

# Distance Running Results

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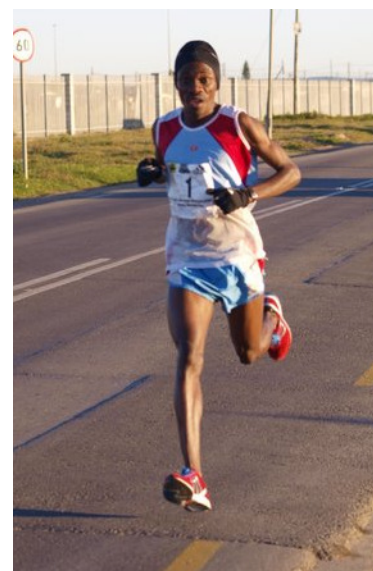
*Distance Running Results* (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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## EDITORIAL

René Kalmer, although not fully recovered from injury, won her 31<sup>st</sup> South African title – and first over the half-marathon distance – in her fastest time of the year in Port Elizabeth this weekend, while Stephen Mokoka clinched his tenth after not running the race last year. Among South Africans his 1:02:07 is second only to the 1:01:42 he clocked in Yangzhou in April.



Unfortunately the race, held on what is regarded as the fastest half-marathon route in the

country, was marred when the traffic officer leading the runners missed a turn around the 9 km mark. This resulted, according to ASA Technical Manager Pieter de Jager, in the athletes running 180 m too far.

Above: René Kalmer just in front of Zintle Xiniwe, while Stephen Mokoka runs all alone. Below: Defending champion Lucky Mohale leads CGA teammates Xolisa Tyali and Jeffrey Gwebu. [Martin van Schalkwyk]

Defending women's champion Irvette van Blerk, South Africa's fastest half-marathoner of the year with 70:56, had to withdraw because of injury and this gave Kalmer, who was beaten by both Van Blerk and Zintle Xiniwe in the Two Oceans Half Marathon, a relatively easy victory in 1:12:59. Had the distance been correct, she would have run around 1:12:20.

Kalmer is still suffering from the ITB problem she had picked up before the Two Oceans and is receiving intensive treatment for the injury which, she said, is improving well. She, Tanith Maxwell and Annerien van Schalkwyk have been selected to represent South Africa in the World Championships Marathon.



Van Schalkwyk, the 2009 champion, finished third in 1:13:58 while Maxwell was fourth in 1:15:26. Xiniwe, who won the title in 2007 and 2008, crossed the finish 16 seconds behind Kalmer in 1:13:15 – only 13 seconds slower than her lifetime best (set on the same course when she won in 2008).

Mokoka's time equates to about 61:32 for the correct distance, just 6 seconds slower than his personal best. He beat Xolisa Tyali by 36 seconds. Mokoka won the race in 2008 and 2009 and earlier this year took his third track 10,000m title. Although he ran 2:08:33 in the Seoul International Marathon last year, he has declined selection for the World Championships Marathon.

Lucky Mohale, the defending champion who beat Mokoka for the 10 km title earlier this year, finished third in 1:03:04. He will run the marathon in Daegu; his two team-mates, Coolboy Ngamole and David Ngakane, were ninth and 24th respectively.

South African marathon record holder Gert Thys, an individual entry, finished twelfth in 1:05:20, his fastest time in six years. Thys turns 40 in November.

Ageless Vladimir Kotov, who was very disappointed with his Comrades performance, retained his title in the 50-59 age category in 1:12:01 – the only runner in any age category to do so. In the same category for women Annatjie Botes, who lost by one second to Olga Howard in 2010, easily turned the tables this time. The race came just three days too soon for Grace de Oliveira, who was third in the veterans category – she turns 50 tomorrow and would have won the masters division easily had the race been next weekend.

Despite the long route, seven list leaders were set – one by DRR subscriber Liz Ruickbie in the grandmasters category.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Sardine Half Marathon, Uvongo
- \* Lotto South African Half-marathon Championships, Port Elizabeth
- \* Eastern Province 10 km, Port Elizabeth
- \* The Fine Food and Wine Spar Spookhill 15 km, Somerset West
- \* Coastline 10 km, George

#### **International highlights:**

- \* Sapporo Half Marathon, Sapporo, JPN
  - \* Corrida Languieux, Languex, FRA
  - \* Darmstadter Stadtlauf "Cup da Franco", Darmstadt, GER
  - \* Track: Athletissima Lausanne, Lausanne, SUI; USA Outdoor Championships, Eugene, USA; USA Junior Championships, Eugene, USA; Intern. Lausitzer Meeting Cottbus, Cottbus, GER; Meeting Pro Athlé Tour de Nancy, Tomblaine, FRA
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## **ROAD RUNNING**

### **Sardine Half Marathon**

Uvongo, 3 July

(Distance: 21.1 km; out-and-back course)

#### MEN

- |    |                    |                 |       |
|----|--------------------|-----------------|-------|
| 1. | Professor Mollen   | ZIM/Mr Price AC | 68:33 |
| 2. | Sithembele Fanekho | Nedbank AC      | 69:57 |

3. Samson Tenai ZIM/Form One AC 70:30

**40-49:**

1. Willie Majombozi Boxer AC 80:06  
2. Michael Malunga Nedbank AC 80:17

**50-59:**

1. Jan Koegelenberg Mr Price AC 85:56  
2. Simon Chiliza Sydenham AC 91:04

**60+:**

1. Mike Rook Savages AC 92:23

**WOMEN**

1. Amanda Bradshaw Herb Life AC 89:18  
2. Debbie Sessions DHSOB 93:29  
3. Nana Sigubudu Phumela AC 93:39

**40-49:**

1. Debroah Lambourne SCS 98:30  
2. Jeanette Davison DHSOB 99:43

**50-59:**

1. Sandy Fismer Hilton Harriers 101:04  
2. Debby De Koning Escom Gijimas 110:14

**60+:**

1. Judy Canon H/Q 147:18

**Lotto South African Half-marathon Championships**

(29<sup>th</sup> for men; 26<sup>th</sup> for women)

Port Elizabeth, 2 July

(Distance: 21.1 km; certified loop course. Finishers: 173.)

