

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

On a rather quiet post-Comrades weekend one of South Africa's toughest shorter races, the New Balance Table Mountain 16 km, was held for the 37th time. The winners were Admire Rushika (ZIM) and Lenka Ramothello.

In the Eastern Cape the second EP cross-country league meeting was held in Port Elizabeth; the two longer races went to Rodney Prins and Deliwe Nyanga.

It may be quiet in South Africa, but international track action is hotting up. Mary Cain (USA) scored what is probably the greatest achievement of her already remarkable career – and she's just 17! – when she set a new world youth record of 15:45.46 for 5000 m at the Portland Track Festival in Oregon.

At the Diamond League Meeting in Rome André Olivier had another super run in the 800 m, finishing third in 1:44.37 behind Mohammed Aman's world lead of 1:43.61. Four days later at the FBK Games in Hengelo Oliver was second in 1:44.96 behind new star Pierre-Ambroise Bosse (FRA)

The Old Mutual Two Oceans Marathon has announced that it has decided to restructure its organisation and that Race Director Rowyn James has left the Two Oceans. James, a frequent contributor to *Distance Running Results*, was appointed in 2008.

Shortly after this announcement, it was also announced that the Comrades General Manager, Gary Boshoff, has resigned. Boshoff joined the Comrades Marathon Association in 2006; his resignation will come into effect on 1 September.

The distance for the Comrades given in last week's DRR (86.96 km) was the distance shown on the race website. According to the Comrades media office the correct distance was actually 86.86 km. It is not known how the discrepancy occurred.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * New Balance Table Mountain 16 km, Constantia
- * Steeple to Steeple 10 km, George
- * XC: EP League Meeting, Port Elizabeth

International highlights:

- * Oakley New York Mini 10 km, New York, USA
- * Great Ocean Road International "Marathon", Lorne, AUS

* Track: Gouden Spike, Alphen aan den Rijn, NED; Meeting International Mohammed VI d'Athlétisme, Rabat, MAR; NCAA Division I Outdoor Championships, Eugene, USA; FBK-Games, Hengelo, NED; Memorial Primo Nebiolo, Torino, ITA; Portland Track Festival at Lewis and Clark College, Portland, USA; Meeting National de Montbéliard, Montbéliard, FRA; Meeting de Montreuil (LNA), Montreuil-Sous-Bois, FRA; Golden Gala, Roma, ITA

ROAD RUNNING

New Balance Table Mountain 16 km (37th)

Constantia, 9 June

(Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 233.)

Note: Lenka Ramothello finished eighth overall. – Ed.

MEN

1	Admire	Rushika	ZIM/Nedbank	27	1:02:56
2	Dion	Middelkoop	VOB	43	1:03:43
3	Kanisiu	Mathias	Hout Bay	38	1:05:08
4	Damian	Will	Pinelands	27	1:05:45
5	Rupert	Becker	Fish Hoek	39	1:05:55
6	Colin	George	VOB	41	1:06:19
7	William	Ruijsch van Dugteren	AAC	40	1:09:39
8	Marco	De Freitas	Celtic	39	1:12:48
9	Karl	Westvig	RCS Gugs	42	1:12:56
10	Sean	Simpson	WPCC	30	1:14:49

WOMEN

1	Lenka	Ramothello	Celtic	23	1:10:07
2	Lee-Ann	Dawson	Temp	42	1:19:39
3	Leanne	Slack	VOB	22	1:25:33
4	Jacqueline	Metrowich	Temp	41	1:26:08
5	Miema	Murray	Orak	51	1:27:24
6	Barbara	Cole	Temp	39	1:29:57
7	Marie	Louw	NBMC	46	1:30:13
8	Bianca	Tait	Satori	37	1:31:00
9	Anna	Dubaniewicz	VOB	28	1:31:20
10	Lesyl	Potgieter	ATC	38	1:31:24

Steeple to Steeple 10 km

George, 1 June

(Finishers: 93)

Note: A sixth placing here for former track star Marius-Hugo Schlechter (who finished fourth in his age group in the 1500 m at the recent SA Masters T&F Championships). Marie Wolmarans was 12th overall. – Ed.

