

# 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

Eliya Mogoboya, who earlier this year had been sixth in the Loskop 50 km and third in the Wally Hayward Marathon, was South Africa's top finisher in the IAU 50 km World Trophy Final in the Netherlands on Saturday. (Note: the race does not have world championship status.) Mogoboya was fifth in 3:03:55, with Claude Moshiywa tenth. In the women's race Julianie Basson and Lesley Train finished seventh and eighth respectively. Both ran PBs – Basson 3:35:51 and Train 3:37:07. Coincidentally, Train was also eighth last year.

South African won one distance medal at the World University Games when Stephen Mokoka took silver in the 10000 m

The Don Lock Memorial 8 km, one of the country's oldest short-distance races, was held for the 52<sup>nd</sup> time this weekend in real Cape winter conditions. The wins went to Sityhilo Diko in 24:15 and Asiphe Sikabalanjana in 29:32. Viv Williams, now 49, was second.

Another long established race, the Witness Blomeyers Capital Climb, with its tough climb up to World's View, was won for the fourth time by Sibonela Duma.

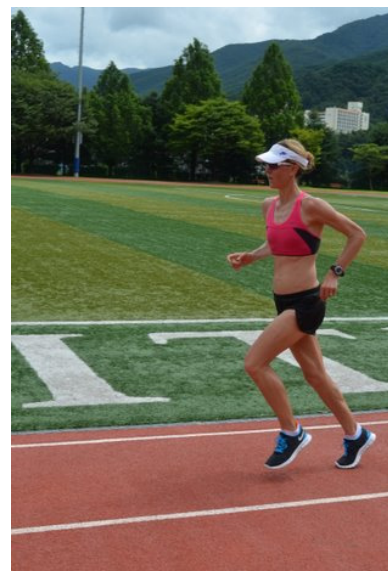
One of South Africa's representatives in the World Championships Marathon, Tanith Maxwell, had to withdraw because of injury. The two women who will start the race on Saturday (02h00 South African time) are René Kalmer and Annerien van Schalkwyk. The latter has been training for a while in Wonju to acclimatise to the heat and humidity that they will likely encounter in Daegu.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Don Lock Memorial 8 km, Claremont
- \* Merewent 10 km, Durban
- \* The Witness Blomeyers Capital Climb, Pietermaritzburg
- \* Fairbridge Mall 15 km, Brackenfell
- \* Wierie Half Marathon, Pretoria
- \* Continental 10 km, Port Elizabeth
- \* Tromonto Wedding Run, George



Annerien van Schalkwyk doing some track sharpening in Wonju for Saturday's marathon. [Martin van Schalkwyk]

- \* Swellendam Half Marathon, Swellendam
- \* XC: Interprovincial Championships, George; WP Championships, Bellville; Boland Championships, Paarl

### International highlights:

- \* Klagenfurt Halbmarathon, Klagenfurt, AUT
- \* Meia Maratona Internacional do Rio de Janeiro, Rio De Janeiro, BRA
- \* Giro delle Mura Città di Feltre, Feltre, Belluno, ITA
- \* Leadville Trail 100-Mile Endurance Run, Leadville, USA
- \* Pikes Peak Ascent, Manitou Springs, USA
- \* IAU 50 km World Trophy Final, Assen, NED
- \* Track: World University Games Athletics, Shenzhen, CHN

## ROAD RUNNING

### Don Lock Memorial 8 km (52<sup>nd</sup>)

Claremont, 21 August

(Certified out-and-back course. Weather: Cold, wet and windy.)

#### MEN

1. Sityhilo Diko (Adid) 24:15 (R300); 2. Michael Bailey (Asics) 24:24 (R150); 3. Asive Njenxa (Khay) 25:44 (R75).

**Veterans:** 1. Oloff van Zyl (VOB) 28:41 (R100); 2. Zolani Ntsodo (SANDF) 29:47 (R75); 3. Doctor Tshisekas (Celtic) 30:51 (R50). **Masters:** 1. Michael Bekapi (VOB) 29:39 (R100); 2. Goodman Mpukane (Gugs) 29:43 (R75); 3. Shafiek Cassiem (Celtic) 30:39 (R50).

