

Distance Running Results

Vol. 9, No. 26 – 30 June 2009

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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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Publisher: Riël Hauman

EDITORIAL

Two list leaders were run in Saturday's Eerste River 15 km – by junior Manfred Samuels (49:04) and, somewhat suprisingly, by senior Mia Pienaar (55:09).

The main international action was in the USA T&F Championships in Eugene, where Galen Rupp became the first runner ever to win the NCAA and USATF 10000-metre titles in the same year. The Oregon star ran 27:52.53 to beat Dathan Ritzenhein. In the women's race Olympic bronze medallist Shalane Flanagan was unexpectedly outkicked by Amy Begley, who clocked a PB 31:22.69. Kara Goucher retained her 5000-metre title, while steeplechaser Anna Willard qualified in both her premier event and in the 1500 m.

In Europe Elroy Gelant won a 1500-metre race in 3:38.59, while Warren Hendricks was second over 800 m in 1:46.94.

In the Kenyan Championships, held in high-altitude Nairobi, the first five runners in the 10000 m ran sub-28, a remarkable achievement.

An excellent performance by top South African grandmaster Elaine Greenblatt in the London Marathon in April has come to DRR's notice. Greenblatt finished third in the 60-64 age category, running 3:24:03 – a mere 2:35 slower than the SA grandmasters record. Just a week later she won her category in the 10000 m at the SA Masters T&F Championships in Pretoria. Greenblatt, who became a grandmaster in April, will represent CGA in the SA Half-marathon Championships on Saturday.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Frankie Cawdry 10 km, Pietermaritzburg
- * Trailer Hyper 17 km, Kirkwood
- * Eerste River 15 km, Eerste River
- * Fanie Booysen Icebreaker 10 km, Pretoria
- * XC: EP League Meeting, Port Elizabeth

International highlights:

- * Hella Hamburg Halbmarathon, Hamburg, GER
- * Corrida Festas da Cidade do Porto 15 km, Porto, POR
- * Univé Stadsloop Appingedam, Appingedam, NED
- * Darmstadter Stadtlauf "Cup da Franco", Darmstadt, GER
- * Track: USA Outdoor Championships, Eugene, USA; New KCC/Athletics Kenya National Championships, Nairobi, KEN; De Keien Mondo Meeting, Uden, NED; Sollentuna GP,

Sollentuna, SWE; Notturna di Milano, Milan, ITA; EnBW Weltklasse in Biberach, Bibernach, GER; Paavo Nurmi Games, Turku, FIN

ROAD RUNNING

Frankie Cawdry 10 km

Pietermaritzburg, 28 June

Note: DRR reported last week on this fun run held by Natal Carbineers to raise money for the medical expenses of well-known KZN runner and official Frankie Cawdry, who was hit by a car and seriously injured a few days before the Comrades Marathon. More than R10 000 was raised by the three races over 10 km, 5 km and 1 km. Among the celebrities who took part were Tanith Maxwell (who jogged the course in 62:15) and Comrades Race Manager Renée Jordaan. – Ed.

MEN

1. Noel Roberts 37:38
2. James Speed 38:37
3. Nicolas Khumalo 40:25
4. Simo Ndimande 40:30
5. Charles Zondi 41:33

WOMEN

1. Nonsikelelo Mbambo 46:30
2. Anne Weeden 47:00
3. Sandy Fisser 48:42
4. Clare Brett 50:13

Trailer Hyper 17 km

Kirkwood, 27 June

(Finishers: 109)

MEN

1	Terrance	Mjekula	Raleigh AC	36	1:03:49
2	Mpumelelo	Ndlumbini	Mr Price AC EP	34	1:09:02
3	Michael	Hendricks	Temp	32	1:09:34
4	Cliff	Commons	SANDF EP	34	1:12:08
5	Donald	Mancasa (1 st mast)	Raleigh AC	55	1:13:05
6	Uran	Le Roux (1 st vet)	VWAC	42	1:13:43
7	Joseph	Stevens	PEAAC	50	1:14:43
8	Klaas	Oliphant	Temp	40	1:17:20
9	Melea	Williams	PEAAC	31	1:18:46
10	Mark	Sivewright	Raleigh AC	42	1:20:46
11	Danie	Claassen	Despatch AC	47	1:20:54
12	Ferdinand	Grobler	Despatch AC	51	1:20:55
13	Daniel	Pieterse	Despatch AC	46	1:21:15
14	Pieter	Smith	Temp	41	1:23:38
15	Nolan	Smith	SAP MC EP	46	1:24:25
16	Brian	Wood	Nedbank RC EP	53	1:24:55
17	Grant	Bowles	Bluewater Bay	27	1:27:59
18	Llewellyn	Clack	Raleigh AC	44	1:28:35
19	Mof	Botha	Achilles AAA	53	1:28:40
20	Johann	Postma	Elite AC	44	1:28:42

40-44:

1	Uran	Le Roux	VWAC	42	1:13:43
2	Oliphant	Klaas	Temp	40	1:17:20
3	Mark	Sivewright	Raleigh AC	42	1:20:46

45-49:

