

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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Publisher: Riël Hauman

EDITORIAL

Three list leaders were set in ideal conditions in the flat Avbob Eersterivier 15 km this weekend. Muhammad Kriel lowered his own mark for grandmasters to 58:27, Sandra van Graan (veteran) did likewise with her 60:37, while Elmarie Coetzee (master), who now has three list leaders, clocked 61:00. Tsungai Mwanengeni ran the year's fastest veteran time of 47:00, but he is a Zimbabwean citizen and therefore not eligible for a list leader. In the women's grandmaster division Nancy Will set her second Western Province record of the year with 68:05. Akhona Makila (46:33) won the men's race, while in the women's contest Zintle Xiniwe suffered a rare defeat, losing by one second to Bulelwa Simae (55:37).

In the Spar race in Pietermaritzburg, which moved from its usual September date to the date originally designated for the Spar Grand Prix event in Durban, René Kalmer had an easy victory in 34:13.

There was some brilliant running in the B.A.A. 10 km in Boston, where both Stephen Sambu (KEN) and Mamitu Daska (ETH) ran world leads and PBs, 27:25 and 31:04 respectively. Sambu also got an ARRS world record of 22:02 at 8 km.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Women's 10 km, Pietermaritzburg
- * Avbob Eersterivier 15 km, Eersterivier
- * 32Gi Atlas Security Heartbreak Hill Half Marathon, Port Elizabeth
- * @ Health Winter Warmer Half Marathon & 10 km, Centurion
- * K-Way Table Mountain 16 km, Cape Town

International highlights:

- * B.A.A. 10 km, Boston, USA
 - * Mattoni Olomouc Half Marathon, Olomouc, CZE
 - * Grandma's Marathon & Garry Bjorklund Half Marathon, Duluth, USA
 - * Oakley New York Mini 10 km, New York, USA
 - * Zwolse Half Marathon, Zwolle, NED
 - * Bellin Run 10 km, Green Bay, USA
 - * Track: European Athletics Team Championship, Braunschweig, GER; European Athletics Team Championships First League, Tallin, EST; Villa de Bilbao Meeting, Bilbao, ESP; Zlata Tetra - Golden Spike, Ostrava, CZE; Portland Track Festival, Portland, USA; Folksam Grand Prix, Göteborg, SWE; NCAA Division I Outdoor Championships, Eugene, USA; Nijmegen Global Athletics, Nijmegen, NED; Internationales Sportfest, Rehlingen, GER; Memorial Josefa Odlozila, Prague, CZE
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OBITUARY

GEORGE CLAASSEN, OLDEST COMRADES CHAMPION, PASSES AWAY

By Riël Hauman



George Claassen crosses the finish line of the Comrades Marathon in 1961, watched by Comrades founder Vic Clapham. [Comrades Marathon Association]

When George Claassen won the Comrades Marathon on the day South Africa became a republic, running as a sport was still pure, uncomplicated and a gentleman's game. When he passed away last Tuesday, 17 June, as the oldest living Comrades winner at the age of 97, the sport had changed beyond recognition – and he often lamented the fact.

George Nicolaas Claassen was born on 26 February 1917 on a farm outside Wolmaransstad and ran his first Comrades in 1960, finishing third behind Jackie Mekler and Gerald Walsh. Mekler became the first Comrades winner to go under 6 hours for the "up" run with his 5:56:32 and Claassen's 6:34:07 was then the best time for a novice in the "up" run.

The next year Claassen, a school principal in Middelburg, followed leader Keith Pearce in the company of Frikkie Steyn and Trevor Allen (who had won in 1952 and 1959) until Pearce collapsed from exhaustion and cramp on the outskirts of Durban. In the meantime an injured Mekler had withdrawn just after Botha's Hill. Claassen and Steyn ran together past 45th Cutting, having shaken off Allen, but at Westridge Park Claassen drew away and the younger Steyn could not close the gap again.

Claassen reached the finish at the Beach Pavilion, just past the former finishing venue at Hoy Park, in 6:07:07, the fourth fastest ever for the "down" run. He was then 44 years, 3 months and 5 days old – the second oldest after Wally Hayward in 1954 to take the title (Hayward was almost 46). The sturdily built Claassen ran the race in Bata canvas shoes ("tackies").

Steyn was second in 6:09:05 and Allen third in 6:22:49. There were a record number of 98 finishers.

Typically, Claassen, who called himself "a child of the Western Transvaal with its endless distances and receding horizons", made no big fuss of his victory. That same evening he returned home the same way he came: he took the train to Standerton and from there drove his car through the night to Middelburg, where he was principal of Middelburg High

School for seventeen years and also coached athletics. He arrived in time for breakfast and then went to the school for his day's work.

Claassen completed the race eight more times, achieving ten medals in total and permanent number 994. His last Comrades was in 1977 at the age of sixty, when he finished in 10:14:00. His permanent number was 994.

Claassen was one of five Germiston Callies runners who won the Comrades, the others being Hayward, Mekler, Mercer Davies and Alan Robb.

His complete Comrades record (race direction, year, age, time, position, medal):

Up	1960	43	6:37:07	3	Gold
Down	1961	44	6:07:07	1	Gold
Up	1968	51	8:38:35	93	Silver
Down	1969	52	8:59:59	257	Silver
Up	1970	53	8:39:44	201	Silver
Down	1971	54	8:49:15	403	Silver
Up	1972	55	9:15:25	429	Bronze
Up	1975	58	10:37:00	1157	Bronze
Down	1976	59	9:15:00	774	Bronze
Up	1977	60	10:14:00	1253	Bronze

In 1973 he formed the Pretoria Marathon Club and was Chairman from 1974 to 1985. The George Claassen Half Marathon and 10 km are still held every January in his honour.

At the age of sixty he could still run the marathon in under 3 hours and cycled until he was 88.

The way in which athletics has been politicised and the problems brought along by the professionalism of the sport he loved saddened him. When I phoned him in his home in Bloubergstrand when he turned 90 to congratulate him on the special occasion, he lamented the decline in the standards of the sport. "It is a tragedy, the sport is declining everywhere, especially in the schools. But fortunately people like you and me have our wonderful memories of what it was like," he said.

Asked about his health, Oom George – as he was affectionately known to many – said: "My head is still right and I still live in my own house. My children are very good to me."

