

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

South African athletes won five medals – all by boys, none of them in the distance events and only one on the track – at the World Youth Championships in Lille this past week. The country finished equal sixth on the medals table. The two gold medals were achieved by Andries van der Merwe in the 110 m hurdles (13.41) and Reinhard van Zyl in the javelin throw (82.96). Albert Janki (triple jump) and Morné Moolman (javelin throw) won silver and Gerhard de Beer (discus throw) bronze. Moolman, who threw 80.99 in the final, set a new national and championship record of 83.16 in the qualifying round. The only SA girl to reach a final in an individual event was Lezaan Fourie in the shot put; the girls' medley relay team also did so.

At one of the most popular running gatherings in South Africa, the Pick 'n Pay Knysna Marathon and Half Marathon, Neo Molema (2:33:45), Ursula Frans (3:10:32), Bulelani Niwa (68:39) and Ntombesintu Mfunzi (80:46) took the wins. Both courses are downhill.

The European track and field season is in full swing in preparation for the World Championships, as can be seen from the large number of results in this issue, with South Africans participating all over the continent.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * ADT Pirates 10 km, Johannesburg
- * Pick 'n Pay Knysna Forest Marathon & Half Marathon, Knysna
- * Clover Irene Milk 15 km, Pretoria
- * Knysna 10 km, Knysna
- * ORAK 12-hour race, Vredendal
- * Top Gear 10 km, George

International highlights:

- * Utica Boilermaker 15 km, Utica, USA
- * Atlanta Journal-Constitution Peachtree Road Race, Atlanta
- * Hella Hamburg Halbmarathon, Hamburg, GER
- * European Mountain Running Championships, Bursa, TUR
- * Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA
- * Track: IAAF World Youth Championships, Lille, FRA; Aviva Birmingham Grand Prix, Birmingham, GBR; Meeting de Atletismo Madrid, Madrid, ESP; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Internationales Abendsportfest, Rhede, GER; Meeting Areva, Paris, FRA; Meeting de la ville de Reims, Reims, FRA; Arcobaleno Meet, Celle Ligure, ITA; Znamensky Memorial, Zhukovskiy, RUS; Gran Premio Diputación Foral

de Álava, Vitoria, ESP; Memorial Leon Buyle, Oordegem-Lede, BEL; MONDO Keien Meeting, Uden, NED; National Meeting D1 d'Albertville, Albertville, FRA; Encuentro Diputación de Cáceres, Cáceres, ESP; Meeting National D1 de Metz Moselle Athlelor, Metz, FRA

ROAD RUNNING

ADT Pirates 10 km

Johannesburg, 10 July
(Loop course)

MEN

1	Desmond Mokgoba	ADT	22	30:40
2	Nkopane Seqhobane	LES	31	31:07
3	Armin Botha	Univ JHB	18	31:10

40-49:

1	Elias Mabane	Bidvest	42	33:13
2	Never Matiya	Wanderers	42	33:27

50-59:

1	Johannes Seakamela	RAC	52	36:17
2	Francis Mukuka	ZAM/Bashewa	57	37:18

60+:

1	Brian Chamberlain	Kudus	62	40:46
2	Alex Weed	Florida	61	45:35

Juniors:

1	Armin Botha	Univ JHB	18	31:10
2	Vladimir Gcaba	ADT	19	33:21

WOMEN

1	Onneile Dintwe	BOT/UCKG	26	37:16
2	Cornelia Jubert	Randmark	23	37:31
3	Kim Laxton	Sunninghill	28	38:23

40-49:

1	Cynthia Mkovane	Nedbank	47	47:28
2	Beth Libby-Neale	Rand Harr	42	48:41

50-59:

1	Sonja Laxton	RAC	62	46:13
2	Brenda Nooy	RAC	58	49:35

60+:

1	Debbe van Heerden	Roodeport	67	57:28
2	Jill Strelitt	RAC	60	60:34

Juniors:

1	Estie Brits	Kempies	18	42:25
2	Chante Venter	Nedbank	16	46:03

Pick 'n Pay Knysna Forest Marathon (28th) & Half Marathon

Knysna, 9 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel)

Marathon

MEN

1	Neo	Molema	MPWP	2:33:45
2	Lindile	Tokota	Nedbank	2:33:54

3	Masanda	Mlonyeni	Nedbank	2:41:10
4	Emerson	Kayana	Nedbank	2:41:30
5	Samson	Gulubela	AAC	2:41:42

Veterans:

1	Lindile	Tokota	Nedbank	2:33:54
2	Christopher	Mabengeza	Nedbank	2:47:59
3	Principal	Fana	Ind	2:56:21

Masters:

1	Mark	Preen	Houtbay	3:09:46
2	Henry	Cieverts	Top	3:17:18
3	Rob	De Reuck	Eskom MPL	3:31:06

G'masters:

1	Kenny	Williams	Pine	3:49:34
2	Peter	Jakoby	Knysna	3:55:43

G/g'masters:

1	Dermott	Devine	VOB	5:23:05
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WOMEN

1	Ursula	Frans	Adidas	3:10:32
2	Andriosa	Pretorius	Aliwal	3:14:50
3	Kutlwano	Ramaboa	WC	3:21:02
4	Lesley	Train	Ned AGN	3:22:35
5	Alison	Jordaan	Nedbank	3:24:34

