

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

Highlight of the weekend was the Golden League Meeting in Paris, where Kenenisa Bekele showed just how good he is – even when not fully fit – by outkicking double world champion Bernard Lagat over 3000 m to keep his jackpot hopes alive. Lagat ran a personal best, but it still wasn't good enough. The women's 800 was an exciting affair, with US steeplechaser Anna Willard outrunning a stellar field in the last few strides in a PB 1:58.80.

All four jackpot contenders won their events: Bekele, Kerron Stewart (100 m), Yelena Isinbayeva (pole vault) and Sanya Richards (400 m).

At the KBC Night of Athletics in Heusden Edwin Molepo ran a PB for 5000, 14:03.92, although he finished only 11th. In the Fortis Loopfestijn Voorthuizen 10 km in Voorthuizen Ezbé Strydom was fourth in a solid 35:37.

Two list leads were achieved this weekend: Olga Howard (master) ran 40:31 in Bellville and Juan-Marie Cooper (junior) 62:25 in Midrand.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Breakthru 15 km, Midrand
- * Elsies River 10 km, Bellville
- * Mecer Forest 10 km, Durban
- * Springbok Vasbyt 23 km & 10 km, Pretoria
- * Meadow Meats Vryheid Game Park 15 km, Vryheid
- * XC: WP League Meeting, Bellville

International highlights:

- * Semi-Marathon Marvejols Mende, Lozere, FRA
 - * Fortis Loopfestijn Voorthuizen, Voorthuizen, NED
 - * Track: KBC Night of Athletics, Heusden, BEL; Reunion Internacional Gobierno de Aragon, Zaragoza; ESP Meeting Areva, Paris, FRA; Meeting International d'Athlétisme de la Province de Liège, Naimette-Xhovémont, BEL; Alma Athlé Tour #5, Reims, FRA; Tsiklitiria, Athens, GRE
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ROAD RUNNING

Breakthru 15 km

Midrand, 19 July
(Loop course)

MEN

1 Tsidisio Bosiu (GS) 47:21; 2 Nkopane Seqhobane (LES/GS) 47:45; 3 Lucky Mohale (GS) 48:24; 4 Mathews Nkwane (Powerade) 48:52; 5 Maru Ondo Olimo (ETH/ADT) 49:31.

Veterans: 1 Tidimalo Modiga (Toy) 52:20; 2 Elias Mabane (Temp) 52:57; 3 Lawrence Chipangaan (Powerade) 53:26. **Masters:** 1 Andre Jansen (GS) 61:02. **G'masters:** 1 Pele Tshinkundalema (Yebo) 67:57. **Juniors:** 1 Bop Maruma (Diepsloot) 53:46.

WOMEN

1 Cornelia Joubert (GS) 58:52; 2 Juan-Marie Cooper (KHOSA) 62:25 (1st jun); 3 Phyllis de Fouw (Standard) 62:31; 4 Toni Snoxell (Wits) 62:35; 5 Elizabeth Phaka (GS) 65:28.

Veterans: 1 Beth Libby-Neal (RH) 72:16; 2 Thembeke Ketsekile (Ukhozi) 73:47; 3 Cynthia Mokovane (Powerade) 76:06. **Masters:** 1 Natalie Sanders (Fourways) 77:21. **G'masters:** 1 Hazel Quilliam (Roodepoort) 1:40:20. **Juniors:** 1 Juan-Marie Cooper (KHOSA) 62:25.

Elsies River 10 km

Bellville, 19 July
(Certified loop course. Finishers: 628.)

