

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

Highlight of the weekend was the superb new world record of 1:41.09 by David Rudisha in the 800 m, run at the ISTAF Meeting in Berlin. He broke the 13-year-old record of 1:41.11 by Wilson Kipketer (see also Stats Time in DRR 10:28). Following pacemaker Sammy Tangui by about 4 metres through the first 400 m (48.65), Rudisha came home in 52.44 for the second half – winning by more than 3 seconds. (The photograph shows Rudisha pointing to his new world mark on the electronic timer.)



At the same meeting world champion Caster Semenya continued her comeback with a well-controlled victory in 1:59.90.

Because of the incomplete nature of the results of the Riebeeckberg races, and the errors they contain (even the date is wrong on the results!), DRR will not publish the results. The winners of the various races, held on 31 July, were:

Marathon: Luyanda Mapoyi (NBMC) 2:39:36 & Liana Maree (Stellenbosch) 3:26:10
Half marathon: Thembelani Zola (MP) 71:13 & Annerien van Schalkwyk (back from injury; Irene) 79:27
10 km: Sityhilo Diko (Ned) 31:52 & Mia Pienaar (WC) 38:12

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Don Lock Memorial Race, Claremont
- * Vodacom Country Challenge, Midrand
- * Merewent 10 km, Merebank
- * Corridor Half Marathon (KZN)
- * Continental 10 km, Port Elizabeth
- * PetroSA Marathon, Half Marathon & 10 km, Mossel Bay

International highlights:

- * Internationaler Schortenser JEVER-FUN-LAUF, Schortens, GER
 - * News and Sentinel Half Marathon, Parkersburg, USA
 - * Ten Miles Garoto, Vitoria, BRA
 - * Pikes Peak Ascent, Manitou Springs, USA
 - * Pikes Peak Marathon, Manitou Springs, USA
 - * Track: ISTAF, Berlin, GER; Athletics Bridge, Dubnica, SVK; Youth Olympic Games, Singapore, SIN; Weltklasse in Zürich, Zürich, SUI
 - * Leadville Trail 100 Mile Endurance Run, Leadville, USA
-

ROAD RUNNING**Don Lock Memorial Race (51st)**

Claremont, 22 August

(Distance: 8 km; certified out-and-back course)

Note: This was Zintle Xiniwe's first win in this long-running Cape Town event. – Ed.

MEN

1. Nkosinathi Madyo (MP) 23:49
2. Sityhilo Diko (Ned) 24:06
3. Tom Lusaseni (Adid) 24:16

40-49: 1. Michael Bekapi (VOB) 28:45; 2. Shafiek Cassiem (Celtic) n/t; 3. Oelof van Zyl (VOB) 30:05. **50-59:** 1. Goodman Mpukane (Celtic) 30:39; 2. Tim Jobson (Met) 36:05; 3. Neil Ebing (WPCC) 36:32. **60+:** 1. Jimmy Morris (Forest) 31:24; 2. Mike Taylor (Tyger) 42:34; 3. Kaare James (Pine) 44:05. **Juniors:** 1. Luxolo Mdzanga (Gugs) 24:57; 2. Zolani Matshoba (Celic) 25:23; 3. Nkosinathi Sotyantya (Celtic) 25:29.

WOMEN

1. Zintle Xiniwe (Ned) 30:13
2. Asiphe Sikabalanjana (Gugs) 32:04
3. Olga Howard (Celtic) 33:25

40-49: 1. Viv Williams (Adid) 33:58; 2. Ronelle Marshall (Ind) 35:57; 3. Sonia Harlock (FH) 39:28. **50-59:** 1. Olga Howard (Celtic) 33:25; 2. Charmaine Cupido (Ned) 34:56; 3. Nancy Will (Pine) 37:39. **60+:** 1. Marietha Herbert (Bell) 39:31; 2. Marlene James (Pine) 45:18; 3. Annatjie Berndt (Tyger) n/t. **Juniors:** 1. Asiphe Sikabalanjana (Gugs) 32:04; 2. Asanda Dayamani (AAC) 35:39; 3. Benine Havenga (Tyger) 51:51.

Vodacom Country Challenge

Midrand, 22 August

(Distances: 21.1 km & 10 km; very hilly loop courses, especially the half marathon. Finishers: half marathon – 2 450; 10 km – 1 828.)

Half marathon**MEN**

1. Zongamele Dyubeni 27 (Nedbank) 1:07:13 (R3 000)
2. Tshidiso Bosiu 28 (Gauteng Striders) 1:07:48 (R1 500)
3. Degene Asefa 31 (ETH/ADT) 1:08:07 (R900)
4. Raphael Segodi 24 (Ind) 68:14 (R600)
5. Tumelo Motlagale 23 (Nedbank) 68:56 (R450)

Veterans: 1. Butiki Jantjies 40 (Mr Price) 1:10:54 (R900); 2. Nicky Masombuka 40 (Nedbank) 1:12:28 (R450); 3. Elias Mabane 41 (Bid) 1:14:20 (R225). **Masters:** 1. Charles Vilakazi 50 (KT) 1:18:20 (R450); 2. Johannes Seakamela 50 (RAC) 1:20:30 (R225); 3. Themba Pulu 50 (Yebo) 1:23:11 (R120). **G'masters:** 1. Donald Charles 61 (Brother) 1:29:38 (R300).

WOMEN (Same prize money as men)

1. Irvette van Blerk 23 (Nedbank) 1:19:21*
2. Louisa Leballo 32 (Gauteng Striders) 1:20:28
3. Tabitha Tsatsa 37 (ZIM/Mr Price) 1:20:46
4. Onneile Dintwe 24 (BOT/Nedbank) 1:22:19

*) She also won a time incentive of R1 000 for running sub-1:20.

Veterans: 1. Sarah Mahlangu 43 (Mr Price) 1:34:40; 2. Sandra Steenkamp 49 (Irene) 1:37:31; 3. Laura Venter 45 (Nedbank) 1:47:48. **Masters:** 1. Linda Potgieter 57 (Mag) 1:49:28; 2. Thandi Mlambo 51 (Afrox) 1:55:38. **G'masters:** 1. Penny Visser (Break) 1:57:16.

