

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

Highlight of the weekend was the return to the track of Caster Semenya, the world 800-metre champion. She first won a highly publicised race in Lappeenranta in an inauspicious 2:04.22 and then won again in Lapinlahti in a list leader 2:02.41.

In the Diamond League meeting in Paris René Kalmer ran the fastest 5000 m by a South African this year, 15:44.08, but could finish only 15th in a super quick race taken by Vivian Cheruiyot in a world-leading 14:27.41. In third and fifth Elvan Abeylegesse (14:31.52) and Jessica Augusto (14:37.07) achieved the fastest times ever for these positions. Kalmer will now run a 3000 in Monaco on Thursday night before returning home for the African Championships.

Another list leader came from Tshamano Setone, who clocked 7:49.43 for 3000 m in Tangier. At the same meeting Juan van Deventer (3:27.04) was second to Boaz Lalang in the 1500 m.

The results of the Knysna Half Marathon in last week's DRR showed Candice-Lee Davidson as the first master. She was eighth, but is in fact 33 and not 53. Also, Rob Lanning was shown as the first 70+ runner, but he did not run the race. It is believed that someone else ran in his number.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Elsie's River 10 km, Bellville
- * Value Prop Challenge Orion Half Marathon, Pietermaritzburg
- * Dinamika Springbok Vasbyt 25 km & 10.5 km, Pretoria
- * Worcester Voorsieners/Hospice Half Marathon & 10 km, Worcester
- * Vryheid Meat Masters Game Park Run, Vryheid
- * ORAK 12-hour track race, Vredendal
- * Liberty Medical Scheme Rhodes Trail Run, Rhodes
- * Boland Correctional Services Half Marathon, Paarl
- * XC: EP League Meeting, Uitenhage

International highlights:

- * Bupa Great North 10 km, Sunderland, GBR
- * Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km, Kingsport, USA
- * AdventureCORPS Badwater Ultramarathon, Furnace Creek (Death Valley) to Mount Whitney, USA

* Track: Meeting International Tangier, Tangier, MAR; Savo Games, Lapinlahti, FIN; Meeting Internazionale Atletica Leggera, Lignano, ITA; Meeting Areva, Paris, FRA; Karlstad Grand Prix, Karlstad, SWE; Vattenfall Lappeenranta Games, Lappeenranta, FIN; Meeting international de la Province de Liège, Naimette-Xhovémont, BEL

ROAD RUNNING

Elsies River 10 km

Bellville, 18 July
(Certified loop course)

MEN

1. Nkosinathi Madyo (MP) 30:10; 2. Sityhilo Diko (Ned CGA) 30:46; 3. Peter Tsawayo (ZIM/Gugs) 31:01; 4. Luxolo Mdzanga (Gugs) 31:44 (1st jun); 5. Neo Molema (MP) 32:04; 6. Asive Njenxa (Khay) 32:07; 7. Sihle Mapukata (MP) 32:13; 8. Yandisa Casani (Celtic) 32:16; 9. Vladimir Kotov (BLR/Cent) 32:16 (1st mast); 10. Morné Kammies (Met) 32:24; 11. Eric Chirchir (KEN/Celtic) 33:01; 12. Wanda Roro (Adid) 33:39; 13. Johnny Persents (Adid) 33:45 (1st vet); 14. Thabiso Sakayi (Gugs) 33:48; 15. Dawid Visser (MP) 34:05; 16. Bongile Tshewula (East) 34:17; 17. Alex Madikane (Gugs) 34:31; 18. Luthendo Diba (Celtic) 34:42; 19. Aka Fagereng (UCT) 34:45; 20. Ricardo Sattna (Eerste) 35:03.

Veterans: 1. Johnny Persents (Adid) 33:45; 2. Chris Mitchell (Celtic) 36:53; 3. Pieter Hanekom (Ned) 37:27. **Masters:** 1. Vladimir Kotov (BLR/Cent) 32:16; 2. Friedl van der Merwe (Strand) 36:42; 3. Mohammad Kriel (Ned) 37:35. **G'masters:** 1. Albertus Bock (Adid) 39:13; 2. Roger Davis (FH) 46:11; 3. Dave Whitelaw (Celtic) 53:15. **Juniors:** 1. Luxolo Mdzanga (Gugs) 31:44; 2. Asive Njenxa (Khay) 32:07; 3. Yandisa Casani (Celtic) 32:16.

