

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

Kim Laxton scored a good victory in the Pirates 10 km yesterday, running 36:42; mother Sonja, a grandmaster, clocked 45:50 to take the masters section. In the Waterfall Superspar Forest 10 km in Durban foreigners Peres Jepchirchir (KEN) and Lineo Chaka (LES) finished in front of Cary-Ann Smith; Jepchirchir ran 35:07.

In last weekend's McDonalds to McDonalds 10 km in George Zola Pieterse (47) set an outstanding new list leader of 36:43.

In international track action, working up to the World Championships, the highlights of the weekend were Mahiedine Mekhissi-Benabbad's new European record of 8:00.09 in the steeplechase in the Paris Diamond League meeting (won by Ezekiel Kemboi in a world lead of 7:59.03), and at the same meeting Tirunesh Dibaba's world lead of 14:23.68 in the 5000 m, a scintillating men's 1500 m in which ten men ran sub-3:35 (and five of the top nine set PBs), and a women's 800 m in which four of the first nine clocked PBs.

The IAAF has announced that Pauline Njeri (KEN), who won the Semi-Marathon de Paris on 3 March (DRR 13:09), has been disqualified for a drugs violation. Gladys Kipsoi, who recorded 1:09:11 in second place, is the new winner. Njeri's course record of 2012 (1:07:55) remains valid.

The official finishers total in the Spookhill 15 km (results in last week's DRR) was 1138, not 1158.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Pirates 10 km, Johannesburg
- * Waterfall Superspar Forest 10 km, Durban
- * McDonalds to McDonalds 10 km, George
- * The Sweat Shop Asics RAC 10 km, Johannesburg
- * XC: KZN League Meeting, Pinetown; EP League Meeting, Port Elizabeth

International highlights:

- * Gold Coast Airport Marathon, Asics Half Marathon & Southern Cross University 10 km, Brisbane, AUS
- * Atlanta Journal-Constitution Peachtree Road Race, Atlanta, USA
- * Track: Meeting Areva, Paris, FRA; Memorial Leon Buyle, Oordegem-Lede, BEL; Cork City Sports, Dublin, IRL; Athletissima, Lausanne, SUI; Meeting Premium Stanislas Nancy,

Tomblaine, FRA; Memorial Jos Verstocht, Netestadion, BEL; Kenyan Athletics Championships, Nairobi, KEN
 * European Mountain Running Championships, Borovets, BUL

VIEWPOINT

THE RICHARDS BAY COURSE: A CLARIFICATION

DRR reported last week that it received reports from runners who took part in the Mondi Richards Bay Half Marathon that it was approx. 400 m too long (according to their GPS devices). In response Norrie Williamson indicated that the course was measured to IAAF standards by himself (Williamson, known as a "tight" measurer, is an IAAF Grade A measurer). He was also the chief referee at the race.

He pointed out that the organising club changed the finish to a new location, which necessitated a change in the start position. This change "was done by Peter Bannock and myself on race day in full view of the runners," wrote Williamson in an e-mail. "So the start was different and if anything simply shows that the previous event had been set out incorrectly and was short."

Williamson continued: "Firstly, a Garmin *at best* reads 8 m per kilometre long, even if a runner is running a tight line. This has been found in all countries in the world and is primarily due to the fact that runners have the watch on one wrist, which affects the corner length when going around a corner on the opposite side of the wrist on which the watch is. This becomes 6 m per km more for every metre the runner is forced out from the shortest line.

"Secondly, [in the race] runners did not take the shortest possible route, as they kept to straight lines as opposed to cutting tangents. Thirdly, on some parts (done twice) they opted to run on a paved path on the the verge as opposed to the lane line (this was primarily because the police/authorities had not coned the lane correctly.

"The course was set out with the [measurement] certificate in mind and I am 100% confident that it was IAAF standard within the SCPF [short course prevention factor] allowance," Williamson concluded.

ROAD RUNNING

Pirates 10 km

Johannesburg, 7 July
 (Loop course)

MEN

1	Siyabonga	Makhaluza	Gaut Str	25	30:15
2	Derocious	Makhobalo	Sports Inter	25	30:26
3	Raphael	Segodi	Bidvest	27	30:41

Veterans:

1	Elias	Mabane	Nedbank	44	33:12
2	Sipho	Ncube	ZIM/Toyota	41	33:35

Masters:

1	Reform	Ndlovu	Rand har	50	37:56
2	Arnold	Geerdts	RAC	51	38:25

G'masters:

1	Stephen	Seema	SAPG	61	41:10
2	Don	Charles	Nedbank	64	41:20

Juniors:

1	Njabulo	Tshabalala	Itumeleng	18	32:41
2	Thabang	Mafa	Elim	19	33:04

WOMEN

1	Kim	Laxton	Sunninghill	30	36:42
2	Frehiwot	Tadessa	ETH/BIFA	19	37:29 (1 st jun)
3	Keshoketswe	Lechaba	Elim	32	41:26

Veterans:

1	Jillian	Corona	Boksburg	40	45:26
2	Kebitsamang	Lebone	RAC	42	47:28

Masters:

1	Sonja	Laxton	RAC	64	45:50
2	Ansa	Strydom	Overkruin	50	48:24

G'masters:

1	Anne	Bellomosto	Morningside	60	50:56
2	Deirdre	Larkin	Rand Har	81	58:50

Juniors:

1	Frehiwot	Tadessa	ETH/BIFA	19	37:29
2	Michelle	Redelinghuys	ACR	17	42:06

Waterfall Superspar Forest 10 km

Durban, 7 July

(Loop course)

MEN

1.	Thobane Chagwe	Boxer AC	30:09 (R400)
2.	Elmore Sibanda	ZIM/Maxed Elite	30:33 (R200)
3.	Sibonelo Duma	Boxer AC	31:14 (R100)

(All age category prizes were the same – R125 for first – except the juniors.)

40-49:

1.	Ephraim Xaba	Phuma KZN	33:59
2.	Grant Cummings	West AC	35:22
3.	Noth Ununu	Nedbank AC	37:05

50-59:

1.	Willie Majombozi	Boxer AC	37:48
2.	Andy Daly	West AC	39:49
3.	Vincent Ngcobo	Woodview AC	41:15

60+:

1.	John Sage	West AC	43:59
2.	Piet Vorster	PDAC	45:19
3.	Les Smith	West AC	45:36

Juniors:

1.	Zubair Zondi	H/dale AC	35:05 (R100)
2.	Michael Lusignea	West AC	39:52

WOMEN (Same prize money as men)

1.	Peres Jepchirchir	KEN/Maxed Elite	35:07
2.	Lineo Chaka	LES/Nedbank AC	36:27
3.	Cary-Ann Smith	Nedbank AC	37:51

40-49:

1.	Janene Carey	Boxer AC	38:02
2.	Fiona Baldwin	PDAC	43:53
3.	Maureen Slack	West AC	44:05

50-59:

1.	Elize Cilliers	Savages AC	47:20
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2.	Maria Waring	Legends	48:46
3.	Erica McDonald	HV	50:09

60+:

1.	Pat Fisher	Stella	52:44
2.	Gill Tregenna	West AC	56:44
3.	Lynda Bell	QBH	57:35

Juniors:

1.	Natascha Hartman	Boxer AC	46:28
2.	Klara Hartman	Boxer AC	53:25

McDonalds to McDonalds 10 km

George, 29 June

(Finishers: 206)

Note: Zola Pieterse finished 14th overall. – Ed.**MEN**

1	Lloyd Bosman	Nedbank	25	29:49
2	Gershwill Jacobs	RWFL	22	30:49
3	Elfonzo Pieterse	Nedbank	24	31:18
4	Julius Korkee	Mossel Bay Harriers	28	32:42
5	Francois Maquassa	RWFL	19	33:03
6	John April	RWFL	24	33:28
7	Thulani Femele	Rainbow AC	26	33:51
8	Vuyo Witbooi	Outeniqua Harriers	37	34:40
9	Melikhaya Msizi	Knysna MC	29	34:42
10	Mauritz Jansen van Rensburg	Outeniqua Harriers	42	35:51

WOMEN

1	Zola Pieterse	The Unlimited	47	36:43
2	Elize Kloppers	Hartenbos Drawwers	43	41:04
3	Ileona Dreyer	Itheko	16	41:18
4	Lana Theunissen	Nedbank	40	41:22
5	Clairiece Slingers	Itheko	15	42:13
6	Vornoschka Abrahams	Itheko	16	42:14
7	Lisl Grobler	Knysna MC	37	42:45
8	Alison Jordaan	Nedbank	46	42:47
9	Majorie Prins	Temp	45	44:44
10	Johanna Claassen	Nedbank	40	46:04

The Sweat Shop Asics RAC 10 km (30th)

Johannesburg, 19 May

(Loop course. Finishers: 1927.))