10 km

MEN

1. Xolisa Tyali 21 (Nedbank) 29:52 (R1 500)*
2. Boy Soke (Kovsies) 30:08 (R750)
3. Johannes Kekana 38 (Mr Price) 30:14 (R450)
4. Lucky Mohale 25 (Bon) 30:29 (R300)
5. Wesley Ruto 28 (KEN/Nedbank) 30:34 (R225)

*) The first three men also won time incentives of R1 000, R600 and R400 respectively for running sub-30:15.

Veterans: 1. Piet Mosibedi 40 (Nedbank) 32:55 (R450); 2. Elgin Mokale 44 (Harm) 34:05 (R225); 3. Peter Masia 41 (RAC) 34:52 (R120). **Masters:** 1. Francis Mukuka 55 (ZAM/Bashewa) 37:10 (R225); 2. Sontaga Mabale 50 (Break) 37:44 (R120). **G'masters:** 1. Joey Gotkin 60 (Rockies) 53:20 (R150). **Juniors:** 1. Morena Mokoena 17 (ADT) 33:32 (R600); 2. Caleb Khokhololo 18 (Elim) 34:52 (R300); 3. Vuyisile Tshoba 19 (Nedbank) 35:25 (R150).

WOMEN (Same prize money as men)

1. Helen Chiundo 21 (ZIM/Nedbank) 37:29
2. Muchaneta Gwata 25 (ZIM/Mr Price) 38:08
3. Mpho Mabuza 30 (Nedbank) 38:14
4. Maxine Heine-Wacker 20 (Nedbank) 39:10

Veterans: 1. Catherine Naane 44 (Drie) 43:16; 2. Jane Mudau 47 (Nedbank) 44:38.

Masters: 1. Pam Hampton 53 (Sunning) 51:04. **G'masters:** 1. Sandy Fine 66 (Rockies) 60:28. **Juniors:** 1. Briguetta Bezuidenhout 15 (UJ) 41:40; 2. Jolene Rabie 16 (UJ) 43:00.

Merewent 10 km

Merebank, 22 August

Out-and-back course

Note: The route had to be changed at the last minute for a cycle race and could not be remeasured. The very fast times surely point to a short course. – Ed.

MEN

1. Samuel Pazanga (ZIM/Mr Price) 28:28

2. Jari Nunyawazi (Form 1) 28:49
3. Professor Mollen (ZIM/Mr Price) 29:00

40-49: Herbert Mazongolo (Toyota) 33:25. **50-59:** Jan Koegelenberg (Mr Price) 36:25.
60+: Andrew Spence (SC Striders) 40:27.

WOMEN

1. Janene Carey (Boxer) 37:35
2. Iris Ndlovu (Boxer) 39:22
3. Jenny Sutton (YWP) 40:30

40-49: Jenny Sutton (YWP) 40:30. **50-59:** June Watson (PDAC) 45:18. **60+:** Lien Botha (Toti) 44:54.

Corridor Half Marathon (KZN)

22 August

Distance: 21.1 km

MEN

1. Thubalethu Phaku (DUT) 1:17:32
2. Bongumusa Mthembu (Mr Price) 1:19:03
3. Petros Sosibo (Mr Price) 1:19:44

WOMEN

1. Sibongile Ziqubu (Eskom) 1:56:51
2. Nombulelo Mbuli (Nedbank) 1:57:00
3. Tholakele Sigubudu (Boxer) 2:02:23

Continental 10 km

Port Elizabeth, 21 August

(Finishers: 454)

MEN

1	George	Ntshiliza	Nedbank RC EP	30	30:13
2	Khayaletu	Makalima	Mr Price RC EP	26	31:18
3	Sandile	Ngunuza	Nedbank RC EP	27	31:48
4	Sindile	Somke	Nedbank RC EP	33	32:14
5	Melikhaya	Frans	Nedbank RC EP	18	32:30
6	Zandisile	Mpisane	Mr Price RC EP	27	32:54
7	Lolwethu	Mbityi	PEAAC	19	33:38
8	Kobus	Joubert	Jeffreys Bay	35	33:48
9	Nkosinathi	Masango	Temp	24	34:15
10	Njongwezintle	Baba	Mr Price RC EP	16	34:22
11	Lubabalo	Jusayi	Mr Price RC EP	19	34:40
12	Mutekile	Rasmeni	Triangle Sports	45	34:46
13	Ayanda	Mayi	Nedbank RC EP	31	35:07
14	Clement	Mushaike	Ebenezer	37	35:12
15	Michael	Bester	Achilles AAA	23	35:21
16	Mongezi	Mboya	PEAAC	32	35:24
17	Darrell	Wicht	Triangle Sports	47	35:42
18	Mpumelelo	Ndlumbini	Nedbank RC EP	35	36:05
19	Nkosinathi	Gcakasi	Bluewater Bay	39	36:13
20	John	Rafani	Nedbank RC EP	43	36:42

WOMEN

1	Ntombesintu	Mfunzi	Mr Price RC EP	28	35:41
2	Deliwe	Nyanga	Nedbank RC EP	21	39:39
3	Liza-Marie	Bright	Elite AC	28	39:57
4	Marisa	Ferraris	Triangle Sports	39	40:08
5	Lize-Marie	Myburgh	Temp	26	42:05
6	Michelle	Enslin	Temp	42	42:10
7	Thabisa	Mayedwa	Nedbank RC EP	24	42:13
8	Grizelda	Pietersen	Achilles AAA	41	43:51
9	Anita	Kessels	Triangle Sports	31	44:49
10	Anita	Ndiki	Nedbank RC EP	19	45:06
11	Lizette	Sydien	Elite AC	24	45:17
12	Tracey	Brink	Temp	40	45:34
13	Treloar	Childs	Walmer AC	47	45:38
14	Hanlie	Van Der Westhuizen	Transnet RE	54	46:13
15	Julia	Cayisa	Nedbank RC EP	27	46:35
16	Nadia	Kock	Jeffreys Bay	23	46:46
17	Adele	Nel	St Albans CSEP	37	47:38
18	Lizette	Owen	Temp	43	48:34
19	Joy Anne	Pregalato	Achilles AAA	39	48:38
20	Megan	Wilson	Charlo R R	14	49:30

PetroSA Marathon (24th), Half Marathon & 10 km

Mossel Bay, 14 August

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses. Finishers: marathon – 132; half marathon – 220; 10 km – 182.)

