

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

Irvette van Blerk scored a magnificent win in the Spar Grand Prix Series race in Durban on Sunday, repeating her win of last year, but in a time almost a minute faster – a new personal best of 32:50. Van Blerk's previous PB of 33:12 was set seven years ago (it is still the Western Province junior open record). Nine women dipped under 35 minutes, only the fifth time this has happened in a South African race. With the tenth woman finishing in 35:02, it is also the quickest top-ten field ever (note that there were three foreigners in the top ten). Last year only Van Blerk and Zintle Xiniwe finished in under 35 minutes.

Van Blerk now comfortably leads the overall Grand Prix competition (see News section further in this issue).

The Western Cape had its own fast race: Sityhilo Diko and Bulelwa Simae won the Mamre 15 km in 45:25 and 56:41 respectively. Two list leaders were set.

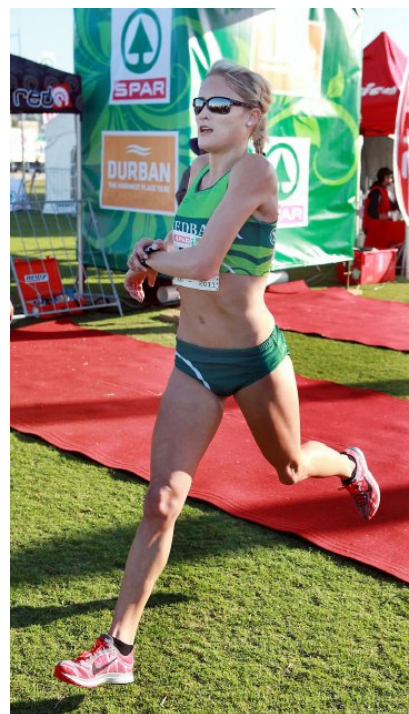
In Greensboro, North Carolina, the brilliant junior Aisling Cuffe set an outstanding new US record in the US High School Championships when she won the 2 miles in 9:54.22. Another very promising junior, Wesley Frazier, who was third in the 2 miles, won both the mile and the 5000 m.

In the ExxonMobile Bislett Games (results in DRR last week), the Oslo stop of the Diamond League, Peter van der Westhuizen was 17th in the 1500 m in 3:49.42.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Durban
- * Mamre 15 km, Mamre
- * Sunrise Beach 10 km, Scottburgh
- * Fanie Booysen Ice Breaker 10 km, Pretoria
- * Tekkie Town 2 Mall 8 km, George



Irvette van Blerk finishes her PB run in the Durban leg of the Spar Grand Prix Series. [Photograph supplied]

- * Slave Route Challenge Half Marathon, Cape Town
- * XC: Boland Inter-Districts Challenge & Trials, Worcester

International highlights:

- * Volkswagen Olomouc Half Marathon, Olomouc, CZE
- * Grandma's Marathon & Garry Bjorklund Half Marathon, Duluth, USA
- * Zilveren Kruis Achmea Half Marathon, Zwolle, NED
- * Steamboat Classic 4-Mile, Peoria, USA
- * NYRR New York Mini 10 km, New York, USA
- * USA Men's 8 km Championships, Carmel, USA
- * Bellin Run 10 km, Green Bay, USA
- * Oelder Sparkassen-City-Lauf, Oelde, GER
- * Track: SPAR European Team Championships, Stockholm, SWE; New Balance Outdoor Nationals, Greensboro, USA; Internationales Sportfest, Rehlingen, GER; Memorial Josefa Odlozila, Prague, CZE; ASICS Golden Spike Leiden, Leiden, NED; Cezmi Or Memorial, Istanbul, TUR; NCAA Division I Outdoor Championships, Des Moines, USA; Meeting de Montreuil, Montreuil-Sous-Bois, FRA

ROAD RUNNING

Spar Grand Prix Series

Durban, 19 June

(Distance: 10 km; loop course.)

1. Irvette van Blerk 32:50
2. Rutendo Nyahora (ZIM) 33:25
3. Zintle Xiniwe 33:37
4. Annerien van Schalkwyk 33:39
5. Tanith Maxwell 34:26
6. Nolene Conrad 34:33
7. Tabitha Tsatsa (ZIM) 34:39
8. Mpho Mabuza 34:42
9. Ntombesintu Mfunzi 34:46
10. Samukeliso Moyo (ZIM) 35:02
11. Portia Ngwenya 35:07
12. Jenna Challenor 35:12
13. Maxine Heine-Wacker 35:15
14. Charné Bosman 35:33
15. Nondumiso Maphanga 35:33
16. Louisa Leballo 35:41
17. Catherine Skosana 35:43
18. Christine Kalmer 35:55
19. Cary-Ann Smith 36:21
20. Puseletso Dladla 36:26
21. Happiness Mkhize 36:27
22. Dominique Scott 37:14
23. Ronel Thomas 37:22
24. Maya Lawrie 37:27
25. Janene Carey 37:34
26. Thabiso Sirayi (LES) 37:54
27. Makhosazana Mhlongo 38:04
28. Tayla Glover 38:26
29. Funeka Mlwakuhle 39:03
30. Loveness Madziva (ZIM) 39:07



