

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

If there is such a thing as an undramatic Comrades Marathon, this one was it. Claude Moshiywa was at the front of the 88th Comrades since he took the lead on one of the five big hills, Inchanga, soon after the halfway mark and for the last 90 minutes he ran unchallenged to the finish in Pietermaritzburg.

The hot and very windy conditions slowed him over the last 10 km and he had an especially tough time up the last hill, Polly Shorts, which crests just less than 8 km from the end, but he won comfortably in 5:32:08 to become the first South African winner of the “up” run since Jetman Msutu took the title in 1992.

Moshiywa’s winning margin over the Swede Jonas Buud, who sliced through the field in the second half, was 9:12. The reigning “down” run champion, Ludwick Mamabolo, finished fourth, while defending up run champion Stephen Muzinghi took the last gold medal. Five South African men finished in the top ten.

In the women’s race it was business as usual, with the Nurgalieva twins filling the first two positions. Elena got her eighth victory, just one short of the record nine of Bruce Fordyce, in 6:27:08. Only five other women, with three wins each – Maria Bak, Frith van der Merwe, Helen Lucre, Lettie van Zyl and Maureen Holland – have won more than two.

Irina Antropova (RUS), formerly Vishnevskaya, was third on her 31st birthday. She has now finished sixth, sixth, seventh and third in consecutive years. Another Russian, Marina Zhalybina, finished sixth to add the twelfth gold medal to her collection and equal the record total of four-time winner Alan Robb – an achievement neither the twins nor Fordyce can match. She has been second twice and third four times.

Charné Bosman, in her first Comrades and only third ultramarathon, was the first South African in fifth.

Conditions were hot from the start and to make matters worse, the wind picked up during the course of the morning and blew very strongly during the second half of the race.

The early leader was Justin Chitake (ZIM), with all the main contenders, as usual, biding their time further back. William Chinyanga and Charles Soza caught their compatriot Chitake after 90 minutes of running, but only drew away six minutes later. Soza took the sole lead after a further 20 minutes, but behind him a group led by Two Oceans winner David Gatebe, Teboho Sello (LES) and Moses Njodzi (ZIM), a former Two Oceans champion, was moving up and at 2:08:00 on the clock this trio took over the lead.

They immediately started testing one another with surges and soon Gatebe could not stay in touch. Ten minutes later Njodzi was alone, running strongly but continuously glancing behind him. He reached halfway at Drummond in 2:39:20. Following him were Gatebe, Lebohang Monyele (LES), Joseph Mphuthi and Mike Fokoroni (ZIM), who was 30th in his first Comrades last year. Muzhingi was almost two minutes behind the leader, while Moshiywa went through in 2:41:37 and Buud in 2:47:28.

The Comrades has many hills, but there are two most runners dread on the up run. The first one, Inchanga, towering above the valley of Drummond, has been the undoing of many a front runner who had sped down the slope towards the halfway mark. And so it proved again. Njodzi soon slowed and with Mphuthi, Rufus Photo, Moshiywa, Mamabolo, Fokoroni, Gatebe and Gert Thys bearing down on him the writing was on the wall. The surprise in this group was Photo (33), whose only Comrades experience was a 19th placing last year.

Moshiywa, who represented South Africa in the World Trophy 50 km in 2011 and was third in that year's up run, soon took command and with the clock showing 2:52:00 – still on the strength-sapping Inchanga – he assumed the lead, never to lose it again. By 40 km to run Fokoroni, Photo and Johannes Kekana, who had been moving up steadily, joined him, but it did not last long before Photo had to drop back.

Then, after the top of Inchanga along the aptly named Harrison Flats, the real racing started. Moshiywa and Kekana made a small gap, but it was not before another kilometre had passed that they could make a clean break from Fokoroni. Both Moshiywa (38) and Kekana (40), who finished 14th and an outstanding eighth respectively in the Old Mutual Two Oceans Marathon over Easter, were running strongly and shoulder to shoulder.

Meanwhile, behind them Fokoroni was still in third and he was followed by Photo, Mamabolo, Henry Moyo (MAW), Elias Mabane and Buud, who wasn't in the top thirty at halfway.

With 26 km to go, Moshiywa and Kekana apparently decided that it was time to throw down the gauntlet. They took turns surging, trying to break away, and this went on for ten minutes before Moshiywa pulled away from the man who beat Thys for the SA half-marathon crown for veterans last year. (Thys, in the meantime, had dropped out – as he did last year.)

Moshiywa, who before the race said, "You have to believe in yourself", ran the 9 km between 22 km to go and 13 km to go in 33:47 (3:45/km). By this time he found himself at the beginning of Polly Shorts, the 1.8 km long hill that is the last big obstacle to overcome. Whether he knew that in the history of the Comrades the leader at the top of "Polly's" had never lost the race one does not know, but even he was slowed to a walk on a few occasions.

It was only for a few yards every time and it would make no difference to his lead, which was 7 minutes by now – because behind him his rivals were moving even slower. At the top of the hill he immediately picked up the pace and reached 4 km to go in 5:15:44. Behind him Kekana had an even tougher time up Polly Shorts, walking often. Photo was third and Buud had shot up into fourth, the position he finished in two years ago. Not far behind him was Mpesela Ntlotsoeu (LES), looking quite a different runner from the one who finished 107th in the Two Oceans.

Moshiywa, who has a full-time job and during his Comrades training gets up at 3 a.m. to run and who said in an interview, "I see my family [he has two sons] at eight o'clock at night – it is a big sacrifice", maintained his rhythm to the end. He fell to his knees just beyond the finish line, but was soon walking around again with a big grin on his face.

"I am so happy," he said. "I have been training very hard since December."

This was his ninth Comrades and he has been in the top ten three times before this year. Despite the tough conditions he ran almost exactly ten minutes faster than in 2011.

Buud, who has three times been second in the IAU World 100 km Championships, ran as he planned – conservatively, and came into the stadium with a smile. He was 1:25 faster than in 2011.

Ntlotsoeu, who was 23rd in his only previous Comrades two years ago, made a huge improvement to 5:43:37. Mamabolo, who was recently cleared on technical grounds after having tested positive for a banned substance following his win in 2012, finished fourth. Photo faded to ninth.

Robb, whose wife passed away a week before last year's race, finished his 40th consecutive Comrades, walking into the stadium and wiping away tears, in 10:43:18. A number of family members, including his mother, welcomed him at the finish line.

One of the best runs of the day came from another former winner, Shaun Meiklejohn (champion in 1995), who celebrated his 25th medal with a win in the masters (50-59) category.

In the women's race Elena and Olesya (who did not run last year when she had a baby) took the lead from the start and was never in any danger. They passed halfway in 3:04:11, already almost 9 minutes ahead of Bosman, who was looking comfortable and running smoothly. Tshifhiwa Mundalamo was fourth, followed by Joasia Zakrzewski (GBR), Zhalybina, Paulinah Njeya, Antropova and Julianie Basson. But they were widely spread out, with Basson 18 minutes behind the leaders.

Shortly before Polly Shorts Elena pulled away from her sister, but the gap between them and Bosman remained constant until Polly Shorts, where the Russians' strength started to tell and Bosman slowed dramatically. At this point Antropova had passed all those ahead of her and was fourth, with Zakrzewski, who was second in the World 100 km in 2011 and then fourth in the Comrades last year, fifth. Melanie van Rooyen had moved into seventh and Holly Rush (GBR) into eighth. Basson was still ninth.

Bosman was suffering, but hung on determinedly and on the last 8 km only the strongly built Antropova could pass her, relegating her to fourth. Or so she thought – because on the grass of the cricket field, less than 100 m from the finish, Zakrzewski sped past and Bosman could only watch helplessly. (The last time a South African woman finished higher than fifth was in 2007 when Farwa Mentoor was fourth.)

Elena finished in 6:27:09, by far the slowest of all her victories, with Olesya crossing the line in 6:28:07. Their performance record in the Comrades is simply astounding: Counting all the races they have run, they have won eighteen of the twenty first and second places available to them.

