

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

René Kalmer ran a brilliant race in the New York Mini 10 km on Sunday, finishing fifth in 33:29 – the seventh fastest time of her career – just a few seconds behind Catherine Ndereba. Kalmer's time is a list leader for 2009. In the Zwitterloot Dakrun in Groesbeek, the Netherlands, Ezbé Strydom ran a PB 34:42 for tenth place.

In the Prefontaine Classic meeting in Eugene, Oregon, Peter van der Westhuizen finished 11th in the mile in a PB 3:56.26. Juan van Deventer did not compete. The first 13 men ran sub-4. In the 800 m Olympic champion Pamela Jelimo lost once again. The meeting produced some wonderful distance running, as can be seen from the host of personal/season's best times clocked. International track action is kicking into high gear now, and the next few weeks will see even more outstanding performances.

One of South Africa's oldest shorter road races, the Muller Potgieter Memorial 15 km, was held for the 41st time this weekend. There was no South African among the top five men; the women's race went to Ndofhiwa Mandiwana. In Johannesburg the Sweat Shop RAC 10 km was run for the 26th time; winners were Jeffrey Gwebu in 29:58 and Lebo Phalula in 34:03. (The latter is assumed to be Dinah-Lebo Phalula, not twin sister Lebogang.)

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sweat Shop RAC 10 km, Johannesburg
- * Muller Potgieter Memorial Race, Pretoria
- * XC: WP League Meeting, Brackenfell; EP League Meeting, Port Elizabeth

International highlights:

- * Zwitterloot Dakrun, Groesbeek, NED
- * NYRR New York Mini 10 km, New York, USA
- * Österreichischer Frauenlauf, Vienna, AUT
- * Internationaler Neusser Sommernachtslauf, Neuss, GER
- * Oelder Sparkassen-City-Lauf, Oelde, GER
- * Sunfeast World 10 km, Bangalore, IND
- * Camp. Italiani Assoluti 2009 di Mezza Maratona, Ravenna, ITA
- * Abraham Rosa International 10 km, Toa Baja, PUR
- * Rock 'n' Roll Marathon, San Diego, USA
- * Scalata al Castello, Arezzo, ITA
- * Dam to Dam 20 km, Des Moines, USA
- * 100 km del Passatore, Faenza, ITA

* Track: Prefontaine Classic, Eugene, USA; Meeting Voor Mon (Flanders Cup), Leuven, BEL; European Cup 10,000, Ribeira Brava (Madeira), POR; Weltklasse in Baunatal, Baunatal, GER; Meeting National D1 d'Hérouville, Hérouville, FRA; Nebiolo Memorial, Turin, ITA; FBK Games, Hengelo, NED; Internationales Sportfest, Rehlingen, GER; Stockholm Women's 10000, Stockholm, SWE; AAC Southern Region Championships, Gaborone, BOT; Asics Nijmegen Global Athletics, Nijmegen, NED; NCAA Division I Mid-East Regional Championships, Louisville, USA; NCAA Division I West Regional Championships, Eugene, USA

ROAD RUNNING

Sweat Shop RAC 10 km (26th)

Johannesburg, 7 June
(Loop course)

MEN

1 Jeffrey Gwebu (Nedbank) 29:58; 2 Wesley Ruto (KEN/Toy) 30:10; 3 Samuel Segoaba (Transnet) 30:11; 4 Isaac Mboyaza (UJ) 30:17; 5 Tsdisio Bosiu (GS) 30:22; 6 Jackson Chauke (ADT) 30:29; 7 Xolisa Tyali (Nedbank) 30:34; 8 Frik Guys (Nedbank) 30:39; 9 Joseph McKenzie (ADT) 30:44; 10 Motsamai Motone (Transnet) 30:46.

Veterans: 1 Gethun Wordofa (ETH/ADT) 33:14; 2 Daniel Radebe (ADT) 33:25; 3 Bheki Nene (ADT) 33:31; 4 Elgin Mokale (Harmony) 33:48; 5 Elias Mabane (Temp) 34:12.

Masters: 1 Samuel Mogudi (RAC) 37:08; 2 Petrus Lefene (GRRC) 39:10; 3 Moses Motshabi (RAC) 40:00. **G'masters:** 1 Paulus Masilela (Bashewa) 40:04; 2 Vincent Lentsoenyane (JHAC) 42:45; 3 Brian Chamberlain (Kudus) 42:58. **G/g'masters:** 1 John McDonald (RAC) 49:48. **80+:** 1 Paul Fouche (Florida) 83:12. **Juniors:** 1 Goitsimodimo Botholo (Kagiso) 34:49.

WOMEN

1 Lebo Phalula (UJ) 34:03; 2 Poppy Mlambo (Nedbank) 36:15; 3 Nolene Conrad (UJ) 36:42; 4 Violet Raseboya (Transnet) 37:02; 5 Mpho Mabuza (Powerade) 37:08; 6 Sylvia Tshetlanyane (Kagiso) 37:30; 7 Tshifhiwa Mundalamo (Nedbank) 38:07; 8 Simangele Mabuza (Nedbank) 38:35; 9 Juan-Marie Cooper (KHOSA) 39:09; 10 Thato Makhafola (Kagiso) 40:16 (1st jun).