Zintle Xiniwe and marathoner Tanith Maxwell in action in Durban; they placed 3rd and 5th respectively. [Martin van Schalkwyk]

Veterans:

1. Maya Lawrie 37:27
2. Shani Silver 39:23
3. Grace de Oliveira 40:07

Masters:

1. Olga Howard 44:38
2. Sandy Fismer 45:53
3. June Watson 47:17

G'masters:

1. Lien Botha 48:20
2. Aletta Engelbrecht 54:53
3. Stephanie Carlton 61:49

Juniors:

1. Happiness Mkhize 36:27
2. Dominique Scott 37:14
3. Thabiso Sirayi (LES) 37:54

Mamre 15 km

Mamre, 18 June

(Out-and-back course. Weather: Cold. Finishers: 405.)

MEN

1. Sityhilo Diko (Adid) 45:25; 2. Nkosinathi Madyo (Ned) 45:27; 3. Virgina Ngudlumana (Celtic) 48:03.

40-49: 1. John September (Celtic) 52:46; 2. Dawid Pieterse (Dwars) 54:07; 3. Bruce Stewart (Gugs) 55:47. **50-59:** 1. Ludwig Lillie (Durb) 59:05; 2. Evan Jones (WC) 64:12; 3. Daniel Wijsbroek (WC) 64:39. **60-69:** 1. Willie van Wyk (Brack) 65:52; 2. Kevin Kohler (Edge) 70:07; 3. Jeff Smith (Atlantis) 73:18. **70+:** 1. Caspar Greeff (AAC) 77:01; 2. Ron Daw (WC) 1:46:35; 3. Sam Sterban (RWFL) 2:06:27. **Juniors:** 1. Luxolo Mdzanga (Gugs) 48:05; 2. Gcobani Mndi (Gugs) 49:24; 3. Godwin Swartz (Elsies) 49:52.

WOMEN

1. Bulelwa Simae (Ned) 56:41; 2. Bulelwa Mtshagi (Celtic) 57:56; 3. Nomvuyisi Seti (Celtic) 59:27.

40-49: 1. Mariëtte Esterhuyse (Tyger) 62:05; 2. Ursula Frans (Adid) 62:35; 3. Tania Kapp (NBMC) 66:38. **50-59:** 1. Charmaine Cupido (Ned) 70:10; 2. Helen du Plessis (Tyger) 72:23; 3. Janet Hunter (Ned Bol) 83:01. **60-69:** 1. Marietha Herbert (Bell) 77:45; 2. Pixie Sparg (Celtic) 78:51; 3. Rita van Wyk (Brack) 93:10. **70+:** 1. Mariam Khan (Ommie) 2:14:41. **Juniors:** 1. Azel Boois (Salk) 64:36; 2. Londeka Miya (Gugs) 78:42; 3. Alta vabn Schalkwyk (Ind) 1:40:46.

Sunrise Beach 10 km

Scottburgh, 18 June

(Out-and-back course, partly on the beach)

MEN

- | | | | |
|----|--------------------|----------------|-------|
| 1. | Bernard Phalatsane | ZIM/Nedbank AC | 40:49 |
| 2. | Senzo Miya | Ind | 42:02 |
| 3. | Nkosi Ntule | Ind | 42:52 |

40-49:

- | | | | |
|----|------------------|----------|-------|
| 1. | Justin Hand | DHSOB | 45:51 |
| 2. | Willie Majombozi | Boxer AC | 46:54 |

3.	Willie v Rensberg	Ind	50:41
50-59:			
1.	Siyabonga Jali	Ind	53:17
2.	Lenard Beets	YWP AC	56:57
3.	Gordon Truluck	Ind	59:42
60+:			
1.	Andrew Spence	SCS	53:11
2.	Piet Vorster	PDAC	57:21
3.	Nobby Clark	Ind	65:32

WOMEN

1.	Laura Hodgkinson	Ind	59:56
2.	Maria Mthembu	Boxer AC	60:13
3.	Jo Mackenzie	Ind	60:25

40-49:

1.	Marie Mnthembu	Boxer AC	60:13
2.	Greta de Wet	Ind	64:08
3.	Marizelle Nicoll	Ind	64:45

50-59:

1.	Kathy Scott	Ind	68:14
2.	Karen Bargate	NU	70:18
3.	Anne Chadwick	West AC	73:49

60+:

1.	Aletta Engelbrecht	SCS	79:22
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Fanie Booysen Ice Breaker 10 km

Pretoria, 18 June

(Loop course)

MEN

1 Jean Brummer (Pukke) 32:18; 2 Wesley Ruto (KEN/Nedbank) 32:21; 3 Enoch Manyande (Nedbank) 32:33.

Veterans: 1 Elias Mabane (Bidvest) 35:34; 2 Nuno Thomaz (New Balance) 39:35.