Rush came in seventh and was followed by three South Africans who filled almost the same positions as last year: Van Rooyen (9th last year), Kerry Koen (6th) and Basson (10th). Koen was also ninth in the last up run.

Neither Zola Pieterse (flu) nor Fordyce (injured) started, while Thabita Tsatsa (ZIM), who was second in the Two Oceans, and former triple champion and record holder Vladimir Kotov (BLR) did not finish.

Both Bosman and Basson are DRR subscribers. Congratulations to them on their excellent performances!

The television coverage of the race was once again a huge disappointment. It was very difficult to get any coherent sense of what was going on behind the leaders – sometimes even of who the leaders were! – and after halfway the producer seemed to forget that there were other runners in the field apart from Moshiywa and the twins, and that exciting changes were taking place. Leaderboards were rarely shown, difficult to read, and gave only nine names instead of ten. Most of the commentary – apart from that by Fordyce and Ian Laxton – was mediocre and added nothing to the proceedings, names were mispronounced, runners wrongly identified or not at all (even Zhalybina!) and even Meiklejohn's name was misspelt on the screen. Admittedly "Joasia Zakrzewski" is not Smith or Botha, but is it really necessary to call her "Jo-ash", "Zakorsky" and "Zerfsky"?

Fordyce hit the nail on the head when he said: "It's really hard to know what is going on." One of the many pearls of wisdom by the commentators was this one: "I'm not so much into her body type, but she's a brilliant athlete." Surely a race of this magnitude and importance deserves better?

On the international track scene Mary Cain (17) continued her fabulous streak of outstanding performances when she became the first high schooler to run a sub-2 min 800 metres. In warm, sunny conditions at the Prefontaine Classic in Eugene she finished in 1:59.51, shattering Kim Gallagher's 31-year-old (!) US junior and high school record.

World leaders were set in the 5000 m, where Edwin Soi (KEN) outsprinted double Olympic champion Mo Farah (GBR) in 13:04.75 (and twelve men broke the "A" qualifying standard for the World Championships), in the Bowerman Mile, won by Silas Kiplagat (KEN) in 3:49.48 (all fifteen runners broke 4 minutes), in the 10000 m, won by Kenenisa Bekele in 27:12.08, in the 1500 m, where Helen Obiri (KEN) set a US all-comers record of 3:58.58, and in the 5000 m, won by three-time Olympic champion Tirunesh Dibaba (ETH) in 14:42.01.

In the women's results of the APL Cartons Herfsprag Half Marathon in De Doorns (results in last week's DRR) the seventh runner was a male, so the women behind him should be moved up one position and Marietjie Nieuwoudt (Swartland, 44) should be tenth with 1:55:28.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Comrades Marathon, Durban to Pietermaritzburg
- * Fast & Flat 10 km, Bellville
- * Sudwala Screaming Monster Half Marathon, Sudwala Caves
- * Matzikama Ultramarathon, Vredendal
- * XC: WP League Meeting, Swartklip; Gauteng North League Meeting, Pretoria; Mpumalanga League Meeting, Witbank

International highlights:

- * Rock 'n' Roll San Diego Marathon & Half Marathon, San Diego, USA
- * Memorial Rahal 10 km, Casablanca, MAR
- * Freihofer's Run for Women 5 km, Albany, USA
- * Bolder BOULDER 10 km & International Team Challenge, Boulder, USA
- * Bupa London 10000, London, GBR
- * Bupa Great Manchester Run 10 km, Manchester, GBR
- * Corrida de Mulher, Lisboa, POR
- * Österreichischer Frauenlauf, Vienna, AUT
- * Media Maraton Gatorade, San Jose, CRC
- * Ottawa 10 km, Ottawa, CAN

- * JPMorgan Chase Corporate Challenge Championships, Rochester, USA
 - * TCS World 10 km, Bangalore, IND
 - * 100 km del Passatore, Faenza, ITA
 - * Track: Prefontaine Classic, Eugene, USA; iFam Outdoor Meeting, Oordegem, BEL; Anhalt 2013, Dessau-Rosslau, GER Internationales Abendsportfest, Rhede, GER; NCAA Division I East Preliminary Round, Greensboro, USA; Internationales Pfingstsportfest, Rehlingen, GER
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ROAD RUNNING

Comrades Marathon (88th)

Durban to Pietermaritzburg, 2 June

(Distance: 86.96 km. Certified point-to-point uphill course, gaining elevation from sea level to 670 m above sea level, very hilly. Highest point: 870 m. Weather: very warm, strong wind in later stages.)

Note: The Comrades unfortunately does not indicate nationalities with its results (nor clubs), so there may be more foreigners in these results than shown. – Ed.

MEN

1. Claude Moshiywa 5:32:09 R300 000 + R150 000i + R18 000h
2. Jonas Buud (SWE) 5:41:21 R145 000
3. Mpesela Ntlotsoeu (LES) 5:43:38 R110 000
4. Ludwick Mamabolo 5:45:49 R55 000
5. Johannes Kekana 5:46:27 R42 000
6. Henry Moyo (MAW) 5:46:52 R25 000
7. Joseph Mphuthi 5:48:00 R20 000
8. Mike Fokoroni (ZIM) 5:50:11 R18 000
9. Rufus Photo 5:51:52 R16 000
10. Stephen Muzhingi (ZIM) 5:52:38 R14 000
11. Mncedisi Mkhize 5:54:23
12. Mkhonzeni Basi 5:58:50
13. Harmans Mokgadi 5:59:23
14. Sandile Ngunuza 6:01:13
15. Bhekameva Xaba 6:05:26
16. Thuso Mosiea 6:07:01
17. Thabo Nkuna 6:08:40
18. Victor Ngubelanga 6:10:53
19. Mzwanele Maphekula 6:11:47
20. Vusi Sokhela 6:12:14
21. Latudi Makofane 6:14:10
22. Fusi Nhlapo 6:16:12
23. Petros Sosibo 6:18:38
24. David Gatebe 6:19:37
25. Justice Nkosi 6:19:53
26. Tumi Malefetsane 6:20:04
27. Skhumbuzo Dlamini 6:20:43
28. Richard Dlamini 6:21:59
29. Ruben Setumu 6:22:50
30. Wiseman Msezane 6:23:27
31. Craig Cynkin 6:23:41
32. Leboka Noto (LES) 6:24:11
33. Mthetho Mtungwa 6:25:17
34. Malusi Dlomo 6:25:49
35. Judas Ntuli 6:26:00
36. Siyabonga Dingile 6:26:02

37. Sam Bolo 6:26:28
38. Bethuel Netshifhefhe 6:30:20
39. Jeffrey Morewane Thipana 6:31:01
40. Siya Mqambeli 6:31:30
41. Zwelithini Vaphi 6:32:24
42. Gregory Bishop 6:33:00
43. Edwin Lesudi 6:33:20
44. Butiki Jantjies 6:33:45
45. Themba Mthembu 6:34:33
46. Motlatsi Makhetha 6:34:41
47. Johnny Young 6:34:46
48. Godfrey Sesenyamotse 6:34:52
49. Mthokozisi Mbokombela 6:35:00
50. Abram Hugo 6:35:01
- ... 53. Renier Grobler 6:36:33
- ... 61. Sergio Motsoeneng 6:42:03
- ... 63. Elias Mabane 6:42:53
- ... 67. Peter Muthubi 6:44:59
68. Moses Njodzi (ZIM) 6:45:46 R20 000h
- ... 71. Shaun Meiklejohn 6:46:43
72. Chasara Masiyatsva (ZIM) 6:47:04
- ... 84. Sergei Lukin (RUS) 6:50:12
- ... 119. Charles Tjiane 7:05:52
- ... 723. Fanie Matshipa 8:16:00
- ... 4241. Alan Robb 10:43:18

DNF: Gift Kelehe, Mthandazo Qhina, Gert Thys, Bongmusa Mthembu, Charles Soza (ZIM), William Chinyanga (ZIM), Vladimir Kotov (BLR), Teboho Sello (LES)

i = incentive as first South African

h = hot spots incentive (Njodzi won the first two and Moshiywa the final one.)

