

Distance Running Results

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EDITORIAL

Lucky Mohale, the current national half-marathon champion, beat defending champion Stephen Mokoka with relative ease to win his second South African title in 29:00 in Germiston yesterday. Mokoka, the 10000m track champion, was second, 16 seconds in arrears, with Kgosi Tsosane taking the bronze medal.

Mohale was fourth last year, when the race was held near sea level in Paarl. Sibusiso Nzima, who was third in 2010, and second in the half-marathon title race, could finish no higher than eight here. The top five athletes in the 10000 m at the national track championships all finished in the top ten: Mokoka, Nzima, Lungisa Mdedelwa, Xolisa Tyali and Gladwin Mzazi.

In both the veterans (40-49) and masters (50-59) age groups Butiki Jantjies, with 31:45, and Stuart McCall, with 33:58, ran the fastest South African times in these age categories for the year. These were the only list leaders in the race.

Irvette van Blerk, who in the week before the championships complained that she was finishing second too often for her liking these days, retained her title easily in 34:03. Last year she beat Zintle Xiniwe by only four seconds, but this time had a margin of almost a minute on Lebo Phalula. Phalula's twin sister, Lebogang, was third. Xiniwe had to be content with fifth.

Christine Kalmer was sixth. Sister René did not run, preferring rather to concentrate on recovering from her recent marathon; she is also still getting treatment for the leg injury she suffered in the days before the Prague Marathon. In the grandmasters (60-69) division, multiple SA record setter and champion Sonja Laxton, the defending champion, was beaten by Liz Ruickbie.

Van Blerk will run the Freihofer's Run for Women 5 km (4 June) and the Modern Mini 10 km (11 June) in the USA in coming weeks.

The disappointing quality of performances emphasised the folly of having the championships at high altitude and on the smog-covered East Rand. If raising the standard of South African road running performances is your goal, then all national title races should be held at the coast. Whereas eight runners dipped under 29 minutes in Paarl in 2010, no one could do it this time. Last year nine women broke 35 minutes; now only Irvette van Blerk did.

Comparing the times of the top five men and women in Germiston who also ran in Paarl, the men were an average of 3.72% slower and the women 3.10%. This represents 64 seconds at 29-minute pace and 65 seconds at 35-minute pace.

Internationally, the world's biggest half marathon, the Göteborgsvarvet race in Göteborg, SWE, was held for the 32nd time this weekend. It had nearly 43 000 finishers and both the men's and women's winners, Kenya's Albert Matebor and Joyce Chepkirui, set course records.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Lotto South African 10 km Championships, Germiston
- * Darling Half Marathon & 10 km, Darling
- * St Lucia Half Marathon & 10 km, St Lucia
- * Sunrise Beach 10 km, Durban
- * XC: WP League Meeting #2, Cape Town; Gauteng North League Meeting, Pretoria

International highlights:

- * Göteborgsvarvet, Göteborg, SWE
 - * Tribuna FM 10 km, Santos, BRA
 - * Bupa Great Manchester Run 10 km, Manchester, GBR
 - * Track: USATF High Performance Meet at Occidental College, Los Angeles, USA; Flynth Record Races, Hoorn, NED; Samsung Diamond League – Shanghai, Shanghai, CHN; Grande Prêmio Internacional CAIXA Governo do Pará de Atletismo, Belém, BRA; Kyushu Corporate Track & Field Championships, Kita-Kyushu, JPN; Colorful Daegu Pre-Championships Meeting, Daegu, KOR; GP Caixa/Unifor de Atletismo, Fortaleza, BRA; African Junior Championships, Gaborone, BOT; SEC Championships, Atlanta, USA
-

ROAD RUNNING

Lotto South African 10 km Championships (32nd)

Germiston, 22 May

(Certified loop course [measured by Pieter de Jager]. Start & finish at 1633 m above sea level; lowest point: 1605 m at 4.5 km; highest point: 1651 m at 6.5 km; start/finish separation 160 m. Finishers: 215.)

MEN

| | | | | | | |
|-----|------------|-----------|------|----|-------|--------|
| 1. | Lucky | MOHALE | CGA | 25 | 29:00 | R15000 |
| 2. | Stephen | MOKOKA | AGN | 26 | 29:16 | R10000 |
| 3. | Kgosi | TSOSANE | AGN | 25 | 29:20 | R7500 |
| 4. | Xolisa | TYALI | CGA | 22 | 29:22 | R5000 |
| 5. | Richard | MAVUSO | AGN | 33 | 29:25 | R3000 |
| 6. | Elroy | GELANT | ACNW | 24 | 29:26 | R2000 |
| 7. | Lindikhaya | MTHANGAYI | WPA | 31 | 29:44 | R1000 |
| 8. | Sibusiso | NZIMA | CGA | 24 | 29:49 | R750 |
| 9. | Lungisa | MDEDELWA | ATRA | 26 | 29:52 | R500 |
| 10. | Gladwin | MZAZI | AGN | 22 | 29:59 | R250 |
| 11. | Sityhilo | DIKO | WPA | 19 | 30:02 | |
| 12. | Frik | GUYS | CGA | 24 | 30:15 | |
| 13. | Joel Mohau | MMONE | ACNW | 20 | 30:19 | |
| 14. | Siyabonga | NKONDE | KZNA | 22 | 30:22 | |
| 15. | Lukas | JANI | AMPU | 27 | 30:27 | |
| 16. | William | MANELO | AFS | 27 | 30:30 | |
| 17. | Zolani | NTONGANA | WPA | 30 | 30:39 | |
| 18. | Enoch | MANYANDI | CGA | 22 | 30:43 | |
| 19. | Nkosinathi | MADYO | WPA | 23 | 30:44 | |
| 20. | Coolboy | NGAMOLE | ACNW | 33 | 30:47 | |

| | | | | | |
|-----|--------------|-------------|------|----|-------|
| 21. | John | THIPE | CGA | 20 | 30:48 |
| 22. | Xolisani | ZAMKELE | AVT | 24 | 30:53 |
| 23. | Tumelo Ernst | MOTLAGALE | ACNW | 24 | 31:01 |
| 24. | David | MANJA | ACNW | 19 | 31:12 |
| 25. | Thubaletu | PHAKU | KZNA | 30 | 31:29 |
| 26. | Amos | TSANJEKWAYO | AMPU | 22 | 31:37 |
| 27. | Dominic | KHOZA | CGA | 24 | 31:48 |
| 28. | Virgina | NGUDLUMANA | WPA | 22 | 31:58 |
| 29. | Derocious | MAKHUBALO | CGA | 22 | 30:59 |
| 30. | Colin | KHOZA | AMPU | 30 | 31:03 |
| 31. | Motlatsi | MODIBA | CGA | 22 | 31:06 |
| 32. | Jeromy | ANDREAS | WPA | 19 | 31:13 |
| 33. | George | NTSHILIZA | EPA | 31 | 31:14 |
| 34. | Zolani | NGQAQA | EPA | 22 | 31:17 |
| 35. | Stefel | SEBUASENG | ACNW | 24 | 31:18 |
| 36. | Edwin | SESIPI | CGA | 18 | 31:21 |
| 37. | Luxolo | MDZANGA | WPA | 18 | 31:24 |
| 38. | Donald | MATHIPA | CGA | 31 | 31:26 |
| 39. | Siyabulela | MTSHA | ATRA | 23 | 31:27 |
| 40. | Sibusiso | THU | EPA | 22 | 31:34 |
| 41. | Gift | MAHLANGU | AGN | 18 | 31:39 |
| 42. | David | NGAKANE | ACNW | 31 | 31:40 |
| 43. | Pieter | WILDERS | CGA | 20 | 31:40 |
| 44. | Butiki | JANTJIES | CGA | 40 | 31:45 |
| 45. | Piet | MOSIBEDI | AGN | 41 | 31:45 |
| 46. | Thabang | MASIHLEHO | AFS | 21 | 31:46 |
| 47. | Gungile | GONGQA | EPA | 32 | 31:49 |
| 48. | Mfumaneko | FADANE | ATRA | 18 | 31:50 |
| 49. | Ntuthuko | MASEKO | AMPU | 34 | 31:50 |
| 50. | Potso | KHOMO | AFS | 28 | 31:54 |

40-49:

| | | | | | | |
|---|----------|------------|-----|----|-------|-------|
| 1 | Butiki | JANTJIES | CGA | 40 | 31:45 | R1000 |
| 2 | Piet | MOSIBEDI | AGN | 41 | 31:45 | R750 |
| 3 | Lawrence | CHIPANGAAN | CGA | 42 | 32:32 | R500 |

50-59:

| | | | | | | |
|---|--------|-------------|------|----|-------|-------|
| 1 | Stuart | MCCALL | ACNW | 51 | 33:58 | R1000 |
| 2 | Jerry | RANKAPULE | CGA | 51 | 36:11 | R750 |
| 3 | Eloi | DE OLIVEIRA | KZNA | 53 | 37:14 | R500 |