1	Danie	Claassen	Despatch AC	47	1:20:54
2	Daniel	Pieterse	Despatch AC	46	1:21:15
3	Nolan	Smith	SAP MC EP	46	1:24:25

50-54:

1	Joseph	Stevens	PEAAC	50	1:14:43
2	Ferdinand	Grobler	Despatch AC	51	1:20:55
3	Brian	Wood	Nedbank RC EP	53	1:24:55

55-59:

1	Donald	Mancasa	Raleigh AC	55	1:13:05
2	Piet	Meyer	St Albans CSEP	59	1:31:19
3	Derek	Davidson	Crusaders AC	58	1:34:47

60-64:

1	Andre	Fourie	Elite AC	62	1:49:48
2	Alan	Penney	Spar Walmer AC	62	1:57:11
3	Jurgen	Gouws	Nmmu AC	60	02:13:07

WOMEN

1	Tracey	Almirall	Temp	28	1:25:13
2	Elmarie	Bezuidenhout	Charlo AC	27	1:28:41
3	Adele	Nel	St Albans CSEP	36	1:31:21
4	Carmen	Boshoff	PEAAC	37	1:36:09
5	Yolanda	Dugmore	Temp	36	1:38:53
6	Petra	Pienaar (1 st vet)	Spar Walmer AC	45	1:39:37
7	Ronell	Claassen	Despatch AC	46	1:43:39
8	Janette	Wood (1 st mast)	Nedbank RC EP	50	1:44:02
9	Adele	Swart	Temp	45	1:44:40
10	Marietjie	Tibshraeny	Temp	45	1:44:43
11	Antoinette	Coertze	Despatch AC	44	1:44:57
12	Lesley	Maggott	Achilles AAA	42	1:45:11
13	Anja	Bodisch	Temp	41	1:46:36
14	Anusha	Naidu	Charlo AC	42	1:46:37
15	Vikci	Laing	Raleigh AC	32	1:46:40
16	Toska	Joubert	Temp	53	1:46:50
17	Kim	Venter	Raleigh AC	25	1:47:32
18	Alison	Brussow	Temp	35	1:49:32
19	Paige	Theron	Charlo AC	43	1:50:10
20	Alma	Fourie	Charlo AC	52	1:50:28

40-44:

1	Antoinette	Coertze	Despatch AC	44	1:44:57
2	Lesley	Maggott	Achilles AAA	42	1:45:11
3	Anja	Bodisch	Temp	41	1:46:36

45-49:

1	Petra	Pienaar	Spar Walmer AC	45	1:39:37
2	Ronell	Claassen	Despatch AC	46	1:43:39
3	Adele	Swart	Temp	45	1:44:40

50-54:

1	Janette	Wood	Nedbank RC EP	50	1:44:02
2	Toska	Joubert	Temp	53	1:46:50
3	Alma	Fourie	Charlo AC	52	1:50:28

60-64:

1	Gaynor	Laurie	Crusaders AC	60	2:11:09
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2 Debbie Oelofse

Legacy Ac

62

2:29:24

Eerste River 15 km

Eerste River, 27 June

(Certified out-and-back course)

MEN

1. Joseph McKenzie (ADT) 45:28 (R450); 2. Thanduluntu Magqaza (Midas) 45:57 (R300); 3. Dicardo Jacobs (Maties) 46:04 (R250); 4. Siphso Phala (VOB) 48:07; 5. Masixole Peza (Adid) 48:27; 6. Piet Jacobs (Ned) 48:32; 7. Riaan Wildskut (East) 48:35; 8. Isaac Opperman (CS) 48:39 (1st vet); 9. Manfred Samuels (Held) 49:04 (1st jun); 10. Sihle Mapukata (MP) 49:09; 11. Gcobani Mndi (VOB) 49:35; 12. Marks Mpekula (VOB) 49:36; 13. Nande Noamgulane (Khaye) 49:48; 14. Anton Faro (Maties) 49:48; 15. Kevin Oliphant (Adid) 50:08; 16. Shaun Abrahams (Adid) 50:08; 17. Hnerico Rooi (Ned) 50:16; 18. Zliko Zenzile (Khaye) 50:32; 19. Nelson Bass (UCT) 50:41; 20. Wanda Roro (Adid) 50:43; 21. Dawid Gous (Swart) 50:46; 22. Anthony Matthee (Held) 51:10; 23. Khayeletu Baba (Adid) 51:21; 24. Akhona Makila (VOB) 51:22; 25. Pieter Koopman (Maties) 51:26; 26. Danzil Paulse (Brack) 51:28; 27. Bongile Tshwelika (East) 51:40; 28. Thembekile Mbilana (Khaye) 51:43; 29. Mervin Steenkamp (Adid) 51:46; 30. Roger Dickson (VOB) 51:52.