Veterans:

1	Ursula	Frans	Adidas	3:10:32
2	Alison	Jordaan	Nedbank	3:24:34
3	Bambie	De Wet	Harris	3:28:14

Masters:

1	Caroline	Weinel	Durbac	3:49:25
2	Anne	Pool	Strand	4:00:06
3	Judith	Grove	Hilton	4:08:47

G'masters:

1	Renee	Hawkridge	HQH	4:43:25
2	Gail	McLellan	VOB	5:07:21

Half marathon

MEN

1	Bulelani	Niwa	PEAAC	1:08:39
2	Mzwanele	Maphekula	RFLG	1:08:48
3	Eric	Sigxashe	Mr Price	1:09:26

Veterans:

1	John	September	Celtic	1:14:20
2	Maboyisana	Mazwayi	Nedbank	1:15:07
3	Joey	Claasen	Ind	1:18:01

Masters:

1	Hermanus	Jonkerman	Nedbank	1:20:49
2	Ludwig	Lillie	Durbac	1:24:36
3	Alec	Riddle	Charlo	1:25:11

G'masters:

1	Tamsanqa	Jusayi	Nedbank	1:33:28
2	Jonathan	Such	RAC	1:40:03

G/g'masters:

1	Kobus	Hattingh	Outenh	2:26:38
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Juniors:

1	Simon	Schilling	Pukke	1:16:05
2	Melikhaya	Frans	Nedbank	1:18:25

WOMEN

1	Ntombesintu	Mfunzi	MP EP	1:20:46
2	Ulrica	Stander	NBMC	1:21:41
3	Lauren	Dougall	Ind	1:25:22

Veterans:

1	Elmarie	Coetzee	Adidas	1:30:54
2	Sharon	Wood	ELAC	1:31:40
3	Johanna	Claassen	Nedbank	1:34:34

Masters:

1	Marie	Wolmarans	Nedbank	1:33:54
2	Annatjie	Botes	Nedbank	1:34:00
3	Janette	Schierz-Crusius	Bodycon	1:42:00

G'masters:

1	Liedie	Coetzee	Plett AC	2:12:35
2	Marlene	James	Pine	2:18:48

G/g'masters:

1	Heather	Cooke	Ind	2:33:41
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Juniors:

1	Mariska	Weideman	Ind	1:57:45
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Clover Irene Milk 15 km

Pretoria, 9 July

(Loop course)

MEN

1 Edwin Chimombo (ZIM) 47:20; 2 Enoch Manyande (Nedbank) 47:40; 3 Wesley Ruto (KEN/Nedbank) 48:17; 4 Wesley Mutai (KEN/New Balance) 48:18; 5 Joshua Sabao (ZIM/Mr Price) 49:49.

Veterans: 1 Piet Mosebedi (Transnet) 50:27; 2 Herman Mulder (New Balance) 56:24; 3 Koos Aphane (PMMC) 57:41. **Masters:** 1 Johannes Seakamela (RAC) 56:15; 2 Jerry Rankapule (Nedbank) 58:58. **G'masters:** 1 Pieter Rossouw (Enduro) 75:11; 2 Hubrecht Ribbens (CSIR) 79:49. **G/g'masters:** 1 Pele Tshukundamela (Vyebo Striders) 71:57. **Juniors:** 1 Paulus Radebe (Elim) 54:23; 2 Amandla Ndlovu (Elim) 57:58; 3 Derrick Mtsweni (Ikhozi) 59:54.

WOMEN

1 Louisa Leballo (Mr Price) 56:36; 2 Maxine Heine-Wacker (UJ) 56:41; 3 Regina Koech (KEN/New Balance) 56:42; 4 Charné Bosman (Mr Price) 58:05; 5 Azwindini (Gladys) Lukhwareni (Transnet) 60:20.

Veterans: 1 René Binneman (Roodepoort) 70:33; 2 Ansa Strydom (Overkruin) 79:18; 3 Connie Blom (PPMK) 82:25. **Masters:** 1 Sue Pratt (Kyalami) 78:22; 2 Linda Potgieter (Magnolia) 79:12. **G'masters:** 1 Penny Visser (Breakthru Midrand) 82:35; 2 Olga Smit (Affies) 95:45. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 1:51:48. **Juniors:** 1 Alicia Labuschagne (Gerrit Maritz) 64:40; 2 Olivia Labuschagne (Gerrit Maritz) 64:43; 3 Cindy Labuschagne (Gerrit Maritz) 64:44.

