

Distance Running Results

Vol. 14, No. 27 – 7 July 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



Sifan Hassan arrived in the Netherlands six years ago from Ethiopia as a refugee and had never run before then. [IAAF]

EDITORIAL

It was a rather quiet weekend, with the best times coming in the Waterfall Superspar Forest 10 km in Durban. Sithembele Fanekho and Tanith Maxwell took the wins in 30:52 and 36:47 respectively. Both won easily – a luxury Mthandazo Qhina and junior Pamela Moyikwa did not have in the Dave Spence Memorial 10 km in Guguletu; Qhina (30:54) won by one second and Moyikwa (37:23) by two seconds.

On the track there were two Diamond League meetings last week. The second one, in Paris on Saturday, produced some brilliant running. South Africa's André Olivier finished sixth in the 800 m in 1:44.42, his fastest of the year and good enough for eleventh place on the world list.

There were five world leads (all events) and two national records – one of them by Sifan Hassan (NED) in the 1500 with 3:57.00. For the first time ever two Americans, Jenny Simpson (3:57.22) and Shannon Rowbury (3:59.49), ran sub-4 in the same race. The 800 went to Asbel Kiprop (KEN) in a world-leading 1:43.34, with Nijel Amos (BOT) second in 1:43.70 and Yeimer Lopez (CUB) third in

1:43.71. In the 5000 Edwin Soi (KEN) also achieved the world's fastest for the year in the 5000 – 12:59.82.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Dave Spence Memorial 10 km, Guguletu
- * Waterfall Superspar Forest 10 km, Durban
- * ELAC 10 km, East London
- * XC: KZN League Meeting, Pinetown

International highlights:

- * Gold Coast Airport Marathon, Brisbane, AUS
- * Wiezo Run, Wierden, NED
- * Atlanta Journal Constitution Peachtree Road Race 10 km, Atlanta, USA
- * Victoria Falls Marathon, Victoria Falls, ZIM

* Track: Meeting Areva, Paris, FRA; Meeting Citta di Padova, Padova, ITA; Athletissima, Lausanne, SUI

ROAD RUNNING

Dave Spence Memorial 10 km (5th)

Guguletu, 6 July

(Certified flat loop course. Weather: very cold with rain. Finishers: 346 [down from 424 last year].)

MEN

1. Mthandazo Qhina (Ned) 30:54 (R600)
2. Nkosinathi Madyo (Ned) 30:55 (R400)
3. Anthony Timoteus (UWC) 30:58 (R250) (1st jun)
4. Tsungai Mwanengeni (ZIM/NBMC) 31:34 (R100) (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 31:34 (R250); 2. Graham Katzen (Itheko) 33:34 (R150); 3. Xolile Macanda (Gugs) 34:04 (R100). **Masters:** 1. Kevin Isaacs (Top) 38:49 (R150); 2. Shafiek Cassiem (Itheko) 39:35 (R100); 3. Goodman Mpukane (Gugs) 39:46 (R50). **G'masters:** 1. Albert Williams (Top) 42:52 (R100); 2. Mervyn Smith (Celtic) 46:32 (R50). **Juniors:** 1. Anthony Timoteus (UWC) 30:58 (R250); 2. Lukhanyo Nobakada (VOB) 32:48 (R150); 3. Lungile Mdaka (VOB) 34:15 (R100).

WOMEN (Same prize money as men)

1. Pamela Moyikwa (VOB) 37:23 (1st jun)
2. Bulelwa Simae (Ned) 37:25
3. Candyce Hall (NC) 41:02
4. Ursula Frans (NBMC) 41:34 (1st vet)

Veterans: 1. Ursula Frans (NBMC) 41:34; 2. Sheryl de Lange (NBMC) 42:46; 3. Chantel Simpson (Ned) 43:19. **Masters:** 1. Mariëtte Strauss (Tyger) 42:12; 2. Olga Howard (Celtic) 43:41; 3. Charmaine Cupido (Ned) 44:07. **G'masters:** 1. Nancy Will (Pine) 48:46; 2. Helen du Plessis (Tyger) 50:34. **Juniors:** 1. Pamela Moyikwa (VOB) 37:23; Busisiwe Gwala (VOB) 42:37; 3. Nomaxesibe Ngantsi (VOB) 43:41.

