

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

There is not much going on in soccer crazy South Africa at the moment, but overseas René Kalmer, Mbulaeni Mulaudzi and Peter van der Westhuizen ran brilliant races in recent days. Kalmer was outstanding in two disciplines, first clocking a PB 8:44.17 for 3000 m in France, and then jetting across the Atlantic Ocean to run 32:32 in the New York Mini 10 km four days later. Her track time moves her up to third on the SA all-time list behind two of South Africa's greatest stars, Elana Meyer (8:32.00) and Zola Pieterse (8:35.72). Her road time is just 4 seconds slower than her PB and by far the fastest by a South African this year. (On the all-time list for this event she also trails only Meyer, Budd and Colleen de Reuck.)

Mulaudzi won the 800 m at the Diamond League Meeting in New York in 1:44.38, beating Nick Symmonds, Alfred Kriwa Yego and Khadevis Robinson. This is the world champion's second fastest time of the year. At the same meeting Van der Westhuizen achieved a season's best of 3:37.34 in the 1500, the fastest SA outdoor time of the year.

Also in New York, the runner seen by many as America's next great miler, high schooler Lukas Verzbicas, won the Jim Ryun Dream Mile in a PB 4:04.38.

Our correspondent in KZN, Alen Hattingh, pointed out that he is not taking a Sabbatical, but that there are no road races scheduled in the province for June.

This issue is somewhat later than usual because of the late distribution of *Race Results Weekly*. My apologies for this.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Table Mountain Race, Constantia
- * Miles of Smiles Half Marathon & 10 km, Robertson

International highlights:

- * Schweizer Frauenlauf 5 km, Bern, SUI
 - * NYRR New York Mini 10 km, New York, USA
 - * Zwolsche Half Marathon, Zwolle, NED
 - * Track: adidas Grand Prix, New York, USA; ASICS Golden Spike Leiden, Leiden, NED; Golden Gala, Roma, ITA; NCAA Division I Outdoor National Championships, Eugene, USA; Meeting de Montreuil, Montreuil-Sous-Bois, FRA; Janusz Kusocinski Memorial, Warszawa, POL; EWE Athletics, Cuxhaven, GER; Meeting Iberoamericano de Atletismo, Huelva, ESP
-

ROAD RUNNING

Table Mountain Race (34th)

Constantia, 6 June

(Distance: 16 km; Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 230.)

Note: Elske Schabort scored her 8th win (third in a row) and finished 17th overall. – Ed.

MEN

1	Sityhilo	Diko	Nedbank CGA	19	1:05:18
2	Dion	Middelkoop	ACSIS VOB	40	1:05:45
3	Colin	George	ACSIS VOB	38	1:09:00
4	Mike	O'Donovan	ACSIS VOB	41	1:10:48
5	Grant	Lewis	RCS Gugs	37	1:12:04
6	Pikkie	Du Plessis	Adidas	48	1:13:31
7	Damian	Will	Pinelands	24	1:13:41
8	Jason	Courts	Celtic	36	1:14:12
9	Kevin	Dayton	Temp	29	1:12:41
10	Ian	Little	Fish Hoek	43	1:14:34
11	Victor	Gardiner	Temp	25	1:14:58
12	Derek	Oehly	Harfield Harriers	46	1:16:58
13	Windell	Nortje	Edgemead	24	1:17:44
14	Josiah	Rudolph	Temp	26	1:17:55
15	Malcolm	Harrington	Southern Striders	52	1:17:56
16	Jacques	Schreiber	Plexus Durbac	42	1:18:07
17	Trevor	Metrowich	Temp	40	1:19:22
18	Dean	Boshoff	ACSIS VOB	45	1:20:13
19	Jaco	Claassens	Brackenfell	33	1:20:56
20.	Antonio	Zizzamia	VOB	43	1:21:14

WOMEN

1	Elske	Schabort	Temp	37	1:18:43
2	Jacqueline	Metrowich	Temp	38	1:21:22
3	Zoe	Duby	Temp	28	1:24:47
4	Dain	Hamilton	Foresters	43	1:26:42
5	Sandra	van Graan	Edgemead	42	1:26:49
6	Sandra	de Bruyn	Fourways	41	1:27:29
7	Janet	Adam	Harfield Harriers	37	1:29:56
8	Marinelle	Tolken	Brackenfell	44	1:30:13
9	Tammy	Macdonald	Temp	26	1:32:30
10	Nikki	Stegmann	ATC	31	1:32:52
11	Griet	Zakarian	Hantam	47	1:33:06
12	Priscilla	Knowels	Metropolitan	34	1:33:55
13	Margaret	Moller	Celtic	49	1:34:05
14	Lorien	Pask	ACSIS VOB	43	1:34:14
15	Marlise	Maclachlan	West Coast	36	1:34:18
16	Claudia	Wesemann	Temp	24	1:34:45
17	Karen	Jennings	ACSIS VOB	44	1:37:23
18	Theresa	Isaacs	ACSIS VOB	58	1:39:22
19	Sue	Ulyett	AAC	43	1:42:04
20	Dine	von Petersdorff	RWFL	47	1:42:59

