

# 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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Publisher: Riël Hauman

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## EDITORIAL

It was a rather quiet weekend in South Africa, with the best performance by a local distance runner coming from world champion Mbulaeni Mulaudzi, who was second in the 800 metres at the Diamond League meeting in New York. Mulaudzi ran 1:46.68. Two days before, in the Diamond League meeting in Oslo, compatriot Caster Semenya ran out of steam in the last 50 m of the two-lapper and finished third in 1:58.61, her best time of the year.

In the New York meeting the 18-year-old American star Lukas Verzbicas, in his very last race in high school, made history by becoming only the sixth high schooler (or prep, as the Americans call them) to break 4 minutes for the mile. Running in the adidas Jim Ryun High School Dream Mile, the 1.83 m tall Verzbicas clocked 3:59.71. The first high schooler to do so, Jim Ryun (in 1964), was on hand to watch the race.

Also in New York, Irvette van Blerk could finish only 17th in the New York Mini 10 km, running 33:56 – more than 2 minutes behind winner Linet Masai. By comparison, René Kalmer was eighth last year in 32:32.

DRR has received no official media release from Athletics South Africa, but it is believed that the South African marathon team for the World Championships has been announced. The team is: Coolboy Ngamole, Lucky Mohale, David Ngakane, René Kalmer, Annerien van Schalkwyk and Tanith Maxwell. Neither Stephen Mokoka nor Lusapho April was available.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Sunrise Beach 10 km & 5 km, Durban
- \* Slave Route Challenge 10 km, Cape Town
- \* Moffett on Main Heartbreak Hill Half Marathon, Port Elizabeth
- \* Garden Route Mall 10 km, George
- \* Fast & Flat 10 km, Bellville
- \* Miles of Smiles Half Marathon, Robertson
- \* Run with the Stars Night Race, George
- \* George Habelgaarn Memorial Race, Mossel Bay
- \* XC: Gauteng North League Meeting #6, Pretoria

### International highlights:

- \* NYRR New York Mini 10 km, New York, USA
  - \* Downtown San Rafael Road Mile, San Rafael, USA
  - \* Track: adidas Grand Prix, New York, USA; ExxonMobil Bislett Games, Oslo, NOR
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## OBITUARY

### DUDLEY HULBERT, A SPECIAL KIND OF COACH

By Riël Hauman



Being passionate about something – even extremely passionate – does not necessarily mean being loud about it. Dudley Hulbert, who passed away on Thursday morning at the age of 55 after a short but intense struggle with cancer, was one of the most passionate people about athletics who I have had the privilege to know. But you would have to search far and wide to find a more unassuming, gentle and humble person.

He never blew his own trumpet, yet he was not afraid to express his views on coaching – especially bad coaching – and the reasons why South African distance running is in such poor shape. This he attributed mostly to overtraining and over-racing. We spent many hours talking about why so-and-so was not reaching his or her potential and I learnt much from his insights.

He was right most of the time, because he had himself achieved the results to back up his views, having coached some of South Africa's best female runners – among them Michelle Joy

and SA marathon champions Adelene Joubert and Cassandra Mihailovic. I can still remember his pride when the almost totally unknown Mihailovic won the SA title in 1986 – which meant that runners coached by Dudley had then won the race four years in a row.

There is no doubt that Dudley was one of the most experienced and knowledgeable distance coaches in South Africa and when the New Balance Multisport Club (NBMC), then newly established, was looking for a club coach in 2008, I did not hesitate to recommend him.

His coaching had an immediate impact and over the last two years he did sterling work. Dudley had a keen eye for talent and potential in athletes, and a gift for fostering novices, helping them get started, improving their performances, and even guiding them to provincial colours.

He not only designed programmes for the club's training groups and many individuals, but gave training at NBMC a whole new dimension. Most importantly, he was always available to – selflessly – monitor members and give advice to all.

In the words of NBMC Chairman Jasper Coetzee, "Until he became ill, Dudley never missed a training session. Not only did his commitment and loyalty to our runners make a huge impact on their lives, his expertise and experience as one of the top coaches put our club in a position that was often envied by others."

When Dudley fell ill, NBMC established a support fund to cover his medical expenses and recently also organised a trail run in his honour and to raise funds. This was held on 28 May and the occasion was marked by Dudley's presence, although he was by then already very ill. He passed away less than two weeks later. That same afternoon, the club held a memorial training run in his honour.

Dudley imparted his immense knowledge of the sport to runners at all levels as a salesman in a running store, sharing freely what he knew about the sport that played an incalculable role in his life. He knew the sport inside out – all aspects of it – and took good-natured delight in pointing out errors in the *SA Athletics Annual* to me.