Knysna 10 km

Knysna, 6 July

MEN

1	William Kaptein	Robertson AC	19	31:02
2	Lucas Bothobuthle	NWU - Pukke	20	31:37
3	Jean Brummer	NWU - Pukke	22	31:39
4	Shaun Lekay	Robertson AC	19	32:19
5	Principal Fana	Ind	42	33:21
6	Simon Schilling	NWU - Pukke	19	34:12
7	Ignatuis Davids	Robertson AC	19	34:20
8	Henno Havenga	NWU - Pukke	19	34:44
9	Melikhaya Msizi	Knysna Marathon Club		34:51
10	Sinesipho Didishe	Knysna Marathon Club	20	34:51

WOMEN

1	Carina Viljoen	Randburg High	14	39:31
2	Melissa van As	Nedbank	29	40:11
3	Marie Wolmarans	Nedbank	52	41:32
4	Estelle van Schalkwyk	Strand AC	45	44:27
5	Jo-Ann Deacon	Ind	18	45:39
6	Stefanie van Niekerk	Ind	19	50:52
7	Natasha Scott	Adidas AC	16	52:02
8	Renée Scott	Adidas AC	49	52:03
9	Robyn Gibson	Ind	41	52:49
10	Anel Oosthuizen	Nedbank	16	53:29

ORAK 12-hour race

Vredendal, 2 July

Note: The race is run on a track of 1000 m in length. Martha Pretorius finished second overall. – Ed.

MEN

1	Hilton Murray	Bellville AC	107.1
2	Johan Esterhuizen	Namaqua AC	100.0
3	Henk Carstens	Helderberg Harriers	99.7
4	Julian Maggott	Celtic Harriers	93.3
5	Marius van Schalkwyk	ORAK	87.0
6	Malcolm Marks	West Coast AC	81.3
7	George Reissenzahn	Pinelands AC	80.0
8	Wendal Smith	Pinelands AC	80.0
9	Jerome Merton	Pinelands AC	80.0
10	Keith Solomon	Pinelands AC	65.0

WOMEN

1	Martha Pretorius	Top Forms AC	103.3
2	Marthie Brits	Nedbank CGA	84.3
3	Suska Snyman	Namaqua AC	83.0
4	Inge Reissenzahn	Pinelands AC	82.0
5	Arina Cilliers	ORAK	80.0
6	Lizet Murray	Bellville AC	80.0
7	Jean Burger	Pinelands AC	70.0
8	Ingrid Solomon	Celtic Harriers	61.0
9	Bronwin Cairncross	West Coast AC	61.0
10	Vivian Fransman	Namaqua AC	43.0

Top Gear 10 km

(SWD Championships)

George, 2 July

(Finishers: 139)

MEN

1	Donay Dunster	Nedbank	34:17
2	Principal Fana	Temp	34:35
3	Elfonzo Pieterse	Coastline	34:42
4	Jan Isak	Rainbow	35:21
5	Donovan Jantjies	Rainbow	35:51
6	Paulus Allart	Mosselbay H	36:06
7	Melikhaya	Knysna MC	36:18
8	Siyabonga Madala	Coastline	36:19
9	Joey Klaasen	Coastline	37:05
10	Brendon Niewenhuizen	Coastline	37:46

WOMEN

1	Lana Theunissen	Nedbank	39:12
2	Sunett de Jager	Nedbank	47:34
3	Maryka Sass	Mosselbaai H	48:03
4	Christa Smit	Hartenbos Draf	48:06
5	Rome Phillipson	Mosselbaai H	48:10
6	Justinr Sharples	New Balance	48:26
7	Ane Kruger	B/Wes Drawwers	49:16
8	Tia Maré vd Westhuizen	Nedbank	50:34
9	Elsa de Villiers	Hartenbos Draf	50:39
10	Tanya Faber	Outeniqua H	52:24

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**Utica Boilermaker 15 km** (34th)

(1st stop of 2011/2012 Professional Road Running Organization Series)

Utica, USA, 10 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN (gun times)

1.	Ridouane Harroufi, MAR	43:30	\$6000
2.	Peter Kamais, KEN	43:31	3500
3.	Shadrack Kosgei, KEN	43:49	2000
4.	Stephen Muange, KEN	43:52	1300
5.	Samuel Ndereba, KEN	43:53	1000

WOMEN (gun times)

1.	Alice Timbilili, KEN	48:41	\$6000
2.	Belainesh Gebre, ETH	48:45	3500
3.	Alevtina Ivanova, RUS	49:38	2000
4.	Maegan Krifchin, Ithaca, NY	52:24	1300 + 1000a

5. Stephanie Pezzullo, Flagstaff, AZ 52:49 1000 + 500a

Atlanta Journal-Constitution Peachtree Road Race (42nd)

(2010/2011 Professional Road Running Organization Series Final)

(USA Men's 10 km Championship)

Atlanta, USA, 4 July

(Distance: 10 km; certified point-to-point course with 3.4 m/km elevation loss)

MEN (gun times)

1. Sammy Kitwara, 24, KEN	28:05	\$15,000 + 10,000i
2. Mathew Kisorio, 22, KEN	28:07	7,500
3. Ridouane Harroufi, 29, MAR	28:27	3,000
4. Peter Kamais, 34, KEN	28:28	2,500
5. Ben True, 25, Hanover, NH	28:28	PB 2,000 + 10,000a
6. Ed Moran, 30, Williamsburg, VA	28:29	1,500 + 6,000a
7. Shadrack Kosgei, 26, KEN	28:32	1,000
8. Brian Olinger, 28, Columbus, OH	28:35	PB 800 + 4,000a
9. Abdi Abdirahman, 34, Tucson, AZ	28:35	700 + 3,000a
10. Juan Carlos Romero, 33, MEX	28:37	600
... 17. Ryan Hall, 28, Big Bear Lake, CA	29:16	800a