Note: Doubts have been expressed about the length of these courses. All three routes were approx. 300 m short last year because of a marshalling error. This year, using the Race Time Bias (RTB) formula, where runners' times are compared to what one could expect them to run (based on their most recent performances), the RTB figure for the marathon (18 runners) is +0.98 sec/km, for the half marathon (23 runners) -0.94 sec/km and for the 10 km (15 runners) +1.65 sec/km. The courses therefore seem to be OK. The marathon finishers total was much reduced from last year. Former track star Marius-Hugo Schlechter was the first veteran in the 10 km. – Ed.

Marathon

MEN

1	Phatlalla	Mohloli	LES/Toyota AC	26	2:18:30
2	Mike	Fokoroni	ZIM/Nedbank RC AGN	33	2:18:38
3	Luketz	Swartbooi (1 st vet)	NAM/Nedbank RC WP	44	2:18:45
4	Tsotang	Maine	LES/Toyota AC	36	2:19:26
5	Brighton	Chipere	ZIM/Nedbank RC AGN	37	2:21:09
6	Tamo	Matheleli	LES/Toyota AC	29	2:22:13
7	Lindile	Tokota	Nedbank RC SWD	42	2:24:16
8	Alexander	Motone	Transnet	30	2:25:55
9	Sindile	Somke	Nedbank RC	33	2:28:10
10	Sipho	Maisela	Toyota AC	27	2:31:00
11	Eugene	Pelem	Nedbank RC	30	2:32:38
12	Sihle	Mapukata	Mr Price WP	25	2:33:51
13	Sityhilo	Diko	Nedbank RC CGA	19	2:34:24
14	Stephen	Malepo	MP CGA	33	2:41:08
15	Gift	Kelehe	Toyota AC	28	2:41:44
16	Zuzile	Ntsiniyabo	Knysna MC	35	2:45:23
17	Nkosinathi	Gcakasi	Bluewater Bay	39	2:45:27
18	Mthobeli	Mathomane	Defence WP	24	2:46:18
19	Selwyn	Losper	Nedbank RC SWD	46	2:47:52

20	Elroy	Gelant	Pukke	23	2:48:46
40-49:					
1	Luketz	Swartbooi	NAM/Nedbank RC WP	44	2:18:45
2	Lindile	Tokota	Nedbank RC SWD	42	2:24:16
3	Selwyn	Losper	Nedbank RC SWD	46	2:47:52
50-59:					
1	Themba	Phulu	Vodacom Yebo St	50	2:50:09
2	Cornet	Matomane	Nedbank RC	57	2:58:02
3	Zama	Witvoet	RCS Guguletu	53	3:06:44
60-69:					
1	Mike	Derbidge	Knysna MC	66	3:54:56
2	Ray	Shooter	Edgemead Runnin	68	4:07:41
70+:					
1	Pele	Tshikundamalema	Vodacom Yebo St	70	3:50:29
WOMEN					
1	Tabitha	Tsatsa	ZIM/MP KZN	37	2:39:54
2	Mamorallo	Tjoka	LES/Toyota AC	25	2:46:38
3	Samukeliso	Moyo	ZIM/MP KZN	36	2:47:54
4	Riana	Van Niekerk	MP CGA	34	2:51:22
5	Kerry	Koen	Nedbank RC KZN	34	2:58:06
6	Linsay	Van Aswegen (1 st vet)	Toyota AC	41	3:00:16
7	Jane	Mudau	Nedbank RC AGN	47	3:05:31
8	Xoliswa	Bici	Nedbank RC CGA	30	3:13:36
9	Kutlwano	Ramaboa	Westcoast AC	34	3:16:28
10	Lisl	Grobler	Knysna MC	34	3:17:47
11	Annatjie	Botes (1 st mast)	Nedbank RC SWD	52	3:20:07
12	Sarah	Mahlangu	MP CGA	43	3:23:17
13	Vanessa	Bowman	Kempton RR	40	3:24:13
14	Cleo	Oliver	Varsity Old Boy	33	3:33:33
15	Yolande	De Villiers	Oudtshoorn AA	37	3:34:27
16	Cailey	Bredenkamp	Paarl AC	47	3:39:03
17	Minaldi	Phillipson	Mossel Bay Harr	26	3:47:57
18	Rome	Phillipson	Mossel Bay Harr	28	3:51:28
19	Elize	Kloppers	Hartenbos Draw	40	3:52:54
20	Ingrid	Prinsloo	Nedbank RC SWD	51	3:54:21
40-49:					
1	Linsay	Van Aswegen	Toyota AC	41	3:00:16
2	Jane	Mudau	Nedbank RC AGN	47	3:05:31
3	Sarah	Mahlangu	MP CGA	43	3:23:17
50-59:					
1	Annatjie	Botes	Nedbank RC SWD	52	3:20:07
2	Ingrid	Prinsloo	Nedbank RC SWD	51	3:54:21
3	Brenda	Kritzinger	Hartenbos Draw	50	4:58:52
60-69:					
1	Marlene	Wiese	Kowie Striders	64	4:32:23
2	Esther	Oosthuizen	Hartenbos Draw	62	4:48:43
Half marathon					
MEN					
1	Nkopane	Seqhobane	LES/Gauteng Strider	30	1:04:03
2	Motlokoa	Nkhabutlane	LES/Mr Price AVT	25	1:04:09
3	Lebenya	Nkoka	LES/Mr Price AVT	27	1:04:32
4	Luwis	Masunda	ZIM/Nedbank RC AGN	34	1:04:38
5	David	Ngakane	Nedbank RC CGA	30	1:04:49

