

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 had a another good race in the United States, finishing fourth in one of that country's most famous short-distance road races, the Steamboat Classic 4-Mile in Peoria. Among the women who finished behind her was Olympic marathon champion Constantina Dita. Kalmer's time of 21:09 is roughly equivalent to 32:50 for 10 km.

On the track Samson Ngoepe ran a PB 1:45.17 for 800 m in the Golden Spike Ostrava Meeting.

The correct spelling of the name of the fourth athlete in the 3000 m at the Africa Southern Region Youth Championships (results in last week's DRR) is Jeromy Andreas, not Jeremy Andrews.

Riël Hauman

SUBSCRIPTION RENEWAL

Subscribers whose subscription expires at the end of June should please renew before the end of the month if they want to continue receiving *Distance Running Results*. Renewal notices were sent out earlier this month. After this week's DRR there is only one issue left in the current period of subscription.

INCLUDED IN THIS ISSUE:

- * Napier Half Marathon, Napier
- * Mamre 15 km, Mamre
- * XC: WP League Meeting, Koeberg

International highlights:

- * Steamboat Classic 4 Mile, Peoria, USA
 - * Shriner's Capital Challenge 8 km, Sacramento, USA
 - * Mt. Washington Road Race, Pinkham Notch, USA
 - * IAU World 100 km Championships, Tourhout, BEL
 - * Track: SPAR European Team Championships, Leiria, POR; European Team Championships, 1st League, Bergen, NOR; Golden Spike Ostrava, Ostrava, CZE; CCH International Meeting, Casablanca, MAR
-

MILES OF SMILES RACES

Because of the various versions of results received for the Miles of Smiles Half Marathon and 10 km in Robertson, of which the latter doubled as the Boland 10 km Championships, and different times and order of runners shown in these versions, DRR has regretfully decided to ignore the times run in the 10 km for statistical purposes – despite having stated last week that the “times look much more ‘normal’ than those in last year’s edition of the two races” (see note in DRR 9:24, in which the curious women’s result in the Boland Championship was also highlighted). Indeed, the times as such look fine, but as mentioned above, they differ for specific runners in different versions of the results.

Furthermore, the times were given in fractions of a second and not rounded up as the rules require.

In the half marathon the third woman, Nomvuyisi Seti (Mr Price) was left out. She ran 85:48. All the runners behind her must move down one place.

It is the second year in a row that problems arose with the Miles of Smiles races. It is unfortunate that there are often problems with Boland races, either with timing, course distances or results. It is even more unfortunate when this happens in a provincial championship.

ROAD RUNNING

Napier Half Marathon (15th)

Napier, 20 June

(Distance: 21.0975 km; hilly loop course, mostly on gravel and farm roads)

MEN

1. Jumaat Witbooi (Bred) 72:37 (R500); 2. Enrico Newman (Bred) 76:27 (R300); 3. Dawid Visser (Mr Pr) 76:44 (R150); 4. Alfred Tshabeni (Whalers) 78:14; 5. Johan Stemmet (Bonnie) 84:44; 6. Francois Groenewald (EGA) 85:24; 7. Marius Kruger (NBMC) 89:20; 8. Thembelani Zola (Mr Pr) 89:32; 9. Pieter Hanekom (Ned) 91:18 (1st vet); 10. Frank Gillion (Whalers) 91:26 (1st mast); 11. Christiaan de Wet (Whalers) 92:46; 12. Appie Maritz (Paarl) 94:22; 13. Henry Pieterse (Ned) 94:45; 14. Johny Siljeur (Bred) 95:25; 15. Frikkie Cronje (Ind) 96:08; 16. Richard Meldau (Celtic) 96:59; 17. Kobus van Schalkwyk (Maties) 97:01; 18. Dave Thomas (VOB) 97:47; 19. Darryl Williams (Mont) 98:11; 20. Thys Bouwer (Sanlam) 98:20; 21. Gordon Stokes (Mr Pr) 98:53; 22. Leon Jamneck (Ind) 99:29; 23. P. Botha (Ind) 101:21; 24. Pieter Stander (Bred) 101:21 (1st g’mast); 25. Joseph Makaye (Bred) 102:39; 26. Gideon Lerm (RWFL) 102:57; 27. Gideon Olivier (Bred) 104:40; 28. Gerhard Vermeulen (Worc) 108:55; 29. Mickey Milne (Whalers) 109:03; 30. Hennie Malan (Tyger) 109:39.

