

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

SA marathon champion Cornelia Joubert scored her first international marathon win this weekend when she smashed her personal best with a time of 2:39:37 in the Orange International Marathon in Mauritius. Joubert has run only one previous marathon – when she took the national title earlier this year in 2:46:13. She has now improved by almost seven minutes to move into 18th place on the SA all-time list.

Mpho Mabuza was third in 2:48:22, while Anthony Godongwana took the same position in the men's race in 2:20:55. Incidentally, the first three men are all called Anthony!

How fast can Mapaseka Makhanya go? The SA 1500- and 5000-metre champion scored a huge personal best in yesterday's Spar Grand Prix 10 km in Durban, running a list leader of 32:49 to beat Rutendo Nyahora (ZIM) by a whopping margin of more than a minute. Nyahora won the first two Spar races, in Cape Town and Port Elizabeth, but here she had no answer to Makhanya's speed. Makhanya's previous PB of 33:23 came in the Cape Town race. She said her focus is still mainly on track running, but she certainly can improve considerably on the road.

René Kalmer, in her first race since sustaining an injury in the Boston Marathon, finished fourth, one place behind sister Christine. Myrette Filmalter also scored a PB in sixth with her 35:01, while marathoner Irvette van Zyl was eleventh.

The weekend's other list leader also came from a woman when 17-year-old Annie Bothma won the Eersterivier 15 km by more than 5 minutes in 56:41.

No confirmation has been received from Athletics South Africa, but *Distance Running Results* learned today that the SA Half-marathon Championships, scheduled for Witbank on 20 July, have been cancelled. No reason for this unfortunate decision is known.

At the US Track & Field Championships in Des Moines Bernard Lagat won his sixth 5000 m title in the slowest time in 61 years (14:54.16 – the women's race was won in 15:33.77!). Lagat ran the final mile in approximately 3:55; he and Galen Rupp clinched world team



Durban Spar winner Mapaseka Makhanya is flanked by Rutendo Nyahora (left) and Christine Kalmer.
[Reg Caldecott]



Treniere Moser wins a slow 1500 m at the US Championships from junior Mary Cain. [David Monti]

berths. In the 10000 m Olympic silver medallist Rupp won his fifth straight title in a slow, tactical race which was broken up by his training partner, Dathan Ritzenhein. In the women's 800 m Alysia Montano (1:58.67) won her fifth national title, leading from gun to tape. Brenda Martinez held back, and closed hard to nearly catch Montano, while junior Ajee' Wilson set a big PB to get third (1:59.55, her first sub-2:00 performance). Both Martinez and Wilson made their first World Championships team. In the 1500 m Mary Cain shot to the lead at the bell, and nearly ran away with the race. She was caught by training partner Treniere Moser inside of the final 20 meters and Moser (4:28.62) won her fourth USA 1500 title in the slowest time of these championships since 1968. Cain (4:28.76) became the youngest-ever athlete to make a USA national team for a World Championships.

Distance Running Results received the results of the Interprovincial Cross-country meeting in

Rustenburg on 8 June, but the distances were so far short of the advertised distances (evident from the times recorded) that it was decided not to publish the results. The first three men in the "8 km" were Albert Ntsoane (province unknown), Sampie Moksatla (AVT) and Edward Setshedi (AGN); the first three women in the "4 km" were Leilani Scheffer (NWN), Liza Maritz (AGN) and Anita O'Brien (NWN).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Durban
- * Powerade Sardine Half Marathon, Uvongo
- * Eersterivier 15 km, Eersterivier
- * @ Health Winter Warmer Half Marathon & 10 km, Centurion
- * Garden Route Mall 10 km, George
- * XC: EP League Meeting, Port Elizabeth

International highlights:

- * Orange International Marathon, Mon Choisy, MRI
 - * B.A.A. 10 km, Boston, USA
 - * Grandma's Marathon & Garry Bjorklund Half Marathon, Duluth, USA
 - * Track: USA Athletics Championships, Des Moines, USA; USA Junior Championships, Des Moines, USA; European Athletics Team Championships, Gateshead, GBR; Villa de Bilbao Meeting, Bilbao, ESP
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ROAD RUNNING

Spar Grand Prix Series

Durban, 23 June

(Distance: 10 km; certified loop course.)