Masters: 40-49: 1. Isaac Opperman (CS) 48:39 (R250); 2. John September (Celtic) 52:05 (R200); 3. Thembinkosi Zweni (Gugs) 53:51 (R150). **50-59:** 1. Desmond Rondganger (Bell) 59:02 (R150); 2. Henry Cieverts (Top) 59:38 (R75); 3. Richard Johnson (OM) 60:45 (R50). **60+:** 1. R. le Roux (Brack) 64:18 (R150); 2. Blackie Swart (Swart) 64:32 (R75); 3. Henry Cleophas (Ned) 68:04 (R50). **Juniors:** 1. Manfred Samuels (Held) 49:04 (R200); 2. Gcobani Mndi (VOB) 49:35 (R150); 3. Nomde Nqamqweni (Khaye) 49:38 (R100).

WOMEN (Same prize money as men)

1. Mia Pienaar (Maties) 55:09; 2. Anneline Roffey (Adid) 56:04; 3. Ursula Frans (Adid) 60:06 (1st vet); 4. Destiny Titus (UWC) 61:31; 5. Chantel de Lange (Adid) 62:15; 6. Tania Fourie (Durb) 62:29; 7. Mariëtte Esterhuyse (Tyger) 62:45; 8. Yonela Hewu (Gugs) 64:02 (1st jun); 9. Tania Kapp (VOB) 64:05; 10. Sue Dickson (VOB) 65:45; 11. Anita Naudé (Durb) 65:56; 12. Tanya Scott (UCT) 66:14; 13. Elizabeth de Gouveia (Durb) 66:28; 14. Ronél Steenkamp (Durb) 67:02; 15. Asanda Dayimani (Atl) 68:13; 16. Renata Schoeman (NBMC) 68:59; 17. Charmaine Cupido (Ned) 69:07 (1st mast); 18. Tyshia Johannes (Gugs) 69:12; 19. Glenda Werth (Ned) 69:16; 20. Esé Koopman (Durb) 69:22.

Masters: 40-49: 1. Ursula Frans (Adid) 60:06; 2. Mariëtte Esterhuyse (Tyger) 62:45; 3. Tania Kapp (VOB) 64:05. **50-59:** 1. Charmaine Cupido (Ned) 69:07; 2. Fereal Johaar (Top) 72:25; 3. Diana Rixon (VOB) 73:20. **60+:** 1. Marlene James (Pine) 83:56; 2. Cathy Talor (Durb) 90:07; 3. Dolla Naurattel (Ceres) 95:54. **Juniors:** 1. Yonela Hewu (Gugs) 64:02; 2. Tanya Scott (UCT) 66:14; 3. Asanda Dayimani (Atl) 68:13.

Fanie Booysen Icebreaker 10 km

Pretoria, 20 June

Note: Annerien van Schalkwyk finished 11th overall. – Ed.**MEN**

1	W	Ruto	27	KEN/Toyota	30:53
2	D	Mathipa		Powerade	31:22
3	O	Kandiero	31	ZIM/Toyota	31:35
4	M	Goxo		Powerade	31:45
5	L	Muchena		ZIM/Exxaro	31:58
6	M	Nkoana		Powerade	32:06

7	S	Lethurashipi		Powerade	33:14
8	L	Maifo	30	Powerade	33:43
9	J	Maluleke	40	Varsity Sports	34:10
10	C	Lynkin	23	Temp	34:16

WOMEN

1	A	Van Schalkwyk	30	Irene	34:22
2	M	Mahohoma		ZIM/Mr Price	37:22
3	M	Filmalter		Tuks	38:58
4	L	Madzivo		Temp	41:59
5	J	Sturdy	32	Tuks	42:10
6	C	V D Merwe	31	Irene	42:36
7	M	Lagerwall	21	Tuks	42:43
8	A	Viljoen	45	Irene	42:55
9	A	Bezuidenhout	17	Akasia	44:17
10	C	Prinsloo	15	Csir	44:29

CROSS-COUNTRY

EP League Meeting (4th)

Port Elizabeth, 27 June

MEN

12 km:

1	Rodney	Prins	MPEP	20	37:47
2	George	Ntshiliza	MPEP	29	38:16
3	Phumzile	Sikawuti	Nedbank	29	38:42
4	Phumelelo	August	MPEP	24	39:08
5	Anele	Maliza	MPEP	31	39:55
6	Sandile	Ngunuza	Nedbank	26	40:01
7	Bulelini	Niwa	PEAAC	23	40:22
8	Robert	Matthys	MPEP	33	40:39
9	Vuso	Nkonzo	MPEP	24	41:24
10	Khayaletu	Makalima	MPEP	25	41:34

4 km:

1	Masande	Mlonyeni	Nedbank	28	12:16
2	Sandile	Mateza	MPEP	16	12:19
3	Luyanda	Tshangana	MPEP	26	12:24
4	Sindile	Somke	Nedbank	32	12:38
5	Bulelini	Niwa	PEAAC	23	12:58
6	Conrad	Charles	Malabar	19	13:16
7	Mzolisi	Makhandia	Nedbank	26	13:26
8	Lonwabo	Rhoboshe	Sisonke	14	13:39
9	Andile	Manona	Nedbank	27	13:56
10	Antonio	Seconds	Nedbank	29	14:15

