

Distance Running Results

Vol. 14, No. 26 – 30 June 2014

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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

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EDITORIAL

No list leaders were recorded this weekend, with the highlights coming in the Fine Food and Wine Spar Spookhill 15 km, which was run for the 34th time, and the Sardine Half Marathon. In the former Mthandazo Qhina (49:55) won the men's race, while Zintle Xiniwe took revenge for her loss last weekend to Bulelwa Simae by winning the women's race in a quick 57:18. It was the first time since 1995, when Jowaine Parrott clocked the exact same time, that the women's title was taken in under 59 minutes. Qhina also won in 2011 and Xiniwe in 2010.

In the Sardine race Zimbabwean Sithulisiwe Zhou won in 1:18:03, with Jenna Challenor second in 1:18:41.

In the USA T&F Championships in Sacramento Bernard Lagat's blistering finishing kick won him his seventh national title in the 5000 m in 13:31.41, thus surpassing the record of six wins by Greg Rice (1938-43). In the women's race over the same distance Molly Huddle only took the lead in the last ten metres, going past two-time 1500-metre champion Shannon Rowbury to win in 15:01.56 to 15:01.71 after a last lap of 62.5 sec. Huddle, who won her second 5000-metre title, is having a superb season: Two weeks ago she set a national 10 km record for an all-women's race at the Oakley New York Mini 10 km (31:37) and followed that with a fast 5000 m at the Golden Gala in Rome (14:55.90).

Galen Rupp won a record sixth 10000 m title; before the meeting he had been tied with Frank Shorter at five.

Race Results Weekly reports that in the women's 1500 m high school sensation Alexa Efraimson was unable to advance from the heats, finishing seventh in her race, after which she was assisted off the track by medical personnel. In the final Jenny Simpson, who has two World Championships medals but has never won a US 1500-metre title, rectified that by taking the gold with relative ease in 4:04.96, with another junior star, Mary Cain, second in 4:06.34. Simpson has now won eight national titles since 2007 at 1500 m (both indoors and outdoors), 3000 m indoors, 5000 m, and the steeplechase.

The men's race over this distance went to Olympic silver medallist Leo Manzano in 3:38.63.

In the women's 800 m Alysia Montano's streak of four US titles was snapped – but then nobody expected her to win, as she is 34 weeks pregnant. She ran nevertheless, finishing last in her heat, with the trademark flower in her hair, in 2:32.13. In a very fast final three women ducked under 2 minutes as the title went to 20-year-old Ajee' Wilson in 1:58.70 – her first US outdoor win. Laura Roesler, the NCAA outdoor and indoor champion, was second in 1:59.04 (her first sub-2:00), Molly Beckwith, the leader at halfway in 57.75, third in 1:59.35, Maggie Vessey fourth in 2:00.17 and World Championships bronze medallist Brenda Martinez fifth in 2:00.18.

Duane Solomon won the men's 800 m in 1:44.30, Emma Coburn the steeplechase in very hot conditions in a championships record and fourth fastest time by an American of 9:19.72 (her third national title), and Evan Jager the men's steeplechase in 8:18.83.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Sardine Marathon, Half Marathon & 10 km, Uvongo
- * Fine Food and Wine Spar Spookhill 15 km, Somerset West
- * Run/Walk for Bibles Half Marathon & 10 km, Centurion
- * Boland Half-marathon Championships, Paarl
- * Inkosi Bhambatha Memorial Half Marathon & 10 km, Muden
- * McDonald's to McDonald's 10 km, George
- * Epilepsy Fun Day 10 km, Knysna

International highlights:

- * Hella Hamburg Halbmarathon, Hamburg, GER
 - * Univé Stadsloop Appingedam, Appingedam, NED
 - * Old Mutual 10 km, Bulawayo, ZIM
 - * Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA
 - * Track: USA Outdoor Track & Field Championships, Sacramento, USA; Sainsbury's British Athletics Championships, Birmingham, GBR; Meeting International Lotto Cup de Nivelles, Nivelles, BEL
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ROAD RUNNING

Sardine Marathon, Half Marathon & 10 km

Uvongo, 29 June

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 78; half marathon – 244; 10 km – unknown.)

