

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

Only one list leader this week, by Michelle Bartman in the WP Half-marathon Championships in Brackenfell. In the same race Albertus Bock missed his fourth list leader by 1:42.

In the first IAAF Diamond League Meeting in Doha, three South Africans ran their best times of the year so far: World champion Mbulaeni Mulaudzi was fourth in the 800 m in 1:43.78 (less than a second behind winner David Rudisha), Ruben Ramolefi clocked 8:16.50 for ninth in the steeplechase, and René Kalmer finished in the same position in the 1500 in 4:07.89.

Veteran Elias Mabane again ran two races on consecutive days this weekend – first the Race for Friendship 16 km on Saturday and then the Gauteng Striders Half Marathon on Sunday.

The Stats section includes some interesting data about the 10000 m, half marathon and marathon.

DRR recently reported Lindikhaya Mthangayi's first race since his suspension for a doping offence (the Foskor Half Marathon). According to documents received by DRR, Mthangayi was found guilty after traces of 4-Methyl-2-Hexanamine was found in the sample he provided at the Nedbank Matha Series Half Marathon in Bloemfontein in September 2009. This prohibited substance was also found in his "B" sample. The athlete pleaded guilty at the hearing held on 8 March 2010, where it was pointed out to him that the prohibited substance most likely came from the supplement AMH Ultrate, which he had been using (and declared on his doping control form). The hearing found that "not only had the athlete not knowingly committed a doping offence, but he had not intended that the ingesting of AMH Ultrate would improve his performance". The Tribunal therefore declared him ineligible to compete for six months from 8 October 2009. Apart from his time in Bloemfontein, no other performances were scrapped.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Savages Half Marathon & 10 km, Durban
- * Spartan 10 km, Durban
- * Gauteng Striders Half Marathon, Johannesburg
- * Pick 'n Pay Brackenfell Half Marathon, Brackenfell
- * Sunridge Village 10 km, Port Elizabeth
- * Zio Cash & Carry 10 km, Sasolburg

- * Race for Friendship, Pretoria
- * XC: WP League Meeting, Bellville

International highlights:

- * ING Bay to Breakers 12 km, San Francisco, USA
- * UAE Healthy Kidney 10 km, New York, USA
- * IAU 24-Hour World Championships, Brive, FRA
- * Track: Qatar Super Grand Prix Meeting, Doha, QAT

ROAD RUNNING

Savages Half Marathon & 10 km

Durban, 16 May

(Distances: 21.1 km & 10 km; out-and-back courses)

Half marathon

MEN

1.	Wellington Chidodo	ZIM/Mr Price AC	66:31
2.	Samuel Pazanga	ZIM/Mr Price AC	67:04
3.	Professor Mollen	ZIM/Mr Price AC	67:10

40-49:

1.	Sibusiso Ntuli	Nedbank AC	76:19
2.	Peter Sehloho	Boxer AC	77:14
3.	Sipho Majombozi	BoxerAC	79:38

50-59:

1.	Nicholas Dlamini	Boxer AC	80:33
2.	Phineas Ntombela	KZN St	85:00
3.	Solomon Chiliza	Syd AC	87:32

60+:

1.	Michael Langa	Athletic North	88:56
2.	Mbkekiseni Mchunu	Savages	96:48

Juniors:

1.	Thobani Chagwe	WMAC	81:56
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WOMEN

1.	Tabitha Tsatsa	ZIM/Mr Price AC	81:06
2.	Cary-Ann Smith	Mr Price AC	83:36
3.	Sibongile Mpanza	Boxer AC	90:53

40-49:

1.	Maya Lawrie	Boxer AC	90:53
2.	Maureen Slack	Glen Harr	94:05
3.	Jenny Sutton	YWP AC	102:25

50-59:

1.	Jane Baker	DAC	109:42
2.	Denise Reyecke	QBH	118:30
3.	Teresa Scott	PDAC	121:51

60+:

1.	Elaine Greenblatt	RRR	103:44
2.	Gill Tregenna	West AC	116:22
2.	Linda Bell	QBH	118:36

10 km

MEN

1.	Lungisa Mdedelwa	Nedbank	29:47
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2.	Thubalethu Phuku	DUT	30:04
3.	Prodigal Khumalo	ZIM/Mr Price	31:27

40-49:

1.	Sipho Mbokazi	Toy AC	37:16
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50-59:

1.	Achim Mhlanzi	Savages	36:59
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60+:

1.	Andy Watson	West AC	45:06
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Juniors:

1.	Njabule Phemvu	Clermont	31:58
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WOMEN

1.	Mbali Mnyandu	KZN St	38:48 (1 st jun)
2.	Phumzile Gwala	Umlazi AC	40:36
3.	Fikile Mbuthuma	Nedbank AC	40:49

40-49:

1.	Janine Engels	PDAC	41:42
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50-59:

1.	Jenny Scott	DCS	49:32
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Juniors:

1.	Mbali Mnyandu	KZN St	38:48
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Spartan 10 km

Durban, 16 May

MEN

1.	Washington Zuma	Mr Price AC	33:51
2.	Muzi Madikwa	Coll Harr	34:14
3.	Michael Mabaso	Ind	34:24

40-49:

1.	Patrick Mkhize	VAC	37:19
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50-59:

1.	Sanele Khuzwayo	Hulmin	37:49
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60+:

1.	Ronald Ross	Coll Harr	54:38
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WOMEN

1.	Erica Walker	Ntl Carb	43:09 (1 st vet)
2.	Sibongile Ziqubu	Eskom	44:05
3.	Debby de Koning	Eskom	46:19 (1 st mast)

40-49:

1.	Erica Walker	Ntl Carb	43:09
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50-59:

1.	Debby de Koning	Eskom	46:19
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60+:

1.	Julie Young	Ntl Carb	48:05
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Gauteng Striders Half Marathon

Johannesburg, 16 May

(Distance: 21.1 km)

MEN

1. Xolisa Tyali (Ned) 66:59; 2. Lucky Mohale (GS) 67:20; 3. Frik Guys (Ned) 67:35; 4. Lucky Miya (Ned) 68:04; 5. Degene Asefa (ETH/ADT) 68:30.

40-49: 1. Elias Mabane (Cab) 72:58; 2. Reginald Ngobese (GS) 73:32; 3. Bheki Nene (ADT) 74:06. **50-59:** 1. Charles Vilakazi (KT) 78:13; 2. Johannes Seakamela (RAC) 78:58; 3. Samuel Mogodi (RAC) 80:24. **60+:** 1. Don Charles (Brother) 89:50. **Juniors:** 1. Thato Molatedi (Wits) 73:58; 2. Siseko Zindlovu (GS) 74:43; 3. Amos Ndimande (GS) 76:28.

WOMEN

1. Mpho Mabuza (Ned) 81:12; 2. Cornelia Joubert (Bed) 81:41; 3. Tshifhiwa Mundalamo (Ned) 82:13; 4. Christine Kalmer (Ned) 83:07; 5. Lineo Chaka (LES/Toy) 84:15.

40-49: 1. Tessa Burrell (GS) 84:56; 2. Catherine Naane (Gold) 94:02; 3. Sarah Mahlangu (MP) 1:41:05. **50-59:** 1. Natalie Sanders (Four) 1:50:32; 2. Thandie Mlambo (Afrox) 1:55:36; 3. Ithuteng Boshoe (Sunning) 1:58:27. **60+:** 1. Elsa Meyer (Irene) 2:06:20. **Juniors:** 1. Juan-Marie Cooper (Khosa) 1:29:19; 2. Lauren Venter (UJ) 1:49:27.

Pick 'n Pay Brackenfell Half Marathon

(Western Province Championships)

Brackenfell, 15 May

(Distance: 21.1 km; Certified loop course. Finishers: 858.)

Note: Third place in the WP Championships went to Koopman, as Diko is not eligible for a WP medal. – Ed.

MEN

1. Zolani Ntongana (MP) 65:10 (R500)
2. Sityhilo Diko (Ned CGA) 65:20 (R350)
3. Nkosinathi Madyo (MP) 65:49 (R250)
4. Pieter Koopman (MP) 66:16

40-49: 1. John September (CH) 73:28 (R200); 2. Clifford Drury (Ned) 73:32 (R100); 3. Basil Lehman (Met) 77:04 (R50). **50-59:** 1. Raymond Howard (CH) 78:03 (R200); 2. Julian Paul (SANDF) 79:21 (R100); 3. Friedel van der Merwe (Strand) 80:36 (R50). **60+:** 1. Albertus Bock (Adid) 86:59 (R100); 2. Henry Cleophas (Ned) 95:02 (R50); 3. Kevin Kohler (Edge) 1:40:00 (R25). **Juniors:** 1. Luxolo Mdzanga (Gugs) 69:57 (R300); 2. Gcobani Mndi (Gugs) 72:31 (R100); 3. Akhona Makila (VOB) 72:55 (R50).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (MP) 77:06
2. Bulelwa Mtshagi (CH) 80:03
3. Anneline Roffey (Adid) 80:40

40-49: 1. Michelle Bartman (Harf) 82:33; 2. Elmarie Coetzee (Adid) 84:02; 3. Ursula Frans (Adid) 85:20. **50-59:** 1. Olga Howard (CH) 93:18; 2. Nancy Will (Pine) 96:18; 3. Charmaine Cupido (Ned) 97:07. **60+:** 1. Marietha Herbert (Bell) 1:50:16; 2. Pixie Sparg (CH) 1:53:19; 3. Marianne Nelson (Durb) 2:16:42. **Juniors:** 1. Nontembeko Majwede (CH) 2:24:41.