40-49:

1	Desmond	Zibi	MPEP	45	26:13
2	Maboyisana	Mazwayi	Nedbank	41	27:40
3	Freddie	Jantjies	Malabar	40	28:50

50-59:

1	Nelson	Mgubasi	Willard	51	31:57
2	Sizinzo	Kama	Ach	57	32:34
3	Stiglingh	Sticks	Kowie	54	32:37

60+:

1	Tamsanqa	Jusayi	MPEP	67	23:33
2	Percy	Dalton	Ach	60	26:20
3	David	O'rielly	Nedbank	61	28:34

23:

1	Marinus	Johnson	MPEP	23	12:43
2	Zolani	Mabongo	MPEP	22	12:45
3	Sello	Molefe	NMMU	22	13:08

21:

1	Zolani	Ngqaqa	MPEP	20	11:55
2	Nkosinathi	Madyo	Nedbank	21	12:00
3	Ivan	Ambraal	Malabar	20	12:31

Juniors:

1	Durian	Louw	Temp	19	26:30
2	Lubabaloo	Mdlungwane	PEAAC	15	26:49
3	Mariano	Eesou	Nedbank	17	26:51

WOMEN**8 km:**

1	Ntombesintu	Ntshiliza	MPEP	27	29:30
2	Deliwe	Nyanga	PEAAC	20	30:46
3	Babalwa	Ngcoko	MPEP	21	31:48
4	Liandre	Pretorius	MPEP	30	33:01
5	Treloar	Childs	WAC	46	35:46
6	Andiswa	Qutyelo	Nedbank	21	36:54
7	Noxolo	Marks	MPEP	23	38:05
8	Julie	Taunton	Crusade	49	38:24
9	Paulette	Mcewan	Ach	44	40:09
10	Janine	Papenhuijzen	Ach	29	40:10

4 km:

1	Ntombesintu	Ntshiliza	MPEP	27	15:05
2	Asanda	Solani	Nedbank	25	17:17
3	Prizelda	Boucher	Chatty	15	27:00

40-49:

1	Grizelda	Pietersen	Ach	40	17:06
2	Treloar	Childs	WAC	46	17:34
3	Nophendule	Sineke	Nedbank	43	18:30

50-59:

1	Benice	Putter	Someast	51	20:03
2	Paulette	Jordaan	Muirite	51	20:54

60+:

1	Liz	Grundlingh	Muirite	62	19:57
2	Annette	Lackey	Raleigh	63	27:34
3	Isabella	Childs	WAC	67	29:14

23:

1	Babalwa	Ngcoko	MPEP	21	15:46
1	Deliwe	Nyanga	PEAAC	20	15:16

Juniors:

1	Junaida	Pieters	NMMU	19	25:04
2	Lisa	Liebenberg	Someast	18	27:26
3	Anita	Ndiki	Qaphelani HS	18	28:28

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

Hella Hamburg Halbmarathon (15th)

Hamburg, GER, 28 June

(Distance: 21.1 km)

MEN (gun times)

1. Gilbert Kipruto Kirwa, 1985, KEN 1:01:52
2. Ben Kimutai Kimwole, 1978, KEN 1:03:41
3. Peter Kiprotich, 1979, KEN 1:03:42
4. Mutai Kiprop, 1987, KEN 1:03:51
5. Paul Kipkorir, 1982, KEN 1:03:59

WOMEN (gun times)

1. Caroline Chepkwony, 1985, KEN 1:15:22
2. Ruth Wanjiru, 1981, KEN 1:15:23
3. Lydia Kurgat, 1975, KEN 1:15:23
4. Sally Kaptich Chepyego, 1985, KEN 1:15:27
5. Loise Kangogo, 1982, KEN 1:15:33

Corrida Festas da Cidade do Porto 15 km (10th)

Porto, POR, 28 June

MEN

1. Adhanom Abrah, ERI 43:38
2. Kenneth Kiplimo, KEN 43:48
3. Peter Kosgei, KEN 44:20
4. Rui Pedro Silva, POR 44:25
5. Luis Feiteira, POR 45:14

WOMEN

1. Prisca Jeptoo, KEN 49:52
2. Marisa Barros, POR 49:58
3. Fernanda Ribeiro, POR 51:03

Univé Stadsloop Appingedam (13th)

Appingedam, NED, 27 June

(Distance: 10 km)

MEN (extended times)

1. Wilson Kipsang, KEN 27:44.1 CR
2. Jason Mbote, KEN 28:32.1
3. Ezekiel Meli, KEN 29:19.3
4. Maurice Mosima, KEN 29:33.7
5. Hans Janssens, BEL 29:36.9

WOMEN (extended times) -

1. Hilda Kibet, NED 31:58.1
2. Caroline Cheptonui, KEN 33:02.4
3. Sharon Tavengwa, ZIM 33:42.6

- | | |
|------------------------|---------|
| 4. Monica Wangari, KEN | 34:04.2 |
| 5. Susanne Hahn, GER | 34:08.1 |

Darmstadter Stadtlauf "Cup da Franco" (32nd)

Darmstadt, GER, 24 June

MEN (7.6 km/extended times)

- | | |
|------------------------------|---------|
| 1. Patrick Kimelo, 1989, KEN | 22:01.3 |
| 2. Mutai Kiprop, 1987, KEN | 22:08.0 |
| 3. Shadrack Lagat, 1988, KEN | 22:10.0 |

TRACK

USA Outdoor Championships

Eugene, USA, 25-28 June

Note: Athletes who possess the IAAF "A" qualifying standard for their event who made the final are marked with an asterisk (*). – Ed.

