

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

Thousands of words have been written and spoken about the Caster Semenya case, which, until the very last individual event at the IAAF World Championships in Berlin, the men's 800 m, tended to overshadow the performances by South African athletes, and *Distance Running Results* is of the opinion that further debate is useless until the results of the tests conducted on the athlete are made known. It is a tragic case which was badly mismanaged, and the reduction of it to an issue of race by the president of Athletics South Africa was both predictable and in character (not to mention the banal comments made by other officials, including politicians and trade unionists!).

The eminent exercise physiologist Dr Ross Tucker wrote an excellent piece on the issue, in which he said: "It seems to me this was a problem that was foreseeable, and one that ASA, had they had their ducks in a row, would have been able to pre-empt. The fact of the matter is that these allegations are not new. They have followed Semenya for a few years. Therefore, there was ample time to verify sex and clear the way for her to compete. There is no doubt that the question was always going to be raised in Berlin, that people would ask and scrutinise, and so good management and coaching would have seen this resolved before the Championships even began. The reality is that we don't know whether Semenya is 'entirely female' (to quote from reports on the IAAF ruling). We must wait before delivering judgment, because it's unfair on her to condemn her based on rumour. However, rumour might well have been prevented, and we could have avoided much of this current drama, had things been managed correctly from the start. Sadly, the value of expertise has never been fully recognised within ASA – which is a personal opinion, based on my experiences with them, I have to add."

Apart from Semenya, the outstanding South African distance runner was Mbulaeni Mulaudzi, who finally put his disappointing showings in Osaka (5th) and Beijing (where he did not make the final) behind him and won the gold medal with a superb front-running performance and a well-timed dip at the line in 1:45.29 (see picture). While South Africa won only one medal in Beijing, this time there were three – Khotso Mokoena repeated his silver medal performance in the long jump.



The marathon runners also improved, although neither Norman Dlomo nor Tanith Maxwell were close to their potential; Johannes Kekana and Coolboy Ngamole both ran around a minute slower than their PBs. Four years

ago in Helsinki none of the men finished; in Osaka two of the five (Hendrick Ramaala and George Mofokeng) made it to the finish line (Maxwell and Poppy Mlambo both ran well over 3 hours); in Beijing Ramaala finished 44th and Dlomo 53rd; this time Dlomo was 12th (2:14:39), Kekana 17th (2:15:28) and Ngamole 22nd (2:16:20), while Maxwell was 45th (2:41:48).

In Beijing Ramolefi and Juan van Deventer were the only distance runners to reach a final; in Berlin Semenya, Mulaudzi and Ramolefi did so. As in Beijing, Ramolefi looked excellent in his heat, but once again dropped out of contention when the pace was increased. Johan Cronje, who set PBs in both the mile and 1500 m before the meeting (missing the ancient SA record in the latter by a whisker), was completely outclassed in his heat. Peter van der Westhuizen did advance to the second round of the 1500, but got no further (as did Samson Ngoepe in the 800).

One could also look at the SA showing in another way: Considering events in which heats were held, three athletes (Mokoena, Mulaudzi and Robert Oosthuizen) made it to their respective finals in Osaka, four did so in Beijing (Mokoena, Ramolefi, Van Deventer and L.J. van Zyl), while in Berlin it was four again (Semenya, Mulaudzi, Mokoena and Ramolefi).

One national record was set, by Willem Coertzen in the decathlon (8146 points).

Distance running highlights in Berlin were the commanding performances by Kenenisa Bekele, who said he was not at his best, yet won both his races – the 10000 in a championship record (his fourth win in a row in this event; the next 13 runners clocked PBs or SBs), while in the 5000 he outkicked Bernard Lagat over the last 50 m; the steeplechase for men, where Ezekiel Kemboi led three others to the four fastest times ever at the World Championships; Abel Kirui's marathon win, with the first four also scoring best marks for their places; Xue Bai's strong second half to win China's first ever marathon gold medal at the World Championships (after Nailiya Yulamanova ran the fastest ever 5 km split in a World Championships Marathon, 16:31, between 30 km and 35 km); Yusuf Saad Kamel's win in the 1500 by the closest margin ever (Lagat completed his set of medals in this event with a third place); Vivian Cheruiyot's exciting win in the 5000 by the smallest winning margin ever; and the incredibly rough women's 1500 in which Natalia Rodríguez in a moment of madness probably cost Gelete Burka a medal and was then rightly disqualified.

In the results of the Castle Walk 10 km in Pretoria (DRR 9:32), the time of the first master male, Francis Mukuka, should have been 38:15 and not 35:15.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Vodaworld Half Marathon & 10 km, Midrand
- * Isitolo Esikhulu Nongoma Half Marathon, Nongoma
- * Merewent 10 km, Durban
- * Spar Grand Prix Series, Pretoria
- * ITEC 10 km, Port Elizabeth
- * Atlantis 15 km, Atlantis
- * Thomas Mbiza 10 km, Simon's Town
- * XC: Boland Championships, Paarl

International highlights:

- * NYC Half Marathon, New York, USA
 - * America's Finest City Half Marathon, San Diego, USA
 - * World Championships, Berlin, GER
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WORLD CHAMPIONSHIPS PREDICTION CONTEST

Apart from the Editor, only Gert le Roux, Harold Berman and Dirk du Toit were brave enough to send in predictions, and only the Editor and Dirk predicted all three medal winners. Harold, "in a big rush" before going on holiday, did not predict all events.

Gert, South Africa's foremost track and field statistician, who says he doesn't know much about road running, nevertheless was the only one to have the men's marathon winner correct, while Dirk was the only one to get a 1-2-3 (in the women's 4x400 relay).

The scores, in order of gold medal tally (gold-silver-bronze):

Gert le Roux 21-0-0
 Riël Hauman 17-8-5 (total: 30)
 Dirk du Toit 15-9-9 (total: 34)
 Harold Berman 15-8-1 (total: 24)

ROAD RUNNING

Vodaworld Half Marathon & 10 km

Midrand, 23 August

(Distances: 21.0975 km & 10 km; loop courses)

Half marathon

MEN

1 Shadrack Hoff (GS) 66:28; 2 Motlokoa Nkhabutlane (LES/MP) 66:34; 3 Wesley Ruto (KEN/Nedbank) 67:11; 4 Prodigal Khumalo (ZIM/MP) 67:27; 5 Charles Tjiane (Temp) 67:41; 6 Mike Fokoroni (ZIM/Nedbank) 68:00.

Veterans: 1 Elias Mabane (Temp) 73:17; 2 Bheki Nene (ADT) 73:18; 3 Elgin Mokale (HAC) 73:20; 4 James Xaba (SAP) 76:00. **Masters:** 1 Francis Makuka (ZAM/Bashewa) 79:05; 2 Ernst Tjela (Emfuleni) 79:05; 3 Sam Mogudi (RAC) 80:42. **G'masters:** 1 Don Charles (Brotherhood) 89:09.

WOMEN

1 Tabitha Tsatsa (ZIM/Boxer) 79:59; 2 Irvette van Blerk (Nedbank) 81:13; 3 Olivia Chitate (ZIM/Bashewa) 83:36; 4 Margaret Mahohama (ZIM/MP) 84:04; 5 Cornelia Joubert (ADT) 85:48; 6 Dimakatso Menong (Temp) 87:13.

Veterans: 1 Sarah Mahlangu (MP) 92:17; 2 Angelineh Munyai (Rainbow) 1:40:16; 3 Sandra Steenkamp (AC) 1:43:35. **Masters:** 1 Linda Potgieter (Phobians) 1:44:32; 2 Selinah Netshisaula (RAC) 1:55:59. **G'masters:** 1 Hazel Quilliam (Roodepoort) 2:11:46.

10 km

MEN

1 Tshamane Setone (Nedbank) 29:51; 2 Luwis Masunda (ZIM/Nedbank) 30:19; 3 Xolisa Tyali (Nedbank) 30:24; 4 Raphael Segodi (GS) 31:16; 5 Joseph McKenzie (ADT) 31:24; 6 Joshua Sabao (ZIM/Tuks) 31:27.

Veterans: 1 Tidimalo Modiga (Toy) 34:05; 2 Jackson Seanego (NB) 34:46; 3 Thomas Mthimunya (Randwater) 35:29. **Masters:** 1 Trust Langa (Nedbank) 37:52; 2 Andre Jansen (GS) 39:21. **G'masters:** 1 Derek Jeffers (RAC) 44:19. **Juniors:** 1 Sityhilo Diko (GS) 32:17; 2 Elisha Mabhunu (MP) 32:26; 3 Vuysile Tshoba (Powerade) 32:52.

WOMEN

1 Onneile Dintwe (BOT/Nedbank) 37:05; 2 Samukeliso Moyo (ZIM/MP) 37:09; 3 Loveness Madziva (ZIM/Nedbank) 40:42 (1st jun); 4 Andronica Mokgotla (GS) 41:09; 5 Corinne Berg (Trisport) 42:15; 6 Estie Bester (NB) 42:59.

Veterans: 1 Catherine Naane (Goldfields) 43:24; 2 Rene Strydom (RH) 44:04. **Masters:** 1 Anna Maponya (NBW) 54:48; 2 Jackie Navarria (Nedbank) 57:53. **G'masters:** 1 Marilyn Moore (Breakthru) 57:26. **Juniors:** 1 Loveness Madziva (ZIM/Nedbank) 40:42; 2 Estie Bester (NB) 42:59.

Isitolo Esikhulu Nongoma Half Marathon (6th)

Nongoma, 23 August

(Distance: 21.0975 km; out-and-back course)

MEN

1.	Thubaletu Phaku	DUT	69:03
2.	Professor Mollen	ZIM/Mr Price	70:33
3.	Simon Tsoanyane	Nedbank AC	71:55

40-49:

1.	Amos Nkosi	R/Bay AC	81:59
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50-59:

1.	Nkosi Zungu	UmhulutuzeAC	99:32
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WOMEN

1.	Iris Ndlovu	Boxer AC	98:09
2.	Sibongile Zigubu	Escom Gijams	98:58
3.	Hleziphi Ncayiyana	Nedbank AC	99:52

40-49:

1.	Mary Mvelase	Boxer AC	109:32
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50-59:

1.	Ntombiyethu Masangane	Imamba AC	160:59
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Merewent 10 km

Durban, 23 August

(Out-and-back course. Finishers: 407.)

MEN

1.	Sandile Lembethe	Mr Price AC	31:41
2.	Shingie Badza	ZIM/Form One AC	32:08
3.	Vusi Cele	Mr Price AC	32:48

40-49:

1.	Ian Morshem	Boksburg AC	33:33
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50-59:

1.	Jerimiah Ngwenya	Boxer AC	37:33
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60+:

1.	Piet Badenhorst	PDAC	42:39
2.	Les Smith	West AC	43:47
3.	Moray Calder	Howick AC	46:17

Juniors:

1.	Calvin Shabalala	Nedbank AC	35:29
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WOMEN

1.	Bongiekeley Hlongwane	Chatsworth AC	39:52
2.	Jenny Sutton	YWP AC	40:31
3.	Hlengiwe Buthelezi	Boxer AC	44:06

40-49:

1.	Jenny Sutton	YWP AC	40:31
2.	Nana Sigubudu	Boxer AC	45:16
3.	Jowaine Parrott	West AC	46:26

50-59:

1.	June Watson	PDAC	46:59
2.	Sheree Kirsten	PDAC	47:46

60+:

1.	Gill Tregenna	West AC	52:35
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Juniors:

1.	Bongiekeley Hlongwane	Chatsworth AC	39:52
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Spar Grand Prix Series

Pretoria, 22 August

(Distance: 10 km; loop course)

Note: Accusations were made after the race that at least the top three athletes cut corners and did not run the correct route. An official appeal was lodged by Sharon Tavengwa, but this was turned down by the jury of appeal. Race organiser Henning van Aswegen told DRR that both he and the referees were satisfied that there were no irregularities and the results were allowed to stand. – Ed.

1 René Kalmer (Mr Price) 34:41; 2 Lebo Phalula (UJ) 35:15 3 Lebogang Phalula (UJ) 35:16; 4 Sharon Tavengwa (ZIM/Nedbank) 35:17; 5 Poppy Mlambo (Nedbank) 35:55; 6 Nolene Conrad (UJ) 36:03; 7 Irvette van Blerk (Nedbank) 36:12; 8 Samukeliso Moyo (ZIM/Mr Price) 36:13; 9 Onneile Dintwe (BOT/Nedbank) 36:14; 10 Marelize Retief (Nedbank) 36:14; 11 A.N. Other (Transnet) 37:00; 12 Thabita Tsatsa (ZIM/Boxer) 37:04; 13 Jenna Challenor (Boxer) 37:21; 14 Paulina Njeya (Nedbank) 37:30; 15 Tshifhiwa Mundalamo (Nedbank) 37:58; 16 A.N. Other 38:06; 17 A.N. Other 38:11; 18 Margaret Mahohoma (ZIM/Mr Price) 38:12; 19 Elizabeth Mtombeni (MAC) 38:31; 20 Michelle Bartman (Harf H) 38:46.

Veterans: 1 Michelle Bartman (Harfield H) 38:46; 2 Maya Lawrie (Boxer) 39:50; 3 Sarah Mahlangu (Mr Price) 41:31. **Masters:** 1 Marietjie Ceronio (Nedbank) 42:59; 2 Lynette Fisher (Tuks) 43:09; 3 Francis v Blerk (Nedbank) 45:44. **G'masters:** 1 Sonja Laxton (RAC) 42:57; 2 Elsabe Spies (HMC) 53:14; 3 Maz Moore (Breakthru Midrand) 61:01.