Masters: 40-49: 1. Pieter Hanekom (Ned) 91:18 (R200); 2. Appie Maritz (Paarl) 94:32 (R150); 3. Joseph Makaye (Bred) 102:39 (R100). **50-59:** 1. Frank Gillion (Whalers) 91:26 (R150); 2. Frikkie Cronje (Ind) 96:08 (R75); 3. Thys Bouwer (Sanlam) 98:20 (R50). **60+:** 1. Pieter Stander (Bred) 101:21 (R100).

WOMEN (Same prize money as men)

1. Elizabeth van den Berg (Bred) 97:53; 2. Bettie Stevens (Ind) 98:54; 3. Georgina Thomas (VOB) 101:29 (1st vet); 4. Veronica van Niekerk (EGA) 109:26 (1st g’mast); 5. Grietje Malan (Tyger) 109:38; 6. Annemarie Steyn (Bred) 109:40; 7. Alecia Botha (Bred) 109:55; 8. Marli Grewar (Well) 110:25; 9. Yolandi Visser (Mr Pr) 111:31; 10. Christine de Jager (Ind) 112:52; 11. Marinda Surridge (Strand) 113:14; 12. Anne Pool (Strand) 113:16; 13. Fiona Hemmaut (RWFL) 114:30; 14. Caily Bredenkamp (Paarl) 115:03; 15. Tilla Horn (Lange) 116:39; 16. Theresa Burgess (VOB) 117:42; 17. Lindie Bouwer (Sanlam) 118:22; 18. Zenobia Venter (Whalers) 119:01; 19. Suzette Myburgh (Bred) 120:06; 20. Rina Cloete (Bred) 122:32.

Masters: 40-49: 1. Georgina Thomas (VOB) 101:29; 2. Grietje Malan (Tyger) 109:38; 3. Marinda Surridge (Strand) 113:14. **50-59:** 1. Franziska Theron (Brack) 127:59; 2. Dalena Fourie (EGA) 131:44; 3. Odille Quinthard (SH) 139:46. **60+:** 1. Veronica van Niekerk (EGA) 109:26.

Mamre 15 km

Mamre, 20 June
(Loop course)

MEN

1. Joseph McKenzie (ADT) 46:13, 2. Pieter Koopman (Maties) 46:14, 3. Peter Tsawayo (ZIM/Gugs) 46:24.

Veterans: 1. Johnny Persents (Adid) 54:30, 2. Jacobus Januarie (Met) 57:10, 3. Friedl van der Merwe (Strand) 57:23. **Masters:** 1. Goodman Mpukane (Gugs) 55:07, 2. Greg Jacobs (Edge) 57:03, 3. Bennie Philander (Ind) 59:34. **G'masters:** 1. Blackie Swart (Swart) 65:41, 2. Carl Hendricks (Ned) 70:06, 3. Nicholas Marshall (Atlantis) 72:05. **Juniors:** 1. Luxolo Mdzanga (Gugs) 49:31, 2. Akhona Makila (VOB) 51:50, 3. Dimitri Adonis (East) 53:42.

WOMEN

1. Bulelwa Mtshagi (Celtic) 61:04, 2. Nomvuyisi Seti (Mr Pr) 62:52, 3. Mariëtte Esterhuyse (Tyger) 63:00.

Veterans: 1. Mariëtte Estehuyse (Tyger) 63:00, 2. Sandra van Graan (Edge) 65:07, 3. Tania Kapp (VOB) 66:53. **Masters:** 1. Olga Howard (Celtic) 63:17, 2. Nancy Will (Pine) 68:11, 3. Charmaine Cupido (Ned) 70:53. **G'masters:** 1. Pixie Sparg (Celtic) 79:16, 2. Marlene James (Pine) 85:19, 3. Marianne Nelson (Durb) 86:58. **Juniors:** 1. Benine Havenga (Tyger) 1:40:12, 2. Nyembo Maskini (Top) 1:42:46.