Marathon

MEN

1.	Emanuel Birgen	KEN/Phatane AC	2:29:45
2.	Michael Mzobe	SCS	2:38:37
3.	Mthembu Nzama	Nedbank AC	2:40:13

40-49:

1.	Bhekith Nqoko	Maxed Elite	2:49:15
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50-59:

1.	Weston Mvunguse	SCS	3:15:22
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WOMEN

1.	Nonsikelelo Mbambo	Natal Carb	3:15:01
2.	Rentia Denissen	ROAG	3:32:58

3. Zandile Dunywa Ind 3:58:02

40-49:

1. Margie Foord Ind 4:51:46

50-59:

1. Rentia Denissen ROAG 3:32:58

Half marathon

MEN

1. Joseph Munywaki ZIM/Phatane AC 1:14:26

2. Bernard Phalatsane Toyota AC 1:14:37

3. Siphamandla Nzimakwe Ind 1:19:41

40-49:

1. Michael Malunga Nedbank AC 1:23:19

50-59:

1. Willie Majombozi Boxer AC 1:23:10

60+:

1. Geoff Mills Ind 1:47:43

WOMEN

1. Sithulisiwe Zhou ZIM/Phatsane AC 1:18:03

2. Jenna Challenor Boxer AC 1:18:41

3. Amanda Inyongeni Ind 1:25:23

40-49:

1. Lingile Nkosi Ind 1:51:38

50-59:

1. Elize Cilliers Savages 1:50:07

60+:

1. Pam Rassmussen QBH 2:00:00

10 km

MEN

1. Dylan van der Merwe 31:00

WOMEN

1. Tyla Cowder 41:39

Fine Food and Wine Spar Spookhill 15 km (34th)

Somerset West, 28 June

(Certified loop course, very hilly. Weather: cold, no wind. Finishers: 1071 [down from 1158 last year].)

MEN

1. Mthandazo Qhina (Nedbank) 49:55 (R700)

2. Vuyolwethu Mbukushe (Gugs) 50:53 (R350)

3. Duran Byman (Itheke) 51:03 (R250)

4. Luyando Qolo (EGA) 51:08; 5. Siviwe Nkombi (Itheke) 51:44; 6. Wanda Roro (Itheke) 52:28; 7. Vakalisa Kopolo (Khayelitsha) 52:42; 8. Babalo Hambi (Itheke) 52:57; 9. Unathi Ntetha (Atlantic) 53:19; 10. Graham Katzen (Itheke) 53:19 (1st vet); 11. Luyanda Mapoyi (Khayelitsha) 53:45; 12. Lukanyo Nobakada (VOB) 54:25 (1st jun); 13. Radon Balie (Wild Runner) 54:25; 14. Xolile Macanda (Gugs) 54:37; 15. Imran Paya (MAW/Gugs) 55:10.

Veterans: 1. Graham Katzen (Itheke) 53:19 (R300); 2. Xolile Macanda (Gugs) 54:37 (R200); 3. Thulang Moloi (SANDF) 1:00:44 (R150). **Masters:** 1. Shafiek Cassiem (Itheke)

