Sports that her goal for Stockholm was to be competitive and try and dip under 15 minutes, and she'll have plenty of competition to make an honest attempt at the mark. Fellow Americans, **Jen Rhines** and **Katie McGregor**, are both entered in the field as well.

While much of the attention focuses on Barringer, the women's 1,500m should be a great race as well. With a strong list of competitors running 4:05 or faster, this race should be blazing. The trio of **Christin Wurth-Thomas**, **Shannon Rowbury** and **Erin Donohue**, give the Americans three athletes capable of finishing in the top five, while Wurth-Thomas and Rowbury should be eying victory. While Wurth-Thomas ran under 4 minutes this year already, Rowbury should be looking to break the mark as well.

Meanwhile, the men will see a few top Americans take part in the 1,000m dash. This seldom run event hosts a great field, including World Champion **Bernard Lagat** and '08 Olympians **Leo Manzano** and **Christian Smith**. All three Americans, plus fellow U.S. runner **David Krummenacker**, should be looking to PR in the event, while Lagat and Manzano will look to run one last tune-up race before the World T&F Championships.

Elsewhere, **Josh McAdams** and **Kyle Alcorn** will take on a stacked field of talent in the men's 3,000m steeplechase. While their PR's are drastically slower than many in the field, they should get drug along to some very fast times, as well as get one last test before Berlin in a few weeks.

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*Photo courtesy of Michael Strong*



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