

Distance Running Results

Vol. 14, No. 24 – 16 June 2014

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

Only one list leader was set in a fairly quiet weekend: by veteran Sandra van Graan, who ran 61:47 in the Mamre 15 km, where Nkosinathi Madyo took his third title in a row, in 47:32.

Internationally, Molly Huddle became the first US winner of the Oakley New York Mini 10 km since Deena Kastor won in 2004, and set a new US record in an all-women race of 31:37. Kastor won the veteran title in 33:17.

In the Diamond League meeting in New York world record holder David Rudisha did quite a bit better than in his comeback in Eugene on the last day of May by winning the 800 m in 1:44.63.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mamre 15 km, Mamre
- * Miles of Smiles Half Marathon & 10 km, Robertson
- * Steeple to Steeple Half Marathon & 10 km, George
- * XC: Interprovincial Meeting, Eldoraigue; WP League Meeting, Duynfontein

International highlights:

- * Oakley New York Mini 10 km, New York, USA
 - * Track: adidas Grand Prix Meeting, New York, USA; ExxonMobil Bislett Games, Oslo, NOR
-

ROAD RUNNING

Mamre 15 km

Mamre, 14 June

(Certified, undulating out-and-back course. Weather: cool with rain later. Finishers: 688 [up from 570 last year].)

Note: Both Nkosinathi Madyo and Bulelwa Simae successfully defended their titles, with Madyo winning for the third time in a row. – Ed.

MEN

1. Nkosinathia Madyo (Ned) 47:32 (R800)
2. Vuyolwethu Mabakushe (Gugs) 48:06 (R600)
3. Peter Tsawayo (ZIM/Gugs) 48:11 (R450)

Veterans: 1. Xolile Macanda (Gugs) 53:13 (R400); 2. Sabelo Ngcwama (Celtic) 54:04 (R350); 3. Henricus Poncana (Top) 55:04 (R250). **Masters:** 1. Roston Isaacs (Ned) 58:58 (R350); 2. Leon Williams (Swart) 59:20 (R250); 3. Goodman Mpukane (Gugs) 59:24 (R200). **G'masters:** 1. Willie van Wyk (Brack) 72:41 (R250); 2. Chris Schnehage (Pine) 79:18 (R200); 3. Farouk Meyer (Itheko) 99:14 (R150). **G/g'masters:** 1. Peter Donald (WC) 74:27 (R150); 2. Yusuf Gamielien (Itheko) 85:16 (R100). **Juniors:** 1. Angelo Matthys (ARD) 55:12 (R300); 2. Gershwin Kammies (Sanlam) 57:39 (R250); 3. Francisco Koopman (Hope) 58:45 (R200).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 58:19
2. Sandra van Graan (Edge) 61:47 (1st vet)
3. Lee-Shay Willemse (Velo) 63:42

Veterans: 1. Sandra van Graan (Edge) 61:47; 2. Ursula Frans (NBMC) 64:16; 3. Sheryl de Lange (NBMC) 64:53. **Masters:** 1. Mariëtte Strauss (Tyger) 65:35; 2. Charmaine Cupido (Ned) 70:56; 3. Thelma Naudé (WC) 77:02. **G'masters:** 1. Nancy Will (Pine) 72:41; 2. Helen du Plessis (Tyger) 78:06; 3. Pixie Sparg (Celtic) 82:00. **G/g'masters:** 1. Annatjie Berntzen (Tyger) 1:44:37; 2. Marian Khan (Ommie) 2:21:46. **Juniors:** 1. Christine de Kock (Durb) 71:05; 2. Rochelle Davids (Lange) 76:03; 3. Razaan Kamaldien (Ind) 77:21.

Miles of Smiles Half Marathon & 10 km

Robertson, 7 June

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 159; 10 km – 143.)

