

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

In a move that some observers felt was like getting the fox to keep the geese, controversial KZNA administrator Aleck Shosana, who a few years ago was removed as president of KZNA after allegations of gross mismanagement that had brought the sport in the province to its knees, was elected by a huge majority as ASA President this weekend. The new Board will serve a two-year term. (See the News section later in this issue.)

One of South Africa's oldest short distance road races, the Modern Athlete Don Lock Memorial 8 km, was run for the 55th time this weekend and won by Akhona Makila and Pamela Moyikwa. For the first time a 15 km event was also held.

Comrades Race Director Rowyn James has confirmed that Zola Pieterse did not receive the first veteran prize in this year's race because she was not wearing age tags, as mentioned in DRR last week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Modern Athlete Don Lock Memorial 8 km & 15 km, Claremont
- * Walker Drive PG Glass Super D 10 km, Port Elizabeth
- * XC: Boland Trials, Ceres

International highlights:

- * Mattoni Ceské Budejovice Half Marathon, Ceske Budejovice, CZE
 - * Flora Women's Mini Marathon, Dublin, IRL
 - * Suja Rock 'n' Roll San Diego Marathon & Half Marathon, San Diego, USA
 - * Dexter Ann Arbor Run, Dexter to Ann Arbor, USA
 - * Freihofer's Run for Women 5 km, Albany, USA
 - * Track: FBK-Games, Hengelo, NED; Janusz Kusocinski Memorial, Szczecin, POL; Golden Gala "Pietro Mennea", Roma, ITA; Galà dei Castelli, Bellinzona, SUI; European Athletics Festival, Bydgoszcz, POL; iFam Outdoor Meeting, Oordegem, BEL; NCAA Division I East Preliminary Round, Jacksonville, USA; NCAA Division I West Preliminary Round, Fayetteville, USA; Washington 4A High School State Meet, Mount Tahoma, USA; Prefontaine Classic, Eugene, USA
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ROAD RUNNING

Modern Athlete Don Lock Memorial 8 km (55th) & 15 km (1st)

Claremont, 8 June

(Certified loop courses. Weather: cold and windy. Finishers: 8 km – 589 [down from 522 last year]; 15 km – 766.)

Note: Unfortunately no times were made available for the male veterans in the 15 km. – Ed.

8 km

MEN

1. Akhona Makila (VOB) 25:57 (R200)
2. Wanda Roro (Itheke) 26:14 (R150)
3. Sibusiso Magwaza (UWC) 26:26 (R100)

(All age category prize money except for juniors was the same: R100, R75, R50.)

Veterans: 1. Hein Bruiners (Met) 31:40; 2. D. Swart (NBMC) 31:49; 3. Jeremy Thompson (VOB) 32:39. **Masters:** 1. Goodman Mpukane (Gugs) 31:38; 2. Mark Wagenheim (AAC) 34:11; 3. Kevin Beyleveld (Edge) 35:26. **G'masters:** 1. Albert Williams (Top) 34:47; 2. Neil Ebing (WPCC) 40:04; 3. Dave Kennett (VOB) 42:33. **Juniors:** 1. Granwin Katzen (Itheke) 26:58 (R150); 2. Ronaldo January (Itheke) 27:27 (R125); 3. Alessandro Carelse (Itheke) 27:56 (R100).

WOMEN (Same prize money as men)

1. Pamela Moyikwa (VOB) 31:36 (1st jun)
2. Siziphiwe Mbatsa (Ind) 32:45
3. Teagan Pitt (FH) 33:23

Veterans: 1. Terry Deats (AAC) 34:11; 2. Chantal Simpson (Ned) 34:38; 3. Wendy-Joy Timmes (SS) 40:24. **Masters:** 1. Charmaine Cupido (Ned) 36:04; 2. Tracy Simons (Ned) 41:33; 3. Cynthia Booysen (Gugs) 44:22. **G'masters:** 1. Ruth Leverton (Pine) 45:14; 2. Glenda Mills (VOB) 54:08; 3. Carol Gahwiler (VOB) 53:51. **Juniors:** 1. Pamela Moyikwa (VOB) 31:36; 2. Siziphiwe Mbatsa (Ind) 32:45; 3. Teagan Pitt (FH) 33:23.

15 km

MEN

1. Mthandazo Qhina (Ned) 48:05 (R300)
2. Peter Tsawayo (ZIM/Gugs) 48:49 (R200)
3. Sityhilo (Ned) Diko 50:32 (R150)

(All age category prize money except for juniors was the same: R150, R125, R100.)