As passionate as he was about others' running careers, so dedicated was he about his own running. He started running 38 years ago and at one stage ran for more than fourteen years without missing a single day. He kept meticulous logbooks and loved to show one specific training sessions, or how he trained for a particular race.

He completed sixteen Old Mutual Two Oceans Marathons since 1978, achieving two silver medals, and finished the accompanying half marathon seven times. His best Two Oceans was in 1981, when he ran 3:46:43.

He earned ten Comrades medals since 1977, also including two silvers. He had a best time of 7:12:58 in 1982.

He finished the Kelloggs Springs Striders 32 km race, one of the oldest in the country, more than thirty times and went to run the race regularly even after moving to Cape Town in 2003.

We in the Western Cape were fortunate to have had him in our midst for the last 8½ years of his life. I am fortunate, and grateful, to have had him as a friend for many years. It seemed fitting, somehow, that I received the news of his passing while at the track, doing what bound us together: coaching.

## STATS

### MOSOP'S WORLD RECORD SPLITS

As reported in DRR last week, Moses Mosop broke the world records for both 25 km and 30 km on the track in Eugene the previous weekend. Here are his kilometre splits:

2:57.2	2:55.6 [32:15.3]	2:51.9 [60:54.1]
2:55.1 [5:52.3]	2:55.3 [35:10.6]	2:52.7 [1:03:46.8]
2:57.4 [8:49.7]	2:56.4 [38:07.0]	2:51.8 [1:06:38.6]
2:54.8 [11:44.5]	2:54.5 [41:01.5]	2:53.0 [1:09:31.6]
2:55.8 [14:40.3]	2:54.8 [43:56.3]	2:53.4 [1:12:25.0]
2:53.9 [17:34.2]	2:50.6 [46:46.9]	2:52.1 [1:15:17.1]
2:54.7 [20:28.9]	2:51.6 [49:38.5]	2:55.3 [1:18:12.4]
2:55.7 [23:24.6]	2:46.3 [52:24.8]	2:54.9 [1:21:07.3]
2:56.7 [26:21.3]	2:47.1 [55:11.9]	2:52.1 [1:23:59.4]
2:58.4 [29:19.7]	2:50.3 [58:02.2]	2:48.0

The three 10 km splits: 29:19.7, 28:42.5, 28:45.2

## ROAD RUNNING

### Sunrise Beach 10 km & 5 km

Durban, 12 June

(Out-and-back courses)

#### 10 km

##### MEN

1.	Thabulethu Phaku	DUT	32:25
2.	Malvern Paradza	ZIM/Mr Price A C	32:40
3.	Munyaradzi Jari	ZIM/Form One A C	33:41

#### 40-49:

1.	Willie Majombozi	Boxer A C	37:23
2.	Justin Hand	DHSOB	39:42
3.	Sipho Ngwane	Ind	40:29

#### 50-59:

1.	Eloi de Oliveira	Boxer A C	37:59
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#### 60+

1.	Mbekiseni Mchunu	Savages A C	45:19
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##### WOMEN

1.	Jenna Challenor	Boxer A C	37:53
2.	Grace de Oliveira	Boxer A C	44:32
3.	Debbie Sessions	DHSOB	45:13

**40-49:**

1.	Jeanette Davison	DHSOB	45:36
2.	Jenny Sutton	YWP A C	47:00
3.	Marie Mnthembu	Boxer A C	47:27

**50-59:**

1.	Grace de Oliveira	Boxer A C	44:32
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**60+**

1.	Penny Scott	Ind	56:30
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**5 km****MEN**

1.	Samuel Pazanga	ZIM/Mr Price A C	16:26
2.	Samson Tenai	KEN/Form One A C	16:32
3.	Simphiwe Zulu	Mr Price A C	16:56

**WOMEN**

1.	Loveness Madiva	ZIM/Boxer A C	20:04
2.	Puseletso Dladla	Ind	20:59
3.	Nontokozo Mkhize	Ind	21:48

**Slave Route Challenge 10 km**

Cape Town, 12 June

**MEN**

1. Zolani Ntongana (MP) 31:59; 2. Tebello Poni (VOB) 32:02; 3. Luxolo Mdzanga (Gugs) 32:36 (1<sup>st</sup> jun).

**40-49:** 1. Graham Katzen (Celtic) 34:55; 2. Kashief Damon (Top) 47:48; 3. Keith Chandler (VOB) 48:15. **50-59:** 1. Vladimir Kotov (Cent) 33:54; 2. Gregory Jacobs (Edge) 38:41; 3. Goodman Mpukane (Gugs) 39:51. **60+:** 1. Awie Veldsman (Held) 42:04; 2. M.Y. Abrahams (Top) 49:06; 3. Hassiem Arnold (Top) 53:20. **Juniors:** 1. Luxolo Mdzanga (Gugs) 32:36; 2. Gcobani Mndi (Gugs) 33:12; 3. Asive Njenxa (Khay) 33:49.

