

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

Road running seems to be returning to normal with the last World Cup match held this weekend. One of South Africa's oldest non-marathon races, the Fine Food & Wine Spar Spookhill 15 km, was run for the 30th time in Somerset West, with victories going to Tom Lusaseni and Zintle Xiniwe. In Pretoria the Aminostim race was held over the same distance, with Lukcy Mohale and Louisa Leballo winning in 46:32 and 57:18 respectively.

Many South Africans were in action on international tracks. Top performances came, firstly, from Mbulaeni Mulaudzi and Johan Cronjé in Lausanne. Both clocked the fastest 2010 times by South Africans in their specialities: Mulaudzi was second in the 800 in 1:43.58 and Cronjé seventh in the 1500 in 3:35.24. Then, the very next night, Juan van Deventer went one better with his 3:35.15 in Barcelona. Another day later in Heusden René Kalmer ran the fastest 1500 by a South African woman this year, 4:07.57, while Mapaseka Makhanya clocked a PB 4:08.18. Earlier, in Uden, Makhanya ran a list leader in the 800, 2:03.36.

South African marathoner and DRR contributor Sharon Eldridge ran four marathons in Europe within four weeks last month. On 5 June she finished 2338th in the Stockholm Marathon in 4:51:46, on 12 June she was first in the 45+ age category in the Santa Claus Marathon in Rovaniemi (FIN) in 4:59:02, on 19 June she finished 50th (8th in the 45+ category) in the Front Midnight Sun Marathon in Tromsø (NOR) in 4:27:59, and on 27 June she was 74th in the ERGO White Nights Marathon in St Petersburg (RUS) in 4:58:50. A remarkable achievement by the eight-times winner of the Amatola Marathon.

Kerry Koen (Nedbank KZN) set a new course record for the Rhodes Trail Run last weekend (3 July) in unusually warm conditions, finishing sixth overall in 5:07:54. Results will be published next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Forest 10 km, Durban
- * Sardine Run Half Marathon, Uvongo
- * The Fine Food & Wine Spar Spookhill 15 km, Somerset West
- * Pick 'n Pay/Cape Times Knysna Forest Marathon & Half Marathon, Knysna
- * Aminostim 15 km, Pretoria
- * Top Gear 10 km, George
- * Sweat Shop Asics RAC 10 km, Johannesburg

International highlights:

- * Utica Boilermaker 15 km, Utica, USA

- * Asics British 10 km London Run, London, GBR
 - * Zermatt Marathon, St. Niklaus to Riffelberg, SUI
 - * Firecracker Fast 5 km, Little Rock, USA
 - * Track: Internationale Atletiek@Vlaanderen, Brasschaat, BEL; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Nocturna Internacional de Alcalá de Henares, Alcalá de Henares, ESP; Aviva British Grand Prix, Gateshead, GBR; British Milers Club Nike Grand Prix, Solihull, GBR; Weltklasse in Biberach, Biberach, GER; KBC Night of Athletics, Heusden, BEL; Miting Internacional D'Atletisme Ciutat de Barcelona, Barcelona, ESP; Athletissima, Lausanne, SUI; Cork City Sports, Cork, IRL; Memorial Leon Buyle, Oordegem, BEL; Mondo Keien Meeting, Uden, NED; Internationales Leichtathletik-Meeting, Rhede, GER; Meeting de la ville de Reims, Reims, FRA; Athletissima Namur, Namur, BEL; Moscow Open, Moscow, RUS; Meeting National D1 de Metz Moselle Athlelor, Metz, FRA; New KCC/Athletics Kenya National Athletics Championships, Nairobi, KEN
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ROAD RUNNING

Forest 10 km

Durban, 11 July

(Two-lap loop course)

MEN

1.	Prodigal Khumalo	ZIM/Mr PriceAC	31:31
2.	Professor Mollen	ZIM/Mr Price AC	31:45
3.	Richard Nene	ZIM/Mr Price	31:48

40-49:

1.	Sibusiso Nyuli	Nedbank AC	37:36
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50-59:

1.	Richard Toyo	Toyota AC	40:02
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60+:

1.	Petros Shumi	Zabalalza AC	45:49
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WOMEN

1.	Tanith Maxwell	Boxer AC	34:39
2.	Nkosi Mhlongo	Savages	37:34
3.	Cary Ann Smith	Mr Price AC	39:00

40-49:

1.	Maya Lawrie	Boxer AC	39:11
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50-59:

1.	Karen Warren	Kersney St	47:09
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60+:

1.	Ann Weeden	PDAC	45:47
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Sardine Run Half Marathon

Uvongo, 11 July

(Distance: 21.1 km; out-and-back course)

MEN

1.	Michael Mzobe	Ind	1:12:03
2.	Eric Ndobela	SAPS	1:12:55
3.	Vusi Mnyandu	Mr Price AC	1:14:58

40-49:

1. Michael Malunga Toyota AC 1:17:49

50-59:

1. Jeremiah Ngwenya Boxer AC 1:24:15

60+:

1. Michael Langa Ath North 1:33:52

WOMEN

1. Deborah Lambourn SCS 1:34:04

2. Jo Mckenzie Sani Striders 1:36:10

3. Iris Ndlovu Boxer AC 1:37:10

40-49:

1. Deborah Lambourn SCS 1:34:04

50-59:

1. Sandy Fismer Hilton Harr 1:38:51

60+:

1. Gill Tregenna West AC 2:02:20

The Fine Food & Wine Spar Spookhill 15 km (30th)

Somerset West, 10 July

(Certified loop course, very hilly)

MEN

1. Tom Lusaseni (Adidas) 49:29 (R300); 2. Sityhilo Diko (Nedbank) 49:33 (R200); 3. Peter Tsawayo (ZIM/Gugs) 51:40 (R150); 4. Graham Katzen (Celtics) 52:19 (1st vet); 5. Gcobani Mndi (Gugs) 52:52 (1st jun); 6. Barry-John Pienaar (Bell) 53:22; 7. Tebello Poni (VOB) 53:57; 8. Akhona Makila (VOB) 54:00; 9. Stanley Malange (Gugs) 54:44; 10. Zolani Sowazi (Gugs) 54:46; 11. Mandla Pangalele (Gugs) 55:40; 12. Alex Madikane (Gugs) 56:59; 13. Mzandolo Lusindiso (Gugs) 57:10; 14. Bongile Tshewula (Easterns) 57:22; 15. Subusiso Nontanda (Metropolitan) 57:44; 16. Andre Afrika (Eersterivier) 58:27; 17. Aldrin Smit (New Balance) 58:31; 18. Bethuel Lephallo (Strand) 59:05; Mtikitiki Lubapalo (Cor Serv) 59:16; 20. Masibulele Gxalatana (Temp) 59:37.