WOMEN

1. Werknesh Kidane, 30, ETH	31:23	\$15,000
2. Alice Timbilili, 28, KEN	31:48	7,500
3. Belainesh Gebre, 23, ETH	31:59	3,000
4. Aheza Kiros, 26, ETH	32:34	2,500
5. Buzunesh Deba, 23, Bronx, NY (ETH)	32:40	2,000
6. Adriana Nelson, 31, Ft. Collins, CO	32:49	PB 1,500 + 1,000a
7. Madai Perez, 31, MEX	32:57	1,000
8. Alevtina Ivanova, 36, RUS	33:16	800
9. Caroline Kirui, 20, KEN	33:24	PB 700
10. Stephanie Herbst-Lucke, 44, Atlanta	33:29	600 + 500a + 1,500
... 13. Colleen De Reuck, 47, Boulder, CO	34:19	300 + 1,000
14. Lidia Simon, 37, Boulder, CO (ROU)	35:03	250

a) Earned USA citizen prize money

i) Earned PRRO final bonus

Hella Hamburg Halbmarathon (17th)

Hamburg, GER, 3 July

(Distance: 21.1 km; point-to-point course with minimal start/finish separation)

MEN (gun times)

1. Joseph Kiprono Kiptum, 1987, KEN	1:03:15
2. Fabiano Joseph, 1985, TAN	1:03:20
3. Ezekiel Jafari, 1989, TAN	1:03:37
4. Tola Bane, 1988, ETH	1:03:55
5. Paul Kipkorir, 1982, KEN	1:04:20
... 11. Rodgers Rop, 1976, KEN	1:08:45

WOMEN (gun times)

1. Monica Jepkoech, 1985, KEN	1:16:08
2. Gladys Kiprotich, 1990, KEN	1:16:11
3. Viola Kimetto, 1981, KEN	1:16:26
4. Wondmshishah Abera, 1988, ETH	1:16:38

5. Haomi Jepkosgei, 1984, KEN 1:17:35

ULTRA/MOUNTAIN/TRAIL RUNNING

European Mountain Running Championships (10th)

Bursa, TUR, 10 July

SR. MEN (12 km/+1245 m elevation gain)

Teams (score 3 athletes using XC scoring): 1. ITA, 12 points; 2. TUR, 34; 3. POR, 36; 4. FRA, 39; 5. GBR, 67

1. Ahmet Arslan, 1986, TUR	58:08	Gold
2. Gabriele Abate, 1979, ITA	58:40	Silver
3. Jose Gaspar, 1977, POR	59:05	Bronze

SR. WOMEN (8.5 km/865 m elevation gain)

Teams (score 3 athletes using XC scoring): 1. ITA, 22 points; 2. RUS, 28; 3. SUI, 38; 4. NOR, 44; 5. SLO, 62

1. Martina Strähl, 1987, SUI	48:44	Gold
2. Antonella Confortola, 1975, ITA	49:09	Silver
3. Lucija Krkoc, 1988, SLO	49:25	Bronze

Western States Endurance Run 100-Mile (36th)

Squaw Valley to Auburn, USA, 24-25 June

(Distance: 100.2 miles; difficult trails, high altitude; over 40 000 total feet of climbing and descending [18 000 up and 22 000 down])

MEN

1. Kilian Jornet, 23, ESP	15:34:24
2. Mike Wolfe, 33, Helena, MT	15:38:29
3. Nick Clark, 37, Fort Collins, CO	15:50:23

WOMEN

1. Ellie Greenwood, 32, CAN	17:55:29
2. Kami Semick, 44, Bend, OR	18:17:34
3. Nikki Kimball, 40, Bozeman, MT	18:17:39

TRACK

IAAF World Youth Championships (7th)

Lille, FRA, 6-10 July

BOYS

800 (09):

1. Leonard Kirwa Kosencha, KEN	1:44.08	CR*	Gold
2. Mohammed Aman, ETH	1:44.68	PB	Silver
3. Timothy Kitum, KEN	1:44.98	PB	Bronze

1500 (10):

1. Teshome Dirirsa, ETH	3:39.13	PB	Gold
2. Vincent Kiprotich Mutai, KEN	3:39.17	PB	Silver
3. Jonathan Kiplimo Sawe, KEN	3:39.54		Bronze

3000 (10):

1. William Malel Sitonik, KEN	7:40.10	PB/CR*	Gold
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2. Patrick Mutunga Mwikya, KEN 7:40.47 PB Silver
3. Abrar Osman Adem, ERI 7:40.89 PB Bronze

2000 s/chase (08):

1. Conseslus Kipruto, KEN 5:28.65 WYL Gold
2. Gilbert Kiplangat Kirui, KEN 5:30.49 Silver
3. Zacharia Kiprotich, UGA 5:37.98 PB Bronze

Prelims (06): First 4 of each heat (Q) plus the 4 fastest times (q) qualified

Heat 1 -

1. Gilbert Kiplangat Kirui, KEN 5:34.98 Q
- ... 9. Katleho Dyoyi, RSA 5:58.04

Heat 2 -

1. Conseslus Kipruto, KEN 5:31.27 Q
- ... 15. Jacob Tseko, RSA 6:21.81

GIRLS

800 (10):