MEN

1. Peter Tsawayo (ZIM/Gigs) 30:18 (R200); 2. Thanduluntu Magqaza (Midas) 30:44 (R150); 3. Tom Lusaseni (MP) 31:09 (R100); 4. Unathi Pezolo (AAC) 31:10 (1st jun); 5. Luxolo Mdzanga (Gugs) 31:17; 6. Hein Camphor (Adid) 31:19; 7. Jacques Pretorius (Maties) 31:28; 8. Gcobani Mndi (VOB) 31:28; 9. (No return); 10. Vuydivethu Piyose (Met) 31:30; 11. Riaan Wildskut (East) 31:31; 12. (No return); 13. Akhona Makila (VOB) 31:46; 14. Wanda Roro (Adid) 31:48; 15. Morné Kammies (Met) 31:52; 16. Nando Qamgwana (Khaye) 32:01; 17. J.P. Abrahams (Adid) 32:04; 18. Professor Kwatane (VOB) 32:16; 19. Masixole Pheza (Adid) 32:22; 20. Velani Lusaseni (Adid) 32:25; 21. Barry-John Pienaar (Held) 32:26; 22. (No return); 23. John September (Celtic) 32:34 (1st vet); 24. André George (Maties) 32:55; 25. Zuko Zeneke (Khaye) 33:09; 26. Thobekile Mbulana (Khaye) 33:13; 27. Bongile Tshwewula (East) 33:18; 28. Mandla Pangalele (Gugs) 33:23; 29. Elroy Floors (Tyger) 33:28; 30. Fabian Faro (MPT) 33:35.

(All prize money in age categories the same: R100, R75, R50) **Masters 40-49:** 1. John September (Celtic) 32:34; 2. Donovan Wright (Ind) 33:48; 3. Cliff Drury (MP) 34:00. **50-59:** 1. Peter Wrensch (Tyger) 39:09; 2. Henry Cleophas (OM) 41:49; 3. Herman Williams (Gugs) 42:15. **60+:** 1. Carl Hendericks (Ned) 46:11; 2. Claude Brooks (Top) 49:49; 3. Malcolm Rhodes (Pine) 49:51. **Juniors:** 1. Unathi Pezolo (AAC) 31:10; 2. Luxolo Mdzanga (Gugs) 31:17; 3. Gcobani Mnidi (VOB) 31:29.

WOMEN (Same prize money as men)

1. Bulelwa Mtshagi (Celtic) 35:55; 2. Elene Lourens (Maties) 35:59 (1st jun); 3. Mia Pienaar (Maties) 36:15; 4. Nomvuyisi Seti (MP) 38:45; 5. Busisiwe Matiwane (Celtic) 38:53; 6. René de Bruin (SANDF) 40:02; 7. Asiphe Sikhabalanjana (Gugs) 40:17; 8. Olga Howard (Celtic) 40:31 (1st mast); 9. Yonela Hewu (Gugs) 40:53; 10. Linda Hanekom (Bell) 41:00; 11. Tanya Scott (UCT) 41:06; 12. Asanda Dayimani (AAC) 41:41; 13. Sandra van Graan (Edge) 42:03 (1st vet); 14. Tania Kapp (VOB) 42:16; 15. Patricia Adams (Met) 42:49; 16. Amy Abrahams (Eerste) 42:59; 17. Sue Dickson (VOB) 43:22; 18. Nancy Will (Pine) 44:26; 19. Ronel Steenkamp (Durb) 44:41; 20. Cheryl Rudolph (East) 44:58.

Masters 40-49: 1. Sandra van Graan (Edge) 42:03; 2. Tania Kapp (VOB) 42:16; 3. Sue Dickson (VOB) 43:22. **50-59:** 1. Olga Howard (Celtic) 40:31; 2. Nancy Will (Pine) 44:26; 3. Cynthia van Wyk (Gugs) 47:49. **60+:** 1. Pixie Sparg (Celtic) 51:24; 2. Charlotte Kettlewell (VOB) 62:56; 3. Annetjie Berntzen (Tyger) 70:37. **Juniors:** 1. Elene Lourens (Maties) 35:59; 2. Asiphe Sikhabalanjana (Gugs) 40:17; 3. Yonela Hewu (Gugs) 40:53.

Mecer Forest 10 km

Durban, 19 July

(Loop course. Finishers: 839.)