60-69:

| | | | | | | |
|---|------|----------|-----|----|-------|-------|
| 1 | Awie | VELDSMAN | WPA | 61 | 39:29 | R1000 |
| 2 | Mike | DU BRUTO | AGN | 62 | 39:33 | R750 |
| 3 | Mike | HIRST | CGA | 60 | 39:46 | R500 |

Juniors:

| | | | | | | |
|---|--------|---------|-----|----|-------|-------|
| 1 | Jeromy | ANDREAS | WPA | 19 | 31:13 | R5000 |
| 2 | Edwin | SESIPI | CGA | 18 | 31:21 | R3000 |
| 3 | Luxolo | MDZANGA | WPA | 18 | 31:24 | R2000 |

WOMEN (Same prize money as men)

| | | | | | |
|----|-------------|-----------|-----|----|-------|
| 1. | Irvette | VAN BLERK | CGA | 23 | 34:03 |
| 2. | Lebo | PHALULA | CGA | 27 | 35:01 |
| 3. | Lebogang | PHALULA | CGA | 27 | 35:07 |
| 4. | Louisa | LEBALLO | AGN | 33 | 35:10 |
| 5. | Zintle | XINIWE | WPA | 24 | 35:38 |
| 6. | Christine | KALMER | CGA | 25 | 35:52 |
| 7. | Nolene | CONRAD | CGA | 25 | 35:55 |
| 8. | Ntombesintu | MFUNZI | EPA | 29 | 36:01 |

| | | | | | |
|-----|-----------------|-------------------|------|----|-------|
| 9. | Maxine | HEINE-WACKER | CGA | 21 | 36:06 |
| 10. | Charné | BOSMAN | AGN | 35 | 36:38 |
| 11. | Catherine | SKOSANA | AGN | 30 | 36:47 |
| 12. | Jenna | CHALLENGOR | KZNA | 29 | 36:53 |
| 13. | Bulelwa | SIMAE | WPA | 34 | 36:59 |
| 14. | Mpho | MABUZA | CGA | 31 | 37:00 |
| 15. | Myrette | FILMALTER | AGN | 30 | 37:22 |
| 16. | Tebogo | MASEHLA | CGA | 31 | 37:25 |
| 17. | Cary-Ann | SMITH | KZNA | 31 | 37:25 |
| 18. | Michelle | WILLIAMS | CGA | 31 | 37:39 |
| 19. | Nomvuyisi | SETI | WPA | 29 | 37:45 |
| 20. | Sylvia | TSHETLANYANE | CGA | 18 | 37:55 |
| 21. | Roz | LAURENS | ACNW | 23 | 38:02 |
| 22. | Asiphe | SIKABALANJANA | WPA | 20 | 38:07 |
| 23. | Ashleigh | SCHNETLER | CGA | 19 | 38:07 |
| 24. | Putseletso | DLADLA | KZNA | 19 | 38:17 |
| 25. | Mia | PIENAAR | ACNW | 22 | 38:21 |
| 26. | Ulrica | STANDER | WPA | 36 | 38:31 |
| 27. | Monique | STANDER | CGA | 16 | 38:37 |
| 28. | Anna | MOEKETSI | AFS | 25 | 38:43 |
| 29. | Dominique | SCOTT | WPA | 18 | 38:49 |
| 30. | Makhosazana | MHLONGO | KZNA | 29 | 39:00 |
| 31. | Takalane | NTHULANE | CGA | 31 | 39:05 |
| 32. | Masabatha | MATLOANE | AGN | 18 | 39:09 |
| 33. | Twane | V.D. WESTHUIZEN | ACNW | 20 | 39:21 |
| 34. | Maya | LAWRIE | KZNA | 43 | 39:24 |
| 35. | Tessa | BURRELL | CGA | 46 | 39:39 |
| 36. | Funeka | MLWAKUHLE | ATRA | 25 | 39:53 |
| 37. | Celeste | SWART | EPA | 42 | 39:58 |
| 38. | Grace | DE OLIVEIRA | KZNA | 49 | 40:09 |
| 39. | Tabisa | SIRAYI | ATRA | 17 | 40:26 |
| 40. | Carlin | JANSE V. RENSBURG | ACNW | 19 | 40:33 |
| 41. | Shani | SILVER | KZNA | 40 | 40:37 |
| 42. | Nomsa | COSSA | CGA | 17 | 40:59 |
| 43. | Maryna | SWANEPOEL | AFS | 24 | 41:11 |
| 44. | Ester | BRINK | WPA | 45 | 41:16 |
| 45. | Regina | THUKANE | AFS | 21 | 41:44 |
| 46. | Ansie | VILJOEN | AGN | 47 | 41:56 |
| 47. | Nandipha | DYWILI | AGN | 19 | 42:08 |
| 48. | Sarah | MAHLANGU | CGA | 44 | 42:20 |
| 49. | Sheryl | DE LANGE | WPA | 42 | 42:36 |
| 50. | Luleka Patience | DYONKI | ACNW | 16 | 42:43 |

40-49:

| | | | | | |
|---|---------|---------|------|----|-------|
| 1 | Maya | LAWRIE | KZNA | 43 | 39:24 |
| 2 | Tessa | BURRELL | CGA | 46 | 39:39 |
| 3 | Celeste | SWART | EPA | 42 | 39:58 |

50-59:

| | | | | | |
|---|------|--------|-----|----|-------|
| 1 | Olga | HOWARD | WPA | 52 | 43:20 |
|---|------|--------|-----|----|-------|

60-69:

| | | | | | |
|---|-------|----------|-----|----|-------|
| 1 | Liz | RUICKBIE | CGA | 64 | 45:52 |
| 2 | Sonja | LAXTON | CGA | 62 | 46:32 |

Juniors:

| | | | | | |
|---|-----------|--------------|-----|----|-------|
| 1 | Sylvia | TSHETLANYANE | CGA | 18 | 37:55 |
| 2 | Monique | STANDER | CGA | 16 | 38:37 |
| 3 | Dominique | SCOTT | WPA | 18 | 38:49 |

Darling Half Marathon & 10 km

Darling, 21 May

(Distances: 21.1 km & 10 km; loop courses – the half marathon equal distances road and gravel, the 10 km mostly on gravel. Finishers: half marathon – 586; 10 km – 251.

Weather: Warm, good conditions.)

Half marathon

MEN

1. Simphiwe Tana (Ned EP) 1:11:56; 2. Akhona Makila (VOB) 1:16:20; 3. Dawid Gouws (Swart) 1:16:33.

Veterans: 1. Pieter Hanekom (Ned) 1:22:32; 2. Basil Lehman (AAC) 1:27:45; 3. Gert Cleophas (Swart) 1:30:19. **Masters:** 1. Steven Parkins (Met) 1:26:38; 2. Maxwell Godloza (NBMC) 1:30:38; 3. Muhamad Kriel (Ned) 1:31:48. **G'masters:** 1. Kevin Kohler (Edge) 1:42:10; 2. Lionel Klassen (Durb) 1:42:35; 3. Louwtjie Swartz (Swart) 1:46:34. **Juniors:** 1. Ashraf Kenny (Itheko) 2:30:08.

WOMEN

1. Ursula Frans (Adid) 1:32:30 (1st vet); 2. Candyce Hall (Hout) 1:33:53; 3. Helena Oberholzer (Pir) 1:36:36.

Veterans: 1. Ursula Frans (Adid) 1:32:30; 2. Evelina Tshabalala (Gugs) 1:41:18; 3. Jana Trojan (Vob) 1:43:24. **Masters:** 1. Dawn Middelkoop (VOB) 1:44:37; 2. Helen du Plessis (Tyger) 1:47:11; 3. Maretha de Kock (Adid) 1:51:34. **G'masters:** 1. Pixie Sparg (Celtic) 1:58:32; 2. Sarah Herdien (Atlant) 2:18:14; 3. Sarie Erasmus (Swart) 2:30:07. **Juniors:** 1. Benine Havenga (Tyger) 2:22:52.

10 km

MEN

1. Gcobani Mndi (Gugs) 36:24 (1st jun); 2. Gareth Maerman (Swart) 37:02; 3. Keith Court (CS) 37:44 (1st vet).

Veterans: 1. Keith Court (CS) 37:44; 2. Dion Middelkoop (VOB) 38:05; 3. Dawid Pieterse (Dwars) 38:21. **Masters:** 1. Brian Rothman (Brack) 53:11; 2. Eugene Koekemoer (Swart) 63:17; 3. A. Marel (Durb) 75:23. **G'masters:** 1. Richard Acheson (VOB) 54:27; 2. Fritz Harmse (Tygerr) 67:01; 3. Martin [illegible] (Well) 68:10. **Juniors:** 1. Gcobani Mndi (VOB) 36:24.

WOMEN

1. Christiane Fischer (VOB) 45:26; 2. Patricia Adams (Met) 46:48 (1st vet); 3. Thuleka Duze (Gugs) 47:11.

Veterans: 1. Patricia Adams (Met) 46:48; 2. Bev Baker (VOB) 55:39; 3. Desiree Rex (Atlant) 56:13. **Masters:** 1. Pat Jardine (WC) 56:14; 2. Janet Hunter (Ned) 60:43; 3. Susan Siebrits (Sanlam) 71:38. **G'masters:** 1. Marietha Herbert (Bell) 57:12; 2. Marianne Nelson (Durb) 71:34; 3. Carinne Usendorff (RWFL) 74:50.