40-49: 1. Graham Katzen (Celtics) 52:19 (R150); 2. Basil Lehman (Metropolitan) 59:40 (R100); 3. Cornelius Poya (Gugs) 1:01:04 (R75). **50-59:** 1. Eric Mlonyeni (Nedbank) 1:04:55 (R150); 2. Gemjekile Tom (Eskom Gij) 1:06:02 (R100); 3. Henry Cieverts (Topform) 1:06:30 (R75). **60+:** 1. Ronnie le Roux (Brack) 1:13:27 (R100); 2. Henry Cleophas (Nedbank) 1:13:45 (R80); 3. Kevin Kohler (Edgemead) 1:16:00 (R60). **Juniors:** 1. Gcobani Mndi (Gugs) 52:52 (R150); 2. Akhona Makila (VOB) 54:00 (R100); 3. Andre Afrika (Eersterivier) 58:27 (R75).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (M Price) 1:02:08; 2. Bulelwa Mtshagi (Celtics) 1:02:51; 3. Sheryl de Lange (Adidas) 1:04:55 (1st vet); 4. Asiphe Sikabalanjana (Gugs) 1:05:52 (1st jun); 5. Elsiré Roos (Bellville) 1:08:04; 6. Danette Smith (Maties) 1:09:06; 7. Glenda Werth (Metropolitan) 1:11:39; 8. Patricia Adams (Metropolitan) 1:14:31; 9. Lorna Loubser (Sanlam) 1:14:34; 10. Amy Abrahams (Eersterivier) 1:15:03.

40-49: 1. Sheryl de Lange (Adidas) 1:04:55; 2. Glenda Werth (Metropolitan) 1:11:39; 3. Marinelle Tolken (Brack) 1:15:24. **50-59:** 1. Nancy Will (Pinelands) 1:15:24; 2. Ruth Levertton (Pinelands) 1:33:56; 3. Joy Kindo (Topforms) 1:34:11. **60+:** 1. Veronica van Niekerk (EGA) 1:15:30; 2. Pixie Sparg (Celtics) 1:26:37; 3. Zonia Barnard (Celtics) 1:35:47. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 1:05:52; 2. Amy Abrahams (Eersterivier) 1:15:03; 3. Benine Havenga (Tygerberg) 1:50:26.

Pick 'n Pay/Cape Times Knysna Forest Marathon (27th) & Half Marathon

Knysna, 10 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel.

Finishers: half marathon – 4 677; marathon – 663.)

Note: Correspondent André Pienaar reports that these are provisional results; there may still be changes (hopefully in the lower positions only). – Ed.

Marathon

MEN

1	Lindile	Tokota (1 st vet)	Nedbswd	42	2:34:37
2	Samson	Gulubela	AAC	24	2:36:02
3	Christopher	Mabengeza	Nedrcep	44	2:37:49
4	Emerson	Kayana	Nedrcep	36	2:38:37
5	Bonisile	Ncgulana	AAC	34	2:39:58
6	Thembelani	Zola	Mpwp	34	2:41:26
7	Zandisile	Ngeva	Nedbank	32	2:45:14
8	Zolile	Mhahlo	Triangle	35	2:46:50
9	Terrance	Mjekula	Triangle	37	2:47:01
10	Luvuyo	Stephen	Nedrcep	40	2:47:31
11	Kiaran	Pons	Temp	22	2:48:57
12	Kobus	Joubert	Jeffbay	35	2:50:45
13	Deon	Appollis	Nedrcep	30	2:52:21
14	Wilson	Bennett	Jeffbay	31	2:54:14
15	Ryan	Sandes	Houtbay	27	2:54:50
16	Sydney	Landsberg	Nedbank	48	2:55:04
17	Dirk	Cloete	Unknown	42	2:55:30
18	Patrick	Sassin	Plett	35	2:56:04
19	Arnold	Hyde	Mpwp	39	2:57:02
20	Sivuyile	Noxhaka	PEAAC	30	3:02:26

40-44:

1	Lindile	Tokota	Nedbswd	42	2:34:37
2	Christopher	Mabengeza	Nedrcep	44	2:37:49
3	Luvuyo	Stephen	Nedrcep	40	2:47:31

45-49:

1	Sydney	Landsberg	Nedbank	48	2:55:04
2	Neil	De Meillon	Newbal	47	3:13:46
3	Johan	Van der Vyver	Temp	45	3:17:17

50-54:

1	Andre	Barnardo	Outeniqua	53	3:14:01
2	André	Willemse	Elite	52	3:24:18
3	Lourens	Naudé	Temp	53	3:35:54

55-59:

1	Graham	Kumm	Oxford	58	3:36:48
2	Bruce	Mcewan	Ach	56	3:47:07
3	Colin	Parkins	Bluebay	56	3:51:49

60-64:

1	Peter	Jakoby	Knysna	61	4:00:01
2	Richard	Butcher	Swart	61	4:02:23
3	Johan	Van de Wetering	Temp	61	4:04:03

65-69:

1	Tamsanqa	Jusayi	Mpep	68	3:33:32
2	Gideon	Malherbe	Celtic	65	4:17:52
3	Mike	Derbidge	Knysna	66	4:32:49

70+:

1	Brian	Key	Forest	71	3:27:36
2	Peter	Brown	Knysna	73	5:20:23

WOMEN

1	Michelle Jean	Williams	RAC	30	3:09:58
2	Paula	Quinsee	Randh	38	3:15:47
3	Jacoline	Haasbroek (1 st vet)	Stel	44	3:19:21
4	Kutlwano	Ramaboa	Wcoast	33	3:23:16
5	Alison	Jordaan	Outenh	43	3:23:45
6	Lisl	Grobler	Knysna	34	3:25:36
7	Claire	Horner	Newbalwp	29	3:30:09
8	Anneke	Slabbert	Stel	38	3:36:38
9	Benita	Barton	Crusade	39	3:38:52
10	Stephanie	Ackemann	Oxford	24	3:39:57
11	Sanmari	Woithe	Triangle	40	3:40:56
12	Kate	Rees	RAC	32	3:41:24
13	Carol-Ann	Kinsley	Temp	23	3:42:25
14	Marelise	Pretorius	Wcoast	37	3:46:14
15	Kirsten	Leemans	Fourways	39	3:48:48
16	Monique	Du Plessis	Bonnie	33	3:49:19
17	Twane	Stillianou	Metlife	24	3:49:24
18	Marinda	Surridge	Strand	41	3:49:55
19	Anne	Pool	Strand	49	3:49:59
20	Kerryyn	Armstrong	Celtic	25	3:51:10

