



# The Golden Age of Distance Running: 1992 - 2005

*Wayne Middlesteadt*

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On August 16, 1992 Moses Kiptanui of Kenya broke Said Aouita's world record for 3,000m by running 7:28.96. Kiptanui's record run ended a three year drought in the distance events and signaled a deluge of ever improving records over the next 13 years. Between that day in August and the end of 2005 there would be 47 World Records set at standard distances ranging from 800m to the Marathon. Adding Indoor World Records brings the total to 67, and that still doesn't include records set at esoteric distances such as the 1 Hour Run. The record setters hailed from 8 different countries and total 20 individuals. The excitement of the Olympics and World Championships further enrich this period to make it the most dramatic and interesting time in distance running history. Stories, statistics, and training insights bring the athletes and their achievements to life. Legends such as Noureddine Morceli, Wilson Kipketer, Haile Gebrselassie, Paul Tergat, Daniel Komen, Hicham El Guerrouj, and Kenenisa Bekele are prominent in the tale. But the men who chased them - Bob Kennedy, Salah Hissou, Noah, Ngeny, Bernard Lagat, Moses Kiptanui, Johnny Gray, Dieter Baumann, Khalid Khannouchi, Alan Webb, and a host of others - further enhance the narrative, highlighting the triumphs, the disappointments, and the occasional tragedy of the sport. It truly was the Golden Age of Distance Running.

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