

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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Publisher: Riël Hauman

EDITORIAL

A week after winning the SA Half Marathon, Stephen Mokoka also took the Bupa Great North 10 km in Sunderland, Great Britain, in 29:20 – his second fastest time of the year.

Rafaele Mahapa finished 12th in the World University Games Half Marathon in 66:23, while on the track at the same meeting in Belgrade Sibabalwe Gladwin Mzazi won the 10000 m in 28:21.44, with compatriot Lungisa Mdedelwa third in 28:21.52 – both PBs. Another bronze medal went the way of Elroy Gelant in the 5000 (14:07.97). Sunette Viljoen took gold in the javelin throw.

At the World Youth Championships in Bressanone no South African made a final in a distance event. In nondistance events South Africa won one silver medal (Stefan Brits in the long jump) and one bronze (Frans Schutte in the shot put).

At the Golden Gala Meeting in Rome, one of the IAAF Golden League events, Mbulaeni Mulaudzi finished fourth in the 800 m in 1:45.69 after having been second in Lausanne three days before in 1:44.97. Johan Cronje was second in the 1500 m in the same meeting in 3:37.50.

Only four athletes remain in contention for the Golden League jackpot: Kenenisa Bekele, Kerron Stewart, Yelena Isinbayeva and Sanya Richards. The next meeting is this Friday in Paris.

At the British World Trials in Birmingham Meseret Defar (ETH) became only the fifth woman to run faster than 30 minutes for 10000 m with a career best 29:59.20.

Locally, Michelle Williams scored her third successive victory in the popular Pick 'n Pay Cape Times Knysna Forest Marathon, this time in 3:10:31, while veteran Lindile Tokota won the men's race in 2:35:12. In the accompanying half marathon Alae Brand turned the tables on Anneline Roffey, winning easily in 2:21:40.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * ADT Pirates 10 km, Johannesburg
- * Knysna Forest Marathon & Half Marathon, Knysna
- * Sardine Half Marathon, Uvongo
- * Sasol Marathon, Half Marathon & 10 km, Secunda

International highlights:

- * Utica Boilermaker 15 km, Utica, USA
 - * Bupa Great North 10 km, Sunderland, GBR
 - * Asics British 10 km London Run, London, GBR
 - * Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km, Kingsport, USA
 - * World University Games Half Marathon, Belgrade, SRB
 - * European Mountain Running Championships, Telfes im Stubai, AUT
 - * Track: IAAF World Youth Championships, Bressanone, ITA; Meeting International Tangier, Tangier, MAR World University Games, Belgrade, SRB; Aviva World Trials and UK Championships, Birmingham, GBR; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Golden Gala, Rome, ITA; Lapua Meeting, Lapua, FIN; Athletissima, Lausanne, SUI
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VIEWPOINT**LET'S VALIDATE THE PORT ELIZABETH COURSE**

By Riël Hauman

Distance Running Results has received a number of queries and comments about the fast times and many personal bests achieved in last weekend's Nedbank SA Half Marathon in Port Elizabeth. Some of these came from international statisticians, among them Ken Young, founder of the Association of Road Racing Statisticians (ARRS) and publisher of *The Analytical Distance Runner*.

One of the aspects that causes concern with me is the abundance of PBs, and especially those of two minutes and more – in the case of winner Annerien van Schalkwyk even by 4 min 11 sec. This is very rare at this level and sounds alarm bells.

Three factors may have contributed to the fast times: a very fast course (the fastest in the country, according to measurer Norrie Williamson), ideal, windless conditions, and the incentives on offer, which made the pace hot from the start.

In order to get some clarity, I calculated the Race Time Bias figure, formulated by Young, where runners' times are compared to what one could expect them to run (based on their most recent performances), for the race. Using 59 men's times and 39 by women (including some of the age category runners), the RTB figures are -4.59 sec/km for the men and -6.62 sec/km for the women. This means that the men's figure is within the accepted limit of -5 sec/km, but the women's is not. (But Young, using only the top 20 runners, calculated RTBs of -8.25 sec/km for the men and -8.88 sec/km for the women!)

I discussed the matter with Norrie Williamson, who measured the course last year (when it was first used) and who is an IAAF/AIMS Grade A measurer. According to his measurement documents from February 2008 the loop course starts at 47 m above sea level and finishes (inside the stadium) at 46 m above sea level; the highest point is at 87 m and the lowest at 40 m. The start/finish separation is 0.47% of the course distance, i.e. 99.2 m.

Norrie said he was in the media vehicle this time and although he did notice that some of the runners were running on the pavement on occasion, he doubted that this had a significant effect on the distance covered. He pointed out that the weather was "incredibly good" (last year a strong wind was blowing) and added that some runners were part of the ASA high-altitude training camp, something also mentioned in DRR's report last week, which surely had an effect on their preparations.

Patrick Baransky of Nedbank, who ran the race, likewise referred to this point and said that the Nedbank Running Club also conducted a training camp recently and has "moved to give runners better support and a closer link with their coaches as we are aware that runners can only truly improve if they get the right (and balanced) advice that it's not always about the quick wins and instant money gratification".

I also contacted the race referee and ASA's Technical Manager, Pieter de Jager. He said one section of the course was changed between 6 and 8 km to avoid a busy taxi rank and the whole course was remeasured to take this into account on 28 April by himself and Jan van Eeden (who lives in Port Elizabeth), both IAAF/AIMS Grade B measurers. They

measured "backwards", i.e. from finish to start. Their separate measurements were mostly "within a half metre of each other". Their final calibration showed that they had measured it "slightly long" (taking into account the SCPF of 1 m/km), so they moved the start 13 m forward. "All the other kilometre marks were left as measured and marked."

Pieter said that he and Jan were in the time car which led the race and he is satisfied that the route was run as measured. There were "two or three" instances where runners ran on the pavement, but in other cases they "actually had to run wider [than measured] around corners because of traffic". In any case, he said, "the total distance cut [by running on the pavement] was much less than the 1 m/km which was added when the course was measured" (i.e., the short course prevention factor, or SCPF).

Patrick said that Hendrick Ramaala told him that no corners were cut by the lead group and that he himself saw no corners being cut in the group he ran with (± 90 min).

So let us look at some of the statistics regarding PBs. Of the top 25 men, 15 ran PBs, three did not, and in seven cases the athlete's PB is unknown. Of the top 25 women, 13 ran PBs, eight did not, and the PBs of four are unknown. The average time by which these men broke their PB is 1:26; for the women it is 1:40.

