

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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Publisher: Riël Hauman

EDITORIAL

List leaders are rather hard to come by at this time of the year. The best performance of the weekend came from Candyce Hall, who won the Leapfrog Gordon's Bay Half Marathon in the beautiful seaside town on False Bay in 86:53, a personal best, with Danette Smith about a minute behind. Mthandazo Qhina, who had also won the Riebeeckberg Half Marathon the weekend before, took the men's race.

Congratulations to well-known race announcer and DRR subscriber Harold Berman on his birthday today. Sonja Laxton, one of the best distance runners South Africa has produced and also a DRR reader, had hers on Saturday.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Leapfrog Gordon's Bay Half Marathon, Gordon's Bay
- * Rietvlei Farm 15 km, Alberton
- * Marthinus Jenkins Memorial 10 km, Wilderness
- * Oak Cottage Kwikspar Mountain Drive Half Marathon, Grahamstown
- * Save Cash & Carry Orion Half Marathon, Durban
- * PPC Riebeeckberg Marathon, Half Marathon & 10 km, Riebeeck West
- * Cheese Festival Half Marathon & 10 km, George
- * XC: EP League, Grahamstown; WP League, Rocklands

International highlights:

- * Rock 'n' Roll Providence Half Marathon, Providence, USA
 - * TD Bank Beach to Beacon 10 km, Cape Elizabeth, USA
 - * Siberian International Marathon, Omsk, RUS
 - * Track: Woodie's DIY Championships, Santry, IRL; Aviva London Grand Prix, London, GBR; Gert Rasschaert Memorial, Ninove, BEL
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ROAD RUNNING

Leapfrog Gordon's Bay Half Marathon

Gordon's Bay, 7 August

(Distance: 21.1 km; certified out-and-back course)

MEN

1. Mthandazo Qhina (Gugs) 1:11:18 (R500)
2. Ruan de Jager (Maties) 1:11:45 (R350)

3. Jacques Pretorius (Maties) 1:11:58 (R250)

Veterans: 1. Pieter Hanekom (Ned) 1:21:17 (R200); 2. Paul Kelly (RWFL) 1:29:38 (R100); 3. Cameron Sihluko (Gugs) 1:29:53 (R50). **Masters:** 1. Goodman Mpukane (Gugs) 1:25:12 (R200); 2. Paul Cieverts (Top) 1:26:39 (R100); 3. Derrick Rondganger (Telkom) 1:39:29 (R50). **G'masters:** 1. Mike Taylor (Tyger) 1:54:16 (R150); 2. Patrick Peterson (BD) 2:06:14 (R100); 3. Pierre Binneman (Edge) 2:17:50 (R50).

WOMEN (Same prize money as men)

1. Candyce Hall (Hout) 1:26:53
2. Danette Smith (Adid) 1:27:51
3. Noleen Kritzingner (Ind) 1:29:40

Veterans: 1. Estelle van Schalkwyk (Strand) 1:38:07; 2. Wendy Jansen (Edge) 1:43:10; 3. Ann Muller (Edge) 1:44:04. **Masters:** 1. Helen du Plessis (Tyger) 1:43:22; 2. Anne Pool (Strand) 1:46:21; 3. Dawn Saunders (Held) 1:50:23. **G'masters:** 1. Veronica van Niekerk (EGA) 1:41:51; 2. Marlene Wiese (Kowie) 2:10:48; 3. Jean Cammidge (FH) 2:22:42.

Rietvlei Farm 15 km

Alberton, 7 August

(Loop course, mostly on gravel. Finishers: 540.)

MEN

1 Raphael Segodi (Temp) 54:04; 2 Derocious Makhobalo (GS) 54:37; 3 Nkopane Seqhobane (LES/GS) 55:50.

Veterans: 1 Lawrence Chipangaan (Nedbank) 57:19; 2 Reginald Ngobese (GS) 58:07; 3 Never Matiya (Wanderers) 58:09. **Masters:** 1 Jerry Rankapule (Nedbank) 65:04; 2 Joseph Morowane (Boksburg) 68:05; 3 Jan Mokiti (Exxaro) 70:52. **G'masters:** 1 Jose Rebordao (RAC) 74:33; 2 Don Charles (Nedbank) 75:01; 2 Maxwell Teffo (BCC) 79:09. **Juniors:** 1 Sello Mokwena (GS) 59:14; 2 Sifiso Nkosi (Take it Easy) 59:46.

WOMEN

1 Mpho Mabuza (Temp) 66:55; 2 Andronica Mokgotla (GS) 71:08; 3 Anna Haw (Overkruin) 71:55.

Veterans: 1 Jane Mudau (Bonitas) 75:59; 2 Sarah Mahlangu (Toyota) 79:43; 3 Florece Molawa (Arcelor Mittal) 80:41. **Masters:** 1 Lynn Nicolas (JHAC) 90:57; 2 Brenda Nooy (RAC) 91:40; 3 Gail Claase (JHAC) 92:07. **G'masters:** 1 Elsa Meyer (Irene) 1:43:12; 2 Jenny Davies (Randburg Harriers) 1:51:40; 3 Deidre Larkin (Randburg Harriers) 2:07:32.