Note 1: Better late than never!Note 2: Lucky Mohale scored his third consecutive win, matching the achievement of Shadrack Hoff in 1998-2000. The race was held on the same day as the SA 10 km Championships. – Ed.**MEN**

1	Lucky	Mohale	27	Maxed Elite	30:31
2	Frik	Guys	26	Nedbank	30:40
3	Jeffrey	Gwebu	32	Toyota	30:44
4	Givemore	Mudzinganyama	23	ZIM/Bidvest	31:15
5	Retsepile	Khotle	28	Scaw	31:31

6	Xolisa	Tyali	25	Nedbank	31:32
7	Vincent	Kutoane	33	Gaut Str	31:50
8	Thato	Molatedi	21	Take Easy	31:59
9	Sam	Bolo	35	Bedf CC	32:02
10	Lucky	Mtshali	29	Elim	32:05

WOMEN

1	Myrette	Filmalter	32	Nedbank AGN	36:22
2	Jennifer	Koech	34	KEN/Nedbank	36:31
3	Kim	Laxton	30	Sunninghill	37:20
4	Tiffani	Bell	17	Kempies	38:12
5	Juan-Marie	Cooper	20	Nedbank	38:54
6	Andronica	Mokgotla	23	Goldfields	39:20
7	Poppy	Mlambo	32	Boxer	39:38
8	Nobuhle	Tshuma	18	Elim Clinic	39:39
9	Emmah	Mathibela	31	Toyota	40:09
10	Ashleigh	Schnetler	21	Univ Jhb	41:22

CROSS-COUNTRY

KZN League Meeting (6th)

Pinetown, 6 July

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

SR. MEN (12 km)

1.	Bonginkosi Zwane	Madadeni AC	46:22
2.	Anele Dlamini	Phuma KZN	46:53
3.	Sello Mphuthi	Madadeni AC	47:42

40-49 (8 km):

1.	Xolani Nocanda	Toti AC	34:22
2.	Justin Hand	DHSOB	36:11
3.	Elais Madlala	Eskom AC	36:28

50-59 (8 km):

1.	Willie Majombozi	Boxer AC	37:17
2.	Andy Daly	West AC	38:18
3.	Lawrence Herron	Toti AC	40:32

60+ (6 km):

1.	Piet Vorster	PDAC	31:45
2.	Bongani Ndlovu	Zabalaza AC	32:06
3.	De Villiers Oberholzer	Toti AC	32:28

SR. WOMEN (8 km)

1.	Slindile Chili	Chesterville	37:50
2.	Fikile Mbthuma	Nedbank AC	38:37
3.	Patricia Bahlmann	Nedbank AC	39:03

40-49:

1.	Fiona Baldwin	PDAC	20:58
2.	Lara Khuzwayo	Scott AC	22:18
3.	Nana Sigubudu	Fast Feet	23:54

50-59:

1.	Rentia Dennison	ROAG	21:58
2.	Janine Engels	PDAC	22:38
3.	Elize Cilliers	Savages	22:57

60+:

1. Jane Dickinson HH

23:39

EP League Meeting (4th)

Port Elizabeth, 6 July

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (12 km)**

1	Mariano	Eesou	Absa NMMU AC	21	32:05
2	Amos	Nyongo	Absa NMMU AC	26	32:24
3	Rodney	Prins	Maxed Elite AC EP	25	32:25
4	Zolani	Mabongo	Maxed Elite AC EP	27	32:28
5	Zolani	Ngqaqa	Maxed Elite AC EP	23	32:57
6	Andre	Ketchem	Transnet Eng EP	29	33:00
7	Anele	Maliza	Nedbank AC EP	35	33:40
8	Melikhaya	Frans	Nedbank RC EP	21	34:15
9	Thanduxolo	Mpushe	Motherwell AC	23	34:19
10	Aphlyn	Taai	Transnet Eng EP	30	34:35
11	Melikhaya	Malinga	Motherwell AC	32	35:46
12	Sisonke	Mabulu	Maxed Elite AC EP	31	36:58
13	Ndyedo	Qwakanisa	SAP MC EP	26	40:25
14	Jarryd	Cooke	Absa NMMU AC	19	41:27
15	Jarryd	Heugh	Achilles AAA	20	51:34

SR. MEN

1	Amos	Nyongo	Absa NMMU AC	26	12:02
2	Masibulele	Heugh	Motherwell AC	18	12:22
3	Zolani	Ngqaqa	Maxed Elite AC EP	24	12:30
4	Zolani	Mabongo	Maxed Elite AC EP	27	12:33
5	Sibusiso	Thu	Transnet Eng EP	27	13:08
6	Jeffrey	Majoor	McCarthy H/S	18	17:29

VETERAN MEN (8 km)

1	Maxwell	Goodman	Malabar AC	40	27:10
2	Luvuyo	Stephen	Nedbank RC EP	42	30:31
3	John	Rafani	Nedbank AC EP	46	30:47

MASTER MEN (8 km)

1	Alfred	Spiers	Elite AC	53	30:49
2	Kenneth	Menze	Nedbank RC EP	51	30:58
3	Charles	Baatjies	Gelvan AC	56	35:04

G'MASTER MEN (6 km)