Masters: 1 Jerry Rankapule (Nedbank) 37:28; 2 Francis Makuka (ZAM/Bashewa) 37:33.

G'masters: 1 Mike du Bruto (Irene) 40:50. **G/g'masters:** 1 Ken Nurden (Agape) 59:11.

Juniors: 1 Morgan Mtsweni (Transnet) 34:20.

WOMEN

1 Myrette Filmater (Tuks) 37:13; 2 Monique Stander (New Balance) 37:33 (1st jun); 3 Winia Janse van Rensburg (Tuks) 40:07.

Veterans: 1 Vanessa Bowman (Kempton) 43:53; 2 Ansie Viljoen (Irene) 45:49. **Masters:**

1 Sandra Steenkamp (Irene) 43:30; 2 Vera Nel (Magnolia) 52:40. **G'masters:** 1 Ina Wheatley (PMMC) 57:20. **G/g'masters:** 1 Mavis Stadler (Agape) 58:50. **Juniors:** 1 Monique Stander (New Balance) 37:33.

Tekkie Town 2 Mall 8 km

George, 16 June

MEN

1. Ettiene Plaatjies (NBRC), 23, 24:26
2. Julius Korkee (Rain), 26, 25:41
3. Sinesipho Dinishe (Knys), 20, 26:22

WOMEN

1. Lana Theunissen (NBRC), 38, 32:18
2. Ayesha Pietersen (Ind), 14, 34:05
3. Marion Erasmus (Rain), 17, 35:38

Slave Route Challenge Half Marathon

Cape Town, 12 June

Distance: 21.1 km. Finishers: 786.

Note: This race was approx. 1 km short. – Ed.

MEN

1	Sityhilo	Diko	Adidas	20	1:03:56
2	Mthandazo	Qhina	RCS Gugs	34	1:05:11
3	Virgina	Ngudlumana	Celtic Harriers	22	1:05:56

WOMEN

1	Nomvuyisi	Seti	Celtic Harriers	30	1:19:13
2	Bulelwa	Simae	Nedbank WP	34	1:21:00
3	Sheryl	De Lange	Adidas	42	1:27:39

CROSS-COUNTRY**Boland Inter-Districts Challenge & Trials**

Worcester (Brandvlei Prison), 11 June

SR. MEN (12 km)

1	Bynos Chipyoka	Salkor	38:05
2	Shaun Lekay	Robertson	38:51
3	Dawid Gouws	Swartland	39:06
4	Eugene Davids	Robertson	40:38
5	Anthony Erasmus	Breërivier Hoër Fit 2 Run	44:08

SR. MEN (4 km)

1	Nathan Beukes	Paarl	11:58
2	Angelo Booysen	Paarl AC	12:13
3	Hillroy Slingers	Worcester AC	12:18
4	Eugene Davids	Robertson AC	12:23
5	Ruan Smuts de Jager	Maties AC	12:27

MASTER MEN (8 km)

1	Dawid Pieterse	Dwarsriviervallei AC	27:26
2	Richard du Toit	Whalers	27:37
3	Thomas Moses	Worcester	29:02

G'MASTER MEN (6 km)

1	Kosie Koopman	Fit 2 Run	26:25
2	S Valleu	Worcester	27:40

JR. MEN (8 km)

1	Luyanda Qolo	Uyazo Wamapile	24:22
2	Kane Reilly	Maties	25:29
3	Nicolin Farmer	Whalers	25:48

BOYS 17 (6 km)

1	Marco Jansen	Salkor	18:47
2	Richard Bester	Weston/Salkor	18:48

3	Maxwell Gouws	Ceres Sek	18:26
SR. WOMEN (8 km)			
1	Magrieta Smith	Ceres AC	33:10
2	Madelein Nel	Saldanha AC	33:54
SR. WOMEN (4 km)			
1	Ria Labuschaigne	Maties AC	15:16
2	Madelein Nel	Saldanha AC	16:20
3	Carmila Shaik	Athletics Alive	16:40
4	Tina-Mari Meyer	Whalers	16:48
5	Corlia Meyer	Maties AC	18:08
MASTER WOMEN (4 km)			
1	Mariaan Malan	Nedbank	15:48
2	Mary Ann Baron	Fit 2 Run	17:28
3	Lorenza Groenveld	Maties AC	20:26
JR. WOMEN (6 km)			
1	Moniquean Lombaard	La Rochelle	22:36
2	Heleen Malan	Swartland	23:20
3	Mari Scot	HS Vredenburg	24:06
GIRLS 17 (4 km)			
1	Suzaan Broodryk	Paarl GIM	15:03
2	Janey vd Merwe	Worc. Gim	15:06
3	Sulette Kotze	Swartland	15:09

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

Volkswagen Olomouc Half Marathon

Olomouc, CZE, 19 June

(Distance: 21.1 km)

MEN (gun times)