40-49:

1. Johannes Kekana 5:46:27 R9500
2. Henry Moyo 5:46:52 R4500
3. Bhekameva Xaba 6:05:26 R2500

50-59:

1. Shaun Meiklejohn 6:46:43 R4500
2. Stuart McColl 6:57:53 R3000
3. Edward Sibanda 7:22:19 R2000

60+:

1. Cornet Matomane 7:57:16 R4000
2. Bonolo Mofokeng 8:34:28 R2500
3. Frans Maroale 8:50:34 R1500

WOMEN (Same prize money as men)

1. Elena Nurgalieva (RUS) 6:27:09 R38 000h
2. Olesya Nurgalieva (RUS) 6:28:07
3. Irina Antropova (RUS) 6:44:36
4. Joasia Zakrzewski (GBR) 6:53:29
5. Charné Bosman 6:53:35 R150 000i
6. Marina Zhalybina (RUS) 6:56:55
7. Holly Rush (GBR) 7:04:21
8. Melanie van Rooyen 7:08:09
9. Kerry Koen 7:15:07
10. Julianie Basson 7:21:02
11. Carien Visser 7:27:23

12. Helga Mathee 7:27:27
13. Belinda Waghorn 7:28:38
14. Ann Boniwell 7:30:26
15. Lesley Train 7:33:49
16. Fikile Mbuthuma 7:38:53
17. Paulina Njeya 7:40:52
18. Ursula Turck 7:54:21
19. Ronel van Graan 7:56:06
20. Zelda Breytenbach 7:58:36
21. Jodie Osborne 8:01:01
22. Ntombesintu Mfunzi 8:04:57
23. Jane Mudau 8:06:44
24. Tshifhiwa Mundalamo 8:06:55
25. Nadine Breytenbach 8:07:07
26. Vanessa Bowman 8:07:36
27. Madeleen Simmons 8:10:09
28. Karen Sobrino 8:13:44
29. Andriesa Pretorius 8:14:08
30. Martine Baker 8:16:45
31. Patricia Bahlmann 8:18:08
32. Anne Bester 8:18:19
33. Bambie de Wet 8:18:33
34. Nicola McMurray 8:18:38
35. Shelley van der Spuy 8:20:00
36. Gillian Sieling 8:21:26
37. Lauren Calenborne 8:28:24
38. Ekaterina Sheremet (RUS) 8:31:03
39. Pat Dammann 8:32:05
40. Mari Bruwer 8:32:26
41. Nocawe Morake 8:32:29
42. Lelanie van Zyl 8:32:56
43. Precious Duma 8:34:16
44. Rachel Arnott 8:36:14
45. Heidi Viljoen 8:37:16
46. Megan Jane Winderley 8:37:24
47. Mary-Anne Nieuwoudt 8:39:05
48. Jana Trojan (CZE) 8:39:22
49. Yolan Friedmann 8:41:16
50. Martha Pretorius 8:41:56
- ... 61. Madeleine Whitehair 8:45:37
- ... 64. Valerie Watson 8:46:19

DNF: Thabita Tsatsa (ZIM)

i = incentive as first South African

h = hot spots incentive (This is the total amount for the three hot spots. DRR was unable to ascertain which of the twins, who were running together, received each of the amounts, so the total amount is shown with Elena's name.)

40-49:

1. Carien Visser 7:27:23
2. Belinda Waghorn 7:28:38
3. Ursula Turck 7:54:21

50-59:

1. Jane Mudau 8:06:44
2. Mari Bruwer 8:32:26
3. Valerie Watson 8:46:19

60+:

1. Gloudien Spies 10:28:27
2. Pamela Rasmussen 10:37:23
3. Patricia Shaw 10:38:03

Fast & Flat 10 km

Bellville, 1 June

(Certified loop course. Weather: cold with rain.)

MEN

1. Lindikhaya Mthangayi (Itheko) 30:30 (R1000)
2. Tom Lusaseni (Itheko) 30:50 (R600)
3. Dicardo Jacobs (Ned) 31:09 (R400)

Veterans: 1. Graham Katzen (Itheko) 32:07 (R200); 2. Xolile Macanda (Gugs) 33:10 (R150); 3. Shawn Abrahams (Itheko) 34:12 (R100). **Masters:** 1. Eric Coetzee (CPUT) 34:20 (R200); 2. Roston Isaacs (Ned) 36:38 (R100); 3. Gerald Sullivan (Durb) 39:33 (R50). **G'masters:** 1. Albert Williams (Top) 44:23 (R200); 2. Cornelius Dewee (Tyger) 44:35 (R100); 3. William Hendricks (East) 47:16 (R50). **Juniors:** 1. Granwil Katzen (Itheko) 32:16 (R200); 2. Lee-Roy Lawrence (ATC) 32:24 (R150); 3. Lukhanyo Nobakada (VOB) 32:43 (R100).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 35:37
2. Nomvuyisi Seti (Itheko) 36:10
3. Khanya Mateyisi (Khay) 36:16

Veterans: 1. Elmarie Coetzee (NBMC) 39:31; 2. Sandra van Graan (Edgfe) 41:22; 3. Patricia Adams (Itheko) 42:31. **Masters:** 1. Mariëtte Strauss (Tyger) 41:36; 2. Olga Howard (Celtic) 42:51; 3. Cheryl Rudolph (East) 44:31. **G'masters:** 1. Helen du Plessis (Tyger) 48:50; 2. Pixie Sparg (Celtic) 53:13; 3. Maryna Vos (Bell) 69:40. **Juniors:** 1. Pamela Moyikwa (VOB) 38:55; 2. Lolita Kievieto (UWC) 39:02; 3. Amy Abrahams (UWC) 39:57.

Sudwala Screaming Monster Half Marathon

Sudwala Caves (near Nelspruit), 4 May

(Distance: 21.1 km; loop course that goes through the Sudwala Caves. Finishers: 222.)

MEN

1. T. Pulusa (Polok, 23) 1:13:39
2. N. Maseko (Ned, 33) 1:16:03
3. R. Malatji (LVCC, 22) 1:21:32

WOMEN

1. P. Steenkamp (Eskom, 41) 1:47:43
2. H. Clarke (LVCC, 44) 1:48:10
3. A. Dollenberg (LVCC, 32) 1:55:39

Matzikama Ultramarathon

Vredendal, 27 April

(Distance: 68 km; out-and-back section [29 km] followed by a loop. Weather: warm.

Finishers: 15.)

Note: The three women finished overall second, fourth and fifth respectively. – Ed.

MEN

1	Henk Muller	Brackenfell	39	5:12:16
2	Julian Karp	Melkbos AC	52	7:32:21
3	Frans Marais	Brackenfell	55	7:56:49
4	Dawie Aucamp	NB Multisport	50	8:13:10
5	Marius van Schalkwyk	ORAK	52	8:15:14
6	Julian Maggott	Celtic Harriers	52	8:42:58
7	Doneville Vries	Ind	22	8:43:07
8	Gareth Bartlett	West Coast	40	8:49:29
9	Bernard Sylvester	Celtic Harriers	48	8:56:27
10	Saied Mohamed	Gugs	33	9:21:04

WOMEN

1	Martha Pretorius	Defence WP	42	6:20:12
2	Annalita Goosen	NB Multisport	47	7:41:36
3	Vivian Fransman	Namaqua AC	54	7:45:29

CROSS-COUNTRY

WP League Meeting (4th)

Swartklip, Cape Town, 25 May

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (12 km)