Veterans: 1. Xolile Macanda (Gugs) n/t; 2. Eckhard Visser (Durb) n/t; 3. Doctor Tshiseka (Celtic) n/t. **Masters:** 1. Roston Isaacs (Ned) 60:32; 2. Peter Wrensch (Tyger) 63:45; 3. Ronald Matzke (Edge) 77:23. **G'masters:** 1. Michael Brewis (Celtic) 72:45; 2. Ronnie Murray (Durb) 75:48; 3. Johan Botha (RWFL) 79:49. **Juniors:** 1. Lungile Mdaka (VOB) 53:24 (R125); 2. Lukhanyo Nobakada (VOB) 54:56 (R100); 3. Angelo Matthys (ARD) 55:28 (R75).

WOMEN -

1. Busisiwe Gwala (VOB) 61:55 (1st jun)
2. Busisiwe Matiwane (Celtic) 64:45
3. Nomaxesibe Ngantsi (VOB) 66:52

Veterans: 1. Clare Cousins (VOB) 67:42; 2. Ronel Steenkamp (Durb) 68:28; 3. Janet Adam (Harf) 68:50. **Masters:** 1. Beverley Mehl (Top) 81:27; 2. Naomi Badenhorst (VOB) 82:33; 3. Terry Tarlotti (RWFL) 84:51. **G'masters:** 1. Nancy Will (Pine) 72:01; 2. Helen du

Plessis (Tyger) 78:18; 3. Pixie Sparg (Celtic) 80:06. **Juniors:** 1. Busisiwe Gwala (VOB) 61:55; 2. Nomaxesibe Ngantsi (VOB) 66:52.

Walker Drive PG Glass Super D 10 km

Port Elizabeth, 7 June

MEN

1	Mariano	Eesou	Madibaz AC	22	30:25
2	Melikhaya	Frans	Nedbank RC	22	31:04
3	Zolani	Ngqaqa	Madibaz AC	25	31:56
4	Andre	Ketchem	Temp	30	32:10
5	Andile	Motwani (1 st jun)	Tinarha AC	17	32:29
6	Anele	Maliza	Nedbank RC	36	33:19
7	Adriaan	Gerwel	Xcel AC	18	33:21
8	Bulelani	Niwa	PEAAC	30	33:56
9	Zolile	Mhlahlo	Achilles AAA	39	34:01
10	Brendon	Effenaar	Xcel AC	18	34:16
11	Terrance	Mjekula (1 st vet)	Charlo RR	41	34:43
12	Mzamo	Fokwana	Charlo RR	36	34:56
13	Thando	Bixa	Warriors AC	33	35:40
14	Duwayne	Lucas	Aspen Pharmacar	24	35:44
15	Juwayne	Fletcher	Charlo RR	23	35:46
16	Thobile	Xata	Bluewater Bay	39	35:48
17	Adriaan	Gouws	Nedbank RC	41	35:55
18	Ruan	Jonck	St Albans CS EP	18	35:57
19	Darrell	Wicht (1 st mast)	Warriors AC	51	36:15
20	William	Wilson	Body Concept	37	36:24
40-44:					
1	Terrance	Mjekula	Charlo RR	41	34:43
2	Adriaan	Gouws	Nedbank RC	41	35:55
3	Bradley	Mackenzie	Achilles AAA	42	39:08
45-49:					
1	Freek	Daniels	Transnet Eng	47	37:42
2	Jacob	Abraham	Body Concept	47	38:55
3	Hansie	Vosloo	Madibaz AC	46	41:08
50-54:					
1	Darrell	Wicht	Warriors AC	51	36:15
2	Colben	Ngcupe	Motherwell AC	50	38:57
3	Robin	Fourie	Achilles AAA	51	39:44
55-59:					
1	Disemba	Blou	Charlo RR	56	41:12
2	Alan	Taylor	Achilles AAA	57	43:34
3	Stephen	Klue	Elite AC	55	44:59
60-64:					
1	Hannes	Els	Warriors AC	64	41:35
2	Roger	Trader	Achilles AAA	60	43:30
3	Graham	Channon	Achilles AAA	64	45:18
65-69:					
1	Syd	Lippstreu	Crusaders AC	66	49:17
2	William	Vorster	PEAAC	68	49:24
3	Percy	Dalton	Achilles AAA	65	51:26
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC	72	43:10
2	Robin	Clark	Achilles AAA	73	1:10:19
3	Brian	Smith	PEAAC	71	1:10:41

75+:

1	Wells	Anderson	PEAAC	82	1:07:03
2	John	Peart	Nedbank RC	78	1:23:29

Juniors:

1	Andile	Motwani	Tinarha AC	17	32:29
2	Adriaan	Gerwel	Xcel AC	18	33:21
3	Brendon	Effenaar	Xcel AC	18	34:16

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	32	36:54
2	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	18	39:57
3	Siphokazi	Nojoko	Motherwell AC	19	41:04
4	Terray	Newcombe	Elite AC	23	41:49
5	Grizelda	Pietersen (1 st vet)	Maxed Elite EP	45	42:23
6	Chloe	Smith	Bluewater Bay	23	43:33
7	Marisa	Ferraris	Achilles AAA	43	44:44
8	Tiani	Claassen	Despatch AC	23	44:50
9	Kayla	Nell	Madibaz AC	20	44:54
10	Camarin	Van Eyk	Nedbank RC	32	45:30
11	Megan	Wilson	Charlo RR	18	45:36
12	Amore	Strauss	Charlo RR	29	45:49
13	Sharon	Gouws	Nedbank RC	43	46:32
14	Louise	Mazuelas	Charlo RR	36	47:29
15	Sunelle	Horne	Bluewater Bay	40	47:58
16	Gail	Klichowicz	Achilles AAA	47	49:21
17	Georgie	Darke	Nedbank RC	48	49:33
18	Amanda	Prideaux	Bluewater Bay	38	49:42
19	Elani	Eckert	Temp	31	49:55
20	Judy	Beens	Charlo RR	47	50:00

40-44:

1	Marisa	Ferraris	Achilles AAA	43	44:44
2	Sharon	Gouws	Nedbank RC	43	46:32
3	Sunelle	Horne	Bluewater Bay	40	47:58

45-49:

1	Grizelda	Pietersen	Maxed Elite EP	45	42:23
2	Gail	Klichowicz	Achilles AAA	47	49:21
3	Georgie	Darke	Nedbank RC	48	49:33

50-54:

1	Rosemary	Joubert	Crusaders AC	53	52:30
2	Barbara	Foot	Crusaders AC	54	54:45
3	Maryka	Els	Despatch AC	53	56:42

55-59:

1	Monica	Kemp	Warriors AC	58	57:17
2	Robin	Elbourne	Crusaders AC	56	59:23
3	Gerrie	Dimitriou	Crusaders AC	58	1:00:22

60-64:

1	Cathy	Ives	Achilles AAA	61	51:43
2	Jos	Els	Warriors AC	62	58:36
3	Nikki	Van Niekerk	Muirite Strider	60	1:02:42

65-69:

1	Liz	Grundlingh	Muirite Strider	67	53:34
2	Christine	Fourie	Elite AC	68	1:05:22
3	Jeanette	Pienaar	PEAAC	66	1:06:16

70-74:

1	Orgia	Nell	Muirite Strider	70	1:09:51
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75-79:

1	Dorothy	Hart	Charlo RR	76	1:16:27
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Juniors:

1	Jamie-Lee	Schlemmer	Madibaz AC	18	39:57
2	Megan	Wilson	Charlo RR	18	45:36
3	Kimberley	Wilson	Charlo RR	18	54:27

CROSS-COUNTRY**Boland Trials (3rd)**

Ceres, 7 June

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

1	Angelo Booysen	Paarl AC	39:59
2	Thomas Struis	Swartland AC	41:11
3	Jason Swartz	Nedbank AC	42:35

SR. MEN

1	Justin Fritz	Ceres AC	12:16
2	Angelo Booysen	Paarl AC	12:34
3	Heinrich Blom	Saldanha AC	12:56

Veterans (8 km):

1	Dawid Pieterse	Dwarsriver AC	28:35
2	Ivan Reynecke	Whalers AC	28:38
3	Jafta Hendricks	Swartland AC	30:48

Masters (8 km):

1	Thomas Moses	Worcester AC	31:45
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Juniors (8 km):

1	Cheslin Aford	Bergrivier Hoër/Nedbank	26:08
2	Lorenzo Pieters	Clanwilliam Sek	26:11
3	Pieter van Wyk	De Rust Futura	26:56

U. 17 (6 km):

1	Henrico Davids	Groenberg Sek	19:02
2	Franklin Kampher	PSOS	19:29
3	Jason Koopman	Charleston Hill High	19:34

SR. WOMEN (8 km)

1	Amy Abrahams	UWC	32:26
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SR. WOMEN

1	Amy Abrahams	UWC	15:18
2	Heleen Malan	Maties AC	15:58
3	Ria Labuschaigne	Stellenbosch AC	16:42

Masters:

1	Liezel Wessels	Bonnievale	16:35
2	Farwa Mentoor		18:50
3	Marinda Pheiffer	Worcester AC	19:26

Juniors (6 km):

1	Laura Labuschaigne	Paarl Gim	23:49
2	Isabelle Engelbrecht	Kovsies	23:58
3	Annereen Malan	HS Swartland	25:42

U. 17:

1	Vernoschka Abrahams	Worc. Gim	15:22
2	Ester van der Merwe	Swartland	17:24
3	Roshnie Rhodes	Hottentots Holland	17:41

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**Mattoni Ceské Budejovice Half Marathon (3rd)**

Ceske Budejovice, CZE, 7 June
(Distance: 21.1 km)

MEN (gun times)

1. Geoffrey Kipsang KAMWOROR, KEN 1:00:09 € 2000 + 1000i
2. Henry KIPLAGAT, KEN 1:02:46 1000
3. Silas Kirwa NGETICH, KEN 1:03:37 800

i) Earned time incentive bonus

WOMEN (gun times)

1. Betelhem MOGES, ETH 1:12:31 € 2000
2. Lucy LIAVOGA, KEN 1:14:13 1000
3. Vicoty CHEPKEMOI, KEN 1:15:03 800
4. Makhanya MAPASEKA, **RSA** 1:15:52 600

Flora Women's Mini Marathon (32nd)

Dublin, IRL, 2 June
(Distance: 10 km)

WOMEN

1. Barbara Cleary, 34:07
2. Maria McCambridge, Dublin, 34:29
3. Catherina McKiernan, 1969, 34:38

Suja Rock 'n' Roll San Diego Marathon (16th) & Half Marathon (4th)

San Diego, USA, 1 June

(Distances: Marathon, 42.195 km; certified course with approx. 2 m/km loss and 7.6% separation from start to finish [not record standard]; most of course is at sea level. Half marathon, 21.1 km; point-to-point certified course with approx. 4.1 m/km loss and 15.2% separation [not record standard].)

Marathon (gun times)

MEN

1. Ben Bruce, 31, Flagstaff, AZ 2:23:50 \$1000
 2. Jameson Mora, 30, Paso Robles, CA 2:27:03 750
 3. Matt Lenehan, 22, Mountain View, CA 2:38:27 500
- Alan Webb, Portland, OR DNF (pace, 14 mi.)

WOMEN

1. Anna Corrigan, 23, Phoenix, AZ 2:44:28 DB \$1000

2. Bonnie Axman, 29, San Diego, CA 2:47:38 750
3. Andrea Duke, 35, Schertz, TX 2:57:55 500

90+: Harriette Thompson, 91, Charlotte, NC 7:07:44 (7:07:42 net)

Half marathon (gun times):

MEN

1. Solomon Deksis, 20, ETH 1:00:12 PB \$3500
2. Geoffrey Bundi, 26, KEN 1:00:28 PB 2000
3. Dickson Chumba, 27, KEN 1:00:39 1500
4. Samson Gebreyohannes, 22, ERI 1:01:08 PB 1000
5. Tilahun Regassa, 24, ETH 1:01:11 750
6. Shadrack Biwott, 29, Eugene, OR 1:01:25 PB
7. Cybrian Kotut, 22, KEN 1:01:39
8. Kevin Kochei, KEN 1:01:39 PB (net)*
9. Gabe Proctor, 24, Mammoth Lakes, CA 1:01:40 PB
10. Afewerki Berhane, 18, ERI 1:02:12
- ... 13. Ryan Hall, 31, Redding, CA 1:02:53
- ... Meb Keflezighi, 39, San Diego, CA 1:29:22 (celebrity pacer)

*) His gun time was 1:02:06, but that doesn't make any sense.

WOMEN

1. Birhane Dibaba, 20, ETH 1:09:34 PB \$3500
2. Rita Jeptoo, 33, KEN 1:09:37 2000
3. Eri Hayakawa, 32, JPN 1:11:37 1500
4. Lindsey Scherf, 27, Chapel Hill, NC 1:11:46 1000 + 200a
5. Amane Gobena, 31, ETH 1:12:20 750
6. Jane Kibii, 29, KEN 1:12:23
7. Sara Slattery, 32, Flagstaff, AZ 1:14:22
8. Sarah Kiptoo, KEN 1:14:43
9. Liz Camy, 30, Camarillo, CA 1:17:59
10. Priscilla Schultz, 37, Tucson, AZ 1:18:13

a) Earned USA citizen bonus

Dexter Ann Arbor Run

Dexter to Ann Arbor, USA, 1 June
(Distance: 21.1 km)

MEN (gun times)