1:01:43 (R250); 2. Goodman Mpukane (Gugs) 1:01:55 (R150); 3. Andries Naphakade 1:05:47 (R100). **G'masters:** 1. Muhammad Kriel (Ommiedraai) 1:03:01 (R250); 2. Albert Williams (Topforms) 1:08:35 (R150); 3. Albert Mahlahla (Held) 1:11:14 (R100). **Juniors:** 1. Lukanyo Nobakada (VOB) 54:25 (R250); 2. Granwin Katzen (Itheko) 56:08 (R150); 3. Lungile Mdaka (VOB) 56:20 (R100).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (New Balance) 57:18
 2. Bulelwa Simae (Nedbank) 57:23
 3. Danette Smith (New Balance) 1:03:24
 4. Sheryl de Lange (New Balance) 1:06:21 (1st vet); 5. Ursula Turck (Strand) 1:06:24; 6. Busisiwe Matiwane (Celtics) 1:07:04; 7. Laura Peddle (Strand) 1:09:05; 8. Carine Ross (Indiv) 1:10:55; 9. Melody Cupido (Ind) 1:11:32; 10. Heidi Viljoen (New Balance) 1:11:41.

Veterans: 1. Sheryl de Lange (New Balance) 1:06:21; 2. Ursula Turck (Strand) 1:06:24; 3. Anneke Slabbert (Stellenbosch) 1:13:45. **Masters:** 1. Charmaine Cupido (Nedbank) 1:13:36; 2. Anne Pool (Strand) 1:19:41; 3. Thelma Naude (West Coast) 1:21:25. **G'masters:** 1. Nancy Will (Pine) 1:17:37; 2. Veronica van Niekerk (EGA) 1:21:08; 3. Helen du Plessis (Tygerberg) 1:22:44. **Juniors:** 1. Christine de Kock (D'ville) 1:15:35; 2. Razaan Kamaldien (ARD) 1:33:11; 3. Natasha Kleinhans (ARD) 1:44:35.

Run/Walk for Bibles Half Marathon & 10 km

Centurion, 28 June

(Distances: 21.1 km & 10 km. Finishers: half marathon – 545; 10 km – 820; also 450 in the 5 km)

Half marathon

MEN

1 Tlou Peu (MAD MultiSport) 70:33; 2 Simon Tshabalala (Spirit Wind) 70:35; 3 Donald Mashamaile (MAD Multi Sport) 71:39

Veterans: 1 Elphus Maluleke (New Balance) 86:12. **Masters:** 1 Nuno Thomaz (New Balance) 92:12. **G'masters:** 1 John Woodnutt (Morningside) 95:10. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 1:54:04.

WOMEN

1 Marcelle Coetzee (New Balance) 94:32; 2 Sandra Steenkamp (Irene) 96:58 (1st mast); 3 Anel Kotze (Irene) 1:42:23.

Veterans: 1 Renée Nell (New Balance) 2:09:58. **Masters:** 1 Sandra Steenkamp (Irene) 96:58. **G'masters:** 1 Liz Schochot (Fit 2000) 2:47:18.

10 km

MEN

1 Frans Makola (Transnet) 34:44; 2 Daniel Rachere (Nedbank) 34:55; 3 Never Matiya (BCC) 34:56.

Veterans: 1 David Labuschagne (Cycle Lab) 38:02. **Masters:** 1 Michael Basson (Nedbank) 44:19. **G'masters:** 1 Wally Weder (Agape) 51:21. **G/g'masters:** 1 Ken Nurden (Agape) 58:10. **Juniors:** 1 Henko Schoeman (Nedbank) 37:57.

WOMEN

1 Simone Weitz (New Balance) 39:18; 2 Simone Verwey (Eldoraigne H/S) 44:32; 3 Kamogelo Mabena (Telkom) 44:47.

Veterans: 1 Myrna van Wyk (Irene) 60:44. **Masters:** 1 Debbie Bredenkamp (HQH) 46:50.
G'masters: 1 Liz Ruickbie (Nedbank) 48:07. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 64:31. **Juniors:** 1 Simone Weitz (New Balance) 39:18.

Boland Half-marathon Championships

Paarl, 28 June

(Distance: 21.1 km; loop course)

Note: This race was run as part of the Boland Correctional Services Half Marathon. Unfortunately the results of the main race were not available. The time for the first female master, Cailey Bredenkamp, is wrong, as it is the same as that of the race winner. – Ed.

