

# 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

Fast times were the order of the day in excellent conditions at the Fast & Flat 10 km in Bellville this weekend. Zintle Xiniwe easily took the women's race in 33:59, while Nkosinathi Madyo won the men's event in 29:23. After a period of eleven months without racing because of an injury, Michelle Bartman returned with a bang to set a new Western Province veterans record of 36:34. She broke Margaret Curran's record, which has been standing since 1999, by two seconds. The other list leader came in the masters category, where Olga Howard ran 42:09.

Internationally, both Stephen Mokoka and Irvette van Blerk had mixed success. Mokoka was only 12<sup>th</sup> in the TCS World 10 km in Bangalore in a slow 29:31, while Van Blerk ran a PB of 16:35, but could do no better than 13<sup>th</sup> in the Freihofer's Run for Women 5 km in Albany.

Eugene does not call itself "Track Capital USA" for nothing. On the first day of a magnificent Prefontaine Classic, part of the IAAF Diamond League, world, world junior, European, US all-comers and stadium records were set in three distance events.

*Race Results Weekly* reports that Moses Mosop, the Kenyan who ran an extraordinary marathon debut at Boston in April in 2:03:06, backed up that performance by crushing the world records in the rarely run 25000 and 30000 metres. Mosop split 2:50.8 for the 16<sup>th</sup> kilometre, pressing the pace from there so that after 43 laps he was alone at the front. He ran the 45th lap in 63.2 seconds, then powered through 20 km in a USA all-comers record of 58:02.2. He went through the 25000 m mark in a new world record of 1:12:25.2, shattering Toshihiko Seko's time of 1:13:55.8 set back in 1981. He covered the last 5000 m in a hard-to-believe 14:22 (last lap in 63.2 seconds), to break Seko's 1981 30000 m world record of 1:29:18.8. Mosop was clocked in 1:26:47.4, with the last 10000 m in 28:45!

"The conditions for me were very, very fine," he said after the race. "My body was very OK. When I was in Boston I had no experience, but when I am in track I had good experience. Today was very hard because today I had a lot of pressure," said Mosop wearing a "Stop Mosop" T-shirt emblazoned with a red stop sign. "Because now I am going home, then I am



Zintle Xiniwe with the trophy she won on Saturday night as the WP Athlete of the Year for 2010. She was also the Female Road Runner of the Year. With her is Jakes Jacobs, Chairman of WPA Road Running. [Jasper Coetzee]

going to prepare (for the) Chicago (marathon). Then in Chicago I want to run better than Boston. I say now I want to run maybe two-zero-two."

Mosop's coach, Renato Canova, agreed that a 2:02 marathon was possible for his athlete, but not by this fall. "It means that in one year's time he can run a marathon at 29 (minutes) per 10000," said the Italian coach. "It means a 2:02:30, or something like this."

In the women's 5000 m Vivian Cheruiyot spurred away from Linet Masai in the final 100 m to clock a stadium and meeting record of 14:33.96. American Shalane Flanagan finished sixth in 14:49.68, about five seconds shy of Molly Huddle's American record of 14:44.76, which she had hoped to break.

In the third and final race of the night Britain's Mo Farah scored a dramatic victory in one of the most competitive 10000 m races ever held in the US. With three laps to go, ten men were still in contention for the win, including world record holders Zersenay Tadese of Eritrea and Leonard Patrick Komon of Kenya. But the most dangerous man to Farah was Ethiopia's Imane Merga, last year's Diamond League 5000 m champion who races rough and kicks hard.

Farah pushed to the front with one kilometre to go, and Merga was right on his heels. It looked like the Briton was setting up the Ethiopian to blow past him in the final metres but it was Farah who showed he had the superior speed. Rounding the penultimate turn, Farah simply left Merga behind, to get a clear victory in a new European and stadium record of 26:46.57. That erased Belgian Mohammed Mourhit's continental mark of 26:52.30 set in Brussels back in 1999, and Jon Brown's British record of 27:18.14 also set in Brussels, but in 1998.

Nine men broke 27 minutes, and in tenth position Geoffrey Kipsang (born in 1992) set a world junior record of 27:06.35. A total of 38 men have now broken 27 minutes globally.

World 800-metre champion Caster Semenya was second in the 800 in 1:58.88, her best of the year, after leaving her finishing kick much too late.

A week before his exploit in Eugene Farah clinched the British 10 km road running title at the Bupa London 10000, while Paula Radcliffe struggled to a third place finish in her first race after an 18-month layoff. Radcliffe, who has not raced since finishing fourth at the 2009 ING New York City Marathon, struggled from the starter's gun to establish a rhythm. The 37-year-old marathon world record holder, who gave birth to her second child last September, gritted her teeth to finish in 33:17. Jo Pavey took the title in 32:22.

"It was a bit of a disaster for me," said Radcliffe who has recently recovered from bouts of bronchitis and laryngitis. "I didn't see Jo after four kilometers. I just couldn't stay with her and from that point it was just terrible for me. I just wanted it to be so much better." Radcliffe said she was hampered by a lower back problem which flared up four weeks ago. "It's very frustrating," she continued. "I had some problems with my back coming in to the race, but I thought it was going to be alright. I wanted to come back and at least do myself justice but I didn't. It was rubbish and I'm embarrassed."

Radcliffe said she will now seek treatment on her back before deciding whether and where to run an autumn marathon for an Olympic Games qualifying performance. The race in London used the same 10 km loop which will be utilised for the 2012 Olympic Marathon.

The tally of official finishers in this year's Comrades was 8 892 men and 2 183 women for a total of 11 075.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Table Mountain Race, Constantia
- \* Fast & Flat 10 km, Bellville
- \* Boland Half-marathon Championships, Robertson
- \* XC: WP League Meeting #4, Khayelitsha; Gauteng North League Meeting #5, Bronkhorstspuit

**International highlights:**

- \* Dodge Rock 'n' Roll San Diego Marathon & Half Marathon, San Diego, USA
- \* TCS World 10 km, Bangalore, IND
- \* Freihofer's Run for Women 5 km, Albany, USA
- \* Dick's Sporting Goods Bolder BOULDER 10 km, Boulder, USA
- \* Bupa London 10,000, London, GBR
- \* 100 km del Passatore, Faenza, ITA
- \* Ottawa 10 km, Ottawa, CAN
- \* Track: Meeting International Mohammed VI d'Athlétisme, Rabat, MAR; European Cup 10000, Oslo, NOR; Prefontaine Classic, Eugene, USA; European Athletics Festival, Bydgoszcz, POL; Anhalt 2010, Dessau, GER; Zlata Tetra - Golden Spike, Ostrava, CZE; FBK-Games, Hengelo, NED; Southern African Region Youth Championships, Windhoek, NAM; Meeting Grand Prix IAAF de Dakar, Dakar, SEN; Samsung Diamond League Compeed Golden Gala, Roma, ITA; NCAA Division I Eastern Preliminary Round, Bloomington, USA; NCAA Division I Western Preliminary Round, Eugene, USA

**ROAD RUNNING****Table Mountain Race (35<sup>th</sup>)**

Constantia, 5 June

(Distance: 16 km; Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 227.)