1. Mapaseka Makhanya 32:49
2. Rutendo Nyahora (ZIM) 33:55
3. Christine Kalmer 34:13

4. René Kalmer 34:37
5. Peres Jepchirchir (KEN) 34:40
6. Myrette Filmalter 35:01
7. Lebo Phalula 35:15
8. Lineo Chaka (LES) 35:25
9. Tabitha Tsatsa (ZIM), 40, 35:41 (1st vet)
10. Jenna Challenor 35:47
11. Irvette van Zyl 35:50
12. Frehiwot Bifa (ETH) 36:12 (1st jun)
13. Nolene Conrad 36:14
14. Tanith Maxwell 36:22
15. Poppy Mlambo 36:42
16. Aurolia Rutto (KEN) 36:44
17. Fortunate Chidzivo (ZIM) 36:45
18. Annah Moeketsi 36:48
19. Bulelwa Simae 37:13
20. Catherine Skosana 37:27
21. Nicole van der Merwe 37:29
22. Janene Carey 37:30
23. Thozama April 37:45
24. Thembi Baloyi 37:53
25. Patience Khumalo 38:29

40-49:

1. Tabitha Tsatsa (ZIM) 35:42; 2. Janene Carey 37:30; 3. Shani Silver 39:32.

50-59:

1. Grace de Oliveira 41:04; Janine Engela 45:50; 3. Karen Bargate 46:54

60+:

1. Lien Botha 47:56; 2. Sandra Fisser 48:38; 3. Pat Fisher 52:11

Juniors:

1. Frehiwot Bifa (ETH) 36:12; 2. Nicole van der Merwe 37:29; 3. Nomcebo Mtshali 39:21

Powerade Sardine Half Marathon

Uvongo, 23 June

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

Note: A first grandmaster position here for former Comrades champion and record holder Piet Vorster. – Ed.

MEN

- | | | | |
|----|------------------|---------------|-------|
| 1. | Mfunekho Fadane | Lusikisiki AC | 68:12 |
| 2. | Michael Mzobe | SCS | 68:12 |
| 3. | Aphelele Fanekho | Nedbank AC | 73:28 |

40-49:

- | | | | |
|----|-------------|-------------|-------|
| 1. | Bheki Ntoko | Transnet AC | 85:30 |
|----|-------------|-------------|-------|

50-59:

- | | | | |
|----|------------------|----------|-------|
| 1. | Willie Majombozi | Boxer AC | 87:23 |
|----|------------------|----------|-------|

60+:

- | | | | |
|----|--------------|------|-------|
| 1. | Piet Vorster | PDAC | 94:13 |
|----|--------------|------|-------|

WOMEN

- | | | | |
|----|------------------|-------------|-------|
| 1. | Nonsekelo Mbambo | Natal Carb | 96:11 |
| 2. | Zovuyo Npathawa | Boxer AC | 99:35 |
| 3. | Laura Kemp | Mtunzini AC | 99:51 |

40-49:

1. Claire Gatoney DHSOB 103:06

50-59:

1. Elize Cilliers Savages AC 105:15

60+:

1. Gill Tregenna West AC 127:03

Eersterivier 15 km

Eersterivier, 22 June

(Certified out-and-back course. Finishers: 878.)

MEN

1. Sityhilo Diko (Ned) 47:01
2. Unathi Nteta (AAC) 47:07
3. Peter Tsawayo (ZIM/Gugs) 47:12
4. Barry-John Pienaar (Tyger) 47:47
5. Tsungai Mwanengeni (NBMC) 47:50

Veterans: 1. Graham Katzen (Itheke) 48:57; 2. Xolile Macanda (Gugs) 50:31; 3. Dion Middelkoop (VOB) 53:10. **Masters:** 1. Eric Coetzee (CPUT) 52:40; 2. Roston Isaacs (Ned) 55:49; 3. Ludwig Lillie (Durb) 59:08. **G'masters:** 1. Albert Williams (Top) 66:17; 2. Niel Ebing (WPCC) 68:35; 3. Jimmy Adonis (Gugs) 78:01. **G/g'masters:** 1. Carl Hendricks (Brack) 79:33; 2. Yusuf Gamielien (Itheke) 87:55; 3. Caspar Greeff (AAC) 88:56. **Juniors:** 1. Sive Nugubo (Ned Bol) 49:55; 2. Babalo Hambani (Itheke) 50:28; 3. Lwando Makhazi (Ommie) 51:35.

WOMEN

1. Annie Bothma (Held) 56:41 (1st jun)
2. Sandra van Graan (Edge) 62:04 (1st vet)
3. Busisiwe Matiwane (Celtic) 62:29
4. Mariëtte Strauss (Tyger) 63:08 (1st mast)
5. Sheryl de Lange (NBMC) 63:21

Veterans: 1. Sandra van Graan (Edge) 62:04; 2. Sheryl de Lange (NBMC) 63:21; 3. Ronel Steenkamp (Durb) 66:04. **Masters:** 1. Mariëtte Strauss (Tyger) 63:08; 2. Olga Howard (Celtic) 68:35; 3. Lorraine Rogers (Durb) 72:56. **G'masters:** 1. Helen du Plessis (Tyger) 75:26; 2. Pixie Spage (Celtic) 79:57; 3. Lynn Wood (NBMC) 81:53. **G/g'masters:** 1. Christine Williams (VOB) 1:39:42; 2. Annatjie Berntzen (Tyger) 1:44:58. **Juniors:** 1. Annie Bothma (Held) 56:41; 2. Nabeelah Orrie (Itheke) 1:42:20; 3. Marita Steenkamp (Ned) 1:59:03.

