

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

Another good run this weekend by René Kalmer in the US saw her finish fifth in the Steamboat Classic 4 Miles in Peoria. Kalmer ran 21:08, roughly equal to 32:48 for 10 km.

DRR has received reports that some athletes did not run the correct route of the Miles for Smiles Half Marathon in Robertson (results in DRR 10:23). The Race Time Bias factor for the race works out at -6.88 sec/km for 23 athletes – well over the allowable limit of -5 sec/km. Times in this race (as well as the accompanying 10 km) will therefore be disregarded for statistical purposes. (See also the results for the Mamre 15 km in this issue.)

Results of the New York Mini 10 km in last week's DRR incorrectly showed René Kalmer's club as Mr Price. She runs for Nedbank and in fact is the Nedbank Brand Ambassador for road running.

Long-time DRR correspondent Alen Hattingh, the man in charge of the refreshment tables in the Comrades Marathon, celebrates his birthday tomorrow. Congratulations, Alen!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * EP Cross-country 10 km, Port Elizabeth
- * Mamre 15 km, Mamre
- * Cheese Festival Half Marathon & 10 km, George
- * XC: EP League, Port Elizabeth

International highlights:

- * Steamboat Classic 4 Miles, Peoria, USA
 - * Grandma's Marathon & Garry Bjorklund Half Marathon, Duluth, USA
 - * Shelter Island 10 km, Shelter Island, USA
 - * Mt. Washington Road Race, Pinkham Notch, USA
 - * Track: SPAR European Team Championships, Bergen, NOR; European Team Championships - First League, Budapest, HUN; European Team Championships - Second League, Belgrade, SRB; Memorial Josefa Odlozila, Praha, CZE
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ROAD RUNNING

EP Cross-country 10 km

St Alban's Prison, Port Elizabeth, 19 June
(Finishers: 57.)

MEN

1	Willie	Ensel	Nedbank RC EP	33	37:20
2	Johannes	Arries	Nedbank RC EP	36	37:52
3	Tamsanqa	Jusayi (1 st g'mast)	Mr Price AC EP	68	42:02
4	Hannes	Els	Madiba Bay	60	42:11
5	Bafumane	Nyanga	Mr Price AC EP	49	43:18
6	Andre	Kleynhans	Bluewater Bay	47	45:06
7	Robert	Rietmuller (1 st mast)	PEAAC	54	45:18
8	Sandile	Ngxingo (1 st jun)	Nedbank RC EP	18	45:20
9	Charles	Goldswain	PEAAC	25	45:47
10	Daniel	Ferreira	Elite AC	51	46:18

40-44:

1	Markus	Kunneke	Bluewater Bay	40	59:16
2	Adrian	Affat	PEAAC	44	1:00:57

45-49:

1	Bafumane	Nyanga	Mr Price AC EP	49	43:18
2	Andre	Kleynhans	Bluewater Bay	47	45:06
3	Frank	Piron	Temp	47	48:30

50-54:

1	Robert	Rietmuller	PEAAC	54	45:18
2	Daniel	Ferreira	Elite AC	51	46:18
3	Malcolm	Figg	X-Cel AC	52	56:53

55-59:

1	Johan	Barnard	Absa NMMU AC	55	46:27
2	Chris	Bekker	Transnet RE EP	57	1:01:49
3	Blikkies	Blignault	Transnet RE	56	1:12:04

60-64:

1	Hannes	Els	Madiba Bay	60	42:11
2	Piet	Meyer	St Albans CSEP	60	49:53
3	Graham	Channon	Achilles AAA	60	50:57

65-69:

1	Tamsanqa	Jusayi	Mr Price AC EP	68	42:02
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Juniors:

1	Sandile	Ngxingo	Nedbank RC EP	18	45:20
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WOMEN

1	Mariëtte	Hattingh (1 st vet)	Absa NMMU AC	44	42:09
2	Suzanne	Lavis (1 st mast)	Jeffreys Bay AC	51	48:27
3	Adele	Nel	St Albans CSEP	36	49:32
4	Antoinette	Coertze	St Albans CSEP	45	53:39
5	Lesley	Maggott	Achilles AAA	43	54:17
6	Sharon	Smuts	St Albans CSEP	44	54:50
7	Nurunnisa	Madatt	Malabar	48	57:33
8	Jos	Els	Madiba Bay AC	58	59:04
9	Candice	Van Rooyen	Bluewater Bay	24	59:12
10	Doris	Liberty	Elite AC	50	1:00:10