**WOMEN**

1. Asiphe Sikabalanjana (Gugs) 38:19; 2. Bulelwa Mtshagi (Celtic) 40:17; 3. Busisiwe Matiwane (Celtic) 40:25.

**40-49:** 1. Mariëtte Esterhuyse (Tyger) 42:20; 2. Patricia Adams (Met) 43:20; 3. Evelina Tshabalala (Gugs) 46:10. **50-59:** 1. Olga Howard (Celtic) 45:07; 2. Charmaine Cupido (Ned) 48:47; 3. Helen du Plessis (Tyger) 51:13. **60+:** 1. Pixie Sparg (Celtic) 53:30; 2. Marlene James (Pine) 61:05; 3. Maryna Vos (Bell) 63:17. **Juniors:** 1. Asiphe Snyman (Celtic) 40:50; 2. Pahela Mtshemla (VOB) 43:01; 3. Nthateng Lolwana (VOB) 46:12.

**Moffett on Main Heartbreak Hill Half Marathon (33<sup>rd</sup>)**

Port Elizabeth, 11 June

(Distance: 21.1 km; loop course. Finishers: 619.)

**MEN**

1	Masixole	Dlaku	Mr Price AC EP	32	1:09:28
2	Masande	Mlonyeni	Nedbank RC EP	30	1:09:37
3	Bulelini	Niwa	PEAAC	25	1:13:41
4	Terrance	Mjekula	Triangle Sports	38	1:13:59
5	Lubabaloo	Mdlungwane (1 <sup>st</sup> jun)	PEAAC	17	1:15:16
6	Maboyisana	Mazwayi (1 <sup>st</sup> vet)	Nedbank RC EP	43	1:15:19
7	Emerson	Kayana	Nedbank RC EP	37	1:15:23

8	Kobus	Joubert	Jeffreys Bay AC	36	1:16:23
9	August	Esau	Nedbank RC EP	40	1:18:05
10	Sandile	Ngunuza	Nedbank RC EP	28	1:18:24
11	Mutekile	Rasmeni	Triangle Sports	46	1:18:28
12	Anthony	Broom	Temp	22	1:18:42
13	Thembekile	Msipa	Charlo RR	36	1:20:19
14	Alfred	Spiers (1 <sup>st</sup> mast)	Elite AC	51	1:21:24
15	Vincent	Mbixana	PEAAC	43	1:22:16
16	John	Rafani	Nedbank RC EP	44	1:22:27
17	Thembinkosi	Hambiyani	Nedbank RC EP	39	1:22:32
18	Daniel	Hewson	Temp	23	1:22:35
19	Zoysile	Maklein	PEAAC	39	1:22:40
20	Jeremiah	Botha	Albany RR	30	1:23:56

**40-44:**

1	Maboyisana	Mazwayi	Nedbank RC EP	43	1:15:19
2	August	Esau	Nedbank RC EP	40	1:18:05
3	Vincent	Mbixana	PEAAC	43	1:22:16

**45-49:**

1	Mutekile	Rasmeni	Triangle Sports	46	1:18:28
2	Vernon	Newfeldt	Willard Batteries	45	1:25:27
3	Ian	Patterson	Muirite Striders	48	1:27:42

**50-54:**

1	Alfred	Spiers	Elite AC	51	1:21:24
2	Andre	Dalton	Nedbank RC EP	50	1:26:21
3	Disemba	Blou	Triangle Sports	53	1:28:16

**55-59:**

1	Sizinzo	Kama	Achilles AAA	59	1:29:22
2	Jimmy	Styan	Triangle Sports	59	1:35:33
3	Bruce	Mcewan	Achilles AAA	57	1:38:06

**60-64:**

1	Hansie	Els	Somerset East	63	1:35:39
2	Hannes	Els	Madiba Bay AC	61	1:35:48
3	Percy	Dalton	Achilles AAA	62	1:41:05

**65-69:**

1	Tamsanqa	Jusayi	Nedbank RC EP	69	1:32:34
2	Johannes	Herbst	Muirite Striders	65	1:48:08
3	Gerald	Bouwer	Achilles AAA	68	2:10:30

**70+:**

1	Godfrey	Kariem	Cadbury AC	70	1:51:32
2	Robin	Clark	Achilles AAA	70	2:22:30
3	John	Peart	Nedbank RC EP	75	2:41:26

**Juniors:**

1	Lubabaloo	Mdlungwane	PEAAC	17	1:15:16
2	Mkhululi	Rhoboshe	Nedbank RC EP	19	1:37:49
3	J C	Stevens	Bluewater Bay	18	1:38:59

