

Distance Running Results

Vol. 14, No. 28 – 14 July 2014

© Distance Running Results. All rights reserved.

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

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

Publisher: Riël Hauman

EDITORIAL

International track running produced most of the excitement during the last few days. In the Diamond League meeting in Glasgow David Rudisha served notice that he's nearing full fitness again, finishing more than two seconds clear of the field in the 800 m and equaling Asbel Kiprop's world-leading time of 1:43.34. South Africa's André Olivier finished second in 1:45.65. Silas Kiplagat won a tactical – but still fast – 1500 over Abdalaati Iguider. Johan Cronje was fourth in 3:34.97 after lagging much too far behind the pace. The women's steeplechase was very special, with Emma Coburn following the pacemaker and racing hard against Hiwot Ayalew in the homestretch. Ayalew got the win in a world-leading 9:10.64, while Coburn broke training partner Jenny Simpson's North American record in 9:11.42. In the women's 800 young American star Ajee' Wilson won in 1:59.68.

The Morton Games in Dublin saw a brilliant men's mile race, in which ten men ran faster than 4 minutes and all set PBs, with Will Leer winning in 3:51.82. Leer, who was fourth in the 1500 at the US Championships, beat compatriot Patrick Casey by 0.8 seconds, with Cory Leslie third in 3:53.44. In the women's 800 Phoebe Wright took the win in 2:01.91, while the mile went to Molly Huddle (4:26.84 PB) by less than a second from Melissa Duncan (4:26.90 PB).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Supa Mama Savages Half Marathon & 10 km, Durban
- * Springbok Vasbyt 25 km & 10 km, Pretoria
- * ORAK 12-hour race, Vredendal

International highlights:

- * Utica Boilermaker 15 km, Utica, USA
 - * Bupa Great North 10 km, Gateshead, GBR
 - * Hardrock Endurance Run 100 Mile, Silverton, USA
 - * European Mountain Running Championships, Gap, FRA
 - * Track: Sainsbury's Glasgow Grand Prix, Glasgow, GBR; Meeting Sport Solidarietà, Lignano, ITA; Morton Games, Dublin, IRL; Victoria International Track Classic, Victoria, CAN
-

ROAD RUNNING

Supa Mama Savages Half Marathon & 10 km

Durban, 13 July

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 594 [down from 690 last year]; 10 km - 430.)

Half marathon

MEN

1 Joseph Munyoki KEN/Phantane AC 1:05:17 (R1500); 2 Elmore Sibanda ZIM/Maxed Elite 1:05:33 (R1000); 3 Philani Buthelezi Klip River Striders 1:05:34 (R500); 4 Bonginkosi Zwane Phantane AC 1:05:46 (R300); 5 Sithembele Fanekho Boxer Superstore AC 1:05:48 (R200).

(All age category prizes were the same: R500, R250, R100.)

Veterans: 1 Shingie Badza ZIM 1:12:45; 2 Thembinkosi Gumede Boxer Superstore AC 1:14:25; 3 Stanley Makhamba Nedbank AC 1:19:23. **Masters:** 1 Willie Sipho Majombozi Boxer Superstore AC 1:19:44; 2 Peter Sehloho Boxer Superstore AC 1:21:17; 3 Edmund Mngadi Stella AC 1:23:01. **G'masters:** 1 Leslie Smith Westville AC 1:40:31; 2 Robin Goddard Westville AC 1:40:40; 3 Robin Archer Queensburgh Harriers 1:41:08. **Juniors:** 1 Mbhasombi Gumede Inanda Qadi 1:12:17; 2 Sphamandla Khoza Phoenix Villagers 1:15:43; 3 Preneel Nundkumar Newlands Striders 1:31:40.

WOMEN (Same prize money as men)

1 Sithulisiwe Zhou ZIM/Phantane AC 1:16:01; 2 Jenna Challenor Boxer Superstore AC 1:16:48; 3 Tanith Maxwell Boxer Superstore AC 1:18:39; 4 Janene Carey Boxer Superstore AC 1:28:27 (1st vet); 5 Danielle Adlam Nedbank AC 1:29:14.