1	Tamsanqa	Jusayi	Nedbank AC EP	71	28:27
2	Graham	Channon	Achilles AAA	61	29:24
3	Harry	Porthen	Albany RR	60	31:11

U.23

1	Sinathi	Matanga	Sisonke H/S	22	12:17
2	Mariano	Eesou	Absa NMMU AC	21	12:50
3	Melikhaya	Frans	Nedbank RC EP	21	13:06

U.21

1	Morne	Buis	Maxed Elite AC EP	20	13:26
2	Luyolo	Dyubhele	Absa NMMU AC	20	14:01
3	Zuko	Gana	Absa NMMU AC	21	14:29

U.19 (8 km)

1	Masibulele	Heugh	Motherwell AC	18	26:13
2	Thando	Ncipha	Malabar AC	19	30:11

3	Sindile	Ngiyo	Malabar AC	18	30:33
U.17 (6 km)					
1	Adriaan	Gerwel	McCarthy H/S	17	20:48
2	Siyabonga	Kahla	Youth For Change AC	16	20:53
3	Brendon	Effenaar	McCarthy H/S	17	21:08
SR. WOMEN (8 km)					
1	Thabisa	Mayedwa	Motherwell AC	27	35:51
2	Fredah	Ncube	Absa NMMU AC	31	36:40
SR. WOMEN					
1	Alicia	Du Toit	Victora Girls H/S	18	19:20
VETERAN WOMEN					
1	Jene	Banfield	Run For Life EP	42	16:25
2	Christine	Claasen	Achilles AAA	48	16:42
3	Paulette	McEwan	Achilles AAA	45	20:44
MASTER WOMEN					
1	Nurunnisa	Madatt	Malabar AC	51	19:05
U.23					
1	Nonkululeko	Mbane	Motherwell AC	22	18:43
U.19 (6 km)					
1	Siphokazi	Nojoko	Motherwell AC	18	28:14
U.17					
1	Jamie-Lee	Schlemmer	Absa NMMU AC	17	15:37

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

Gold Coast Airport Marathon, Asics Half Marathon & Southern Cross University 10 km

Brisbane, AUS, 6 & 7 July
(Distances: 42.195 km, 21.1 km, 10 km)

Marathon (07/gun times):

MEN

1. Yuki Kawauchi, JPN	2:10:00	CR AUD 15,000 + 5,000*
2. Taiga Ito, JPN	2:11:52	7,000 + 1,000i
3. Tewelde Estifanos Hidru, ERI	2:13:10	4,000

*)Course record/AUD 5000 bonus

WOMEN

1. Yukiko Akaba, JPN	2:27:17	CR AUD 15,000 + 5,000*
2. Alice Chelangat, KEN	2:29:47	7,000 + 1,000i
3. Alevtina Ivanova, RUS	2:32:01	4,000

*) Course record/AUD 5000 bonus

Half Marathon (07/gun times):

MEN

1. Martin Dent, AUS	1:03:56	AUD 3000
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2. Shinichi Yamashita, JPN	1:03:57	2000
3. Ben Moreau, AUS	1:03:59	1000

WOMEN

1. Nikki Chapple, AUS	1:11:00	AUD 3000
2. Jessica Trengove, AUS	1:11:51 PB	2000
3. Yuki Sakata, JPN	1:15:05	1000

10 km (06/gun times)

MEN

1. Craig Mottram, AUS	29:38	AUD 1000
2. Michael Shelley, AUS	29:45	750
3. Jackson Elliott, AUS	29:55	500
... 31. Steve Moneghetti, 1962, AUS	32:58	

WOMEN

1. Lara Tamsett, AUS	33:05	AUD 1000
2. Milly Clark, AUS	34:25	750
3. Bridey Delaney, AUS	34:26	500

Atlanta Journal-Constitution Peachtree Road Race (44th)

(USA 10 km Championships for Men & Women)

(2012/2013 Professional Road Running Organization Series Final)

Atlanta, USA, 4 July

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

MEN (gun times)

1. Mosinet Geremew, 21, ETH	28:07	\$15,000
2. Belete Assefa, 22, ETH	28:09 PB	7,500
3. Peter Cheruiyot Kirui, 25, KEN	28:11	3,000
4. Sammy Kitwara, 26, KEN	28:17	2,500
5. Mike Kigen, 27, KEN	28:23	2,000
6. Matt Tegenkamp, 31, Portland, OR	28:25 PB	1,500 + 10,000a
... 8. Abdi Abdirahman, 36, Tucson, AZ	28:33	800 + 6,000a
... 10. Deriba Merga, 32, ETH	28:36	600
... 12. Meb Keflezighi, 38, San Diego, CA	28:53	400 + 1,500a
13. Luke Puskedra, 23, Beaverton, OR	29:03	300 + 1,000a
... 20. Ryan Hall, 30, Flagstaff, AZ	29:16	400a

WOMEN (gun times)