His success in running reflected his view on many aspects of life. "Without self-imposed discipline the mountain top will remain but a hazy dream," he said. A voracious reader his whole life, he was adamant about the value of books and knowledge: "One of the biggest legacies that parents can give their children is to nurture in them a love for reading; to make them grow up among books." This aspect of his life, as well as his love of nature, were highlighted by his sons Wynand and George at his memorial service this morning.

He leaves his sons Wynand, former Springbok rugby captain, George and Danie, and daughter Maryna (Metelerkamp), as well as thirteen grandchildren and ten great-grandchildren. His wife, Nella, passed away in 2009.

According to former Comrades Chairman and Green Number Club Convener Barry Varty the Claassen family has made a significant contribution to the Comrades Marathon Association over the years. "Wynand was also involved in the restoration of Comrades House for the official opening in 1988. There is a plaque at Comrades House to this effect."

Oom George's passing leaves a void in his family, to whom he was devoted, and among all those who knew him, but also in the athletics world as a whole. He was a man of



Claassen (right) with fellow Comrades champion Jackie Mekler at his home in Bloubergstrand in 2011. [Danie Claassen]

principle, deeply religious, gentle, wise and, until the end of his life, with a keen interest in people and life.

□ Two days before the passing of George Claassen, another Comrades standout, Graeme Fraser, died at the age of 65 in Durban from motor neurone disease. Fraser, whose permanent number was 666, twice finished third behind Bruce Fordyce in the Comrades, in 1982 and 1983 – with Alan Robb also finishing ahead of him in 1982 and Gordon Shaw in 1983.

Fraser ran his two best times in these two years – 5:41:55 for the down run in 1982 and 5:46:20 for the up run in 1983. In each case he was just narrowly beaten for second place – in 1982 by 29 seconds and in 1983 by 32 seconds.

1982 and 1983 were indeed his golden years, as he also finished second to Fordyce in the London to Brighton ultramarathon on both occasions, running 5:43:13 and 5:23:29 respectively, and beating the redoubtable former champion Don Ritchie in 1983.

Fraser won four more Comrades gold medals – in 1981, 1984, 1985 and 1987 – and achieved twelve medals in total. He initially ran for Westville and later, when he won his golds, for Hillcrest Villagers.

He also won three medals in the Old Mutual Two Oceans Marathon, with a gold for ninth place in 1983.

ROAD RUNNING

Spar Women's 10 km

Pietermaritzburg, 22 June

(Undulating loop course. Finishers: 1411 [also 1856 in the 5 km].)

Note: This race is not part of the Spar Grand Prix Series. It is usually held in September. – Ed.

1. René Kalmer (Mod A) 34:13
2. Nolene Conrad (Boxer) 35:37
3. Sithulisiwe Zhou (ZIM/Phat) 36:16
4. Tanith Maxwell (Boxer) 36:43
5. Kenilwe Sesing (Ned) 37:13
6. Makhosi Mhlongo (Sav) 37:52
7. Jenet Dlamini (Umzimk) 38:14
8. Silindi Chili (Chester) 38:33
9. Suzette Botha (Eskom) 38:36
10. Kefilwe Molefe (Ned) 38:59

Veterans: 1. Suzette Botha (Eskom) 38:36; 2. Janene Carey (Boxer) 39:21; 3. Marilise Vermaak (Ind) 43:52. **Masters:** 1. Janine Engels (West) 44:23; 2. Jenny Taylor (Kears) 54:27; 3. Trish Botton (NC) 60:09. **G'masters:** 1. Judith Grové (HH) 49:53; 2. Jane Dickinson (RWFL) 50:24; 3. Sandra Fisser (HH) 50:36. **G/g'masters:** 1. Joan Schoeman (HQ) 80:43.

Avbob Eersterivier 15 km

Eersterivier, 21 June

(Certified flat out-and-back course. Weather: Cold, no wind. Finishers: 984 [up from 878 last year].)

MEN

1. Akhona Makila (VOB) 46:33 (R700)
2. Mthandazo Qhina (Ned) 46:34 (R600)
3. Unathi Nteta (AAC) 46:57 (R500)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 47:00 (R500); 2. Graham Katzen (Itheke) 49:37 (R400); 3. Xolile Macanda (Gugs) 50:12 (R300). **Masters:** 1. Tobias Philander (Itheke) 55:10 (R400); 2. Roston Isaacs (Ned) 57:43 (R300); 3. Kevin Isaacs (Top) 58:22 (R200). **G'masters:** 1. Muhammad Kriel (Ommie) 58:27 (R300); 2. Cornelius de Wee (Tyger) 71:19 (R200); 3. Willie van Wyk (Brack) 71:34 (R100). **G/g'masters:** 1. Yusuf Gamaldien (Itheke) 84:14 (R200); 2. Kaare James (Pine) 86:50 (R150); 3. Lionel Hill (Ceres) 89:37 (R100). **Juniors:** 1. Granwin Katzen (Itheke) 50:27 (R200); Lungile Mdaka (VOB) 52:02 (R100); 3. Denzil Byman (Itheke) 52:16 (R50).

WOMEN (Same prize money as men)

1. Bulelwa Simae (Ned) 55:37
2. Zintle Xiniwe (NBMC) 55:38
3. Nomvuyisi Seti (Itheke) 56:52

Veterans: 1. Sandra van Graan (Edge) 60:37; 2. Ursula Frans (NBMC) 62:14; 3. Sheryl de Lange (NBMC) 63:12. **Masters:** 1. Elmarie Coetzee (NBMC) 61:00; 2. Mariëtte Strauss (Tyger) 63:07; 3. Olga Howard (Celtic) 65:05. **G'masters:** 1. Nancy Will (Pine) 68:05 (WP rec); 2. Helen du Plessis (Tyger) 76:28; 3. Pixie Sparg (Celtic) 79:27. **G/g'masters:** 1. Marlene James (Pine) 89:30; 2. Annatjie Berntzen (Tyger) 1:41:04. **Juniors:** 1. Pamela Moyikwa (VOB) 58:30; 2. Busisiwe Gwala (VOB) 65:03; 3. Nomaxesi Ngcantsi (VOB) 65:20.

32Gi Atlas Security Heartbreak Hill Half Marathon (36th)

Port Elizabeth, 21 June

(Distance: 21.1 km; loop course. Finishers: 786 [considerably up from 568 last year].)