40-44:

1	Jacoline	Haasbroek	Stel	44	3:19:21
2	Alison	Jordaan	Outeniqua	43	3:23:45
3	Sanmari	Woithe	Triangle	40	3:40:56

45-49:

1	Anne	Pool	Strand	49	3:49:59
2	Heather	Kappmeier	Nedrccga	45	3:57:34
3	Cathy-Lee	Cunningham	Slojos	48	3:57:44

50-54:

1	Hanlie	Van der Westhuizen	Treep	54	4:04:38
2	Marina	De Milander	Strand	52	4:17:00
3	Julie	Jennings	Richbay	54	4:19:40

55-59:

1	Frances	Whitehead	Forest	56	4:21:13
2	Renee	Hawkridge	HQH	59	4:36:46
3	Sheree	Kirsten	Pdac	55	5:17:23

60-64:

1	Sonja	Beard	Forest	63	4:30:55
2	Anne	Kouvarellis	Boks	60	5:09:24
3	Gail	McLellan	VOB	63	5:10:51

Half marathon**MEN**

1	Michael	Bailey	Celtic	27	1:09:44
2	Mzwanele	Maphekula	Nedrcep	33	1:09:50
3	George	Ntshiliza	Nedrcep	30	1:09:55
4	Principal	Fana (1 st vet)	Rainbow	41	1:10:53
5	Melikhaya	Msizi	Knysna	26	1:13:03
6	Zamabantu	Teyise	Triangle	31	1:13:40
7	Quinton	Prince	Metlife	37	1:13:59
8	Juan	Pretorius	Hbosdraw	28	1:14:51
9	Ben	Brimble	UCT	25	1:15:54

10	Mnyamezeli	Nangu	Plett	38	1:16:13
11	Thomas	Pongola	Nedrcep	34	1:16:28
12	John	September	Celtic	44	1:16:53
13	Simon	Von Witt	Atlantic	33	1:17:18
14	Warren	Jeppe	VOB	29	1:17:36
15	Nelson	Bass	UCT	30	1:17:50
16	Craig	Burns (1 st jun)	Maties	19	1:18:14
17	Sithembele	Tabata	Plett	42	1:18:29
18	Sifiso	Khumalo	Sedge	25	1:18:46
19	Michael	Cannon	Rhodes	25	1:18:52
20	Mauritz	Van Rensburg	Temp	39	1:19:16

40-44:

1	Principal	Fana	Rainbow	41	1:10:53
2	John	September	Celtic	44	1:16:53
3	Sithembele	Tabata	Plett	42	1:18:29

45-49:

1	Adrian	Clarke	Temp	45	1:19:59
2	Bruce	Poole	Temp	45	1:22:40
3	Marius-Hugo	Schlechter	Plett	45	1:22:49

50-54:

1	Nasser	Petersen	SH	51	1:29:09
2	Malcolm	Harrington	Souths	52	1:30:19
3	Mike	Bosch	Bodycon	53	1:30:21

55-59:

1	Thys	Bouwer	Sanlamc	55	1:44:08
2	Quinten	Webster	Temp	56	1:45:40
3	Johan	Vosloo	Temp	55	1:47:50

60-64:

1	Alastair	Preston	RAC	63	1:39:00
2	Richard	Sharp	Temp	63	1:44:18
3	Manie	Steenkamp	Nedrswd	60	1:45:33

65-69:

1	Neil	Cryer	Buff	65	1:44:02
2	Chet	Sainsbury	Celtic	68	1:55:03
3	Les	Stuart	Temp	68	2:01:08

70+:

1	Rob	Lanning	Atlantic	70	2:10:53
2	Peter	Wilmot	Temp	70	2:15:57
3	Noel	Stamper	Plett	71	2:20:49

Juniors:

1	Craig	Burns	Maties	19	1:18:14
2	Thomas	Niven	Temp	19	1:22:02
3	Armand	Niewenhuys	Nedrswd	18	1:23:01

WOMEN

1	Ntombesintu	Mfunzi	Mpep	28	1:19:27
2	Liza-Marie	Bright	Elite	28	1:25:24
3	Ronel	Nattrass	Adidas	28	1:26:58
4	Sharon	Wood (1 st vet)	ELAC	43	1:28:06
5	Ester	Brink	Strand	44	1:28:34
6	Zelda	Coetzee	Temp	41	1:29:42
7	Sunet	Harmse	Nbalagn	37	1:30:33
8	Candice-Lee	Davidson (1 st mast)	Harf	53	1:30:38
9	Anna	Barker	Temp	39	1:30:53
10	Johanna	Claassen	Nedrswd	41	1:31:44
11	Kerry	Roos	Knysna	32	1:32:07

12	Ulrica	Stander	Newbalwp	35	1:32:18
13	Melissa	Van As	Temp	28	1:32:35
14	Liza	Rohland	Temp	37	1:32:50
15	Linley	Holmes	Wcoast	39	1:32:55
16	Madre	Marx	Temp	30	1:33:07
17	Nicole	Marais	Temp	26	1:33:23
18	Claire	Louw	Mpwp	43	1:35:28
19	Tanya	Scott	UCT	20	1:35:37
20	Chantel	Simpson	Pine	40	1:35:59

40-44:

1	Sharon	Wood	ELAC	43	1:28:06
2	Ester	Brink	Strand	44	1:28:34
3	Zelda	Coetzee	Temp	41	1:29:42

45-49:

1	Rhona	Zonnestein	Knysna	47	1:43:07
2	Johannette	Oosthuizen	Temp	45	1:45:39
3	Sue	Hougaard	Temp	47	1:50:44

50-54:

1	Candice-Lee	Davidson	Harf	53	1:30:38
2	Shelagh	Billett	Temp	50	1:51:10
3	Colleen	Steele	Temp	52	1:51:35

55-59:

1	Toekie	Steenkamp	Nedrcswd	58	1:55:49
2	Louisa	Van der Westhuizen	Stel	55	1:56:26
3	Carol	Norvall	Somer	56	2:06:43

60-64:

1	Rinske	Vreken	Hbosdraw	63	1:54:21
2	Rita	Van Wyk	Brackenf	60	2:18:43
3	Rita	Boucher	WAC	60	2:20:37

65-69:

1	Anne	Centner	Temp	66	2:12:24
2	Helen	Harding	Temp	65	2:26:13
3	Cathy	Taylor	Durbac	68	2:34:27

70-74:

1	Magdelene	Johnson	Tyger	73	3:02:31
2	Magda	Prince	Pine	74	3:07:18
3	Martha	Dix Peek	Temp	72	3:28:10

75-79:

1	Beatrice	Barnes-Webb	Temp	75	3:29:29
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Juniors:

1	Laune	Meyer	Temp	16	1:47:36
2	Dalya	Levin	Temp	19	1:49:59
3	Jana	De Jongh	Paarl	16	1:50:45

Aminostim 15 km

Pretoria, 10 July
(Loop course)

MEN

1 Lucky Mohale (Bonitas) 46:32; 2 Tsotang Maine (LES/Toyota) 46:38; 3 Wesley Ruto (KEN/Nedbank) 46:41.

Veterans: 1 Elias Mabane (Bidvest) 52:32. **Masters:** 1 Johannes Seakamela (RAC) 55:01.

G'masters: 1 Maxwell Teffo (BCC) 68:34. **G/g'masters:** 1 Ken Nurden (Agape) 70:53.

Juniors: 1 Kabelo Rabogale (ACRW) 64:17.

WOMEN

1 Louisa Leballo (GS) 57:18; 2 Charné Bosman (Mr Price) 57:21; 3 Catherine Skosana (Transnet) 57:45.

Veterans: 1 Jane Mudau (Nedbank) 66:05. **Masters:** 1 Hennelie v Zyl (Eskom) 79:43. **G'masters:** 1 Rina Machadu (Ndaba) 95:35. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 1:54:48. **Juniors:** 1 Letitia Saayman (New Balance) 60:47.

Top Gear 10 km

George, 3 July

Note: The top ten men did not run the correct route and 2 minutes were added to their times. – Ed.

MEN

1	Eric Sigxashe	Nedbank	31	32:10
2	Luwayne Duitsjan	Hartenbos Drawwers	24	32:27
3	Gurome Gelderbloem	M/B Harriers	34	32:42
4	Donnay Danster	Univers.	18	33:41
5	Didishe Sinesijho	T.M.C.	18	33:53
6	Vuyo Witbooi	Outen. Harriers	34	34:13
7	Julius ?	Rainbow Club	25	34:25
8	Francois Francies	Riversdal Super Kids	17	35:03
9	Melikaya Msizi	Knysna M. Club	26	35:11
10	Dlephu ?	Nedbank	22	35:15

WOMEN

1	Lana Theunissen	Outen. Harriers	37	42:38
2	Kerry Roos	Knysna M. Club	32	42:57
3	Annatjie Botes	Nedbank	52	43:37
4	H. de Swardt		44	44:55
5	Johanna Claassen	Nedbank AC	34	45:05
6	Marie Wolmarans	Nedbank AC	51	45:43
7	Thea-Mari vd Sandt	Nedbank AC	34	46:51
8	Marion Erasmus	Rainbow AC	16	47:13
9	Michelle v. Rooyen	Nedbank AC	15	48:17
10	Helene Muller	Hartenbos Drawwers	17	48:32

Sweat Shop Asics RAC 10 km (27th)

Johannesburg, 13 June

Note: The top men's and women's results were included in DRR 10:25. Here are the category results. – Ed.

MEN

40-49:

1	Bheki Nene	ADT	41	33:18
2	Lawrence Chipangaan	Nedbank CGA	41	33:32
3	Elgin Mokale	Harmony Striders	44	33:42

50-59:

1	Charles Vilakazi	Kwa-Thema	50	35:10
2	Johannes Seakamela	RAC	50	36:12
3	Jerry Rankapule	Nedbank CGA	50	36:16

60-69:

1	Don Charles	Brotherhood	61	39:59
2	Brian Chamberlain	Kudus	61	41:48
3	Vincent Lentsoenyane	JHAC	60	44:16

70+:

1	John MacDonald	RAC	75	52:29
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Juniors:

1	Pieter Wilders	Kempies New Bal	19	31:41
2	Reuben Mongengenene	Gauteng Striders	19	32:46
3	Percu Masondo	Gauteng Striders	19	33:02

WOMEN**40-49:**

1	Tessa Burrell	Gauteng Striders	45	39:30
2	Catherine Naane	Driefontein	44	42:19
3	Sarah Mahlangu	Mr: Price CGA	43	42:42

50-59:

1	Judy Pace	RAC	51	48:07
2	Natalie Sanders	Fourways	51	51:00
3	Jane Dickinson	RWFL	57	51:08

60-69:

1	Sonja Laxton	RAC	61	44:33
2	Elaine Greenblatt	Rockies	61	49:02
3	Laura Hofer	Randburg Harriers	62	59:47

Juniors:

1	Sylvia Tshetlanyane	Kagiso	17	37:51
2	Thato Makhafola	Kagiso	16	39:02
1	Ashleigh Schnetler	Univ: Jhb:	19	39:14

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**Utica Boilermaker 15 km (33rd)**

Utica, USA, 11 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN

1.	Lelisa Desisa, ETH	42:46 PB/WL	\$6000
2.	Peter Cheruiyot Kirui, KEN	42:48 PB	3500
3.	Shadrack Kosgei, KEN	42:50 PB	2000
4.	Ridouane Harroufi, MAR	43:17 PB	1300
5.	Ahmed Baday, MAR	43:33 PB	1000

WOMEN

1.	Edna Kiplagat, KEN	47:57 WL/PB/CR*	\$6000
2.	Alice Timbilili, KEN	48:15 PB	3500
3.	Belainesh Gebre, ETH	49:09 PB	2000
4.	Dire Tune, ETH	49:33	1300
5.	Mamitu Daska, ETH	49:48 PB	1000

Asics British 10 km London Run

London, GBR, 11 July
(Out-and-back course)

MEN

1. Ruben Indongo, NAM 29:32
2. Hicham Ettaichmi, MAR 30:39
3. (no name given) 31:35

...