St Lucia Half Marathon & 10 km

St Lucia, 15 May

(Distances: 21.1 km & 10 km)

Note: Unfortunately the results did not include clubs. – Ed.

Half marathon

MEN

| | | |
|---------------|------------|---------|
| 1. Phakamani | Mthinyane | 1:17:00 |
| 2. Sabelo | Ntshangase | 1:21:42 |
| 3. Nkosiyethu | Ntuli | 1:27:51 |

40-49:

| | | |
|-----------|-----------|---------|
| 1. Amos | Nkosi | 1:21:43 |
| 2. Wilson | Maphalala | 1:25:45 |
| 3. Bheki | Nyawo | 1:26:58 |

50-59:

| | | |
|----------|------------|---------|
| 1. Johan | Cloete | 1:38:19 |
| 2. Cyril | Sewpersadh | 1:55:45 |
| 3. Andre | Schoombee | 2:01:41 |

60+:

| | | |
|-----------|------------|---------|
| 1. George | Mcgregor | 1:53:06 |
| 2. Bill | Bailey | 2:24:48 |
| 3. Henk | Kaldenberg | 2:25:38 |

Juniors:

| | | |
|-------------|-----------|---------|
| 1. Sibusiso | Maphalala | 1:24:34 |
|-------------|-----------|---------|

WOMEN

| | | |
|-------------|----------|---------|
| 1. Winnie | Mnisi | 1:34:56 |
| 2. Nicola | Mcmurray | 1:37:59 |
| 3. Beatrice | Hlope | 1:39:54 |

40-49:

| | | |
|------------|------------|---------|
| 1. Rene | Rautenbach | 1:56:40 |
| 2. Shelley | Geel | 1:58:22 |
| 3. Cathy | Morrison | 1:59:43 |

50-59:

| | | |
|----------|---------|---------|
| 1. Sandy | Curran | 1:58:24 |
| 2. Magda | Gerrard | 2:05:34 |
| 3. Jenny | Dawson | 2:27:19 |

60+:

| | | |
|----------|--------|---------|
| 1. Linda | Vivian | 2:12:12 |
|----------|--------|---------|

10 km

MEN

| | | |
|---------------|--------|-------|
| 1. Nkosinathi | Zungu | 34:53 |
| 2. Eugene | Fourie | 39:14 |
| 3. Mduduzi | Mnguni | 40:14 |

40-49:

| | | |
|---------------|----------|-------|
| 1. Bhekinkosi | Sibiya | 46:37 |
| 2. Lucas | Simelane | 46:44 |
| 3. Mark | Lonsdale | 51:21 |

50-59:

| | | |
|---------------|----------|-------|
| 1. Msawenkosi | Zungu | 40:59 |
| 2. Bongani | Ndlovu | 45:10 |
| 3. John | Bartlett | 52:26 |

60+:

| | | |
|------------|--------|---------|
| 1. Douglas | Powell | 1:24:57 |
|------------|--------|---------|

Juniors:

| | | |
|------------|----------|-------|
| 1. Njabulo | Mncwango | 34:45 |
| 2. Patrick | Nkosi | 36:01 |
| 3. Qinisc | Thango | 44:55 |

WOMEN

| | | |
|------------|---------------|-------|
| 1. Nomcebo | Mthethwa | 42:58 |
| 2. Keri | Kent | 59:57 |
| 3. Jacky | Mackay-Leslie | 59:58 |

40-49:

| | | |
|-----------|-----------|---------|
| 1. Elrina | Reynhardt | 1:07:38 |
|-----------|-----------|---------|

50-59:

| | | |
|--------------|------------|---------|
| 1. Preshiela | Sewpersadh | 1:23:04 |
| 2. Jill | Brearley | 1:34:44 |

60+:

| | | |
|--------------|-----------|---------|
| 1. Jerome | Mswane | 55:18 |
| 2. Magdalena | Baxter | 1:05:27 |
| 3. Ntombi | Masangane | 1:06:18 |

Juniors:

| | | |
|---------------|---------|-------|
| 1. Langelihle | Zulu | 44:57 |
| 2. Nothando | Malwane | 46:51 |
| 3. Lindokuhle | Ngobeni | 59:44 |

Sunrise Beach 10 km

Durban, 15 May

(Out-and-back course)

MEN

| | | | |
|----|-----------------|-----------------|-------|
| 1. | Munyaradzi Jari | ZIM/Form One AC | 33:44 |
| 2. | Malvern Paradza | ZIM/Mr Price AC | 34:12 |
| 3. | Sipho Ngzongo | Ind | 35:02 |

40-49:

| | | | |
|----|------------------|-------------|-------|
| 1. | Enoch Ngubane | Mr Price AC | 38:56 |
| 2. | Willie Majombozi | Boxer AC | 39:22 |
| 3. | Justin Hand | DHSOB | 39:22 |

50-59:

| | | | |
|----|------------------|----------|-------|
| 1. | Cyril Kunene | Ind | 38:01 |
| 2. | Nicholas Dlamini | Boxer AC | 41:24 |
| 3. | Innocent Ndlovu | Ind | 47:56 |

60+:

| | | | |
|----|--------------|------------|-------|
| 1. | Alex Jeffery | Savages AC | 52:30 |
|----|--------------|------------|-------|

WOMEN

| | | | |
|----|-----------------------|-----------------|-------|
| 1. | Catherine Nyakwishira | ZIM/Form One AC | 42:50 |
| 2. | Loveness Madzhiva | ZIM/Boxer AC | 43:32 |
| 3. | Ellist Holmes | Ind | 45:01 |

40-49:

| | | | |
|----|------------------|----------------|-------|
| 1. | Jeanette Davison | DHSOB | 47:39 |
| 2. | Maureen Slack | Riverside Harr | 48:44 |
| 3. | Wendy Earle | Ind | 51:50 |

50-59:

| | | | |
|----|------------------|-----------|-------|
| 1. | Lindsay Rogerson | Ind | 48:49 |
| 2. | Pat Fischer | Stella AC | 53:28 |

3. June Watson PDAC 53:59

CROSS-COUNTRY

WP League Meeting #2

Cape Town (UCT), 15 May

Note: The athletes' names are given in the order surname, first name. All men's age categories run 8 km, except the u.17 boys (6 km) and all women's age categories run 4 km, except the u.19 girls (6 km). – Ed.

SR. MEN (12 km)

| | | | |
|----|--------------------|-----------------|-------|
| 1 | Diko Sityhilo | Adidas | 37:21 |
| 2 | Qhina Mthandazo | RCS Gugs | 38:35 |
| 3 | Fortuin Duane | Adidas | 38:39 |
| 4 | Samuels Manfred | Helderberg Harr | 39:21 |
| 5 | Bailey Michael | ACSIS VOB | 39:35 |
| 6 | Nogwaza Innocent | Adidas | 40:13 |
| 7 | Pienaar Barry-John | Tygerberg NLK | 40:43 |
| 8 | Mathee Anthony | Helderberg Harr | 40:48 |
| 9 | Abrahams JP | Adidas | 41:03 |
| 10 | Ngculana Bonisile | Atlantic | 41:11 |

SR. MEN (4 km)

| | | | |
|----|----------------------|-----------------|-------|
| 1 | Ngudlumana Virginia | Celtic Harriers | 11:57 |
| 2 | Wildskut Riaan | ATC | 12:17 |
| 3 | Pedro E J | CPUT | 12:21 |
| 4 | Bhebha Bulelani | ACSIS VOB | 12:29 |
| 5 | Kayi V Tygerberg NLK | 12:39 | |
| 6 | Jaftha R | Eerste River | 12:41 |
| 7 | Primo A M | Maties | 12:42 |
| 8 | Karelse Christopher | ATC | 13:18 |
| 9 | Robinson William | UCT | 13:21 |
| 10 | Korir Gilbert | UWC | 13:28 |

Veterans:

| | | | |
|---|-----------------|-----------------|-------|
| 1 | Katzen Graham | Celtic Harriers | 26:52 |
| 2 | Persents Johnny | Adidas | 28:01 |
| 3 | Benn Allan | WPCC | 28:29 |

Masters:

| | | | |
|---|-----------------|-----------------|-------|
| 1 | Howard Raymond | Celtic Harriers | 29:49 |
| 2 | Cassiem Shafiek | Adidas | 30:38 |
| 3 | Mpukane Goodman | RCS Gugs | 31:12 |

G'masters:

| | | | |
|---|----------------|---------------------|-------|
| 1 | Veldsman Awie | Helderberg Harriers | 31:38 |
| 2 | Fortuin P A | ACSIS VOB | 38:43 |
| 3 | Clarke Michael | ACSIS VOB | 39:42 |

