

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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EDITORIAL

The best race of the month, maybe of the entire year so far. Asbel Kiprop was meant to go for the world 1500-metre record at the Diamond League meeting in Monaco on Friday, but it was another magnificent Kenyan, Silas Kiplagat, who shocked all his rivals by winning in 3:27.64 – a time that shot him up into fourth on the world all-time list. But that was only part of the story: behind him another six men ducked under 3:30 – more than doubling the previous record of three in one race (achieved in the same race last year and in the 2001 Van Damme Meeting).

Only Hicham El Guerrouj (3:26.00, 1998), Bernard Lagat (3:26.34, 2001), and Noureddine Morceli (3:27.37, 1995) are now ahead of Kiplagat – and, quite naturally, he is already talking about taking the world record for himself. “I have the fast time now, but why not be faster and attack the world record?” he said on the IAAF website. “I’m still young and ready to train for it. I always run well here, so I’m thinking my win and result is no surprise. I was aware I can do it.”

In third place Ronald Kwemai (KEN) set a new world junior record of 3:28.81. In this outstanding race South Africa’s Johan Cronje could finish only twelfth in 3:33.69.

Another superb race was the women’s 800, where the very promising young American Ajee’ Wilson set a brilliant PB and world lead of 1:57.67 to beat world champion Eunice



A triumphant Silas Kiplagat crosses the finish line in Monaco in the world's fastest time this year, 3:27.64. [IAAF]

Sum (1:57.92), who hadn't lost since June 2013. In the men's 800 world record holder David Rudisha faded to a disappointing fifth as Nijel Amos set a new world leader of 1:42.45, with Pierre-Ambroise Bosse second in a French record of 1:42.53. In the 5000 m Genzebe Dibaba won in 14:28.88, a PB and world lead. In sixth Molly Huddle broke her own US record with 14:42.64.

Locally, the Totalsports 10 km in Durban resulted in a comfortable win by Irvette van Zyl in 33:49, with Rutendo Nyahora (ZIM) second in 34:16. Van Zyl ran only her third race of the year after a long period off through injury and said she was preparing for a marathon in September. In third place Jenna Challenor missed her PB, set earlier this year in Cape Town, by 3 seconds.

The only list leader of the weekend came in the Fairbridge Mall 15 km in Brackenfell, where master Eric Coetzee clocked 54:20.

The fast times (especially by Elmore Sibanda, Bonginkosi Zwane and Sithulisiwe Zhou) in the Supa Mama Savages Half Marathon (results in last week's DRR) elicited some comments from readers about the accuracy of the course. Using the Race Time Bias (RTB) calculation formulated by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run (based on their most recent performances), a very strange result is arrived at. The men's figure is -5.21 sec/km (eight time comparisons), i.e. slightly more than the allowable limit of -5 sec/km, but the women's figure is right on the other end of the scale: +3.53 sec/km (seven time comparisons). So the times seem to be acceptable.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Totalsports Ladies Race, Durban
- * Mooikloof Realtors Ice Breaker 10 km, Pretoria
- * Fairbridge Mall 15 km, Brackenfell
- * Madiba Run 10 km, George
- * Momentum Cape Times Knysna Forest Marathon & Half Marathon, Knysna
- * UTi Rhodes Trail Run, Rhodes
- * Knysna Street Miles, Knysna
- * Oesterfees 10 km, Knysna
- * Pirates 10 km, Johannesburg
- * Palm Tyres 10 km, George

International highlights:

- * Rock 'N' Roll Chicago Half Marathon, Chicago, USA
 - * Napa-to-Sonoma Wine Country Half Marathon, Napa to Sonoma, USA
 - * Vermont 100 Mile Endurance Run, South Woodstock, USA
 - * Track: Sainsbury's Anniversary Games on the Mall, London, GBR; Meeting de Atletismo Madrid, Madrid, ESP; KBC Night of Athletics, Heusden, BEL; Herculis Meeting, Stade Louis II, MON; Gugl Games, Linz, AUT
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ROAD RUNNING

Totalsports Ladies Race

(Women only)

Durban, 20 July

(Distance: 10 km; certified loop course. Finishers: 1528.)

Note: It is believed that the course was changed from the one used last year. – Ed.