Steve Jones, GBR 35:48

WOMEN

1. Getenesh Tamirat, ETH 35:30
2. (no name given) 35:43
3. Olga Firasova, DZE 35:50

Firecracker Fast 5 km (34th)

Little Rock, USA, 3 July
(Certified point-to-point course, with a huge 36+ metres elevation loss [7.2m/km])

MEN (extended times)

1. Josephat Boit, 26, Fayetteville, AR (KEN), 13:36.43
2. Orey Smith, 23, Fayetteville, AR, 13:43.91
3. James Kirwa, 26, Little Rock, AR (KEN), 13:49.95

WOMEN (extended times)

1. Leah Thorvilson, 31, Little Rock, AR, 16:02.62 PB
2. Hirut Mandefro, 24, Albuquerque, NM (ETH), 16:14.09
3. Lucy Cherotich, 28, Little Rock, AR, 16:19.69
4. Joan Samuelson, 53, Freeport, ME, 17:33.02

ULTRA/MOUNTAIN/TRAIL RUNNING**Zermatt Marathon (9th)**

St. Niklaus to Riffelberg, SUI, 10 July
(Distance: 42.195 km, all uphill! Course begins at 1085 m and climbs to 2585 m, a gain of 1500 m)

MEN

1. Patrick Wieser, 1979, SUI 3:09:35
2. Gerd Frick, 1974, ITA 3:13:37
3. Jean-Christophe Dupont, 1971, FRA 3:14:47

WOMEN

1. Claudia Landolt, 1971, SUI 3:44:06
2. Simona Staicu, 1971, HUN 3:52:44
3. Tanja Aimiet, 1976, SUI 3:59:21

TRACK**Internationale Atletiek@Vlaanderen**

(Flanders Cup)

Brasschaat, BEL, 11 July

MEN

10000:

1. John Kemboi Cheruiyot, 1990, KEN, 27:29.82 PB
2. Lucas Rotich, 1990, KEN, 27:33.59 PB
3. Nathan Lagat, 1977, KEN, 27:43.89 PB
4. Yuseff Biwott, 1986, KEN, 28:21.38 PB
5. Gladwin Mzazi, RSA, 29:41.79

WOMEN

800:

Race A:

1. Laura Januszewski, USA, 2:01.19 PB
2. Linda Marguet, FRA, 2:01.50 PB
3. Shannon Rowbury, USA, 2:03.02
- ... 6. Juanee Cilliers, RSA, 2:04.93

Kortrijkse Guldensporenmeeting (13th)

(Flanders Cup)

Kortrijk, BEL, 11 July

MEN

1500:

1. Vickson Polonet, KEN, 3:39.41
2. Collins Cheboi, KEN, 3:40.17
3. Cornelius Ndiwa, KEN, 3:40.56
4. Pharson Magagane, RSA, 3:40.96

WOMEN

800m:

1. Molly Beckwith, USA, 2:03.30
2. Latavia Thomas, USA, 2:03.78
3. Mandie Brandt, RSA, 2:05.66

Nocturna Internacional de Alcala de Henares (22nd)

Alcalá de Henares, ESP, 10 July

MEN

1500:

1. Hillary Kipketer Twei, 1991, KEN, 3:43.86
2. Antonio Abadia Beci, 1990, ESP, 3:44.27
3. Helio Gomez, 1984, POR, 3:44.58
4. Lhoussaine Oukhrif, 1984, MAR, 3:45.48
5. Ivan Lopez Bilbao, 1990, CHI, 3:46.12
6. Isaac Mboyaza, 1986, RSA, 3:46.69

Aviva British Grand Prix

(Diamond League)

Gateshead, GBR, 10 July

MEN**1500 (DL):**

1. Asbel Kiprop, KEN	3:33.34	\$10,000
2. Augustine Choge, KEN	3:33.51	6,000
3. Leonel Manzano, USA	3:33.51	4,000
4. Mekonnen Gebremedhin, ETH	3:33.96	3,000
5. Andrew Baddeley, GBR	3:34.50	2,500
... 8. Peter van der Westhuizen, RSA	3:35.97	1,000

5000 (DL):

1. Vincent Chepkok, KEN	13:00.20	\$10,000
2. Eliud Kipchoge, KEN	13:00.24	6,000
3. Imane Merga, ETH	13:00.48	4,000
4. Tariku Bekele, ETH	13:01.32	3,000
5. Moses Kipsiro, UGA	13:02.10	2,500
... 8. Micah Kogo, KEN	13:07.62	1,000
9. Galen Rupp, USA	13:10.05	PB
... 13. Alistair Cragg, IRL	13:21.66	

3000 s/chase (DL):

1. Linus Chumba, KEN	8:19.72	\$10,000
2. Michael Kipyego, KEN	8:21.91	6,000
3. Ben Bruce, USA	8:22.88	PB 4,000
4. Luke Gunn, GBR	8:28.89	3,000
5. Youcef Abdi, AUS	8:28.93	2,500
... 8. Ruben Ramolefi, RSA	8:41.80	1,000

WOMEN**800 (DL):**

1. Alysia Johnson, USA	1:59.84	\$10,000
2. Halima Hachlaf, MAR	2:00.49	6,000
3. Yuliya Krevsun, UKR	2:00.67	4,000
4. Christin Wurth-Thomas, USA	2:00.75	3,000
5. Lucia Klocová, SVK	2:00.97	2,500
6. Jenny Meadows, GBR	2:01.07	2,000
... 8. Janeth Jepkosgei, KEN	2:01.60	1,000
... 12. Maggie Vessey, USA	2:02.71	

1500:

1. Lisa Dobriskey, GBR	4:03.69
2. Morgan Uceny, USA	4:04.26
3. Hannah England, GBR	4:04.33
4. Helen Clitheroe, GBR	4:06.04
5. Ann Karindi Mwangi, KEN	4:06.58
6. Stephanie Twell, GBR	4:07.43
7. Sarah Bowman, USA	4:08.22

British Milers Club Nike Grand Prix

Solihull, GBR, 10 July

MEN

800:

Section A -

1. Gareth Warburton, GBR, 1:47.44
- ... 5. Ettienne Plaatjies, RSA, 1:49.41

Weltklasse in Biberach

Biberach, GER, 8-9 July

MEN

3000 s/chase (9):

1. Bjørnar Ustad Kristensen, NOR, 8:28.52 SB/MR*
2. Caleb Ngetich, KEN, 8:30.43 SB
3. Filmon Ghirmai, GER, 8:30.64 SB
4. Edwin Molepo, RSA, 8:36.98

KBC Night of Athletics

Heusden, BEL, 10 July

MEN

800m "National:"

1. David Rudisha, KEN, 1:41.51 AR
2. Belal Mansoor, QAT, 1:44.95
3. Nadjim Manseur, ALG, 1:46.97

800 U.23:

1. Masato Yokota, JPN, 1:46.63
2. Jonas Windy, RSA, 1:46.64
3. Sören Ludolph, GER, 1:47.29

800m National Pre-Program:

Heat 5:

1. Joni Jaako, SWE, 1:49.27
- ... 7. Hannes Naude, RSA, 1:51.10

1500m "National:"

Race A:

1. Daniel Kipchirchir Komen, KEN, 3:32.16
2. Ismael Kombich, KEN, 3:33.31 PB
3. A.J. Acosta, USA, 3:36.48 PB
4. Kristof Van Malderen, BEL, 3:37.13 PB
5. Kristof Lohse, GER, 3:37.60 PB

Race B:

1. Mthobisi Baloyi, RSA, 3:41.58

5000:

Race A:

1. Jacob Cheshari, KEN, 12:59.72 PB
2. Joshat Kiprono Menjo, KEN, 13:00.67 PB
3. Leonard Patrick Komon, KEN, 13:17.32
4. Japhet Korir, KEN, 13:19.43 PB

5. Josphat Bett, KEN, 13:19.77
 ... 7. Sergey Lebid, UKR, 13:23.66
 ... 12. Craig Mottram, AUS, 13:36.03

3000 s/chase:

1. Brahim Taleb, MAR, 8:17.71
2. Abdellatif Chemlal, MAR, 8:18.36
3. Hillary Yego, KEN, 8:19.50 PB
4. Mustafa Mohamed, SWE, 8:22.99
5. Alberto Paulo, POR, 8:24.06 PB

WOMEN

1500 National:

1. Abeba Arigawi, ETH, 4:01.96 PB
2. Erin Donohue, USA, 4:03.91 PB
3. Nikki Hamblin, NZL, 4:05.93 PB
4. Almensh Belete, ETH, 4:06.87 PB
5. René Kalmer, RSA, 4:07.57
6. Makhanya Mapaseka, RSA, 4:08.18 PB

Miting Internacional D'Atletisme Ciutat de Barcelona

Barcelona, ESP, 9 July

MEN

1500:

Race A:

1. Arturo Casado, 1983, ESP, 3:35.02
2. Juan Van Deventer, 1983, RSA, 3:35.15
3. Alvaro Fernandez Cerezo, 1981, ESP, 3:35.74

WOMEN

1500m (Meet record 4:01.93, Carla Sacramento, POR, 1999):

1. Liliana Barbulescu, 1982, ROM, 4:04.23
2. Marta Domínguez, 1975, ESP, 4:04.27 PB
3. Siham Hilali, 1986, MAR, 4:05.17
- ... 6. Georgie Clarke, 1984, AUS, 4:12.66
- ... 13. Lebogang Phalula, 1983, RSA, 4:23.06

Athletissima (35th)

(Diamond League)

Lausanne, SUI, 8 July

MEN

800 (DL):

- | | | |
|----------------------------|------------|----------|
| 1. David Rudisha, KEN | 1:43.25 | \$10,000 |
| 2. Mbulaeni Mulaudzi, RSA | 1:43.58 | 6,000 |
| 3. Alfred Kirwa Yego, KEN | 1:43.97 | 4,000 |
| 4. Marcin Lewandowski, POL | 1:44.30 | 3,000 |
| 5. Michael Rimmer, GBR | 1:44.49 PB | 2,500 |

1500:

1. Nicholas Kemboi, KEN 3:31.52 PB/WL
2. Amine Laalou, MAR 3:32.75
3. Remmy Limo Ndiwa, KEN 3:32.83 PB
4. Daniel Kipchirchir Komen, KEN 3:33.61

- | | |
|-------------------------|------------|
| 5. Collins Cheboi, KEN | 3:34.17 PB |
| 6. Gideon Gathimba, KEN | 3:34.75 |
| 7. Johan Cronje, RSA | 3:35.24 |

3000 s/chase (DL):

- | | | |
|-----------------------------|---------------|----------|
| 1. Brimin Kipruto, KEN | 8:01.62 PB/WL | \$10,000 |
| 2. Benjamin Kiplagat, UGA | 8:03.81 NR | 6,000 |
| 3. Paul Kipsiele Koech, KEN | 8:11.65 | 4,000 |
| 4. Daniel Huling, USA | 8:13.29 PB | 3,000 |
| 5. Richard Mateelong, KEN | 8:16.84 | 2,500 |
| Ruben Ramolefi, RSA | DNF | |
| Saif Saaeed Shaheen, QAT | DNF | |

WOMEN

1500 (DL):

- | | | |
|-----------------------------------|------------|----------|
| 1. Gelete Burka, ETH | 3:59.28 WL | \$10,000 |
| 2. Btissam Lakhoad, MAR | 3:59.35 NR | 6,000 |
| 3. Nancy Jebet Langat, KEN | 4:00.13 PB | 4,000 |
| 4. Lisa Dobriskey, GBR | 4:01.83 | 3,000 |
| 5. Morgan Uceny, USA | 4:02.40 PB | 2,500 |
| ... 8. Christin Wurth-Thomas, USA | 4:03.44 | 1,000 |
| ... 11. Sarah Bowman, USA | 4:09.80 | |

3000 (DL):

- | | | |
|--------------------------|------------|----------|
| 1. Vivian Cheruiyot, KEN | 8:34.58 WL | \$10,000 |
| 2. Alemitu Bekele, TUR | 8:35.19 PB | 6,000 |
| 3. Meseret Defar, ETH | 8:36.09 | 4,000 |
| 4. Sentayehu Ejigu, ETH | 8:37.20 PB | 3,000 |
| 5. Iness Chenonge, KEN | 8:37.63 | 2,500 |
| 6. Meselech Melkamu, ETH | 8:40.08 | 2,000 |
| ... 10. Linet Masai, KEN | 8:41.37 | |
| ... 15. René Kalmer, RSA | 8:59.48 | |
| 16. Jen Rhines, USA | 9:24.12 | |