G/g'masters: 1 Marina Odendaal (Solidarity) 57:49; 2 Phyllis Maartens (Fit 2000) 74:42; 3 Miemie Schoeman (Transnet) 77:23. **Juniors:** 1 Loveness Madziva (ZIM/Nedbank) 39:24; 2 Maxine Heine-Wacker (Nedbank) 39:33; 3 Juan-Marie Cooper (Xhosa) 40:26.

ITEC 10 km

Port Elizabeth, 22 August

(Loop course. Finishers: 396.)

MEN

1	George	Ntshiliza	Mr Price PE	29	30:16
2	Khayaletu	Makalima	Mr Price PE	25	30:54
3	Sandile	Ngunuza	Nedbank RC	26	31:26
4	Sibusiso	Thu	Mr Price PE	21	31:34
5	Mzwanele	Maphekula	Nedbank RC	33	31:42

6	Mzolisi	Makhandla	Nedbank RC	26	31:56
7	Xola	Bongoza (1 st jun)	Mr Price PE	16	32:14
8	Zolani	Mabongo	Mr Price PE	23	32:17
9	Emerson	Kayana	Nedbank RC	35	33:03
10	Terrance	Mjekula	Raleigh AC	36	33:13
11	Anele	Maliza	Mr Price PE	31	33:33
12	Lubabalo	Jusayi	Mr Price PE	18	33:44
13	Thulani	Mdlalo	Nedbank RC	24	34:02
14	Zamubuntu	Teyise	Charlo RR	32	34:12
15	Mila	Pasiya	Nedbank RC	29	34:20
16	Darrell	Wicht (1 st vet)	Raleigh AC	46	34:27
17	Wilson	Bennett	Jeffreys Bay	30	35:00
18	Kenneth	Menze	Nedbank RC	47	35:07
19	Bulelani	Vena	Mr Price PE	30	35:15
20	Thamsanqa	Mangi	Temp	25	35:63
40-44:					
1	Alfred	Pakkies	Legacy AC	41	36:06
2	Terry	Thornton	Raleigh AC	41	36:28
3	Adrian	Clarke	Temp	44	36:37
45-49:					
1	Darrell	Wicht	Raleigh AC	46	34:27
2	Kenneth	Menze	Nedbank RC	47	35:07
3	Colben	Ngcupe	PEAAC	46	35:52
50-54:					
1	Mike	Bosch	NMMU AC	52	36:27
2	Gerrie	Hermann	Jeffreys Bay	52	39:17
3	Stephen	Klue	Elite AC	50	39:55
55-59:					
1	Donald	Mancasa	Raleigh AC	55	39:02
2	Hannes	Els	Madiba Bay	59	39:30
3	Fikile	Seya	Nedbank RC	56	41:06
60-64:					
1	William	Vorster	PEAAC	63	47:42
2	Jan	Von Mollendorf	Elite AC	64	52:16
3	Andre	Fourie	Elite AC	62	53:16
65-69:					
1	Tamsanqa	Jusayi	Mr Price PE	67	38:56
2	Loynes	Jenkerson	Spar Walmer AC	67	56:05
3	Robin	Clark	Achilles AAA	68	56:30
70-74:					
1	Michael	Collins	PEAAC	70	46:39
2	Herbert	Gillson	Raleigh AC	70	56:29
3	Kai	Tarnow	Jeffreys Bay	70	59:19
75-79:					
1	Wells	Anderson	PEAAC	77	58:57
2	Hilary	Pritchard	Crusaders AC	75	1:05:32
Juniors:					
1	Xola	Bongoza	Mr Price PE	16	32:14
2	Lubabalo	Jusayi	Mr Price PE	18	33:44
3	Richard	Geyer	Temp	18	51:01
WOMEN					
1	Deliwe	Nyanga	PEAAC	20	36:55
2	Maureen	Dladla	SAPS	29	38:25
3	Liza-Marie	Bright	Elite AC	27	38:35
4	Marisa	Ferraris	Raleigh AC	38	40:33

5	Zoleka	Dondashe	Nedbank RC	23	41:04
6	Mariette	Hattingh (1 st vet)	NMMU AC	43	41:45
7	Ursula	Kuhn	NMMU AC	28	42:09
8	Treloar	Childs	Spar Walmer AC	46	43:33
9	Hanlie	v.d. Westhuizen (1 st mast)	Despatch AC	53	44:16
10	Julie	Taunton	Crusaders AC	49	44:19
11	Lindi	Meyer	Jeffreys Bay	30	45:07
12	Noxolo	Marks	Mr Price PE	23	45:38
13	Adele	van de Venter	Temp	41	46:05
14	Johanette	Oosthuizen	Temp	45	46:42
15	Gail	Klichowicz	Achilles AAA	42	46:50
16	Joy Anne	Pregalato	Achilles AAA	38	46:51
17	Sharon	Tessendorf	Temp	27	46:54
18	Lindie	Stander	NMMU AC	24	47:07
19	Peta	Fothergill	Nedbank RC	27	47:52
20	Hermie	Fisher	Madiba Bay	41	47:54

40-44:

1	Mariette	Hattingh	NMMU AC	43	41:45
2	Adele	van de Venter	Temp	41	46:05
3	Gail	Klichowicz	Achilles AAA	42	46:50

45-49:

1	Treloar	Childs	Spar Walmer AC	46	43:33
2	Julie	Taunton	Crusaders AC	49	44:19
3	Johanette	Oosthuizen	Temp	45	46:42

50-54:

1	Hanlie	van der Westhuizen	Despatch AC	53	44:16
2	Monica	Kemp	Madiba Bay	54	53:32
3	Christine	Snyman	VWAC	53	54:26

55-59:

1	Jos	Els	Madiba Bay	57	51:00
2	Maria	Oppel	Crusaders AC	59	55:58
3	Joan	Senekal	PEAAC	57	1:18:17

60-64:

1	Denise	Terblanche	Spar Walmer AC	62	1:05:27
2	Jeanette	Pienaar	Temp	61	1:05:43
3	Pat	Scheepers	PEAAC	61	1:06:33

65-69:

1	Orgia	Nell	Muirite Strider	65	1:05:15
2	Isabella	Childs	Spar Walmer AC	67	1:13:06

70+:

1	Dorothy	Hart	PEAAC	71	59:54
2	Lorna	Brown	PEAAC	70	1:21:30

Juniors:

1	Terray	Newcombe	Nedbank RC	18	49:04
2	Alnie	Veleman	Temp	18	50:11
3	Nonkangelelko	Nyanga	PEAAC	16	51:29

Atlantis 15 km

Atlantis, 22 August
(Certified loop course)

MEN

1. Peter Tsawayo (ZIM/Gugs) 46:23; 2. Tom Lusaseni (MP) 47:05; 3. Graham Katzen (Celtic) 47:09; 4. Riaan Wildskut (East) 49:32; 5. Lubabalo Mqhele (Ned) 50:12; 6. Professor Khwetane (VOB) 50:43; 7. Victor Msopi (VOB) 51:34; 8. Bongile Tshewwula

(East) 51:40; 9. Jonathan Collins (East) 51:48; 10. Joseph Zithulele (Gugs) 54:17; 11. Francois Farao (Swart) 54:28; 12. Jan Nero (Maties) 54:28; 13. George McCallum (Mamre) 56:51; 14. Jakobus Januarie (Met) 56:59 (1st vet); 15. Steven Parkins (Met) 57:03; 16. Friedl van der Merwe (Strand) 57:24; 17. Pierce Evard (Atl) 57:33; 18. Dawid Gous (Swart) 58:03; 19. Pieter Hanekom (Ned) 58:03; 20. A. Afrika (Ind) 59:06; 21. Taswell Schuller (Top) 59:15; 22. Carlo Jacobs (Top) 59:17; 23. Henry Cieverts (Top) 59:18 (1st mast); 24. Peter Wrensch (Tyger) 59:27; 25. Bongani Krala (Celtic) 59:37 (1st jun); 26. D. Zoutman (Swart) 59:40; 27. Neil Leibbrandt (OM) 59:42; 28. Lionel Cronje (Met) 59:46; 29. Patrick Raubenheimer (Ned) 60:00; 30. Peter Bennett (WC) 60:00.

Masters 40-49: 1. Jakobus Januarie (Met) 56:59; 2. Steven Parkins (Met) 57:03; 3. Friedl van der Merwe (Strand) 57:24. **50-59:** 1. Henry Cieverts (Top) 59:18; 2. Peter Wrensch (Tyger) 59:27; 3. Johann Diener (Strand) 60:18. **60+:** 1. Blackie Swart (Swart) 68:17; 2. Carl Hendricks (Ned) 69:18. **Juniors:** 1. Bongani Krala (Celtic) 59:37.

WOMEN

1. Rachel Akukuthela (NAM/MP T'kei) 56:40; 2. Otilie Aimwata (NAM/MP T'kei) 57:33; 3. Mariëtte Esterhuysen (Tyger) 61:46 (1st vet); 4. Sheryl de Lange (Adid) 61:58; 5. Tania Fourie (Durb) 61:58; 6. Sandra van Graan (Edge) 62:00; 7. Tania Kapp (VOB) 65:23; 8. Melody Marcus-Cupido (Ind) 67:18; 9. Marie Louw (Adid) 67:33; 10. Ronel Steenkamp (Durb) 67:41; 11. Lindie Bouwer (Sanlam) 70:38; 12. Olga Davids (Swart) 71:06 (1st jun); 13. Maretha de Kock (Adid) 71:31; 14. Nancy Will (Pine) 71:41 (1st mast); 15. Lorraine Rogers (Durb) 72:05; 16. Protasia Dlamini (Gugs) 72:28; 17. Candyce Hall (Hout) 72:49; 18. Liza Retief (Paarl) 73:17; 19. Johardie de Kock (Tyger) 73:48; 20. A. Hamman (Durb) 74:35.

Masters 40-49: 1. Mariëtte Esterhuysen (Tyger) 61:46; 2. Sheryl de Lange (Adid) 61:58; 3. Sandra van Graan (Edge) 62:00. **50-59:** 1. Nancy Will (Pine) 71:41; 2. Lorraine Rogers (Durb) 72:05; 3. Cynthia van Wyk (Gugs) 76:42. **60+:** 1. Pixie Sparg (Celtic) 76:48; 2. Priscilla von Schlicht (Tyger) 77:26. **Juniors:** 1. Olga Davids (Swart) 71:06; 2. Benine Havenga (Tyger) 98:00.

Thomas Mbiza 10 km

Simon's Town, 16 August
(Loop course)

Note: The course was only about 8.4 km because of a marshalling error. – Ed.

MEN

1	Peter Tsawayo	RCS Gugs	26:25
2	Patrick Magadla	Accis VOB	27:09
3	Riaan Wildskut	Easterns	27:34
4	Morne Kammies	Metropolitan	28:04
5	Sibusiso Valashiya	AAC	28:28
6	Bongile Tshwewula	Easterns	28:58
7	Tebello Poni	Accis VOB	29:21
8	Jonathan Collins	Easterns	29:32
9	Yandisa Chasawa	RCS Gugs	29:35
10	Sibusiso Nontanda	Metropolitan	29:40

40-49:

1	Friedl	Van der Merwe	Strand	33:03
2	J	Totone	Sandf WP	34:00
3	Muizz	Okkers	Top Form	35:19

50-59:

1	Les	Chivell	Fish Hoek	32:19
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2	Gemjikile Tom	Eskom Gijimas	33:42
3	Richard Johnson	Old Mutual	35:11

60+:

1	Eric Joubert	Fish Hoek	39:06
2	Malcolm Rhodes	Pinelands	41:25

Juniors:

1	Yandisa Chasawa	RCS Gugs	29:35
2	Luthando Diba	Celtic Harriers	30:18
3	Thabiso Sakayi	AAC	30:41

WOMEN

1	Asiphe Sikhabalanjane	RCS Gugs	33:42
2	Hewu Yonela	RCS Gugs	34:01
3	Ester Brink	Strand	34:19
4	Mariette Esterhuyse	Tygerberg	35:11
5	Charmaine Cupido	Nedbank WP	39:42
6	Heather Johnson	Temp	40:01
7	Collette Van Eck	Fish Hoek	40:14
8	Ayanda Mqakayi	RCS Gugs	40:15
9	Gaylon Atson	Mp Titans	40:31
10	Lauren Snell	UCT	40:52

40-49:

1	Ester Brink	Strand	34:19
2	Mariëtte Esterhuyse	Tygerberg	35:11
3	Lucinda Barron	MP Titans	47:24

50-59:

1	Charmaine Cupido	Nedbank WP	39:42
2	Collette Van Eck	Fish Hoek	40:14
3	Laura Bower	Sanlam	48:59

60+:

1	Margie Plantema	Accis VOB	41:46
2	Pixie Sparg	Celtic Harriers	42:16

Juniors:

1	Asiphe Sikhabalanjane	RCS Gugs	33:42
2	Yonela Hewu	RCS Gugs	34:01
3	Ayanda Mqakayi	RCS Gugs	40:15

CROSS-COUNTRY**Boland Championships**

Paarl, 15 August

Note: These results were sent to DRR by Gert le Roux. – Ed.