@ Health Winter Warmer Half Marathon & 10 km

Centurion, 17 June

(Distances: 21.1 km & 10 km. Finishers: half marathon – 540; 10 km – 750.)

Half marathon**MEN**

1. Steve Ngqolo (Transnet) 73:32; 2. Sikhubuzo Seme (Tuks) 73:33; 3. Samuel Ongaki (KEN/Nedbank) 75:20.

Veterans: 1. Elias Mabane (Nedbank) 82:13. **Masters:** 1. Anton Groenewald 97:33. **G'masters:** 1. John Woodnutt (Morningside) 94:17. **G/g'masters:** 1. Patrick Mafilika (Nedbank) 1:55:41.

WOMEN

1 Julie Sotcher (Rockies) 93:22 (1st vet); 2 Belinda Waghorn (Toyota) 95:37; 3 Marie Kroukamp (Running Inn) 1:41:03.

Veterans: 1 Julie Sotcher (Rockies) 93:22. **Masters:** 1 Ansa Strydom (Overkruin) 1:44:45. **G'masters:** 1 Kim Roberts (Kudus) 2:15:25. **G/g'masters:** 1 Mavis Stadler (Agape) 2:20:57.

10 km

MEN

1 Altus Badenhorst (Nedbank) 31:50; 2 Theodore Nothling (Pukke) 34:41; 3 Arend Stofberg (Affies) 36:19 (1st jun).

Veterans: 1 Fanie van Vuuren (Centurion) 40:50. **Masters:** 1 Mauritz Kollmeyer (GN Masters) 44:52. **G'masters:** 1 Machiel v. Niekerk (Magnolia) 43:12. **G/g'masters:** 1 Willem de Villiers (Tuks) 61:42. **Juniors:** 1 Arend Stofberg (Affies) 36:19.

WOMEN

1 Michelle Redelinghuys (ACRW) 40:14 (1st jun); 2 Ansie Breytenbach (Irene) 44:46 (1st vet); 3 Marelise Vermaak (Temp) 46:27.

Veterans: 1 Ansie Breytenbach (Irene) 44:46. **Masters:** 1 Riëtte v.d. Merwe (Nedbank) 48:19. **G'masters:** 1 Rina Pretorius (SABS) 60:11. **Juniors:** 1 Michelle Redelinghuys (ACRW) 40:14.

Garden Route Mall 10 km

George, 9 (?) June
(Loop course. Finishers: 249.)

Note: This race was probably on Saturday, 8 June. There was a huge increase in finishers – 57% more than last year! Note the victory by Zola Pieterse, with daughter Lisa in third place and first junior, just missing a sub-40 time. – Ed.

MEN

1	Elfonzo Pieterse	Nedbank	24	31:51
2	Julius Korkee	Mossel Bay Harriers	28	32:20
3	Thulani Femele	Temp	26	33:49
4	John April	RWFL	24	33:52
5	Vuyo Witbooi	Outeniqua Harriers	37	34:45
6	Principal Fana	Mossel Bay Harriers	44	34:53
7	Melikhaya Msizi	Knysna	29	34:59
8	Siyabonga Madala	Nedbank	27	35:47
9	Sydney Landsberg	Nedbank	51	35:52
10	Tasko Mtsuthwana	Sedgefield Striders	32	36:22

WOMEN

1	Zola Pieterse	The Unlimited	47	37:54
2	Melissa van Rensburg	Nedbank	31	39:06
3	Lisa Pieterse	Temp	17	40:02
4	Elize Kloppers	Hartenbos Drawwers	43	40:50
5	Kirsty Weir	Nedbank	35	41:02
6	Lana Theunissen	Nedbank	40	41:04
7	Liezl du Plooy	Ceres	37	41:47
8	Annatjie Botes	Nedbank	55	42:11
9	Chantel Nienaber	Nedbank	39	42:43
10	Kayla Nell	?	19	43:10

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	Siyabulela	Mtsha	EC Sport Academy	25	39:29
2	Mariano	Eesou	Absa NMMU AC	21	39:40
3	Zolani	Mabongo	Maxed Elite AC EP	26	40:16
4	Amos	Nyongo	Absa NMMU AC	26	40:32
5	Andre	Ketchem	Transnet Eng EP	29	40:50
6	Anele	Maliza	Nedbank AC EP	35	41:12
7	Aphlyn	Taai	Transnet Eng EP	30	41:53
8	Thanduxolo	Mpushe	SA Prof Develop	24	42:56
9	Ivan	Ambraal	Temp	24	43:33
10	Vernon	Booyse	Absa NMMU AC	21	44:25
11	Sifiso	Lugaju	EC Sport Academy	22	44:37
12	Kader	Abdulla	Malabar AC	36	46:44
13	Xolisa	Kula	Nkululeko S/S	23	47:25
14	Ndyedo	Qwakanisa	SAP M C EP	26	49:53
15	Lifa	Mapu	Lake Farm	27	56:40

