

Distance Running Results

Vol. 15, No. 22 – 8 June 2015

© 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

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

There was some excellent running in the Spar Grand Prix race in Durban yesterday, led by the new personal best and list leader of junior Nicole van der Merwe, whose 34:52 was more than a half minute faster than her previous best, set in the same race last year. Van der Merwe is now the 13th fastest junior ever. She won by almost three minutes! Master Judy Bird also scored a list leader with her 39:23.

South Africa's oldest short distance race (10 km or shorter), the Don Lock Memorial, was held for the 56th time this weekend, with the titles going to Akhona Makila and Annie Bothma. The event also incorporates a 15 km, and not only did veterans Xolile Macanda and Sabelo Ngcwama run both races, but so did grandmaster Nancy Will, who finished the Comrades just a week before, and – saddest of all – the two juniors Allesandro Carelse and Thembeke Mendu! What a pity that these young runners do not get better guidance to help improve their running careers. It is no wonder there is so little progress and depth in the South African road running standards.

On the track some of the highlights of the past few days came from runners on the opposite ends (well, almost) of the age scale. At the Diamond League Meeting in Rome 17-year-old Yomif Kejelcha (ETH) ran a world lead and PB of 12:58.39 for 5000 m, while in St. Louis Grant Fisher became the seventh US high schooler to run a dream mile – exactly equalling the time achieved by Matthew Maton recently. At the Diamond League Meeting in Birmingham, where Stephen Mokoka finished third in the 5000 m, Bernard Lagat (USA) set another world 40+ record of 3:41.87 in the metric mile. At the Adrian Martinez Classic in Concord the 71-year-old Jan Holmquist clocked a world 70+ record of 6:37.21 for the mile. The Rome meeting produced seven world leads in the distance events.

SOME CORRECTIONS & ADDITONS TO COMRADES REPORT

- The third grandmaster woman was Sandy Curran in 10:49:12 (no club indicated), and not Irmgard Uhlig (GER).
- Lympson Maifo (23rd) is not from Zimbabwe, but is a South African citizen.
- Eve Bugler (GBR), who finished 16th, ran for Nedbank.
- Former double champion and record holder for both the "up" and "down" runs, Leonid Shvetsov (RUS), finished 983rd (312th veteran) in 8:20:42.
- Two weeks before the Comrades, on 16 May in Velence, Simona Staicu won the Hungarian 50 km Championships in 3:32:17. In the Comrades she took the vets title.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Durban,
- * Don Lock Memorial 8 km & 15 km, Claremont
- * XC: KZN Championships, Underberg; EP League Meeting, Varsvlei

International highlights:

- * Mattoni Ceské Budejovice Half Marathon, Ceske Budejovice, CZE
- * Memorial Rahal 10 km, Casablanca, MAR
- * Vhi Women's Mini Marathon, Dublin, IRL
- * Track: Sainsbury's Birmingham Grand Prix, Birmingham, GBR; European Cup 10000, Cagliari, ITA; Golden Gala "Pietro Mennea", Roma, ITA; Adrian Martinez Classic presented by Hoka ONE ONE, Concord, USA; Nike Festival of Miles in Saint Louis, Saint Louis, USA

NEWS**ELIAS MABANE TESTS POSITIVE FOR STEROID**

Elias Mabane, who finished second behind Marko Mambo (they were also the first two veterans) in the Legends Ultramarathon over 68 km on 5 October last year in East London, returned a positive drug test after the race. A week before the ultra he had placed second in his age group in the SA Marathon, running 2:28:24.

Mabane's sample showed traces of the anabolic steroid Nandrolone. "A hearing was held on 14 May and it was adjourned for a second hearing pending more information from the athlete," said Khalid Galant, CEO of the SA Institute for Drug-Free Sport (SAIDS). A new date for the hearing will be set.

According to a report, Mabane (46) was also involved in another scandal earlier this year when he was accused of playing a role in a syndicate that sold stolen race numbers in Gauteng, but his participation was not confirmed and no steps were taken against him.