Half marathon

MEN

1	Tsungai	Mwanengeni	ZIM/NBMC	40	1:11:30
2	Thembelani	Zola	Nedbank	39	1:11:48
3	Christopher	Baadjies	Ceres	36	1:16:13
4	Danzel	Minnaar	Worcester	27	1:16:35
5	Akanyang	Golebanang	Worcester	29	1:20:31
6	Japhta	Nero	Temp	43	1:23:06
7	Sollie	Van Rooyen	Worcester	51	1:23:07
8	Ahmed	Hassan	Nedbank	29	1:23:19
9	Nicolaas	De Jager	Worcester	32	1:26:14
10	Bobby	Adonis	Swartland	34	1:26:32

WOMEN

1	Helene	Roux	New Balance	30	1:30:49
2	Elizabeth	Van der Berg	Bredasdorp	41	1:35:10
3	Carol	Ferreira	Strand	49	1:45:23
4	Susan	Du Toit	Swartland	46	1:46:02
5	Styntjie	Prins	Paarl	60	1:47:20
6	Marijke	West	Swartland	30	1:49:47
7	Lize	Esterhuizen	Temp	36	1:50:10
8	Michelle	Kluyts	Langeberg	37	1:51:36
9	Chantelle	Brunner	Vob	26	1:53:19
10	Elmarie	Coetzee	Swartland	56	1:55:34

10 km

MEN

1	William	Kaptein	Robertson	22	30:58
2	Justin	Fritz	Ceres	20	31:09
3	Johannes	Jansen	Robertson	19	32:42

4	Quinton	Pedro	Ceres	18	33:47
5	William	Matthyse	Ceres	17	33:49
6	Isaac	Opperman	Korrektiewe Dienste	47	33:51
7	Randall	Smith	Itheko Ac	30	33:53
8	Michael	Prins	Robertson	17	34:10
9	Avron	Van Rooyen	Robertson Ac	21	34:42
10	Demetry	Daniels	Robertson	16	34:52

WOMEN

1	Mariëtte	Strauss	Tygerberg	51	41:23
2	Liezel	Du Plooy	Ceres	38	42:59
3	Zeann	Sauer	Temp	13	45:28
4	Magrieta	Willemse	Ceres	30	47:25
5	Melanie	De Wet	Temp	23	48:26
6	Azel	Boois	Salkorane	17	48:49
7	Magriet	Hanekom	Ceres	59	48:51
8	Marinda	Pheiffer	Nedbank	42	50:00
9	Sareen	Gouws	Swartland	48	51:52
10	Elana	Swart	Durbanville	40	52:32

Steeple to Steeple Half Marathon & 10 km

George, 7 June

(Distances: 21.1 km & 10 km. Finishers: half marathon – 52; 10 km – 98 [up from 93 last year].)

Note: Kirsty Weir finished fifth overall in the half marathon, Lana Theunissen sixth and Helga Mathee tenth. In the 10 km Merida Leen was ninth overall. – Ed.

Half marathon

MEN

1	Lloyd	Bosman	Nedbank	26	1:08:54
2	Melikhaya	Msizi	Knysna MC	30	1:17:03
3	Anton	Chevalier	Nedbank	49	1:24:39
4	Philipus	Du Toit	Hartenbos Drawwers	48	1:24:54
5	Whayn	Windwaai	Sedgefield Striders	35	1:28:47
6	Arno	Du Plessis	Outeniqua Harriers	39	1:30:35
7	Eddie	Mouton	Nedbank	40	1:31:16
8	Nico	Gerber	Outeniqua Harriers	52	1:34:16
9	Elphus	Maweza	NBMC	42	1:34:46
10	Thabu	Bester	Outeniqua Harriers	35	1:41:48

Veterans:

1	Anton Chevalier	Nedbank	1:24:39
2	Phillipus du Toit	Hartenbos Drawwers	1:24:54

Masters:

1	Nico Gerber	Outeniqua Harriers	1:34:16
2	Andre Barnardo	Nedbank	1:52:24

G'masters:

1	Abraham Coetzee	Knysna MC	2:04:57
---	-----------------	-----------	---------

WOMEN

1	Kirsty	Weir	Nedbank	36	1:27:36
2	Lana	Theunissen	Nedbank	41	1:28:09
3	Helga	Mathee	Nedbank	39	1:31:19
4	Nancy	Cloete	Outeniqua Harriers	27	1:31:49
5	Annatjie	Botes	Nedbank	56	1:32:01

6	Sanet	Brits	Nedbank	54	1:32:07
7	Carla	Coetzee	Nedbank	25	1:47:22
8	Carike	Jacobs	Nedbank	37	1:49:41
9	Justine	Sharples	KMC	40	1:53:45
10	Margaret	Von Zeil	Outeniqua Harriers	49	1:54:59

Veterans:

1	Lana Theunissen	Nedbank	1:28:09
2	Justine Sharples	Knysna MC	1:53:45

Masters:

1	Annatjie Botes	Nedbank	1:32:01
2	Sanet Brits	Nedbank	1:32:07

Juniors:

1	Donnick Gerber	Outeniqua Harriers	2:02:44
---	----------------	--------------------	---------

10 km**MEN**

1	Elfonzo	Pieterse	Nedbank	25	32:45
2	Heinrich	Sauls	De Rust Striders	23	33:33
3	Zuzile	Ntshiniyabo	Outeniqua Harriers	40	34:46
4	Fana	Principal	Temp	45	35:44
5	Mauritz	Jansen van Rensburg	Outeniqua Harriers	43	36:37
6	Dudley	April	Nedbank	18	38:18
7	Hermanus	Jonkerman	Nedbank	54	38:32
8	Davon	Prins	Rainbow	15	38:55
9	Giovanni	Fernol	Nedbank	18	39:31
10	Cornelius	Bewee	Sedgefield Striders	52	40:21

Veterans:

1	Zuzile Ntshiniyabo	Outeniqua Harriers	34:46
2	Principal Fana	Temp	35:44

Masters:

1	Hermanus Jonkerman	Nedbank	38:33
2	Cornelius Bewee	Sedgefield Striders	40:21

G'masters:

1	Andre Niemand	Hartenbos Drawwers	45:48
2	Burnett Zaayman	Hartenbos Drawwers	54:39

G/g'masters:

1	Les Stuart	Knysna MC	48:55
---	------------	-----------	-------

Juniors:

1	Dudley April	Nedbank	38:18
2	Davon Prins	Rainbow RC	38:55

WOMEN

1	Merida	Leen	Mosselbay Harriers	16	39:07
1	Lisl	Grobler	KMC	38	40:22
3	Annica	Coetzee	NMMU	22	42:41
4	Cecilia	Nel	Hartenbos Drawwers	32	43:15
5	Charmaine	Lamprecht	Nedbank	30	43:53
6	Cornel	O'Kennedy	Outeniqua Harriers	28	47:56
7	Sunet	Liebenberg	Nedbank	36	48:41
8	Eileen	Ketterer	Outeniqua Harriers	32	49:19
9	Elsa	De Villiers	Hartenbos Drawwers	54	49:37
10	Zane	Coetzee	Nedbank	26	50:09

Veterans:

1	Juanita Olivier	Outeniqua Harriers	51:07
---	-----------------	--------------------	-------

2	Julie Chevalier	Nedbank	54:26
Masters:			
1	Elsa de Villiers	Hartenbos Drawwers	49:37
2	Pam Kerr	Outeniqua Harriers	1:08:28
G'masters:			
1	Saundria Visser	Nedbank	56:53
2	Rhenia Niemand	Hartenbos Drawwers	1:05:50
Juniors:			
1	Merida Leen	Mosselbaai Harriers	39:07

CROSS-COUNTRY

Interprovincial Meeting

Eldoraigne, 7 June

Note: Unfortunately no times were provided for the men's 40-55 categories. All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (8 km)