MEN (12 km)

1	Pieter Koopman	Maties	36:45
2	Piet Jacobs	Nedbank	37:38
3	Rodger Davids	Robertson	38:17

MEN (4 km)

1	Pieter Koopman	Maties	11:35
2	Jacques Pretorius	Maties	11:47
3	Dicardo Jacobs	Maties	11:54

MASTER MEN (8 km)

1	Donovan Wright	Maties	27:25
2	Ivan Reynicke	Bredasdorp	28:00
3	Thomas Moses	Worcester	27:21

JUNIOR MEN (8 km)

1	William Kaptein	Robertson	25:07
2	Shaun Lackay	Langeberg SS	25:30
3	Antonio May	Klein Nederburg	25:54

WOMEN (8 km)

1	Mia Pienaar	Maties	29:26
2	Danette Smith	Maties	31:28
3	Christina Langenhoven	Maties	33:20

WOMEN (4 km)

1	Magrietha Smit	Ceres	15:16
2	Madelein Nel	Saldanha	15:36
3	Carmita Shaik	Athletics Alive	18:42

JUNIOR WOMEN (6 km)

1	Elene Lourens	Maties	21:41
2	Alesonia Nel	Groenberg SS	24:14
3	Suzette Williams	Breerivier SS	26:08

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**NYC Half Marathon (4th)**

Central Park to Battery Park, New York, USA, 16 August

(Distance: 21.1 km; certified point-to-point course with about 30 m of elevation loss)

MEN

1.	Tadese Tola, 21, ETH	1:01:06	\$10,000
2.	Ridouane Harroufi, 28, MAR	1:02:33	7,500
3.	Ryan Hall, 26, Mammoth Lakes, CA	1:02:35	5,000
4.	Abdi Abdirahman, 32, Tucson, AZ	1:02:51	3,500
5.	Hendrick Ramaala, 37, RSA	1:04:02	2,000
6.	Abderrahime Bouramdane, 31, MAR	1:04:08	1,500
7.	Stephen Chemlany, 27, Sl. Hollow, NY (KEN)	1:04:10	1,000 + 1,000#
8.	Ketema Nigusse, 28, Bronx, NY (ETH)	1:04:13	750 + 750#
9.	Worku Beyi, 22, Bronx, NY (ETH)	1:04:28	500 + 600#
10.	Hosea Rotich, 30, KEN	1:04:59	250

WOMEN

1.	Paula Radcliffe, 35, GBR	1:09:45	\$10,000
2.	Mamitu Daska, 25, ETH	1:11:04 PB	7,500
3.	Catherine Ndereba, 37, KEN	1:11:56	5,000
4.	Nadia Ejjafini, 28, BRN	1:12:47	3,500
5.	Buzunesh Deba, 21, Bronx, NY (ETH)	1:13:17	2,000 + 1,000#
6.	Ilsa Paulson, 29, New York, NY	1:13:20 PB	1,500 + 750#
7.	Deena Kastor, 36, Mammoth Lakes, CA	1:13:48	1,000

8. Anikó Kálovics, 32, HUN	1:14:51	750
9. Lindsey Scherf, 22, Hartsdale, NY	1:14:56 DB	500
10. Sherri Piers, 38, Falmouth, ME	1:16:16	250

America's Finest City Half Marathon (32nd)

San Diego, USA, 16 August

(Distance: 21.1 km; certified, point-to-point course)

MEN

1. Ernest Kebenei, 24, Las Cruces, NM (KEN)	1:04:01	\$1500
2. Stephen Muange, 28, Las Cruces, NM (KEN)	1:05:09	1000
3. Jynocel Baswet, 22, Santa Fe, NM (KEN)	1:05:52	750

WOMEN

1. Belainesh Gebre, 21, Flagstaff, AZ (ETH)	1:10:49	\$1500
2. Hiromi Ominami, 33, Boulder, CO (JPN)	1:14:13	1000
3. Daniela Cirlan, 28, Boulder, CO (ROU)	1:16:06	750

TRACK

IAAF World Championships

Berlin, GER, 15-23 August

Note: These are the complete results of the distance events in Berlin. Some of them were included in last week's DRR (eg. the men's 10000 m and the women's steeplechase), but are included again so that readers have all the results in one place. The marathons are included here and not under the road running section for easy reference. The distance results are followed by the finals in the other events (track and field), and then a summary of all the SA performances. – Ed.

Marathons:

(Distance: 42.195 km; four-loop course using primary 10 km loop plus extra 2.195 km loop; flat with no start/finish separation)

MEN (22):

1. Abel Kirui, KEN	2:06:54 CR Gold	\$60,000
2. Emmanuel Mutai, KEN	2:07:48	Silver 30,000
3. Tsegay Kebede, ETH	2:08:35	Bronze 20,000
4. Adhane Yemane Tsegay, ETH	2:08:42	15,000
5. Robert Kipkoech Cheruiyot, KEN	2:10:46	10,000
6. Atsushi Sato, JPN	2:12:05	6,000
7. Adil Ennani, MAR	2:12:12	5,000
8. José Manuel Martínez, ESP	2:14:04	4,000
9. José Moreira, POR	2:14:05 PB	
10. Luís Feiteira, POR	2:14:06	
11. Masaya Shimizu, JPN	2:14:06	
12. Norman Dlomo, RSA	2:14:39	
13. Fernando Silva, POR	2:14:48	
14. Satoshi Irifune, JPN	2:14:54	
15. Dejene Yirdaw, ETH	2:15:09	
16. Marilson Gomes dos Santos, BRA	2:15:13	
17. Johannes Kekana, RSA	2:15:28	
18. André Pollmächer, GER	2:15:36	
19. Adriano Bastos, BRA	2:15:39 PB	
20. Oleg Kulkov, RUS	2:15:40	

21. Martin Dent, AUS	2:16:05
22. Coolboy Ngamole, RSA	2:16:20
23. José de Souza, BRA	2:16:40
24. Dan Browne, USA	2:16:49
25. Reid Coolsaet, CAN	2:16:53 PB
26. Rachid Kisri, MAR	2:17:01
27. Yuriy Abramov, RUS	2:17:04
28. Faustin Baha, TAN	2:17:11
29. Ser-Od Bat-Ochir, MGL	2:17:22
30. Andrew Letherby, AUS	2:17:29
31. Daniel Kipkorir Chepyegon, UGA	2:17:47
32. Simon Munyutu, FRA	2:17:53
33. Dylan Wykes, CAN	2:18:00
34. Martin Beckmann, GER	2:18:08
35. George Majaji, ZIM	2:18:37
36. Matt Gabrielson, USA	2:18:41
37. Alejandro Suárez, MEX	2:18:55
38. Chang Chia-Che, TPE	2:19:32
39. Kazuhiro Maeda, JPN	2:19:59
40. Khalid Kamal Yaseen, BRN	2:20:11
41. James Kibocha Theuri, FRA	2:20:24
42. Roman Kejzar, SLO	2:20:25
43. Pak Song-Chol, PRK	2:21:12
44. Driss El Himer, FRA	2:21:19
45. Mikhail Lemaev, RUS	2:21:47
46. Lee Myongseung, KOR	2:21:54
47. Mark Tucker, AUS	2:21:57
48. José Amado García, GUA	2:22:00
49. Carlos Cordero, MEX	2:22:16
50. Falk Cierpinski, GER	2:22:36

Marathon World Cup (score top-3 athletes per team on total time):

1. Kenya: 6:25:28 \$20,000
(Kirui, 2:06:54; Mutai, 2:07:48, Cheruiyot 2:10:46)
2. Ethiopia: 6:32:26 \$15,000
(Kebede, 2:08:35; Yemane Tsegay, 2:08:42; Yirdaw, 2:15:09)
3. Japan: 6:41:05 \$12,000
(Sato, 2:12:05; Shimizu, 2:14:06; Irifune, 2:14:54)
4. Portugal: 6:42:59 \$10,000
5. South Africa: 6:46:27 \$8,000

WOMEN (23):

1. Bai Xue, CHN	2:25:15	Gold \$60,000
2. Yoshimi Ozaki, JPN	2:25:25	Silver 30,000
3. Aselefech Mergia, ETH	2:25:32	Bronze 20,000
4. Zhou Chunxiu, CHN	2:25:39	15,000
5. Zhu Xiaolin, CHN	2:26:08	10,000
6. Marisa Barros, POR	2:26:50	6,000
7. Yuri Kano, JPN	2:26:57	5,000
8. Nailiya Yulamanova, RUS	2:27:08	4,000
9. Alevtina Biktimirova, RUS	2:27:39	
10. Kara Goucher, USA	2:27:48	
11. Desiree Davila, USA	2:27:53 PB	

12. Julia Mombi Muraga, KEN	2:28:59
13. Sun Weiwei, CHN	2:29:39
14. Yoshiko Fujinaga, JPN	2:29:53
15. Svetlana Zakharova, RUS	2:29:55
16. Bezunesh Bekele, ETH	2:30:03
17. Sabrina Mockenhaupt, GER	2:30:07
18. Lisa Jane Weightman, AUS	2:30:42 PB
19. Zivile Balciunaite, LTU	2:31:06
20. Kim Kum-Ok, PRK	2:31:24
21. Irene Limika, KEN	2:31:29
22. Lidia Simon, ROU	2:32:03
23. Dire Tune, ETH	2:32:42 (fell)
24. Beata Naigambo, NAM	2:33:05 PB
25. Alessandra Aguilar, ESP	2:33:38
26. Epiphanie Nyirabarambe, RWA	2:33:59 NR
27. Atsede Bayisa, ETH	2:36:04
28. Tera Moody, USA	2:36:39
29. Olga Glok, RUS	2:36:57
30. Paige Higgins, USA	2:37:11
31. Yukiko Akaba, JPN	2:37:43
32. Lyubov Morgunova, RUS	2:38:23
33. Jong Yong-Ok, PRK	2:38:29
34. Susanne Hahn, GER	2:38:39
35. Mary Davies, NZL	2:38:48 PB
36. Tara Quinn-Smith, CAN	2:39:19
37. Risper Jemeli Kimaiyo, KEN	2:39:23
38. Patrizia Morceli, SUI	2:39:37
39. Yun Sun Suk, KOR	2:39:56
40. Judith Ramírez, MEX	2:40:18
41. Fiona Docherty, NZL	2:40:18 PB
42. Phyo Un Suk, PRK	2:40:39
43. Adriana Aparecida da Silva, BRA	2:40:54 PB
44. Shireen Crumpton, NZL	2:41:31
45. Tanith Maxwell, RSA	2:41:48
46. Annemette Aagaard, DEN	2:42:03
47. Martha Komu, KEN	2:42:14
48. Kim Chol Sun, PRK	2:42:18
49. Patricia Lossouarn, FRA	2:42:40
50. Laurence Klein, 1969, FRA	2:42:47
... 56. Helalia Johannes, NAM	2:50:19

Marathon World Cup (score three athletes per team on time):

1. China: 7:17:02 \$20,000
(Bai, 2:25:15; Zhou, 2:25:39; Zhu, 2:26:08)
2. Japan: 7:22:15 \$15,000
(Ozaki, 2:25:25; Kano, 2:26:57; Fujinaga, 2:29:53)
3. Russia: 7:24:42 \$12,000
(Yulamanova, 2:27:08; Biktimirova, 2:27:39; Zakharova, 2:29:55)
4. Ethiopia: 7:28:17 \$10,000
5. USA: 7:32:20 \$8,000
6. Kenya: 7:39:51 \$6,000

MEN

800:

Final (23):

1. Mbulaeni Mulaudzi, RSA	1:45.29	Gold
2. Alfred Kirwa Yego, KEN	1:45.35	Silver
3. Yusuf Saad Kamel, BRN	1:45.35	Bronze
4. Yuriy Borzakovskiy, RUS	1:45.57	
5. Amine Laalou, MAR	1:45.66	
6. Nick Symmonds, USA	1:45.71	
7. Bram Som, NED	1:45.86	
8. Marcin Lewandowski, POL	1:46.17	
9. Jackson Kivuva, KEN	1:46.39	
10. Yeimer López, CUB	1:47.80	

Semi-Finals (21): Advance top-2 each heat plus next 2 times to final

Heat 1:

Note: Abubaker Kaki fell 200 m into the race, causing Lewandowski and Som to also fall.

Officials advanced Lewandowski and Som to the final. – Ed.