Mabane finished ninth in the 2005 "down" Comrades in 5:46:21; in last year's race he was the 19th veteran in 6:43:49, finishing outside the top hundred. In November 2014 he won the Kaapsehoop Marathon in Nelspruit in 2:22:28 (the course is severely downhill). This result will be annulled if he is found guilty. Earlier in the year he also won the Edenvale Marathon (2:27:12), Pick 'n Pay Marathon (2:30:29) and the Slow-Mag 50 km (2:59:01), and was the second veteran in the Loskop race over the same distance. He was the first veteran in the 2012 SA Marathon (2:22:39).

ROAD RUNNING**Spar Grand Prix Series 10 km**

(Women only)

Durban, 7 June

(Certified loop course)

WOMEN

1. Lebogang Phalula 33:36
2. Nolene Conrad 33:39
3. Rutendo Nyahora (ZIM) 33:53
4. Cornelia Joubert 34:04
5. Christine Kalmer 34:29
6. Lebo Phalula 34:48
7. René Kalmer 34:51
8. Nicole van der Merwe 34:52
9. Irvette van Zyl 34:56

10. Tanith Maxwell 35:29
11. Ntombesintu Mfunzi 35:30
12. Mokulubete Makatise 35:45
13. Thembi Baloyi 35:58
14. Angeline Saidi 36:09
15. Janet Dlamini 36:20
16. Glenrose Xaba 36:26
17. Nontabelo Msomi 36:39
18. Olwami Msomi 36:45
19. Mapaseka Makhanya 36:46
20. Lindokuhle Gabela 36:53
21. Tebogo Masehla 37:02
22. Makosi Mhlongo 37:10
23. Gugu Mzimela 37:16
24. Poppy Mlambo 37:20
25. Simonay Weitsz 37:49

Veterans:

1. Janene Carey 38:39
2. Karen Sobrino 40:12
3. Ronel Thomas 41:26

Masters:

1. Judy Bird 39:23
2. Ansie Breytenbaci 44:21
3. Janine Engels 45:33

G'masters:

1. Margie Saunders 43:07
2. Sonja Laxton 48:46
3. Sandy Fisser 50:01

Juniors:

1. Nicole van der Merwe 34:52
2. Simonay Weitsz 37:49
3. Nomcebo Mtshali 38:05

Don Lock Memorial 8 km (56th) & 15 km (2nd)

Claremont, 7 June

(Certified loop courses. Weather: Cool, no wind. Finishers: 8 km – 741 [up from 589 last year]; 15 km – 987 [up from 766]).

Note: It is interesting that the main race here, the historic and long-running 8 km, has less prize money than the 15 km. – Ed.

8 km

MEN

1. Akhona Makila (VOB) 26:08 (R200)
2. Vakalisa Kopololo (Khay) 26:14 (R150)
3. Gilbert Korir (KEN/UWC) 26:31 (R100)

Veterans: 1. Xolile Macanda (Gugs) 28:20 (R100); 2. Sabelo Ngcwama (Celtic) 28:43 (R75); 3. Hein Bruiners (Met) 31:59 (R50). **Masters:** 1. Monde Tutani (Gugs) 30:08 (R100); 2. Dries Swart (CMC) 32:52 (R75); 3. Mark Wagenheim (AAC) 34:32 (R50).

G'masters: 1. Ebrahim Stemmet (Itheke) 37:35 (R100). **G/g'masters:** 1. Ronnie le Roux

(Brack) 37:14 (R100). **Juniors:** 1. Oliver Steward (AAC) 26:58 (R150); 2. Allesandro Carelse (Celtic) 27:31 (R125); 3. Thembeke Mendu (Gugs) 28:05 (R75).

WOMEN (Same prize money as men)

1. Annie Bothma (Ned) 28:23
2. Fortunate Chidzivo (ZIM/Celtic) 32:19
3. Daniella Calthorpe (Harf) 34:27

Veterans: 1. Helga Louw (Pine) 40:07; 2. Inge Reissenzahn (Pine) 40:35; 3. Fatima Emeran (Itheke) 44:17. **Masters:** 1. Charmaine Cupido (Ned) 35:59; 2. Carlyn Adams (VOB) 42:34; 3. Hela Strez (WR) n/t. **G'masters:** 1. Nancy Will (Pine) 37:50.