1	Junior	Mahlanku	AGN	Ikhozi	27:49
---	--------	----------	-----	--------	-------

SR. MEN

1	Anele	Sonqibido	AGN	Transnet	12:26
2	Tlou	Seloba	AGN	Transnet	12:57
3	Leonard	Mokhanye	MPU	Sasol	12:59
4	Victor	Pheeha	AGN	Monaco	13:00
5	Motsamai	Motone	AGN	Transnet	13:02
6	Ben	Matiso	AGN	Temba Prestige	13:06
7	Lucky	Sithole	MPU	Sasol	13:12
8	Tebogo	Sithole	AGN	Zwakala	13:31
9	Martin	Nkoe	AGN	TUT	13:37
10	Andries	Malete	AGN		13:39

MEN 60 (6 km)

1	Dewald	Van den Heever	AGN	As Eagles	27:27
2	Isaac	Manyika	MPU	Medbank	28:17
3	Frans	Kekana	LIMA	Folang Mokerong AC	28:51

MEN 65 (6 km)

1	Mike	Du Bruto	AGN	Irene	24:13
2	Johannes	Phago	LIMA	Moletji AC	25:31
3	Don	Charles	AGN	Nedbank	26:35

MEN 70 (6 km)

1	Mike	Kleinsmit	AGN	Transnet	31:53
---	------	-----------	-----	----------	-------

MEN 75 (6 km)

1	Neville	Muir	AGN	Phobians	45:00
---	---------	------	-----	----------	-------

MEN 80 (6 km)

1	Martin	Coetzee	AGN	Magnolia	27:18
2	Dion	Heigers	AGN	ACRW	30:46
3	Chris	De Jager	AGN	Transnet	36:44

MEN 23

1	Moses	Dirane	AGN	Prestige	12:24
2	Thato	Kekana	LIMA	Waterberg	12:25
3	Thabo	Ndlovu	AGN	RWFL	12:33

JR. MEN (8 km)

1	Nkuna	Thabang	LIMA	ZB Progressive	25:55
2	Milton Makofane	Kekana	LIMA	ZB Progressive	26:13

3	Thobile	Mosito	AGN	Tuks	26:17
BOYS 17 (6 km)					
1	Kwanele	Mthembu	AGN	Prestige College	19:54
2	Elijah	Maseko	MPU	Sasol	20:02
3	Pontso	Ngobeni	LIMA	Piet Potgieter HS	20:12
SR. WOMEN (8 km)					
1	Glenrose	Xaba	MPU	Sasol	29:09
2	Patience	Khumalo	AGN	TUT	31:47
3	Noria	Sizcumela	MPU	Individual	31:53
4	Simangele	Mabuza	AGN	Transnet	31:55
5	Kataza	Shipalana	AGN	TUT	33:39
6	Marcelle	Coetzee	AGN	New Balance	34:36
7	Nthabiseng	Tshehla	AGN	Monaco	37:46
SR. WOMEN					
1	Thitshaamba	Ravhandalala	AGN	TUT	14:18
2	Palesa	Madoa	AGN	TUT	15:12
3	Nerissa	Van der Walt	AGN	New Balance	15:27
4	Kataza	Shipalana	AGN	TUT	15:30
5	Nandipha	Dywili	AGN	Transnet	15:58
6	Kamogelo	Mabena	AGN	Telkom	16:41
7	Annelien	Motlhala	AGN	Tuks	17:02
8	Mishelene	Lagerwall	AGN	Magnolia	17:24
9	Maureen	Phalane	AGN	Ekangala	17:36
10	Kathryn	Thomas	AGN	New Balance	19:16
WOMEN 40					
1	Ronel	Thomas	AGN	Boxer	15:10
2	Seanette	Van Rooyen	AGN	Tuks	17:17
3	Retha	Janse van Vuuren	MPU	Eskom	17:32
WOMEN 45					
1	Salome	Vermeulen	AGN	Bronkhorstspuit	16:07
2	Canie	Cullen	AGN	Individual	18:14
3	Lettie	Saayman	AGN	GNMA	18:26
WOMEN 50					
1	C.M.	Van Der Westhuizen	AGN	GNMA	17:12
2	Emmanè	Theunissen	AGN	Irene	18:24
3	Thea	Van Der Merwe	AGN	Irene	19:41
WOMEN 55					
1	Erika	Hamilton	AVT	Vaal AC	19:14
2	Hannalie	Van Zyl	MPU	Eskom	19:29
3	Jackie	Navarria	AGN	ACRW	20:02
WOMEN 60					
1	Lyn	De Bruin	AGN	Irene	19:55
2	Stephanie	Claassen	AGN	Tuks	22:05
3	Rina	Pretorius	AGN	Sabs Striders	22:32
WOMEN 65					
1	Esmé	Kloppers	AGN	Transnet	23:41
2	Ella	Smith	AGN	PMK	25:30
WOMEN 70					
1	Annette	Van Rooyen	AGN	Transnet	33:11
WOMEN 23					
1	Murendwa	Davhana	AGN	TUT	14:56
2	Happiness	Mkhize	AGN	Tuks	15:37
3	Melissa	Taylor	AGN	Tuks	15:57
JR. WOMEN (6 km)					