1. Lineth Chepkurui, 26, KEN	32:09	\$15,000
2. Sharon Cherop, 29, KEN	32:10	7,500
3. Yebgual Melese, 23, ETH	32:16	3,000
4. Buzunesh Deba, 25, ETH	32:35	2,500
5. Mamitu Daska, 29, ETH	32:39	2,000
... 28. Lidia Simon, 39, ROU	34:40	
... 34. Colleen De Reuck, 49, Boulder, CO	35:20	300

TRACK**Meeting Areva**

(9th stop of 2013 IAAF Diamond League)

Paris, FRA, 6 July

MEN**1500 (DL)**

1. Ayanleh Souleiman, DJI, 3:32.55
2. Aman Wote, ETH, 3:32.65 PB
3. Leo Manzano, USA, 3:33.14
4. Mohamed Moustoui, MAR, 3:33.18
5. Lawi Lalang, KEN, 3:33.20 PB
6. Benson Seurei, KEN, 3:33.33
7. Florian Carvalho, FRA, 3:33.47 PB
8. Bob Tahri, FRA, 3:33.89 PB
9. Simon Denissel, FRA, 3:34.54 PB
10. Lopez Lomong, USA, 3:34.55
11. Abdalaati Iguider, MAR, 3:35.37
12. Arturo Casado, ESP, 3:36.33
13. Bernard Lagat, USA, 3:36.36
14. Mekonnen Gebremedhin, ETH, 3:37.36
- Matthew Centrowitz, USA, DNF

3000 s/chase (DL):

1. Ezekiel Kemboi, KEN, 7:59.03 WL
2. Mahiedine Mekhissi-Benabbad, FRA, 8:00.09 ER
3. Paul Kipsiele Koech, KEN, 8:09.17
4. Roba Gari, ETH, 8:12.22
5. Benjamin Kiplagat, UGA, 8:13.07
6. Nouredine Smail, FRA, 8:15.89 PB
7. Hamid Ezzine, MAR, 8:17.67
8. Yoann Kowal, FRA, 8:20.41
9. Bernard Mbugua Nganga, KEN, 8:22.68
10. Sebastián Martos, ESP, 8:23.10

WOMEN**800 (DL):**

1. Francine Niyonsaba, BDI, 1:57.26
2. Malika Akkaoui, MAR, 1:57.64 PB
3. Alysia Montano, USA, 1:57.75
4. Kate Grace, USA, 1:59.47 PB
5. Marilyn Okoro, GBR, 1:59.76
6. Siham Hilali, MAR, 2:00.15 PB
7. Maryna Arzamasava, BLR, 2:00.70
8. Ajee' Wilson, USA, 2:00.90
9. Justine Fedronic, USA, 2:00.97 PB
10. Fantu Magiso, ETH, 2:11.82

5000 (DL):

1. Tirunesh Dibaba, ETH, 14:23.68 WL
2. Almaz Ayana, ETH, 14:25.84 PB
3. Gelete Burka, ETH, 14:42.07
4. Sule Utura, ETH, 14:59.74
5. Buze Diriba, ETH, 15:01.44
6. Molly Huddle, USA, 15:10.56
7. Alemetu Haroye, ETH, 15:11.78

8. Genet Yalew, ETH, 15:12.05
9. Jackie Areson, AUS, 15:12.09 PB
10. Sophie Duarte, FRA, 15:14.57 PB
11. Stephanie Twell, GBR, 15:18.60
12. Afera Godfay, ETH, 15:20.38
13. Amy Hastings, USA, 15:28.79

Memorial Leon Buyle (22nd)

Oordegem-Lede, BEL, 6 July

MEN

800:

Race 1:

1. Hugo Santacruz, SUI, 1:49.52 PB
2. Bob Van Der Ham, NED, 1:50.06 PB
3. Hannes Naude, RSA, 1:50.10

Cork City Sports (62nd)

Dublin, IRL, 2 July

MEN

Mile:

1. Cameron Page, 1991, AUS, 3:54.77 PB
2. Jordan McNamara, 1987, USA, 3:55.76
3. Garrett Heath, 1985, USA, 3:55.91 PB
- ... 7. Jerry Motsau, 1990, RSA, 4:00.58

1500 en route times (hand times):

1. Cameron Page, 1991, AUS, 3:40.0
2. Garrett Heath, 1985, USA, 3:40.3
3. Ben Blackenship, 1988, USA, 3:40.6
- ... 7. Jerry Motsau, 1990, RSA, 3:41.7

3000:

1. Collis Birmingham, 1984, AUS, 7:47.97
2. Hassan Mead, 1989, USA, 7:52.00 PB
3. Elroy Gelant, 1986, RSA, 7:54.97

Athletissima (38th)

(8th stop of 2013 IAAF Diamond League)

Lausanne, SUI, 4 July

MEN

800:

Race 1:

1. Tuomo Salonen, FIN, 1:49.82
2. Hugo Santacruz, SUI, 1:50.53
3. Mario Bächtiger, SUI, 1:50.94

Race 2 (DL):