G/g'masters: 1. Pixie Sparg (Celtic) 45:30. **Juniors:** 1. Sharon Chawola (Gugs) 35:28; 2. Ela Meiring (WR) 43:21; 3. Megan Bruiners (Met) 50:21.

15 km

MEN

1. Mthandazo Qhina (Ned) 46:51 (R500)
2. Vuyolwethu Mbukushe (Gugs) 47:31 (R350)
3. Nkosinathi Sotyantya (Itheke) 49:04 (R200)

Veterans: 1. Xolile Macanda (Gugs) 58:27 (R150); 2. Sabelo Ngcwama (Celtic) 59:03 (R125); 3. [Illegible] Mnungis (WR) 59:16 (R100). **Masters:** 1. Shafiek Cassiem (Itheke) 59:49 (R150); 2. Robert Arnold (Top) 60:02 (R125); 3. André Harmse (Brack) 60:13 (R100). **G'masters:** 1. Ashaan Davids (Ommie) 72:26 (R150); 2. Brian Merryweather (Edge) 76:54 (R125). **G/g'masters:** 1. Rob Joubert (Vital) 84:55 (R150). **Juniors:** 1. Samuel van der Merwe (Bell) 50:04 (R150); 2. Allesandro Carelse (Celtic) 55:15 (R125); 3. Thembeke Mendu (Gugs) 57:23 (R100).

WOMEN (Same prize money as men)

1. Pamela Moyikwa (VOB) 61:45 (1st jun)
2. Liz Verheyden (BEL) 62:00
3. Busisiwe Matiwane (Celtic) 64:01 (1st vet)

Veterans: 1. Busisiwe Matiwane (Celtic) 64:01; 2. Janet Adam (Harf) 65:27; 3. Jacki Misroll (Pine) 72:27. **Masters:** 1. Sonia Harlock (FH) 81:41; 2. Naomi Badenhorst (VOB) 82:39; 3. Delyse Rist (Pine) 83:29. **G'masters:** 1. Nancy Will (Pine) 73:22; 2. Helen du Plessis (Tyger) 75:47. **G/g'masters:** 1. Marlene James (Pine) 92:15. **Juniors:** 1. Pamela Moyikwa (VOB) 61:45; 2. Razaan Kamaldien (ARD) 72:26; 3. Luiza Orth (Sanlam) 72:28.

CROSS-COUNTRY

KZN Championships

Underberg, 6 June

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

SR. MEN (12 km)

Results not yet available.

60+ (6 km):

- | | | | |
|----|---------------------|----|-------|
| 1. | Lawrie Raubenheimer | HH | 25:17 |
| 2. | Ken Curr | CH | 28:15 |
| 3. | Les Burnard | CH | 31:25 |

U.18/U.19 (8 km):

- | | | | |
|----|----------------|----------|-------|
| 1. | Sipho Mbanjwa | Ralph | 28:28 |
| 2. | Ndumiso Ndlovu | Eskom AC | 30:12 |

3.	Thabani Mnguni	Ind	31:04
----	----------------	-----	-------

SR. WOMEN (8 km)

1.	Fikiswa Dlamini	Ind	39:50
2.	Fikile Dlamini	Ind	43:19
3.	Ngiedi Sosibo	Ind	49:40

SR. WOMEN

1.	Nosipho Mbanjwa	MPS	16:41
2.	Fungiswa Sosibo	Ralph	17:07
3.	Thandazidi Mkhize	Ralph	17:41

40-49:

1.	Kylie Griffin	West AC	18:01
----	---------------	---------	-------

50-59:

1.	June Watson	PDAC	23:19
----	-------------	------	-------

60+:

1.	Sandy Fismer	HH	20:24
2.	Colleen McCann	PDAC	25:51
3.	Sheila Knudsen	PDAC	26:16

U.18/U.19 (6 km):

1.	Cacisile Sosibo	Ralph	25:47
2.	Nomusa Shezi	Ralph	27:07

EP League Meeting (1st)

Varsvlei, Port Elizabeth, 23 May

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

SR. MEN (12 km)