1	Marné	Mentz	AGN	Centurion	22:43
2	Sherilene	Gelderblom	MPU	Midack	23:57
3	Simoné	Verwey	AGN	Eldoraigne	24:08
GIRLS 17					
1	Lethabo	Seema	AGN	Tuks	15:19
2	Lize	Botha	AGN	Centurion	15:43
3	Elindi	De Coning	AGN	Waterkloof	15:44

WP League Meeting (5th)

Duynfontein (Koeberg Nature Reserve), 7 June

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

SR. MEN (12 km)

1	Unathi	Nteta	Atlantic	42:06
2	Heinrich	Camphor	NBMC	42:28
3	Andrew	Louw	Easterns	42:57
4	Wanda	Roro	Itheko	43:28
5	Vuolwethu	Mbukushe	Gugs	43:58
6	Xolisa	Batala	VOB	44:31
7	Luyanda	Mapoyi	Khayelitsha	45:05
8	Lwandile	Lange	Khayelitsha	45:07
9	Marks	Mpekula	NBMC	45:51
10	Oscar	Coetzee	NBMC	46:05

SR. MEN

1	Xolisa	Batala	VOB	13:59
2	Emiele	Paulsen	NBMC	14:06
3	Akhona	Makila	VOB	14:24
4	Duwayne	Philander	UWC	14:42
5	Vuyolwethu	Mbukushe	Gugs	14:46
6	Enver	Pedro	NBMC	14:49
7	Sibusiso	Magwaza	UWC	14:56
8	Bulelani	Bebha	VOB	15:04
9	Christo	van Rooyen	NBMC	15:08
10	Lukhanyo	Nobakada	VOB	15:18

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	30:11
2	Sabelo	Ngcwama	Celtic Harriers	31:07
3	Roger	Dickson	VOB	31:15

MASTER MEN (8 km)

1	Eric	Coetzee	No Club	32:31
2	Goodman	Mpukani	Gugs	33:23
3	Chris	Mitchell	Celtic Harriers	33:31

G'MASTER MEN (8 km)

1	Clive	Owen	Edgemead	35:26
2	Awie	Veldsman	Helderberg Harr	35:44
3	Johannes	Jacobs	Celtic Harriers	40:27

U.19 (8 km)

1	Bruce-Lynn	Damons	WCSS	28:46
2	Anthony	Timoteus	UWC	29:03
3	Kaleb	Beukes	UWC	29:15

U.17 (6 km)