6	Coolboy	Ngamole	Nedbank RC CGA	33	1:05:12
7	Mabuthile	Lebopo	LES/Mr Price AVT	34	1:06:46
8	Michael	Ngaseke	ZIM/MP CGA	34	1:08:52
9	Mzwanele	Maphekula	Nedbank RC	33	1:09:02
10	Lebohang	Mahloane	LES/Toyota AC	27	1:10:14
11	Sandile	Ngunuza	Nedbank RC	27	1:10:17
12	Luwayne	Duitsjan	Hartenbos Draw	24	1:12:20
13	Makaya	Masumpa (1 st vet)	Oxford Striders	44	1:12:25
14	Mxolisi	Fana	Rainb SWD	41	1:12:36
15	Vuyo	Witbooi	Outeniqua Harri	35	1:15:49
16	Msimelelo	Ganca (1 st jun)	Temp	18	1:16:33
17	Francis	Mukuka (1 st mast)	ZAM/Bashewa	55	1:16:43
18	Alfred	Malotana	Nedbank RC	40	1:16:47
19	Lwandile	Hlazo	Hlazo AC	15	1:17:55
20	Sinekhaya	Ndlakuse	Nedbank RC	21	1:17:57

40-49:

1	Makaya	Masumpa	Oxford Striders	44	1:12:25
2	Mxolisi	Fana	Rainb SWD	41	1:12:36
3	Alfred	Malotana	Nedbank RC	40	1:16:47

50-59:

1	Francis	Mukuka	ZAM/Bashewa	55	1:16:43
2	Hermanus	Jonkerman	Outeniqua Harri	50	1:20:37
3	Sidwell	Oktober	Rainb SWD	52	1:27:08

60-69:

1	Tamsanqa	Jusayi	Mr Price PE	68	1:28:47
2	Jurgens	Zwiegelaar	Nedbank RC SWD	61	1:33:07
3	Martin	Wuethrich	Wellington AC	61	2:06:31

70+:

1	David	Fraser	Sedgefield	72	2:06:51
2	John	Garrett	Temp	74	2:58:14

Juniors:

1	Msimelelo	Ganca	Temp	18	1:16:33
2	Lwandile	Hlazo	Hlazo AC	15	1:17:55
3	Sinesipho	Didishe	Knysna MC	18	1:22:49

WOMEN

1	Rutendo	Nyahora	ZIM/Nedbank RC AGN	21	1:18:29
2	Louisa	Leballo	Gauteng Strider	32	1:19:00
3	Muchaneta	Gwata	ZIM/MP CGA	25	1:19:07
4	Lusanda	Bomvana (1 st jun)	Mr Price Tra	18	1:22:21
5	Gladys	Lukwareni	Transnet	30	1:22:33
6	Alae	Brand	Adidas AC	25	1:24:55
7	Catherine	Naane (1 st vet)	Goldfields	44	1:30:40
8	Gloria	Baeba	Transnet	29	1:32:49
9	Heilani	Streuderst	Hartenbos Draw	39	1:33:48
10	Elzet	Oosthuizen	Hartenbos Draw	36	1:36:01
11	Elizma	Horne	De Rust	31	1:36:30
12	Sanet	Brits (1 st mast)	Temp	50	1:37:04
13	Refelde	Mafisa	Temp	29	1:40:06
14	Thea-Mari	Van Der Sandt	Nedbank RC SWD	35	1:42:13
15	Nancy	Will	Pinelands AC	57	1:43:19
16	Rea	Oosthuizen (1 st g'mast)	Hartenbos Draw	64	1:43:58
17	Sunett	De Jager	Nedbank RC SWD	39	1:50:53
18	Linda	Zaaiman	New Balance WPA	49	1:50:56
19	Tina	Van Wyk	Nedbank RC SWD	47	1:52:21
20	Yolanda	Vermeulen	Hartenbos Draw	35	1:52:26

40-49:

1	Catherine	Naane	Goldfields	44	1:30:40
2	Linda	Zaaiman	New Balance WPA	49	1:50:56
3	Tina	Van Wyk	Nedbank RC SWD	47	1:52:21

50-59:

1	Sanet	Brits	Temp	50	1:37:04
2	Nancy	Will	Pinelands AC	57	1:43:19
3	Lianne	Britz	Brackenfell	50	1:56:19

60-69:

1	Rea	Oosthuizen	Hartenbos Draw	64	1:43:58
2	Pixie	Sparg	Mr Price Celtic	65	1:52:58
3	Jean	Merrills	Sedgefield	66	2:41:29

Juniors:

1	Lusanda	Bomvana	Mr Price Tra	18	1:22:21
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10 km**MEN**

1	Kgosi	Tsosane	Nedbank Bfn Ach	24	29:38
2	Gladwyn	Mzazi	Transnet	21	29:45
3	Warinyane	Lebopo	LES/Mr Price AVT	31	30:50
4	Enoch	Skosana	Nedbank RC AGN	36	31:07
5	Yanga	Hlazo (1 st jun)	Hlazo AC	15	32:41
6	Gerswell	Jacobs	Temp	19	33:56
7	Frans	Malgas	Knysna MC	20	35:06
8	Edwayne	Ewerts	Temp	20	36:46
9	Sakhumzi	Dyubele	RCS Guguletu	39	36:51
10	Marius-Hugo	Schlechter (1 st vet)	Plett AC	45	36:53
11	Aubrey	Brinkhuis	Outeniqua Harri	40	37:26
12	Sandla	Ngqumba	Temp	16	37:32
13	Tony	Cleophas	Nedbank RC SWD	44	37:36
14	Elrick	Spiers	Rainb SWD	47	38:34
15	Slade	West	Sedgefield	17	39:13
16	Ray	Prins	Temp	17	39:38
17	Mtetelwa	Hlazo	Hlazo AC	46	41:44
18	Christopher	Mavikela	Plett AC	19	42:39
19	Henry	Hendricks	Corr Serv WP	38	42:39
20	Baris	September	Corr Services A	37	43:58