Note: After three wins in a row by Elske Schabort, the race saw a new female winner this year. Schabort has won eight times, but did not participate this year. – Ed.

## MEN

1	Phumlani	Sigidi	Nedbank	25	01:02:06
2	Gulubela	Samson	Atlantic	25	01:02:47
3	Dion	Middelkoop	Acsis VOB	41	01:03:01
4	Sibusiso	Valashiya	Bidvest	29	01:06:20
5	Youssef	Kanooni	Itheko	37	01:06:31
6	Mike	O'Donovan	Acsis VOB	42	01:07:09
7	Derek	Oehley	Harfield Harriers	47	01:07:40
8	Ake	Fagereng	UCT	29	01:07:50
9	William	Ruijsch Van Dugeteren	Atlantic	38	01:08:00
10	Damian	Will	Pinelands	25	01:08:13

## WOMEN

1	Dain	Hamilton	Foresters	44	01:19:35
2	Ellie	Courts	Celtic	39	01:20:54
3	Evelina	Tshabalala	RCS Gugs	45	01:22:22
4	Jacqueline	Metrowich	Temp	39	01:22:56
5	Sandra	De Bruyn	Fourways	42	01:23:01
6	Vanessa	Fisher	Mates	36	01:25:54
7	Aty	Burger	Collegians Harriers	31	01:27:06
8	Janet	Adam	Harfield Harriers	39	01:27:27
9	Karen	Jennings	Acsis VOB	44	01:29:19

10 Griet Zakarian Hantam 48 01:29:37

### Fast & Flat 10 km

Bellville, 4 June

(Certified oop course. Weather: Cool, overcast, ideal conditions. Finishers: 1114.)

#### MEN

1. Nkosinathi Madyo (Ned) 29:23; 2. Zolani Ntongana (MP) 29:33; 3. Lindikhaya Mthangayi (MP) 29:41.

**40-49:** 1. Isaac Opperman (SANDF) 31:51; 2. Johnny Persents (Adid) 32:53; 3. John September (Celtic) 33:48. **50-59:** 1. Vladimir Kotov (BLR/Cent) 32:37; 2. Raymond Howard (Celtic) 34:54; 3. Shafiek Cassiem (Celtic) 36:30. **60+:** 1. Awie Veldsman (Held) 38:59; 2. Johann Diener (Strand) 41:45; 3. Willie van Wyk (Brack) 44:01. **Juniors:** 1. Jeromy Andreas (UWC) 30:34; 2. Gcobani Mndi (Gugs) 31:32; 3. Asive Njenxa (Khay) 31:50.

#### WOMEN

1. Zintle Xiniwe (Ned) 33:59; 2. Nomvuyisi Seti (Celtic) 35:18; 3. Bulelwa Simae (Ned) 35:39.

**40-49:** 1. Michelle Bartman (Harf) 36:34; 2. Linley Holmes (WC) 38:11; 3. Sheryl de Lange (Adid) 38:51. **50-59:** 1. Olga Howard (Celtic) 42:09; 2. Beverley Charters (VOB) 43:50; 3. Helen du Plessis (Tyger) 47:54. **60+:** 1. Pixie Sparg (Celtic) 51:03; 2. Linda Fillmore (Edge) 59:19; 3. Maryna Vos (Bell) 60:21. **Juniors:** 1. Pamela Mtshemla (VOB) 39:49; 2. Amy Abrahams (Eerste) 39:54; 3. Khanya Mateyisi (Khay) 40:44.

### Boland Half-marathon Championships

Robertson, 4 June

(Distance: 21.1 km; loop course, partly on gravel)

Note: This championship was held in conjunction with the Miles of Smiles Half Marathon. Unfortunately DRR did not receive the overall results of the race. Some times in the results shown here were also not reported. – Ed.

#### MEN

1	Pieter Koopman	Maties AC	1:08:21
2	Henrico Rooi	Nedbank Boland AC	1:10:41
3	Christopher Baatjies	Ceres AC	1:12:58

#### Veterans:

1	Dawid Pieterse	Dwarsrivier AC	1:15:34
2	Sollie van Rooyen	Worcester AC	1:19:57
3	Dawid Andrews	Salkorane AC	1;20:21

#### Masters:

1	Thomas Moses	Worcester AC	1:15:34
2	Hennie Moses	Ceres AC	1:28:10
3	Johnny de Koker	Montagu AC	n/t

#### G'masters:

1	Buks van Tonder	Worcester AC	n/t
2	Haroon Wehr	Worcester AC	n/t

#### WOMEN

1	Michelle Dreyer	Paarl AC	1:29:35
2	Evonne Niewoudt	Paarl AC	1:30:04

3	Steintjie Prins	Paarl AC	1:36:05
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**Veterans:**

1	Cailey van Riet	Nedbank Boland AC	n/t
2	T. van Riet	Swartland AC	n/t
3	Alet de Waal	Nedbank Boland AC	n/t

**Masters:**

1	Steintjie Prins	Paarl AC	1:36:05
2	Magriet Hanekom	Ceres AC	1:46:41
3	Rina Cloete	Bredasdorp AC	n/t

**G'masters:**

1	Annelie Gouws	Robertson AC	2:22:50
2	Frieda Blygnaut	Paarl AC	2:24:20

**CROSS-COUNTRY****WP League Meeting #4**

Khayelitsha, 28 May

Note: 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	Nkosinathi Madyo	Nedbank WP	40:34
2	Sityhilo Diko	Adidas	40:41
3	Victor Msopi	Nedbank WP	41:18
4	Mthandalo Qhina	RCS Gugs	42:01
5	Hein Camphor	Adidas	42:11
6	Tebello Poni	ACSIS VOB	42:16
7	Michael Bailey	ACSIS VOB	42:23
8	Innocent Nogwaza	Adidas	42:45
9	Barry-John Pienaar	Tygerberg NLK	42:55
10	Manfred Samuels	Helderberg Harr	44:14

**SR. MEN (4 km)**

1	Virgina Ngudlumana	Celtic Harriers	13:22
2	Phumlani Sigidi	Nedbank WP	13:41
3	Wongalethu Melew	ETH/ACSIS VOB	13:49
4	Enver Pedro	CPUT	13:57
5	Wanda Roro	Adidas	14:02
6	Bulelani Bhebha	ACSIS VOB	14:12
7	Christopher Karelse	ATC	14:27
8	Sibusiso Valashiya	Bidvest	14:31
9	Nicholas Mdutyana	Celtic Harriers	14:45
10	Evan Fortuin	ATC	14:53