WOMEN

1. Asiphe Sikabalanjana (Gugs) 40:27 (1st jun); 2. Mariëtte Esterhuyse (Tyger) 41:44 (1st vet); 3. Patricia Adams (Met) 42:38; 4. Chantel Simpson (Pine) 42:54; 5. Lorna Loubser (Sanlam) 42:57; 6. Charmaine Cupido (Ned) 43:33 (1st mast); 7. Nonhlanhla ? (UWC) 44:21; 8. Dawn Middelkoop (VOB) 44:27; 9. Natalie Cloete (Durb) 46:51; 10. Lindie Bouwer (Sanlam) 47:27; 11. Mesilane Lusanda (Khay) 47:41; 12. Sandy Hood (VOB) 47:43; 13. Sara Abrahams (Ind) 48:57; 14. Sonia Harlock (FH) 49:01; 15. Cailey Bredenkamp (Paarl) 49:19; 16. Megan Goliath (Brack) 49:21; 17. Elsabé Mojo (Gugs) 49:44; 18. E. Bartes (Pine) 50:08; 19. Wendy Jansen (Edge) 50:25; 20. Ann Muller (Edge) 50:26.

Veterans: 1. Mariëtte Esterhuyse (Tyger) 41:44; 2. Chantel Simpson (Pine) 42:54; 3. Sonia Harlock (FH) 49:01. **Masters:** 1. Charmaine Cupido (Ned) 43:33; 2. Dawn Middelkoop (VOB) 44:27; 3. Sandy Hood (VOB) 47:43. **G'masters:** 1. Pixie Sparg (Celtic) 50:43; 2. Marlene James (Pine) 55:56; 3. Zonia Barnard (Celtic) 57:02. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 40:27; 2. Mesilane Lusanda (Khay) 47:41; 3. Benine Havenga (Tyger) 64:16.

Value Prop Challenge Orion Half Marathon

Pietermaritzburg, 18 July
(Distance: 21.1 km; loop course)

MEN

1.	Sibonelo Duma	Boxer AC	70:44
2.	Bongumusa Mthembu	Mt Price AC	71:39
3.	Simon Mpholo	Incwenga AC	74:02

40-49:

1. Enock Ngubane Mr Price AC 84:04

50-59:

1. Simphiwe Ntentesa Mr Price AC 81:33

60+:

1. Petros Shumi Zabalaza AC 111:08

Juniors:

1. Philani Ngubo Mr Price AC 84:01

WOMEN

1. Nonsikelelo Mbambo Ntl. Carb 100:34

2. Lauren De Scally Howick AC 101:40

3. Sandy Fismer Hilton Harr 103:03

40-49:

1. Lauren De Scally Howick AC 101:40

50-59:

1. Sandy Fismer Hilton Harr 103:03

60+:

1. Gill Tregenna West AC 128:33

Dinamika Springbok Vasbyt 25 km & 10.5 km

Pretoria, 17 July

(Loop courses on trails. Finishers: 25 km – 440; 10.5 km – 680.)

25 km**MEN**

1 Lympson Maifo (ZIM/Nedbank) 95:41; 2 William Chinyanga (ZIM/Nedbank) 96:22; 3 Colin Witbooi (PMMC) 96:34.

Veterans: 1 Herman Mulder (Love Running) 1:42:24. **Masters:** 1 Jerry Rankapule (Nedbank) 1:44:59. **G'masters:** 1 Paulus Masilela (Irene) 1:54:04.

WOMEN

1 Sharon Chinokuya (ZIM/Nedbank) 2:00:32; 2 Renate Dreyer (Sunninghill) 2:00:55; 3 Erina du Toit (Lichtenburg) 2:04:14.

Veterans: 1 Vanessa Bowman (Kempton) 2:13:45. **Masters:** 1 Judith Geldenhuys (Estcourt) 2:15:00. **G'masters:** 1 Sue v Heerden (Roodepoort) 3:08:29.

10.5 km**MEN**

1 Wesley Mutai (KEN/New Balance) 36:03; 2 Frans Makola (Transnet) 37:06; 3 Joshua Sabao (ZIM/Mr Price) 37:26.

Veterans: 1 Elias Mabane (Bidvest) 42:05. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 43:23. **G'masters:** 1 Hubrecht Ribbens (CSIR) 58:23. **Juniors:** 1 Charlie Reynolds (Wonderboom) 40:46.

WOMEN

1 Muchaneta Gwata (ZIM/Mr Price) 43:26; 2 Kerry-Ann Walton (Running Inn) 43:35; 3 Juan-Marie Cooper (Khosa) 46:26 (1st jun).