Waterfall Superspar Forest 10 km

Durban, 6 July

(Loop course.)

MEN

- | | | | |
|----|------------------|------------|--------------|
| 1. | Sithembe Fanekho | Boxer AC | 30:52 (R400) |
| 2. | Nkosinathi Duma | Nedbank AC | 32:25 (R200) |
| 3. | Robert Ngubane | Nedbank AC | 33:34 (R100) |

(Prize money in all age categories except juniors was the same: R150 for 1st only.)

40-49:

- | | | | |
|----|--------------------|---------|-------|
| 1. | Thierry Phetinekex | Toti AC | 36:23 |
|----|--------------------|---------|-------|

50-59:

- | | | | |
|----|------------------|----------|-------|
| 1. | Willie Majombozi | Boxer AC | 39:32 |
|----|------------------|----------|-------|

60-69:

- | | | | |
|----|-----------|---------|-------|
| 1. | Mike Rook | Savages | 42:00 |
|----|-----------|---------|-------|

Juniors:

- | | | | |
|----|-----------------|----------|--------------|
| 1. | Edmund Mthethwa | Boxer AC | 37:19 (R100) |
|----|-----------------|----------|--------------|

WOMEN (Same prize money as men)

1.	Tanith Maxwell	Boxer AC	36:47
2.	Xoli Madiba	Natal Carb	39:27
3.	Lise Muchna (1 st vet)	PDAC	41:24

40-49:

1.	Lise Muchna	PDAC	41:24
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50-59:

1.	Maria Wareing	Legends	48:26
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60-69:

1.	Julyette Lewis	Hillcrest Vill	56:57
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Juniors:

1.	Rachael Chatterton	PDAC	75:58
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ELAC 10 km

East London, 5 July

(Out-and-back course. Finishers: 180.)

MEN

1	Makaya Masumpa	48	Born 2 Run	34:23
2	Masixole Mpemuushe	26	Mdantsane AC	34:25
3	Nkosinathi Hadere	35	Oxford Striders	35:40
4	Thandolwethu Nobatama	28	Real Gijimas	38:32
5	Colbert Lolwana	42	Overetakers	38:40
6	Vincent Ntamo	40	All Stars	38:59
7	Lwandile Ngobe	31	Real Gijimas	39:10
8	Justin Bickle	17	Oxford Striders	39:31
9	Landlli Meek	20	Individual	39:34
10	Mandla Mhlewa	38	All Stars	39:36

WOMEN

1	Cindy Schwulst	23	ELAC	39:47
2	Sandy Hunter	37	Old Boys	44:59
3	Claire Robb		Old Boys	47:14
4	Charlene Moss	40	Individual	47:27
5	Zandile Rubushe	30	Mdantsane AC	48:59
6	Ncedisa Ndonga	38	Real Gijimas	49:52
7	Jolene Yazbek	39	Old Boys	50:12
8	Lindy Vermeulen	32	Old Boys	50:35
9	Onela Bhewana	15	Oxford Striders	51:06
10	Nicolette Introna	27	Old Boys	52:17

CROSS-COUNTRY**KZN League Meeting (6th)**

Pinetown, 5 July

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

SR. MEN (12 km)

1.	Slindile Gubese	Speed	40:13
2.	Anele Dlamini	H/Dale AC	40:42
3.	Philani Buthelezi	KRS	40:53

40-44 (8 km):

1.	Ephraim Xaba	Maxed Elite	28:55
2.	Grant Cummings	West AC	30:53
3.	Xolani Nocanda	Toti AC	31:12

45-49 (8 km):

1.	Elias Madlala	Eskom AC	31:37
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50-54 (8 km):

1.	Sipho Mbokazi	Toyota AC	33:59
2.	Willie Majombozi	Boxer AC	34:13
3.	Ken Culverwell	West AC	34:16

55-59 (8 km):

1.	Aubret Roberts	West AC	36:33
2.	Andre Booysen	Coll Harr	38:16
3.	Freddie Mhlono	Zabalaza AC	40:51

60-64 (6 km):