1. Irvette van Zyl (Ned AGN), 27, 33:49 (R2500)
2. Rutendo Nyahora (ZIM/Ned AGN), 25, 34:16 (R1250)
3. Jenna Challenor (Boxer), 33, 34:43 (R750)
4. Lineo Chaka (LES/Ned KZN), 27, 35:54 (R500)
5. Lindokuhle Gabela (Ind), 28, 37:23 (R400)
6. Makhosi Mhlongo (Sav), 32, 37:23 (R300)
7. Jenet Dlamini (USAC), 19, 38:02 (R200)
8. Slindile Chili (Chester), 20, 38:19 (R100)
9. Janene Carey (Boxer), 42, 38:58
10. Nontlantla Gcina (Ind), 15, 39:05

Veterans:

1. Janene Carey (Boxer), 42, 38:58 (R750)
2. Shani Silver (West), 44, 41:16 (R400)
3. Michele Sims (Eskom), 47, 42:53 (R200)

Masters:

1. Janine Engels (West), 52, 45:10 (R750)
2. Lizette Botha (RWFL), 51, 55:08 (R400)
3. Debbie Lundin (West), 55, 61:50 (R200)

G'masters:

1. Sandra Fismer (Ind), 61, 48:08 (R500)
2. Judith Grové (Hilton), 60, 48:56 (R200)
3. Pat Fisher (Stella), 62, 54:51 (R100)

G/g'masters:

1. Gill Tregenna (West), 72, 58:00 (R250)
2. Hester Bekker (Stella), 79, 73:34 (R100)
3. Jay Fakir (Falcons), 77, 1:43:40 (R50)

Juniors:

1. Nontlantla Gcina (Ind), 15, 39:05 (R1000)
2. Caylee Ellero (Bluff), 16, 40:12 (R750)
3. Nondumiso Khoza (NC), 17, 42:31 (R500)

Mooikloof Realtors Ice Breaker 10 km

Pretoria, 19 July

(Flat course. Weather: cold, no wind.)

Note: Myrette Brink was formerly Myrette Filmalter. – Ed.

MEN

1. Peter Muthubi (ME) 32:23; 2. Lukhanyo Mabinza (Trans) 32:53; 3. Steve Ngqola (Trans) 33:18.

Veterans: 1. Piet Mosebedi (Trans) 35:23; 2. Elias Mabane (Ned) 35:24. **Masters:** 1. Dan Mothibe (NB) 36:40; 2. Nuno Thomaz (NB) 41:29. **G'masters:** 1. Piet van Loggerenberg (Irene) 49:46. **G/g'masters:** 1. Pele Tshikundamalema (Toy) 52:22. **Juniors:** 1. Ephraim Masombuka (Ikhozi) 35:35.

WOMEN

1. Simonay Weitsz (Kempies) 38:42 (1st jun); 2. Cindy Schwulst (ELAC) 39:04; 3. Myrette Brink (Ind) 39:52.

Veterans: 1. Catherine Naane (Siban) 44:23; 2. Susan Rossouw (CSIR) 47:49. **Masters:** 1. Elsabé Brink (NB) 46:33; 2. Rita van Wyk (Boks) 48:22. **G'masters:** 1. Lyn de Bruin (Irene) 53:52. **G/g'masters:** 1. Bertha van der Raad (Irene) 78:14. **Juniors:** 1. Simonay Weitsz (Kempies) 38:42.

Fairbridge Mall 15 km

Brackenfell, 19 July

(Certified hilly out-and-back course. Weather: cool with showers. Finishers: 844 [down from 876 last year].)

MEN

1. Bernard Rukadza (ZIM/Gugs) 47:39
2. Mthandazo Qhina (Ned) 48:37
3. Tsungai Mwanengeni (ZIM/NBMC) 48:48 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 48:48; 2. Xolile Macanda (Gugs) 52:14; 3. Shawn Abrahams (Itheke) 52:48. **Masters:** 1. Eric Coetzee (Ind) 54:20; 2. Kevin Isaacs (Top) 58:09; 3. Jacques van Wyk (PnP) 59:23. **G'masters:** 1. Albert Williams (Top) 65:26; 2. Mervin Smith (Celtic) 72:47; 3. Chris Schnehage (Pine) 73:02. **Juniors:** 1. Granwin Katzen (Itheke) 54:15; 2. Cameron Pienaar (Brack) 56:41; 3. Danzil Byman (Itheke) 56:42.

