

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

This was a rather thin weekend, at least as far as South African results are concerned – no doubt in anticipation of Sunday's 85th Comrades Marathon.

Internationally there were good performances on the track by Mbulaeni Mulaudzi, who won the 800 at the Daegu Pre-Championship Meeting in 1:45.60, and Angela Wagner, who ran an excellent 2:04.94 for the same distance at the Mountain West Championships in Albuquerque (at high altitude).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Darling Half Marathon, Darling
- * Two Lagoons 32 km & 10 km, Knysna
- * Track: SA Masters Championships, Bellville

International highlights:

- * Sunfeast World 10 km, Bangalore, IND
 - * Göteborgsvarvet, Göteborg, SWE
 - * Grand Prix von Bern, Bern, SUI
 - * Bupa Great Manchester Run 10 km, Manchester, GBR
 - * Cellcom Green Bay Marathon, Green Bay, USA
 - * 15 Km Villa de Massamagrell, Massamagrell, ESP
 - * Track: Shanghai Golden Grand Prix, Shanghai, CHN; Daegu Pre-Championship Meeting, Daegu, KOR; Pac-10 Championships, Berkeley, USA; Big 12 Championships, Columbia, USA; Mountain West Championships, Albuquerque, USA
-

CORRECTIONS & ADDITIONS

■ In DRR 10:18 the results of the Gaborone City Marathon were included, with the comment that the women's category results were wrong and therefore left out. It is believed that, contrary to international rules, Botswana uses ages 35-44 for veterans and 45-54 for masters. So the results released by the organisers were correct according to Botswana rules, although incorrect according to what is used elsewhere. So here are the official results, with the runners' ages – Catherine Naane was the first runner over 40.

Veterans:

1. Samukeliso Moyo (ZIM), 36, 2:50:27
2. Joyce Kirui (KEN), 35, 2:50:40

3. Lesley Train (RSA), 36, 2:54:28
4. Catherine Naane (RSA), 44, 3:12:47
5. Sarah Mahlangu (RSA), 43, 3:19:37

Masters:

1. Jane Mudau (RSA), 47, 3:09:20
2. Cynthia Mkovane (RSA), 46, 3:29:53
3. Siobhan Buckmaster (GBR), 45, 4:16:05

■ In the results of the Savages Half Marathon (DRR 10:19), the time for Maya Lawrie as first veteran was wrong. It should be 91:41; not 90:53.

COMRADES PREDICTION CONTEST

As usual, readers are invited to send in their Comrades gold medallists, men and women, for an informal competition. The names need not be in finish order – just the top ten will do (of course, if you are brave enough, you can list the runners in order!). Please submit your entry before Saturday at noon.

ROAD RUNNING

Darling Half Marathon

Darling, 22 May

(Distance: 21.1 km; loop course)

MEN

1. Peter Tsawayo (ZIM/Gugs) 69:09; 2. Sihle Mapukata (MP) 73:58; 3. Morné Kammies (Met) 76:12; 4. Dawid Gouws (Swart) 76:40; 5. Vuyolwethu Piyose (Met) 79:12; 6. Owen Smith (Well) 79:15; 7. Bgebanga Lee (Atlantis) 79:27; 8. John September (Celtic) 80:43; 9. Matthew Speelman (Atlantis) 80:58; 10. Carlo Jacobs (Top) 81:37.

Veterans: 1. John September (Celtic) 80:43; 2. Pieter Hanekom (Ned) 83:35; 3. Ian Little (FH) 86:38. **Masters:** 1. Gregory Jacobs (Edge) 86:55; 2. Henry Cieverts (Top) 92:49; 3. Richard Johnson (OM) 95:09. **G'masters:** 1. Ronnie le Roux (Brack) 1:41:04; 2. Vernon du Preez (Lange) 1:42:22; Kevin Kohler (Edge) 1:47:17.

WOMEN

1. Nomvuyisi Seti (MP) 87:52; 2. Kutlwano Ramaboa (WC) 93:15; 3. Patricia Adams (Met) 96:35; 4. Candice Davison (Harf) 97:18; 5. Helen McDonald (Harf) 97:57; 6. Candyce Hall (Hout) 98:27; 7. Sandra van Graan (Edge) 98:52; 8. Sue Ulyett (AAC) 1:41:14; 9. Nancy Will (Pine) 1:42:12; 10. Lindie Bouwer (Sanlam) 1:43:07.