Cork City Sports (59th)

Cork, IRL, 3 July

MEN

3000:

- | | |
|-----------------------------|------------|
| 1. Ben St. Lawrence, AUS, | 8:02.42 |
| 2. Craig Miller, USA, | 8:02.89 PB |
| 3. Mark Draper, GBR, | 8:04.22 SB |
| ... 19. Gladwin Mzazi, RSA, | 8:49.86 |

Memorial Leon Buyle (19th)

Oordegem, BEL, 3 July

MEN

800:

- | | |
|---------------------------|---------|
| 1. Abdelmajid Touil, ALG, | 1:49.07 |
| 2. Ali Hamdi, GRIM, | 1:49.26 |
| 3. Matthias Stubbe, OB, | 1:49.69 |

800 Post-Program:

- | | |
|----------------------|---------|
| 1. Ross Stuart, GBR, | 1:49.98 |
|----------------------|---------|

... 10. Hannes Naude, **RSA**, 1:54.06

Mondo Keien Meeting

Uden, NED, 3 July

MEN

800:

1. Windy Jonas, 1990, **RSA**, 1:46.55
2. Arnoud Okken, 1982, NED, 1:46.58
3. Robert Lathouwers, 1983, NED, 1:46.68

1500:

1. Craig Huffer, 1989, AUS, 3:41.03
2. Kristof van Malderen, 1983, BEL, 3:41.12
3. Philemon Kimutai, 1983, KEN, 3:41.22
- ... 6. Thobs Baloyi, 1985, **RSA**, 3:41.31
- ... 9. Elroy Gelant, 1986, **RSA**, 3:42.19

3000 s/chase:

1. Bisluke Kiplagat, 0, KEN, 8:33.80
2. Dennis Licht, 1984, NED, 8:37.83
3. Edwin Molepo, 1987, **RSA**, 8:44.54

WOMEN

800:

1. Nikki Hamblin, 1988, NZL, 2:01.78
2. Molly Beckwith, 1987, USA, 2:02.06
3. Laura Januszewski, 1986, USA, 2:02.34
- ... 5. Mapaseka Makhanya, 1985, **RSA**, 2:03.36

800 Heat 2:

1. Mandy Brand, 1982, **RSA**, 2:08.54

Internationales Leichtathletik-Meeting (40th)

Rhede, GER, 3-4 July

MEN

3000 (04):

1. Tshamano Setone, 1987, **RSA**, 7:57.98
2. Pharson Magagane, 1986, **RSA**, 7:58.51

Meeting de la ville de Reims

(Alma Athle Tour/4th Stop)

Reims, FRA, 30 June

MEN

2000 s/chase:

1. Mahiedine Mekhissi Benabbad, 1985, FRA, 5:10.68 WB
2. Ali Thamer, QAT, 5:20.13
3. Ruben Ramolefi, **RSA**, 5:26.46

Atletissima Namur (14th)

Namur, BEL, 30 June

WOMEN

800: 1. Leonor Piuza, MOZ, 2:06.53; 2. Jenniver Lozano, FRA, 2:06.67; 3. Mandie Brandt, RSA, 2:08.10.

Moscow Open

Moscow, RUS, 29 June

MEN

800:

1. Yuriy Borzakovskiy (12.04.81) 1:45.17
2. Jakub Holusa 88 (CZE) 1:45.85
3. Ismael Kombich 85 (KEN) 1:45.85

WOMEN

800:

1. Yelena Kofanova (08.08.88) 1:59.67
2. Sviatlana Usovich 80 (BLR) 1:59.73
3. Oksana Zbrozhek (12.01.78) 2:00.01

Meeting National D1 de Metz Moselle Athlelor

Metz, FRA, 29 June

MEN

1500 Race 1:

1. Carsten Schlangen, GER, 3:36.67
2. Abiyot Abinet, ETH, 3:37.80
3. Florian Carvalho, 1989, FRA, 3:38.53
4. Pharson Magagane, RSA, 3:39.06
- ... 8. Windy Jonas, RSA, 3:41.88
- Tobs Baloyi, RSA, DNF

5000:

1. Tshamano Setone, RSA, 13:27.50
2. Nassir Dawud, ERI, 13:45.25
3. Morhad Amdouni, FRA, 13:45.49

3000 s/chase:

1. Bouabdellah Tahri, 1978, FRA, 8:03.72 WL
2. Berenard Mbugua, KEN, 8:20.14
3. Kipkorir Buslik Kiplagat, KEN, 8:32.28
- ... 11. Edwin Molepo, RSA, 9:00.57

WOMEN

1500:

1. Meskerem Assefa, ETH, 4:13.56
2. Mary Wangari, KEN, 4:15.03
3. Mapaseka Makhanya, RSA, 4:15.44

3000 s/chase:

1. Olga Tarantinova, RUS, 9:50.13
2. Tebogo Mashela, RSA, 9:58.98
3. Eliane Saholinarina, MAD, 10:02.24 NR

New KCC/Athletics Kenya National Athletics Championships

Nairobi, KEN, 24-26 June

Note: Amazing times at these Championships – especially the depth in the men's 10000 m, where twelve men broke 28 minutes. Remember that Nairobi is at approximately 1680 m above sea level. – Ed.