Note: Because of a marshalling error near the 9 km mark the route was about 180 m too long. Runners indicated with an asterisk (\*) were not eligible for championship medals, because they were not members of a provincial team. The race was open to South African citizens only (but see note with men's 50-59 results).

**MEN**

1	Stephen	Mokoka	AGN	26	1:02:07	R25 000
2	Xolisa	Tyali	CGA	22	1:02:43	R20 000
3	Lucky	Mohale	CGA	25	1:03:04	R15 000
4	Jeffrey	Gwebu	CGA	30	1:03:10	R10 000
5	Sityhilo	Diko	WPA	19	1:03:19	R7 500
6	Siyabonga	Nkonde	AKZN	22	1:03:39	R5 000
7	Mbongeni	Ngxazozo	CGA	31	1:03:47	R2 500
8	Thubaletu	Phaku	AKZN	31	1:04:08	R1 500
9	Coolboy	Ngamole	ACNW	34	1:04:22	R1 000
10	Desmond	Mokgobo	CGA	22	1:04:28	R500
11	Nkosinathi	Madyo	WPA	23	1:04:37	
12	Gert	Thys*	WPA IND	39	1:05:20	
13	Lukas	Jani	AMPU	27	1:05:22	
14	Enos	Matalani	AGN	31	1:05:33	
15	Colin	Khoza	AMPU	30	1:05:40	
16	Papi	Mazibuko	CGA	24	1:05:46	
17	Enoch	Manyandi	CGA	22	1:05:50	
18	Themba	Miya	CGA	29	1:06:06	
19	Amos	Tsanjekwayo	AMPU	22	1:06:19	
20	William	Mokwalakwa	CGA	34	1:06:56	

21	Khathatso	Mokone	AFS	22	1:07:15
22	Anthony	Godongwana	WPA	26	1:07:32
23	William	Manelo	AFS	28	1:07:41
24	David	Ngakane	ACNW	31	1:07:42
25	Benedict	Moeng	AGN	38	1:07:43
26	Shadrack	Hoff	AGN	38	1:07:44
27	Sihlalo	Xwazi	AGW	36	1:07:50
28	Masixole	Dlaku	EPA	32	1:08:00
29	Rafael	Mahapa	AGN	27	1:08:03
30	Thabang	Masihleho	AFS	21	1:08:11
31	Leburu	Kgosiemang	ACNW	30	1:08:11
32	Ntuthuko	Maseko	AMPU	34	1:08:23
33	Jacob	Danster	AGW	29	1:08:31
34	Melikhaya	Frans	EPA	19	1:08:59
35	Doctor	Mtsweni	AMPU	31	1:09:04
36	Piet	Mosebidi	AGN	41	1:09:19
37	Adwin	Sesipi	CGA	18	1:09:31
38	Sbonelo	Duma	AKZN	27	1:09:43
39	Kgotso	Sesing	AFS	26	1:09:46
40	Calvin	Levuno	AVT	26	1:09:54
41	Seun	Moleshioa	AMPU	25	1:10:05
42	Nick	Masumbuka	AGN	41	1:10:06
43	Joel	Mazibuko	ACNW	28	1:10:17
44	Joel	Madiba*	AGN IND	20	1:10:26
45	Siyabulela	Mtsha	TRANSKEI	23	1:10:30
46	Gcobani	Mndi*	WPA IND	17	1:10:32
47	Zweli	Nzima	CGA	18	1:10:36
48	Sibusiso	Lebogo	CGA	17	1:10:44
49	Gurome	Gelderbloem	ASWD	35	1:10:58
50	Jackson	Seanego	AGN	43	1:11:10
...					
53	Lindikhaya	Mthangayi	WPA	32	1:11:34

**40-49:**

1	Piet	Mosebedi	AGN	41	1:09:19	R1 000
2	Nick	Masumbuka	AGN	41	1:10:06	R750
3	Jackson	Seanego	AGN	43	1:11:10	R500

**50-59:**

1	Vladimir	Kotov#	BLR/WPA	53	1:12:01	R1 000
2	Stuart	McCall	ACNW	51	1:13:39	R750
3	Charles	Vilakazi	CGA	51	1:15:24	R500

#) Kotov, although a foreigner, has permanent residence status and thus is eligible for the national championships.