Veterans: 1. Sandra van Graan (Edge) 98:52; 2. Sonia Harlock (FH) 1:54:05; 3. Kathy McQuaide-Little (Celtic) 1:55:44. **Masters:** 1. Nancy Will (Pine) 1:42:12; 2. Sue Bracher (WC) 1:48:23; 3. Collette van Eck (FH) 1:53:00. **G'masters:** 1. Pixie Sparg (Celtic) 2:08:24; 2. Avril Delapelin-Dumont (WC) 2:09:59; 3. Marlene James (Pine) 2:18:20. **Juniors:** 1. Benine Havenga (Tyger) 2:30:12.

Two Lagoons 32 km & 10 km

Knysna, 1 May

(Loop courses. Finishers: 32 km – 116; 10 km – 145.)

32 km

MEN

1	Eric Sigxashe	Mr. Price	31	1:52:36
2	Lindile Tokota (1 st vet)	Nedbank	42	1:56:15
3	Zuzile Ntsinisabo	KMC	35	1:59:13
4	Selwyn Hilton Losper	Nedbank	45	1:59:49
5	Meshack Ngeva	Nedbank	32	2:00:53
6	Mxalisi ?	Rainbow	41	2:04:33
7	Vuyo Witbooi	Outeniqua Harriers	34	2:04:54
8	Rohan Kennedy		30	2:09:43
9	Muyamezeli Nangu	Plett AC	38	2:11:20
10	Morlon Mortlock	KMC	36	2:12:34

Masters:

1	Hermanus Jonkerman	Outeniqua Harriers	50	2:22:41
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G'masters:

1	Jurgens Zwiegelaar	Nedbank	61	2:24:58
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WOMEN

1	Marie Wolmarans (1 st mast)	Nedbank	51	2:28:58
2	Annatjie Botes	Nedbank	52	2:29:16
3	Lisl Grobler	KMC	33	2:34:15
4	Elize Kloppers (1 st vet)	Hartenbos Drawwers	40	2:37:49
5	René van Zyl	Tuks	55	2:45:19
6	Ali Jordaan	Outeniqua Harriers	43	2:49:33
7	Helga Mathee	Outeniqua Harriers	35	2:49:33
8	Minaldi Phillipson	Mossel Bay Harriers	25	2:53:39
9	Rome Phillipson	Mossel Bay Harriers	28	2:54:12
10	Suzaan Kriger	Outeniqua Harriers	27	2:56:54

10 km

MEN

1	Frans Malgas	KMC	20	33:23
2	Sinesipho Didishe (1 st jun)	KMC	18	34:06
3	Julius Korkee	Rainbow AC	25	35:00
4	Melikhaya Msizi	KMC	26	35:22
5	Khumalo Sifiso	Sedgefield Striders	25	35:35
6	Carlo Botha	Atc Running	25	37:16
7	Jannie Nieuwenhuys (1 st vet)	Nedbank	48	37:25
8	Rasson Engelbrecht		15	37:37
9	Anathi Nopulula	Plett AC	26	37:51
10	Dawid Matroos	Rainbow AC	36	37:53

Masters:

1	Harold Basson	Outeniqua Harriers	53	43:11
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G'masters:

1	Abrie de Swardt	Outeniqua Harriers	60	44:51
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WOMEN

1	Lana Theunison	Outeniqua Harriers	37	40:39
2	Renee Moll		39	44:19
3	Linda Nortje	Nedbank	35	46:18
4	Thea-Mari van der Sandt	Nedbank	34	46:51

5	Welme de Beer		38	48:06
6	Marie Steenkamp	Nedbank	60	48:35
7	Sanjo Jenkins (1 st jun)	Eden AC	16	50:40
8	Sharifa Louw (1 st vet)	KMC	41	50:49
9	Simohn Engelbrecht		17	51:26
10	Sally Liebenberg (1 st mast)	Mossel Bay Harriers	53	52:33

G'masters:

1	Esther Oosthuizen	Hartenbos Drawwers	62	55:11
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TRACK**SA Masters Championships**

Bellville, 30 April – 1 May

Note: *Distance Running Results* subscribers won no fewer than seven gold medals at these Championships: Elmarie Coetzee (45-49) in the 800, 1500 and 5000, Marietjie Ceronio (50-54) in the 1500 and 5000, and Elaine Greenblatt in the 5000 and 10000. Congratulations! Three distance running stars of yesteryear also won medals: Adam Motlagale (45-49) and Marius-Hugo Schlechter (45-49) in the 5000, and Motlagale and George Bradley (45-49) in the 10000. – Ed.