Veterans: 1 Janene Carey Boxer Superstore AC 1:28:27; 2 Patricia Dammann Forest Hills Sports Club 1:32:42; 3 Julie Soicher Rocky Road Runners 1:32:51. **Masters:** 1 Sheree Kirsten Westville AC 1:53:29; 2 Silvia Burton Hillcrest Villagers AC 1:58:14; 3 Karen Eslick Bluff AC 02:01:47. **G'masters:** 1 Jennifer Scott Dolphin Coast Striders 1:48:47; 2 Pamela Rasmussen Queensburgh Harriers 1:55:46; 3 Gill Tregenna Westville AC 02:11:38.

10 km

MEN

1 Sphamandla Nyembe Klip River Striders 31:20 (R300); 2 Nkosikhona Mhlakwana DUT 31:21 (R200); 3 Malwande Hlongwane Umzimkhulu Striders 31:30 (R100).

Juniors: 1 Sipheshile Ndaba Klip River Striders 32:49 (R200); 2 Siyabunga Malunga Inanda Qadi 35:41 (R100); 3 Nhlanhla Mchunu Ind 35:47 (R50).

WOMEN (Same prize money as men)

1 Caylee Ellero Bluff AC 39:57 (1st jun); 2 Thenjiwe Gumede Inanda Qadi 40:10; 3 Zama Mokoena Durban Runner 42:48.

Juniors: 1 Caylee Ellero Bluff AC 39:57; 2 Thenjiwe Gumede Inanda Qadi 40:10; 3 Lungelo Nzama Born to Run 48:07.

Springbok Vasbyt 25 km & 10 km

Pretoria, 12 July

(Loop courses, mostly on gravel and trails. Finishers: 25 km – 640 [down from 700 last year]; 10 km – 940 [considerably down from 1220]; also 400 in the 5 km [down from 580].)

25 km

MEN

1 Teboho Lejaha (Temp) 92:52; 2 Siyabonga Dingile (Nedbank) 95:54; 3 Ryno van Vollenhoven (Nedbank) 96:08.

Veterans: 1 Gert Thys (Maxed Elite) 1:40:35. **Masters:** 1 Nuno Thomaz (New Balance) 2:07:28. **G'masters:** 1 Schalk Hoon (Klekrdsorp) 2:31:48. **Juniors:** 1 Louis Fourie (Rooies) 1:50:56.

WOMEN

1 Patience Khumalo (TUT) 1:56:09; 2 Catherine Malungane (Transnet) 2:05:02; 3 Marcelle Coetzee (New Balance) 2:10:36.

Veterans: 1 Nocawe Morake (DRDLR) 2:17:11. **Masters:** 1 Sandra Steenkamp (Irene) 2:14:19. **G'masters:** 1 Elsa Meyer (Irene) 3:01:29.

10 km

MEN

1 Simon Mokonyama (Monaco) 38:14; 2 Musa Swakaxa (Transnet) 38:29; 3 Micah Kipyego (KEN/Toyota) 39:35.

Veterans: 1 Elias Mabane (Nedbank) 43:50. **Masters:** 1 Dirk Venter (Nedbank) 52:02. **G'masters:** 1 Hubrecht Ribbens (CSIR) 63:28. **Juniors:** 1 Francois Joubert (Randburg H/S) 43:25.

WOMEN

1 Heletjie Botha (Eldoraigne H/S) 52:52 (1st jun); 2 Nthabiseng Tshehla (Billy's Runners) 54:57; 3 Naidene Breytenbach (Irene) 55:31.

Veterans: 1 Susan Rossouw (CSIR) 63:09. **Masters:** 1 Judy van Dyk (Alberton) 66:40. **G'masters:** 1 Rina Pretorius (SABS) 72:30. **Juniors:** 1 Heletjie Botha (Eldoraigne H/S) 52:52.