Here is a list of the minutes/seconds by which PBs were broken (top 25 only; the seven who did so by 2 minutes or more are underlined):

MEN		WOMEN	
Mokoka	0:38	Van Schalkwyk	<u>4:11</u>
Mthangayi	1:44	Tsatsa	0:25
Juwawo	1:52	Mlambo	0:39
Ngaxzoza	<u>3:31</u>	Maxwell	1:00
April	0:35	Mundalamo	<u>2:43</u>
Matalane	0:54	Retief	<u>2:19</u>
Tyali	<u>2:11</u>	Skosana	0:04
Masire	1:25	Challenor	<u>2:39</u>
Ngamole	1:09	Mabuza	<u>2:12</u>
Kekana	1:59	Thiane	1:00
Gwebu	0:16	April	1:09
Z. Ntongana	0:40	Adlam	1:55
Segoaba	1:42	Lawrie	1:24
Tsosane	1:44		
Nyedimane	1:14		

To take the analysis further, I also looked at a comparison between the times that some of the top runners who were in both races ran last year and this year on essentially the same course, the one hampered by a strong wind and the other in windless conditions. The runners who ran slower this year, or faster by less than 30 seconds, are in bold. Those who ran two minutes or more faster are in red, and those who were three minutes or more faster are also underlined. The four extreme cases as far as faster times are concerned are Tyali (5:50), Ruto (5:58), Gwata (5:28) and Bomvana (13:47!).

MEN			Nyedimane	66:10	63:23
Mokoka	62:04	61:26	Diko	66:12	67:38
Ramaala	62:16	61:43	<u>Masunda</u>	66:39	63:28
Gwebu	63:06	62:20	<u>Tsosane</u>	67:11	63:12
Mthangayi	63:16	61:32	<u>Godongwana</u>	67:29	65:29
Matalane	63:45	61:57	<u>Tyali</u>	67:48	61:58
Segodi	64:21	64:19	<u>Ruto</u>	68:11	62:13
Miya	64:25	65:22	<u>Moleshioa</u>	68:41	65:33
Ngamole	64:52	62:11	Modiga	68:48	69:04
April	65:09	61:49	Fanekho	69:16	67:47
Phaku	65:14	64:51	Zibi	70:15	69:35
Segoaba	65:25	62:28	Kotov	72:13	73:59
Mphuthi	65:31	65:35	Mogudi	76:03	73:28

Moses	78:05	77:39	Mabuza	79:32	77:20
Jusayi	84:20	81:53	Thiane	79:38	78:38
Bock	86:42	82:35	Mtshagi	80:37	79:13
			Seti	81:36	81:24
WOMEN			Gwata	81:55	76:27
Tsatsa	74:15	72:16	Lawrie	82:13	80:11
Tjoka	74:29	74:25	Mahlangu	86:10	86:19
Van Schalkwyk	76:00	71:49	Finlay	86:34	82:19
Maxwell	76:19	74:52	Brink	87:30	85:39
Chitate	77:15	77:50	Saunders	92:07	90:50
Ntshiliza	77:31	77:34	Bomvana	93:18	79:31
Menong	77:48	79:34	Will	93:39	92:17
Mlambo	78:57	74:41	Liz Ruickie*	98:02	93:51
Mundalamo	78:58	75:29	Van Niekerk	98:24	96:13
Skosana	79:24	76:37			

*) The only runner who, to my knowledge, has come out and said the course was short!

The average difference (i.e. faster time in 2009 than in 2008) for the men is 2:20 and for the women 2:28.

In a subsequent e-mail, after I had shared my RTB and other data with him, Young wrote as follows: "I've looked at this problem from several different directions. All conclusions are that there is something wrong. I looked at the competitive levels of the various [SA half-marathon championships]. The men's field was comparable to past fields but the women's field was actually weaker.

"The split times seem to be in agreement with the finishing times which suggests a systematic error rather than a localized error. Such errors can come from errors in the calibration course. Note that the RTB for the 2008 race on this course was -4.5 sec/km for men and -5.2 sec/km for women. Now I understand that times last year were hampered by a strong wind. Yet, last year's RTB values are very close to the threshold for rejection. I also note there were no time incentives last year and still the times were very fast.

"I can only conclude that there is something wrong with the course. There was a case in this country [the USA] where the 800-meter calibration course was off because they miscounted the number of sections that were taped (I think they were 50 feet short on the calibration course). That led to an 800-meter shortage in the marathon course. This suggests checking the calibration course."

To conclude: I do not for one minute doubt the integrity and expertise of the measurers involved, but if the world's number one road racing statistician has misgivings about the times, and if the ARRS, which over the last five to six years has taken global road racing statistics and record keeping to an unprecedented level of accuracy and trustworthiness, is not going to include these times in world performance lists – thereby denying them international recognition – then one should think again. A South African record was set, incentives were paid for specific times, and countless PBs were achieved – and although I do know that ASA does not recognise age category records, I would strongly suggest that the national body appoint an independent, experienced measurer to validate the course to put all the doubts to rest. The athletes deserve nothing less.

■ Patrick Baransky of Nedbank has pointed out that I misinterpreted the payment of incentive money in the results of the race (DRR 9:27). Only the top three South Africans in the race were eligible for incentives, not the top three in each of the incentive categories (sub-61:00, sub-61:30, sub-62:00). This means that Mbongeni Ngaxozo did not receive an incentive, only Stephen Mokoka (R25 000), Lindikhaya Mthangayi (R8 000) and Hendrick Ramaala (R6 000).

ROAD RUNNING

ADT Pirates 10 km

Johannesburg, 12 July
(Loop course)

MEN

1 Tsidisio Bosiu (GS) 30:13; 2 Lucky Mohale (GS) 30:40; 3 Degene Asafa (ETH/ADT) 30:47; 4 Tiisetso Ramokheseng (LES/Toy) 31:01; 5 Vincent Seng (Powerade) 31:28.

Veterans: 1 Reginald Ngobese (GS) 33:42; 2 Meshack Motla (Powerade) 35:57. **Masters:** 1 Sam Mogudi (RAC) 36:47; 2 Thulani Sibisi (ADT) 37:09. **G'masters:** 1 Don Charles (Brotherhood) 40:04; 2 Pele Ntshikundamalima (Yebo) 43:21. **Juniors:** 1 Armin Botha (UJ) 32:10; 2 Stewart Mpholo (GS) 32:59.

WOMEN

1 Dimakatso Menong (GS) 37:59; 2 Cornelia Joubert (ADT) 38:10; 3 Simangele Mabuza (Nedbank) 38:11.

Veterans: 1 Lindsay van Aswegen (Nedbank) 42:02; 2 Hilary Campbell (Dainfern) 46:10. **Masters:** 1 Sonja Laxton (RAC) 45:46; 2 Anne Bellamusto (Morningside) 46:14. **G'masters:** 1 Elaine Greenblatt (RRR) 48:24; 2 Mavis Stadler (Agape) 58:45. **Juniors:** 1 Jean-Marie Cooper (KHOSA) 39:10; 2 Maphetang Matlakeng (LES/MP) 42:01.