1.	Devilliers Oberholzer	Toti AC	31:19
2.	Robin Archer	QBH	31:28
3.	Les Burnard	Coll Harr	32:54

65-69 (6 km):

1.	Andrew Spence	SCS	30:11
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SR. WOMEN (8 km)

1.	Makhosi Mhlono	Savages	32:41
2.	Slindile Chili	Chesterville	33:40
3.	Fikile Mbuthuma	Nedbank AC	33:49

40-44:

1.	Christine Dlamini	HV	18:30
2.	Ursula Cockbain	MAC	19:05
3.	Sibongile Ziqubu	Eskom	19:20

45-49:

1.	Lise Muchna	PDAC	17:54
2.	Fiona Baldwin	PDAC	19:36
1.	Judy Tancred	Toti AC	22:31

50-54:

1.	Janine Engels	West AC	19:47
2.	Liz Brown	Coll Harr	22:35
3.	Di Wearne	ROAG	23:04

55-59:

1.	Blanche Moila	Savages	20:31
2.	Elize Cilliers	Savages	21:02
3.	Debby De Koning	Eskom AC	21:48

60-69:

1.	Sandy Fisser	HH	22:28
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70+:

1.	Gill Tregenna	West AC	26:04
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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

Gold Coast Airport Marathon

(Australian Marathon Championships)

Brisbane, AUS, 6 July

(Distance: 42.195 km)

Note: Silah Kipkemboi, in his first ever marathon, broke Robert de Castella's venerable Australian all-comers record here. – Ed.



Silah Kipkemboi wins the Gold Coast Airport Marathon. [IAAF]

MEN (gun times)

1. Silah Kipkemboi Limo, KEN	2:09:14 PB/ACR
AUD 15,000 + 20,000*	
[1:04:08 / 1:05:06]	
2. Jeffrey Eggleston, USA	2:10:52 PB
7,000 + 1,000i	
3. Yuki Kawauchi, JPN	2:11:27
4,000 + 1,000i	
... 18. Lee Troop, 1973, AUS	2:27:23

*) All-comers record bonus (sub-2:09:18)

i) Earned time incentive bonus for sub-2:12:00

WOMEN

1. Asami Kato, JPN	2:28:51 PB AUD
15,000 + 1000i	
[1:13:30 / 1:15:21]	
2. Rika Shimtaku, JPN	2:30:37 PB
7,000 + 1000i	
3. Tsehay Desalegn Adhana, ETH	2:31:41
4,000 + 1000i	
4. Yebgual Melese Arage, ETH	2:32:49 2,000
5. Hiroko Yoshitomi, JPN	2:34:41 1,000

Wiezo Run (15th)

Wierden, NED, 6 July

(Distance: 10 km [four-loop course])

MEN (gun times) -

1. Eliud Mwangi, KEN, 28:31
2. Philip Langat, KEN, 28:32
3. Hillary Langat, KEN, 28:35

WOMEN (gun times)

1. Veerle de Jaegere, BEL, 33:56
2. Diana Lebo Phalula, **RSA**, 34:39
3. Jamie van Lieshout, NED, 35:27

Atlanta Journal Constitution Peachtree Road Race 10 km (45th)

(USA 10 km Championships for men & women)

Atlanta, USA, 4 July

(Certified point-to-point course with 3.4 m/km elevation loss [not record-standard])

PRO MEN (gun times)

- | | | |
|--|----------|----------|
| 1. Christo LANDRY, 28, ANN ARBOR, MI | 28:25 PB | \$15,000 |
| 2. Tyler PENNEL, 26, BLOWING ROCK, NC | 28:30 PB | 10,000 |
| 3. Shadrack BIWOTT, 29, FOLSOM, CA | 28:52 | 7,000 |
| 4. Aaron BRAUN, 27, ALAMOS, CO | 28:52 PB | 5,000 |
| 5. Jake RILEY, 25, ROCHESTER HILLS, MI | 29:07 PB | 4,000 |

...

