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2007 Kip Keino Mile Recap, Results and Video

by: LetsRun.com
May 13, 2007

Men's Race: Nick Willis Wins, Anthony Famiglietti Thrills Fan Club



A star studded field from 5 countries (US, New Zealand, Canada, Kenya, and Ireland) assembled to honor Kip Keino and try to crack the 4 minute barrier for the first time in Ithaca, NY.

Nick Willis, the Commonwealth Games gold medallist, was the most decorated runner in the field. However, native New Yorker **Anthony Famiglietti**, one of the hottest runners in the US (he recently ran 13:11 for 5k, the fastest time ever by an American on US soil), was the fan favorite in upstate New York. Fam had his own fan club of sorts in

attendance, the shirtless Rochester Institute of Technology cross country team (on one side of their bodies, they spelled out "F-A-M-I-G-L-I-E-T-T-I" on the other they spelled out "RUN LIKE HELL" (the name of the [self produced Anthony Famiglietti DVD](#) that has turned Fam into one of the most celebrated runners on the professional circuit)).

15-20mph winds made the runners reluctant to follow the pace of the rabbit **Sam MacKenzie**, as whoever was in second would be left in the lead once Mackenzie dropped out at 800m. After the 809m was reached in 2:02, Anthony Famiglietti pushed to the front to try and push through the wind and hopefully get away from Nick Willis.



It was to no avail, as Willis stalked Famiglietti throughout the final two laps. Running right behind Fam, Willis looked so smooth that one sensed he almost certainly would end up the winner as Fam tried to fight through the wind. After casually checking over his shoulder on the final bend to make sure there was no one else coming up strong, Willis seemingly effortlessly went to the lead and pulled away from the field to win comfortably, just missing the sub 4 minute clocking, finishing in 4:00.29. Famiglietti held off New York native **Jason Jabaut** (the Penn Relays mile champion, who is having a very strong spring 2007) to finish

2nd while longer distance specialist **Martin Fagan** of Ireland took a few big scalps to finish 4th.

4:00.29 for the mile may not seem very impressive by a runner of the caliber of Nick Willis, but watch the video below and you'll see why everyone who came to the inaugural Kip Keino mile left very impressed with Nick Willis. He appeared almost to be a man racing boys.

To view the LetsRun.com [photo gallery](#) with photos of the race, Kip Keino, Kip Keino receiving the flag flown over the US Capitol, and the Anthony Famiglietti fan club [click here](#).

Video of the Entire Kip Keino Mile Men's Race:

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(thanks to Brad Bogdan for shooting the video. If you have video of a race you'd like us to use, email us or upload it to blip.tv (free hosts of our video, flotrack.com and chasingkimbia.com)

Results Inaugural Kip Keino Mile

May 13, 2007 Ithaca, NY 2pm 54F 20mph NW

Athlete	Country	Time
1 Nick Willis	New Zealand	4:00.29
2 Anthony Famiglietti	United States	4:02.25
3 Jason Jabaut	United States	4:02.90
4 Martin Fagan	Ireland	4:04.30
5 Blake Boldon	United States	4:04.67
6 Boaz Cheboiywo	Kenya	4:04.98
7 Sam Bair	United States	4:05.46
8 Mark Carroll	Ireland	4:06.38
9 Pat Tarpy	United States	4:07.01
10 Matt Lincoln	Canada	4:09.39
11 Stephen Chemlany	Kenya	4:10.97
12 Dylan Wykes	Canada	4:12.56
13 Max King	United States	4:12.80
14 Stanley Kipchumba	Kenya	4:14.87
15 Eliud Njubi	Kenya	4:20.56
-- Sam MacKenzie	United States	DNF
-- Matt Kerr	Canada	DNF

Women's Race: Megan Metcalfe Outkicks Natalie Hughes



After rabbit **Natalie Gingerich** led the field through 950m, **Natalie Hughes** took the leading duties as **Megan Metcalfe**, **Amber McGown**, and **Melissa Cook** stalked the pace. The same 4 reached the bell fairly close together but Hughes and Metcalfe started to inch away from the rest of the field.

They continued to glide away from the field and with 200m left they both had a lot left. As Metcalfe tried to come around Hughes on the final turn, they both threw it into another gear. Hughes was able to hold off Metcalfe for a little while, but in the end, the former NCAA

5000m champ, Metcalfe, had too much speed over the final 100m. She took the win in 4:38.63 while Hughes got 2nd in 4:40.07 while Melissa Cook came up for third in 4:44.76.

*Results and Video of Race Below * [Race Day Photos Here](#)

* [Pre Race Photos From Athlete Dinner with Kip Keino Here](#)

* [11 Minute Video With Kip Giving Advice to Athletes Here](#)

Video of the Women's Race:



[Click To Play](#)

(thanks to Brad Bogdan for shooting the video. If you have video of a race you'd like us to use, email us or upload it to blip.tv (free hosts of our video, flotrack.com and chasingkimbia.com)



Results Inaugural Kip Keino Mile

May 13, 2007 Ithaca, NY 1:45pm 54F 15-20mph NW

Athlete	Country	Time
1 Megan Metcalfe	Canada	4:38.63
2 Natalie Hughes	United States	4:40.07
3 Melissa Cook	United States	4:44.76
4 Amber McGown	Canada	4:45.43
5 Jennifer Davis	United States	4:46.24
6 Amanda Laytham	United States	4:52.09
7 Allison Carr	United States	4:58.36
-- Natalie Gingerich	United States	DNF

LetsRun.com's Wejo and Rojo, along with **Will Seidel** served as the elite athlete coordinators for this race. They'd like to thank all the star studded athletes for coming to take part and supporting the Kip Keino Foundation. If you are interested in donating to the Kip Keino Foundaiton, please [email us](#).

Masters Men's Mile

1996 Olympian Mark Coogan got the win, \$250, and dipped under 4:30 in the windy conditions.

Results Inaugural Kip Keino Masters Mile

May 13, 2007 Ithaca, NY

Athlete	Country	Time
1 Mark Coogan	New Balance	4:29.53
2 Derrick James	Loco Shoes	4:43.16
3 Tom Hartshorne	United States	5:08.17
4 Scott Bickham	Corning Blue	5:11.17

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