MEN

1	Lloyd	Bosman	Nedbank AC	25	33:02
2	Elfonzo	Pieterse	Nedbank AC	26	33:25
3	Jan	Isaks	Rainbow AC	28	33:57
4	Hermanus	Jonkerman	Nedbank AC	53	38:05
5	Anton	Chevalier	Nedbank AC	48	39:06
6	Marius-Hugo	Schlechter	Knysna Marathon Club	48	40:50
7	Arno	du Plessis	Outeniqua Harriers	38	41:28

8	Michael-Angelo	Gagiano	Outeniqua Harriers	30	41:56
9	Ashwill	Hendriks	Nedbank AC	21	42:09
10	Daniel	Stevens	Nedbank AC	25	43:05

WOMEN

1	Marie	Wolmarans	Nedbank AC	54	44:44
2	Marcelle	van Tonder	Nedbank AC	18	45:57
3	Johanna	Claassen	Nedbank AC	41	46:08
4	Elana	Buckley	Nedbank AC	37	47:11
5	Rol�ne	Looek		33	49:09
6	Charmaine	Lamprecht	Nedbank AC	29	49:20
7	Sunet	de Jager	Nedbank AC	42	49:23
8	Nerida	Lubbe	Hartenbos Drawwers	37	49:51
9	Margaret	von Zeil	Outeniqua Harriers	48	50:44
10	Annemarie	van der Westhuizen	Nedbank AC	53	51:42

CROSS-COUNTRY**EP League Meeting (2nd)**

Port Elizabeth, 8 June

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

SR. MEN (12 km)

1	Rodney	Prins	Maxed Elite AC EP	25	36:14
2	Zolani	Mabongo	Ikhamva AC	26	36:19
3	Melikhaya	Frans	Nedbank RC EP	21	36:47
4	Andre	Ketchem	Transnet Eng EP	29	36:53
5	Anele	Maliza	Nedbank RC EP	35	37:13
6	Mkhuseli	Nyongo	Absa NMMU AC	26	37:23
7	Bulelini	Niwa	PEAAC	27	38:03
8	Aphlyn	Taai	Transnet Eng EP	30	38:12
9	Vernon	Booyse	Absa NMMU AC	21	43:26
10	Jarryd	Cooke	Absa NMMU AC	19	45:22
11	Brendan	Dryden	Body Concept	44	50:38
12	Sisonke	Mabulu	Maxed Elite AC EP	31	52:08
13	Sameer	Agherdien	Malabar AC	38	58:22

SR. MEN

1	Mkhuseli	Nyongo	Absa NMMU AC	26	12:05
2	Sinathi	Matanga	Samkelwe S/S	22	12:09
3	Morne	Buis	Maxed Elite AC EP	20	12:39
4	Melikhaya	Frans	Nedbank RC EP	21	12:39
5	Bulelini	Niwa	PEAAC	27	12:44
6	Patrick	Made	Temp	32	12:54
7	Marinus	Johnson	Maxed Elite AC EP	27	13:22
8	Freddie	Jantjies	Maxed Elite AC EP	43	13:40
9	Sindile	Ngiyo	Malabar AC	17	14:00
10	Bradley	Sendrick	Gelvan AC	17	14:19
11	Jeandry	Deerling	Maxed Elite AC EP	20	14:43
12	Luciano	Roberts	Gelvan AC	17	16:41
13	Ayanda	Peter	Temp	34	24:40

VETERAN MEN (8 km)