U.19:

| | | | |
|---|---------------------|----------|-------|
| 1 | Mdzanga Luxolo | RCS Gugs | 24:47 |
| 2 | Makhaluza Siyabonga | Easterns | 24:49 |
| 3 | Reilly Kane | Maties | 25:57 |

U.17:

| | | | |
|---|-----------------|-------------|-------|
| 1 | Njenxa Asive | Khayelitsha | 18:58 |
| 2 | Joseph Thandile | Easterns | 19:02 |
| 3 | Malgas Lukhanyo | Khayelitsha | 19:14 |

SR. WOMEN (8 KM)

| | | | |
|----|----------------------|-----------------|-------|
| 1 | Simae Bulelwa | Nedbank WP | 29:58 |
| 2 | Sikabalanjana Asiphe | RCS Gugs | 30:26 |
| 3 | Mtshagi Bulelwa | Celtic Harriers | 31:47 |
| 4 | Seti Nomvuyisi | Celtic Harriers | 32:09 |
| 5 | De Lange Sheryl | Adidas | 32:37 |
| 6 | Matiwane Busisiwe | Celtic Harriers | 32:54 |
| 7 | Impey C A | NBMS | 33:22 |
| 8 | Smith Danette | Adidas | 33:51 |
| 9 | Close JNBMS | 34:08 | |
| 10 | Pretorius Andrea | NBMS | 34:48 |

SR. WOMEN (4 km)

| | | | |
|----|--------------------|-------------|-------|
| 1 | Mbombo P | Khayelitsha | 16:33 |
| 2 | Mahlombe N A | Atlantic | 16:59 |
| 3 | Sauls Abegail | Itheko | 17:36 |
| 4 | Olivier Leanne | CPUT | 18:17 |
| 5 | Oosthuizen Natasha | Adidas | 18:26 |
| 6 | Du Toit L | WCSS | 18:31 |
| 7 | Kupe Nomveliso | RCS Gugs | 19:21 |
| 8 | Nkohla Patience | Khayelitsha | 20:53 |
| 9 | Chemiaacs C | ACSIS VOB | 21:09 |
| 10 | Maccannel Adele | ACSIS VOB | 21:11 |

Veterans:

| | | | |
|---|---------------------|---------------|-------|
| 1 | De Lange Sheryl | Adidas | 15:21 |
| 2 | Adams Patricia | Metropolitan | 16:03 |
| 3 | Esterhuyse Mariëtte | Tygerberg NLK | 16:27 |

Masters:

| | | | |
|---|------------------|-----------------|-------|
| 1 | Howard Olga | Celtic Harriers | 16:14 |
| 2 | Charters B A | ACSIS VOB | 17:53 |
| 3 | Cupido Charmaine | Nedbank WP | 18:51 |

G'masters:

| | | | |
|---|-------------------|-----------------|-------|
| 1 | Sparg Pixie | Celtic Harriers | 20:58 |
| 2 | Barnard Zonia | Celtic Harriers | 21:34 |
| 3 | Richfield Rosalie | UCT | 22:24 |

U.19:

| | | | |
|---|-----------------|-----------------|-------|
| 1 | Mateyisi Khanya | Khayelitsha | 24:01 |
| 2 | Snyman Asiphe | Celtic Harriers | 24:14 |
| 3 | Groener C | Bellville | 27:09 |

U.17:

| | | | |
|---|-----------------|---------------|-------|
| 1 | Marais E | Tygerberg NLC | 15:03 |
| 2 | Mtshemla Pamela | ACSIS VOB | 16:29 |
| 3 | Abrahams Amy | Eerste River | 16:41 |

Gauteng North League Meeting

Pretoria, 13 May

Note: This meeting was held at night. All male age categories run 8 km, except men 60, 65, 70, 75 and boys 17 (all 6 km), as well as men 23 and 21 (4 km), while all women age categories run 4 km, except juniors (6 km). – Ed.

SR. MEN (8 km)

| | | | |
|---|----------------|----------|-------|
| 1 | Gladwin Mzazi | Transnet | 24:52 |
| 2 | Sibusiso Nzima | Nedbank | 25:11 |
| 3 | Esau Radebe | Transnet | 25:25 |

| | | | |
|----|------------------|------------|-------|
| 4 | Benedict Moeng | Transnet | 25:26 |
| 5 | Sikhumbuzo Seme | Tuks | 26:14 |
| 6 | Rafael Mahapa | Individual | 26:36 |
| 7 | Tebogo Sithole | HSRC | 27:19 |
| 8 | Anele Songqibido | Tuks | 27:58 |
| 9 | Petrus Aphane | PPMC | 29:28 |
| 10 | G Breed | Individual | 29:42 |

SR. MEN (4 km)

| | | | |
|----|--------------------|------------------|-------|
| 1 | Thabang Modiba | New Balance | 13:05 |
| 2 | Israel Legoete | PMMC | 13:24 |
| 3 | Gino Nkoe | Nissan | 13:25 |
| 4 | Oupa Maseko | HSRC | 13:41 |
| 5 | Tebogo Radebe | Prestige College | 14:05 |
| 6 | Elias Molemane | Monaco | 14:16 |
| 7 | Andile Magagula | Suthies AC | 14:31 |
| 8 | Samuel Bodiba | Nedbank | 15:13 |
| 9 | Dereck Fourie | Nedbank | 15:21 |
| 10 | Thabang Mashiloane | Nedbank | 15:46 |

MEN 40

| | | | |
|---|-------------|-------------|-------|
| 1 | Koos Aphane | PMMC | 29:58 |
| 2 | Johan Buys | AGN Masters | 30:22 |
| 3 | Henk Moen | Irene | 30:26 |

MEN 45

| | | | |
|---|---------------------|-------------|-------|
| 1 | Dan Mothibe | New Balance | 28:58 |
| 2 | Herman Mulder | New Balance | 29:43 |
| 3 | Willie van Rensburg | Wonderboom | 32:10 |

MEN 50

| | | | |
|---|------------------|---------|-------|
| 1 | Piet Lotter | ACRW | 32:35 |
| 2 | Japie Badenhorst | Kentron | 32:39 |
| 3 | Jan Bester | ACRW | 35:40 |

MEN 55

| | | | |
|---|-------------------|------------|-------|
| 1 | Freddy Bredenkamp | Individual | 42:32 |
|---|-------------------|------------|-------|

MEN 60

| | | | |
|---|----------------|---------|-------|
| 1 | Mike de Bruto | Irene | 31:31 |
| 2 | Joe Bellingham | Nedbank | 26:27 |

MEN 65

| | | | |
|---|----------------|----------|-------|
| 1 | Iven Moorhouse | Phobians | 34:28 |
|---|----------------|----------|-------|

MEN 70

| | | | |
|---|-----------------------|----------|-------|
| 1 | Andries van der Merwe | Transnet | 32:16 |
| 2 | Neville Muir | Phobians | 50:02 |

MEN 75

| | | | |
|---|----------------|----------|-------|
| 1 | Martin Coetzee | Magnolia | 37:55 |
| 2 | Frans Grobler | Transnet | 53:04 |

MEN 23

| | | | |
|---|-------------------|--------------|-------|
| 1 | Ivan Ambraal | PMMC | 13:15 |
| 2 | Abbey Morulane | Individual | 13:35 |
| 3 | William Sibanyoni | Fortis Noord | 13:43 |

MEN 21

| | | | |
|---|-----------------|---------|-------|
| 1 | Poncho Dipheteo | Nedbank | 13:09 |
| 2 | Fourie Wiid | Tuks | 13:10 |
| 3 | Charles Nel | Tuks | 13:16 |

JR. MEN

| | | | |
|---|----------------------|------------------|-------|
| 1 | Gift Mahlangu | Rosinah Sedibane | 26:45 |
| 2 | Nkosinathi Sotyantya | Tuks | 27:11 |
| 3 | Simon Makonyama | Nedbank | 27:15 |

BOYS 17

| | | | |
|---|------------------|------------------|-------|
| 1 | Mpho Makofane | Prestige College | 20:03 |
| 2 | Skhalo Mthimkulu | Prestige College | 20:07 |
| 3 | Mpho Motaung | Prestige College | 20:35 |

SR. WOMEN (8 km)

| | | | |
|---|------------------|----------|-------|
| 1 | Liziwe Mabona | Tuks | 30:41 |
| 2 | Simangele Mabuza | Transnet | 31:26 |
| 3 | Thelma Malebe | Moretele | 38:33 |

SR. WOMEN (4 km)

| | | | |
|----|--------------------|-------------|-------|
| 1 | Louisa Leballo | Individual | 14:19 |
| 2 | Portia Ngwenya | TUT | 14:20 |
| 3 | Zintle Sinqe | Tuks | 14:43 |
| 4 | Myrette Filmalter | Tuks | 14:45 |
| 5 | Patience Khumalo | TUT | 15:23 |
| 6 | Simone Faasen | Overkruin | 16:16 |
| 7 | Ndofhiwa Mandiwana | Nedbank | 16:25 |
| 8 | Louise van Niekerk | Individual | 16:26 |
| 9 | Kathryn Thomas | New Balance | 17:48 |
| 10 | Adri van Rooyen | New Balance | 19:32 |