**G'masters:** 1. Mike Taylor (Tyger) 41:09 (R100); 2. Faffa Joubert (Paarl) 44:51 (R75); 3. Jakobus van Zyl (VOB) 48:37 (R50). **Juniors** 1. Asive Njenxa (Khay) 25:44 (R100); 2. Samkelo Nobakada (VOB) 27:41 (R75); 3. Hydren Cloete (Brack) 28:09 (R50).

#### WOMEN (Same prize money as men)

1. Asiphe Sikabalanjana (Gugs) 29:32; 2. Viv Williams (Adid) 32:28; 3. Mthateng Lolwana (VOB) 32:42.

**Veterans:** 1. Viv Williams (Adid) 32:28; 2. Clare Cousins (VOB) 35:09; 3. Jana Trojan (VOB) 36:33. **Masters:** 1. Charmaine Cupido (Ned) 37:06; 2. Dawn Middelkoop (VOB) 37:41; 3. Helen du Plessis (Tyger) 38:23. **G'masters:** 1. Annetjie Berntzen (Tyger) 56:41; 2. Charlotte Kettlewell (VOB) 59:05; 3. Ulla Paul (Spartans) 1:14:21. **Juniors:** 3. Mthateng Lolwana (VOB) 32:42; 2. Busisiwe Gwala (VOB) 35:46; 3. Nomaxesibe Nocanisi (VOB) 36:13.

### Merewent 10 km

Durban, 21 August

(Out-and-back course)

#### MEN

1.	Robson Chigara	ZIM/Form One AC	31:04
2.	Samson Kiplagat	KEN/Form One AC	31:08
3.	Munya Jari	ZIM/Form One AC	31:18

#### 40-49:

1.	Willie Majombozi	Boxer AC	36:02
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#### 50-59:

1.	Cyril Kunene	Nedbank AC	41:20
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#### 60+:

1.	Mike Rook	Savages AC	41:01
<b>70+:</b>			
1.	George Lucy	Savages	78:59
<b>Juniors:</b>			
1.	Scelo Nsele	Muntu	38:02

## WOMEN

1.	Jenna Challenor	Boxer AC	36:35
2.	Maya Lawrie	Boxer AC	38:29 (1 <sup>st</sup> vet)
3.	Janine Carey	Boxer AC	39:04

**40-49:**

1.	Maya Lawrie	Boxer AC	38:29
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**50-59:**

1.	Zoe Buchan	Savages AC	53:04
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**60+:**

1.	Linda Palmer	PDAC	48:26
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**70+:**

1.	Tokkie Poultney	Toti AC	79:30
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**Juniors:**

1.	Kelly Fletcher	Toti AC	42:49
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**The Witness Blomeyers Capital Climb (36<sup>th</sup>)**

Pietermaritzburg, 20 August

(Distance: 15 km; point-to-point, very hilly course)

Note: Sibonela Duma also won the race in 2005, 2008 and 2009; last year he was third. – Ed.

## MEN

1.	Sibonela Duma	Boxer AC	52:12
2.	Munya Jari	ZIM/Form One AC	54:08
3.	Lindani Zuma	Boxer AC	54:40
4.	Thuso Mosiea	Eskom Gijimas	54:50
5.	Prodigal Khumalo	ZIM/Mr Price AC	55:13

**40-49:**

1.	Enock Ngubane	Mr Price AC	60:42
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**50-59:**

1.	Norman Bowker	QBH	68:45
2.	Bongani Ndlovu	Zabalazi AC	69:25

**60+:**

1.	Eric Quibell	HV	66:04
2.	Petros Shumi	Zabalazi AC	83:35

## WOMEN

1.	Kristan Williams	Coll Harr	63:55
2.	Cary-Ann Smith	Nedbank AC	65:20
3.	Sarah Grey	Coll Harr	70:10
4.	Suzanne Oberholzer	RWFL	74:11
5.	Sonja Boyd	IND	74:26