Veterans: 1 Sarah Mahlangu (MP) 42:01; 2 Catherine Naane (Driefontein) 44:49; 3 Tracy Jarman (Fit 2000) 59:31. **Masters:** 1 Sonja Laxton (RAC) 43:41; 2 Pam Hampton (Sunninghill) 49:50; 3 Natalie Saunders (Fourways) 50:42. **G'masters:** 1 Liz Ruickbie (RAC) 45:40. **Juniors:** 1 Thato Makhafola (Kagiso) 40:16.

Muller Potgieter Memorial Race (41st)

Pretoria, 6 June
(Distance: 15 km; hilly loop course)

MEN

1 Tiisetso Ramokheseng (LES/Toyota) 48:11; 2 Shebbas Chirchir (KEN/Nedbank) 48:49; 3 Lyno Muchena (ZIM) 49:36; 4 Jonathan Chinyoka (ZIM) 51:02 (1st jun); 5 Oliver Kandeiro (ZIM/Toyota) 51:29.

Veterans: 1 Elias Mabane (Temp) 53:35. **Masters:** 1 Colin Fisher (CSIR) 63:32.

G'masters: 1 Paulus Masilela (Bashewa) 62:09. **Juniors:** 1 Jonathan Chinyoka (ZIM) 51:02.

WOMEN

1 Ndhofiwa Mandiwana (Nedbank) 61:28; 2 Renata Dreyer (Sunninghil) 63:24; 3 Louise van Niekerk (ACR) 64:31.

Veterans: 1 Ronel du Plessis (HMK) 66:12. **Masters:** 1 Linda Potgieter (Phobians) 73:35.

G'masters: 1 Elsabe Spies (HMK) 82:14. **Juniors:** 1 Geraldine Combrinck (Exxaro) 73:04.

CROSS-COUNTRY

WP League Meeting (3rd)

Brackenfell, 6 June

MEN

12 km: 1. Anthony Godongwana (Celtic) 41:31; 2. Patrick Magadla (VOB) 41:34; 3. Kevin Oliphant (Adid) 42:07; 4. Hein Camphor (Adid) 42:16; 5. Bonisile Ngculana (Atl) 42:26; 6. Patrick Ketelo (Gugs) 42:59; 7. Isaac Opperman (CS) 43:17; 8. Mkhululi ? (Atl) 43:31; 9. Marks Mpekula (VOB) 43:36; 10. Isaac Ikalaheng (Adid) 43:39.

4 km: 1. Duane Fortuin (Celtic) 13:11; 2. Virginia Ngudlumana (Celtic) 13:23; 3. Vuyolwethu Piyose (Met) 13:39.

Masters (8 km): 40+: 1. Johnny Persents (Adid) 29:27; 2. Tobias Philander (Adid) 30:01; 3. Barend Jacobs (Celtic) 30:34. **50+:** 1. Goodman Mpukane (Gugs) 30:49; 2. Vukile Mayekiso (Ind) 30:57; 3. Raymond Howard (Ind) 32:43. **60+:** 1. Albertus Bock (Adid) 33:59; 2. Michael Clarke (VOB) 36:17; 3. Johann Botha (RWFL) 36:51. **Juniors (8 km):** 1. Gcobane Mndi (VOB) 28:15; 2. Givemore Mudzinganyama (Adid) 28:19; 3. Thembaliso Zwele (Adid) 28:31.

WOMEN

8 km: 1. Thozama April (Celtic) 32:51; 2. Kirsty Weir (Adid) 33:25; 3. Ronel Nattrass (Adid) 34:41; 4. René de Bruyn (WP Def) 35:03; 5. Busiswe Matiwane (Celtic) 35:28; 6. Sheryl de Lange (Adid) 35:44; 7. Ineke Nel (UCT) 36:54; 8. Elmarie Coetzee (Adid) 37:16; 9. Liesl Steenkamp (Bell) 37:17; 10. Joanne Bate (Tyger) 38:12.

4 km: 1. Ayanda Mahlana (Atl) 18:36; 2. Tina-Mari Meyer (Bell) 18:48; 3. Tishia Johannes (Gugs) 19:07.

Masters (4 km): 40+: 1. Joanna Thomas (VOB) 16:51; 2. Sheryl de Lange (Adid) 16:52; 3. Elmarie Coetzee (Adid) 16:57. **50+:** 1. Olga Howard (Celtic) 17:25; 2. Nancy Will (Pine) 18:52; 3. Charmaine Cupido (Ned) 19:23. **60+:** 1. Pixie Sparg (Celtic) 20:31; 2. Priscilla von Schilcht (Tyger) 21:32; 3. Marlene James (Pine) 23:03. **Juniors (6 km):** 1. Martha Lötter (Ind) 25:11; 2. Linda Hanekom (Bell) 25:43; 3. Yonela Hewu (Gugs) 27:14.