40-44:

1	Mariëtte	Hattingh	Absa NMMU AC	44	42:09
2	Lesley	Maggott	Achilles AAA	43	54:17

3	Sharon	Smuts	St Albans CSEP	44	54:50
45-49:					
1	Antoinette	Coertze	St Albans CSEP	45	53:39
2	Nurunnisa	Madatt	Malabar	48	57:33
3	Cathy	Allers	Transnet RE EP	48	1:00:32
50-54:					
1	Suzanne	Lavis	Jeffreys Bay AC	51	48:27
2	Doris	Liberty	Elite AC	50	1:00:10
3	Gesina	Oosthuizen	PEAAC	51	1:06:13
55-59:					
1	Jos	Els	Madiba Bay AC	58	59:04
60-64:					
1	Debbie	Oelofse	Legacy AC	63	1:17:52

Mamre 15 km

Mamre, 19 June
(Loop course)

Note: Reports have been received from athletes who ran here that this course may have been short, but using the Race Time Bias (RTB) formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent per-formances), the figure for 14 runners (almost half of those available at the moment) is -2.92 sec/km – well under the limit of -5 sec/km. – Ed.

MEN

1. Sityhilo Diko (Ned CGA) 46:14
2. Peter Tsawayo (ZIM/Gugs) 46:18
3. Neo Molema (MP) 47:02

40-49: 1. John September (Celtic) 54:28; 2. Basil Lehman (Met) 54:33; 3. Charles de Wet (Held) 56:56. **50-59:** 1. Vladimir Kotov (BLR/Cent) 50:06; 2. Raymond Howard (Celtic) 54:31; 3. Steven Parkins (Met) 55:42. **60+:** 1. Ronnie le Roux (Brack) 65:38; 2. Henry Cleophas (Ned) 66:13; 3. Kevin Kohler (Edge) 70:37. **Juniors:** 1. Siyabonga Joseph (East) 47:23; 2. Luxolo Mdzanga (Gugs) 47:41; 3. Nkosinathi Sotyantya (Celtic) 49:48.

WOMEN

1. Nolene Conrad (UJ) 55:46
2. Anneline Roffey (Adid) 57:15
3. Busisiwe Matiwane (Celtic) 58:26

40-49: 1. Ursula Frans 60:03; 2. Mariëtte Esterhuyse (Tyger) 62:31; 3. Sandra van Graan (Edge) 63:36. **50-59:** 1. Olga Howard (Celtic) 63:52; 2. Nancy Will (Pine) 65:45; 3. Charmaine Cupido (Ned) 68:20. **60+:** 1. Pixie Sparg (Celtic) 77:32; 2. Sarah Herdien (Atlantis) 92:23; 3. Corinne Usendorff (RWFL) 96:43. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 63:46; 2. Benine Havenga (Tyger) 98:17.

Cheese Festival Half Marathon & 10 km

George, 5 June

(Distances: 21.1 km & 10 km; point-to-point courses. Finishers: half marathon – 124; 10 km – 164.)

Half marathon

MEN

1	Gurome Gelderbloem	Mossel Bay	34	1:13:23
2	Vuyo Witbooi	Outeniqua	34	1:14:08

3	Fana Principal	Rainbow	41	1:14:22
4	Sinesipho Didishe	Knysna	18	1:15:48
5	Zuzile Ntsiniyabo	Knysna	35	1:17:15
6	Booi Salman	Run/Walk	36	1:18:00
7	Melikhaya Msizi	Knysna	26	1:19:32
8	Ronny Dlepu	Nedbank	22	1:20:23
9	Mnyamezeli Nangu	Plett	39	1:21:16
10	Sydney Landsberg	Nedbank	48	1:21:20