SR. MEN

1	Amos	Nyongo	Absa NMMU AC	26	12:45
2	Sakhumzi	Matiso		19	12:51
3	Zolani	Mabongo	Maxed Elite AC EP	26	12:55
4	Sibusiso	Thu	Transnet Eng EP	27	13:05
5	Masibulele	Heugh	Ikhamva AC	18	13:15
6	Sindile	Ngiyo	Malabar AC	18	14:30
7	Luciano	Roberts	Gelvan AC	17	17:56

VETERAN MEN (8 km)

1	Maxwell	Goodman	Malabar AC	40	28:05
2	Freddie	Jantjies	Maxed Elite AC EP	44	29:26
3	Luvuyo	Stephen	Nedbank RC EP	43	29:42

MASTER MEN (8 km)

1	Alfred	Spiers	Elite AC	53	31:29
2	Bennie	Stadler	Achilles AAA	50	31:29
3	Kenneth	Menze	Nedbank RC EP	51	32:07

G'MASTER MEN (6 km)

1	Harry	Porthen	Albany RR	60	30:55
2	Bill	Emslie	Achilles AAA	61	34:07
3	Tom	D'Arcy	Achilles AAA	67	34:07

U.23

1	Mariano	Eesou	Absa NMMU AC	21	12:46
2	Sinathi	Mafanga	EC Sport Academy	22	12:59
3	Vernon	Booyse	Absa NMMU AC	21	14:00

U.21

1	Morne	Buis	Maxed Elite AC EP	20	13:19
2	Luyolo	Dyubhele	Absa NMMU AC	20	13:49
3	Zusiphe	Mpiyakhe	Palmerton H/S	19	14:27

U.19 (8 km)

1	Masibulele	Heugh	Ikhamva AC	18	27:10
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2	Thando	Ncipha	Motherwell H/S	19	28:48
3	Sindile	Ngiyo	Malabar AC	18	30:41
U.17 (6 km)					
1	Adriaan	Gerwel	McCarthy H/S	17	20:35
2	Brendon	Effenaar	McCarthy H/S	17	20:38
3	Siyabonga	Kahla	Youth For Change AC	16	21:40

SR. WOMEN (8 km)

1	Ntombesintu	Mfunzi	Bonitas AC	31	32:29
2	Jamie-Lee	Schlemmer	Absa NMMU AC	17	33:32
3	Deliwe	Nyanga	Nedbank AC EP	24	34:58
4	Liandre	Knoesen	Nedbank RC EP	34	35:53
5	Fredah	Ncube	Absa NMMU AC	31	36:29
6	Asanda	Solani	Nedbank RC EP	30	37:05
7	Candice	Pitsiladi	Achilles AAA	34	41:20

SR. WOMEN

1	Monkululeko	Mbane		23	19:18
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VETERAN WOMEN

1	Jene	Banfield	Run For Life EP	42	16:34
2	Christine	Claasen	Achilles AAA	48	17:31
3	Grizelda	Pietersen	Achilles AAA	44	18:17

MASTER WOMEN

1	Cathy	Ives	Achilles AAA	58	24:03
2	Dianne	Hartzenberg	Nedbank RC EP	54	31:28

U.23

1	Vuyokazi	Gebe	EC Sport Academy	22	15:24
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U.21

1	Thabisa	Sirayi	EC Sport Academy	20	14:50
2	Annica	Coetzee	Absa NMMU AC	21	18:22
3	Monique	Jordaan	Absa NMMU AC	21	19:14

U.19 (6 km)

1	Vuyiseka	Nkumenge	EC Sport Academy	18	23:56
2	Khonzoni	Gwegna	EC Sport Academy	19	23:58
3	Nocawe	Mdingazwe	EC Sport Academy	18	25:23

U.17

1	Emihle	Cutwana	EC Sport Academy	17	17:43
2	Siphokuhle	Nondlwana	Kuyasa S/S	17	26:15
3	Nicole	Hendricks	Sunshine S/S	17	30:30

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**Orange International Marathon**

Mon Choisy, MRI, 23 June

(Distance: 42.195 km)

MEN

1	Anthony Ndungu	MUGO	KEN	2:17:33
2	Anthony Muthama	NZOMO	KEN	2:19:21
3	Anthony Mdibeni	GODONGWANA	RSA	2:20:55

4	Stephen Kimemia NJOGU	KEN	2:26:45
5	Victor Kiplagat KIGEN	KEN	2:31:40

WOMEN

1	Cornelia Petronella JOUBERT	RSA	2:39:37
2	Pauline Wanjiru MUCHIRI	KEN	2:47:07
3	Mpho Jenniefer MABUZA	RSA	2:48:22
4	Gladys Kwamboka ASIBA	KEN	2:49:16
5	Truphena Jepchumba KURUI	KEN	2:54:34

B.A.A. 10 km (3rd)

Boston, USA, 23 June
(Certified flat course)

MEN (gun times)

1.	Stephen Sambu, 24, KEN	28:06	\$5000
2.	Lelisa Desisa, 23, ETH	28:15	3000
3.	Daniel Salel, 22, KEN	28:30 PB	1500

WOMEN (gun times)

1.	Mamitu Daska, 29, ETH	31:44 PB	\$5000
2.	Kim Smith, 31, NZL	33:32	3000
3.	Millicent Kuria, 27, KEN	33:50	1500

Grandma's Marathon (37th) & Garry Bjorklund Half Marathon (23rd)

(USA Half-marathon Championships for men & women)

Duluth, USA, 22 June

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

Note: The men and women ran separate races in the half marathon. – Ed.