Miles of Smiles Half Marathon & 10 km

Robertson, 5 June

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 329; 10 km – 353.)

Half marathon

MEN

1	Sityhilo Diko	20	Nedbank	1:06:41
2	Zolani Ntongana	23	Mr Price	1:07:05
3	Bernardo Fredericks	23	Spoornet	1:09:41

WOMEN

1	Zintle Xiniwe	24	Mr Price	1:14:43
2	Thozama April	24	Transnet	1:15:18
3	Madre Steenkamp	33	Metropolitan	1:35:59

10 km

MEN

1	Henrico Rooi	21	Nedbank	31:29
2	Hillroy Slingers	20	Worcester	32:16
3	Dewald van Rooi	20	Beaufort	33:45

WOMEN

1	Bulelwa Mtshagi	25	Celtics	37:30
2	Alae Brandt	23	Adidas	38:10
3	Magrieta Smit	25	Ceres	41:03

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

Schweizer Frauenlauf 5 km (24th)

(Women only)

Bern, SUI, 13 June

(extended gun times)

1.	Anikó Kálovics, 1977, HUN	16:06.0
2.	Sabine Fischer, 1973, SUI	16:22.6
3.	Tsige Worku, 1982, ETH	16:32.6
4.	Martina Strähl, 1987, SUI	16:40.1
5.	Mirja Jenni, 1975, SUI	16:41.5

NYRR New York Mini 10 km (39th)

(Women only)

New York, USA, 12 June

(Certified one-loop course, hilly)

1.	Linet Masai, 20, KEN (Nike)	30:48 PB	\$10,000
	[15:24 / 15:24]		
2.	Emily Chebet, 24, KEN (adidas)	31:13 PB	5,000
3.	Werknesh Kidane, 28, ETH (adidas)	31:18 PB	3,500
4.	Lornah Kiplagat, 36, KEN (adidas)	31:40	2,500
5.	Kim Smith, 28, NZL (Reebok)	32:15	1,500

6. Teyba Erkesso, 27, ETH (Nike) 32:24
7. Shewarge Alene Amare, 28, ETH (WSR) 32:27 PB 1,000#
8. René Kalmer, 29, RSA (Mr. Price) 32:32
9. Buzunesh Deba, 22, ETH (WS Runners) 32:37 PB 750#
10. Caroline Rotich, 26, KEN (adidas) 32:43
11. Magdalena Lewy Boulet, 36, Saucony 33:25 5,000a
- ... 13. Benita Willis, 31, AUS (Saucony) 33:42

a) Earned USA citizen prize money

#) Earned NYRR member award

Zwolsche Half Marathon

Zwolle, NED, 12 June

(Distance: 21.1 km; four-lap course)

MEN (gun times)

1. Joseph Kiptum, KEN 1:01:54
2. Julius Arile, KEN 1:01:59
3. James Kibocha Theuri, FRA 1:03:36
4. Stephen Chelimo, KEN 1:04:08
5. Abraham Rotich, KEN 1:04:16

WOMEN

1. Caroline Cheptonui Kilel, KEN 1:09:33
2. Abebech Afewok, ETH 1:10:49
3. Sharon Tavengwa, ZIM 1:11:26

TRACK

adidas Grand Prix (6th)

(IAAF Diamond League)

New York, USA, 12 June

MEN

adidas 800:

1. Mbulaeni Mulaudzi, RSA 1:44.38 MR \$10,000
2. Nick Symmonds, USA 1:45.05 SB 6,000
3. Alfred Kirwa Yego, KEN 1:45.46 4,000
4. Khadevis Robinson, USA 1:45.77 SB 3,000
5. Karjuan Williams, USA 1:46.59 2,500
6. Asbel Kiprop, KEN 1:47.12 2,000
7. Jacob Hernandez, USA 1:47.51 SB 1,500
8. Gilbert Kipchoge, KEN 1:47.98 1,000
9. Christian Smith, USA 1:49.81