WOMEN

1	Karen vd Merwe	Nedbank	25	1:31:52
2	Kerry Roos	Knysna	32	1:33:48
3	Thea-Mari vd Sandt	Nedbank	34	1:43:11
4	Elizma Horne	De Rust Striders	31	1:43:54
5	Lanene J van Rensburg	New Balance	33	1:47:54
6	Justine Sharples	New Balance	36	1:47:55
7	Rea Oosthuizen	Hartenbos	63	1:48:44
8	Minaldi Phillipson	Mossel Bay	25	1:48:46
9	Linda Nortje	Nedbank	36	1:51:00
10	Amor van Zyl	Nedbank	53	1:53:10

10 km

MEN

1	Donney Danster		18	33:41
2	Luwayne Duitsjan	Hartenbos	23	33:50
3	Frans Malgas	Knysna	20	34:09
4	Gershwill Jacobs	Oudtshoorn	19	34:23
5	Julius Korkee	Rainbow	25	34:27
6	Juan Pretorius	Hartenbos	28	34:29
7	Francois Francies		17	35:58
8	Leon Adams		17	36:20
9	Victor Gugushe	Plett	31	36:29
10	Elfonso Pieterse	Rainbow	21	36:48

WOMEN

1	Lana Theunissen	Outeniqua	38	41:11
2	Michelle v Rooyen	Nedbank	15	44:25
3	Madele Strydom	Nedbank	37	45:11
4	Marion Erasmus	Rainbow	17	45:22
5	Sanchia du Preez	Run/Walk for Life	18	45:26
6	Cecilia Schultz		18	48:55
7	Ane Kruger	Beaufort Wes	16	49:10
8	Anel Oosthuizen	Nedbank	15	49:11
9	Maryke Sass	Mossel Bay	39	49:23
10	Elsa de Villiers	Hartenbos	50	50:44

CROSS-COUNTRY**EP League (5th)**

St Alban's Prison, Port Elizabeth, 19 June

MEN

12 km:

1	Rodney	Prins	Mr Price AC EP	21	38:38
2	George	Ntshiliza	Nedbank RC EC	30	40:08
3	Khayaletu	Makalima	Mr Price PE	26	41:32

4	Allan	Schulz	Achilles AAA	25	1:05:21
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4 km:

1	Zolani	Ngqaqa	Mr Price AC EP	21	12:35
2	Tom	Lusaseni	Adidas AC WP	23	12:45
3	Bulelini	Niwa	PEAAC	24	12:48
4	Marinus	Johnson	Mr Price AC EP	24	13:12
5	Robert	Matthys	Mr Price AC EP	34	13:25
6	Luvuyo	Stephen	Nedbank RC EP	40	14:24
7	Leonardo	De Villiers	Absa NMMU	45	17:01

40-49 (8 km):

1	Hans	Jacobs	Nedbank RC EP	41	30:03
2	John	Rafani	Mr Price AC EP	43	30:18
3	Bennie	Stadler	Achilles AAA	47	32:48

50-59 (8 km):

1	Joseph	Bain	St Albans CSEP	50	32:48
2	Roger	Trader	Achilles AAA	56	35:27
3	Bruce	Mcewan	Achilles AAA	56	36:42

60+ (6 km):

1	Percy	Dalton	Achilles AAA	61	27:53
2	Gerald	Hoxley	Achilles AAA	69	34:46

U.21 (4 km):

1	Mariano	Eesou	Nedbank RC EP	18	12:54
2	Lubabaloo	Mdlungwane	PEAAC	16	13:16
3	Melikhaya	Frans	Nedbank RC EP	18	13:28

Juniors (8km):

1	Mariano	Eesou	Nedbank RC EP	18	27:32
2	Vernon	Booyse	Absa NMMU	18	28:18
3	Juwayne	Fletcher	Mr Price AC EP	18	28:34

WOMEN**8 km:**

1	Ntombesintu	Mfunzi	Mr Price AC EP	28	30:42
2	Liandre	Pretorius	Nedbank RC EP	30	33:47
3	Gail	Klichowicz	Achilles AAA	43	41:02
4	Julie	Taunton	Crusaders AC	50	41:50
5	Rosemary	Buchanan	Achilles AAA	24	42:09
6	Anche	Schubart	Achilles AAA	28	42:55
7	Adri	Du Plessis	Achilles AAA	37	45:54
8	Liz	Austin	Achilles AAA	51	46:54
9	Sarah	Pelleboer	Achilles AAA	23	46:55