Marthinus Jenkins Memorial 10 km

Wilderness, 6 August

MEN

1. Vuyo Witbooi (Outen) 34:25; 2. Sinesipho Didishe (Knysna) 34:43; 3. Mxolisi Fana (Rain) 35:14 (1st vet).

Veterans: 1. Mxolisi Fana (Rain) 35:14. **Masters:** 1. Sidwell Oktober (Rain) 46:30. **G'masters:** 1. Nic Brummer (Sedge) 48:02. **Juniors:** 1. Archie Boone (Knysna) 37:41.

WOMEN

1. Marie Wolmarans (Ned) 43:13 (1st mast); 2. Lisl Grobler (Knysna) 43:39; 3. Marcelle van Tonder (Ind) 49:46.

Veterans: 1. Evette Joubert (Tyger) 57:25. **Masters:** 1. Marie Wolmarans (Ned) 43:13.
G'masters: 1. Esther Oosthuizen (Harten) 60:25.

Oak Cottage Kwikspar Mountain Drive Half Marathon

Grahamstown, 6 August

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 257.)

MEN

1	Eric	Sigxashe	Mr Price AC EP	32	1:11:19
2	Mariano	Eesou	Nedbank RC EP	19	1:11:41
3	Anele	Maliza	Nedbank RC EP	33	1:12:26
4	Sandile	Ngunuza	Nedbank RC EP	28	1:13:31
5	Robert	Matthys	Mr Price AC EP	35	1:13:33
6	Mzwanele	Maphekula	Run For Life EP	34	1:14:17
7	Mzamo	Fokwana	Charlo RR	33	1:16:22
8	Morne	Buis (1 st jun)	Nedbank RC EP	18	1:16:26
9	Basie	Boneparte (1 st vet)	Albany RR	45	1:16:37
10	Kgotso	Majara	Mr Price AC EP	30	1:17:31
11	Terrance	Mjekula	Triangle Sports	38	1:18:07
12	Christopher	Mabengeza	Nedbank RC EP	45	1:18:33
13	Sisa	Camasu	Nedbank RC EP	36	1:20:22
14	Mpumelelo	Ndlumbini	Nedbank RC EP	36	1:20:34
15	Bradley	Mackenzie	Achilles AAA	39	1:20:53
16	Zandisile	Dzudzudzu	Kowie Striders	30	1:21:08
17	John	Rafani	Nedbank RC EP	44	1:21:24
18	Thembekile	Msipa	Charlo RR	37	1:21:26
19	Warrick	Smith	Rhodes University	24	1:21:53
20	Thendo	Thenga	Rhodes University	19	1:22:04

40-44:

1	John	Rafani	Nedbank RC EP	44	1:21:24
2	Velisile	Jela	Run For Life EP	42	1:29:46
3	Tommy	Fitchet	Queenstown	41	1:31:57

45-49:

1	Basie	Boneparte	Albany RR	45	1:16:37
2	Christopher	Mabengeza	Nedbank RC EP	45	1:18:33
3	Vernon	Newfeldt	Willard Batteries	45	1:26:16

50-54:

1	Joseph	Bain	St Albans CS EP	51	1:30:28
2	Lenneth	Erasmus	Willard Batteries	53	1:31:30
3	Efese	Peter	SANDF EP	51	1:32:05

55-59:

1	Donald	Mancasa	Triangle Sports	57	1:38:00
2	Richard	Foss	Albany RR	57	1:39:46
3	Colin	Parkins	Bluewater Bay	57	1:46:43

60-64:

1	Sizinzo	Kama	Achilles AAA	60	1:34:07
2	Hannes	Els	Madiba Bay AC	61	1:39:51
3	Paul	Steffens	Transnet RE EP	60	1:42:50

65-69:

1	Tamsanqa	Jusayi	Nedbank RC EP	69	1:32:58
2	Herman	Dekker	SAP MC EP	66	2:42:52
3	Billy	Futter	Temp	66	2:38:17

70-74:

1	Eric	Wells	Temp	71	2:51:15
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Juniors:

1	Morne	Buis	Nedbank RC EP	18	1:16:26
2	Sindile	Ngiyo	Nedbank RC EP	16	1:29:37
3	Dulan	Ramsay	Temp	16	1:32:40

WOMEN

1	Jene	Banfield (1 st vet)	Run For Life EP	40	1:37:22
2	Davera	Magson	Nedbank RC EP	36	1:39:14
3	Priscilla	Dyanti	Mr Price AC EP	37	1:40:00
4	Benita	Barton	Crusaders AC	41	1:40:51
5	Kerry	Longhurst	Temp	39	1:42:53
6	Janette	Schierz-Crusius (1 st mast)	Body Concept	50	1:48:10
7	Julie	Walker	Run For Life EP	41	1:48:22
8	Sally	Price-Smith	Run For Life EP	49	1:50:35
9	Tiani	Claassen	Transnet RE EP	20	1:51:09
10	Diana	Grant	Temp	39	1:52:20
11	Debbie	Dodd	Charlo RR	40	1:52:35
12	Adele	Nel	St Albans CS EP	38	1:52:55
13	Karen-Lee	Meyer	Run For Life EP	47	1:59:52
14	Aletta	Joubert	Crusaders AC	49	2:00:45
15	Alice	Ter Morshuizen	Temp	17	2:01:10
16	Desiree	Ebrahim	Willard Batteries	46	2:02:31
17	Hal	Snyman	Kowie	31	2:03:38
18	Nina	Rivers	Temp	25	2:03:51
19	Silwana	Barbali	Rhodes University	30	2:03:56
20	Lesley	Maggott	Achilles AAA	44	2:04:15