EP League Meeting (3rd)

Port Elizabeth, 6 June

MEN

12 km:

1	Zolani	Ngqaqa	MPEP	20	37:13
2	Nkosinathi	Madyo	Nedbank	21	37:54
3	Phumzile	Sikawuti	Nedbank	29	39:14
4	Melikhaya	Kepe	Nedbank	32	39:28
5	Sindile	Somke	Nedbank	32	39:49
6	Anele	Maliza	MPEP	31	39:57
7	Vuso	Nkonzo	MPEP	24	40:43

8	Mzamo	Fokwana	Charlo	31	40:50
9	Robert	Matthys	MPEP	33	41:32
10	Mzwanele	Maphekula	Nedbank	32	42:04

4 km:

1	Khayaletu	Makalima	MPEP	25	12:39
2	Masande	Mlonyeni	Nedbank	28	13:00
3	Sandile	Ngunuza	Nedbank	26	13:43
4	Zandisile	Mpisane	MPEP	25	13:51
5	Bulelini	Niwa	PEAAC	23	13:56
6	Antonio	Seconds	Nedbank	29	14:02
7	Sibusiso	Mali	Nedbank	16	14:08
8	Sonwabo	Hina	Ndyebo HS	19	14:15
9	Eric	Sigxashe	MPEP	30	14:20
10	Bulelani	Vena	MPEP	30	14:26

40-49:

1	Welcome	Loliwe	Nedbank	44	29:02
2	Neil	De Meillon	Newbal	46	30:46
3	Chris	Darke	Ach	41	31:16

50-59:

1	Nelson	Mgubasi	Willard	51	32:23
2	Stiglingh	Sticks	Kowie	54	32:36
3	Hannes	Els	Madiba	59	32:46

60-69:

1	Percy	Dalton	Ach	60	27:21
2	David	O'rielly	Nedbank	61	29:38
3	Jackson	Ngcoko	Willard	60	30:52

23:

1	Sello	Molefe	NMMU	22	13:09
2	Zolani	Mabongo	MPEP	22	13:20
3	Marinus	Johnson	MPEP	23	13:21

21:

1	Rodney	Prins	MPEP	20	12:27
2	Ivan	Ambraal	Malabar	20	12:47
3	Sinekhaya	Ndlakuse	Nedbank	20	15:07

Juniors:

1	Durian	Louw	Temp	18	27:02
2	Mariano	Eesou	Nedbank	17	27:13
3	Lubabalo	Jusayi	MPEP	18	28:18

WOMEN**8 km:**

1	Babalwa	Ngcoko	MPEP	21	30:53
2	Liandre	Pretorius	MPEP	30	31:13
3	Deliwe	Nyanga	PEAAC	20	32:16
4	Ursula	Kuhn	NMMU	27	33:42
5	Priscilla	Dyantyi	MPEP	35	34:07
6	Christine	Hayes	Achilles	28	37:07
7	Julie	Taunton	Crusade	49	37:39
8	Nophendule	Sineke	Nedbank	43	38:20
9	Janine	Papenhuijzen	Ach	29	40:25
10	Theresa	Lillis	Ach	52	42:54

4 km:

1	Asanda	Solani	Nedbank	25	17:19
2	Corne	Steenberg	Temp	34	17:34

40-49:

1	Christine	Claasen	Ach	44	17:07
2	Grizelda	Pietersen	Ach	40	17:24
3	Nophendule	Sineke	Nedbank	43	18:23

50-59:

1	Paulette	Jordaan	Muirite	0	20:19
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60-69:

1	Liz	Grundlingh	Muirite	62	20:00
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23:

1	Babalwa	Ngcoko	MPEP	21	15:18
2	Noxolo	Marks	MPEP	23	18:53

21:

1	Deliwe	Nyanga	PEAAC	20	15:43
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INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING**Zwitserloot Dakrun**

Groesbeek, NED, 7 June

(Distance: 10 km [4 x 2.5 km circuit])

MEN

1.	Peter Kamais, KEN	27:59
2.	Eshetu Wendimu, ETH	27:59
3.	Abraham Rotich, KEN	28:03
4.	Paul Kipkorir Kipkemoi, KEN	28:04
5.	Dereje Tesfaye, ETH	28:30

WOMEN

1.	Caroline Cheptanui, KEN	31:36 PB/CR* 1000 euro
2.	Nadia Ejjaflini, BRN	32:45
3.	Lydia Kurgat, KEN	33:01
4.	Ruth Wanjiru, KEN	33:20
5.	Monica Wangari, KEN	33:32
... 10.	Ezbe Strydom, RSA	34:42

NYRR New York Mini 10 km (38th)

New York, USA, 7 June

(Certified one-loop course, hilly)

1.	Rose Kosgei, 27, Santa Fe, NM (KEN)	32:43	\$10,000
2.	Serena Burla, 26, Ellisville, MO	33:04	PB 5,000 + 5,000^
3.	Hirut Mandefro, 23, Silver Spring, MD (ETH)	33:13	3,500 + 1,000#
4.	Catherine Ndereba, 36, KEN	33:21	2,500
5.	René Kalmer, 28, RSA	33:29	1,500
6.	Magdalena Lewy Boulet, 35, Oakland, CA	33:32	2,500^
7.	Buzunesh Deba, 21, Bronx, NY (ETH)	33:32	PB 750#
8.	Kelly Jaske, 32, Portland, OR	33:39	PB 1,250^
9.	Yuri Kano, 30, JPN	33:43	

10. Stephanie Rothstein, 25, Eugene, OR 33:48 750^
 ... 113. Deena Kastor, 36, Mammoth Lakes, CA 43:46

^) Earned USA citizen prize money

#) Earned NYRR member award

Österreichischer Frauenlauf (22nd)

Vienna, AUT, 7 June

(Distance: 5 km)

(extended gun times)

