



2008 Bupa London 10,000

Kogo edges out Tadese to become first ever London 10,000 champion

Micah Kogo, the world's fastest 10km road racer in 2007, won the inaugural Bupa London 10,000 today (Monday 26 May) in a repeat of the Bupa Great Manchester Run 12 months ago where he defeated Eritrea's Zersenay Tadese, 2007 IAAF World Cross Country champion, for victory and the UK all-comers record for the distance.

Olympic legend Lasse Viren, who won an incredible double-double in the 5000m and 10000m in the 1972 and 1976 Games started off the strong elite field in wet and windy conditions over a course intended to host the marathon event in the 2012 London Olympics, and a small group headed by seven-times European Cross-Country champion Serhey Lebid soon broke away from the field.

Lebid, who after a conservative start in Manchester a week ago (18 May) had finished well, looked strong in the early stages but was soon dropped as 2008 Flora London Marathon champion Martin Lel and Tadese picked up the pace, the two pulling clear with Micah Kogo and Britain's Mo Farah, Lebid dropping off the back of the group.

The Ukrainian momentarily reeled them back in with Kogo setting the pace, before Tadese kicked once again at the 3km mark, taking over the lead, the rest of the elite runners now well detached.

Going through halfway in 14:35, Lel was now out of contention, Kogo and Tadese were clear with Farah, who set a UK 10,000m track best (27:44.54) at the Cardinal Invitational in the USA in early May, hanging on a few metres behind.

After the trio passed 6km, Tadese kicked for the second time, on this occasion with serious intention of breaking for the finish, however, only Farah was defeated, soon 20m adrift. Kogo matched the 2004 Olympic 10,000m bronze medallist step for step.

As they kicked on along the Victoria Embankment there was nothing between them and they passed the 8km mark having clocked a 2:40 kilometre in 22:40, a near identical replay from the Manchester event one year ago.

Kogo eventually pulled clear as the pair reached Whitehall, sprinting clear along The Mall to finish in 28:08, Tadese clocking 28:15 for second. Farah, having recently returned from a two-month training spell at Flagstaff in the USA with the young Kenyan Kogo, recorded 28:39 for third making him the first-placed British runner.



The second half of the race had been covered in 13:34, more than a minute quicker than the first.

"I really enjoyed that," Farah said, "although my priority is now the Olympics. I want to stay strong and injury free." For the winner he had praise, admitting he benefits from training with an athlete of Kogo's ability. He explained: "I know him really well. It's really nice to train with someone as good as him, he's a class athlete."

The appreciation was mutual, Kogo stating: "I want Mo Farah to do well."

"I was pleased with my performance today in this Bupa London 10,000. It didn't matter to me that it was raining."

Farah's fellow Britons Tomas Abyu (30:14) and Dan Robinson (30:18) finished in ninth and 10th respectively.

More than 6,000 runners braved the elements at the inaugural Bupa London 10000.