**40-49:**

1	Johnny Persents	Adidas	29:33
2	Shaun Abrahams	Adidas	29:45
3	Graham Katzen	Celtic Harriers	30:19

**50-59:**

1	Raymond Howard	Celtic Harriers	31:16
2	Goodman Mpukani	RCS Gugs	32:21
3	Shafiek Cassiem	Celtic Harriers	32:38

**60+:**

1	Awie Veldsman	Helderberg Harriers	36:16
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2	Henry	Cleophas	Nedbank WP	39:02
3	Roger	Davis	Celtic Harriers	39:41

**U.19:**

1	Jeromy	Andreas	UWC	28:31
2	Orion	Faro	MP Titans	28:41
3	Godwin	Swartz	Elsies River	28:51

**u.17:**

1	Asive	Njenxa	Khayelitsha	21:01
2	Anthony	Timoteus	UWC	21:04
3	Terrence	Khan	RCS Gugs	21:11

**SR. WOMEN (8 km)**

1	Bulelwa	Simae	Nedbank WP	32:12
2	Nomvuyisi	Seti	Celtic Harriers	32:57
3	Asiphe	Skabalanjana	RCS Gugs	34:59
4	Sheryl	de Lange	Adidas	36:02
5	Shannon	Kimball	UCT	36:19
6	Christina	Impey	NBMC	36:25
7	Jenny	Close	NBMC	37:21
8	Andrea	Pretorius	NBMC	37:54
9	S	Wilke	UCT	38:12
10	Heidi	van der Merwe	NBMC	38:31

**SR. WOMEN (4 km)**

1	Helene	Perold	Adidas	17:02
2	Phelokazi	Mbombo	Khayelitsha	17:34
3	Ayanda	Mahlombe	Atlantic	17:56

**40-49:**

1	Sheryl	De Lange	Adidas	17:11
2	Elmarie	Coetzee	Adidas	17:23
3	Viv	Williams	Adidas	17:59

**50-59:**

1	Olga	Howard	Celtic Harriers	18:06
2	Charmaine	Cupido	Nedbank WP	19:31
3	Bev	Charters	ACSIS VOB	19:39

**60+:**

1	Pixie	Sparg	Celtic Harriers	21:45
2	Zonia	Barnard	Celtic Harriers	24:46
3	Rosalie	Richfield	UCT	25:19

**U.19:**

1	Khanya	Mateyisi	Khayelitsha	25:34
2	Asiphe	Snyman	Celtic Harriers	27:07
3	Reghana	Beukes	Eerste River	27:41

**U.17:**

1	Pamela	Mtshemla	ACSIS VOB	16:56
2	Amy	Abrahams	Eerste River	17:17
3	Ebeth	Marais	Tygerberg NLC	17:26

**Gauteng North League Meeting #5**

Bronkhorstspuit, 28 May

Note: 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 (12 km)		
1	Tebogo Sithole	HSRC 26:57
2	Nkosi Sikhosana	Individual 28:23
3	Ivetty Nkuna	MH Baloyi 32:18
4	Koketso Maphothoma	Modiba 32:30
5	Lucas Mauel	Individual 33:08
6	John Tshaba	Ekgangala AC 33:22
7	Shane Smit	Garsfontein High School 35:04
8	Steve Baloyi	Saulridge 35:28
9	Themba Mashobane	Ekgangala AC 35:47
10	Thabang Maboela	Individual 35:51
SR. MEN (4 km)		
1	Oupa Maseko	HSRC 13:44
2	Elias Molemane	Monaco 14:34
3	Dereck Fourie	Nedbank 15:22
4	Reinhardt van Zyl	Eldoraigne 18:01
5	Willem Grobler	Rayton 21:28
MEN 40:		
1	Johan Buys	AGN Masters 31:33
2	Graham Megaw	Tuks 32:12
3	William Kiewitt	Akasia 34:20
MEN 45:		
1	Frans Oosthuizen	AGN Masters 33:46
2	Willie van Rensburg	Wonderboom 34:12
3	Rob Hudson	Irene 34:34
MEN 50:		
1	Moritz Kallmeyer	AGN Masters 36:08
2	Deon Strauss	Phobians 39:20
3	Pieter Jordaan	Irene 40:26
MEN 55:		
1	Gerhard Swart	PMK 36:46
2	Buks Meyer	Momentum 44:14
MEN 60:		
1	Allan Kluge	Agape 34:46
2	Gawie Pretorius	AS Eagles 36:52
MEN 65:		
1	Gerrit van Niekerk	PMK 28:04
MEN 70:		
1	Andries van der Merwe	Transnet 29:10
MEN 75:		
1	Frans Grobler	Transnet 43:53
MEN 23:		
1	Abbey Morubane	Transnet 13:21
2	Curtley Diedericks	Menlopark 15:24
3	Francois Fourie	Nedbank 18:06
MEN 21:		
1	Poncho Diphetogo	Nedbank 14:21
2	Ian Fourie	Transnet 14:58
3	Thabang Mashilane	Nedbank 14:59
JR. MEN:		
1	Jack Masogo	Rodney Mokoena 27:07
2	Theodore Nothling	Wonderboom 29:38
3	Barco Kruger	Garsfontein High School 29:44
BOYS 17:		
1	Wayne Labuschagne	Garsfontein High School 20:56

2	Jerome Makumane	Eldoraigine	21:00
3	Ezekiel Mathonsi	Rodney Mokoena	22:17
SR. WOMEN (4 km)			
1	Violet Raseboya	Transnet	14:40
2	Lettie Saayman	Irene	16:59
3	Adri van Rooyen	New Balance	20:25
4	Busi Jele	Ekgangala AC	24:01
WOMEN 40:			
1	Salome Vermeulen	Bronkhorstspuit	16:55
2	Letmari Dreeckmeier	AS Eagles	18:57
3	Estelle Greyling	Bronkhorstspuit	19:00
WOMEN 45:			
1	Lidia du Preez	Fortis North	22:39
WOMEN 55:			
1	Lyn de Bruin	Irene	19:59
2	Rina Pretorius	AS Eagles	20:57
WOMEN 60:			
1	Mariaan Pennekan	Individual	28:00
WOMEN 23:			
1	Maryke Rossouw	Tuks	16:35
2	Nerissa van der Walt	Tuks	16:36
WOMEN 21:			
1	Ankia Stols	Centurion	15:55
2	Mone Schalekamp	Garsfontein High School	17:13
3	Chandre du Plessis	Affies	17:14
JR. WOMEN			
1	Melissa Taylor	Garsfontein High School	24:12
2	Jeane Nothling	Wonderboom	24:18
3	Ailene Bezuidenhout	Tuks	25:20
GIRLS 17:			
1	Bianca Janse van Rensburg	Akasia	16:24
2	Ruani Oberholzer	Eldoraigine	17:41
3	Izanne Oberholzer	Eldoraigine	18:04