1	Mariano Eesou	Madibaz AC	23	39:39
2	Zolani Mabongo	Madibaz AC	28	41:12
3	Amos Nyongo	Madibaz AC	28	41:37
4	Duwayne Lucas	Aspen Pharmacare	25	47:13
5	Vernon Booyse	Madibaz AC	23	49:45
6	Jeandry Deerling	Nedbank RC EP	22	52:07
7	Melikhaya Kepe	Nedbank RC EP	38	52:44
8	Wanie Daniell	Temp	22	55:06
9	Uviwe Sulelo	Madibaz AC	20	1:03:30
10	Keegan Padayachee	Temp	33	1:08:32

SR. MEN (8 km)

1	Andre Ketchem	X-Cel AC	31	26:05
2	Ricardo Plaatjies	X-Cel AC	32	28:35
3	Ntando Poro	Charlo AC	24	40:09

SR. MEN

1	Amos Nyongo	Madibaz AC	28	12:18
2	Andre Ketchem	X-Cel AC	31	12:18
3	Brendon Effenaar	Nedbank RC EP	19	13:07
4	Zolani Mabongo	Madibaz AC	28	13:17
5	Juwayne Fletcher	Charlo AC	24	14:01
6	Jeandry Deerling	Nedbank RC EP	22	15:51
7	Athenkosi Nkosana	Joe Slovo H/S	16	19:47

VETERAN MEN (8 km)					
1	Freddie	Jantjies	Temp	45	31:00
2	Arno	Gerber	Temp	44	55:11
MASTER MEN (8 km)					
1	Desmond	Zibi	Achilles AAA	51	29:59
2	Bennie	Stadler	Achilles AAA	51	34:13
3	Linton	Harmse	Madibaz AC	51	36:48
G'MASTER MEN (6 km)					
1	Percy	Dalton	Achilles AAA	66	31:02
2	Graham	Channon	Achilles AAA	65	31:37
3	John	Kotze	Achilles AAA	64	33:54
G/G'MASTER MEN (6 km)					
1	Gerald	Bouwer	Achilles AAA	71	45:09
2	Robin	Clark	Achilles AAA	74	48:38
SR. WOMEN (8 km)					
1	Siphokazi	Nojoko	Motherwell AC	20	34:56
2	Andiswa	Qutyelwa	Madibaz AC	27	39:14
3	Hazel	Maruping	Madibaz AC	20	42:39
4	Gail	Klichowicz	Achilles AAA	48	45:38
5	Phumelela	Kula	Madibaz AC	20	47:38
6	Vuyokoza	Mbasa	Madibaz AC	34	52:40
7	Cathy	Ives	Achilles AAA	62	53:28
8	Adri	Du Plessis	Achilles AAA	42	53:29
9	Doris	Gerber	Nedbank RC EP	44	55:11
10	Liz	Austin	Achilles AAA	56	56:29
SR. WOMEN					
1	Natalie	Ross	Rhodes University	24	16:11
2	Siphokazi	Nojoko	Motherwell AC	20	17:11
3	Cecily	Erasmus	Madibaz AC	18	20:57
VETERAN WOMEN					
1	Jene	Banfield	Run For Life EP	44	16:32
2	Leslie	Maggott	Achilles AAA	48	25:36
MASTER WOMEN					
1	Jeanette	Schierz-Crusius	Body Concept	54	18:47
G'MASTER WOMEN					
1	Margie	Saunders	Nedbank RC EP	61	18:17
JR. WOMEN (6 km)					
1	Jamie-Lee	Schlemmer	Madibaz AC	19	24:50
2	Carla	Petzer	Madibaz AC	20	30:24
3	Amanda	Janse Van Rensburg	Madibaz AC	20	35:01

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

Mattoni Ceské Budejovice Half Marathon (4th)

Ceske Budejovice, CZE, 7 June

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|--------------------------|---------|--------|
| 1. Abraham Cheroben, KEN | 1:01:24 | € 2000 |
| 2. Benjamin Ngandu, KEN | 1:02:57 | 1000 |
| 3. Abera Kuma, ETH | 1:04:17 | 800 |

WOMEN (gun times)