MEN**800:****30-34**

1	Roos, Mihan	M31 South Western Districts	2:07.77
2	Smith, Martin	M30 Central Gauteng	2:16.22
3	Stones, Tim	M30 Boland	2:27.67
4	Esau, Dorian	M30 Western Province	2:32.23

35-39

1	Claassen, Nick	M36 Central Gauteng	2:00.76
2	Booth, Brian	M35 Central Gauteng	2:00.77
3	Modise, Norman	M35 Free State	2:21.91
4	Dippenaar, Andries	M38 Western Province	2:39.28

40-44

1	Du Preez, Danie	M40 Gauteng North	2:10.66
2	De Lange, Deon	M42 Western Province	2:16.33
3	Cleophas, Tony	M40 South Western Districts	2:18.48
4	Hartnick, Moos	M40 Western Province	2:26.62

45-49

1	Philander, Tobias	M46 Western Province	2:04.23
2	Pudi, Ramosimane	M45 Central North West	2:22.36
3	Botha, Louis	M45 Gauteng North	2:36.27
	Figlan, Tembeleni	M45 Western Province	DNF

50-54

1	Solomons, Achmat	M50 Western Province	2:17.28
2	McDulling, Schalk	M50 Gauteng North	2:27.96
3	Jeffthas, Christo	M54 Boland	2:42.41
4	Hock, Kenneth	M51 Boland	2:44.37
5	Schoeman, At	M50 South Western Districts	2:52.37

55-59			
1 Claassen, Len	M55 Gauteng North	2:17.25	
60-64			
1 Mahobe, Francis	M60 Central North West	2:31.48	
2 Botha, Johan	M63 Western Province	2:42.84	
3 Van Onselen, Creswell	M60 Free State	4:00.50	
70-74			
1 Evans, Bub	M73 Western Province	3:10.83	
2 Holgate, Don	M70 Western Province	3:56.74	
75-79			
1 Nurden, Ken	M75 Gauteng North	2:37.04	
2 Coetzee, Martin	M75 Gauteng North	3:31.91	
1500:			
30-34			
1 Roos, Mihan	M31 South Western Districts	4:31.25	
2 Seconds, Antonio	M30 Eastern Province	4:39.78	
3 Stones, Tim	M30 Boland	5:11.24	
4 Esau, Dorian	M30 Western Province	5:15.82	
35-39			
1 Claassen, Nick	M36 Central Gauteng	4:16.95	
2 Johnson, Mervyn	M35 Eastern Province	4:21.77	
40-44			
1 Van Zyl, Oloff	M40 Western Province	4:50.71	
2 Cleophas, Tony	M40 South Western Districts	4:51.41	
45-49			
1 Pudi, Ramosimane	M45 Central North West	4:49.76	
2 Lekay, Elroy	M45 Western Province	5:02.79	
3 Figlan, Tembelani	M45 Western Province	5:05.02	
50-54			
1 Solomons, Achmat	M50 Western Province	5:11.24	
2 Jefthas, Christo	M54 Boland	5:51.69	
3 Hock, Kenneth	M51 Boland	6:08.68	
55-59			
1 Hart, Wally	M59 Western Province	6:48.56	
60-64			
1 Mahobe, Francis	M60 Central North West	5:13.12	
70-74			
1 Evans, Bub	M73 Western Province	7:01.68	
2 Holgate, Don	M70 Western Province	8:08.44	
75-79			
1 Nurden, Ken	M75 Gauteng North	5:47.29	
2 Coetzee, Martin	M75 Gauteng North	7:23.53	

5000:

30-34

1 Esau, Dorian	M30 Western Province	18:35.55
2 Stones, Tim	M30 Boland	19:59.07

35-39

1 Mogatle, Kagiso	M35 Central North West	16:15.76
2 Korkee, Ricardo	M35 Western Province	17:55.27
3 Modise, Norman	M35 Free State	18:42.99
4 Dippenaar, Andries	M38 Western Province	20:05.88

40-44

1 September, John	M40 Western Province	16:04.81
2 Jordaan, Jorrie	M40 North West North	18:49.70
3 Cleophas, Tony	M40 South Western Districts	18:56.25
4 Viljoen, Marcel	M40 Central Gauteng	20:43.10
5 Smith, Mark	M40 Kwazulu Natal	21:53.52

45-49

1 Motlagale, Adam	M45 Central North West	16:23.25
2 Schlechter, Marius-Hugo	M45 South Western Districts	17:34.65
3 Kelly, Percy	M46 Western Province	17:43.98
4 Funani, Lukas	M45 North West North	18:25.35

50-54

1 Mpukane, Goodman	M50 Western Province	17:30.68
2 Tsotso, Cornelius	M50 North West North	17:51.36
3 Mokoma, Tersius	M50 North West North	18:49.65
4 Brits, Piet	M50 Free State	19:42.53
5 Schoeman, At	M50 South Western Districts	21:31.23
6 Naidoo, V.G.	M50 Kwazulu Natal	24:44.80
7 Pather, Rocky	M50 Kwazulu Natal	25:40.81