1	Tom	Lusaseni	Itheko	39:04
2	Hein	Camphor	NBMC	39:34
3	Wanda	Roro	NBMC	39:42
4	Godwin	Swartz	NBMC	40:03
5	Xolisa	Batala	ACSIS VOB	40:34
6	Samson	Gulubela	Bidvest	40:52
7	Michael	Loseby	UCT	40:59
8	Bulelani	Bebha	ACSIS VOB	41:09
9	Riaan	Wildskut	Easterns	41:14
10	Andrew	Louw	Easterns	41:17
11	Sinethemba	Mdzanga	RCS Gugs	41:27
12	Bronwin	van Rhyn	NBMC	41:29
13	Marks	Mpekula	ACSIS VOB	41:51
14	Oscar	Coetzee	NBMC	42:02
15	Luyanda	Mapoyi	Khayelitsha	42:07
16	Danzil	Paulse	Easterns	42:14
17	Siviwe	Nkombi	Itheko	42:19
18	Mandla	Pangalele	RCS Gugs	42:39
19	Ashley	de Klerk	Eerste River	42:49
20	Mabona	Mlulami	Itheko	42:57

SR. MEN

1	Orion	Faro	MP Titans	12:23
2	Dewayne	Mouries	Itheko	12:28

3	Vuyolwethu	Mbukushe	RCS Gugs	12:35
4	Enver	Pedro	NBMC	12:45
5	Marco	Buys	UWC	12:54
6	Sibusiso	Magwaza	Khayelitsha	13:03
7	Mlulami	Mabona	Itheko	13:05
8	Ricardo	Jaftha	Eerste River	13:06
9	Lwando	Qiqimana	RCS Gugs	13:07
10	Siboniso	Soldaka	CPUT	13:08
11	Marius	Petersen	Helderberg Harriers	13:25
12	Keathon	Olivier	CPUT	13:32
13	Mnonopheli	Zunzuzane	Strand	13:39
14	Bongani	Khaka	Wild Runner	13:47
15	Thabelo	Sibata	CPUT	13:49
16	Leon	Lewis	Velocity	13:51
17	Nolan	Steele	UCT	13:55
18	Ricardo	Pietersen	Helderberg Harriers	13:58
19	Odwa	Mbangatha	ACSIS VOB	14:13
20	Alrich	Arendsen	UWC	14:15

VETERAN MEN (8 km)

1	Xolile	Macanda	RCS Gugs	28:18
2	Sabelo	Ngcwama	Celtic Harriers	28:47
3	John	September	Celtic Harriers	28:58

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	29:19
2	Chris	Mitchell	Celtic Harriers	29:47
3	Julian	Paul	Defence WP	30:23

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harriers	33:31
2	Paul	San Giorgio	ACSIS VOB	36:38
3	Neil	Ebing	WPCC	37:43

U.19 (8 km)

1	Anthony	Timoteus	UWC	26:24
2	Lee-Roy	Lawrence	ATC Running	26:45
3	Du-Wayne	Philander	UWC	27:06

U.17 (6 km)

1	Bruce-Lynn	Damons	WCSS	19:41
2	Kaleb	Beukes	UWC	19:44
3	Ashley	Smith	WCSS	20:07

SR. WOMEN (8 km)

1	Kanya	Mateyisi	Khayelitsha	30:41
2	Zintle	Xiniwe	Mr Price	30:42
3	Bulelwa	Simae	Nedbank	31:51
4	Tanya	Scott	UCT	31:54
5	Candyce	Hall	Nedbank	32:46
6	Bulelwa	Mtshagi	Celtic Harriers	34:09
7	Busisiwe	Matiwane	Celtic Harriers	34:45
8	Linda	Hanekom	Tygerberg NLK	34:59
9	Adele	Waldron	West Coast	35:25
10	Sheryl	de Lange	NBMC	36:03
11	Ivy Nokuthula	Sogiba	SAPS	36:41
12	Rachel	Arnott	West Coast	36:51
13	Elizabeth	de Gouveia	Plexus Durbanville	37:14
14	Vivien	Loseby	UCT	39:01
15	Portia	Adams	NBMC	39:19
16	Megan	Goliath	Brackenfell	40:51

17	Taryn	McDonald	Celtic Harriers	42:06
18	Cheryl	Rudolph	Easterns	42:21
19	Protasia	Ndlovu	RCS Gugs	42:45
20	Denise	Johannes	Spartan Harriers	42:54

SR. WOMEN

1	Thineke	Fourie	Maties	15:26
2	Lianda	Du Bruyn	CPUT	16:11
3	Lee-Shay	Willemse	Strand	16:59
4	Tina-Mari	Meyer	Edgemead	17:01
5	Anja	Wolstenholme	NBMC	17:06
6	Lucia	Lewis	ATC Running	17:29
7	Madelé	du Plessis	Edgemead	17:51
8	Sonja	Meyer	UWC	18:04
9	Reghana	Beukes	Eerste River	18:06
10	Corlia	Meyer	UCT	18:43
11	Alexia	Snyders	Helderberg Harriers	19:13
12	Protasia	Ndlovu	RCS Gugs	19:17
13	Anel	Terblanche	Celtic Harriers	19:39
14	Carla	Stevens	South Peninsula	20:37
15	Melissa	Bothma	Edgemead	20:49
16	Ulandi	Pretorius	CPUT	21:13
17	D	Saunders	Helderberg Harriers	21:41
18	Sophia	Louw	NBMC	21:47
19	Yvonne	Valentine	Helderberg Harriers	21:53
20	Dulene	Davids	Helderberg Harriers	22:19

VETERAN WOMEN

1	Sandra	van Graan	Edgemead	16:27
2	Sheryl	de Lange	NBMC	16:44
3	Wilna	Eybers	Strand	17:11

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg NLK	16:32
2	Viv	Williams	ATC Running	17:41
3	Renée	Scott	ACSIS VOB	17:43

G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	20:56
2	Theresa	Isaacs	ACSIS VOB	22:02
3	Esmé	September	Spartan Harriers	23:18

U.19 (6 km)

1	Annie	Bothma	Helderberg Harriers	23:31
2	Amy	Abrahams	UWC	24:47
3	Icarien	van Deventer	Tygerberg NLK	24:54

U.17

1	Lauren	Jonathan	ACSIS VOB	15:44
2	Zani	Kruger	Bellville	16:07
3	Tegan	Pitt	Fish Hoek	16:41

Gauteng North League Meeting (7th)

Pretoria, 25 May

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km)

1	Simon Mokonyama	Monaco	26:25
2	Israel Legoete	PMMC	27:17

3	Lukhanyo Mabinza	Transnet	27:25
4	Jonas Mahlangu	Ekgangala	28:09
5	Wiaan Swanepoel	New Balance	28:19
6	Sbusiso Tshaba	Ekgangala	30:22
7	Themba Mashobane	Ekgangala	31:29
8	Puleng Makeke	Ekgangala	31:56
9	Leon Marais	Overkruin	37:19

SR. MEN

1	Gino Nkoe	Nissan	12:38
2	Aubrey Mabuso	Ikhozi	13:53
3	Tebogo Sithole	Tshwane AC	14:06
4	Mathews Matsetela	Nedbank	14:32
5	Larry Beukes	Telkom	15:44
6	Johan Botha	Tuks	16:47
7	Luke-James Timothy	Tuks	20:33
8	Shaun Naidoo	Nedbank	41:28

MEN 40 (8 km)

1	Graham Megaw	Tuks	28:55
2	Elmon Ndlovu	PMMC	31:28
3	Chris Dorfling	Momentum	32:47

MEN 45 (8 km)

1	Werner Koekemoer	GNMA	31:41
2	Richard Sinden	TUT	32:35
3	Gerrit Olivier	AS Eagles	32:52

MEN 50 (8 km)

1	Piet Lotter	ACRW	31:29
2	Japie Badenhorst	ACRW	31:52
3	Johann Walters	Nedbank	33:07

MEN 55 (8 km)

1	Johnie Jonker	Denel	34:48
2	Len Lorenzen	PMMC	35:08
3	Gerhard Swart	PMK	37:04

MEN 60 (6 km)

1	Machiel van Niekerk	Magnolia	25:19
2	Andre Smith	PMK	29:55
3	Koos Emmenes	Solidariteit	37:25

MEN 65 (6 km)

1	Allan Kluge	Agape	31:20
2	Sol Jacobs	Magnolia	36:48

MEN 70 (6 km)