Knysna Forest Marathon (26th) & Half Marathon

Knysna, 11 July

(Distances: 42.195 km & 21.0975 km; point-to-point downhill courses, mostly on gravel.
Finishers: half marathon – 5 371; marathon – 646)

Marathon

MEN

1	Lindile	Tokota (1 st vet)	Ned RC SWD	41	2:35:12
2	Zondwa	Nombexeza	AAC	26	2:37:33
3	Nicholas	Rupanga	Celtic	34	2:38:22
4	Christopher	Mabengeza	Ned RC EP	43	2:38:50
5	Zolile	Mhlahlo	Raleigh	34	2:39:59
6	Dawid	Visser	MP WP	30	2:41:30
7	Emerson	Kayana	Ned RC EP	35	2:43:14
8	Melikhaya	Jacobs	Ned RC EP	31	2:44:40
9	Alfred	Qogi	Ned RC EP	35	2:46:46
10	Kobus	Joubert	Temp	34	2:50:03
11	Deon	Appollis	Ned RC EP	30	2:52:06
12	Darrell	Wicht	Raleigh	46	2:53:27
13	Sydney	Landsberg	Ned RC SWD	47	2:57:47
14	Andrew	Long	Madiba	41	3:01:57
15	Mpumelelo	Ndlumbini	MP KZN	26	3:02:05
16	Steven	Shirley	Knysna	39	3:02:11
17	Roger	Steel	Harf	32	3:02:14
18	Vuyo	Witbooi	Outenh	33	3:03:07
19	Evan	McLean	RAC	41	3:04:52
20	Meshack	Ngeva	Knysna	31	3:05:01

40-49:

1	Lindile	Tokota	Ned RC SWD	41	2:35:12
2	Christopher	Mabengeza	Ned RC EP	43	2:38:50
3	Darrell	Wicht	Raleigh	46	2:53:27

50-59:

1	Alan	Taylor	Raleigh	52	3:14:24
2	André	Willemse	Elite	51	3:23:35
3	Bernie	Hand	Wcoast	52	3:29:08

60+:

1	Brian	Key	Forest	70	3:27:10
2	Peet	Van Huyssteen	SANDF FS	60	3:48:01
3	Kenny	Williams	Pine	60	3:57:56

WOMEN

1	Michelle	Williams	RAC	29	3:10:31
2	Kirsty	Weir	Adidas	31	3:14:12
3	Dain	Hamilton (1 st vet)	Forest	42	3:24:45
4	Alison	Jordaan	Outeh	42	3:26:10
5	Ronel	Nattrass	Adidas	27	3:28:15
6	Lisl	Grobler	Knysna	33	3:35:00
7	Sandra	Baetsen	Llandud	36	3:37:36
8	Alette	Naude	Ned RC WP	26	3:39:02
9	Liesl	Stoltz	Durbac	32	3:40:22
10	Tamsin	Elsley	Multi	35	3:42:08
11	Lola	De Meyer	Ned RC SWD	38	3:42:29
12	Johanna	Claassen	Ned RC SWD	40	3:43:37
13	Michele	Murry	Edge	47	3:45:48
14	Michelle	Dreyer	Paarl	30	3:46:02
15	Gillian	Whittall	RAC	42	3:49:47
16	Dominique	Egli	VOB	24	3:51:20
17	Estelle	Van Schalkwyk	Strand	43	3:54:31
18	Lesyl	Potgieter	RPAC	34	3:56:47
19	Janet	Phelan (1 st g'mast)	Hilton	60	3:58:04
20	Kendal	Hooke	Temp	20	3:59:25

40-49:

1	Dain	Hamilton	Forest	42	3:24:45
2	Alison	Jordaan	Outeh	42	3:26:10
3	Johanna	Claassen	Ned RC SWD	40	3:43:37

50-59:

1	Caroline	Sands	Houtbay	53	4:08:24
2	Sarah	Webb	RAC	50	4:10:14
3	Frances	Whitehead	Temp	55	4:16:43

60+:

1	Janet	Phelan	Hilton	60	3:58:04
2	Sonia	Beard	Forest	62	4:57:23

Half marathon**MEN**

1	George	Ntshiliza	MP EP	29	1:05:11
2	Thanduluntu	Magqaza	SH	24	1:07:27
3	Phumzile	Sikawuti	Ned RC EP	29	1:07:41
4	Nkosinathi	Madyo	Ned RC EP	21	1:08:49
5	Mzwanele	Maphekula	Ned RC EP	32	1:09:21
6	Eric	Sixghashe	MP EP	36	1:10:21
7	Michael	Bailey	Celtic	26	1:10:25
8	Bonisile	Ncgulana	AAC	33	1:10:34
9	Mkhululi	Mbejeni	AAC	27	1:11:57
10	Odwa	Goqwana	AAC	28	1:12:14
11	Samson	Gulubela	AAC	23	1:12:24
12	Sinesipho	Didishe (1 st jun)	Knysna	17	1:14:10

13	Nelson	Bass	UCT	29	1:14:25
14	Richard	Woolrich	Celtic	30	1:15:18
15	Quinton	Prince	Metlife	36	1:15:35
16	Melikhaya	Msizi	Knysna	25	1:15:57
17	Booi	Salman	RFLAC	35	1:16:03
18	Eddie	Lambert	Durbac	32	1:16:11
19	Roger	Dickson	VOB	35	1:16:18
20	Sello	Molefe	NMMU	22	1:16:38

40-49:

1	Willem	Maré	Jeffbay	45	1:19:19
2	Phil	Court	Temp	48	1:22:44
3	Jonathan	Hardnick	Ned RC SWD	40	1:22:46

50-59:

1	Garry	Wilford	Durbac	53	1:26:26
2	Gerrie	Hermann	Jeffbay	52	1:34:23
3	Sinclair	Warner	Oldselb	51	1:34:30

60+:

1	Tamsanqa	Jusayi	MP EP	67	1:30:52
2	Jurgens	Zwiegelhaar	Ned RC SWD	60	1:34:20
3	Alastair	Preston	RAC	62	1:34:50

Juniors:

1	Sinesipho	Didishe	Knysna	17	1:14:10
2	Sean	McIntock	Temp	18	1:26:37
3	Jonny	Gilmour	VOB	16	1:27:24

WOMEN

1	Alae	Brand	Adidas	23	1:21:40
2	Anneline	Roffey	Adidas	27	1:26:43
3	Liza-Marie	Bright	Elite	27	1:28:12
4	Elmarie	Coetzee (1 st vet)	Adidas	45	1:29:18
5	Ursula	Frans	Adidas	40	1:31:05
6	Marie	Wessels	Temp	26	1:31:35
7	Tania	Fourie	Durbac	36	1:31:54
8	Ineke	Nel	UCT	20	1:32:31
9	Chantel	De Lange	Adidas	28	1:32:39
10	Annatjie	Botes (1 st mast)	Ned RC SWD	51	1:32:41
11	Tanya	Scott (1 st jun)	UCT	19	1:32:57
12	Ulrica	Stander	Temp	34	1:33:11
13	Jenna	Kamps	RAC	23	1:33:23
14	Sharon	Wood	ELAC	42	1:33:28
15	Kerry	Roos	Knysna	31	1:33:41
16	Anne	Stewart	Temp	39	1:33:46
17	Herlien	Van Zyl	NBMC	35	1:34:55
18	Claire	Louw	MP WP	42	1:35:04
19	Tania	Kapp	VOB	40	1:36:08
20	Tanya	Templeton	Temp	44	1:36:18