55-59

1 Brown, Terence	M55 Western Province	18:48.07
2 Lindsay, Robert	M55 Western Province	18:56.24

60-64

1 Lamprecht, Lampies	M60 South Western Districts	23:06.80
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65-69

1 Donald, Peter	M67 Western Province	21:34.91
2 Wurster, Alvin	M65 Gauteng North	26:40.44

70-74

1 Evans, Bub	M73 Western Province	24:36.57
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75-79

1 Nurden, Ken	M75 Gauteng North	21:30.19
2 Coetzee, Martin	M75 Gauteng North	28:09.96

10000:

30-34

1 Stones, Tim	M30 Boland	42:36.00
2 Esau, Dorian	M30 Western Province	44:09.42

35-39		
1 Mogatle, Kagiso	M35 Central North West	33:37.83
2 Dippenaar, Andries	M38 Western Province	DNF
40-44		
1 September, John	M40 Western Province	33:25.04
2 Jordaan, Jorrie	M40 North West North	37:51.59
3 Smith, Mark	M40 Kwazulu Natal	46:22.93
45-49		
1 Motlagale, Adam	M45 Central North West	35:13.44
2 Sullivan, Gerald	M47 Western Province	37:49.16
3 Bradley, George	M45 Kwazulu Natal	37:52.76
4 Funani, Lukas	M45 North West North	38:49.69
50-54		
1 Mpukane, Goodman	M50 Western Province	37:24.48
2 Tsotso, Cornelius	M50 North West North	37:38.45
3 Mokoma, Tersius	M50 North West North	39:31.95
4 Brits, Piet	M50 Free State	40:05.50
5 Naidoo, V.G.	M50 Kwazulu Natal	52:00.34
6 Pather, Rocky	M50 Kwazulu Natal	52:05.59
55-59		
1 Brown, Terence	M55 Western Province	38:45.05
60-64		
1 Lamprecht, Lampies	M60 South Western Districts	48:35.66
70-74		
1 Evans, Bub	M73 Western Province	51:00.95
75-79		
1 Nurden, Ken	M75 Gauteng North	45:03.00
WOMEN		
800:		
30-34		
1 Van Loggerenberg, Odette	W30 Central Gauteng	2:22.51
2 Marais, Leoni	W30 Gauteng North	2:30.66
3 Roos, Kerry	W32 South Western Districts	2:41.59
40-44		
1 Van Rooyen, Seanette	W40 Gauteng North	2:27.94
2 Kapp, Tania	W40 Western Province	2:38.53
3 Gelderblom, Sureta	W40 Western Province	3:04.72
45-49		
1 Coetzee, Elmarie	W46 Western Province	2:28.72
2 Mulder, Christa	W48 Western Province	2:53.87
55-59		
1 Vos, Maryna	W59 Western Province	3:49.11
65-69		
1 Tomlinson, Magdalena	W65 Kwazulu Natal	3:10.57
2 Williams, Christine	W68 Western Province	3:42.16

1500:

30-34

- | | | |
|----------------------------|-----------------------------|---------|
| 1 Van Loggerenberg, Odette | W30 Central Gauteng | 5:05.29 |
| 2 Roos, Kerry | W32 South Western Districts | 5:25.96 |

40-44

- | | | |
|-----------------|----------------------|---------|
| 1 Kapp, Tania | W40 Western Province | 5:23.11 |
| 2 Venter, Laura | W40 Central Gauteng | 6:34.99 |

45-49

- | | | |
|--------------------|----------------------|---------|
| 1 Coetzee, Elmarie | W46 Western Province | 5:04.44 |
| 2 Mulder, Christa | W48 Western Province | 5:46.77 |

50-54

- | | | |
|----------------------|---------------------|---------|
| 1 Ceronio, Marietjie | W50 Vaal Triangle | 5:24.32 |
| 2 Coston, Linda | W50 Central Gauteng | 6:03.94 |

65-69

- | | | |
|--------------------|----------------------|---------|
| 1 Nelson, Marianne | W66 Western Province | 8:02.91 |
| 2 Taylor, Cathy | W68 Western Province | 8:04.44 |

5000:

30-34

- | | | |
|---------------|-----------------------------|----------|
| 1 Roos, Kerry | W32 South Western Districts | 19:34.25 |
|---------------|-----------------------------|----------|

40-44

- | | | |
|-----------------------|----------------------|----------|
| 1 Tshabalala, Evelina | W40 Western Province | 20:43.42 |
| 2 Venter, Laura | W40 Central Gauteng | 22:12.73 |
| 3 Gouws, Soreen | W40 Boland | 23:24.14 |