WOMEN

1. Nomvuyisi Seti (Itheke) 59:58
2. Ursula Truck (Strand) 62:36 (1st vet)
3. Busisiwe Matiwane (Celtic) 64:35

Veterans: 1. Ursula Turck (Strand) 62:36; 2. Patricia Adams (Itheke) 67:28; 3. Tracy Rogers (Forest) 75:04. **Masters:** 1. Mariëtte Strauss (Tyger) 64:52; 2. Olga Howard (Celtic) 67:28; 3. Julie Shadwell (VOB) 75:07. **G'masters:** 1. Nancy Will (Pine) 73:02; 2. Helen du Plessis (Tyger) 78:03; 3. Pixie Sparg (Celtic) 84:38. **Juniors:** 1. Duané Mostert (Brack) 1:25:38; 2. Eden Tobias (Edge) 1:25:39; 3. Londeka Miya (Gugs) 2:01:10.

Madiba Run 10 km

George, 17 July

(Finishers: 123)

Note: One more race for Merida Leen, who is only 16 but has now run three 10 km races in 13 days, winning them all. It looks like another case of a young talent going to waste. – Ed.

MEN

1	Lloyd Bosman	Nedbank	26	30:32
2	Elfonzo Pieterse	Nedbank	25	32:34
3	Julius Korkee	Mossel Bay Harriers	29	32:43
4	Godwin Heyns	Mosselbay Harriers	16	33:06
5	Jan Isaks	Rainbow	29	33:57
6	Donavan Jantjies	Rainbow	17	34:38
7	Fana Principal	Temp	45	34:58
8	Mauritz Jansen van Rensburg	Outeniqua Harriers	43	35:49
9	Selwyn Losper	Mosselbay Harriers	50	36:09
10	Marlon Mortlock	Knysna Marathon	40	36:12

WOMEN

1	Merida Leen	Mosselbay Harriers	16	38:03
2	Melissa van Rensburg	Nedbank	32	39:03
3	Lana Theunissen	Nedbank	41	39:53
4	Petra Schreuder	Temp	19	42:10
5	Annatjie Botes	Nedbank	56	43:21
6	Blanca la Grange	Run Walk for Life	15	44:51
7	Charmaine Lamprecht	Nedbank	30	45:15
8	Clarisha Pieterse	Mosselbay Harriers	15	45:56
9	Cornel O'Kennedy	Outeniqua Harri	28	47:11
10	Mellusca Farnham	Nedbank	25	47:31

Momentum Cape Times Knysna Forest Marathon (30th) & Half Marathon

Knysna, 12 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel.

Finishers: marathon – 466 men + 265 women = 731 total; half marathon – 4709 [up from 4633 last year].)

Note 1: In her first race since having taken ill in the Comrades, Charné Bosman finished seventh in the marathon. She used the race as a long training run. – Ed.

Note 2: Unfortunately no ages nor age category results were available. – Ed.

Marathon**MEN**

1	Lloyd Bosman	2:29:00	R8000
2	Tsepang Ramonene	2:30:55	R4000
3	Ben Brimble	2:36:04	R3000
4	Anele Maliza	2:36:53	R2000
5	Simon von Witt	2:41:11	R1000
6	Sandile Ngunuza	2:42:32	
7	Lindile Tokota	2:43:30	
8	Melikhaya Msizi	2:45:55	
9	Melikhaya Sithuba	2:45:58	
10	Neil Taylor	2:49:10	

WOMEN (Same prize money as men)

1	Linda Tucker	3:03:03
2	Sonya Baard	3:04:09
3	Olga Backeberg	3:09:15
4	Claire Horner	3:12:57
5	Yvonne Anderson	3:13:25
6	Delia-Ann Allsop	3:16:34
7	Charné Bosman	3:19:11
8	Maude Badenhorst	3:21:16
9	Lisl Grobler	3:26:18
10	Candyce Hall	3:27:51

Half marathon**MEN**

1	Ettiene Plaatjies	1:05:27	R3000
2	Melikhaya Frans	1:10:04	R1500
3	Petrus Jacobs	1:10:13	R1000
4	Steve Farrell	1:10:48	R500
5	Stuart Marais	1:12:48	R300
6	Masanda Mlonyeni	1:15:37	

7	Archie Boome	1:15:38
8	Rohan Kennedy	1:16:14
9	Warren Jeppe	1:16:58
10	Rory Scheffer	1:17:42

WOMEN (Same prize money as men)

1	Ulrica Stander	1:23:45
2	Melissa van Rensburg	1:26:30
3	Liza Bright	1:27:28
4	Sandra van Graan	1:29:22
5	Hanlie Jordaan	1:29:36
6	Marie-Victoire Cumming	1:30:41
7	Linley Holmes	1:32:14
8	Tanya Posthumus-Fox	1:32:37
9	Megan Dempster	1:32:47
10	Daneil Feldmann	1:32:53

UTi Rhodes Trail Run (26th)

Rhodes, 12 July

(Distance: 52 km; extremely hilly loop course on gravel and mountain trails; starting and finishing at 1800 m, with highest point at 2680 m and an average altitude of 2560 m on the run along the top of the mountain. Finishers: 239 [down from 271 last year].)