CROSS-COUNTRY

WP League Meeting (5th)

Koeberg, 20 June

MEN

12 km: 1. Sipho Phala (VOB) 42:05; 2. Peter Tsawayo (ZIM/Gugs) 42:06; 3. Hein Camphor (Adid) 42:21; 4. Wanda Roro (Adid) 42:31; 5. Anthony Godongwana (Celtic) 42:55; 6. Friedel Maans (Add) 43:01; 7. Patrick Ketelo (Gugs) 43:03; 8. Bonisile Ngculana (Atl) 43:05; 9. Kevin Oliphant (Adid) 43:22; 10. Samson Gulubela (Atl) 44:01; 11. Patrick Magadla (VOB) 44:06; 12. Givemore Mudzingana (Adid) 44:11; 13. Isaac Ikalaheng (Adid) 44:12; 14. Zuko Zenzile (Khaye) 44:19; 15. Mkhululi Mbenjeni (Atl) 44:32; 16. Masixole Peza (Adid) 44:46; 17. Mandla Pangalele (Gugs) 44:54; 18. Morné Kammies (Met) 45:14; 19. Fabian Faro (MPT) 45:18; 20. Thobekile Mbulawa (Khaye) 45:28.

4 km: 1. Virgina Ngudlumana (Celtic) 12:56; 2. Duane Fortuin (Celtic) 12:57; 3. Vuyo Piyose (Met) 13:21.

Masters (8 km): 40-49: 1. Johnny Persents (Adid) 29:22; 2. Tobias Philander (Adid) 29:28; 3. Barend Jacobs (Celtic) 31:01. **50-59:** 1. Goodman Mpukane (Gugs) 32:22; 2. Raymond Howard (Celt) 32:36; 3. Julian Paul (WP Def) 33:08. **60+:** 1. Albertus Bock (Adid) 33:51; 2. Johan Botha (RWFL) 36:56; 3. Michael Clarke (VOB) 38:01. **Juniors (8 km):** 1. Akhona Makila (VOB) 28:55; 2. Gcobani Mndi (VOB) 28:56; 3. Manfred Samuels (Held) 29:29.

WOMEN

8 km: 1. Bulelwa Mtshagi (Celtic) 33:07; 2. Thozama April (Celtic) 33:12; 3. Kirsty Weir (Adid) 33:59; 4. Anneline Roffey (Adid) 34:37; 5. Busisiwe Matiwane (Celtic) 35:09; 6. Sheryl de Lange (Adid) 36:03; 7. René de Bruin (WP Def) 36:14; 8. Natasha Oosthuizen (Adid) 36:49; 9. Destiny Titus (UWC) 36:57; 10. Ursula Frans (Adid) 37:57; 11. Chantel de Lange (Adid) 38:03; 12. Andrea Pretorius (NBMC) 39:31; 13. Norma Nonkonyana (Adid) 39:58; 14. Colleen de Oliveira (NBMC) 41:43; 15. Mandy Jacobs (Bell) 42:06; 16. Elizabeth de Gouveia (Durb) 43:01; 17. Nomawabo Jojo (Gugs) 43:41; 18. Protasia Dlamini (Gugs) 43:42; 19. Nancy Will (Pine) 45:02; 20. Griet Zakarian (Hantam) 45:24.

4 km: 1. Ayanda Mohlombe (Atl) 19:11; 2. Tyshia Johannes (Gugs) 19:44; 3. Lee-Ann Olivier (CPUT) 20:05.

Masters (4 km): 40-49: 1. Sheryl de Lange (Adid) 16:35; 2. Joanna Thomas (VOB) 16:39; 3. Ursula Frans (Adid) 17:19. **50-59:** 1. Olga Howard (Celtic) 17:31; 2. Nancy Will (Pine) 19:47; 3. Charmaine Cupido (Ned) 20:15. **60+:** 1. Pixie Sparg (Celtic) 21:38; 2. Priscilla von Schlicht (Tyger) 22:27; 3. Marlene James (Pine) 24:08. **Juniors (6 km):** 1. Martha Lötter (Ind) 21:51; 2. Linda Hanekom (Bell) 22:03; 3. Yonela Hewu (Gugs) 24:07.