40-49:

1	Marius-Hugo	Schlechter	Plett AC	45	36:53
2	Aubrey	Brinkhuis	Outeniqua Harri	40	37:26
3	Tony	Cleophas	Nedbank RC SWD	44	37:36

50-59:

1	John	Kriel	Temp	56	54:55
2	Christian	Pienaar	Hartenbos Draw	58	55:26
3	Anton	Gunther	Oudtshoorn A A	59	57:23

60-69:

1	Peter	Jakoby	Knysna MC	61	44:01
2	Manie	Steenkamp	Nedbank RC SWD	61	47:36
3	Michael	Brewis	Mr Price Celtic	62	47:47

Juniors:

1	Yanga	Hlazo	Hlazo AC	15	32:41
2	Gerswell	Jacobs	Temp	19	33:56
3	Sandla	Ngqumba	Temp	16	37:32

WOMEN

1	Violet	Raseboya	Transnet	24	36:09
2	Catherine	Skosana	Transnet	29	36:22
3	Hellen	Chiundo	ZIM/Nedbank RC AGN	21	37:04
4	Bathobebe	Hlazo (1 st jun)	Hlazo AC	16	39:04
5	Lana	Theunissen	Outeniqua Harri	38	41:23
6	Kerry	Roos	Knysna MC	32	41:44
7	Johanna	Claassen (1 st vet)	Nedbank RC SWD	41	42:16
8	Helga	Mathee	NB Eden AC	35	42:39
9	Charmaine	Cupido (1 st mast)	Nedbank RC WP	54	45:09
10	Alice	Bote	Nedbank RC AGN	17	47:02
11	Elsa	De Villiers	Hartenbos Draw	50	48:34
12	Jolene	Koekemoer	Whalers	30	49:18
13	Christa	Smit	Hartenbos Draw	42	49:37
14	Geneve	Zaaiman	New Balance WPA	17	50:58
15	Toekie	Steenkamp	Nedbank RC SWD	58	51:06
16	Amor	Van Zyl	Nedbank RC SWD	54	51:24
17	Ad	Cole	Knysna MC	42	51:30
18	Cornelia	Van Velden	New Balance WPA	41	52:01
19	Monja	Le Roux	De Rust	31	52:16
20	Joha	Potgieter	Temp	24	54:11

40-49:

1	Johanna	Claassen	Nedbank RC SWD	41	42:16
2	Christa	Smit	Hartenbos Draw	42	49:37
3	Ad	Cole	Knysna MC	42	51:30

50-59:

1	Charmaine	Cupido	Nedbank RC WP	54	45:09
2	Elsa	De Villiers	Hartenbos Draw	50	48:34
3	Toekie	Steenkamp	Nedbank RC SWD	58	51:06

60-69:

1	Jannette	Badenhorst	Nedbank RC SWD	62	1:05:52
2	Hazel	Gerard	Hartenbos Draw	69	1:08:50
3	Franki	Whiteford	Sedgefield	65	1:13:12

70+:

1	Joan	Du Toit	Temp	74	1:09:02
---	------	---------	------	----	---------

Juniors:

1	Bathobebe	Hlazo	Hlazo AC	16	39:04
2	Alice	Bote	Nedbank RC AGN	17	47:02
3	Geneve	Zaaiman	New Balance WPA	17	50:58

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**Internationaler Schortenser JEVER-FUN-LAUF** (24th)

Schortens, GER, 21 August

(Distance: 10 miles; slightly less than 4 laps of a 4.125 km loop)

MEN

1.	Shadrack Kemboi, 1986, KEN	45:23	WL/CR € 1500*
2.	Abera Kuma, 1990, ETH	45:31	400
3.	Edwin Kimaiyo, 1987, KEN	45:57	300

- | | | |
|------------------------------|-------|-----|
| 4. Emmanuel Samal, 1989, KEN | 46:53 | 200 |
| 5. Hosea Tuei, 1987, KEN | 47:12 | 175 |

*) Prize money includes €400 time bonus and €500 course record bonus

WOMEN

- | | | |
|-----------------------------------|-------|------|
| 1. Naomi Maiyo, 1989, KEN | 55:15 | €600 |
| 2. Christine Chepkemei, 1988, KEN | 55:29 | 400 |
| 3. Agnieszka Ciolek, 1985, POL | 56:08 | 300 |
| 4. Nancy Koech, 1986, KEN | 56:13 | 200 |
| 5. Emmily Biwott, 1984, KEN | 56:45 | 175 |

News and Sentinel Half Marathon (24th)

Parkersburg, USA, 21 August
(Distance: 21.1 km; very hilly)

MEN

- | | | |
|---|---------|-----------------|
| 1. Julius Kogo, 25, Chapel Hill, NC (KEN) | 1:02:09 | PB/CR \$3000 |
| 2. Reid Coolsaet, 31, Guelph, CA (CAN) | 1:03:47 | PB 2000 + 1000a |
| 3. Alene Emere Reta, 28, Ethiopia | 1:04:21 | 1500 |

WOMEN

- | | | |
|------------------------------|---------|------------|
| 1. Mare Dibaba, 20, Ethiopia | 1:10:20 | CR* \$3000 |
| 2. Aziza Aliyu, 24, Ethiopia | 1:14:52 | 2000 |
| 3. Everlyne Lagat, 29, Kenya | 1:15:14 | 1500 |

Ten Miles Garoto (21st)

Vitoria, BRA, 15 August
(Distance: 10 miles)

MEN

- | | |
|-----------------------------------|-------|
| 1. Marilson Gomes dos Santos, BRA | 47:45 |
| 2. Joshua Kiprugut Kemei, KEN | 48:11 |
| 3. Clodoaldo Gomes da Silva, BRA | 48:28 |