**60+:**

1	Awie	Veldsman	WPA	61	1:24:35	R1 000
2	Mike	Hirst	CGA	60	1:24:44	R750
3	Tamsanqa	Jusayi	EPA	69	1:29:29	R500

**Juniors:**

1	Melikhaya	Frans	EPA	19	1:08:59	R5 000
2	Adwin	Sesipi	CGA	18	1:09:31	R3 000
3	Gcobani	Mndi*	WPA IND	17	1:10:32	R2 000
4	Zweli	Nzima [bronze medal]	CGA	18	1:10:36	R1 500

**WOMEN (Same prize money as men)**

1	René	Kalmer	CGA	30	1:12:59
2	Zintle	Xiniwe	WPA	24	1:13:15
3	Annerien	van Schalkwyk	AGN	32	1:13:58

4	Tanith	Maxwell	AKZN	35	1:15:26
5	Christine	Kalmer	CGA	25	1:15:58
6	Ntombesintu	Mfunzi	EPA	29	1:16:30
7	Louisa	Leballo	AGN	33	1:16:40
8	Mpho	Mabuza	CGA	31	1:16:50
9	Bulelwa	Simae	WPA	34	1:17:02
10	Charné	Bosman	AGN	35	1:17:14
11	Catherine	Skosana	AGN	30	1:17:22
12	Nomvuyisi	Seti	WPA	29	1:18:38
13	Anna	Moeketsi	AFS	25	1:18:39
14	Jenna	Challenor	AKZN	29	1:18:42
15	Carey Ann	Smith	AKZN	31	1:19:41
16	Ulrica	Stander	WPA	36	1:21:31
17	Liziwe	Mabona	AGN	23	1:21:51
18	Maryna	Swanepoel	AFS	24	1:21:55
19	Bulelwa	Mtshagi	WPA	31	1:22:05
20	Deliwe	Nyanga	EPA	22	1:22:20
21	Putseletso	Thiane	AFS	24	1:22:45
22	Maya	Lawrie	AKZN	43	1:22:47
23	Busisiwe	Matiwane	WPA	36	1:24:07
24	Janene	Carey	AKZN	39	1:24:10
25	Prudence	Zwane	AGN	36	1:25:50
26	Michelle	Williams	CGA	31	1:25:53
27	Elmarie	Coetzee	WPA	47	1:26:35
28	Makhosi	Mhlongo	AKZN	29	1:26:51
29	Grace	de Oliveira	AKZN	49	1:27:08
30	Shani	Silver	AKZN	41	1:27:28
31	Sheryl	de Lange	WPA	43	1:28:53
32	Elizma	Horne	ASWD	39	1:29:49
33	Thitshaamba	Ravhandalala*	AGN IND	21	1:30:39
34	Frith	van der Merwe	EPA	47	1:30:54
35	Thembi	Baloyi*	AGN IND	22	1:31:02
36	Terri-lynn	Penney	EPA	34	1:31:45
37	Annatjie	Botes	ASWD	53	1:32:17
38	Lisl	Grobler	ASWD	35	1:32:34
39	Olga	Howard	WPA	52	1:32:56
40	Patience	Khumalo*	AGN IND	22	1:33:24
41	Marisa	Ferraris	EPA	40	1:34:21
42	Mari	Wolmarans	ASWD	52	1:34:42
43	Liz	Ruickbie	CGA	64	1:35:47
44	Katherine	van der Walt*	EPA IND	35	1:36:48
45	Pat	Thomson	EPA	51	1:36:57
46	Lesley	Wood	EPA	54	1:37:37
47	Elizabeth	Dlhiwayo	ANWN	35	1:38:28
48	Christine	Claasen	EPA	46	1:39:20
49	Keorapetse	Thoele*	AGN IND	19	1:39:30
50	Jessica	van Wyk	ACNW	19	1:40:00

**40-49:**

1	Maya	Lawrie	AKZN	43	1:22:47
2	Elmarie	Coetzee	WPA	47	1:26:35
3	Grace	de Oliveira	AKZN	49	1:27:08

**50-59:**

1	Annatjie	Botes	ASWD	53	1:32:17
2	Olga	Howard	WPA	52	1:32:56
3	Mari	Wolmarans	ASWD	52	1:34:42

**60+:**

1	Liz	Ruickbie	CGA	64	1:35:47
2	Veronica	van Niekerk	BOLA	65	1:41:17

**Juniors:**

1	Keorapetse	Thoaele*	AGN IND	19	1:39:30
2	Jessica	van Wyk [SA champion]	ACNW	19	1:40:00

**Eastern Province 10 km**

Port Elizabeth, 2 July

Note: This race was held in conjunction with the Lotto SA Half Marathon. – Ed.**MEN**

1	Rodney	Prins	Mr Price AC EP	22	30:59
2	Mariano	Eesou	Nedbank RC EP	19	31:02
3	Bulelini	Niwa	PEAAC	25	31:21
4	Ivan	Ambraal	SANDF AGN	21	31:28
5	Sandile	Ngunuza	Nedbank RC EP	28	32:00
6	Eric	Sigxashe	Mr Price AC EP	32	32:16
7	Masande	Mlonyeni	Nedbank RC EP	30	32:27
8	Luyanda	Tshangana	Mr Price AC EP	28	32:35
9	Thanduxolo	Mpushe	PEAAC	22	32:51
10	Xolisa	Malane (1 <sup>st</sup> jun)	Celtic	16	32:52
11	Craig	Cynkin	Nike Fit CG	25	33:38
12	Simphiwe	Ntombana	Nedbank RC EP	17	33:54
13	Xolisa	Kula	Nedbank RC EP	20	33:58
14	Masibulele	Heugh	PEAAC	16	34:01
15	Basie	Boneparte (1 <sup>st</sup> vet)	Albany RR	45	34:03
16	Kagisho	Moolahe	Khotso	24	34:24
17	Sonwabo	Hina	PEAAC	21	34:24
18	Ntsapho	Jayiya	Nedbank RC EP	28	34:33
19	Lolwethu	Mbityi	PEAAC	20	34:55
20	Vuso	Nkonzo	Mr Price AC EP	26	35:02