**WOMEN**

1	Deliwe	Nyanga	Nedbank RC EP	22	1:26:32
2	Liza-Marie	Bright	Temp	29	1:29:39
3	Jane	Barnardo	Body Concept	36	1:30:52
4	Frith	Van der Merwe (1 <sup>st</sup> vet)	Run For Life EP	47	1:31:03
5	Marisa	Ferraris	Triangle Sports	40	1:36:12
6	Grizelda	Pietersen	Achilles AAA	42	1:36:27
7	Christine	Claasen	Achilles AAA	46	1:37:42
8	Michelle	Enslin	Temp	42	1:37:55
9	Alta	Havenga	Temp	46	1:38:07

10	Lesley	Wood (1 <sup>st</sup> mast)	Achilles AAA	54	1:40:10
11	Katherine	Van der Walt	Body Concept	35	1:41:09
12	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:42:17
13	Megan	Holmes	Temp	26	1:43:35
14	Michelle	Sivewright	Triangle Sports	42	1:43:38
15	Julie	Taunton	Crusaders AC	51	1:43:47
16	Annelie	Nel	Body Concept	36	1:44:20
17	Maresa	Ah Kun	Bluewater Bay	35	1:44:37
18	Marilyn	Zimmermann	Triangle Sports	36	1:44:41
19	Laura	Maritz	Elite AC	50	1:45:22
20	Ursula	Davidson	Body Concept	38	1:46:07

**40-44:**

1	Marisa	Ferraris	Triangle Sports	40	1:36:12
2	Grizelda	Pietersen	Achilles AAA	42	1:36:27
3	Michelle	Enslin	Temp	42	1:37:55

**45-49:**

1	Frith	Van der Merwe	Run For Life EP	47	1:31:03
2	Christine	Claasen	Achilles AAA	46	1:37:42
3	Alta	Havenga	Temp	46	1:38:07

**50-54:**

1	Lesley	Wood	Achilles AAA	54	1:40:10
2	Julie	Taunton	Crusaders AC	51	1:43:47
3	Laura	Maritz	Elite AC	50	1:45:22

**55-59:**

1	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:42:17
2	Cathy	Ives	Achilles AAA	58	2:02:40
3	Christine	Snyman	VW AC	55	2:04:14

**60-64:**

1	Liz	Grundlingh	Muirite Striders	64	2:03:27
2	Denise	Terblanche	Walmer AC	63	2:21:20
3	Debbie	Oelofse	Legacy AC	64	3:08:16

**70+:**

1	Dorothy	Hart	PEAAC	73	2:19:47
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**Juniors:**

1	Tanya	Wilson	Charlo RR	18	2:19:33
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**Garden Route Mall 10 km**

George, 11 June

Note: The first seven men ran short. The women's times are correct. – Ed.**MEN**

1. Julius Korkee (Rainbow), 26, 24:12
2. Principal Fana (Ind), 42, 24:48
3. Siyabonga Madala (Coast), 25, 24:48

**WOMEN**

1. Annatjie Botes (NBRC), 53, 41:17
2. Marie Wolmarans (NBRC), 52, 41:31
3. Johanna Claassen (NBRC), 42, 42:20

**Fast & Flat 10 km**

Bellville, 4 June

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

Note: The first three men and women were included in last week's DRR. As usual in this race, the times were fast, so here are deeper results. – Ed.

**MEN**

1	Nkosinathi	Madyo	Nedbank	23	29:23
2	Zolani	Ntongana	Mr Price	30	29:33
3	Lindikhaya	Mthangayi	Mr Price	32	29:41
4	Sityhilo	Diko	Adidas	20	29:48
5	Virgina	Ngudlumana	Celtic	22	30:12
6	Victor	Msopi	Nedbank	31	30:26
7	Jeromy	Andreas	UWC	19	30:34
8	Michael	Bailey	Asics	28	30:52
9	Duane	Fortuin	Adidas	26	31:09
10	Wanda	Roro	Adidas	22	31:24
11	J.P.	Abrahams	Adidas	22	31:30
12	Gcobani	Mndi	RCS Gugs	17	31:32
13	Tebello	Poni	Acsis VOB	26	31:43
14	Akhona	Makila	Acsis VOB	20	31:46
15	Asive	Njenxa	Khayelitsha	17	31:50
16	Isaac	Opperman	Corr Services Bol	44	31:51
17	Kane	Reilly	Maties	18	31:52
18	Barry-John	?	Tygerberg	22	32:01
19	Lukhanyo	Mabinza	Transnet	24	32:07
20	Alphonso	Primo	Maties	29	32:09