MEN

1	Thembelani Zola	Franschhoek	1:10:18
2	Sive Ngube	Franschhoek	1:13:03
3	Ahmed Hassan	Franschhoek	1:14:08

Veterans:

1	Dawid Pieterse	Dwarsrivier	1:18:40
2	Owen Smith	Wellington	1:19:54
3	Jan Williams	Wellington	1:32:25

Masters:

1	Sollie van Rooyen	Worcester	1:19:13
2	Abraham Fielies	Franschhoek	1:21:32
3	Thomas Moses	Worcester	1:23:31

G'masters:

1	Jacobus Koopman	Worcester	1:38:13
2	Louwtjie Swarts	Swartland	1:50:38
3	John Hartnick	Paarl	1:52:10

WOMEN

1	Evonne Niewoudt	Paarl	1:32:24
2	Steintjie Prins	Paarl	1:42:51
3	Lisa Retief	Paarl	1:48:37

Veterans:

1	Evonne Niewoudt	Paarl	1:32:24
2	Ilse Hugo	Ceres	1:44:13
3	Lisa Retief	Paarl	1:48:37

Masters:

1	Cailey Bredenkamp	Paarl	1:32:24
2	Marenda Ward	Paarl	1:50:06
3	Wanda Carstens	Swartland	2:01:26

G'masters:

1	Steintjie Prins	Paarl	1:42:51
2	San Viljoen	Paarl	2:27:32
3	Frieda Bignonaut	Paarl	2:38:05

Inkosi Bhambatha Memorial Half Marathon & 10 km (1st)

Muden, 28 June

(Distances: 21.1 km & 10 km)

Note: Although the shorter race was supposed to be 10 km, it was only 9.4 km – probably even less than that, considering the times that were recorded. – Ed.

Half marathon**MEN**

1.	Philani Buthelezi	Klip River St	1:12:15
2.	Kwenza Ngubane	Maxed Elite	1:16:20
3.	Lindelani Ximba	Maxed Elite	1:18:28

40-49:

1.	Joseph Zakwe	Umvoti AC	1:39:48
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WOMEN

1.	Lindokuhle Gabela	Muden AC	1:36:00
2.	Xoli Madida	Natal Carb	1:39:40
3.	Sibusisiwe Mhlongo	Muden AC	1:42:51

40-49:

1.	Sibongile Ziqubu	Eskom AC	1:52:11
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Juniors:

1.	Sindisiwe Mntungwa	Muden AC	2:09:46
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"10 km"**MEN**

1.	Sello Mphuti	Madadeni AC	26:29
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WOMEN

1.	Xaba Nomusa	Muden AC	36:04
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McDonald's to McDonald's 10 km

George, 28 June

(Loop course. Finishers: 251 [up from 179 last year].)

MEN

1	Elfonzo Pieterse	Nedbank	25	32:40
2	Zuzile Ntshinyabo	Outeniqua	40	34:15
3	Fana Principal	Ind	45	35:04
4	Christian Oosthuysen	Ind	17	35:07
5	Fikile Konstabel	Nedbank	18	35:36
6	Selwyn Losper	Mosselbay	50	36:05
7	Nkosi Dimaza	Sedgefield	26	36:11
8	Keith Clark	Outeniqua	39	36:15
9	Tasco Msuthwana	Sedgefield	33	36:40
10	Marlon Mortlock	KMC	40	36:45

WOMEN

1	Merida Leen	Mosselbay	16	38:05
2	Melissa van Rensburg	Nedbank	32	38:56
3	Charmaine Lamprecht	Nedbank	30	42:52
4	Chine Geldenhuis	Outeniqua	15	43:13
5	Clarisha Pieterse	Mosselbay	15	44:16
6	Marie Wolmarans	Nedbank	55	45:02
7	Alison Nell	Nedbank	33	45:51
8	Yvette Borrett	Nedbank	47	46:00
9	Elana Buckley	Nedbank	38	46:31
10	Lorinda Janse van Rensburg	Nedbank	28	46:39

Epilepsy Fun Day 10 km

Knysna, 21 June

(Finishers: 62 [up from 55 last year].)