**40-44:**

1	Mzukisi	Klaas	Nedbank RC EP	42	35:40
2	Jacob	Abraham	Body Concept	44	37:46
3	Wellington	Tshingane	SANDF EP	41	40:46

**45-49:**

1	Basie	Boneparte	Albany RR	45	34:03
2	Colben	Ngcupe	Nedbank RC EP	48	37:10
3	Vernon	Newfeldt	Willard Batteries	45	37:19

**50-54:**

1	Lenneth	Erasmus	Willard Batteries	53	39:56
2	Joseph	Bain	St Albans CS EP	51	40:29
3	Charles	Baatjies	Elite AC	54	40:55

**55-59:**

1	Donald	Mancasa	Triangle Sports	57	42:06
2	Bruce	Mcewan	Achilles AAA	57	42:49
3	Paul	Steffens	Transnet RE EP	59	45:40

**60-64:**

1	Graham	Channon	Achilles AAA	61	45:45
2	John	Kotze	Ach	60	48:31
3	Piet	Meyer	St Albans CS EP	61	50:27

**65-69:**

1	Eckart	Schumann	Body Concept	65	49:53
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2	Herman	Dekker	SAP M C EP	66	58:52
3	Jean	Nepgen	Kowie Striders	66	1:24:59
<b>70-74:</b>					
1	Gerald	Hoxley	Achilles AAA	70	53:59
<b>75-79:</b>					
1	John	Peart	Nedbank RC EP	75	1:15:54
<b>Juniors:</b>					
1	Xolisa	Malane	Celtic	16	32:52
2	Simphiwe	Ntombana	Nedbank RC EP	17	33:54
3	Masibulele	Heugh	PEAAC	16	34:01
<b>WOMEN</b>					
1	Liandre	Knoesen (Pretorius)	Nedbank RC EP	32	40:34
2	Jene	Banfield (1 <sup>st</sup> vet)	Run For Life EP	40	43:05
3	Grizelda	Pietersen	Achilles AAA	42	43:30
4	Priscilla	Dyantyi	Mr Price AC EP	37	44:12
5	Noxolo	Marks	Mr Price AC EP	25	44:40
6	Laura	Maritz (1 <sup>st</sup> mast)	Elite AC	50	45:10
7	Buyelwa	Kobokana	Nedbank RC EP	46	45:53
8	Tiani	Claassen	Transnet RE EP	20	46:25
9	Adele	Nel	St Albans CS EP	38	47:24
10	Debbie	Dodd	Charlo RR	40	47:33
11	Kenilwe	Mothibe (1 <sup>st</sup> jun)	Khotso	17	48:03
12	Desiree	Ebrahim	Willard Batteries	45	49:52
13	Nadya	Van Niekerk	Temp	27	50:13
14	Amanda	Prideaux	Bluewater Bay	36	50:18
15	Denise	Darlow	Charlo RR	42	50:21
16	Megan	Wilson	Charlo RR	15	50:38
17	Christine	Snyman	VW AC	55	50:39
18	Tammy	Southby	Charlo RR	37	50:43
19	Rozelle	Von Molendorff	Elite AC	47	51:05
20	Sharon	Smuts	St Albans CS EP	45	51:06
<b>40-44:</b>					
1	Jene	Banfield	Run For Life EP	40	43:05
2	Grizelda	Pietersen	Achilles AAA	42	43:30
3	Debbie	Dodd	Charlo RR	40	47:33
<b>45-49:</b>					
1	Buyelwa	Kobokana	Nedbank RC EP	46	45:53
2	Desiree	Ebrahim	Willard Batteries	45	49:52
3	Rozelle	Von Molendorff	Elite AC	47	51:05
<b>50-54:</b>					
1	Laura	Maritz	Elite AC	50	45:10
2	Amanda	Wolmarans	Walmer AC	52	53:06
3	Liz	Austin	Achilles AAA	52	55:29
<b>55-59:</b>					
1	Christine	Snyman	VW AC	55	50:39
2	Jos	Els	Madiba Bay AC	59	54:39
3	Marcelle	Harran	Body Concept	56	58:24
<b>60-64:</b>					
1	Helene	Oppel	Crusaders AC	61	57:25
2	Debbie	Oelofse	Legacy AC	64	1:19:33
<b>70-74:</b>					
1	Dorothy	Hart	PEAAC	73	1:04:39
<b>Juniors:</b>					
1	Kenilwe	Mothibe	Khotso	17	48:03
2	Megan	Wilson	Charlo RR	15	50:38

3 Kimberley Wilson Charlo RR 15 53:28

### **The Fine Food and Wine Spar Spookhill 15 km (31<sup>st</sup>)**

Somerset West, 2 July  
(Certified loop course, very hilly)

#### MEN

1. Mtandazo Qhina (Gugs) 50:18; 2. Manfred Samuels (Held) 50:43; 3. Jean Brummer (NW PUK) 50:48; 4. Luyanda Mapoy (Khayelitsha) 53:42; 5. Wanda Roro (Adidas) 54:10; 6. Tebello Poni (VOB) 54:20; 7. Babalwa Hambu (Adidas) 54:29; 8. Anele Ndzuta (Adidas) 54:35; 9. Mandla Pangalele (Gugs) 55:17; 10. Lukhaya Malgas (Khayelitsha) 55:29; 11. Imran Paya (Gugs) 56:06; 12. Sanele Ngukana (Khayelitsha) 56:06; 13. Professor Khwetane (VOB) 56:39; 14. Shaun Abrahams (Adidas) 56:39; 15. Thembelani Zola (Mr Price) 57:09; 16. Phumlazi Mehlomakulu (Gugs) 57:30; 17. McNeil Hendricks (Held) 57:48; 18. Andre Afrika (Eersterivier) 58:12; 19. Yeyethu Njokwana (Celtics) 58:18; 20. John Horn (Edgemead) 58:18.