MEN

1.	Prodigal Khumalo	ZIM/Mr Price AC	30:51
2.	Richard Nene	ZIM/Boxer AC	30:52
3.	Thobani Chagwew	WMAC	30:54

40-49:

1.	Willie Mtolo	Mr Price AC	36:45
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50-59:

1.	Jeremiah Ngwenya	Boxer AC	38:15
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60+:

1.	Bill v d Berg	PDAC	41:46
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Juniors:

1.	Thobani Chagwe	WMAC	30:54
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WOMEN

1.	Makosi Mhlongo	Savages AC	37:07
2.	Janine Carey	Boxer AC	37:34
3.	Maya Lawrie	Boxer AC	38:32 (1 st vet)

40-49:

1.	Maya Lawrie	Boxer AC	38:32
2.	Grace de Oliveira	Boxer AC	39:40
3.	Lisa Preen	Boxer AC	42:45

50-59:

1.	Anne Weeden	PDAC	46:15
2.	Sandy Fismer	Hilton Harr	46:38
3.	Sheree Kirsten	PDAC	49:42

60+:

1.	Linda Bell	Queensburgh Harr	55:10
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Juniors:

1.	Puseletso Dladla	Boxer AC	41:20
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Springbok Vasbyt 23 km & 10 km

Pretoria, 18 July

(Loop courses)

23 km

MEN

1 Lympson Maifo (Powerade) 85:49; 2 Samuel Ongaki (Toyota) 86:05; 3 Johannes Mthimkulu (Powerade) 90:08.

Veterans: Arthur Woolridge (BCC) 99:24. **Masters:** 1 Jan Lebesse (PPMK) 1:46:50.

G'masters: 1 Frikkie v Eeden (GRRR) 2:09:04. **Juniors:** 1 Nelson Zuze (Bashewa) 91:52.

WOMEN

1 Renata Dreyer (Sinninghill) 1:51:26; 2 Anita O'Brien (ACR) 1:56:06; 3 Judith Geldenhuys (Estcourt) 2:00:14.

Veterans: 1 Linda vd Gryp (Krugersdorp) 2:10:05. **Masters:** 1 Judith Geldenhuys (Estcourt) 2:00:14. **Juniors:** 1 Marti Kortenhoeven (Exxarro) 2:26:28.

10 km

MEN

1 Wesley Ruto (KEN/Toyota) 35:40; 2 Joshua Sabao (ZIM/Tuks) 35:51; 3 Jonathan Chinyoka (ZIM/Mr Price) 36:57.

Veterans: 1 Jackson Seanego (New Balance) 41:00. **Masters:** 1 John Willsher (Benoni Harriers) 61:01. **G'masters:** 1 George Seoka (Juluka Diggers) 60:20. **Juniors:** 1 Jonathan Chinyoka (ZIM/Mr Price) 36:57.

WOMEN

1 Margaret Mahohoma (ZIM/Mr Price) 43:36; 2 Loveness Madziva (Mr Price) 46:32 (1st jun); 3 Amanda le Roux (Tuks) 52:31 (1st vet).

Veterans: 1 Amanda le Roux (Tuks) 52:31. **Masters:** 1 Francis v Blerk (Nedbank) 54:07. **G'masters:** 1 Annetjie Greyvenstein (Irene) 66:44. **Juniors:** 1 Loveness Madziva (Mr Price) 46:32.

Meadow Meats Vryheid Game Park 15 km

Vryheid, 12 July

(Very hilly loop course, mostly on gravel)

MEN

1	Bongani	Msimango	Boxer AC	57:56
2	Clement	Nkosi	Mr Price	58:49
3	Nkosinathi	Zungu	Nongoma AC	59:15 (1 st jun)

40-49:	Xolani	Mazibuko	Biggarsberg	1:04:06
50-59:	Michael	Zikalala	Eskom Gijimas	1:20:59
60+:	At	Swanepoel	Newcastle Harriers	1:51:02
Juniors:	Nkosinathi	Zungu	Nongoma AC	59:15

WOMEN

1	Simphiwe	Shongwe	Edumbe AC	1:17:11 (1 st jun)
2	Ann	Ross	Temp	1:32:02
3	Jeanine	Smit	Temp	1:33:03

40-49:	Carin	Franzsen	Vryheid AC	1:35:32
50-59:	Cathy	De Beer	Vryheid AC	1:42:48
60+:	Cathy	Blake	Biggarsberg	2:02:09
Juniors:	Simphiwe	Shongwe	Edumbe AC	1:17:11