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

Steamboat Classic 4-Mile (36th)

Peoria, USA, 20 June

(Distance: 4 miles; certified loop course)

MEN (gun times)

1. Ridouane Harroufi, 27, MAR	17:44	\$4000
2. John Yuda, 30, TAN	17:46	2500
3. Boaz Cheboiywo, 30, KEN	18:02	2000
4. Jason Hartmann, 28, Boulder, CO	18:20	1500
5. Philemon Terer, 24, KEN	18:22	1000

WOMEN (gun times):

1. Kim Smith, 27, Providence, RI (NZL)	19:38	\$4000
2. Millicent Gathoni, 23, KEN	20:56	2500
3. Meskerem Legesse, 22, ETH	21:08	2000
4. René Kalmer, 28, RSA	21:09	1500
5. Jane Wanjiku Gakunyi, 30, KEN	21:19	1000
... 7. Constantina Dita, 39, ROU	21:52	

Shriner's Capital Challenge 8 km (11th)

Sacramento, USA, 20 June

MEN

1. Austin Ramos, 24, Fair Oaks, CA	24:24
2. Sergio Reyes, 27, Los Osos, CA	24:34
3. Duncan Weru, 25, Santa Clara, CA (KEN)	24:40

WOMEN

1. Teresa McWalters, 24, San Francisco, CA 27:03
2. Heather Gibson, 29, Piedmont, CA 28:17
3. Lauren Weaver, 24, Sacramento, CA 28:34
4. Midori Sperandio, 42, Folsom, CA 28:39
5. Magdalena Visser, 40, San Francisco, CA [RSA] 29:28

ULTRA/MOUNTAIN/TRAIL RUNNING

Mt. Washington Road Race (49th)

(US Mountain Running Championships)

Pinkham Notch, USA, 20 June

(Distance: 7.6 miles up Mt. Washington, 11.5% grade; summit = 1917 m)

MEN (gun times)

1. Rickey Gates, 28, Boulder, CO 59:58 \$1000 + 500i
2. Eric Blake, 30, New Britain, CT 1:01:19 600
3. Joseph Gray, 25, Lakewood, WA 1:02:35 400

i) Earned time bonus for sub-1:00:00

WOMEN (gun times)

1. Brandy Erholtz, 31, Bailey, CO 1:10:53 \$1000 + 500i
2. Tara Cardy, 40, East Greenwich, RI 1:19:52 600 + 100m
3. Jennifer Campbell, 26, Newmarket, NH 1:20:58 400 + 100^

m) Earned age-graded masters prize money

^) Earned New Hampshire resident prize money

IAU World 100 km Championships (23rd)

(Also the 18th IAU European 100 km Championships)

Tourhout, BEL, 19-20 June

(Finishers: 271)

MEN (gun times)

1. Yasukazu Miyazato, 1979, JPN 6:40:44 Gold
2. Jonas Budd*, 1974, SWE 6:41:50 Silver
3. Giorgio Calcaterra, 1972, ITA 6:42:05 Bronze
4. Marco Boffo, 1975, ITA 6:45:39
5. Masakazu Takahashi, 1973, JPN 6:51:18

WOMEN (gun times)

1. Kami Semick, 1966, USA 7:37:24 Gold
2. Irina Vishnevskaya*, 1982, RUS 7:46:26 Silver
3. Monica Carlin, 1971, ITA 7:53:58 Bronze
4. Devon Crosby-Helms, 1982, USA 7:59:17
5. Meghan Arbogast, 1961, USA 8:04:29

*) European champions

TRACK**SPAR European Team Championships (1st)**

Leiria, POR, 20-21 June

Teams: 1. Germany 326.5; 2. Russia 320; 3. Great Britain & NI 303; 4. France 301; 5. Poland 289.

MEN**1500 (20):**

- | | |
|---------------------|---------|
| 1. Rui Silva, POR | 3:42.07 |
| 2. Diego Ruíz, ESP | 3:42.54 |
| 3. Yoann Kowal, FRA | 3:42.73 |

3000 (21):

- | | |
|------------------------|------------|
| 1. Jesús España, ESP | 8:01.73 SB |
| 2. Sergey Ivanov, RUS | 8:02.18 SB |
| 3. Daniele Meucci, ITA | 8:02.22 |

5000 (20):

- | | |
|---------------------------|-------------|
| 1. Mo Farah, GBR | 13:43.01 SB |
| 2. Carles Castillejo, ESP | 13:49.54 |
| 3. Sergey Lebid, UKR | 13:59.85 SB |

WOMEN**800 (20):**

- | | |
|--------------------------------|----------------|
| 1. Yuliya Krevsun, UKR | 1:58.62 WL, SB |
| 2. Yekaterina Kostetskaya, RUS | 1:59.43 SB |
| 3. Élodie Guegan, FRA | 1:59.79 SB |

1500 (21):