1. Nick Symmonds, USA	1:45.96	Q
2. Jackson Mumbwa Kivuva, KEN	1:46.32	Q
3. Belal Mansoor Ali, BRN	1:46.57	
4. Tamás Kazi, HUN	1:47.01	
5. Jeff Lastennet, FRA	1:57.43	
6. Marcin Lewandowski, POL	2:01.62	q
Bram Som, NED	DNF	q
Abubaker Kaki, SUD	DNF	

Heat 2:

1. Yusuf Saad Kamel, BRN	1:45.01	Q (SB)
2. Yuriy Borzakovskiy, RUS	1:45.16	Q
3. Alfred Kirwa Yego, KEN	1:45.22	q (SB)
4. Mbulaeni Mulaudzi, RSA	1:45.26	q
5. Khadevis Robinson, USA	1:45.91	
6. Adam Kszczot, POL	1:46.33	
7. Asbel Kiprop, KEN	1:52.05	
Ismail Ahmed Ismail, SUD	DNF	

Heat 3:

1. Amine Laalou, MAR	1:45.27	Q
2. Yeimer López, CUB	1:45.33	Q
3. David Lekuta Rudisha, KEN	1:45.40	
4. Gary Reed, CAN	1:45.60	
5. Moise Joseph, HAI	1:45.87	(SB)
6. Fabiano Peçanha, BRA	1:45.94	
7. Michael Rimmer, GBR	1:46.77	
8. Samson Ngoepe, RSA	1:49.03	

Prelims (20): Advance top-3 each heat plus next 3 fastest times to semi-finals

Heat 1:

1. Mbulaeni Mulaudzi, RSA	1:46.40	Q
2. Abubaker Kaki, SUD	1:46.41	Q
3. Fabiano Peçanha, BRA	1:46.68	Q
4. Sajad Moradi, IRI	1:47.68	SB
5. Abraham Chepkirwok, UGA	1:48.57	
6. Eduard Villanueva, VEN	1:48.61	
Manuel Olmedo, ESP	DNF	

Heat 2:

1. Nick Symmonds, USA	1:47.12 Q
2. Belal Mansoor Ali, BRN	1:47.16 Q
3. Ismail Ahmed Ismail, SUD	1:47.20 Q
4. Mattias Claesson, SWE	1:48.02
5. Thomas Chamney, IRL	1:48.09
6. Prince Mumba, ZAM	1:48.13
7. Ilija Ranitovic, MNE	1:53.17
8. Iulio Lafai, SAM	2:03.51 SB

Heat 3:

1. Gary Reed, CAN	1:45.76 Q
2. Yuriy Borzakovskiy, RUS	1:45.86 Q
3. Jeff Lastennet, FRA	1:46.30 Q (PB)
4. Samson Ngoepe, RSA	1:46.54 q
5. Ryan Brown, USA	1:46.92
6. Mike Schumacher, LUX	1:48.18 PB
7. Robin Schembera, GER	1:54.47

Heat 4:

1. Yusuf Saad Kamel, BRN	1:46.43 Q (SB)
2. Asbel Kiprop, KEN	1:46.52 Q
3. Khadevis Robinson, USA	1:46.79 Q
4. Lukas Rifesser, ITA	1:47.07
5. Kleberson Davide, BRA	1:47.51
6. Mahamoud Farah, DJI	1:48.23
Ali Al-Deraan, KSA	DNS

Heat 5:

1. Alfred Kirwa Yego, KEN	1:48.32 Q
2. Tamás Kazi, HUN	1:48.40 Q
3. Marcin Lewandowski, POL	1:48.41 Q
4. Mohammed Al-Salhi, KSA	1:48.43
5. Luis Alberto Marco, ESP	1:48.47
6. Jozef Repčík, SVK	1:48.73
7. Evans Pinto, BOL	1:52.23
8. Arnold Sorina, VAN	2:00.13 (SB)

Heat 6:

1. David Lekuta Rudisha, KEN	1:47.83Q
2. Yeimer López, CUB	1:48.04 Q
3. Michael Rimmer, GBR	1:48.20 Q
4. Abdoulaye Wagne, SEN	1:48.22
5. Dmitrijs Milkevics, LAT	1:48.43
6. Mohammad Al-Azemi, KUW	1:51.73
7. Nadjim Manseur, ALG	DNS

Heat 7:

1. Jackson Mumbwa Kivuva, KEN	1:46.17 Q
2. Bram Som, NED	1:46.33 Q
3. Amine Laalou, MAR	1:46.38 Q
4. Moise Joseph, HAI	1:46.68 q
5. Adam Kszczot, POL	1:46.70 q
6. Dmitrijs Jurkevics, LAT	1:46.90 (SB)
7. Pablo Solares, MEX	1:47.96 (SB)

1500:

Final (19):

1. Yusuf Saad Kamel, BRN	3:35.93 Gold
2. Deresse Mekonnen, ETH	3:36.01 Silver
3. Bernard Lagat, USA	3:36.20 Bronze
4. Asbel Kiprop, KEN	3:36.47
5. Augustine Choge, KEN	3:36.53
6. Mohamed Moustoui, MAR	3:36.57
7. Mehdi Baala, FRA	3:36.99
8. Lopez Lomong, USA	3:37.62
9. Belal Mansoor Ali, BRN	3:37.72
10. Amine Laalou, MAR	3:37.83
11. Abdalaati Igider, MAR	3:38.35
12. Leonel Manzano, USA	3:40.05

Semi-Finals (17): Advance top-5 each heat plus next two fastest times

Heat 1:

1. Amine Laalou, MAR	3:36.68 Q
2. Lopez Lomong, USA	3:36.75 Q
3. Bernard Lagat, USA	3:36.86 Q
4. Yusuf Saad Kamel, BRN	3:36.87 Q
5. Mehdi Baala, FRA	3:37.07 Q
6. James Brewer, GBR	3:37.27
7. Juan Carlos Higuero, ESP	3:37.33
8. Henok Legesse, ETH	3:37.79
9. Nate Brannen, CAN	3:38.97
10. Peter van der Westhuizen, RSA	3:40.00
11. Rui Silva, POR	3:41.30
Haron Keitany, KEN	DNS (ankle injury)

Heat 2:

1. Asbel Kiprop, KEN	3:36.24 Q
2. Leonel Manzano, USA	3:36.29 Q
3. Augustine Choge, KEN	3:36.43 Q
4. Deresse Mekonnen, ETH	3:36.86 Q
5. Belal Mansoor Ali, BRN	3:36.87 Q
6. Mohamed Moustoui, MAR	3:36.94 q
7. Abdalaati Igider, MAR	3:37.19 q
8. Reyes Estévez, ESP	3:37.55 (SB)
9. Taoufik Makhoulfi, ALG	3:37.87
10. Jeffrey Riseley, AUS	3:38.00
11. Andrew Baddeley, GBR	3:38.23
12. Dorian Ulrey, USA	3:39.33

Prelims (15): Advance top-5 each heat plus next four times to semi-finals

Heat 1:

1. Mehdi Baala, FRA	3:42.77 Q
2. Leonel Manzano, USA	3:42.87 Q
3. Abdalaati Igider, MAR	3:42.88 Q
4. Jeff Riseley, AUS	3:43.03 Q
5. Belal Mansoor Ali, BRN	3:43.06 Q
6. Arturo Casado, ESP	3:43.21
7. Mekonnen Gebremedhin, ETH	3:43.22
8. Christian Obrist, ITA	3:43.41
9. Hais Welday, ERI	3:43.84
10. Goran Nava, SRB	3:44.13
11. Mohammed Shaween, KSA	3:49.03

- | | |
|---------------------------|--------------|
| 12. Chauncy Master, MAW | 3:50.73 |
| 13. Abdallahi Nanou, MTN | 4:09.77 (PB) |
| Boampouguini Djigban, TOG | DNF |

Heat 2:

- | | |
|----------------------------------|--------------|
| 1. Asbel Kiprop, KEN | 3:41.42 Q |
| 2. Bernard Lagat, USA | 3:41.60 Q |
| 3. Juan Carlos Higuero, ESP | 3:41.77 Q |
| 4. Rui Silva, POR | 3:41.98 Q |
| 5. Peter van der Westhuizen, RSA | 3:42.33 Q |
| 6. Anter Zerguelaine, ALG | 3:42.37 |
| 7. Thomas Chamney, IRL | 3:42.54 |
| 8. Thomas Lancashire, GBR | 3:42.68 |
| 9. Carsten Schlangen, GER | 3:44.00 |
| 10. Ryan Gregson, 1990, AUS | 3:44.79 |
| 11. Abdalla Abdelgadir, SUD | 3:47.78 |
| 12. Bayron Piedra, ECU | 3:49.60 |
| 13. Bunting Hem, CAM | 4:08.64 (SB) |
| 14. Benjamín Enzema, GEQ | 4:13.17 (PB) |

Heat 3:

- | | |
|------------------------------|--------------|
| 1. Augustine Choge, KEN | 3:44.73 Q |
| 2. Amine Laalou, MAR | 3:44.75 Q |
| 3. Lopez Lomong, USA | 3:44.89 Q |
| 4. Andrew Baddeley, GBR | 3:45.23 Q |
| 5. Henok Legesse, ETH | 3:45.63 Q |
| 6. Tarek Boukensa, ALG | 3:45.65 |
| 7. Kristof van Malderen, BEL | 3:46.03 |
| 8. Yoann Kowal, FRA | 3:46.42 |
| 9. Johan Cronje, RSA | 3:46.45 |
| 10. Jeremy Roff, AUS | 3:47.08 |
| 11. Mohamad Al-Garni, QAT | 3:50.55 |
| 12. Álvaro Vázquez, NCA | 3:55.06 (PB) |
| 13. Antoine Berlin, MON | 4:27.52 |

Heat 4:

- | | |
|----------------------------|----------------|
| 1. Deresse Mekonnen, ETH | 3:37.04 Q |
| 2. Haron Keitany, KEN | 3:37.13 Q |
| 3. James Brewer, GBR | 3:37.17 Q (PB) |
| 4. Mohamed Moustauoui, MAR | 3:37.34 Q |
| 5. Yusuf Saad Kamel, BRN | 3:37.59 Q |
| 6. Reyes Estévez, ESP | 3:38.23 q (SB) |
| 7. Nate Brannen, CAN | 3:38.35 q |
| 8. Dorian Ulrey, USA | 3:38.86 q |
| 9. Taoufik Makhloufi, ALG | 3:40.04 q |
| 10. Stefan Eberhardt, GER | 3:40.05 |
| 11. Mounir Yemmouni, FRA | 3:42.06 |
| 12. Tiidrek Nurme, EST | 3:43.73 (SB) |
| 13. Víctor Martínez, AND | 4:02.10 (SB) |

5000:

Final (23):

- | | | |
|-------------------------|----------|--------|
| 1. Kenenisa Bekele, ETH | 13:17.09 | Gold |
| 2. Bernard Lagat, USA | 13:17.33 | Silver |
| 3. James Kwalia, QAT | 13:17.78 | Bronze |
| 4. Moses Kipsiro, UGA | 13:18.11 | SB |
| 5. Eliud Kipchoge, KEN | 13:18.95 | |

6. Ali Abdosh, ETH	13:19.11
7. Mo Farah, GBR	13:19.69
8. Matthew Tegenkamp, USA	13:20.23
9. Vincent Chepkok, KEN	13:21.31
10. Jesus España, ESP	13:22.07
11. Chakir Boujattaoui, MAR	13:23.05
12. Chris Solinsky, USA	13:25.87
13. Joseph Ebuya, KEN	13:39.59
14. Anis Selmouni, MAR	13:44.59
15. Teklemariam Medhin, ERI	13:44.65
16. Collis Birmingham, AUS	13:55.58

Prelims (20): Advance top-5 finishers each heat plus next five times to final

Heat 1:

1. Kenenisa Bekele, ETH	13:19.77 Q
2. Matt Tegenkamp, USA	13:19.87 Q
3. Mo Farah, GBR	13:19.94 Q
4. Vincent Kiprop Chepkok, KEN	13:20.24 Q
5. Jesus España, ESP	13:20.40 Q
6. Chris Solinsky, USA	13:20.64 q
7. Joseph Ebuya, KEN	13:22.41 q
8. Anis Selmouni, MAR	13:22.95 q
9. Teklemariam Medhin, ERI	13:23.48 q
10. Collis Birmingham, AUS	13:23.48 q
11. Saif Saaeed Shaheen, QAT	13:26.35
12. Geoffrey Kusuro, UGA	13:28.48 (SB)
13. Ali Abdosh, ETH	13:36.52 q
14. Daniele Meucci, ITA	13:37.79
15. Etienne Bizimana, BDI	14:06.02 (PB)
16. Yuichiro Ueno, JPN	14:30.76
Bayron Piedra, ECU	DNF
Juan Luis Barrios, MEX	DNS
Fabiano Joseph Naasi, TAN	DNS

Heat 2:

Note: Bernard Lagat was badly spiked. He was put in a wheelchair under the stadium and had to get stitches in his ankle. – Ed.

1. Moses Kipsiro, UGA	13:22.98 Q (SB)
2. Eliud Kipchoge, KEN	13:23.34 Q
3. James Kwalia, QAT	13:23.57 Q
4. Bernard Lagat, USA	13:23.73 Q
5. Chakir Boujattaoui, MAR	13:23.83 Q
6. Bekana Daba, ETH	13:23.86
7. Samuel Tsegay, ERI	13:26.78
8. Morhad Amdouni, FRA	13:29.64
9. Kidane Tadasse, ERI	13:30.85
10. Alemayehu Bezabeh, ESP	13:33.52
11. Evan Jager, USA	13:39.80
12. Hussain Jamaan Alhamdah, KSA	13:44.59
13. Alistair Cragg, IRL	13:46.34
14. Arne Gabius, GER	13:49.13
15. Moses Kibet, UGA	13:52.38
16. Sergio Sánchez, ESP	13:53.51
17. Marco Joseph, TAN	13:53.67
18. Tonny Wamulwa, ZAM	14:01.67 SB
19. Mohamed Ali Mohamed, SOM	14:34.62 PB
20. Omar Abusaid, PLE	15:14.88 PB

10000 (17):

1. Kenenisa Bekele, ETH	26:46.31 CR Gold
2. Zersenay Tadese, ERI	26:50.12 SB Silver
3. Moses Masai, KEN	26:57.39 SB Bronze
4. Imane Merga, ETH	27:15.94 PB
5. Bernard Kiprop Kipyego, KEN	27:18.47 SB
6. Dathan Ritzenhein, USA	27:22.28 PB
7. Micah Kogo, KEN	27:26.33 SB
8. Galen Rupp, USA	27:37.99 SB
9. Kidane Tadesse, ERI	27:41.50 SB
10. Gebre Gebremariam, ETH	27:44.04 SB
11. Ahmad Hassan Abdullah, QAT	27:45.03 SB
12. Teklemariam Medhin, ERI	27:58.89 SB
13. Fabiano Joseph, TAN	28:04.32 SB
14. Juan Carlos Romero, MEX	28:09.78 SB
15. Carles Castillejo, ESP	28:09.89
16. Dickson Marwa, TAN	28:18.00 SB
17. Tim Nelson, USA	28:18.04
18. Juan Luis Barrios, MEX	28:31.40
19. Surendra Kumar Singh, IND	28:35.51 SB
20. Anatoliy Rybakov, RUS	28:42.28
21. Ezekiel Jafari, TAN	28:45.34
22. Martin Toroitich, UGA	28:49.49 SB
23. Rui Pedro Silva, POR	28:51.40
24. David McNeill, AUS	29:18.59 SB
25. Yuki Iwai, JPN	29:24.12
Collis Birmingham, AUS	DNF
Ayad Lamdassem, ESP	DNF
Manuel Ángel Penas, ESP	DNF
Abebe Dinkesa, ETH	DNF
Nicholas Kemboi, QAT	DNF
Martin Fagan, IRL	DNS