Visa 1500:

1. Nicholas Kemboi, KEN 3:33.29 PB/MR* \$10,000
2. Deresse Mekonnen, ETH 3:33.85 SB 6,000
3. Leonel Manzano, USA 3:33.92 SB 4,000
4. Demma Daba, ETH 3:34.06 PB 3,000
5. Bernard Lagat, USA 3:34.36 SB 2,500
6. Lopez Lomong, USA 3:35.77 SB 2,000
7. David Torrence, USA 3:35.81 PB 1,500
8. Matt Tegenkamp, USA 3:36.12 SB 1,000
9. Peter van der Westhuizen, RSA 3:37.34 SB
10. Markos Geneti, ETH 3:37.67 SB

... 12. Alistair Cragg, IRL 3:39.43 SB

Jim Ryun High School Dream Mile:

- | | |
|-------------------------|------------|
| 1. Lukas Verzbicas, USA | 4:04.38 PB |
| 2. Jake Hurysz, USA | 4:06.18 PB |
| 3. Jim Rosa, USA | 4:07.70 PB |
| 4. Isaac Presson, USA | 4:08.46 PB |
| 5. Joe Rosa, USA | 4:08.65 PB |

3000 s/chase:

- | | | |
|---------------------------------|------------|----------|
| 1. Paul Kipsiele Koech, KEN | 8:10.43 | \$10,000 |
| 2. Patrick Kipkirui Langat, KEN | 8:15.52 | 6,000 |
| 3. Brimin Kiprop Kipruto, KEN | 8:18.92 | 4,000 |
| 4. Daniel Huling, USA | 8:21.68 SB | 3,000 |
| 5. Steve Slattery, USA | 8:25.81 | 2,500 |
| 6. Ben Bruce, USA | 8:26.23 SB | 2,000 |
| 7. Anthony Famiglietti, USA | 8:30.84 SB | 1,500 |
| 8. Brian Olinger, USA | 8:34.38 | 1,000 |
| 9. Kyle Alcorn, USA | 8:49.22 | |
| 10. Krijn van Koolwijk, BEL | 8:50.19 | |

WOMEN

USATF 800:

- | | |
|---------------------------|------------|
| 1. Laura Januszewski, USA | 2:03.39 |
| 2. Geena Gall, USA | 2:03.59 |
| 3. Heather Dorniden, USA | 2:03.83 |
| 4. Heidi Dahl, USA | 2:03.98 |
| 5. Rebecca Johnstone, CAN | 2:04.02 |
| 6. Sarah Bowman, USA | 2:04.20 |
| 7. Nikeya Green, USA | 2:04.48 |
| 8. Lauren Hagans, USA | 2:04.98 PB |

1500:

- | | | |
|-------------------------------|------------------|----------|
| 1. Nancy Jebet Langat, KEN | 4:01.60 MR/WL/SB | \$10,000 |
| 2. Meseret Defar, ETH | 4:02.00 PB | 6,000 |
| 3. Gelete Burka, ETH | 4:03.35 | 4,000 |
| 4. Jenny Barringer, USA | 4:03.63 SB | 3,000 |
| 5. Shannon Rowbury, USA | 4:04.00 SB | 2,500 |
| 6. Morgan Uceny, USA | 4:04.01 PB | 2,000 |
| 7. Christin Wurth-Thomas, USA | 4:05.56 | 1,500 |
| 8. Anna Pierce, USA | 4:05.96 SB | 1,000 |
| 9. Shalane Flanagan, USA | 4:06.44 SB | |
| 10. Renata Plis, POL | 4:06.94 SB | |
| ... 14. Sara Hall, USA | 4:10.11 SB | |

Jim Ryun High School Dream Mile:

- | | |
|-----------------------|------------|
| 1. Maddie Meyers, USA | 4:41.93 PB |
| 2. Shelby Hayes, USA | 4:43.00 PB |
| 3. Kelsey Margey, USA | 4:43.91 PB |
| 4. Emily Sisson, USA | 4:44.02 PB |
| 5. Katie Flood, USA | 4:44.51 PB |

NYRR 5000:

- | | | |
|-------------------------|-------------|----------|
| 1. Tirunesh Dibaba, ETH | 15:11.34 SB | \$10,000 |
| [58.4h last lap] | | |
| 2. Sentayehu Ejigu, ETH | 15:12.99 | 6,000 |
| 3. Sule Utura, ETH | 15:16.61 | 4,000 |

