

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

You don't win the Comrades by taking the lead early (unless your name is Alberto Salazar). And you don't win it by changing your shoes either – not once, but twice.

Despite the presence of a talented international contingent, including two former champions, the 89th Comrades Marathon between Pietermaritzburg and Durban was a triumph for South African men, who took the first three places – the first time this has happened since 1992.

Bongmusa Mthembu, who was second behind Ludwick Mamabolo in the last "down" run two years ago, but did not finish last year's "up" run, took the title this time in 5:28:34, followed by Mamabolo in 5:33:14 and Gift Kelehe in 5:34:39. There were seven South Africans in the top ten, with triple champion Stephen Muzhingi (ZIM) finishing fourth. At times the men's race looked like a game of musical chairs as the lead among the top five changed constantly.

In the women's race the once indomitable Nurgalieva twins, although finishing second and third, were reduced to constant walking, accompanied by frequent glances over their shoulders, after the last big ascent, Cowie's Hill, 18 km from the finish. Spectators who have become used to their dominant performances over the past eleven years, during which they took ten titles between them, were shocked to see them lying prone on the grass at the finish for many minutes before Olesya was taken away on a stretcher.

They were beaten soundly by Briton Eleanor Greenwood, who in the last down run finished only 72 seconds behind Elena Nurgalieva (after leading at halfway). Greenwood's 6:18:15 was almost 10 minutes slower than in 2012, but she turned a deficit of more than four minutes at halfway into a win of more than five minutes as the twins wilted under the effects of their fast early pace and the warm conditions.

The first South African woman was not the favoured Charné Bosman, who dropped out after 4½ hours of running after being in fifth for most of the race until then, but Caroline Westmann, who was sixth in 6:51:43. Bosman fainted and collapsed, possibly caused by medication she has been taking for a thyroid gland problem.

For many South Africans, though, the most heart-warming performance of the day came from 48-year-old Zola Pieterse, who finished seventh in 6:55:55. Pieterse, a two-time world cross-country champion who still holds the world junior records for the mile, 2000 m and 3000 m, dedicated the race to fellow Bloemfontein resident Pierre Korkie, who has been held captive by al-Qaeda for more than a year in Yemen. Korkie was her coach in the late eighties and she – with hundreds of other participants following her example – wore a yellow ribbon to show solidarity with Korkie.

At the finish she called it “probably the hardest race of my life. I knew I was in great form, but you never know with this distance. But every time I suffered, I thought of Pierre and then felt better again.”

The race started in the usual fashion with a number of over-confident runners storming off in the darkness from in front of the Pietermaritzburg City Hall, hoping to win the “hot spot” prizes on offer along the way. The real contenders were biding their time in several large groups further down the field.

After 65 minutes of running Charles Soza (ZIM), Elmore Sibanda (ZIM) and Anele Dlamini were leading, with Swedish star Jonas Buud, second last year, about six minutes in arrears and South African marathon record holder Gert Thys in seventh. Another Zimbabwean, Peter Tadziripa, was leading the main chasing group of about twenty runners.

Sibanda pulled away soon after, with Soza following him at a distance. Soza drew even with 1:45:40 on the clock and after running together with his rival for two minutes, moved decisively away. At this stage Buud had been joined by Russia’s Vasilii Larkin, whose 6:18:26 in St. Petersburg was by far the fastest 100 km in the world last year.

Between Buud and Larkin was a group of twenty that contained many of the main contenders, among them 2012 winner Ludwick Mamabolo, Muzhingi, Rufus Photo, Mthembu, Joseph Mphuthi, Butiki Jantjies and Petros Sosibo. Nine-time winner Bruce Fordyce, doing TV commentary, said: “The winner will come from this group.”

On the steep climb up Inchanga Thys, who has been very inconsistent in his forays over the ultra distances, with a fourth position in the 2012 Two Oceans, but also DNFs in the 2011 and 2013 Two Oceans, as well as the 2012 and 2013 Comrades, was 35 seconds behind Soza, with Collin Parura (ZIM) third, Elias Mabane fourth and Mike Fokoroni (ZIM) fifth.

Soza reached halfway at Drummond in 2:36:25, with Thys second 23 seconds behind and Parura third, just over 5 minutes behind the South African. Three-time Two Oceans winner Marko Mambo (ZIM) was fifth behind Fokoroni, but more than six minutes behind the leader. Photo, ninth last year, was 14th and Mthembu 15th – almost 10 minutes behind Soza. Mphuthi was even further back in 18th.

On the steep 6 km climb out of Drummond towards Botha’s Hill Thys gained on the leader with every stride and passed him at 2:44, pulling away easily and running with determination etched on his face. Earlier in the race he had stopped to change his shoes and he seemed to be running without trouble, as he did in the 2012 race, when he led by more than 5 minutes at Drummond – even though no other runner since Salazar in 1994 had led the race so early and still won.

In that race, after he had boasted beforehand that he would run under 5 hours, he started walking before the clock showed 3 hours. This time he lasted a while longer – if one does not count his second stop to change shoes yet again! It seemed to be planned, because his helpers even had a chair ready for him to sit on.

With Fordyce saying he could not believe what he was seeing, Thys sat down after 3 hours 15 minutes of running and pulled on another pair of new shoes. (Fortunately he remembered to also transfer his timing chip.) He resumed running, but three minutes later stopped again to fiddle with his shoes, then resumed once more, but much slower now.

He was still 90 seconds ahead of his closest rival, but the signs were ominous.

And, as expected, his lead did not last long. Mphuthi was gaining steadily, cutting through the field, and moved into third, followed by a group of eight that included Muzhingi (10th last year), Photo (9th last year), Mamabolo, Leboka Noto (LES) and Mthembu.

Thys was walking at intervals and had lost his rhythm. At 3:55 the group passed him and shortly afterwards he sat down on the railing at the side of the road and pulled off one shoe. He then dejectedly walked to the other side of the road and got into a vehicle.

At almost the same time Mambo, who had been looking impressive, stopped and sank to the ground with a severe cramp in his leg. His race, like that of Thys, was run.

Mphuthi, who finished seventh last year, was now in the lead, but behind him Photo had shaken off his rivals and caught Mphuthi with 21 km to go. His long, loping stride took him into the lead – but there was danger coming from behind.

His massive thighs eating up the ground, Mthembu went ahead just after 4:20 – only to see Photo spurting past to claim the last hot spot. But that was also the end of his challenge and from there Mthembu ran unchallenged to the finish.

Behind him a furious battle raged between Muzhingi and Kelehe, brother of 2001 winner Andrew, as they stormed up the tree-lined incline of Cowie's Hill. They traded surges – and shared a water bottle – after cresting the hill and hauled in Photo, who joined the battle. The lead changed many times and it was only after 4½ hours of running that Kelehe and Muzhingi could break free.

Mamabolo, running easily, was now fifth, followed by Mphuthi, Sepitle Phaladi, William Mokwalakwala and Latudi Makofane. Buud, who was only 13th at the top of Cowie's Hill, had started his push for the finish and was seventh.

Muzhingi was working hard and finally got rid of Kelehe just before 5 hours of running on the last, short but very steep, hill of the race. But none of them could withstand the charge of the defending down run champion. Mamabolo was looking as relaxed as if he had started the race an hour ago. He first sped past Kelehe, then Photo, and then Muzhingi.

But he had left it too late and although he looked the freshest of the top five, he was still 4:40 behind Mthembu at the finish. After the race Mthembu, who has improved each year on the last three down runs – from third in 5:37:49 in 2010 to second in 5:32:40 in 2012 and now first – thanked his coach, Willie Mtolo, who himself was second in the 1989 down run after a torrid battle with Sam Tshabalala.

In the last few kilometres Kelehe rallied to go past Photo and Muzhingi to claim third.

It was the first time since 1992, when Jetman Msutu, Mark Page and Shaun Meiklejohn finished in that order that South Africans took the top three positions. (Charl Mattheus was first across the line, but was disqualified after a positive drug test.)

Buud, a strong favourite to win who said beforehand that “this is THE race, the one everyone wants to win”, finished seventh, almost 10 minutes behind the winner. He was fourth and second in the last two up runs and is clearly a better up runner – a fact borne out by his seven consecutive wins in the Swiss Alpine Marathon.