3000 s/chase:

Final (18):

1. Ezekiel Kemboi, KEN	8:00.43 CR Gold
2. Richard Mateelong, KEN	8:00.89 PB Silver
3. Bouabdellah Tahri, FRA	8:01.18 ER Bronze
4. Paul Kipsiele Koech, KEN	8:01.26 SB
5. Yacob Jarso, ETH	8:12.13 PB
6. Roba Gary, ETH	8:12.40
7. Brimin Kiprop Kipruto, KEN	8:12.61
8. Jukka Keskisalo, FIN	8:14.47
9. Eliseo Martín, ESP	8:16.51 (SB)
10. Tareq Mubarak Taher, BRN	8:17.08
11. Benjamin Kiplagat, UGA	8:17.82
12. Abubaker Ali Kamal, QAT	8:19.72
13. Ruben Ramolefi, RSA	8:32.54
14. Mustafa Mohamed, SWE	8:35.77
Jamel Chatbi, MAR	DNS

Prelims (16): Advance top-4 each heat plus next three times to final

Heat 1:

1. Richard Mateelong, KEN	8:17.99 Q
2. Tareq Mubarak Taher, BRN	8:18.13 Q
3. Paul Kipsiele Koech, KEN	8:18.16 Q

4. Roba Gary, ETH	8:18.22 Q
5. Abubaker Ali Kamal, QAT	8:18.95 q (SB)
6. Abdelatif Chemlal, MAR	8:25.68
7. Tomasz Szymkowiak, POL	8:27.93
8. Mario Bazán, PER	8:28.67 NR
9. Pieter Desmet, BEL	8:31.81
10. Vincent Zouaoui-Dandrieaux, FRA	8:41.85
11. Per Jacobsen, SWE	8:44.80
12. Ángel Mullera, ESP	8:47.40
Kyle Alcorn, USA	DNF

Heat 2:

1. Brimin Kipruto, KEN	8:18.07 Q
2. Bouabdellah Tahri, FRA	8:18.23 Q
3. Ruben Ramolefi, RSA	8:18.24 Q
4. Benjamin Kiplagat, UGA	8:18.55 Q
5. Jukka Keskisalo, FIN	8:22.00 q
6. Mustafa Mohamed, SWE	8:22.92 q
7. José Luis Blanco, ESP	8:24.07
8. Krijn van Koolwijk, BEL	8:24.22 SB
9. Ildar Minshin, RUS	8:33.89
10. Rob Watson, CAN	8:44.73
11. Youcef Abdi, AUS	8:49.88
12. Legese Lamiso, ETH	8:51.63
13. Joshua McAdams, USA	9:02.19

Heat 3:

1. Ezekiel Kemboi, KEN	8:19.36 Q
2. Jamel Chatbi, MAR	8:20.26 Q
3. Yacob Jarso, ETH	8:20.91 Q
4. Eliseo Martín, ESP	8:24.29 Q
5. Ion Luchianov, MDA	8:27.41
6. Bjørnar Ustad Kristensen, NOR	8:28.49 SB
7. Steffen Uliczka, GER	8:37.83
8. Simon Ayeko, UGA	8:37.86
9. Yoshitaka Iwamizu, JPN	8:39.03
10. Boštjan Buc, SLO	8:40.56
11. Alberto Paulo, POR	8:43.13
12. Daniel Huling, USA	8:46.79
Mahiedine Mekhissi-Benabbad, FRA	DNF

WOMEN

800:

Final (19):

1. Caster Semenya, RSA	1:55.45 PB Gold
2. Janeth Jepkosgei, KEN	1:57.90 SB Silver
3. Jenny Meadows, GBR	1:57.93 PB Bronze
4. Yuliya Krevsun, UKR	1:58.00 SB
5. Mariya Savinova, RUS	1:58.68
6. Elisa Cusma Piccione, ITA	1:58.81 SB
7. Mayte Martínez, ESP	1:58.81 SB
8. Marilyn Okoro, GBR	2:00.32

Semi-Finals (17): Advance top-2 each heat plus next 2 fastest times to final

Heat 1:

1. Mariya Savinova, RUS	1:59.30 Q
2. Yuliya Krevsun, UKR	1:59.38 Q

3. Mayte Martínez, ESP	1:59.72 q (SB)
4. Hasna Benhassi, MAR	2:00.06
5. Jemma Simpson, GBR	2:00.57
6. Geena Gall, USA	2:01.30
7. Zulia Calatayud, CUB	2:01.53
8. Élodie Guégan, FRA	2:04.38

Heat 2:

1. Caster Semenya, RSA	1:58.66 Q
2. Jennifer Meadows, GBR	1:59.45 Q
3. Janeth Jepkosgei, KEN	1:59.47 q
4. Hazel Clark, USA	1:59.96 SB
5. Svetlana Klyuka, RUS	2:00.48
6. Tetiana Petlyuk, UKR	2:00.90
7. Lucia Klocová, SVK	2:01.56
8. Marian Burnett, GUY	2:02.75
Halima Hachlaf, MAR	DNF (collapsed with 200m to go)

Heat 3:

1. Elisa Cusma Piccione, ITA	2:00.62 Q
2. Marilyn Okoro, GBR	2:01.01 Q
3. Anna Rostkowska, POL	2:01.40
4. Elena Kofanova, RUS	2:02.02
5. Kenia Sinclair, JAM	2:02.31
6. Lenka Masná, CZE	2:02.55
7. Maggie Vessey, USA	2:03.55
Pamela Jelimo, KEN	DNF

Prelims (16): Advance top-3 each heat plus next 6 fastest times to semi-finals

Heat 1:

1. Caster Semenya, RSA	2:02.51 Q
2. Geena Gall, USA	2:02.63 Q
3. Tetiana Petlyuk, UKR	2:02.87 Q
4. Olga Cristea, MDA	2:03.99
5. Neisha Bernard-Thomas, GRN	2:04.55
6. Madeleine Pape, AUS	2:05.85
7. Janeth Jepkosgei, KEN	2:12.81*

*Was leading at bell, fell, but was allowed to advance on appeal

Heat 2:

1. Mariya Savinova, RUS	2:03.27 Q
2. Jemma Simpson, GBR	2:03.33 Q
3. Mayte Martínez, ESP	2:03.39 Q
4. Élodie Guégan, FRA	2:03.87 q
5. Irina Krakoviak, LTU	2:04.26
6. Elena Mirela Lavric, ROU	2:04.49
7. Leonor Piuza, MOZ	2:08.08

Heat 3:

1. Yuliya Krevsun, UKR	2:02.20 Q
2. Jenny Meadows, GBR	2:02.47 Q
3. Hazel Clark, USA	2:02.67 Q
4. Lucia Klocová, SVK	2:02.98 q
5. Marian Burnett, GUY	2:03.89 q
6. Yeliz Kurt, TUR	2:13.42
7. Aishath Reesha, MDV	2:28.00 NR
Sanaa Abubkheet, PLE	DQ

Heat 4:

1. Elisa Cusma Piccione, ITA 2:02.33 Q
2. Anna Rostkowska, POL 2:02.37 Q
3. Halima Hachlaf, MAR 2:02.46 Q
4. Elena Kofanova, RUS 2:02.49 q
5. Lenka Masná, CZE 2:03.32 q
6. Eléni Filándra, GRE 2:06.39
7. Natalia Gallego, AND 2:18.75

Heat 5:

1. Pamela Jelimo, KEN 2:03.50 Q
2. Maggie Vessey, USA 2:04.07 Q
3. Kenia Sinclair, JAM 2:04.52 Q
4. Rosibel García, COL 2:04.73
5. Jana Hartmann, GER 2:04.99
6. Nataliia Lupu, UKR 2:06.74
7. Salome Dell, PNG 2:08.22

Heat 6:

1. Zulia Calatayud, CUB 2:02.33 Q
2. Hasna Benhassi, MAR 2:02.83 Q
3. Marilyn Okoro, GBR 2:03.07 Q
4. Svetlana Klyuka, RUS 2:03.40 q
5. Daniela Reina, ITA 2:06.30
6. Anabelle Lascar, MRI 2:06.53 SB
7. Nikki Hamblin, NZL 2:31.94

1500:

Final (23):

Note: Gelete Burka was leading the race with 200 m to go when Natalia Rodríguez tried to push past her on the inside. Rodríguez shoved the smaller Burka with her right hand, and Burka went down hard. Rodríguez went on to cross the finish line first, but was disqualified for the incident. This didn't help Burka, but elevated Maryam Yusuf Jamal to the gold medal, giving Jamal her second consecutive world title by just 1/100th of a second, the narrowest margin of victory in world championships history. Britain's Lisa Dobriskey was advanced to silver and American Shannon Rowbury got the bronze. – Ed.

1. Maryam Yusuf Jamal, BRN 4:03.74 Gold
2. Lisa Dobriskey, GBR 4:03.75 Silver
3. Shannon Rowbury, USA 4:04.18 Bronze
4. Nuria Fernández, ESP 4:04.91
5. Christin Wurth-Thomas, USA 4:05.21
6. Anna Willard, USA 4:06.19
7. Lidia Chojecka, POL 4:07.17
8. Natalya Evdokimova, RUS 4:07.71
9. Kalkidan Gezahegne, ETH 4:08.81
10. Gelete Burka, ETH 4:11.21
- Natalia Rodríguez, ESP DQ
- Mariem Alaoui Selsouli, MAR DNS

Prelims (18): Advance top-6 each heat plus next 6 times to semi-finals

Heat 1:

1. Maryam Yusuf Jamal, BRN 4:08.76 Q
2. Nuria Fernández, ESP 4:08.79 Q
3. Meskerem Assefa, ETH 4:08.86 Q
4. Mariem Alaoui Selsouli, MAR 4:08.86 Q
5. Iryna Lishchynska, UKR 4:08.95 Q

6. Irina Krakoviak, LTU 4:08.96 Q
7. Viola Kibiwot, KEN 4:09.18 q
8. Lidia Chojecka, POL 4:09.38 q
9. Oksana Zbrozhek, RUS 4:09.84
10. Charlene Thomas, GBR 4:09.91
11. Shannon Rowbury, USA 4:10.30 q*
12. Marina Muncan, SRB 4:15.18
13. Eliane Saholinirina, MAD 4:16.63
14. Eva Pereira, CPV 5:04.95 PB

*Became tangled with Meskerem Assefa, fell behind, but was allowed to advance after the USA team protested.

Heat 2:

1. Gelete Burka, ETH 4:07.75 Q
2. Natalia Rodríguez, ESP 4:07.84 Q
3. Lisa Dobriskey, GBR 4:07.90 Q
4. Natalya Evdokimova, RUS 4:08.06 Q
5. Anna Willard, USA 4:08.13 Q
6. Btissam Lakhoad, MAR 4:08.21 Q
7. Mimi Belete, BRN 4:08.36 q
8. Nikki Hamblin, NZL 4:09.60 q
9. Hind Déhiba Chahyd, FRA 4:11.41 q*
10. Tamara Tverdostup, UKR 4:13.36
11. Alemitu Bekele, TUR 4:13.69 SB
12. Susan Kuijken, NED 4:18.10
13. Irene Jelagat, KEN 4:27.36 (fell)
14. Aldy Villalobos, NCA 4:50.55 PB

*Was allowed to advance on protest after tangling with Irene Jelegat

Heat 3:

1. Anna Alminova, RUS 4:08.13 Q
2. Nancy Jebet Langat, KEN 4:08.16 Q
3. Kalkidan Gezahegne, ETH 4:08.23 Q
4. Christin Wurth-Thomas, USA 4:08.23 Q
5. Sylwia Ejdys, POL 4:08.59 Q
6. Sonja Roman, SLO 4:08.65 Q
7. Anna Mishchenko, UKR 4:09.26 q
8. Iris Fuentes-Pila, ESP 4:09.71 q
9. Adrienne Herzog, NED 4:10.10
10. Siham Hilali, MAR 4:10.57
11. Deirdre Byrne, IRL 4:12.19
12. Stephanie Twell, GBR 4:18.23
13. Sladjana Pejovic, MNE 4:28.67
14. Francine Nzilampa, COD 4:30.56 NR

5000:

Final (22):

1. Vivian Cheruiyot, KEN 14:57.97 Gold
2. Sylvia Kibet, KEN 14:58.33 Silver
3. Meseret Defar, ETH 14:58.41 Bronze
4. Sentayehu Ejigu, ETH 15:03.38
5. Meselech Melkamu, ETH 15:03.72
6. Iness Chenonge, KEN 15:06.06
7. Silvia Weissteiner, ITA 15:09.74 SB
8. Genzebe Dibaba, ETH 15:11.12
9. Jen Rhines, USA 15:11.63
10. Sara Moreira, POR 15:12.22