Note: The reason why the first three men all ran full minutes, with no seconds (4:41:00, etc.) is that the timing device froze in the cold and only thawed, according to correspondent Darrell Raubenheimer, after the first three had finished! They received manual back-up times. Karoline Hanks finished tenth overall. Unfortunately no clubs were provided with the results. – Ed.

1. Johnny Young 4:41:00
2. Hylton Dunn 4:43:00
3. Sydney Speelman 4:44:00
4. Michael Benci 5:16:38
5. Keith Clover 5:16:38
6. Martin Nienaber 5:17:53
7. Andrew MacKenzie 5:29:42
8. Eduan Neeb 5:32:16
9. Dean Rosin 5:32:45
10. Filippo Faralla 5:33:27

WOMEN

1. Karoline Hanks 5:33:26
2. Helen Buley 5:39:05
3. Ronel van Graan 6:19:27
4. Nicolette Brouwer 6:24:40
5. Vanessa Fisher 6:26:22
6. Erina du Toit 6:27:30
7. Rethie Cumming 6:31:54
8. Sunelle Dunn 6:51:20
9. Wendy Arnott 6:51:20
10. Candy Boonzaaier 6:54:12

Knysna Street Miles

Knysna, 10 July

(Distance: 1 mile, point-to-point course)

Note: This was the third race in six days for Elfonzo Pieterse, Sharlan Boer and Vernoschka Abrahams (see other results below). Unfortunately no extended times were made available.
– Ed.

MEN

1	Elfonzo Pieterse	Nedbank Running Club	Snr	4:40
2	Dylan Van Wyk	Plett AC	19	4:42
3	Cameron Pienaar	Brackenfell High	17	4:47

WOMEN

1	Sharlan Boer	Fit2Run	17	5:25
2	Domonique Robinson	Brackenfell High	17	5:31
3	Vernoschka Abrahams	Fit2Run	17	5:39

Oesterfees 10 km

Knysna, 9 July

(Finishers: 78)

Note: Yet another race for Elfonzo Pieterse, Godwin Heyns and the girls – none of whom is 18 yet – Merida Leen, Clairiece Slingers, Ileana Dreyer and Vernoschka Abrahams, who all ran the Palm Tyres 10 km only four days earlier. – Ed.

MEN

1	Elfonzo Pieterse	Nedbank	25	33:21
2	Donavan Jantjies	Rainbow	17	34:16
3	Godwin Heyns	Mosselbay Harri	16	35:05
4	Ruan Jonck	CSEP	18	35:24
5	Hermanus Jonkerman	Nedbank	54	38:09
6	Gerhard Viljoen	HSRB	47	38:11
7	Jerome Ferland	Nedbank	15	38:36
8	Daniel Viljoen	HSRB	15	38:37
9	Monrè Lerm	NMMU	16	38:51
10	Auschten October	Nedbank	16	38:51

WOMEN

1	Merida Leen	Mosselbay Harri	16	39:31
2	Sharlan Boer	Nedbank	16	41:33
3	Vernoschka Abrahams	Nedbank	17	42:35
4	Ileana Dreyer	Nedbank	17	43:21
5	Marie Wolmarans	Nedbank	55	45:29
6	Chine Geldenhuis	Outeniqua Harri	15	45:58
7	Clairiece Slingers	Nedbank	16	48:02
8	Rene Mitchell	Knysna Marathon	52	54:09
9	Frances Nel	Berts Bricks	23	54:09
10	Johanna du Toit	Sedgefield	60	54:18

Pirates 10 km

Johannesburg, 6 July

(Loop course. Finishers: 1590 [down from 1661 last year].)

Note: Three DRR subscribers excelled in the grandmaster category here. Liz Ruickbie took the win in 48:20, Sonja Laxton continued her comeback after her serious accident with second in 54:01, and Elaine Greenblatt was fourth in 55:50. – Ed.