40-44:

1	Jene	Banfield	Run For Life EP	40	1:37:22
2	Benita	Barton	Crusaders AC	41	1:40:51
3	Julie	Walker	Run For Life EP	41	1:48:22

45-49:

1	Sally	Price-Smith	Run For Life EP	49	1:50:35
2	Karen-Lee	Meyer	Run For Life EP	47	1:59:52
3	Aletta	Joubert	Crusaders AC	49	2:00:45

50-54:

1	Janette	Schierz-Crusius	Body Concept	50	1:48:10
2	Jane	Jackson	Temp	51	2:09:12
3	Robin	Elbourne	Crusaders AC	53	2:22:52

55-59:

1	Jos	Els	Madiba Bay AC	59	2:07:13
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65-69:

1	Dorothy	Joiner	Kowie Striders	69	3:05:36
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Juniors:

1	Alice	Ter Morshuizen	Temp	17	2:01:10
2	Megan	Wilson	Charlo RR	15	2:06:43
3	Tanya	Wilson	Charlo RR	18	2:14:41

Save Cash & Carry Orion Half Marathon

Durban, 31 July

(Distance: 21.1 km; loop course)

MEN

1.	Sibonelo Duma	Boxer A C	73:19
2.	Bongumisa Mthembu	Mr Price A C	73:46
3.	Thsepo Shlembe	Boxer A C	75:01

40-49:

1.	Richard Dlamini	Mr Price	75:02
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50-59:

1.	Simon Mbuyiza	Howick A C	97:57
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60+:

1.	Eric Quibell	Hillcrest Vill	95:41
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Juniors:

1.	Philiane Ngcobo	Coll Harr	79:47
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WOMEN

1.	Kirsten Williams	Coll Harr	89:06
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2.	Carey Ann Smith	Nedbank A C	93:25
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3.	Sarah Grey	Coll Harr	94:55
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40-49:

1.	Mary Mvelase	Boxer A C	108:15
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50-59:

1.	Irma Stevens	Escom Gijimas	137:29
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60+:

1.	Margaret Usher	Spartan A C	155:49
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PPC Riebeeckberg Marathon (26th), Half Marathon & 10 km

Riebeeck West, 30 July

(Distances: 42.195 km, 21.1 km & 10 km; loop courses, very hilly)

Note: Once again, as was the case last year, the results of these races were some of the worst *Distance Running Results* has received this year. The results distributed by the organisers are incomplete, full of spelling mistakes, no ages or age categories are indicated, and the athletes' gender is not given either! So, like last year, DRR will not publish the results. The winners are shown below. The first woman in the 10 km is unknown to DRR; according to her ChampionChip code she is 56 years old, so her time is clearly wrong. None of the times in the 10 km will be used in statistical lists. – Ed.

Marathon:

Thembelani Zola (MP) 2:38:13

Lisa Low (Ind) 3:22:17

Half marathon:

Mthandazo Qhina (Adid) 1:10:25

Bulelwa Mtshagi (Celtic) 1:25:27

10 km:

Garith Maarman (Swart) 33:18

Zelda Burger (Swart) 36:43

Cheese Festival Half Marathon & 10 km

George, 30 July

(Distances: 21.1 km & 10 km. Finishers: half marathon – 115; 10 km – 176.)

Half marathon**MEN**

1	Lindile Tokota	Nedbank	43	1:14:08
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2	Gurome Gelderbloem	Mosselbay Harriers	35	1:15:34
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3	Fana Principal	Coastline	42	1:16:17
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4	Vuyo Witbooi	Outeniqua Harriers	36	1:16:43
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5	Melikhaya Msizi	Knysna		1:17:43
6	Sebenzile Dayimani	Knysna	50	1:27:10
7	Dawid Matroos	Rainbow		1:27:44
8	Riaan vd Sandt	Nedbank		1:28:42
9	Mario Meyer	Hartenbos	32	1:30:12
10	De Waal Swart	New Balance Eden	29	1:30:19

WOMEN

1	Helga Mathee	Nedbank	36	1:32:19
2	Elizma Horne	De Rust Striders	32	1:35:18
3	Marie Wolmarans	Nedbank	52	1:35:48
4	Annatjie Botes	Nedbank	53	1:38:26
5	Elize Kloppers	Hartenbos	41	1:38:43
6	Maryke Sass	Mosselbay Harriers	40	1:50:17
7	Sunett de Jager	Nedbank	40	1:50:25
8	Rome Phillipson	Mosselbay Harriers	29	1:50:56
9	Linda Nortje	Nedbank	36	1:54:28
10	May Weideman		22	1:57:05