**40-49:** 1. Shaun Abrahams (Adidas) 56:39; 2. John Horn (Edgemead) 58:18; 3. Andries Ntsizakalo (Nedbank) 1:02:10. **50-59:** 1. Shafiek Cassiem (Celtics) 1:01:32; 2. Goodman Mpukane (Gugs) 1:02:02; 3. Henry Cievarts (Topform) 1:05:59. **60+:** 1. Roger Davis (Celtics) 1:15:47; 2. Kevin Kohler (Edgemead) 1:18:45; 3. Wally Steel (Hout Bay) 1:31:40. **Juniors:** 1. Babalwa Hambu (Adidas) 54:29; 2. Lukhaya Malgas (Khayelitsha) 55:29; 3. Sanele Ngukana (Khayelitsha) 56:06.

#### WOMEN

1. Asiphe Sikabalanjana (Gugs) 1:02:30; 2. Ursula Frans (Adidas) 1:05:33; 3. Mariëtte Esterhuyse (Tyg) 1:06:29; 4. Patricia Adams (Metropolitan) 1:07:31; 5. Sandra Baetsen (Temp) 1:13:49; 6. Anne Pool (Strand) 1:14:49; 7. Charmaine Cupido (Nedbank) 1:15:12; 8. Rachel Arnot (West Coast) 1:15:39; 9. Lindie van Wyk (New Balance) 1:16:48; 10. Michelle Hauptfleisch (Temp) 1:17:44.

**40-49:** 1. Ursula Frans (Adidas) 1:05:33; 2. Mariëtte Esterhuyse (Tyg) 1:06:29; 3. Patricia Adams (Metropolitan) 1:07:31. **50-59:** 1. Anne Pool (Strand) 1:14:49; 2. Charmaine Cupido (Nedbank) 1:15:12; 3. Helen du Plessis (Tyg) 1:18:31. **60+:** 1. Mariëtha Herbert (Bellv) 1:22:12; 2. Pixie Sparg (Celtics) 1:23:54; 3. Chippy Steel (Hout Bay) 1:34:29. **Juniors:** 1. Benine Havenga (Tygerberg) 1:42:48.

### **Coastline 10 km**

George, 25 June  
(Finishers: 43.)

#### MEN

1	Gurome	Gelderbloem	Mossel Bay H	35	32:15
2	Fana	Principal		42	32:24
3	Elfonso	Pieterse	Coastline	22	33:52
4	Melikhaya	Msizi	Knysna		34:21
5	Joey	Klaasen	Coastline	40	34:38
6	Siyabonga	Madala	Coastline	26	35:33
7	David	Matroos	Rainbow	37	36:16
8	Hermanus	Jonkerman	Nedbank	52	36:17
9	Jonathan	Hartnick	Nedbank	42	36:35
10	Demitri	October	Coastline	16	36:40

#### WOMEN

1	Marie	Wolmarans	Nedbank	52	42:15
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2	Sunett	De Jager	Nedbank	40	45:39
3	Justine	Sharples	New Balance	37	46:04
4	Elise	V.d. Westhuysen	Nedbank	33	53:37
5	Anel	Oosthuizen	Nedbank		54:41

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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

### Sapporo Half Marathon (54<sup>th</sup>)

Sapporo, JPN, 3 July

(Distance: 21.1 km; mostly flat out-and-back course)

#### MEN

- 1) Cyrus Njui (KEN) 1:01:47
- 2) Mekubo Mogusu (KEN) 1:02:11
- 3) Josphat Ndambiri (KEN) 1:02:37
- 4) James Mwangi (KEN) 1:02:52
- 5) Harun Njoroge (KEN) 1:02:59

#### WOMEN

- 1) Florence Kiplagat (KEN) 1:10:29
- 2) Sally Chepyego (KEN) 1:12:03
- 3) Megumi Kinukawa 1:12:22 DB
- 4) Hiroko Miyauchi 1:12:55
- 5) Misaki Katsumata 1:13:16
- 6) Yoko Miyauchi 1:13:27 (twin sister of Hiroko)

### Corrida Languex (20<sup>th</sup>)

(IAAF Bronze Label Road Race)

Languex, FRA, 25 June

(Distance: 10 km; one-loop course)

#### MEN

1. Atsedu Tsegay, 1991, ETH 27:46 CR\*
2. Abraham Niyonkuru, BDI 28:25
3. Tigabu Gebremariam, ETH 28:31

#### WOMEN

1. Merriam Wangeri, KEN 32:31
2. Afera Godfay, ETH 32:54
3. Meryiem Lamachi, MAR 33:28
4. Yelena Zadorozhnaya, RUS 33:54

### Darmstadter Stadtlauf "Cup da Franco" (34<sup>th</sup>)

Darmstadt, GER, 21 June

MEN (7.6 km/extended times)