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## 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

### Dodge Rock 'n' Roll San Diego Marathon & Half Marathon (14th)

San Diego, USA, 5 June

(Distances: Marathon, 42.195 km, certified course with approx. 3 km start/finish separation [less than 8% of the race distance] but 1.8 m/km elevation loss [not record standard]; half marathon, point-to-point course with approx. 84 m elevation loss [not record standard])

#### Marathon (gun times):

##### MEN

1. Negari Terfa, 27, ETH	2:11:18	\$25,000
2. Tesfaye Sendiku, 27, ETH	2:12:23	17,500
3. Gilbert Chepkwony, 25, KEN	2:12:50	10,000



## WOMEN

- |                                       |               |                   |
|---------------------------------------|---------------|-------------------|
| 1. Buzunesh Deba, 23, Bronx, NY (ETH) | 2:23:31 PB/CR | \$25,000 + 5,000* |
| 2. Misiker Mekonnin Demissie, 25, ETH | 2:25:21 PB    | 17,500            |
| 3. Helena Loshanyang Kirop, 34, KEN   | 2:27:01       | 10,000            |

\*) Course and event record/\$5000 bonus

**Half marathon** (gun times):

## MEN

- |  |            |
|--|------------|
| 1. Meb Keflezighi, 35, Mammoth Lakes, CA | 1:02:50 CR |
|--|------------|

## WOMEN

- |                               |               |
|-------------------------------|---------------|
| 1. Gina Slaby, 29, Tucson, AZ | 1:16:33 PB/CR |
|-------------------------------|---------------|

**TCS World 10 km** (4th)

(IAAF Gold Label Road Race)

Bangalore, IND, 5 June

## MEN

- |                             |       |            |
|-----------------------------|-------|------------|
| 1. Philemon Limo, KEN       | 28:01 | USD 21,000 |
| 2. Leonard Langat, KEN      | 28:09 | 12,000     |
| 3. Lilesa Desisa, ETH       | 28:13 | 8,000      |
| 4. Emmanuel Kikemei, KEN    | 28:20 | 6,000      |
| 5. Vincent Kipruto, KEN     | 28:45 | 5,000      |
| ... 12. Stephen Mokoka, RSA | 29:31 |            |

## WOMEN

- |                               |       |            |
|-------------------------------|-------|------------|
| 1. Dire Tune, ETH             | 33:19 | USD 21,000 |
| 2. Merima Mohammed, ETH       | 33:19 | 12,000     |
| 3. Beliyaynesh Oljira, ETH    | 33:20 | 8,000      |
| 4. Koren Yal, ETH             | 33:21 | 6,000      |
| 5. Philes Ongori, KEN         | 33:22 | 5,000      |
| ... 14. Helalia Johannes, NAM | 34:37 |            |

**Freihofer's Run for Women 5 km** (33rd)

Albany, USA, 4 June

(Certified out-and-back course)

- |                                |          |         |
|--------------------------------|----------|---------|
| 1. Mamitu Daska, 27, ETH       | 15:19 PB | \$10000 |
| 2. Aheza Kiros, 25, ETH        | 15:23    | 5000    |
| 3. Emily Chebet, 25, KEN       | 15:29    | 3000    |
| 4. Alissa McKaig, 25, USA      | 15:53 DB | 2000    |
| 5. Megan Hogan, 23, USA        | 15:54    | 1000    |
| ... 12. Benita Willis, 31, AUS | 16:27    |         |
| 13. Irvette van Blerk, 23, RSA | 16:35    |         |
| ... 28. Alana Hadley, 14, USA  | 18:02    |         |

## Dick's Sporting Goods Bolder BOULDER 10 km (33rd) & International Team Challenge (14th)

Boulder, USA, 30 May

(Certified point-to-point course with slight elevation gain; Boulder is at high altitude [1655 m])

### INTERNATIONAL TEAM CHALLENGE: MEN

Teams:

- |        |                       |                     |
|--------|-----------------------|---------------------|
| 1. ETH | 1 + 2 + 9 = 12 points | \$15,000            |
| 2. KEN | 3 + 4 + 6 = 13        | 10,000              |
| 3. USA | 5 + 7 + 12 = 24       | 17,500 <sup>^</sup> |
| 4. CO  | 8 + 13 + 15 = 36      | 13,500 <sup>^</sup> |
| 5. PER | 10 + 14 + 22 = 46     | 4,000               |

Individual Finishers (extended gun times):

- |                          |          |                   |
|--------------------------|----------|-------------------|
| 1. Belete Assefa, ETH    | 29:22.56 | \$3750            |
| 2. Solomon Gonfa, ETH    | 29:27.64 | 2750              |
| 3. Allan Kiprono, KEN    | 29:35.13 | 2000              |
| 4. MacDonard Ondara, KEN | 29:47.92 | 1250              |
| 5. James Carney, USA     | 30:16.15 | 1600 <sup>^</sup> |
| ... 7. Ryan Hall, USA    | 30:29.33 | 1200 <sup>^</sup> |

### INTERNATIONAL TEAM CHALLENGE: WOMEN

Teams:

- |        |                        |                     |
|--------|------------------------|---------------------|
| 1. ETH | 2 + 3 + 12 = 17 points | \$15,000            |
| 2. USA | 4 + 6 + 9 = 19         | 27,500 <sup>^</sup> |
| 3. KEN | 1 + 7 + 18 = 26        | 7,000               |
| 4. JPN | 10 + 11 + 17 = 38      | 6,000               |
| 5. CO  | 8 + 15 + 16 = 39       | 8,000 <sup>^</sup>  |

Individual Finishers (extended gun times):

- |                                   |          |                   |
|-----------------------------------|----------|-------------------|
| 1. Lineth Chepkurui, KEN          | 32:29.79 | \$4750            |
| 2. Mamitu Daska, ETH              | 32:34.46 | 3500              |
| 3. Meseret Mengistu, ETH          | 34:05.23 | 1500              |
| 4. Amy Hastings, USA              | 34:19.10 | 2250 <sup>^</sup> |
| 5. Claire Hallissey, GBR          | 34:47.50 | 800               |
| 6. Renee Metivier Baillie, USA    | 34:53.73 | 1400 <sup>^</sup> |
| ... 9. Magdalena Lewy-Boulet, USA | 35:09.58 | 800 <sup>^</sup>  |
| ... 15. Colleen De Reuck, USA/CO  | 36:38.86 |                   |

