

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

The international track season started in earnest this weekend, with the first Golden League Meeting held in Berlin's spanking refurbished stadium (where the 1936 Olympics were held). Best performance came from Augustine Choge, who won the 1500 m in a personal best and world leading time of 3:29.47. Choge, whose main credentials have been in the 5000 m so far, will go even further down in distance on Wednesday, when he will race the 800 m in Ostrava.

In the 5000 Kenenisa Bekele scored his twelfth straight victory in 13:00.76, but said he "had to work really hard".

In Utrecht Ethiopian Meselech Melkamu became the fourth woman in history to break 30 minutes for 10000 m when she eclipsed Tirunesh Dibaba's national record with 29:53.80. Only China's Wang Junxia's 29:31.78, run in 1993, is faster all-time.

Also in the Netherlands, Samson Ngoepe, a member of the 2008 SA Olympic team, scored his second 800-metre victory in four days when he clocked 1:46.22, his best time of the year. In Kuortane, Finland, steeplechaser Ruben Ramolefi ran a 3000-metre race without barriers and finished fourth in 8:03.97.

Earlier in the week, in Thessaloniki, Johan Cronje recorded a PB 3:35.11 for 1500 m, with two other South Africans, Tshamano Setone and Pharson Magagane, behind him.

In Fayetteville, USA, Galen Rupp became the first athlete since 2000 to win the 5000/10000 m double at the NCAA Championships. He is also the first NCAA distance runner ever to capture five national titles in a single collegiate season, winning the cross-country crown in November, the 3000 m and 5000 m indoor titles, and now the outdoor distance double. Rupp won the 10000 m just a few hours after he had to run a 5000-metre heat at 00:40 in the morning (the previous evening's programme was delayed by thunderstorms).

South African athletes won 26 gold, 17 silver and four bronze medals at the Southern Region Youth Track & Field Championships in Pretoria this weekend. Four of the golds came in the distance events. Namibia's Klaudia Moses produced a prodigious amount of racing, winning all three distance events (800, 1500, 3000) – all on the same day!

Lusapho April's time in Hannover was given as 2:14:29 in last week's Stats Time. This was a typing error – it should have been 2:14:19.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Miles of Smiles Half Marathon & 10 km, Robertson
- * XC: WP League Meeting, Strandfontein; EP League meetings, Port Elizabeth
- * Track: Africa Southern Region Youth Championships, Pretoria

International highlights:

- * Maastrichts Mooiste 5 km, Maastricht, NED
- * Bellin Run 10 km, Green Bay, USA
- * Kremlin Mile, Moscow, RUS
- * Track: Utrecht Night of 10000 m, Utrecht, NED; DKB-ISTAF, Berlin, GER; Finnish Elite Games, Kuortane, FIN; ASICS Golden Spike Leiden, Leiden, NED; Gran Premio Casinò Lugano, Lugano, SUI; NCAA Division I Outdoor Championships, Fayetteville, USA; Festival of Excellence, Ontario, CAN; European Athletics Festival/Enea Cup, Bydgoszcz, POL; Olympic Meeting, Thessaloniki, GRE; Hokuren Distance Challenge, Fukagawa, JPN; Meeting Iberoamericano de Atletismo, Huelva, ESP; Göteborg GP – Slottskogsvallen, Göteborg, SWE

ROAD RUNNING**Miles of Smiles Half Marathon & 10 km**

(Boland 10 km Championships)

Robertson, 6 June

(Distances: 21.0975 km & 10 km; loop courses)

Note: These times look much more “normal” than those in last year’s edition of the two races. The results strengthen the view that there was something wrong with the 2008 routes or the timing apparatus (which was noted in DRR at the time). It is rather puzzling that Mia Pienaar, who finished fourth in the Boland 10 km Championships, won the provincial title and not Whalers runner Nicolette Cronje, who was the first Boland athlete across the line – almost a minute ahead of Pienaar. – Ed.

Half marathon**MEN**

1	Avukile	Ntongana	24	Mr Price	1:06:14
2	Thanduluntu	Magqaza	24	Spartan Harriers	1:08:15
3	Sipho	Phala	22	Varsity old Boys	1:09:42
4	Jumat	Witbooi	25	Bredasdorp	1:09:44
5	Roger	Davids	23	Robertson	1:11:37
6	Velani	Lusaseni	26	Adidas	1:12:36
7	David	Van Rooyen	22	Worcester	1:12:39
8	Dawid	Gouws	26	Swartland	1:14:38
9	Reginald	Arendse	25	Ceres AC	1:16:29
10	Jimmy	Drury	40	Mr Price	1:16:55
11	Marius	Mullen	30	Ceres	1:19:52
12	Mervin	Seryners	20	Bonnievale	1:19:52
13	Andre	Calitz	26	Ind	1:20:12
14	Juhan	Stemmer	34	Bonnievale AC	1:20:27
15	William	Jansen	18	Robertson	1:20:45
16	Mark	Dunley-Owen	34	Ind	1:21:14
17	Priven	September	26	Robertson	1:21:29
18	Morne	Hansen	36	Worcester	1:21:32
19	John	Small	47	Wellington	1:21:39
20	Roger	Steel	32	Mr Price	1:22:09