4 km:

1	Deliwe	Nyanga	Nedbank RC EP	21	15:21
2	Natascha	De Villiers	Absa NMMU	21	17:01
3	Asanda	Solani	Nedbank RC EP	26	17:35
4	Thabisa	Mayedwa	Nedbank RC EP	24	18:11
5	Noxolo	Marks	Mr Price PE	24	18:40

40-49 (4 km):

1	Christine	Claasen	Achilles AAA	46	17:07
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U.21 (4 km)

1	Junaida	Pieters	Absa NMMU	20	17:30
2	Lizke	Burger	Framesby H/S	16	19:43

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

Steamboat Classic 4 Miles (37th)

Peoria, USA, 19 June
(Certified loop course)

MEN (gun times)

1. Shadrack Kosgei, 25, KEN	17:36	\$4000
2. Peter Kamais, 33, KEN	17:40	2500
3. Ridouane Harroufi, 28, MAR	18:03	2000
4. Haron Lagat, 26, KEN	18:04	1000
5. Andrew Lemoncello, 27, GBR	18:04	1000
6. Leonard Mucheru, 32, KEN	18:10	400i
7. John Korir, 34, KEN	18:18	400i
8. Antonio Vega, 26, USA	18:18	400i
9. Ian Burrell, 25, USA	18:19	400i
10. Philemon Terer, 25, KEN	18:37	200ii
... 12. Jorge Torres, 29, USA	18:54	200ii

i) Earned time incentive for breaking 18:30 but not earning any prize money

ii) Earned time incentive for breaking 19:00 but not earning any prize money

WOMEN

1. Edna Kiplagat, 30, KEN	19:56	\$4000
2. Jelliah Tinega, 24, KEN	20:17	2500
3. Mari Ozaki, 34, JPN	20:40	2000
4. Rehima Kedir, 25, ETH	20:55	1000
5. René Kalmer, 29, RSA	21:08	1000
6. Kaori Oyama, 27, JPN	21:16	200i
7. Diane Nukuri-Johnson, 25, BDI	21:26	200i
8. Adriana Pirtea, 30, ROU	21:31	
9. Misato Horie, 23, JPN	21:37	
10. Yui Ouichi, 22, JPN	21:47	

i) Earned time incentive for breaking 21:30 but not earning any prize money

Grandma's Marathon (34th) & Garry Bjorklund Half Marathon (20th)

Duluth, USA, 19 June

(Distances: 42.195 km & 21.1 km. The marathon loses 40 m or 0.95 m/km of race distance; the half marathon loses 0.9 m/km of race distance; both marathon and half marathon are point-to-point courses.)

Note: See This month in history later in this issue for a look back at the Grandma's Marathon. – Ed.

Marathon:

1. Philemon Kemboi, 36, KEN	2:15:44	\$10,000 + 900i
2. Christopher Kipkego, 36, KEN	2:16:00	7,500 + 800i
3. David Rutoh, 24, KEN	2:16:03	5,000 + 800i

i) Earned time incentive bonus

WOMEN

- | | | |
|---------------------------------------|---------|----------------------|
| 1. Buzunesh Deba, 22, Bronx, NY (ETH) | 2:31:35 | PB \$10,000 + 2,000i |
| 2. Yeshimebet Bifa, 21, ETH | 2:35:28 | 7,500 + 900i |
| 3. Everlyne Lagat, 29, KEN | 2:37:24 | 5,000 + 700i |

i) Earned time incentive bonus

Half marathon:

MEN

- | | | |
|---------------------------------|---------|--------|
| 1. Stephen Muange, 28, KEN | 1:04:24 | \$2500 |
| 2. Bado Worku Merdessa, 21, ETH | 1:04:27 | 1500 |
| 3. Derese Deniboba, 27, ETH | 1:04:55 | 1000 |

WOMEN

- | | | |
|----------------------------------|---------|--------|
| 1. Caroline Rotich, 26, KEN | 1:12:40 | \$2500 |
| 2. Alemtsehay Misganaw, 29, ETH | 1:14:46 | 1500 |
| 3. Wendi Ray, 37, Sister Bay, WI | 1:14:55 | 1000 |

Shelter Island 10 km (31st)