40-49:

1	Elmarie	Coetzee	Adidas	45	1:29:18
2	Ursula	Frans	Adidas	40	1:31:05
3	Sharon	Wood	ELAC	42	1:33:28

50-59:

1	Annatjie	Botes	Ned RC SWD	51	1:32:41
2	Monika	Brink	Temp	54	1:37:28
3	Rene	Van Zyl	Tukkies	54	1:39:24

60+:

1	Priscilla	Von Schlicht	Tyger	61	1:54:02
2	Marianne	Nelson	Durbac	66	2:08:57
3	Marlene	James	Pine	65	2:09:02

Juniors:

1	Tanya	Scott	UCT	19	1:32:57
2	Amy	Gilmour	VOB	19	1:50:30
3	Lara	Williams	Temp	17	1:50:49

Sardine Half Marathon

Uvongo, 12 July

(Distance: 21.0975 km; out-and-back course)

MEN

1.	Proffesor Mollen	ZIM/Mr Price AC	68:09
2.	Shingirai Badza	ZIM/F1 AC	69:30
3.	Mthembeni Nzama	Nedbank AC	69:34

40-49:

1.	Mibrab Malinga	Toyota AC	78:55
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	85:56
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60+:

1.	Michael Langa	Athletic North	90:49
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WOMEN

1.	Jenna Challenor	Boxer AC	89:01
2.	Marietjie Montgomery	Bashewa AC	92:25 (1 st vet)
3.	Iris Ndlovu	Boxer AC	95:03

40-49:

1.	Marietjie Montgomery	Bashewa AC	92:25
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50-59:

1.	Sheree Kirsten	PDAC	110:26
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60+:

1.	Lien Botha	Toti AC	125:03
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Sasol Marathon, Half Marathon & 10 km

Secunda, 11 July

(Distances: 42.195 km, 21.0975 km & 10 km; loop courses)

Note: The 10 km course was short. – Ed.**Marathon****MEN**

1 Sivuyele Nwembini (Nedbank) 2:28:39; 2 Sipho Ncube (ZIM/Mr Price) 2:30:56; 3 Elias Mabane (Temp) 2:36:24.

Veterans: 1 Absolom Mthimunya (Sasol) 2:54:50; 2 Jerry Maseko (Eskom) 3:00:46.

Masters: 1 Frans Moraba (Eskom) 3:12:44; 2 Flip Ferreira (Secunda) 3:20:43.

G'masters: 1 Jack Thokoane (Sasol) 3:40:28.

WOMEN

1 Winile Mnisi (Mr Price) 3:18:31; 2 Azwindini (Gladys) Lukhwareni (Nedbank) 3:27:31; 3 Vanessa Bowman (Kempton) 3:46:11.

Veterans: 1 Elsabe Aucamp (Arcelor Mittal) 3:48:33; 2 Annetjie Strydom (Nedbank) 4:10:28. **Masters:** 1 Mary Gerneke (Dosco) 4:26:14; 2 Frieda Muir (Secunda) 4:31:30. **G'masters:** 1 Petra Myburgh (Brooks) 4:55:06.

Half marathon

MEN

1 Colin Khoza (Anmar BRS) 68:39; 2 Amos Thantekwayo (Eskom) 70:06; 3 Abraham Kipketer (KEN/Nedbank) 70:41.

Veterans: 1 Gert Makoko (Harmony) 77:18; 2 May Sithole (Corr Serv) 78:25. **Masters:** 1 Johan Makhanya (Eskom) 90:45; 2 Marius Grundling (Arcelor Mittal) 1:48:27. **G'masters:** 1 Patrick Mafilika (Nedbank) 98:35.

WOMEN

1 Cynthia Sibeko (Eskom) 89:26; 2 Linah Mhlongo (Anmar BRS) 94:25; 3 Erika Swart (Sasol) 95:55 (1st vet).

Veterans: 1 Erika Swart (Sasol) 95:55; 2 Annemarie Eager (Bethal) 1:46:39. **Masters:** 1 Amanda Thomas (Sasol) 2:41:58; 2 Pam Jordan (Phobians) 3:13:14. **G'masters:** 1 Linda Vickers (Sasol) 2:44:44.

10 km

MEN

1 Doctor Mtsweni (Anmar BRS) 28:56; Nkosinathi Vilakazi (Eskom) 29:13 (1st jun); 3 Elias Malinga (Nedbank) 29:17.

Veterans: 1 Abed Shongwe (Nedbank) 33:27; 2 Isaac Mofokeng (Eskom) 33:37. **Masters:** 1 Gideon Radebe (Sasol) 35:03. **G'masters:** 1 Pele Thsidukamalema (Vyebo Striders) 41:01. **Juniors:** 1 Nkosinathi Vilakazi (Eskom) 29:13.

WOMEN

1 Karen v.d. Merwe (Standerton) 41:00; 2 Hannetjie Strydom (MPU Atletics) 41:28; 3 Beauty Khubeka (Sasol) 46:28.

Veterans: 1 Lenie Porter (Sasol) 61:57. **Masters:** 1 Beauty Khubeka (Sasol) 46:28. **Juniors:** 1 Mari-Louise Trollip (Bethal) 48:30.

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

Utica Boilermaker 15 km (32nd)

Utica, USA, 12 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN

1. Ridouane Harroufi, MAR	43:56	\$6000
2. Bazu Worku Hayla (U20), ETH	43:57	3500
3. Ibrahim Jeilan (U20), ETH	44:27	2000
4. Worku Beyi, ETH	44:28	1300
5. Daniel Kipkoech, KEN	44:46	1000

...

1320. Bill Rodgers (60+), USA 1:09:53

WOMEN

- | | | |
|---------------------------|-------|--------|
| 1. Alice Timbilili, KEN | 49:32 | \$6000 |
| 2. Irene Limika, KEN | 49:33 | 3500 |
| 3. Amame Gobena, ETH | 49:43 | 2000 |
| 4. Belainesh Gebre, ETH | 49:50 | 1300 |
| 5. Abebu Gelan (U20), ETH | 50:30 | 1000 |

Bupa Great North 10 km (1st)

Sunderland, GBR, 12 July

MEN

- | | |
|--------------------------------|-------|
| 1. Stephen Mokoka, RSA | 29:20 |
| 2. Tsegai Tewelde, ERI | 29:24 |
| 3. Tsegeziab Woldmichael, ERI? | 29:33 |
| 4. Stefano Baldini, ITA | 29:40 |
| 5. Jesús Antonio Nunez, ESP | 29:54 |