- | | |
|-------------------------------|-------------|
| 11. Yuriko Kobayashi, JPN | 15:12.44 SB |
| 12. Yurika Nakamura, JPN | 15:13.01 PB |
| 13. Alemitu Bekele, TUR | 15:18.18 SB |
| 14. Krisztina Papp, HUN | 15:20.36 |
| 15. Zakia Mrisho Mohamed, TAN | 15:31.73 |

Prelims (19): Advance top-5 each heat plus next 5 fastest times to final

Heat 1:

- | | |
|--------------------------|-----------------|
| 1. Sentayehu Ejigu, ETH | 15:17.64 Q |
| 2. Sylvia Kibet, KEN | 15:17.77 Q |
| 3. Meselech Melkamu, ETH | 15:18.39 Q |
| 4. Krisztina Papp, HUN | 15:19.90 Q (SB) |
| 5. Sara Moreira, POR | 15:19.93 Q |
| 6. Yurika Nakamura, JPN | 15:21.01 q (PB) |
| 7. Julie Culley, USA | 15:32.33 |
| 8. Natalya Popkova, RUS | 15:32.62 |
| 9. Inés Melchor, PER | 16:00.83 |
| 10. Marriam Thole, MAW | 17:12.21 |
| Elvan Abeylegesse, TUR | DNS |

Heat 2:

- | | |
|-----------------------------------|-----------------|
| 1. Meseret Defar, ETH | 15:16.46 Q |
| 2. Vivian Cheruiyot, KEN | 15:16.59 Q |
| 3. Iness Chenonge, KEN | 15:18.40 Q |
| 4. Genzebe Dibaba, ETH | 15:19.66 Q |
| 5. Alemitu Bekele, TUR | 15:19.88 Q (SB) |
| 6. Jen Rhines, USA | 15:20.20 q |
| 7. Silvia Weissteiner, ITA | 15:20.88 q |
| 8. Yuriko Kobayashi, JPN | 15:23.96 q (SB) |
| 9. Zakia Mrisho Mohamed, TAN | 15:25.09 q (SB) |
| 10. Elizaveta Grechishnikova, RUS | 15:53.41 |
| 11. Judith Plá, ESP | 15:54.32 |
| 12. Pauline Niyongere, BDI | 16:33.77 PB |

10000 (15):

- | | |
|----------------------------------|------------------|
| 1. Linet Masai, 1989, KEN | 30:51.24 SB Gold |
| 2. Meselech Melkamu, ETH | 30:51.34 Silver |
| 3. Wude Ayalew Yimer, ETH | 30:51.95 Bronze |
| 4. Grace Momanyi, KEN | 30:52.25 PB |
| 5. Meseret Defar, ETH | 30:52.37 |
| 6. Amy Yoder Begley, USA | 31:13.78 PB |
| 7. Yurika Nakamura, JPN | 31:14.39 PB |
| 8. Kim Smith, NZL | 31:21.42 SB |
| 9. Kayoko Fukushi, JPN | 31:23.49 SB |
| 10. Inês Monteiro, POR | 31:25.67 PB |
| 11. Mariya Konovalova, RUS | 31:26.94 |
| 12. Florence Jebet Kiplagat, KEN | 31:30.85 |
| 13. Ana Dulce Félix, POR | 31:30.90 PB |
| 14. Shalane Flanagan, USA | 31:32.19 |
| 15. Kseniya Agafonova, RUS | 31:43.14 |
| 16. Ana Dias, POR | 31:49.91 |
| 17. Katie McGregor, USA | 32:18.49 |
| 18. Yingying Zhang, CHN | 32:33.63 SB |
| 19. Liliya Shobukhova, RUS | 32:42.36 |
| 20. Yukari Sahaku, JPN | 33:41.17 |
| Elvan Abeylegesse, TUR | DNF |
| Olivera Jevtic, SRB | DNS |

3000 s/chase:

Final (17):

1. Marta Domínguez, ESP	9:07.32 WL Gold
2. Yuliya Zarudneva, RUS	9:08.39 PB Silver
3. Milcah Chemos Cheywa, KEN	9:08.57 PB Bronze
4. Gulnara Galkina, RUS	9:11.09 SB
5. Jenny Barringer, USA	9:12.50 AR
6. Habiba Ghribi, TUN	9:12.52 NR
7. Ruth Bisibori Nyangau, KEN	9:13.16 PB
8. Gladys Jerotich Kipkemoi, KEN	9:14.62 PB
9. Antje Möldner, GER	9:18.54 NR
10. Zemzem Ahmed, ETH	9:22.64 SB
11. Jessica Augusto, POR	9:25.25 SB
12. Katarzyna Kowalska, POL	9:30.37
13. Sofia Assefa, ETH	9:31.29
14. Eva Arias, ESP	9:33.34
15. Sophie Duarte, FRA	9:33.85

Prelims (15): Advance top-4 each heat plus next 3 times to final

Heat 1:

1. Gulnara Galkina, RUS	9:17.67 Q
2. Antje Möldner, GER	9:21.73 Q (NR)
3. Sofia Assefa, ETH	9:22.63 Q
4. Milcah Chemos Cheywa, KEN	9:23.87 Q
5. Eva Arias, ESP	9:25.14 q (PB)
6. Jessica Augusto, POR	9:26.64 q (SB)
7. Ancuta Bobocel, ROU	9:34.39 (SB)
8. Iríni Kokkinariou, GRE	9:35.61 (SB)
9. Yelena Sidorchenkova, RUS	9:37.16
10. Minori Hayakari, JPN	9:39.28 (SB)
11. Lindsey Anderson, USA	9:46.03
12. Donna MacFarlane, AUS	9:52.46 (SB)
13. Durka Mana, SUD	9:52.90
14. Elena Romagnolo, ITA	9:56.61

Heat 2:

1. Habiba Ghribi, TUN	9:26.40 Q
2. Yuliya Zarudneva, RUS	9:26.64 Q
3. Jenny Barringer, USA	9:26.81 Q
4. Katarzyna Kowalska, POL	9:26.93 Q (PB)
5. Ruth Bisibori Nyangau, KEN	9:27.04 q
6. Sara Moreira, POR	9:28.64 (PB)
7. Korahubsh Itaa, ETH	9:33.67
8. Ulrika Johansson, SWE	9:38.88 (PB)
9. Helen Clitheroe, GBR	9:41.71
10. Diana Martín, ESP	9:42.39 (PB)
11. Élodie Olivarès, FRA	9:43.83
12. Sabine Heitling, BRA	9:50.96
13. Roisin McGettigan, IRL	9:59.10
14. Silje Fjørtoft, NOR	10:01.04

OTHER FINALS

(Earlier results in DRR 9:33)

MEN

200 (20) (w -0.3 m/s):

1	5	656	Usain Bolt	JAM	19.19 (WR)	0.133
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2	6	888	Alonso Edward	PAN	19.81	(AR)	0.179
3	4	1230	Wallace Spearmon	USA	19.85	(SB)	0.152
4	8	1174	Shawn Crawford	USA	19.89	(SB)	0.148
5	3	664	Steve Mullings	JAM	19.98	(PB)	0.146
6	7	1172	Charles Clark	USA	20.39	.	0.158
7	1	154	Ramil Guliyev	AZE	20.61	.	0.165
8	2	434	David Alerte	FRA	20.68	.	0.161

400 (21):

1	4	1206	LaShawn Merritt	USA	44.06	(WL)	0.161
2	6	1242	Jeremy Wariner	USA	44.60	(SB)	0.162
3	3	1113	Renny Quow	TRI	45.02	.	0.195
4	7	629	Tabarie Henry	ISV	45.42	.	0.162
5	5	160	Chris Brown	BAH	45.47	.	0.161
6	2	619	David Gillick	IRL	45.53	.	0.148
7	8	490	Michael Bingham	GBR	45.56	.	0.172
8	1	448	Leslie Dhone	FRA	45.90	.	0.151

110 hurdles (20) (w 0.1 m/s):

1	4	169	Ryan Brathwaite	BAR	13.14	(NR)	0.157
2	5	1238	Terrence Trammell	USA	13.15	.	0.141
3	3	1216	David Payne	USA	13.15	.	0.122
4	6	518	William Sharman	GBR	13.30	(PB)	0.125
5	8	679	Maurice Wignall	JAM	13.31	(SB)	0.151
6	7	316	Petr Svoboda	CZE	13.38	.	0.144
7	2	678	Dwight Thomas	JAM	13.56	.	0.145
8	1	266	Wei Ji	CHN	13.57	.	0.144

400 hurdles (18):

1	3	1173	Kerron Clement	USA	47.91	(WL)	0.176
2	8	948	Javier Culson	PUR	48.09	(NR)	0.187
3	5	1191	Bershawn Jackson	USA	48.23	.	0.141
4	2	1112	Jehue Gordon	TRI	48.26	(NR)	0.172
5	7	583	Periklís Iakovákis	GRE	48.42	(SB)	0.189
6	1	671	Danny McFarlane	JAM	48.65	.	0.162
7	6	509	David Greene	GBR	48.68	.	0.148
8	4	329	Felix Sánchez	DOM	50.11	.	0.171

4x100 (22):

1	7	Jamaica	(Steve Mullings; Michael Frater; Usain Bolt; Asafa Powell)	JAM	37.31	(CR)
2	6	Trinidad and Tobago	(Darrel Brown; Marc Burns; Emmanuel Callander; Richard Thompson)	TRI	37.62	(NR)
3	3	Great Britain & N.I.	(Simeon Williamson; Tyrone Edgar; Marlon Devonish; Harry Aikines-Aryeetey)	GBR	38.02	(SB)
4	5	Japan	(Masashi Eriguchi; Naoki Tsukahara; Shinji Takahira; Kenji Fujimitsu)	JPN	38.30	(SB)
5	8	Canada	(Sam Effah; Oluseyi Smith; Jared Connaughton; Bryan Barnett)	CAN	38.39	(SB)
6	4	Italy	(Roberto Donati; Simone Collio; Emanuele Di Gregorio; Fabio Cerutti)	ITA	38.54	.
7	2	Brazil	(Vicente de Lima; Sandro Viana; Basílio de Moraes; José Carlos Moreira)	BRA	38.56	(SB)
8	1	France				

(Ronald Pognon; Martial Mbandjock; Eddy De Lepine; Christophe Lemaître) FRA 39.21

4x400 (23):

1	4	United States			
		(Angelo Taylor; Jeremy Wariner; Kerron Clement; LaShawn Merritt)	USA	2:57.86	
		(WL)			
2	7	Great Britain & N.I.			
		(Conrad Williams; Michael Bingham; Robert Tobin; Martyn Rooney)	GBR	3:00.53	
		(SB)			
3	2	Australia			
		(John Steffensen; Ben Offereins; Tristan Thomas; Sean Wroe)	AUS	3:00.90	(SB)
4	5	Belgium			
		(Antoine Gillet; Kévin Borlée; Nils Duerinck; Cedric van Branteghem)	BEL	3:01.88	
		(SB)			
5	8	Poland			
		(Marcin Marciniszyn; Piotr Klimczak; Kacper Kozłowski; Jan Ciepiela)	POL	3:02.23	
		(SB)			
6	6	Dominican Republic			
		(Arismendy Peguero; Yon Soriano; Yoel Tapia; Felix Sánchez)	DOM	3:02.47	.
7	3	France			
		(Leslie Djhone; Teddy Venel; Yannick Fonsat; Yoann Décimus)	FRA	3:02.65	.
8	1	Nigeria			
		(Saul Welgopwa; Noah Akwu; Amaechi Morton; Bola Gee Lawal)	NGR	3:02.73	

High jump (21):

1	1014	Yaroslav Rybakov	RUS	2.32	.
2	308	Kyriakos Ioannou	CYP	2.32	(SB)
3	569	Raul Spank	GER	2.32	(PB)
3	899	Sylwester Bednarek	POL	2.32	(PB)
5	311	Jaroslav Bába	CZE	2.23	.
5	463	Mickael Hanany	FRA	2.23	.
5	854	Martijn Nuyens	NED	2.23	.
5	1082	Linus Thörnblad	SWE	2.23	.
9	1202	Andra Manson	USA	2.23	.
10	1023	Ivan Ukhov	RUS	2.23	.
11	633	Giulio Ciotti	ITA	2.23	.
11	1209	Keith Moffatt	USA	2.23	.
13	208	Kabelo Kgosiemang	BOT	2.18	.

Pole vault (22):

1	138	Steven Hooker	AUS	5.90	.
2	474	Romain Mesnil	FRA	5.85	(SB)
3	470	Renaud Lavillenie	FRA	5.80	.
4	1150	Maksym Mazuryk	UKR	5.75	.
5	992	Aleksandr Gripich	RUS	5.75	(PB)
6	449	Damiel Dossévi	FRA	5.75	(PB)
7	512	Steven Lewis	GBR	5.65	.
7	571	Alexander Straub	GER	5.65	.
7	639	Giuseppe Gibilisco	ITA	5.65	.
10	703	Daichi Sawano	JPN	5.50	.
10	989	Viktor Chistiakov	RUS	5.50	.
12	184	Kevin Rans	BEL	5.50	.
12	1078	Alhaji Jeng	SWE	5.50	.
14	558	Malte Mohr	GER	5.50	.
.	1207	Derek Miles	USA	NM	.