<sup>^</sup>) USA teams and individuals earned special Olympic development funds

## Bupa London 10,000 (4th)

(U.K. 10 km Championships)

London, GBR, 30 May

(Certified one-loop course with start/finish in St. James's Park)

MEN

- |                           |       |       |
|---------------------------|-------|-------|
| 1. Mo Farah               | 29:15 | £2000 |
| 2. Mehretab Solomon, 1990 | 29:37 | 1000  |
| 3. Andrew Lemoncello      | 29:38 | 800   |

WOMEN

- |                    |       |         |
|--------------------|-------|---------|
| 1. Jo Pavey        | 32:22 | £2000   |
| 2. Gemma Steel     | 32:48 | PB 1000 |
| 3. Paula Radcliffe | 33:17 | 800     |

... 34. Sonia O'Sullivan, IRL 37:26 (40+)

### **100 km del Passatore** (39th)

Faenza, ITA, 28 May  
(Distance: 100 km)

#### MEN

1. Giorgio Calcaterra, ITA	6:25:47	CR € 2000 + 500*
2. Alberico Di Cecco, ITA	6:28:48	1500
3. Vsevolod Khudyakov, RUS	7:01:49	1000
... 6. Valmir Nunes, BRA	7:31:40	100

#### WOMEN

1. Monica Carlin, ITA	7:45:28
2. Sonia Ceretto, ITA	8:51:57
3. Barbara Galimberti, ITA	9:24:50

### **Ottawa 10 km** (25th)

Ottawa, CAN, 28 May  
(Loop course with negligible start/finish separation)

Note: The women had a head start reported as being just under 4 minutes. – Ed.

#### MEN (gun times)

1. Deriba Merga, ETH	28:31	USD 6000
2. Wesley Korir, KEN	29:01	3500
3. Ryan Vail, USA	29:09	2000
4. Eric Gillis, CAN	29:16	1200 + CAD 2000*
5. Mohamed El Hachimi, MAR	29:19	1000

#### WOMEN (All-women's race/gun times)

1. Dire Tune, ETH	31:44	USD 6000 + 4000^
2. Samira Raif, MAR	32:48	3500
3. Ejegayehu Dibaba, ETH	32:58	2000
4. Hyvon Ngetich, KEN	33:42	1200
5. Aziza Aliyu, ETH	33:51	1000

^) Won gender challenge bonus

\*) Earned Canadian citizen bonus

## **TRACK**

### **Meeting International Mohammed VI d'Athlétisme** (4th)

(IAAF World Challenge)  
Rabat, MAR, 5 June

#### MEN

1000:

1. Amine LAALOU, MAR	2:15.31	PB
2. Marcin LEWANDOWSKI, POL	2:15.76	PB
3. Mohammed AL-AZEMI, KUW	2:15.84	PB

5000:

1. Jacob CHESHARI, KEN, 13:10.55
2. Aziz LAHBABI, MAR, 13:13.68
3. Vincent RONO, KEN, 13:22.86
- ... 14. Tshamano SETONE, RSA, 13:54.88

### European Cup 10000 (15th)

Oslo, NOR, 4 June

MEN

Race A:

1. Youssef El Kaliai, 1981, POR 28:20.03 PB
2. José Manuel Martínez, 1971 28:24.16
3. André Pollmächer, 1983, GER 28:39.57

WOMEN

1. Sara Moreira, 1985, POR 31:39.11
2. Christelle Daunay, 1974, FRA 31:44.84 PB
3. Sabrina Mockenhaupt, 1980, GER 31:57.23
4. Helen Clitheroe, 1974, GBR 32:11.29 DB
5. Nadia Ejjafini, 1977, ITA 32:14.63 PB
6. Krisztina Papp, 1982, HUN 32:36.32 PB
7. Sviatlana Kudzelich, 1987, BLR 32:40.61 PB
8. Rosaria Console, 1979, ITA 32:47.70 PB
9. Elena Romagnolo, 1982, ITA 32:48.25
10. Christine Bardelle, 1974, FRA 32:59.31

### Prefontaine Classic (37th)

(4th Stop of 2011 Samsung Diamond League)

Eugene, USA, 3-4 June

MEN

800 (04):

1. Abubaker Kaki, SUD 1:43.68 WL/MR
2. Khadevis Robinson, USA 1:45.40
3. Boaz Lalang, KEN 1:45.49
4. Jackson Kivuva, KEN 1:45.82
5. Andrew Wheating, USA 1:45.95
- ... 8. Nick Symmonds, USA 1:46.78

International Mile (04):

1. Ryan Gregson, AUS 3:53.86
2. David Torrence, USA 3:54.01 PB (3:39.29 at 1500)
3. Ben Blankenship, USA 3:54.10
4. Alfred Kirwa Yego, KEN 3:55.18
5. Kyle Miller, USA 3:55.38 PB

Bowerman Mile (DL/04):

[Meet and stadium record = 3:48.28, Daniel Kipchirchir Komen (KEN), 2007]

Note: Best times for place were recorded for places 7-10, and Caleb Ndiku became the youngest ever runner to break 3:50 for the mile. – Ed.

1. Haron Keitany, KEN 3:49.09 USD 10,000
2. Silas Kiplagat, KEN 3:49.39 PB 6,000

3. Asbel Kiprop, KEN	3:49.55	4,000
4. Mekonnen Gebremedhin, ETH	3:49.70 PB	3,000
5. Caleb Ndiku, 1992, KEN	3:49.77 PB	2,500
6. Daniel Kipchirchir Komen, KEN	3:50.29	2,000
7. Yenew Alamirew, ETH	3:50.43 PB	1,500
8. Mohamed Moustauoui, MAR	3:50.67	1,000
9. Russell Brown, USA	3:51.45 PB	1,000
10. Nick Willis, NZL	3:51.95	1,000
11. Gideon Gathimba, KEN	3:53.76	1,000
12. Lopez Lomong, USA	3:53.85	1,000

## 2 miles (04):

1. Bernard Lagat, USA	8:13.62
2. Edwin Soi, KEN	8:14.10 PB
3. Isiah Kiplangat Koech, KEN	8:14.16 PB
4. Tariku Bekele, ETH	8:15.40
5. Matt Tegenkamp, USA	8:15.88 PB
6. Eliud Kipchoge, KEN	8:16.74
7. Collis Birmingham, AUS	8:17.91 PB
8. David Kiprotich Bett, KEN	8:18.72 PB
9. Will Leer, USA	8:19.11 PB
10. Andrew Bumbalough, USA	8:21.65 PB
11. Lukas Verzbickas, LTU	8:29.46 HS*

\*) USA high school record; previous 8:34.40, German Fernandez

## 10000 (03):

Note: Best times for place were recorded for places 4-17. – Ed.