Note: Repeat victories for Lloyd Bosman and Kirsty Weir. As mentioned last year, the distance is probably more than 10 km, or it is off-road. – Ed.

MEN

1	Lloyd Bosman	Nedbank	26	34:40
2	Lindile Tokota	Nedbank	46	35:58
3	Elfonzo Pieterse	Nedbank	25	37:03
4	Melikhaya Msizi	KMC	30	38:03
5	Zuzile Ntshiniyabo	Outeniqua Harriers	40	38:15
6	Tasco Msuthwana	Sedgefield Striders	33	41:15
7	Hermanus Jonkerman	Nedbank	54	41:49
8	Sinesipho Didishe	KMC	23	41:49
9	Marshall Richenberg	KMC	37	42:04
10	Granville Gelant	Nedbank	15	42:14

Veterans:

1	Lindile Tokota	Nedbank	35:58
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Masters:

1	Hermanus Jonkerman	Nedbank	41:49
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G'masters:

1	Peter Jakoby	KMC	54:28
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G/g'masters:

1	Les Struart	KMC	57:37
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Juniors:

1	Granville Galant	Nedbank	42:14
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WOMEN

1	Kirsty Weir	Nedbank	36	44:13
2	Marie Wolmarans	Nedbank	55	51:01
3	Jennifer Niksch	KMC	46	54:28
4	Anne Centner	KMC	70	1:03:56
5	Michelle du Toit	Nedbank CGA	26	1:05:53
6	Lizel Prinsloo	KMC	32	1:05:59
7	Bernice Gerber	Nedbank	29	1:07:08
8	Diana Mouton	Nedbank	36	1:07:09
9	Anna-Lize van Taak	KMC	31	1:09:27
10	Margaret Oconnor	KMC	57	1:10:16

Veterans:

1	Emma Mangali	KMC	1:16:20
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Masters:

1	Marie Wolmarans	Nedbank	51:01
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G'masters:

1	Lorraine Zehmke	Outeniqua Harriers	1:21:16
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g/g'masters:

1	Anne Centner	KMC	1:03:5
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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

Hella Hamburg Halbmarathon (20th)

Hamburg, GER, 29 June

(Distance: 21.1 km; point-to-point course with minimal start/finish separation)

MEN

1. Charles Wachira MAINA, KEN, 1982 1:01:41 CR
2. Daniel ROTICH, UGA, 1992 1:02:19
3. Peter SOME, KEN, 1990 1:02:55
4. Dickson Kimutai KIMAIYO, KEN, 1986 1:03:19
5. Andrew Kimutai BEN, KEN, 1989 1:03:27

WOMEN

1. Agnes MUTUNE, KEN, 1986 1:12:46 CR
2. Diana Lebo PHALULA, RSA, 1983 1:13:16
3. Pamela CHEROTICH, KEN, 1986 1:16:24
4. Paula TODORAN, ROM, 1985 1:17:40
5. Magdaline Jepkorir CHEMJOR, KEN, 1978 1:20:56

Univé Stadsloop Appingedam (18th)

Appingedam, NED, 28 June

(Distance: 10 km)

MEN (gun times)

1. Philip Langat, KEN 28:10
2. Ayele Abshero, ETH 28:13
3. Eliud Mwangi, KEN 28:15
4. Hillary Langat, KEN 28:16 PB
5. John Nzau Mwangangi, KEN 28:17

WOMEN (gun times)

1. Caroline Kilel, KEN 32:03
2. Leonidah Mosop, KEN 32:08 PB
3. Julia Mumbi, KEN 32:36
4. Lucy Macharia, KEN 34:04
5. Flomena Chepchirchir, KEN 35:18

Old Mutual 10 km

Bulawayo, ZIM, 1 June

MEN

1. Cuthbert Nyasango, 29:25 (USD 1000); 2. Wirimayi Juwawo, 29:33 (USD 750); 3. Elijah Mabhunu 29:41 (\$500)... 5. Tendai Zimuto (Jr) 30:40 (USD 200).