- | | | |
|-----------------------|---------|--------|
| 1. Rose Chelimo, KEN | 1:12:01 | € 2000 |
| 2. Viola Jelagat, KEN | 1:14:38 | 1000 |
| 3. Mame Feyisa, ETH | 1:15:03 | 800 |

Memorial Rahal 10 km (4th)

Casablanca, MAR, 7 June

MEN (gun times)

- | | | |
|-----------------------------|-------|------------------------|
| 1. Daniel Chebii, KEN | 28:20 | MAD 20,000 (=USD 2048) |
| 2. Samir Jouaher, MAR | 28:21 | 15,000 |
| 3. Dawit Fikadu Admasu, ETH | 28:21 | 10,000 |

WOMEN (gun times)

- | | | |
|--------------------------|-------|------------------------|
| 1. Violah Jepchumba, KEN | 32:09 | MAD 15,000 (=USD 1543) |
| 2. Polline Wanjiku, KEN | 32:47 | 10,000 |
| 3. Hanane Kalouj, MAR | 33:10 | 6,000 |

Vhi Women's Mini Marathon (33rd)

Dublin, IRL, 1 June

(Distance: 10 km)

WOMEN

- | | |
|-------------------------------------|-------|
| 1. Maria McCambridge, Dublin | 34:03 |
| 2. Ann-Marie McGlynn, Tyrone | 34:42 |
| 3. Catherina McKiernan, 1969, Cavan | 34:46 |

TRACK

Sainsbury's Birmingham Grand Prix

(5th stop of the 2015 IAAF Diamond League)

Birmingham, GBR, 7 June

MEN

800 (DL):

- | | |
|----------------------|---------|
| 1. Nijel Amos, BOT | 1:46.77 |
| 2. Adam Kszczot, POL | 1:47.03 |

3. Marcin Lewandowski, POL, 1:47.45
4. Job Koech Kinyor, KEN, 1:47.49
5. Jeremiah Kipkorir Mutai, KEN, 1:47.98
6. Erik Sowinski, USA, 1:48.20

1500:

1. James Kiplagat Magut, KEN, 3:37.61
2. Hillary Cheruiyot Ngetich, KEN, 3:38.42
3. Vincent Kibet, KEN, 3:38.60
4. Thiago Andrè, BRA, 3:39.54
5. Charlie Grice, GBR, 3:39.71
- ... 8. Bernard Lagat, USA, 3:41.87 WR 40+

5000 (DL):

1. Thomas Longosiwa, KEN, 13:07.26 (57.12 last lap)
2. Isiah Koech, KEN, 13:11.22
3. Stephen Mokoka, RSA, 13:20.22
4. Edwin Cheruiyot Soi, KEN, 13:21.07
5. Brett Robinson, AUS, 13:21.23
6. Stephen Sambu, KEN, 13:25.13
7. Collis Birmingham, AUS, 13:36.17
8. Zane Robertson, NZL, 13:40.88
- Emmanuel Kipkemei Bett, KEN, DNF
- Elroy Gelant, RSA, DNS

WOMEN

800:

1. Eunice Jepkoech Sum, KEN, 1:59.85
2. Laura Muir, GBR, 2:00.42 PB
3. Joanna Józwik, POL, 2:00.74
4. Alison Leonard, GBR, 2:01.06
5. Shelayna Oskan-Clarke, GBR, 2:01.54
6. Angelika Cichocka, POL, 2:01.66
7. Jennifer Meadows, GBR, 2:01.92
8. Charlene Lipsey, USA, 2:01.93

1500 (DL):

1. Sifan Hassan, NED, 4:00.30
2. Abeba Aregawi, SWE, 4:01.97
3. Laura Weightman, GBR, 4:06.42
4. Maureen Koster, NED, 4:06.62
5. Gudaf Tsegay, ETH, 4:06.77
6. Renata Plis, POL, 4:08.37
7. Gabrielle Grunewald, USA, 4:08.61
8. Morgan Uceny, USA, 4:09.31
9. Stephanie Twell, GBR, 4:10.90
10. Jessica Judd, GBR, 4:12.86

3000 s/chase (DL):