1. Nick Willis, 31, Ann Arbor, MI (NZL) 1:07:06 DB \$1000
2. Tewodros Zewdu, 23, New York, NY (ETH) 1:07:21 500
3. Clint Verran, 39, Rochester Hills, MI 1:07:30 250

WOMEN (gun times)

1. Grace Kahura, 21, KEN 1:18:12 \$1000

Freihofer's Run for Women 5 km (36th)

(USATF Adirondack 5 km Open Women's Road Race Championship)
Albany, USA, 31 May
(Certified out-and-back course)

WOMEN (gun times)

1. Lucy Kabuu, 30, KEN 15:21 PB \$10,000

2. Mamitu Daska, 30, ETH	15:22	5,000
3. Afera Godfay, 22, ETH	15:28 PB	3,000
4. Zemzem Ahmed, 29, ETH	15:45 PB	2,000
5. Agnes Cheserek, 26, KEN	15:50	1,000
6. Megan Hogan, 26, USA	15:50 PB	750 + 400^
7. Buzunesh Deba, 27, ETH	16:05	500
8. Alice Kamunya, 23, KEN	16:08	300
9. René Kalmer, 33, RSA	16:12 PB	250
10. Rkia El Moukim, 26, MAR	16:17	200
... 13. Christine Kalmer, 28, RSA	16:38	
... 15. Nolene Conrad, 27, RSA	16:53	
... 45. Joan Samuelson, 57, Freeport, ME	19:02	

^) Earned USATF Niagara Prize Money

TRACK

FBK-Games (32nd)
(IAAF World Challenge Series)
Hengelo, NED, 8 June

MEN

800:

1. Robert Kiptoo Biwott, KEN, 1:44.75
2. Ronald Musagala, UGA, 1:45.27 PB
3. Thijmen Kupers, NED, 1:45.68 PB
4. Abraham Kiplagat, KEN, 1:46.13
5. Mark English, IRL, 1:46.22

3000:

1. Cornelius Kipruto Kangogo, KEN, 7:41.27 WL
2. Augustine Choge, KEN, 7:41.57
3. Bernard Lagat, USA, 7:41.94
4. Mekonnen Gebremedhin, ETH, 7:42.90
5. Soufiiyan Bouqantar, MAR, 7:43.33 PB
- ... 8. Elroy Gelant, RSA, 7:44.20

WOMEN

800:

1. Brenda Martinez, USA, 1:59.24
2. Winnie Nanyondo, UGA, 1:59.39
3. Rose Mary Almanza, CUB, 1:59.70
4. Lynsey Sharp, GBR, 2:00.09 PB
5. Jenny Meadows, GBR, 2:00.51
- ... 9. Caster Semenya, RSA, 2:06.35

1500:

1. Sifan Hassan, NED, 4:01.79
2. Laura Muir, GBR, 4:02.91 PB
3. Meraf Bahta, SWE, 4:03.16
4. Gudaf Tsegay, ETH, 4:03.21 PB
5. Axumawit Embaye, ETH, 4:04.10
6. Maryam Yusuf Jamal, BRN, 4:04.10
- ... 9. Hannah England, GBR, 4:05.27
- ... 15. Jemma Simpson, GBR, 4:14.55

Janusz Kusocinski Memorial (60th)

Szczecin, POL, 7 June

MEN

800:

1. Adam KSZCZOT, 1989, POL, 1:45.48
2. Marcin LEWANDOWSKI, 1987, POL, 1:45.90
3. Artur KUCIAPSKI, 1993, POL, 1:46.04 PB

5000:

1. Juan Luis BARRIOS, 1983, MEX, 13:50.22
2. Alemu BEKELE, 1990, BRN, 13:54.93
3. Szymon KULKA, 1993, POL, 13:59.42 PB
4. Rantso MOKOPANE, 1994, RSA, 14:09.30 PB

WOMEN

800:

1. Ewa JACNIAK, 1990, POL, 2:04.38 PB
2. Syntia ELLWARD, 1993, POL, 2:04.54
3. Paulina MIKIEWICZ, 1992, POL, 2:04.93

1500:

1. Sofia ENNAOUI, 1995, POL, 4:07.34 NJR
2. Angelika CICHOCKA, 1988, POL, 4:07.55
3. Danuta URBANIK, 1989, POL, 4:07.95 PB

Golden Gala "Pietro Mennea"

(4th Stop of 2014 IAAF Diamond League)

Roma, ITA, 5 June

MEN

800:

- | | |
|----------------------------|---------|
| 1. Mohammed Aman, ETH | 1:44.24 |
| 2. Abubaker Kaki, SUD | 1:44.57 |
| 3. Marcin Lewandowski, POL | 1:44.60 |
| 4. Duane Solomon, USA | 1:44.90 |
| 5. Job Kinyor, KEN | 1:44.90 |

1500 (DL):

- | | | |
|---------------------------|---------|--------------|
| 1. Silas Kiplagat, KEN | 3:30.44 | \$10,000 |
| 2. Ayanleh Souleiman, DJI | 3:31.19 | 6,000 |
| 3. Asbel Kiprop, KEN | 3:31.89 | 4,000 |
| 4. Homiyu Tesfaye, GER | 3:31.98 | NUR/PB 3,000 |
| 5. Abdalaati Iguider, MAR | 3:32.09 | 2,500 |
| 6. Collins Cheboi, KEN | 3:32.35 | 2,000 |
| 7. Aman Wote, ETH | 3:33.96 | 1,500 |
| 8. Johan Cronje, RSA | 3:34.90 | 1,000 |
| 9. Taoufik Makhoulfi, ALG | 3:35.12 | |
| 10. Florian Carvalho, FRA | 3:35.51 | |

3000 s/chase (DL):

- | | | |
|-----------------------------|---------|----------|
| 1. Jairus Birech, KEN | 8:06.20 | \$10,000 |
| 2. Paul Kipsiele Koech, KEN | 8:10.53 | 6,000 |
| 3. Brimin Kipruto, KEN | 8:11.39 | 4,000 |
| 4. Abel Mutai, KEN | 8:15.83 | 3,000 |

5. Krystian Zalewski, POL	8:16.20 PB	2,500
6. Clement Kimutai, KEN	8:16.96 PB	2,000
7. Víctor García, ESP	8:17.40	1,500
8. Hamid Ezzine, MAR	8:18.03	1,000
DNF-- Ezekiel Kemboi, KEN		

WOMEN

800 (DL):

1. Eunice Sum, KEN	1:59.49	\$10,000
2. Sahily Diago, CUB	2:00.01	6,000
3. Ajee' Wilson, USA	2:00.18	4,000
4. Angelika Cichocka, POL	2:00.30	3,000
5. Brenda Martinez, USA	2:00.44	2,500
6. Malika Akkaoui, MAR	2:00.58	2,000
7. Marina Arzamasova, BLR	2:00.72	1,500
8. Rose Mary Almanza, CUB	2:00.74	1,000
9. Janeth Jepkosgei Busienei, KEN	2:01.70	
10. Caster Semenya, RSA	2:02.66	

5000 (DL):

1. Genzebe Dibaba, ETH	14:34.99 WL/PB	\$10,000
2. Almaz Ayana, ETH	14:37.16	6,000
3. Viola Kibiwot, KEN	14:40.05	4,000
4. Mercy Cherono, KEN	14:43.11	3,000
5. Janet Kisa, KEN	14:52.59 PB	2,500
6. Alemetu Haroye, ETH	14:52.67 WJL/PB	2,000
7. Molly Huddle, USA	14:55.90	1,500
8. Agnes Tirop, KEN	15:00.19	1,000
9. Irene Jelagat, KEN	15:01.73 PB	
10. Jo Pavey, 1973, GBR	15:04.87 WR 40+*	
... 14. Julia Bleasdale, GBR	15:11.68	

*) 40+ World Record; previous 15:11.52, Jo Pavey, GBR, May 17, 2014

Galà dei Castelli

Bellinzona, SUI, 3 June

MEN

1500:

1. Elijah Kipchirchir Kiptoo, 1986, KEN,	3:35.81
2. Geoffery Kibet Barusei, 1994, KEN,	3:38.20
3. Egor Nikolaev, 1988, RUS,	3:39.92
4. Jerry Motsau, 1990, RSA,	3:40.40
... 6. Mthobisi Bacoyi, 1985, RSA,	3:43.15

European Athletics Festival (14th)

Bydgoszcz, POL, 2 June

MEN

3000 s/chase:

1. Clement KEMBOI, 1992, KEN,	8:19.19
2. John KOECH, 1995, KEN,	8:19.99
3. Nelson KIPKOGEI 1993, KEN,	8:24.45
... 6. Rantso MOKOPANE, 1994, RSA,	8:45.12

iFam Outdoor Meeting

Oordegem, BEL, 31 May

MEN

1500:

Heat 4 -

1. Pieter-Jan Hannes, OLSE 3:38.18
2. Jeroen D'hoedt, OEH 3:38.61
3. Bashir Abdi, RCG 3:38.99 PB
- ... 13. Jerry Motsau, RSA 3:43.51
- ... 16. Mthobisi Baloyi, RSA 3:45.13