4. Sally Kipyego, KEN	15:18.46	3,000
5. Amy Begley, USA	15:18.96	2,500
6. Megan Metcalfe, CAN	15:19.33 SB	2,000
7. Pauline Korikwiang, KEN	15:23.82 SB	1,500
8. Aheza Kiros, ETH	15:29.18	1,000
9. Desi Davila, USA	15:49.39 PB	
10. Jen Rhines, USA	16:01.77 SB	

ASICS Golden Spike Leiden (39th)

Leiden, NED, 12 June

MEN

800:

1. Windy Jonas, 1990, **RSA**, 1:46.76
2. Ismael Kipngetich Kombich, 1985, KEN, 1:46.88
3. Robert Lathouwers, 1983, 1:47.13
- ... 6. Samson Ngoepe, 1986, **RSA**, 1:48.98

3000:

1. Mark Christie, 1985, IRL, 7:55.05
2. Sean Connolly, 1982, IRL, 7:56.04
3. Joilson da Silva, 1987, BOT, 7:57.24
- ... 7. Edwin Molepo, 1987, **RSA**, 8:01.90
8. Mthobisi Baloyi, 1986, **RSA**, 8:03.53

WOMEN

800:

1. Mapaseka Makhanya, 1985, **RSA**, 2:05.99
2. José van der Veen, 1980, 2:06.69
3. Juanee Cilliers, 1982, **RSA**, 2:06.92

1500:

1. Marije te Raa, 1984, 4:18.71
2. Manon Kruiver, 1988, 4:18.95
3. Maureen Koster, 1992, 4:22.18
- ... 6. Tebogo Masehla, 1979, **RSA**, 4:27.09

Golden Gala (30th)

(IAAF Diamond League)

Roma, ITA, 10 June

MEN

1500:

1. Augustine Kiprono Choge, KEN 3:32.21 WL
2. Daniel Kipchirchir Komen, KEN 3:33.08 SB
3. Geoffrey Rono, KEN 3:33.89 SB
4. Antar Zerguelaine, ALG 3:34.82 SB
5. Gideon Gathimba, KEN 3:34.92 SB
6. William Biwott Tanui, KEN 3:34.92
7. Diego Ruiz, ESP 3:35.06
8. Juan Carlos Higuero, ESP 3:35.10 SB
9. Yoann Kowal, FRA 3:35.14 PB
10. Mekonnen Gebremedhin, ETH 3:35.40
11. Andrew Baddeley, GBR 3:35.50 SB

5000:

1. Imane Merga, ETH	13:00.12	\$10,000
2. Sammy Alex Mutahi KEN	13:00.12 PB	6,000
3. Moses Ndiema Kipsiro, UGA	13:00.15 SB	4,000
4. Tariku Bekele, ETH	13:00.81	3,000
5. Vincent Chepkok, KEN	13:01.37	2,500
6. Mathew Kisorio, KEN	13:02.72	2,000
7. Teklemariam Medhin, ERI	13:04.55 PB	1,500
8. Bekana Daba, ETH	13:05.20	1,000
9. Leonard Patrick Komon, KEN	13:07.78	
10. Abera Kuma, ETH	13:07.83 PB	
11. Lucas Kimeli Rotich, KEN	13:11.72	
12. Eliud Kipchoge, KEN	13:18.30	
13. Micah Kogo, KEN	13:32.56 SB	

WOMEN

800:

1. Halima Hachlaf, MAR	1:58.40 WL/PB	\$10,000
2. Janeth Jepkosgei Busienei, KEN	1:58.85 SB	6,000
3. Jenny Meadows, GBR	1:58.89 SB	4,000
4. Egle Balciunaite, LTU	1:59.54 PB	3,000
5. Jemma Simpson, GBR	1:59.58 SB	2,500
6. Neisha Bernard-Thomas, GRN	1:59.70	2,000
7. Elisa Cusma Piccione, ITA	2:00.11 SB	1,500
8. Yuliya Krevsun, UKR	2:00.29 SB	1,000
9. Maggie Vessey, USA	2:00.73 SB	
10. Daniela Reina, ITA	2:01.09 PB	
11. Hazel Clark, USA	2:01.48	

3000 s/chase:

1. Milcah Chemos Cheywa, KEN	9:11.71 WL/SB	\$10,000
2. Gladys Jerotich Kipkemai, KEN	9:13.22 PB	6,000
3. Lydia Jebet Rotich, KEN	9:19.01	4,000
4. Sofia Assefa, ETH	9:24.51	3,000
5. Wioletta Frankiewicz, POL	9:29.68	2,500
6. Mercy Wanjiku Njoroge, KEN	9:30.78 PB	2,000
7. Katarzyna Kowalska, POL	9:35.56	1,500
8. Sophie Duarte, FRA	9:38.55	1,000
9. Ancuta Bobocel, ROU	9:42.18	
10. Karoline Bjerkeli Grøvdal, NOR	9:51.89	
11. Helen Clitheroe, GBR	9:57.28 SB	

NCAA Division I Outdoor National Championships

Eugene, USA, 9-12 June

MEN

800 (11):

1. Andrew Wheating, SR, Oregon, 1:45.69 SB
2. Robby Andrews, FR, Virginia, 1:46.83
3. Aaron Evans, SO, Georgia (BER), 1:46.87

1500 (12):

1. Andrew Wheating, SR, Oregon, 3:47.94
2. A.J. Acosta, JR, Oregon, 3:48.01
3. Matthew Centrowitz, SO, Oregon, 3:48.08

5000 (12):

1. David McNeill, JR, Northern Arizona (AUS), 13:44.81
2. Sam Chelanga, JR, Liberty (KEN), 13:45.35 SB
3. Andrew Bumbalough, SR, Georgetown, 13:46.17 SB

10000m (10):

1. Sam Chelanga, JR, Liberty (KEN), 28:37.40
2. John Kosgei, SR, Oklahoma State (KEN), 28:55.93 PB
3. Jake Riley, JR, Stanford, 28:57.41

3000 s/chase (11):

1. Matt Hughes, JR, Louisville (CAN), 8:34.18 PB
2. Donn Cabral, SO, Princeton, 8:38.90
3. Hillary Bor, JR, Iowa State (KEN), 8:39.11

Teams:

1. Texas A&M, 55 points
2. Florida, 49
3. Oregon, 45
4. Arizona State, 37
5. Southern California, 35.50

WOMEN

800 (11):

1. Phoebe Wright, SR, Tennessee, 2:01.40
2. Molly Beckwith, SR, Indiana, 2:02.14 PB
3. LaTavia Thomas, SR, LSU, 2:03.64

Heat 3 -

1. Molly Beckwith, SR, Indiana, 2:03.90Q
- ... 4. Angela Wagner, SR, Brigham Young (RSA), 2:06.33

1500 (12):

1. Charlotte Browning, SR, Florida (GBR), 4:15.84
2. Gabriele Anderson, SR, Minnesota, 4:16.25
3. Jordan Hasay, FR, Oregon, 4:16.43

5000 (11):

1. Lisa Koll, SR, Iowa State, 15:23.80
2. Marie Louise Asselin, JR, West Virginia (CAN), 15:53.93 PB
3. Alex Kosinski, JR, Oregon, 16:02.90

10000m (9):

1. Lisa Koll, SR, Iowa State, 32:49.35
2. Betsy Saina, SO, Iowa State (KEN), 33:13.13 PB
3. Nicole Blood, SR, Oregon, 33:22.62 PB

3000 s/chase (12):

1. Bridget Franek, SR, Penn State, 9:38.86 SB
2. Emma Coburn, SO, Colorado, 9:51.86 PB
3. Ashley Higginson, JR, Princeton, 9:52.73 PB

Teams:

1. Texas A&M, 72 points
2. Oregon, 52
3. Florida, 36
4. Penn State, 34

5. Virginia Tech, 33

Meeting de Montreuil (Alma Athlé Tour)

Montreuil-Sous-Bois, FRA, 8 June

WOMEN

3000:

1. Sylvia Kibet, KEN, 8:41.84
2. Pauline Korikwiang, 1988, KEN, 8:42.75
3. Belaynesh Olijira, ETH, 8:43.04 PB
4. Rene Kalmer, **RSA**, 8:44.17 PB

Janusz Kusocinski Memorial (56th)

Warszawa, POL, 8 June

MEN

1500:

1. Nicholas KEMBOI, 89-09-18, KEN, 3:35.77
2. Cornelius NDIWA, 88-12-17, KEN, 3:36.09 PB
3. Mateusz DEMCZYSZAK, 86-01-18, WKS Slask Wroclaw, POL, 3:38.82 PB

3000:

1. Radoslaw KLECZEK, 85-04-12, WKS Slask Wroclaw, POL, 7:59.89 PB
2. Arkadiusz GARDZIELEWSKI, 86-06-12, WKS Slask Wroclaw, POL, 8:03.60
3. Hubert POKROP, 85-11-02, WKS Grunwald Poznan, POL, 8:06.58 PB