Shelter Island, USA, 19 June
(Standard, certified course)

MEN (gun times)

- | | | |
|-----------------------------------|-------|----|
| 1. Alene Emere Reta, 28, ETH | 28:40 | CR |
| 2. Demesse Tefera, 27, ETH | 29:44 | |
| 3. Kumsa Adugna Megeresa, 23, ETH | 29:46 | |

WOMEN

- | | | |
|---|-------|--|
| 1. Emebet Bacha Lencho, 19, ETH | 34:26 | |
| 2. Anzhelika Averkova, 41, UKR | 34:49 | |
| 3. Irene Limika, 30, KEN | 34:51 | |
| ... 9. Joan Samuelson, 53, Freeport, ME | 37:44 | |

ULTRA/MOUNTAIN RUNNING**Mt. Washington Road Race (50th)**

Pinkham Notch, USA, 19 June
(Distance: 7.6 miles up Mt. Washington, 11.5% grade; summit = 1917 m)

MEN (gun times)

- | | | |
|--------------------------------------|---------|--------|
| 1. Chris Siemers, 29, Arvada, CO | 1:00:22 | \$2000 |
| 2. Eric Blake, 31, New Britain, CT | 1:00:40 | 1000 |
| 3. Joseph Gray, 26, Lakewood, WA | 1:01:31 | 800 |
| 4. Rickey Gates, 29, Woody Creek, CO | 1:02:34 | 700 |
| 5. Max King, 30, Bend, OR | 1:03:18 | 600 |

m = Earned masters prize money

WOMEN (gun times)

- | | | |
|---|---------|-------------------|
| 1. Shewarge Alene Amare, 23, New York, NY (ETH) | 1:08:21 | CR \$2000 + 5000* |
| 2. Kristin Price, 28, Raleigh, NC | 1:11:13 | 1000 |
| 3. Brandy Erholtz, 32, Bailey, CO | 1:12:53 | 800 |
| 4. Nicole Hunt, 40, Deer Lodge, MT | 1:12:59 | MCR 700 + 2300m** |
| 5. Megan Lund, 26, Basalt, CO | 1:13:30 | 600 |

*) Course record/\$5000 bonus

**) Masters course record; prize money includes record bonus and masters award (m)

TRACK

SPAR European Team Championships (2nd)

Bergen, NOR, 19-20 June

Teams: 1. Russia 379.5; 2. Great Britain 317; 3. Germany 304.5; 4. France 290; 5. Ukraine 287.

MEN

800 (20):

- | | |
|------------------------------|------------|
| 1. Yuriy Borzakovskiy, RUS | 1:45.41 |
| 2. Michael Rimmer, GBR | 1:45.62 |
| 3. Marcin Lewandowski, POL | 1:45.74 |
| 4. Robin Schembera, GER | 1:46.38 SB |
| 5. Antonio Manuel Reina, ESP | 1:46.55 |

1500 (19):

- | | |
|----------------------------|---------|
| 1. Colin McCourt, GBR | 3:46.70 |
| 2. Christian Obrist, ITA | 3:46.77 |
| 3. Carsten Schlangen, GER | 3:46.89 |
| 4. Mateusz Demczyszak, POL | 3:47.16 |
| 5. Oleksandr Borysyuk, UKR | 3:47.22 |

3000 (20):

- | | |
|--------------------------|------------|
| 1. Jesus España, ESP | 8:19.39 SB |
| 2. Mykola Labovskyy, UKR | 8:20.01 |
| 3. Valentin Smirnov, RUS | 8:20.11 PB |
| 4. Yohan Durand, FRA | 8:20.14 |
| 5. Bartosz Nowicki, POL | 8:20.16 |

5000 (19):

- | | |
|---------------------------|-------------|
| 1. Mo Farah, GBR | 13:46.93 SB |
| 2. Alemayehu Bezabeh, ESP | 13:49.24 |
| 3. Sergey Lebid, UKR | 13:49.90 SB |
| 4. Yevgeniy Rybakov, RUS | 13:55.04 PB |
| 5. Daniele Meucci, ITA | 13:56.95 SB |

3000 s/chase (20):