1. Paul Kipkorir, 1982, KEN, 21:59.8
2. Pius Kriop, 1990, KEN, 22:05.5
3. Patrick Kimeli, 1989, KEN, 22:10.6

4. Ezekiel Jafari, 1989, TAN, 22:12.5
5. George Ngetich, 1984, KEN, 22:13.9

WOMEN (5.5 km/extended times)

1. Yelena Zadorozhnaya, 1977, RUS, 17:58.1
2. Monica Jepkoech, 1985, KEN, 18:13.5
3. Tatjana Vilisova, 1979, RUS, 18:14.6

## TRACK

### Athletissima Lausanne

(IAAF Diamond League Meeting)

Lausanne, SUI, 30 June

#### MEN

##### 800:

1	David Lekuta Rudisha	KEN	1:44.15
2	Marcin Lewandowski	POL	1:45.01
3	Amine Laalou	MAR	1:45.11
4	Jackson Mumbwa Kivuva	KEN	1:45.45
5	Alfred Kirwa Yego	KEN	1:46.49
6	Richard Kiplagat	KEN	1:47.43
7	Bram Som	NED	1:47.70
8	Mbulaeni Mulaudzi	RSA	1:48.44
9	Asbel Kiprop	KEN	1:49.72

##### 5000:

1	Vincent Kiprop Chepkok	KEN	12:59.13
2	Imane Merga	ETH	12:59.47
3	Eliud Kipchoge	KEN	12:59.71
4	Jacob Korir Cheshari	KEN	13:03.73
5	Dejen Gebremeskel	ETH	13:05.52
6	Abera Kuma	ETH	13:07.27
7	Mark Kosgey Kiptoo	KEN	13:10.96
8	Tariku Bekele	ETH	13:17.74
9	Mike Kipruto Kigen	KEN	13:20.00
10	Augustine Kiprono Choge	KEN	13:21.24
11	Paul Kipngetich Tanui	KEN	13:25.69
12	Teklemariam Medhin	ERI	13:27.51
13	Hunegnaw Mesfin	ETH	13:38.92
	James Kwalia C'Kurui	QAT	DNF
	Alistair Ian Cragg	IRL	DNF
	Gideon Gathimba	KEN	DNF
	Peter van der Westhuizen	RSA	DNF

#### WOMEN

##### 1500:

1	Morgan Uceny	USA	4:05.52
2	Anna Mishchenko	UKR	4:06.00
3	Hind Déhiba Chahyd	FRA	4:06.58
4	Viola Jelagat Kibiwot	KEN	4:06.67
5	Kalkidan Gezahegne	ETH	4:06.87
6	Janeth Jepkosgei Busienei	KEN	4:07.00
7	Irene Jelagat	KEN	4:08.22
8	Meskerem Assefa	ETH	4:08.75
9	Mimi Belete	BRN	4:09.85

10	Maryam Yusuf Jamal	BRN	4:10.21
11	Btissam Lakhoad	MAR	4:10.42
12	Ingvill Måkestad Bovim	NOR	4:10.76
13	Caster Semenya	RSA	4:16.36

## 3000 s/chase:

1	Milcah Chemos Cheywa	KEN	9:19.87
2	Sofia Assefa	ETH	9:20.50
3	Mercy Wanjiku Njoroge	KEN	9:20.51
4	Habiba Ghribi	TUN	9:21.02
5	Birtukan Adamu	ETH	9:26.31
6	Birtukan Fente	ETH	9:28.27
7	Lydia Jebet Rotich	KEN	9:35.83
8	Fionnuala Britton	IRL	9:38.88
9	Purity Cherotich Kirui	KEN	9:45.57
10	Karoline Bjerkeli Grøvdal	NOR	9:48.18
	Lydiah Chepkurui	KEN	DNF
	Mardrea Hyman	JAM	DNF
	Sara Moreira	POR	DNF

**USA Outdoor Championships**

Eugene, USA, 23-26 June

## MEN

## 800 (26):

1. Nick Symmonds, Oregon TC Elite, 1:44.17
2. Khadevis Robinson, Nike, 1:44.49
3. Charles Jock, Cal-Irvine, 1:44.67 PB
4. Tyler Mulder, Oregon TC Elite, 1:45.59
5. Mark Wieczorek, Unattached, 1:46.00 PB

## 1500 (25):

1. Matt Centrowitz, Oregon, 3:47.63  
[last 3 laps: 67.80-58.43-52.25]
2. Bernard Lagat, Nike, 3:47.96  
[last 3 laps: 67.67-58.88-52.20]
3. Leonel Manzano, Nike, 3:48.16  
[last 3 laps: 68.07-58.86-52.04]
4. Andrew Wheating, Oregon TC Elite, 3:48.19
5. William Leer, Nike, 3:48.20

## 5000 (24):

1. Bernard Lagat, Nike, 13:23.06  
[last lap: 56.79]
2. Chris Solinsky, Oregon TC Elite, 13:23.65
3. Galen Rupp, Nike, 13:25.52
4. Andrew Bumbalough, Nike, 13:39.94
5. Matt Tegenkamp, Oregon TC Elite, 13:44.58