WOMEN

- | | |
|-------------------------------|-------|
| 1. Eunice Kirwa, KEN | 55:11 |
| 2. Shewarge Alene Amara, ETH | 55:17 |
| 3. Simone Alves da Silva, BRA | 55:21 |

ULTRA/MOUNTAIN/TRAIL RUNNING

Leadville Trail 100 Mile Endurance Run (28th)

Leadville, USA, 21-22 August
(50 miles out and back; extremely high altitude [the race tops out at 3 843 m with constant climbing and descending], difficult terrain)

MEN (gun times)

- | | |
|--------------------------------------|----------|
| 1. Duncan Callahan, 27, GUNNISON, CO | 17:43:25 |
| 2. Zeke Tiernan, 34, CARBONDALE, CO | 18:25:31 |
| 3. Dylan Bowman, 24, ASPEN, CO | 18:36:16 |

WOMEN (gun times)

- | | |
|--|----------|
| 1. Elizabeth Howard, 38, SAN ANTONIO, TX | 21:19:48 |
|--|----------|

2. Stephanie Jones, 40, COLORADO SPRINGS, CO 22:35:06
3. Ashley Arnold, 23, CARBONDALE, CO 23:08:17

Pikes Peak Ascent

Manitou Springs, USA, 21 August

(Distance: 13.32 miles. The race begins at an elevation of 1918 m and ends at 4299 m for a net elevation GAIN of 2381 m and covers a rocky course.)

MEN

1. Glenn Randall, 23, Mesa, CO 2:09:28
2. Marc Lauenstein, 29, Peseux, CHE 2:12:19
3. Rickey Gates, 29, Boulder, CO 2:16:44

WOMEN

1. Brandy Erholtz, 32, Evergreen, CO 2:41:38
2. Kim Dobson, 26, Aurora, CO 2:41:51
3. Anna Frost, 29, NZL 2:42:46

Pikes Peak Marathon (55th)

Manitou Springs, USA, 22 August

(Distance: 42.195 km; course begins at 1918 m on a paved road, climbs to 4299 m on a rocky trail, then comes back down to 1934 m)

Note: Matt Carpenter won here for the eleventh time (and fifth in a row). – Ed.

MEN

1. Matt Carpenter, 46, Manitou Spring, CO 3:51:34
2. Daryn Parker, 29, Manitou Spring, CO 3:52:57
3. Jordi Ginesta, 34, Girona, ES 3:54:26

WOMEN

1. Keri Nelson, 29, Moab, UT 4:34:24
2. Cecilia Mora, 44, Borgomanero, IT 4:51:49
3. Megan Kimmel, 30, Silverton, CO 5:05:15

TRACK

ISTAF (68th)

(IAAF World Challenge Series)

Berlin, GER, 22 August

MEN

800:

1. David Rudisha, KEN 1:41.09 WR
2. Boaz Lalang, KEN 1:44.34
3. Abraham Kiplagat, KEN 1:44.49
4. Leonel Manzano, USA 1:44.56 PB
5. Jackson Kivuva, KEN 1:44.91
- ... 9. Alfred Kirwa Yego, KEN 1:46.84

1500:

1. Silas Kiplagat, KEN 3:30.61
2. Mekonnen Gebremedhin, ETH 3:31.57 PB
3. Augustine Choge, KEN 3:31.81

- | | |
|---------------------------------------|------------|
| 4. Arturo Casado, ESP | 3:32.70 PB |
| 5. Geoffrey Rono, KEN | 3:32.82 |
| ... 8. Yusuf Saad Kamel, BRN | 3:35.66 |
| ... 13. Peter van der Westhuizen, RSA | 3:44.06 |

3000:

- | | |
|---------------------------|----------------|
| 1. Tariku Bekele, ETH | 7:28.99 WL/MR* |
| 2. Vincent Chepkok, KEN | 7:31.41 PB |
| 3. Edwin Soi, KEN | 7:33.21 |
| 4. John Kipkoech, KEN | 7:33.85 |
| 5. Thomas Longosiwa, KEN | 7:33.89 |
| ... 7. Bernard Lagat, USA | 7:35.11 |
| Saif Saaeed Shaheen, QAT | DNF |

WOMEN

800:

- | | |
|-------------------------------|------------|
| 1. Caster Semenya, RSA | 1:59.90 |
| 2. Cherono Koech, KEN | 2:00.40 PB |
| 3. Elisa Cusma Piccione, ITA | 2:00.44 |
| 4. Jemma Simpson, GBR | 2:00.57 |
| 5. Christin Wurth-Thomas, USA | 2:00.61 |

Athletics Bridge (8th)

Dubnica, SVK, 22 August

MEN

1000:

- | | |
|----------------------------------|------------|
| 1. Marcin Lewandowski, 1987, POL | 2:17.29 PB |
| 2. Job Kinyor, 1990, KEN | 2:17.53 PB |
| 3. Ryan Gregson, 1990, AUS | 2:17.69 PB |
| ... 5. Johan Cronje, RSA | 2:18.56 |

Youth Olympic Games (1st)

Singapore, SIN, 17-23 August

GIRLS

1000:

"A" Final (23):

- | | |
|--|-------------------|
| 1. Tizita Ashame, 13-Jul-1993, ETH | 2:43.24 PB Gold |
| 2. Andrina Schlaepfer, 05-May-1993, SUI | 2:43.84 Silver |
| 3. Damaris Muthee, 25-Mar-1994, KEN | 2:45.42 PB Bronze |
| ... 8. Thato Makhafola, 10-Apr-1994, RSA | 2:52.65 |

Weltklasse in Zürich (82nd)

(Samsung Diamond League)

Zürich, SUI, 19 August

MEN

5000 (DL):