1. Abdullah Dawit Shami, 1974, ETH 1:00:44 PB/CR
2. Eliud Kiptanui, 1989, KEN 1:01:24
3. Adugna Takele, 1989, ETH 1:01:38 PB
4. Paul Kimugul, 1980, KEN 1:01:52
5. Daniel Kinyua Wanjiru, 1992, KEN 1:03:35
6. Andrew Kiprop, 1989, KEN 1:03:35

WOMEN

1. Netsanet Achamo, 1987, ETH 1:10:40 CR/PB
2. Pamela Lisoreng, 1988, KEN 1:11:38
3. Tadelech Bekele, 1991, ETH 1:12:12

Grandma's Marathon (35th) & Garry Bjorklund Half Marathon (21st)

Duluth, USA, 18 June

(Distances: 42.195 km & 21.1 km; certified. The marathon loses 40 m or 0.95 m/km of race distance; the half marathon loses 0.9 m/km of race distance; both marathon and half marathon are point-to-point courses.)

Marathon (gun times):

MEN

1. Christopher Kipyego, 37, Austin, TX (KEN) 2:12:17 PB \$10,000 + 1500i
2. Teklu Tefera Deneke, 31, Flagstaff, AZ (ETH) 2:12:17 7,500 + 1500i
3. Sammy Malakwen, 33, Two Harbors, MN (KEN) 2:12:39 PB 5,000 + 1500i

i) Earned time incentive bonus

WOMEN

1. Delelecha Yihunlish Bekele, 29, Wash, DC (ETH) 2:30:39 PB \$10,000 + 2,500i
2. Everlyne Lagat, 30, Albuquerque, NM (KEN) 2:31:32 PB 7,500 + 2,000i
3. Dot McMahan, 34, Rochester Hills, MI 2:31:50 PB 5,000 + 2,000i

i) Earned time incentive bonus

Half Marathon (gun times):

MEN

1. Derese Deniboba Rashaw, 28, Bronx, NY (ETH) 1:02:19 CR* \$2500
2. Tesfaye Alemayehu, 27, Antioch, CA (ETH) 1:02:22 1500
3. Fernando Cabada, 29, Boulder, CO 1:02:32 1000

WOMEN

1. Katie McGregor, 33, Savage, MN 1:13:18 \$2500
2. Kimberly Robinson, 28, Bloomington, MN 1:16:13 1500
3. Atalelech Asfaw, 28, Albuquerque, NM 1:16:49 1000

Zilveren Kruis Achmea Half Marathon

Zwolle, NED, 18 June

(Distance: 21.1 km; four-lap course)

MEN

1. Wilson Kipsang Kiprotich, KEN 1:00:49 CR
2. El Hassan El Abbassi, MAR 1:01:53 PB
3. Stephen Tum, KEN, KEN 1:01:53
4. Ezekiel Jafari, TAN, 1:01:54
5. Philip Langat, KEN 1:01:56

WOMEN

1. Flomena Chepchirchir, KEN 1:08:22 PB/CR
2. Valentine Kipketer, 1993, KEN 1:10:54
3. Joan Rotich, KEN 1:13:09

Steamboat Classic 4-Mile (38th)

Peoria, USA, 18 June

(Certified loop course)

MEN (gun times)

1. Kevin Chelimo, 28, KEN 18:02 PB \$4000
2. Andrew Lemoncello, 28, GBR 18:06 2500

3. MacDonard Ondara, 26, KEN 18:08 2000

WOMEN

1. Diane Nukuri-Johnson, 26, BDI 20:41 NR \$4000
 2. Adriana Nelson, 31, USA 20:46 PB 2500
 3. Yoshimi Ozaki, 29, JPN 20:52 PB 2000

NYRR New York Mini 10 km (40th)

New York, USA, 11 June

(Distance: Certified one-loop course, hilly; the 8 km split was also separately certified and had automatic timing)

Note: Results were included in DRR last week. The times were slowed by very high (96%) humidity, yet five of the top thirteen set PBs. Olympic bronze medallist Deena Kastor ran her first race after giving birth to a daughter in February; she finished 25th in 35:00. Lidia Simon (35:09) was one place behind Kastor, while marathon star Liliya Shobukhova clocked 35:31. The organisers certified the 8 km mark, installed timing mats and placed officials there, and recorded the times of the first 100 runners there. Three national records were set, and dozen of personal best times. Below are the top 8 km times. – Ed.