1	Andries van der Merwe	Transnet	31:24
2	Neville Muir	Phobians	39:43

MEN 75 (6 km)

1	Dion Heigers	ACRW	36:53
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MEN 80 (6 km)

1	Martin Coetzee	Magnolia	37:04
2	Frans Grobler	Transnet	02:20

MEN 23

1	Bafana Dube	Transnet	12:30
2	Andy Mukona	Transnet	13:42

MEN 21

1	Simon Mokonyama	Monaco	12:59
2	Koketso Khoza	Fortis Noord	13:03
3	Johann Berrange	Tuks	13:07

JR. MEN (8 km)

1	Sibusiso Mfiki	Rosina Sedibane	26:25
2	Junior Ndezekani	Rosina Sedibane	27:10
3	Koketso Khoza	Fortis Noord	27:17

BOYS 17 (6 km)

1	Welcome Lubisi	Kondelelani	20:04
2	Godfrey Sehuloane	Ekangala	20:10
3	Thabang Maleka	Vita Blitz	20:16

SR. WOMEN

1	Natalie Lubbe	Enduro	21:29
2	Jozanne Luyt	Individual	25:19
3	Estelle Kruger	TUT	30:53

WOMEN 40

1	Marili Munnik	New Balance	17:32
2	Jackie Human	Montana	18:14
3	Retha Hofmeyer	Individual	18:43

WOMEN 45

1	Lettie Saayman	Nedbank	18:42
2	Antoinette van der Merwe	NPO	19:32
3	Ronel Steyn	Fortis Noord	21:34

WOMEN 50

1	Ronel Fourie	Transnet	20:21
2	Elizabeth Goosen	Solidariteit	21:00

WOMEN 55

1	Frances van Blerk	Nedbank	16:52
2	Christa Mouton	Agape	21:56
3	Louise Oberholzer	Transnet	29:19

WOMEN 60

1	Lyn de Bruin	Irene	19:00
2	Rina Pretorius	Sabs Striders	21:56
3	Ella Smith	PMK	25:30

WOMEN 65

1	Sarie du Toit	GNMA	18:02
2	Annatjie Greyvenstein	Irene	20:49

WOMEN 23

1	Andrea van Rensen	Transnet	17:48
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WOMEN 21

1	Marli van Staden	Tuks	15:45
2	Kylha Wolfaardt	Centurion	16:06
3	Kylie Merrick	New Balance	16:30

JR. WOMEN (6 km)

1	Olivia Labuschagne	New Balance	22:37
2	Danielle Luyt	Akasia	24:13
3	Michelle Redelinghuys	Sutherland	24:50

GIRLS 17

1	Marne Mentz	Centurion	15:26
2	Sonel Bezuidenhout	Centurion	15:53
3	Initza Pretorius	Zwartkop	15:59

Mpumalanga League Meeting (4th)

Witbank, 25 May

Note: All distances are 8 km except where indicated otherwise. – Ed.

SR. MEN

1	Seun Moleshioa	Nedbank	26:58
2	Martin Vilikazi	SAPS	32:21

40-44

1	Sipho Hlunbane	Eskom Gijimas	26:58
2	Daniel Nkosi	Midack	32:22
3	Dion du Plessis	Cambridge	33:27

50-54

1	Conrad van den Bergh	Midack	33:11
2	Paul du Plessis	Eskom Gijimas	40:14

55-59

1	Piet Britton	Eskom Gijimas	36:18
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65-69 (6 km)

1	Gabriel Joubert	Midack	25:48
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U.21

1	Stephen Henry	Midack	27:35
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U.19

1	Pietie Oosthuizen	Nelspruit Laerskool	28:49
2	Lwasi Phakathi	HTS Witbank	28:16
3	Arno Jacobs	Ligbron	29:03

SR. WOMEN (4 km)

1	Ntombizadwa Ncongwane	Sasol	17:48
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45-49 (4 km)

1	Elzari Jordaan	Eskom Gijimas	19:18
2	Carina Odendal	Eskom Gijimas	20:19
3	Mari Luus	Rooies	21:10

55-59 (4 km)

1	Hannelie van Zyl	Eskom Gijimas	19:15
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U.18 (6 km)

1	Sunelle Coetzee	Ligbron	23:38
2	Luzaan Zaaïman	HTS Witbank	26:02
3	Ilke de Haas	Rooies	28:03

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

Rock 'n' Roll San Diego Marathon (15th) & Half Marathon (3rd) to benefit The Leukemia & Lymphoma Society

San Diego, USA, 2 June

(Distances: Marathon, 42.195 km, certified course with approx. 2 m/km loss and 7.6% separation from start to finish [not record standard]; most of course is at sea level, however. Half marathon, 21.1 km, point-to-point certified course with approx. 4.1 m/km loss and 15.2% separation [not record standard])

Note: Bernard Koech ran the third fastest half marathon ever, but the course greatly exceeds the standard for record or statistical purposes. – Ed.

Marathon (gun times)

MEN

1. Simon Njoroge, 32, KEN 2:15:00 \$5000

WOMEN

1. Natalia Sergeeva, 28, RUS 2:35:05 \$5000

Half marathon (gun times)

MEN

1. Bernard Koech, 25, KEN 58:41 \$9500^ CR/WL/PB
2. Eliud Kipchoge, 28, KEN 1:00:18 2000
3. Stephen Kibet, 26, KEN 1:01:43 1500
4. Meb Keflezighi, 38, Mammoth Lakes, CA 1:02:11 1500a
5. Cuthbert Nyasango, 30, ZIM 1:03:40 500

^) Includes event and American soil bonus money

a) Earned U.S. only prize money

WOMEN

1. Edna Kiplagat, 33, KEN 1:08:56 \$3500
2. Georgina Rono, 33, KEN 1:09:03 2000
3. Firehiwot Dado, 29, ETH 1:09:46 1500
4. Embet Bedada, 23, ETH 1:09:56 PB 1000
5. Pasalia Chepkorir Kipkoech, 24, KEN 1:10:14 500
- ... 8. Lidia Simon, 38, ROU 1:12:36
9. Deena Kastor, 40, Mammoth Lakes, CA 1:15:51
- ... 12. Tanith Maxwell, 37, **RSA** 1:16:48

Memorial Rahal 10 km (2nd)

Casablanca, MAR, 2 June

MEN (gun times)

1. Hassan El Abbassi, MAR, 27:56
2. Mustapha El Aziz, MAR, 28:00
3. John Mwangangi, KEN, 28:11

WOMEN

1. Malika Asahssah, MAR, 31:59 PB
2. Joan Chelimo, KEN, 32:37
3. Souad Kanbouchia, MAR, 32:41
- ... 10. Dinah Lebo Phalua, **RSA**, 34:34

Freihofer's Run for Women 5 km

(35th)

Albany, USA, 1 June

(Certified out-and-back course)

(gun times)

1. Emily Chebet, 27, KEN 15:26 \$10,000
2. Esther Chemtai, 24, KEN 15:32 5,000
3. Isabella Ochichi, 33, KEN 15:35 3,000
4. Amy Van Alstine, 25, USA 16:01 PB 2,000



Emily Chebet wins the Freihofer's Run 5 km.
[Steve Jacobs/Freihofer's Run for Women]

5. Merima Mohammed, 21, ETH 16:02 1,000
 ... 36. Joan Samuelson, 56, USA 18:59

Bolder BOULDER 10 km (35th) & International Team Challenge (16th)

Boulder, USA, 27 May

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

INTERNATIONAL TEAM CHALLENGE: MEN

Teams:

1. KEN 1 + 4 + 6 = 11 points \$15,000
2. ETH 2 + 3 + 7 = 12 10,000
3. USA 9 + 10 + 13 = 32 7,000 + 10,500a

Individuals (extended gun times):

1. Allan Kiprono, KEN 29:28.79 \$3000 + 750i
2. Belete Assefa, ETH 29:36.49 2000 + 500i
3. Birhanu Gedefa, ETH 29:45.11 1500 + 250i
4. Leonard Korir, KEN 29:50.74 1000 + 250i

a) Earned USA Olympic training funds

i) Earned time bonus

INTERNATIONAL TEAM CHALLENGE WOMEN

Teams:

1. ETH 1 + 2 + 10 = 13 points \$15,000
2. MEX 3 + 5 + 8 = 16 10,000
3. USA 4 + 9 + 12 = 25 7,000 + 10,500a
4. CO 6 + 7 + 13 = 26 6,000 + 10,116#
5. KEN 14 + 15 + 16 = 45 4,000

#) Includes additional bonus for "Bolder Bounty," as two Team Colorado runners bested the third Team USA finisher's time

Individuals (all-women's race/extended gun times)

1. Merima Mohammed, ETH 33:58.79 \$3000 + 250i
2. Amame Gobena, ETH 34:08.39 2000
3. Marisol Guadalupe Romero, MEX 34:15.78 1500
4. Deena Kastor (40+), USA 34:43.62 1000 + 1250a
5. Madai Perez, MEX 34:53.93 800

a) Earned USA Olympic training funds

i) Earned time bonus

CITIZEN MEN

1. Jeremy Freed, 25, 30:59
2. Brandon Birdsong, 25, 31:16
3. Lee Troop, 40, AUS, 31:27

CITIZEN WOMEN

1. Lidia Simon, 39, ROU, 34:06
2. Ellie Keyser, 24, 35:14
3. Kristen Fryburg-Zaitz, 32, 35:33

Bupa London 10000 (6th)

London, GBR, 27 May

(Distance: 10 km; certified one-loop course)

MEN

1. Mo Farah, Newham & Essex Beagles, 29:13
2. Phil Wicks, Belgrave Harriers, 30:05
3. Phil Nicholls, Tipton Harriers, 30:15

WOMEN -

1. Katrina Wootton, Coventry/Bedford & Coventry, 32:37 PB
2. Steph Twell, Aldershot Farnham & District AC, 33:34
3. Emily Pidgeon, Aldershot Farnham & District AC, 33:56

Bupa Great Manchester Run 10 km

Manchester, GBR, 26 May

(Certified course; course starts at 45 m elevation and finishes at 35 m elevation (10m elevation loss, or 1m/km of race distance; legal for record setting); start/finish separation is 600, or 6% of the race distance)

MEN (gun times)

- | | |
|----------------------------------|---------------|
| 1. Moses Kipsiro, UGA | 27:52 PB |
| 2. Wilson Kipsang, KEN | 27:53 |
| 3. Haile Gebrselassie, 1973, ETH | 28:00 WR M40* |
| 4. Stephen Mokoka, RSA | 28:12 |
| 5. Sergey Lebid, UKR | 28:28 |

*) ARRS world 40+ record; previous 28:51, Paulo Catarino (POR), 2003

ELITE WOMEN (all-women's race/gun times)

- | | |
|--------------------------------------|----------------|
| 1. Tirunesh Dibaba, ETH | 30:49 PB/WL/CR |
| [15:40 / 15:09] | |
| 2. Jelena Prokopcuka, LAT | 32:21 |
| 3. Christelle Daunay, FRA | 32:33 |
| 4. Gemma Steel, Charnwood AC | 33:02 |
| 5. Alessandra Aguilar, ESP | 33:03 |
| 6. Helen Clitheroe, Preston Harriers | 33:14 |

Corrida de Mulher (8th)

(Women Only)

Lisboa, POR, 26 May

(Distance: 5 km)

(gun times)

- | | |
|------------------------------|-------|
| 1. Priscah Jeptoo, KEN | 15:47 |
| 2. Giorgina Rono, KEN | 15:50 |
| 3. Zakia Mohamed Mrisho, TAN | 16:20 |
| 4. Ana Dulce Félix, POR | 16:27 |

Österreichischer Frauenlauf (26th)

Wien (Vienna), AUT, 26 May

(Distance: 5 km)

Note: There were 16 692 finishers. – Ed.

(extended gun times)

1. Joyce Jemutai Kiplimo, 1988, KEN, 15:46.7
2. Sabrina Mockenhaupt, 1980, GER, 16:07.9
3. Jessica Augusto, 1981, POR, 16:08.5
4. Irina Mikitenko, 1972, GER, 16:13.7

Media Maraton Gatorade (1st)

San Jose, CRC, 26 May

(Distance: 21.1 km; point-to-point course with start at about 1230 m elevation and finish at 1150 m [not record standard])

MEN (gun times)

1. Ryan Hall, USA, 1:04:10 CR
2. Cesar Lizano, CRC, 1:08:18
3. Roy Vargas, CRC, 1:09:24

WOMEN (gun times)

1. Jenny Mendez Suanca, CRC, 1:20:02 CR

Ottawa 10 km (27th)

Ottawa, CAN, 25 May

(Out-and-back course with negligible start/finish separation; early start for elite women)

MEN (gun times)

- | | |
|------------------------------|---------------------------|
| 1. El Hassan El Abbassi, MAR | 27:37 PB USD 6000 + 4000i |
| 2. Adugna Bikila, ETH | 27:38 3500 |
| 3. Geoggrey Mutai, KEN | 27:39 2000 |

i) = Earned gender battle bonus (women had 4:00 headstart)

WOMEN (gun times)

- | | |
|------------------------|-------------------|
| 1. Malika Assahah, MAR | 31:46 PB USD 6000 |
| 2. Firehiwot Dado, ETH | 31:49 PB 3500 |
| 3. Mary Davies, NZL | 32:09 PB 2000 |

JPMorgan Chase Corporate Challenge Championships (30th)

Rochester, USA, 21 May

(Distance: 3.5 miles [5.64 km])

MEN

Teams (four athletes score on total time): 1. Transit Rail Eng. (RSA), 1:09:13; 2. Dpt Education Sydney (AUS), 1:13:07; 3. Raytheon Boston, 1:13:28.

1. Kgosi Tsosane, Transit Rail Eng. (RSA), 16:32
2. Martin Dent, Dpt Education Sydney (AUS), 16:55
3. Thulo Nyedimane, Transit Rail Eng. (RSA), 17:13
4. Nkosinoxolo Sonqibido, Transit Rail Eng. (RSA), 17:31
5. Kevin Skinner, JPMorgan Staff Team, 17:38

WOMEN

Teams (four athletes score on total time): 1. University of Rochester, 1:24:41; 2. Polizei Hessen Frankfurt (GER), 1:30:20; 3. HSBC London (GBR), 1:31:02.

1. Domenika Weiss, VII BPA Sulzbach-Rosenberg (GER), 19:50
2. Katherina Heinig, Polizei Hessen (GER), 19:50
3. Jane Evans, Deloitte London (GBR), 20:08

TCS World 10 km (6th)

Bangalore, IND, 19 May
(Certified course)

MEN

1. Alexander Korio Oloiptip, 1982, KEN, 28:07
2. Nicholas Kipkemboi Kerich, 1986, KEN, 28:12
3. Birhanu Legesse, 1994, ETH, 28:16

WOMEN

1. Gladys Cherono , 1983, KEN, 32:03
2. Esther Chemutai Ndiema, 1988, KEN, 32:14
3. Lucy Kabuu , 1984, KEN, 32:18
4. Emily Chebet, 1986, KEN, 32:19
5. Pasalia Kipkoech Chepkorir, 1988, KEN, 32:22
- ... 14. Irvette van Zyl, 1987, **RSA**, 36:24

ULTRA/MOUNTAIN/TRAIL RUNNING**100 km del Passatore** (41st)

Faenza, ITA, 25 May

Note: Giorgio Calcaterra won for the eighth consecutive time. – Ed.