1. Jelena Prokopcuka, 1976, LAT	15:29.4 CR*
2. Benita Johnson, 1979, AUS	16:04.8
3. Krisztina Papp, 1982, HUN	16:08.5
4. Julia Bleasdale, 1981, GBR	16:37.0
5. Jessica Augusto, 1981, POR	16:45.6

Internationaler Neusser Sommernachtslauf (27th)

Neuss, GER, 6 June

(Distance: 5 km)

MEN (gun times)

1. Vitaly Shafar, UKR	14:11
2. Dmytro Baranovsky, UKR	14:24
3. Russel Dessaix-Chin, GBR	14:31
4. Falk Cierpinski, GER	14:38
... 9. Dieter Baumann, 1965, GER	14:50

WOMEN (gun times)

1. Rasa Drazdauskaite, LTU	16:28
2. Petra Kaminkova, CZE	16:33
3. Ulrike Maisch, GER	16:45

Oelder Sparkassen-City-Lauf (12th)

Oelde, GER, 5 June

(Distance: 10 km done on 750 m loop)

MEN

1. Paul Kipkorir, 1982, KEN	28:06 CR
2. Julius Arile, 1983, KEN	28:07
3. Mutai Kiprop, 1987, KEN	28:30

WOMEN

1. Leah Malot, 1972, KEN	33:01
2. Caroline Chepkwony, 1985, KEN	33:05
3. Sharon Tavengwa, 1982, ZIM	33:16

Sunfeast World 10 km (2nd)

Bangalore, IND, 31 May

MEN

1. Deriba Merga (Ethiopia)	28:13	USD 21,000
2. Mark Kiptoo (Kenya)	28:15	12,000
3. Bernard Kipyego (Kenya)	28:24	8,000

4. Wilson Kiprotich Kipsang (Kenya) 28:30 6,000
5. Dino Sefir (Ethiopia) 28:39 5,000

WOMEN

1. Aselefech Mergia (Ethiopia) 32:08 USD 21,000
2. Mary Keitany (Kenya) 32:09 12,000
3. Aberu Kebede (Ethiopia) 32:11 8,000
4. Hilda Kibet (Holland) 32:22 6,000
5. Meseret Mengistu (Ethiopia) 32:26 5,000
- ... 8. Sally Barsosio (Kenya) 33:07 2,000

Camp. Italiani Assoluti 2009 di Mezza Maratona

(Italian Half-marathon Championships)

Ravenna, ITA, 31 May

(Distance: 21.1 km)

MEN

1. Isaac Kipkoech Kiplagat, KEN 1:03:23
2. Nahash Rugut Kpingetich, KEN 1:03:46
3. Abdelkadir Saji, MAR 1:03:48
4. Stefano Baldini, ITA 1:03:48

WOMEN

1. Rosaria Console, ITA 1:11:31
2. Nadia Ejjafini, BRN 1:11:38
3. Gloria Marconi, 1968, ITA 1:14:07

Abraham Rosa International 10 km (24th)

Toa Baja, PUR, 31 May

1. Sammy Kitwara, KEN 28:32 \$8000
2. Tilahun Regassa, ETH 28:45 4000
3. John Yuda, TAN 29:01 3000
4. Gilbert Okari, KEN 29:28 2000
5. Tadese Tola, ETH 29:30 1000
- ... 7. James Kwambai, KEN 30:04 700

WOMEN

1. María del Pilar, PUR 37:39

Rock 'n' Roll Marathon (12th)

San Diego, USA, 31 May

(Distance: 42.195 km; certified course with approx. 3 km start/finish separation [less than 8% of the race distance] but 1.8 m/km elevation loss [not record standard])

MEN

1. Khalid El Boumlili, MAR 2:11:16 \$25,000
2. Samuel Mugo, KEN 2:12:37 17,500
3. Tesfaye Tola, ETH 2:13:02 10,000

WOMEN

1. Yulia Gromova, RUS 2:27:37 \$25,000
2. Hellen Kimutai, KEN 2:29:32 17,500
3. Nuta Olaru, ROU 2:30:40 10,000

4. Albina Mayorova, RUS 2:31:46 7,500
5. Albina Gallyamova (40+), RUS 2:38:35 5,000

Scalata al Castello (36th)

Arezzo, ITA, 30 May

(Distance: Men: 10 km, Women: 5 km; loop course, 830 m every lap, with 250 m uphill and 250 m downhill)

MEN

1. Sergey Lebid, UKR 29:01
2. Ezekiel Meli Kiprotich, KEN 29:02
3. Rachid Kisri, ITA 29:11

WOMEN

1. Rahma Faraji, ITA 36:54

Dam to Dam 20 km (30th)

Des Moines, USA, 30 May

(Point-to-point course)

MEN

1. Sammy Malakwen, 31, Two Harbors, MN (KEN) 1:01:52 \$1500 + \$200i
2. John Njoroge, 24, Coon Rapids, MN (KEN) 1:02:10 1200 + 200i
3. Kipruto Rotich, 28, Columbia, MO (KEN) 1:02:25 900 + 200i

i) Earned time bonus for first 3 finishers sub-1:03:00

WOMEN

1. Belainesh Gebre, 21, Flagstaff, AZ (ETH) 1:09:00 CR* \$1500 + \$200i
2. Robyn Friedman, 36, Lambs Grove, IA 1:11:12 1000 + 200i
3. Frashiah Waithaka, 31, Edina, MN (KEN) 1:11:36 700 + 200i

i) Earned time bonus for first 3 under 1:14:00

ULTRARUNNING

100 km del Passatore (37th)

Faenza, ITA, 30 May

Note: Giorgio Calcaterra won for the fourth consecutive time. Irina Vishnevskaya overwhelmed the women's field and won by an hour and 15 minutes. – Ed.