10 km

MEN

1	Julius Korkee	Rainbow	26	32:23
2	Sinesipho Didishe	Knysna	20	32:47
3	Ensley Geswindt	Mosselbaai	18	33:32
4	Siyabonga Madala	Coastline	26	34:00
5	Paulus Allart	Mosselbaai	42	34:02
6	Brendon Niewenhuize	Coastline		34:04
7	Archie Boome	Knysna	15	34:21
8	Jason Pietersen	Knysna	18	36:23
9	Michael	Knysna	31	36:26
10	Jene Maart	Mosselbaai	24	37:02

WOMEN

1	Melissa van As	Nedbank	29	39:20
2	Lana Theunissen	Nedbank	39	39:50
3	Michelle van Rooyen	Nedbank	16	43:00
4	Lisl Grobler	Knysna	35	43:30
5	Marion Erasmus	Rainbow	18	43:55
6	Lize Cornelius	Hartenbos	24	44:00
7	Elsa de Villiers	Hartenbos	51	47:44
8	Marcelle van Tonder		16	49:48
9	Hendrik Strydom	Knysna	45	49:49
10	Karin Pauw	Nedbank	45	50:35

CROSS-COUNTRY

EP League #8

Grahamstown, 6 August

SR. MEN

12 km:

1	Desmond Witbooi	Nedbank RC EP	28	40:08
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4 km:

1	Hernus Sass	Nedbank RC EP	46	13:25
2	Samora Mzalazala	PEAAC	28	15:28

40-49 (6 km):

1	André	Pienaar	Bluewater Bay	48	38:21
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U.23 (4 km):

1	Duwayne	Lucas	Nedbank RC EP	22	12:35
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U.21 (4 km):

1	Melikhaya	Frans	Nedbank RC EP	19	11:41
2	Conrad	Charles	Malabar AC	21	11:51
3	Vernon	Booyse	Absa NMMU AC	19	12:05

Boys 19 (8 km):

1	Melikhaya	Frans	Nedbank RC EP	19	23:34
2	J C	Stevens	Bluewater Bay	18	24:28

Boys 17 (6 km):

1	Thando	Ncipha	Masiphathisane H/S	17	20:06
2	Ayanda	Thinta	Ru Development	17	23:03
3	Siyabona	Dwani	Ru Development	17	23:03

SR. WOMEN (4 km)

1	Chantel	Verwey	Absa NMMU AC	24	15:41
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U.21 (4 km):

1	Annica	Coetzee	Absa NMMU AC	19	16:39
2	Zenobia	Douland	Hofmeyer P/S	17	17:09
3	Julianta	Bennet	Phakama H/S	18	20:15

Girls 17 (4 km):

1	Arna	Nelson	Diocesan H/S	16	19:22
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WP League (7th)

Rocklands, 30 July

Note: All men's age categories run 8 km, except the u.17 boys (6 km) and all women's age categories run 4 km, except the u.19 girls (6 km). – Ed.

SR. MEN (12 km)

1	Duane	Fortuin	Adidas	38:19
2	Victor	Msopi	Nedbank WP	38:32
3	Mziyanda	Gumenge	ACSIS VOB	38:51
4	Mthandazo	Qhina	RCS Gugs	38:58
5	JP	Abrahams	Adidas	40:03
6	Hein	Camphor	Adidas	41:02
7	Manfred	Samuels	Helderberg Harr	41:16
8	Christopher	Karelse	ATC Running	41:32
9	Bonisile	Ngculana	Atlantic	41:51
10	Abongile	Snyman	Atlantic	41:56

SR. MEN (4 km)

1	Vuyolwethu	Kayi	Tygerberg NLK	12:33
2	Luxolo	Mdzanga	RCS Gugs	12:39
3	Phumlani	Sigidi	Nedbank WP	12:55
4	Wongaletu	Meleni	ACSIS VOB	13:04
5	Riaan	Wildskut	ATC Running	13:11
6	Bulelani	Bhebha	ACSIS VOB	13:21
7	Akhona	Makila	ACSIS VOB	13:22
8	Nicholas	Mdutyana	Celtic Harriers	13:29
9	Christopher	Karelse	ATC	13:37
10	Ricardo	Jaftha	Eerste River	13:45

40-49:

1	Johnny	Persents	Adidas	27:43
2	Graham	Katzen	Celtic Harriers	28:14
3	John	September	Celtic Harriers	28:52

50-59:

1	Raymond	Howard	Celtic Harriers	29:39
2	Goodman	Mpukani	RCS Gugs	30:21
3	Julian	Paul	Defence WP	31:02

60+:

1	Awie	Veldsman	Helderberg Harr	32:27
2	Johan	Diener	Strand	33:56
3	Michael	Clarke	ACSIS VOB	38:12

U.19:

1	Jeromy	Andreas	UWC	26:16
2	Orion	Faro	MP Titans	27:01
3	Godwin	Swartz	Elsies River	27:13

U.17:

1	Lukhanyo	Malgas	Khayelitsha	18:41
2	Anthony	Timoteus	UWC	18:45
3	K T	Joseph	Easterns	19:01

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank WP	30:28
2	Dominique	Scott	Adidas	30:56
3	Asiphe	Skabalanjana	RCS Gugs	32:01
4	Busisiwe	Matiwane	Celtic Harriers	33:11
5	Nicole	Marais	NBMC	33:49
6	Sheryl	de Lange	Adidas	33:58
7	Candyce	Hall	Hout Bay	34:27
8	Jenny	Close	NBMC	35:03
9	Andrea	Pretorius	NBMC	36:21
10	Elmarie	Coetzee	Adidas	36:51