WOMEN

- | | |
|------------------------|-------|
| 1. Kate Reed, GBR | 33:22 |
| 2. Hayley Haining, GBR | 34:12 |
| 3. Rosemary Ryan, IRL | 34:30 |
| 4. Alyson Dixon, GBR | 35:06 |
| 5. Tegla Loroupe, KEN | 35:30 |

Asics British 10 km London Run

London, GBR, 12 July

(Out-and-back course along the embankment)

MEN

- | | |
|-------------------------|-------|
| 1. Cyrus Ndereba, KEN | 30:19 |
| 2. Ryan McKinlay, GBR | 32:06 |
| 3. Luca Tassarotti, ITA | 32:15 |

WOMEN

- | | |
|---------------------------|-------|
| 1. Catherine Ndereba, KEN | 33:54 |
| 2. Constantina Dita, ROU | 34:30 |
| 3. Tiffany Barker, GBR | 37:08 |

Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km (20th)

Kingsport, USA, 11 July

(Certified figure-8 course)

MEN (extended gun times)

- | | | |
|---|---------|--------|
| 1. Simon Cheprot, 19, Aurora, CO (KEN) | 22:20.7 | \$5000 |
| 2. Alene Emere Reta, 27, New York, NY (ETH) | 22:31.6 | 2500 |
| 3. Tadese Tola, 21, West Chester, PA (ETH) | 22:52.5 | 1500 |
| 4. Haron Lagat, 25, Lubbock, TX (KEN) | 22:58.9 | 1000 |
| 5. Ernest Kebenei, 24, El Paso, TX (KEN) | 23:03.7 | 750 |

WOMEN (extended gun times)

- | | | |
|---|---------|--------|
| 1. Meseret Mengistu, 19, West Chester, PA (ETH) | 26:19.2 | \$5000 |
| 2. Edna Kiplagat, 29, KEN | 26:39.3 | 2500 |

- | | | |
|--|---------|------|
| 3. Jane Murage, 22, Royersford, PA (KEN) | 26:55.9 | 1500 |
| 4. Hyvon Ngetich, 24, Las Cruces, NM (KEN) | 27:05.1 | 1000 |
| 5. Irene Kimaiyo, 26, Waldorf, MD (KEN) | 27:13.6 | 750 |

World University Games Half Marathon

Belgrade, SRB, 11 July

(Distance: 21.1 km)

MEN

- | | | |
|-----------------------------|------------|--------|
| 1. Zhao Ran, CHN | 1:04:28 | Gold |
| 2. Tomoya Onishi, JPN | 1:04:30 | Silver |
| 3. Francesco Bona, ITA | 1:04:35 PB | Bronze |
| ... 12. Rafaele Mahapa, RSA | 1:06:23 PB | |

WOMEN

- | | | |
|-----------------------|---------|--------|
| 1. Chisato Saito, JPN | 1:13:44 | Gold |
| 2. Kikuyo Kizaki, JPN | 1:14:03 | Silver |
| 3. Sayo Nomura, JPN | 1:14:23 | Bronze |

ULTRA/MOUNTAIN/TRAIL RUNNING

European Mountain Running Championships (8th)

Telfes im Stubai, AUT, 12 July

SR. MEN (11 km, gaining 1260 m)

Teams (score top-3 finishers): 1. Italy, 17 points; 2. France, 20; 3. Turkey, 32; 4. Switzerland, 45; 5. Czech Republic, 48.

Individuals (80 finishers):

MEN

- | | | |
|--------------------------------|-------|--------|
| 1. Ahmet Arslan, 1986, TUR | 58:26 | Gold |
| 2. Marco De Gasperi, 1987, ITA | 59:09 | Silver |
| 3. Sebastien Epiney, 1967, SUI | 59:19 | Bronze |

JR. MEN (9.4 km, gaining approx. 910 m)

Teams (score top-3 finishers): 1. Italy, 20 points; 2. Norway, 26; 3. Great Britain, 32; 4. Switzerland, 39; 5. Turkey, 58.

Individuals (59 finishers):

- | | | |
|-------------------------------|-------|--------|
| 1. Yusuf Alici, 1991, TUR | 50:29 | Gold |
| 2. Xavier Chevrier, 1990, ITA | 50:44 | Silver |
| 3. Candide Pralong, 1990, SUI | 51:30 | Bronze |

SR. WOMEN (9.4 km, gaining approx. 910 m)

Teams (score top-3 finishers): 1. Italy, 16 points; 2. Switzerland, 19; 3. Great Britain, 34; 4. Russia, 54; 5. Czech Republic, 57...

Individuals (64 finishers):

- | | | |
|---------------------------------|-------|--------|
| 1. Martina Strähl, 1987, SUI | 54:39 | Gold |
| 2. Valentina Belotti, 1980, ITA | 55:28 | Silver |
| 3. Andrea Mayr, 1979, AUT | 56:55 | Bronze |

JR. WOMEN (4 km, gaining 350 m)

Teams (score top-2 finishers): 1. Turkey, 3 points; 2. Romania, 12; 3. Great Britain, 15; 4. Czech Republic, 18; 5. Russia, 26...

Individuals (37 finishers):

- | | |
|------------------------------|--------------|
| 1. Derya Altintas, 1990, TUR | 23:15 Gold |
| 2. Elif Karabulut, 1991, TUR | 23:20 Silver |
| 3. Yasemin Can, 1992, TUR | 23:29 Bronze |

TRACK**IAAF World Youth Championships (6th)**

Bressanone, ITA, 8-12 July

Note: South African results are at the end. – Ed.**BOYS**

800 (11):

- | | |
|---------------------------------|-----------------|
| 1. Johan Rogestedt, SWE, 1993 | 1:50.92 PB Gold |
| 2. Peter Kiplangat, KEN, 1993 | 1:50.97 Silver |
| 3. Nicholas Kipkoech, KEN, 1992 | 1:51.01 Bronze |

1500 (12):

- | | |
|-----------------------------|-------------------|
| 1. Gideon Mageka, KEN, 1993 | 3:37.36 PB Gold |
| 2. Caleb Ndiku, KEN, 1992 | 3:38.42 Silver |
| 3. Girma Bekele, ETH, 1992 | 3:39.88 PB Bronze |

3000 (12):

- | | |
|----------------------------|-------------------|
| 1. Isaiah Koech, KEN, 1992 | 7:51.51 PB Gold |
| 2. David Bett, KEN, 1992 | 7:52.13 PB Silver |
| 3. Goitom Kifle, ERI, 1993 | 8:05.83 PB Bronze |

2000 s/chase(12):

- | | |
|----------------------------|-------------------|
| 1. Hillary Yego, KEN, 1992 | 5:25.33 PB Gold |
| 2. Peter Lagat, KEN, 1992 | 5:26.59 PB Silver |
| 3. Desta Alemu, ETH, 1992 | 5:29.66 PB Bronze |

GIRLS

800 (12):

- | | |
|-----------------------------|-------------------------|
| 1. Cherono Koech, KEN, 1992 | 2:01.67 PB Gold |
| 2. Ciara Mageean IRL, 1992 | 2:03.07 NJR, NYR Silver |
| 3. Rowena Cole, GBR, 1992 | 2:03.83 PB Bronze |