**WOMEN**

1	Zintle	Xiniwe	Nedbank	24	33:59
2	Nomvuyisi	Seti	Celtic	29	35:18
3	Bulelwa	Simae	Nedbank	34	35:38
4	Ulrica	Stander	New Balance	37	36:16
5	Michelle	Bartman	Harfield	47	36:34
6	Linley	Holmes	West Coast	40	38:11
7	Sheryl	De Lange	Adidas	43	38:51
8	Bulelwa	Mtshagi	Celtic	32	38:55
9	Busisiwe	Matiwane	Celtic	36	39:05
10	Pamela	Mtshemba	Acsis VOB	15	39:49
11	Amy	Abrahams	Eersterivier	17	39:54
12	Khanya	Mateyisi	Khayelitsha	18	40:44
13	Ursula	Frans	Adidas	42	40:47
14	Andrea	Pretorius	New Balance	21	41:26
15	Patricia	Adams	Metropolitan	40	41:48
16	Tania	Kapp	New Balance	42	42:03
17	Olga	Howard	Celtic	52	42:09
18	Hanlie	Booyens	Temp	37	42:27
19	Ronel	Steenkamp	Plexus Durbac	41	42:43
20	Y.	Visser	Asics	29	42:49

### Miles of Smiles Half Marathon

Robertson, 4 June

(Distance: 21.1 km; loop course, partly on gravel. Finishers: 350.)

Note: Results of the Boland Championships, which were held in conjunction with this race, appeared in last week's DRR. – Ed.

#### MEN

1. Pieter Koopman (Maties), 36, 1:08:21
2. Mthandazo Qhina (Gugs), 35, 1:08:34
3. Henrico Rooi (Nedbank), 22, 1:10:41

#### WOMEN

1. Anneline Roffey (Adidas), 30, 1:25:58
2. Elmarie Coetzee (Adidas), 47, 1:26:09
3. Michelle Dreyer (Paarl), 32, 1:29:35

### Run with the Stars Night Race

George, 3 June

(Distance: 10 km. Finishers: 167.)

Note: Melissa van As finished 12<sup>th</sup> overall. – Ed.

#### MEN

1	Julius	Korkee	Rainbow	26	32:11
2	Principal	Fana	Temp	42	32:51
3	Melikhaya	Msizi	Knysna MC	27	35:16
4	C	Hendricks		27	35:44
5	Hermanus	Jonkerman	Nedbank RC	51	36:51
6	Anton	Chevalier	Nedbank RC	46	36:52
7	Dawid	Matroos	Rainbow	37	36:56
8	Brandon	Willemse	Rainbow	16	37:25
9	Johannes	Hamilton	Temp	17	37:46
10	De Waal	Swart	New Balance MC Eden	28	37:53

#### WOMEN

1	Melissa	Van As	Nedbank RC	29	39:13
2	Alison	Jordaan	Nedbank RC	45	40:35
3	Annatjie	Botes	Nedbank RC	53	41:46
4	Barbara	Hage	New Balance MC Eden	44	42:26
5	Marie	Wolmarans	Nedbank RC	52	42:46
6	Thea-Mari	Van der Sandt	Nedbank RC	35	44:01
7	Madelé	Strydom	Nedbank RC	38	44:02
8	Sunette	De Jager	Nedbank RC	40	46:55
9	Elmien	Nel	Nedbank RC	40	47:48
10	Charmaine	Olivier		27	47:52

### George Habelgaarn Memorial Race

Mossel Bay, 14 May

(Distance: 10 km; loop course. Finishers: 120.)

Note: The athlete's names are in the order of surname first, followed by first name. – Ed.

#### MEN

1	Witbooi	Vuyo	35	Outeniqua	33:00
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2	Korkee Julius	26	Rainbow	33:18
3	Pieterse Alfonso	22	Coastline	33:26
4	Fana Principal	42		34:01
5	Nstiniyabo Zuzile	36	Outeniqua	34:08
6	Gelderbloem Gurome	35	Harriers	34:19
7	Losper Selwyn		Harriers	34:21
8	Mzizi Melikhaya		Knysna	34:40
9	Madala Siyabonga	26	Coastline	35:44
10	Mouton Jacques	33	Outeniqua	35:55
1	Van der Merwe Karin	26	Nedbank	42:20
2	Botes Annatjie	53	Nedbank	42:36
3	Wolmarans Marie	52	Nedbank	43:07
4	Sass Maryke	40	Harriers	46:25
5	Phillopson Rome	29	Harriers	46:25
6	Smit Christa	43	Hartenbos	46:40
7	Oosthuizen Ria	64	Hartenbos	49:39
8	Faber Tanya	38	Outeniqua	50:24
9	De Villiers Elsa	51	Hartenbos	51:04
10	Pauw Karin	45	Nedbank	51:16