MEN (gun times)

- | | | |
|----------------------------------|---------|--------|
| 1. Giorgio Calcaterra, 1972, ITA | 6:39:59 | € 2000 |
| 2. Evgeni Glyva, UKR | 6:49:53 | 1500 |
| 3. Hermann Achmüller, 1971, ITA | 6:58:01 | 1000 |

WOMEN (gun times) -

- | | | |
|-----------------------------|---------|--------|
| 1. Marija Vrajic, 1976, CRO | 8:06:50 | € 2000 |
| 2. Paola Sanna, ITA | 8:27:27 | 1500 |
| 3. Cristina Pitonzo, ITA | 9:05:51 | 1000 |

TRACK**Prefontaine Classic** (39th)

(4th stop of 2012 Samsung Diamond League)
Eugene, USA, 31 May – 1 June

MEN

800:

1. Mohammed Aman, ETH, 1:44.42
2. Timothy Kitum, KEN, 1:45.16
3. Nick Symmonds, USA, 1:45.40

4. Job Kinyor, KEN, 1:45.47
5. Andrew Osagie, GBR, 1:45.62
6. Duane Solomon, USA, 1:45.67
7. Adam Kszczot, POL, 1:45.80
8. Abraham Kipchirchir Rotich, KEN, 1:47.92
9. Leonard Kirwa Kosencha, KEN, 1:48.02

Bowerman Mile (DL):

1. Silas Kiplagat, KEN, 3:49.48 WL
2. Asbel Kiprop, KEN, 3:49.53
3. Aman Wote, ETH, 3:49.88 PB
4. Ayanleh Souleiman, DJI, 3:50.40
5. Bethwell Birgen, KEN, 3:50.42 PB
6. Caleb Ndiku, KEN, 3:50.46
7. Nixon Chepseba, KEN, 3:51.37 PB
8. Collins Cheboi, KEN, 3:51.44 PB=
9. Lopez Lomong, USA, 3:51.45 PB
10. Matthew Centrowitz, USA, 3:51.79 PB
11. Taoufik Makhoulfi, ALG, 3:52.94
12. Mekonnen Gebremedhin, ETH, 3:54.04
13. Dawit Wolde, ETH, 3:54.51
14. Abdalaati Iguider, MAR, 3:55.93
15. Ryan Gregson, AUS, 3:57.08
- Leo Manzano, USA, DNF

5000:

1. Edwin Soi, KEN, 13:04.75
2. Mo Farah, GBR, 13:05.88
3. Yenew Alamirew, ETH, 13:06.45
4. Thomas Longosiwa, KEN, 13:07.51
5. Bernard Lagat, USA, 13:07.76
6. Galen Rupp, USA, 13:08.69
7. Chris Derrick, USA, 13:09.04 PB
8. Ibrahim Jeilan, ETH, 13:09.16 PB
9. Dathan Ritzenhein, USA, 13:09.53
10. Isiah Koech, KEN, 13:09.55
11. John Kipkoech, KEN, 13:13.13
12. Kenneth Kipkemai, KEN, 13:13.91
13. Cam Levins, CAN, 13:15.19 PB
14. Geoffrey Kipkorir Kirui, KEN, 13:16.68 PB
15. Albert Rop, KEN, 13:21.18
16. Hayle Ibrahimov, AZE, 13:23.59
17. Hassan Mead, USA, 13:32.73
18. Mark Kiptoo, KEN, 13:38.42
19. Collis Birmingham, AUS, 13:44.43
20. Chris Thompson, GBR, 14:02.38

10000:

1. Kenenisa Bekele, ETH, 27:12.08 WL
2. Imane Merga, ETH, 27:12.37
3. Abera Kuma, ETH, 27:13.10 PB
4. Bedan Karoki, KEN, 27:13.12
5. Birhan Nebebew, ETH, 27:14.34
6. Vincent Chepkok, KEN, 27:17.30
7. Teklemariam Medhin, ERI, 27:19.97
8. Yigrem Demelash, 1994, ETH, 27:24.65
9. Emmanuel Bett, KEN, 27:28.71

10. Timothy Toroitich, UGA, 27:31.07 PB
11. Goitom Kifle, ERI, 27:32.00 PB
12. Tariku Bekele, ETH, 27:38.15
13. Mohammed Ahmed, CAN, 27:50.70
14. Juan Luis Barrios, MEX, 27:57.69

3000 s/chase (DL):

1. Coneslus Kipruto, KEN, 8:03.59 MR
2. Paul Kipsiele Koech, KEN, 8:05.86
3. Mahiedine Mekhissi-Benabbad, FRA, 8:06.60
4. Evan Jager, USA, 8:08.60
5. Hillary Kipsang Yego, KEN, 8:09.84
6. Abel Kiprop Mutai, KEN, 8:10.04
7. Jairus Birech, KEN, 8:12.65
8. Daniel Huling, USA, 8:22.38
9. Bernard Mbugua Nganga, KEN, 8:29.43

WOMEN

800 (DL):

1. Francine Niyonsaba, BDI, 1:56.72 MR
2. Brenda Martinez, USA, 1:58.18 PB
3. Janeth Jepkosgei, KEN, 1:58.71
4. Alysia Montano, USA, 1:59.43
5. Mary Cain, 1996, USA, 1:59.51 PB/HS
6. Marilyn Okoro, GBR, 2:00.70
7. Ekaterina Poistogova, RUS, 2:01.26
8. Winny Chebet, KEN, 2:01.37
9. Malika Akkaoui, MAR, 2:02.44

1500:

1. Hellen Obiri, KEN, 3:58.58 PB/ACR/MR
2. Faith Chepngetich Kipyegon (1994), KEN, 4:01.08
3. Nancy Jebet Langat, KEN, 4:01.41
4. Siham Hilali, MAR, 4:02.16
5. Treniere Moser, USA, 4:02.85 PB
6. Sheila Reid, CAN, 4:02.96 PB
7. Eunice Sum, KEN, 4:03.13
8. Hannah England, GBR, 4:03.38
9. Elena Soboleva, RUS, 4:04.30
10. Btissam Lakhoad, MAR, 4:04.63

5000 (DL):

1. Tirunesh Dibaba, ETH, 14:42.01
2. Mercy Cherono, KEN, 14:42.51
3. Margaret Wangari Muriuki, KEN, 14:43.68 PB
4. Buze Diriba, ETH, 14:51.15
5. Gelete Burka, ETH, 14:52.93
6. Hiwot Ayalew, ETH, 14:57.02 PB
7. Belaynesh Oljira, ETH, 15:01.51
8. Linet Masai, KEN, 15:02.98
9. Kim Conley, USA, 15:09.57 PB
10. Sule Utura, ETH, 15:17.34
11. Shannon Rowbury, USA, 15:18.06

iFam Outdoor Meeting

Oordegem, BEL, 1 June

MEN

800 Main Program:

Race 3:

1. Andre Olivier, RSA, 1:44.74
2. Mark English, IRL, 1:46.82
3. Boudjamaa Azzedine, FRA, 1:47.62

WOMEN

800 Pre-Program:

Race 2:

1. Renelle Lamotte, FRA, 2:03.81
2. Tara Bird, GBR, 2:04.58
3. Sanne Verstegen, NED, 2:05.97
4. Mandie Brandt, RSA, 2:07.84

1500:

1. Sifan Hassan, ETH, 4:09.50
2. Manon Kruiver, NED, 4:20.64
3. Gemma Kersey, GBR, 4:20.74
- Mandie Brandt, RSA, DNF

3000 s/chase:

1. Fabienne Schlumpf, SUI, 9:48.45 NR
2. Lennie Waite, GBR, 9:56.46
3. Helen Hofstede, NED, 10:10.07
4. Nolene Conrad, RSA, 10:18.82

Anhalt 2013 (15th)

Dessau-Rosslau, GER, 31 May

MEN

1500:

Section A -

1. Abednego Chesebe, 1982, KEN 3:36.35
2. Johan Cronje, 1982, RSA 3:36.70
3. Juan van Deventer, 1983, RSA 3:36.84

Internationales Abendsportfest (43rd)

Rhede, GER, 26 May

MEN

800:

Race 1:

1. Juan van Deventer, 1988, RSA, 1:50.28
2. Uya Hundessa, 1995, LC Mengerskirchen, 1:50.40
3. Patrick Schoenball, 1989, ABC Ludwigshafen, 1:50.81

3000:

1. Juan van Deventer, 1988, RSA, 8:08.58
2. Krzysztof Zebrowski, 1990, POL, 8:08.82
3. Morten Munkholm, 1985, Arhus/DEN, 8:13.34

NCAA Division I East Preliminary Round

Greensboro, USA, 23-25 May

Note: For each event's final round, finishers with a Q or q next to their time signifies they have advanced to the NCAA Championship in Eugene, Ore., 5-8 June. – Ed.