## 10000 (23):

1. Galen Rupp, Nike, 28:38.17  
[last 3 laps: 65.10-58.15-54.44]
2. Matt Tegenkamp, Oregon TC Elite, 28:39.97  
[last 3 laps: 65.05-58.14-56.08]
3. Scott Bauhs, adidas, 28:40.51
4. Bobby Curtis, Reebok, 28:42.50

- 5. Tim Nelson, Oregon TC Elite, 28:43.41
- ... 13. Jorge Torres, Reebok, 28:55.74
- ... 15. Abdi Abdirahman, Nike, 28:57.79

3000 s/chase (25):

- 1. Billy Nelson, New Balance, 8:28.46
- 2. Dan Huling, Reebok, 8:29.27
- 3. Kyle Alcorn, Nike, 8:29.44
- 4. Josh McAdams, New Balance, 8:30.78
- 5. Ben Bruce, Oregon TC Elite, 8:37.22

WOMEN

800 (26):

- 1. Alysia Montano, Nike, 1:58.33
- 2. Maggie Vessey, New Balance, 1:58.86
- 3. Alice Schmidt, unattached, 1:59.21
- 4. Phoebe Wright, Nike, 1:59.25
- 5. Geena Gall, Oregon TC Elite, 1:59.76

1500:

- 1. Morgan Uceny, adidas, 4:03.91
- 2. Jenny Simpson, New Balance, 4:05.66
- 3. Shannon Rowbury, Nike, 4:06.20
- 4. Christin Wurth-Thomas, Nike, 4:06.21
- 5. Emily Infeld, Georgetown University, 4:08.96 PB
- ... 9. Jordan Hasay, Oregon, 4:12.66
- 10. Anna Pierce, Nike, 4:12.84

5000:

- 1. Molly Huddle, Saucony, 15:10.01
- 2. Amy Hastings, Brooks, 15:14.31 PB
- 3. Angela Bizzarri, Brooks, 15:16.04 PB
- 4. Jen Rhines, adidas, 15:19.12
- 5. Julie Culley, New York Athletic Club (NYAC), 15:21.18 PB
- 6. Desiree Davila, Hansons-Brooks Distance Projec, 15:25.35 PB
- ... 8. Lauren Fleshman, Nike, 15:31.26

10000 (23):

Note: This race was the first ever where five USA women broke 32:00.00 in the same race.  
- Ed.

- 1. Shalane Flanagan, Oregon TC Elite, 30:59.97 CR\*  
[last lap 67.77]
- 2. Kara Goucher, Oregon TC Elite, 31:16.65
- 3. Jen Rhines, adidas, 31:30.37
- 4. Desiree Davila, Hansons-Brooks Distance Projec, 31:37.14 PB
- 5. Magdalena Lewy Boulet, Saucony, 31:48.58 PB
- 6. Amy Begley, Nike, 32:34.75

3000 s/chase (26):

- 1. Emma Coburn, Colorado, 9:44.11
- 2. Bridget Franek, Oregon TC Elite, 9:44.90
- 3. Delilah DiCrescenzo, NJ-NY Track Club / Puma, 9:46.31
- 4. Stephanie Garcia, Virginia, 9:51.57
- 5. Sara Hall, Asics, 9:52.52

**USA Junior Championships**

Eugene, USA, 23-26 June

**MEN**

800 (25):

1. Immanuel Hutchinson, unattached, 1:48.56 PB
2. Derrick Daigre, unattached, 1:50.05PB
3. Nick Hartle, PS Vegas Flyers, 1:50.19 PB

1500 (25):

1. Austin Mudd, unattached, 3:48.34 PB
2. Elias Gedyon, unattached, 3:49.50
3. Omar Kaddurah, unattached, 3:49.76

5000 (25):

Heat 1 -

1. Brad Hough, Akron, 14:39.22
2. Patrick McGowan, U Massachusetts, 14:48.08
3. Dylan Marx, unattached, 14:52.10

Heat 2 -

1. Ammar Moussa, unattached, 14:09.61
2. Parker Stinson, Oregon, 14:10.59 PB
3. Jacob Hurysz, North Carolina, 14:14.84 PB

10000 (24):

1. Parker Stinson, Oregon, 30:25.77
2. Alex Monroe, Lock Haven University, 30:29.41
3. Heath Reedy, Long Beach St, 30:31.87

3000 s/chase (25):

1. Max Darrah, Georgetown University, 8:59.69 PB
2. Edward Owens, unattached, 9:04.79
3. Colin Mearns, Virginia, 9:07.33

**WOMEN**

800 (25):

1. Kenyetta Iyevbele, North Carolina State, 2:06.37
2. Chelsea Cox, Georgetown University, 2:06.71
3. Samantha Levin, Gateway City United Track Club, 2:07.35 PB

1500 (25):

1. Cory McGee, Florida, 4:21.91
2. Mary Cain, 1996, Bronxville Track Club, 4:23.59
3. Brook Handler, unattached, 4:24.44 PB

3000 (25):

1. Waverly Neer, unattached, 9:16.23 PB
2. Kayla Beattie, unattached, 9:16.39 PB
3. Alli Woodward, unattached, 9:33.11 PB

5000 (24):

1. Kayla Beattie, unattached, 16:29.92 PB
2. Taylor Crosson, Virginia Tech, 16:57.92 PB
3. Courtney Dobbs, Virginia Tech, 16:58.69 PB

3000 s/chase (25):

1. Alexandra Leptich, Michigan, 10:39.46 PB
2. Grace Heymsfield, Arkansas, 10:40.31 PB
3. Emily Giannotti, Penn State, 10:51.58