CROSS-COUNTRY

WP League Meeting (6th)

Bellville, 18 July

MEN

12 km: 1. Patrick Magadla (VOB) 36:34; 2. Virgina Ngudlumana (Celtic) 37:03; 3. Tom Lusaseni (MP) 37:21; 4. Friedel Maans (Adid) 37:26; 5. Hein Camphor (Adid) 37:41; 6. Makhosonke Fika (Gugs) 37:43; 7. Wanda Roro (Adid) 37:51; 8. Kevin Oliphant (Adid) 37:59; 9. Bonisile Ngculana (Atl) 38:02; 10. Luvuyo Ntando (TM) 38:04; 11. Fabian Faro (MPT) 38:15; 12. Isaac Ikalaheng (Adid) 38:18; 13. Tebello Poni (VOB) 38:33; 14. Monde Mpemnyamana (Celt) 38:53; 15. Wongalethu Mdeni (VOB) 39:01; 16. Mkhululi Mbenjeni (Atl) 39:31; 17. Riaan Witbooi (Eerste) 39:32; 18. Stanley Malange (Gugs) 39:35; 19. Mandla Pangalele (Gugs) 39:41; 20. Phumlani Mehlomakulu (Gugs) 39:53; 21. Samson Gulubela (Atl) 40:01; 22. Thobekile Mbulawa (Khaye) 40:05; 23. Bernard Rukadza (Gugs) 40:32; 24. Mervin Steenkamp (Adid) 41:02; 25. Gareth Berning (VOB) 41:06; 26. Reginald Arendse (Adid) 41:23; 27. Petrus Volmoer (Adid) 42:11; 28. Robert Roro (Celtic) 42:12; 29. Nelson Bass (UCT) 42:22; 30. Zuko Zenzile (Khaye) 42:41.

4 km: 1. Virgina Ngudlumana (Celtic) 12:45; 2. Duane Fortuin (Celtic) 12:52; 3. Sibusiso Valashya (Atl) 13:04.

Masters (8 km): 40-49: 1. Keith Court (MP) 26:04; 2. Tobias Philander (Adid) 26:27; 3. Johnny Persents (Adid) 26:39. **50-59:** 1. Julian Paul (WP Def) 29:41; 2. Robbie Lindsay (Ned) 30:13; 3. Nick Miles (WK) 30:23; **60+:** 1. Albertus Bock (Adid) 30:25; 2. Michael Clarke (VOB) 32:52; 3. R. le Roux (Brack) 35:35. **Juniors (8 km):** 1. Manfred Samuels (Held) 26:26; 2. Christo Anthonissen (Bell) 26:31; 3. Christopher Karelse (UWC) 26:51.

WOMEN

8 km: 1. Bulelwa Mtshagi (Celtic) 29:48; 2. Alae Brand (Adid) 30:32; 3. Kirsty Weir (Adid) 31:01; 4. Natasha Oosthuizen (Adid) 31:07; 5. Destiny Titus (UWC) 31:41; 6. Busisiwe Matiwane (Celtic) 31:44; 7. Sheryl de Lange (Adid) 32:49; 8. René de Bruin (WP Def) 33:49; 9. Chantel de Lange (Adid) 33:59; 10. Ester Brink (Strand) 34:24; 11. Colleen de Oliveira (NBMC) 35:24; 12. Jo-Ann Bate (Tyger) 35:26; 13. Liesl Steenkamp (Bell) 35:34; 14. Elizabeth de Gouveia (Durb) 36:18; 15. Norma Nonkonyana (Adid) 36:48; 16. Elmarie Coetzee (Adid) 36:49; 17. Nomawabo Jojo (Gugs) 37:27; 18. Marnette Meyer (Adid) 37:55; 19. Nonhlanhla Ngcobo (UWC) 38:35; 20. Nancy Will (Pine) 39:01.