45-49

- | | | |
|------------------------|----------------------|----------|
| 1 Coetzee, Elmarie | W46 Western Province | 19:07.80 |
| 2 Esterhuyse, Mariëtte | W47 Western Province | 19:21.02 |
| 3 Mulder, Christa | W48 Western Province | 20:46.02 |

50-54

- | | | |
|----------------------|---------------------|----------|
| 1 Ceronio, Marietjie | W50 Vaal Triangle | 20:01.41 |
| 2 Coston, Linda | W50 Central Gauteng | 22:39.22 |
| 3 Coetzee, Elmarie | W50 Boland | 24:34.47 |

60-64

- | | | |
|----------------------|---------------------|----------|
| 1 Greenblatt, Elaine | W60 Central Gauteng | 23:02.88 |
|----------------------|---------------------|----------|

65-69

- | | | |
|--------------------|----------------------|----------|
| 1 Osborn, Pamela | W65 Kwazulu Natal | 25:46.36 |
| 2 Nelson, Marianne | W66 Western Province | 28:25.69 |
| 3 Taylor, Cathy | W68 Western Province | 29:14.75 |

10000:

40-44

- | | | |
|-----------------------|----------------------|----------|
| 1 Tshabalala, Evelina | W40 Western Province | 43:30.78 |
| 2 Venter, Laura | W40 Central Gauteng | 47:03.65 |

60-64

- | | | |
|----------------------|---------------------|----------|
| 1 Greenblatt, Elaine | W60 Central Gauteng | 47:03.45 |
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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

Sunfeast World 10 km (3rd)

(IAAF Gold Label Road Race)

Bangalore, IND, 23 May

(Certified course)

- | | | |
|-----------------------------|----------|------------|
| 1. Titus Mbishei, 1990, KEN | 27:54 PB | USD 21,000 |
| 2. Moses Kipsiro, UGA | 28:08 | 12,000 |
| 3. Feyisa Lilesa, ETH | 28:23 | 8,000 |
| 4. Deriba Merga, ETH | 28:32 | 6,000 |
| 5. Edwin Kipkorir, KEN | 28:35 | 5,000 |

WOMEN

- | | | |
|----------------------------|-----------|------------|
| 1. Wude Ayelew Yimer, ETH | 31:58 CR* | USD 21,000 |
| 2. Aselefech Mergia, ETH | 32:00 PB | 12,000 |
| 3. Grace Momanyi, KEN | 32:05 | 8,000 |
| 4. Koren Yal, ETH | 32:17 PB | 6,000 |
| 5. Aberu Kebede, ETH | 32:21 | 5,000 |
| 6. Hilda Kibet, NED | 32:22 | 4,000 |
| 7. Genet Geteneh, ETH | 32:23 | 3,000 |
| 8. Dire Tune, ETH | 32:39 | 2,000 |
| 9. Gladys Chemweno, KEN | 32:49 | 1,500 |
| 10. Tigist Tufa, ETH | 32:58 | 1,000 |
| 11. Elvan Abeylegesse, TUR | 33:28 | |

Göteborgsvarvet (31st)

Göteborg, SWE, 22 May

(Distance: 21.1 km)

MEN

- | | |
|-------------------------------------|----------------|
| 1. Sammy Kiprono Kirui, 1987, KEN | 1:01:10 PB/CR* |
| 2. Wilson Chebet, 1985, KEN | 1:01:22 |
| 3. Joseph Kiprono Kiptum, 1987, KEN | 1:01:40 |
| 4. Girma Assefa, 1986, ETH | 1:02:25 |
| 5. Evans Ruto, KEN, 1978 | 1:02:52 |

WOMEN

- | | |
|-----------------------------------|---------|
| 1. Amane Gobena, 1982, ETH | 1:11:40 |
| 2. Isabellah Andersson, 1980, SWE | 1:13:29 |
| 3. Leah Malot, 1972, KEN | 1:13:48 |
| 4. Lena Gavelin, 1974, SWE | 1:16:36 |
| 5. Lydia Njeri Mathati, 1985, KEN | 1:17:22 |

Grand Prix von Bern (29th)

Bern, SUI, 22 May

(Distance: 10 miles; loop course)

MEN

1. Daniel Chebii, KEN	48:52	CHF 1500
2. Vasyl Matviychuk, UKR	49:12	1250
3. Simon Tesfaye, ERI	49:22	1000
... 12. Viktor Röthlin, SUI	51:01	400