MEN (gun times) -

1. Giorgio Calcaterra, 1972, ITA 6:56:37
2. Marco D'Innocenti, 1975, ITA 7:15:59
3. Vsevolod Khudyakov, 1989, RUS 7:19:16
4. Andrea Bernabei, 1971, ITA 7:34:24
5. Stefano Sartori, 1965, ITA 7:35:51

WOMEN (gun times) -

1. Irina Vishnevskaya, 1982, RUS 7:50:04
2. Paola Sanna, 1977, ITA 9:05:37
3. Chiara Pacchiega, 1969, ITA 9:27:11

TRACK**Prefontaine Classic**

Eugene, USA, 7 June

MEN**800:**

1. Nick Symmonds, USA 1:45.86 SB
2. Alfred Kirwa Yego, KEN 1:46.21 SB
3. Christian Smith, USA 1:46.3 SB
4. Gary Reed, CAN 1:46.37
5. Khadevis Robinson, USA 1:46.64
6. Yuriy Borzakovskiy, RUS 1:47.05 SB

Mile:

1. Asbel Kiprop, KEN 3:48.50 PB, WL
2. Haron Keitany, KEN 3:48.78 PB
3. Nathan Brannen, CAN 3:52.63 PB
4. Belal Mansoor Ali, BRN 3:53.05 SB
5. Nicholas Kiptanui Kemboi, KEN 3:53.43 SB
6. Lopez Lomong, USA 3:53.47 PB
7. Evan Jager, USA 3:54.35 PB
8. Shedrack Kibet Korir, KEN 3:54.77 SB
9. Henok Legesse, ETH 3:54.81 PB
10. Alan Webb, USA 3:55.99 SB
11. Peter van der Westhuizen, RSA 3:56.26 PB
- ... 13. Leonel Manzano, USA 3:58.68
14. Josphat Mitunga Kithii, KEN 4:01.09 PB

3000:

1. Bernard Lagat, USA 7:35.92 SB
2. Saif Saaeed Shaheen, QAT 7:36.87
3. Chris Solinsky, USA 7:37.05 SB
4. Matthew Tegenkamp, USA 7:37.32 SB
5. Alistair Cragg, IRL 7:37.84 SB
6. Eliud Kipchoge, KEN 7:38.24

3000 s/chase:

1. Paul Kipsiele Koech, KEN 8:13.44
2. Roba Gary, ETH 8:21.22
3. Joshua McAdams, USA 8:26.55 SB
4. Luke Watson, USA 8:27.09 PB
5. Ben Bruce, USA 8:33.11

WOMEN**800:**

1. Maggie Vessey, USA 2:00.18 PB
2. Kenia Sinclair, JAM 2:01.02
3. Jemma Simpson, GBR 2:01.10 SB
4. Hazel Clark, USA 2:01.12
5. Tatyana Andrianova, RUS 2:01.16
- ... 7. Pamela Jelimo, KEN 2:05.57

1500:

1. Gelete Burka, ETH 3:59.89
2. Jenny Barringer, USA 3:59.90 PB, NCAA Record

3. Anna Alminova, RUS 4:01.44 PB
4. Anna Willard, USA 4:01.44 PB
5. Christin Wurth-Thomas, USA 4:01.72 PB
6. Shannon Rowbury, USA 4:03.92 SB
7. Nuria Fernández, ESP 4:04.75 SB
8. Nancy Lagat, KEN 4:05.05 SB
9. Meskerem Assefa, ETH 4:05.99 SB
10. Erin Donohue, USA 4:06.70 SB
11. Shalane Flanagan, USA 4:06.91 SB
- ... 13. Shayne Culpepper, USA 4:15.18 SB

2000:

1. Vivian Cheruiyot, KEN 5:31.52 PB
2. Maryam Yusuf Jamal, BRN 5:31.88 PB
3. Linet Masai, KEN 5:33.43 PB
4. Sally Kipyego, KEN 5:35.20 PB
5. Pauline Chemning Korikwang, KEN 5:38.11 PB
6. Amy Begley, USA 5:38.34 PB
7. Kara Goucher, USA 5:41.28 PB
8. Jen Rhines, USA 5:51.69 PB
9. Sara Hall, USA 5:54.07 PB
10. Lauren Hagans, USA 5:57.60 PB

Meeting Voor Mon (Flanders Cup)

Leuven, BEL, 6 June

MEN

1500:

Race 1 -

1. Lloyd Bosman, **RSA** 3:45.08
2. Faïsa Tasama 3:45.14
3. Abdi Nagassi 3:45.41

European Cup 10,000

Ribeira Brava (Madeira), POR, 6 June

MEN

Teams: 1. Portugal, 1:34:57.71; 2. Great Britain, 1:40:44.06.

1. José Manuel Martínez, ESP 27:57.61 SB
2. Rui Pedro Silva, POR 28:01.63 PB
3. José Rocha, POR 28:15.44 PB
4. Sergey Ivanov, RUS 28:24.83 SB
5. Manuel Ángel Penas, ESP 28:25.10 PB

WOMEN

Teams: 1. Portugal, 1:25:04.56; 2. Russia, 1:25:35.97; 3. Spain, 1:25:40.00; 4. Italy, 1:27:41.60.

