

USA's Jenny Simpson takes silver in 1,500; Cain 10th

Fred Baer, Special for USA TODAY Sports 4:09 p.m. EDT August 15, 2013



(Photo: Kirby Lee USA TODAY Sports)

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MOSCOW -- Defending champion Jenny Simpson of the USA had to settle for a silver medal and high school phenom Mary Cain just hoped to gain from the experience of a 10th place finish in the women's 1,500 meters at the IAAF World Championships on Thursday.

Simpson, 26, lost a final lap duel with Abeba Aregawi of Sweden, who won in 4 minutes, 2.67 seconds. Simpson, who had led for most of the first three laps -- at the bell in 3:03.78 -- finished in 4:02.99.

PHOTOS: [Cain in action on the track \(http://www.usatodayhss.com/mary-cain-photos\)](http://www.usatodayhss.com/mary-cain-photos)

Cain, the youngest person (at 17 years and three months) to ever make a world championship 1,500 final, stayed with Simpson the first lap and then slowly fell back. The soon to be high school senior finished in 4:07.19.

"I was running to win, that's crazy, I know" Cain said. "I have to put things in perspective...So many kids my age would die to do this."

Cain added another mark on the all-time high school performance list in the event, which is topped by her record of 4:04.62 set in May, which provided the "A" standard for the world championships. No other high school athlete has run faster than 4:14. In her two other races in Moscow, Cain ran 4:08.21 and 4:05.21.

MORE: [All-USA girls track team \(http://www.usatodayhss.com/amfam/article/cain-headlines-american-family-insurance-all-usa-girls-track-field-team\)](http://www.usatodayhss.com/amfam/article/cain-headlines-american-family-insurance-all-usa-girls-track-field-team)

"I think this is all a learning experience, this whole meet," Cain said. "This is going to motivate me so much for next year...There are no worlds. It's just me and learning how to race. This was a good experience."

Simpson, from Boulder, Colo., was impressed by Cain's performance in Moscow. "Being a finalist is an incredible fete for someone her age," Simpson said. "She has a bright future."

On her own race, Simpson said, "I'm really proud how I ran. It was one of my best races...I think the last 200 I was almost unconscious."

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Report: Lions sign DT Justin Bannan

By Dave Birkett Detroit Free Press Sports Writer Filed Under Sports Detroit Lions Ndamukong Suh Nick Fairley
Aug. 21

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CLEVELAND – The Detroit Lions have agreed to terms with defensive tackle Justin Bannan, according to the Denver Post.

Bannan, who started 15 games for the Denver Broncos last year, visited the Lions before the start of training camp.

The Lions offered him a one-year, veteran-minimum contract at the time, but Bannan decided to see if other opportunities materialized.

The Lions have been looking for veteran, run-stuffing help

 at defensive tackle behind Ndamukong Suh, Nick Fairley and C.J. Mosley.

Backup defensive tackles Jimmy Saddler-McQueen and O.G. Nwagbuo also dressed for tonight's game against the Cleveland Browns.

Bannan, 34, has played for four teams in his first 11 NFL seasons. He had 42 tackles last year.

Contact Dave Birkett: dbirkett@freepress.com. Follow him on Twitter @davebirkett.

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Written by Mike Mangan

7:25 PM, Aug 15, 2013 |

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Colin Montgomerie hits the ball down the green on the 5th hole at En-Joie during the Dick's Sporting Goods Open on Thursday.

Colin Montgomerie hits the ball down the green on the 5th hole at En-Joie during the Dick's Sporting Goods Open on Thursday.



Golf: Senior PGA Championship-Second Round

Zoom

Hale Irwin waits for his turn to putt at the ninth green during the second round of the 74th Senior PGA Championship at Bellerive Country Club in St. Louis. / USA TODAY Sports

ENDICOTT — When it was mentioned to Hale Irwin that he was the 500th winner in Champions Tour history 16 years ago and if maybe come Sunday when the 1,000th champion is crowned at the Dick's Sporting Goods Open the identity of this year's winner might be the same, the 68-year-old Irwin cracked a smile.

Unlikely, but the Hall of Famer would not discount it.

"You never know in this game," Irwin said. "It never fails to amaze me how this game sort of ebbs and flows and changes, and yet at the same time, it's still the same. It's a wonderful game that we never seem to be on top of, yet at the same time we always come back for more, get beat up and come back for more."

Irwin, though, has done his share of beating up the competition for some time. After winning 20 times during his heyday on the PGA Tour, including three U.S. Opens, Irwin continued to clean

up on the Champions Tour.

He has won a record 45 times on the Champions Tour, with Lee Trevino's 29 in second. Irwin's seven Champions Tour majors, which include four Senior PGAs and two U.S. Senior Opens, are second to Jack Nicklaus (eight).

Though six years removed from his last Champions Tour victory, Irwin nearly won the Senior PGA Championship last year, a few days shy of his 67th birthday. He ended finishing

in a tie for third, three shots behind Roger Chapman.

This season has not been to his liking, with two top-25 finishes in 12 starts, but that has done nothing to damper Irwin's competitiveness.

"At the age of 68 I don't feel like I'm over the hill, although it's a pretty big hill in front of me and kind of a small hill back there," said Irwin, pointing behind him as he spoke. "I understand most of my career's in my rearview mirror — there's no doubt about that — but there's still things I think I still want to do.

"I still have goals and achievements

 that I want to have. Whether I make them or not I don't know, but that's the way I've kind of driven myself. If that next victory were to be this week, there would be no one happier than me, believe me."

For someone as accomplished on the golf course

 as Irwin, he remains approachable with fans. An enduring memory is of him running along the ropes giving fans high-fives after sinking a 45-foot birdie putt on the 18th hole during the final round of the 1990 U.S. Open, which he later won in a playoff with Mike Donald to become the oldest champion at 45.

You get the sense if he were to somehow win this week, Irwin might do the same — albeit at a slightly slower pace. It's that relationship with the fans that means as much as any titles he has won, and much of what still keeps him out here.

"If I can leave this game better than what I found it, then I think I've done my job," Irwin said. "If that's because I've won tournaments or because I've added one more person to the game that enjoys it, if it mean's that I've enhanced an amateur's fun

 time at the golf course, then I think those are all small steps that really lead to a big step."