MEN

800 (28):

- | | | |
|-----------------------|-----------------|---------|
| 1. Nick Symmonds* | Oregon TC Elite | 1:45.86 |
| 2. Khadevis Robinson* | Nike | 1:45.97 |
| 3. Ryan Brown | Asics | 1:46.67 |
| 4. Christian Smith | Nike | 1:46.92 |
| 5. Tevan Everett | Texas | 1:47.06 |
| 6. Michael Rutt | Connecticut | 1:47.57 |
| 7. Karjuan Williams | unattached | 1:47.87 |
| 8. Tyler Mulder | Northern Iowa | 1:47.98 |

1500 (28):

- | | | |
|---------------------|-----------------|-----------------|
| 1. Lopez Lomong | Nike | 3:41.68 |
| 2. Leonel Manzano* | Nike | 3:41.82 |
| 3. Dorian Ulrey | Arkansas | 3:42.84 |
| 4. Stephen Pifer | Oregon TC Elite | 3:44.21 |
| 5. Will Leer | Oregon TC Elite | 3:44.28 |
| 6. Craig Miller | unattached | 3:45.15 |
| 7. Andrew Jesien | Virginia | 3:45.39 |
| 8. Chris Lukezic | Reebok | 3:45.79 |
| 9. Jeff See | Ohio State | 3:45.87 |
| 10. Jordan McNamara | Oregon | 3:46.08 |
| 11. Darren Brown | unattached | 3:46.41 |
| -- Alan Webb | Nike | DNS (hamstring) |

5000 (26):

- | | | |
|----------------------------|-----------------|--------------|
| 1. Matt Tegenkamp | Oregon TC Elite | 13:20.57 |
| 2. Chris Solinsky* | Oregon TC Elite | 13:20.82 |
| 3. Evan Jager (1989) | Oregon TC Elite | 13:22.18 PB |
| 4. Bolota Asmerom | Nike | 13:24.00 |
| 5. German Fernandez (1990) | Oklahoma State | 13:25.46 NJR |
| 6. Jonathon Riley | Nike | 13:26.90 |
| 7. Sean Quigley | Puma | 13:31.98 |
| 8. Anthony Famiglietti* | Saucony | 13:33.63 |
| 9. Brent Vaughn | Nike | 13:38.30 |
| 10. Scott Bauhs | adidas | 13:39.06 |

-- Galen Rupp Oregon DNS

10000 (25):

1. Galen Rupp*	Oregon	27:52.53
2. Dathan Ritzenhein	Nike	27:58.59
3. Tim Nelson*	Oregon TC Elite	28:01.34
4. James Carney	New Balance	28:13.37
5. Ed Moran	Nike	28:34.54
6. Meb Keflezighi	Nike	28:35.49
7. Patrick Smyth	unattached	28:35.70
8. Abdi Abdirahman	Nike	28:35.79
9. Jorge Torres	Reebok	28:42.13
10. Forest Braden	Brooks ID / Brooks	28:43.98

3000 s/chase:

1. Josh McAdams*	New Balance	8:29.91
2. Daniel Huling*	Reebok	8:32.86
3. Kyle Alcorn*	Nike	8:34.65
4. Kyle Perry	unattached	8:36.65
5. Ben Bruce	Oregon TC Elite	8:36.76
6. Thomas Kloos	TRANSPORTS	8:38.39
7. Ryan Warrenburg	ZAP Fitness	8:43.91
8. Aaron Aguayo	Nike	8:44.01
9. Jordan Fife	Team Indiana/Brk	8:48.16
10. Thomas Brooks	Oregon TC Elite	8:48.56

WOMEN

800 (28):

1. Hazel Clark*	Nike	2:00.79
2. Geena Gall	Oregon TC Elite	2:01.01
3. Phoebe Wright	Tennessee	2:01.12 PB
4. Maggie Vessey	unattached	2:01.19
5. Laura Hermanson	North Dakota State	2:01.28 PB
6. Morgan Uceny	Reebok	2:01.32
7. Alysia Johnson	Nike	2:01.58
8. Katie Waits	Reebok	2:01.69
9. Brenda Martinez	Cal Riverside	2:09.44

1500 (27):