- | | |
|---------------------------|---------|
| 1. Tomasz Szymkowiak, POL | 8:31.53 |
| 2. Steffen Uliczka, GER | 8:33.39 |
| 3. Jukka Keskiälo, FIN | 8:33.41 |
| 4. Jose Luis Blanco, ESP | 8:36.15 |
| 5. Luke Gunn, GBR | 8:38.65 |

WOMEN

800 (19):

- | | |
|------------------------------|---------|
| 1. Nataliya Lupu, UKR | 2:02.74 |
| 2. Svetlana Klyuka, RUS | 2:03.49 |
| 3. Elisa Cusma Piccione, ITA | 2:03.91 |
| 4. Emma Jackson, GBR | 2:04.53 |
| 5. Fanjanteino Felix, FRA | 2:04.55 |

1500 (20):

1. Anna Mishchenko, UKR 4:05.32
2. Hannah England, GBR 4:05.70
3. Natallia Kareiva, BLR 4:07.98 PB
4. Fanjanteino Felix, FRA 4:08.34
5. Elisa Cusma Piccione, ITA 4:08.53 SB

3000 (19):

1. Yelena Zadorozhnaya, RUS 9:08.42 SB
2. Renata Plis, POL 9:08.94 PB
3. Ragnhild Kvarberg, NOR 9:09.59 PB
4. Natalia Rodríguez, ESP 9:09.92
5. Sviatlana Kudzelich, BLR 9:16.06 PB

5000 (20):

1. Sabrina Mockenhaupt, GER 15:17.38
2. Jo Pavey, GBR 15:17.87 SB
3. Karoline Bjerkeli Grøvdal, NOR 15:25.40 PB
4. Judith Pla, ESP 15:29.14 SB
5. Natalya Popkova, RUS 15:31.01 SB

3000 s/chase (19):

1. Yuliya Zarudneva, RUS 9:23.00 SB
2. Rosa Maria Morato, ESP 9:42.10
3. Katarzyna Kowalska, POL 9:43.40
4. Barbara Parker, GBR 9:44.81
5. Sophie Duarte, FRA 9:44.85

European Team Championships - First League

Budapest, HUN, 19-20 June

WOMEN

5000 (20):

1. Elvan Abeylegesse, TUR 15:09.31 SB
2. Roxana Barca, ROU 15:33.12 PB
3. Fernanda Ribeiro, 1969, POR 15:33.58 SB
4. Aniko Kalovics, HUN 15:35.47 SB
5. Rasa Drazdauskaite, LTU 16:05.27 PB

European Team Championships - Second League

Belgrade, SRB, 19-20 June

WOMEN

5000 (20):

1. Olivera Jevtic, SRB 15:37.67 SB
2. Martina Tresch, SUI 16:43.60
3. Natalia Cerches, MDA 16:55.54 SB
4. Matea Matosevic, CRO 16:56.90 PB
5. Maor Tiyouri, ISR 17:12.84 SB

3000 s/chase (19):

1. Oksana Juravel, MDA 9:49.92 SB
2. Andrea Mayr, AUT 10:03.91
3. Ana Subotic, SRB 10:11.29 PB
4. Polina Jelizarova, LAT 10:12.89 SB
5. Arlette Meier-Hunger, SUI 10:16.06

Memorial Josefa Odlozila (17th)

(EA Premium Meeting)

Praha, CZE, 14 June

MEN

1500:

Race A:

1. Collins Cheboi, KEN, 3:37.91
2. Cornelius Ndiwa, KEN, 3:38.28
3. Jakub Holusa, CZE, 3:38.47 PB
- ... 11. Pharson Magagane, RSA, 3:46.16

Race B:

1. Christian Obrist, ITA, 3:41.27
2. Tomasz Szymkowiak, POL, 3:42.26
3. Elroy Gelant, RSA, 3:42.56

NEWS

This story appeared in *The Boston Globe*. – Ed.

FLANAGAN TO DEBUT IN NYC MARATHON

"It's the ultimate challenge for the distance runner," says triple American record holder Shalane Flanagan, who already has a collection of medals and records from shorter events, about the marathon. So Flanagan has decided to make her debut where most top American marathoners have, in the Big Apple, signing up to take on US record holder Deena Kastor and what is expected to be a top international field at the New York City Marathon 7 November.