1. Mohammed Aman (1994), ETH, 1:43.33
2. Pierre-Ambroise Bosse, FRA, 1:44.11
3. Marcin Lewandowski, POL, 1:44.31
4. Nijel Amos (1994), BOT, 1:44.71

5. Brandon Johnson, USA, 1:45.03
6. Rafith Rodríguez, COL, 1:45.07
7. Andrew Osagie, GBR, 1:46.59

5000 (DL):

1. Yenew Alamirew, ETH, 13:06.69
2. Hagos Gebrhiwet, ETH, 13:07.11
3. Muktar Edris, ETH, 13:08.23
4. Moses Kipsiro, UGA, 13:11.56
5. Aweke Ayalew, BRN, 13:12.15
6. Tariku Bekele, ETH, 13:13.61
7. Birhan Nebebew, ETH, 13:14.60 PB
8. Yigrem Demelash, ETH, 13:16.84
9. Bob Tahri, FRA, 13:17.42
10. Diego Estrada, MEX, 13:27.77

WOMEN

800:

1. Nora Farrag, SUI, 2:11.44
2. Florence Perguiron, SUI, 2:11.60
3. Sandra Pool, SUI, 2:12.63

1500 (DL):

1. Abeba Aregawi, SWE, 4:02.11
2. Sifan Hassan, NED, 4:03.73 PB
3. Siham Hilali, MAR, 4:04.58
4. Rababe Arafai, MAR, 4:05.93
5. Shannon Rowbury, USA, 4:06.81
6. Gabriele Anderson, USA, 4:07.46
7. Sheila Reid, CAN, 4:08.18
8. Lea Wallace, USA, 4:09.13 PB
9. Luiza Gega, ALB, 4:09.31
10. Morgan Uceny, USA, 4:09.42

3000 s/chase (DL):

1. Hiwot Ayalew, ETH, 9:17.66
2. Sofia Assefa, ETH, 9:17.69
3. Etenesh Diro, ETH, 9:24.40
4. Almaz Ayana, ETH, 9:35.08
5. Ancuta Bobocel, ROU, 9:37.35
6. Diana Martín, ESP, 9:46.25
7. Birtukan Adamu, ETH, 9:46.52
8. Ashley Higginson, USA, 9:49.62

Meeting Premium Stanislas Nancy

Tomblaine, FRA, 2 July

MEN

800:

1. Aman WOTE, 1984, ETH, 1:44.99 PB
2. Tyler MULDER, 1987, USA, 1:45.25
3. Hamid OUALICH, 1988, Montpellier Agglo Athletic Med, 1:45.91 PB
4. Evans KIPKORIR, , KEN, 1:46.09
5. Erik SOWINSKI, 1989, USA, 1:46.13
6. Leonel MANZANO, 1984, USA, 1:46.28

1500:

1. Mahiedine MEKHISSI-BENABBAD, 1985, Efs Reims A., 3:33.12 PB
2. Abiyote ABINET, 1989, ETH, 3:34.06 PB
3. David TORRENCE, 1985, USA, 3:34.19 PB
4. Zebene ALEMAYEHU, 1992, ETH, 3:34.40 PB
5. Younes ESSALHI, 1993, MAR, 3:35.99

WOMEN

800:

1. Malika AKKAOU, 1987, Val-De-Reuil Ac (MAR), 1:59.70
2. Marilyn OKORO, 1984, GBR, 2:00.48
3. Maryna ARZAMASAVA, 1987, BLR, 2:01.38
4. Tigist ASSEFA, , ETH, 2:01.72
5. Olena ZHUSHMAN, 1985, UKR, 2:01.78

Memorial Jos Verstockt (11th)

Netestadion, BEL, 30 June

MEN

10000:

1. Kenenisa Bekele, 1982, ETH, 27:46.56
2. Elroy Gelant, 1986, RSA, 28:13.64
3. Zelalem Bacha, 1988, BRN, 28:50.12 PB

Kenyan Athletics Championships

Nairobi, KEN, 20-22 June

MEN

800 (20/21):

1. Job Kinyor, 1:44.9 (2h3 1:47.5)
2. Rotich Cheruiyot, 1:45.1 (1h3 1:47.2)
3. Asbel Kiprop, 1:45.5

1500 (20/22)

1. Augustine Choge, 3:34.7 (1h1 3:38.2)
2. James Kiplagat Magut, 3:35.2
3. Nixon Chepseba, 3:35.5

5000 (20/22):

1. Isiah Koech, 13:30.4 (3h1 13:36.2)
2. Leonard Oloiptip, 13:31.1 (2h1 13:34.4)
3. Josphat Bett, 13:35.5

10000:

1. Geoffrey Mutai, 27:55.3
2. Josphat Bett, 27:56.0
3. Emmanuel Kipsang, 27:59.7

3000 s/chase:

1. Kibet Koech, 8:21.5
2. Lawrence Kemboi, 8:25.0
3. Edwin Kirwa, 8:25.2

WOMEN**800:**

1. Winny Chebet, 2:00.04
2. Eunice Sum, 2:00.08
3. Sylvia Chesebe, 2:00.76

1500:

1. Hellen Obiri, 4:05.3
2. Mercy Cherono, 4:06.3
3. Nancy Jebet Langat, 4:06.5

5000:

1. Mary Wachera, 16:03.7
2. Stacy Ndiwa, 16:04.0
3. Sylvia Kibet, 16:04.3

10000 (21):

1. Lucy Kabuu, 32:44.1
2. Sharon Cherop, 32:46.3
3. Caroline Kilel, 32:51.0

3000 s/chase:

1. Lydia Chepkurui 9:38.6
2. Gladys Kipkemboi, 9:41.3
3. Fancy Cherotich, 9:46.2

ULTRA/MOUNTAIN/TRAIL RUNNING**European Mountain Running Championships (12th)**

Borovets, BUL, 6 July

SR. MEN (11.8 km, rising from 1333 m to 2360 m):

Teams: 1. ITA, 7 points; 2. GBR, 31; 3. TUR, 51

Individuals (75 finishers):

- | | | |
|----------------------------------|-------|--------|
| 1. Bernard De Matteis, 1986, ITA | 56:30 | Gold |
| 2. Alex Baldaccini, 1988, ITA | 57:35 | Silver |
| 3. Ahmet Arslan, 1986, TUR | 57:47 | Bronze |
| 4. Xavier Chevrier, 1990, ITA | 58:01 | |
| 5. Steve Vernon, 1980, GBR | 58:33 | |

JR. MEN (8.8 km, rising from 1333 m to 2360 m):

Teams: 1. TUR, 21 points; 2. ITA, 22; 3. ROU, 36

Individuals (40 finishers):

- | | | |
|-------------------------------|-------|--------|
| 1. Ramazan Karagoz, 1997, TUR | 48:51 | Gold |
| 2. Sehmus Sarihan, 1996, TUR | 49:54 | Silver |
| 3. Michele Vaia, 1994, ITA | 50:29 | Bronze |

SR. WOMEN (8.8 km, rising from 1333 m to 2360 m):

Teams: 1. ITA, 11 points; 2. SUI, 36; 3. GBR, 52

Individuals (64 finishers):

- | | | |
|---------------------------------|-------|--------|
| 1. Andrea Mayr, 1979, AUT | 51:49 | Gold |
| 2. Valentina Belotti, 1980, ITA | 52:54 | Silver |
| 3. Mateja Kosovelj, 1988, SLO | 53:08 | Bronze |

- | | |
|------------------------------|-------|
| 4. Elisa Desco, 1982, ITA | 53:42 |
| 5. Renate Runnger, 1979, ITA | 54:05 |
| 6. Emma Clayton, 1988, GBR | 55:16 |

JR. WOMEN (3.5 km, rising from 1830 m to 2360 m):

Teams: 1. RUS, 24 points; 2. GBR, 26; 3. TUR, 34

Individuals (37 finishers):

- | | | |
|--------------------------------|-------|--------|
| 1. Melanie Albrecht, 1996, GER | 25:49 | Gold |
| 2. Cesminaz Yilmaz, 1994, TUR | 26:29 | Silver |
| 3. Lea Einfalt, 1994, SLO | 27:06 | Bronze |

NEWS

OBITUARY: ALAIN MIMOUN

Alain Mimoun O'Kacha, acclaimed as the best French athlete of the 20th Century, died on 27 June at the age of 92. Mimoun won the Olympic Marathon in Melbourne in 1956 and the world cross-country title four times (1949, 1952, 1954 and 1956).

Although he seemed the perennial runner-up to Emil Zatopek on the track, he scored 103 victories in 176 races throughout his career.

Mimoun was born on 1 January 1921 in El Telagh, Algeria. At the beginning of World War II he enlisted in the army despite not having reached age 18. During the Tunisia campaign in 1942 and 1943 he fought against the Afrika Korps. In January 1944 he participated in the battle of Monte Cassino in Italy with the French Expeditionary Corps, the 2nd American Corps, and the 10th British Corps. He was seriously injured in the foot by a piece of shrapnel and just avoided the amputation of his left leg that was recommended by the American doctors. After healing, he participated in the landing of Provence in France in August 1944 with the French forces and the 7th US Army.

After the war he began his athletics career and became friends with Zatopek. He took silver medals at the Olympics in 1948 at 10000 m, and in 1952 at both 5000 m and 10000 m, and at the European Championships at both those events in 1950. He came into his own, however, with Olympic gold in 1956, when after a disappointing 12th at 10000 m he ran his first ever marathon (like Zatopek four years previously) and took the gold medal, with Zatopek in sixth place.