Sunridge Village 10 km

Port Elizabeth, 15 May

(Loop course. Finishers: 743.)

MEN

1	Rodney	Prins	Mr Price AC EP	21	29:34
2	George	Ntshiliza	Nedbank RC EP	30	29:37
3	Zolani	Ngqaqa	Mr Price AC EP	21	30:34
4	Xola	Bongoza (1 st jun)	Mr Price AC EP	17	30:55
5	Khayaletu	Makalima	Mr Price AC EP	26	31:06
6	Sandile	Ngunuza	Nedbank RC EP	27	31:12
7	Luyanda	Tshangana	Mr Price AC EP	26	31:29
8	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	41	31:34
9	Melikhaya	Frans	Nedbank RC EP	18	32:35
10	Zandisile	Mpisane	Mr Price AC EP	26	32:46
11	Ricardo	Plaatjies	Elite AC	27	33:14
12	Ryan	Peter	Temp	26	33:23
13	Lolwethu	Mbityi	PEAAC	19	33:39
14	Luvuyo	Stephen	Nedbank RC EP	40	34:02
15	Terrance	Mjekula	Triangle Sports	37	34:14
16	Christopher	Mabengeza	Nedbank RC EP	43	34:30
17	Conrad	Charles	Malabar	20	34:31
18	Mzukisi	Klaas	Nedbank RC EP	41	34:56
19	Njongwezintle	Baba	Mr Price AC EP	15	35:07
20	Derrick	Dubase	Nedbank RC EP	35	35:25

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	41	31:34
2	Luvuyo	Stephen	Nedbank RC EP	40	34:02
3	Christopher	Mabengeza	Nedbank RC EP	43	34:30

45-49:

1	Darrell	Wicht	Triangle Sports	47	35:38
2	Mutekile	Rasmeni	Triangle Sports	45	35:56
3	Colben	Ngcupe	Nedbank RC EP	46	36:29

50-54:

1	Sidwel	Roboshi	Nedbank RC EP	50	37:26
2	Alfred	Spies	Elite AC	50	37:45
3	Andre	Willemse	Elite AC	51	39:50

55-59:

1	Sizinzo	Kama	Achilles AAA	58	38:55
2	Roger	Trader	Achilles AAA	56	40:58
3	Bruce	Mcewan	Achilles AAA	56	42:34

60-64:

1	Hannes	Els	Madiba Bay AC	60	43:04
2	Percy	Dalton	Achilles AAA	61	43:31
3	Eddie	Walker	PEAAC	63	45:30

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	68	40:14
2	Godfrey	Kariem	Cadbury AC	69	47:14
3	Robin	Clark	Achilles AAA	69	1:00:28

70+:

1	Ernie	Verrall	Absa NMMU AC	75	57:54
2	Wells	Anderson	PEAAC	78	1:02:33
3	Hilary	Pritchard	Crusaders AC	75	1:09:46

Juniors:

1	Xola	Bongoza	Mr Price AC EP	17	30:55
2	Melikhaya	Frans	Nedbank RC EP	18	32:35

3	Lolwethu	Mbityi	PEAAC	19	33:39
WOMEN					
1	Ntombesintu	Mfunzi	Mr Price AC EP	28	35:58
2	Deliwe	Nyanga	Nedbank RC EP	21	37:03
3	Liza-Marie	Bright	Elite AC	28	37:32
4	Davera	Magson	Mr Price AC EP	35	39:57
5	Jane	Barnardo	Body Concept	35	41:00
6	Asanda	Solani	Nedbank RC EP	26	41:51
7	Grizelda	Pietersen (1 st vet)	Achilles AAA	41	42:36
8	Margie	Saunders (1 st mast)	Nedbank RC EP	56	42:56
9	Lizette	Sydien	Elite AC	23	43:17
10	Lesley	Wood	Achilles AAA	53	44:33
11	Lorna	Lumb	PEAAC	42	44:34
12	Sharon	Zeelie	Triangle Sports	39	44:37
13	Julia	Cayisa	Nedbank RC EP	27	44:56
14	Pat	Thomson	Achilles AAA	50	45:04
15	Elmarie	Bezuidenhout	Charlo AC	28	45:10
16	Anita	Ndiki (1 st jun)	Nedbank RC EP	19	45:17
17	Zoleka	Dondashe	Nedbank RC EP	24	45:24
18	Suzanne	Lavis	Jeffreys Bay	51	45:38
19	Claire	Nagel	Elite AC	46	45:42
20	Melanie	Norden	Temp	28	45:44
40-44:					
1	Grizelda	Pietersen	Achilles AAA	41	42:36
2	Lorna	Lumb	PEAAC	42	44:34
3	Heidi	Jansen	Achilles AAA	43	50:10
45-49:					
1	Claire	Nagel	Elite AC	46	45:42
2	Johanette	Oosthuizen	Temp	45	45:52
3	Alta	Havenga	Temp	45	46:22
50-54:					
1	Lesley	Wood	Achilles AAA	53	44:33
2	Pat	Thomson	Achilles AAA	50	45:04
3	Suzanne	Lavis	Jeffreys Bay	51	45:38
55-59:					
1	Margie	Saunders	Nedbank RC EP	56	42:56
2	Jos	Els	Madiba Bay AC	58	55:05
3	Rita	Boucher	Walmer AC	59	1:00:02
60-64:					
1	Liz	Grundlingh	Muirite Strider	63	49:47
2	Minnie	Trimally	PEAAC	60	52:35
3	Helene	Oppel	Crusaders AC	60	55:53
65-69:					
1	Orgia	Nell	Muirite Strider	66	1:09:20
2	Esly	Strydom	Legacy AC	65	1:12:25
3	Cathrene	Botha	Temp69		1:23:02
70+:					
1	Dorothy	Hart	PEAAC	72	1:04:44
2	Aletta	Fourie	Triangle Sports	71	1:18:21
3	Lorna	Brown	PEAAC	71	1:18:24
Juniors:					
1	Anita	Ndiki	Nedbank RC EP	19	45:17
2	Megan	Wilson	Charlo AC	14	48:20
3	Terray	Newcombe	Nedbank RC EP	19	50:06