MEN

800 (24):

Heat 1 -

- | | | |
|--------------------|---------------------------|----------|
| 1. Russell Dinkins | SR Princeton | 1:51.58Q |
| 2. Charles Grethen | SO Georgia (LUX) | 1:51.72Q |
| 3. David Mokone | JR Western Kentucky (RSA) | 1:51.88Q |

Prelims (23):

Heat 2 -

- | | | |
|-------------------|---------------------------|-----------|
| 1. David Mokone | JR Western Kentucky (RSA) | 1:49.493Q |
| 2. Connor Claflin | SO Columbia | 1:49.655Q |
| 3. O'Neal Wanliss | SO North Carolina | 1:50.00Q |

Internationales Pfingstsportfest

Rehlingen, GER, 20 May

MEN

1500:

Race A:

1. Zebene Alemayehu, 1992, ETH, 3:38.02
2. Carsten Schlangen, 1980, LG Nord Berlin, 3:38.19
3. Soresa Fida, 1993, ETH, 3:38.23
- ... 8. Juan van Deventer, 1983, RSA, 3:42.24

WOMEN

3000 s/chase:

1. Almaz Ayana, 1991, ETH, 9:40.13
2. Fancy Cherotich, 1990, KEN, 9:40.19
3. Antje Möldner-Schmidt, 1984, LC Cottbus, 9:43.37
- Nolene Conrad, 1985, RSA, DNF

STATS TIME

This week we include a list of the top ten men in the marathon. 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.

2013 MARATHON: TOP 10 MEN

2:08:32	Lusapho April	1	Hannover	05 May
2:13:42	Sibusiso Nzima	6	Hamburg	21 Apr
2:17:32	Benedict Moeng	1	Oudtshoorn	03 Feb
2:19:38	Lucky Modike Mohale	2	Oudtshoorn	03 Feb
2:20:17	Raphael Segodi	1	Eldorado Park	24 Feb
2:21:05	Samuel Seun Moleshioa	1	Secunda	09 Mar
2:21:39	Coolboy Ngamole	3	Oudtshoorn	03 Feb
2:21:40	Hendrick Ramaala (vet)	13	Mumbai	20 Jan
2:21:49	Anthony Godongwana	4	Oudtshoorn	03 Feb
2:22:14	Othaniel Phahlane	5	Oudtshoorn	03 Feb

THIS MONTH IN HISTORY

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

59 years ago: 12 June 1954

This was the first time the Comrades was run in June, after it had always been held on Empire Day, 24 May – with two exceptions. It was an “up” run and Wally Hayward put the seal on his Comrades career with his fifth win – the third man to achieve this feat and, at almost 46, the oldest winner up till then. Hayward clocked a new record of 6:12:55 to defeat Trevor Allen by more than 32 minutes. Two years previously, when Hayward had concentrated on the Olympic Games Marathon after two successive Comrades wins, Allen had become the champion. Hayward also won in 1930 and 1953 and set three course records in his five victories. In 1988, a few days short of his 80th birthday, Hayward returned to the Comrades and finished in 9:44:15. From 1996 the race has always been held in June, with one exception.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the first compilation of list leaders for 2013. The section lists the 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, 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	28:12	Stephen Mokoka	Manchester	26 May
	27:32	Isiah Koech (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:38	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	63:36	Stephen Mokoka	Cape Town	30 Mar
	58:54	Geoffrey Kipsang (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:45	Lucky Mohale	Pretoria	04 May
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
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	30:33	Gert Thys	Durban	19 May
	28:51	Paulo Catarino (POR) 2003		

15 km	48:30 44:14	Graham Katzen Pierre Levisse (FRA) 1992	Duynefontein	23 Feb
21.1 km	68:10 62:28	Gert Thys John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Wellington	01 May
25 km	88:25 76:49	Elias Mabane Martin Mondragon (MEX) 1994	Pretoria	04 May
30 km	1:48:35 1:35:28	Graham Katzen Geraldo Antonio da Silva (BRA) 2002	Camps Bay	06 Jan
Marathon	2:21:40 2:08:46	Hendrick Ramaala Andres Espinosa (MEX) 2003	Mumbai	20 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:31 [33:28 30:35	Reform Ndlovu Vladimir Kotov (BLR) Tecwyn Davies (GBR) 1988	Durban Athlone	19 May 09 Feb]
15 km	51:26 [50:54 47:52	Eric Coetzee Vladimir Kotov (BLR) Titus Mamabolo (RSA) 1991	Constantia Constantia	09 Mar 09 Mar]
21.1 km	75:20 [74:42A 66:42	Reform Ndlovu Vladimir Kotov (BLR) Martin Rees (GBR) 2003	Benoni Simon's Town	27 Jan 17 Feb]
25 km	1:46:22 1:41:07A	Philemon Mailola Nicholas Dlamini	Pretoria Pinetown	04 May 27 Jan
30 km	1:54:25 [1:52:06	Eric Coetzee Vladimir Kotov (BLR)	Parow Camps Bay	16 Mar 06 Jan]
Marathon	2:40:26 [2:34:33 2:19:29	Reform Ndlovu Vladimir Kotov Titus Mamabolo (RSA) 1991	Oudtshoorn Oudtshoorn	03 Feb 03 Feb]
100 km				

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	60:16	Mike Hirst	Boksburg	05 May
21.1 km	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:54:16	Aubrey Watson	Pretoria	04 May
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:10:30	Sizinzo Kama	Oudtshoorn	03 Feb
100 km				

Juniors

10 km	29:06 27:52	Namakoe Nkhasi Richard Chelimo (KEN) 1990	Durban	19 May
15 km	48:56 42:25	Masibulele Heugh Moses Mosop (KEN) 2004	Jeffreys Bay	05 Jan
21.1 km	74:27 59:16	Timothy Munzhelele Samuel Wanjiru (KEN) 2005	Cape Town	30 Mar

WOMENOpen

10 km	33:23 31:40 30:21	Mapaseka Makhanya Joyce Chepkirui (KEN) Paula Radcliffe (GBR) 2003	Cape Town	17 Mar
15 km	51:11 48:48 46:28	René Kalmer Sara-Isabel Moreira (POR) Tirunesh Dibaba (ETH) 2009	Germiston	07 Apr

21.1 km	74:25	Irvette van Zyl	Lisbon	24 Mar
	66:09	Lucy Kabuu (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:32:18	Tanith Maxwell	Berlin	05 May
	79:53	Mary Keitany (KEN) 2010		
30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:51:51	Stephanie Bouma (NED)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:26	Irvette van Zyl	London	21 Apr
	2:20:15	Priscah Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:06	Janene Carey	Durban	14 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:21	Zola Pieterse	Durbanville	23 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:17	Vanessa Bowman	Pretoria	04 May
	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:47	Judy Bird	Durban	19 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:01	Jane Mudau	Benoni	14 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:08:02	Ina Lagerwall	Pretoria	04 May
	1:55:20A	Janette Schierz-Crusius	Somerset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	67:26	Sonja Laxton	Brakpan	28 Apr
21.1 km	1:47:15	Veronica van Niekerk	Wellington	01 May
25 km	2:47:55	Liz Schochot	Pretoria	04 May
	2:22:03A	Pam Rasmussen	Pinetown	27 Jan
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				

Juniors

10 km	36:47	Annie Bothma	Durban	19 May
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	31:42	Zola Pieterse (RSA) 1984		
15 km	64:11	Leigh Barrow	Ravensmead	27 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	92:55	Leigh Barrow	Cape Town	30 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

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