WOMEN 40

| | | | |
|---|---------------------|-----------------|-------|
| 1 | Salome Vermeulen | Bronkhorstspuit | 17:18 |
| 2 | Letmari Dreeckmeier | AS Eagles | 19:01 |
| 3 | Estelle Greyling | Bronkhorstspuit | 19:50 |

WOMEN 45

| | | | |
|---|---------------|-------------|-------|
| 1 | Ansie Viljoen | Irene | 17:07 |
| 2 | Elsabe Brink | Running Inn | 18:17 |
| 3 | Liz Popich | AS Eagles | 19:33 |

WOMEN 50

| | | | |
|---|-----------------|---------|-------|
| 1 | Louise Nortman | Nedbank | 19:57 |
| 2 | Ute de Milander | Arete | 20:41 |

WOMEN 55

| | | | |
|---|---------------------|-------------|-------|
| 1 | Lyn de Bruin | Irene | 19:53 |
| 2 | Veronica von Gordon | AGN Masters | 21:10 |
| 3 | Rina Pretorius | AS Eagles | 21:27 |

WOMEN 23

| | | | |
|---|---------------------|-------------|-------|
| 1 | Rutendo Nyahora | ZIM/Nedbank | 13:51 |
| 2 | Thembi Baloyi | TUT | 14:52 |
| 3 | Mishelene Lagerwall | New Balance | 15:56 |

WOMEN 21

| | | | |
|---|--------------------|--------|-------|
| 1 | Anuschka Nice | Tuks | 15:17 |
| 2 | Chandre du Plessis | Affies | 16:07 |
| 3 | Palesa Madoa | TUT | 16:51 |

JR. WOMEN

| | | | |
|---|---------------------|------|-------|
| 1 | Keorapetse Tlhoaele | TUT | 24:48 |
| 2 | Asanda Daymini | Tuks | 25:37 |
| 3 | Dineo Mohai | Tuks | 25:56 |

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

Göteborgsvarvet (32nd)

Göteborg, SWE, 21 May

(Distance: 21.1 km. Finishers: 29 695 men + 13 200 women = 42 895 total)

MEN

1. Albert Matebor, 1980, KEN 1:00:52 PB/CR € 6000 + 4000*
2. Kenneth Kiplimo Kimutai, 1981, KEN 1:01:21
3. Paul Kimugul Kimaiyo, 1980, KEN 1:01:34
4. Pius Kirop, 1090, KEN 1:01:57
5. Sentayehu Merga Ejigu, ETH 1:02:00
6. Adugna Tekele Bikila, 1989, ETH 1:02:18
7. Urige Arado Buta, 1982, ETH 1:02:19
8. Gemechu Fekadu Lema, 1984, ETH 1:02:28
9. Wilson Kebenei, 1980, KEN 1:02:34
10. Siraj Gena Amda, ETH 1:02:36
11. Wirimayi Juwawo, 1980, ZIM 1:02:49

*) Course record bonus; previous 1:01:10, Sammy Kiprono Kirui (KEN), 2010

WOMEN

1. Joyce Chepkirui, 1991, KEN 1:09:04 PB/CR € 6000 + 4000*
2. Atsedo Baysa, 1987, ETH 1:10:11
3. Pamela Lisoreng, 1988, KEN 1:11:37
4. Tadelech Bekele Alemu, 1991, ETH 1:12:09
5. Eunice Kales, 1984, KEN 1:12:40
6. Firehiwot Dado Tufa, 1984, ETH 1:13:02
7. Edinah Kwambai, 1986, KEN 1:13:10
8. Isabellah Andersson, 1980, SWE 1:14:16
9. Etaferahu Temesgen, 1989, ETH 1:14:25
10. Lucia Kimani, 1980, BIH 1:16:30

*) Course record bonus; previous 1:09:28, Stine Larsen (NOR), 2000

Tribuna FM 10 km (25th)

Santos, BRA, 15 May

MEN

1. Marilson Gomes Dos Santos, BRA 27:59 CR BRL 25,000 (=USD 15,405)
2. Nicholas Kimeli Keter, KEN 28:21 7,000
3. Joshua Kiprugut Kemei, KEN 28:43 5,000

WOMEN

1. Eunice Jepkirui Kirwa, KEN 32:07 PB BRL 25,000 (=USD 15,405)
2. Simone Alves Da Silva, BRA 32:32 PB 7,000
3. Cruz Nonata Da Silva, BRA 32:37 5,000

Bupa Great Manchester Run 10 km

Manchester, GBR, 15 May

(Certified course; starts at 45 m elevation and finishes at 35 m elevation; start/finish separation is 600 m, or 6% of the race distance)

Note: This was Haile Gebrselassie's fourth win in the race. – Ed.**MEN**

| | |
|----------------------------|----------|
| 1. Haile Gebrselassie, ETH | 28:10 |
| [14:18 / 13:52] | |
| 2. Chris Thompson, GBR | 28:21 |
| [14:18 / 14:03] | |
| 3. Sergey Lebid, UKR | 28:25 |
| [14:19 / 14:06] | |
| 4. Craig Mottram, AUS | 28:36 |
| 5. Martin Fagan, IRL | 28:39 PB |
| 6. James Walsh, GBR | 28:42 PB |
| 7. Scott Overall, GBR | 28:49 PB |
| 8. Jonny Mellor, GBR | 28:50 PB |
| 9. Andrew Ledwith, IRL | 29:02 |
| 10. Ryan McLeod, GBR | 29:04 PB |

WOMEN

| | |
|---------------------------|----------|
| 1. Helen Clitheroe, GBR | 31:45 PB |
| [16:07 / 15:38] | |
| 2. Christelle Daunay, FRA | 31:59 PB |
| [16:08 / 15:51] | |
| 3. Grace Momanyi, FRA | 32:05 |
| 4. Sara Moreira, POR | 32:11 |
| 5. Anna Incerti, ITA | 32:36 |
| 6. Berhane Adere, ETH | 33:07 |
| 7. Katrina Wootton, GBR | 33:15 PB |
| 8. Hannah Whitmore, GBR | 33:38 PB |
| 9. Sonia Samuels, GBR | 33:43 |
| 10. Laura Whittle, GBR | 33:48 PB |

TRACK**USATF High Performance Meet at Occidental College**

Los Angeles, USA, 21 May

MEN

800:

Championship Sections -

Section 1 -

| | | |
|---------------------|-----------------------|------------|
| 1. Cory Primm | Unattached | 1:44.71 PB |
| 2. Tyler Mulder | Nike O T C | 1:44.83 PB |
| 3. David Torrence | Nike | 1:45.43 |
| 4. Russell Brown | Nike O T C | 1:45.83 PB |
| 5. Duane Solomon | Saucony | 1:45.86 |
| ... 8. Prince Mumba | Santa Monica TC (ZAM) | 1:46.50 NR |

Section 2 -

| | | |
|----------------------|------------------|---------|
| 1. Khadevis Robinson | Nike | 1:46.01 |
| 2. Andrew Ellerton | Unattached (CAN) | 1:46.39 |
| 3. Mark Wiczorek | Unattached | 1:46.54 |

Section C -

- | | | |
|--------------------|-----------------|------------|
| 1. Jeff Riesley | Australia (AUS) | 1:45.02 PB |
| 2. Julis Mutekanga | C P T C (UGA) | 1:46.45 PB |
| 3. Kevin Hicks | S E T A | 1:46.65 |

1500:

Championship Section -

- | | | |
|----------------------|---------------|------------|
| 1. Andrew Wheating | Nike O T C | 3:36.46 |
| 2. Kyle Miller | Nike | 3:36.82 PB |
| 3. Nate Brannen | Saucony (CAN) | 3:36.98 |
| 4. Lopez Lomong | Nike | 3:37.01 |
| 5. Will Leer | Nike | 3:37.01 PB |
| 6. Andrew Bumbalough | Nike O T C | 3:37.15 PB |
| ... 8. Nick Symmonds | Nike O T C | 3:38.18 PB |

Flynth Record Races

Hoorn, NED, 21 May

WOMEN

800:

Heat 1:

1. Yvonne Hak, 2:01:62
2. Juanee Cilliers, RSA, 2:05:16
3. Lindsay Degrande, BEL, 2:05:25

Samsung Diamond League - Shanghai

(2nd stop of 2011 Samsung Diamond League)

Shanghai, CHN, 15 May

MEN

1500:

- | | | |
|-----------------------------------|------------|------------------|
| 1. Nixon Kiplimo Chepseba, KEN | 3:31.42 | WL/MR USD 10,000 |
| 2. Asbel Kiprop, KEN | 3:31.76 | 6,000 |
| 3. Gebremedhin Mekonnen, ETH | 3:32.36 | 4,000 |
| 4. Silas Kiplagat, KEN | 3:32.70 | 3,000 |
| 5. Augustine Choge, KEN | 3:33.38 | 2,500 |
| 6. Daniel Kipchirchir Komen, KEN | 3:33.41 | 2,000 |
| 7. Bethwell Birgen, KEN | 3:34.59 PB | 1,500 |
| 8. Geoffrey Rono, KEN | 3:35.07 | 1,000 |
| 9. William Biwott Tanui, KEN | 3:35.29 | 1,000 |
| 10. Ismael Kipngetch Kombich, KEN | 3:35.39 | 1,000 |