Zio Cash & Carry 10 km

Sasolburg, 15 May

Note: The Race Time Bias (RTB) factor used to determine whether a course is probably short has often in the past shown this course to be short. Last year, however, the RTB figure was only -1.5 sec/km – well within the acceptable limit of -5 sec/km. This year the figure for eight runners is on the positive side of the scale: +0.5 sec/km. These times are therefore acceptable for statistical lists. Note that Tsosane ran 29:34 in 2008, 29:24 last year and now 29:55; Ceronio ran 41:15, 42:55 and now 42:39. Tjela recorded 37:02 in 2009, while Dintwe clocked 35:40.- Ed.

MEN

1 Stephen Mokoka (Transnet) 29:17; 2 Jeffrey Gwebu (Nedbank) 29:22; 3 Sibusiso Nzima (Nedbank) 29:35; 4 Kgosi Tsosane (Nedbank) 29:55; 5 Aaron Thabo (Eskom) 30:01.

Veterans: 1 Jacob Mazibuko (Cabstrut) 32:14. **Masters:** 1 Ernest Tjela (Emfuleni) 37:00. **G'masters:** 1 Keith Jolly (Sasol) 48:41. **Juniors:** 1 Daniel Phakathi (ADT) 31:28.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 36:29; 2 Azwindini (Gladys) Lukhwareni (Transnet) 37:48; 3 Motaung Puleng (LES/Phuthanang) 37:55 (1st jun); 4 Anna Moeketsi (Eskom) 38:16; 5 Angelina Molaba (Nedbank) 39:44.

Veterans: 1 Marie Bruwer (Arcelor Mittal) 41:23. **Masters:** 1 Marietjie Ceronio (Nedbank) 42:39. **G'masters:** Josephine Stugoane (Orange Farm) 77:17. **Juniors:** 1 Motaung Puleng (LES/Phuthanang) 37:55.

Race for Friendship

Pretoria, 15 May
(Distance: 16 km)

MEN

1. Wesley Mutai (KEN/NB) 53:59; 2. Wesley Ruto (KEN/Ned) 54:04; 3. William Chinyanga (ZIM/Ned) 54:54.

40-49: 1. Elias Mabane (Cab) 64:53. **50-59:** 1. Francis Makuka (ZAM/Bashewa) 64:30. **60-69:** 1. Mike du Bruto (Irene) 70:51. **70+:** 1. Patrick Mafilika (Ned) 81:34. **Juniors:** 1. Reginald Mogatle (Fos) 67:52.

WOMEN

1. Olivia Chitate (Bashewa) 64:52; 2. Myrette Filmalter (Tuks) 66:35; 3. Sharon Chynokuya (ZIM/Ned) 68:45.

40-49: 1. Ansie Viljoen (Irene) 71:26. **50-59:** 1. Linda Potgieter (Mag) 84:18. **60-69:** 1. Elsa Meyer (Irene) 96:52. **70+:** 1. Marina Odendaal (Soli) 1:50:47. **Juniors:** 1. Juliet Nyamande (Ned) 84:14.

CROSS-COUNTRY

WP League Meeting (2nd)

Bellville (UWC), 8 May

Note: The athletes' names are in the order of surname followed by first name. – Ed.