1500 (11):

- | | |
|-----------------------------|-------------------|
| 1. Nelly Ngeiywo, KEN, 1992 | 4:12.76 PB Gold |
| 2. Gete Dima, ETH, 1992 | 4:15.16 Silver |
| 3. Amela Terzic, SRB, 1993 | 4:16.71 PB Bronze |

3000 (08):

- | | |
|----------------------------------|-------------------|
| 1. Purity Rionoripo, KEN, 1993 | 9:03.79 Gold |
| 2. Jackline Chepngeno, KEN, 1993 | 9:05.93 PB Silver |
| 3. Genet Yalew, ETH, 1992 | 9:08.95 PB Bronze |

2000 s/chase (10):

- | | |
|-------------------------------|-----------------------------|
| 1. Korahubish Itaa, ETH, 1992 | 6:11.83 WYB Gold |
| 2. Lucia Muangi, KEN, 1992 | 6:11.90 NR, NJR, NYR Silver |
| 3. Halima Hassen, ETH, 1992 | 6:16.83 PB Bronze |

South African results:**BOYS****800:****Heat 5 (8):**

1	6	34	Jordan Williamsz	AUS	1:53.36 Q	
2	5	757	Bronson Duran	USA	1:54.57 Q	(SB)
3	7	626	Michael van Aswegen	RSA	1:54.61 q	

Semi-final Heat 3 (9)

1	5	241	Fikadu Dejene	ETH	1:49.74 Q	
2	8	198	Giorgio Chuchu	ERI	1:50.02 Q	(SB)
3	3	163	Alejandro Hernández	CUB	1:50.62 q	
...						
7	6	626	Michael van Aswegen	RSA	1:54.00	

1500:**Heat 1 (9):**

1	442	Gideon Kiage Mageka	KEN	3:45.31 Q	
2	240	Girma Bekele	ETH	3:46.69 Q	
3	503	Badr Lakhali	MAR	3:48.33 Q	(SB)
4	582	Mohamad Al-Garni	QAT	3:49.33 Q	
5	38	Kane Grimster	AUS	3:50.48 q	
6	321	László Gregor	HUN	3:54.24 q	
...					
11	612	Siyabonga Derison	RSA	4:06.64	

2000 s/chase:**Heat 1 (10):**

1	446	Hillary Kipsang Yego	KEN	5:34.13 Q	(WYL)
2	239	Desta Alemu	ETH	5:37.31 Q	(PB)
3	90	Isaac Kemboi Chelimo	BRN	5:45.57 Q	(PB)
4	13	Fawzi Bourouih	ALG	5:54.75 Q	(PB)
5	738	Emin Tan	TUR	5:56.04 q	(PB)
6	108	Gareth Hadfield	CAN	5:56.09 q	(PB)
7	618	Olwethu Mhlaba	RSA	5:59.43	

Heat 2 (10):

1	440	Peter Kibet Lagat	KEN	5:37.49 Q	
2	243	Berhanu Shiferaw	ETH	5:39.66 Q	(PB)
3	792	Abdellah Dacha	MAR	5:51.39 Q	(SB)
4	105	Christopher Dulhanty	CAN	5:57.29 Q	
5	380	Giuseppe Gerratana	ITA	5:58.63 q	
6	726	Taha Gourrida	TUN	5:58.91 q	(PB)
...					
8	619	Benjamin Molehe	RSA	6:03.01	

3000:**Heat 2 (9):**

1	439	Isiah Kiplangat Koech	KEN	8:08.44 Q	
2	61	Simon-Pierre Niyukuri	BDI	8:09.76 Q	(PB)
3	199	Goitom Kifle	ERI	8:14.23 Q	(PB)
4	505	Hicham Sigueni	MAR	8:23.92 q	(SB)
5	776	Zachary Wills	USA	8:25.93 q	(SB)
...					
7	613	Mfumaneko Fadane	RSA	8:36.35	

GIRLS

800:

Heat 4 (9):

1	2	551	Claudia Francis	USA	2:09.76	Q
2	5	18	Bronte Gange	AUS	2:10.10	Q
3	7	355	Hanane Qallouj	MAR	2:10.13	q
4	3	75	Samantha Murphy	CAN	2:14.06	
5	6	433	Happiness Mkhize	RSA	2:15.17	(SB)

Heat 6 (9):

1	4	254	Ciara Mageean	IRL	2:06.47	Q
2	2	414	Ioana Doaga	ROU	2:09.30	Q
3	6	370	Julia Handjyene	NAM	2:09.83	q (PB)
4	8	119	Stella Christoforou	CYP	2:10.63	q
...						
7	7	431	Masabata Matoane	RSA	2:17.87	(SB)

South Africans among the top five in other events:

Long jump (9): 2. Stefan Brits 7.57

Shot put (11): 3. Frans Schutte 20.37 (PB); 5. Donovan Stebbing 19.75 (PB)

400 (10): 4. Justine Palframan 54.55

Discus throw (11): 5. Simone Meyer 48.57

Meeting International Tangier

Tangier, MAR, 12 July

MEN

800:

1.	Amine Laalou, MAR	1:44.56	MR
2.	Mohamed Moustauoui, MAR	1:45.44	PB
3.	Mohcine El Amine, MAR	1:46.03	PB

1500:

1.	Bernard Lagat, USA	3:32.56	MR
2.	Yassine Bensghir, MAR	3:33.69	
3.	Abdelaati Iguider, MAR	3:34.11	
... 7.	Johan Cronje, RSA	3:36.74	

5000:

1.	Jacob Korir Cheshari, KEN	13:13.21	
2.	Hussein Al-Yami, KSA	13:14.36	PB
3.	Ahmad Hassan Abdullah, QAT	13:15.20	

3000 s/chase:

1.	Jamel Chatbi, MAR	8:08.86	PB/MR
2.	Wesley Kiprotich, KEN	8:18.08	
3.	Abdelkader Hachlaf, MAR	8:21.07	

WOMEN

800:

1.	Hasna Benhassi, MAR	2:01.44	
2.	Halima Hachlaf, MAR	2:01.62	PB
3.	Abeba Arigawi, ETH	2:01.98	PB

1500:

1.	Mariem Alaoui Selsouli, MAR	4:07.76	
----	-----------------------------	---------	--

- | | |
|-------------------------|------------|
| 2. Anna Mishchenko, UKR | 4:09.36 |
| 3. Laila Hmatou, MAR | 4:11.31 PB |

3000:

- | | |
|--------------------------|------------|
| 1. Meselech Melkamu, ETH | 8:51.35 |
| 2. Milkah Chenos, KEN | 8:52.57 PB |
| 3. Jebichi Yator, KEN | 9:04.24 |

World University Games (25th)

Belgrade, SRB, 7-12 July

MEN

800 (12):