WOMEN

1	Anneline	Roffey	28	Mr Price	1:25:23
2	Bulelwa	Mtshagi	30	Celtics	1:25:26
3	Jacoline	Haasbroek	44	Stellenbosch	1:27:29
4	Helene	Perold	25	Durbanville	1:27:49
5	Ursula	Frans	40	Adidas	1:29:36
6	Busisiwe	Matiwane	34	Celtics	1:30:10
7	Chanelle	Hoffman	38	Strand	1:31:28
8	Anna-Christa	Redelinghuys	41	Bonnievale AC	1:33:19
9	Leoni	Jamneck	37	Ind	1:36:40
10	Bettie	Stevens	22	Ind	1:38:10
11	Petro	Smit	27	Elgin Grabouw	1:38:20
12	Veronica	Van Niekerk	63	EGA	1:38:39
13	Kutlwano	Ramaboa	32	UCT	1:39:01
14	Anneke	Slabbert	37		1:39:07
15	Tanya	Templeton	44	Temp	1:39:08
16	Liesel	Lourens		Stellenbosch	1:39:47
17	Marinda	Surrage	40	Strand	1:41:44
18	Wilna	Eybers	39	Strand	1:43:11
19	Sally	stevens	32	Ind	1:43:11
20	Brenda	Sims	36	Ind	1:43:37

10 km

MEN

1	Dicardo	Jacobs	22	Maties	31:13
	[Boland champion]				
2	Anton	Farao	28	Maties	31:23
3	Zolani	Ntongana	29	Mr Price	31:24
4	Pieter	Koopman	34	Maties	31:26
5	Henrico	Rooi	21	Nedbank	31:39
6	Anthony	Godongwana	24	Celtic Harriers	31:44
7	Tom	Lusaseni	21	Celtic Harriers	31:53
8	Hillroy	Slingers	18	Worcester AC	32:12
9	Unathi	Phezolo	16	A.A.L WP	32:23
10	Kevin	Oliphant	22	Adidas AC	32:46
11	William	Kaptein	16	Robertson AC	33:00
12	Adriaan	Geldenuys	21	CPUT	33:15
13	Luyanda	Qolo	17	Hangklip	33:52
14	Michael	Mouries	19	Robertson AC	34:01
15	Ignatius	Davids	17	Robertson AC	34:07
16	Andre	George	27	Maties	34:18
17	Azrail	Scheepers	20	Cape Tech	34:51
18	Shaun	Lekay	17	Robertson AC	34:51
19	Clifford	Drury	49	Mr Price	35:02
20	Mervin	Steenkamp	20	Adidas AC	35:04

WOMEN

1	Nicolette	Cronje	43	Whalers AC	36:50
2	Elene	Lourens	19	Maties	37:01
3	Marleze	Rooi	17	Nedbank	37:38
4	Mia	Pienaar	20	Maties	37:42
	[Boland champion]				
5	Thozama	April	23	Celtics Harries	37:55
6	Danette	Smith	20	Maties	39:26
7	Joan	De Jager	53	Temp	41:22
8	Suzette	Williams	18	Worcester Korrektiewe	42:59
9	Magrietha	Smit	24	Ceres	43:07

10	Danelle	Rossouw	25	Bredasdorp	43:52
11	Liezl	Du Plooy	34	Ceres	44:50
12	Lara	Van der Merwe	15	Paarl Girls High	46:32
13	Quarta	Wiese	17	Paarl Girls High	46:33
14	Joanna	Janse Van Rensburg	23		47:40
15	Magriet	Hanekom	54	Ceres	48:16
16	Ronel	Burger	31	Temp	48:46
17	Madelein	Nel	34	Saldanha AC	49:04
18	Jana	De Jongh	15	Paarl Girls High	49:27
19	Mariet	Van Rensburg	17	Paarl Girls High	49:27
20	Hanneke	Benade	37	Temp	50:29

CROSS-COUNTRY

WP League Meeting (4th)