Long jump (22):

1	1218	Dwight Phillips	USA	8.54	(0.1)	.
2	966	Godfrey Khotso Mokoena	RSA	8.47	(0.1)	.
3	149	Mitchell Watt	AUS	8.37	(-0.4)	.
4	140	Fabrice Lapierre	AUS	8.21	(-0.2)	.
5	517	Greg Rutherford	GBR	8.17	(0.7)	.
6	477	Salim Sdiri	FRA	8.07	(0.2)	.
7	206	Gable Garenamotse	BOT	8.06	(-0.2)	.
8	519	Christopher Tomlinson	GBR	8.06	(-0.2)	.
9	1194	Brian Johnson	USA	7.86	(0.1)	.
10	801	Yahya Berrabah	MAR	7.83	(0.4)	.
11	587	Loúis Tsátoumas	GRE	7.59	(0.4)	.
.	889	Irving Saladino	PAN	NM	(-0.5)	.

Triple jump (18):

1	510	Phillips Idowu	GBR	17.73	(0.0)	(WL)
2	928	Nelson Évora	POR	17.55	(0.1)	.
3	296	Alexis Copello	CUB	17.36	(-0.1)	.
4	165	Leevan Sands	BAH	17.32	(-0.5)	(SB)
5	302	Arnie David Girat	CUB	17.26	(0.0)	.
6	270	Yanxi Li	CHN	17.23	(1.1)	.
7	1019	Igor Spasovkhodskiy	RUS	16.91	(-0.3)	.
8	226	Jadel Gregório	BRA	16.89	(-0.1)	.
9	243	Momchil Karailiev	BUL	16.82	(0.3)	.
10	495	Nathan Douglas	GBR	16.79	(-0.1)	.
11	480	Teddy Tamgho	FRA	16.79	(-0.6)	.
12	1071	Dmitrij Valukevic	SVK	16.54	(0.3)	.

Discus throw (19):

1	551	Robert Harting	GER	69.43	(PB)	.
2	908	Piotr Malachowski	POL	69.15	(NR)	.
3	390	Gerd Kanter	EST	66.88	.	.
4	793	Virgilijus Alekna	LTU	66.36	.	.
5	1201	Casey Malone	USA	66.06	.	.
6	602	Zoltán Kövágó	HUN	65.17	.	.
7	1006	Bogdan Pishchalnikov	RUS	65.02	.	.
8	151	Gerhard Mayer	AUT	63.17	.	.
9	339	Omar Ahmed El Ghazaly	EGY	62.83	.	.
10	381	Mario Pestano	ESP	62.76	.	.
11	1225	Jarred Rome	USA	62.47	.	.
12	427	Frantz Kruger	FIN	59.77	.	.

Javelin throw (23):

1	878	Andreas Thorkildsen	NOR	89.59	(SB)	.
2	304	Guillermo Martínez	CUB	86.41	(SB)	.
3	699	Yukifumi Murakami	JPN	82.97	.	.
4	785	Vadims Vasilevskis	LAT	82.37	.	.
5	429	Tero Pitkämäki	FIN	81.90	.	.
6	430	Antti Ruuskanen	FIN	81.87	.	.
7	777	Ainars Kovals	LAT	81.54	.	.
8	534	Mark Frank	GER	81.32	.	.
9	433	Teemu Wirkkala	FIN	79.82	.	.
10	312	Petr Frydrych	CZE	79.29	.	.
11	423	Tero Järvenpää	FIN	75.57	.	.
12	1181	Sean Furey	USA	74.51	.	.

Decathlon (19-20):

1. Trey Hardee USA 8790 points
2. Leonel Suárez CUB 8640
3. Aleksandr Pogorelov RUS 8528
4. Oleksiy Kasyanov UKR 8479
5. Alexey Sysoev RUS 8454
6. Pascal Behrenbruch GER 8439
7. Nicklas Wiberg SWE 8406
8. Yordani García CUB 8387
9. Yúnior Díaz CUB 8357
10. Andrei Krauchanka BLR 8281

...

14. Willem Coertzen RSA 8146

(10.89/-0.4; 7.32/0.4; 13.16; 2.02; 48.63; 14.26/-0.1; 42.40; 4.60; 65.46; 4:32.57)

50 km walk (21):

1	995	Sergey Kirdyapkin	RUS	3:38:35	(WL)
2	875	Trond Nymark	NOR	3:41:16	(NR)
3	365	Jesús Angel García	ESP	3:41:37	(SB)
4	922	Grzegorz Sudol	POL	3:42:34	(PB)
5	553	André Höhne	GER	3:43:19	(PB)
6	120	Luke Adams	AUS	3:43:39	(PB)
7	147	Jared Tallent	AUS	3:44:50	(SB)
8	635	Marco De Luca	ITA	3:46:31	(PB)
9	426	Jarkko Kinnunen	FIN	3:47:36	(PB)
10	1070	Matej Tóth	SVK	3:48:35	.

WOMEN

200 (21) (w -0.1 m/s):

1	6	986	Allyson Felix	USA	22.02	.	0.173
2	5	522	Veronica Campbell-Brown	JAM	22.35	.	0.184
3	4	126	Debbie Ferguson-McKenzie	BAH	22.41	.	0.171
4	3	1008	Muna Lee	USA	22.48	.	0.174
5	8	540	Anneisha McLaughlin	JAM	22.62	.	0.178
6	7	526	Simone Facey	JAM	22.80	.	0.163
7	2	388	Emily Freeman	GBR	22.98	.	0.141
8	1	277	Eleni Artymata	CYP	23.05	.	0.176

400 (18):

1	3	1022	Sanya Richards	USA	49.00	(WL)	0.164
2	4	535	Shericka Williams	JAM	49.32	(PB)	0.194
3	5	806	Antonina Krivoschapka	RUS	49.71	.	0.187
4	6	534	Novlene Williams-Mills	JAM	49.77	(SB)	0.214
5	7	393	Christine Ohuruogu	GBR	50.21	(SB)	0.231
6	1	985	Debbie Dunn	USA	50.35	.	0.275
7	2	799	Anastasiya Kapachinskaya	RUS	50.53	.	0.220
8	8	159	Amantle Montsho	BOT	50.65	.	0.212

100 hurdles (19):

1	4	527	Brigitte Foster-Hylton	JAM	12.51	(SB)	0.157
2	6	206	Priscilla Lopes-Schliep	CAN	12.54	.	0.128
3	8	525	Delloreen Ennis-London	JAM	12.55	(SB)	0.142
4	1	495	Derval O'Rourke	IRL	12.67	(NR)	0.128
5	7	114	Sally McLellan	AUS	12.70	.	0.139
6	2	1018	Virginia Powell	USA	12.78	.	0.146
7	5	994	Dawn Harper	USA	12.81	.	0.164
8	3	201	Perdita Felicien	CAN	15.53	.	0.151

400 hurdles (20):

1	4	545	Melaine Walker	JAM	52.42 (CR)	0.142
2	5	982	Lashinda Demus	USA	52.96 .	0.159
3	3	913	Josanne Lucas	TRI	53.20 (NR)	0.186
4	6	543	Kaliese Spencer	JAM	53.56 (PB)	0.149
5	2	1040	Tiffany Williams	USA	53.83 (SB)	0.161
6	7	777	Natalya Antyukh	RUS	54.11 (PB)	0.205
7	8	947	Anastasiya Rabchenyuk	UKR	54.78 .	0.206
8	1	759	Angela Morosanu	ROU	55.04 .	0.183

4x100 (22):

1	5	Jamaica	(Simone Facey; Shelly-Ann Fraser; Aleen Bailey; Kerron Stewart)	JAM	42.06 .
2	3	Bahamas	(Sheniqua Ferguson; Chandra Sturup; Christine Amertil; Debbie Ferguson-McKenzie)	BAH	42.29 (SB)
3	4	Germany	(Marion Wagner; Anne Möllinger; Cathleen Tschirch; Verena Sailer)	GER	42.87 (SB)
4	8	Russia	(Evgeniya Polyakova; Aleksandra Fedoriva; Yulia Gushchina; Yuliya Chermoshanskaya)	RUS	43.00 (SB)
5	6	Brazil	(Rosemar Maria Neto; Lucimar Aparecida de Moura; Thaissa Presti; Vanda Gomes)	BRA	43.13 .
6	1	Great Britain & N.I.	(Laura Turner; Montell Douglas; Emily Freeman; Emma Ania)	GBR	43.16 (SB)
7	2	Trinidad and Tobago	(Reyare Thomas; Kelly-Ann Baptiste; Ayanna Hutchinson; Semoy Hackett)	TRI	43.43 .
8	7	Colombia	(Yomara Hinestroza; Felipa Palacios; Darlenis Obregón; Norma González)	COL	43.71 .

4x400 (23):

1	5	United States	(Debbie Dunn; Allyson Felix; Lashinda Demus; Sanya Richards)	USA	3:17.83 (WL)
2	6	Jamaica	(Rosemarie Whyte; Novlene Williams-Mills; Shereefa Lloyd; Shericka Williams)	JAM	3:21.15 (SB)
3	4	Russia	(Anastasiya Kapachinskaya; Tatyana Firova; Lyudmila Litvinova; Antonina Krivoshapka)	RUS	3:21.64 (SB)
4	2	Great Britain & N.I.	(Lee McConnell; Christine Ohuruogu; Vicki Barr; Nicola Sanders)	GBR	3:25.16 (SB)
5	8	Germany	(Fabienne Kohlmann; Sorina Nwachukwu; Esther Cremer; Claudia Hoffmann)	GER	3:27.61 .
6	3	Nigeria	(Endurance Abinuwa; Muizat Ajoke Odumosu; Josephine Ehigie; Folasade Abugan)	NGR	3:28.55 (SB)
7	7	France	(Virginie Michanol; Aurélie Kamga; Symphora Béhi; Solen Désert-Mariller)	FRA	3:30.16 .
8	1	Cuba			

(Diosmely Peña; Daisurami Bonne; Zulia Calatayud; Indira Terrero) CUB 3:36.99

High jump (20):

1	254	Blanka Vlašić	CRO	2.04	.
2	784	Anna Chicherova	RUS	2.02	(SB)
3	416	Ariane Friedrich	GER	2.02	.
4	504	Antonietta Di Martino	ITA	1.99	.
5	301	Ruth Beitia	ESP	1.99	.
6	825	Svetlana Shkolina	RUS	1.96	.
7	886	Emma Green	SWE	1.96	(SB)
7	1001	Chaunté Howard Lowe	USA	1.96	.
9	376	Melanie Melfort	FRA	1.92	.
10	829	Elena Slesarenko	RUS	1.92	.
11	439	Meike Kröger	GER	1.87	.
12	965	Amy Acuff	USA	1.87	.

Long jump (23):

1	1020	Brittney Reese	USA	7.10	(1.0)	(WL)
2	808	Tatyana Lebedeva	RUS	6.97	(1.0)	(SB)
3	925	Karin Mey Melis	TUR	6.80	(0.4)	.
4	737	Naide Gomes	POR	6.77	(0.5)	.
5	807	Olga Kucherenko	RUS	6.77	(1.1)	.
6	101	Shara Proctor	AIA	6.71	(1.2)	(NR)
7	178	Maurren Higa Maggi	BRA	6.68	(0.7)	.
8	315	Ksenija Balta	EST	6.62	(0.3)	.
9	991	Brianna Glenn	USA	6.59	(-0.1)	.
10	708	Teresa Dobija	POL	6.58	(0.7)	.
11	152	Nastassia Mironchuk	BLR	6.29	(0.0)	.
.	174	Keila Costa	BRA	NM	(0.3)	.

Discus throw (21):

1	118	Dani Samuels	AUS	65.44	(PB)
2	256	Yarelis Barrios	CUB	65.31	(SB)
3	754	Nicoleta Grasu	ROU	65.20	(SB)
4	711	Zaneta Glanc	POL	62.66	.
5	224	Aimin Song	CHN	62.42	.
6	447	Nadine Müller	GER	62.04	.
7	823	Natalya Sadova	RUS	61.78	.
8	375	Mélina Robert-Michon	FRA	60.92	.
9	253	Sandra Perkovic	CRO	60.77	.
10	1026	Aretha Thurmond	USA	59.89	.
11	223	Xuejun Ma	CHN	58.79	.
12	971	Stephanie Brown Trafton	USA	58.53	.

Hammer throw (22):

1	731	Anita Wlodarczyk	POL	77.96	(WR)
2	432	Betty Heidler	GER	77.12	(NR)
3	879	Martina Hrasnová	SVK	74.79	.
4	435	Kathrin Klaas	GER	74.23	(PB)
5	231	Wenxiu Zhang	CHN	72.57	.
6	810	Tatyana Lysenko	RUS	72.22	.
7	978	Jessica Cosby	USA	72.17	.
8	502	Clarissa Claretti	ITA	71.56	.
9	353	Stéphanie Falzon	FRA	71.40	.
10	202	Sultana Frizell	CAN	70.88	.
11	973	Amber Campbell	USA	70.08	.
12	368	Manuela Montebrun	FRA	69.92	.

Javelin throw (18):

1	448	Steffi Nerius	GER	67.30	(SB)
2	282	Barbora Špotáková	CZE	66.42	.
3	774	Maria Abakumova	RUS	66.06	.
4	766	Monica Stoian	ROU	64.51	(PB)
5	450	Christina Obergföll	GER	64.34	.
6	456	Linda Stahl	GER	63.23	.
7	271	Olisdeilys Menéndez	CUB	63.11	(SB)
8	466	Sávva Líka	GRE	60.29	.
9	948	Vira Rebryk	UKR	58.25	.
10	760	Maria Nicoleta Negoita	ROU	57.65	.
11	855	Martina Ratej	SLO	57.57	.
12	1043	Rachel Yurkovich	USA	51.15	.