- | | |
|-------------------------|----------------|
| 1. Sajad Moradi, IRI | 1:48.02 Gold |
| 2. Goran Nava, SRB | 1:48.06 Silver |
| 3. Fabiano Peçanha, BRA | 1:48.07 Bronze |

1500 (09):

- | | |
|-----------------------------|----------------|
| 1. Vyacheslav Sokolov, RUS | 3:42.49 Gold |
| 2. Samir Khadar, ALG | 3:42.50 Silver |
| 3. Goran Nava, SRB | 3:42.88 Bronze |
| ... 8. Mthobisi Baloyi, RSA | 3:45.03 |

Heats (07):

Heat 1 -

- | | |
|---------------------------------|-----------|
| 1. Mohamed Othman Shahween, KSA | 3:41.30 Q |
| ... 4. Mthobisi Baloyi, RSA | 3:43.37 |

Heat 4 -

- | | |
|------------------------------|--------------|
| 1. Samir Jouhar, MAR | 3:44.49 Q PB |
| ... 7. Pharson Magagane, RSA | 3:46.60 |

5000 (12):

- | | |
|-----------------------|-----------------|
| 1. Halil Akkas, TUR | 14:06.96 Gold |
| 2. Bayron Piedra, ECU | 14:07.11 Silver |
| 3. Elroy Gelant, RSA | 14:07.97 Bronze |
| ... 9. Boy Soke, RSA | 14:12.46 |

Heats (10):

Heat 1 -

- | | |
|--------------------------|---------------|
| 1. Halil Akkas, TUR | 13:58.65 Q |
| ... 4. Elroy Gelant, RSA | 13:59.35 Q PB |

Heat 2 -

- | | |
|------------------------|------------|
| 1. Mirko Petrovic, SRB | 13:54.77 Q |
| 2. Boy Soke, RSA | 13:55.62 Q |

10000 (08):

- | | |
|--------------------------|--------------------|
| 1. Gladwin Mzazi, RSA | 28:21.44 PB Gold |
| 2. Denis Mayaud, FRA | 28:21.50 PB Silver |
| 3. Lungisa Mdedelwa, RSA | 28:21.52 PB Bronze |

3000 s/chase (11):

- | | |
|-------------------------|----------------|
| 1. Ion Luchianov, MDA | 8:25.79 Gold |
| 2. Halil Akkas, TUR | 8:25.80 Silver |
| 3. Steffen Uliczka, GER | 8:26.18 Bronze |

... 7. Edwin Molepo, **RSA** 8:35.43

Heat 2 -

1. Edwin Molepo, **RSA** 8:56.51 Q

WOMEN

800 (09):

1. Madeleine Pape, AUS 2:01.91 Gold
 2. Olga Cristea, MDA 2:03.49 SB Silver
 3. Rebecca Johnstone, CAN 2:03.67 Bronze

1500 (12):

1. Marina Muncan, SRB 4:15.53 Gold
 2. Kaila McKnight, AUS 4:16.10 Silver
 3. Elena García, ESP 4:17.02 Bronze

10000 (07):

1. Kasumi Nishihara, JPN 33:14.62 Gold
 2. Tatyana Shutova, RUS 33:29.99 PB Silver
 3. Volha Minina, BLR 33:32.35 Bronze

3000 s/chase (10):

1. Sara Moreira, POR 9:32.62 PB Gold
 2. Ancuta Bobocel, ROU 9:38.14 Silver
 3. Türkan Erismis, TUR 9:38.87 Bronze
 ... 12. Angela Wagner, **RSA** 10:25.16

Heats (08):

Heat 1-

1. Turkan Erismis, TUR 9:54.66 Q
 ... 7. Angela Wagner, **RSA** 10:16.76 q

Heat 2 -

1. Teresa Urbina, ESP 10:05.77 Q
 ... 6. Nolene Conrad, **RSA** 10:21.48

Aviva World Trials and UK Championships

Birmingham, GBR, 10-12 July

WOMEN

10000 (11):

1. Meseret Defar, ETH 29:59.20 PB
 2. Aheza Kiros, ETH 31:21.22
 3. Lineth Chepkurui, KEN 31:31.92 PB
 4. Christine Bardelle, FRA 32:44.48
 5. Claire Hallissey 33:10.73 PB

Kortrijkse Guldensporenmeeting (12th)

(Flanders Cup)

Kortrijk, BEL, 11 July

MEN

1500:

Heat 2:

1. Daniel Salel, 1990, KEN, 3:39.89

2. Michael Coe, 1987, USA, 3:40.52
3. Asmerom Bolota, 1978, USA, 3:40.84
- ... 5. Molefe Molefe, 1986, RSA, 3:41.81

WOMEN

1500:

Heat 1:

1. Lauren Hagans, 1986, USA, 4:10.97
2. Sarah Bowman, 1986, USA, 4:11.68
3. Renee Metivier-Baillie, 1981, USA, 4:13.02
- ... 8. Lebogang Phalula, 1983, RSA, 4:16.33
- ... 12. Lebo Phalula, 1983, RSA, 4:21.12

Golden Gala (29th)

(IAAF Golden League)

Rome, ITA, 10 July

MEN

800:

1. Alfred Kirwa Yego, KEN 1:45.23 SB
2. Mohammed Al-Salhi, KSA 1:45.61
3. Nadjim Manseur, ALG 1:45.64 SB
4. Mbulaeni Mulaudzi, RSA 1:45.69
5. Boaz Lalang, KEN 1:46.25

1500:

1. Asbel Kiprop, KEN 3:31.20 PB
2. Amine Laalou, MAR 3:31.56 PB
3. William Biwott (Jr.), KEN 3:31.70 PB
4. Tarek Boukensa, ALG 3:32.03 SB
5. Belal Mansoor Ali, BRN 3:32.10 SB

5000:

1. Kenenisa Bekele, ETH 12:56.23 SB
2. Mark Kiptoo, KEN 12:57.62 PB
3. Leonard Patrick Komon, KEN 12:58.24 PB
4. Lucas Kimeli, KEN 12:58.70 PB
5. Bekana Daba, ETH 12:59.22 PB

WOMEN

800:

1. Maggie Vessey, USA 2:00.13 PB
2. Elisa Cusma, ITA 2:00.14
3. Mayte Martínez, ESP 2:00.21 SB
4. Ekaterina Kostetskaya, RUS 2:00.53
5. Anna Rostkowska, POL 2:00.57 SB
6. Janeth Jepkosgei, KEN 2:01.39 SB
7. Hazel Clark, USA 2:01.41

1500:

1. Maryam Yusuf Jamal, BRN 3:56.55 SB
2. Christin Wurth-Thomas, USA 3:59.98 PB
3. Oksana Zbrozhek, RUS 4:01.48 PB
4. Sonja Roman, SLO 4:02.13 NR
5. Viola Kibiwot, KEN 4:03.22
6. Mariem Alaoui Selsouli, MAR 4:03.76 SB