Note: Liza-Marie Kingston is the former Liza-Marie Bright. – Ed.

MEN

1	Melikhaya	Frans	Nedbank RC EP	22	1:08:47
2	Andre	Ketchem	Temp	30	1:10:39
3	Melikhaya	Sithuba	Born To Run	30	1:10:39
4	Zolani	Mabongo	Madibaz AC	27	1:11:56
5	Anele	Maliza	Nedbank RC EP	36	1:12:23
6	Ricardo	Plaatjies	X-Cel AC	31	1:13:02
7	Eric	Sigxashe	PEAAC	35	1:14:26
8	Sinathi	Mafanga	SAP MC EP	23	1:14:47
9	Zolile	Mhlahlo	Achilles AAA	39	1:14:53
10	Sandile	Ngunuza	Nedbank RC EP	31	1:15:35
11	Duwayne	Lucas	Aspen Pharmacare	24	1:17:07
12	Christopher	Mabengeza (1 st vet)	Nedbank RC EP	48	1:18:13
13	Mandilakhe	Nel (1 st jun)	Motherwell AC	16	1:19:24
14	Khayaletu	Makalima	Temp	30	1:20:02
15	Thobile	Xata	Bluewater Bay	39	1:20:21
16	Ruan	Jonck	St Albans CS EP	18	1:20:27
17	Jarryd	Cooke	Madibaz AC	20	1:20:51
18	Adriaan	Gouws	Nedbank RC EP	41	1:20:55
19	Johannes	Jonck	St Albans CS EP	41	1:21:58
20	Marius	Stander	Achilles AAA	46	1:22:26

40-44:

1	Adriaan	Gouws	Nedbank RC EP	41	1:20:55
2	Johannes	Jonck	St Albans CS EP	41	1:21:58
3	Bradley	MacKenzie	Achilles AAA	42	1:24:47

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	48	1:18:13
2	Marius	Stander	Achilles AAA	46	1:22:26
3	Paul	Wolff	Achilles AAA	46	1:23:18

50-54:

1	Desmond	Zibi	Ikhamba AC	50	1:22:52
2	Darrell	Wicht	Warriors AC	51	1:22:58
3	Colben	Ngcupe	Motherwell AC	51	1:23:22

55-59:

1	Leonard	Erasmus	Gelvan AC	56	1:33:03
2	Alan	Taylor	Achilles AAA	57	1:37:58
3	Schoombee	Pretorius	Warriors AC	56	1:42:43

60-64:

1	Hannes	Els	Warriors AC	64	1:35:41
2	Roger	Trader	Achilles AAA	60	1:40:21
3	Graham	Channon	Achilles AAA	64	1:42:48

65-69:

1	Hansie	Els	Somerset East	66	1:43:36
2	Syd	Lippstreu	Crusaders AC	66	1:51:53
3	William	Vorster	PEAAC	68	1:56:20

70-74:

1	Tamsanqa	Jusayi	Nedbank RC EP	72	1:40:00
2	Kobus	Gerber	PEAAC	70	1:57:57
3	Godfrey	Kariem	Gelvan AC	73	1:59:55

Juniors:

1	Mandilakhe	Nel	Motherwell AC	16	1:19:24
2	Ruan	Jonck	St Albans CS EP	18	1:20:27
3	Sinovuyo	Mngceka	Youth 4 Change AC	16	1:23:34

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC EP	32	1:21:58
2	Liza-Marie	Kingston	Temp	32	1:26:25
3	Jane	Barnardo	Body Concept	39	1:31:44
4	Terray	Newcombe	Elite AC	23	1:33:18
5	Davera	Magson	Nedbank RC EP	39	1:34:35
6	Michelle	Enslin (1 st vet)	Temp	46	1:35:35
7	Christine	Claasen	Achilles AAA	49	1:36:09
8	Nokholo	Hlezupondo	SANDEF EP	35	1:36:27
9	Grizelda	Pietersen	Maxed Elite EP	45	1:37:41
10	Katherine	Van der Walt	Body Concept	38	1:38:14
11	Marisa	Ferraris	Achilles AAA	43	1:38:48
12	Chloe	Smith	Bluewater Bay	23	1:39:43
13	Priscilla	Dyantyi	Nedbank RC EP	40	1:40:17
14	Sally	Waterworth	Temp	36	1:41:53
15	Pat	Thomson (1 st mast)	Temp	54	1:43:22
16	Maresa	Ah Kun	Bluewater Bay	38	1:43:43
17	Stephanie	Damalis	Body Concept	28	1:44:36
18	Kelly	Harty	Temp	26	1:45:00
19	Robynne	Klee	Achilles AAA	24	1:46:01
20	Claire	Van der Nest	Body Concept	33	1:46:36

40-44:

1	Marisa	Ferraris	Achilles AAA	43	1:38:48
2	Priscilla	Dyantyi	Nedbank RC EP	40	1:40:17
3	Allison	Hertel	Temp	44	1:48:25

45-49:

1	Michelle	Enslin	Temp	46	1:35:35
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2	Christine	Claasen	Achilles AAA	49	1:36:09
3	Grizelda	Pietersen	Maxed Elite EP	45	1:37:41
50-54:					
1	Pat	Thomson	Temp	54	1:43:22
2	Janette	Schierz-Crusius	Body Concept	53	1:46:44
3	Alta	Havenga	Temp	50	1:47:17
55-59:					
1	Amanda	Wolmarans	Walmer AC	55	2:00:34
2	Christine	Snyman	Despatch AC	58	2:10:56
3	Noleen	Norris	Gelvan AC	57	2:23:25
60-64:					
1	Cathy	Ives	Achilles AAA	61	1:54:43
2	Jos	Els	Warriors AC	62	2:13:49
3	Helene	Oppel	Crusaders AC	64	2:21:22
65-69:					
1	Jeanette	Pienaar	PEAAC	66	2:29:26
2	Christine	Fourie	Elite AC	68	2:33:38
3	Jude	Benfield	Run For Life AGN	66	2:42:43
70-74:					
1	Orgia	Nell	Muirite Striders	70	2:31:47
75-79:					
1	Dorothy	Hart	Charlo AC	76	3:27:09
Juniors:					
1	Marike	Marais	St Albans CS EP	16	2:05:29
2	Sharon	Heger	Temp	17	2:12:29
3	Rebecca	Meyer	Madibaz AC	19	2:18:23

@ Health Winter Warmer Half Marathon & 10 km

Centurion, 16 June

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 750 [significantly up from 540 last year]; 10 km – 1050 [also considerably up from 750].)

