

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

The highlights of the weekend on the local scene came in two coastal half marathons: in the 35th Moffett on Main Heartbreak Hill Half Marathon in Port Elizabeth junior Masibulele Heugh finished fourth and set a list leader of 70:17, while in the Mondi Richards Bay race, which was also the KZN Championships, junior Slindile Chili, like Heugh, ran a list leader of 86:01 (Tanith Maxwell won in 79:58) – but see the note about the length of the course with the results.

In another of South Africa's long-running shorter-distance races, the 33rd Fine Food and Wine Spar Spookhill 15 km, Lindikhaya Mthangayi beat last year's winner, Sityhilo Diko, in 48:51, with Nomvuyisi Seti taking the women's race in 59:48.

Internationally, André Olivier ran an excellent tactical race in the Diamond League meeting in Birmingham to finish second to Mohammad Aman in 1:45.64; three days before, in the Golden Spike meeting in Ostrava, he had run 1:44.45 behind Aman's 1:43.78. In the same meeting Tirunesh Dibaba set a world lead of 30:26.67 – which was beaten on the same day in Sollentuna by Meseret Defar's 30:08.06!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mondi Richards Bay Half Marathon & 10 km, Richards Bay
- * Fine Food and Wine Spar Spookhill 15 km, Somerset West
- * Moffett on Main Heartbreak Hill Half Marathon, Port Elizabeth
- * Epilepsy 10 km, Knysna
- * XC: Mpumalanga League Meeting, Belfast

International highlights:

- * Univé Stadsloop Appingedam, Appingedam, NED
 - * Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA
 - * Track: Sainsbury's Birmingham Grand Prix, Birmingham, GBR; Meeting International EAP de Nivelles, Nivelles, BEL; Hokuren Distance Challenge – Fukagawa, Fukagawa, JPN; Zlata Tetra - Golden Spike, Ostrava, CZE; Sollentuna Grand Prix, Sollentuna, SWE
-

ROAD RUNNING

Mondi Richards Bay Half Marathon & 10 km

(KZN Half-marathon Championships)

Richards Bay, 30 June

(Distances: 21.1 km & 10 km)

Note: DRR has received several reports that the half marathon was approx. 400 m too long. – Ed.

Half marathon

MEN

1 Siyabonga Nkonde (Boxer) 1:05:38 (R750), 2 Sithembele Fanekho (Boxer) 1:07:24 (R500), 3 Bernard Phalatsane (ZIM/Bluff F1) 1:12:41 (R250).

(Prize money – 1st place only – in all age categories was R500.)

40-44: 1 André Nothununu (Nedbank) 1:18:18, 2 Sifiso Mthiyane (NRB) 1:18:20, 3 Elias Madlala (Eskom) 1:22:27. **45-49**: 1 Gary Babich (Maxed) 1:40:25, 2 Craig Dennill (DUT) 1:40:54. **50-54**: 1 Siphon Majomozi (Boxer) 1:24:20, 2 Willie Shabalala (Ind) 1:33:40, 3 Neil Neat (Forest Hills) 1:39:37. **55-59**: 1 Thomas Daniels (Chatsworth) 1:34:33, 2 André Booyesen (Collegians) 1:39:58, 3 Chris Buys 1:40:49. **60-64**: 1 Louis Fourie (ZMSC) 1:32:45, 2 Bongani Ndlovu (Zabalala) 1:35:37, 3 Piet Vosrter (PDAC) 1:40:56. **Juniors**: 1 Bongani Mhlongo (NRB) 1:19:55, 2 Sboniso Mlongo (Ind) 1:25:01.