Strandfontein, 14 June

MEN

12 km: 1. Joseph McKenzie (ADT CGA) 38:44; 2. Friedel Maans (Adid) 40:23; 3. Fabian Faro (MPT) 40:33; 4. Duane Fortuin (Celtic) 40:51; 5. Patrick Magadla (VOB) 41:11; 6. Bonisile Ngculana (Atl) 41:21; 7. Tom Lusaseni (Celtic) 41:34; 8. Hein Camphor (Adid) 41:35; 9. Tebello Poni (VOB) 41:36; 10. Patrick Ketelo (Gugs) 41:47; 11. Marks Mpekula (VOB) 41:51; 12. Wanda Roro (Adid) 41:52; 13. Thobekile Mbulawa (Khay) 41:53; 14. Morné Kammies (Met) 41:57; 15. Alex Madikane (Gugs) 41:59; 16. Mkhululi Mbenjeni (Atl) 42:03; 17. Velani Lusaseni (Adid) 42:06; 18. Barry-John Pienaar (Held) 42:13; 19. Nicholas Rupanga (Celtic) 42:14; 20. Masixole Peza (Adid) 42:26.

4 km: 1. Virginia Ngudlumana (Celtic) 12:44; 2. Duane Fortuin (Celtic) 12:48; 3. Riaan Wiuldschut (East) 13:14.

Masters (8 km): 40-49: 1. Johnny Persents (Adid) 28:23; 2. Aaron Lewis (Adid) 28:41; 3. Brian Mapeyi (VOB) 29:28. **50-59:** 1. Goodman Mpukane (Gugs) 29:54; 2. Les Chivell (FH) 32:29; 3. Raymond Howard (Celtic) 32:35. **60+:** 1. Albertus Bock (Adid) 33:49; 2. Johann Botha (RWFL) 37:04; 3. R. Le Roux (Brack) 38:14. **Juniors (8 km):** 1. Gcobani Mndi (VOB) 27:11; 2. Anthony Matthee (Held) 27:42; 3. Manfred Samuels (Held) 27:49.

WOMEN

8 km: 1. Bulelewa Mtshagi (Celtic) 31:42; 2. Kirsty Weir (Adid) 31:59; 3. Thozama April (Celtic) 32:21; 4. Busiswe Matiwane (Celtic) 33:51; 5. Natasha Oosthuizen (Adid) 34:32; 6. Sheryl de Lange (Adid) 34:42; 7. Destiny Titus (UWC) 35:01; 8. René de Bruin (WP Def) 35:32; 9. Ineke Nel (UCT) 36:33; 10. Chantal de Lange (Adid) 37:01; 11. Andrea Pretorius (NBMC) 37:26; 12. Dee Smale (VOB) 37:34; 13. Norma Nonkonyana (Adid) 38:41; 14. Tanya Scott (UCT) 38:47; 15. Colleen de Oliveira (NBMC) 39:01; 16. Elmarie Coetzee (Adid) 39:02; 17. Marnette Meyer (Adid) 39:22; 18. Elizabeth de Gouveia (Durb) 39:55; 19. Nancy Will (Pine) 41:15; 20. Nomawabo Jojo (Gugs) 41:21.

4 km: 1. Tina-Mari Meyer (Bell) 18:42; 2. Sebenzile Shabalala (Atl) 18:56; 3. Jolene Perkins (WC) 19:02.

Masters (4 km): 40-49: 1. Sheryl de Lange (Adid) 16:21; 2. Joanna Thomas (VOB) 16:43; 3. Elmarie Coetzee (Adid) 16:57. **50-59:** 1. Olga Howard (Celtic) 17:18; 2. Nancy Will (Pine) 19:22; 3. Charmaine Cupido (Ned) 19:37. **60+:** 1. Pixie Sparg (Celtic) 21:24; 2. Priscilla von Schlicht (Tyger) 22:05; 3. Marlene James (Pine) 23:32. **Juniors (6 km):** 1. Linda Hanekom (Bell) 25:45; 2. Adri Meyer (Bell) 26:43; 3. Yonela Hewu (Gugs) 27:19.

EP League Meeting (2nd)

Port Elizabeth, 30 May

MEN**12 km:**

1	Nkosinathi	Madyo	Nedbank	21	38:30
2	Zolani	Ngqaqa	MPEP	20	39:12
3	Desmond	Zibi	MPEP	45	39:28
4	Phumzile	Sikawuti	Nedbank	29	39:45
5	Melikhaya	Kepe	Nedbank	32	39:46
6	Anele	Maliza	MPEP	31	40:20
7	Khayaletu	Makalima	MPEP	25	40:50
8	Robert	Matthys	MPEP	33	40:58
9	Mila	Pasiya	Nedbank	29	41:03
10	Mzwanele	Maphekula	Nedbank	32	42:10
11	Samkelo	Sinyongo	Nedbank	27	42:15
12	Mzamo	Fokwana	Charlo	31	42:16
13	Andile	Manona	Nedbank	27	44:09
14	Lubabalo	Maphele	Temp	23	44:14
15	Thamsanqa	Mangi	Temp	25	44:29
16	Waldo	Strydom	Temp	24	46:00
17	Etienne	Venter	Temp	24	46:04
18	Malungisa	Olayi	PEAAC	30	47:50
19	John	Rafani	MPEP	42	49:20
20	Thabiso	Mbotshelwa	Nedbank	33	50:02