1	Maxwell	Goodman	Malabar AC	40	25:43
2	Mpumelelo	Ndlumbini	Motherwell AC	41	27:53

3	John	Rafani	Nedbank RC EP	46	28:32
MASTER MEN (8 km)					
1	Michael	Bekapi	Charlo AC	51	28:14
2	Alfred	Spiers	Elite AC	53	29:30
3	Neil	De Meillon	Nedbank AC EP	50	30:28
G'MASTER MEN (6 km)					
1	Harry	Porthen	Albany R R	60	27:27
2	Graham	Channon	Achilles AAA	63	29:04
3	Bill	Emslie	Achilles AAA	61	29:14
U.19 (8 km)					
1	Ntandazo	Mngceke	Youth For Change AC	19	30:47
2	Masibulele	Heugh	Ikhamva AC	18	25:00
3	Thando	Ncipha	Malabar AC	19	26:46
U.17 (6 km)					
1	Adriaan	Gerwel	McCarthy H/S	17	19:19
2	Brendon	Effenaar	McCarthy H/S	17	19:19
3	Lanache	Du Plessis	Kuyasa S/S	17	23:12
SR. WOMEN (8 km)					
1	Deliwe	Nyanga	Nedbank RC EP	24	31:21
2	Thabisa	Mayedwa	Ikhamva AC	27	32:14
3	Liandre	Knoesen	Nedbank RC EP	34	33:19
4	Siphokazi	Matyana	Temp	31	54:05
5	Mishka	Jeftha	Temp	21	57:19
SR. WOMEN					
1	Ncumisa	James	Phindubuye H/S	12	15:30
2	Asanda	Solani	Nedbank RC EP	29	15:33
3	Phila	Henge	Temp	28	24:42
4	Thabitha	Peter	Temp	32	29:58
VETERAN WOMEN					
1	Paulette	McEwan	Achilles AAA	48	19:14
2	Antoinette	Heunis	Temp	48	24:00
U.21					
1	Annica	Coetzee	Absa NMMU AC	21	17:34
U.19 (6 km)					
1	Alicia	Du Toit	Victoria Girls H/S	18	18:08
2	Siphokazi	Nojoko	Motherwell AC	18	24:17
3	Kayla	Nell	Absa NMMU AC	19	24:56
U.17					
1	Jamie-Lee	Schlemmer	Absa NMMU AC	17	14:35
2	Lauren	Tyson	Victoria Girls H/S	17	18:19
3	Ann-Drieka	Karelse	Sunshine S/S	17	22:44

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.



Mamitu Daska after her victory in New York. [Jane Monti/ Race Results Weekly]

ROAD RUNNING

Oakley New York Mini 10 km (42nd)

New York, USA, 8 June
(Certified one-loop course, hilly)

1. Mamitu Daska, 29, Nike (ETH)	31:47	\$10,000
[15:54 / 15:53]		
2. Linet Masai, 23, Nike (KEN)	32:46	5,000
[15:54 / 16:53]		
3. Gemma Steel, 27, Asics (GBR)	32:59	3,500
[16:20 / 16:40]		
4. Mattie Suver, 25, Boulder RC/adidas	33:11	2,500 + 5,000a
5. Stephanie Rothstein Bruce, 29, Adidas	33:14	1,500 + 2,500a
6. Desiree Davila, 29, Hansons Brooks	33:22	1,250a

ULTRA/MOUNTAIN/TRAIL RUNNING

Great Ocean Road International "Marathon"

Lorne, AUS, 19 May
(Distance: 45 km)

MEN

1. Joel Chepkopol, KEN	2:27:50	AUD 3000	(2:20:08 at 42.195 km)
2. Philip Kigen, KEN	2:27:54	2000	(2:20:08)
3. James Kipkelwon, KEN	2:31:27	1000	(2:22:05)
... 9. Craig Mottram, AUS	2:49:12		(2:40:36)

TRACK

Gouden Spike (42nd)

(Golden Spike)
Alphen aan den Rijn, NED, 9 June

WOMEN

800:

1. Lovisa Lindh	SWE	2:05:34
2. Manon Kruiver	NED	2:06:86
3. Paula Habovstiakovo	SVK	2:07:45
4. Mandie Brandt	RSA	2:07:60

Meeting International Mohammed VI d'Athlétisme

(IAAF World Challenge)

Rabat, MAR, 9 June

MEN

800:

1. Mohammed Aman, ETH, 1:44.37
2. Duane Solomon, USA, 1:44.91
3. Anthony Chemut, KEN, 1:45.48

3000 s/chase:

1. Yoann Kowal, FRA, 8:12.53 PB
2. Hamid Ezzine, MAR, 8:13.27
3. Roba Gari, ETH, 8:14.39
Ruben Ramolefi, RSA, DNF

NCAA Division I Outdoor Championships

Eugene, USA, 5-8 June

MEN

800 (07):

- | | | |
|--------------------------|---------------|---------|
| 1. Elijah Greer | SR Oregon | 1:46.58 |
| 2. Casimir Loxsom | SR Penn State | 1:46.88 |
| 3. Brannon Kidder (1993) | FR Penn State | 1:47.51 |

Prelims (05):

Heat 3 -

- | | | |
|---------------------|---------------------------|-----------|
| 1. Elijah Greer | SR Oregon | 1:48.755Q |
| ... 4. David Mokone | JR Western Kentucky (RSA) | 1:50.38 |

1500 (08):

- | | | |
|------------------|--------------|---------|
| 1. Mac Fleet | JR Oregon | 3:50.25 |
| 2. Zach Perkins | SO Air Force | 3:50.39 |
| 3. Patrick Casey | SR Oklahoma | 3:50.60 |

5000 (08):

- | | | |
|------------------|--------------------------|----------|
| 1. Lawi Lalang | JR Arizona (KEN) | 13:35.19 |
| 2. Paul Chelimo | JR UNC-Greensboro (KEN) | 13:40.41 |
| 3. Diego Estrada | SR Northern Arizona(MEX) | 13:42.27 |

10000 (06):

- | | | |
|----------------|-------------------------|----------|
| 1. Lawi Lalang | JR Arizona (KEN) | 29:29.65 |
| 2. Paul Katam | JR UNC-Greensboro (KEN) | 29:41.27 |
| 3. Craig Lutz | SO Texas | 29:41.97 |

3000 s/chase (07):

- | | | |
|--------------------|--------------------|------------|
| 1. Anthony Rotich | SO UTEP (KEN) | 8:21.19 PB |
| 2. Henry Lelei | SR Texas A&M (KEN) | 8:23.16 PB |
| 3. Stanley Kebenei | SO Arkansas (KEN) | 8:24.45 PB |

WOMEN

800 (07):

- | | | |
|---------------------|--------------|------------|
| 1. Natoya Goule | JR LSU (JAM) | 2:00.06 PB |
| 2. Laura Roesler | JR Oregon | 2:00.98 PB |
| 3. Justine Fedronic | SR Stanford | 2:01.67 PB |

1500 (08):

- | | | |
|----------------------|-------------------------|---------|
| 1. Natalja Piliusina | JR Oklahoma State (LTU) | 4:13.25 |
| 2. Cory McGee | JR Florida | 4:13.94 |
| 3. Amanda Mergaert | SR Utah | 4:14.30 |

5000 (07):

- | | | |
|-----------------------|---------------------|----------|
| 1. Abbey D'Agostino | JR Dartmouth | 15:43.68 |
| 2. Betsy Saina | SR Iowa State (KEN) | 15:50.26 |
| 3. Jordan Hasay | SR Oregon | 15:50.78 |
| ... 13. Aisling Cuffe | SO Stanford | 16:16.37 |

10000 (05):

- | | | |
|-----------------------------|------------------------|-------------|
| 1. Betsy Saina | SR Iowa State (KEN) | 33:08.85 |
| 2. Aliphine Tuliamuk-Bolton | SR Wichita State (KEN) | 33:14.12 |
| 3. Emma Bates | SO Boise State | 33:37.13 PB |