Abdi ABDIRAHMAN, 37, TUCSON, AZ 54:33

Also:

Meb KEFLEZIGHI, 38, SAN DIEGO, CA 38:58 net time*

Ryan HALL, 31, REDDING, CA DNF

*) Started at back of field and passed over 22 000 runners for charity; was not entered in USA Championships heat



Amy Hastings celebrates her first US 10 km title.
[Chris Lotsbom/Race Results Weekly]

ALL WOMEN'S PRO RACE (gun times)

- | | | |
|---|----------|---------------|
| 1. Amy HASTINGS, 30, EAST PROVIDENCE, RI | 32:16 PB | \$15,000 |
| 2. Sara HALL, 31, FLAGSTAFF, AZ | 32:28 PB | 10,000 |
| 3. Rachel WARD, 24, CHARLOTTESVILLE, VA | 32:36 PB | 7,000 |
| 4. Kellyn JOHNSON, 27, FLAGSTAFF, AZ | 32:49 PB | 5,000 |
| 5. Juliet BOTTORFF, 23, NEWARK, DE | 32:55 DB | 4,000 |
| ... 7. Jen RHINES, 40, BOSTON, MA | 33:04 | 2,000 + 1,500 |
| ... 15. Lauren FLESHMAN, 33, BEND, OR | 33:32 | |
| ... 28. Colleen DE REUCK, 49, BOULDER, CO | 35:13 | |

Victoria Falls Marathon

Victoria Falls, ZIM, 29 June

(Distance: 42.195 km; certification and configuration unknown)

Note: Yet another marathon for Candyce Hall. – Ed.

MEN

- | | | |
|---------------------------|---------|---------|
| 1. Nkosiya Sibanda | 2:21:40 | USD 800 |
| 2. Mike Fokoroni | 2:22:06 | 675 |
| 3. Peter Mabvura | 2:24:32 | 500 |
| ... 8. Wellington Chidodo | 2:32:37 | 100 |
| ... 10. Peter Tadziripa | 2:33:31 | 50 |

WOMEN

- | | | |
|-------------------------|---------|-----|
| 1. Monica Kativhu | 3:08:21 | 800 |
| 2. Elizabeth Arens, USA | 3:18:40 | 675 |
| 3. Margaret Mahohoma | 3:26:20 | 500 |

4. Candyce Hall, RSA	3:27:58	400
5. Muchaneta Gwata	3:35:34	300
6. Vanessa Davis, RSA	3:36:04	200
7. Janine Prins, RSA	3:41:51	150

TRACK

Meeting Areva

(8th stop of 2014 IAAF Diamond League)

Paris, FRA, 5 July

MEN

800 (DL):

1. Asbel Kiprop, KEN	1:43.34	WL \$10,000
2. Nijel Amos, BOT	1:43.70	6,000
3. Yeimer López, CUB	1:43.71	4,000
4. Pierre-Ambroise Bosse, FRA	1:44.23	3,000
5. Ferguson Cheruiyot Rotich, KEN	1:44.30	2,500
6. André Olivier, RSA	1:44.42	2,000
7. Marcin Lewandowski, POL	1:44.49	1,500
8. Adam Kszczot, POL	1:44.50	1,000
9. Robert Kiptoo Biwott, 1996, KEN	1:45.21	
10. Kevin López, ESP	1:47.20	
11. Abubaker Kaki, SUD	1:48.38	

5000 (DL):

1. Edwin Soi, KEN	12:59.82	WL \$10,000
2. Yenew Alamirew, ETH	13:00.21	6,000
3. Paul Tanui, KEN	13:00.53	PB 4,000
4. Galen Rupp, USA	13:00.99	3,000
5. Thomas Longosiwa, KEN	13:01.74	2,500
6. Lawi Lalang, KEN	13:03.85	2,000
7. Caleb Ndiku, KEN	13:08.47	1,500
8. Muktar Edris, ETH	13:09.08	1,000
9. Ibrahim Jeilan, ETH	13:09.67	
10. Imane Merga, ETH	13:11.94	
11. Ben True, USA	13:13.30	
12. Hagos Gebrhiwet, ETH	13:20.17	

WOMEN

1500 (DL):