4 km:

1	Masande	Mlonyeni	Nedbank	28	12:50
2	Sandile	Ngunuza	Nedbank	26	13:08
3	Mzolisi	Makhanda	Nedbank	26	13:09
4	Vuso	Nkonzo	MPEP	24	13:43
5	Bulelini	Niwa	PEAAC	23	13:49
6	Monwabisi	Mtwisha	PEAAC	25	14:31
7	Mthobeli	Ndalen	Temp	16	16:36
8	Leonard	Nkosa	MPEP	40	16:47
9	Samkelo	Sinyongo	Nedbank	27	16:53
10	Bafumane	Nyanga	MPEP	48	17:50

WOMEN**8 km:**

1	Ntombesintu	Ntshiliza	MPEP	27	31:13
2	Deliwe	Nyanga	PEAAC	20	31:56
3	Liandre	Pretorius	MPEP	30	32:20
4	Priscilla	Dyantyi	MPEP	35	34:07
5	Ursula	Kuhn	NMMU	27	34:18
6	Treloar	Childs	WAC	46	35:47
7	Margie	Saunders	Nedbank	55	36:03
8	Corne	Steenberg	Temp	34	37:00
9	Julie	Taunton	Crusade	49	38:29
10	Noxolo	Marks	MPEP	23	38:50
1	Ntombesintu	Ntshiliza	MPEP	27	14:59

4 km:

2	Liandre	Pretorius	MPEP	30	16:08
3	Asanda	Solani	NMMU	25	17:38

EP League Meeting (1st)

Port Elizabeth, 23 May

MEN**12 km:**

1	Rodney	Prins	MPEP	20	36:37
2	Zolani	Ngqaqa	MPEP	20	37:11
3	Khayaletu	Makalima	MPEP	25	38:01
4	Masande	Mlonyeni	Nedbank	28	38:37
5	Anele	Maliza	MPEP	31	38:38
6	Ivan	Ambraal	Malabar	20	38:43
7	Phumzile	Sikawuti	Nedbank	29	38:53
8	Mzwanele	Maphekula	Nedbank	32	39:25
9	Robert	Matthys	MPEP	32	39:26
10	George	Ntshiliza	MPEP	29	40:00
11	Sindile	Somke	Nedbank	32	40:01
12	Mzamo	Fokwana	Charlo	31	40:46
13	Mncedi	Khanti	Nedbank	29	41:10
14	Mila	Pasiya	Nedbank	29	41:11
15	Samkelo	Sinyongo	Nedbank	27	41:25
16	Zandisile	Mpisane	MPEP	25	42:03
17	Kgotso	Majara	Newbal	28	42:18
18	Monwabisi	Mtwisha	PEAAC	25	42:24
19	Mpumelelo	Ndlumbini	MPEP	34	42:52
20	Aphlyn	Taai	Nedbank	26	43:06

4 km:

1	Sandile	Mateza	MPEP	16	12:10
2	Masande	Mlonyeni	Nedbank	28	12:26
3	Zolani	Mabongo	MPEP	22	12:40
4	Sello	Molefe	NMMU	22	12:45
5	Sandile	Ngunuza	Nedbank	26	12:48
6	Melikhaya	Frans	Nedbank	17	13:02
7	Masibulele	Heugh	Nedbank	14	13:03
8	Aphlyn	Taai	Nedbank	26	13:04
9	Robert	Matthys	MPEP	32	13:11
10	Lubabalo	Jusayi	MPEP	18	13:16

WOMEN**8 km:**

1	Liandre	Pretorius	MPEP	30	30:48
2	Deliwe	Nyanga	PEAAC	20	31:05
3	Ursula	Kuhn	NMMU	27	33:18
4	Margie	Saunders	Nedbank	55	35:29
5	Corne	Steenberg	Temp	24	37:03
6	Julie	Taunton	Crusade	49	37:07
7	Paulette	Mcewan	Ach	44	39:32
8	Colleen	Terblanche	WAC	40	40:56
9	Lesley	Maggott	Ach	42	42:56
10	Angela	Rumsey	Crusade	40	45:52

4 km:

1	Ntombesintu	Ntshiliza	MPEP	27	14:45
2	Natalie	Ross	Rhodesu	18	15:59
3	Asanda	Solani	NMMU	25	19:04
4	Nonkangelelko	Nyanga	PEAAC	16	22:06
5	Zanele	Mgodini	Khumbulani	17	22:23

TRACK**Africa Southern Region Youth Championships**

Pretoria, 13 June

Note: Results courtesy of Gert le Roux. In each race the three medal winners are given, plus any other South Africans. – Ed.