4 km: 1. Alae Brand (Adid) 16:15; 2. Mandy Jacobs (Bell) 17:28; 3. Lynette Raubenheimer (CPUT) 17:58.

Masters (4 km): 40-49: 1. Sheryl de Lange (Adid) 16:18; 2. Ester Brink (Strand) 16:28; 3. Elmarie Coetzee (Adid) 16:35. **50-59:** 1. Olga Howard (Celtic) 16:41; 2. Nancy Will (Pine) 18:33; 3. Colette van Eck (FH) 18:52. **60+:** 1. Pixie Sparg (Celtic) 19:53; 2. Priscilla von Schlicht (Tyger) 20:52; 3. Marianne Nelson (Durb) 22:55. **Juniors (6 km):** 1. Martha Lötter (Adid) 23:45; 2. Ju-Randa Basson (Bell) 24:01; 3. Yonela Hewu (Gugs) 25:11.

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

Semi-Marathon Marvejols Mende (37th)

Lozere, FRA, 19 July

(Distance: 22.4 km; very hilly with two big climbs; the first gains 325 m from 4.9 km to 9.1 km; the second gains 207 m from 14 km to 19.9 km)

MEN (gun times)

- | | |
|-----------------------------|---------|
| 1. Luka Kanda, KEN | 1:10:54 |
| 2. Macdonald Ondara, KEN | 1:11:05 |
| 3. Samson Kiflemariam, ERI | 1:11:42 |
| 4. Nicholas Kiprono, UGA | 1:12:21 |
| 5. Gashaw Melese Asfaw, ETH | 1:12:46 |

WOMEN

- | | |
|------------------------------|---------|
| 1. Mary Keitany, KEN | 1:22:13 |
| 2. Mercy Kibarus, KEN | 1:24:31 |
| 3. Agnes Barsosio, KEN | 1:25:09 |
| 4. Anikó Kálovics, 1977, HUN | 1:25:32 |
| 5. Harum Haji Makda, ETH | 1:27:40 |

Fortis Loopfestijn Voorthuizen (14th)

Voorthuizen, NED, 15 July

(Distance: 10 km)

MEN

- | | |
|-------------------------|-----------|
| 1. Geoffrey Mutai, KEN | 27:39 CR* |
| 2. Wilson Kipsang, KEN | 27:48 |
| 3. Gilbert Kirwa, KEN | 28:28 |
| 4. Ezekiel Chebii, KEN | 29:05 |
| 5. Emmanuel Biwott, KEN | 29:12 |

WOMEN

- | | |
|---------------------------|-------|
| 1. Veerle Dejaeghere, BEL | 33:28 |
| 2. Sharon Tavengwa, ZIM | 33:40 |
| 3. Monica Wangari, KEN | 34:45 |
| 4. Ezbe Strydom, RSA | 35:37 |
| 5. Heleen Plaatzer, NED | 35:54 |

TRACK

KBC Night of Athletics

Heusden, BEL, 18 July

MEN

800:

Race A -

- | | |
|---------------------------|------------|
| 1. Bilal Mansour Ali, BRN | 1:45.26 SB |
| 2. Reuben Bett, KEN | 1:45.77 |
| 3. Leonel Manzano, USA | 1:46.20 PB |

4. Lachlan Renshaw, AUS 1:46.62 SB
5. Christian Smith, USA 1:47.55

1500:

Race A -

1. Nate Brannen, CAN 3:36.53 SB
2. Churchill Kipsang, KEN 3:36.77 PB
3. Imad Touil, ALG 3:37.50 PB
4. Thomas Chamney, IRL 3:37.67 PB
5. Rob Myers, USA 3:38.10

Heat 3 -

1. Henrik Ingebrigtsen, 1991, NOR 3:44.53 PB
2. Elroy Gelant, RSA 3:45.17

5000:

Race A -

1. Jonas Cheruiyot, KEN 13:07.47 SB
2. Matt Tegenkamp, USA 13:07.97 SB
3. Josphat Bett, KEN 13:07.97 PB [1990]
4. Lucas Rotich, KEN 13:08.79 [1990]
5. Essa Ismail Rashed, QAT 13:11.01 SB