SR. WOMEN (4 km)

1	Linda	Hanekom	Adidas	16:09
2	Helene	Perold	Adidas	16:49
3	Natasha	Oosthuizen	Adidas	16:54
4	Ayanda	Mahlombe	Atlantic	17:48
5	Abegail	Sauls	Itheko	17:56
6	Lucia	Lewis	UWC	18:08
7	Emmeranthia	Philander	Adidas	18:32
8	Lee Ann	Olivier	CPUT	19:05
9	Anthea	Siegelaar	WCSS	19:52
10	Bronwyn	De Lange	No Club	19:58

40-49:

1	Sheryl	De Lange	Adidas	16:25
2	Tana	Janse v Rensburg	West Coast	16:57
3	Elmarie	Coetzee	Adidas	16:58

50-59:

1	Olga	Howard	Celtic Harriers	17:13
2	Bev	Charters	ACSIS VOB	18:11
3	Charmaine	Cupido	Nedbank WP	19:09

60+:

1	Pixie	Sparg	Celtic Harriers	21:03
2	Esmé	September	Spartan Harriers	26:22

3 Lee Keeling Spartan Harriers 26:52

U.19:

1 Khanya Mateyisi Khayelitsha 22:38
 2 Asiphe Snyman Celtic Harriers 22:42
 3 Reghana Beukes Eerste River 24:48

U.17:

1 Pamela Mtshemla ACSIS VOB 15:41
 2 Icarien van Deventer Tygerberg NLK 16:34
 3 Amy Abrahams Eerste River 16:42

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

Rock 'n' Roll Providence Half Marathon (1st)

Providence, USA, 7 August

(Distance: 21.1 km)

MEN

1. Kumsa Adugna Megeresa, Ethiopia 1:07:32 CR
 2. Tesfaye Assefa Dube, Ethiopia 1:07:49
 3. Patrick Moulton, Providence, RI 1:09:00

WOMEN

1. Kim Smith, New Zealand 1:11:54 CR
 2. Tezeta Dengersa, Turkey 1:18:56
 3. Jessica Snyder, Rochester, NY 1:20:45

TD Bank Beach to Beacon 10 km (14th)

Cape Elizabeth, USA, 6 August

(Certified point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (extended gun times)

1. Micah Kogo, 25, KEN	27:46.9	\$10,000
2. Lucas Kimeli Rotich, 21, KEN	27:55.9 PB	5,000
3. Edward Muge, 28, KEN	27:59.4	3,000
4. Hosea Macharinyang, 25, KEN	28:00.1	2,000
5. Allan Kiprono, 21, KEN	28:12.1	1,000
6. Lani Rutto, 22, KEN	28:34.1	900
7. Evans Cheruiyot, 29, KEN	28:35.0	800
8. Shawn Forrest, 28, AUS	28:39.0	700
9. Patrick Smyth, 25, USA	29:28.3	600
10. Gilbert Okari, 33, KEN	29:32.0	500

WOMEN (extended gun times)

1. Aheza Kiros, 25, ETH	32:08.7	\$10,000
2. Jelliah Tinega, 25, KEN	32:35.5	5,000
3. Buzunesh Deba, 23, ETH	32:35.5	3,000
4. Diane Nukuri-Johnson, 26, BDI	32:43.7 NR	2,000
5. Benita Willis, 32, AUS	33:15.3	1,000
6. Sara Slattery, 29, Boulder, CO	33:36.3	900



Micah Kogo wins the TD Bank Beach to Beacon 10 km in Cape Elizabeth. [Jane Monti]

7. Adriana Nelson, 31, Ft. Collins, CO	33:43.7	800
8. Melissa White, 30, Lake Orion, MI	33:45.4	700
9. Yosiko Fujinaga, 29, JPN	33:49.0	600
10. Nuta Olaru, 40, ROU	34:06.8	500 + 1000m
11. Catherine Ndereba, 39, KEN	34:30.4	

m) Earned masters prize money

Siberian International Marathon (22nd)

Omsk, RUS, 6 August

(Distance: 42.195 km)

MEN

1. Keyo Kiplimo, KEN	2:14:25
2. Oleg Marusin, 1981, RUS	2:14:35
3. Joseph Ngolepus, 1975, KEN	2:25:41

WOMEN

1. Nina Podnebesnova, 1980, RUS	2:37:22
2. Volha Malevich, 1989, BLR	2:37:45
3. Dihihinet Demsew, ETH	2:39:20

TRACK

Woodie's DIY Championships

(Irish Athletics Championships)

Santry, IRL, 6-7 August

MEN

5000 (07):

1. Alistair Cragg, Clonliffe Harriers A.C.	13:48.03
2. Mark Kenneally, Clonliffe Harriers A.C.	13:59.29
3. David Rooney, Raheny Shamrock A.C.	14:04.74

Aviva London Grand Prix

(12th Stop of the 2011 Samsung Diamond League)

London, GBR, 5-6 August

MEN

800 (05):