Veterans: 1 Ansie Viljoen (Irene) 48:23. **Masters:** 1 Linda Potgieter (Magnolia) 55:55. **G'masters:** 1 Mavis Stadler (Agape) 68:54. **Juniors:** 1 Juan-Marie Cooper (Khosa) 46:26.

Worcester Voorsieners/Hospice Half Marathon & 10 km

Worcester, 17 July

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 231; 10 km -141.)

Half marathon

MEN

1	Sityhilo	Diko	Nedbank	19	1:06:19
2	Neo	Molema	Mr Price	33	1:06:31
3	Peter	Tsamayo	RCS Gugs	27	1:06:53
4	Hillroy	Slingers	Worcester	20	1:07:55
5	Enrico	Newman	Bredasdorp	24	1:11:26
6	Tau	Khotso	LES/Ceres	30	1:11:49
7	Merom	Steenkamp	Itheko Sports	22	1:12:03
8	Christopher	Baadjies	Ceres	33	1:14:26
9	Byron	February	Wellington	29	1:15:32
10	Dumisani	Bisi	Paarl	31	1:15:40

WOMEN

1	Marie	Louw	Adidas	44	1:37:59
2	Lindie	Bouwer	Sanlam	25	1:38:50
3	Maretha	De Kock	Adidas	50	1:39:17
4	Nico	Wilshirer	SANDF	25	1:41:20
5	Cailey	Bredenkamp	Paarl	47	1:41:30
6	Mary Ann	Baron	Korrek Diens	43	1:42:34
7	Hester	Kotze	Durbanville	62	1:43:35
8	Resia	Swart	Stellenbosch	37	1:43:54
9	Lizelle	Du Plessis	Paarl	42	1:45:58
10	Junita	Van As	Worcester	35	1:46:46

10 km

MEN

1	Pieter	Koopman	Maties	35	32:46
2	Shaun	Lekay	Robertson	18	32:51
3	Luyanola	Qolo	Hangklip	18	33:55
4	Rowan	Prins	Robertson	22	33:19
5	Roger	Davids	Robertson	22	33:28
6	Dawid	Gous	Swartland		33:40
7	William	Kaptein	Robertson	18	33:42
8	Marshall	Rooi	Nedbank	18	34:46
9	Craig	Burns	Maties	19	35:23
10	Michael	Mouries	Robertson	20	35:28

WOMEN

1	Nomvuyisi	Seti	Mr Price	29	38:57
2	Marriette	Esterhuyse	Tygerberg	48	42:05
3	Alcazoma	Nel	Hangklip	19	44:08
4	Shaun	Du Toit	Temp	42	47:22
5	Liza-Mari	Dippenaar	Temp	15	47:24
6	Priscilla	Booyse	Robertson	16	47:51
7	Ena	Gous	Worcester	40	49:05
8	Magrieta	Willemse	Ceres	26	49:47
9	Magriet	Hanekom	Ceres	55	49:48
10	Alicia	Nortje	Durbanville	24	52:15

Vryheid Meat Masters Game Park Run

Vryheid, 17 July

(Distance: 15 km; loop course, mostly on gravel)

MEN

1	Clement Nkosi	Mr Price	54:45:00
2	Amos Twala	Mr Price	54:48:00
3	Richard Nene	Mr Price	56:45:00

40-49:

1	Wilson Maphalala	Nedbank	1:04:43
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50-59:

1	John Whitter	RAC	n/t
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60+:

1	At Swanepoel	Newcastle Harriers	n/t
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Juniors:

1	Nkosinathi Zungu	Empangeni	1:00:24
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WOMEN

1	Xoli Madida	Temp	1:14:02
2	Thobile Khoza	Newcastle Harriers	1:29:23
3	Kalinke Krugel	Temp	1:30:59

40-49:

1	Loumey Swanepoel	Vryheid AC	1:34:17
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50-59:

1	Louise Theron	Vryheid AC	1:54:13
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60+:

1	Alixé Fraser	Biggarsberg	2:20:38
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ORAK 12-hour track race

Vredendal, 10 July

(500-metre lap on grass)

Note: Martha Pretorius won the race outright. Women are indicated by *. Distances are given in kilometres. – Ed.