WOMEN (Same prize money as men)

1 Tanith Maxwell (Boxer) 1:19:58, 2 Cary-Ann Smith (Nedbank) 1:21:00, 3 Melanie van Rooyen (RBAC) 1:21:21.

40-44: 1 Janene Cary (Boxer) 1:24:36, 2 Shani Silver (Boxer) 1:27:26, 3 Zuki Kula (Umhlatuze) 2:06:54. **45-49**: 1 Erica Walker (Hilton) 1:31:04, 2 Kylie Griffin (Westville) 1:36:34. **50-54**: 1 Patricia Winterboer (Umhlatuze) 1:48:56, 2 Janene Engels (PDAC) 1:55:16, 3 Theresa Muller (RBAC) 1:55:40. **55-59**: 1 Elise Cilliers (Savages) 1:43:23, 2 Sue Shaw (Mtunzini) 2:14:46. **60-64**: 1 Sandy Fisser (Hilton) 1:49:58, 2 Laurina Rautenbach (Mtunzini) 2:08:11. **70+**: 1 Gill Tregenna (Westville) 2:02:56. **Juniors**: 1 Sliindile Chillli 1:26:01, 2 Andile Cebekhule 1:47:09, 3 Ndumiso Khoza 1:47:16.

10 km

MEN

1 Samuel Pazanga (ZIM) 30:51 (R750), 2 Malwande Hlongwe 31:33 (R500), 3 Patrick Nkosi 32:26 (R250).

(Prize money – 1st place only – in all age categories was R250.)

40-49: 1 Lunigisani Mthembu 40:02. **50-59**: 1 Siphon Mhkanga 41:48. **60-69**: 1 Pat Curran 55:14. **Juniors**: 1 Patrick Nkosi 32:26.

WOMEN

1 Ngema Sphelele 49:12 (1st jun), 2 Liesel Blondulf 49:12, 3 Tandaka Ntombela 50: 13.

50-59: 1 Susan van der Spuy 59:59. **60-69**: 1 Margaret Marshall 1:10:23. **Juniors**: 1 Ngema Sphele 45:48.

Fine Food and Wine Spar Spookhill 15 km (33rd)

Somerset West, 29 June

(Certified loop course, very hilly. Finishers: 1158.)

MEN

1. Lindikaya Mthangayi (Itheke) 48:51 (R500)
2. Sityhilo Diko (Nedbank) 50:12 (R300)
3. Peter Tsawayo (ZIM/Gugs) 50:17 (R200)
4. Vuyolwethu Mbukushe (Gugs) 50:42; 5. Wanda Roro (Itheke) 51:07; 6. Nkosinathi Sotyantya (Itheke) 51:36; 7. Tom Lusaseni (Itheke) 52:27; 8. Sinethemba Mdzanga (Gugs) 52:33; 9. Duane Fortuin (Bidvest) 52:35; 10. Babalo Hambi (Itheke) 52:46 (1st jun); 11. Duran Byman (Tygerberg) 53:02; 12. Petros Kwashi (Khayelitsha) 53:03; 13. Barry-John Pienaar (Tygerberg) 53:31; 14. Vakalisa Kopolo (Khayelitsha) 53:34; 15. Luyanda Mapayi (Khayelitsha) 54:04.

(Prize money in all age categories was the same: R250, R150, R100)

Veterans: 1. Xolile Macanda (Gugs) 54:53; 2. Gcobani Ngqolo (Itheke) 1:00:30; 3. Basil Lehmann (Tygerberg) 1:01:49. **Masters:** 1. Julian Paul (SANDF) 1:01:06; 2. Ludwig Lillie (Durbac) 1:01:41; 3. Goodman Mapukane (Gugs) 1:01:53. **G'masters:** 1. Albert Williams (Topform) 1:11:26; 2. Dicky Cloete (SANDF) 1:13:25; 3. Ivan Marais (Nedbank) 1:15:53. **Juniors:** 1. Babalo Hambi (Itheke) 52:46; 2. Lwando Makhase (Ommiedraai) 55:15; 3. Syanda Mbande (Gugs) 55:57.