1. Shannon Rowbury*	Nike	4:05.07
2. Christin Wurth-Thomas*	Nike	4:06.00
3. Anna Willard*	Nike	4:07.70
4. Erin Donohue	Nike	4:08.96
5. Treniere Clement	Nike	4:09.10
6. Lauren Centrowitz	Stanford	4:11.21
7. Heidi Dahl	East Tenn St	4:11.58 PB
8. Molly Lehman	Duke	4:12.13 PB
9. Amy Mortimer	Reebok	4:12.94
10. Margaret Infeld	Georgetown	4:13.25 PB
11. Sarah Bowman	Tennessee	4:16.29

Preliminaries (25): Advance top-3 in each heat plus next 6 times to final

Heat 2:

1. Shannon Rowbury	Nike	4:15.19Q
2. Erin Donohue	Nike	4:15.63Q
3. Lauren Centrowitz	Stanford	4:16.05Q
... 10. Jordan Hasay	San Luis D C	4:19.61

5000 (26):

1. Kara Goucher*	Nike	15:20.94
2. Jennifer Rhines*	adidas	15:26.92
3. Angela Bizzarri	Illinois	15:33.02 PB
4. Julie Culley	N Y A C	15:33.92 PB
5. Rebecca Donaghue	New Balance Boston	15:36.09
6. Racheal Marchand	unattached	15:37.08 PB
7. Nicole Blood	Oregon	15:38.61 PB
8. Allison Grace	ZAP Fitness	15:47.31 PB
9. Renee Metivier Baille	Nike	15:47.70
10. Amy Hastings	adidas	15:52.37
... 18. Sara Hall	Asics	16:54.94
-- Shannon Rowbury	Nike	DNS
-- Lauren Fleshman	Oregon TC Elite	DNS
-- Jenny Barringer	Colorado	DNS
-- Shalane Flanagan	Nike	DNS

10000 (25):

1. Amy Begley*	Nike	31:22.69 PB/SR
2. Shalane Flanagan*	Nike	31:23.43
3. Katie McGregor	Reebok	32:08.04
4. Magdalena Lewy Boulet	Saucony	32:20.45 PB
5. Molly Huddle*	Saucony	32:43.11
6. Amy Hastings	adidas	32:56.20
7. Serena Burla	RIADHA	32:56.40
8. Melissa Cook	New Balance	33:02.90
9. Sally Meyerhoff	unattached	33:03.19 PB
10. Allison Grace	ZAP Fitness	33:12.34 PB

3000 s/chase (28):

1. Jenny Barringer*	Colorado	9:29.38
2. Anna Willard*	Nike	9:35.01
3. Bridget Franek*	Penn State	9:36.74 PB
4. Lindsey Anderson*	Nike	9:44.42
5. Marie Lawrence	Washington	9:48.27
6. Lisa Galaviz	Nike	9:52.60
7. Lindsay Allen	McMillan Elite	9:55.26
8. Amanda Lorenzen	unattached	10:00.42
9. Delilah DiCrescenzo	Puma	10:02.14
10. Erin Bedell	Baylor	10:08.80

New KCC/Athletics Kenya National Championships

Nairobi, KEN, 25-27 June

MEN

800 (27):

1. David Rudisha (Police) 1:47.1
2. Jackson Kivuva (Armed Forces) 1:47.9
3. Hoseah Kandie (Armed Forces) 1:48.5

1500 (27):

1. Gideon Gathimba (Armed Forces) 3:39.7
2. James Kangongo (Police) 3:41.2
3. Churchill Kipsang (Nyanza South) 3:41.7

5000 (27):

1. Joseph Kitur (Police) 13:47.0
2. Vincent Kiprop (Armed Forces) 13:48.2
3. Alex Macharia (Police) 13:48.7

10000 (27):

1. Sammy Kitwara (Police) 27:44.46
2. Gideon Ngatuny (Police) 27:44.77
3. Bernard Kipyego (Police) 27:44.80
4. Moses Masai (Police) 27:44.88
5. Mathew Kisorio (Individual entry) 27:58.97

3000 s/chase (27):

1. Richard Matelong (Police) 8:14.2
2. Elijah Chelimo (Prisons) 8:19.8
3. Abel Mutai (Armed Forces) 8:23.4

DNF - Ezekiel Kemboi (Police)

WOMEN

800 (27):

1. Winny Chebet (South Rift) 2:05.9
2. Jane Jelagat (Armed Forces) 2:06.3
3. Nelly Jeptanui (Armed Forces) 2:08.6

1500 (27):

1. Vivian Cheruiyot (Police) 4:07.66
2. Sylvia Kibet (Police) 4:08.57
3. Innes Chenonge (Armed Forces) 4:08.61

5000 (27):

1. Mercy Cherono (South Rift) 15:46.74
2. Pascalia Chepkorir (Police) 15:57.05
3. Naomi Chepgnetich (Coast) 15:58.84

10000 (26):

1. Linet Masai (Kenya Police) 32:49.3
2. Lineth Chepkurui (Armed Forces) 32:57.3
3. Philes Ongori (Nyanza South) 33:04.1
4. Peninah Arusei (Armed Forces) 33:16.9
5. Elizabeth Rumokal (Individual entry) 33:37.4
6. Sally Kipyego (Individual entry) 33:44.7

3000 s/chase (27):

