

SATURDAY 20th FEBRUARY, 2010

Kenyan star Rudisha sets 400m PB at local Melbourne track meet

Spectators at the Moonee Valley Athletics Track were treated to a rare spectacle, as Kenyan 800 metre star David Rudisha, registered a new personal best in taking line honours in the men's 400 metres at the Peter Norman Classic, earlier this evening. Running by invitation, the African record holder and fastest man over 800 metres in 2009, was impressive as he clocked 46.5 seconds to finish ahead of local athletes Andrew Boudrie (47.9sec, Athletics Essendon) and Andrew Carew (48.8sec, Old Melburnians).

"This my first 400 metres race outside of Africa, and to set a new personal best makes me very happy," said the 21 year-old Masai man, whose personal best over his preferred race distance of 800 metres is 1:42.01 minutes.

"The conditions were windy, so not good for fast times. To run 46.5 is good for today," said Rudisha who slashed 1.7 seconds off his previous 400 metres best that he set in 2005.

"I am feeling very good, the conditions to train in Australia are perfect. I am hoping for more good performances on the track, and to go faster.

"When I run the 800 metres in Melbourne, I will look to try and run one minute 43 seconds."

Racing again over 400 metres next Saturday (27th February) at the Sydney Track Classic, Rudisha will return to Melbourne to contest his pet 800 metre event, with his sights set on breaking fellow Kenyan David Lelei's Australia all-comers record of 1:43.97 minutes, at the Melbourne Track Classic on Thursday March 4th at Olympic Park.

In other results from the evening's track program, Coburg Harriers sprinter Bola Lawal claimed an impressive sprint double, taking victory in both the Victorian 100 yards Championship (9.6sec) and the feature Peter Norman Memorial 200 metres (21.0sec). Meanwhile, it was a Geelong double in the women's feature sprint events,



with Geelong Guild's Angela Byrt taking home the 100 yard state title (10.7sec) and Deakin's Jess Gulli claiming the Peter Norman Memorial 200 metres women's race (24.2sec).

19-year old hurdler Sam Baines also impressed local track fans, registering a World Junior Championships qualifier in the men's 110 metres hurdles, clocking a legal 13.89 seconds (-0.1m/s) to take the win in the U20 event.

All media enquiries and interview requests to Tom Nickson (PR & Communications Officer) at Athletics Victoria: (03) 9428 8195 or 0413 931 936, or via email: tom@athsvic.org.au.

ENDS.