WOMEN

1. Olivia Chitate, 34:07 (USD 1000); 2. Constance Nyasango, 34:24 (USD 750); 3. Rutendo Nyahora, 34:59 (USD 500).

ULTRA/MOUNTAIN/TRAIL RUNNING

Western States Endurance Run 100-Mile (39th)

Squaw Valley to Auburn, USA, 28-29 June

(Distance: 100.2 miles; difficult trails, high altitude; over 40 000 total feet of climbing and descending [18 000 up and 22 000 down])

MEN

1. Rob Krar, 37, Flagstaff, AZ (CAN) 14:53:22
2. Seth Swanson, 35, Missoula, MT 15:19:39
3. Dylan Bowman, 28, Mill Valley, CA 15:36:41
4. Max King, 34, Bend, OR 15:44:45
5. Ryan Sandes, 32, Cape Town, RSA 15:46:59

WOMEN

1. Stephanie Howe, 30, Bend, OR 18:01:42
2. Larisa Dannis, 26, Strafford, NH 18:29:18
3. Nathalie Mauclair, 43, Champagne, FRA 18:43:57

TRACK



Alysia Montano, 34 weeks pregnant, runs in the 800 m at the USA Championships. [Race Results Weekly]

USA Outdoor Track & Field Championships

Sacramento, USA, 25-29 June

MEN

800 (29):

1. Duane Solomon, Saucony 1:44.30
2. Casimir Loxsom, Brooks/Beasts TC 1:45.97
3. Erik Sowinski, Nike 1:46.94
4. Elijah Greer, Nike / Oregon TC Elite 1:48.45
5. Michael Rutt, Hoka One One/NJNY TC 1:50.32

1500 (28):

1. Leo Manzano, Hoka One One 3:38.63
[last lap 52.7 secs]
2. Pat Casey, Nike / Oregon TC Elite 3:38.94
3. Lopez Lomong, Nike/Bowerman Track Club 3:39.11 [3:39.103]
4. Will Leer, Nike 3:39.11 [3:39.109]
5. Ford Palmer, NJNY TC 3:39.78

5000 (27):

1. Bernard Lagat, Nike 13:31.41
[last lap 54.8 seconds]
2. Andrew Bumbalough, Nike/Bowerman TC 13:32.01
3. Hassan Mead, Nike/Oregon TC Elite 13:32.42

4. Ryan Hill, Nike / Bowerman Track Club 13:32.82
5. David Torrence, Nike 13:34.95

10000 (26):

1. Galen Rupp, Nike Oregon Project 28:12.07
[Last lap 60.4 seconds]
2. Chris Derrick, Nike/Bowerman TC 28:18.18
3. Ryan Vail, Brooks 28:26.02
4. Sean Quigley, Boulder Track Club 28:29.84
5. Aaron Braun, adidas 28:34.43

3000 s/chase (29):

1. Evan Jager, Nike/Bowerman Track Club 8:18.83
2. Dan Huling, Nike/Bowerman Track Club 8:19.73
3. Donn Cabral, Nike 8:20.04
4. Cory Leslie, Nike 8:26.30
5. Donie Cowart, Unattached 8:29.61



Ajee' Wilson heads into the final straight to win the 800-metre title ahead of Laura Roesler and Brenda Martinez, who finished fifth. [Race Results Weekly]

WOMEN

800 (29):

1. Ajee' Wilson, adidas 1:58.70
2. Laura Roesler, Oregon 1:59.04 PB
3. Molly Beckwith, Saucony 1:59.35
4. Maggie Vessey, Unattached 2:00.17
5. Brenda Martinez, New Balance 2:00.18

1500 (29):