1	Martha	Pretorius*	(Top Form)	106.5
2	Ric	Marini	(RAC)	98
3	Arina	Cilliers*	(ORAK)	90
4	Marthie	Brits*	(Chappies)	89
5	Eric	Wright	(Rand Road Warriors)	86
6	Ingrid	Solomon*	(Celtic Harriers)	81
7	Marius	van Schalkwyk	(Brackenfell)	80
8	Christiaan	Theron	(Temp)	78
9	Malcolm	Marks	(West Coast AC)	76.5
10	Michelle	Fookwe*	(Pick 'n Pay)	70.5
11	Jean	Burger	(Pinelands AC)	70.5
12	Keith	Solomon	(Pinelands AC)	50
13	Jan	Swart	(SAPD WP)	44

Liberty Medical Scheme Rhodes Trail Run

Rhodes, 3 July

(Distance: 52 km; loop course, very hilly. Finishers: 248.)

Note: Women's winner Kerry Koen finished sixth overall and set a new course record. Second woman Tracy Zunckel was tenth overall. Trevor Toerien scored his third win and achieved a new course record for veteran. – Ed.

MEN

1. Trevor Toerien, 44, 4:35:48
2. Paul Wolff, 42, 4:51:36
3. Lance Chapman, 37, 4:52:38
4. Hylton Dunn, 30, 4:56:34
5. Bruce Arnett, 39, 5:07:06
6. Nico Schoeman, 43, 5:10:44
7. Johnny Young, 36, 5:15:30
8. Sean Jones, 32, 5:18:50
9. Guy Jennings, 45, 5:22:08
10. Alwyn le Roux, 24, 5:35:42

WOMEN

1. Kerry Koen, 34, 5:07:54
2. Tracy Zunckel, 35, 5:19:13
3. Sue Chapman, 34, 5:45:02
4. Erina du Toit, 37, 5:48:10
5. Sarah Scott, 27, 5:55:30
6. Kirsty Scott, 27, 5:57:12
7. Melanie Jennett, 37, 6:07:16
8. Melanie van Rooyen, 32, 6:09:27
9. Leanne Juul, 37, 6:12:59
10. Sonja Palframan, 36, 6:14:12

Boland Correctional Services Half Marathon

Paarl, 12 June

(Distance: 21.1 km)

MEN

1	M	Molema	Mr. Price	33	1:08:15
2	T	Zola	Mr. Price	35	1:08:16
3	K	Oliphant	Itheto AC	23	1:08:39
4	H	Slingers	Worcester	19	1:08:46
5	S	Lekay	Robertson	18	1:10:04
6	H	Rooi	Nedbank	21	1:10:48
7	R	Davids	Robertson	22	1:10:59
8	L	Qolo	Hangklip	18	1:11:31
9	I	Opperman	DKD	43	1:11:50
10	M	Steenkamp	Itheto AC	21	1:12:32

WOMEN

1	A	Roffey	Adidas	24	1:22:35
2	R	Nattrass	Adidas	28	1:30:18
3	E	Nieuwoudt	Paarl	35	1:31:47
4	D	Smith	Maties	21	1:35:07
5	M	Ward	Paarl	49	1:35:17
6	V	Van Niekerk	E.G.A.	64	1:38:42
7	M	Tolken	Brackenfell	44	1:40:51

8	E	Julies	Paarl	30	1:41:51
9	A	Pool	Strand	49	1:43:08
10	R	Swart	Stellenbosch	37	1:44:41

CROSS-COUNTRY

EP League Meeting (6th)

Uitenhage, 17 July

MEN

12 km:

1	Tom	Lusaseni	Adidas AC WP	23	37:52
2	Zolani	Ngqaqa	Mr Price AC EP	21	37:53
3	George	Ntshiliza	Nedbank RC EP	30	38:42
4	Mzolisi	Makhanda	Nedbank RC Ec	27	39:08
5	Christopher	Mabengeza	Nedbank RC EP	43	42:05
6	Xolisa	Kula	Nedbank RC EP	19	42:10
7	Eric	Sigxashe	Mr Price AC EP	31	42:25
8	Luyanda	Tshangana	Mr Price AC EP	26	42:28
9	Amos	Nyongo	Aspen Pharmacare	23	42:38
10	Ivan	Ambraal	Malabar	20	43:04

4 km:

1	Tom	Lusaseni	Adidas AC WP	22	12:15
2	Sibusiso	Thu	PEAAC	22	12:21
3	Zolani	Mabongo	Mr Price AC EP	23	12:42
4	Marinus	Johnson	Mr Price AC EP	24	12:44
5	Amos	Nyongo	Aspen Pharmacare	23	13:13
6	Robert	Matthys	Mr Price PE	34	13:17
7	Ricardo	Plaatjies	Elite AC	27	13:22
8	Mncedi	Khanti	Nedbank RC EP	30	13:24
9	Antonio	Seconds	Nedbank RC EP	30	14:19
10	Bulelini	Niwa	PEAAC	24	14:43

40-49 (8 km):

1	Luvuyo	Stephen	Nedbank RC EP	40	28:34
2	Mutekile	Rasmeni	Triangle Sports	45	29:22
3	John	Rafani	Mr Price AC EP	43	29:47

50-59 (8 km):

1	Sidwell	Roboshi	Nedbank RC EP	50	32:05
2	Joseph	Bain	St Albans CSEP	50	32:35
3	Sizinz	Kama	Achilles AAA	59	33:34

60+ (6 km):

1	Hannes	Els	Madiba Bay	60	25:42
2	Errol	Rossouw	PEAAC	60	26:41
3	Percy	Dalton	Achilles AAA	61	26:56

U.21 (4 km)

1	Zolani	Ngqaqa	Mr Price AC EP	21	12:07
2	Masibulele	Heugh	Kwanobuhle	15	12:33
3	Melikhaya	Frans	Nedbank RC EP	18	12:45

Juniors (8 km):

1	Mariano	Eesou	Nedbank RC EP	18	26:22
2	Juwayne	Fletcher	Mr Price AC EP	18	28:02
3	Lolwethu	Mbityi	PEAAC	19	28:02

WOMEN

8 km:

1	Deliwe	Nyanga	Nedbank RC EP	21	30:02
2	Liandre	Pretorius	Nedbank RC EP	30	32:38
3	Thabisa	Mayedwa	Nedbank RC EP	24	34:05
4	Ursula	Kuhn	Absa NMMU	28	34:35
5	Grizelda	Pietersen	Achilles AAA	41	35:48
6	Noxolo	Marks	Mr Price PE	24	38:02
7	Anche	Schubart	Achilles AAA	28	44:04
8	Tertia	Grobler	Transnet RE EP	50	54:40

40-49 (4 km):

1	Christine	Claasen	Achilles AAA	45	17:21
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50-59 (4 km):

1	Christine	Snyman	VWAC	54	22:35
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60+ (4 km):

1	Liz	Grundlingh	Muirite Striders	63	21:18
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U.21 (4 km):

1	Deliwe	Nyanga	Nedbank RC EP	21	15:12
2	Natascha	De Villiers	Absa NMMU	21	16:07
3	Annica	Coetzee	Absa NMMU	18	17:22

Juniors (6 km):

1	Anita	Ndiki	Nedbank RC EP	18	27:41
2	Monique	Jordaan	Framesby H/S	18	30:49

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**Bupa Great North 10 km (2nd)**

Sunderland, GBR, 18 July

MEN (gun times)

1.	Edwin Kipkorir, KEN	28:44 CR*
2.	Günther Weidlinger, AUT	28:45
3.	Robert Kiprono Cheruiyot, KEN	28:51
... 6.	Stefano Baldini, ITA	29:31
7.	Viktor Röthlin, SUI	29:54

WOMEN (gun times)

1.	Susan Partridge, GBR	33:46
2.	Liz Yelling, GBR	34:28
3.	Kate Goodhead, GBR	35:13

Indian Path Medical Center/SunTrust Bank Crazy 8's 8 km (21st)

Kingsport, USA, 17 July

(Certified figure-8 course)

MEN (extended gun times)

1.	Shadrack Kosgei, 25, Albuquerque, NM (KEN)	22:26.5	\$5000
2.	Ahmed Baday, 36, MAR	22:30.1	2000
3.	Alene Emere Reta, 28, New York, NY (ETH)	22:37.7	1000

- | | | |
|--|---------|-----|
| 4. Julius Kogo, 24, Chapel Hill, NC (KEN) | 22:38.8 | 800 |
| 5. Kiprotich Kirui, 26, Santa Fe, NM (KEN) | 22:48.1 | 700 |

WOMEN (extended gun times)

- | | | |
|--|---------|--------|
| 1. Belainesh Gebre, 22, West Chester, PA (ETH) | 25:36.8 | \$4000 |
| 2. Alice Timibilili, 27, KEN | 25:41.2 | 2000 |
| 3. Tigist Tufa, 29, West Chester, PA (ETH) | 26:15.8 | 1000 |
| 4. Alemtsehay Misganaw, 29, New York, NY (ETH) | 26:52.1 | 800 |
| 5. Aziza Aliyu, 25, Bronx, NY (ETH) | 27:01.0 | 700 |