MEN

12 km:

1	Diko Sityhilo	Nedbank CGA	41:48
2	Godongwana Anthony	Celtic Harriers	41:58
3	Lusaseni Tom	Adidas	42:13
4	Camphor Hein	Adidas	42:21
5	Roro Wanda	Adidas	42:35
6	Qhina Mtandazo	Adidas	42:57
7	Msopi Victor	ACSIS VOB	43:27
8	Mpekula Marks	ACSIS VOB	43:37
9	Abrahams J:P:	Adidas	43:43
10	Ngculana Bonisile	Atlantic	43:44

4 km:

1	Ngudlumana Virginia	Celtic Harriers	13:51
2	Bonga Sipiwa	Celtic Harriers	13:55
3	Meleni Wongalethu	ACSIS VOB	13:59
4	Faro Fabian	MP Titans	14:15
5	Lusaseni Velani	Adidas	14:26
6	Wildskut Riaan	Atlantic	14:29
7	Oliphant Kevin	Itheko	14:31
8	Mdutyana Nicholas	Celtic Harriers	14:33
9	Qomdiso Siyabulela	ACSIS VOB	14:34
10	Petoors Jessie	Eerste River	14:45

40-49 (8 km):

1	September John	Celtic Harriers	30:07
2	Philander Tobias	Adidas	30:23
3	Lewis Aaron	Adidas	30:56

50-59 (8 km):

1	Howard Raymond	Celtic Harriers	31:24
2	Isaacs Kevin	Celtic Harriers	32:11
3	Paul Julian	Defence WP	32:39

60+ (8 km):

1	Veldsman Awie	Helderberg Harriers	34:11
2	Bock Albertus	Adidas	34:24
3	Tribe Geoff	Pinelands	35:36

Juniors (8km):

1	Nteta Unathi	Atlantic	28.46
2	Andreas Jeromy	UWC	28.47
3	Mdzanga Luxolo	RCS Gugs	28.48

WOMEN

8 km:

1	Xiniwe Zintle	Mr Price	33:01
2	Seti Nomvuyisi	Mr Price	33:23
3	Mtshagi Bulelwa	Celtic Harriers	33:41
4	Brand Alae	Adidas	35:07
5	De Bruin René	Defence WP	35:17
6	Matiwane Busisiwe	Celtic Harriers	36:02
7	Perold Helene	Adidas	36:21
8	De Lange Sheryl	Adidas	36:51
9	De Oliveira Colleen	NB Multisport	38:09
10	Pretorius Andrea	NB Multisport	38:58

4 km:

1	Oosthuizen Natasha	Adidas	16:18
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2	Perold Helene	Adidas	17:19
3	Titus Destiny	UWC	18:04
4	Smal Glouda	Bellville	19:21
5	du Bruyn Millie-Marie	Tygerberg NLK	19:33
6	Hanekom Linda	Adidas	19:34
7	Almendro Annika	Bellville	19:35
8	Johannes Tyshia	RCS Gugs	19:36
9	Mahlombe Ayanda	Atlantic	19:42
10	Olivier Lee-Ann	CPUT	19:51

40-49 (8 km):

1	De Lange Sheryl	Adidas	16:51
2	Coetzee Elmarie	Adidas	16:52
3	Brink Ester	Strand	16:58

50-59 (8 km):

1	Howard Olga	Celtic Harriers	17:55
2	Will Nancy	Pinelands	19:07
3	Cupido Charmaine	Nedbank	19:18

60+ (8 km):

1	Sparg Pixie	Celtic Harriers	22:14
2	Barnard Zonia	Celtic Harriers	23:32
3	James Marlene	Pinelands	25:39

Juniors (8km):

1	Malan Heleen	Paarl	n/t
2	Walsh Chelser	Ind	n/t
3	Beukes Reghana	Eerste River	n/t

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**ING Bay to Breakers 12 km (99th)**

San Francisco, USA, 16 May

MEN

- 1) Sammy Kitwara (KEN), 34:15, \$12,000
- 2) Peter Kirui (KEN), 34:15, \$3000
- 3) Tilahun Regassa (ETH), 35:30, \$2000
- 4) Tesfaye Sendeku (ETH), 35:59, \$1250
- 5) Ridouane Harroufi (MAR), 35:55, \$750
- 6) Scott Bauhs (USA / CA), 35:55, \$1000 (top U.S.)
- 7) Simon Ndirangu (KEN), 36:14
- 8) Gilbert Okari (KEN), 36:14
- 9) James Kipketer (KEN), 36:37
- 10) Josh Moen (USA / MN), IA 36:47, \$500

WOMEN

- 1) Lineth Chepkurui (KEN), 38:07 WR, \$40,000
- 2) Emily Chebet (KEN), Kenya 38:41, \$3000
- 3) Mamitu Daska (ETH), 39:34, \$2000
- 4) Jelliah Tinaga (KEN), 40:14, \$1250
- 5) Caroline Rotich (KEN), 40:37, \$750
- 6) Jane Kibii (KEN), 41:05