1. Virginia Nyambura Nganga, KEN, 9:24.01
2. Hyvin Kiyeng Jepkemoi, KEN, 9:25.20
3. Lidya Chepkurui, KEN, 9:26.54
4. Stephanie Garcia, USA, 9:27.92
5. Magdalene Masai, KEN, 9:29.16 PB

European Cup 10000 (19th)

Stadio Amsicora, Cagliari, ITA, 6 June

(Distance: 10000 m)

MEN

Teams (score top-3 men per team on total time): 1. ITA, 1:26:23.97; 2. ESP, 1:27:09.28; 3. TUR, 1:27:51.98

Race A:

1. Polat Kemboi ARIKAN, 1990, TUR, 28:09.47
2. Juan PEREZ, 1988, ESP, 28:25.66
3. Jamel CHATBI, 1984, ITA, 28:39.01

WOMEN

Teams (score top-3 athletes based on total time): 1. GBR, 1:39:23.86; 2. ESP, 1:39:44.91; 3. ITA, 1:39:58.66

1. Trihas GEBRE, 1990, ESP, 32:14.94
2. Valeria STRANEO, 1976, ITA, 32:32.41
3. Lily PARTRIDGE, 1991, GBR, 33:02.03
- ... 6. Jelena PROKOPCUKA, 1976, LAT, 33:05.42
7. Jo PAVEY, 1973, GBR, 33:18.80

Golden Gala "Pietro Mennea"

(4th stop of 2015 IAAF Diamond League)

Roma, ITA, 4 June

MEN**800 (DL):**

- | | | |
|-------------------------------|---------|-------------|
| 1. Mohammed Aman, ETH | 1:43.56 | WL \$10,000 |
| 2. Nijel Amos, BOT | 1:43.80 | 6,000 |
| 3. Job Kinyor, KEN | 1:43.92 | 4,000 |
| 4. Adam Kszczot, POL | 1:43.94 | 3,000 |
| 5. Ferguson Rotich, KEN | 1:44.00 | 2,500 |
| 6. Marcin Lewandowski, POL | 1:44.25 | 2,000 |
| 7. Pierre-Ambroise Bosse, FRA | 1:44.42 | 1,500 |
| 8. Giordano Benedetti, ITA | 1:45.07 | 1,000 |

5000 (DL):

- | | | |
|------------------------------|----------|--------------------|
| 1. Yomif Kejelcha, 1997, ETH | 12:58.39 | WL/WJL/PB \$10,000 |
| 2. Paul Tanui, KEN | 12:58.69 | PB 6,000 |
| 3. Hagos Gebrhiwet, ETH | 12:58.69 | 4,000 |
| 4. Imane Merga, ETH | 12:59.04 | 3,000 |
| 5. Thomas Longosiwa, KEN | 12:59.78 | 2,500 |
| 6. Muktar Edris, ETH | 13:00.30 | 2,000 |
| 7. Ali Kaya, TUR | 13:00.31 | NR/PB 1,500 |
| 8. Dejen Gebremeskel, ETH | 13:00.49 | 1,000 |

WOMEN**800:****U20 -**

- | | | |
|----------------------------------|---------|--------|
| 1. Marta Zanoni, ITA, 3 SEP 1999 | 2:03.40 | WYL/PB |
| 2. Eleonora Vandì, ITA | 2:06.83 | PB |
| 3. Chiara Ferdani, ITA | 2:07.70 | |

1500 (DL):

1. Jenny Simpson, USA	3:59.31	WL	\$10,000
2. Sifan Hassan, NED	3:59.68		6,000
3. Dawit Seyaum, ETH	3:59.76	WJL	4,000
4. Laura Muir, GBR	4:00.61		3,000
5. Viola Jelagat Kibiwot, KEN	4:01.41		2,500
6. Maureen Koster, NED	4:02.64	PB	2,000
7. Rababe Arafi, MAR	4:02.94		1,500
8. Luiza Gega, ALB	4:03.01		1,000

3000 s/chase:

1. Hyvin Jepkemoi, KEN	9:15.08	WL/PB	\$10,000
2. Virginia Nganga, KEN	9:15.75	PB	6,000
3. Hiwot Ayalew, ETH	9:16.87		4,000
4. Lidya Chepkurui, KEN	9:20.44		3,000
5. Madeline Heiner, AUS	9:21.56	PB	2,500
6. Sofia Assefa, ETH	9:23.04		2,000
7. Birtukan Fente, ETH	9:24.91	PB	1,500
8. Salima Alami, MAR	9:31.88		1,000