1. David Rudisha, KEN	1:42.91 MR
2. Abubaker Kaki, SUD	1:43.13
3. Boaz Lalang, KEN	1:44.13
4. Nick Symmonds, USA	1:44.40
5. Andrew Osagie, GBR	1:45.36 PB
6. Bram Som, NED	1:45.69

Mile (06/DL):

1. Leonel Manzano, USA	3:51.24	USD 10,000
2. Bernard Lagat, USA	3:51.38	6,000
3. Augustine Choge, KEN	3:51.50	4,000
4. Lopez Lomong, USA	3:55.20	3,000
5. Bethwell Birgen, KEN	3:56.22 PB	2,500
6. Bartosz Nowicki, POL	3:57.19 PB	2,000

3000 (05):

- | | |
|---------------------------|---------|
| 1. Mo Farah, GBR | 7:40.15 |
| 2. Gideon Gathimba, KEN | 7:44.30 |
| 3. Collis Birmingham, AUS | 7:45.04 |
| 4. Alistair Cragg, IRL | 7:46.29 |
| 5. Moumin Gala, DJI | 7:51.88 |
| 6. Sammy Alex Mutahi, KEN | 7:52.94 |

5000 (05):

- | | |
|------------------------------|----------|
| 1. Craig Mottram, AUS | 13:23.97 |
| 2. Ben True, USA | 13:28.21 |
| 3. Brandon Bethke, USA | 13:33.16 |
| 4. Chris Thompson, GBR | 13:34.31 |
| 5. Andy Vernon, GBR | 13:35.31 |
| 6. Sondre Nordstad Moen, NOR | 13:36.31 |

3000 s/chase (05):

- | | |
|---------------------------------|---------|
| 1. Willy Rutto Komen, KEN | 8:21.40 |
| 2. Brian Olinger, USA | 8:23.36 |
| 3. Mohamed-Khaled Belabbas, FRA | 8:24.63 |
| 4. Billy Nelson, USA | 8:27.20 |
| 5. Youcef Abdi, AUS | 8:27.88 |

WOMEN

800 Race 1 (05/DL):

- | | | |
|------------------------|------------|------------|
| 1. Jenny Meadows, GBR | 1:58.60 | USD 10,000 |
| 2. Kenia Sinclair, JAM | 1:59.16 | 6,000 |
| 3. Lucia Klocová, SVK | 1:59.65 | 4,000 |
| 4. Marilyn Okoro, GBR | 1:59.85 | 3,000 |
| 5. Emma Jackson, GBR | 1:59.97 PB | 2,500 |
| 6. Molly Beckwith, USA | 2:00.18 | 2,000 |

800 Race 2 (05):

- | | |
|------------------------|---------|
| 1. Jana Hartmann, GER | 2:01.97 |
| 2. Tamsyn Manou, AUS | 2:02.24 |
| 3. Charlotte Best, GBR | 2:02.96 |

1500 (06):

- | | |
|----------------------------|---------|
| 1. Lisa Dobriskey, GBR | 4:04.97 |
| 2. Hannah England, GBR | 4:05.38 |
| 3. Shannon Rowbury, USA | 4:05.73 |
| 4. Gabrielle Anderson, USA | 4:06.77 |
| 5. Treniere Moser, USA | 4:08.80 |
| 6. Erin Donohue, USA | 4:09.68 |

3000 U20 (05):

- | | |
|--------------------------|------------|
| 1. Gemma KERSEY, GBR | 9:44.31 |
| 2. Catherine BLEW, GBR | 9:47.51 |
| 3. Melissa COURTNEY, GBR | 9:52.04 PB |

5000 (06/DL):

Note: Americans Lauren Fleshman, Desiree Davila and Jen Rhines all ran under the IAAF WCA "A" standard of 15:14.00. This probably puts Davila on the USA team for Daegu (with USA Trials winner Molly Huddle), but the situation remains fluid. – Ed.

- | | | |
|-------------------------|----------|------------|
| 1. Lauren Fleshman, USA | 15:00.57 | USD 10,000 |
|-------------------------|----------|------------|

2. Helen Clitheroe, GBR	15:06.75 PB	6,000
3. Grace Momanyi, KEN	15:07.49	4,000
4. Desiree Davila, USA	15:08.64 PB	3,000
5. Jen Rhines, USA	15:10.44	2,500
6. Genet Yalew, ETH	15:12.42	2,000
7. Amy Hastings, USA	15:17.22	1,500
8. Jessica Augusto, POR	15:19.60	1,000
9. Waganesh Mekasha, ETH	15:27.97	1,000
10. Julia Bleasdale, GBR	15:49.59	1,000

3000 s/chase (06/DL):

Note: Eilish McColgan broke her ankle in this race, and somehow ran the last 550 m with it broken on her way to a personal best. She required immediate surgery. – Ed.

1. Milcah Chemos Cheywa, KEN	9:22.80	USD 10,000
2. Hiwot Ayalew, ETH	9:23.88 PB	6,000
3. Mercy Njoroge, KEN	9:27.45	4,000
4. Lydia Jebet Rotich, KEN	9:32.95	3,000
5. Lydiah Chepkurui, KEN	9:35.13	2,500
6. Gesa Felicitas Krause, GER	9:35.97 PB	2,000
7. Mekdes Bekele, ETH	9:36.85	1,500
8. Emma Coburn, USA	9:37.16 PB	1,000
... 12. Eilish McColgan, GBR	9:44.80 PB	1,000

Gert Rasschaert Memorial (21st)

Ninove, BEL, 6 August

MEN

5000:

1. Faisa Dame TASAMA, VAC, 13:32.86

...