Larkin clearly found the tough course difficult to handle and just missed out on the tenth and last gold medal, finishing 19 seconds behind Makofane. (Larkin's brilliant 100 km time last year is not the second fastest of all time, as the TV commentators repeatedly said, but the seventh fastest. Also, he is 22 and not 23.)

In the women's race the Nurgalieva twins went out fast and at halfway was more than 4 minutes ahead of Greenwood and 15 minutes ahead of Bosman, who was then still looking strong. Camille Herron (USA) was in fourth, 2:22 behind Greenwood. Irinia Antropova (RUS), who was third last year, was sixth and Pieterse seventh.

The twins stretched their lead to almost 9 minutes after 58 km, but the first sign of trouble appeared on Cowie's Hill, when Olesya started walking. But soon afterwards Elena also slowed and at the top of the hill they were together again. Greenwood, in the meantime, was working her way steadily up the hill – where, two years ago, she was the one doing the walking.

There was no sign of that this time and when she went over the top she had reduced the gap to less than 8 minutes. Over the next hour the Nurgalievas' pace dropped alarmingly and both of them walked at times, looking exhausted. They kept on moving, however, but there was no stopping the slender British runner, who lives in Canada. At 7 km to go she was only 2:45 behind and looked unstoppable.

At 5 minutes past 6 hours Greenwood overtook Elena without a glance, after having disposed of Olesya a few minutes earlier. From there on Elena stopped a few times, often turning completely around to look for her sister. They would finish 1:33 apart in what is by far their slowest times for the down run.

At Cowie's Hill Herron was still fourth, but she would drop out soon afterwards. Jo Meek (GBR) had moved into sixth, with Frida Södermark (SWE) seventh and Pieterse eighth. Over the last few kilometres Pieterse was passed by Wostmann to finish as the second South African.

Afterwards Greenwood, who showed little sign of fatigue, said her win was "a dream come true". She said she had been "tormented" by her narrow loss in 2012 and had done more speed work for this year's race. She added that "the downhill is to my advantage", but for the 2015 up run "I'll train to be an uphill runner".

Leonid Shvetsov (RUS), who holds both the up and down run records, finished in 8:26:21. Four-time winner Alan Robb achieved his 41st medal in 8:43:20, while triple winner Vladimir Kotov (BLR) was third in the masters category (50-59) won by another former champion, Meiklejohn.

□ In the Prefontaine Classic meeting in Eugene, part of the IAAF Diamond League, Johan Cronjé continued his record-breaking form of last year when he surpassed Johan Fourie's 27-year-old SA record for the mile with a time of 3:50.70. Fourie ran his 3:50.82 in Port Elizabeth on 11 March 1987. Last year Cronjé twice broke Johan Landsman's 19-year-old 1500-metre record of 3:33.56, first with 3:33.46 in Doha and then with 3:31.93 in Rieti. Cronjé was ninth in the Bowerman Mile, won by Ayanleh Suleiman (DJI) in 3:47.32 – the world's fastest mile since 2007. (Interestingly, the three SA record holders share the same first name, Johan.)



Sisters René and Christine Kalmer at the Freihofer's Run for Women 5 km in Albany, New York, this weekend. [Photograph supplied]

□ In the Freihofer's Run for Women 5 km in Albany, USA, René Kalmer finished ninth in a PB of 16:12, the ninth fastest time ever by a South African. Sister Christine was 13th in 16:38 and Nolene Conrad 15th in 16:53, both PBs. The Kalmers won the sister/sister award.

□ The Voet of the Wine Route 10 km (results in last week's DRR) was not on 24 May, but on Sunday, 25 May. Also, the second man in the Love Run 10 km is not Bafana Bude, but Bafana Dube.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Comrades Marathon, Pietermaritzburg to Durban
- * The Fast & Flat 10 km, Bellville
- * Pick 'n Pay Brackenfell Half Marathon, Brackenfell
- * Wilderness Half Marathon & 10 km, Hoekwil
- * XC: Gauteng North League Meeting, Pretoria; WP League Meeting, Youngsfield

International highlights:

- * Bolder BOULDER 10 km & International Team Challenge, Boulder, USA
 - * Tamarack Ottawa Race Weekend, Ottawa, CAN
 - * Bupa Westminster Miles, London, GBR
 - * 100 km del Passatore, Faenza, ITA
 - * Track: Prefontaine Classic, Eugene, USA; IAAF World Relays, Nassau, BAH; World Challenge Beijing, Beijing, CHN
-

NEWS

STARLING PLUMBERS 10 KM IS SHORT

In last week's *Distance Running Results* it was mentioned that the Race Time Bias (RTB) calculation for the Starling Plumbers Half Marathon in Mount Edgecombe showed a figure of -1.89 sec/km, well within the allowable limit of -5 sec/km, despite some very fast times.

In an e-mail to DRR well-known course measurer Norrie Williamson pointed out that the half-marathon route was validated the day before the event, but the 10 km was not. He said the course was 200 m short last year (DRR did not receive the 2013 results). No RTB calculation for the 10 km was made because three of the six runners in the results received are unknown to DRR and no other times could be found for them.

On Williamson's suggestion, the calculation was made for the three runners for whom previous performances were available and this resulted in a figure of -11 sec/km – more than twice the limit. This confirmed that the course is still short, and these times will not be used for statistical purposes.

ROAD RUNNING

Comrades Marathon (89th)

Pietermaritzburg to Durban, 1 June

(Distance: 89.28 km. Certified point-to-point downhill course, dropping from 670 m to sea level, but very hilly. Highest point: 870 m. Finishers: 9556 men + 2427 women = 11 983 total. Weather: About 11 °C at the start, very warm and humid later.)

Note 1: Zola Pieterse is not listed as the first veteran, presumably because she was not wearing age tags (a Comrades rule requirement). – Ed.

Note 2: Unfortunately the hot spot prizes were not available. – Ed.

MEN

1. Bongmusa Mthembu 5:28:34 R350 000 + R175 000i + R15 000ii

2.	Ludwick Mamabolo	5:33:14	R175 000
3.	Gift Kelehe	5:34:39	R130 000
4.	Stephen Muzhingi (ZIM)	5:35:18	R65 000
5.	Rufus Photo	5:35:30	R50 000
6.	Mncedisi Mkhize	5:36:06	R30 000
7.	Jonas Buud (SWE)	5:38:17	R25 000
8.	Manoko William Mokwalakwala	5:39:29	R22 000
9.	Prodigal Khumalo (ZIM)	5:39:36	R18 500
10.	Latudi Makofane	5:40:41	R16 500
11.	Vasiliy Larkin (RUS)	5:41:00	
12.	Lucas Nonyana	5:44:40	
13.	Mike Fokoroni (ZIM)	5:45:46	
14.	Dibate Charles Tjiane	5:46:18	
15.	Siphiwe Ndlela	5:46:36	
16.	Skhumbuzo Elliot Dlamini	5:49:03	
17.	Temo Rampuku (LES)	5:49:58	
18.	Peter Muthubi	5:54:03	
19.	Leboka Ernest Noto (LES)	5:54:51	
20.	Thabo Nkuna	5:56:19	
21.	Bethuel Netshifhefhe	5:56:47	
22.	Lovemore Chabata (ZIM)	5:58:41	
23.	Themba Mthembu	5:59:38	
24.	Lebohang Monyele	6:00:02	
25.	Godfrey Sesenyamotse	6:00:48	
26.	Mthandazo Qhina	6:01:47	
27.	Gordon Lesetedi	6:01:47	
28.	David Ramafothole	6:02:30	
29.	Shingirai Badza (ZIM)	6:02:56	
30.	Petros Sosibo	6:04:44	
31.	Sanele Ndlela	6:04:44	
32.	David Gatebe	6:05:12	
33.	Lebohang Mahloane	6:05:48	
34.	Craig Cynkin	6:05:57	
35.	Renier Grobler	6:06:25	
36.	Michael Wardian (USA)	6:08:23	
37.	Sepitle Phaladi	6:10:15	
38.	Siyabulela Mqambeli	6:11:52	
39.	Philani Memela	6:12:48	
40.	Kwakhwakwawo Ngubane	6:13:28	
41.	Mthetho Mntungwa	6:13:51	
42.	Knowledge Mokhele	6:14:37	
43.	Malusi Dlomo	6:14:51	
44.	Mbuyiseli Mema	6:14:54	
45.	Ernest Mokoo	6:15:31	
46.	Zwelithini Vaphi	6:15:39	
47.	Mziwenkosi Mjaja	6:16:11	
48.	Ayanda Mlotshwa	6:16:12	
49.	Patrick Kanyane	6:16:34	
50.	Teboho Sello (LES)	6:16:35	
51.	Delani Mkhize	6:16:55	
52.	Victor Ngubelanga	6:17:47	
52.	Butiki Jantjies	6:17:47	
54.	Eric Ngubane	6:18:13	
55.	Ian Sharman (GBR)	6:18:42	
56.	Maboko Sathekge	6:19:35	
57.	Khulekani Ngubane	6:19:59	
58.	Kirsten Leemans	6:20:02	