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Itheke) 59:48
2. Danette Smith (New Balance) 1:03:59
3. Sheryl de Lange (New Balance) 1:04:19 (1st vet)
4. Candyce Hall (Nedbank) 1:04:27; 5. Busisiwe Matiwane (Celtics) 1:07:13; 6. Wilna Eybers (Strand) 1:07:15; 7. Laura Peddle (Strand) 1:07:50; 8. Mariëtte Strauss (Tygerberg) 1:08:04 (1st mast); 9. Cecile Eaglestone (Temp) 1:12:56; 10. Anneke Slabbert (Stellenbosch) 1:15:06.

Veterans: 1. Sheryl de Lange (New Balance) 1:04:19; 2. Wilna Eybers (Strand) 1:07:15; 3. Anneke Slabbert (Stellenbosch) 1:15:06. **Masters:** 1. Mariëtte Strauss (Tygerberg) 1:08:04; 2. Miema Murray (ORAK) 1:16:42; 3. Anne Pool (Strand) 1:19:27. **G'masters:** 1. Helen du Plessis (Tygerberg) 1:23:16; 2. Pixie Sparg (Celtics) 1:26:01; 3. Lynn Wood (New Balance) 1:29:17. **Juniors:** 1. Londeka Miya (Gugs) 1:24:20; 2. Nabeelah Orrie (Itheke) 1:49:46; 3. Marita Steenkamp (Nedbank) 2:00:24.

Moffett on Main Heartbreak Hill Half Marathon (35th)

Port Elizabeth, 29 June

(Distance: 21.1 km; loop course. Finishers: 568.)

MEN

1	Zolani	Ngqaqa	Maxed Elite EP	24	1:07:37
2	Melikhaya	Frans	Nedbank RC EP	21	1:08:44
3	Bulelini	Niwa	PEAAC	27	1:09:37
4	Masibulele	Heugh (1 st jun)	Ikhamba AC	18	1:10:17
5	Masixole	Dlaku	Maxed Elite EP	34	1:11:09
6	Gift	Zet	Ikhamba AC	25	1:11:26
7	Anele	Maliza	Nedbank RC EP	35	1:11:27
8	Sibusiso	Thu	Transnet Eng EP	25	1:11:47
9	Lukhanyo	Ngxoko	SA Prof Develop	16	1:13:23
10	Terrance	Mjekula (1 st vet)	Warriors AC	40	1:13:57
11	Ryan	Peter	Absa NMMU AC	19	1:14:08
12	Sandile	Ngunuza	Nedbank RC EP	30	1:14:41

13	Eric	Sigxashe	Maxed Elite EP	34	1:17:07
14	Thando	Bixa	Warriors AC	33	1:17:16
15	Christopher	Mabengeza	Nedbank RC EP	47	1:17:32
16	Basie	Bonaparte	Albany RR	47	1:17:46
17	Phumzile	Sikawuti	Nedbank RC EP	33	1:19:55
18	Khayaletu	Makalima	Nedbank RC EP	29	1:19:56
19	Thando	Nciphha	Malabar AC	19	1:21:19
20	Luvuyo	Stephen	Nedbank RC EP	43	1:21:22

40-44:

1	Terrance	Mjekula	Warriors AC	40	1:13:57
2	Luvuyo	Stephen	Nedbank RC EP	43	1:21:22
3	Wayne	Mitchell	Achilles AAA	40	1:26:22

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	47	1:17:32
2	Basie	Bonaparte	Albany RR	47	1:17:46
3	Adrian	Clarke	Body Concept	48	1:24:58

50-54:

1	Michael	Bekapi	Charlo AC	52	1:21:55
2	Kenneth	Menze	Nedbank RC EP	51	1:22:05
3	Bennie	Stadler	Achilles AAA	50	1:25:06

55-59:

1	Disemba	Blou	Warriors AC	55	1:33:11
2	Lenneth	Erasmus	Aspen Pharmacare	55	1:37:01
3	Richard	Foss	Albany RR	59	1:38:22

60-64:

1	Sizinzo	Kama	Achilles AAA	61	1:33:37
2	Hannes	Els	Madiba Bay AC	63	1:36:25
3	Graham	Channon	Achilles AAA	63	1:44:11

65-69:

1	Hansie	Els	Somerset East	65	1:42:04
2	Syd	Lippstreu	Crusaders AC	65	1:50:59
3	Eckart	Schumann	Body Concept	67	1:51:47

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	71	2:05:21
2	Godfrey	Kariem	Gelvan AC	72	2:07:27

Juniors:

1	Masibulele	Heugh	Ikhamba AC	18	1:10:17
2	Lukhanyo	Ngxoko	SA Prof Develop	16	1:13:23
3	Thando	Nciphha	Malabar AC	19	1:21:19

WOMEN

1	Ntombesintu	Mfunzi	Bonitas AC	31	1:25:22
2	Adri	Wessels	Temp	37	1:30:29
3	Julie	Truter	Temp	30	1:31:01
4	Jane	Barnardo	Body Concept	38	1:31:21
5	Christine	Claasen (1 st vet)	Achilles AAA	48	1:31:36
6	Marisa	Ferraris	Achilles AAA	42	1:35:40
7	Deliwe	Nyanga	Nedbank RC EP	24	1:36:35
8	Mariette	Hattingh	Nedbank RC EP	47	1:36:42
9	Katherine	Van der Walt	Body Concept	37	1:36:55
10	Michelle	Galloway	Absa NMMU AC	26	1:38:38
11	Janine	Prins	Body Concept	33	1:39:52
12	Pat	Thomson (1 st mast)	Achilles AAA	53	1:40:25
13	Laura	Maritz	Elite AC	52	1:41:45
14	Siphokazi	Nojoko (1 st jun)	SA Prof Develop	18	1:42:05
15	Terray	Newcombe	Elite AC	22	1:42:07

16	Benita	Barton	Crusaders AC	42	1:44:00
17	Maresa	Ah Kun	Bluewater Bay	37	1:46:07
18	Nurunnisa	Madatt	Malabar AC	51	1:47:19
19	Diana	Grant	Temp	41	1:47:25
20	Rozelle	Von Molendorff	Elite AC	49	1:47:29

40-44:

1	Marisa	Ferraris	Achilles AAA	42	1:35:40
2	Benita	Barton	Crusaders AC	42	1:44:00
3	Diana	Grant	Temp	41	1:47:25

45-49:

1	Christine	Claasen	Achilles AAA	48	1:31:36
2	Mariette	Hattingh	Nedbank RC EP	47	1:36:42
3	Rozelle	Von Molendorff	Elite AC	49	1:47:29

50-54:

1	Pat	Thomson	Achilles AAA	53	1:40:25
2	Laura	Maritz	Elite AC	52	1:41:45
3	Nurunnisa	Madatt	Malabar AC	51	1:47:19

55-59:

1	Marietjie	Pietersen	Achilles AAA	56	1:57:35
2	Elize	Smalberger	St Albans CS EP	57	1:58:56
3	Christine	Snyman	Despatch AC	57	2:03:23

60-64:

1	Cathy	Ives	Achilles AAA	60	2:06:38
2	Helene	Oppel	Crusaders AC	63	2:17:31
3	Minnie	Trimally	PEAAC	63	2:27:36

65-69:

1	Jeanette	Pienaar	PEAAC	65	2:20:35
2	Denise	Terblanche	Walmer AC	65	2:32:32
3	Orgia	Nell	Muirite Striders	69	2:35:54

Juniors:

1	Siphokazi	Nojoko	SA Prof Develop	18	1:42:05
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Epilepsy 10 km

Knysna, 22 June

(Finishers: 55)

Note: The distance of this race is probably more than 10 km, judging from the times. Kirsty Weir finished tenth overall and Lisl Grobler twelfth. The times were indicated in hundredths of a second and were rounded up by DRR according to the rules. – Ed.