Heat 1 -

1. Satoru Kitamura, JPN 13:36.56 PB
- ... 11. Edwin Molepo, RSA 14:03.92 PB

3000 s/chase:

1. Tareq Mubarak Taher, BRN 8:15.83
2. Silas Kiptum, 1990, KEN 8:21.75 PB
3. Josh McAdams, USA 8:22.83 SB
4. Pieter Desmet, BEL 8:23.81 SB
5. Ben Bruce, USA 8:26.60

WOMEN

800:

1. Pamela Jelimo, KEN 1:59.59 SB
2. Kenia Sinclair, JAM 2:00.77
3. Morgan Uceny, USA 2:00.95 SB
4. Geena Gall, USA 2:01.61
5. Abeba Arigawi, 1990, ETH 2:02.13 PB

1500:

1. Hannah England, GBR 4:08.96
2. Ingvill Måkestad, NOR 4:09.62 PB
3. Nikki Hamblin, GBR 4:10.51
4. Hilary Stellingwerff, CAN 4:11.18
5. Treniere Clement, USA 4:12.34

3000 s/chase:

1. Hanane Ouhaddou, MAR 9:24.29 NR
2. Sofia Assefa, ETH 9:24.40
3. Milka Chemos, KEN 9:24.50 PB
4. Yekaterina Volkova, RUS 9:27.59
5. Sara Moreira, POR 9:31.57 PB

Reunion Internacional Gobierno de Aragon

Zaragoza, ESP, 18 July

MEN

800:

Race A -

1. Christian Obrist, ITA 1:48.68 SB
2. Tamás Kazi, HUN 1:48.73
3. Manuel Olmedo, ESP 1:48.77
- ... 10. Hezekiel Sepeng, RSA 1:52.93

Meeting Areva

(ÅF Golden League)

Paris, FRA, 17 July

MEN

800:

1. Ahmad Ismail, SUD 1:45.85
2. Nadim Mansour, ALG 1:46.31
3. Khadevis Robinson, USA 1:46.47
4. Michael Rimmer, GBR 1:46.73
5. Florent Lacasse, FRA 1:47.39 SB

3000:

1. Kenenisa Bekele, ETH 7:28.64 SB
2. Bernard Lagat, USA 7:33.15 PB
3. Mourad Amdouni, FRA 7:37.50 PB
4. Chris Solinsky, USA 7:37.72
5. Juan Carlos Higuero, ESP 7:38.71 PB
6. Leonard Patrick Komon, KEN 7:38.98 SB
7. Yusuf Biwott, KEN 7:40.96 SB
8. James Kwalia, QAT 7:44.02
9. Daniel Salel, KEN 7:44.39 PB [1990]
10. Mourad Marofit, MAR 7:44.67 PB
- ... 14. Alistair Cragg, IRL 8:00.77

3000 s/chase:

1. Mahiedine Mekhissi-Benabbad, FRA 8:13.23
2. Ezekiel Kemboi, KEN 8:15.27
3. Jukka Keskisalo, FIN 8:15.59 PB
4. Abel Mutai, KEN 8:16.42
5. Wesley Kiprotich, KEN 8:16.44 SB
- ... 10. Ruben Ramolefi, RSA 8:26.54

WOMEN

800:

1. Anna Willard, USA 1:58.80 PB
2. Elisa Cusma Piccione, ITA 1:58.99 SB
3. Oksana Zbrozhek, RUS 1:59.13 SB
4. Marilyn Okoro, GBR 1:59.56 SB
5. Élodie Guégan, FRA 1:59.57 SB
- ... 8. Shannon Rowbury, USA 2:00.94 PB
9. Hazel Clark-Riley, USA 2:03.13

Meeting International d'Athlétisme de la Province de Liège

Naimette-Xhovémont, BEL, 15 July

MEN

800:

Race A -

- | | |
|-------------------------|------------|
| 1. Reuben Bett, KEN | 1:46.01 |
| 2. Lopez Lomong, USA | 1:46.72 SB |
| 3. Christian Smith, USA | 1:47.05 |

Race B -

- | | |
|--------------------------|------------|
| 1. Geoff Harris, CAN | 1:48.90 |
| 2. Geoffrey Marrion, BEL | 1:49.84 PB |
| 3. Molefe Molefe, RSA | 1:50.02 SB |

Alma Athlé Tour #5

Reims, FRA, 14 July

MEN

800: 1. Mohammed Battani, MAR, 1:48.10; 2. Karjuan Williams, USA, 1:48.13; ... 9. Hezekiel Sepeng, RSA, 1:49.16.