Adrian Martinez Classic presented by Hoka ONE ONE (7th)

Concord, USA, 4 June

MEN

Mile:

Heat 2 -

1. Robby Andrews	Adidas	3:57.15	MR/PB	\$1000 + 2000b
2. Ford Palmer	Hoka One One	3:58.42	PB	500
3. Lee Emanuel	Hoka One One (GBR)	3:58.60		250
4. Julian Matthews	New Zealand	3:58.71	PB	

WOMEN

Mile:

1. Nicole Tully	Hoka One One	4:31.4h	WL	\$1000
2. Hannah Fields	Unattached	4:31.4h	=WL/PB	500
3. Rachel Schneider	Under Armour	4:31.8h	PB	250

Seniors (60+) Mile -

1. Jan Holmquist	71 Unattached	6:37.21	AGWR
2. Nancy Kneeland	60 Unattached	7:50.71	

5000:

1. Abbey D'Agostino	New Balance	15:23.66	\$1000
2. Desiree Linden	Hansons Brooks	15:27.13	500
3. Mary Cullen	Brooks (IRL)	15:29.99	250

Nike Festival of Miles in Saint Louis (2nd)

Saint Louis, USA, 4 June

Note: Although Jordan McNamara won the men's mile in 3:58.81, all eyes were on high school senior Grant Fisher, who became the seventh high schooler in American history to break four minutes for the mile. Fisher finished third in 3:59.38, the same time as fellow high schooler Matthew Maton ran last month. – Ed.

MEN

Mile:

1. Jordan McNamara	UN Nike O.T.C. Elite	3:58.81	\$1000 + 1000s
2. Tyler Pennel	UN Reebok/ZAP Fitness	3:58.99 PB	600
3. Grant Fisher	SR Unattached	3:59.38 PB	HS

VIEWPOINT

WHY SOUTH AFRICA DOES NOT PRODUCE TOP DISTANCE RUNNERS ANY LONGER

By Dewald Steyn

I have been involved in middle and long distance running for 50 years, first as an athlete and later in management at club and provincial level, and today only with athletes.

Gone are the years when the first development took place with the big mine companies having their own athletic tracks and competing to produce the best athletes like David and Rammy Tsebe, Xolile Yawa, Matthews Temane and Matthews Batswadi – to name just a few.

Tragically, I must admit that the sport has become a money-making business run by social runners. You will find that 99% of clubs are managed by social runners who do not understand the real athletes, and who are only interested in finishing their own races and making money when organising races. Ironically, most of these social managers of clubs become provincial managers and eventually get onto the national body.

If you compare entry fees for races and prize money over the last 10 to 20 years, it appears that entry fees increased 10-fold, while prize money in most cases stayed the same. Shockingly, when this was recently discussed at an Athletics Gauteng North meeting, historically one of the leading provinces in terms of producing top middle and long distance athletes, the overwhelming reaction was: "If they don't want to pay the entry fee, then they should just not run the race".

One should tell the officials who feel this way that the reality is as follows: For a talented athlete to become a top athlete in South Africa, talent alone does not help. He not only needs a good coach, a good club and a good manager, but – most importantly – financial support.

If an athlete starts performing at school, the chance is either that he (or she) will be lost to universities abroad, or there may be a slight chance that he will be picked up by a local university. However, the majority of athletes can never attend a local university, while the many only discover their talent well after school.

To join a club in South Africa with the hope of becoming a top athlete is however just a pipe dream. Only professional clubs have the financial means to develop athletes ... BUT IN SOUTH AFRICA THIS ONLY APPLIES TO BECOMING A COMRADES ATHLETE. These clubs do not care for athletes, or for that matter the country. They discard athletes when they get injured and cancel contracts when they try to represent the country. For this statement I have numerous examples on which I can challenge these clubs.

If an athlete does not have any other support, the only way is to earn some money in races.