Note: The 10 km was approximately 800 metres short. – Ed.

Half marathon

MEN

1 Simion Tshabalala (Spirit Wind) 71:41; 2 Enoch Skosana (Transnet) 76:01 (1st vet); 3 Tsokolo Letlotlo (Cool Running) 76:06.

Veterans: 1 Enoch Skosana (Transnet) 76:01. **Masters:** 1 Avril Barkhuizen (Nedbank) 89:29. **G'masters:** 1 John Woodnutt (Morningside) 94:44. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:55:12.

WOMEN

1 Olga Firsova (RUS) 89:56; 2 Sandra Steenkamp (Irene) 98:50 (1st mast); 3 Katy van Meter (Soul Striders) 99:31.

Veterans: 1 Maryna Meets (Phobians) 1:52:38. **Masters:** 1 Sandra Steenkamp (Irene) 98:50. **G'masters:** 1 Estelle Oosthuizen (Randmark) 2:21:13. **G/g'masters:** 1 Mavis Stadler (Agape) 2:18:19. **Juniors:** 1 Jeannie de Beer (Tuks) 1:45:56.

10 km

MEN

1 Ian Slinger (Eldoraigne H/S) 31:08 (1st jun); 2 Altus Badenhorst (Nedbank) 31:09; 3 Lympson Maifo (Nedbank) 32:10.

Veterans: 1 Edwin Ratau (Alex AC) 34:44. **Masters:** 1 Leon Page (Irene) 41:22.
G'masters: 1 Wally Weder (Agape) 48:48. **G/g'masters:** 1 Ken Nurden (Agape) 51:47.
Juniors: 1 Ian Slinger (Eldoraigne H/S) 31:08.

WOMEN

1 Judy Bird (Breakthru Midrand) 37:33 (1st mast); 2 Jessica Alcock (Temp) 38:03; 3 Marizel Cilliers (Agape) 39:58 (1st jun).

Veterans: 1 Gillian Sotto-Corona (Boksburg) 40:57. **Masters:** 1 Judy Bird (Breakthru Midrand) 37:33. **G'masters:** 1 Anne Bellomusto (Morningside) 47:47. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 61:58. **Juniors:** 1 Marizel Cilliers (Agape) 39:58.

K-Way Table Mountain 16 km (38th)

Cape Town, 15 June

(Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 173 [down from 233 last year].)

MEN

1	Phumlani Nxusani	26	Nedbank	1:06:57
2	Youssef Kannouni	40	NBMC	1:06:57
3	Jarryd Dunn	16	Ind	1:08:08
4	Admire Rushika	28	ZIM/VOB	1:09:05
5	Colin George	42	VOB	1:09:08
6	Dion Middelkoop	44	VOB	1:09:51
7	Damian Will	28	Pinelands	1:13:11
8	Ryan Winter	36	Pinelands	1:13:13
9	Derek Oehley	50	Harfield Harriers	1:14:33
10	Grant Marcus	40	Ind	1:14:38

WOMEN

1	Ellie Courts	42	Celtic	1:26:55
2	Bianca Tait	38	Satori	1:28:13
3	Marie Louw	48	NBMC	1:29:22
4	Lesley Gibson	39	Ind	1:33:41
5	Bridgid Hamilton Russell	54	Harfield Harriers	1:34:01
6	Kari Longman	43	Celtic	1:37:15
7	Jodi Lord	31	VOB	1:37:41
8	Alita Boshoff	43	Ind	1:38:51
9	Sadika Jadwat	38	Itheko	1:49:26
10	Inge Reissenzahn	42	Pinelands	1:42:07

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

B.A.A. 10 km (4th)

Boston, USA, 22 June

(Certified flat course through Boston's Back Bay)

MEN (gun times)

- | | | |
|---|-------------|----------|
| 1. Stephen Sambu, 25, Tucson, AZ (KEN) | 27:25 WL/PB | \$10,000 |
| [13:57 / 13:28] | | |
| 8-km split: 22:01.03 | WB/ACR* | |
| 2. Geoffrey Mutai, 32, Kenya | 27:35 | 5,000 |
| [13:57 / 13:38] | | |
| 8-km split: 22:01.10 | | |
| 3. Daniel Salel, 23, Kenya | 27:41 PB | 3,000 |
| [13:57 / 13:44] | | |
| 8-km split: 22:04 [decimal unavailable] | | |
| 4. Leonard Korir, 27, Tucson, AZ (KEN) | 28:09 PB | 1,500 |
| [14:02 / 14:07] | | |
| 8-km split: 22:30 [decimal unavailable] | | |
| 5. Sam Chelanga, 29, West Lebanon, NH (KEN) | 28:11 PB | 1,000 |

*) Pending ARRS World Record/U.S. All-comers Record

WOMEN

- | | | |
|---|----------------|-------------------|
| 1. Mamitu Daska, 30, Ethiopia | 31:04 WL/ER/PB | \$10,000 + 7,500c |
| [15:35 / 15:29] | | |
| 8-km split: 24:47 | | |
| 2. Betsy Saina, 25, Colorado Springs, CO (KEN) | 31:10 PB | 5,000 |
| [15:34 / 15:36] | | |
| 8-km split: 24:48 | | |
| 3. Aliphine Tuliamuk-Bolton, 25, Santa Fe, NM (KEN) | 31:52 PB | 3,000 |
| [15:34 / 16:18]] | | |
| 8-km split: 25:04 | | |
| 4. Caroline Kilel, 33, Kenya | 32:06 | 1,500 |
| 5. Werknesh Kidane, 32, Ethiopia | 32:13 | 1,000 |
| 6. Linet Masai, 24, Kenya | 32:27 | 750 |
| 7. Lineth Chepkurui, 26, Kenya | 33:37 | 500 |
| 8. Jen Rhines, 39, Boston, MA | 33:45 | 400 |

c) Earned Course Record bonus

Mattoni Olomouc Half Marathon (5th)

Olomouc, CZE, 21 June

(Distance: 21.1 km; certified loop course)

MEN (gun times)