5000:

1. Elroy Gelant, RSA 13:26.53
2. James Wilkinson, GBR 13:27.27 PB
3. Richard Ringer, GER 13:27.92

3000 s/chase:

1. Stephen Lisgo, GBR 8:38.68
2. Tom Kaarboe, NOR 8:39.54 PB
3. Ieuan Thomas, GBR 8:40.64 PB
4. Fabian Clarkson, GER 8:43.17 PB
5. Christian Steinhammer, AUT 8:43.67 PB
- ... 16. Rantso Mokopane, RSA 8:52.06

WOMEN

800:

Main Program -

Heat 2 -

1. Sanne Verstegen, NED 2:00.95 PB
2. Renelle Lamote, FRA 2:01.35 PB
3. Alison Leonard, GBR 2:01.81 PB
4. Winnie Nanyondo, UGA 2:01.91 PB
5. Shelayna Oskan-Clarke, GBR 2:02.55
- ... 12. Mandie Brandt, RSA 2:08.63

1500:

Heat 2 -

1. Sandra Eriksson, FIN 4:15.75 PB
2. Sofie Van Accom, ACHL 4:16.51
3. Morag Maclarty, GBR 4:17.00
4. Almensh Belete, VAC 4:17.55
5. Manon Kruiver, NED 4:17.73 PB
- ... 16. Mandie Brandt, RSA 4:35.48

NCAA Division I East Preliminary Round

Jacksonville, USA, 29-31 May

MEN

800:

Prelims (29):

Heat 2 -

1. Eliud Rutto, SO, Mid. Tenn. State (KEN) 1:48.47Q
2. Harry McFann, SR, Columbia 1:48.59Q
3. Brandon Hazouri, SO, Samford 1:48.82Q

... 5. David Mokone, SR, Western Kentucky (RSA) 1:49.13

NCAA Division I West Preliminary Round

Fayetteville, USA, 29-31 May

WOMEN

5000 (31):

Heat 2 -

- | | |
|--|-----------|
| 1. Emma Bates, JR, Boise State | 15:55.00Q |
| 2. Aisling Cuffe, JR, Stanford | 15:55.16Q |
| 3. Dominique Scott, SO, Arkansas (RSA) | 16:00.30Q |

Washington 4A High School State Meet

Mount Tahoma, USA, 30-31 May

Note: Alexa Efraimson continued upon her historic high school season, setting an American High School record for 1600 m in 4:33.29 (equivalent to about a 4:35.8 mile). Efraimson also doubled back and won the 800 title in 2:04.10. Ed.

WOMEN

800:

- | | | |
|--------------------|--------------------|---------|
| 1. Alexa Efraimson | 11 Camas | 2:04.10 |
| 2. Rose Christen | 12 Central Kitsap | 2:05.64 |
| 3. Hannah Derby | 12 Bellarmine Prep | 2:10.03 |

1600:

- | | | |
|--------------------|-------------------|-------------|
| 1. Alexa Efraimson | 11 Camas | 4:33.29 HSR |
| 2. Rose Christen | 12 Central Kitsap | 4:49.43 |
| 3. Lauren Perry | 12 Richland | 4:53.81 |

Prefontaine Classic (40th)

(3rd Stop of 2014 IAAF Diamond League)

Eugene, USA, 29-30 May

Note: The main results were included last week; here are the results of the first day (non-Diamond League events). – Ed.

MEN

800:

1. Job Kinyor, KEN, 1:44.70
2. Elijah Greer, USA, 1:45.30
3. Erik Sowinski, USA, 1:45.64

WOMEN

800:

Race 1:

1. Justine Fedronic, FRA, 2:01.50
2. Jessica Judd, 1995, GBR, 2:02.28
3. Diane Cummins, 1974, FRA, 2:02.64
4. Helen Crofts, CAN, 2:02.74
5. Phoebe Wright, USA, 2:03.37

Race 2:

1. Chanelle Price, USA, 2:00.38

2. Maggie Vessey, USA, 2:00.48
 3. Melissa Bishop, CAN, 2:00.52
 4. Heather Kampf, USA, 2:00.65
 5. Angelika Cichocka, POL, 2:00.90
 6. Geena Lara, USA, 2:01.15
 7. Jemma Simpson, GBR, 2:01.50
 8. Mary Cain, 1996, USA, 2:02.31
-

NEWS

ALECK SKHOSANA ELECTED TO LEAD S.A. ATHLETICS

KZN administrator Aleck Skhosana was elected on Saturday by 31 votes out of 50 as President of Athletics South Africa. Skhosana defeated two other KZN officials, Sello Mokoena and Steve Mkasi, and former President James Evans.