3000 s/chase (08):

- | | | |
|--------------------|------------------|------------|
| 1. Emma Coburn | SR Colorado | 9:35.38 |
| 2. Colleen Quigley | SO Florida State | 9:38.23 PB |
| 3. Amber Henry | SR Weber State | 9:43.39 PB |

FBK-Games (31st)

(IAAF World Challenge Series)

Hengelo, NED, 8 June

MEN

800:

1. Pierre-Ambroise Bosse, FRA, 1:44.89
2. André Olivier, **RSA**, 1:44.96
3. Marcin Lewandowski, POL, 1:45.50
4. Michael Rimmer, GBR, 1:45.51
5. Robin Schembera, GER, 1:47.13
6. Alfred Kirwa Yego, KEN, 1:47.26
7. Nixon Chepseba, KEN, 1:47.93
8. Jackson Kivuva, KEN, 1:48.12

1500:

1. Silas Kiplagat, KEN, 3:35.69
2. Andreas Vojta, AUT, 3:36.36 PB
3. Mekonnen Gebremedhin, ETH, 3:36.85
4. Teshome Dirirsa, ETH, 3:36.98
5. Vincent Kibet, ITA, 3:37.04 PB
6. Geoffrey Barusei, KEN, 3:37.13
7. Juan van Deventer, **RSA**, 3:37.49
- Johan Cronje, **RSA**, DNF

5000:

1. Muktar Edris, ETH, 13:04.65
2. Augustine Choge, KEN, 13:05.31
3. Cyrus Rutto, KEN, 13:12.91 PB
4. Berhanu Legesse, ETH, 13:15.32 PB
5. Phillip Kipyeko, UGA, 13:16.92 PB
6. Yitayal Atnafu, ETH, 13:20.24
7. Abrar Osman, ERI, 13:20.79
8. Tsegay Tuemay, ERI, 13:21.37 PB
9. Stephen Mokoka, **RSA**, 13:28.88

WOMEN

800:

1. Abeba Aregawi, SWE, 1:59.20 NR
2. Maryna Arzamasava, BLR, 2:00.58
3. Hannah England, GBR, 2:01.42

Memorial Primo Nebiolo (14th)

Torino, ITA, 8 June

MEN

800:

1. Paul Renaudie, FRA, 1:47.41
2. Hamid Oualich, FRA, 1:47.99
3. Konstadinos Nakopoulos, GRA, 1:48.15
- ... 6. Rynhardt Van Rensburg, RSA, 1:48.77

Portland Track Festival at Lewis and Clark College

Portland, USA, 7-8 June

WOMEN

5000:

High Performance Section (08) -

- | | | |
|-----------------------|---------------------|---------------------|
| 1. Karolina Jarzynska | Unattached (POL) | 15:25.52 PB |
| 2. Treniere Moser | Nike Oregon Project | 15:35.96 |
| 3. Laura Thweatt | Boulder Track Club | 15:41.38 |
| 4. Tara Erdmann | Nike Oregon Project | 15:42.39 |
| 5. Kellyn Johnson | adidas McMillan | 15:44.78 |
| 6. Mary Cain (1996) | Unattached | 15:45.46 WYL/PB/HSR |

Meeting National de Montbéliard

Montbéliard, FRA, 6 June

WOMEN

800:

Race 1:

1. Alem Gereziner GEBREMARIAM, ETH, 2:03.03
2. Mantegbosh MELESE, ETH, 2:03.82
3. Selina BUCHEL, SUI, 2:04.81
- ... 8. Mandie BRANDT, RSA, 2:07.44

3000 s/chase:

1. Almaz AYANA, ETH, 9:27.49
2. Mekdes BEKELE, ETH, 9:46.19
3. Fabienne SCHLUMPF, SUI, 10:02.39
- ... 5. Nolene CONRAD, RSA, 10:07.24