- 7) Magdalena Lewy-Boulet (USA / CA), 41:39, \$1750 (top U.S. & Bay Area)
- 8) Kate O'Neill (USA / CA), 41:52, \$500
- 9) Annie Bersagel (USA / CA), 41:57, \$250
- 10) Clara Horowitz-Peterson (USA / CA), 42:16

UAE Healthy Kidney 10 km (6th)

New York, USA, 15 May

MEN

- 1) Gebre Gebremariam (ETH), 27:42 CR, \$27,500
- 2) Peter Kamais (KEN), 27:49, \$5000
- 3) Julius Kogo (KEN), 28:19, \$3000
- 4) Chris Thompson (GBR), 28:25, \$2000
- 5) Alistair Cragg (IRL), 28:33, \$1250
- 6) Abdi Abdirahman (USA / AZ), 28:35, \$750
- 7) Ben St. Lawrence (AUS), 28:36, \$600
- 8) Mohamed Trafteh (USA / CA), 28:37, \$350
- 9) Ed Moran (USA / VA), 28:39, \$250
- 10) Shadrack Biwott (KEN), 28:57, \$100

WOMEN

- 1) Buzunesh Deba (ETH), 33:09, \$1000
- 2) Frances Koons (USA / PA), 33:31, \$500
- 3) Alemtsehay Misganaw (ETH), 33:44, \$250

ULTRAMARATHONS

IAU 24-Hour World Championships (8th)

Brive, FRA, 13-14 May

MEN

- 1) Shingo Inoue (JPN), 170.07 miles, gold
- 2) Scott Jurek (USA), 165.70 miles, silver
- 3) Ivan Cudin (ITA), 163.94 miles, bronze
- 4) Yuki Sakai, 41, JPN, 160.87 miles
- 5) Vladimir Bychkov, 43, RUS, 160.64 miles

Teams:

- 1) Japan, 483.84 miles
- 2) Italy, 471.57 miles
- 3) USA, 470.66 miles

WOMEN

- 1) Anne Cecile Fontaine (FRA), 149.00 miles, gold
- 2) Monica Casiraghi, 41, ITA, 143.77 miles, silver
- 3) Julia Alter (GER), 143.07 miles, bronze
- 4) Annemarie Gross, 40, ITA, 142.39 miles
- 5) Sylvie Peuch, 48, FRA, 140.19 miles

Teams:

- 1) France, 426.13 miles
- 2) Italy, 408.93 miles
- 3) Australia, 406.91 miles

TRACK**Qatar Super Grand Prix Meeting**

(IAAF Diamond League)

Doha, QAT, 14 May

MEN**800:**

1	David Lekuta Rudisha	KEN	1:43.00
2	Asbel Kiprop	KEN	1:43.45
3	Amine Laalou	MAR	1:43.71
4	Mbulaeni Mulaudzi	RSA	1:43.78
5	Yeimer López	CUB	1:44.18
6	Michael Rimmer	GBR	1:45.96
7	Hamza Driouch	QAT	1:47.05
8	Musaeb Abdulrahman Balla	QAT	1:48.12
9	Rizak Dirshe	SWE	1:49.79
10	Ismail Ahmed Ismail	SUD	1:50.24

3000 s/chase:

1	Ezekiel Kemboi	KEN	8:06.28
2	Paul Kipsiele Koech	KEN	8:06.69
3	Patrick Kipkirui Langat	KEN	8:09.12
4	Richard Kipkemboi Mateelong	KEN	8:09.84
5	Roba Gary	ETH	8:10.29
6	Elijah Chelimo Kipterege	KEN	8:14.29
7	Silas Kosgei Kitum	KEN	8:16.19
8	Michael Kipyego	KEN	8:16.46
9	Ruben Ramolefi	RSA	8:16.50
10	Benjamin Kiplagat	UGA	8:17.46
11	Brimin Kiprop Kipruto	KEN	8:18.13
12	Linus Kipwambok Chumba	KEN	8:21.47
13	Tareq Mubarak Taher	BRN	8:27.91
14	Wesley Kiprotich	KEN	8:28.93
15	Ali Ahmed Al-Amri	KSA	8:40.32
16	Rabia Makhloufi	ALG	8:46.47

5000:

1	Eliud Kipchoge	KEN	12:51.21
2	Vincent Kiprop Chepkok	KEN	12:51.45
3	Imane Merga	ETH	13:05.20
4	Chakir Boujattaoui	MAR	13:05.65
5	Essa Ismail Rashed	QAT	13:08.95
6	Teklemariam Medhin	ERI	13:17.93
7	Ahmad Hassan Abdullah	QAT	13:18.97
8	Abera Kuma	ETH	13:20.78
9	Joseph Ebuya	KEN	13:32.81
10	Daniel Kipchirchir Komen	KEN	13:33.37
11	Mark Kosgey Kiptoo	KEN	13:34.58
12	Amanuel Mesel	ERI	13:49.36