3000 s/chase:

- | | | |
|-------------------------------------|------------|------------------|
| 1. Brimin Kiprop Kipruto, KEN | 8:02.28 | WL/MR USD 10,000 |
| 2. Paul Kipsiele Koech, KEN | 8:02.42 | 6,000 |
| 3. Hillary Kipsang Yego, KEN | 8:07.71 PB | 4,000 |
| 4. Patrick Kipkirui Langat, KEN | 8:08.59 PB | 3,000 |
| 5. Richard Kipkemboi Mateelong, KEN | 8:11.07 | 2,500 |
| 6. Benjamin Kiplagat, UGA | 8:12.87 | 2,000 |
| 7. Elijah Chelimo Kipterege, KEN | 8:20.53 | 1,500 |
| 8. Silas Kosgei Kitum, KEN | 8:20.87 | 1,000 |
| 9. Jonathan Muia Ndiku, KEN | 8:20.89 | 1,000 |
| 10. Linus Kipwambok Chumba, KEN | 8:24.10 | 1,000 |
| ... 13. Ruben Ramolefi, RSA | 8:27.38 | |

WOMEN

800:

| | | |
|-------------------------------|---------|------------|
| 1. Jenny Meadows, GBR | 2:00.54 | USD 10,000 |
| 2. Malika Akkaoui, MAR | 2:01.45 | 6,000 |
| 3. Angelika Cichocka, POL | 2:01.75 | 4,000 |
| 4. Lenka Masná, CZE | 2:02.21 | 3,000 |
| 5. Renata Plis, POL | 2:02.67 | 2,500 |
| 6. Ewelina Setowska-Dryk, POL | 2:03.00 | 2,000 |
| 7. Eunice Jepkoech Sum, KEN | 2:03.09 | 1,500 |
| 8. Heather Kampf, USA | 2:03.85 | 1,000 |
| 9. Tatyana Andrianova, RUS | 2:04.10 | |
| 10. Zhao Jing, CHN | 2:04.41 | |

5000:

| | | |
|-----------------------------------|----------|---------------|
| 1. Vivian Cheruiyot, KEN | 14:31.92 | WL USD 10,000 |
| 2. Sentayehu Ejigu, ETH | 14:32.87 | 6,000 |
| 3. Linet Masai, KEN | 14:32.95 | 4,000 |
| 4. Viola Kibiwot, KEN | 14:34.86 | PB 3,000 |
| 5. Mercy Cherono, KEN | 14:37.17 | PB 2,500 |
| 6. Priscah Jepleting Cherono, KEN | 14:40.86 | 2,000 |
| 7. Pauline Korikwiang, KEN | 14:41.28 | PB 1,500 |
| 8. Sule Utura, ETH | 14:46.32 | 1,000 |
| 9. Meselech Melkamu, ETH | 14:50.94 | 1,000 |
| 10. Esther Chemtai, KEN | 15:02.55 | 1,000 |

Grande Prêmio Internacional CAIXA Governo do Pará de Atletismo

Belém, BRA, 15 May

MEN

800:

| | |
|--|----|
| 1. David Mutinda Mutua, 1992, KEN, 1:44.06 | PB |
| 2. Kleberon Davide, 1985, BRA, 1:44.28 | PB |
| 3. Rafith Rodriguez, 1989, COL, 1:44.31 | NR |
| 4. Ismail Ahmed Ismail, SUD, 1:45.14 | |
| 5. Lutimar Abreu Paes, 1988, BRA, 1:45.32 | PB |

5000:

| |
|---|
| 1. Bisluke Kipkorir Kiplagat, KEN, 13:21.79 |
| 2. David Kiprotich Bett, KEN, 13:24.66 |
| 3. Tshamano Setone, RSA, 13:34.62 |
| 4. Japhet Kipyegon Korir, KEN, 13:35.63 |
| 5. Bernard Mbugua, KEN, 13:49.19 |

WOMEN

800:

| |
|---|
| 1. Molly Beckwith, USA, 2:02.55 |
| 2. Rosibel Garcia, COL, 2:03.45 |
| 3. Korene Hinds, JAM, 2:03.97 |
| 4. Muriel Coneo, COL, 2:04.98 |
| 5. Christiane Ritz dos Santos, BRA, 2:05.20 |

5000:

| | |
|--|----|
| 1. Almaz Ayana, 1991, ETH, 15:12.24 | PB |
| 2. Mekdes Bekele, ETH, 15:49.11 | |
| 3. Purity Cherotich Kirui, KEN, 16:13.42 | |

4. Angela Figueroa, COL, 16:24.61
5. Yoni Ninahuaman, PER, 16:52.16

Kyushu Corporate Track & Field Championships

Kita-Kyushu, JPN, 14-15 May

MEN

10000 (14):

Race 3:

1. Paul Tanui (KEN), 27:18.58
2. Alemu Desta (ETH), 27:51.17
3. Kazuhiro Maeda, 28:28.65

Colorful Daegu Pre-Championships Meeting

(IAAF World Challenge)

Daegu, KOR, 12 May

Summary of Middle & Long Distance Events

MEN

800:

- | | |
|----------------------------------|------------|
| 1. Boaz Lalang, KEN | 1:45.90 |
| 2. Duane Solomon, USA | 1:46.16 |
| 3. Ismael Kipngetch Kombich, KEN | 1:46.41 |
| 4. Antonio Manuel Reina, ESP | 1:46.54 |
| 5. Eliud Rutto, KEN | 1:46.62 PB |

3000 s/chase:

- | | |
|-------------------------------------|---------------|
| 1. Hillary Kipsang Yego, KEN | 8:12.08 PB/WL |
| 2. Richard Kipkemboi Mateelong, KEN | 8:12.15 |
| 3. Silas Kosgei Kitum, KEN | 8:12.17 PB |
| 4. Jonathan Muia Ndiku, KEN | 8:24.53 |
| 5. Elijah Chelimo Kipterege, KEN | 8:29.72 |
| 6. Ruben Ramolefi, RSA | 8:33.41 |

WOMEN

1500:

- | | |
|-------------------------|------------|
| 1. Anna Mishchenko, UKR | 4:03.52 |
| 2. Meskerem Assefa, ETH | 4:03.63 PB |
| 3. Irene Jelagat, KEN | 4:04.32 |
| 4. Malika Akkaoui, MAR | 4:04.96 PB |
| 5. Kaila McKnight, AUS | 4:05.65 PB |

GP Caixa/Unifor de Atletismo

Fortaleza, BRA, 11 May

MEN

800:

1. David Mutinda Mutua, 1992, KEN, 1:46.56
2. Kleberson Davide, BRA, 1:46.76
3. Lutimar Abreu Paes, BRA, 1:46.78
4. Rafith Rodriguez, COL, 1:46.93
5. Reuben Bett, KEN, 1:47.22

5000:

1. David Kiprotich Bett, KEN, 13:24.65 MR
2. Japhet Kipyegon Korir, KEN, 13:30.82
3. Justine Cheruiyot, KEN, 13:33.06
4. Joilson Bernardo da Silva, BRA, 13:36.89
5. Tshamano Setone, RSA, 13:49.42

3000 s/chase:

1. Bernard Mbugua, KEN, 8:24.64 MR
2. Mario Bazan, PER, 8:35.61
3. Hudson Santos de Souza, BRA, 8:41.59
4. Andre Alberi de Santana, BRA, 8:44.19
5. Celso Ficagna, BRA, 8:45.42

WOMEN

800:

1. Molly Beckwith, USA, 2:02.50
2. Andrea Ferris, PAN, 2:03.10
3. Rosibel Garcia, COL, 2:03.53
4. Muriel Coneo, COL, 2:03.81
5. Christiane Ritz dos Santos, BRA, 2:04.47

5000:

1. Cruz Nonata da Silva, BRA, 15:27.74 MR
2. Fabiana Cristine da Silva, BRA, 16:04.99
3. Tatiele Roberta de Carvalho, BRA, 16:26.75
4. Catherine Lange Yuku, TAN, 17:07.90
5. Agness Jepkosgei, KEN, 17:13.30

3000 s/chase:

1. Almaz Ayana, 1991, ETH, 9:41.86 MR
2. Mekdes Bekee, ETH, 9:45.91
3. Purity Cherotich Kirui, KEN, 9:49.93
4. Korene Hinds, JAM, 9:53.95
5. Angela Figueroa, COL, 10:01.55

African Junior Championships (10th)

Gaborone, BOT, 12-15 May

MEN

800 (15):

1. Aman Geleto Mohammed, ETH 1:46.62 Gold
2. Anthony Chemut, KEN 1:47.16 Silver
3. Amos Nigel, BOT 1:47.38 Bronze

Heat 4 (13):