### **Intern. Lausitzer Meeting Cottbus** (22nd)

Cottbus, GER, 25 June

MEN

3000 S/C:

1. Abel Mutai, KEN, 8:21.02
2. Birhan Getahun, ETH, 8:23.64
3. Steffen Uliczka, GER, 8:26.43
- ... 14. Dean Brummer, **RSA**, 8:55.34

### **Meeting Pro Athlé Tour de Nancy**

Tomblaine, FRA, 24 June

MEN

800:

1. David RUDISHA, KEN, 1:43.46
2. Jeff LASTENNET, Ca Montreuil 93, 1:45.56
3. Job KINYOR, KEN, 1:45.83

1500:

1. Augustine CHOGE, KE, 3:36.23
2. Imad TOUIL, ALG, 3:37.58
3. Craig MOTTRAM, AUS, 3:38.12

WOMEN

1500:

1. Mary WANGARI, KEN, 4:09.97
2. Genzeb SHUMI, BRN, 4:11.27
3. Jennifer WENTH, AUT, 4:16.58
- ... 5. Mapaseka MAKHANIA, **RSA**, 4:18.85

## **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 MARATHON: TOP 10 MEN**

2:09:25	Lusapho April	1	Hannover	08 May
2:13:21	April-2	1	George	13 Feb
2:14:29	Coolboy Ngamole	2	George	13 Feb
2:15:31	David Ngakane	3	Pyongyang	10 Apr
2:16:10	Benedict Moeng	2	George	13 Feb
2:17:29	Othaniel Phalane	3	George	13 Feb
2:17:31	Malesela Johannes Kekana	4	George	13 Feb
2:17:38	Raphael Segodi	5	George	13 Feb
2:17:55	Charles Tjiane	6	George	13 Feb

2:18:50	Doctor Mtsweni	7	George	13 Feb
2:19:13A	Melikhaya Sithuba	1	East London	26 Feb

### THIS MONTH IN HISTORY

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

#### 12 years ago (exactly): 4 July 1999

On this day, Independence Day in the USA, Elana Meyer scored one of her most memorable international victories in the famous Peachtree 10 km in Atlanta. Competing in a field of about 55 000 runners, the South African record holder (with 31:19) beat Catherine Ndereba, Colleen de Reuck, Lornah Kiplagat and Derartu Tulu, among others, in 31:34. Meyer's time on the aided course was the fastest by a South African for the year and fourth fastest in the world; De Reuck ran 32:02. Khalid Khannouchi (MAR) scored his second win in a row in the men's race, clocking 27:45. The race is being run for the 42nd time today.

### 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	Zerzenay Tadese (ERI)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:37	Richard Mavuso	Pretoria	07 May
	72:13	Mathew Kipkoech Kisorio (KEN)		
	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	50:25 44:14	Johnny Persents Pierre Levisse (FRA) 1992	Eersterivier	25 Jun
21.1 km	69:19 62:28	Piet Mosebedi John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Port Elizabeth	02 Jul
25 km	86:37 76:49	Nikky Masombuka Martin Mondragon (MEX) 1994	Pretoria	07 May
30 km	1:46:14 1:35:28	Graham Katzen Geraldo Antonio da Silva (BRA) 2002	Camps Bay	09 Jan
Marathon	2:22:07 2:08:46	Elias Mabane Andres Espinosa (MEX) 2003	Benoni	30 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:58 [32:10 30:35	Stuart McCall Vladimir Kotov Tecwyn Davies (GBR) 1988	Germiston Cape Town	22 May 02 Mar]
15 km	53:11 [50:03 47:52	Johannes Seakamela Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	Alberton Constantia	13 Mar 12 Mar]
21.1 km	72:24 [72:01 66:42	Charles Vilakazi Vladimir Kotov Martin Rees (GBR) 2003	Johannesburg Port Elizabeth	27 Mar 02 Jul]
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23 [1:46:47	Raymond Howard Vladimir Kotov (BLR)	Camps Bay Parow	09 Jan 03 Apr]
Marathon	2:40:32 [2:30:24 2:19:29	Stuart McColl Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	George George	13 Feb 13 Feb]
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	84:35	Awie Veldsman	Port Elizabeth	02 Jul
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 27:52	Unathi Nteta Richard Chelimo (KEN) 1990	Stellenbosch	23 Feb
15 km	47:22 42:25	Luxolo Mdzanga Moses Mosop (KEN) 2004	Eersterivier	25 Jun
21.1 km	68:59 59:16	Melikhaya Frans Samuel Wanjiru (KEN) 2005	Port Elizabeth	02 Jul

**WOMEN**Open

10 km	32:50 30:43 30:21	Irvette van Blerk Joyce Chepkurui (KEN) Paula Radcliffe (GBR) 2003	Durban	19 Jun
15 km	53:44 49:31 46:28	Zintle Xiniwe Jennifer Rhines (USA) Tirunesh Dibaba (ETH) 2009	Eersterivier	25 Jun
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
	83:22	Filomena Chepchirchir (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiroshi 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		
<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	82:47	Maya Lawrie	Port Elizabeth	02 Jul
	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	92:17	Annatjie Botes	Port Elizabeth	02 Jul
	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	1:35:47	Liz Ruickbie	Port Elizabeth	02 Jul
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	59:51	Annie Bothma	Eersterivier	25 Jun
	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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