Harold Adams was elected Vice President with one vote less than Skhosana.

Three years ago Skhosana, then President of KZN Athletics, was embroiled in a controversy around allegations that he and his KZNA executive were guilty of fraud, corruption and mismanagement that crippled the sport in the province. Skhosana then countered that the allegations were made by "a minority group of white people who are driven by hatred".

Under Skhosana's management KZNA was eventually declared bankrupt and the province's clubs removed him and his entire executive at a meeting in 2012. Skhosana was replaced by Mokoena.

The chairpersons of the three main ASA commissions are Jakes Jacobs (WPA, cross-country), who received 41 votes, James Moloï (CGA, road running), 36 votes, and Pieter Lourens (BOL, track and field), 32 votes. The chairperson of the Athletes Commission is Dorah Mngwevu.

Additional members of the Board are Motlatsi Keikabile, Shireen Noble, Nthatu Gwadiso and Esther Malema.

All seventeen provinces attended the Special General Meeting. The new Board will be in office for two years.

COMRADES HOT SPOT PRIZES

The hot spot prizes in the Comrades Marathon were not available for inclusion with the results in DRR last week. Here they are:

First prize (R10 000): Charles Soza and Elena Nurgalieva

Second prize (R15 000): Charles Soza and Olesya Nurgalieva

Third prize: (R25 000): Rufus Photo and Olesya Nurgalieva

This brings Elena Nurgalieva's total prize money to R185 000, her sister's to R170 000, Rufus Photo's to R75 000 and Charles Soza's to R25 000.

STATS TIME

Galen Rupp's US record of 26:44.36 at the Prefontaine Classic is very quick for so early in the year, but it is not the fastest 10000 m ever run in the month of May. That honour belongs to world record holder Kenenisa Bekele, who docked 26:28.72 in 2005. Two South Africans, Hendrick Ramaala with his SA record in 1999 and Shadrack Hoff, feature on the list of fastest 10000-metre races by month, as can be seen below.

10000 M: FASTEST TIMES BY MONTH

January	27:46.4	Richard Tayler	NZL	Christchurch	25 Jan 1974
February	27:29.94	Hendrick Ramaala	RSA	Port Elizabeth	22 Feb 1999
March	27:43.89	Shadrack Hoff	RSA	Port Elizabeth	8 Mar 1996
April	27:08.42	Martin Mathathi	KEN	Kobe	24 Apr 2005
May	26:28.72	Kenenisa Bekele	ETH	Hengelo	29 May 2005
June	26:20.31	Kenenisa Bekele	ETH	Ostrava	8 June 2004
July	26:31.32	Haile Gebrselassie	ETH	Oslo	4 July 1997
August	26:17.53	Kenenisa Bekele	ETH	Bruxelles	26 Aug 2005
September	26:29.22	Haile Gebrselassie	ETH	Bruxelles	5 Sept 2003
October	27:08.32	Gideon Ngatuny	KEN	Yokohama	24 Oct 2009
November	27:26.12	Luke Kipkosgei	KEN	Melbourne	25 Nov 1996
December	27:22.54	Luke Kipkosgei	KEN	Melbourne	5 Dec 1998

THIS MONTH IN HISTORY

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

132 years ago: 3 June 1882

Walter G. George (GBR) was the greatest middle distance runner of his age and his training methods inspired the celebrated Swedish coach Gosta Holmer to devise the popular modern form of Fartlek training. George set numerous amateur world records before turning professional (in 1885) and on this day, on the famous Lillie Bridge grounds in London, he beat a field that was given quite a head start in the handicap event. George set his second world record, 4:19.4 (or, more precisely according to the timing methods of the day, 4:19-2/5), beating William Birkett, who started 50 yards ahead of him. Earlier in the year George had won the AAA titles in the 880, mile, 4 miles, 10 miles and cross-country and was beaten in the steeplechase only because he lost a shoe during the race.

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.

MENOpen

10 km	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	27:39	Wilson Kiprono (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN)	2010	01 Mar
	44:29	Lusapho April	Port Elizabeth	
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN)	2010	29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI)	2010	10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN)	2010	
	71:18p	Dennis Kipruto Kimetto (KEN)		22 Mar

30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	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
	31:09	Tirunesh Dibaba (ETH)		
	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
	84:37	Janet Rono Chelegat (KEN)		
	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

100 km 2:31:05 Tatyana Pozdniakova (UKR) 2005

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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