Though the five-borough race from the Verrazano-Narrows Bridge to Central Park offers a demanding layout, Kastor, Meb Keflezighi, and Kara Goucher all ran promising first marathons in New York.

"Our history with debuts is strong," says race director Mary Wittenberg. "It's a good place for significant athletes. They can throw the pressure of time out the window and just race. Shalane is a racer."

Flanagan, who will turn 29 next month, has a history of submitting spectacular efforts when she moves up in distance. In her first try at the 10000 m two years ago, she broke Kastor's domestic mark by nearly 16 seconds in 30:34.49, then went on to win the Olympic bronze medal in Beijing. In her inaugural half marathon in January in Houston, Flanagan broke

Colleen de Reuck's course record by a minute and 14 seconds.

The obvious next step was the marathon, and the natural place for a North Shore denizen figured to be Boston in April.

"I'm from Boston and it's a dream of mine," says Flanagan, who was a legendary competitor at Marblehead High School before becoming a 15-time All-American in cross-country and track at North Carolina and competing on two Olympic teams. "But it clearly just wasn't the right timing for me."

By running in New York this fall, Flanagan can compete on the track during the spring and summer, have enough recovery time to return to the track next year and make a bid for the US team for the World Championships in South Korea, then build up her road base for the Olympic marathon trials in Houston in January 2012.

"There comes a time when you have to get your feet wet with the event," says coach Jerry Schumacher. "To wait too long would not be very smart. You blink and the Olympic year is on top of you."

New York has been a dependable springboard for top track runners looking to evolve into marathoners. Two years

after he made his first 26-mile bid there in 2002, Keflezighi won the Olympic silver medal in Athens. Last year, he became the first US male to win in New York since Alberto Salazar in 1982.

Kastor, who finished seventh in New York in her 2001 debut, went on to claim the Athens bronze, then set the American record (2:19:36) while winning in London in 2006. Goucher, who'd won the world bronze in the 10000 in 2007, finished third in New York in 2008 in the fastest debut time (2:25:53) by a US woman, and placed third again in Boston five months later.

"Seeing Deena and Kara make a really smooth transition, I believe that I have the same potential they do," says Flanagan, who holds US records in the 3000 (8:33.25), 5000 (14:44.80), and 10000 (30:22.22) and has won US titles in cross-country and the half marathon this year.

Making the track podium in Beijing essentially gave her the green light to sample much longer distances on the road. "Sometimes I think the medal is a burden, but it has set me free," says Flanagan, who was the first American to win an Olympic medal at the distance since Lynn Jennings in 1992. "It was a major goal of mine and I have accomplished that. I would love to win another Olympic medal, but more than anything, I would love to win a major marathon."

No American woman has won New York since Miki Gorman in 1977, when nine domestic runners finished in the top 10, but Flanagan is downplaying her chances of taking Manhattan in her first run-through.

"There are so many miles in front of me," she says. "I just really want to test myself, to find out what I'm capable of. Winning won't enter my mind until the last couple of steps. I've been daydreaming about what it would be like, and I can't say I haven't thought of that just a hair."

For a woman who has run a race only half as long — and that only once — the prospect of going 26 miles against a seasoned field is sobering. "I'm excited, but I'm scared of the marathon," confesses Flanagan, who'll end her outdoor track season next month to start preparing for New York and plans to increase her training workload to as many as 120 miles a week by late August. "It's very daunting. There's an unknown element I can't practice for.

"I envision myself being surrounded by at least 10 or 12 women all the way," Flanagan says. "Hopefully, I'm not dropped early. I'm going to stick to the leaders like glue. It's going to be great to be a rookie along for the ride."

If the ride is smooth, she may well lock in on the marathon for the London Games in 2012. If not, Flanagan can return to the track with a strong chance of making her third Olympic team.

"Deena ran her 10000 record after her first marathon," Wittenberg points out. But no matter how she fares in New York, Flanagan plans on eventually turning up at the starting line in Hopkinton. "I would love to run it before 2012, but realistically I don't want to over-marathon myself before the Olympics," she says. "After the Olympics would be the best time. One of my No. 1 priorities is Boston. Top of the list."