Samuel SEPENG, **RSA**, DNF

NEWS

PISTORIUS IN FINAL TEAM FOR DEAGU

Athletics South Africa has announced a final team of 32 athletes (plus one reserve) to compete in the IAAF World Championships in Daegu, Korea, later this month. The meeting is held from 27 August to 4 September.

Among the athletes is Paralympic Olympian Oscar Pistorius, who recently qualified in the 400 m. Only eight women are included.

The team members are:

MEN: Simon Magakwe (100, 4x100), Thuso Mpuang (100, 200, 4x100), Lebogang Moeng (200, 4x100), Roscoe Engel (4x100), Hannes Dreyer (4x100), Gideon Trotter (4x100 reserve), Oscar Pistorius (400, 4x400), Ofentse Mogowana (4x400), Willie de Beer (4x400), Shane Victor (4x400), Mbulaeni Mulaudzi (800), Elroy Gelant (5000), Stephen Mokoka (10000), Lehann Fourie (110 H), L.J. van Zyl (400 H, 4x400), Cornel Fredericks (400 H, 4x400), Ruben Ramolefi (steeplechase), Luvo Maniyonga (long jump), Khotso Mokoena (long jump), Thumelo Thagane (triple jump), Robert Oosthuizen (javelin throw), Willem Coertzen (decathlon), Lukcy Mohale (marathon), Coolboy Ngamole (marathon), and David Ngakane (marathon).

WOMEN: Caster Semenya (800), Wenda Theron (400 H), Simoné du Toit (shot put), Sunette Viljoen (javelin throw), Justine Robbeson (javelin throw), René Kalmer (marathon), Tanith Maxwell (marathon), and Annerien van Schalkwyk (marathon).

STATS TIME

For a change we include some track stats this week – the South African all-time list for 10000 metres. Only nine SA athletes have been able to break 28 minutes. All the times on the list were run either in Port Elizabeth or Stellenbosch. Hendrick Ramaala's national record has now been standing for twelve years. The fastest time since then was Ramaala's 27:38.36 in 2001. Only one South African – Stephen Mokoka – has run faster than 28 minutes since Ramaala and Shadrack Hoff did so in the same race in 2003.

ALL-TIME 10000 M: TOP 10 MEN

27:29.94	Hendrick Ramaala	Port Elizabeth	22.02.99
27:39.65	Xolile Yawa	Port Elizabeth	12.12.87
27:43.89	Shadrack Hoff	Port Elizabeth	08.03.96
27:48.20	Matthews Motshwarateu	Stellenbosch	07.05.79
27:56.18	Stephen Mokoka	Stellenbosch	29.04.11
27:57.47	Enoch Skosana	Port Elizabeth	22.02.99
27:57.50	Matthews Temane	Stellenbosch	05.10.89
27:58.46	Simon Madibeng	Port Elizabeth	12.12.87
27:59.80	Rami Tsebe	Stellenbosch	05.10.89
28:00.72	Matthews Batswadi	Port Elizabeth	11.04.80

THIS MONTH IN HISTORY

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

15 years ago: 18 August 1996

Catherine Ndereba (KEN) scored the first of four wins in the Falmouth Road Race over 7 miles in Falmouth, Maine, when she beat South Africa's Colleen de Reuck in 35:37, a course record. De Reuck ran 36:05 (about 32:03 for 10 km), with Delilah Asiago (KEN) third. Earlier in the year De Reuck had finished a brilliant fifth in the World Cross-country Championships held in Stellenbosch. Joseph Kimani won the men's race in 31:36, also a course record. The next year De Reuck would get the win in 36:19 before Ndereba would get two consecutive victories. De Reuck also won in 1993.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2011

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	28:42	Lusapho April	Port Elizabeth	16 Apr
	27:15	Micah Kogo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	44:43	Lusapho April	Jeffreys Bay	08 Jan
	42:58	Mohamed Trafeh (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:42	Stephen Mokoka	Yangzhou	24 Apr