MEN

1	Lloyd	Bosman	Nedbank	25	36:58
2	Melikhaya	Msizi	Knysna MC	29	37:27
3	Archie	Boome	Knysna MC	17	37:52
4	Zusile	Ntsiniyabo		38	39:17
5	Elton	Botha	Knysna MC	20	40:09
6	Velile	Winter		40	42:51
7	Nkosi	Dimaza	Sedgefield Striders	25	43:06
8	Dylon	Butler	Knysna MC	18	43:25
9	Aubrey	Brinkhuis	Knysna MC	43	46:41
10	Cornelius	Bewee	Sedgefield Striders	51	47:16

WOMEN

1	Kirsty	Weir	Nedbank	35	46:43
2	Lisl	Grobler	Knysna MC	37	48:51

3	Macnita	Samuels	Knysna MC	16	54:50
4	Claire	Lemke	Knysna MC	37	56:40
5	Danelle	Van Papendorp		27	57:03
6	Margi	O'Connor	Knysna MC	56	59:24
7	Yolanda	Pieterse		34	61:35
8	Carol	Schoeman	Knysna MC	37	63:00
9	Petra	Rossouw	Nedbank	36	65:42
10	Cindy	Muller	Nedbank	17	65:45

CROSS-COUNTRY

Mpumalanga League Meeting (5th)

Belfast, 15 June

Note: The times were indicated in hundredths of a second and were rounded up by DRR according to the rules. – Ed.

SR. MEN

1	Mandla Mahlangu	Nkangala AA	34:12
2	Tebogo Magabe	Nkangala AA	34:20
3	Johan Koch	MMK	35:15

MEN 40

1	Nico Bronkhorst	Cambridge	44:57
2	Deon Grobler	Kragbron	48:19
3	Neil Parkes	Secunda	51:55

MEN 45

1	Sean Henry	Midack	37:59
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MEN 55

1	Piet Britton	Eskom Gijimas	46:37
2	Hein Koch	MMK	46:57

JR. MEN

1	Stephen Henry	Midack	33:41
2	Jabulani Maseko	Nkangala AA	35:44
3	Henning van Aswegen	Bergvlam Hoërskool	36:01

BOYS 17 (6 km)

1	Tiaan Immelman	Rooies	24:11
2	Reinier Lombaard	Nelspruit Hoërskool	24:19
3	Sfiso Mlotiwa	Nkangala AA	25:38

MEN U.23 (4 km)

1	Bhekisisa Dladla	Nkangala AA	15:18
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SR. WOMEN (8 km)

1	Petro Steenkamp	Eskom	41:21
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WOMEN 40 (4 km)

1	Retha Janse van Vuuren	Eskom Gijimas	23:03
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WOMEN 55 (4 km)

1	Hannelie van Zyl	Eskom Gijimas	22:47
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JR. WOMEN (6 km)

1	Chantel van Niekerk	Bergvlam Hoërskool	32:36
2	Nicole Lewis	Bergvlam Hoërskool	37:33

GIRLS 17 (4 km)

1	Alicia Smit	Bergvlam Hoërskool	18:16
2	Madri Wiid	Nelspruit Hoërskool	18:50
3	Sherilene Gelderblom	Midack	19:02

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

Univé Stadsloop Appingedam (17th)

Appingedam, NED, 29 June
(Distance: 10 km)

MEN

- | | |
|------------------------|----------|
| 1. Geoffrey Mutai, KEN | 27:37 CR |
| 2. David Kogei, KEN | 28:02 |
| 3. Wilson Kipsang, KEN | 28:03 |

WOMEN

- | | |
|-------------------------|----------|
| 1. Lilian Jelagat, KEN | 31:56 PB |
| 2. Elizeba Cherono, KEN | 32:27 |
| 3. Jane Moraa, KEN | 32:36 PB |

ULTRA/MOUNTAIN/TRAIL RUNNING

Western States Endurance Run 100-Mile (38th)