MEN

1	Sibusiso	Nzima	Nedbank	27	32:20
2	Africa	Mailola	LES/Nedbank	29	32:23
3	Njabulo	Tshabalala	Itumeleng	19	32:40
4	Simon	Tshabalala	Spirit Wind	33	32:58
5	Olebogeng	Masire	Driefontein	31	33:33
6	Peter	Muso	Dainfern	34	33:33
7	Innocent	Ndlovu	Rand Har	22	33:42
8	Sipho	Ncube	ZIM/Mr Price	42	34:34
9	Drew	Fisher	Born2Run	36	34:37
10	Zuko	Macala	Nedbank	29	34:40

WOMEN

1	Alemtsehay	Kakissa	ETH/Nedbank AGN	28	36:48
2	Adanech	Jemilu	ETH/Nedbank AGN	29	39:03
3	Maphuti	Phaka	Born2Run	36	44:24
4	Michelle	Redelinghuys	Suthies	18	44:27
5	Beth	Libby-Neale	Rand Har	45	44:53
6	Paulina	Mokoena	Nedbank	45	45:33
7	Adelinah	Moqhali	Sibonye	26	45:40
8	Leandra	Greyling	Randburg HS	15	45:51
9	Sally	Fenwick	Rwfl	32	46:03
10	René	Strydom	Rand Har	49	46:07

Palm Tyres 10 km

George, 5 July

(Loop course. Finishers: 97 [down from 136 last year].)

Note: This is presumably the same race that was held in March in the past. – Ed.

MEN

1	Lloyd Bosman	Nedbank SWD	26	32:07
2	Elfonzo Pieterse	Nedbank SWD	25	32:36
3	Julius Korkee	Mosselbay Harriers	29	32:59
4	Godwin Heyns	Mosselbay Harriers	16	35:15
5	Fana Principal	Temp	45	35:55
6	Keith Clark	Outeniqua Harriers	39	35:56
7	Mauritz Jansen van Rensburg	Outeniqua Harriers	43	36:02
8	Marlon Mortlock	Knysna Marathon	40	36:58
9	Jan Maat	Rainbow	35	37:31
10	Granville Gelant	Nedbank SWD	15	37:39

WOMEN

1	Merida Leen	Mosselbay Harriers	16	38:52
2	Clairiece Slingers	Nedbank	15	42:05
3	Ileana Dreyer	Nedbank	17	42:14
4	Vernoschka Abrahams	Nedbank	17	42:16
5	Elrinda van der Schyff	Outeniqua Harriers	38	47:14

6	Rome Phillipson-Meyer	Hartenbos Drawwers	32	47:31
7	Bilanca la Grange	Run Walk for Life	15	48:43
8	Tina van Wyk	Nedbank SWD	51	49:12
9	Ad Cole	Knysna Marathon	46	51:22
10	Liesl Barnard	Temp	31	51:30

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

Rock 'N' Roll Chicago Half Marathon (6th)

Chicago, USA, 20 July
(Distance: 21.1 km)

MEN (gun times)

1. Andy Wacker, Boulder, CO 1:06:21

WOMEN (gun times)

1. Shalane Flanagan, Portland, OR 1:09:44
2. Lindsey Scherf, Chapel Hill, NC 1:13:47
3. Jessica Draskau-Petersson, DEN 1:16:03

Napa-to-Sonoma Wine Country Half Marathon (11th)

Napa to Sonoma, USA, 20 July
(Distance: 21.1 km; point-to-point course)

MEN

1. Tesfaye Alemayehu, 30, Antioch, CA (ETH) 1:03:22
2. Sergio Reyes, 32, San Mateo, CA 1:04:59
3. Ben Bruce, 31, Flagstaff, AZ 1:05:59
Ryan Hall, 31, Redding, CA DNF (before 10 km)

WOMEN

1. Sara Hall, 31, Redding, CA 1:13:16 PB/CR
2. Lauren Fleshman, 32, Bend, OR 1:15:25 PB
3. Allison Maxson, 28, Folsom, CA 1:16:57 PB

ULTRA/MOUNTAIN/TRAIL RUNNING

Vermont 100 Mile Endurance Run (26th)

South Woodstock, USA, 19-20 July
(Distances: 100 miles & 100 km)

100 Mile

MEN

1. Brian RUSIECKI 14:47:35
2. Owen BRADLEY 16:04:21
3. Joan ROCH (40+) 16:10:41

WOMEN

1. Kathleen CUSICK 17:28:20

2. Mary Beth STRICKLER 18:27:21
3. Amy RUSIECKI 18:47:16

100 km

MEN

1. William CONNELL 10:28:24
2. Michael COMSTOCK 10:42:15
3. Ralph CROWLEY 10:50:02

WOMEN

1. Dawn HAMEL (50+) 11:29:05
2. Sky CANAVES 11:54:00
3. Susan COLLINS (40+) 12:33:12

TRACK

Sainsbury's Anniversary Games on the Mall (1st)

("Street Meet")

Horse Guards Parade, London, GBR, 20 July

Note: With the Olympic Stadium under construction, this meet moved to Horse Guards Parade on The Mall, where 1600 square meters of Mondo track was laid out. According to British Athletics, a majority of the track comes directly from the 2012 Olympics. – Ed.