ULTRA/MOUNTAIN/TRAIL RUNNING

AdventureCORPS Badwater Ultramarathon (33rd)

Furnace Creek (Death Valley) to Mount Whitney, USA, 12 July

(Distance: 135 miles beginning at 85 m below sea level and finishing at 2533 m above sea level)

MEN

- | | |
|--|----------|
| 1. Zach Gingerich, 30, Aurora, IL | 24:44:48 |
| 2. Oswaldo Lopez, 38, Madera, CA (MEX) | 25:05:38 |
| 3. Marco Farinazzo, 41, BRA | 27:56:10 |

WOMEN

- | | |
|---------------------------------------|-------------|
| 1. Jamie Donaldson, 35, Littleton, CO | 26:16:12 CR |
| 2. Connie Gardner, 46, Medina, OH | 30:35:08 |
| 3. Pam Reed, 49, Tucson, AZ | 32:23:34 |

TRACK

Meeting International Tangier

Tangier, MAR, 18 July

MEN

800:

- | |
|--------------------------------------|
| 1. Boaz Lalang, KEN, 1:44.92 |
| 2. Leo Manzano, USA, 1:45.17 PB |
| 3. Amine Laalou, MAR, 1:45.19 |
| 4. Abraham Kiplagat, KEN, 1:45.70 |
| 5. Mohcine El Amine, MAR, 1:45.91 PB |

1500:

- | |
|--|
| 1. Bernard Lagat, USA, 3:36.89 |
| 2. Juan van Deventer, RSA, 3:37.04 |
| 3. Yassine Bensghir, MAR, 3:37.33 |
| 4. Youssef Baba, MAR, 3:37.96 |
| 5. A.J. Acosta, USA, 3:38.35 PB |
| ... 15. Peter Van der Westhuizen, RSA, 3:51.03 |

3000:

- | |
|---|
| 1. Anis Selmouni, MAR, 7:39.01 PB |
| 2. Remmy Limo Ndiwa, KEN, 7:39.23 |
| 3. Ayele Abaynesh, ETH, 7:40.08 |
| 4. Jacob Cheshari, KEN, 7:42.47 PB |
| 5. Micah Kogo, KEN, 7:43.28 |
| ... 8. Tshamano Setone, RSA, 7:49.43 PB |

Savo Games

Lapinlahti, FIN, 18 July

WOMEN

800:

1. Caster Semenya, **RSA**, 2:02.41 SB
2. Sofia Öberg, SWE, 2:04.27 SB
3. Anna Verkhovskaya, RUS, 2:04.41

Meeting Internazionale Atletica Leggera (21st)

Lignano, ITA, 18 July

WOMEN

800:

Race 1:

1. Erin DONOHUE, 1983, USA, 2:01.26
2. Heather DORNIDEN, 1987, USA, 2:01.78
3. Yusneysi SANTIUSTI CABALLERO, 1984, Assindustria Sport Padova (CUB), 2:02.20

Race 2:

1. Alysia JOHNSON, 1986, USA, 1:57.85 PB
2. Maggie VESSEY, 1981, USA, 1:59.00
3. Morgan UCENY, 1985, USA, 1:59.29 PB
- ... 5. Anna PIERCE, 1984, USA, 2:00.79

Meeting Areva

(Samsung Diamond League)

Stade de France, Paris, FRA, 16 July

MEN

800 (DL):

- | | | |
|----------------------------------|---------|----------|
| 1. Abubaker Kaki, SUD | 1:43.50 | \$10,000 |
| 2. Mbulaeni Mulaudzi, RSA | 1:44.11 | 6,000 |
| 3. Bram Som, NED | 1:44.58 | 4,000 |
| 4. Andrew Wheating, USA | 1:44.62 | PB 3,000 |
| 5. Jackson Kivuva, KEN | 1:44.62 | 2,500 |
| 6. Nick Symmonds, USA | 1:44.93 | 2,000 |
| 7. Augustine Choge, KEN | 1:45.61 | 1,500 |
| 8. Richard Kiplagat, KEN | 1:45.81 | 1,000 |
| 9. Hamid Oualich, FRA | 1:46.85 | |
| Marcin Lewandowski, POL | DQ* | |