1. Linet Masai, 21, KEN 25:25 PB
 2. Aheza Kiros, 29, ETH 25:42 PB
 3. Belainesh Gebre, 22, ETH 25:44
 4. Emily Chebet, 25, KEN 25:50 PB
 5. Edna Kiplagat, 31, KEN 25:51 PB
 6. Kim Smith, 29, NZL 26:04 PB
 7. Jo Pavey, 37, GBR 26:06 PB
 8. Eloise Wellings, 28, AUS 26:16 PB
 9. Alessandra Aguilar, 32, ESP 26:17 NR
 10. Anna Incerti, 31, ITA 26:36 PB
 ... 13. Magdalena Lewy Boulet, 37, USA 26:41 PB
 ... 16. Lornah Kiplagat, 37, NED 26:59 PB
 17. Irvette van Blerk, 23, RSA 27:00 PB

USA Men's 8 km Championships

Carmel, USA, 11 June

(One-loop course)

MEN (gun times)

1. Bobby Mack, 26, Raleigh, NC 23:05 \$5000
 2. Aaron Braun, Flagstaff, AZ 23:11 4000
 3. James Carney, Boulder, CO 23:12 3000

Bellin Run 10 km (35th)

Green Bay, USA, 11 June

(Certified loop course)

Note: Uta Pippig, the top marathoner in the world in 1994, when she beat Elana Meyer in Boston, 2:21:45 to 2:25:15 (PBs for both), finished 34th here. – Ed.

MEN

1. Allan Kiprono, KEN 28:29
 2. Lani Rutto, KEN 29:04
 3. John Korir, KEN 29:43

... 709. Bill Rodgers (60+), USA 45:39

WOMEN

1. Jelliah Kerubo Tinega, KEN 32:34
2. Allie Woodward (U19), USA 34:18 DB
3. Benita Willis, AUS 34:35
- ... 14. Joan Samuelson (50+), USA 38:32
- ... 34. Uta Pippig (45+), GER 41:10

Oelder Sparkassen-City-Lauf (14th)

Oelde, GER, 10 June

(Distance: 10 km done on 750 m loop)

ELITE MEN

1. Philip Langat, 1990, KEN 27:49 CR*
2. Richard Sigei, 1985, KEN 28:16
3. Paul Kipkorir, 1982, KEN 28:27

ELITE WOMEN

1. Tola Fate, 1987, ETH 32:19
2. Maryanne Wangari Wanjiru, 1986, KEN 33:05
3. Alena Serdiuk, 1981, UKR 33:20

TRACK

SPAR European Team Championships (3rd)

Stockholm, SWE, 18-19 June

TEAMS (combines both men's and women's events):

1. Russia 385 points
2. Germany 331.5
3. Ukraine 304
4. Great Britain and N.I. 289
5. France 284
6. Poland 264
7. Spain 246
8. Italy 237
9. Belarus 220
10. Czech Republic 211
11. Portugal 177.5
12. Sweden 159

MEN

800 (19):

1. Adam Kszczot, 1989, POL, 1:46.50
2. Jeff Lastennet, 1987, FRA, 1:46.70
3. Gareth Warburton, 1983, GBR, 1:46.95

1500 (18):

1. Manuel Olmedo, 1983, ESP, 3:38.63 CR
2. Valentin Smirnov, 1986, RUS, 3:38.89 PB
3. James Shane, 1989, GBR, 3:39.21

3000 (19):

1. Juan Carlos Higuero, 1978, ESP, 8:03.43

2. Yegor Nikoalyev, 1988, RUS, 8:03.80 PB
3. Rui Silva, 1977, POR, 8:03.88
4. Andy Baddeley, 1982, GBR, 8:03.97

5000 (18):

1. Jesus España, 1978, ESP, 13:39.25 CR
2. Sergey Lebid, 1975, UKR, 13:39.75
3. Andy Vernon, 1986, GBR, 13:40.15

3000 s/chase (19):

1. Vincent Zouaoui Dandrieux, 1980, FRA, 8:30.85
2. Steffen Uliczka, 1984, GER, 8:31.01
3. Ildar Minshin, 1985, RUS, 8:34.56

WOMEN

800 (18):

1. Mariya Savinova, 1985, RUS, 1:58.75
2. Jenny Meadows, 1981, GBR, 1:59.47
3. Liliya Lobanova, 1985, UKR, 2:00.18
- ... 5. Elisa Cusma Piccione, 1981, ITA, 2:01.04

1500 (19):

1. Charlene Thomas, 1982, GBR, 4:06.85
2. Yekaterina Martynova, 1986, RUS, 4:07.08
3. Anna Mishchenko, 1983, UKR, 4:07.27

3000 (18):

1. Olesya Syreva, 1983, RUS, 8:53.20 PB/EL
2. Nataliya Tobias, 1980, UKR, 8:54.16
3. Natalia Rodríguez, 1979, ESP, 8:55.09
4. Lidia Chojecka, 1977, POL, 8:55.73
- ... 9. Christelle Daunay, 1974, FRA, 9:02.16 PB

5000 (19):

1. Dolores Checa, 1982, ESP, 15:16.89
2. Yelena Zadorozhnaya, 1977, RUS, 15:28.65
3. Helen Clitheroe, 1974, GBR, 15:33.03 PB
4. Sabrina Mockenhaupt, 1980, GER, 15:35.02

3000 s/chase (18):

1. Gulnara Galkina, 1978, RUS, 9:31.20
2. Sara Moreira, 1985, POR, 9:35.11
3. Jana Sussmann, 1990, GER, 9:43.28 PB
- ... 9. Eilish McColgan, 1990, GBR, 9:55.13 PB