The next day he received a telegram informing him that he was the father of a girl, born the day before the marathon, who would be named Olympe.

In 1999 the magazine *Athletisme* proclaimed him "French Athlete of the Century" ahead of Marie-José Percec, Guy Drut and Michel Jazy. Mimoun is a Great Officer of the Legion d'Honneur. He has more than fifty stadiums or schools named after him.

He set French records with 32 national titles, 12 at 10000 m, eight at 5000 m and six each at cross-country and marathon, and with 85 international appearances, 1947-66. His eleven French records included his bests for 5000 m (14:07.58, 1952), 10000 m (29:13.4, 1956), 1 hour (19 364 m, 1956), 20000 m (1:01:56.4, 1956) and 25000 m (1:21:39.6, 1959). His fastest marathon was 2:23:41 for his first French title in 1959 at what was probably 41.7 km rather than the full distance. He continued to run as a veteran, setting numerous age-group records over many years.

His major achievements:

Olympics:

- 1948 10000 m (29:59.6), silver medal (2nd to Zatopek)
- 1948 5000 m (15:11.2), heats
- 1952 10000 m (29:32.8), silver medal (2nd to Zatopek)
- 1952 5000 m (14:07.4), silver medal (2nd to Zatopek)
- 1956 10000 m (30:18.0), 12th
- 1956 marathon (2:25:00), gold medal
- 1960 marathon (2:31:20), 34th

World Cross-country Championships:

gold medal - 1949, 1952, 1954, 1956

silver medal - 1950, 1958

European Championships:

5000 m - 1950 (silver)

10000 m - 1950 (silver)

Mediterranean Games:

5000 m - 1951 (gold), 1955 (gold)

10000 m - 1951 (gold), 1955 (gold)

French Championships:

5000 m - 1947, 1949, 1951-56

10000 m - 1947, 1949-59

Marathon - 1958-60, 1964-66

Cross-country - 1950-52, 1954, 1956, 1959

French records:

Marathon - 1

Two miles - 1

5000 m - 3

10000 m - 5

Hour run - 1

STATS TIME

This week we include a list of the top ten male veterans in the 10 km. 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. Graham Katzen, second behind Gert Thys, dominates the list with six performances.

2013 10 KM: TOP 10 VETERAN MEN

30:33	Gert Thys	1	Durban	19 May
31:27	Graham Katzen	1	Bellville	23 Mar
31:43	Thys-2	1	Goodwood	02 Mar
31:47	Katzen-2	2	Durban	19 May
31:57	Maxwell Goodman	1	Port Elizabeth	06 Apr
32:04	Goodman-2	1	Port Elizabeth	11 May
32:07	Katzen-3	1	Bellville	01 Jun
32:10	Katzen-4	2	Goodwood	02 Mar
32:20	Elias Mabane	1	Pretoria	23 Feb
32:26	Goodman-3	1	Port Elizabeth	27 Apr
32:27	Katzen-5	1	Tokai	02 Feb
32:29	Katzen-6	1	Athlone	09 Feb
32:31	Joseph Molaba	1	Sasolburg	18 May
32:32	Jackson Seanego	3	Durban	19 May
32:36	Richard Dlamini	4	Durban	19 May
32:36	Isaac Opperman	1	Stellenbosch	20 Feb
32:37	Piet Mosebedi	2	Pretoria	23 Feb
32:38	Goodman-4	1	Port Elizabeth	23 Mar
32:42	Shawn Abrahams	2	Tokai	02 Feb

THIS MONTH IN HISTORY

14 years ago: 4 July 1999

Only two South Africans have won one of North America's most famous road races, the Peachtree 10 km in Atlanta. This race, which had its 44th running last week, is always held on Independence Day, 4 July. Elana Meyer was the last SA athlete to stand atop the podium in Atlanta when she clocked 31:34 in 1999, beating Catherine Ndereba by 9 seconds. Colleen de Reuck was fourth in 32:02. Other notables in Meyer's wake were Jane Omoro, Lornah Kiplagat, Hellen Kimayio, Margaret Okayo, Derartu Tulu and Delilah Asiago. The next year Kiplagat would score the first of her five victories – an achievement unsurpassed at Peachtree. Meyer's time on the aided course was more than 2½ minutes faster than any other South African, except De Reuck, that year – and put her third on the world list. (The other South African to win in Atlanta is Simon Morolong in 1995.)

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	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)		
	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	36:43	Zola Pieterse	George	29 Jun
	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	Somers 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 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	22 Jun
21.1 km	86:01 1:09:05	Slindile Chili Delilah Asiago (KEN) 1991	Richards Bay	30 Jun

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