Tsiklitiria

(IAAF Grand Prix)

Athens, GRE, 13 July

MEN

800:

- | | |
|----------------------------|------------|
| 1. Asbel Kiprop, KEN | 1:43.48 |
| 2. Ahmad Ismail, SUD | 1:43.82 PB |
| 3. Gary Reed, CAN | 1:43.95 SB |
| 4. Yeimer Lopez, CUB | 1:44.76 |
| 5. Dmitrijs Milkevics, LAT | 1:45.00 SB |

3000 s/chase:

- | | |
|-----------------------------|------------|
| 1. Brimin Kipruto, KEN | 8:03.17 SB |
| 2. Ezekiel Kemboi, KEN | 8:05.14 |
| 3. Tareq Mubarak Taher, BRN | 8:06.13 NR |
| 4. Abel Mutai, KEN | 8:11.40 PB |
| 5. Roba Gari, ETH | 8:12.03 NR |

WOMEN

1500:

- | | |
|---------------------------|-------------------|
| 1. Maryam Jamal, BRN | 3:58.72 |
| 2. Oksana Zbrozhek, RUS | 4:02.40 |
| 3. Kalkedan Gezahegn, ETH | 4:02.98 PB [1991] |
| 4. Hind Dehiba, FRA | 4:03.43 SB |
| 5. Siham Hilali, MAR | 4:03.74 PB |
| ... 9. Sarah Bowman, USA | 4:05.67 PB |

3000 s/chase:

- | | |
|--------------------------|----------------|
| 1. Gulnara Galkina, RUS | 9:17.86 |
| 2. Gladys Kipkemboi, KEN | 9:26.03 PB |
| 3. Lydia Rotich, KEN | 9:26.51 PB |
| 4. Korahubish Itaa, ETH | 9:41.25 [1992] |

5. Habiba Ghribi, TUN 9:43.60

NEWS

PAUL GORRIES IN WORLD CHAMPS TEAM!

Athletics South Africa has announced the names of 31 athletes to represent the country at the IAAF World Championships in August. The athletes will be accompanied by a huge team of officials – 14 people in total, including the former East German coach Ekkart Arbeit.

A rather strange inclusion in the team is Paul Gorries as a relay runner. Gorries has not come close to 47 sec this year (he is 15th on the 2009 performers list), while seven South Africans have dipped below that mark. One of them is hurdler LJ van Zyl, who in the past has shown his immense talents in the relay – yet Van Zyl is not included in the relay team!

Not on the list are 800-metre stars Samson Ngoepe, who has run 1:45.17 this year, and André Olivier, who has clocked 1:45.41. The former time is under the “A” standard, while Olivier’s is one hundredth of a second too slow.

The team is:

MEN: Simon Magakwe (ACNW), 100 and 4x100; Tshagofatsoe Meheo (ANWN), 200 and 4x100; Thuso Mpuang (AFS), 200; Kagisho Kumbane (AFS), 4x100; Hannes Dreyer (AGN), 4x100; Wilhelm van der Vyfer (BOLA), 4x100; Pieter Smith (AGN), 400 and 4x400; LJ van Zyl (AGN), 400 hurdles; Ofentse Mogawana (AGN), 4x400; Sibusiso Sishi (CGA), 4x400; Jacob Ramokoka (ANWN), 4x400; Paul Gorries (EPA), 4x400; Mbulaeni Mulaudzi (CGA), 800; Johan Cronje (AFS), 1500; Ruben Ramolefi (CGA), 3000 s/chase; Khotso Mokoena (AGN), long jump; Peter van der Westhuizen (CGA), 1500; Willem Coertzen (ACNW), decathlon; Chris Harmse (AFS), hammer throw; Robert Oosthuizen (BOLA), javelin throw; Norman Dlomo (AVT), marathon; Coolboy Ngamole (CGA), marathon; Enos Matalane (AGN), marathon; Johannes Kekana (CGA), marathon; Lusapho April (BORA), marathon.