MEN

2 Mile:

1. Bernard LAGAT, USA 8:27
2. Garrett HEATH, USA 8:29
3. Emmanuel BETT, KEN 8:31
4. Donn CABRAL, USA 8:33
5. Luke CALDWELL, GBR 8:34

WOMEN

Mile:

1. Genzebe DIBABA, ETH 4:28
2. Morgan UCENY, USA 4:29
3. Zoe BUCKMAN, AUS 4:33
4. Genevieve LACAZE, AUS 4:34
5. Helen CLITHEROE, GBR 4:36 (40+)
- ... 7. Steph TWELL, GBR 4:38

Meeting de Atletismo Madrid (33rd)

(IAAF World Challenge Series)

Madrid, ESP, 19 July

MEN

800:

Race 2 -

1. Job Kinyor, KEN 1:46.11
2. André Olivier, RSA 1:46.13
3. Edwin Melly, KEN 1:46.62

Race 1 -

1. Amel Tuka, BIH 1:46.73
2. Llorenç Sales, ESP 1:49.41

3. Alberto Imedio, ESP 1:49.45 PB

1500:

Race 2 -

1. Collins Cheboi, KEN 3:36.49
 2. Vincent Kibet, KEN 3:37.94
 3. Benson Seurei, BRN 3:40.59

Race 1 -

1. Mohamad Al-Garni, QAT 3:39.56
 2. Andy Bayer, USA 3:42.19
 3. Dorian Ulrey, USA 3:42.19

WOMEN

800:

1. Lynsey Sharp, GBR 1:59.72
 2. Charlene Lipsey, USA 2:00.91 PB
 3. LaTavia Thomas, USA 2:00.95
 4. Molly Beckwith-Ludlow, USA 2:01.14
 5. Joanna Józwik, POL 2:01.32 PB
 6. Rose Mary Almanza, CUB 2:01.49
 7. Jemma Simpson, GBR 2:02.54
 ... 9. Jenny Simpson, USA 2:05.08
 ... 11. Caster Semenya, RSA 2:06.84

3000:

1. Stacy Ndiwa, KEN 8:48.30 PB
 2. Purity Rionoripo, KEN 8:49.94
 3. Gabe Grunewald, USA 8:52.39

KBC Night of Athletics

Heusden, BEL, 19 July

MEN

800:

Race A:

1. Timothy KITUM, KEN, 1:43.65
 2. Musaeb BALA, QAT, 1:44.12
 3. Anthony CHEMUT, KEN, 1:44.72
 4. Elijah GREER, USA, 1:44.91 PB
 5. Ryan MARTIN, USA, 1:45.65

1500:

Race A:

1. Will LEER, USA, 3:34.26 PB
 2. Pieter-Jan HANNES, BEL, 3:34.49 PB
 3. Fouad EL KAAM, MOR, 3:34.69
 4. Tesfaye CHERU, ETH, 3:35.12 PB
 5. David BUSTOS, ESP, 3:35.59

5000:

Race A:

1. Augustine CHOGE, KEN, 13:06.71
 2. John KIPKOECH, KEN, 13:09.58
 3. Lawi LALANG, KEN, 13:11.27
 4. Kenneth KIPKEMOI, KEN, 13:13.16

5. Chris DERRICK, USA, 13:14.51

Race B:

1. Trevor DUNBAR, USA, 13:39.33
2. Andrew COLLEY, USA, 13:40.19 PB
3. Masato KIKUCHI, JPN, 13:42.18
- ... 8. Chris SOLINSKY, USA, 13:50.23

WOMEN

800:

1. Melissa BISHOP, CAN, 2:00.20
2. Sanne VERSTEGEN, NED, 2:00.55 PB
3. Jessica SMITH, CAN, 2:00.92

1500:

1. Meraf BATHA, SWE, 4:03.88
2. Perine NENGAMPI, KEN, 4:03.98 PB
3. Ingvill MAKESTAD BOVIM, NOR, 4:04.11

3000 s/chase:

1. Nicole BUSH, USA, 9:24.59 PB
2. Hyvin JEPKEMOI, KEN, 9:30.15
3. Diana MARTIN, ESP, 9:33.02 PB
4. Jessica FURLAN, CAN, 9:33.45 NR
5. Fancy CHEROTICH, KEN, 9:42.42

Herculis Meeting

(9th stop of 2014 IAAF Diamond League)

Stade Louis II, MON, 18 July

MEN

800:

- | | |
|-----------------------------------|------------|
| 1. Nijel Amos, BOT | 1:42.45 WL |
| 2. Pierre-Ambroise Bosse, FRA | 1:42.53 NR |
| 3. Mohammed Aman, ETH | 1:42.83 |
| 4. Ferguson Cheruiyot Rotich, KEN | 1:42.84 PB |
| 5. David Rudisha, KEN | 1:42.98 |
| 6. Marcin Lewandowski, POL | 1:44.24 |
| 7. Alexander Rowe, AUS | 1:44.40 NR |
| 8. Andrew Osagie, GBR | 1:45.68 |
| 9. Abubaker Kaki, SUD | 1:46.90 |
| Duane Solomon, USA | DNF |

1500 (DL):

- | | | |
|------------------------------|---------------|----------|
| 1. Silas Kiplagat, KEN | 3:27.64 WL/PB | \$10,000 |
| 2. Asbel Kiprop, KEN | 3:28.45 | 6,000 |
| 3. Ronald Kwemai, 1995, KEN | 3:28.81 WJR | 4,000 |
| 4. Ayanleh Souleiman, DJI | 3:29.58 NR | 3,000 |
| 5. Abdalaati Iguider, MAR | 3:29.83 PB | 2,500 |
| 6. Aman Wote, ETH | 3:29.91 NR | 2,000 |
| 7. Nick Willis, NZL | 3:29.91 NR | 1,500 |
| 8. Leo Manzano, USA | 3:30.98 PB | 1,000 |
| 9. Matthew Centrowitz, USA | 3:31.09 PB | |
| 10. Henrik Ingebrigtsen, NOR | 3:31.46 NR | |
| 11. İlham Tanui Özbilen, TUR | 3:33.10 | |
| 12. Johan Cronje, RSA | 3:33.69 | |

3000 s/chase (DL):

1. Jairus Kipchoge Birech, KEN	8:03.33	\$10,000
2. Conseslus Kipruto, KEN	8:09.81	6,000
3. Hillary Kipsang Yego, KEN	8:10.23	4,000
4. Matthew Hughes, CAN	8:12.81	3,000
5. Bernard Mbugua Nganga, KEN	8:15.01	2,500
6. Evan Jager, USA	8:15.49	2,000
7. Paul Kipsiele Koech, KEN	8:18.29	1,500
8. Brahim Taleb, MAR	8:19.19	1,000
9. Víctor García, ESP	8:20.08	
10. Brimin Kiprop Kipruto, KEN	8:21.49	

WOMEN

800 (DL):

1. Aje Wilson, USA	1:57.67 WL/PB	\$10,000
2. Eunice Sum, KEN	1:57.92	6,000
3. Winnie Nanyondo, UGA	1:58.63 NR	4,000
4. Janeth Jepkosgei, KEN	1:58.70	3,000
5. Ekaterina Poistogova, RUS	1:59.31	2,500
6. Molly Beckwith, USA	1:59.32	2,000
7. Laura Roesler, USA	1:59.44	1,500
8. Jessica Judd, 1995, GBR	1:59.99	1,000
9. Renelle Lamote, FRA	2:00.06 PB	
10. Justine Fedronic, FRA	2:00.41 PB	

5000 (DL):

1. Genzebe Dibaba, ETH	14:28.88 WL/PB	\$10,000
2. Almaz Ayana, ETH	14:29.19	6,000
3. Viola Kibiwot, KEN	14:33.73	4,000
4. Sally Kipyego, KEN	14:37.18	3,000
5. Betsy Saina, KEN	14:39.49 PB	2,500
6. Molly Huddle, USA	14:42.64 NR	2,000
7. Mercy Cherono, KEN	14:44.56	1,500
8. Shannon Rowbury, USA	14:48.68 PB	1,000
9. Janet Kisa, KEN	14:59.93	
10. Sifan Hassan, NED	15:08.05	
11. Mimi Belete, BRN	15:11.60 PB	
12. Clémence Calvin, FRA	15:12.83 PB	
13. Kim Conley, USA	15:37.09	
Jordan Hasay, USA	DNF	
Dolores Checa, ESP	DNF	