1	Lukhanyo	Nobakada	VOB	18:04
2	Samuel	v d Merwe	Bellville	18:22

3	Reginald	Poss	Easterns	18:43
---	----------	------	----------	-------

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank WP	34:01
2	Hanlie	Jordaan	UWC	37:01
3	Busisiwe	Matiwane	Celtic Harriers	38:04
4	Anneline	Roffey	NBMC	38:09
5	Sheryl	de Lange	NBMC	38:21
6	Candyce	Hall	Carbineers	38:27
7	Mariëtte	Strauss	Tygerberg	40:26
8	Norooi	Sikunana	Nedbank WP	42:34
9	Michelle	Davy	Celtic Harriers	44:25
10	Tyshia	Johannes	Gugs	44:33

SR. WOMEN

1	Ivy Nokuthula	Sogiba	Khayelitsha	19:04
2	Anel	Terblanche	Celtic Harriers	19:21
3	Lee-Shay	Willemse	Velocity	19:24
4	Leanda	du Bruyn	CPUT	19:25
5	Adri	Meyer	UCT	20:11
6	Nontando	Mabusela	Gugs	20:21
7	Madelé	du Plessis	Edgemead	21:02
8	Tara	Pohl	Ind	21:33
9	Delicia	Jantjies	Eerste River	22:02
10	Alicia	Hartnick	Helderberg Harr	22:04

VETERAN WOMEN

1	Wilna	Eybers	Strand	17:45
2	Sandra	van Graan	Edgemead	17:56
3	Sheryl	de Lange	NBMC	18:25

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	18:53
2	Olga	Howard	Celtic Harriers	19:22
3	Bev	Charters	VOB	19:56

G'MASTER WOMEN

1	Nancy	Will	Pinelands	21:07
2	Pixie	Sparg	Celtic Harriers	23:41
3	Esmé	September	Spartan Harriers	26:28

U.19 (6 km)

1	Lolita	Kievieto	UWC	24:06
2	Icarien	van Deventer	Tygerberg	25:11
3	Christine	de Kock	Durbanville	27:21

U.17

1	Hayley	Preen	Hout Bay Harriers	13:54
2	Assnique	Robinson	Bellville	14:39
3	Tegan	Pitt	Fish Hoek	14:51

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

Oakley New York Mini 10 km (43rd)

New York, USA, 14 June

(Certified one-loop course, hilly)

1	Molly	Huddle	USA	31:37
2	Mamitu	Daska	ETH	31:49
3	Gemma	Steel	GBR	32:11
4	Linet	Masai	KEN	32:16
5	Buzunesh	Deba	ETH	32:20
6	Amy	Hastings	USA	32:33
7	Laura	Thweatt	USA	32:37
8	Diane	Nukuri-Johnson	BDI	32:38
9	Sara	Hall	USA	33:02
10	Lanni	Marchant	CAN	33:11
11	Deena	Kastor	USA	33:17

TRACK

adidas Grand Prix Meeting

(6th stop of IAAF Diamond League)

New York, USA, 14 June

MEN

800:

1	David Lekuta	Rudisha	KEN	1:44.63
2	Mark	English	IRL	1:45.03
3	Duane	Solomon	USA	1:45.13
4	Marcin	Lewandowski	POL	1:45.23
5	Adam	Kszczot	POL	1:45.37
6	Wesley	Vazquez	PUR	1:45.79
7	Ferguson	Cheruiyot Rotich	KEN	1:45.90
8	Robby	Andrews	USA	1:46.28

WOMEN

800:

1	Natoya	Goule	JAM	2:00.28
2	LaTavia	Thomas	USA	2:01.11
3	Marilyn	Okoro	GBR	2:01.57
4	Mary	Cain	USA	2:01.67
5	Diane	Cummins	CAN	2:02.89
6	Dureti	Edao	ETH	2:04.92
7	Kate van	Buskirk	CAN	2:05.08
8	Kerri	Gallagher	USA	2:05.91

1500:

1	Abeba	Aregawi	SWE	4:00.13
2	Dawit	Seyaum	ETH	4:00.66
3	Jennifer	Simpson	USA	4:02.54
4	Shannon	Rowbury	USA	4:03.36

5	Irene Jelagat	KEN	4:04.07
6	Treniere Moser	USA	4:04.33
7	Morgan Uceny	USA	4:04.87
8	Brenda Martinez	USA	4:06.42
9	Renata Plis	POL	4:07.03
10	Alexa Efraimson	USA	4:07.05
11	Nicole Sifuentes	CAN	4:08.11
12	Viola Lagat	KEN	4:09.13
13	Gabrielle Grunewald	USA	4:10.12

3000:

1	Mercy Cherono	KEN	8:39.84
2	Betsy Saina	KEN	8:40.65
3	Kalkidan Gezahegne	ETH	8:42.54
4	Sally Jepkosgei Kipyego	KEN	8:43.43
5	Kim Conley	USA	8:44.11
6	Julia Bleasdale	GBR	8:48.90
7	Buze Diriba	ETH	8:51.46
8	Nikki Hamblin	NZL	8:51.48

3000 s/chase:

1	Sofia Assefa	ETH	9:18.58
2	Purity Cherotich Kirui	KEN	9:23.43
3	Lidya Chepkurui	KEN	9:27.42
4	Stephanie Garcia	USA	9:28.96
5	Fancy Cherotich	KEN	9:46.88
6	Beverly Ramos	PUR	9:47.60
7	Rolanda Bell	PAN	10:10.66
8	María Mancebo	DOM	10:25.98

ExxonMobil Bislett Games

(5th stop of IAAF Diamond League)

Oslo, NOR, 11 June

MEN

Dream Mile (DL):

1. Ayanleh Souleiman, DJI, 3:49.49
2. Nick Willis, NZL, 3:49.83 PB
3. Homiyu Tesfaye, GER, 3:49.86 PB
4. Henrik Ingebrigtsen, NOR, 3:50.72 NR
5. Mahiedine Mekhissi-Benabbad, FRA, 3:51.55 PB
6. Mekonnen Gebremedhin, ETH, 3:51.59
7. Ilham Tanui Özbilen, TUR, 3:51.71
8. Matthew Centrowitz, USA, 3:52.23
9. Bethwell Birgen, KEN, 3:53.96
10. Johan Cronje, RSA, 3:54.24

5000 (DL):

1. Yenew Alamirew, ETH, 13:01.57 WL
2. Caleb Ndiku, KEN, 13:02.15
3. Galen Rupp, USA, 13:03.35
4. Thomas Longosiwa, KEN, 13:04.68
5. Edwin Soi, KEN, 13:08.36
6. Isiah Koech, KEN, 13:08.46
7. Dejen Gebremeskel, ETH, 13:09.73
8. Cornelius Kangogo, KEN, 13:13.03

... 14. Imane Merga, ETH, 13:29.43

3000 s/chase (DL):

1. Jairus Birech, KEN, 8:02.37 WL/PB
2. Evan Jager, USA, 8:06.97
3. Hillary Yego, KEN, 8:10.93
4. Paul Kipsiele Koech, KEN, 8:14.29
5. Gilbert Kirui, KEN, 8:15.32
6. Brahim Taleb, MAR, 8:15.48
7. Daniel Huling, USA, 8:15.87
8. Bernard Mbugua Nganga, KEN, 8:18.22

WOMEN

800 (DL):

1. Eunice Sum, KEN, 1:59.02
2. Ajee' Wilson, USA, 1:59.68
3. Jessica Judd, GBR, 1:59.77 PB
4. Janeth Jepkosgei, KEN, 2:00.20
5. Angelika Cichocka, POL, 2:00.43
6. Molly Beckwith-Ludlow, USA, 2:00.79
7. Agatha Jeruto Kimaswai, KEN, 2:00.95 PB
8. Melissa Bishop, CAN, 2:01.06
9. Ing vill Måkestad Bovim, NOR, 2:02.23
10. Brenda Martinez, USA, 2:02.27
- ... 12. Caster Semenya, RSA, 2:03.68

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2014. 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. René Kalmer has the fastest time, run in the World Championships, plus four more.