## CROSS-COUNTRY

### Gauteng North League Meeting #6

Pretoria, 4 June

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 (8 km)

1	Esau Nkosi	Individual	28:52
2	Rapelang Kgaje	Individual	29:52
3	Tebogo Sithole	HSRC	31:25
4	Stanley Mofu	Fortis Noord	32:11
5	Nelson Sambo	Ekgangala	35:45
6	Mike Mnguni	Ekgangala	35:46
7	Freddy Nkunzi	Mh Baloyi	36:25
8	Koketso Maphothoma	Modiba	37:36
9	Themba Mashobane	Ekgangala	38:26
10	Frans Malatji	Monaco	39:36

#### SR. MEN (4 km)

1	Tebogo Sithole	HSRC	14:18
2	Andries Malete	Individual	14:44
3	Elliot Makgoba	Temba Sunrise	14:51
4	Oupa Maseko	HSRC	15:10
5	Tshepo Maatjie	Temba Sunrise	15:18
6	Elias Molemane	Monaco	15:31
7	Magagula	Suthies AC	16:07
8	Willie Bronkhorst	Tuks	16:34
9	Charles Malatsi	Monaco	16:46
10	Zanele Thlamo	Global	16:54

#### MEN 40:

1	Piet Mosebedi	Transnet	28:45
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2	Koos Aphane	PMMC	32:58
3	Henk Moen	Irene	33:22
MEN 50:			
1	Piet Lotter	Alpha Centurion	35:32
2	Japie Badenhorst	Kentron	37:08
3	Simon Railo	ACR	39:20
MEN 55:			
1	Gerard Swart	PMK	42:55
2	Buks Meyer	Momentum	50:00
MEN 60:			
1	Joe Bellingham	Nedbank	30:18
2	Allan Kluge	Agape	34:12
3	Gawie Pretorius	AS Eagles	43:01
MEN 65:			
1	Iven Moorhouse	Phobians	43:58
MEN 70:			
1	Andries van de Merwe	Transnet	35:49
MEN 75:			
1	Neville Muir	Phobians	57:59
2	Frans Grobbelaar	Transnet	1:19:58
MEN 23:			
1	Abbey Morubane	Transnet	14:05
2	Martin Nkoe	Temba Sunrise	14:07
3	Anele Sonqibido	Tuks	14:32
MEN 21:			
1	Poncho Diphetogo	Nedbank	15:02
2	Bafana Dube	Transnet	15:21
3	Samuel Bodiba	Nedbank	16:03
JR. MEN:			
1	Willie Makofane	Prestige College	22:21
2	Mpho Motaung	Prestige College	22:33
3	Wayne Labuschagne	Garsfontein	22:55
SR. WOMEN (4 km)			
1	Violet Raseboya	Transnet	15:55
2	Kathryn Thomas	New Balance	21:38
3	Adri van Rooyen	New Balance	23:51
WOMEN 40:			
1	Yvette van Schalkwyk	Ultimate	20:28
2	Estelle Greyling	Bronkhorstspuit	20:47
3	Estelle Gilbert	Wingate	21:58
WOMEN 45:			
1	Elmarie du Toit	Akasia	19:36
2	Ilse Merrick	Enduro	21:56
3	Lidia du Preez	Fortis Noord	24:59
WOMEN 50:			
1	Sandra Steenkamp	Irene	19:02
2	Louise Nortman	Nedbank	23:12
3	Elsie Mokone	Temba Sunrise	29:53
WOMEN 55:			
1	Lyn de Bruin	Irene	23:14
2	Rina Pretorius	AS Eagles	23:29
3	Veronica von Gordon	GN Masters	25:05
WOMEN 60:			
1	Elize de Beer	Individual	38:28
WOMEN 23:			

1	Patience Khumalo	TUT	16:59
2	Maryke Rossouw	Tuks	18:06
3	Nerissa van der Walt	Tuks	18:22
JR. WOMEN:			
1	Happiness Mkhize	Tuks	25:29
2	Masabata Matoane	Prestige College	27:16
3	Melissa Taylor	Garsfontein	28:21
GIRLS 17:			
1	Xiluvha Mashele	Tuks	16:50
2	Kyla van Graan	Affies	18:21
3	Boipelo Serarile	Prestige	18:30

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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

#### **NYRR New York Mini 10 km** (40th)

New York, USA, 11 June

(Certified one-loop course, hilly)