1. Inês Monteiro, POR 31:34.17 PB
2. Olivera Jevtic, SRB 31:35.92 SB
3. Ana Dulce Félix, POR 31:40.60 PB
4. Ana Dias, POR 31:42.94 SB
5. Christelle Daunay, FRA 32:02.03 SB
6. Fernanda Ribeiro, POR 32:20.08 SB

Weltklasse in Baunatal

Baunatal, GER, 5 June

MEN

1500:

- | | |
|-------------------------------|---------|
| 1. Johann Cronje, RSA | 3:42.71 |
| 2. William Biwott, KEN | 3:43.17 |
| 3. Arthur Lenz, GER | 3:43.91 |
| ... 8. Tshamano Setone, RSA | 3:45.76 |
| ... 13. Pharson Magagane, RSA | 3:50.83 |

Meeting National D1 d'Hérouville

Hérouville, FRA, 5 June

MEN

800:

- | | |
|--|---------|
| 1. Warren HENDRICKS, RSA | 1:50.26 |
| 2. Jean-baptiste RENAUDIE, Stade Bordelais | 1:51.05 |
| 3. Paul RENAUDIE, Stade Bordelais | 1:51.32 |

Nebiolo Memorial (10th)

Turin, ITA, 4 June

800:

- | | |
|----------------------------|---------|
| 1. Abubaker Kaki, SUD | 1:44.25 |
| 2. Dmitrijs Milkevics, LAT | 1:45.36 |
| 3. Richard Kiplagat, KEN | 1:46.32 |

3000:

- | | |
|-------------------------|------------|
| 1. Vincent Chepkok, KEN | 7:37.40 PB |
| 2. Mo Farah, GBR | 7:39.02 SB |
| 3. Gideon Ngatuny, KEN | 7:41.95 PB |

WOMEN

800:

- | | |
|--------------------------------|------------|
| 1. Elisa Cusma Piccione, ITA | 2:00.13 SB |
| 2. Yekaterina Kostetskaya, RUS | 2:00.24 SB |
| 3. Daniela Reina, ITA | 2:01.91 PB |

FBK Games (27th)

Hengelo, NED, 1 June

MEN

800:

- | | |
|------------------------------|------------|
| 1. Abubaker Kaki, SUD | 1:43.10 |
| 2. Amine Laalou, MAR | 1:43.36 SB |
| 3. David Lekuta Rudisha, KEN | 1:43.53 PB |
| 4. Bram Som, NED | 1:44.80 SB |
| 5. Marcin Lewandowski, POL | 1:45.03 PB |
| ... 9. Samson Ngoepe, RSA | 1:46.42 SB |

1500:

1. Asbel Kipruto Kiprop, KEN 3:34.45 SB
2. Deresse Mekonnen, ETH 3:34.85
3. Mohamed Moustouai, MAR 3:36.62
4. Gideon Gathimba, KEN 3:37.02
5. Stefan Eberhardt, GER 3:37.10 PB

DNF - Kenenisa Bekele, ETH

5000:

1. Ali Abdosh, ETH 12:59.56 PB, WL
2. Augustine Kiprono Choge, KEN 13:00.79 SB
3. Eliud Kipchoge, KEN 13:00.91 SB
4. Edwin Cheruiyot Soi, KEN 13:01.69 SB
5. Jacob Korir Cheshari, KEN 13:04.12 PB
6. Mangata Kimai Ndiwa, KEN 13:05.02 PB
7. Abebe Dinkesa, ETH 13:08.63 SB
8. Abraham Chebii, KEN 13:09.11 SB
9. Mathew Kipkoech Kisorio, KEN 13:09.82 PB
10. Ayele Abshero, ETH 13:11.38 PB
11. Gideon Lekumok Ngatuny, KEN 13:12.02 SB
12. Thomas Pkemei Longosiwa, KEN 13:16.29 SB
13. Yusuf Kibet Biwott, KEN 13:19.18 SB
14. Ibrahim Jeilan, ETH 13:19.70 SB
15. Yacob Jarso, ETH 13:21.79
16. Jonas Cheruiyot, KEN 13:24.20 SB
17. Joseph Ebuya, KEN 13:26.01 SB
18. Moses Kibet, UGA 13:28.86 PB
19. Abera Kuma, ETH 13:33.54 PB
20. Stephen Kiprotich, UGA 13:42.20 SB
21. Berhanu Delale, ETH 13:47.41 PB

One Hour:

1. Haile Gebrselassie, ETH 20,822 m
2. Kiplimo Kimutai, KEN 20,797 m
3. Wilson Kiprop, KEN 20,756 m
4. Girma Tolla, ETH 20,102 m
5. Berhanu Addane, ETH 19,929 m
6. Deriba Deme, ETH 18,966 m
7. Silas Kipkorir, KEN 17,372 m

3000 s/chase:

1. Brimin Kipruto, KEN 8:06.46 SB
2. Mahiedine Mekhissi-Benabbad, FRA 8:06.98 PB
3. Elijah Chelimo, KEN 8:12.41
4. Richard Mateelong, KEN 8:13.73
5. Michael Kipyego, KEN 8:14.52
6. Benjamin Kiplagat, UGA 8:16.13 SB
7. Silas Kosgei Kitum, KEN 8:22.53 PB
8. Jamel Chatbi, MAR 8:23.21
9. Jukka Keskisalo, FIN 8:26.96 SB
10. Vincent Kipsegechi Yator, KEN 8:29.07 PB

WOMEN

800:

1. Maryam Yusuf Jamal, BRN 1:59.98 SB
2. Yuliya Krevsun, UKR 2:00.04 SB

3. Jennifer Meadows, GBR 2:00.15 SB
4. Marilyn Okoro, GBR 2:00.58 SB
5. Élodie Guégan, FRA 2:01.32 SB

1500:

1. Gelete Burka, ETH 3:58.79 PB, WL
2. Anna Alminova, RUS 4:01.54 PB
3. Viola Kibiwot, KEN 4:02.70 SB
4. Siham Hilali, MAR 4:05.38 SB
5. Iryna Lishchynska, UKR 4:05.63 SB
6. Sylwia Ejdys, POL 4:05.69 SB
7. Hannah England, GBR 4:05.87 PB
8. Irina Krakoviak, LTU 4:06.75 SB
9. Sonja Roman, SLO 4:06.93 PB
10. Adrienne Herzog, NED 4:07.33 PB

DNF - Juanee Cilliers, RSA

Internationales Sportfest (45th)

Rehlingen, GER, 1 June

MEN

1500:

Race A -

1. William Biwott, KEN 3:37.08 PB
2. Johan Cronje, RSA 3:40.01
3. Pharson Magagane, RSA 3:41.13
4. Tshamano Setone, RSA 3:41.50

3000:

1. Daniel Salel, KEN 7:47.20 SB [1990]
2. Edwin Kipkorir, KEN 7:47.73 SB
3. Arne Gabius, GER 7:48.27 PB
4. Bernard Sang, KEN 7:49.10 SB
5. Olle Wallerang, SWE 7:56.91 PB
6. Mustafa Mohamed, SWE 8:00.64 SB
7. Rico Schwarz, GER 8:00.75 PB
8. Christian Klein, GER 8:02.09 SB
9. Christian Glatting, GER 8:03.75 PB
10. Oskar Käck, SWE 8:04.80 PB

WOMEN

800:

Race A -

1. Renata Plis, POL 2:03.23 SB
2. Abeba Arigawi, ETH 2:03.24 PB
3. Jana Hartmann, GER 2:03.55

Race B -

1. Corinna Harrer, GER 2:05.19 PB [1991]
2. Kerstin Marxen, GER 2:05.82 PB
3. Woynu Zebiya, ETH 2:05.95 PB

3000 s/chase:

1. Antje Möldner, GER 9:27.22 NR
2. Emebet Etea Bedada, ETH 9:35.55 NJR [1990]

- | | | |
|-----------------------|------------|--------|
| 3. Halima Hassen, ETH | 9:35.89 PB | [1992] |
| 4. Lydia Rotich, KEN | 9:38.67 PB | |
| 5. Milka Chemos, KEN | 9:42.90 PB | |

Stockholm Women's 10000

Stockholm, SWE, 30 May
(Distance: 10000 m)

1. Meseret Defar 31:07.34
2. Werknesh Kidane 31:19.00
3. Ahaza Kiros 31:52.99

AAC Southern Region Championships

Gaborone, BOT, 30 May

MEN

800:

1. Onalenna Baloi (BOT) 1:47.38
2. Solomon Seramang (BOT) 1:48.89
3. Hezekiel Sepeng (RSA) 1:49.03

1500:

1. Sheperd Kenatshela (BOT) 3:57.38
2. Kristof Shaanika (NAM) 3:57.66
3. Emmanuel Rantshwabi (BOT) 3:57.81

5000:

1. Boy Soke (RSA) 14:02.45
2. Jonathan Chinyoka (ZIM) 14:06.78
3. Olebogeng Masire (RSA) 14:07.42
4. Sibusiso Nzima (RSA) 14:07.53

WOMEN

800:

1. Caster Semenya (RSA) 2:06.97
2. Klaudia Moses (NAM) 2:09.55
3. Anabelle Lascar (MRI) 2:09.93

1500:

1. Lebo Phalula (RSA) 4:21.52
2. Lebogang Phalula (RSA) 4:23.66
3. Klaudia Moses (NAM) 4:28.19

5000:

1. Milliam Thole (MAW) 16:37.23
2. Teleza Master (MAW) 16:37.71
3. Onneile Dintwe (BOT) 16:51.94

Asics Nijmegen Global Athletics

Nijmegen, NED, 29 May

MEN

800 (results of heats combined):

1. Thomas Mathijs, BEL, 1:47.88

2. Alex Sang, KEN, 1:48.16
3. Youssef El Rhalfioui, Phanos, 1:49.34
4. Ettienne Plaatjies, RSA, 1:49.76
5. Maarten van Baardwijk, Nijm.Atl., 1:49.88

1500 (results of heats combined):

1. Dawit Wolde, ETH, 3:38.22
2. Benjamin Kiplagat, UGA, 3:38.86
3. Cornelius Ndiwa, KEN, 3:39.00
4. Benson Esho, KEN, 3:39.40
5. Geoffrey Marion, BEL, 3:40.21
- ... 7. Lloyd Bosman, RSA, 3:41.03