USA Half-marathon Championships (gun times)

MEN

1.	Mo Trafteh, 28, Duarte, CA	1:01:16.3	\$12,000 CR
2.	Meb Keflezighi, 38, San Diego, CA	1:01:22.0	8,000
3.	Shadrack Biwott, 28, Eugene, OR	1:02:24.0	5,000
4.	Tim Ritchie, 25, Brighton, MA	1:02:28.9 PB	4,000
5.	Josphat Boit, 29, Mammoth Lakes, CA	1:02:31.5 PB	3,000
6.	Abdi Abdirahman, 36, Tucson, AZ	1:02:56.6	2,000

WOMEN

1.	Adriana Nelson, 33, Boulder, CO	1:11:18.3	\$12,000
2.	Desiree Davila, 29, Washington Township, MI	1:11:25.3	8,000
3.	Kelly Brinkman, 32, Bloomington, MN	1:11:32.8 PB	5,000
4.	Stephanie Rothstein Bruce, 29, Flagstaff, AZ	1:11:37.5	4,000
5.	Mattie Suver, 25, Jelm, WY	1:11:55.2 PB	3,000

Marathon (gun times)

MEN

1.	Bazu Worku, 22, West Chester, PA (ETH)	2:11:14	\$10,000 + 2000i
2.	Ernest Kebenei, 28, Bayfield, CO (KEN)	2:11:46	7,500 + 2000i
3.	Eliud Ngetich, 19, Melrose, MA (KEN)	2:12:00	5,000 + 1500i

WOMEN

- | | | |
|--|-------------|--------------------|
| 1. Sarah Kiptoo, 23, Santa Fe, NM (KEN) | 2:26:32 CR* | \$10,000 + 10,000i |
| 2. Doreen Kitaka, 29, Coon Rapids, MN (KEN) | 2:30:21 | 7,500 + 2,500i |
| 3. Everlyne Lagat, 32, Albuquerque, NM (KEN) | 2:33:27 | 5,000 + 1,250i |

i) Earned time bonus

TRACK

USA Athletics Championships

Des Moines, USA, 20-23 June

MEN

800 (23):

1. Duane Solomon, Saucony, 1:43.27 WL
2. Nick Symmonds, Nike/Oregon TC Elite, 1:43.70
3. Brandon Johnson, Nike, 1:43.97 PB
4. Elijah Greer, Nike, 1:45.04
5. Tyler Mulder, Nike/Oregon TC Elite, 1:45.13

1500 (22):

1. Matthew Centrowitz, Nike 3:45.17 (51.04 last 400)
2. Leo Manzano, Unattached, 3:45.35 (51.07)
3. Lopez Lomong, Nike, 3:45.69 (51.34)
4. Matthew Elliott, Brooks, 3:45.85 (51.18)
5. William Leer, Nike, 3:45.95 (51.42)

5000 (23):

1. Bernard Lagat, Nike, 14:54.16 (54.22 last 400)
2. Galen Rupp, Nike, 14:54.91 (55.15)
3. Ryan Hill, Unattached, 14:55.16 (54.57)
4. Ben True, Saucony, 14:55.61
5. Andrew Bumbalough, Nike, 14:57.12

10000 (20):

1. Galen Rupp, Nike, 28:47.32 (last lap 60.98)
2. Dathan Ritzenhein, Nike, 28:49.66
3. Chris Derrick, Nike, 28:52.25
4. Ben True, Saucony, 29:07.26
5. Aaron Braun, adidas, 29:09.48
- ... 7. Matt Tegenkamp, Nike, 29:21.93

3000 s/chase (23):

1. Evan Jager, Nike, 8:20.67
2. Daniel Huling, Nike, 8:22.62
3. De'Sean Turner, New Balance, 8:25.56 PB
4. Andrew Poore, adidas, 8:26.82 PB
5. Donald Cowart, Unattached, 8:33.95

WOMEN

800 (23):

1. Alysia Montano, Asics, 1:58.67
2. Brenda Martinez, New Balance, 1:58.78
3. Ajee' Wilson (1994), adidas, 1:59.55 PB
4. Kate Grace, Oiselle/NJNYTC, 2:00.10 PB
5. Laura Roesler, Oregon, 2:00.23 PB