ORAK 12-hour race

Vredendal, 6 July

(Course: 1 km grass track. Finishers: 134.)

Note: Martha Pretorius finished third overall and Louise Kock fifth. The distance covered in kilometres is given in the last column. – Ed.

MEN

1	Lionel	Cronje	33	Bellville AC	122
2	Jeremy	Kadiata	28	Brackenfell AC	114.1
3	Bongani	Plaatjie	31	Bellville AC	110
4	Quintus	Van Rensburg	46	Bellville AC	101
5	Henk	Carstens	40	Strand AC	97
6	Reganald	Crowster	51	Tygerberg AC	96.9
7	Marius	Scholtz	42	Brackenfell AC	96
8	Leon	Visser	44	Brackenfell AC	90.4
9	John	Burns	41	Bellville AC	85

10	Kanakana	Mushanganyisi	38	Pinelands AC	85
WOMEN					
1	Martha	Pretorius	44	Defence Force	110.7
2	Louise	Kock	44	Bellville AC	102.1
3	Zethena	Oktober	44	Ravensmead AC	96.7
4	Rina	Van der Merwe	42	Bellville AC	87.5
5	Mandy	Burns	41	Bellville AC	87
6	Inge	Reissenzahn	42	Pinelands AC	85
7	Fundiswa	Sandi	33	Ravensmead AC	84.2
8	Yolanda	Botha	45	Brackenfell AC	82.1
9	Thea	Botha	54	Brackenfell AC	82.1
10	Lisa	J. van Rensburg	55	RWFL	81

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

Utica Boilermaker 15 km (37th)

(2013/2014 Professional Road Running Organization Series Final)

Utica, USA, 13 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN (gun times)

1. Geoffrey Kenisi Bundi, KEN 44:18 PB \$7,000
2. Julius Keter, KEN 44:33 4,000
3. Belete Assefa, ETH 44:44 PB 2,500
4. Allan Kiprono, KEN 44:52 PB 1,500
5. Samson Gebreyohannes, ERI 45:22 PB 1,250

WOMEN (gun times)

1. Mary Wacera, KEN 50:14 \$7,000 + 15,000* + 5,000**
2. Wude Ayalew Yimer, ETH 50:17 4,000
3. Cynthia Jerotich Limo, KEN 50:21 2,500
4. Tigist Tufa, ETH 51:05 1,500
5. Risper Gesabwa, KEN 51:39 1,250
6. Sophy Jepchirchir, KEN 51:50 1,000
7. Jen Rhines (40+), USA 52:22 900 + 2,000 + 2,000a

Bupa Great North 10 km

Gateshead, GBR, 13 July

MEN (gun times)

1. Stephen Kiprotich, UGA (Nike), 29:39
2. Matthew Hynes, Gateshead Harriers & AC, 29:47
3. Marius Ionescu, ROU, 29:51

ELITE WOMEN (gun times)

1. Gemma Steel, Charnwood AC (Nike), 32:45
2. Susan Partridge, Leeds City AC (Puma), 33:16
3. Aly Dixon, Sunderland Strollers, 34:26

ULTRA/MOUNTAIN/TRAIL RUNNING

Hardrock Endurance Run 100 Mile (21st)

Silverton, USA, 11 July

(Distance: 100 miles; loop course at an average elevation of 3410 m. Elevation change: 20 722 m of total climbing and descending.)

Note: Darcy Africa won her third title in a row and finished 11th overall; in the previous two races she was 11th and 9th. – Ed.

MEN

1. Kilian Jornet 22:41:33
2. Julien Chorier 25:07:53
3. Adam Campbell 25:56:46

WOMEN

1. Darcy Africa 29:49:58
2. Betsy Kalmeyer 37:57:22
3. Betsy Nye 42:22:12

European Mountain Running Championships (13th)

Gap, FRA, 12 July

(Distances: See course descriptions below; all courses on a lap of almost 4 km plus an additional start/finish section, with 250 m up and down elevation on each lap.)