Meeting de Montreuil (LNA)

Montreuil-Sous-Bois, FRA, 3 June

MEN

1500:

1. Abednego CHESEBE, KEN, 3:38.11

2. Andreas VOJTA, AUT, 3:38.28
3. Jamal HITRANE, MAR, 3:38.76
4. Johan CRONJE, RSA, 3:38.86

Golden Gala

(5th stop of 2013 IAAF Diamond League)

Roma, ITA, 2 June

MEN

800:

1. Mohammed Aman (1994), ETH, 1:43.61 WL
2. Pierre-Ambroise Bosse, FRA, 1:43.91 PB
3. André Olivier, RSA, 1:44.37
4. Giordano Benedetti, ITA, 1:44.67 PB
5. Job Koech Kinyor, KEN, 1:44.73
6. Adam Kszczot, POL, 1:44.76
7. Kevin López, ESP, 1:45.03
8. Duane Solomon, USA, 1:45.14
9. Asbel Kiprop, KEN, 1:45.54
10. Abraham Kipchirchir Rotich, KEN, 1:45.59

5000:

1. Yenew Alamirew, ETH, 12:54.95 WL
2. Hagos Gebrhiwet (1994), ETH, 12:55.73 WJL
3. Isiah Koech (1993), KEN, 12:58.85
4. John Kipkoech, KEN, 13:01.64
5. Edwin Soi, KEN, 13:02.54
6. Caleb Ndiku, KEN, 13:03.80 PB
7. Imane Merga, ETH, 13:09.17
8. Albert Rop (1994), KEN, 13:10.14
9. Yigrem Demelash (1994), ETH, 13:13.18
10. Geoffrey Kipkorir Kirui, KEN, 13:17.97

WOMEN

1500:

1. Abeba Aregawi, SWE, 4:00.23
2. Genzebe Dibaba, ETH, 4:01.62
3. Jenny Simpson, USA, 4:02.30
4. Hannah England, GBR, 4:03.91
5. Siham Hilali, MAR, 4:04.30
6. Mimi Belete, BRN, 4:04.81
7. Faith Kipyegon (1994), KEN, 4:05.31
8. Elena Soboleva, RUS, 4:05.34
9. Viola Kibiwot, KEN, 4:05.35
10. Lisa Dobriskey, GBR, 4:05.79

3000 s/chase:

1. Milcah Chemos Cheywa, KEN, 9:16.14
2. Lydia Chepkurui, KEN, 9:18.10
3. Sofia Assefa, ETH, 9:21.24
4. Hiwot Ayalew, ETH, 9:22.76
5. Etenesh Diro, ETH, 9:22.87
6. Lydia Chebet Rotich, KEN, 9:33.55
7. Salima El Ouali Alami, MAR, 9:35.88
8. Antje Möldner-Schmidt, GER, 9:36.22
9. Gladys Jerotich Kipkemoi, KEN, 9:37.60

10. Eilish McColgan, GBR, 9:41.50

BACKGROUND

The return to form by Morgan Uceny, the world's top 1500-metre runner in 2011, after her disastrous fall in the Olympic final, is a wonderful example of perseverance and overcoming odds. This story was written for the IAAF.

UCENY NOT THROUGH YET

Two of the current stars of US athletics are 1500 m runners: Jenny Simpson, showing the form that brought her IAAF World Championships gold in 2011, and Mary Cain, a precocious 17-year-old who set an American junior record of 4:04.62.

Perhaps forgotten is that nine months ago, someone else was on the verge of becoming the first US woman to win an Olympic medal at 1500 m: Morgan Uceny.

"I even thought to myself, 'I AM getting a medal'," she wrote on her Facebook page.

As she approached the bell lap in London, Uceny was within 60 seconds of achieving a lifelong goal. She was in striking position, just off the rail, near the front, unimpeded, running freely.

Instead, calamity ended all that. She was tripped from behind and fell. As runners sped away, she knelt on the track, head down, sobbing. She remained there well past the end of the race.