*) Originally finished third in 1:44.40, but was disqualified for running on the infield twice, first rounding the final turn then again in the final 20 meters

3000 s/chase (DL):

- | | | |
|----------------------------------|---------|----------------|
| 1. Brimin Kipruto, KEN | 8:00.90 | WL/MR \$10,000 |
| 2. Paul Kipsiele Koech, KEN | 8:02.07 | 6,000 |
| 3. Ezekiel Kemboi, KEN | 8:03.79 | 4,000 |
| 4. Benjamin Kiplagat, UGA | 8:04.48 | 3,000 |
| 5. Richard Mateelong, KEN | 8:06.44 | 2,500 |
| 6. Patrick Langat, KEN | 8:14.26 | 2,000 |
| 7. Elijah Chelimo Kipterege, KEN | 8:17.79 | 1,500 |

8. Tomasz Szymkowiak, POL	8:18.23 PB	1,000
9. Michael Kipyego, KEN	8:19.30	
10. Daniel Huling, USA	8:19.33	

WOMEN

1500 (DL):

1. Anna Alminova, RUS	3:57.65 WL	\$10,000
2. Christin Wurth-Thomas, USA	3:59.59 PB	6,000
3. Hind Dehiba Chahyd, FRA	3:59.76 NR	4,000
4. Lisa Dobriskey, GBR	3:59.79	3,000
5. Fanjanteino Felix, FRA	4:01.17 PB	2,500
6. Shannon Rowbury, USA	4:01.30	2,000
7. Mimi Belete, BRN	4:01.59 PB	1,500
8. Stephanie Twell, GBR	4:03.71	1,000
9. Btissam Lakhoud, MAR	4:04.16	
10. Ingvill Måkestad Bovim, NOR	4:04.22 PB	
... 13. Maryam Yusuf Jamal, BRN	4:06.09	
... 15. Anna Pierce, USA	4:07.92	
Gelete Burka, ETH	DNF (hamstring injury)	
Elisa Cusma Piccione, ITA	DNF	

5000m (DL):

1. Vivian Cheruiyot, KEN	14:27.41 WL/MR	\$10,000
2. Sentayehu Ejigu, ETH	14:28.39 PB	6,000
3. Elvan Abeylegesse, TUR	14:31.52	4,000
4. Meselech Melkamu, ETH	14:32.73	3,000
5. Jessica Augusto, POR	14:37.07 PB	2,500
6. Iness Chenonge, KEN	14:39.19 PB	2,000
7. Mary Wangari, KEN	14:50.73	1,500
8. Molly Huddle, USA	14:51.84 PB	1,000
9. Florence Kiplagat, KEN	14:52.64	
10. Sylvia Kibet, KEN	14:54.71	
11. Lisa Koll, USA	14:55.74 PB	
12. Beleynesh Oljira, ETH	14:58.16 PB	
13. Jo Pavey, GBR	15:02.31	
14. Gladys Chemweno, KEN	15:03.87 PB	
15. René Kalmer, RSA	15:44.08	

Karlstad Grand Prix

(EA Classic Meeting)

Karlstad, SWE, 15 July

MEN

1500:

Race A:

1. David Torrence, 85, USA, 3:37.73 MR 5000 SEK
2. Cornelius Ndiwa, 88, KEN, 3:38.39 3000 SEK
3. Tshamano Setone, 87, RSA, 3:39.07 1500 SEK

Vattenfall Lappeenranta Games

Lappeenranta, FIN, 15 July

WOMEN

800:

Race A:

1. Caster Semenya, **RSA**, 2:04.22
2. Mari Järvenpää, FIN, 2:04.71
3. Olha Yekymenko, UKR, 2:05.00

Meeting international de la Province de Liège

Naimette-Xhovémont, BEL, 13 July

MEN

800:

1. Belal Mansoor Ali, BRN, 1:45.81
2. Ismael Kombich, KEN, 1:46.20
3. Windy Jonas, **RSA**, 1:46.33 PB

3000 s/chase:

1. Mercy Njoroge, KEN, 9:34.28
2. Korine Hinds, JAM, 9:35.15
3. Nicole Bush, USA, 9:40.49 SB
- ... 8. Tebogo Masehla, **RSA**, 10:10.69

NEWS

COMRADES: MOTSOENENG NOW IN DRUGS TROUBLE

The fairytale story of Sergio Motsoeneng's third place finish in this year's Comrades Marathon was tarnished last week when it was announced that he has tested positive for an as yet unreported performance enhancing substance. Motsoeneng's "B" sample was tested on Friday, but the results have not been announced yet.