MEN

800 (26):

1. David Rudisha, KENYA POLICE, 1:44.23
2. Alfred Kirwa, KENYA POLICE, 1:45.50
3. Jackson Kivuva, ARMED FORCES, 1:45.75
4. Abraham Kiplagat, INDIVIDUAL, 1:45.83
5. Richard Kiplagat, ADM. POLICE, 1:46.49

1500 (26):

1. Asbel Kiprop, KENYA POLICE, 3:33.69
2. Silas Kiplagat, ADM. POLICE, 3:34.28
3. Nicholas Kemboi, NAIROBI, 3:37.22
4. Vickson Polonet, KENYA POLICE, 3:38.14
5. Nickson Chepsepa, NORTH RIFT, 3:39.12

5000 (26):

1. Vincent Yator, KENYA POLICE, 13:35.01
2. Edwin Soi Cheruiyot, SOUTH RIFT, 13:35.09
3. Mark Kiptoo, ARMED FORCES, 13:36.72
4. Vincent Chepkok, INDIVIDUAL, 13:37.96
5. Peter Cheruiyot Kirui, SOUTH RIFT, 13:38.01

10000 (26):

1. Wilson Kiprop, NORTH RIFT, 27:26.93
2. Geoffrey Mutai, KENYA POLICE, 27:27.79
3. Mathew Kisorio, INDIVIDUAL, 27:28.13
4. Titus Mbishei, KENYA POLICE, 27:29.13
5. Jacob Cheshari, INDIVIDUAL, 27:32.43
6. Lucas Rotich, KENYA POLICE, 27:34.55
7. Paul Tanui, NYANZA SOUTH, 27:36.76
8. Philemon Limo, NYANZA SOUTH, 27:36.94
9. Josphat Kiprono Menjo, ARMED FORCES, 27:37.42
10. Josphat Ndambiri, INDIVIDUAL, 27:48.39
11. Isaac Arusei, CENTRAL, 27:49.73
12. Josphat Bett, NAIROBI, 27:50.40
13. Isaac Korir, KENYA PRISONS, 28:05.46
14. Evans Taiget, ADM. POLICE, 28:05.89
15. Peter Bii, INDIVIDUAL, 28:07.38
16. Linus Maiyo, WESTERN, 28:13.70
17. Edwin Korir, NORTH RIFT, 28:16.73
18. Bonface Wambua, SOUTHERN, 28:20.37
19. Daniel Cherotich, CENTRAL, 28:21.31
20. David Langat, SOUTH RIFT, 28:21.36

3000 s/chase (26):

1. Richard Mateelong, KENYA POLICE, 8:15.69
2. Jonathan Muia, INDIVIDUAL, 8:19.25
3. Abraham Cherono, ARMED FORCES, 8:21.15

4. Abraham Chirchir, ARMED FORCES, 8:23.23
5. Patrick Langat, KENYA PRISONS, 8:25.96
- ... 9. Paul Kipsiele Koech, KENYA POLICE, 8:39.82

WOMEN

800 (26):

1. Janeth Jepkosgei, KENYA POLICE, 1:58.95
2. Winny Chebet, SOUTH RIFT, 2:00.88
3. Eunice Sum, KENYA POLICE, 2:02.55
4. Tabitha Wambui, KENYA PRISONS, 2:04.25
5. Sylvia Chesebe, KENYA PRISONS, 2:05.64
- Pamela Jelimo, KENYA POLICE, DNF

1500 (26):

1. Nancy Jebet Langat, ARMED FORCES, 4:10.11
2. Ann Karindi, KENYA POLICE, 4:12.18
3. Irene Jelagat, KENYA POLICE, 4:12.72
4. Nelly Chebet, ARMED FORCES, 4:16.67
5. Fancy Cherotich, SOUTH RIFT, 4:20.19

5000 (26):

1. Vivian Cheruiyot, KENYA POLICE, 15:31.39
2. Iness Chenonge, ARMED FORCES, 15:32.73
3. Esther Chemtai, KENYA POLICE, 15:38.53
4. Margaret Wangare, KENYA POLICE, 15:45.87
5. Gladys Chemweno, ARMED FORCES, 15:46.50

10000 (25):

1. Linet Masai, KENYA POLICE, 32:03.85
2. Pauline Korikwang, INDIVIDUAL, 32:28.69
3. Doris Changeiywo, INDIVIDUAL, 32:29.46
4. Lineth Chepkurui, ARMED FORCES, 32:29.99
5. Sharon Chemutai, ARMED FORCES, 32:32.72
6. Florence Kiplagat, KENYA POLICE, 32:46.99
7. Peninah Arusei, ARMED FORCES, 32:48.67
8. Emily Chebet, ADM. POLICE, 32:49.43
9. Monica Wangari, KENYA POLICE, 33:08.09
10. Hilda Kibet, NED, 33:09.08
- ... 14. Sally Barsosio, INDIVIDUAL, 33:59.27
- ... 16. Susan Chepkemei, KENYA PRISONS, 34:35.64

3000 s/chase (26):

1. Milcah Chemos, KENYA POLICE, 9:34.28
 2. Lydia Rotich, KENYA POLICE, 9:50.44
 3. Mercy Njoroge, ARMED FORCES, 9:50.47
 4. Elizabeth Mueni, ARMED FORCES, 9:53.50
 5. Veronica Ngososei, HPTC, 10:01.98
-

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 MEN

28:40	Gladwin Mzazi	1	Sasolburg	06 Feb
28:57	Kgosi Samuel Tsosane	2	Sasolburg	06 Feb
29:03	Sibusiso Nzima	3	Sasolburg	06 Feb
29:04	Samuel Segoaba	1	Bloemfontein	06 Feb
29:11	George Ntshiliza	1	Port Elizabeth	27 Apr
29:15	B. Ramolefi	3	Bloemfontein	06 Feb
29:15	Zolani Ntongana	1	Bellville	10 Apr
29:17	Stephen Mokoka	1	Sasolburg	15 May
29:22	Jeffrey Gwebu	2	Sasolburg	15 May
29:25	Thulo Richard Nyedimane	4	Bloemfontein	06 Feb

THIS MONTH IN HISTORY

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

18 years ago: 4 July 1992

On 8 May 1992 Whaddon Nieuwoudt set a new South African record of 8:19.00 for the steeplechase in Stellenbosch, and at the Bislett Games in Oslo he came up against a strong field that included Matthew Birir, who a month later would win the Olympic title in Barcelona. Here Birir was beaten by Algerian Azzedine Brahmi in 8:11.27 to 8:12.58, with Tom Hanlon (GBR) third. Nieuwoudt finished fourth in 8:22.93, his third fastest time of the year. He made the semifinal in Barcelona and at the end of 1992 had run nine of the top twelve times by South Africans.

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 Trafteh (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	Mruleki Nobanda	East London	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:36	Graham Katzen	Eersterivier	26 Jun
	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	47:28	Siyabonga Makhaluzo	Eersterivier	26 Jun
	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	51:24	Tanith Maxwell	Eersterivier	26 Jun
	49:48	Feyissa Tadese (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	56:31	Michelle Bartman	Eersterivier	26 Jun
	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	63:25	Olga Howard	Eersterivier	26 Jun
	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				
<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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