The scene of Uceny alone in despair was reminiscent of another American, Mary Decker, who tripped and fell into the grass infield during the 3000 m final at the 1984 Los Angeles Olympics.

Yet it is not disappointment that Uceny has found herself trying to overcome. It is injuries from that spill.

She opened her season in April with times of 2:05.50 for 800 m and 4:17.71 for 1500 m a week later at the Drake Relays. She later improved on that significantly at the adidas Grand Prix in New York, clocking 4:08.49.

In an e-mail she said she was "fine" with the 800 m because she hadn't raced since the Olympics and had done little speed endurance training.

"Drake, on the other hand, was a different experience," she said. "I have a few health issues that I was recently confronted with, so I'm focusing on getting healthy so that I can train and compete at a normal level."

"Normal" for Uceny has been of the highest level. She had the world's fastest time (4:00.06) in 2011 and was the Diamond Race winner – after a fall at the World Championships – and has won the past two US titles.

Yet little has been normal since the Olympics. She has coped with pain, scorn and relocation. Her training base moved from California to Loughborough, Great Britain, where her coach, Terrence Mahon, took a position with UK Athletics.

Physical scars as well as mental

Friends, family and other athletes consoled Uceny in London. Among those hugging her was sprinter Darvis Patton, who was involved in 4x100 m relay disqualifications at the 2008 Olympics and 2009 and 2011 World Championships.

"I know everything that you're going through," Patton told her.

Uceny received fan mail from as far away as Germany. However, she was savaged on internet message boards by those who thought she should have picked herself up and finished the race.

"Initially it was frustrating because I didn't feel that I could express my emotions in a way people could understand," she said. "When I fell, I didn't make a conscious decision to lie on the track and sob uncontrollably. I couldn't think, I couldn't move. I could only feel the heartache of a life-time dream taken in an instant."

Also taken was the rest of the season. Her hips, spine and shoulders were misaligned, and her hip and shoulder were badly cut. She was already suffering from chronic foot soreness that had plagued her since the US Trials.

Pain became so severe that she was hospitalised and put on medication. On a visit to her hometown of Plymouth, Indiana, she was hobbling as if crippled – a scene that distressed her mother.

"It was a long, gruesome recovery," Brenda Uceny said.

No stranger to hard work

Discipline and work ethic were not lacking in Uceny. She was raised with those virtues.

She once hauled mortar and bricks for her father, a bricklayer, and earned money during college breaks by washing school buses. She shovelled manure of cattle and goats that she entered in livestock contests.

Thus she didn't complain about adjusting to what she called "less than ideal weather" in Britain. In January, she travelled with her training group to Iten, Kenya, to run at a high-altitude camp (2400 m).

Terrain featured hills, rocky dirt roads and forest paths. It was an environment with no distractions: a room with a bed, a desk and adjoining bathroom, and meals eaten in a common dining hall. It was "a positive experience", Uceny said.

"I think we will continue to train in various locations. It's all about finding the most ideal training location for that time of season."

Uceny, 28, showed talent as a teenager but was no Mary Cain. Basketball, not track, was her sport of choice. Her high school track coach, Roy Bengé, said his primary goal was to keep her interested in the sport. His dilemma was in what event. She was the team's fastest at every distance from 200 m to 2 miles.

"I could never find the bottom of Morgan's gas tank," Bengé said. "Her resting heart rate was just phenomenal."

The coach tried to persuade Uceny that her best event would be the mile. He was prescient. She was resistant.

"You would have thought I was asking her to run the marathon," Bengé said.

Collegiate success on and off the track

After graduating in the top 5% of her high school class, she opted for the Ivy League and Cornell. She said it was an honour for her and her parents, neither of whom attended college.

Yet she ran poorly in her first college season. Cornell coach Lou Duesing was baffled. Uceny was embarrassed. She said she drank too much and gained 10 pounds.