59.	Ruben Setumu	6:20:34
60.	Mkhonzeni Basi	6:21:27
61.	Petoro Gaebetse	6:21:35
62.	Petrus Moeletsane	6:22:14
63.	Phillip Shezi	6:23:21
64.	Albert Phungula	6:24:44
65.	Luzuko Mdeliswa	6:25:20
66.	Justice Nkosi	6:25:30
67.	Nkosinathi Ngcongo	6:25:57
68.	Xolani Bunge	6:26:53
69.	Mosongo Mokoatsi	6:27:34
70.	Donald Mohlahlo	6:28:25
71.	Mthokozisi Mbokombela	6:28:32
72.	Nathaniel Moiketsi	6:28:58
73.	Nqamulela Gumede	6:30:41
74.	Thanda Mthembu	6:31:07
75.	Richard Dlamini	6:31:29
76.	Reuben Maapola	6:33:06
77.	Mila Pasiya	6:34:34
78.	Simthembile Sibezeni	6:35:02
79.	Sylvestor Maindi (KEN)	6:35:45
80.	Nthibi Nolo	6:36:01
81.	Sfiso Cili	6:36:06
82.	Mkanyiseli Mazeka	6:36:07
83.	Jabulani Nkabinde	6:36:25
84.	Ntheleng Mosime	6:36:35
85.	Imraan Paya (MAW)	6:36:39
86.	Dumsani Dlamini	6:36:51
87.	Best Ngwenya	6:37:14
88.	Gregory Bishop	6:37:38
89.	Thomas Nkuna	6:37:42
90.	Innocent Nyawose	6:37:59
91.	Jaco Barnard	6:38:01
92.	Thompson Magagane	6:38:32
93.	Judas Ntuli	6:38:58
94.	Shaun Meiklejohn	6:39:15
95.	Rofhiwa Mathidi	6:39:32
96.	Mandla Mbili	6:39:50
97.	Philimon Manyaka	6:39:58
98.	Wiseman Msezane	6:40:02
99.	Willem Swanepoel	6:40:26
100.	Sam Munyai	6:40:34
... 107.	Vusi Malobola	6:41:53
... 112.	Elias Mabane	6:43:49
... 114.	Johannes Kekana	6:44:01
... 135.	Vladimir Kotov (BLR)	6:47:20
... 331.	Charles Soza (ZIM)	7:14:42
... 581.	Peter Tadziripa (ZIM)	7:39:14
... 1234.	Leonid Shvetsov (RUS)	8:26:21
... 1499.	Collin Parura (ZIM)	8:38:08
... 1621.	Alan Robb	8:43:20

DNF: Gert Thys, Marko Mambo (ZIM), Joseph Mphuthi, Elmore Sibanda (ZIM), Claude Moshiywa, Moges Taye Mamo (ETH), Kanie Simons

i = incentive as first South African

ii = incentive as first runner from Kwazulu-Natal

40-49:

1.	Jonas Buud (SWE)	5:38:17	R12 000
2.	Leboka Ernest Noto (LES)	5:54:51	R6000
3.	Bethuel Netshifhefhe	5:56:47	R3000
4.	Shingirai Badza (ZIM)	6:02:56	
5.	Michael Wardian (USA)	6:08:23	

50-59:

1.	Shaun Meiklejohn	6:39:15	R9000
2.	Reform Ndlovu	6:45:44	R4500
3.	Vladimir Kotov	6:47:20	R3000

60+:

1.	Peter Erasmus	8:08:36	R8000
2.	Sam Damane	8:58:38	R6000
3.	Peter Sebola	9:04:47	R2000

WOMEN (Same prize money as men)

1.	Eleanor Greenwood (GBR)	6:18:15	R350 000 (no incentives)
2.	Elena Nurgalieva (RUS)	6:23:18	
3.	Olesya Nurgalieva (RUS)	6:24:51	
4.	Irina Antropova (RUS)	6:34:08	
5.	Jo Meek (GBR)	6:47:02	
6.	Caroline Wostmann	6:51:43	R30 000 + R175 000i
7.	Zola Pieterse	6:55:55	
8.	Frida Södermark (SWE)	6:57:33	
9.	Martinique Potgieter	7:00:46	
10.	Julanie Basson	7:02:50	
11.	Salome Cooper	7:06:03	
12.	Sophia Sundberg (SWE)	7:06:12	
13.	Fikile Mbuthuma	7:08:26	R15 000ii
14.	Kerry-Ann Marshall	7:08:57	
15.	Tina Major (AUS)	7:12:04	
16.	Riana van Niekerk	7:14:52	
17.	Lesley Train Austin	7:15:55	
18.	Lindy-Lee Fölscher	7:20:51	
19.	Ursula Turck	7:25:13	
20.	Melanie Banyard	7:36:44	
21.	Nonsikelelo Mbambo	7:38:09	
22.	Avril Halstead	7:38:54	
23.	Patricia Bahlmann	7:40:09	
24.	Ronel van Graan	7:40:53	
25.	Sarah Wilson	7:43:31	
26.	Ann Ashworth	7:43:48	
27.	Zelda Breytenbach	7:45:59	
28.	Mary-Anne Nieuwoudt	7:46:24	
29.	Stephanie Smith	7:46:56	
30.	Sarah Gray	7:47:37	
31.	Martine Baker	7:50:28	
32.	Nokholo Hlezupondo	7:51:26	
33.	Liesl Stoltz	7:54:02	
34.	Eve Bugler (GBR)	7:55:46	
35.	Ekaterina Sheremet (RUS)	7:58:42	
36.	Erika Lori (AUS)	7:59:03	
37.	Nadine Breytenbach	7:59:45	
38.	Karen Sobrino	8:09:48	
39.	Carly Kent	8:11:08	
40.	Kate Rees	8:13:20	

41.	Pat Dammann	8:13:54
42.	Precious Duma	8:14:43
43.	Zisandele Mkhize	8:15:15
44.	Helen Buley	8:16:09
45.	Simone Verster	8:17:37
46.	Enie Molatseli	8:18:34
47.	Tania Anderson	8:18:45
48.	Ntombizethu Sthabile Mnyandu	8:20:15
49.	Zanie van Rensburg	8:20:16
50.	Sandy de Beer	8:20:45
51.	Tia Jones (AUS)	8:21:25
52.	Adele Waldron	8:22:47
53.	Cherry Wellard	8:23:12
54.	Patricia Adams	8:25:21
55.	Candyce Hall	8:27:16
56.	Anne Bester (UAE)	8:27:16
57.	Phillipe Welthagen	8:27:18
58.	Lisa Collett	8:27:22
59.	Yolan Friedmann	8:27:48
60.	Toni Bennetts	8:28:13
61.	Busisiwe Pakati	8:28:34
62.	Motlatsi Mohlamonyane	8:30:27
63.	Bonnie Kerr (CAN)	8:30:30
64.	Sarah Eksteen	8:30:34
65.	Sandra Hunter	8:30:43
66.	Carien Visser	8:31:40
67.	Heidi Kalidas (ZAM)	8:32:05
68.	Heather Walden	8:32:55
69.	Kaoma Chileshe	8:33:12
70.	Jane Mudau	8:33:26
71.	Pearl Hughes	8:33:58
72.	Ingrid Pienaar	8:34:28
73.	Martha Pretorius	8:34:30
74.	Amanda Ligthelm	8:35:13
75.	Belinda Padbury	8:35:29
76.	Thandi Zondi	8:35:35
77.	Jenny Tyers	8:35:55
78.	Hazel Moller	8:36:00
79.	Victoria Reuvers	8:36:51
80.	Nocawe Morake	8:37:00
81.	Charmaine Salvage	8:37:05
82.	Keatletse Marang	8:37:44
83.	Sbongile Ziqubu	8:37:51
84.	Dana-Bianca van Zyl	8:38:10
85.	Danka Erasmus	8:38:37
86.	Debbie Slater	8:38:53
87.	Celeste Swart	8:39:07
88.	Rita van Wyk	8:39:09
89.	Jennifer Sutton	8:39:49
90.	Janine Lucas	8:40:34
91.	Lianne Rey	8:41:19
92.	Anel Labuschagne	8:41:31
93.	Taryn Retief	8:42:02
94.	Marietjie de Vries	8:42:47
95.	Sandi Brown	8:43:08
96.	Paula Ensor-Smith	8:43:13
97.	Ria Mornet	8:43:35