1. Dejene Dubushe Fikadu, ETH 1:49.22 Q
2. Jacob Araptany, UGA 1:49.95 Q
3. Othmane Laaroussi, MAR 1:50.18 q
- ... 5. Rynhardt van Rensburg, RSA 1:52.88

1500 (13):

1. Hillary Maiyo, KEN 3:35.43 Gold
2. Geoffrey Barusei, KEN 3:35.54 Silver
3. Soresafida Jana, ETH 3:36.38 Bronze

Heat 2 (12):

- | | |
|---------------------------------|-----------|
| 1. Geoffrey Barusei, KEN | 3:41.65 Q |
| 2. Alemayehu Bekele Zebene, ETH | 3:41.90 Q |
| 3. Emmanuel Sasia, UGA | 3:46.59 Q |
| ... 7. Armin Botha, RSA | 3:55.78 |

5000 (14):

- | | |
|--------------------------------|-----------------|
| 1. Atnafu Zerihun Yitayal, ETH | 13:38.52 Gold |
| 2. Abraham Kasongor, KEN | 13:39.17 Silver |
| 3. Thomas Ayeko, UGA | 13:40.04 Bronze |
| ... 13. Jeromy Andreas, RSA | 15:20.81 |

10000 (13):

- | | |
|------------------------------|-----------------|
| 1. Geoffrey Kirui, KEN | 27:55.74 Gold |
| 2. Nicholas Togomo, KEN | 28:23.22 Silver |
| 3. Thomas Ayeko, UGA | 28:27.54 Bronze |
| ... 6. Mfumaneko Fadane, RSA | 31:57.20 |

3000 s/chase (12):

- | | |
|-------------------------|----------------|
| 1. Gilbert Kirui, KEN | 8:25.03 Gold |
| 2. Jairus Kipchoge, KEN | 8:28.08 Silver |
| 3. Jacob, Araptany UGA | 8:30.63 Bronze |

WOMEN

800 (13):

- | | |
|------------------------------------|----------------|
| 1. Annette Negesa, UGA | 2:04.94 Gold |
| 2. Cherono Koech, KEN | 2:06.49 Silver |
| 3. Alem Gereziner Gebremariam, ETH | 2:07.16 Bronze |

Heat 3 (12):

- | | |
|------------------------------------|-----------|
| 1. Alem Gereziner Gebremariam, ETH | 2:08.50 Q |
| 2. Faith Goremusandu, ZIM | 2:11.29 Q |
| 3. Happiness Mkhize, RSA | 2:11.56 |

1500 (15):

Final (15):

- | | |
|-----------------------------|----------------|
| 1. Annette Negesa, UGA, | 4:09.17 Gold |
| 2. Nancy Chepkwemoi, KEN | 4:09.25 Silver |
| 3. Stacy Ndiwa, KEN | 4:15.84 Bronze |
| ... 10. Danel Prinsloo, RSA | 4:46.95 |

Heat 2 (14):

- | | |
|----------------------------|-----------|
| 1. Annette Negesa, UGA | 4:12.37 Q |
| 2. Nancy Chepkwemoi, KEN | 4:12.59 Q |
| 3. Fadwa Sidi Madane, MAR | 4:23.62 Q |
| ... 5. Danel Prinsloo, RSA | 4:37.89 Q |

3000 (12):

- | | |
|--------------------------------|----------------|
| 1. Gebru Hugos Azemra, ETH | 9:11.84 Gold |
| 2. Purity Ridnoripo, KEN | 9:14.58 Silver |
| 3. Mekasha Amare Waganesh, ETH | 9:16.82 Bronze |
| ... 6. Dominique Scott, RSA | 10:33.34 |

5000 (13):

- | | |
|------------------------------|-----------------|
| 1. Caroline Chepkoech, KEN | 15:24.66 Gold |
| 2. Janet Kisa, KEN | 15:24.75 Silver |
| 3. Genet Yalew Kassahun, ETH | 15:27.96 Bronze |

- ... 7. Letitia Saayman, **RSA** 18:16.43
 ... 9. Sylvia Tshetlanyane, **RSA** 18:46.72

3000 s/chase (14):

1. Birtukan Adamu Ali, ETH 9:53.80 Gold
 2. Zewdnesch Belachew, ETH 10:02.99 Silver
 3. Veronicah Ngososei, KEN 10:06.52 Bronze
 ... 5. Estie Brits, **RSA** 12:56.37

SEC Championships

Atlanta, USA, 12-15 May

WOMEN

1500 (15):

1. Brittany Sheffey, JR, Tennessee, 4:25.75
 2. Cory McGee, FR, Florida, 4:27.45
 3. Paige Johnston, FR, Arkansas, 4:28.85
 ... 11. Natanya Luther, SO, Arkansas (**RSA**), 4:36.54

Heat 2:

1. Cory McGee, FR, Florida, 4:26.60Q
 2. Cally Macumber, SO, Kentucky, 4:26.84Q
 3. Natanya Luther, SO, Arkansas (**RSA**), 4:27.05Q PB

TRAINING AIDS

RUN SAFELY IN THE DARK

With winter getting into full swing, athletes often have to train in the dark and in stormy weather, making it essential for them to ensure that they are visible to motorists. A Durban-based company, SA Trimmings, manufactures various aids to help with this.

Included in the See-me product range are 50 mm and 25 mm reflective belts with interlocking plastic buckles, as well as 50 mm slap straps and 50 mm iron-on strips (that can be ironed onto clothing). All of these make a runner extremely visible in the dark.

The company also sells freezable water bottles of plastic that folds, rolls or flattens when empty but stands like a bottle when full.

The See-me products will be exhibited at the Comrades Marathon Expo. Enquiries can be made at info@see-me.co.za.



STATS TIME

In this section I include the top ten South Africans over the standard distances in 2011 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.

2011 10 KM: TOP 10 WOMEN

| | | | | |
|-------|------------------------|---|----------------|--------|
| 33:07 | René Kalmer | 1 | Bellville | 10 Apr |
| 34:03 | Irvette van Blerk | 1 | Germiston | 22 May |
| 34:21 | Zintle Xiniwe | 3 | Bellville | 10 Apr |
| 34:28 | Van Blerk-2 | 4 | Bellville | 10 Apr |
| 34:31 | Xiniwe-2 | 1 | Cape Town | 02 Mar |
| 34:34 | Van Blerk-3 | 1 | Pretoria | 29 Jan |
| 34:47 | Annerien van Schalkwyk | 5 | Bellville | 10 Apr |
| 34:49 | Ntombesintu Mfunzi | 1 | Port Elizabeth | 16 Apr |
| 35:01 | Lebo Phalula | 2 | Germiston | 22 May |
| 35:03 | Bulelwa Simae | 1 | Bellville | 16 Apr |
| 35:10 | Louisa Leballo | 4 | Germiston | 22 May |
| 35:07 | Lebogang Phalula | 3 | Germiston | 22 May |
| 35:27 | Xiniwe-3 | 1 | Goodwood | 05 Mar |
| 35:27 | Catherine Skosana | 7 | Bellville | 10 Apr |

THIS MONTH IN HISTORY

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

40 years ago: 15 May 1971

Three American records were set in 30 minutes at the Bakersfield meeting to dedicate the newly installed Tartan track. One of these came in the 5000 metres, where George Young beat Frank Shorter to lower Gerry Lindgren's national record to 13:32.2. Shorter was second in 13:35.0 and his Florida team-mate Jack Bacheler third in 13:37.2, giving them third and fourth on the US all-time list. Young's time was the twelfth fastest in the world that year. Sixteen months later Shorter became Olympic marathon champion in the city of his birth, Munich, while Bacheler placed ninth. An interesting piece of trivia is that Shorter was the seventh Olympic marathon champion to have been born in a country other than the one for which he ran.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

This section lists this year's best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MENOpen

| | | | | |
|---------|-------|----------------------------------|----------------|--------|
| 10 km | 28:42 | Lusapho April | Port Elizabeth | 16 Apr |
| | 27:15 | Micah Kogo (KEN) | | |
| | 26:44 | Leonard Patrick Komon (KEN) 2010 | | |
| 15 km | 44:43 | Lusapho April | Jeffreys Bay | 08 Jan |
| | 42:58 | Mohamed Trafteh (USA) | | |
| | 41:13 | Leonard Patrick Komon (KEN) 2010 | | |
| 21.1 km | 61:42 | Stephen Mokoka | Yangzhou | 24 Apr |
| | 58:30 | Zerzenay Tadese (ERI) | | |
| | 58:23 | Zerzenay Tadese (ERI) 2010 | | |
| 25 km | 78:37 | Richard Mavuso | Pretoria | 07 May |

| | | | | |
|----------|----------|-------------------------------|-----------|--------|
| | 76:56 | Jan Fitschen (GER) | | |
| | 71:50 | Sammy Kosgei (KEN) 2010 | | |
| 30 km | 1:36:14 | Elroy Gelant | Camps Bay | 09 Jan |
| | 1:32:08 | Jason Lehmkuhle (USA) | | |
| | 87:49** | Haile Gebrselassie (ETH) 2009 | | |
| Marathon | 2:09:25 | Lusapho April | Hannover | 08 May |
| | 2:03:02A | Geoffrey Mutai (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 | 31:45 | Butiki Jantjies | Germiston | 22 May |
| | 28:51 | Paulo Catarino (POR) 2003 | | |
| 15 km | 50:30 | Graham Katzen | Constantia | 15 Jan |
| | 44:14 | Pierre Levisse (FRA) 1992 | | |
| 21.1 km | 70:42 | Lindile Tokota | Oudtshoorn | 29 Jan |
| | 62:28 | John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996 | | |
| 25 km | 86:37 | Niky Masombuka | Pretoria | 07 May |
| | 76:49 | Martin Mondragon (MEX) 1994 | | |
| 30 km | 1:46:14 | Graham Katzen | Camps Bay | 09 Jan |
| | 1:35:28 | Geraldo Antonio da Silva (BRA) 2002 | | |
| Marathon | 2:22:07 | Elias Mabane | Benoni | 30 Jan |
| | 2:08:46 | Andres Espinosa (MEX) 2003 | | |
| 100 km | | | | |
| | 6:18:24 | Mario Ardemagni (ITA) 2004 | | |