Gugl Games

Linz, AUT, 14 July

MEN

1000:

1. Anthony Chemut, 1992, KEN	2:18.20 PB
2. Paul Robinson, 1991, IRL	2:18.31
3. Mohamad Al Garni, 1992, QAT	2:18.41

WOMEN

800:

1. Laura Roesler, 1991, USA	2:01.59
2. Charlene Lipsey, 1991, USA	2:01.66

3. Treniere Moser, 1981, USA 2:02.01
 ... 6. Morgan Uceny, 1985, USA 2:02.74

NEWS SNIPPETS

FARAH MAY STILL RUN IN GLASGOW; RADCLIFFE PLANS COMEBACK

Athletics International reports that Mo Farah, who was recently hospitalised in the USA with abdominal pains and withdrew from the 2-mile event he was originally scheduled to run at the Sainsbury's Glasgow Grand Prix, is still hoping to be able to contest the 5000 m and 10000 m at the Commonwealth Games, but cannot at this time confirm his participation. Tests organised by British Athletics showed nothing was seriously wrong but he said he was not going to take any risks.

Paula Radcliffe (40) will begin her racing comeback by competing on 21 September in the Worcester City 10, a road race organised by Steve Cram. That will be a stepping stone towards her ambition of one last marathon, in London next April.

Tim Danielson (66), who in 1966 became the second American schoolboy (after Jim Ryun) to break 4 minutes for the mile, was sentenced on 11 July to a prison term of 50 years to life for the murder of his 48-year-old ex-wife, Ming Qi, in June 2011. He shot her dead with a rifle and then tried to commit suicide by inhaling carbon monoxide.

Russian marathon star Liliya Shobukhova has lodged an appeal with the Court of Arbitration for Sport in relation to her two-year doping ban. Her husband is reported to have said that whatever happens they would not be handing back any of her winnings, which include a million dollars from her two World Marathon Majors successes.

BACKGROUND

THE CANDYCE HALL RACING BAROMETER

Cape Town runner Candyce Hall has not really slowed down her frenetic racing schedule since completing the Comrades in 8:27:16 on 1 June. She was especially busy in May, when she twice ran two cross-country races on the same afternoon, once a half marathon and a cross-country race on the same day, and once – after two cross-country races on the Saturday afternoon, she completed a half marathon the next day!

She ran a marathon in late June (four weeks after the Comrades) and then fourteen days later another one. In the 27 weeks since the beginning of the year she has raced three ultras (89.3 km, 56 km and 50 km), seven marathons, eight half marathons, two races of 30 km each and one of 27 km; add to this her eighteen races over shorter distances and the total is 39 races! That means, on average, a race every 4.8 days.

Put another way, she has totalled a jaw-dropping 924.5 km of racing, or 34.2 km per week. That means she races an average of a half marathon every 4.3 days, or a marathon every 8.6 days!

STATS TIME

This week we include a list of the top ten SA women in the marathon for 2014. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2014 MARATHON: TOP 10 WOMEN

2:43:34A	Tanith Maxwell	6	Brighton	06 Apr
2:46:52	Kim Laxton	6	Xiamen	02 Jan
2:50:40	Yolande Maclean	1	Pretoria	23 Feb
2:54:59	Nolene Conrad	4	Hannover	27 Apr
2:56:01	Paulinah Njeya	1	Mafikeng	15 Feb
2:57:13	Cary-Ann Smith	1	Pietermaritzburg	23 Feb
2:58:49	Mpho Mabuza	3	Pretoria	23 Feb
2:58:55	Tshifhiwa Malobola	2	Benoni	26 Jan
2:59:42	Zola Pieterse (vet)	1	Charleston	18 Jan
3:00:46	Riana van Niekerk	4	Pretoria	23 Feb

THIS MONTH IN HISTORY

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

162 years ago: 26 July 1852

The earliest professional record for the mile that is known was set on this day on the Copenhagen House Grounds in London, on a gravel track of two laps to the mile. Three of the top professionals of the age started: Charles Westhall, the American George Seward and William Jackson, who received a 10-yard handicap. Westhall won by "at least 10 yards" in 4:28.0 despite the state of the track after torrential rain. His time was initially given as "4 minutes and a half and something under" by Bells Life.

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
	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) 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	54:20	Eric Coetzee	Brackenfell	19 Jul
	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	Somerses East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

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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