98. Vanessa Bowman	8:43:40
99. Danielle Adlam	8:43:42
100. Jenni Kruse	8:43:42
...132. Amy Sproston (USA)	8:52:20

DNF: Thabita Tsatsa (ZIM), Alemtsehay Hailu Kakissa (ETH), Marina Zhalybina (RUS), Charné Bosman, Camille Herron (USA)

i = incentive as first South African

ii = incentive as first runner from Kwazulu-Natal

40-49:

1. Tina Major (AUS)	7:12:04
2. Lesley Train Austin	7:15:55
3. Ursula Turck	7:25:13
4. Ronel van Graan	7:40:53
5. Zelda Breytenbach	7:45:59

50-59:

1. Motlatsi Mohlamonyane	8:30:27
2. Jane Mudau	8:33:26
3. Rita van Wyk	8:39:09

60+:

1. Jacqueline Millett (GBR)	9:57:34
2. Patricia Shaw	9:57:52
3. Gloudien Spies	10:33:08

The Fast & Flat 10 km

Bellville, 31 May

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

Note: Zintle Xiniwe was first across the finish line in the women's race, but was disqualified for not starting at the proper starting line. Nancy Will set a new Western Province record for grandmasters (45:00), while Elmarie Coetzee, who was denied a masters list leader in the Brackenfell Half Marathon because of a too long course (see results below), got one here (40:10) – as did grandmaster Muhammad Kriel (3:35) and junior Pamela Moyikwa (35:07). – Ed.

MEN

1. Unathi Nteta (AAC) 30:11 (R1000)
2. Akhona Makila (VOB) 30:11 [correct] (R800)
3. Nkosinathi Madyo (Ned) 30:29 (R600)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 30:42 (R200); 2. Graham Katzen (Itheke) 31:44 (R150); 3. Xolile Macanda (Gugs) 32:32 (R100). **Masters:** 1. Tobias Philander (Itheke) 35:09 (R200); 2. Eric Coetzee (Ind) 35:23 (R100); 3. Pikkie du Plessis (Edge) 39:43 (R50). **G'masters:** 1. Muhammad Kriel (Ommie) 38:35 (R200); 2. William Hendricks (Eerste) 45:31 (R100); 3. Paul Fortuin (VOB) 47:02 (R50). **Juniors:** 1. Anthony Timoteus (UWC) 30:51 (R200); 2. Heinrich Wagner (NBMC) 31:39 (R150); 3. Granwil Katzen (Itheke) 32:46 (R100).

WOMEN (Same prize money as men)

1. Pamela Moyikwa (VOB) 35:07 (1st jun)
2. Bulelwa Simae (Ned) 35:23
3. Danette Smith (NBMC) 37:50

Veterans: 1. Sandra van Graan (Edge) 39:24; 2. Sheryl de Lange (NBMC) 41:08; 3. Chantal Simpson (Ned) 42:08. **Masters:** 1. Elmarie Coetzee (NBMC) 40:10; 2. Mariëtte Strauss (Tyger) 41:51; 3. Olga Howard (Celtic) 43:06. **G'masters:** 1. Nancy Will (Pine) 45:00 (WP rec); 2. Helen du Plessis (Tyger) 48:31; 3. Pixie Sparg (Celtic) 51:30. **Juniors:** 1. Pamela Moyikwa (VOB) 35:07; 2. Busisiwe Gwala (VOB) 39:41; 3. Lolita Kievieto (UWC) 40:11.

Pick 'n Pay Brackenfell Half Marathon

Brackenfell, 17 May

(Distance: 21.1 km; certified loop course, hilly in second half. Finishers: 1361 [up from 1090 last year].)

Note 1: The winner is probably Sibusiso Madikizela, who runs for the Manoni club. DRR has corrected the spelling of some names. The results were received from the race organisers.
– Ed.

Note 2: The GPS watches of a number of athletes who DRR spoke to indicated the course to be between 300 m and 400 m too long. This means approx. 72 sec at a 4 min/km pace (for an extra 300 m). The error cost at least one athlete (Elmarie Coetzee in the masters category; fourth overall) a list leader. – Ed.

MEN

1	Sibusiso	Manoni	Temp	22	1:05:56
2	Mthandazo	Qhina	Nedbank	35	1:06:41
3	Tsungai	Mwanengeni	ZIM/NBMC	40	1:07:37
4	Bernard	Rukadza	ZIM/Gugs	32	1:08:18
5	Peter	Tsawayo	ZIM/Gugs	33	1:09:41
6	Siviwe	Nkombi	Itheko	25	1:11:04
7	A.N. Other		Khayelitsha		1:11:37
8	Phumlani	Nxusani	Nedbank		1:12:50
9	Manfred	Samuels	Helderberg Harriers	23	1:12:52
10	Anele	Ndzuta	Khayelitsha	35	1:13:13

WOMEN

1	Nomvuyisi	Seti	Itheko	33	1:25:20
2	Candyce	Hall	Carbineers	30	1:26:04
3	Liesl	Stoltz	Durbac	37	1:29:57
4	Elmarie	Coetzee	NBMC	50	1:30:19
5	Helene	Roux	NBMC	30	1:30:59
6	Busisiwe	Matiwane	Celtics	39	1:32:34
7	Marlize	Vienings	Tygerberg	38	1:32:50
8	Elizabeth	De Gouveia	Durbac	40	1:35:59
9	Anneline	Roffey	NBMC	33	1:36:02
10	Guinivere	Rogers	Durbac	23	1:38:18

Wilderness Half Marathon & 10 km

Hoekwil, 24 May

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 127 [up from 106 last year]; 10 km – 180 [same as last year].)

Half marathon

MEN

1	Gershwil	Jacobs	Nedbank	23	1:14:38
2	Lindile	Tokota	Nedbank	46	1:18:18
3	Melikhaya	Msizi	KMC	30	1:23:32

4	Ashwell	Clooco	Mosselbay Harriers	17	1:26:21
5	Rodney	Halom	Outeniqua Harriers	30	1:29:59
6	Hermanus	Jonkerman	Nedbank	54	1:32:44
7	Elrick	Spiers	Rainbow	51	1:34:33
8	Anton	Chevalier	Nedbank	49	1:35:25
9	Whayn	Windwaai	Sedgefield Striders	35	1:35:31
10	Marshall	Richenberg	Knysna Marathon	37	1:36:46

WOMEN

1	Annatjie	Botes	Nedbank	56	1:43:32
2	Charmaine	Lamprecht	Nedbank	30	1:45:31
3	Alexa	de Villiers	Ind	31	1:51:17
4	Alison	Jordaan	Nedbank	47	1:54:27
5	Susan	Leppan	Ind	49	1:58:09
6	Janet	Woodhead	Plett AC	34	1:58:33
7	Carla	Coetzee	Nedbank	25	2:01:42
8	Tiani	Claassen	Ind	23	2:02:27
9	Carike	Jacobs	Nedbank	37	2:02:31
10	Candice	Kelton	Outeniqua Harriers	26	2:06:38