WOMEN**1500:**

1	Nancy Jebet Langat	KEN	4:01.63
2	Gelete Burka	ETH	4:02.16
3	Siham Hilali	MAR	4:03.89
4	Btissam Lakhoud	MAR	4:04.23

5	Viola Jelagat Kibiwot	KEN	4:05.63
6	Ingvill Måkestad	NOR	4:06.08
7	Genzebe Dibaba	ETH	4:06.10
8	Stephanie Twell	GBR	4:06.10
9	René Kalmer	RSA	4:07.89
10	Maryam Yusuf Jamal	BRN	4:09.25
11	Mimi Belete	BRN	4:10.98
12	Hind Déhiba Chahyd	FRA	4:17.83

STATS TIME

In this section I include the top ten South Africans over the standard distances in 2010 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.

2010 MARATHON: TOP 10 VETERAN MEN

2:28:59	Elias Mabane	2	Gaborone	18 Apr
2:29:04	Reginald Ngobese	1	Sasolburg	06 Feb
2:29:12	Ngobese-2	1	Johannesburg	25 Apr
2:30:19	Mabane-2	1	Centurion	01 May
2:31:20	Elgin Mokgale	1	Eldorado Park	28 Feb
2:31:41	Ngobese-3	1	Benoni	11 Apr
2:32:16	Jacob Mazibuko	2	Johannesburg	25 Apr
2:32:52	Solomon Khumalo	2	Benoni	11 Apr
2:33:20	Piet Mokale	3	Gaborone	18 Apr
2:33:58	K. Baloyi	1	Benoni	31 Jan
2:36:30	Khumalo-2	4	Johannesburg	25 Apr
2:39:08A	Makaya Masumpa	1	Oos-Londen	27 Feb
2:41:21	Phehello Tsotetsi	2	Sasolburg	06 Feb
2:41:33	Enoch Ngubane	1	Pietermaritzburg	28 Feb

MORE STATS

MATHATHI JOINS EXCLUSIVE CLUB OF SEVEN

When Martin Mathathi ran his debut half marathon in the Sendai race on 9 May, he became only the seventh runner to break both 27 minutes for 10000 m and 60 minutes for the half marathon. Only three runners – Haile Gebrselassie, Paul Tergat and Samuel Wanjiru – have bettered 27 minutes, 60 minutes and 2:07 for the marathon. Here is the list of members of this exclusive club:

			10000 m	Date	21.1 km	Date	Marathon
1	Paul Tergat	KEN	26:54.41	Aug 1996	59:56	April 1995	2:04:55
2	Haile Gebrselassie	ETH	26:43.53	June 1995	59:40	March 2002	2:03:59
3	Samuel Wanjiru	KEN	26:41.75	Aug 2005	59:43	July 2005	2:05:10
4	Zersenay Tadese	ERI	26:37.25	Aug 2006	59:05	Sept 2005	2:12:03
5	Bernard Kipyego	KEN	26:59.61	Sept 2007	59:34	April 2009	2:07:01
6	Moses Mosop	KEN	26:49.55	May 2007	59:20	Mar 2010	-
7	Martin Mathathi	KEN	26:59.88	May 2009	59:48	May 2010	-

(Mosop and Mathathi have not run a marathon yet.)

SMALL IS BETTER, BUT NOBODY TOLD SOLINSKY

Chris Solinsky's remarkable 10000-metre debut was reported in DRR last week. According to LetsRun.com, Solinsky is the tallest and heaviest athlete ever to break 27 minutes. The American stands 1.85 m tall and weighs 73 kg. His 13:12.24 personal best also makes him the second slowest 5000-metre runner ever to do it. The slowest is Olympic marathon champion Samuel Wanjiru (13:12.40).

Thirty runners have now broken 27 min for 10000 m. The list below shows the 20 fastest (plus Solinsky), with their PB for 5000 m and 10000 m, and their height (cm) and weight (kg). Small men dominate the list, with only Paul Tergat coming close to Solinsky's height – but he weighed 11 kg less.

Kenenisa Bekele	ETH	12:37.35	26:17.53	160	54
Haile Gebrselassie	ETH	12:39.36	26:22.75	165	56
Paul Tergat	KEN	12:49.87	26:27.85	182	62
Nicholas Kemboi	QAT (KEN)	13:01.14	26:30.03	163	50
Abebe Dinkesa	ETH	12:55.88	26:30.14	169	55
Micah Kogo	KEN	13:00.77	26:35.63	170	60
Paul Koech	KEN	12:56.29	26:36.26	170	60
Zersenay Tadese	ERI	12:59.27	26:37.25	160	56
Salah Hissou	MAR	12:50.80	26:38.08	176	62
Abdullah Ahmad Hassan	QAT (KEN)	12:56.27	26:38.76	170	54
Sileshi Sihine	ETH	12:47.04	26:39.69	171	55
Boniface Kiprop Toroitich	UGA	12:57.11	26:39.77	167	53
Samuel Wanjiru	KEN	13:12.40	26:41.75	163	52
Eliud Kipchoge	KEN	12:46.53	26:49.02	170	56
Moses Ndiema Masai	KEN	12:50.55	26:49.20	168	54
Sammy Kipketer	KEN	12:52.33	26:49.38	166	52
Moses Mosop	KEN	12:54.46	26:49.55	165	54
Assefa Mezgebu	ETH	12:53.84	26:49.90	175	55
Richard Limo	KEN	12:56.72	26:50.20	167	53
Charles Kamathi	KEN	13:02.51	26:51.49	165	51
Chris Solinsky	USA	13:12.24	26:59.60	185	73