BOYS

800:

1. Michael van Aswegen (RSA) 1:51.93
2. Rynhardt van Rensburg (RSA) 1:52.29
3. Otladisa Segosebe (BOT) 1:53.05

1500:

1. Siyabonga Derison (RSA) 4:02.13
2. Tebogo Khanye (RSA) 4:03.72
3. Verner Nghipopi (NAM) 4:04.02

2000m s/chase:

1. Olwethu Mhlaba (RSA) 6:07.80
2. Benjamin Molehe (RSA) 6:15.60

3000:

1. Mfumaneko Fadane (RSA) 8:35.41
2. Ramagapu Ditiro (BOT) 8:36.96
3. Rethabile Molefi (LES) 8:49.56
4. Jeremy Andrews (RSA) 9:04.80

GIRLS

800:

1. Klaudia Moses (NAM) 2:12.27
2. Julia Hanjene (NAM) 2:12.86
3. Happiness Mkhize (RSA) 2:13.82
4. Masabatha Matoane (RSA) 2:14.83

1500:

1. Klaudia Moses (NAM) 4:37.00
2. Neheng Katala (LES) 4:38.91
3. Lineo Lempe (LES) 4:40.19

3000:

1. Klaudia Moses (NAM) 9:47.27
 2. Sylvia Tsetlanyane (RSA) 10:01.39
 3. Thandiwe Nyathi (ZIM) 10:06.04
 4. Dominique Scott (RSA) 10:08.03
-

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

Maastrichts Mooiste 5 km

Maastricht, NED, 14 June

MEN

1. Peter Kamais, KEN 13:50
2. Abraham Rotich, KEN 14:07
3. Ezekiel Kipkemboi Meli, KEN 14:11

WOMEN

1. Caroline Cheptonui, KEN 15:58
- ... 7. Sharon Tavengwa, ZIM 17:00

Bellin Run 10 km (33rd)

Green Bay, USA, 13 June

(Certified loop course)

MEN (gun times)

1. John Yuda, TAN 28:05
2. John Korir, KEN 30:13
3. Brian Sell, USA 30:15

WOMEN

1. Magdalena Lewy Boulet, USA 33:14
2. Millicent Gathoni, KEN 33:16
3. Jane Wanjiku Gakunyi, KEN 33:40
4. Constantina Dita, ROM 34:40
5. Joan Samuelson, 1957, USA 36:13

Kremlin Mile

Moscow, RUS, 12 June

(Distance: 1 mile)

MEN

1. Sergey Ivanov 3:53
2. Vyacheslav Shabunin 3:54
3. Konstantin Vasilyev 3:55

WOMEN

1. Anna Alminova 4:19
2. Oksana Belyakova 4:24
3. Vera Tarasova 4:26

TRACK**Utrecht Night of 10000 m**

Utrecht, NED, 14 June

MEN

Invitational Race:

1. Ali Abdosh, ETH	27:09.40 DB
2. Mathew Kisorio, KEN	27:15.44 PB
3. Abebe Dinkesa, ETH	27:17.49
4. Ibrahim Jeilan Gashu, ETH	27:22.19
5. Ezekiel Jafari Ngimba, TAN	27:39.92
6. Nicholas Kemboi, QAT	27:41.99
7. Joseph Marco, TAN	27:42.75

WOMEN

Invitational Race:

1. Meselech Melkamu, ETH	29:53.80 NR
2. Florence Kiplagat, KEN	30:11.53 NR
3. Wude Ayalew Yimer, ETH	30:11.87 PB
4. Sylvia Kibet, KEN	30:47.20 PB
5. Aberu Kebede, ETH	30:48.26 PB
6. Hilda Kibet, NED	30:51.92 PB
7. Mamitu Daska, ETH	31:36.88 PB
8. Gladys Kwambai, KEN	32:47.34 PB
9. Ilse Pol, NED	32:47.77 PB
10. Abebech Afework Bekele, ETH	32:52.67

DKB-ISTAF (68th)

(IAAF Golden League Meeting)

Berlin, GER, 14 June

MEN

800:

1. Robin Schembera, GER	1:45.96
2. Michael Rimmer, GBR	1:46.31 SB
3. Reuben Bett, KEN	1:46.68
4. Sebastian Keiner, GER	1:46.80
5. Antonio Manuel Reina, ESP	1:47.52 SB

1500:

1. Augustine Choge, KEN	3:29.47 WL/PB
2. Haron Keitany, KEN	3:30.20 PB
3. William Biwott, KEN	3:32.34 PB
4. Belal Mansoor Ali, BRN	3:33.12
5. Stefan Eberhardt, GER	3:33.92 PB
6. Gideon Gathimba, KEN	3:34.11
7. Thomas Lancashire, GBR	3:34.29
8. Jeremy Roff, AUS	3:34.39
9. Suleiman Kipses Simotwo, KEN	3:34.56
10. Carsten Schlangen, GER	3:34.60

5000:

1. Kenenisa Bekele, ETH	13:00.76
2. Abraham Chebii, KEN	13:01.08
3. Micah Kogo, KEN	13:01.30

- | | |
|--------------------------------|----------|
| 4. Vincent Kiprop Chepkok, KEN | 13:01.35 |
| 5. Bekana Daba, ETH | 13:02.32 |
| 6. Thomas Longosiwa, KEN | 13:03.43 |
| 7. Mark Kiptoo, KEN | 13:03.70 |
| 8. Lucas Kimeli, KEN | 13:08.64 |
| 9. Edwin Soi, KEN | 13:09.31 |
| 10. Silas Kipruto, KEN | 13:09.64 |

Finnish Elite Games

Kuortane, FIN, 13 June

MEN

3000:

- | | |
|-------------------------|------------|
| 1. Jukka Keskisalo, FIN | 7:53.64 PB |
| 2. Tiidrek Nurme, EST | 7:56.08 PB |
| 3. Lewis Korir, KEN | 7:57.50 SB |
| 4. Ruben Ramolefi, RSA | 8:03.97 SB |

ASICS Golden Spike Leiden (38th)

Leiden, NED, 13 June

MEN

800:

Heat 1:

- | | |
|------------------------|---------|
| 1. Addis Riet, 91, SAV | 1:51.15 |
|------------------------|---------|

Heat 2:

- | | |
|-----------------------------------|---------|
| 1. Samson Ngoepe, 85, RSA | 1:46.22 |
| 2. Jimmy Adar, 87, UGA | 1:47.61 |
| 3. Arnoud Okken, 82, AL73 | 1:48.03 |
| ... 7. Ettienne Plaatjes, 87, RSA | 1:49.98 |
| 8. Samuel Sepeng, 87, RSA | 1:52.25 |

WOMEN

1500:

- | | |
|-----------------------------|---------|
| 1. Saskia Janssen, 85, GER | 4:23.81 |
| 2. Maureen Koster, 92, AV47 | 4:24.32 |
| 3. Manon Kruiver, 88, NOVA | 4:26.89 |
| Ezbe Strijdom, 81, RSA | DNF |

Gran Premio Casinò Lugano (8th)

Lugano, SUI, 12 June

MEN

800:

- | | |
|----------------------------------|---------|
| 1. Warren Hendricks, 1988, RSA | 1:49.52 |
| 2. Vyacheslav Sokolov, 1984, RUS | 1:49.91 |
| 3. Mohamed Algarni, 1992, QAT | 1:50.69 |

NCAA Division I Outdoor Championships

Fayetteville, USA, 10-13 June

MEN

Teams: 1. Texas A&M, 48; 2. Oregon, 46; 3. Florida, 46; 4. Florida State, 46; 5. LSU, 37; 6. South Carolina 33.5; 7. Stanford, 30; 8. Arizona State, 29; 9. Arkansas 27; 10. USC 26.

800 (13):

1. Andrew Wheating, JR, Oregon, 1:46.21
2. Tevan Everett, SR, Texas, 1:46.27 PB
3. Tyler Mulder, SR, Northern Iowa, 1:46.80 PB

1500 (13):

1. German Fernandez, FR, Oklahoma State, 3:39.00 PB
2. Garrett Heath, SR, Stanford, 3:39.51 PB
3. Lee Emanuel, SR, New Mexico (GBR), 3:39.66

5000 (12):

1. Galen Rupp, SR, Oregon, 14:04.12
2. David McNeill, JR, Northern Arizona (AUS), 14:05.79
3. Chris Derrick, FR, Stanford, 14:07.34

10000 (11):

1. Galen Rupp, SR, Oregon, 28:21.45
2. Shawn Forrest, SR, Arkansas (AUS), 28:24.53
3. Sam Chelanga, SO, Liberty (KEN), 28:35.40

3000 s/chase (12):

1. Kyle Perry, SR, Brigham Young, 8:29.24 PB
2. Hillary Bor, SO, Iowa State (KEN), 8:35.12 PB
3. Stephen Lisgo, JR, Butler (GBR), 8:35.49 PB

WOMEN

Teams: 1. Texas A&M, 50 points; 2. Oregon, 43; 3. Arizona State, 41; 4. Florida State, 40; 5. Texas, 46; 6. LSU, 29.50; 7. Michigan, 28; 8. USC, 24; 9. Florida, 23; 10. Baylor, 21.