Alysia Montano wins the 800 m from Brenda Martinez, with Ajee' Wilson just missing Mary Cain's US junior record in third. [David Monti]

1500 (22):

1. Treniere Moser, Nike, 4:28.62 (last lap 57.45)
2. Mary Cain (1996), Unattached, 4:28.76 (57.86)
3. Cory McGee, University of Florida, 4:29.70 (58.88)
4. Shannon Rowbury, Nike, 4:30.09 (59.00)
5. Kerri Gallagher, Pacers/New Balance, 4:30.56 PB
- ... 8. Morgan Uceny, adidas, 4:31.32

5000 (23):

1. Jenny Simpson, New Balance, 15:33.77
2. Molly Huddle, Saucony, 15:35.45
3. Shannon Rowbury, Nike, 15:37.27
4. Kim Conley, New Balance/SRA Elite, 15:37.80
5. Chelsea Reilly, Unattached, 15:38.50
6. Abbey D'Agostino, Dartmouth College, 15:39.17

10000 (20):

1. Shalane Flanagan Nike/Oregon TC Elite 31:43.20
2. Jordan Hasay, Unattached, 32:17.34
3. Tara Erdmann, Nike, 32:24.16
4. Amy Hastings, Brooks, 32:31.28
5. Kara Goucher, Nike, 32:59.23
6. Emily Sisson, Unattached, 33:27.23

3000 s/chase (22):

1. Nicole Bush, New Balance/Furman Elite, 9:44.53
2. Ashley Higginson, Saucony, 9:46.25
3. Shalaya Kipp, University of Colorado, 9:46.83
4. Jamie Cheever, Brooks/Team USA Minnesota, 9:53.01
5. Nicol Traynor, Unattached, 9:57.56

USA Junior Championships

Des Moines, USA, 19-22 June

MEN

800 (21):

1. Nick Rivera, Texas Tech 1:49.55 PB
2. Marcus Dickson, Brigham Young University 1:49.63
3. Nick Hartle, UCLA 1:49.67

1500 (22):

1. Justin Brinkley, Stanford University 3:46.64
2. Craig Engels, North Carolina State 3:46.77
3. Samuel Praker, Versailles High School (Ohio) 3:46.93 PB

5000 (20):

1. Thomas Awad, Penn 15:00.67
2. Wesley Gallagher, Northeastern University 15:01.09 PB
3. Craig Nowak, Oklahoma State University 15:02.65 PB

10000 (21):

1. Matt McClintock, Purdue University 31:14.31
2. Daniel Lennon, Syracuse University 31:35.89 PB
3. Brandon Shemonia, Southern Illinois 32:15.99

3000 s/chase (20):

- | | |
|---------------------------------------|------------|
| 1. Tate Schienbein, Purdue University | 9:17.30 PB |
| 2. Brendan Smith, Penn | 9:20.10 |
| 3. Alec Olson, Boston U. | 9:29.85 |

WOMEN

800 (21):

- | | |
|--|------------|
| 1. Olicia Williams, Baylor | 2:06.35 |
| 2. Claudia Saunders, Stanford University | 2:06.46 PB |
| 3. Brittany Neeley, Unattached | 2:06.68 PB |

1500 (22):

- | | |
|---|---------|
| 1. Kelsey Margey, Villanova | 4:25.45 |
| 2. Rachel Stewart, Brigham Young University | 4:28.92 |
| 3. Megan Moye, North Carolina State | 4:30.19 |

3000 (20):

- | | |
|---|------------|
| 1. Christina Melian, Stony Brook University | 9:45.06 |
| 2. Anna Holdiman, Unattached | 9:48.23 PB |
| 3. Kristen Busch, Bradley University | 9:51.90 PB |

5000 (20):

- | | |
|------------------------------------|----------|
| 1. Emily Stites, William & Mary | 16:13.77 |
| 2. Megan Lacy, Stanford University | 17:01.38 |
| 3. Hannah Oneda, Johns Hopkins | 17:03.08 |

3000 s/chase (21):

- | | |
|---|-------------|
| 1. Brianna Nerud, Syracuse University | 10:15.67 |
| 2. Bethany Neeley, Unattached | 10:19.83 PB |
| 3. Madelin Talbert, Lipscomb University | 10:27.80 |

European Athletics Team Championships

Gateshead, GBR, 22-23 June

TEAMS - 1. RUS, 354.5 points; 2. GER, 347.5; 3. GBR, 338; 4. FRA, 310.5; 5. POL, 305.5; 6. UKR, 291.5; 7. ITA, 260.5; 8. ESP, 251; 9. TUR, 197.5; 10. BLR, 155.5; 11. GRE, 152; 12. NOR, 137.