Note: As in 2013, Italy and Turkey produced the outstanding performances here, with the Italians winning three team gold medals as well as an individual gold – this came from Bernard Dematteis, who successfully defended his senior title in beating Robbie Simpson. Dematteis, twin brother Martin (who was third) and Luca Cagnati also helped Italy to win the team gold for the third year in a row. Italy's other team golds were in the junior men's and senior women's races. Turkey took the junior women's team title and also won two individual silver medals and two bronzes, as well as a team bronze. Great Britain won an individual gold and silver medal, and three team silvers. And as in 2013, Andrea Mayr won the senior women's race by more than a minute to grab her third gold (she also won in 2005). – Ed.

SR. MEN (12.8 km, rising from 1055 m to 1305 m):

Teams: 1. ITA, 11 points; 2. GBR, 27; 3. FRA, 31; 4. CZE, 47; 5. TUR, 59.

Individuals (62 finishers):

1. Bernard Dematteis, 1986, ITA 56:10
2. Robbie Simpson, 1991, GBR 56:19
3. Martin Dematteis, 1986, ITA 56:32

JR. MEN (8.1 km, rising from 1055 m to 1305 m):

Teams: 1. ITA, 20 points; 2. CZE, 24; 3. TUR, 26; 4. GBR, 31; 5. ROU.

Individuals (44 finishers):

1. Dominik Sadlo, 1995, CZE 37:23
2. Ferhat Bozkurt, 1997, TUR 37:42
3. Ramazan Karagoz, 1997, TUR 38:19

SR. WOMEN (8.1 km, rising from 1055 m to 1305 m):

Teams: 1. ITA, 20 points; 2. GBR, 31; 3. AUT, 36; 4. FRA, 53; 5. CZE, 64.

Individuals (66 finishers):

1. Andrea Mayr, 1979, AUT 39:43

2. Mateja Kosovelj, 1988, SLO 40:53
3. Sabine Reiner, 1981, AUT 41:03

JR. WOMEN (4.2 km, rising from 1055 m to 1305 m):

Teams: 1. TUR, 14 points; 2. GBR, 29; 3. FRA, 37; 4. CZE, 37; 5. ROU, 46.

Individuals (39 finishers):

1. Georgia Malir, 1996, GBR 22:10
2. Bahar Atalay, 1998, TUR 22:20
3. Burcu Subatan, 1997, TUR 22:42

TRACK

Sainsbury's Glasgow Grand Prix

(9th stop of 2014 IAAF Diamond League)

Glasgow, GBR, 11-12 July

MEN

800 (12/DL):

- | | | |
|----------------------------|---------|----------|
| 1. David Rudisha, KEN | 1:43.34 | \$10,000 |
| 2. André Olivier, RSA | 1:45.65 | 6,000 |
| 3. Michael Rimmer, GBR | 1:45.89 | 4,000 |
| 4. Matthew Centrowitz, USA | 1:46.12 | 3,000 |
| 5. Erik Sowinski, USA | 1:46.45 | 2,500 |

1500 (12):

- | | |
|---------------------------|------------|
| 1. Silas Kiplagat, KEN | 3:32.84 |
| 2. Abdalaati Iguider, MAR | 3:33.20 |
| 3. Leo Manzano, USA | 3:34.40 |
| 4. Johan Cronje, RSA | 3:34.97 |
| 5. Chris O'Hare, GBR | 3:35.06 PB |

5000 (11/DL):