- | | | |
|------------------------|---------------|------------------------|
| 1. Geoffrey Ronoh, KEN | 1:00:17 PB/CR | € 2000 + 1000* + 1000i |
| 2. Wilson Kipsang, KEN | 1:00:25 | 1000 + 1000i |
| 3. Dennis Kimetto, KEN | 1:01:42 | 800 |
| 4. Wilfred Kigen, KEN | 1:01:56 | 600 |
| 5. Joel Kimutai, KEN | 1:02:49 | 500 |

... 7. Viktor Röthlin, 1974, SUI 1:03:23 200

*) Course record bonus

i) Earned time bonus for sub-61:00

WOMEN (gun times)

- | | |
|-----------------------------|-----------------------------------|
| 1. Edna Kiplagat, KEN | 1:08:53 CR € 2000 + 1000* + 5000i |
| 2. Betelhem Moges, ETH | 1:09:23 PB 1000 + 1000i |
| 3. Hirut Alemayehu, ETH | 1:10:57 800 |
| 4. Faith Jeruto Kipsum, KEN | 1:11:12 PB 600 |
| 5. Janet Jelagat Rono, KEN | 1:12:40 PB 500 |

*) Course record bonus

i) Earned time bonus for sub-69:00

ii) Earned time bonus for sub-70:00

Grandma's Marathon (38th) & Garry Bjorklund Half Marathon (24th)

Duluth, USA, 21 June

(Distances: 42.195 km & 21.1 km; both certified. The marathon loses 40 m or 0.95 m/km of race distance; the half marathon loses 0.9 m/km of race distance; both marathon and half marathon are point-to-point courses.)

Marathon (gun times)

MEN

- | | |
|---|---|
| 1. Dominic Ondoro, 26, Santa Fe, NM (KEN) | 2:09:06 CR* \$10,000 + 5,000i + Toyota* |
| 2. Betram Keter, 26, Chapel Hill, NC (KEN) | 2:11:58 7,500 + 2,000i |
| 3. Christopher Kipyego, 40, KEN | 2:11:59 PB 5,000 + 2500 + 2500i |
| 4. Jordan Chipangama, 25, Flagstaff, AZ (ZAM) | 2:12:22 PB 4,000 + 1500i |
| 5. Daniel Aschenik, 31, New York, NY (ETH) | 2:13:05 3,500 + 1250i |

*) Course record/received Toyota automobile valued at \$16,000 as a bonus

i) Earned time incentive

WOMEN

- | | |
|---|-----------------------------|
| 1. Pasca Cheruiyot Myers, 27, F Dodge, IA (KEN) | 2:33:45 PB \$10,000 + 1250i |
| 2. Brianne Nelson, 33, Golden, CO | 2:34:44 PB 7,500 + 1000i |
| 3. Sarah Kiptoo, 24, Santa Fe, NM (KEN) | 2:34:55 5,000 + 1000i |
| 4. Lauren Jimison, 23, Mammoth Lakes, CA | 2:35:19 DB 4,000 + 900i |
| 5. Marci Gage, 26, Bend, OR | 2:35:40 PB 3,500 + 900i |

i) Earned time incentive

Half marathon (gun times)

MEN

- | | |
|--|-----------------|
| 1. Julius Koskei, 32, Hebron, KY (KEN) | 1:03:36 \$3000 |
| 2. Tim Young, 27, Fredericksburg, VA | 1:04:09 PB 2000 |
| 3. Fernando Cabada, 32, Fresno, CA | 1:04:22 1500 |

WOMEN

- | | |
|--|-----------------|
| 1. Cynthia Limo, 24, Lansing, MI (KEN) | 1:09:50 \$3000 |
| 2. Caroline Rotich, 30, Santa Fe, NM (KEN) | 1:11:03 2000 |
| 3. Dot McMahan, 37, Oakland Township, MI | 1:11:50 PB 1500 |
| 4. Blake Russell, 38, Pacific Grove, CA | 1:12:04 1000 |
| 5. Sarah Crouch, 24, Blowing Rock, NC | 1:12:12 PB 800 |

Oakley New York Mini 10 km (43rd)

New York, USA, 14 June

(Certified one-loop course, hilly)

Note: The main results were included last week; here are more detailed results. – Ed.**PRO WOMEN (gun times)**

1. Molly Huddle, 29, Saucony	31:37	NR \$10,000 + 5,000a
[15:48 at 5 km / 25:19 at 8 km]		
2. Mamitu Daska, 30, Nike (ETH)	31:49	5,000
[15:48 / 25:18]		
3. Gemma Steel, 28, Nike (GBR)	32:11	3,500
4. Linet Masai, 25, Nike (KEN)	32:16	2,500
5. Buzunesh Deba, 26, Nike (ETH)	32:20	1,500 + 1,000n
6. Amy Hastings, 30, Brooks	32:33	PB 2,500a
7. Laura Thweatt, 25, Boulder TC	32:37	PB 1,250a
8. Diane Nukuri-Johnson, 29, Asica (BDI)	32:38	PB=
9. Sara Hall, 31, Asics	33:02	750a
10. Lanni Marchant, 30, Asics (CAN)	33:11	
11. Deena Kastor, 41, Asics MTC	33:17	500a
[16:15 / 26:24]		
... 22. Desiree Linden, 30, Hansons-Brooks	35:36	

a) Earned USA citizen award

n) Earned NYRR Member award

Zwolve Half Marathon (14th)

Zwolle, NED, 14 June

(Distance: 21.1 km)

MEN (gun times)

1. Jonathan Maiyo, KEN	1:01:01
2. Richard Mengich, KEN	1:01:06
3. David Kogei, KEN	1:01:44
4. Daniel Rotich, UGA	1:01:45
5. Josphat Kiptanui, KEN	1:02:00

WOMEN

1. Helah Kiprop, KEN	1:09:46
2. Agnes Mutune, KEN	1:10:30
3. Lucy Macharia, KEN	1:13:48
4. Agnes Chebet, KEN	1:15:01
5. Stefanie Bouma, NED	1:16:44

Bellin Run 10 km (38th)

Green Bay, USA, 14 June

(Certified loop course)