1. Jenny Simpson, New Balance 4:04.96
[last lap 63.2 seconds]
2. Mary Cain, Nike Oregon Project 4:06.34
[last lap 64.0]
3. Katie Mackey, Brooks/BROOKS Beasts TC 4:07.70
4. Sarah Brown, New Balance 4:08.57
5. Gabe Grunewald, Brooks/Team USA MN 4:09.68
- ... 12. Morgan Uceny, adidas 4:24.01
(tripped and fell to the track mid-race)

5000 (27):

1. Molly Huddle, Saucony 15:01.56
[last lap 62.42 seconds]
2. Shannon Rowbury, Nike Oregon Project 15:01.71
[last lap 62.45]
3. Marielle Hall, Texas 15:12.79 PB
4. Aisling Cuffe, Stanford 15:13.15
5. Kellyn Johnson, Northern Ariz. Elite 15:25.63



Emma Coburn had no trouble winning the steeplechase with a meet record. [Race Results Weekly]

10000 (26):

1. Kim Conley, New Balance / SRA Elite 32:02.07
[last lap 65.2 seconds]
2. Jordan Hasay, Nike Oregon Project 32:03.28
3. Amy Hastings, Brooks 32:18.81
4. Juliet Bottorff, Duke 32:40.61
5. Rachel Ward, Ragged Mountain Racing 32:49.45

3000 s/chase (28):

1. Emma Coburn, New Balance 9:19.72 MR
2. Ashley Higginson, Saucony 9:27.59 PB
3. Stephanie Garcia, New Balance 9:32.76
4. Aisha Praught, Nike/Oregon TC Elite 9:34.69 PB
5. Rachel Johnson, Baylor 9:41.56 PB

Sainsbury's British Athletics Championships

Birmingham, GBR, 27-29 June

MEN

800 (28):

- | | |
|-----------------------------------|---------|
| 1. Michael RIMMER, LIVERPOOL P | 1:48.00 |
| 2. Mukhtar MOHAMMED, SHEFFIELD RC | 1:48.20 |
| 3. Andrew OSAGIE, HARLOW | 1:48.37 |

1500 (29):

- | | |
|------------------------------------|---------|
| 1. Charlie GRICE, BRIGHTON PHEONIX | 3:46.97 |
| 2. William PAULSON, STROUD | 3:48.16 |
| 3. Rich PETERS, BRISTOL & WEST | 3:48.33 |

5000 (28):

- | | |
|---------------------------------|----------|
| 1. Tom FARRELL, BORDER H | 13:51.43 |
| 2. Ross MILLINGTON, STOCKPORT H | 13:52.04 |
| 3. Jonathan MELLOR, LIVERPOOL H | 13:54.11 |

3000 s/chase (28):

- | | |
|--------------------------------|---------|
| 1. James WILKINSON, LEEDS CITY | 8:37.36 |
| 2. Luke GUNN, DERBY AC | 8:43.80 |
| 3. Ieuan THOMAS, CARDIFF AAC | 8:46.07 |

WOMEN

800 (29):

- | | |
|------------------------------|---------|
| 1. Lynsey SHARP, EDINBURGH | 2:01.40 |
| 2. Alison LEONARD, BLACKBURN | 2:01.83 |
| 3. Jenny MEADOWS, WIGAN AC | 2:02.18 |

1500 (28):

- | | |
|----------------------------------|---------|
| 1. Laura WEIGHTMAN, MORPETH | 4:09.77 |
| 2. Laura MUIR, DUNDEE HAWKHILL H | 4:10.01 |
| 3. Hannah ENGLAND, OXFORD CITY | 4:12.37 |

5000 (29):

- | | |
|--------------------------------|----------|
| 1. Emelia GORECKA, AFD AC | 15:40.65 |
| 2. Jo PAVEY, EXETER (40+) | 15:40.90 |
| 3. Laura WHITTLE, ROYAL SUTTON | 15:50.21 |
| 4. Helen CLITHEROE, PRESTON H | 15:52.54 |