10 km

MEN

1	Ettiene	Paatjies	Nedbank	26	33:16
2	Francois	Maqaussa	Military Sport	18	35:37
3	Elfonzo	Pieterse	Nedbank	25	36:32
4	Archie	Boome	KMC	18	37:46
5	Victor	Gugushe	Plett AC	35	37:57
6	Godwin	Heyns	Mosselbaai Harriers	16	39:13
7	Zuzile	Ntshiniyabo	Outeniqua Harriers	40	40:19
8	Dylan	van Wyk	Plett AC	18	41:01
9	Fikile	Konstabel	Nedbank	18	41:03
10	Elton	Botha	KMC	21	41:18

WOMEN

1	Lisl	Grobler	KMVC	38	44:41
2	Lana	Theunissen	Nedbank	41	46:16
3	Nancy	Cloete	Ind	27	47:13
4	Renee	Moll	Nedbank	44	48:47
5	Macnita	Samuels	KMC	17	49:32
6	Marie	Wolmarans	Nedbank	55	50:35
7	Liz	Mills	KMC	35	51:49
8	Clarisha	Pieterse	Mosselbay Harriers	15	52:29
9	Karen	le Roux	Ind	47	56:25
10	Anique	le Roux	Ind	20	56:25

CROSS-COUNTRY**Gauteng North League Meeting (5th)**

Pretoria, 24 May

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

SR. MEN (8 km)

1	Precious	Mashele	Transnet	25:09
2	Sikhumbuzo	Seme	Transnet	25:10
3	George	Mofokeng	Transnet	25:19

4	Willem	Ndzhukula	Individual	25:34
5	Bafana	Dube	Transnet	25:51
6	Motsamai	Motone	Transnet	25:57
7	Mpho	Makofane	TUT	26:19
8	Rapelang	Kgaje	Transnet	26:19
9	Anele	Sonqibido	Transnet	26:38
10	Sello	Lekalakala	Ikhozi	26:41

SR. MEN

1	Motsamai	Motone	Transnet	12:41
2	Pheeha	Victor	Monaco	13:06
3	Thabang	Madiba	Born 2 Run	13:08
4	Frans	Makola	Transnet	13:09
5	Ben	Mutisu	Themba Prestige	13:10
6	Gino	Nkoe	Nissan	13:25
7	Andy	Mukona	Transnet	13:38
8	Charles	Malatji	Monaco	13:48
9	Martin	Nkoe	TUT	13:59
10	Mathews	Matsetela	Nedbank	14:39

MEN 40 (8 km)

1	Piet	Mosebedi	Transnet	29:07
2	Fritz	Coetzee	Individual	29:56
3	Mattheus	Matsetela	Individual	33:22

MEN 45 (8 km)

1	Fanie	Van Vuuren	Centak	30:22
2	Leon	Mathee	New Balance	32:12
3	Andre	Erasmus	Individual	34:27

MEN 50 (8 km)

1	Piet	Lotter	ACRW	32:29
2	Rob	Hudson	Irene	33:17
3	Japie	Badenhorst	ACRW	34:05

MEN 55 (8 km)

1	Johnie	Jonker	Denel	36:03
2	Hendrik	Smith	Overkruin	38:09
3	Wilbie	Venter	Overkruin	38:58

MEN 60 (6 km)

1	Andre	Smith	PMK	30:24
2	Chris	Callaghan	Enduro	31:05
3	Johan	Britz	ACRW	34:08

MEN 65 (6 km)

1	Don	Charles	Nedbank	25:19
2	Steve	Otto	AS Eagles	27:31
3	Harry	Van der Merwe	Bronkhorstspuit	28:57

MEN 80 (6 km)

1	Dion	Heigers	ACRW	43:54
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MEN 23

1	Moses	Dirane	Themba Prestige	12:38
2	Jacob	Tseko	TUT	12:44
3	Tebogo	Segalagala	Hunter	12:55

JR. MEN (8 km)

1	Nathan	Hutton	Amandasig	25:45
2	Tshepo	Leeto	TUT	26:00
3	Phumlani	Mthembu	Rosina Sedibane	26:03

BOYS 17 (6 km)

1	Kwanele	Mthembu	Prestige College	19:48
2	Ikageng	Gaurekgwe	Vorentoe	20:02

3	Maurice	Van Wyk	Overkruin	21:03
SR. WOMEN (8 km)				
1	Andrea	Steyn	Cycle Lab	30:06
2	Kataza	Shipalana	TUT	30:37
3	Prudence	Zwane	Transnet	31:11
4	Simangele	Mabuza	Transnet	31:15
5	Nandipha	Dywili	Transnet	31:54
6	Mariska	Steinbach	New Balance	32:36
7	Patience	Khumalo	TUT	32:40
8	Nthabiseng	Tshehla	Monaco	34:35
9	Penelope	Mataidobou	Ikhozi	37:10
SR. WOMEN				
1	Thitshaamba	Ravhandalala	TUT	14:15
2	Thembi	Baloyi	TUT	14:23
3	Anuscha	Nice	Tuks	14:38
4	Palesa	Madca	TUT	15:50
5	Kathryn	Thomas	New Balance	17:46
6	Sune	Van Wyk	VTM	18:53
WOMEN 40				
1	Ronel	Thomas	Boxer	15:03
2	Seanette	Van Rooyen	GNMA	17:11
3	Christelle	Ferreira	Montana	21:26
WOMEN 45				
1	Canie	Cullen	Individual	18:14
2	Lettie	Saayman	Nedbank	19:00
3	Hanna	Van Tonder	Akasia	20:24
WOMEN 50				
1	Adri	Van Dyk	Individual	20:00
2	Janet	Van der Merwe	New Balance	22:08
3	Teresa	Le Roux	VTM	25:08
WOMEN 55				
1	Christa	Mouton	Agape	21:25
2	Elsie	Mokone	Temba Prestige	24:37
3	Roshinee	Moodley	PMMC	25:58
WOMEN 60				
1	Rina	Pretorius	SABS	22:28
2	Vere	Moorhouse	Phobians	25:31
WOMEN 65				
1	Ella	Smith	PMK	23:59
WOMEN 75				
1	Antoinette	Van Rooyen	Transnet	27:33
WOMEN 23				
1	Murendwa	Davhana	TUT	14:55
2	Happiness	Mkhize	Tuks	15:27
3	Alicia	Labuschagne	Wonderboom	15:51
JR. WOMEN (6 km)				
1	Marne	Mentz	Centurion	21:59
2	Thandeka	Manzana	Prestige College	23:02
3	Simone	Verwey	Eldoraigue	23:18
GIRLS 17				
1	Lethabo	Seema	Tuks	15:10
2	Lize	Botha	Centurion	15:23
3	Sibongile	Hlanjwa	Tuks	15:42

WP League Meeting (4th)

Youngsfield, 24 May

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

SR. MEN (12 km)

1	Xolisa	Batala	VOB	39:02
2	Heinrich	Camphor	NBMC	39:05
3	Wanda	Roro	Itheko	39:07
4	Andrew	Louw	Easterns	39:15
5	Duran	Byman	Itheko	39:26
6	Phumlani	Nxusani	Nedbank	40:02
7	Enver	Pedro	NBMC	40:03
8	Christopher	Karelse	NBMC	40:55
9	Marks	Mpekula	No Club	41:21
10	Lwandile	Lange	No Club	41:22

SR. MEN

1	Akhona	Makila	VOB	13:36
2	Xolisa	Batala	Harare	13:44
3	Vuyolwethu	Mbukushe	Gugs	13:57
4	Emiele	Paulsen	NBMC	13:57
5	Duwayne	Philander	UWC	14:03
6	Enver	Pedro	NBMC	14:06
7	Duran	Faro	UWC	14:08
8	Danzil	Paulse	Easterns	14:16
9	Bulelani	Bhebha	VOB	14:17
10	Envor	Rhodas	Easterns	14:21

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	28:33
2	Sabelo	Ngcwama	Celtic Harriers	28:49
3	Shawn	Abrahams	Itheko	28:59

MASTER MEN (8 km)

1	Eric	Coetzee	No Club	30:31
2	Chris	Mitchell	Celtic Harriers	30:58
3	Julian	Paul	Defence WP	31:36

G'MASTER MEN (8 km)

1	Clive	Owen	Edgemead	32:24
2	Awie	Veldsman	Helderberg Harr	33:07
3	Christian	Edwards	VOB	37:18

U.19 (8 km)

1	Bruce-Lynn	Damons	WCSS	25:57
2	Anthony	Timoteus	UWC	26:01
3	Kaleb	Beukes	UWC	26:19

U.17 (6 km)