As reported in DRR after the ultramarathon on 30 May, Motsoeneng finished ninth in the 1999 Comrades, but was disqualified after an objection was lodged and it was found that he and his brother Sefako had run the race as a relay, sharing the same vest, numbers and transponder (they changed more than once during the race in roadside toilets), but making the mistake of wearing their watches on different arms – and this was noticed on race photographs. Both brothers were banned from the Comrades for ten years, later reduced to five years.

At the time the Motsoenengs, who at first denied the allegations, used their poverty as an excuse for their dishonesty.

This year Sergio was back in the Comrades with the stated aim of making amends for their transgression – and he did so resoundingly in 5:35:58. (He also ran in 2006 and 2009, finishing 29th last year.) He won R90 000 in prize money.

The news of Motsoeneng's positive test was announced by Richard Stander, administrative head of Athletics South Africa. Stander said that if Motsoeneng is found guilty, "it may well be the end of his athletics career".

Motsoeneng himself said, "I know nothing about it."

Gerrit Coetzer of Athletics Free State confirmed to DRR that the runner's "A" sample showed traces of a prohibited substance and that he had asked for the "B" sample to be tested too.

If found guilty, Motsoeneng's gold medal will go to Peter Muthubi, who finished eleventh. All runners behind Motsoeneng will move up one position and Muthubi will also receive the prize money for tenth position, R12,000.

The Comrades Marathon does not hand out the gold medals and prize money until all drug tests are finalised.

PETER SNELL'S HEART GIVING PROBLEMS

Heart problems have forced Texas-based Sir Peter Snell (71) to pull out of a meeting back in New Zealand with Sir Murray Halberg (77) to celebrate the 50th anniversary on 2 September of the day they both won Olympic gold medals in Rome, reports *Athletics International*. Terry Maddaford reported in the *NZ Herald* that after being diagnosed with a weakened heart that can no longer pump blood efficiently, Snell has now been fitted

with a pacemaker/defibrillator device, and he is also on drugs to lower his blood pressure and reduce arrhythmia. He has twice blacked out while playing racquetball and "mindful of my mortality" decided he could not risk the long journey. New Zealand's other running knight, Sir John Walker (58), is currently in Britain to attend a charity dinner to mark Steve Cram's three world records in 19 days 25 years ago.

STATS TIME

David Rudisha's brilliant 1:41.51 for 800 m last weekend shot him up into second place on the world all-time list, with the third best performance. Only Wilson Kipketer has ever run faster. Rudisha now has three of the top thirteen times ever; Kipketer has seven. Apart from his two sub-1:42.1 times of 2010 on the list, Rudisha has also run 1:43.00, 1:43.15 and 1:43.25 this year.

ALL-TIME 800 METRES: TOP 13 MEN'S PERFORMANCES

1:41.11	Wilson Kipketer (DEN)	Cologne	1997
1:41.24	Kipketer-2	Zürich	1997
1:41.51	David Rudisha (KEN)	Heusden	2010
1:41.73	Sebastian Coe (GBR)	Florence	1981
1:41.73	Kipketer-3	Stockholm	1997
1:41.77	Joaquim Cruz (BRA)	Cologne	1984
1:41.83	Kipketer-4	Rieti	1996
1:42.01	Rudisha-2	Rieti	2009
1:42.04	Rudisha-3	Oslo	2010
1:42.17	Kipketer-5	Tokyo	1996
1:42.20	Kipketer-6	Brussels	1997
1:42.23	Abubakar Kaki (SUD)	Oso	2010
1:42.27	Kipketer-7	Brussels	1999

THIS MONTH IN HISTORY

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

19 years ago: 11 July 1981

Before the new Bislett Stadium in Oslo was built, the old one could boast the most world records of any stadium in the world. It was here that Sebastian Coe, now the head of the organising committee for the 2012 Olympic Games, set the previous world record for 1000 metres when he ran 2:12.18 to win by almost 7 seconds. Coe's 200-metre splits were 25.6, 25.7, 27.1, 26.2 and 27.6. Three of the last four records for this distance were set in Oslo; the current record is Noah Ngeny's 2:11.96, run in 1999. South Africa's Danie Malan clocked 2:16.0 for a world record on 24 June 1973 in Munich.

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	48:36	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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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				
<u>Open</u>				
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		
<u>Veterans (40+)</u>				
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				

Juniors

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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