New Balance Outdoor Nationals

(US High School Championships)

Greensboro, USA, 16-18 June

GIRLS

2 miles (17):

Championship Section:

Heat 2 -

1. Aisling Cuffe, 11 Cornwall-on-Hudson NY, 9:54.22 NR/MR/PB
2. Kayla Beattie, 11 Woodstock IL, 10:05.61 PB
3. Wesley Frazier, 13 Raleigh NC, 10:10.86 PB

4. Waverly Neer, 11 Russiaville IN, 10:20.06 PB
5. Erin Finn, 13 West Bloomfield MI, 10:22.76 PB

Internationales Sportfest (47th)

Rehlingen, GER, 13 June

MEN

3000:

1. Miliyon Yehwalaeshet, 1989, ETH, 7:47.78
2. Vincent Rono, 1990, Kenia, 7:48.36
3. Hicham Siguini, 1993, MAR, 7:51.33
- Gladwin Mzazi, 1988, RSA, DNF

WOMEN

800:

Race A:

1. Denise Krebs, 1987, TV Wattenscheid, 2:03.69
2. Annett Horna, 1987, TSV Bayer 04 Leverkusen, 2:04.07
3. Karoline Pilawa, 1985, LG Stadtwerke München, 2:04.11
- ... 8. Mapaseka Makhanya, 1985, RSA, 2:07.16

Memorial Josefa Odlozila (17th)

(EA Premium Meeting)

Prague, CZE, 13 June

MEN

1500:

1. Fouad El Kaam, MAR, 3:35.93
2. Dawit Wolde, ETH, 3:36.23
3. Vickson Polonet, KEN, 3:37.74
- ... 13. Peter van der Westhuizen, RSA, 3:47.06

WOMEN

3000 s/chase:

1. Fente Alemu Birtukan, ETH, 9:30.25
2. Christine Muyanga, KEN, 9:34.12
3. Purity Kirui, KEN, 9:37.85
- ... 8. Tebogo Masehla, RSA, 9:54.34

ASICS Golden Spike Leiden (40th)

Leiden, NED, 11 June

MEN

800:

Heat 1:

1. Niels VERWER, 1989, NED, 1:52.36
2. Pascal NOORT, 1983, NED, 1:52.61
3. Thijmen KUPERS, 1991, NED, 1:52.79

Heat 2:

1. David MCCARTHY, 1983, IRL, 1:49.75
2. Wouter de BOER, 1981, NED, 1:49.94
3. Miko LAHTIO, 1984, FIN, 1:50.58
- Samuel SEPENG, RSA, DNF

WOMEN

800:

1. Maria Carmen GONZALEZ, 1987, ESP, 2:08.00
2. Mandie BRANDT, 1982, RSA, 2:08.07
3. Marije WEVER, 1993, NED, 2:10.27

Cezmi Or Memorial (66th)

Istanbul, TUR, 11 June

MEN

5000:

1. Abayneh Ayele, ETH, 1987, 13:29.85 MR*
2. Paul Kemboi, KEN, 1991, 13:30.67
3. Gladwin Mzazi, RSA, 1988, 13:39.77

NCAA Division I Outdoor Championships

Des Moines, USA, 8-11 June

MEN

800 (10):

1. Robby Andrews, SO, Virginia, 1:44.71 PB/FR
2. Charles Jock, JR, UC Irvine, 1:44.75 PB
3. Elijah Greer, SO, Oregon, 1:45.06 PB

1500 (11):

1. Matt Centrowitz, JR, Oregon, 3:42.54
2. Dorian Ulrey, SR, Arkansas, 3:43.06
3. Abdi Hassan, JR, Arizona (SOM), 3:43.95
- ... 5. Dumisane Hlaselo, JR, Florida (RSA), 3:44.59

5000 (11):

1. Sam Chelanga, SR, Liberty (KEN), 13:29.30
2. Lawi Lalang, FR, Arizona (KEN), 13:31.69
3. Leonard Korir, SR, Iona (KEN), 13:35.71

10000 (10):

1. Leonard Korir, SR, Iona (KEN), 28:07.63
2. Sam Chelanga, SR, Liberty (KEN), 28:12.18
3. Stephen Sambu, JR, Arizona (KEN), 28:19.61

3000 s/chase (10):

1. Matt Hughes, SR, Louisville (CAN), 8:24.87 PB/FR*
2. Donn Cabral, JR, Princeton, 8:32.14 PB
3. Andrew Poore, JR, Indiana, 8:36.40 PB

WOMEN

800 (10):

1. Anne Kesselring, SO, Oregon (GER), 2:02.15 PB
2. Natalja Piliusina, FR, Oklahoma State (LTU), 2:02.16 PB
3. Chanelle Price, JR, Tennessee, 2:03.02

1500 (11):

1. Sheila Reid, JR, Villanova (CAN), 4:14.57
2. Lucy Van Dalen, JR, Stony Brook (NZL), 4:15.33
3. Kate Van Buskirk, SR, Duke (CAN), 4:15.37 PB