MEN

5000 (22):

- | |
|---|
| 1. Mo FARAH, GBR, 14:10.00 (last lap 50.89) |
| 2. Bob TAHRI, FRA, 14:12.91 |
| 3. Kemal KOYUNCU, TUR, 14:14.18 |

WOMEN

5000 (23):

- | |
|---|
| 1. Olga GOLOVKINA, RUS, 15:32.45 SB |
| 2. Emelia GORECKA (1994), GBR, 15:40.52 |
| 3. Sabrina MOCKENHAUPT, GER, 15:40.94 |

Villa de Bilbao Meeting (13th)

Bilbao, ESP, 23 June

MEN

800:

Heat 1 -

- | | |
|--|---------|
| 1. Rynhardt van Rensburg, 1992, RSA | 1:47.68 |
| 2. Daniel Andujar Ponce, 1994, Playas de Castellon | 1:47.83 |
| 3. Wesley Vazquez, 1994, PUR | 1:47.89 |

1500:

Heat 1 -

- | | |
|--------------------------------|------------|
| 1. Geoffrey Rono, 1987, KEN | 3:40.04 |
| 2. James Kaan, 1990, AUS | 3:40.27 |
| 3. Federico Bruno, 1993, ARG | 3:40.67 PB |
| ... 6. Jerry Motsau, 1983, RSA | 3:41.46 |

NEWS**ASA FIGHTS BACK DESPITE SASCOC SUSPENSION**

One day before the SA Sports Confederation and Olympic Committee (SASCOC) suspended the membership of Athletics South Africa (ASA) yesterday, ASA members decided at a special meeting that an independent commission of enquiry would be appointed to investigate the actions of the suspended Board members.

These are the latest developments in the ongoing struggle for control of the sport. The ASA members (13 of the provincial and associate members attended the meeting) decided to reinstate the elected board and also that members should be free to resolve the body's problems internally, without outside interference.

In the meantime the IAAF has expressed its support for ASA President James Evans and the elected board. The commission of enquiry would also look into the still unproven allegations against Evans which led to the current situation.

In a circular to provinces SASCOC claims that ASA has contravened Clause 9.3 of its Articles of Association, i.e. that it may suspend any national federation that "engages in any misconduct, improper practices, misdemeanor, acts of defiance, or brings SASCOC into disrepute".

The letter, signed by CEO Tubby Reddy, states that SASCOC has done its "utmost best to restore order and sanity during the debacles" at ASA. SASCOC slams the IAAF because it "hampered" SASCOC's efforts, according to the letter.

Reddy states that SASCOC has approached the international body verbally, in writing and "via a meeting", but that the IAAF "does not recognise SASCOC as a sports authority in South Africa. The IAAF would rather support ASA, which has no leadership."

SASCOC warns that athletes will not be included in future teams to the Commonwealth Games, All Africa Games, Olympic Games, etc., as long as the suspension is in effect, and that SASCOC will give no further financial assistance to athletes.

Athletics can reapply for membership of SASCOC when ASA has "a duly democratically elected President and leadership".

MULAUDZI RETIRES

South Africa's top 800 m runner of recent years, Mbulaeni Mulaudzi, has announced his retirement and will be taking a job in construction and building development. He ran sub-1:45 for ten consecutive seasons, 2001-10, with a best of 1:42.89 in 2003. Highlights of a very distinguished career were a Commonwealth gold medal in 2002, World Indoor gold and Olympic silver in 2004 and winning the world title in 2009 after making the final in

2001, 2003 and 2007. He also won a World Indoor silver in 2006 and 2008. Mulaudzi was South Africa's Athlete of the Year in 2006 and 2009.

ZOLA AND NEWTON STEER KAROO ULTRA

Zola Pieterse, former double world cross-country champion, and her company Newton Running will be involved with one of South Africa's most venerable races, the Newton Karoo Marathon, this year. The race, together with a half marathon, 10 km and 5 km, will be held in Laingsburg on 21 September. It will be the 43rd running of the ultramarathon over 80 km.



Pieterse will be in action in the half marathon. She was entered for the recent Comrades Marathon, but withdrew shortly before the race because of flu.

Led by Choppie, die Karoo Dorper sheep mascot of Laingsburg Tourism, the town offers a week of festivities which will culminate in the ultramarathon. These include the Karoo Lamb Carcass competition and a braai on the Friday, the Miss Laingsburg beauty pageant, and another braai with the prize-giving function for the road races on the Saturday evening. All the athletes in the ultramarathon will receive a delicious free plate of Karoo lamb "braaivleis" with all the trimmings at the function.

The first Karoo ultramarathon, which is run partly on tar and partly on gravel, was held in 1971. Over the years a number of South Africa's best ultradistance runners have won the race – among them Gordon Baker, Graham Fraser, Leon Swanepoel, Deon Holzhausen, Sipiwe Gqele and Johan Oosthuizen.

More information about this year's event can be obtained from Petro Buys or Elize Fisher at 023 551-1019.