SUMMARY OF S.A. PERFORMANCES

h = heat

qf = quarterfinal

sf = semifinal

f = final (in bold)

q = qualifying round

nm = no measurement

Simon Magakwe (100): 3h 10.54; 6qf 10.71

Thuso Mpuang (200): 4h 20.91; 5qf 20.87

Pieter Smith (400): 6h 48.14

Mbulaeni Mulaudzi (800): 1h 1:46.40; 4sf 1:45.26; **1f 1:45.29**

Samson Ngoepe (800): 4h 1:46.54; 8sf 1:49.03

Peter van der Westhuizen (1500): 5h 3:42.33; 10sf 3:40.00

Johan Cronje (1500): 9h 3:46.45

Ruben Ramolefi (3000 s/c): 3h 8:18.24; **13f 8:32.54**

Norman Dlomo (mar): 12 2:14:39

Johannes Kekana (mar): 17 2:15:28

Coolboy Ngamole (mar): 22 2:16:20

Lehann Fourie (110 h): 4h 13.67

L.J. van Zyl (400 h): 2h 49.48; 6sf 48.80

4x100: 6h 39.71

4x400: 6h 3:07.88

Khotso Mokoena (LJ): 2q 8.29; **2f 8.47**

Chris Harmse (HT): nm

Robert Oosthuizen (JT): 20q 67.86

Willem Coertzen (dec): 14 8146 pts (SA rec)

Isabel le Roux (200): 5h 23.61

Caster Semenya (800): 1h 2:02.51; 1sf 1:58.66; **1f 1:55.45**

Tanith Maxwell (mar): 45 2:41:48

Janice Josephs (LJ): 15q 6.22

Elizna Naudé (DT): 7q 59.67

Sunette Viljoen (JT): 8q 56.83

THE S.A. MARATHON DEBATE

WE SHOULD LOOK AT WHAT WE WANT TO ACHIEVE

By James Evans

I have read both Dewald Steyn's and Norrie Williamson's contributions on the S.A. Marathon Championships. They both make valid points, but then lose the thread at the end.

Dewald does an interesting statistical analysis, but it doesn't really tell that much. Cape Town may have produced better times at for the SA Marathon, but we need to look at a lot of other factors. For example, the courses on which they were run, the conditions on the day, etc. A simple analysis which says that one city is quicker than another is only valid when the same route has been used each time. That is not the case with any of the cities in question. So, although his conclusion supports my city, I don't agree with how that conclusion was arrived at. Too many variables were not considered.

Norrie gets most of it right, but then jumps to a conclusion which is not supported by his argument. Where I agree with him is the timing of the Champs. If we are going to hold the Champs in February in order to use it to select teams for the various championships, which are usually in July or August, then we are limiting ourselves to only one city - Port Elizabeth. I agree with Norrie that a championship race then will not get the best fields - with the big international marathons being in April/May, none of the top athletes will run in February, unless the course and conditions make it worth their while.

An SA Marathon in July also does not make sense. It would be way too close to the major championships and pretty much in marathon no-man's-land. It also conflicts with the ideal date for the half marathon championships (given the Worlds are normally in October). September-December is probably the right time. It is after the major championships and gives an opportunity to prepare long enough in advance of an international championships the next year. With that I agree with Norrie.

It is from then on that I cannot follow his argument, unless he is trying to promote Durban. Here are some of the fundamental flaws in his argument: We will never succeed in growing marathon running as a sport in South Africa while we regard marathons as a qualifier for Two Oceans or Comrades. Those two races were the ultimate goal in South Africa under the apartheid years when the country was isolated from international competition. Having the goal of a race to be a qualifier for Two Oceans is self-defeating if it is looking for mass participation. The Peninsula Marathon has for years been in February, as a qualifier for Two Oceans, and attracts at best a field of 2 500. When we start treating marathons as valid events in their own right, then we may get somewhere. If we stick to apartheid-era thinking we will continue to fail.

If we look at the three cities, Durban, Cape Town and PE, we must not look at past races on different course, or at our own prejudices. The facts are simple: Durban is too hot and humid for fast times in February. A marathon in Durban is best run in June/July, when the weather is at its best. Cape Town is too risky in terms of wind and heat in February. The city itself is also too busy to have a marathon in the city itself over that time - it is the major tourist and events time of the year. Any marathon at that time of the year will have to be on the outskirts of Cape Town. But, in any event, the south-easter will put paid to fast times. Obviously Cape Town in winter is too risky. As I type this it is pouring with rain outside.

The ideal time for Cape Town is either April or September, when there is less likely to be wind, the sun does not rise too early or too late and the temperatures are acceptable. April is already taken by Two Oceans, so it leaves September as the right time. PE is pretty much acceptable at most times of the year, but does lend itself to a February race. If the wind blows in PE you stay at home. If it doesn't, conditions are likely to be good.

So the right order for major marathons is PE in February, Durban in July and Cape Town in September. That is excluding the inland races - Soweto is not about times, but the occasion, and Johannesburg has not really taken off as a marathon. It is also unlikely to produce fast times (although the effect of altitude on marathon running is more assumed than scientifically proven). The championships should be placed where it suits the national

programme best. If it is felt that the benefits outweigh the disadvantages in February, keep it there, but there must be a proper analysis of why the championships are then. After that decision is taken, take the championships to the race/city best suited to that time of year.

As for courses, I am not sure where Norrie gets the idea that it is not disputed that the 2009 Durban course is quicker than Cape Town. It most certainly is! But that is a parochial argument, which does not help the debate. Courses at the major marathons must be designed to make the most of what the venue has to offer and to assist with fast times. To be honest, I was in Durban and could not think of a more tedious course than they ran this year. Few of the athletes really enjoyed it.

PE has produced some quick courses, although the course design of the last SA Champs there left quite a bit to be desired. It is questionable whether a major marathon should twist through people's houses. Some cities and routes lend themselves to mass participation, some lend themselves to fast times, and some to both. Are the SA Champs really attracting big fields? Do championships courses not lend themselves to lap courses? They tend to use them at the major championships.

Dewald has started a useful debate, but it will be more constructive when we look at what we are trying to achieve and how we go about it, given the constraints and advantages of the different venues. Merely looking at a statistical analysis of where fast times have been run previously without analysing further as to why they were run, or pushing one's own city's interests, is not going to lead to the right answer. And please let's stop relegating marathons to mere qualifiers for Comrades or Two Oceans.

STATS TIME

This week's list shows the top ten athletes on the SA women's all-time list for the 800 metres, with secondary performances for national record holder and world champion Caster Semenya (who was born on 7 January 1991).

ALL-TIME 800 M: TOP TEN WOMEN

1:55.45	Caster Semenya	1	World Ch	Berlin	19 Aug 09
1:56.72	Semenya-2	1	Afr Jr Ch	Bambous	31 Jul 09
1:58.66	Semenya-3	1sf	World Ch	Berlin	17 Aug 09
1:58.85	Zelda Pretorius	1		Pretoria	01 Apr 91
1:59.39	Ilze de Kock	1		Stellenbosch	25 Mar 83
1:59.70	Eranée van Zyl	1		Stellenbosch	25 Apr 83
2:00.58	Semenya-4	1	Yellow P	Germiston	06 Mar 09
2:00.90	Zola Budd	1		Kroonstad	16 Mar 84
2:00.99	Helga van Wermeckerken	1	SA Ch	Potchefstroom	13 Apr 85
2:01.28	Madele Naudé	1		Pretoria	14 Mar 88
2:01.49	Ronelle Roodt	2	SA Ch	Stellenbosch	11 Apr 87
2:01.64	Mari-Louise Henning	1		Stellenbosch	17 Apr 98
2:02.16	Ria Hugo	3		Stellenbosch	25 Mar 83

THIS MONTH IN HISTORY

This weekly column highlights a special race or event from the past that happened in the current month.

20 years ago: 13 August 1989

Steve Moneghetti (AUS) won the City to Surf 14 km in Sydney, Australia's equivalent of the Bay to Breakers in San Francisco, by a big margin in 40:35. In third place was American Ed Eyestone, who earlier in the year had been second in the Bay to Breakers. Recently Moneghetti became the oldest runner (at the age of 46 years 296 days) to break 30 min for 10 km when he set a new world record of 29:59.9 for the 45-49 year age

category. Moneghetti ran his time in Launceton, Australia, on 19 July, and broke the previous record by 2 seconds.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2009

This section lists the best South African performance this year for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed as is the practice in SA races, 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

Seniors

10 km	28:28	Hendrick Ramaala	Durban	08 Feb
	27:01	Micah Kogo (KEN)		
	27:01	Micah Kogo (KEN) 2009		
15 km	44:27	Lusapho April	Port Elizabeth	07 Mar
	43:26	Ryan Hall (USA)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
21.1 km	61:26	Stephen Mokoka	Port Elizabeth	04 Jul
	58:52	Patrick Makau (KEN)		
	58:33	Samuel Wanjiru (KEN) 2007		
25 km	79:32	Shadrack Hoff	Pretoria	09 May
	73:24	Matthew Kipchirchir (KEN)		
	72:45	Paul Kosgei (KEN) 2004		
30 km	1:42:54	Sipho Phala	Parow	22 Mar
	1:29:55	Yu Mitsuya (JPN)		
	88:00	Takayuki Matsumiya (JPN) 2005		
Marathon	2:07:44	Hendrick Ramaala	London	26 Apr
	2:04:27	Duncan Kibet (KEN & James Kwambai (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
100 km	6:47: 59	Vsevolod Khudyakov (RUS)		
	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	30:18	Mluleki Nobanda	Durban	08 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:19	Desmond Zibi	Port Elizabeth	17 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:48	Mluleki Nobanda	Port Elizabeth	04 Jul
	68:44a	Maboyisana Mazwayi	Jeffreys Bay	28 Mar
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:36	Johannes Maluleka	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:25	Lindile Tokota	Sedgefield	21 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:27:32	Reginald Ngobese	Durban	08 Feb
	2:24:25a	Lindile Tokota	Oudtshoorn	28 Feb
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:50	Thulani Sibisi	Durban	08 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	55:07	Goodman Mpukane	Mamre	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:28	Samuel Mogudi	Port Elizabeth	04 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	90:56	Eloi de Oliveira	Durban	22 Mar
30 km	1:59:19	Gemjikile Tom	Parow	22 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
Marathon	2:36:53	Eloi de Oliveira	Durban	08 Feb
100 km				

Grandmasters (60+)

10 km	37:58	Albertus Bock	Bellville	18 Apr
15 km	58:51	Albertus Bock	Constantia	07 Mar
21.1 km	81:53	Tamsanqa Jusayi	Port Elizabeth	04 Jul
25 km	1:47:48a	Tamsanqa Jusayi	Somerset East	14 Mar
30 km	2:09:10	Albertus Bock	Parow	22 Mar
Marathon	3:02:17	Paulus Masilela	Durban	08 Feb
100 km				

Juniors

10 km	29:44	Shaun Zuzani	Durban	08 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:04	Manfred Samuels	Eerste River	27 Jun
	42:25	Moses Mosop (KEN) 2004		
21.1 km	67:38	Sithyilo Diko	Port Elizabeth	04 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENSeniors

10 km	33:29	René Kalmer	New York	07 Jun
	31:12	Vivian Cheruiyot (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:09	Mia Pienaar	Eerste River	27 Jun
	48:13	Ines Chenonge (KEN)		
	46:55	Kayoko Fukushi (JPN) 2006		
21.1 km	71:49	Annerien v. Schalkwyk	Port Elizabeth	04 Jul
	67:18	Dire Tune (ETH)		
	66:25	Lornah Kiplagat (KEN) 2007		
25 km	1:48:56	Davera Magson	Port Elizabeth	21 Mar
	82:31	Peninah Arusei (KEN)		
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:47:01	Tomoe Yokoyama (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:47:05	Tshifhiwa Mundalamo	Durban	08 Feb
	2:22:11	Irina Mikiitenko (GER)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	7:50:00	Irina Vishnevskaya (RUS)		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	36:52	Michelle Bartman	Port Elizabeth	02 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:58	Michelle Bartman	Constantia	07 Mar

21.1 km	49:35	Priscilla Welch (GBR) 1985		
	80:11	Maya Lawrie	Port Elizabeth	04 Jul
	70:32	Helena Javornik (SLO) 2007		
25 km	1:42:34	Sandra Steenkamp	Pretoria	09 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:39	Joanna Thomas	Camps Bay	11 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:10	Sarah Mahlangu	Durban	08 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:21	Olga Howard	Pinelands	02 Aug
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:17	Olga Howard	Mamre	20 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:41	Olga Howard	Port Elizabeth	04 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:58:00	Rae Bisschoff	Pretoria	09 May
30 km	2:18:56	Annatjie Botes	Sedgefield	21 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
Marathon	3:17:01	Annatjie Botes	Durban	08 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:20	Sonja Laxton	Bellville	05 Apr
15 km	68:48	Sonja Laxton	Eldorado Park	08 Mar
21.1 km	1:33:51	Liz Ruickbie	Port Elizabeth	04 Jul
25 km	1:59:25	Regina Hughes	Pretoria	09 May
30 km	2:26:42	Veronica van Niekerk	Parow	22 Mar
Marathon	3:24:03	Elaine Greenblatt	Londen	26 Apr
100 km				
<u>Juniors</u>				
10 km	35:45	Maxine Heine-Wacker	Port Elizabeth	02 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:33	Juan-Marie Cooper	Pretoria	13 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	79:31	Lusanda Bomvana	Port Elizabeth	04 Jul
	1:09:05	Delilah Asiago (KEN) 1991		

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