MEN

1. Allan Kiprono, KEN	28:41
2. Lani Rutto, KEN	29:44
3. Meb Keflezighi, USA	29:58

WOMEN

1. Risper Gesabwa, KEN	32:53
------------------------	-------

2. Agnes Cheserek, KEN 33:15
3. Kellyn Johnson, USA 33:33

TRACK

European Athletics Team Championship (5th)

Braunschweig, GER, 21-22 June

Teams:

1. Germany, 371 points
2. Russia, 359.5
3. France, 295
4. Poland, 293
5. Great Britain & NI, 281.5

MEN

800 (22):

1. Timo BENITZ, GER, 1:46.24 PB
2. Adam KSZCZOT, POL, 1:46.36
3. Giordano BENEDETTI, ITA, 1:46.45
4. Pierre-Ambroise BOSSE, FRA, 1:46.46

1500 (21):

1. Jakub HOLUSA, CZE, 3:37.74 CR
2. Homiyu TESFAYE, GER, 3:38.10
3. Marcin LEWANDOWSKI, POL, 3:38.19 PB
- ... 6. Ilham Tanui ÖZBILEN, TUR, 3:38.67

3000 (22):

1. Richard RINGER, GER, 7:50.99 CR
2. Jakub HOLUSA, CZE, 7:51.43 PB
3. Antonio ABADÍA, ESP, 7:52.22 PB

5000 (21):

1. Arne GABIUS, GER, 13:55.89
2. Jesús ESPAÑA, ESP, 13:56.00
3. Ali KAYA, TUR, 13:56.64

3000 s/chase (22):

1. Yoann KOWAL, FRA, 8:25.50 CR
2. Martin GRAU, GER, 8:29.16
3. Nikolay CHAVKIN, RUS, 8:30.61

WOMEN

800 (21):

1. Yekaterina POISTOGOVA, RUS, 2:02.65
2. Renelle LAMOTE, FRA, 2:03.36
3. Olha LYAKHOVA, UKR, 2:03.39
- ... 7. Jenny MEADOWS, GBR, 2:03.97

1500 (22):

1. Abeba AREGAWI, SWE, 4:14.20
2. Anna SHCHAGINA, RUS, 4:15.04
3. Nataliya PRYSHCHEPA, UKR, 4:15.71
- ... 5. Hannah ENGLAND, GBR, 4:16.88

3000 (21):

1. Sifan HASSAN, NED, 8:45.24 CR/EL
2. Yelena KOROBKINA, RUS, 8:51.00 PB
3. Nuria FERNÁNDEZ, ESP, 8:51.54

5000 (22):

1. Meraf BAHTA, SWE, 15:36.36
2. Gamze BULUT, TUR, 15:37.70 PB
3. Giulia VIOLA, ITA, 15:40.30 PB

3000 s/chase (21):

1. Charlotta FOUGBERG, SWE, 9:35.92
2. Antje MÖLDNER-SCHMIDT, GER, 9:40.21
3. Katarzyna KOWALSKA, POL, 9:41.78

European Athletics Team Championships First League (5th)

Tallin, EST, 21-22 June

Team Results: 1. BLR, 302.5 points; 2. NOR, 300.0; 3. FIN, 290.5; 4. ROU, 281.5; 5. GRE, 276.5.

MEN

3000 (22):

- | | |
|-------------------------------------|---------|
| 1. Henrik INGEBRITSEN, 1991, Norway | 8:16.00 |
| 2. Tiidrek NURME, 1985, Estonia | 8:17.49 |
| 3. Bashir ABDI, 1989, Belgium | 8:17.97 |

WOMEN

800 (21):

- | | |
|---|------------|
| 1. Maryna ARZAMASAVA, 1987, Belarus | 2:00.95 |
| 2. Ingvill MAKESTAD BOVIM, 1981, Norway | 2:02.57 |
| 3. Liina TSERNOV, 1987, Estonia | 2:05.23 PB |

1500 (22):

- | | |
|---|---------|
| 1. Ingvill MAKESTAD BOVIM, 1981, Norway | 4:11.07 |
| 2. Laura CROWE, 1987, Ireland | 4:13.84 |
| 3. Liina TSERNOV, 1987, Estonia | 4:14.20 |

3000 s/chase (21):

- | | |
|-------------------------------------|---------------|
| 1. Sandra ERIKSSON, 1989, Finland | 9:40.36 |
| 2. Marusa MISMAS, 1994, Slovenia | 9:40.49 NR/PB |
| 3. Jekaterina PATJUK, 1983, Estonia | 9:50.15 NR/PB |

Villa de Bilbao Meeting (14th)

Bilbao, ESP, 21 June

MEN

800:

A Section -

- | | |
|-------------------------------------|---------|
| 1. Rynhardt VAN RENSBURG, 1992, RSA | 1:47.28 |
| 2. Ahmed MAINY, 1986, MAR | 1:47.61 |
| 3. Daniel Andujar, 1994 | 1:47.76 |

WOMEN

800:

A Section -

1. Rose Mary ALMANZA, 1992, CUB 2:02.64
2. Angela SMIT, 1991, NZL 2:03.99
3. Stina TROEST, 1994, DEN 2:05.13
- ... 8. Mandie BRANDT, 1982, RSA 2:07.66

3000:

1. Tejitu DABA, 1991, BRN 8:52.24
2. Gladys CHESIRE, 1993, KEN 8:52.63 PB
3. Eilish MCCOLGAN, 1990, GBR 9:03.89

Zlata Tetra - Golden Spike (53rd)

(IAAF World Challenge)

Ostrava, CZE, 17 June

MEN

1000:

1. Ilham Tanui Özbilen, TUR, 2:15.08 NR/WL
2. Pierre-Ambroise Bosse, FRA, 2:15.31 ER
3. Jeff Riseley, AUS, 2:16.09 NR
4. Mohammed Aman, ETH, 2:16.33 PB

3000:

1. Caleb Ndiku, KEN, 7:31.66 WL
2. Yomif Kejelcha, 1997, ETH, 7:36.28 WYL/WJL/PB
3. Nick Willis, NZL, 7:36.91 NR
4. Bernard Lagat, USA, 7:38.30
5. John Kipkoech, KEN, 7:38.97
6. Jonathan Ndiku, KEN, 7:39.63 PB
- ... 9. Collis Birmingham, AUS, 7:42.89

WOMEN

800:

1. Winnie Nanyondo, UGA, 1:59.27 PB
2. Marina Arzamasova, BLR, 1:59.65
3. Molly Beckwith-Ludlow, USA, 1:59.77
4. Lenka Masna, CZE, 1:59.93
5. Sifan Hassan, NED, 1:59.95
6. Rose Mary Almanza, CUB, 2:00.30
7. Sanne Verstegen, NED, 2:00.70 PB
8. Olha Lyakhova, UKR, 2:00.90
9. Jenny Meadows, GBR, 2:01.11
10. Angelika Cichocka, POL, 2:01.60
11. Jemma Simpson, GBR, 2:02.22
12. Mantegbosh Melese, ETH, 2:02.57
- ... 14. Caster Semenya, RSA, 2:03.91

2000:

1. Genzebe Dibaba, ETH, 5:27.50 WL/PB
2. Senbere Teferi, 1995, ETH, 5:34.27 WJL/PB
3. Feyne Gudeto, ETH, 5:39.96 PB
4. Renata Plis, POL, 5:41.98 PB
5. Kristiina Mäki, FIN, 5:42.71 PB
6. Etagegne Woldu, 1996, ETH, 5:46.70 PB

7. Katarzyna Broniatowska, POL, 5:46.78 PB
8. Amela Terzic, SRB, 5:55.62 PB

20000:

1. Alice Kimutai, KEN, 1:08:32.2 WL/PB
2. Muluhabt Tsega, ETH, 1:09:07.2 PB
3. Julia Mumbi Muraga, KEN, 1:09:24.8 PB

Portland Track Festival

Portland, USA, 14-15 June

Note: This was Mo Farah's first race since the London Marathon. – Ed.

MEN

1500 (15):

High Performance Sections -

Section 1 -

- | | | |
|---------------------|------------------|------------|
| 1. Andrew Wheating | Nike Otc Elite | 3:38.53 MR |
| 2. Matt Hillenbrand | University of Ke | 3:39.84 |
| 3. Matt Miner | Unattached | 3:40.62 |

5000:

High Performance Section (15) -

- | | | |
|--------------------------|-----------------------|----------|
| 1. Mo Farah | Nike Oregon Proj(GBR) | 13:23.42 |
| 2. David McNeill | New Balance (AUS) | 13:28.13 |
| 3. Aron Rono | Wcap (KEN) | 13:35.80 |
| ... 10. German Fernandez | Nbsv | 13:47.08 |

WOMEN

800 (15):

Section 1 -

- | | | |
|--------------------|-------------------|------------|
| 1. Kate Grace | Oiselle | 2:02.00 MR |
| 2. Shannon Leinert | Oregon Track Club | 2:02.01 |
| 3. Lauren Johnson | Nike Otc Elite | 2:02.19 |

1500 (15):

High Performance Sections -

Section 1 -

- | | | |
|--------------------|------------------------|---------|
| 1. Jordan Hasay | Nike Oregon Project | 4:11.23 |
| 2. Angela Bizzarri | Brooks Beast | 4:11.63 |
| 3. Anne Kesselring | Oregon Track Club(GER) | 4:12.02 |

5000:

High Performance Section (15) -

- | | | |
|------------------|---------------------|----------|
| 1. Jordan Hasay | Nike Oregon Project | 15:28.56 |
| 2. Alexi Pappas | Oregon Track Club | 15:34.23 |
| 3. Lindsey Drake | Bowerman TC | 15:44.93 |

3000 s/chase (15):

- | | | |
|-------------------|----------------|------------|
| 1. Bridget Franek | Nike Otc Elite | 9:41.21 MR |
| 2. Aisha Praught | Nike Otc Elite | 9:42.76 |
| 3. Sara Vaughn | Brooks ID | 9:48.94 |

Folksam Grand Prix

Göteborg, SWE, 14 June

MEN

800:

Race A:

1. Yeimer López, 1982, CUB, 1:43.98 (€500)
2. Mukhtar Mohammed, 1990, GBR, 1:47.33 (€300)
3. Thijmen Küpers, 1991, NED, 1:47.42, (€150)
- Ryhardt van Rensburg, 1992, RSA, dnf

NCAA Division I Outdoor Championships

Eugene, USA, 11-14 June

MEN

Teams:

Note: Oregon set a record for total points scored at an NCAA Outdoor Championships. – Ed.

1. Oregon, 88.0 pooints
2. Florida, 70.0
3. Texas A&M, 41.50
4. LSU, 29.0
4. USC, 29.0

800 (13):

1. Brandon McBride, SO, Miss State (CAN) 1:46.26
2. Ryan Schnulle, SO, Florida 1:46.29 PB
3. Keffri Neal, JR, Kentucky (CAN) 1:46.39 PB
4. Patrick Rono, JR, Arkansas (KEN) 1:46.46 PB
5. Eliud Rutto, SO, Mid. Tenn. State (KEN) 1:47.32

1500 (14):

1. Mac Fleet, SR, Oregon 3:39.09
2. Lawi Lalang, SR, Arizona (KEN) 3:39.13
3. Sam Penzenstadler, JR, Loyola (Ill.) 3:39.77 PB
4. Peter Callahan, JR, New Mexico 3:39.90 PB
5. Jordan Williamsz, SO, Villanova (AUS) 3:40.25

5000 (13):

Note: With a time of 13:18.36, Lawi Lalang broke Sydney Maree's meet record of 13:20.63. – Ed.

1. Lawi Lalang, SR, Arizona (KEN) 13:18.36 MR
2. Edward Cheserek, FR, Oregon (KEN) 13:18.71 PB
3. Trevor Dunbar, SR, Oregon 13:26.90 PB
4. Eric Jenkins, JR, Oregon 13:27.41
5. Mohammed Ahmed, SR, Wisconsin (CAN) 13:28.45

10000 (11):

1. Edward Cheserek, FR, Oregon (KEN) 28:30.18 PB
2. Shadrack Kipchirchir, SR, Oklahoma St(KEN) 28:32.31
3. Mohammed Ahmed, SR, Wisconsin (CAN) 28:43.82
4. Kennedy Kithuka, SR, Texas Tech (KEN) 28:46.21
5. Trevor Dunbar, SR, Oregon 28:53.81

3000 s/chase (14):