- 1) Linet Masai (KEN), 31:40, \$10,000
- 2) Aheza Kiros (ETH), 32:09, \$5000
- 3) Belainesh Gebre (ETH), 32:10, \$3500
- 4) Edna Kiplagat (KEN), 32:24, \$2500
- 5) Emily Chebet (KEN), 32:31, \$1500
- 6) Kim Smith (NZL), 32:32
- 7) Jo Pavey (GBR), 32:46
- 8) Alessandra Aguilar (ESP), 32:56
- 9) Eloise Wellings (AUS), 33:06
- 10) Magdalena Lewy Boulet (USA), 33:09, \$5000
- ... 16) Lornah Kiplagat (NED), 33:55
- 17) Irvette Van Blerk (RSA), 33:56

#### **Downtown San Rafael Road Mile** (3rd)

(Pacific Association/USATF 1-Mile Road Championship)

San Rafael, USA, 5 June

(Certified Course)

#### WOMEN

1. Teresa McWalters, Calif. 4:50
2. Ann Detmer, Calif. 4:51
3. Annie Bersagel, Calif. 4:53

#### **40-49:**

1. Magdalena Visser, 42, Calif. [RSA] 5:25

**TRACK****adidas Grand Prix**

(Diamond League Meeting)

New York, USA, 11 June

**MEN****800:**

1	Alfred Kirwa Yego	KEN	1:46.57
2	Mbulaeni Mulaudzi	RSA	1:46.68
3	Boaz Kiplagat Lalang	KEN	1:46.75
4	Lachlan Renshaw	AUS	1:47.33
5	Bram Som	NED	1:47.34
6	Karjuan Williams	USA	1:47.59

**1500:**

1	David Torrence	USA	3:36.15
2	Nicholas Willis	NZL	3:36.46
3	Caleb Mwangangi Ndiku	KEN	3:37.04
4	Henok Legesse	ETH	3:37.47
5	Nathan Brannen	CAN	3:38.52
6	Lopez Lomong	USA	3:38.90
7	Leonel Manzano	USA	3:39.71
8	Jordan McNamara	USA	3:41.92

**5000:**

1	Dejen Gebremeskel	ETH	13:05.22
2	Bernard Lagat	USA	13:05.46
3	Tariku Bekele	ETH	13:06.06
4	Isiah Kiplangat Koech	KEN	13:07.22
5	Juan Luis Barrios	MEX	13:09.81
6	Edwin Cheruiyot Soi	KEN	13:11.75
7	Mike Kipruto Kigen	KEN	13:12.07
8	Alistair Ian Cragg	IRL	13:12.21
9	Geoffrey Kipsang	KEN	13:12.23
10	Lucas Kimeli Rotich	KEN	13:15.38
11	Daniel Lemashon Salel	KEN	13:19.51
12	Josphat Bett Kipkoech	KEN	13:19.96
13	Daniel Kipchirchir Komen	KEN	13:20.80

**WOMEN****800:**

1	Molly Beckwith	USA	2:01.09
2	Erica Moore	USA	2:02.26
3	Jemma Simpson	GBR	2:02.30

**1500:**

1	Kenia Sinclair	JAM	4:08.06
2	Morgan Uceny	USA	4:08.42
3	Kalkidan Gezahegne	ETH	4:08.46
4	Gelete Burka	ETH	4:09.84
5	Anna Pierce	USA	4:10.38
6	Treniere Clement Moser	USA	4:10.40
7	Malindi Elmore	CAN	4:10.48
8	Brianna Felnagle	USA	4:11.85
9	Sally Kipyego	KEN	4:11.89
10	Molly Huddle	USA	4:12.03

11	Lidia Chojecka	POL	4:13.00
12	Shannon Rowbury	USA	4:13.11

## 3000 s/chase:

1	Milcah Chemos Cheywa	KEN	9:27.29
2	Sofia Assefa	ETH	9:27.37
3	Gulnara Galkina	RUS	9:29.75
4	Lydia Jebet Rotich	KEN	9:35.19
5	Fionnuala Britton	IRL	9:37.60
6	Bridget Franek	USA	9:38.92
7	Stephanie Reilly	IRL	9:42.91
8	Beverly Ramos	PUR	9:45.78

**ExxonMobil Bislett Games**

(Diamond League Meeting)

Oslo, NOR, 9 June

## MEN

## 1500:

1	Nicholas Kiptanui Kemboi	KEN	3:37.25
2	Hillary Kipkorir Maiyo	KEN	3:37.27
3	Imad Touil	ALG	3:37.47
4	Jack Bolas	USA	3:38.39
5	Stefan Eberhardt	GER	3:39.09
6	Hamza Driouch	QAT	3:39.53
7	Morten Munkholm	DEN	3:39.73
8	Fikadu Dejene	ETH	3:40.60