- | | |
|------------------------------|------------|
| 1. Anna Alminova, RUS | 4:07.59 |
| 2. Nuria Fernández, ESP | 4:08.00 |
| 3. Elisa Cusma Piccione, ITA | 4:08.72 PB |

3000 (20):

- | | |
|-------------------------|------------|
| 1. Gulnara Galkina, RUS | 8:46.88 SB |
| 2. Sylwia Ejdys, POL | 8:58.26 PB |
| 3. Inês Monteiro, POR | 9:00.83 SB |
| 4. Stephanie Twell, GBR | 9:09.65 SB |

5000 (21):

- | | |
|-----------------------------|-------------|
| 1. Dolores Checa, ESP | 15:28.87 SB |
| 2. Silvia Weissteiner, ITA | 15:31.33 SB |
| 3. Sabrina Mockenhaupt, GER | 15:37.67 |

3000 s/chase (20):

- | | |
|------------------------------|------------|
| 1. Antje Möldner, GER | 9:32.65 |
| 2. Sophie Duarte, FRA | 9:33.63 SB |
| 3. Yelena Sidorchenkova, RUS | 9:36.88 |

European Team Championships, 1st League (1st)

Bergen, NOR, 20-21 June

MEN

1500 (20):

- | | |
|----------------------|------------|
| 1. Halil Akkas, TUR | 3:40.81 SB |
| 2. Arnoud Okken, NED | 3:41.04 SB |
| 3. Goran Nava, SRB | 3:41.46 |

3000 (21):

- | | |
|------------------------|------------|
| 1. Selim Bayrak, TUR | 8:00.45 SB |
| 2. Mirko Petrovic, SRB | 8:06.38 SB |
| 3. Tiidrek Nurme, EST | 8:06.69 |

3000 s/chase (21):

- | | |
|----------------------------------|------------|
| 1. Jukka Keskisalo, FIN | 8:30.89 |
| 2. Halil Akkas, TUR | 8:31.85 SB |
| 3. Bjørnar Ustad Kristensen, NOR | 8:35.18 |

WOMEN

800 (20):

- | | |
|--------------------------|------------|
| 1. Yvonne Hak, NED | 2:01.50 |
| 2. Yeliz Kurt, TUR | 2:01.54 |
| 3. Natallia Kareiva, BLR | 2:02.06 SB |

300m (20):

- | | |
|------------------------|------------|
| 1. Dudu Karakaya, TUR | 9:02.57 PB |
| 2. Sonja Roman, SLO | 9:03.99 PB |
| 3. Krisztina Papp, HUN | 9:10.46 SB |

5000 (21):

- | | |
|-----------------------------------|---------------------|
| 1. Dudu Karakaya, TUR | 15:24.86 PB |
| 2. Olivera Jevtic, SRB | 15:29.12 |
| 3. Karoline Bjerkeli Grøvdal, NOR | 15:29.82 NJR [1990] |

Golden Spike Ostrava (Zlata Tretra) (48th)

Ostrava, CZE, 17 June

MEN

800:

Race 1 -

- | | |
|-------------------------|------------|
| 1. David Rudisha, KEN | 1:44.09 |
| 2. Ismail Ahmed, SUD | 1:44.31 PB |
| 3. Asbel Kiprop, KEN | 1:44.54 |
| 4. Augustine Choge, KEN | 1:44.86 PB |
| 5. Boaz Lalang, KEN | 1:45.36 SB |
| 6. Alfred Yego, KEN | 1:45.58 SB |

Race 2 -

- | | |
|--------------------------|------------|
| 1. Samson Ngoepe, RSA | 1:45.17 PB |
| 2. Jackson Kivuna, KEN | 1:45.29 SB |
| 3. Jeffrey Riseley, AUS | 1:45.48 PB |
| 4. Tamás Kazi, HUN | 1:45.55 PB |
| 5. Gilbert Kipchoge, KEN | 1:46.14 SB |

Mile:

1. Haron Keitany, KEN 3:49.57
2. Andrew Baddeley, GBR 3:51.83 SB
3. Gideon Gathimba, KEN 3:52.98 PB
4. Belal Mansoor Ali, BRN 3:53.29
5. Vickson Naran Polonet, KEN 3:54.09 PB

3000 s/chase:

1. Ezekiel Kemboi, KEN 8:09.55
2. Brimin Kiprop Kipruto, KEN 8:09.95
3. Paul Kipsiele Koech, KEN 8:10.22
4. Tareq Mubarak Taher, BRN 8:10.86
5. Elias Kemboi Chelimo, KEN 8:11.19

WOMEN

800:

1. Marilyn Okoro, GBR 2:00.21 SB
2. Élodie Guegan, FRA 2:00.44
3. Jenny Meadows, GBR 2:00.48
4. Lucia Klocová, SVK 2:00.56 SB
5. Tetiana Petlyuk, UKR 2:00.57
- ... 10. Gulnara Galkina, RUS 2:01.98

5000:

1. Meselech Melkamu, ETH 14:34.17 SB
2. Linet Masai, KEN 14:34.36 PB
3. Vivian Cheruiyot, KEN 14:38.26 SB
4. Wude Ayalew Yimer, ETH 14:50.67 PB
5. Pauline Korikwang, KEN 14:54.08 SB

20000:

1. Dire Tune, ETH 1:05:35.3
2. Leah Malot, KEN 1:10:35.0
3. Salina Kosgei, KEN 1:17:08.3

One Hour (en route to 20000 m):

1. Dire Tune, ETH 18,302m
2. Leah Malot, KEN 17,343m
3. Salina Kosgei, KEN 15,818m

CCH International Meeting

Casablanca, MAR, 14 June

MEN

800:

1. Mohammed Al Sahli, KSA 1:45.27
 2. Najim Manseur, ALG 1:46.02
 3. Antar Zerguelaine, ALG 1:46.34
 4. Warren Hendricks, RSA 1:46.51
-

NEWS

FUN RUN TO HELP FRANKIE CAWDRY

Natal Carbineers will host a 5 km and/or 10 km fun run/walk this Sunday, 28 June, to raise funds for well-known KZN runner Frankie Cawdry. Cawdry, owner of a Comrades green number, was severely injured when struck by a car on the Wednesday before the Comrades while scouting for a location for the Chiltern AC table on the Comrades route.

Cawdry, convenor of the Highway Ladies Time Trial League, also served on the Comrades Marathon seconding tables management team and as such has contributed greatly to all participants' enjoyment of the race.

Cawdry, who is described as "a true adventurer and free spirit" and has completed the Duzi and the Triple Challenge and climbed Kilimanjaro, faces a long road back to recovery. She remains in hospital and since she is self-employed, she will be without income until she can work again – and will then be faced by huge medical bills.

A fund with a dedicated bank account to help her with expenses has been set up by Chiltern AC. The details of the account are:

Bank: Standard Bank

Name: Chiltern Frankie Cawdry Fund

Acc No.: 251 596 125

Branch Code: 045426

The fun run will be held at the Scottsville Race Course and will start at 08:00.

S.A. SPRINTERS RECEIVE MEDAL AFTER 10 YEARS

Ten years after the race, the South African 4x400 m relay team members who competed in the World Championships in Seville, Spain, will receive their bronze medals. The SA team originally placed fourth, but was promoted to third when the US team was disqualified.

One of the Americans, Antonio Pettigrew, was suspended for a drugs offence. The Americans won the race.

The South African team of Jopie van Oudtshoorn, Hendrik Mokganyetsi, Adriaan Botha and Arnaud Malherbe set a new SA record of 3:00.20.

In accordance with the IAAF Competition Rule 40.11 the athletes are entitled to any additional or "top up" prize money and shall receive payment only once all relevant money has been received from the ineligible athlete.

The revised result for the relay now reads: 1. Poland 2:58.91; 2. Jamaica 2:59.34; 3. South Africa 3:00.20.

FIRST 10 GOLDEN CONTENDERS

The IAAF is again offering a prize of \$1 million to any athlete who can win his or her event at all six Golden League meetings throughout the summer. The money is split if more than one athlete achieves six wins. After the first Golden League event, the ISTAF Meeting in Berlin, the ten eligible athletes are:

Men

100—Daniel Bailey; 400—Chris Brown; 3000/5000—Kenenisa Bekele; 110 hurdles—Dexter Faulk; javelin throw—Tero Pitkämäki.

Women

100—Kerron Stewart; 400—Sanya Richards; 100 hurdles—Damu Cherry; high jump—Ariane Friedrich; pole vault—Yelena Isinbayeva.

The remaining meetings are: Oslo (3 July), Rome (10 July), Paris (17 July), Zürich (28 August), Brussels (4 September).