1. Ajee Wilson, USA 2:02.64 PB Gold
2. Wang Chunyu, CHN 2:03.23 PB Silver
3. Jessica Judd, GBR 2:03.43 Bronze

Semi-Finals (08): First 2 of each heat (Q) plus the 2 fastest times (q) qualified

Heat 2 -

1. Katie Snowden, GBR 2:05.67 Q
- ... 6. Thato Makhafola, RSA 2:12.02

Prelims (07): First 4 of each heat (Q) plus the 4 fastest times (q) qualified

Heat 1 -

1. Agatha Jeruto Kimaswai, KEN 2:07.80 Q PB
- ... 4. Thato Makhafola, RSA 2:10.83 Q

1500 (09):

1. Faith Chepngetich Kipyegon, KEN 4:09.48 CR* Gold
2. Senbere Teferi, ETH 4:10.54 PB Silver
3. Genet Tibieso, ETH 4:11.56 PB Bronze

3000 (06):

1. Gotytom Gebreslase, ETH 8:56.36 WYL Gold
2. Ziporah Wanjiru Kingori, KEN 8:56.82 PB Silver
3. Caroline Chepkoech Kipkirui, KEN 8:58.63 PB Bronze

2000 s/chase (10):

1. Norah Jeruto Tanui, KEN 6:16.41 WYL Gold
2. Fadwa Sidi Madane, MAR 6:20.98 PB Silver
3. Lilian Jepkorir Chemweno, KEN 6:21.85 PB Bronze

Aviva Birmingham Grand Prix

(9th Stop of 2011 Samsung Diamond League)

Birmingham, GBR, 10 July

MEN

800 (DL):

1. Abubaker Kaki, SUD 1:44.54 USD 10,000
2. Marcin Lewandowski, POL 1:45.47 6,000

3. Amine Laalou, MAR	1:45.77	4,000
4. Mukhtar Mohammed, GBR	1:46.66	3,000
5. James Shane, GBR	1:46.70 PB	2,500

5000 (DL):

1. Mo Farah, GBR	13:06.14	USD 10,000
2. Galen Rupp, USA	13:06.86 PB	6,000
3. Imane Merga, ETH	13:07.63	4,000
4. Yenew Alamirew, ETH	13:08.78	3,000
5. Jesus España, ESP	13:10.19 PB	2,500
6. Craig Mottram, AUS	13:11.51	2,000
7. Abera Kuma, ETH	13:12.36	1,500
8. Collis Birmingham, AUS	13:15.70	1,000
9. Alistair Cragg, IRL	13:16.80	1,000

800:

1. Jenny Meadows, GBR	2:02.06
2. Lucia Klocová, SVK	2:02.09
3. Emma Jackson, GBR	2:02.18
4. Molly Beckwith, USA	2:02.38
5. Marilyn Okoro, GBR	2:02.41

1500 (DL):

1. Morgan Uceny, USA	4:05.64	USD 10,000
2. Kalkidan Gezahegne, ETH	4:05.96	6,000
3. Maryam Yusuf Jamal, BRN	4:06.39	4,000
4. Helen Clitheroe, GBR	4:06.49	3,000
5. Stacey Smith, GBR	4:06.81 PB	2,500
... 8. Christin Wurth-Thomas, USA	4:08.10	1,000
... 10. Lisa Dobriskey, GBR	4:08.22	1,000

3000 s/chase (DL):

1. Sofia Assefa, ETH	9:25.87 MR	USD 10,000
2. Almaz Ayana, ETH	9:30.27	6,000
3. Fionnuala Britton, IRL	9:37.93	4,000
4. Barbara Parker, GBR	9:37.95	3,000
5. Delilah DiCrescenzo, USA	9:40.63 PB	2,500

Meeting de Atletismo Madrid (30th)

(IAAF World Challenge Series)

Madrid, ESP, 9 July

MEN

800:

Race 1:

1. Tyler Mulder, USA	1:45.10
2. Yuriy Borzakovskiy, RUS	1:45.57
3. Manuel Olmedo, ESP	1:45.67

3000:

1. Sergio Sánchez, ESP	7:49.45
2. Yusuf Biwott, KEN	7:49.80
3. James Kwalia C'Kurui, QAT	7:51.62
Molefe Molefe, RSA	DNF

WOMEN

1500:

1. Nuria Fernández, ESP, 4:06.00
2. Ekaterina Martynova, RUS, 4:06.27
3. Tizita Bogale, ETH, 4:06.47
4. Jenny Simpson, USA, 4:07.72
- ... 6. Lidia Chojecka, POL, 4:08.16
7. Natalia Rodríguez, ESP, 4:08.55
- ... 17. Lebogang Phalula, RSA, 4:20.24
- Dinahrose Lebo Phalula, RSA, DNF

Kortrijkse Guldensporenmeeting (14th)

(Flanders Cup)

Kortrijk, BEL, 9 July

MEN

800:

Heat 3:

1. Richard JONES, USA, 1:47.34
2. Prince MUMBA, ZAM, 1:47.39
3. Mark WIECZOREK, USA, 1:47.88
- ... 8. Hannes NAUDE, RSA, 1:49.20

1500:

Heat 2:

1. Ben BLANKENSHIP, USA, 3:37.23 PB
2. Jamale AARRASS, FRA, 3:37.77
3. Abdesslam KENOUCHE, FRA, 3:38.42
- Jerry MOTSAU, RSA, DNF
- Samuel SEPENG, RSA, DNF

Internationales Abendsportfest (41st)

Rhede, GER, 8 July

MEN

800:

1. André Olivier, 1989, RSA, 1:51.56
2. Zwelakhe Seboto, 1988, RSA, 1:52.83
3. Hamish Carson, 1988, NZL, 1:52.95
- ... 7. Jerry Motsau, 1990, RSA, 1:54.54

3000:

1. Hamish Carson, 1988, NZL, 7:49.24 PB
2. Elroy Gelant, 1988, RSA, 7:49.92
3. Arne Gabius, 1981, LAV Tübingen, 7:50.18
4. Gladwin Mzazi, 1988, RSA, 7:55.28
- ... 9. Pharson Magagane, 1988, RSA, 7:58.38 PB
- ... 11. Edwin Melepo, 1987, RSA, 8:00.53 PB
12. Emmanuel Kipyego, 1988, RSA, 8:01.89 PB
13. Gert Manora, 1984, RSA, 8:03.73
14. Dean Brummer, 1988, RSA, 8:08.02
- ... 17. Dikotse Lekopa, 1988, RSA, 8:26.77
- Samuel Sepeng, 1987, RSA, DNF

Meeting Areva

(8th Stop of 2011 Samsung Diamond League)

Paris, FRA, 8 July

MEN

1500 (DL):

1. Amine Laalou, MAR	3:32.15	USD 10,000
2. Asbel Kiprop, KEN	3:33.04	6,000
3. Bernard Lagat, USA	3:33.11	4,000
4. Nick Willis, NZL	3:33.22	3,000
5. Mohamed Moustouji, MAR	3:33.59	2,500
6. Leonel Manzano, USA	3:33.66	2,000
... 9. Andrew Wheating, USA	3:34.39	1,000

3000 s/chase (DL):

1. Mahiedine Mekhissi-Benabbad, FRA	8:02.09	PB	USD 10,000
2. Ezekiel Kemboi, KEN	8:07.14		6,000
3. Benjamin Kiplagat, UGA	8:08.43		4,000
4. Roba Gary, ETH	8:10.03		3,000
5. Jarius Kipchoge, KEN	8:11.31	PB	2,500
... 7. Ruben Ramolefi, RSA	8:14.36		1,500

WOMEN

800 (DL):

1. Caster Semenya, RSA	2:00.18	USD 10,000
2. Halima Hachlaf, MAR	2:00.60	6,000
3. Jenny Meadows, GBR	2:00.74	4,000
4. Alysia Montano, USA	2:00.78	3,000
5. Hind Dehiba Chahyd, FRA	2:01.45	2,500

5000 (DL):

1. Meseret Defar, ETH	14:29.52	WL	USD 10,000
2. Sentayehu Ejigu, ETH	14:31.66		6,000
3. Mercy Cheronon, KEN	14:35.13	PB	4,000
4. Shalane Flanagan, USA	14:45.20		3,000
5. Dolores Checa, ESP	14:46.89		2,500

Meeting de la Ville de Reims

(Athle Pro Tour)

Reims, FRA, 5 July

MEN

2000 s/chase:

1. Mahiedine MEKHISSI-BENABBAD, 1985, Efs Reims A.,	5:10.68
2. Ali THAMER, QAT,	5:20.13
3. Ruben RAMOLEFI, RSA,	5:26.46

Arcobaleno Meet (23rd)

Celle Ligure, ITA, 5 July

MEN

800:

Race 3:

1. Camara MOUSSA, 1988, MAL,	1:48.44	NR
2. Brice ETES, 1984, MON,	1:48.65	

3. Abraham SAWE, 1985, KEN, 1:48.77
- ... 7. Rynhardt VAN RENSBURG, 1992, RSA, 1:49.69

1500:

1. Pharson MAGANANE, 1990, RSA, 3:44.64
2. Yassine RACHIK, 1993, ATL. CENTO TORRI PAVIA, 3:48.66
3. Anas RAHZOUANI, 1993, FRA, 3:55.07

Znamensky Memorial (53rd)

(IAAF World Challenge Series)

Zhukovskiy, RUS, 3 July

MEN

800:

1. Yuriy Borzakovskiy, RUS, 1:43.99
2. Boaz Lalang, KEN, 1:44.20
3. Ivan Tukhtachev, RUS, 1:45.47

10000 (Russian Championship):

1. Sergey Rybin, RUS, 28:15.79
2. Yevgeniy Rybakov, RUS, 28:21.79
3. Pawel Shapovalov, RUS, 28:25.46

WOMEN

10,000 (Russian Championship):

1. Sule Utura, ETH, 32:06.89
2. Wude Ayalew Yimer, ETH, 32:07.26
3. Yelena Nagovitsyna, RUS, 32:08.00

Gran Premio Diputación Foral de Álava (3rd)