Masters (50+)

| | | | | |
|----------|----------|---------------------------|--------------|---------|
| 10 km | 33:58 | Stuart McCall | Germiston | 22 May |
| | [32:10 | Vladimir Kotov | Cape Town | 02 Mar] |
| | 30:35 | Tecwyn Davies (GBR) 1988 | | |
| 15 km | 53:11 | Johannes Seakamela | Alberton | 13 Mar |
| | [50:03 | Vladimir Kotov (BLR) | Constantia | 12 Mar] |
| | 47:52 | Titus Mamabolo (RSA) 1991 | | |
| 21.1 km | 72:24 | Charles Vilakazi | Johannesburg | 27 Mar |
| | 66:42 | Martin Rees (GBR) 2003 | | |
| 25 km | 1:39:05 | Edmond Mngadi | Durban | 10 Apr |
| 30 km | 1:58:23 | Raymond Howard | Camps Bay | 09 Jan |
| | [1:46:47 | Vladimir Kotov (BLR) | Parow | 03 Apr] |
| Marathon | 2:40:32 | Stuart McColl | George | 13 Feb |
| | [2:30:24 | Vladimir Kotov (BLR) | George | 13 Feb] |
| | 2:19:29 | Titus Mamabolo (RSA) 1991 | | |
| 100 km | | | | |

Grandmasters (60+)

| | | | | |
|----------|---------|---------------|------------|--------|
| 10 km | 38:23 | Awie Veldsman | Bellville | 16 Apr |
| 15 km | 59:28 | Jimmy Morris | Constantia | 12 Mar |
| 21.1 km | 86:45 | Mike du Bruto | Pretoria | 05 Feb |
| 25 km | 1:48:44 | Michael Langa | Durban | 20 Mar |
| 30 km | 2:10:29 | Jimmy Morris | Camps Bay | 09 Jan |
| Marathon | 3:13:44 | Don Charles | George | 13 Feb |
| 100 km | | | | |

Juniors

| | | | | |
|-------|-------|--------------|-----------|--------|
| 10 km | 30:18 | Unathi Nteta | Cape Town | 02 Mar |
|-------|-------|--------------|-----------|--------|

| | | | | |
|---------|-------|----------------------------|----------------|--------|
| 15 km | 27:52 | Richard Chelimo (KEN) 1990 | | |
| | 50:42 | Juwayne Fletcher | Jeffreys Bay | 08 Jan |
| 21.1 km | 42:25 | Moses Mosop (KEN) 2004 | | |
| | 69:01 | Melikhaya Frans | Port Elizabeth | 30 Apr |
| | 59:16 | Samuel Wanjiru (KEN) 2005 | | |

WOMENOpen

| | | | | |
|----------|---------|----------------------------|-----------|--------|
| 10 km | 33:07 | René Kalmer | Bellville | 10 Apr |
| | 31:26 | Doris Chepngywo (KEN) | | |
| 15 km | 30:21 | Paula Radcliffe (GBR) 2003 | | |
| | 53:48 | René Kalmer | Alberton | 13 Mar |
| | 49:31 | Jennifer Rhines (USA) | | |
| 21.1 km | 46:28 | Tirunesh Dibaba (ETH) 2009 | | |
| | 70:56A | Irvette van Blerk | New York | 20 Mar |
| | 72:04 | Irvette van Blerk | Cape Town | 23 Apr |
| | 65:50 | Mary Keitany (KEN) | | |
| | 66:25 | Lornah Kiplagat (KEN) 2007 | | |
| 25 km | 65:50p | Mary Keitany (KEN) 2011 | | |
| | 94:11 | Louisa Leballo | Pretoria | 07 May |
| | 87:02 | Eleni Gebrewot (ETH) | | |
| 30 km | 79:53 | Mary Keitany (KEN) 2010 | | |
| | 2:02:46 | Bulelwa Simae | Parow | 03 Apr |
| | 1:46:27 | Hiroimi Ominami (JPN) | | |
| Marathon | 1:38:49 | Mizuki Noguchi (JPN) 2005 | | |
| | 2:34:47 | René Kalmer | Prague | 08 May |
| | 2:19:19 | Mary Keitany (KEN) | | |
| 100 km | 2:15:25 | Paula Radcliffe (GBR) 2003 | | |
| | 6:33:11 | Tomoe Abe (JPN) 2000 | | |

Veterans (40+)

| | | | | |
|----------|----------|----------------------------|---------------|--------|
| 10 km | 38:08 | Jacqui Bakkes | Bellville | 10 Apr |
| | 32:14 | Priscilla Welch (GBR) 1985 | | |
| 15 km | 57:51 | Joanna Thomas | Constantia | 12 Mar |
| | 49:35 | Priscilla Welch (GBR) 1985 | | |
| 21.1 km | 83:18 | Jacqui Bakkes | Cape Town | 23 Apr |
| | 69:56 | Irina Permitina (RUS) 2009 | | |
| 25 km | 1:49:34A | Frith van der Merwe | Somerset East | 19 Mar |
| | 1:49:49 | Grace de Oliveira | Durban | 20 Mar |
| | 82:13 | Mizuki Noguchi (JPN) 2005 | | |
| 30 km | 2:04:22 | Joanna Thomas | Camps Bay | 09 Jan |
| | 1:51:37 | Mieke Pullen (NED) 2001 | | |
| Marathon | 2:53:24A | Joanna Thomas | Oudtshoorn | 26 Feb |
| | 2:54:53 | Joanna Thomas | George | 13 Feb |
| | 2:26:51 | Priscilla Welch (GBR) 1987 | | |
| 100 km | 7:00:27 | Normi Sakurai (JPN) 2007 | | |

Masters (50+)

| | | | | |
|---------|--------|--------------------------------|------------|--------|
| 10 km | 42:27 | Olga Howard | Bellville | 16 Apr |
| | 34:44 | Tatyana Pozdniakova (UKR) 2005 | | |
| 15 km | 67:09 | Bev Charters | Constantia | 12 Mar |
| | 54:33 | Shirley Matson (USA) 1991 | | |
| 21.1 km | 92:40A | Annatjie Botes | Wilderness | 09 Apr |
| | 93:18 | Annatjies Botes | Oudtshoorn | 29 Jan |
| | 76:07 | Tatyana Pozdniakova (UKR) 2006 | | |

| | | | | |
|----------|---------|--------------------------------|-----------|--------|
| 25 km | 1:57:33 | Sandra Steenkamp | Pretoria | 07 May |
| 30 km | 2:25:56 | Miranda Ward | Worcester | 12 Mar |
| Marathon | 3:10:48 | Annatjie Botes | George | 13 Feb |
| | 2:31:05 | Tatyana Pozdniakova (UKR) 2005 | | |
| 100 km | | | | |

Grandmasters (60+)

| | | | | |
|----------|---------|----------------------|----------------|--------|
| 10 km | 45:36 | Sonja Laxton | Port Elizabeth | 08 May |
| 15 km | 69:11 | Liz Ruickbie | Johannesburg | 27 Feb |
| 21.1 km | 1:42:46 | Veronica van Niekerk | Brandvlei | 05 Feb |
| 25 km | 2:30:27 | Linda Bell | Durban | 10 Apr |
| 30 km | 2:30:15 | Veronica van Niekerk | Worcester | 12 Mar |
| Marathon | 3:41:01 | Veronica van Niekerk | George | 13 Feb |
| 100 km | | | | |

Juniors

| | | | | |
|---------|---------|---------------------------|--------------|--------|
| 10 km | 36:08 | Dominique Scott | Bellville | 10 Apr |
| | 31:42 | Zola Pieterse (RSA) 1984 | | |
| 15 km | 68:36 | Jeanni Seymour | Johannesburg | 09 Jan |
| | 49:40 | Ines Chenonge (KEN) 2001 | | |
| 21.1 km | 1:25:31 | Letitia Saayman | Stellenbosch | 30 Apr |
| | 1:09:05 | Delilah Asiago (KEN) 1991 | | |

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