1. Sifan Hassan, NED	3:57.00	WL/NR \$10,000
2. Jenny Simpson, USA	3:57.22	PB 6,000
3. Hellen Obiri, KEN	3:58.89	4,000
4. Faith Kipyegon, KEN	3:59.21	3,000
5. Shannon Rowbury, USA	3:59.49	PB 2,500
6. Laura Muir, GBR	4:00.07	PB 2,000
7. Mimi Belete, BRN	4:00.08	PB 1,500
8. Laura Weightman, GBR	4:00.17	PB 1,000
9. Axumawit Embaye, ETH	4:02.35	PB
10. Abeba Aregawi, SWE	4:03.46	
... 12. Morgan Uceny, USA	4:04.76	

3000 s/chase (DL):

1. Hiwot Ayalew, ETH	9:11.65	\$10,000
2. Emma Coburn, USA	9:14.12	PB 6,000

3. Sofia Assefa, ETH	9:18.71	4,000
4. Etenesh Diro, ETH	9:19.71	3,000
5. Salima Elouali Alami, MAR	9:21.24 NR	2,500
6. Lidya Chepkurui, KEN	9:24.07	2,000
7. Stephanie Garcia, USA	9:24.35 PB	1,500
8. Milcah Chemos Cheywa, KEN	9:26.49	1,000
9. Purity Cherotich Kirui, KEN	9:26.95	
10. Birtukan Adamu, ETH	9:31.03	
... 13. Eilish McColgan, GBR	9:54.56	

Meeting Citta di Padova (28th)

Padova, ITA, 6 July

MEN

1. Jeff RISELY, 1986, AUS	1:45.81
2. Sammy Kibet KIRONGO, 1993, KEN	1:45.81
3. Giordano BENEDETTI, 1989, G.A. FIAMME GIALLE	1:46.22
4. Harun ABDA, 1990, USA	1:46.32
5. Gareth WARBURTON, 1983, GBR	1:46.75
... 12. Jeremiah MOTSAU, 1990, RSA	1:49.41

3000 s/chase:

1. Clement KIMUTAI, 1991, KEN	8:26.73 MR
2. Hillary Kemboi CHESEREK, 1986, KEN	8:26.92
3. Roberto ALAIZ, 1990, ESP	8:27.00
4. Sebastian MARTOS, 1989, ESP	8:27.09
5. Brahim TALEB, 1985, MAR	8:27.59
... 13. Rantso MOKOPANE, 1994, RSA	9:01.65

Athletissima (39th)

(7th stop of 2014 IAAF Diamond League)

Lausanne, SUI, 3 July

MEN

800:

1. Brice Leroy, FRA	1:48.79
2. Prince Mumba, ZAM	1:49.68
3. Michael Curti, SUI	1:49.84
4. Guillaume Laurent, SUI	1:51.26
5. Simon Itim, SUI	1:51.29 PB

1500 (DL):

1. Ronald Kwemoi, 1995, KEN	3:31.48 WJL/PB \$10,000
2. Silas Kiplagat, KEN	3:31.81 6,000
3. James Magut, KEN	3:31.91 4,000
4. Aman Wote, ETH	3:31.96 3,000
5. Abdalaati Iguider, MAR	3:32.10 2,500
6. Collins Cheboi, KEN	3:32.29 2,000
7. Matthew Centrowitz, USA	3:32.70 1,500
8. Bethwell Birgen, KEN	3:32.80 1,000
9. Henrik Ingebrigtsen, NOR	3:33.68 NR/PB
10. Homiyu Tesfaye, GER	3:34.41

3000 s/chase (DL):

1. Jairus Birech, KEN	8:03.34 \$10,000
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2. Conseslus Kipruto, KEN	8:11.93	6,000
3. Jonathan Ndiku, KEN	8:12.95	4,000
4. Brimin Kipruto, KEN	8:14.00	3,000
5. Hillary Yego, KEN	8:19.42	2,500
6. Lawrence Kipsang Kemboi, KEN	8:20.03	2,000
7. Abel Mutai, KEN	8:21.10	1,500
8. Paul Kipsiele Koech, KEN	8:21.78	1,000
9. Clement Kimutai, KEN	8:22.03	
10. John Koech, KEN	8:26.02	

WOMEN

800 (DL):