1. Mo Farah, GBR	26:46.57 ER
2. Imane Merga, ETH	26:48.35 PB
3. Josphat Bett Kipkoech, KEN	26:48.99 PB
4. Paul Kipngetich Tanui, KEN	26:50.63 PB
5. Zersenay Tadese, ERI	26:51.09
6. Sileshi Sihine, ETH	26:52.84
7. Mathew Kisorio, KEN	26:54.25 PB
8. Mark Kiptoo, KEN	26:54.64 PB
9. Leonard Patrick Komon, KEN	26:55.29 PB
10. Geoffrey Kipsang, KEN	27:06.35
11. Moses Masai, KEN	27:10.05
12. Lucas Kimeli Rotich, KEN	27:12.24 PB
13. John Kemboi Cheruiyot, KEN	27:22.09 PB
14. Abera Kuma, ETH	27:22.54
15. Joseph Ebuya, KEN	27:28.20 PB
16. Mike Kigen, KEN	27:30.61 PB
17. Teklemariam Medhin, ERI	27:37.21 PB
18. Ayele Abshero, ETH	27:48.84 PB
19. Dennis Masai, KEN	27:51.92 PB
20. Daniel Salel, KEN	28:04.63
Alistair Cragg, IRL	DNF

## 30000 (03):

1. Moses Mosop, KEN	1:26:47.4 WR
2. Abel Kirui, KEN	1:30:00.1 PB
3. Hosea Macharinyang, KEN	1:32:25.6 PB
4. Joseph Chirlee, KEN	1:34:12.7 PB

5. Adil Ennani, MAR 1:40:26.6 PB

Splits for Mosop:

10 km 29:19.6  
 20 km 58:02.2 ACR (28:42.6)  
 30 km 1:26:47.4 WR (28:45.2)  
 Last 400: 63.2

25000 en route Marks for 30000 m finishers:

1. Moses Mosop, KEN 1:12:25.4 WR  
 2. Abel Kirui, KEN 1:13:52.8 PB  
 3. Joel Kemboi Kimurer, KEN 1:15:54.6 PB  
 4. Hosea Macharinyang, KEN 1:16:03.4

3000 s/chase (DL/04):

1. Ezekiel Kemboi, KEN 8:08.34 USD 10,000  
 2. Paul Kipsiele Koech, KEN 8:10.13 6,000  
 3. Roba Gary, ETH 8:11.34 4,000  
 4. Ruben Ramolefi, RSA 8:24.95 3,000  
 5. Daniel Huling, USA 8:25.95 2,500

WOMEN

800 (DL/04):

1. Kenia Sinclair, JAM 1:58.29 USD 10,000  
 2. Caster Semenya, RSA 1:58.88 6,000  
 3. Janeth Jepkosgei Busienei, KEN 1:59.15 4,000  
 4. Alysia Johnson, USA 1:59.40 3,000  
 5. Yuliya Rusanova, RUS 1:59.59 2,500  
 6. Geena Gall, USA 1:59.76 2,000  
 7. Phoebe Wright, USA 2:00.05 1,500  
 8. Anna Pierce, USA 2:00.19 1,000  
 9. Maggie Vessey, USA 2:00.39 1,000  
 10. Jemma Simpson, GBR 2:00.68 1,000  
 11. Pamela Jelimo, KEN 2:09.12 1,000

1500 (04):

1. Gelete Burka, ETH 4:04.63  
 2. Maryam Yusuf Jamal, BRN 4:05.44  
 3. Morgan Uceny, USA 4:06.32  
 4. Nuria Fernández, ESP 4:06.66  
 5. Nancy Jebet Langat, KEN 4:07.04  
 ... 10. Christin Wurth-Thomas, USA 4:08.55  
 ... 14. Sara Hall, USA 4:15.58

5000 (DL/03):

1. Vivian Cheruiyot, KEN 14:33.96 MR/SR\* USD 10,000  
 2. Linet Masai, KEN 14:35.44 6,000  
 3. Mercy Cherono, KEN 14:37.01 PB 4,000  
 4. Sally Kipyego, KEN 14:39.71 3,000  
 5. Pauline Korikwiang, KEN 14:47.71 2,500  
 6. Shalane Flanagan, USA 14:49.68 2,000  
 7. Wude Ayalew, ETH 14:59.71 1,500  
 8. Esther Chemtai, KEN 15:00.08 1,000  
 9. Kara Goucher, USA 15:11.47 1,000  
 10. Lineth Chepkurui, KEN 15:15.15 1,000

**European Athletics Festival** (10th)

Bydgoszcz, POL, 3 June

MEN

800:

Race 2 (top section):

1. Adam KSZCZOT, 1989, POL, 1:44.30 PB
2. Marcin LEWANDOWSKI, 1987, POL, 1:44.61
3. Duane SOLOMON, 1984, USA, 1:46.29
- ... 5. Mbulaeni MULAUDZI, 1980, RSA, 1:46.59

WOMEN

3000:

1. Roxana BIRCA, 1988, ROU, 8:56.79 PB
2. Wioletta FRANKIEWICZ, 1977, POL, 9:05.28
3. Matylda SZLEZAK, 1989, POL, 9:07.73 PB
- ... 7. Mapaseka MAKHANYA, 1985, RSA, 9:22.94

**Anhalt 2010** (13th)

Dessau, GER, 1 June

MEN

3000:

1. Japhet Korir, 1984, KEN, 7:52.44
2. Rico Schwarz, 1989, ASV Erfurt, 7:58.58
3. Tshamano Setone, 1987, RSA, 8:00.22

**Zlata Tetra - Golden Spike** (50th)

(IAAF World Challenge)

Ostrava, CZE, 30-31 May

MEN

3000 s/chase (31):

- |                              |         |          |
|------------------------------|---------|----------|
| 1. Paul Kipsiele Koech, KEN  | 8:02.55 | USD 4500 |
| 2. Hillary Kipsang Yego, KEN | 8:12.63 | 3000     |
| 3. Roba Gary, ETH            | 8:15.16 | 2000     |

WOMEN

10000 (31):

- |                                   |             |          |
|-----------------------------------|-------------|----------|
| 1. Meselech Melkamu, ETH          | 31:14.83    | USD 4500 |
| 2. Priscah Jepleting Cherono, KEN | 31:16.65 PB | 3000     |
| 3. Beleynech Oljira, ETH          | 31:17.80 PB | 2000     |
| 4. Tigsti Kiros, ETH              | 31:20.38 PB | 1000     |
| 5. Wude Ayalew Yimer, ETH         | 31:24.09    | 800      |