WOMEN

1. Anikó Kálovics, HUN	56:02	CHF 1500
2. Tabita Gichia, KEN	57:48	1250
3. Maja Neuenschwander, SUI	58:10	1000
4. Tetyana Mezentseva, UKR	58:10	800
5. Simona Staicu, HUN	58:23	800

Bupa Great Manchester Run 10 km

Manchester, GBR, 16 May

(Certified course [10 m elevation loss, or 1m/km of race distance; start/finish separation is 600 m, or 6% of the race distance])

MEN (gun times)

1. Haile Gebrselassie, ETH	28:02
2. Ayad Lamdassem, ESP	28:09 PB
3. Sergey Lebid, UKR	28:29
4. Rui Silva, 1977, POR	28:50
5. Günther Weidlinger, AUT	28:53

WOMEN (gun times)

1. Werknesh Kidane, ETH	31:19 PB
2. Jessica Augusto, POR	31:47 PB
3. Inês Monteiro, POR	32:02 PB
4. Anikó Kálovics, HUN	32:20
5. Jo Pavey, GBR	32:42
6. Derartu Tulu, ETH	32:53
7. Susan Chepkemei, KEN	32:58
... 9. Jelena Prokopcuka, GBR	33:30

Cellcom Green Bay Marathon (11th)

Green Bay, USA, 16 May

(Distance: 42.195 km)

MEN

1. James Boit, Coon Rapids, MN (KEN)	2:15:15	PB \$2500
2. Sammy Malakwen, Two Harbers, MN (KEN)	2:15:25	PB 1500
3. Daniel Gekara, Santa Fe, NM (KEN)	2:20:06	1000

WOMEN

1. Janet Cherobon, Rome, GA (KEN)	2:37:39	CR*\$2500
2. Alena Vinitskaya, Eugene, OR (BLR)	2:42:09	1500
3. Jessica Umentum-Jacobs, Maylene, AL	2:48:29	PB 1000

15 Km Villa de Massamagrell (9th)

Massamagrell, ESP, 15 May

(One-loop course)

MEN

1. Yakob Jarso Kintra, ETH	43:44
2. Paul Kimugul Kimaiyo, KEN	43:50
3. Peter Kurui Chesang, KEN	43:59
4. José Manuel Martínez, 1971, ESP	44:12
5. Dickson Marwa, TAN	44:31
... 35. Martin Fiz, ESP	53:55

WOMEN

1. Feyse Tadese Boru, ETH	51:12
2. Fatima Ayachi, MAR	51:22
3. Konjit Tilahun Biruk, ETH	51:27

TRACK**Shanghai Golden Grand Prix**

(IAAF Diamond League)

Shanghai, CHN, 23 May

MEN

1500:

1. Augustine Choge, KEN	3:32.20	USD 10,000
2. Asbel Kiprop, KEN	3:32.22	6,000
3. Mekonnen Gebremedhin, ETH	3:33.35 PB	4,000
4. William Biwott Tanui, KEN	3:33.67	3,000
5. Geoffrey Rono, KEN	3:33.92	2,500
6. Suleiman Kipses Simotwo, KEN	3:33.96	2,000
7. Nixon Kiplimo Chepseba, KEN	3:33.99 PB	1,500
8. Haron Keitany, KEN	3:37.87	1,000
9. Eliud Kipchoge, KEN	3:38.36	
10. Alex Kipchirchir, KEN	3:39.22	

Deresse Mekonnen, ETH	DNF
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WOMEN

800:

1. Janeth Jepkosgei Busienei, KEN	2:01.06	USD 10,000
2. Jenny Meadows, GBR	2:01.34	6,000
3. Kenia Sinclair, JAM	2:01.87	4,000
4. Yevgeniya Zinurova, RUS	2:01.95	3,000
5. Angelika Cichocka, POL	2:02.30 PB	2,500
6. Tetiana Petlyuk, UKR	2:03.08	2,000
7. Renata Plis, POL	2:03.19	1,500
8. Pamela Jelimo, KEN	2:03.89	1,000
9. Li Yong, CHN	2:04.50	
10. Haiyan Zhou, CHN	2:12.84	

5000:

1. Sentayehu Ejigu, ETH	14:30.96 PB/WL	USD 10,000
2. Linet Masai, KEN	14:31.14 PB	6,000
3. Meselech Melkamu, ETH	14:31.91 PB	4,000
4. Sylvia Kibet, KEN	14:31.91 PB	3,000

5. Sule Utura, ETH	14:44.21 PB	2,500
6. Emebet Anteneh, ETH	14:44.90 PB	2,000
7. Mercy Cherono, KEN	14:47.13 PB	1,500
8. Viola Kibiwot, KEN	14:48.57 PB	1,000
9. Margaret Wangari Muriuki, KEN	14:48.94 PB	
10. Genet Yalew, ETH	15:03.52 PB	