GOLD TURNS INTO DIAMOND IN 2010

The IAAF Diamond League, which will replace the Golden League next year, will be staged in 14 cities across America, Asia, the Middle East and Europe. The schedule is: 14 May, Doha; 3 May, Shanghai; 4 June, Oslo; 10 June, Rome; 19 June, New York; 3 July, Eugene; 8 July, Lausanne; 11 July, Gateshead; 16 July, Paris; 22 July, Monaco; 6 August, Stockholm; 13-14 August, London; 19 August, Zürich; and 27 August, Brussels.

The notable omission is that of Berlin, which has decided after long consideration not to join the League at present.

KASTOR WILL RUN CHICAGO

American record holder Deena Kastor will take the first significant step in her comeback from last summer's devastating foot injury in the Bank of America Chicago Marathon on 11 October, according to Associated Press.

Kastor broke her foot in the Olympic Marathon in Beijing. She won the Chicago race in 2005.

Kastor set the U.S. record of 2:19:36 at the 2006 London Marathon and believes she can better that mark, and even get below 2:18. Paula Radcliffe of Britain holds the women's world record with 2:15:25 at London in 2003.

The 36-year-old Kastor is the first elite woman to commit to run the Chicago marathon. "Chicago regularly brings in a star-studded field," she said. "I really think that I am going to have my work cut out for me." Among those Kastor expects to see in the field is Constantina Tomescu-Dita of Romania, who won gold in Beijing.

Kastor won marathon bronze at the 2004 Athens Olympics and was among the favorites in Beijing, but felt something pop in her foot just past the 3-mile mark. She pulled up immediately with what was later diagnosed as a broken foot.

Kastor, who lives in Mammoth Lakes, California, didn't start running again until November, after her foot had time to heal from the break that was attributed to a vitamin D deficiency. She has addressed that problem by adjusting her diet and adding supplements.

By the spring she had resumed her normal training routine and returned to competition in the Bay to Breakers and the Great Edinburgh Run, winning the 10 km race in Scotland in 32:38 to beat three-time champion Jelena Prokopcuka.

Kastor was a prerace favorite to win her second New York Mini 10 km title this month, but did not race due to inflammation in her big toe. She saw a foot specialist in Toronto who advised her to temporarily scale back her training, especially on hard surfaces.

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 HALF MARATHON: TOP TEN WOMEN

1:16:08	Tanith Maxwell	5	Warsaw	Warsaw	29 Mar
1:17:23	Annerien v. Schalkwyk	4	Two Oceans	Cape Town	11 Apr
1:18:13	Irvette van Blerk	1	Dis Chem	Bedfordview	11 Jan
1:18:32	René Kalmer	5	Nedbank Matha Series	Pretoria	17 Jan
1:18:43	Kim Laxton	5	Two Oceans	Cape Town	11 Apr
1:19:22	Jenna Challenor	6	Two Oceans	Cape Town	11 Apr

1:19:26	Lauren Stewart	9	Reading	Reading	29 Mar
1:19:31	Ntombesintu Ntshiliza	1	EP Championships	Port Elizabeth	09 May
1:19:57	Catherine Skosana	6	Matha Series	Middelburg	04 Apr
1:20:08	Ronél Thomas	7	Two Oceans	Cape Town	11 Apr

THIS MONTH IN HISTORY

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

37 years ago: 2 June 1972

"I knew I would win it," said Johnny Halberstadt after taking first place in the NCAA (American Collegiate) Championships 10000 metres in Eugene, Oregon. Halberstadt, who was studying in the US at the time and competed for Oklahoma State University, set a new SA record of 28:50.4 with a last lap of 57.7 sec. Halbestadt took the lead after 18 laps and won by exactly one second. Later in the same month he also set a national record of 13:44.0 in the 5000 m. In May he had smashed the SA 2-mile record with 8:33.8.

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

21.1 km	76:08	Taniith 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	7:50:00	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	63:17	Olga Howard	Mamre	20 Jun
	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

21.1 km	49:40	Ines Chenonge (KEN) 2001	
	84:09	Quarta Wiese	Wellington
	1:09:05	Delilah Asiago (KEN) 1991	01 May

Contributors to this issue: Elsa & Ben Oliver, Harold Berman, Kevin Harlock, Sakkie le Roux, Alen Hattingh, Cecil Roffey

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za