1. Gladys Kemboi (North Rift) 9:40.47
2. Milka Chemos (Police) 9:41.00
3. Lydia Rotich (Police) 9:41.13

De Keien Mondo Meeting

Uden, NED, 27 June

MEN

800:

Race A -

1. Walid Meliani, ALG 1:46.14
2. Warren Hendricks, RSA 1:46.94
3. Thomas Matthijs, BEL 1:47:33

1500:

Race A -

1. Elroy Gelant, RSA 3:38:59
2. Mthobisi Baloyi, RSA 3:39:81
3. Guss Janssen, NED 3:40:77
- ... 8. Molefe Molefe, RSA 3:44:13

WOMEN

800:

1. Celia Brown, GBR 2:03:42
2. Machteld Mulder, NED 2:05:95
3. Najla Jaber, NED 2:06:13
- ... 5. Juanee Cilliers, RSA 2:09:90

1500:

1. Susan Kuijken, NED 4:05:86 PB
2. Nikki Hamlin, GBR 4:08:52
3. Hazel Murphy, IRL 4:15:16
- ... 7. Dinahrose Phalula, RSA 4:19:05
- ... 11. Ezbe Strydom, RSA 4:25:61

Sollentuna GP (Folksam Grand Prix)

Sollentuna, SWE, 26 June

MEN

1500:

Race A:

1. Abubaker Kaki, 89, SUD, 3:39.89 5000 SEK
2. Dave Campbell, 82, IRL, 3:40.15 3000 SEK
3. Daniel Njironie, 89, KEN, 3:42.53 1500 SEK
- ... 8. Ruben Ramolefi, 78, RSA, 3:47.83

Notturna di Milano

Milan, ITA, 25 June

MEN

5000:

1. Eliud Kipchoge, KEN 12:56.46 SB
 2. Deresse Mekonnen, ETH 13:07.75 PB
 3. Imane Merga, ETH 13:19.63
 4. Levi Omari, KEN 13:24.24 SB
 5. Jonathan Komen, KEN 13:24.30 SB
 6. Vincent Yator, KEN 13:26.06 PB
 7. Daniele Meucci, ITA 13:26.09 PB
 8. Chris Thompson, GBR 13:26.64 SB
 9. Atalay Yirsaw, 1990, ETH 13:26.92 PB
 10. Nick McCormick, GBR 13:27.86 SB
 - ... 14. Ali Saïdi-Sief, ALG 14:03.63
- DNF - Serhiy Lebid, UKR

WOMEN

800:

1. Elisa Cusma Piccione, ITA 1:59.53 SB
2. Hasna Benhassi, MAR 2:00.17

3. Zulia Calatayud, CUB	2:00.70
4. Yuliya Krevsun, UKR	2:01.11
5. Judit Varga, HUN	2:01.29

EnBW Weltklasse in Biberach

Bibernach, GER, 24 June

MEN

800:

Race 1 -

1. Samson Ngoepe, RSA	1:47,24
2. Sören Ludolph, GER	1:48,02
3. Rachid Khouia, MAR	1:48,09

Paavo Nurmi Games

Turku, FIN, 24 June

MEN

1500:

1. Ruben Ramolefi, RSA	3:47.25
2. Tommy Granlund, FIN	3:50.31
3. Joonas Harjamaki, FIN	3:51.20

NEWS

VOET VAN AFRIKA MARATHON IS ON

The Voet van Afrika Marathon will definitely take place on 3 October. According to news received by *Distance Running Results*, the "Voet" has been saved by the Cape Agulhas municipality, which will sponsor it. It is not certain whether the accompanying half marathon will also be held.

The two races were run for the 31st time in Bredasdorp last year, but rumours had been swirling around since then that they will not take place again this year. The future of the Voet has been in jeopardy ever since Boland Athletics intervened in its organisational structure a few years ago and most of the officials who had brought the race to its pre-eminent position in South African road running left the scene.

The marathon will now be called the "Cape Agulhas Voet van Afrika Marathon" and will be organised as a "community project".

S.A. TEAM FOR WORLD YOUTH CHAMPIONSHIPS

Athletics South Africa has announced a team of 30 athletes to represent the country at the IAAF World Youth Championships in Brassanone, Italy, from 8 to 12 July.

The team is:

Boys : Richmond Collins, 100 m, medley relay (AGN); Gideon Trotter, 100 m, medley relay (AFS); Sean de Klerk, 200 m, medley relay (AFS) Mzwandile Qashani, 200 m, medley relay (BOL); Jacques de Swardt, 400 m, medley relay (AGN); MC Kruger, 400 m, medley relay (AVT); Michael van Aswegen, 800 m (CGA); Werner Pretorius, 110 m hurdles (AGN); Layne Scheffers, 110 m hurdles (WPA) Lionel Abrahams, long jump (BOL); Stefan Brits, long jump (BOL); Frans Schutte, shot put and discus throw (AMPU); Donovan Stebbing, shot put (AMPU); Charl Grobler, discus throw (AFS); Dean Goosen, javelin throw (AVT); Siyabonga Derison, 1500 m (AFS); Tebogo Khanye, 1500 m (KZNA); Olwethu Mhlaba,

2000 m s/chase (CGA); Benjamin Molefe, 2000 m s/chase (AFS); and Mfumaneko Fadane, 3000 m (ATRA).