"That really changed me as a person because that's not who I was," she said. "After the next summer, I came back an entirely different person."

In Uceny's final year of college, two crossroads redirected her future. The first came when Duesing, in order to alter the routine, entered her in a 1500 m at the Eastern College Athletic Conference meeting. Unlike high school, Uceny enthusiastically responded – and won. The second came at the 2007 US Championships in Indianapolis, where she was unexpectedly fourth in the 800 m in 2:01.75.



"One of the things that she struggled with in college, that she's done a great job with since, is confidence," Duesing said. "Even though she had run fast times, she would get to the NCAA meet or something like that and just start to doubt herself a little bit."

She has continued to climb since college. She finished fourth at the 2008 US Olympic Trials in the 1500 m – one spot from Beijing. She has thrived under the direction of Mahon, whose multiple Olympians have included 2004 marathon bronze medallist Deena Kastor.

Uceny has repeatedly stated that falling in Daegu and London won't define her. She made no identifiable tactical error at the Olympics. She is not finished with the 1500 m.

"The goal this year is to make the team and compete for a medal in Moscow," she said. "In 2014, I am looking forward to having an 'off' year and just experimenting with training and racing; hopefully chase some fast times in various events."

STATS TIME

This week we include a list of the top ten women 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 WOMEN

2:31:26	Irvette van Zyl	10	London	21 Apr
2:37:15A	René Kalmer	17	Boston	15 Apr
2:46:13	Cornelia Joubert	1	Oudtshoorn	03 Feb
2:47:25	Kim Laxton	2	Oudtshoorn	03 Feb
2:48:21	Charné Bosman	1	Johannesburg	10 Feb
2:48:35	Melanie van Rooyen	3	Oudtshoorn	03 Feb
2:49:38	Suzette Botha	4	Oudtshoorn	03 Feb
2:50:01	Poppy Mlambo	11	Mumbai	20 Jan
2:52:55	Michelle Williams	1	Eldorado Park	24 Feb
2:53:25	Mpho Mabuza	2	Johannesburg	10 Feb

THIS MONTH IN HISTORY

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

18 years ago: 8 June 1995

During the nineties not many South African women could boast a place above Elana Meyer on an annual performance list for any distance over 1500 metres. One such performance came on this day when Gwen Griffiths set a personal best of 8:44.64 for 3000 m at the Golden Gala Meeting in Rome. She finished second to Olga Churbanova's 8:41.42 and even today her time places her third on the SA all-time list behind Meyer's 8:32.00 and Zola Pieterse's 8:35.72, both run in the same race in 1991. Griffiths (now Van Lingen) has another distinction that is unique among SA athletes: she is the only one who won the SA Marathon (or the Two Oceans, for that matter) and ran in a 1500-metre final at the Olympic Games.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
21.1 km	43:38	Ben True (USA)		30 Mar
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	63:36	Stephen Mokoka	Cape Town	04 May
	58:54	Geoffrey Kipsang (KEN)		
30 km	58:23	Zersenay Tadese (ERI) 2010		06 Jan
	78:45	Lucky Mohale	Pretoria	
Marathon	71:50	Sammy Kosgei (KEN) 2010		05 May
	71:18p	Dennis Kipruto Kimetto (KEN)		
100 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:34:17	Joseph Sweeney (IRL)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		05 May
	2:08:32	Lusapho April	Hannover	
100 km	2:04:45	Lelisa Desisa (ETH)		06 Jan
	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	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:10	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:25	Elias Mabane	Pretoria	04 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

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

Marathon	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb]
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	29:06	Namakoe Nkhasi	Durban	19 May
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	74:27	Timothy Munzhelele	Cape Town	30 Mar
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	33:23	Mapaseka Makhanya	Cape Town	17 Mar
	31:40	Joyce Chepkirui (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:11	René Kalmer	Germiston	07 Apr
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	36:47	Annie Bothma	Durban	19 May
	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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