- | | |
|----------------------------|------------|
| 7. Kalkidan Gezahegne, ETH | 4:04.04 PB |
| 8. Lidia Chojecka, POL | 4:04.83 SB |
| 9. Irene Jelagat, KEN | 4:05.11 SB |
| 10. Anna Mishchenko, UKR | 4:06.56 SB |

3000 s/chase:

- | | |
|----------------------------|----------------|
| 1. Gulnara Galkina, RUS | 9:11.58 SB, WL |
| 2. Yekaterina Volkova, RUS | 9:17.40 SB |
| 3. Ruth Bisibori, KEN | 9:17.85 SB |
| 4. Sofia Assefa, ETH | 9:23.61 |
| 5. Habiba Ghribi, TUN | 9:24.40 NR |
| 6. Sophie Duarte, FRA | 9:25.62 NR |
| 7. Lydia Jebet Rotich, KEN | 9:30.29 PB |
| 8. Jessica Augusto, POR | 9:32.10 SB |
| 9. Cristina Casandra, ROU | 9:33.36 SB |
| 10. Mekdes Bekele, ETH | 9:39.88 |

Lapua Meeting

Lapua, FIN, 8 July

WOMEN

800:

- | | |
|----------------------------|---------|
| 1. Natalia Kareiva BLR | 2:03.31 |
| ... 7. Juanee Cilliers RSA | 2:10.02 |

Athletissima (34th)

(IAAF Super Grand Prix)

Lausanne, SUI, 7 July

MEN

800:

Race A -

- | | |
|----------------------------|------------|
| 1. Ahmad Ismail, SUD | 1:44.80 |
| 2. Mbulaeni Mulaudzi, RSA | 1:44.97 |
| 3. Marcin Lewandowski, POL | 1:45.27 |
| 4. Gary Reed, CAN | 1:45.40 SB |
| 5. Alfred Kirwa Yego, KEN | 1:45.70 |
| ... 8. Bernard Lagat, USA | 1:46.84 SB |
| 9. Youssef Saad Kamel, BRN | 1:47.42 SB |

Race B -

- | | |
|------------------------------|------------|
| 1. Thomas Cattin Masson, FRA | 1:50.59 |
| 2. Michael Geissbühler, SUI | 1:50.94 PB |
| 3. Raphaël Fuchs, SUI | 1:51.40 SB |

1500:

- | | |
|--------------------------|---------|
| 1. Anter Zerguelaine ALG | 3:37.15 |
| 2. Johan Cronje RSA | 3:37.50 |
| 3. Bilal Mansour Ali BRN | 3:37.75 |

3000:

- | | |
|--------------------------|------------|
| 1. Deresse Mekonnen, ETH | 7:37.62 PB |
| 2. Eliud Kipchoge, KEN | 7:37.95 |
| 3. Thomas Longosiwa, KEN | 7:39.81 |
| 4. Edwin Soi, KEN | 7:40.77 |

5. Mang'ata Ndiwa, KEN	7:41.16 SB
6. Chakir Boujattaoui, MAR	7:41.21 PB
7. Leonard Patrick Komon, KEN	7:43.13 SB
8. James Kwalia, QAT	7:44.27
9. Jamel Chatbi, MAR	7:48.18 PB
10. Bernard Kiplagat, KEN	7:53.32 SB

WOMEN

800:

Race A -

1. Oksana Zbrozhek, RUS	2:01.24 SB
2. Hazel Clark-Riley, USA	2:02.31
3. Mayte Martínez, ESP	2:02.58

1500:

1. Gelete Burka, ETH	4:00.67
2. Maryam Jamal, BRN	4:01.99
3. Christin Wurth-Thomas, USA	4:05.09
4. Btissam Boucif, MAR	4:05.29 SB
5. Viola Kibiwott, KEN	4:05.58
6. Judit Varga, HUN	4:05.60 SB

STATS TIME

Following on last week's list of the all-time top veteran men, here is the list of the all-time top veteran (40+) women. Note that only six times by Sonja Laxton are shown, but that the *grande dame* of South African running has actually run a further **33** times that should be included in the list – marvellous proof of her domination of the women's distance running scene, if any was needed!

HALF MARATHON ALL-TIME: TOP TEN VETERAN WOMEN

1:15:26	Sonja Laxton	World Championships	Newcastle	20 Sep 92
1:15:49	Laxton-2	SA Championships	Durban	22 Jul 89
1:16:30	Laxton-3	Phosphate	Namakgale	17 Jun 89
1:16:42	Laxton-4	SA Championships	East London	18 May 91
1:16:46	Laxton-5	World Championships	Oslo	24 Sep 94
1:20:11	Maya Lawrie	SA Championships	Port Elizabeth	04 Jul 09
1:20:41	Zola Pieterse	Myrtle Beach	Myrtle Beach	14 Feb 09
1:20:44	Laxton-6	Reebok	Johannesburg	14 Jan 96
1:20:58	Grace de Oliveira	Phosphate	Namakgale	27 Jul 02
1:20:58	Diane Sandford	EP Championships	Port Elizabeth	15 May 04
1:21:08	Anne Weeden	SA Championships	Durban	21 Jul 90
1:21:13	Amanda Boshoff	Charlo	Port Elizabeth	29 Jun 96
1:21:23	Judy Bird	SA Championships	Durban	10 Jul 05
1:21:28	Michelle Bartman	SA Championships	Port Elizabeth	04 Jul 09
1:21:33	Laura Hofer	SA Championships	East London	23 Jul 88

THIS MONTH IN HISTORY

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

13 years ago: 14 July 1996

Zola Pieterse finished third in the Utica Boilermaker 15 km in the USA, running 50:15 for

the fastest SA time of the year (next on the list was SA record holder Elana Meyer with 51:52). Catherine Ndereba won the first of her four Boilermaker titles in 48:55. The men's race went to Joseph Kimani (KEN) in 42:40 – a race record that still stands; he was followed by Simon Rono (KEN) and Khalid Khannouchi (MAR).

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		
	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
25 km	58:33	Samuel Wanjiru (KEN) 2007		
	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
30 km	72:45	Paul Kosgei (KEN) 2004		
	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
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
100 km	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	64:48	Mluleki Nobanda	Port Elizabeth	04 Jul
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
25 km	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
	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

100 km	2:08:46	Andres Espinosa (MEX) 2003		
	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
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	73:28	Samuel Mogudi	Port Elizabeth	04 Jul
	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				
<u>Grandmasters (60+)</u>				
10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	81:53	Tamsanqa Jusayi	Port Elizabeth	04 Jul
	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				
<u>Juniors</u>				
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	67:38	Sityhilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Seniors</u>				
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 Fukushima (JPN) 2006		
21.1 km	71:49	Annerien v. Schalkwyk	Port Elizabeth	04 Jul
	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	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	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	89:41	Olga Howard	Port Elizabeth	04 Jul
	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	1:33:51	Liz Ruickbie	Port Elizabeth	04 Jul
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:24:03	Elaine Greenblatt	Londen	26 Apr
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	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

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