WOMEN

1500:

1. Anna MISHCHENKO, 83-08-25, UKR, 4:04.37 PB
2. Sylwia EJDYS, 84-07-15, WKS Slask Wroclaw, POL, 4:05.52
3. Hannah ENGLAND, 87-03-06, GBR, 4:05.53

3000 s/chase:

1. Mercy NJORGE, 86-06-10, KEN, 9:39.51 PB
2. Natalya MEDVEDEVA, 83-04-17, RUS, 9:45.39
3. Lennie WAITE, 86-05-04, GBR, 9:54.88

EWE Athletics

Cuxhaven, GER, 8-9 June

MEN

1500 (9):

Heat 1 -

1. Mohamed Al-Garni, QAT, 3:36.32 AJR/PB
2. Carsten Schlangen, GER, 3:38.07 SB
3. Remmy Limo, KEN, 3:38.58 SB
- ... 6. Pharson Magagane, **RSA**, 3:40.63
- ... 9. Elroy Gelant, **RSA**, 3:48.55

WOMEN

1500 (9):

1. Gladys Kwambai, KEN, 4:22.15
2. Caroline Chepkwony, KEN, 4:22.97 SB
3. Priscilla Lorchima, KEN, 4:38.70 PB

Meeting Iberoamericano de Atletismo (6th)

Huelva, ESP, 9 June

MEN

1500:

1. Alvaro RODRIGUEZ MELERO, ESP, 1987, 3:37.15
2. Manuel OLMEDO VILLAR, ESP, 1983, 3:37.70
3. Reyes ESTEVEZ LOPEZ, ESP, 1976, 3:37.80
- ... 7. Peter VAN DER WESTHUIZEN, RSA, 1984, 3:38.32

5000:

1. Josephat Kiprono MENJO, KEN, 1979, 13:02.54 PB
2. Kidane TADESSE, ERI, 1987, 13:11.85 PB
3. Jesus ESPAÑA COBO, ESP, 1978, 13:18.90
- Molefe MOLEFE, RSA, 1986, DNF

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 WOMEN

2:52:04A	Joanna Thomas	1	Oudtshoorn	27 Feb
3:02:42	Carol Mercer	1	Pietermaritzburg	28 Feb
3:08:34A	Annatjie Botes (master)	2	Oudtshoorn	27 Feb
3:08:45	Lindsay van Aswegen	1	Sasolburg	06 Feb
3:09:02	Jane Mudau	1	Gaborone	18 Apr
3:10:02A	Sandra van Graan	1	Langebaan	06 Mrt
3:10:53	Maya Lawrie	2	Pietermaritzburg	28 Feb
3:12:35	Shelley van der Spuy	1	Secunda	13 Mrt
3:12:47	Catherine Naane	2	Gaborone	18 Apr
3:13:54A	Norma Crampton	1	Ngodwana	20 Mrt

THIS MONTH IN HISTORY

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

61 years ago: 11 June 1949

At the 1948 London Olympic Games the ungainly Czech Emil Zatopek sprung a surprise on the world by winning the 10000 metres. The next year, on 11 June in Ostrava, he set the first world record of what was to be a barrier-breaking career when his 29:28.2 took away the mark of Finland's Viljo Heino. Showing something of his amazing speed endurance, the last kilometre was the fastest of the race, 2:52.2. In September Heino reclaimed the record with 29:27.2, but before the year was out, again in Ostrava, Zatopek went one better: 29:21.2.

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
	27:04	Josphat Kiprono (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	43:50	Lusapho April	Port Elizabeth	06 Mar
	42:58	Mohamed Trafeh (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	63:15	Chabeli Nyedimane	Bloemfontein	06 Feb
	58:23	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	75:02	Lusapho April	Berlin	09 May
	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:45	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	30:34a	Mluleki Nobanda	East London	22 May
	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	34:53	Raymond Howard	Bellville	05 Jun
	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	37:58	Awie Veldsman	Bellville	05 Jun
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	32:32	René Kalmer	New York	12 Jun
	30:45a	Lineth Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:31	Zintle Xiniwe	Constantia	13 Mar
	49:48	Feyissa Tadesse (ETH)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	72:39	René Kalmer	Cape Town	03 Apr
	67:07	Elvan Abeylegesse (TUR)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
	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		
<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	34:28	Dominique Scott	Bellville	05 Jun
	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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