800 (13):

1. Geena Gall, SR, Michigan, 2:00.80 PB
2. Laura Hermanson, SR, North Dakota State, 2:01.37 PB
3. LaTavia Thomas, JR, LSU, 2:01.56 PB

1500 (13):

1. Susan Kuijken, SR, Florida State (NED), 4:13.05
2. Brenda Martinez, JR, UC Riverside, 4:13.97
3. Lauren Centrowitz, SR, Stanford, 4:14.22
4. Sarah Bowman, SR, Tennessee, 4:14.27

5000 (12):

1. Angela Bizzarri, JR, Illinois, 16:17.94
2. Nicole Blood, JR, Oregon, 16:26.58
3. Frances Koons, SR, Villanova, 16:28.36

Prelims (10): Advance top-5 each heat plus next 4 times to final

Heat 1:

1. Nicole Blood, JR, Oregon, 16:15.38Q
- ... 10. Christine Kalmer, SR, Arkansas (RSA), 16:51.25

10000 (11):

1. Danette Doetzel, SR, Providence (CAN), 33:25.71
2. Cecily Lemmon, SO, Brigham Young, 33:39.97
3. Anita Campbell, JR, Washington (CAN), 33:43.33

3000 s/chase (12):

1. Jenny Barringer, SR, Colorado, 9:25.54 ACR/MR
2. Nicole Bush, SR, Michigan State, 9:40.49
3. Mel Lawrence, FR, Washington, 9:40.98 PB

Festival of Excellence

Ontario, CAN, 11 June

MEN

800:

- | | | |
|---------------------------|---------|----------|
| 1. Khadevis Robinson, USA | 1:45.73 | Cn\$5000 |
| 2. Christian Smith, USA | 1:46.00 | 4000 |
| 3. Karjuan Williams, USA | 1:46.06 | PB 3000 |

Mile:

- | | | |
|------------------------|---------|----------|
| 1. Nate Brannen, CAN | 3:55.07 | Cn\$5000 |
| 2. Taylor Milne, CAN | 3:56.54 | PB 4000 |
| 3. David Torrence, USA | 3:56.75 | PB 3000 |
| 4. Rob Myers, USA | 3:56.80 | 2000 |
| 5. Kurt Benninger, CAN | 3:57.18 | 1000 |

5000:

- | | | |
|---------------------------|----------|----------|
| 1. Saif Shaheen, QAT | 13:22.70 | Cn\$5000 |
| 2. Dathan Ritzenhein, USA | 13:34.00 | 4000 |
| 3. Haron Lagat, KEN | 13:38.80 | PB 3000 |

WOMEN

Mile:

- | | | |
|------------------------|---------|-------------|
| 1. Sally Kipyego, KEN | 4:29.64 | PB Cn\$5000 |
| 2. Malindi Elmore, CAN | 4:30.70 | PB 4000 |
| 3. Marina Muncan, SRB | 4:33.16 | PB 3000 |

European Athletics Festival/Enea Cup (9th)

Bydgoszcz, POL, 10 June

WOMEN

800:

Race 1 -

- | | |
|----------------------------|------------|
| 1. Svetlana Klyuka, RUS | 2:01.22 |
| 2. Tamara Tverdostup, UKR | 2:01.32 |
| 3. Irina Krakoviak, LTU | 2:01.50 |
| 4. Anna Rostowska, POL | 2:02.26 SB |
| 5. Egle Balciunaite, LTU | 2:02.28 SB |
| ... 8. Lidia Chojecka, POL | 2:03.54 |

3000 s/chase:

- | | | |
|----------------------------------|---------|-------|
| 1. Yuliya Zarudneva-Ivanova, RUS | 9:23.23 | PB/WL |
| 2. Ruth Bisibori, KEN | 9:25.37 | SB |
| 3. Halima Hassen, ETH | 9:36.86 | |
| ... 6. Cristina Casandra, ROU | 9:49.26 | |

Olympic Meeting

Thessaloniki, GRE, 10 June

MEN

1500:

- | | |
|------------------------------|------------|
| 1. Gideon Gathimba, KEN | 3:34.72 |
| 2. Bilal Mansour Ali, BRN | 3:35.05 |
| 3. Johan Cronje, RSA | 3:35.11 PB |
| 4. Barnabás Bene, HUN | 3:41.85 SB |
| 5. Tshamano Setone, RSA | 3:42.26 |
| ... 7. Pharson Magagane, RSA | 3:44.16 |

WOMEN

800:

- | | |
|--------------------------------|------------|
| 1. Elisa Cusma Piccione, ITA | 1:59.83 SB |
| 2. Tetyana Petlyuk, UKR | 2:00.22 |
| 3. Zoya Hladun-Nesterenko, UKR | 2:00.64 SB |
| 4. Judit Varga, HUN | 2:00.91 SB |
| 5. Eléni Filándra, GRE | 2:01.83 SB |

Hokuren Distance Challenge

Fukagawa, JPN, 10 June

MEN

10000:

Race A :

- | | |
|---------------------------|-------------|
| 1. Yusei Nakao | 27:48.71 PB |
| 2. Micah Njeru (KEN) | 27:53.79 |
| 3. Paul Tanui, 1990 (KEN) | 27:57.99 DB |
| 4. Yuki Iwai | 27:58.03 PB |
| 5. Bene Zama | 28:27.61 PB |

Meeting Iberoamericano de Atletismo (5th)

Huelva, ESP, 10 June

WOMEN

800:

Race A -

- | | |
|-------------------------|---------|
| 1. Hasna Benhassi, MAR | 1:59.55 |
| 2. Zulia Calatayud, CUB | 2:00.20 |
| 3. Mayte Martínez, ESP | 2:01.11 |

3000:

- | | |
|----------------------------------|---------------|
| 1. Natalia Rodríguez, ESP | 8:35.86 PB/WL |
| 2. Marta Domínguez, ESP | 8:36.53 |
| 3. Emebet Etea Bedada, 1990, ETH | 8:57.01 |

3000 s/chase:

- | | |
|-------------------------|-------------|
| 1. Korahubish Itaa, ETH | 9:29.52 NJR |
| 2. Sara Moreira, POR | 9:34.57 |
| 3. Eva Arias, ESP | 9:52.31 |

Göteborg GP - Slottskogsvallen

Göteborg, SWE, 9 June

MEN

800:

Race A:

1. Samson Ngoepe, 85, **RSA**, 1:46.47 SEK 5000
2. Mattias Claesson, 86, SWE, 1:46.60 SEK 3000
3. Andy Baddeley, 82, GBR, 1:48.28 SEK 1500

NEWS

COMRADES STARTERS AND FINISHERS

The Comrades Marathon Association has released the starters and finishers data for this year's race:

STARTERS:

	Male	Female	Total
South African	8 916	1 901	10 817
International	416	113	529
TOTAL	9 332	2 014	11 346

FINISHERS:

South African	7 887	1 640	9 527
International	371	108	479
TOTAL	8 258	1 748	10 006

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 WOMEN

2:47:05	Tshifhiwa Mundalamo	3	Matha Series	Durban	08 Feb
2:48:02	Riana van Niekerk	1	SA Championships	Durban	08 Feb
2:48:45	Mpho Mabuza	2	SA Championships	Durban	08 Feb
2:51:17	Charné Bosman	3	SA Championships	Durban	08 Feb
2:55:36	Pusoleto Maema	5	SA Championships	Durban	08 Feb
2:55:42	Ndofhiwa Mandiwana	4	SA Championships	Durban	08 Feb
2:56:59	Catherine Skosana	3	Johannesburg City	Johannesburg	22 Mar
2:57:38	Dimakatso Morobi	6	SA Championships	Durban	08 Feb
2:58:10	Van Niekerk-2	1	Pretoria	Pretoria	28 Feb
2:58:10	Sarah Mahlangu (vet)	7	SA Championships	Durban	08 Feb
2:58:44	Maya Lawrie (vet)	8	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.

50 years ago: June 1959

Billy Mills, then a relatively unknown half-Sioux Indian athlete, won the Central Collegiate Conference Championships 3 miles in 14:18.9 (roughly equivalent to 29:40 for 10000 metres). Five years later Mills, then a lieutenant in the Marines, was a totally different runner and won the 10000-metre gold medal at the Tokyo Olympics in 28:24.4 after one of the most exciting races in the history of the Games. Mills was the first American to win a medal in the 10000 m since Louis Tewanima, a Hopi Indian, was second in 1912. Mills was also 14th in the marathon – five places behind the man he beat in the 10000 m, Ron Clarke.

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		
	6:47: 59	Vsevolod Khudyakov (RUS)		
	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 Mikiyenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	7:50:00	Irina Vishnevskaya (RUS)		
	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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