3000 s/chase:

1. Gladys Jerotich Kipkemai, KEN	9:16.82	USD 10,000
2. Milcah Chemos Cheywa, KEN	9:20.63	6,000
3. Lydia Jebet Rotich, KEN	9:21.38 PB	4,000
4. Katarzyna Kowalska, POL	9:30.79	3,000
5. Sofia Assefa, ETH	9:31.62	2,500
6. Ancuta Bobocel, ROU	9:40.77	2,000
7. Lisa Galaviz, USA	9:41.62	1,500
8. Elizabeth Mueni, KEN	9:53.33	1,000

Daegu Pre-Championship Meeting

(IAAF World Challenge)

Daegu, KOR, 19 May

MEN

800:

1. Mbulaeni Mulaudzi, RSA	1:45.60
2. Gilbert Kipchoge, KEN	1:46.01 SB
3. Abraham Kiplagat, KEN	1:46.02 PB
4. Ismael Kipngetich Kombich, KEN	1:46.47 SB
5. Benson Seurei, KEN	1:47.20 PB

3000 s/chase:

1. Elijah Chelimo Kipterege, KEN	8:14.59
2. Silas Kosgei Kitum, KEN	8:15.81 PB
3. Bisluke Kipkorir Kiplagat, KEN	8:16.68 PB
4. Tareq Mubarak Taher, BRN	8:17.22 SB
5. Linus Kipwambok Chumba, KEN	8:19.26 SB

WOMEN

800:

1. Kenia Sinclair, JAM	2:00.51 MR
2. Pamela Jelimo, KEN	2:01.52 SB
3. Madeleine Pape, AUS	2:01.88 SB
4. Tetiana Petlyuk, UKR	2:02.66 SB
5. Katherine Katsanevakis, AUS	2:03.29

1500:

1. Nikki Hamblin, NZL	4:15.21 SB
2. Kaila McKnight, AUS	4:15.90
3. Esther Chemtai, KEN	4:16.62 SB
4. Sonja Roman, SLO	4:16.78 SB
5. Tamara Tverdostup, UKR	4:17.57 SB
... 7. Lidia Chojecka, POL	4:18.21 SB

Pac-10 Championships

Berkeley, USA, 15-16 May

MEN

800 (16):

1. Andrew Wheating, SR Oregon, 1:47.77
2. Elijah Greer, FR Oregon, 1:48.66
3. Joe Abbott, SO Washington St., 1:48.75 PB

1500 (16):

1. Matthew Centrowitz, SO Oregon, 3:41.16
2. A.J. Acosta, JR Oregon, 3:41.83
3. Mark Matusak, SR California, 3:42.24 PB

WOMEN

800 (16):

1. Anne Kesselring, FR Oregon (GER), 2:04.36 PB
2. Christina Rodgers, JR Arizona, 2:04.50 PB
3. Zoe Buckman, SR Oregon (AUS), 2:05.51

1500 (16):

1. Zoe Buckman, SR Oregon (AUS), 4:15.95
2. Katie Follett, SR Washington, 4:16.00
3. Jordan Hasay, FR Oregon, 4:17.39

5000 (16):

1. Nicole Blood, SR Oregon, 16:06.74
2. Alex Kosinski, JR Oregon, 16:06.84
3. Zsafia Erdelyi, JR USC (HUN), 16:12.42

10000 (15):

1. Nicole Blood, SR Oregon, 33:28.38
2. Mattie Bridgmon, SR Oregon, 33:38.79
3. Stephanie Marcy, JR Stanford, 33:41.57 PB

Big 12 Championships

Columbia, USA, 14-15 May

Note: Great running here by Lisa Koll, with two freshman records and a meeting record. – Ed.

WOMEN

5000 (16):

1. Lisa Koll, SR Iowa St, 15:22.42 MR, FR
2. Semehar Tesfaye, SO Iowa St, 16:08.67 PB
3. Betsy Saina, SO Iowa St (KEN), 16:10.69 PB

10000 (14):

1. Lisa Koll, SR Iowa St, 33:51.74 FR
2. Semehar Tesfaye, SO Iowa St, 34:07.29
3. Betsy Saina, SO Iowa St (KEN), 34:37.70

Mountain West Championships

Albuquerque, USA, 12-15 May

Note: The third fastest time by a South African this year for Angela Wagner. – Ed.