- | | | |
|----------------------------|----------|----------|
| 1. Hagos Gebrhiwet, ETH | 13:11.09 | \$10,000 |
| 2. Yewew Alamirew, ETH | 13:11.76 | 6,000 |
| 3. Edwin Soi, KEN | 13:13.52 | 4,000 |
| 4. Thomas Longosiwa, KEN | 13:14.02 | 3,000 |
| 5. Emmanuel Bett, KEN | 13:14.91 | 2,500 |
| 6. Cam Levins, CAN | 13:15.38 | 2,000 |
| 7. Augustine Choge, KEN | 13:18.75 | 1,500 |
| 8. Ibrahim Jeilan, ETH | 13:19.43 | 1,000 |
| 9. Andrew Bumbalough, USA | 13:25.50 | |
| 10. Ben St. Lawrence, AUS | 13:25.68 | |
| ... 12. Bernard Lagat, USA | 13:27.08 | |
| 13. Tariku Bekele, ETH | 13:28.41 | |

WOMEN

800 (12):

- | | |
|---------------------------|------------|
| 1. Ajee' Wilson, USA | 1:59.68 |
| 2. Rose Mary Almanza, CUB | 1:59.94 |
| 3. Jessica Judd, GBR | 2:00.01 |
| 4. Lenka Masná, CZE | 2:00.02 |
| 5. Alison Leonard, GBR | 2:00.08 PB |
| ... 7. Jenny Meadows, GBR | 2:00.32 |
| 8. Heather Kampf, USA | 2:01.15 |

1500 (11/DL):

1. Sifan Hassan, NED 4:00.67 \$10,000
2. Abeba Aregawi, SWE 4:00.94 6,000
3. Axumawit Embaye, ETH 4:02.78 4,000
4. Laura Weightman, GBR 4:03.98 3,000
5. Treniere Moser, USA 4:04.18 2,500
- ... 7. Ingvill Måkestad Bovim, NOR 4:04.33 1,500
8. Hellen Obiri, KEN 4:05.26 1,000
- ... 10. Morgan Uceny, USA 4:05.40
- ... 13. Jordan Hasay, USA 4:07.70 PB

3000 s/chase (12/DL):

1. Hiwot Ayalew, ETH 9:10.64 WL \$10,000
2. Emma Coburn, USA 9:11.42 AR 6,000
3. Milcah Chemos Cheywa, KEN 9:21.91 4,000
4. Charlotta Fougberg, SWE 9:23.96 NR 3,000
5. Stephanie Garcia, USA 9:24.28 PB 2,500
- ... 12. Eilish McColgan, GBR 9:44.69

Meeting Sport Solidarietà (25th)

Lignano, ITA, 8 July

MEN

800:

1. Mark ENGLISH, 1993, IRL, 1:46.52
2. Harun ABDA, 1990, USA, 1:46.88
3. Elijah GREER, 1990, USA, 1:46.99
4. Rynhardt VAN RENSBURG, 1992, RSA, 1:47.27

Morton Games

Dublin, IRL, 11 July

MEN

800:

International Race -

1. Mark English, IRL/UCD 1:45.30
2. Ryan Martin, USA 1:45.79
3. Ryan Gregson, AUS 1:46.27

Morton Mile:

1. Will Leer, USA 3:51.82 PB
2. Patrick Casey, USA 3:52.62 PB
3. Cory Leslie, USA 3:53.44 PB
4. Zane Robertson, NZL 3:53.72 PB
5. Kyle Merber, USA 3:54.76 PB
6. John Travers, Donore Harriers 3:55.44 PB
7. Dave Bishop, SCO 3:56.96 PB
8. Vincent Letting, KEN 3:57.44 PB
9. Hamish Carson, NZL 3:57.79 PB
10. Andrew Colley, USA 3:58.17 PB

Albie Thomas Memorial 3000:

1. Juan Luis Barrios, MEX 7:44.21
2. Trevor Dunbar, USA 7:45.09
3. Tiidrek Nurme, EST 7:48.24

WOMEN

800:

International Race -

1. Phoebe Wright, USA 2:01.91
2. Selma Kajan, AUS 2:01.96
3. Rachel Aubry, CAN 2:02.21
4. Emily Dudgeon, SCO 2:02.41
5. Adelle Tracey, ENG 2:02.70

Clonliffe International Mile:

1. Molly Huddle, USA 4:26.84 PB
2. Melissa Duncan, AUS 4:26.90 PB
3. Aisha Praught, USA 4:27.61 PB
4. Lauren Penny, USA 4:28.02 PB
5. Racheal Bamford, ENG 4:32.35 PB

Victoria International Track Classic (26th)

(Canadian National Track League)

Victoria, CAN, 8 July

Note: Melissa Bishop won the 800 in a new personal best of 1:59.70, beating Diane Cummins, who turned 40 in January and will retire at the end of the season. Cummins still holds the Canadian record with the 1:58.39 she ran in 2001. Bishop's previous PB of 1:59.76 was run in the same meeting a year ago. – Ed.

WOMEN

800:

1. Melissa Bishop CAN 1:59.70 PB
2. Diane Cummins (1974) CAN 2:01.38
3. Helen Crofts CAN 2:02.30

Other action:

Donnas, ITA (13 Jul). MEN 800: 1. Rynhardt van Rensburg, **RSA**, 1:48.72; 2. Abdessalam Machmach, ITA, 1:49.11 PB; 3. Diomar de Souza, BRA, 1:51.24.

STATS TIME

This week we include a list of the top ten SA 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 WOMEN

32:27	Lebo Phalula	1	Port Elizabeth	03 May
33:03	Phalula-2	1	Cape Town	06 Apr
33:23	René Kalmer	2	Port Elizabeth	03 May
33:27	Mapaseka Makhanya	3	Port Elizabeth	03 May
33:28	Nolene Conrad	3	Cape Town	06 Apr
33:59	Makhanya-2	5	Cape Town	06 Apr
34:06	Lebogang Phalula	6	Port Elizabeth	03 May
34:13	Kalmer-2	1	Pietermaritzburg	22 Jun
34:20	Christine Kalmer	2	Bloemfontein	22 Feb

34:20	Zintle Xiniwe	1	Port Elizabeth	26 Apr
34:37	R. Kalmer-3	8	Cape Town	06 Apr
34:40	Jenna Challenor	10	Cape Town	06 Apr
34:47	Makhanya-2	1	Pretoria	23 Feb
34:53	Lebo Phalula-3	3	Bloemfontein	22 Feb
34:55	Irvette van Zyl	10	Port Elizabeth	03 May
34:57	Ntombesintu Mfunzi	2	Port Elizabeth	26 Apr

THIS MONTH IN HISTORY

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

69 years ago: 17 July 1945

The relentless rivalry between the two great Swedes Gunder Hägg and Arne Andersson in the 1940s brought the mile to the verge of the 4-minute barrier. Hägg set sixteen world records in the war years of 1941-45 and although he never won an Olympic medal, he is regarded as one of the greatest middle distance runners the world has seen. In 1942 he achieved an amazing ten world records in 82 days, one of them the first sub-14 min time for 5000 m. On this day, in the Idrottsplats Stadium in Malmö, on a 393-metre track, he set his third and final world record in the mile. Almost exactly a year before, in the same stadium, Andersson had beaten him by a whisker in a global best of 4:01.6, but this time there was no stopping the powerful Hägg. All five runners jumped the gun at the start, but after they finally got underway, Hägg took the lead when the pacemaker dropped out at halfway and went through the three-quarter distance in 3:01.4 with Andersson at his heels. When they turned into the home straight for the last time, Andersson, who had outkicked Hägg the previous year, pulled alongside (moments earlier Hägg had anxiously looked behind him). But Hägg, who had run only 3:51.4 for 1500 m so far that year, had something left, dug deeper and pulled away to a six-metre win in a new world record of 4:01.4 (although two watches showed 4:01.3 and one 4:01.2). In all, the two Swedes set six world records for 1500 m and one mile while running against each other.

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

	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

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

Masters (50+)

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

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
15 km	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
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<u>Grandmasters (60+)</u>				
10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:44:15	Nancy Will	Parow	30 Mar
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
100 km	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
<u>Juniors</u>				
10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	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, Derrick Chamberlain, Event Timing

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



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

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