Solinsky's splits, according to *eTrack Newsletter*, were:

By lap: 65.1, 68.4 [2:13.5], 67.2 [3:20.7], 65.5 [4:26.2], 65.3 [5:31.5], 65.1 [6:36.6], 65.9 [7:42.5], 64.3 [8:46.8], 64.3 [9:51.1], 64.6 [10:55.7], 64.0 [11:59.7], 63.5 [13:03.2], 64.5 [14:07.7], 65.3 [15:13.0], 65.8 [16:18.8], 66.2 [17:25.0], 64.2 [18:29.2], 64.8 [19:34.0], 65.9 [20:39.9], 65.7 [21:45.6], 66.2 [22:51.8], 66.7 [23:58.5], 65.0 [25:03.5], 60.0 [26:03.5], 56.1; by km: 2:47.6, 2:43.9 [5:31.5], 2:42.9 [8:14.4], 2:41.3 [10:55.7], 2:39.8 [13:35.5], 2:43.3 [16:18.8], 2:42.9 [19:01.7], 2:43.9 [21:45.6], 2:46.0 [24:31.6], 2:28.0; halves: 13:35.5/13:24.1.

THIS MONTH IN HISTORY

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

90 years ago: 1 May 1920

Bevil D'Urban Rudd is unique among South African athletes – he is the only one who won a full set of Olympic medals, at the 1920 Antwerp Games (400 gold, 4x400 silver, 800 bronze). On this day, in Philadelphia, he also contributed to a unique world record – the only IAAF-ratified relay record set by a team of mixed nationality. Rudd was a member of a combined Oxford/Cambridge 4x880 yards quartet who beat the best US university teams in 7:50.4. Rudd's 1:54.4 anchor was the fastest leg of the race.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's best South African performance 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

Open

10 km	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	28:40	Gladwin Mzazi (RSA)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	44:46a	James Carney (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	59:18	Tilahun Regassa (ETH)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:44	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:49	Maboyisana Mazwayi	Port Elizabeth	27 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:40	Maboyisana Mazwayi	Port Elizabeth	16 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:00	Maboyisana Mazwayi	Port Elizabeth	08 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:31a	Basie Bonaparte	Somerset East	24 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:29:04	Reginald Ngobese	Sasolburg	06 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:32	Raymond Howard	Bellville	10 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:36	Charles Vilakazi	Boksburg	09 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:31	Eloi de Oliveira	Pietermaritzburg	28 Feb
	66:42	Martin Rees (GBR) 2003		

25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10	Ernest Tjela	Sasolburg	06 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:01	Albertus Bock	Goodwood	20 Mar
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	85:17	Mike du Bruto	Pretoria	06 Feb
25 km	1:47:41	Mike du Bruto	Pretoria	08 May
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				
<u>Juniors</u>				
10 km	30:10	Unathi Phezolo	Brackenfell	20 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:39	Xola Bongoza	Port Elizabeth	06 Feb
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:40	Melikhaya Frans	Port Elizabeth	08 May
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	33:25	René Kalmer	Bellville	18 Apr
	32:50	Shino Saito (JPN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:31	Zintle Xiniwe	Constantia	13 Mar
	51:05a	Janet Cherobon (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	72:39	René Kalmer	Cape Town	03 Apr
	67:14	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:34:24	Tanith Maxwell	London	25 Apr
	2:22:00	Liliya Shobukhova (RUS)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:06	Tessa Burrell	Port Elizabeth	01 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:46	Michelle Bartman	Constantia	13 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:33	Michelle Bartman	Brackenfell	15 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:49	Ansie Viljoen	Pretoria	08 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR) 1987		

100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:03	Olga Howard	Constantia	13 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	1:32:40	Margie Saunders	Port Elizabeth	08 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	43:28	Sonja Laxton	Port Elizabeth	01 May
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:43:09	Veronica van Niekerk	Wellington	01 May
25 km	2:10:34	Elaine Greenblatt	Johannesburg	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				
<u>Juniors</u>				
10 km	34:44	Nandipha Dywili	Port Elizabeth	01 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	88:00	Juan-Marie Cooper	Pretoria	20 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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