3000 s/chase (28):

- | | |
|---------------------------------------|----------|
| 1. Eilish MCCOLGAN, DUNDEE HAWKHILL H | 9:50.06 |
| 2. Lennie WAITE, AFD AC | 9:53.03 |
| 3. Racheal BAMFORD, LEEDS CITY | 10:10.11 |

Meeting International Lotto Cup de Nivelles (28th)

Nivelles, BEL, 28 June

MEN

800:

Race A:

- | |
|---|
| 1. Alex Rowe, 1992, AUS, 1:46.71 |
| 2. Rynardt Van Rensburg, 1992, RSA, 1:48.27 |
| 3. Ismael Debjani, 1999, BEL, 1:48.72 |
| 4. Hannes Naude, 1990, RSA, 1:49.17 |

WOMEN

800:

1. Noelie Yarigo, 1985, BEN, 2:04.39
2. Flavia Maria De Lima, 1993, BRA, 2:04.85
3. Renee Eykens, 1996, BEL, 2:05.86
- ... 5. Gena Lofstrand, 1995, RSA, 2:07.00

JONA, SUI (28 Jun): MEN 1500: 1. Abednego Chesebe, KEN, 3:37.95; 2. Jerry Motsau, RSA, 3:38.24 PB.

STATS TIME

This week we include a list of the top ten SA veteran men in the 10 km for 2014. The top three men – Gert Thys, Shadrack Hoff and Graham Katzen – stand out, with Hoff having six performances on the list, Katzen five and Thys three. Hoff has four performances in the top six. 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 MEN

30:31	Gert Thys	Goodwood	01 Mar
31:01	Shadrack Hoff	Mamelodi	12 Apr
31:09	Hoff-2	Bloemfontein	22 Feb
31:24	Hoff-3	Pretoria	15 Feb
31:31	Thys-2	Bloemfontein	22 Feb
31:36	Hoff-4	Pretoria	23 Feb
31:39	Graham Katzen	Athlone	08 Feb
31:40	Katzen-2	Bellville	12 Apr
31:41	Enoch Skosana	Mamelodi	12 Apr
31:44	Katzen-3	Goodwood	01 Mar
31:44	Katzen-4	Bellville	31 May
31:47	Thys-3	Johannesburg	18 May
32:07	Katzen-5	Cape Town	05 Mar
32:19	Malesela Johannes Kekana	Irene	12 Feb
32:23	Hoff-5	Pretoria	25 Jan
32:28	Maxwell Goodman	Port Elizabeth	12 Apr
32:31	Xolile Macanda	Bellville	31 May
32:36	Hoff-6	Centurion	01 May
32:44	Brian Daniels	Bellville	12 Apr
32:47	Shawn Abrahams	Bellville	31 May
32:47	Never Matiya	Bloemfontein	22 Feb

THIS MONTH IN HISTORY

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

11 years ago: 1 June 2003

Only three of South Africa's 57 dream mile runners achieved their best mile time in June. The earliest of these came at this Grand Prix Meeting in the Fanny Blankers-Koen Stadium in Hengelo when Graham Davidson finished eighth in a race won in world junior record time of 3:50.39 by James Kwalia (KEN). Davidson ran 3:53.86, which made him the third fastest South African of all time; eleven years later he is still fifth on the all-time list

behind Sydney Maree (3:48.83), Johan Cronje (3:50.70), Johan Fourie (3:50.82) and Juan van Deventer (3:51.31). Davidson's time placed him 18th on the world list for the year.

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)	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)		
30 km	71:50	Sammy Kosgei (KEN)	2010	05 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:40:20	Anthony Godongwana	Camps Bay	
	1:28:52	Yuma Hattori (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH)	2009	02 Jan
	2:10:21	Benedict Moeng	Xiamen	
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN)	2011	
100 km	2:03:23p	Wilson Kipsang (KEN)	2013	6:13:33
	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)	
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	60:59	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
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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