1	McMarshal	Hartzenberg	Eerste River	19:31
2	Rowhaldo	Ratz	Eerste River	19:33
3	Lukhanyo	Nobakada	VOB	19:45

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank WP	32:57
2	Amy	Abrahams	UWC	33:31
3	Candyce	Hall	Carbineers	33:38
4	Leigh	Barrow	UCT	34:01
5	Busisiwe	Matiwane	Celtic Harriers	34:22

6	Leanda	du Bruyn	CPUT	34:58
7	Sheryl	de Lange	NBMC	35:11
8	Anneline	Roffey	NBMC	35:27
9	Patricia	Adams	Itheko	35:41
10	Mariëtte	Strauss	Tygerberg	37:42

SR. WOMEN

1	Lee-Shay	Willemse	Velocity	17:52
2	Anel	Terblanche	Celtic Harriers	18:08
3	Adri	Meyer	UCT	18:25
4	Anneline	Roffey	NBMC	18:26
5	Anja	Wolstenholme	Durbanville	18:51
6	Annika	Almendro	Bellville	19:02
7	Madelé	du Plessis	Edgemead	19:22
8	Nocwaka	Mthetho	VOB	19:27
9	Alicia	Hartnick	Helderberg Harr	19:37
10	Nontando	Mabusela	Gugs	19:41

VETERAN WOMEN

1	Wilna	Eybers	Strand	17:33
2	Sheryl	de Lange	NBMC	18:26
3	Ursula	Frans	NBMC	18:51

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	18:58
2	Olga	Howard	Celtic Harriers	19:27
3	Bev	Charters	VOB	19:56

G'MASTER WOMEN

1	Nancy	Will	Pinelands	21:33
2	Pixie	Sparg	Celtic Harriers	23:28
3	Theresa	Isaacs	VOB	24:11

U.19 (6 km)

1	Annie	Bothma	Nedbank	22:35
2	Pamela	Moyikwa	VOB	22:52
3	Lolita	Kievieto	UWC	25:22

U.17

1	Hayley	Preen	Hout Bay Harriers	16:41
2	Assnique	Robinson	Bellville	17:28
3	Lauren	Jonathan	VOB	17:46

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**Bolder BOULDER 10 km (36th) & International Team Challenge (17th)**

Boulder, USA, 26 May

(Certified point-to-point course for citizen and elite runners with slight elevation gain; Boulder is at high altitude [1655 m].)

INTERNATIONAL TEAM CHALLENGE MEN (extended gun times)

Individuals:

1.	Afewerki Berhane, ERI	29:11.4	\$4000+
2.	Allan Kiprono, KEN	29:13.1	3000+
3.	Solomon Deksisa, ETH	29:21.7	2250

- | | | | |
|------------------------------|---------|------|-------|
| 4. Juan Luis Barrios, MEX | 29:30.3 | 1000 | \$500 |
| 5. Samson Gebreyohannes, ERI | 29:48.1 | 1050 | |
| ... 9. Ryan Hall, USA Red | 30:13.0 | 800 | |

Teams (cross-country scoring):

1. ERITREA, 16 points (1-5-10) \$15,000
2. ETHIOPIA, 24 points (3-6-15) 10,000
3. USA RED, 32 points (9-11-12) 17,500+
4. KENYA, 40 points (2-16-22) 6,000
5. MEXICO, 47 points (4-18-25) 4,000

INTERNATIONAL TEAM CHALLENGE WOMEN (extended gun times)

Individuals:

- | | | |
|--------------------------------|---------|---------|
| 1. Mamitu Daska, ETH | 32:21.7 | \$4750+ |
| 2. Shalane Flanagan, USA Red | 33:05.2 | 6500+ |
| 3. Risper Gesabwa, KEN | 33:39.3 | 2000 |
| 4. Deena Kastor (40+), USA Red | 33:59.0 | 2500+ |
| 5. Ines Melchor, PER | 34:19.4 | 800 |
| ... 16. Sara Hall, USA Red | 35:25.3 | |
| ... 20. René Kalmer, RSA | 35:57.5 | |
| ... 24. Nolene Conrad, RSA | 36:41.2 | |
| ... 26. Christine Kalmer, RSA | 37:25.0 | |

Teams (cross-country scoring):

1. ETHIOPIA, 15 points (1-6-8) \$15,000
2. KENYA, 22 points (3-7-12) 10,000
3. USA RED, 11 points (2-4-16) 17,500
4. ERITREA, 34 points (9-10-15) 6,000
5. PERU, 36 points (5-14-17) 4,000
6. USA BLUE, 49 points (11-13-25)
7. USA WHITE, 61 points (18-21-22)
8. MEXICO, 69 points
9. SOUTH AFRICA, 70 points

+) Includes time and/or training fund bonus

Tamarack Ottawa Race Weekend

Ottawa, CAN, 24 & 25 May

(Distances: 42.195 km [IAAF certified loop course with negligible start/finish separation] & 10 km [out-and-back course with negligible start/finish separation; early start for elite women].)

Note: In the marathon, Ethiopia's Yemane Tsegay ran the fastest time ever on Canadian soil, good for US\$40 000 in prize money and bonuses. – Ed.

Scotiabank Ottawa Marathon (40th) (25 May)

(Canadian Marathon Championships)

MEN (gun times)

- | | | |
|----------------------------|---------|-----------------------------------|
| 1. Yemane Tsegay, ETH | 2:06:54 | CR USD 20,000 + 10,000* + 10,000^ |
| 2. Mulugeta Wami, ETH | 2:08:18 | 12,000 |
| 3. Ishmael Bushendich, KEN | 2:08:35 | 10,000 |

WOMEN (gun times)

- | | | |
|------------------------|---------|-------------------------|
| 1. Tigist Tufa, ETH | 2:24:31 | CR USD 20,000 + 10,000* |
| 2. Meseret Tolwak, ETH | 2:27:26 | 12,000 |

3. Agnes Kiprop, KEN	2:28:05	10,000
4. Etalemahu Kidane, ETH	2:29:00	5,000
5. Makda Harun, ETH	2:29:30	4,000

*) Course record bonus

^) CAN all-comers record bonus + Hyundai Sante Fe SUV

Lowertown Brewery Ottawa 10 km (28th) (24 May)

MEN (gun times)

1. Wilson Kiprop, KEN	28:01	USD 6000
2. David Kogei, KEN	28:07	3500
3. Geoffrey Mutai, KEN	28:09	2000
4. Edwin Kipyego, KEN	28:22	1200
5. Kinde Atanaw, ETH	28:29	1000
... 8. Gladwin Mzazi, RSA	29:28	500

ALL-WOMEN'S ELITE RACE (gun times)

Note: The women started 4 minutes, 10 seconds ahead of the men --Ed.

1. Mary Keitany, KEN	31:22	CR USD 6000 + 2000* + 4000^
2. Ruti Aga, ETH	32:21	3500
3. Caroline Kilel, KEN	32:31	2000
4. Lucy Macharia, KEN	32:40	1200
5. Asmae Leghzaoui, MAR	32:48	1000

*) Course record bonus

^) Gender challenge bonus

Bupa Westminster Miles (2nd)

(British Athletics Road Mile Championships)

The Mall, London, GBR, 24 May

(Distance: 1 mile; J-shaped course around the perimeter of St. James's Park, finishing in front of Buckingham Palace)

SR. MEN

1. Chris O'Hare, Edinburgh AC, 4:06
2. Chris Warburton, Notts AC, 4:07
3. Jonny Hay, Aldershot, Farnham & District, 4:07

SR. WOMEN

1. Alison Leonard, Blackburn, 4:35
2. Helen Clitheroe, 1974, Preston, 4:35
3. Charlene Thomas, Wakefield, 4:37
- ... 5. Julia Bleasdale, Hillingdon, 4:39

ULTRA/MOUNTAIN/TRAIL RUNNING

100 km del Passatore (42nd)

Faenza, ITA, 24 May

Note: Giorgio Calcaterra got his 9th consecutive victory here, but had to beat back a strong challenge from Hermann Achmüller. – Ed.