... 8. Jordan Hasay, SO, Oregon, 4:17.67

5000 (10):

1. Sheila Reid, JR, Villanova (CAN), 15:37.57 PB
2. Emily Infeld, SO, Georgetown, 15:38.23 PB
3. Abbey D'Agostino, FR, Dartmouth, 15:40.69 PB
4. Jordan Hasay, SO, Oregon, 15:41.00

10000 (08):

1. Juliet Bottorff, SO, Duke, 34:25.86
2. Kate Harrison, JR, West Virginia (CAN), 34:30.35
3. Jennifer Bergman, SO, Arizona, 34:31.69

3000 s/chase (11):

1. Emma Coburn, JR, Colorado, 9:41.14
2. Stephanie Garcia, SR, Virginia, 9:47.29 PB
3. Shalaya Kipp, SO, Colorado, 9:56.37 PB

Meeting de Montreuil

(Pro Athlé Tour)

Montreuil-Sous-Bois, FRA, 7 June

MEN

5000:

1. Ayele ABAYNETH, ETH, 13:11.01
2. Yusuf BIWOTT, KEN, 13:11.19
3. Paul LONYANGATA, KEN, 13:11.22
4. Joseph Kiplimo KITUR, KEN, 13:13.77
5. Geoffrey KUSURO, UGA, 13:14.02
- ... 14. Gladwin MZAZI, RSA, 13:42.46

WOMEN

Mile:

1. Hind DEHIBA CHAHYD, FRA, 4:29.59
2. Bertukan FEYISA, ETH, 4:31.04
3. Tatyana GUDKOVA, RUS, 4:32.89
4. Feyne Gudeto GEMEDA FEYNE, ETH, 4:34.93
5. Olesya CHUMAKOVA, RUS, 4:35.50
- ... 7. Mapaseka MAKHANYA, RSA, 4:39.59

NEWS

SPAR GRAND PRIX POINTS STANDINGS

Here are the points standings of the Spar Grand Prix Series after the Durban race. According to the rules in force for 2011, the competition in the veterans and masters categories has been "locked in" after three races due to the fact that Grace de Oliveira moves from veteran to master before the Pretoria race in August. Thus, to be fair to all participants, the competition in these categories has been "stopped" after Durban, and the proportionate prize money (three out of five races or 60% of the total) allocated to the athletes concerned. New veterans and masters competitions will begin in Pretoria and the remaining 40% of the prize money will then be available. All prize money will be awarded at the end of the year.

OPEN

1	Irvette van Blerk	Ned CGA	76
2	Zintle Xiniwe	Ned WP	62
3	Annerien van Schalkwyk	Ned GN	55
4	Ntombesintu Mfunzi	MPWP	40
5	Catherine Skosana	T/Net	34
6	Charné Bosman	MP AGN	33
7=	René Kalmer	Ned CGA	30
7=	Diana-Lebo Phalula	Gauteng St	30
9	Mpho Mabuza	Ned CGA	26
10	Dominique Scott	Adidas	19
11	Jenna Challenor	Boxer	18
12=	Nomvuyisi Seti	Celtics	17
12=	Lebogang Phalula	Gauteng St	17
14	Tanith Maxwell	Boxer	16
15	Nolene Conrad	UJ	15
16	Christine Kalmer	Ned CGA	14
17	Tebogo Masehla	Mr P CG	11
18	Portia Ngwenya	Temp	10
19	Nandipha Dywili	Mr P AGN	9
20=	Bulelwa Simae	Ned WP	8
20=	Maxine Heine-Wacker	UJ	8

Veterans:

1	Grace de Oliveira	Boxer	12
2	Maya Lawrie	Boxer	10
3	Catherine Naane	G/Fields	6

Masters:

1	Olga Howard	Celtics	14
2	Annatjie Botes	Ned SWD	10
3=	Bev Charters	VOB	4
3=	Sandy Fismer	Hilton Harr	4

G'masters:

1	Lien Botha	Toti	10
2=	Hester Kotze	Durbanville	5
2=	Sonja Laxton	RAC	5

Juniors:

1	Dominique Scott	Adidas	14
2	Happiness Mkhize	Temp	9
3=	Asiphe Snyman	Celtics	4
3=	Jamie-Lee Schlemmer	Temp	4

GEB AND MIKITENKO RETURN TO BERLIN

Like a money manager who prefers blue chip stocks, race director Mark Milde decided to go with proven athletic assets when he signed Haile Gebrselassie and Irina Mikitenko, both 38, to be his headliners for the 38th BMW Berlin Marathon on 25 September, reports *Race Results Weekly*. Between them, the two veterans have notched five marathon victories in the German capital in six starts since 2006, culminating in two world and two national records.