Vitoria, ESP, 2 July

MEN

1500 Race 2:

1. Ivan Fernandez Anaya, 1988, ESP, 3:45.12
2. Zakarie Mazouzzi, 1985, ???, 3:45.87
3. Molefe Molefe, 1986, RSA, 3:45.92

WOMEN

800:

1. Dina Lebo Phalula, 1983, RSA, 2:07.32
2. LOebogang Phalula, 1983, RSA, 2:07.40
3. Susanne Elise Hasler, 1982, GBR, 2:07.55

Memorial Leon Buyle (20th)

Oordegem-Lede, BEL, 2 July

MEN

800 (Main Program):

Heat 1:

1. Hannes NAUDE, RSA, 1:48.76 PB
2. Hans OMEY, BEL, 1:49.27
3. Thomas PLANQUE, FRA, 1:49.94

WOMEN

800 (Main Program)

1. Lucy VAN DALEN, NZL, 2:05.25
2. Ophelie CLAUDE-BOXBERGER, FRA, 2:06.21
3. Gonzalez MARICARMEN, ESP, 2:06.50
4. Mandie BRANDT, RSA, 2:06.86

MONDO Keien Meeting (18th)

Uden, NED, 2 July

MEN

800:

1. André Olivier, 1989, RSA, 1:47.36
2. Mahfoud Brahim, 1985, ALG, 1:47.83
3. Andreas Bube, 1987, DEN, 1:47.88
4. Robert Lathouwers, 1983, NED, 1:47.97
5. Anthony Lieghio, 1989, IRL, 1:48.17
- ... 10. Zwelakhe Seboto, NA, RSA, 1:49.85

1500:

1. Craig Mottram, 1980, AUS, 3:37.53
2. Wondimu Mulugeta, 1985, ETH, 3:37.59
3. Andreas Vojta, 1989, AUT, 3:37.82
4. Evan Jager, 1989, USA, 3:39.13
5. Kim Ruell, 1987, BEL, 3:40.70
- ... 7. Jerry Motsau, 1990, RSA, 3:42.20
- ... 11. Dean Brummer, NA, RSA, 3:50.81

Samuel Sepeng, 1987, RSA, DNF

1500 (Evening Program):

1. Indalow Takala, 1991, ISR, 3:49.26
2. Wouter Jansen, 1987, NED, 3:49.61
3. Dikotse Lekoba, NA, RSA, 3:49.94

5000 (Evening Program):

1. Elroy Gelant, 1986, RSA, 13:25.09 PB
2. Gladwin Mzazi, 1988, RSA, 13:43.44
3. Gert Manora, NA, RSA, 13:52.34
4. Robert Sigei, NA, KEN, 14:04.38
5. Jarno Miltenburg, 1990, NED, 14:39.34

Edwin Molepo, 1987, RSA, DNF

WOMEN

800:

1. Molly Beckwith, 1987, USA, 2:00.66
2. Holly Noack, 1983, AUS, 2:04.52
3. Neisha Bernard-Thomas, 1981, JAM, 2:04.66
4. Marlies Manders, 1991, NED, 2:05.91
5. Sofia Oberg, 1990, SWE, 2:06.20
- ... 7. Mapaseka Makhanaya, NA, RSA, 2:10.22

1500:

1. Marije te Raa, 1984, NED, 4:15.29
2. Celia Taylor, 1977, GBR, 4:16.06

3. Jessica Sparke, 1987, GBR, 4:16.16
4. Anne van Es, 1980, NED, 4:16.47
5. Sara Treacy, 1989, IRL, 4:19.31
- ... 13. Tebogo Masela, 1979, RSA, 4:39.30

National Meeting D1 d'Albertville

Albertville, FRA, 1 July

MEN

3000:

1. Youcef ABDI, 1977, AUS, 8:00.25
2. Pharson MAGAGANE, 1986, RSA, 8:08.49
3. Emmanuel LATTION, 1988, SUI, 8:50.90

Encuentro Diputación de Cáceres (24th)

Cáceres, ESP, 29 June

MEN

1500:

Race A:

1. Maurys Surel Castillo, 1984, CUB, 3:47.24
2. Fredrik Korir, 1984, KEN, 3:47.89
3. Eduard Villanueva, 1984, VEN, 3:48.31
4. Molefe Molefe, 1986, RSA, 3:49.71

WOMEN

800:

Race A:

1. Nazareth Weldu, 1990, ERI, 2:07.63
2. Lebogang Phalula, 1982, RSA, 2:08.79
3. Dina Lebo Phalula, 1982, RSA, 2:09.54

Meeting National D1 de Metz Moselle Athlelor

Metz, FRA, 27 June

MEN

800 Race 1:

1. Job KINYOR, KEN, 1:45.45 PB
2. Yuriy BORZAKOVSKIY, RUS, 1:45.92
3. Hamid OUALICH, Montpellier Agglo Athletic Med, 1:47.26
- ... 9. Zwelakle SEBOTO, RSA, 1:48.85

800 Race 2:

1. Jean-Christophe JACQUET, Ea Bourg-en-bresse, 1:49.95 PB
2. David VERBRUGGHE, Lille Metropole Athletisme, 1:50.63
3. Kevin GOBILLARD, Asptt Nancy, 1:50.67
4. Samuel SEPENG, RSA, 1:50.72