MEN (gun times)

1. Giorgio Calcaterra, 1972, ITA 7:05:06 € 1000 + 300i
2. Hermann Achmüller, 1971, ITA 7:08:40 600 + 250i

3. Daniele Palladino, ITA 7:12:29 400 + 200i

i) Earned time incentive bonus

WOMEN (gun times)

1. Marija Vrajic, CRO 7:51:43 € 1000 + 500i

2. Veronika Jurisic, CRO 8:13:10 600 + 250i

3. Neza Mravlje, SLO 8:30:51 400 + 200i

i) Earned time incentive bonus

TRACK

Prefontaine Classic (40th)

(3rd stop of Diamond League)

Eugene, USA, 30 & 31 May

MEN

800 (31):

1	Nijel Amos	BOT	1:43.63
2	Mohamed Aman	ETH	1:43.99
3	Abubaker Kaki	SUD	1:44.09
4	Pierre-Ambroise Bosse	FRA	1:44.44
5	Adam Kszczot	POL	1:44.65
6	Marcin Lewandowski	POL	1:44.79
7	David Rudisha	KEN	1:44.87
8	Andrew Osagie	GBR	1:45.37
9	Alfred Kipketer	KEN	1:46.15
10	Duane Solomon	USA	1:47.40
	Bram Som	NED	DNF

1 mile (31):

1	Ayanleh Souleiman	DJI	3:47.32	NR
2	Silas Kiplagat	KEN	3:47.88	
3	Aman Wote	ETH	3:48.60	NR
4	Abdelaati Iguider	MAR	3:49.09	
5	James Magut	KEN	3:49.43	
6	Collins Cheboi	KEN	3:49.56	
7	Asbel Kiprop	KEN	3:50.26	
8	Matthew Centrowitz	USA	3:50.53	
9	Johan Cronje	RSA	3:50.70	NR
10	Bethwel Birgen	KEN	3:51.12	
11	Taoufik Makhloufi	ALG	3:52.16	
12	Mekonnen Gebremedhin	ETH	3:53.22	
13	Henrik Ingebrigtsen	NOR	3:53.62	
14	Will Leer	USA	3:56.72	

5000 (31):

1	Caleb Ndiku	KEN	13:01.71
2	Yenew Alamirew	ETH	13:02.91
3	Edwin Soi	KEN	13:04.92
4	Albert Rop	BRN	13:06.12
5	Isiah Koech	KEN	13:07.55
6	John Kipkoech	KEN	13:11.02
7	Hagos Gebrhiwet	ETH	13:13.19
8	Augustine Choge	KEN	13:14.23

9	Chris Derrick	USA	13:15.55
10	Hassan Mead	USA	13:19.57
11	Ben True	USA	13:25.11
12	Collis Birmingham	AUS	13:27.17
... 14	Bernard Lagat	USA	13:31.23

10000 (30):

1	Galen Rupp	USA	26:44.36	AR
2	Paul Tanui	KEN	26:49.41	
3	Bedan Karoki	KEN	26:52.36	
4	Stephen Sambu	KEN	26:54.61	
5	Emmanuel Bett	KEN	27:21.61	
6	Kenneth Kipkemoi	KEN	27:30.94	
7	El Hassan El Abbassi	MAR	27:32.96	
8	Teklemariam Medhin Weldeslasie	ERI	27:38.83	
9	Birhan Nebebew	ETH	27:42.89	
10	Timothy Toroitich	UGA	27:43.27	
11	Goitom Kifle	ERI	27:43.30	
12	Bouabdellah Tahri	FRA	27:57.52	
13	Samuel Chelanga	KEN	27:59.74	

WOMEN

1500 (31):

1	Hellen Obiri	KEN	3:57.05	
2	Abeba Aregawi	SWE	3:57.57	
3	Faith Kipyegon	KEN	3:58.01	
4	Jenny Simpson	USA	3:58.28	
5	Sifan Hassan	NED	3:59.38	NR
6	Eunice Sum	KEN	4:01.54	
7	Brenda Martinez	USA	4:02.52	
8	Laura Weightman	GBR	4:02.72	
9	Zoe Buckman	AUS	4:04.09	
10	Treniere Moser	USA	4:04.74	
11	Siham Hilali	MAR	4:05.46	
12	Hannah England	GBR	4:07.40	
13	Elise Cranny	USA	4:13.38	
	Phoebe Wright	USA	DNF	

2 miles (31):

1	Mercy Cherono	KEN	9:13.27	
2	Viola Kibiwot	KEN	9:13.48	
3	Mimi Belete	BRN	9:13.85	AR
4	Shannon Rowbury	USA	9:20.25	AR
5	Sally Kipyego	KEN	9:22.10	
6	Belaynesh Oljira	ETH	9:23.32	
7	Margaret Muriuki	KEN	9:24.89	
8	Betsy Saina	KEN	9:26.63	
9	Jordan Hasay	USA	9:35.05	
10	Buze Diriba	ETH	9:40.01	
11	Maryam Jamal	BRN	9:40.04	
12	Renata Pliś	POL	9:42.23	

3000 s/chase (31):

1	Sofia Assefa	ETH	9:11.39
2	Hiwot Ayalew	ETH	9:12.89
3	Emma Coburn	USA	9:17.84
4	Etenesh Diro	ETH	9:25.69

5	Purity Kirui	KEN	9:29.18
6	Lydia Chepkurui	KEN	9:32.03
7	Fancy Cherotich	KEN	9:41.02
8	Gesa-Felicitas Krause	GER	9:42.95
9	Ashley Higginson	USA	9:50.12
10	Habiba Ghribi	TUN	9:53.29
11	Eilish McColgan	GBR	10:15.59
	Milcah Chemos	KEN	DNF

IAAF World Relays (1st)

Nassau, BAH, 24-25 May

(Prize money indicated in USD; each final had 8-deep prize money: USD 50,000-30,000-20,000-12,000-10,000-8,000-6,000-4,000. World records were worth a USD 50,000 bonus.)

Note: A third world record of 1:18.63 was set by the Jamaican men's team in the 4x200. – Ed.

MEN

4x800 (24):

1. KEN, 7:08.40 WL

[Ferguson Cheruiyot Rotich, 1:46.00; Sammy Kibet Kirongo, 1:45.70; Job Koech Kinyor, 1:47.90; Alfred Kipketer, 1:49.09]

2. POL, 7:08.69 NR

[Karol Konieczny, 1:49.90; Szymon Krawczyk, 1:49.10; Marcin Lewandowski, 1:45.90; Adam Kszczot, 1:44.79]

3. USA, 7:09.06

[Michael Rutt, 1:48.60; Robby Andrews, 1:47.20; Brandon Johnson, 1:48.10; Duane Solomon, 1:45.16]

4. AUS, 7:11.48 AR

[Joshua Ralph, Ryan Gregson, Jordy Williamsz, Jared West]

5. ESP, 7:19.90

[Kevin Lopez, Luis Alberto Marco, Alejandro Rodriguez, Francisco Roldan]

4x1500 (25):

1. KEN, 14:22.22 WR (USD 50,000 bonus)

[Collins Cheboi, 3:38.60; Silas Kiplagat, 3:32.50; James Magut, 3:38.80; Asbel Kiprop, 3:32.32]

2. USA, 14:40.80 AR

[Pat Casey, 3:38.20; David Torrence, 3:36.60; Will Leer, 3:39.30; Leo Manzano, 3:46.70]

3. ETH, 14:41.22 NR

[Mekonnen Gebremedhin, Soresa Fida, Zebene Alemayehu, Aman Wote]

4. AUS, 14:46.04 NR

[Ryan Gregson, Sam Mcentee, Collis Birmingham, Jordy Williamsz]

5. ESP, 15:00.69

[Adel Mechaal, Alvaro Rodriguez, Carlos Alonso, Alberto Imedio]

WOMEN

4x800 (25):

1. USA, 8:01.58

[Chanelle Price, 2:01.00; Geena Lara, 2:02.80; Ajee' Wilson, 1:59.10; Brenda Martinez, 1:58.68]

2. KEN, 8:04.28 AR

[Janeth Jepkosgei, 2:03.80; Agatha Jeruto Kimaswai, 2:01.70; Sylvia Chemutai Chesebe, 2:00.40; Eunice Sum, 1:59.18]