SPAR GRAND PRIX POINTS TABLE

The points table for the Spar Grand Prix Series after the third race in Durban is:

1	Mapaseka Makhanya	Transnet	67
2	Christene Kalmer	Nedbank CG	48
3=	Irvette van Zyl	Nedbank CG	40
3=	Myrette Filmalter	Nedbank GN	40
5=	Nolene Conrad	Nedbank CG	34
5=	Rene Kalmer	Nedbank CG	34
7=	Jenna Challenor	Boxer	33
7=	Diana-Lebo Phalula	Maxed Elite CG	33
9	Zintle Xiniwe	Maxed Elite WP	27
10	Poppy Mlambo	Boxer	24
11	Cornelia Joubert	Nedbank CG	17
12	Thozama April	Transnet	16
13	Tanith Maxwell	Boxer	15
14	Khanya Mateyisi	Khayelitsha	14
15=	Patience Khumalo	TUT GN	13
15=	Lineo Chaka	(LES)	13
17=	Annah Moeketsi	Transnet FS	11
17=	Catherine Skosana	Transnet	11
19=	Portia Ngwenya	Transnet	9
19=	Annie Bothma	Helderberg Harr	9

Veterans:

1	Janene Carey	Boxer	19
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2	Ronel Thomas	Boxer	6
3	Linley Holmes	Fish Hoek	4
Masters:			
1	Grace de Oliveira	Boxer	28
2	Annatjie Botes	Nedbank SWD	13
3	Mariëtjie Strauss	Tygerberg	10
G'masters:			
1	Sonja Laxton	RAC	10
2	Lien Botha	Toti	5
3=	Helen du Plessis	Tygerberg	4
3=	Liz Grundlingh	Muirite	4
3=	Sandra Fismer	Temp	4
Juniors:			
1	Annie Bothma	Helderberg Harr	20
2=	Ileana Dreyer	Itheko	4
2=	Jamie-Lee Schlemmer	NMMU	4
2=	Nicole van der Merwe	Temp	4

ETHIOPIA SELECTS BEKELE

Ethiopia's 10000-metre team for the World Championships in Moscow is Ibrahim Jeylan (wild card as defending champion), Kenenisa Bekele and Imane Merga. The one vacant spot will be awarded on the basis of fastest times this year. Currently Abera Kuma (27:13.10) is the front runner.

STATS TIME

This week we include a list of the top ten male veterans 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 VETERAN MEN

2:21:40	Hendrick Ramaala	1	Mumbai	20 Jan
2:29:22	Gert Thys	1	Gaborone	05 May
2:29:57	Petros Sosibo	1	Oudtshoorn	03 Feb
2:30:40	Piet Mosebedi	2	Oudtshoorn	03 Feb
2:31:20	Simon Peu	1	Vereeniging	03 Mar
2:31:14	Solly Madimetsa	2	Vereeniging	03 Mar
2:31:17	Richard Dlamini	3	Oudtshoorn	03 Feb
2:33:09	Simon Mphulanyane	1	Eldorado Park	24 Feb
2:33:17	Reginald Ngobese	2	Eldorado Park	24 Feb
2:34:30A	Graham Katzen	1	Simon's Town	17 Feb

THIS MONTH IN HISTORY

60 years ago: 13 June 1953

In the same way that 6 May 1954 will forever be associated with miling, so this date is the marathon's day, and it is the day when Jim Peters redeemed himself after dropping out of the previous year's Olympic Marathon (during which, it is said, eventual champion Emil Zatopek had asked Peters: "I know virtually nothing about marathon running, but don't you think we ought to go a little faster?"). Shortly after setting a personal best for 6 miles, Peters tackled the Polytechnic Marathon from Windsor to Chiswick and won by almost 8 minutes in 2:18:40.4 – the first *bona fide* sub-2:20 marathon in history. On a point-to-

point course that was actually 156 yards longer than 26 miles 385 yards, Peters ran 5-mile splits of 27:05, 25:35, 25:40 and 26:47 to 20 miles, followed by 33:33 for the last 6¼ miles. Just three months later he won the Enschede Marathon in 2:19:22, a new world best on an out-and-back course.

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
	27:32A	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
	58:41A	Bernard Koech (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	78:45	Lucky Mohale	Pretoria	04 May
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:29:31	Yuki Kawauchi (JPN)		
	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	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	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	17 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:46:22	Philemon Mailola	Pretoria	04 May
	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	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				

Grandmasters (60+)

10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	59:03	Clive Owen	Mamre	15 Jun
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	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		

WOMENOpen

10 km	32:49	Mapaseka Makhanya	Durban	23 Jun
	30:49	Tirunesh Dibaba (ETH)		
	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
	1:21:35	Lucy Kabuu (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:43:46	Yuko Mizuguchi (JPN)		
	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
	31:42	Zola Pieterse (RSA) 1984		
15 km	56:41	Annie Bothma	Eersterivier	22 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	92:55	Leigh Barrow	Cape Town	30 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Kevin Harlock, Alen Hattingh, André Pienaar, Derrick Chamberlain, James Evans, SWD Athletics, Athletics Mpumalanga

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293

Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za