But Milde is also taking a risk. Both Gebrselassie and Mikitenko have struggled with injuries over the past two years, and have not shown their best form. Gebrselassie, who twice set the world record in Berlin in 2007 and 2008, hasn't finished a marathon in the past 17 months, dropping out of New York last November at the 25 km mark with knee trouble, and withdrawing from the Tokyo Marathon in February with an unrelated knee injury suffered in a fall while training. Mikitenko, the German record holder for the distance

with a 2:19:19 personal best, dropped out of the 2010 Virgin London Marathon, then finished fifth at the Bank of America Chicago Marathon the same year before recording a seventh-place showing at London last April.

Nonetheless, Gebrselassie is beloved in Berlin and his presence in the race will surely generate media and fan interest for Milde and his new title sponsor, BMW. The feeling is mutual, the charismatic Ethiopian said.

"I love the Berlin Marathon," the two-time Olympic gold medallist said through a news release. "The crowds are fantastic and on a good day everything is possible on this extremely fast course."

The Berlin formula has been to focus on breaking either the men's or women's world record, using a heavy dose of pacemaking (eight pacemakers were used when Gebrselassie set his world record in Berlin in 2007 and five in 2008). For Milde, and his father Horst before him, that formula has been a success. Four men's world records have been set in Berlin since Brazil's Ronaldo da Costa ran the still-standing South American record of 2:06:05 in Berlin in 1998 and performed a cartwheel at the finish line. Since then, Kenya's Paul Tergat (2:04:55, 2003) and Gebrselassie (2:04:26 in 2007 and 2:03:59 in 2008) have lowered that mark three times. The women's record has been set twice in Berlin, first by Kenya's Tegla Loroupe in 1999 (2:20:43) and then by Japan's Naoko Takahashi in 2001 (2:19:46).

Gebrselassie said he hopes to qualify for the 2012 Olympic Marathon, and needs a fast time to be selected for what would be his fifth Olympic Games. He has already competed in four Olympics at the 10000 m, finishing first in both 1996 and 2000 (in spectacular sprint finishes against Tergat), then fifth in 2004 and sixth in 2008.

STATS TIME

With the SA Half-marathon Championships just around the corner, here are the twenty fastest times ever run in the month of July. All of them, except Ramaala's 1:01:43 and Ngxazozo's time, were run in the SA Half Marathon (these two came in the Matha Series).

HALF MARATHON: TOP 20 MEN'S TIMES IN JULY

1:00:11A	Matthews Temane	1	East London	25 Jul 87
1:00:11A	Zithulele Sinqe	2	East London	25 Jul 87
1:00:56A	Xolile Yawa	3	East London	25 Jul 87
1:01:03	Rami Tsebe	2	Durban	21 Jul 90
1:01:03	David Tsebe	1	Durban	21 Jul 90
1:01:10	Temane-2	1	Durban	22 Jul 89
1:01:11	David Tsebe-2	2	Durban	22 Jul 89
1:01:13	Lawrence Peu	3	Durban	22 Jul 89
1:01:14	Solomon Namanyane	4	Durban	22 Jul 89
1:01:17A	Jan Tau	4	East London	25 Jul 87
1:01:21	Matthews Motshwarateu	5	Durban	22 Jul 89
1:01:26	Stephen Mokoka	1	Port Elizabeth	04 Jul 09
1:01:32	Lindikhaya Mthangayi	2	Port Elizabeth	04 Jul 09
1:01:33	Hendrick Ramaala	1	Durban	10 Jul 05
1:01:43	Temane-3	3	Durban	21 Jul 90
1:01:43	Ramaala-2	5	Port Elizabeth	04 Jul 09
1:01:47	Mbongeni Ngxazozo	6	Port Elizabeth	04 Jul 09
1:01:49	Lusapho April	3	Port Elizabeth	04 Jul 09
1:01:50	Abner Chipu	1	East London	08 Jul 01
1:01:51	Yawa-2	1	Durban	26 Jul 86

THIS MONTH IN HISTORY

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

39 years ago: 4 June 1972

On 6 March 1971 Ferdie le Grange became the first South African to run the marathon faster than 2:20 when he recorded 2:19:02.2 on the hilly Durbanville course. On this day a year later, after he had again broken the record, he took the mark down to 2:16:19 in the Maxol Marathon in Manchester (it was also the British Olympic trial and AAA Championships). Le Grange finished eighth in a race won by West German Lutz Philipp in 2:12:50 – one second ahead of Briton Ron Hill. Exactly a week later Le Grange won a marathon in Brussels in 2:15:34.2 to complete a unique double: no other athlete had ever run two sub-2:20 marathon in a week. Over the next two years he would set two more national records for a total of six – the only South African to do so more than twice.

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 Trafah (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		

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	48:05	Luxolo Mdzanga	Mamre	18 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	69:01	Melikhaya Frans	Port Elizabeth	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:50	Irvette van Blerk	Durban	19 Jun
	31:26	Doris Chepnigyo (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	Hiromi 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
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

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				

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	64:36	Azel Boois	Mamre	18 Jun

21.1 km	49:40	Ines Chenonge (KEN) 2001	30 Apr
	1:25:31	Letitia Saayman Stellenbosch	
	1:09:05	Delilah Asiago (KEN) 1991	

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