Girls: Justine Palframan, 200 m, 400 m, medley relay (KZNA); Anri Steyn, 400 m, medley relay (CGA); Rikenette Steenkamp, 100 m hurdles, medley relay (AGN); Melissa Harmse 400 m hurdles, medley relay (AGN); Zanri van der Merwe, long jump, medley relay (AGN); Suriette Botha, discus throw (AGN); Simone Meyer, discus throw (KZNA); Annemie Smith, hammer throw (ASWD); Masabata Matoane, 800 m, medley relay (AGN); Happiness Mkhize, 800 m (KZNA).

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 MEN

1:03:12	Hendrick Ramaala	1	Matha Series	Middelburg	04 Apr
1:03:32	Norman Dlomo	2	Matha Series	Middelburg	04 Apr
1:04:11	Ramaala-2	1	Nedbank Matha Series	Pretoria	17 Jan
1:04:20	Lusapho April	4	Matha Series	Middelburg	04 Apr
1:04:51A	George Ntshiliza	1	Kougakus	Jeffreys Bay	28 Mar
1:04:54	Aaron Tlhobo	1	Sasol	Sasolburg	07 Feb
1:05:16	Pakiso Pedi	7	Matha Series	Middelburg	04 Apr
1:05:23	Xolisa Tyali	1	Gauteng Striders	Johannesburg	17 May
1:05:27	Zolani Ntongana	10	Two Oceans	Cape Town	11 Apr
1:05:33	Abram Miya	8	Nedbank Matha Series	Middelburg	04 Apr
1:05:38	Charles Tjiane	11	Nedbank Matha Series	Middelburg	04 Apr

MORE STATS

At the recent ISTAF Meeting in Berlin, one of the IAAF Golden League events, Augustine Choge ran the world's fastest time for 1500 since 2006, 3:29.47. He thus became the 18th athlete to break 3:30 for the distance, and the seventh Kenyan. World record holder Hicham El Guerrouj is by far the most prolific sub-3:30 runner – of the 72 times under this barrier he recorded 43, or 60%! In 2004 Choge became, at 17, the youngest ever sub-13 5000-metre runner.

Here are all 18 runners who have run faster than 3:30 for 1500 metres:

3:26.00	Hicham	El Guerrouj	MAR	Rome	14.07.1998
3:26.34	Bernard	Lagat	KEN	Bruxelles	24.08.2001
3:27.37	Noureddine	Morceli	ALG	Nice	12.07.1995
3:28.12	Noah	Ngeny	KEN	Zürich	11.08.2000
3:28.95	Fermin	Cacho	ESP	Zürich	13.08.1997
3:28.98	Mehdi	Baala	FRA	Bruxelles	05.09.2003
3:29.02	Daniel	Kipchirchir Komen	KEN	Roma	14.07.2006
3:29.14	Rashid	Ramzi	BRN	Roma	14.07.2006
3:29.18	Vénuste	Niyongabo	BDI	Bruxelles	22.08.1997
3:29.29	William	Chirchir	KEN	Bruxelles	24.08.2001
3:29.46	Saïd	Aouita	MAR	Berlin	23.08.1985
3:29.46	Daniel	Komen	KEN	Monaco	16.08.1997
3:29.47	Augustine	Choge	KEN	Berlin	14.06.2009
3:29.51	Ali	Saïdi-Sief	ALG	Lausanne	04.07.2001

3:29.67	Steve	Cram	GBR	Nice	16.07.1985
3:29.77	Sydney	Maree	USA	Köln	25.08.1985
3:29.77	Sebastian	Coe	GBR	Rieti	07.09.1986
3:29.91	Laban	Rotich	KEN	Zürich	12.08.1998

THIS MONTH IN HISTORY

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

40 years ago: 22 June 1969

Dick Taylor (GBR) beat Aussie Ron Clarke by almost 15 sec over 10000 metres in London in 28:06.6, the second fastest time in the world that year. Just more than two weeks later Clarke ran the quickest time of the year, 28:03.6 in Oslo's famed Bislett Games. At the time Clarke's world record of 27:39.4, also run in the Bislett Games, had been standing for four years and would survive for another three years. In third place in the London race was British runner Mike Tagg, who six years later would win the South African Open Marathon Championships in Stellenbosch in 2:19:47.

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)		
Marathon	88:00	Takayuki Matsumiya (JPN) 2005		
	2:07:44	Hendrick Ramaala	London	26 Apr
100 km	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.

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	55:07	Goodman Mpukane	Mamre	20 Jun
	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	49:04	Manfred Samuels	Eerste River	27 Jun
	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	55:09	Mia Pienaar	Eerste River	27 Jun
	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	7:50:00	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
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:09	Quarta Wiese	Wellington	01 May
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Chamberlain's Timekeeping

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