WOMEN: Isabel le Roux (AGN), 200; Caster Semenya (AGN), 800; Janice Josephs (BOLA), long jump; Sunette Viljoen (ACNW), javelin throw; Elizna Naudé (AFS), discus throw; Tanith Maxwell (KZNA), marathon.

Some short news tidbits from *Athletics International*:

Rashid Ramzi faces being stripped of his Olympic 1500 title after analysis of his “B” sample from Beijing confirmed a positive test for the new drug Cera, an advanced version of EPO. Ramzi claims he is innocent and the Bahrain Olympic Committee has hired a team of lawyers to fight his case.

It is reported that **Catherine Ndereba** will not defend her world marathon title as she does not think she is fully prepared for such a race. Running with an injury, she placed seventh in London in April in 2:26:22.

The kilometre splits for **Meseret Defar** in her brilliant 29:59.20 last weekend were 3:01.51, 3:04.13, 2:57.79, 3:00.56, 3:01.67, 3:02.04, 3:03.07, 3:02.38, 2:58.40 and 2:47.65. The second 5000 m took 14:53.54 (the first was 15:05.66) and the five fastest kilometres added up to 14:45.91 and the three quickest to 8:43.84. Her time shattered Paula Radcliffe’s UK all-comers record of 30:17.15 at Gateshead in 2004 and moved her to fifth on the world all-time list behind Wang Junxia 29:31.78, Meselech Melkamu 29:53.80, Tirunesh Dibaba 29:54.66 and Elvan Abeylegesse 29:56.34.

STATS TIME

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

2009 MARATHON: TOP TEN VETERAN MEN

2:24:25A	Lindile Tokota	1	Cango	Oudtshoorn	28 Feb
2:27:32	Reginald Ngobese	1	SA Championships	Durban	08 Feb
2:28:54	Samuel Molokomme	2	SA Championships	Durban	08 Feb
2:29:13	William Malekele	3	SA Championships	Durban	08 Feb
2:29:25	Reuben Setumu	4	SA Championships	Durban	08 Feb
2:30:24	Desmond Zibi	5	SA Championships	Durban	08 Feb
2:32:21	Ngobese-2	1	Pick 'n Pay	Johannesburg	15 Feb
2:32:26	Elgin Mokale	6	SA Championships	Durban	08 Feb
2:33:37	Ngobese-3	1	Johannesburg City	Johannesburg	22 Mar
2:34:10	Tidimalo Modiga	7	SA Championships	Durban	08 Feb
2:36:06A	Principal Fana	2	Cango	Oudtshoorn	28 Feb
2:36:10	Christopher Mabengeza	8	SA Championships	Durban	08 Feb

THIS MONTH IN HISTORY

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

33 years ago: 31 July 1976

Waldemar Cierpinski of East Germany denied Frank Shorter (USA) the opportunity to become only the second marathoner in history to win two successive Olympic titles when he beat the American in heavy rain in Montreal. Cierpinski won in 2:09:55, with Shorter second in 2:10:46 – more than 1½ min faster than he ran in Munich. As in Munich, Karel Lismont (BEL) was one place behind him. Lasse Viren (FIN), who won both the 5000 m and 10000 m on the track, finished fifth. Four years later in Moscow Cierpinski himself scored a second win.

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	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	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.

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
	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
	2:24:25a	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	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				

Grandmasters (60+)

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

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	67:38	Sityhilo Diko	Port Elizabeth	04 Jul
	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	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 Mikitenko (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	40:31	Olga Howard	Bellville	19 Jul
	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	62:25	Juan-Marie Cooper	Midrand	19 Jul
	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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