2014 HALF MARATHON: TOP 10 WOMEN

1:11:53	René Kalmer	27	Copenhagen	29 Mar
1:14:00	Lebo Phalula	1	Cape Town	19 Apr
1:14:20	Jenna Challenor	47	Copenhagen	29 Mar
1:14:23	Kalmer-2	2	Cape Town	19 Apr
1:15:22	Phalula-2	1	Polokwane	17 May
1:15:35	Mapaseka Makhanya	4	Cape Town	19 Apr
1:15:43	Kalmer-3	1	Pretoria	01 Feb
1:16:32	Cornelia Joubert	1	Boksburg	13 Apr
1:16:44	Christine Kalmer	6	Cape Town	19 Apr
1:16:51	Zintle Xiniwe	1	Wellington	01 May
1:16:59	Challenor-2	7	Cape Town	19 Apr
1:18:04	R. Kalmer-4	1	Johannesburg	30 Mar
1:18:26	R. Kalmer-5	1	Bedfordview	12 Jan
1:18:51	Myrette Filmalter	10	Cape Town	19 Apr
1:18:58	Challenor-3	1	Hillcrest	09 Feb
1:19:12A	Hanlie Botha	1	East London	01 Mar
1:19:29	Tanith Maxwell	2	Mt Edgecombe	25 May

THIS MONTH IN HISTORY

While the race we look at this week is not a mile, it features Chris Chataway, who was instrumental in the first mile under 4 minutes. – Ed.

60 years ago: 7 June 1954

Just a month after he had paced Roger Bannister to the first dream mile, Chris Chataway beat the top Czech middle distance runner, Stanislav Jungwirth, former world record holder over 1500 m, over 2 miles in London in 8:41.0, the world's fastest time for the year. Jungwirth ran 8:55.8, with Belgium's Frans Herman third in 8:57.2. Four months later, also in London, Chataway would score his brilliant victory over 5000 m in world record time against Vladimir Kuts, while in 1957 Jungwirth would break the world record over 1500 m with his 3:38.1.

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)		
	26:44	Leonard Patrick Komon (KEN)	2010	
15 km	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN)	2010	
21.1 km	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI)	2010	
25 km	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:47	Abraham Cheroben (KEN)		
	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)		
	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 Iving	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		
<u>Veterans (40+)</u>				
10 km	38:25	Ronel Thomas	Cape Town	06 Apr
	32:14	Priscilla Welch (GBR) 1985		
15 km	61:47	Sandra van Graan	Mamre	14 Jun
	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		
<u>Masters (50+)</u>				
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	Somerses 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				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr

21.1 km	49:40	Ines Chenonge (KEN) 2001	23 Feb
	87:07	Jenet Dlamini Pietermaritzburg	
	1:09:05	Delilah Asiago (KEN) 1991	

Contributors to this issue: Sonia & Kevin Harlock, Elsa & Ben Oliver, André Gobey, SWD Athletics

Published by Riël Hauman
 42 Fifteenth Avenue, Boston,
 Bellville 7530, RSA
 Telephone: 021 948-0293
 Fax: 0866 89-44-74
 Cellphone: 082 922-8538
 E-mail: rielh@mweb.co.za



Distance Running Results is supported by Newton Running
www.newtonsarunning.com

Newton Running is the leader in designing shoes that mimic your natural barefoot running form. The technology is a revolutionary way of building a running shoe based on Sir Isaac Newton's third law of motion: "For every action, there is an equal and opposite reaction." Newton shoes were developed to make your feet think they're barefoot and increase performance. You will run smoother, more efficiently, faster and with less injury.