**FBK-Games** (29th)

(IAAF World Challenge Series)

Hengelo, NED, 29 May

MEN

800:

- |                           |         |
|---------------------------|---------|
| 1. Adam Kszczot, POL      | 1:45.11 |
| 2. Boaz Lalang, KEN       | 1:45.31 |
| 3. Mohammad Al-Azemi, KUW | 1:45.35 |

- 4. Marcin Lewandowski, POL 1:45.47
- 5. David Mutinda Mutua, KEN 1:46.34
- ... 9. Bram Som, NED 1:46.67

## 1500:

- 1. Mohammed Shaween, KSA 3:31.82
- 2. Haron Keitany, KEN 3:31.86
- 3. Mekonnen Gebremedhin, ETH 3:31.90
- 4. Caleb Mwangangi Ndiku, KEN 3:32.02
- 5. Collins Cheboi, KEN 3:34.16
- 6. Brimin Kiprop Kipruto, KEN 3:35.52
- ... 13. Peter van der Westhuizen, RSA 3:42.21

## 5000:

- 1. Edwin Soi, KEN 12:59.15
- 2. Vincent Chepkok, KEN 12:59.28
- 3. Jacob Cheshari, KEN 13:01.03
- 4. Yenew Alamirew, ETH 13:02.71
- 5. Eliud Kipchoge, KEN 13:05.00
- ... 13. Micah Kogo, KEN 13:46.01

## WOMEN

## 800:

- 1. Jenny Meadows, GBR 1:59.76
- 2. Emma Jackson, GBR 2:00.24
- 3. Annet Negesa, UGA 2:00.40
- 4. Yuliya Rusanova, RUS 2:00.50
- 5. Yvonne Hak, NED 2:00.76

Juane Cilliers, RSA DNF

## 1500:

- 1. Maryam Yusuf Jamal, BRN 4:00.33
- 2. Kalkidan Gezahegne, 1991, ETH 4:00.97
- 3. Siham Hilali, MAR 4:01.33
- 4. Irene Jelagat, KEN 4:02.59
- 5. Viola Kibiwot, KEN 4:05.51
- 6. Sylwia Ejdys, POL 4:06.72
- 7. Lidia Chojecka, POL 4:08.31
- ... 15. Mapaseka Makhanya, RSA 4:31.45

## 5000:

- 1. Meseret Defar, ETH 14:45.48
- 2. Sentayehu Ejigu, ETH 14:46.12
- 3. Sule Utura, ETH 14:46.36
- 4. Genzebe Dibaba, ETH 14:46.55
- 5. Mercy Cherono, KEN 15:02.81
- ... 9. Jennifer Rhines, USA 15:14.88

Christelle Daunay, FRA DNF



## Southern African Region Youth Championships

Windhoek, NAM, 28-29 May

Note: Unfortunately the results did not indicate which events were held on which of the two days.

MEN -

800m:

1. Nigel Amos (BOT) 1:54.10
2. Cephas Nyimbili (ZAM) 1:54.77
3. Lerato Mosunyane (RSA) 1:55.97
4. Sipiwe Tefo (RSA) 1:56.67

1500m:

1. Nigel Amos (BOT) 4:00.65
2. Thumis Monnatlala (RSA) 4:01.05
3. Sipiwe Tefo (RSA) 4:01.86

2000m S/C:

1. Katleo Dyoyi (RSA) 6:15.72
2. Jacob Tseko (RSA) 6:29.99
3. Aron Ndulumba (NAM) 7:18.01

3000m:

1. Harry Mulenga (ZAM) 8:48.11
2. Maseli Makhale (LES) 9:05.08
3. Raymond Shama (ZIM) 9:08.10

WOMEN -

800m:

1. Thato Makhafola (RSA) 2:14.29
2. Nobuhle Mamba (SWZ) 2:19.66
3. Johanna Shiweda (NAM) 2:21.71

1500m:

1. Mokulube Makatise (LES) 4:39.56
2. Ndapan Nghinaunge (NAM) 4:46.37
3. Maku Gaotlhobogwe (BOT) 4:48.17

2000m S/C:

1. Shiivom Shilongo (NAM) 7:13.77
2. Ndilenao Shangula (NAM) 7:23.82
3. Alicia Labuschagne (RSA) 7:39.13
4. Olivia Labuschagne (RSA) 7:41.25

3000m:

1. Kefilwe Galeitsiwe (BOT) 9:54.66
2. Mokulube Makatise (LES) 10:10.26
3. Ndapan Nghinaunge (NAM) 10:17.39

**Meeting Grand Prix IAAF de Dakar**

(IAAF World Challenge Series)

Dakar, SEN, 28 May

## MEN

800:

- |                             |         |
|-----------------------------|---------|
| 1. Amine Laalou, MAR        | 1:46.65 |
| 2. Job Kinyor, KEN          | 1:46.91 |
| 3. Edwin Kemboi, KEN        | 1:47.18 |
| 4. Eliud Rutto, KEN         | 1:48.00 |
| 5. Mohamed Muktar Jama, GBR | 1:48.07 |

3000:

- |                                  |         |
|----------------------------------|---------|
| 1. Mohamed Moustouai, MAR        | 7:43.99 |
| 2. Joseph Kitur Kiplimo, KEN     | 7:44.12 |
| 3. Patrick Mugur Ereng, KEN      | 7:44.16 |
| 4. David Kiprotich Bett, KEN     | 7:50.21 |
| 5. Abraham Kasongw Akopesha, KEN | 7:54.04 |
| ... 7. Tshamano Setone, RSA      | 8:12.15 |

## WOMEN

800:

- |                             |         |
|-----------------------------|---------|
| 1. Caster Semenya, RSA      | 2:00.61 |
| 2. Yusneysi Caballero, CUB  | 2:01.06 |
| 3. Maryna Arzamasava, BLR   | 2:01.97 |
| 4. Eunice Jepkoech Sum, KEN | 2:04.43 |
| 5. Tatyana Andrianova, RUS  | 2:04.73 |

**Nijmegen Global Athletics**

Nijmegen, NED, 26 May

## WOMEN

800:

- |                          |         |
|--------------------------|---------|
| 1. Annet Negesa, UGA     | 2:02.38 |
| 2. Lydia Wafula, KEN     | 2:03.10 |
| 3. Claudia Hoffmann, GER | 2:04.16 |
| 4. Juanee Cilliers, RSA  | 2:05.29 |

**Samsung Diamond League Comped Golden Gala**

(3rd stop of 2011 Samsung Diamond League)

Roma, ITA, 26 May

## MEN

800 (DL):