## 1 mile:

1	Asbel Kiprop	KEN	3:50.86
2	Haron Keitany	KEN	3:51.02
3	Mekonnen Gebremedhin	ETH	3:51.30
4	Mohammed Shaween	KSA	3:52.00
5	Jeffrey Riseley	AUS	3:52.53
6	Nixon Kiplimo Chepseba	KEN	3:53.36
7	Augustine Kiprono Choge	KEN	3:53.81
8	Andrew Baddeley	GBR	3:54.29
9	Diego Ruiz	ESP	3:57.21
10	Álvaro Rodríguez	ESP	3:58.15

## 3000 s/chase:

1	Paul Kipsiele Koech	KEN	8:01.83
2	Brimin Kiprop Kipruto	KEN	8:05.40
3	Roba Gari	ETH	8:10.41
4	Mahiedine Mekhissi-Benabbad	FRA	8:14.38
5	Patrick Kipkirui Langat	KEN	8:16.17
6	Hillary Kipsang Yego	KEN	8:20.75
7	Benjamin Kiplagat	UGA	8:21.76
8	Bjørnar Ustad Kristensen	NOR	8:23.19

## WOMEN

## 800:

1	Halima Hachlaf	MAR	1:58.27
2	Mariya Savinova	RUS	1:58.44
3	Caster Semenya	RSA	1:58.61
4	Janeth Jepkosgei Busienei	KEN	1:59.05

5	Jennifer Meadows	GBR	1:59.27
6	Yuliya Rusanova	RUS	1:59.65
7	Lucia Klocová	SVK	1:59.92
8	Svetlana Klyuka	RUS	1:59.97

5000:

1	Meseret Defar	ETH	14:37.32
2	Sentayehu Ejigu	ETH	14:37.50
3	Genzebe Dibaba	ETH	14:37.56
4	Meselech Melkamu	ETH	14:39.44
5	Emebet Anteneh	ETH	14:43.29
6	Priscah Jepleting Cherono	KEN	14:43.30
7	Dolores Checa	ESP	14:46.30
8	Wude Ayalew	ETH	14:49.36
9	Pauline Chemning Korikwiang	KEN	14:54.36
10	Sara Moreira	POR	15:11.97

## 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 WOMEN

The prolific racing by Irvette van Blerk is evident from this list – she has six times in the top twelve. Zintle Xiniwe and René Kalmer have three each; these three athletes dominate the top of the list.

1:12:04	Irvette van Blerk	2	Cape Town	23 Apr
1:14:58	Zintle Xiniwe	3	Cape Town	23 Apr
1:15:04	Van Blerk-2	2	Pretoria	19 Feb
1:15:24	René Kalmer	1	Richards Bay	30 Apr
1:16:07A	Xiniwe-2	1	Oudtshoorn	26 Feb
1:16:19	Kalmer-2	4	Cape Town	23 Apr
1:16:25	Kalmer-3	1	Benoni	30 Jan
1:16:28	Van Blerk-3	1	Bedfordview	16 Jan
1:17:03	Van Blerk-4	2	Richards Bay	30 Apr
1:17:13	Xiniwe-3	16	Rabat	04 Apr
1:17:25	Van Blerk-5	2	Benoni	30 Jan
1:17:26	Van Blerk-6	1	Pretoria	05 Feb
1:18:04	Christine Kalmer	7	Cape Town	23 Apr
1:18:22	Louisa Leballo	3	Richards Bay	30 Apr
1:19:33	Marelize Retief	2	Sasolburg	05 Feb
1:19:47	Tanith Maxwell	1	Ladysmith	02 Apr
1:20:29	Ntombesintu Mfunzi	5	Richards Bay	30 Apr
1:20:33	Portia Ngwenya	1	Stellenbosch	30 Apr
1:20:36	Jenna Challenor	1	Amanzimtoti	17 Apr

## THIS MONTH IN HISTORY

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

**42 years ago: 22 June 1969**

The world's two fastest 10000-metre runners of the year, world record holder Ron Clarke (AUS) and Dick Taylor (GBR), squared off in a race in London. Clarke was not at his best and suffered his first defeat on British soil when Taylor beat him, 28:06.6 to 28:21.0. In third place was Briton Mike Tagg in 28:33.8. Six years later, on 13 September 1975, Tagg would win the SA Open Marathon in Stellenbosch in 2:19:47. A year after the London race, Clarke took revenge on Taylor when he won the silver medal behind Lachie Stewart in the Commonwealth Games 10000 m, with Taylor getting the bronze.

**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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafeh (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:42	Stephen Mokoka	Yangzhou	24 Apr
	58:30	Zersenay Tadese (ERI)		
	58:23	Zersenay 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	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
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		
<b>WOMEN</b>				
<u>Open</u>				
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)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
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
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	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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