1. Anthony Rotich, JR, UTEP (KEN) 8:32.21

2. Stanley Kebenei, JR, Arkansas (KEN) 8:35.27
3. Ole Hesselbjerg, JR, East. Kentucky(DEN) 8:38.75 PB
4. Mason Ferlic, SO, Michigan 8:39.84
5. Brandon Dougherty, SO, Oklahoma 8:41.65 PB

WOMEN

Teams:

1. Texas A&M, 75.0 points
2. Texas, 66.0
3. Oregon, 59.0
4. Florida, 55.0
5. Georgia, 35.0
- ... 9. Arkansas, 21.50

800 (13):

1. Laura Roesler, SR, Oregon 2:01.22
2. Claudia Saunders, SO, Stanford 2:02.92
3. Ejiroghene Okoro, SR, Iowa State (GBR) 2:03.37 PB
4. Megan Malasarte, SR, Georgia 2:03.42
5. Megan Krumpoch, SR, Dartmouth 2:03.82 PB

1500 (14):

1. Shelby Houlihan, JR, Arizona State 4:18.10
2. Cory McGee, SR, Florida 4:19.19
3. Linden Hall, JR, Florida State (AUS) 4:19.33
4. Emily Lipari, SR, Villanova 4:19.60
5. Allison Peare, SR, Kentucky 4:19.68

5000 (14):

Note: In perhaps the biggest upset of the meeting, Texas senior Marielle Hall claimed the win, while heavy favourite Abbey D'Agostino placed third some eight seconds behind.

Emma Bates, who won the 10000, finished fourth. – Ed.

1. Marielle Hall, SR, Texas 15:35.11
2. Aisling Cuffe, JR, Stanford 15:37.74
3. Abbey D'Agostino, SR, Dartmouth 15:43.54
4. Emma Bates, JR, Boise State 15:51.87
5. Juliet Bottorff, SR, Duke 15:55.94 PB
6. Dominique Scott, SO, Arkansas (RSA) 15:57.79

10000 (12):

1. Emma Bates, JR, Boise State 32:32.35
2. Elinor Kirk, SR, UAB (GBR) 32:32.99
3. Juliet Bottorff, SR, Duke 32:37.46
4. Elvin Kibet, JR, Arizona (KEN) 32:43.39
5. Elaina Balouris, SR, William and Mary 32:46.57 PB

3000 s/chase (13):

1. Leah O'Connor, JR, Michigan State 9:36.43 PB
2. Marisa Howard, JR, Boise State 9:43.82 PB
3. Rachel Johnson, JR, Baylor 9:44.47 PB
4. Rachel Sorna, SR, Cornell 9:46.96
5. Shalaya Kipp, SR, Colorado 9:48.90

Nijmegen Global Athletics

Nijmegen, NED, 11 June

MEN

5000 Race A:

1. Elroy Gelant, **RSA**, 13:27.50; 2. Phillip Kipyeko, UGA, 13:29.54; 3. Mande Abdallah Kibet, UGA, 13:31.16.

Internationales Sportfest (50th)

Rehlingen, GER, 9 June

MEN

800:

Race A:

1. David Mutua, 1992, KEN, 1:46.77
 2. Paul Renaudie, 1990, FRA, 1:46.80
 3. Mamush Lencha, 1996, ETH, 1:46.88 PB
 ... 5. Reinhardt van Rensburg, 1992, **RSA**, 1:47.59

Memorial Josefa Odlozila (20th)

Prague, CZE, 1 June

WOMEN

800:

1. Svetlana Uloga, RUS, 2:01.97
 2. Lenka Masná, CZE, 2:02.16
 3. Natalya Danilova, RUS, 2:03.85
 ... 7. Mandie Brandt, **RSA**, 2:06.40

STATS TIME

This week we include a list of the top ten SA veteran women in the 10 km 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.

2014 10 KM: TOP 10 VETERAN WOMEN

37:24	Paulina Phaho	Petoria	31 May
37:55	Phaho-2	Soshanguve	19 Apr
38:25	Ronel Thomas	Cape Town	06 Apr
38:30	Janene Carey	Cape Town	06 Apr
38:38	Carey-2	Port Elizabeth	03 May
39:23	Sandra van Graan	Bellville	31 May
39:32	Lana Theunissen	Great Brak River	12 Apr
39:46	Linley Holmes	Bloemfontein	22 Feb
40:17*	Elmarie Coetzee (master)	Cape Town	06 Apr
40:30	Thomas-2	Pretoria	08 Mar
40:37	Thomas-3	Bloemfontein	22 Feb
40:39	Mariëtte Strauss (master)	Cape Town	06 Apr
40:54	Paula Quinsee	Randburg	14 Feb
40:54	Gillian Sieling	Johannesburg	13 Apr

*) Also the same time in Bellville on 31 May.

THIS MONTH IN HISTORY

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

80 years ago: 16 June 1934

At the end of 1933 the mile was dominated by New Zealander Jack Lovelock, who that year had taken the world record away from the Europeans when he ran 4:07.6 in Princeton, USA. But Princeton in 1934 was also the venue where the Americans took control of the event. It happened at the Princeton Invitational in Palmer Stadium where the three top US milers squared off. The previous year Bill Bonthron had finished second to the Kiwi in 4:08.7, while Glenn Cunningham had won a race in Chicago in 4:09.8. Gene Venzke had run an indoor mile of 4:10.0 in 1932. This was the first meeting between Cunningham and Bonthron. There were only four events on the programme, which followed the Yale-Princeton baseball game, and in one of the early races Ben Eastman set a world record of 1:49.8 for 880 yards. The three stars were the only ones invited for the mile, and Bonthron was the favourite. Cunningham took the lead from Venzke after 1½ laps of the cinder track, with Bonthron on his shoulder. He reached halfway in 2:05.8 – and then surged hard. Quickly he had a gap of ten yards, which he double over the rest of the lap. Cunningham completed three laps in 3:07.6 and when it became clear the Bonthron was beaten, the crowd started watching the giant electric clock. Cunningham sprinted through the tape in 4:06.8 to dethrone Lovelock – and for the second time in a row Bonthron (4:12.5) was second to a world record.

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

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	58:27	Muhammad Kriel	Eersterivier	21 Jun
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
	31:04	Mamitu Daska (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	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:37	Sandra van Graan	Eersterivier	21 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		

Masters (50+)

10 km	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:00	Elmarie Coetzee	Eersterivier	21 Jun
	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
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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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