	58:30	Zerzenay Tadesse (ERI)		
	58:23	Zerseny Tadesse (ERI) 2010		
25 km	78:37	Richard Mavuso	Pretoria	07 May
	72:13	Mathew Kipkoech Kisorio (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	1:36:14	Elroy Gelant	Camps Bay	09 Jan
	1:32:08	Jason Lehmkuhle (USA)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:09:25	Lusapho April	Hannover	08 May
	2:03:02A	Geoffrey Mutai (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	31:45	Butiki Jantjies	Germiston	22 May
	28:51	Paulo Catarino (POR) 2003		
15 km	50:25	Johnny Persents	Eersterivier	25 Jun
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:38	Butiki Jantjies	Phalaborwa	23 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:37	Nikky Masombuka	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:46:14	Graham Katzen	Camps Bay	09 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:22:07	Elias Mabane	Benoni	30 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:58	Stuart McCall	Germiston	22 May
	[32:10	Vladimir Kotov	Cape Town	02 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:11	Johannes Seakamela	Alberton	13 Mar
	[50:03	Vladimir Kotov (BLR)	Constantia	12 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:24	Charles Vilakazi	Johannesburg	27 Mar
	[72:01	Vladimir Kotov	Port Elizabeth	02 Jul]
	66:42	Martin Rees (GBR) 2003		
25 km	1:39:05	Edmond Mngadi	Durban	10 Apr
30 km	1:58:23	Raymond Howard	Camps Bay	09 Jan
	[1:46:47	Vladimir Kotov (BLR)	Parow	03 Apr]
Marathon	2:40:32	Stuart McColl	George	13 Feb
	[2:30:24	Vladimir Kotov (BLR)	George	13 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:23	Awie Veldsman	Bellville	16 Apr
15 km	59:28	Jimmy Morris	Constantia	12 Mar
21.1 km	84:35	Awie Veldsman	Port Elizabeth	02 Jul
25 km	1:48:44	Michael Langa	Durban	20 Mar
30 km	2:10:29	Jimmy Morris	Camps Bay	09 Jan
Marathon	3:13:44	Don Charles	George	13 Feb

100 km

Juniors

10 km	30:11	Unathi Nteta	Stellenbosch	23 Feb
	27:52	Richard Chelimo (KEN)	1990	
15 km	47:22	Luxolo Mdzanga	Eersterivier	25 Jun
	42:25	Moses Mosop (KEN)	2004	
21.1 km	68:59	Melikhaya Frans	Port Elizabeth	02 Jul
	59:16	Samuel Wanjiru (KEN)	2005	

WOMENOpen

10 km	32:50	Irvette van Blerk	Durban	19 Jun
	30:43	Joyce Chepkurui (KEN)		
	30:21	Paula Radcliffe (GBR)	2003	
15 km	53:44	Zintle Xiniwe	Eersterivier	25 Jun
	49:31	Jennifer Rhines (USA)		
	46:28	Tirunesh Dibaba (ETH)	2009	
21.1 km	70:56A	Irvette van Blerk	New York	20 Mar
	72:04	Irvette van Blerk	Cape Town	23 Apr
	65:50	Mary Keitany (KEN)		
	66:25	Lornah Kiplagat (KEN)	2007	
	65:50p	Mary Keitany (KEN)	2011	
25 km	94:11	Louisa Leballo	Pretoria	07 May
	83:22	Filomena Chepchirchir (KEN)		
	79:53	Mary Keitany (KEN)	2010	
30 km	2:02:46	Bulelwa Simae	Parow	03 Apr
	1:46:27	Hiromi Ominami (JPN)		
	1:38:49	Mizuki Noguchi (JPN)	2005	
Marathon	2:34:47	René Kalmer	Prague	08 May
	2:19:19	Mary Keitany (KEN)		
	2:15:25	Paula Radcliffe (GBR)	2003	
100 km	6:33:11	Tomoe Abe (JPN)	2000	

Veterans (40+)

10 km	36:34	Michelle Bartman	Bellville	04 Jun
	32:14	Priscilla Welch (GBR)	1985	
15 km	57:51	Joanna Thomas	Constantia	12 Mar
	49:35	Priscilla Welch (GBR)	1985	
21.1 km	82:47	Maya Lawrie	Port Elizabeth	02 Jul
	69:56	Irina Permitina (RUS)	2009	
25 km	1:49:34A	Frith van der Merwe	Somerset East	19 Mar
	1:49:49	Grace de Oliveira	Durban	20 Mar
	82:13	Mizuki Noguchi (JPN)	2005	
30 km	2:04:22	Joanna Thomas	Camps Bay	09 Jan
	1:51:37	Mieke Pullen (NED)	2001	
Marathon	2:53:24A	Joanna Thomas	Oudtshoorn	26 Feb
	2:54:53	Joanna Thomas	George	13 Feb
	2:26:51	Priscilla Welch (GBR)	1987	
100 km	7:00:27	Normi Sakurai (JPN)	2007	

Masters (50+)

10 km	42:09	Olga Howard	Bellville	04 Jun
	34:44	Tatyana Pozdniakova (UKR)	2005	
15 km	67:09	Bev Charters	Constantia	12 Mar

21.1 km	54:33	Shirley Matson (USA) 1991		
	88:02	Grace de Oliveira	Durban	24 Jul
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	1:57:33	Sandra Steenkamp	Pretoria	07 May
30 km	2:25:56	Miranda Ward	Worcester	12 Mar
Marathon	3:10:48	Annatjie Botes	George	13 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	45:36	Sonja Laxton	Port Elizabeth	08 May
15 km	69:11	Liz Ruickbie	Johannesburg	27 Feb
21.1 km	1:35:47	Liz Ruickbie	Port Elizabeth	02 Jul
25 km	2:30:27	Linda Bell	Durban	10 Apr
30 km	2:30:15	Veronica van Niekerk	Worcester	12 Mar
Marathon	3:41:01	Veronica van Niekerk	George	13 Feb
100 km				
<u>Juniors</u>				
10 km	36:08	Dominique Scott	Bellville	10 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	59:51	Annie Bothma	Eersterivier	25 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:25:31	Letitia Saayman	Stellenbosch	30 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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