WOMEN

1500:

1. Denise Krebs, GER, 4:15.72
2. Raika Lenaarts, Hera, 4:16.77
3. Barbara Maveau, BEL, 4:19.17
4. Ezbe Strydom, RSA, 4:20.46

NCAA Division I Mid-East Regional Championships

Louisville, USA, 29-30 May

WOMEN

5000 (29):

- | | | |
|-------------------------|-------------------|----------|
| 1. Angela Bizzarri | JR Illinois | 16:11.00 |
| 2. Gwen Jorgensen | SR Wisconsin | 16:11.54 |
| 3. Lisa Senakiewich | SR Michigan State | 16:12.88 |
| ... 9. Christine Kalmer | SR Arkansas [RSA] | 16:39.77 |

NCAA Division I West Regional Championships

Eugene, USA, 29-30 May

MEN

1500 (30):

- | | | |
|-----------------------|-------------|---------|
| 1. Matthew Centrowitz | FR Oregon | 3:38.30 |
| 2. Galen Rupp | SR Oregon | 3:39.14 |
| 3. Garrett Heath | SR Stanford | 3:41.22 |

5000 (29):

- | | | |
|-------------------|---------------------|----------|
| 1. Galen Rupp | SR Oregon | 13:46.41 |
| 2. David McNeill | JR Northern Arizona | 13:49.77 |
| 3. Brandon Bethke | JR Arizona State | 13:52.91 |

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2009 each week, with one list per issue. Secondary performances of the top three are also listed. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2009 MARATHON: TOP TEN MEN

2:07:44	Hendrick Ramaala	5	London	London	26 Apr
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2:14:29	Lusapho April	8	Hannover	Hannover	03 May
2:15:11	Enos Matalane	1	SA Championships	Durban	08 Feb
2:15:45	Norman Dlomo	5	Nagano Olympic	Nagano	19 Apr
2:15:59	Johannes Kekana	2	SA Championships	Durban	08 Feb
2:17:02	Neo Molema	7	Khon Kaen International	Khon Kaen	25 Jan
2:17:48	Coolboy Ngamole	3	SA Championships	Durban	08 Feb
2:18:17	Othaniel Phalane	9	Matha Series	Durban	08 Feb
2:18:49	Mzwanele Maphekula	4	SA Championships	Durban	08 Feb
2:19:04	Peter Muthubi	5	SA Championships	Durban	08 Feb

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

31 years ago: 18 June 1978

Three of the world's top distance runners – two of them also superb marathon runners – clashed in the Dutch town of Sittard, and it was Dutchman Jos Hermens who scored a significant victory over Carlos Lopes (POR) and Karel Lismont (BEL). Hermens, who today manages many of the world's greatest runners, among them Haile Gebrselassie, won in 28:03.4 and would twice dip under 28 minutes later that year. Lopes clocked 28:05.0 and Lismont 28:24.0. Two years earlier in Montreal Lismont had been third in the Olympic Marathon, while Lopes would win the Olympic marathon title in Los Angeles six year later at the age of 37.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MEN

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:01	Micah Kogo (KEN)		
15 km	27:02*	Haile Gebrselassie (ETH) 2002		
	44:27	Lusapho April	Port Elizabeth	07 Mar
21.1 km	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:12	Hendrick Ramaala	Middelburg	04 Apr
	58:52	Patrick Makau (KEN)		
30 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
Marathon	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
100 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	6:54:57	Jaroslav Janicki (POL)		

6:13:33 Takahiro Sunada (JPN) 1998

*) The Association of Road Racing Statisticians (ARRS) recognises Kenyan Sammy Kipketer's 27:18 in 2001 as the world record because of technical irregularities with the Gebrselassie time. A time of 27:01 by Micah Kogo (KEN) in 2009 is pending.

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:40	Desmond Zibi	Port Elizabeth	09 May
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:22a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:45	Goodman Mpukane	Constantia	07 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	78:25	Johannes Seakamelo	Benoni	25 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	83:45	Tamsanqa Jusayi	Port Elizabeth	09 May
	84:42a	Tamsanqa Jusayi	Jeffreys Bay	28 Mar
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:56	Sityhilo Diko	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:03	Sakhiwo Ganca	Port Elizabeth	25 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:02	Wanda Roro	Wellington	01 May
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	33:29	René Kalmer	New York	07 Jun
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:18	Kim Laxton	Eldorado Park	08 Mar
	48:13	Ines Chenonge (KEN)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	76:08	Tanith Maxwell	Warsaw	29 Mar
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:31	Peninah Arusei (KEN)		
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	7:56:03	Monica Casiraghi (ITA)		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:41	Zola Pieterse	Myrtle Beach	14 Feb
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	41:02	Loesje de Beer	Port Elizabeth	21 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:32	Loesje de Beer	Port Elizabeth	17 Jan
		(and same time in Port Elizabeth on 31 Jan)		
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:14	Margie Saunders	Port Elizabeth	09 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:40:37	Veronica van Niekerk	Wellington	01 May

25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:28:36	Liz Ruickbie	Durban	08 Feb
100 km				

Juniors

10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	62:35	Nadia Hechter	Krugersdorp	04 Feb
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:09	Quarta Wiese	Wellington	01 May
	1:09:05	Delilah Asiago (KEN) 1991		

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