- | | | |
|-------------------------|----------|-------------------------|
| 1. Tariku Bekele, ETH | 12:55.03 | \$10,000 + 2500i |
| 2. Imane Merga, ETH | 12:56.34 | 6,000 + 2500i + 40,000^ |
| 3. Chris Solinsky, USA | 12:56.45 | 4,000 + 2500i |
| 4. Vincent Chepkok, KEN | 12:57.77 | 3,000 + 2500i |

5. Mo Farah, GBR	12:57.94 NR	2,500 + 2500i
6. Edwin Soi, KEN	12:58.91	2,000 + 2500i
7. Moses Masai, KEN	13:02.45	1,500
8. Vincent Yator, KEN	13:04.50 PB	1,000
9. Lucas Rotich, KEN	13:04.85	
10. David Bett, KEN	13:06.06 PB	
11. Eliud Kipchoge, KEN	13:07.06	
12. Galen Rupp, USA	13:07.35 PB	

i) Earned time bonus for sub-13:00

3000 s/chase (DL):

1. Ezekiel Kemboi, KEN	8:01.74	\$10,000 + 5,000i
2. Paul Kipsiele Koech, KEN	8:05.48	6,000 + 2,500ii + 40,000^
3. Bob Tahri, FRA	8:07.20	4,000 + 2,500ii
4. Benjamin Kiplagat, UGA	8:08.70	3,000 + 2,500ii
5. Richard Mateelong, KEN	8:09.25	2,500 + 2,500ii
6. Saif Saaeed Shaheen, QAT	8:09.63	2,000 + 2,500ii
7. Brimin Kipruto, KEN	8:10.02	1,500
8. Mahiedine Mekhissi-Benabbad, FRA	8:10.50	1,000
9. Ion Luchianov, MDA	8:19.91	
10. Tomasz Szymkowiak, POL	8:24.58	

i) Earned time bonus for sub-8:05

ii) Earned time bonus for sub-8:10

^) Overall 2010 Diamond League event winner's bonus

WOMEN

1500 (DL):

1. Nancy Jebet Langat, KEN	4:01.01	\$10,000 + 2,500i + 40,000^
2. Gelete Burka, ETH	4:02.26	6,000
3. Stephanie Twell, GBR	4:02.54 PB	4,000
4. Lisa Dobriskey, GBR	4:02.92	3,000
5. Irene Jelagat, KEN	4:03.76	2,500
6. Janeth Jepkosgei, KEN	4:04.17 PB	2,000
7. Abeba Arigawe, ETH	4:05.05	1,500
8. Shannon Rowbury, USA	4:05.48	1,000
9. Anna Alminova, RUS	4:05.82	
10. Viola Kibiwot, KEN	4:06.13	
... 12. Christin Wurth-Thomas, USA	4:09.37	
Anna Pierce, USA	DNF (fell with 130 m to go)	
Morgan Uceny, USA	DNF (fell with 130 m to go)	

i) Earned time bonus for sub-4:02

^) Overall 2010 Diamond League event winner's bonus

NEWS

TOP STATISTICIAN SCOTT DAVIS PASSES AWAY

The athletics world was saddened last week by the death of one of the world's eminent statisticians and meeting announcers, Scott Davis. Davis, the Secretary General of the Association of Track & Field Statisticians (ATFS), was a cancer survivor for many years and had overcome numerous health setbacks during the last decade, but had been very ill since returning from his final announcing assignment at the IAAF World Junior Championships in

Moncton. In and out of hospital for several weeks, he elected to spend his final days at home in California in the company of his wife, Cheryl, and family.

He served as Secretary General of the ATFS since 1994, as principal researcher of Volume V of the ATFS historical series, and as a vital supporter of countless statistical efforts; he led the Federation of American Statisticians of Track (FAST), which he co-founded in 1983, throughout its existence.

Davis was, for many, the public address voice of track and field in the United States, especially at his alma mater - UCLA - where he was on the microphone for Bruin meetings for the past 28 years.

Davis was also the meeting director of one of America's most famous meetings, the Mt. SAC Relays, for 20 years before his retirement in 2007.

One of the announcers at the senior 1999 World Championships in Seville, Davis became the voice of the World Juniors and Youth championships for the IAAF in the last decade. Had illness not led to the cancellation of his trip in the last few days, he would have been in Singapore at this week's Youth Olympic Games.

STATS TIME

PAARLBERG: THE MAGIC 60

The sad demise of the Paarl Mountain Race, South Africa's fifth oldest race, was reported in DRR 10:31. Reader Hans Hugo has suggested the topic for this week's Stats Time. The race was first run in 1935 and won by Laurie du Preez in 71:34. In the early years the distance was around 12 miles; later it was changed to 18 km, or thereabouts. When DRR's Editor ran it in the early nineties, it was usually regarded as being 18.4 km long. Nobody really cared – the tradition of the race and its tough course was more important than the distance. From the early years the goal of the top runners always was to finish the course along the slopes of the Paarlberg in under an hour. DRR does not have all the early results, but according to those on file eight runners have won it in sub-60 minutes, the first one being Willie Olivier in 1966.

Here are the sub-hour winners:

1966	Willie Olivier	58:56
1973	Ewald Bonzet	59:57
1984	Gabriël Crisp	59:22
1986	Nico Vermeulen	59:24
1990	Jan Tau	56:50 (course record)
1991	Thabang Baholo	58:35
1992	Thabang Baholo	58:17
1993	John September	59:46
1994	Owen MacHelm	57:52

Other well-known runners who came close were Lood Rabie, 1974, 60:14; Andries Krogmann, 1983, 60:43; and Patty Francis, 1988, 60:48.