- |                                |         |            |
|--------------------------------|---------|------------|
| 1. Khadevis Robinson, USA      | 1:45.09 | USD 10,000 |
| 2. Mbulaeni Mulaudzi, RSA      | 1:45.50 | 6,000      |
| 3. Mohammad Al-Azemi, KUW      | 1:45.52 | 4,000      |
| 4. Asbel Kiprop, KEN           | 1:46.02 | 3,000      |
| 5. Boaz Lalang, KEN            | 1:46.10 | 2,500      |
| ... 11. Alfred Kirwa Yego, KEN | 1:48.73 | 1,000      |

5000 (DL):

- |                                      |          |               |
|--------------------------------------|----------|---------------|
| 1. Imane Merga, ETH                  | 12:54.21 | WL USD 10,000 |
| 2. Isaiah Kiplangat Koech, 1993, KEN | 12:54.59 | PB 6,000      |
| 3. Vincent Chepkok, KEN              | 12:55.29 | 4,000         |

4. Dejen Gebremeskel, ETH	12:55.89	3,000
5. Sileshi Sihine, ETH	12:57.86	2,500
6. Mark Kiptoo, KEN	12:59.91	2,000
7. Lucas Kimeli Rotich, KEN	13:00.02	1,500
8. Abera Kuma, ETH	13:00.15 PB	1,000
9. Thomas Longosiwa, KEN	13:06.62	1,000
10. Moses Kipsiro, UGA	13:09.17	1,000

Peter van der Westhuizen, **RSA** DNF (pace)

#### WOMEN

##### 1500 (DL):

1. Maryam Yusuf Jamal, BRN	4:01.60 WL USD	10,000
2. Meskerem Assefa, ETH	4:02.12 PB	6,000
3. Gelete Burka, ETH	4:03.28	4,000
4. Anna Mishchenko, UKR	4:03.53	3,000
5. Nancy Jebet Langat, KEN	4:03.66	2,500
6. Christin Wurth-Thomas, USA	4:03.72	2,000
7. Irene Jelagat, KEN	4:04.79	1,500
8. Janeth Jepkosgei Busienei, KEN	4:04.87	1,000
... 10. Lisa Dobriskey, GBR	4:06.35	1,000

##### 3000 s/chase (DL):

1. Milcah Chemos Cheywa, KEN	9:12.89 WL USD	10,000
2. Sofia Assefa, ETH	9:15.04 NR	6,000
3. Habiba Ghribi, TUN	9:20.33	4,000
4. Birtukan Adamu, 1992, ETH	9:20.37 WJR	3,000
5. Lydia Jebet Rotich, KEN	9:25.16	2,500
... 7. Sara Hall, USA	9:39.48 PB	1,500
... 10. Cristina Casandra, ROU	9:50.89	1,000
11. Mekdes Bekele, ETH	10:14.21	1,000

### NCAA Division I Eastern Preliminary Round

Bloomington, USA, 26-28 May

#### MEN

##### 1500 (28):

1. Matthew Gibney	SR Villanova (AUS)	3:46.29Q
2. Michael Hammond	JR Virginia Tech	3:48.33Q
3. Jeremy Rae	SO Notre Dame (CAN)	3:46.75Q
4. Dumisane Hlaselo	JR Florida ( <b>RSA</b> )	3:48.37Q

### NCAA Division I Western Preliminary Round

Eugene, USA, 26-28 May

#### WOMEN

##### 1500 (28):

Heat 2 -

1. Katrina Drennen, JR, Montana, 4:19.30 Q
2. Jordan Hasay, SO, Oregon, 4:20.13 Q

##### Prelims (26):

Heat 2 -

1. Elizabeth Yetzer, SR, Minnesota, 4:22.31 Q
2. Betzy Jimenez, SR, Texas, 4:22.44 Q

3. Katrina Drennen, JR, Montana, 4:22.60 Q  
 ... 12. Natanya Luther, SO, Arkansas (RSA), 4:32.75

5000 (28):

Heat 1 -

1. Megan Goethals, FR, Washington, 16:02.64 Q PB
2. Jordan Hasay, SO, Oregon, 16:04.39 Q

## 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 HALF MARATHON: TOP 10 MEN

1:01:42	Stephen Mokoka	2	Yangzhou	24 Apr
1:03:58	Lusapho April	1	Cape Town	23 Apr
1:04:18	Xolisa Tyali	2	Cape Town	23 Apr
1:04:19	Richard Motsamai Mavuso	3	Richards Bay	30 Apr
1:04:35	Kgosi Samuel Tsosane	3	Cape Town	23 Apr
1:04:37	Michael Mazibuko	1	Standerton	21 Mar
1:04:45	Coolboy Ngamole	18	Rabat	04 Apr
1:04:51	Lindikhaya Mthangayi	4	Cape Town	23 Apr
1:04:55	Lungisa Mdedelwa	4	Richards Bay	30 Apr
1:04:55	Tshidiso Bosiu	2	Johannesburg	27 Mar

## THIS MONTH IN HISTORY

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

### 58 years ago: 13 June 1953

Jim Peters revolutionised the face of marathon running – before he appeared on the scene, the marathon was regarded as an ultra-long event for slow distance runners, but his radical training and dynamic racing methods changed it to a mere extension of 6- and 10-mile track racing. On this day, in the Windsor to Chiswick Marathon, he became the first man to run a sub-2:20 marathon on a bona fide course. Peters won by almost 8 minutes in 2:18:40.4. His five-mile splits were 27:05, 25:35, 25:40 and 26:47. Four months later he broke his record with 2:18:34.8 and the next year took it down further, to 2:17:39.4 – again in the Windsor-Chiswick race. He is the only runner in history who set four world records (he had first run 2:20:42.2 in 1952) and the only one to do so twice in one year.

## 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.

**MEN**Open

10 km	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
	42:58	Mohamed Trafteh (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		24 Apr
	61:42	Stephen Mokoka	Yangzhou	
	58:30	Zerzenay Tadese (ERI)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May
	78:37	Richard Mavuso	Pretoria	
	76:56	Jan Fitschen (GER)		
30 km	71:50	Sammy Kosgei (KEN) 2010		09 Jan
	1:36:14	Elroy Gelant	Camps Bay	
	1:32:08	Jason Lehmkuhle (USA)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		08 May
	2:09:25	Lusapho April	Hannover	
	2:03:02A	Geoffrey Mutai (KEN)		
100 km	2:03:59	Haile Gebrselassie (ETH) 2008		
	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	Nikky 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	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	50:42	Juwayne Fletcher	Jeffreys Bay	08 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	69:01	Melikhaya Frans	Port Elizabeth	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

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

Veterans (40+)

10 km	36:34	Michelle Bartman	Bellville	04 Jun
	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

100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	42:09	Olga Howard	Bellville	04 Jun
	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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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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