Squaw Valley to Auburn, USA, 28-29 June
(Distance: 100.2 miles; difficult trails, high altitude; over 40000 total feet of climbing and descending [18000 up and 22000 down])

MEN

- | | |
|-----------------------------------|----------|
| 1. Timothy Olson, 29, Ashland, OR | 15:17:27 |
| 2. Rob Krar, 36, Flagstaff, AZ | 15:22:05 |
| 3. Mike Morton, 41, Lithia, FL | 15:45:21 |

WOMEN

- | | |
|-----------------------------------|----------|
| 1. Pam Smith, 38, Salem, OR | 18:37:21 |
| 2. Nikki Kimball, 42, Bozeman, MT | 19:21:43 |
| 3. Amy Sproston, 39, Portland, OR | 19:25:11 |

TRACK

Sainsbury's Birmingham Grand Prix

(7th stop of 2013 IAAF Diamond League)
Birmingham, GBR, 30 June

MEN

800 (DL):

- | | |
|--------------------------|---------|
| 1. Mohammed Aman, ETH | 1:45.18 |
| 2. André Olivier, RSA | 1:45.64 |
| 3. Andrew Osagie, GBR | 1:45.80 |
| 4. Erik Sowinski, USA | 1:46.07 |
| 5. Gareth Warburton, GBR | 1:47.50 |

1500:

1. Aman Wote, ETH, 3:35.99
2. Abdalaati Iguider, MAR, 3:36.23
3. Mohamed Moustououi, MAR, 3:36.75
4. Bob Tahri, FRA, 3:36.87
5. Henrik Ingebrigtsen, NOR, 3:37.16

5000 (DL):

1. Mo Farah, GBR, 13:14.24
2. Yenew Alamirew, ETH, 13:14.71
3. Hagos Gebrhiwet, ETH, 13:17.11
4. Ibrahim Jeilan, ETH, 13:19.88
5. Mark Kiptoo, KEN, 13:20.51
6. Moses Kipsiro, UGA, 13:22.96
7. Chris Thompson, GBR, 13:24.06
8. Collis Birmingham, AUS, 13:29.53
9. Abrar Osman, ERI, 13:29.69
10. Yigrem Demelash, ETH, 13:29.79

WOMEN

800:

1. Jessica Judd, 1995, GBR, 1:59.85 PB
2. Marilyn Okoro, GBR, 2:00.76
3. Fantu Magiso, ETH, 2:01.12
4. Yvonne Hak, NED, 2:01.87
5. Kelly Hetherington, AUS, 2:02.13

1500 (DL):

1. Abeba Aregawi, SWE, 4:03.70
2. Nancy Jebet Langat, KEN, 4:04.53
3. Ekaterina Sharmina, RUS, 4:04.55
4. Laura Weightman, GBR, 4:06.22
5. Nicole Sifuentes, CAN, 4:06.45
- ... 7. Hannah England, GBR, 4:07.23
- ... 10. Lisa Dobriskey, GBR, 4:08.08
- ... 12. Morgan Uceny, USA, 4:08.49
13. Maryam Yusuf Jamal, BRN, 4:09.99

3000 s/chase (DL):

1. Milcah Chemos Cheywa, KEN, 9:17.43
2. Sofia Asefa, ETH, 9:17.97
3. Hiwot Ayalew, ETH, 9:18.83
4. Lydia Chepkurui, KEN, 9:23.00
5. Etenesh Diro, ETH, 9:28.90
- ... 9. Nicole Bush, USA, 9:51.19

Meeting International EAP de Nivelles (27th)

Nivelles, BEL, 29 June

MEN

800:

Race 1:

1. Felix KITUR, 1987, KEN, 1:46.57
2. Rynhardt VAN RENSBURG, 1992, RSA, 1:47.61
3. Jerome KAHIA, 1989, BEL, 1:48.46

1500:

1. Jerry MOTSAU, 1990, RSA, 3:41.92
2. Simon STUTZEL, 1986, GER, 3:42.11
3. Benjamin PIRES, 1990, FRA, 3:42.98

3000:

1. Dean BRUMMER, 1988, RSA, 8:10.01
2. Armin BOTHA, 1992, RSA, 8:11.57
3. Hassan CHAHDI, 1989, FRA, 8:14.18

Hokuren Distance Challenge - Fukagawa

Fukagawa, JPN, 29 June

MEN

10000:

Race A:

1. Leonard Barsoton, 1994 (KEN & Nissin Foods), 27:33.13 PB
2. Jeramiah Karemi Thuku (KEN & Toyota Kyushu), 27:33.38 PB
3. Daniel Gitau (KEN & Fujitsu), 27:54.35
4. Alex Mwangi (KEN & YKK), 27:58.02
5. Macharia Ndirangu (KEN & Aichi Steel), 27:59.11 PB

Race B :

1. Abayneh Ayele (ETH & Mazda), 27:57.51 PB
2. Kassa Makashaw (ETH & Yachiyo Industry), 28:01.01 PB
3. Zewdiw Miliyon (ETH & Yachiyo Industry), 28:02.86 PB

Zlata Tetra - Golden Spike (52nd)

(IAAF World Challenge Series)

Ostrava, CZE, 27 June

MEN

800:

Race 1:

1. Nader Belhanbel, MAR, 1:47.24
2. Robin Schembera, GER, 1:47.83
3. Joe Thomas, GBR, 1:47.92

Race 2:

1. Mohammed Aman, ETH, 1:43.78
2. André Olivier, RSA, 1:44.45
3. Anthony Chemut, KEN, 1:44.69

5000:

1. Muktar Edris, ETH, 13:03.69 PB
2. Augustine Choge, KEN, 13:06.37
3. Lawi Lalang, KEN, 13:07.13 PB
4. Kenenisa Bekele, ETH, 13:07.88
- ... 10. Elroy Gelant, RSA, 13:23.94

3000 s/chase:

1. Conseslus Kipruto, KEN, 8:11.27
2. Roba Gari, ETH, 8:24.30
3. Timothy Toroitich, UGA, 8:27.34
- ... 12. Edwin Molepo, RSA, 8:42.32

WOMEN

1500:

1. Sifan Hassan, NED, 4:04.02 PB
2. Susan Kuijken, NED, 4:05.38 PB
3. Viola Lagat, KEN, 4:05.66 PB
4. Kalkidan Gezahegne, ETH, 4:06.19
5. Zoe Buckman, AUS, 4:06.36

10000:

1. Tirunesh Dibaba, ETH, 30:26.67 WL
2. Gladys Cherono, KEN, 30:29.23 PB
3. Belaynesh Oljira, ETH, 30:31.44
4. Birhane Ababel, ETH, 30:35.91 PB
5. Sule Utura, ETH, 30:55.50 PB
6. Linet Masai, KEN, 31:02.89
7. Wude Ayalew, ETH, 31:16.68
8. Esther Chemtai, KEN, 31:42.06 PB
9. Karolina Jarzynska, POL, 31:43.51 NR
10. Muluhabt Tsega, ETH, 31:48.21 PB
11. Ana Dulce Félix, POR, 31:52.55
12. Tirhas Gebre, ETH, 32:03.39 PB

3000 s/chase:

1. Milcah Chemos Cheywa, KEN, 9:17.92
2. Hiwot Ayalew, ETH, 9:19.87
3. Purity Cherotich Kirui, KEN, 9:26.50
4. Etenesh Diro, ETH, 9:26.60
5. Fancy Cherotich, KEN, 9:28.04
- ... 7. Gulnara Galkina, RUS, 9:48.43

Sollentuna Grand Prix

(Folksam Grand Prix/EAA Classic Meeting)

Sollentuna, SWE, 27 June

MEN

3000 s/chase:

1. James Nipperess, 1990, AUS, 8:34.87 PB €500
2. Andrey Farnosov, 1980, RUS, 8:37.14 €300
3. Peter Kipkorir Bomo, 1984, KEN, 8:40.69 PB €150
- ... 5. Dean Brummer, 1988, RSA, 8:46.51

WOMEN

10000:

1. Meseret Defar, 1983, ETH, 30:08.06 WL
2. Afera Godfay Berha, 1991, ETH, 31:08.23 PB
3. Gotytom Gebreslase, 1995, ETH, 31:51.42 PB

STATS TIME

This week we include a list of the top ten female 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. Secondary performances by the top three are also listed. Note that the Ngodwana course is excessively downhill; it drops 11.5 m/km. Suzette Botha is more than 15 minutes ahead of her nearest rival.

2013 MARATHON: TOP 10 VETERAN WOMEN

2:49:38	Suzette Botha	1	Oudtshoorn	03 Feb
3:04:49	Carien Visser	1	Secunda	16 Feb
3:05:57A	Ursula Frans	1	Simonstad	17 Feb
3:07:15A	Jacqui Bakkes	2	Simonstad	17 Feb
3:08:26	Marie Bruwer	1	Vereeniging	03 Mrt
3:08:27A	Madeleine Whitehair	1	Ngodwana	13 Apr
3:08:36	Visser-2	1	Pretoria	23 Feb
3:09:29A	Linah Mhlongo	2	Ngodwana	13 Apr
3:12:20	Catherine Naane	2	Vereeniging	03 Mrt
3:12:24A	Prega Padayachee	3	Ngodwana	13 Apr
3:12:27	Janet van Veijeren	1	Standerton	21 Mar

THIS MONTH IN HISTORY**30 years ago: 19 June 1983**

Mary Decker won the US 3000-metre title by almost 10 seconds in Indianapolis, clocking 8:38.36 ahead of Brenda Webb's 8:48.09. Joan Benoit was sixth in 8:53.49. Two months later Decker would win over the same distance at the first World Championships in Helsinki, running 8:34.62 for the fourth fastest time in the world that year and beating world record holder Svetlana Ulmasova. Earlier in 1983 Zola Budd had set a new world junior record of 8:39.00 in Durban; the next year they would meet at the Olympic Games in Los Angeles and Benoit would become the first ever female Olympic marathon champion.

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.

MENOpen

10 km	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
	43:38	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Mar
	63:36	Stephen Mokoka	Cape Town	
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		04 May
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		06 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:29:31	Yuki Kawauchi (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		05 May
	2:08:32	Lusapho April	Hannover	

	2:04:45	Lelisa Desisa (ETH)		
100 km	2:03:38	Patrick Makau (KEN) 2011		
	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	70:17	Masibulele Heugh	Port Elizabeth	29 Jun

59:16 Samuel Wanjiru (KEN) 2005

WOMEN

Open

10 km	32:49	Mapaseka Makhanya	Durban	23 Jun
	30:49	Tirunesh Dibaba (ETH)		
15 km	30:21	Paula Radcliffe (GBR) 2003		
	51:11	René Kalmer	Germiston	07 Apr
	48:48	Sara-Isabel Moreira (POR)		
21.1 km	46:28	Tirunesh Dibaba (ETH) 2009		
	74:25	Irvette van Zyl	Lisbon	24 Mar
	66:09	Lucy Kabuu (KEN)		
25 km	65:50	Mary Keitany (KEN) 2011		
	1:32:18	Tanith Maxwell	Berlin	05 May
	1:21:35	Lucy Kabuu (KEN)		
30 km	79:53	Mary Keitany (KEN) 2010		
	1:58:12	Kim Laxton	Parow	16 Mar
	1:43:46	Yuko Mizuguchi (JPN)		
Marathon	1:38:49	Mizuki Noguchi (JPN) 2005		
	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	86:01	Slindile Chili	Richards Bay	30 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

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