1500 Race 2:

1. Matthieu LE STUM, Entente Franconville Cesame Va, 3:43.93 PB
2. Florian CARVALHO, Us Nemours St Pierre Athle, 3:43.94
3. Jerry MOTSAU, RSA, 3:44.80

3000:

1. Elroy GELANT, RSA, 7:41.59 PB
2. Arega DAWIT WOLDE, ETH, 7:42.65 PB
3. Yusuf BIWOTT, KEN, 7:44.65
4. Isaac SONGOK, KEN, 7:45.38
5. Yohan DURAND, Ca Montreuil 93, 7:46.46 PB
6. Wamulwa MUKUNGOLWA, ZAM, 7:50.84
7. Gladwin MZAZI, RSA, 7:50.90 PB
8. Gert MANORA, RSA, 7:55.05 PB
- ... 14. Tshamano SETONE, RSA, 8:11.94

3000 s/chase:

1. Edwin MOLEPO, RSA, 8:26.82 PB
2. Hassan OUBASSOUR, Stade Sottevillais 76, 8:27.49 PB
3. Abdelatif HADJAM, Martigues Sports Athle, 8:33.58 PB
- ... 14. Dikotsi LEKOPA, RSA, 9:16.22
- Dean BRUMER, RSA, DNF

WOMEN

1500:

1. Mary WANGARI, KEN, 4:12.84
2. Denise KREBS, GER, 4:16.36
3. Mapaseka MAKHANYA, RSA, 4:16.77

3000 s/chase:

1. Justyna KORYTKOWSKA, POL, 9:48.67 PB
2. Valeriya MARA, UKR, 9:50.51
3. Mariya SHATALOVA, UKR, 9:54.97
- ... 6. Tebogo MASEHLA, RSA, 10:02.13

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 WOMEN

2:34:47	René Kalmer	5	Prague	08 May
2:39:07	Tanith Maxwell	29	London	17 Apr
2:44:44	Charné Bosman	1	George	13 Feb
2:47:44	Tshifhiwa Mundalamo	2	George	13 Feb
2:48:06	Catherine Skosana	2	George	13 Feb
2:48:09	Mpho Mabuza	3	George	13 Feb
2:48:22	Riana van Niekerk	4	George	13 Feb
2:48:44A	Davera Magson	1	Oudtshoorn	26 Feb
2:49:42	Azwindini Gladys Lukhwareni	5	George	13 Feb
2:49:59A	Suzette Botha	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.

46 years ago: 10 July 1965

Ron Clarke (AUS), probably the world's greatest distance runner never to win an Olympic gold medal, won the AAA (English) 3-mile title in London in a world record 12:52.4, the first sub-13:00 performance. Clarke had set the previous record of 13:00.4 *en route* to 5000 m in Los Angeles just the month before. In London Gerry Lindgren (USA) was second in 13:04.2, with South African record holder Henk Altmann ninth in 13:34.6. Clarke's electronic time was 12:52.26; Altmann's time was the fastest by a South African for the year. A mere four days later at the Bislett Games in Oslo Clarke also became the first man to run a sub-28:00 10000 m when he shattered his own world record by more than 36 seconds with a phenomenal 27:39.4. This record would stand for more than seven years. Clarke set a total of ten world records in 1965, and seventeen in his career.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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

MEN

Open

10 km	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		08 Jan
	44:43	Lusapho April	Jeffreys Bay	
21.1 km	42:58	Mohamed Trafeh (USA)		24 Apr
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	61:42	Stephen Mokoka	Yangzhou	07 May
	58:30	Zerzenay Tadese (ERI)		
30 km	58:23	Zersenay Tadese (ERI) 2010		09 Jan
	78:37	Richard Mavuso	Pretoria	
Marathon	72:13	Mathew Kipkoech Kisorio (KEN)		08 May
	71:50	Sammy Kosgei (KEN) 2010		
100 km	1:36:14	Elroy Gelant	Camps Bay	08 May
	1:32:08	Jason Lehmkuhle (USA)		
100 km	87:49**	Haile Gebrselassie (ETH) 2009		08 May
	2:09:25	Lusapho April	Hannover	
100 km	2:03:02A	Geoffrey Mutai (KEN)		08 May
	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	Johnny Persents	Eersterivier	25 Jun
	44:14	Pierre Levisse (FRA) 1992		

21.1 km	69:19	Piet Mosebedi	Port Elizabeth	02 Jul
	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
	[72:01	Vladimir Kotov	Port Elizabeth	02 Jul]
	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	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				
<u>Juniors</u>				
10 km	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	47:22	Luxolo Mdzanga	Eersterivier	25 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:59	Melikhaya Frans	Port Elizabeth	02 Jul
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:50	Irvette van Blerk	Durban	19 Jun
	30:43	Joyce Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun
	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
	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				
<u>Juniors</u>				
10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		

15 km	59:51 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	25 Jun
21.1 km	1:25:31 1:09:05	Letitia Saayman Delilah Asiago (KEN) 1991	Stellenbosch	30 Apr

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