THIS MONTH IN HISTORY

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

31 years ago: 19 August 1979

Craig Virgin (USA) won the 7th Falmouth Road Race over 7 miles in 32:20, with Herb Lindsay (USA) second in 32:28 and Bill Rodgers (USA) third in 32:30. Olympic marathon champion of 1972 Frank Shorter (USA) was fifth in 32:43. In the 38th running of the event from Woods Hole to Falmouth Heights this year, Rodgers, who won the race three times,

was 979th and Shorter, who won in 1975 and 1976, was 3671st. The women's race in 1979 went to Ellison Goodall (USA) in 38:16.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2010

This section lists this year's 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 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

Open

10 km	28:23	Stephen Mokoka	Paarl	14 Aug
	27:04	Josphat Kiprono (KEN)		
15 km	27:01	Micah Kogo (KEN) 2009		
	43:50	Lusapho April	Port Elizabeth	06 Mar
21.1 km	42:46	Lelisa Desisa (ETH)		
	41:29	Felix Limo (KEN) 2001 & Deribe Merga** (ETH) 2009		
25 km	61:58	Lucky Mohale	Port Elizabeth	24 July
	58:23	Zersenay Tadese (ERI)		
30 km	58:23	Zersenay Tadese (ERI) 2010		
	75:02	Lusapho April	Berlin	09 May
Marathon	71:50	Sammy Kosgei (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
100 km	1:38:03	Nkosinathi Madyo	Camps Bay	10 Jan
	89:46	Atsushi Fujita (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		
	2:10:45	Lusapho April	Hannover	02 May
100 km	2:04:48	Patrick Makau (KEN)		
	2:03:59	Haile Gebrselassie (ETH) 2008		
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	30:27	Mluleki Nobanda	Paarl	14 Aug
	28:51	Paulo Catarino (POR) 2003		
15 km	48:36	Graham Katzen	Eersterivier	26 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	66:17	Mluleki Nobanda	Port Elizabeth	24 July
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	87:31a	Basie Bonaparte	Somerset East	24 Apr
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:04	Lindile Tokota	Sedgefield	13 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:16	Lindile Tokota	Mossel Bay	14 Aug
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:06	Charles Vilakazi	Paarl	14 Aug
	30:35	Tecwyn Davies (GBR) 1988		

15 km	53:36 47:52	Charles Vilakazi Titus Mamabolo (RSA) 1991	Boksburg	09 May
21.1 km	71:07 66:42	Charles Vilakazi Martin Rees (GBR) 2003	Port Elizabeth	24 July
25 km	91:02a	Simphiwe Ntentesa	Pinetown	24 Jan
30 km	1:57:40	Raymond Howard	Parow	21 Mar
Marathon	2:45:10 2:19:29	Ernest Tjela Titus Mamabolo (RSA) 1991	Sasolburg	06 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:56	Awie Veldsman	Paarl	14 Aug
15 km	59:47	Albertus Bock	Constantia	13 Mar
21.1 km	83:01	Mike du Bruto	Port Elizabeth	24 July
25 km	1:47:41	Mike du Bruto	Pretoria	08 May
30 km	2:13:46	Albertus Bock	Camps Bay	10 Jan
Marathon	3:10:22a	Simon Mokone	East London	27 Feb
100 km				
<u>Juniors</u>				
10 km	29:57 27:52	Thobane Chagwe Richard Chelimo (KEN) 1990	Paarl	14 Aug
15 km	47:28 42:25	Siyabonga Makhaluzo Moses Mosop (KEN) 2004	Eersterivier	26 Jun
21.1 km	66:23 59:16	Sithembele Fanekho Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 July
WOMEN				
<u>Open</u>				
10 km	32:32 30:45a 30:21	René Kalmer Lineth Chepkurui (KEN) Paula Radcliffe (GBR) 2003	New York	12 Jun
15 km	51:24 47:57 46:28	Tanith Maxwell Edna Kiplagat (KEN) Tirunesh Dibaba (ETH) 2009	Eersterivier	26 Jun
21.1 km	71:09 67:07 66:25	Irvette van Blerk Elvan Abeylegesse (TUR) Lornah Kiplagat (KEN) 2007	Port Elizabeth	24 July
25 km	1:36:29 79:53 79:53	René Kalmer Mary Keitany (KEN) Mary Keitany (KEN) 2010	Johannesburg	24 Jan
30 km	2:03:52 1:43:24 1:38:49	Farwa Mentoor Mara Yamauchi (GBR) Mizuki Noguchi (JPN) 2005	Camps Bay	10 Jan
Marathon	2:34:24 2:22:00 2:15:25	Tanith Maxwell Liliya Shobukhova (RUS) Paula Radcliffe (GBR) 2003	London	25 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:06 32:14	Tessa Burrell Priscilla Welch (GBR) 1985	Port Elizabeth	01 May
15 km	56:31 49:35	Michelle Bartman Priscilla Welch (GBR) 1985	Eersterivier	26 Jun
21.1 km	81:10 69:56	Michelle Bartman Irina Permitina (RUS) 2009	Port Elizabeth	24 July

25 km	1:47:49	Ansie Viljoen	Pretoria	08 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:06:43	Joanna Thomas	Camps Bay	10 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:52:04a	Joanna Thomas	Oudtshoorn	27 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	40:28	Olga Howard	Bellville	10 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	63:25	Olga Howard	Eersterivier	26 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:51	Olga Howard	Port Elizabeth	24 July
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:04:09a	Jenny Scott	Pinetown	24 Jan
30 km	2:16:34	Olga Howard	Camps Bay	10 Jan
Marathon	3:08:34a	Annatjie Botes	Oudtshoorn	27 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:39	Sonja Laxton	Paarl	14 Aug
15 km	72:20	Sonja Laxton	Johannesburg	10 Jan
21.1 km	1:36:59	Veronica van Niekerk	Port Elizabeth	24 July
25 km	2:10:34	Elaine Greenblatt	Johannesburg	24 Jan
30 km	2:31:56	Veronica van Niekerk	Camps Bay	10 Jan
Marathon	3:41:39	Elaine Greenblatt	Sasolburg	06 Feb
100 km				
<u>Juniors</u>				
10 km	34:28	Dominique Scott	Bellville	05 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	57:44	Asiphe Sikabalanjana	Constantia	13 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	78:42	Nandipha Dywili	Port Elizabeth	24 July
	1:09:05	Delilah Asiago (KEN) 1991		

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