STATS TIME

René Kalmer's magnificent personal best in the 3000 m was reported in last week's DRR. Instead of the usual 2010 performance list, here is the all-time list for this distance, on which Kalmer now has third place.

3000 METRES: ALL-TIME TOP 10 WOMEN

8:32.00	Elana Meyer	Durban	29-Apr-91
8:35.72	Zola Budd	Durban	29-Apr-91
8:44.17	René Kalmer	Montreuil-sous-Bois	08-Jun-10
8:44.64	Gwen Griffiths	Rome	09-Jun-95

8:49.30	Sarina Cronjé	Stellenbosch	17-Feb-81
8:57.52	Alta Verster	Hengelo	31-May-97
8:58.90	Sonja Laxton	Stellenbosch	14-Feb-80
8:59.56	Tanya Peckham	Stellenbosch	22-Apr-85
9:01.12	Colleen de Reuck	Bellville	24-Apr-93
9:03.34	Soekie van Heerden	Stellenbosch	22-Apr-85

THIS MONTH IN HISTORY

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

29 years ago: 20 June 1981

Dick Beardsley scored the first of his two consecutive wins in the Grandma's Marathon in Duluth, Minnesota, setting a course record of 2:09:37 which still stands. No other runner has come within a minute of this time. Women's winner was New Zealander Lorraine Moller, who achieved her third victory in a row in 2:29:36. Their times were the fifth and third fastest respectively in the world that year. The next year Beardsley and Alberto Salazar were involved in one of the most exciting finishes in the history of the Boston Marathon. In both runners' only appearance in the famous race, Salazar outkicked Beardsley by 2 seconds in a new course record of 2:08:52.

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 28:51	Mluleki Nobanda Paulo Catarino (POR) 2003	East London	22 May
15 km	48:40 44:14	Maboyisana Mazwayi Pierre Levisse (FRA) 1992	Port Elizabeth	16 Jan
21.1 km	70:00 62:28	Maboyisana Mazwayi John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Port Elizabeth	08 May
25 km	87:31a 76:49	Basie Bonaparte Martin Mondragon (MEX) 1994	Somerset East	24 Apr
30 km	1:46:04 1:35:28	Lindile Tokota Geraldo Antonio da Silva (BRA) 2002	Sedgefield	13 Mar
Marathon	2:29:04 2:08:46	Reginald Ngobese Andres Espinosa (MEX) 2003	Sasolburg	06 Feb
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:53 30:35	Raymond Howard Tecwyn Davies (GBR) 1988	Bellville	05 Jun
15 km	53:36 47:52	Charles Vilakazi Titus Mamabolo (RSA) 1991	Boksburg	09 May
21.1 km	77:31 66:42	Eloi de Oliveira Martin Rees (GBR) 2003	Pietermaritzburg	28 Feb
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10 2:19:29	Ernest Tjela Titus Mamabolo (RSA) 1991	Sasolburg	06 Feb
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 27:52	Unathi Phezolo Richard Chelimo (KEN) 1990	Brackenfell	20 Jan
15 km	48:39 42:25	Xola Bongoza Moses Mosop (KEN) 2004	Port Elizabeth	06 Feb
21.1 km	67:40 59:16	Melikhaya Frans Samuel Wanjiru (KEN) 2005	Port Elizabeth	08 May

WOMENOpen

10 km	32:32 30:45a 30:21	René Kalmer Lineth Chepkurui (KEN) Paula Radcliffe (GBR) 2003	New York	12 Jun
15 km	55:31 49:48 46:28	Zintle Xiniwe Feyissa Tadese (ETH) Tirunesh Dibaba (ETH) 2009	Constantia	13 Mar
21.1 km	72:39 67:07	René Kalmer Elvan Abeylegesse (TUR)	Cape Town	03 Apr

25 km	66:25	Lornah Kiplagat (KEN) 2007		
	1:36:29	René Kalmer	Johannesburg	24 Jan
	79:53	Mary Keitany (KEN)		
30 km	79:53	Mary Keitany (KEN) 2010		
	2:03:52	Farwa Mentoor	Camps Bay	10 Jan
	1:43:24	Mara Yamauchi (GBR)		
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	2:34:24	Tanith Maxwell	London	25 Apr
	2:22:00	Liliya Shobukhova (RUS)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	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	34:28	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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