WOMEN

800 (15):

1. Lacey Cramer, SO BYU, 2:04.67 MR
2. Angela Wagner, SR BYU (RSA), 2:04.94
3. Nachele Stewart, SO BYU, 2:05.55 PB

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 10 KM: TOP 10 JUNIOR MEN

30:10	Unathi Phezolo	1	Brackenfell	20 Jan
30:22	Luxolo Sydwell Mdzanga	3	Goodwood	20 Mar
30:49	Phezolo-2	2	Cape Town	03 Mar
30:53	Xola Bongoza	3	Port Elizabeth	27 Mar
30:57	Phezolo-3	2	Athlone	13 Feb
31:03	Reuben Mangengenene	12	Sasolburg	06 Feb
31:04	G. Mofokeng	13	Sasolburg	06 Feb
31:15	William Kaptein	1	Bonnievale	27 Feb
31:17	Bongoza-2	6	Port Elizabeth	27 Apr
31:21	Thabo Kubheka	15	Sasolburg	06 Feb
31:28	Melikhaya Frans	7	Port Elizabeth	27 Apr
31:28	Nkosinathi Sotyantya	11	Bellville	10 Apr
31:33	Nande Qamgwana	13	Bellville	10 Apr

MORE STATS

MARATHON BARRIER BREAKERS: SUB-2:07 & SUB-2:06

These two lists show the chronological order of the first ten marathon runners under 2:07 and under 2:06 (i.e., the first such run by each athlete). As can be seen, Gert Thys was the fourth runner to break 2:07.

SUB-2:07

1	2:06:50	Belayneh Dinsamo	ETH	1	Rotterdam	17 Apr 1988
2	2:06:05	Ronaldo da Costa	BRA	1	Berlin	20 Sept 1998
3	2:06:54	Ondoro Osoro	KEN	1	Chicago	11 Oct 1998
4	2:06:33	Gert Thys	RSA	1	Tokyo	14 Feb 1999
5	2:06:44	Josephat Kiprono	KEN	1	Berlin	26 Sept 1999
6	2:06:57	Takayuki Inubushi	JPN	2	Berlin	26 Sept 1999
7	2:06:47	Fred Kiprop	KEN	1	Amsterdam	17 Oct 1999
8	2:06:49	Tesfaye Jifar	ETH	2	Amsterdam	17 Oct 1999
9	2:06:50	William Kiplagat	KEN	3	Amsterdam	17 Oct 1999
10	2:06:57	Tesfaye Tola	ETH	4	Amsterdam	17 Oct 1999

SUB-2:06

1	2:05:42	Khalid Khannouchi	MAR	1	Chicago	24 Oct 1999
2	2:05:48	Paul Tergat	KEN	2	London	14 Apr 2002
3	2:04:56	Sammy Korir	KEN	2	Berlin	28 Sept 2003
4	2:05:50	Evans Rutto	KEN	1	Chicago	12 Oct 2003
5	2:05:56	Haile Gebrselassie	ETH	1	Berlin	24 Sept 2006
6	2:05:49	William Kipsang	KEN	1	Rotterdam	13 Apr 2008
7	2:05:15	Martin Lel	KEN	1	London	13 Apr 2008
8	2:05:24	Samuel Wanjiru	KEN	2	London	13 Apr 2008
9	2:05:30	Abderrahim Goumri	MAR	3	London	13 Apr 2008
10	2:05:36	James Kwambai	KEN	2	Berlin	28 Sept 2008

THIS MONTH IN HISTORY

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

37 year ago: 20 May 1973

US marathoner Ken Moore scored his sixth consecutive win in the famous Bay to Breakers 12 km race in San Francisco in 37:15. It was the 62nd running of the race; it has now been held 99 times. The previous year Moore had finished fourth in the Olympic Marathon won by compatriot Frank Shorter. The women's win went to Cheryl Flanagan in 45:20. Her daughter, Shalane, is currently the holder of four US distance records and won the bronze medal in the 10000 m in Beijing. She recently ran her half-marathon debut.

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.

MENOpen

10 km	28:40	Gladwin Mzazi	Sasolburg	06 Feb
	28:40	Gladwin Mzazi (RSA)		
15 km	27:01	Micah Kogo (KEN) 2009		
	43:50	Lusapho April	Port Elizabeth	06 Mar
21.1 km	44:46a	James Carney (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	59:18	Tilahun Regassa (ETH)		
30 km	58:23	Zersenay Tadese (ERI) 2010		
	75:02	Lusapho April	Berlin	09 May
Marathon	71:50	Sammy Kosgei (KEN) 2010		
	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
100 km	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:45	Lusapho April	Hannover	02 May
	2:04:48	Patrick Makau (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
	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				

Grandmasters (60+)

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				

Juniors

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

Open

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		

Veterans (40+)

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		

Masters (50+)

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				

Grandmasters (60+)

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				

Juniors

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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