As an example, recently some races charged up to R180 to enter for a half marathon while the prize money for the winner was R500 or even less – and very often only the top three get prize money. A proper investigation into this matter will open a whole can of worms, with races getting 2000- to 3000-plus entries and thus receiving anything between

R100 000 and R500 000 just for entry money. Mostly these races also have sponsors putting money into the race.

An even bigger problem is the non-existence of control over races by ASA. I cannot even imagine this happening in the days of SARRA (South African Road Runners Association) or even later: that a half marathon with R35 000 as first prize will be allowed to take place at coastal level on the same day as the SA Half-marathon Championships in Pretoria with R5000 as first prize. Races with enormous prize money just keep jumping up all over the country with no control and coordination between races.

In the meantime the smaller races with big entries which could be used for the development of athletes become merely money-makers for social organisers, and are useless for talented athletes not being able to earn some money to sustain themselves.

STATS TIME

This week we include a list of the top ten SA veteran men in the marathon for 2015. 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.

2015 MARATHON: TOP 10 VETERAN MEN

2:24:58	Charles Tjiane	1	Benoni	25 Jan
2:31:55	Nikky Masombuko	1	Pretoria	24 Jan
2:34:17	Matthews Nkoana	3	Centurion	01 May
2:35:02	Joseph Molaba	3	Pretoria	01 Mar
2:35:37	Mankgabe Magebi	1	Polokwane	28 Mar
2:35:53	Masombuko-2	4	Pretoria	01 Mar
2:38:18	M. Rakgotha	4	Centurion	01 May
2:38:25	Richard Ngobese	1	Eldorado Park	22 Feb
2:38:48	Sandile Makhaye	1	Pietermaritzburg	22 Feb
2:39:52	Butiki Jantjies	2	Eldorado Park	22 Feb
2:40:07	Greg Barnes	2	Pretoria	24 Jan

THIS MONTH IN HISTORY

29 years ago: 8 June 1986

In 1985 Mark Plaatjes became the first South African to run a sub-2:09 marathon when he won the SA title in Port Elizabeth in 2:08:58 (on an aided course, but within the rules in force at the time). But he could also run faster over much shorter distances, and on this day he won the third RAC 10 km (and the Transvaal title as well) in 31:19 on a course that was 500 m too long. Gibeon Moshaba was second and Richard Mkhwanazi third. The women's race went to Agnes Berger, with defending champion Sonja Laxton second. The previous year Plaatjes had also won the first race (there were two races in 1985 and RAC regards both as part of the series). Seven years later in Stuttgart Plaatjes would reach the pinnacle of his career when he won the world title in the colours of the USA.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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.

MENOpen

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:48a	Silas Kiprono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		04 Apr 15 Mar
	64:04	Stephen Mokoka	Cape Town	
	61:21A	Lusapho April	New York	
25 km	59:20	Stanley Biwott (KEN)		08 Mar 25 Jan
	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		04 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (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	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:39	Johannes Kekana	Polokwane	16 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:45	Desmond Zibi	Port Elizabeth	02 May
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:21	Eric Coetzee	Gordon's Bay	18 Apr
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar 18 Apr
	1:41:14A	Michael Bekapi	Somerset East	
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar

	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	86:11	Terence Brown	Wellington	01 May
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				
<u>Juniors</u>				
10 km	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:54	Andile Motwana	Port Alfred	26 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	30:56	Gladys Cherono (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	1:21:55	Sutume Asefa Kebede (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:01	Prudence Zwane	Pretoria	21 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	1:42:12A	Suzette Botha	Pinetown	25 Jan

30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:11:00	Adele Waldron	Camps Bay	04 Jan
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A	Jacqui Bakkes	Simon's Town	15 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:23	Judy Bird	Durban	07 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:10	Jane Mudau	Polokwane	16 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:11:04	Julie Shadwell	Pretoria	09 May
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:39:36	Margie Saunders	Port Alfred	26 Apr
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
10 km	34:52	Nicole van der Merwe	Durban	07 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Karen Zimmerman

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



ENTRIES NOW OPEN

GET YOUR RUN ON NOW

www.thecapetown12.com

FNB **KFM** **PUMA**

f Cape Town 12 @ctown12 #ct12run