3. RUS, 8:08.19
[Irina Maracheva, Elena Koboleva, Tatyana Myazina, Svetlana Rogozina]
4. AUS, 8:13.26
[Brittany McGowan, Zoe Buzkman, Selma Kajan, Melissa Duncan]
5. JAM, 8:17.22 NR
[Yanique Malcolm, Simoya Campbell, Chrisann Gordon, Natoya Goule]

4x1500 (24):

1. KEN, 16:33.58 WR (USD 50,000 bonus)
[Mercy Cheronu, 4:07.50; Faith Kipyegon, 4:08.50; Irene Jelagat, 4:10.50; Hellen Obiri, 4:07.08]
2. USA, 16:55.33 AR
[Heather Kampf, 4:09.20; Katie Mackey, Kate Grace, Brenda Martinez (split data clearly wrong for last 3 runners)]
3. AUS, 17:08.65 AR
[Zoe Buckman, Bridey Delaney, Brittany McGowan, Melissa Duncan]
4. ROU, 17:51.48 NR
[Claudia Bobocea, Florina Pierdevara, Anca Maria Bunea, Lenuta Peronela Simiuc]

World Challenge Beijing

(IAAF World Challenge)

Beijing, CHN, 21 May

MEN

800:

1. André Olivier, RSA, 1:44.88
2. Erik Sowinski, USA, 1:45.68
3. Edwin Kiplagat Melly, KEN, 1:45.87
4. Teng Haining, CHN, 1:46.32 NR
5. Tyler Mulder, USA, 1:46.80

3000 s/chase:

1. Paul Kipsiele Koech, KEN, 8:06.04
2. Jairus Kipchoge Birech, KEN, 8:06.55
3. Jonathan Muia Ndiku, KEN, 8:10.72
4. Hillary Kipsang Yego, KEN, 8:15.05
5. Bernard Mbugua Nganga, KEN, 8:17.29

WOMEN

1500:

1. Rababe Arafu, MAR, 4:02.71 PB
2. Gudaf Tsegay, 1997, ETH, 4:02.83 PB/WYL/WJL
3. Luiza Gega, ALB, 4:03.12 NR
4. Tamara Tverdostup, UKR, 4:08.16
5. Kaila McKnight, AUS, 4:09.20

3000 s/chase:

1. Purity Cherotich Kirui, KEN, 9:25.68
 2. Salima Elouali Alami, MAR, 9:27.84 PB
 3. Birtukan Adamu, ETH, 9:32.35
 4. Gladys Jerotich Kipkemai, KEN, 9:42.88
 5. Fancy Cherotich, KEN, 9:51.89
-

BACKGROUND

GUN TIMES NEEDED AT ALL TIMES

The Association of Road Racing Statisticians (ARRS) has always campaigned for the availability of gun times (in contrast to chip times) for road races, and does not recognise any records unless they are gun times. This article was written by Ken Young in *The Analytical Distance Runner* about the difficulty statisticians often have to obtain gun times.

The Sydney Morning Herald Half Marathon (18 May 2014) managed to get a gun time for a V80 men's mark but claimed it was too difficult to obtain gun times for the top few elite finishers. This means that Michael Shelley's (AUS) 1:03:17 (net) will not be recognized nor will Nicole Chapple's (AUS) 1:11:24 (net). Race timing companies in most other countries around the world seem to have little difficulty in producing gun times when requested. It is unfortunate that a major race with prize money would have such low regard for seeing that their elite athletes receive proper recognition for their performances.

The Capital City (Edinburgh SCO) Marathon has provided race results for only the top three men and women (in both the marathon and half marathon), claiming that it is respecting the privacy of its runners by not releasing their results to the general public. I guess the right to privacy does not extend to the top three finishers.

Individual "race" events certainly have the right to opt out of the international record-keeping system if they so desire but in all honesty, they should clearly state on their race website, that marks achieved in their race will not be eligible for recognition as records or inclusion in rankings. Yeah, right. As a matter of clarification, the ARRS is only interested in gun times as far as ARRS records and rankings are concerned.

If race organizations choose to base awards on net times or an ouija board, that is their prerogative.

STATS TIME

Here is our last list of performances in the 25 km – the senior women. Because so many of the times of the top ten are aided, the next five athletes with times on standard courses are added.

25 KM: ALL-TIME TOP 10 WOMEN

1:27:26a	Colleen de Reuck	Pinetown	30-Jan-94
1:31:15	Nicole Fuller	Germiston	11-Jan-95
1:32:18	Tanith Maxwell	Berlyn	05-May-13
1:32:53a	Helen Lucre	Pinetown	25-Jan-87
1:33:12a	Cary-Ann Cave	Pinetown	27-Jan-08
1:33:23	Debbie van Rensburg	Durban	05-Feb-89
1:33:47	De Reuck-2	Durban	05-Feb-89
1:33:57*	Blanche Moila	Hillcrest	26-Jul-81
1:34:09a	Helen Lucre	Pinetown	27-Jan-85
1:34:11	Louisa Leballo	Pretoria	07-May-11
1:34:57a	Suzette Botha	Pinetown	29-Jan-12
1:35:08	Zelda Gresse	Germiston	19-Jan-83
1:35:17	René Kalmer	Johannesburg	23-Jan-11
1:35:32	Kalmer-2	Johannesburg	22-Jan-12
1:36:01	Sonja Laxton	Germiston	16-Jan-85
1:36:06	Ann Blunden	Secunda	13-Apr-85
1:36:33	Annette Falkson	Secunda	11-Apr-87

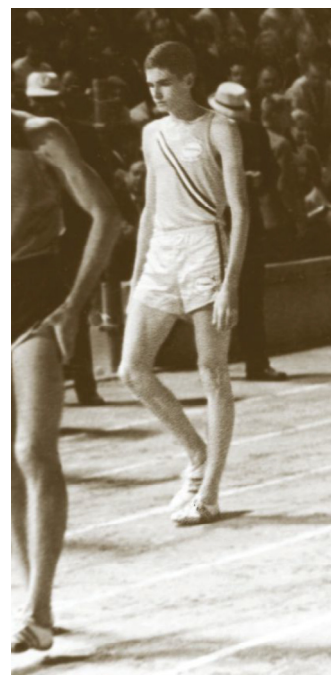
*) Moila ran the same time in Durban on 5 February 1989.

THIS MONTH IN HISTORY

We continue our look back at the history of the mile. – Ed.

50 years ago: 5 June 1964

The mile at the world-famous Compton Invitational meeting in Los Angeles was "somewhat anticlimactic", wrote Cordner Nelson in *Track & Field News*, after the magnificent 5000-metre race in which Bob Schul, who would become Olympic champion a few months later, set an American record in beating Kiwi Bill Baillie. Bert Nelson, Cordner's brother, called it "the best race I've ever seen". Yet the mile would be remembered far longer – not because until that point it was the deepest race ever in the USA, with eight runners under 4 minutes, but because the athlete in eighth place was only one month past his 17th birthday. Despite stumbling into the infield after being bumped by another runner on the second lap, Jim Ryun from East High School in Wichita, Kansas, up against some of the best milers in the US, became the first high schooler to run a dream mile with his 3:59.0. His splits were 59.2, 62.3, 61.3 and a blistering 56.2. Three months later he would make the US team for the Olympics in Tokyo, beating three of the runners ahead of him in LA.



A pensive and nervous young Jim Ryun goes to the starting line of the Compton Invitational mile. [*Track & Field News*]

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

This 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	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	27:39	Wilson Kiprono (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN)	2010	
	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN)	2010	
	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI)	2010	
	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:50	Sammy Kosgei (KEN)	2010	
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH)	2009	
	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN)	2011	

	2:03:23p	Wilson Kipsang (KEN) 2013		
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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:22	Graham Katzen	Ravensmead	26 Apr
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	35:07	Tobias Philander	Bellville	12 Apr
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:47	Daniel Mothibe	Kempton Park	22 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
15 km	59:25	Muhammad Kriel	Ravensmead	26 Apr
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:27	Lebo Phalula	Port Elizabeth	03 May
	31:16	Margaret Wangari Muriuki (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	38:25	Ronel Thomas	Cape Town	06 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	63:42	Sheryl de Lange	Ravensmead	26 Apr
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	62:16	Judy Bird	Constantia	08 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somerset East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar

21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:44:15	Nancy Will	Parow	30 Mar
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				
Juniors				
10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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