1. Eunice Sum, KEN	1:58.48	\$10,000
2. Ekaterina Poistogova, RUS	1:58.79	6,000
3. Tigist Assefa, ETH	1:59.24 PB	4,000
4. Molly Beckwith, USA	1:59.30	3,000
5. Lynsey Sharp, GBR	1:59.67 PB	2,500
6. Janeth Jepkosgei, KEN	1:59.73	2,000
7. Marina Arzamasova, BLR	1:59.81	1,500
8. Malika Akkaoui, MAR	2:02.07	1,000
9. Selina Büchel, SUI	2:03.34	

3000 (DL):

1. Mercy Cherono, KEN	8:50.24	\$10,000
2. Genzebe Dibaba, ETH	8:50.81	6,000
3. Viola Jelagat Kibiwot, KEN	8:52.03	4,000
4. Irene Jelagat, KEN	8:52.77	3,000
5. Almaz Ayana, ETH	8:52.77	2,500
6. Janet Kisa, KEN	8:53.66	2,000
7. Stacy Ndiwa, KEN	8:53.66 PB	1,500
8. Agnes Tirop, KEN	8:57.00	1,000
9. Meraf Bahta, SWE	8:57.06 PB	
10. Belaynesh Oljira, ETH	8:57.31	

NEWS

SANLAM GETS NAMING RIGHTS FOR CAPE TOWN MARATHON

The Cape Town Marathon, to be held on 21 September, has signed a naming rights sponsorship deal with financial services giant Sanlam.

South Africa's Olympic distance star Elana Meyer, spokesperson for the Sanlam Cape Town Marathon and member of its Exco, said the race has the support of the IAAF and will now apply for Silver Label classification. After that, the potential for the race will be immeasurable. "We are extremely pleased to have a leading financial services group like Sanlam working with us to realise the potential of this very special event," Meyer said.

The race will also incorporate the SA Marathon Championships.

Relaunched in February 2014 under a joint partnership agreement between the City of Cape Town, Western Province Athletics and ASEM Running, the marathon will provide the culmination of a three-day long "Festival of Running" in the Mother City, including a 10 km Peace Run, a 4.2 km Peace Run, two Peace Trail Runs, a Peace Relay and a Peace Mile Race.

Meyer and Francois Pienaar, captain of South Africa's 1995 Rugby World Cup winning team, have joined forces to present this event and drive the vision of the Cape Town Marathon becoming one of the World Marathon Majors (WMM).

"We offer contestants the largest sum of prize money for a South African standard marathon, with cash prizes exceeding R1.6 million, which is in line with international city marathon benchmarks and a requirement to be considered for WMM status," said Meyer.

STATS TIME

This week we include a list of the top ten SA men 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 MEN

28:28	Lucky Modike Mohale	1	Mamelodi	12 Apr
29:00	Kgosi Samuel Tsosane	1	Sasolburg	01 Feb
29:06	Lungile Gongqa	1	Cape Town	05 Mar
29:11	Lukas Jani	2	Mamelodi	12 Apr
29:11	Stephen Lesego Mokoka	3	Manchester	18 May
29:18	Anthony Godongwana	1	Port Elizabeth	26 Apr
29:23	Lusapho April	1	Port Elizabeth	12 Apr
29:28	Gladwin Sibabalwe Mzazi	8	Ottawa	24 May
29:34	Frik Guys	2	Sasolburg	01 Feb
29:36	Gongqa-2	2	Port Elizabeth	26 Apr
29:37	Gongqa-3	1	Goodwood	01 Mar
29:39	Zolani Ngqqaqa	1	Port Elizabeth	10 May
29:39	Tsosane-2	3	Bloemfontein	22 Feb

THIS MONTH IN HISTORY

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

33 years ago: 11 July 1981

"The greatest mile race of all," said John Walker of the Bislett Games race in Oslo. "At my age I should know," added the former world record holder, "I seem to have run in most of them." The fastest place times ever were set for positions 2-8 (the winner was world record holder Steve Ovett in 3:49.25) and in third Steve Scott finally surpassed Jim Ryun as the fastest American – and first under 3:50 – with his 3:49.68. Not far behind was Walker in 3:50.26; seven men broke 3:51. At the same meeting, in the 1000 m, Sebastian Coe set his fourth world record in four races at Bislett – before the year was out, he would set two world records in the mile.

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
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	27:25	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:47	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)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

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

Masters (50+)

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

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
15 km	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		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Graham Reynolds

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



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