**40-49:**

1.	Janine Engels	PDAC	75:52
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**50-59:**

1.	Suzanne Oberholzer	RWFL	74:11
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2. Sandy Fismer Hilton Harr n/t

### **Fairbridge Mall 15 km**

Brackenfell, 20 August  
(Finishers: 671)

#### MEN

1. Tom Lusaseni (MP EP) 48:26; 2. Luxolo Mdzanga (Gugs) 48:32; 3. Peter Tsawayo (ZIM/NBMC) 48:32.

**Veterans:** 1. Shaun Abrahams (Adid) 53:00; 2. Isak Olifant (SANDF) 56:51; 3. Eckhardt Visser (Durb) 57:53. **Masters:** 1. Vladimir Kotov (BLR/Cent) 52:20; 2. Michael Bekapi (VOB) 57:06; 3. Steven Parkins (Met) 57:15. **G'masters:** 1. Johann Diener (Strand) 63:13; 2. Albertus Bock (Adid) 68:42; 3. Kevin Kohler (Edge) 69:49. **Juniors:** 1. Thandile Joseph (East) 51:02; 2. Babalo Hambi (Adid) 51:37; 3. Sanele Mglukane (Khay) 54:51.

#### WOMEN

1. Helene Perold (Adid) 61:29; 2. Candyce Hall (Hout) 62:56; 3. Ursula Frans (Adid) 63:18.

**Veterans:** 1. Ursula Frans (Adid) 63:18; 2. Sandra van Graan (Edge) 64:30; 3. Mariëtte Esterhuyse (Tyger) 64:50. **Masters:** 1. Anne Pool (Strand) 71:35; 2. Bertha Denichaud (Edge) 71:53; 3. Charmaine Cupido (Ned) 73:27. **G'masters:** 1. Marietha Herbert (Bell) 77:26; 2. Rita van Wyk (Brack) 94:37; 3. Maryna Vos (Bell) 98:25. **Juniors:** 1. Nomaxesibe Nocanisi (VOB) 72:21; 2. Londeka Miya (Gugs) 74:19; 3. Thi-Lin Strydom (UWC) 76:50.

### **Wierie Half Marathon**

Pretoria, 20 August  
(Distance: 21.1 km)

#### MEN

1 Wesley Ruto (KEN/Nedbank) 71:17; 2 Lucas Raseruthe (LES/Toyota) 71:19; Leburu Kgosiemang (Klerksdorp) 72:03.

**Veterans:** 1 Jackson Seanego (New Balance) 76:18; 2 Greg Barnes (Irene) 76:25; 3 Moses Lethlapo (Public Works) 87:35. **Masters:** 1 Mike v. Eck (Kempton) 95:07; 2 Steven Curtis (Kempton) 95:40; 3 Jeff Sales (Nedbank) 1:40:42. **G'masters:** 1 Eben du Pisanie (Akasia) 1:49:45; 2 Jimmy Harding (Dosco) 1:53:13. **G/g'masters:** 1 Pele Tshikundamalema (Yebo Striders) 1:41:00. **Juniors:** 1 James Simpson (Phobians) 1:45:03.

#### WOMEN

1 Kim Laxton (Sunninghill) 84:25; 2 Sharon Chinokuya (ZIM/Mr Price) 92:22; 2 Monica Neuling (Boksburg) 93:13.

**Veterans:** 1 Ina Lagerwall (Magnolia) 1:44:20; 2 Rita v. Wyk (Boksburg) 1:44:49; 3 Ansa Strydom (Overkruin) 1:52:31. **Masters:** 1 Connie Blom (PPMK) 1:53:26; 2 Marina Coetzee (PMK) 1:58:05; 3 Deidre Viljoen (Wingate) 2:03:00. **G'masters:** 1 Rina Machado (Ndaba) 2:16:14; 2 Maz Moore (Breakthru Midrand) 2:24:35.

**Continental 10 km**

Port Elizabeth, 20 August

(Finishers: 432)

**MEN**

1	Bulelani	Niwa	PEAAC	25	31:40
2	Masande	Mlonyeni	Nedbank RC EP	30	31:52
3	Melikhaya	Frans (1 <sup>st</sup> jun)	Nedbank RC EP	19	32:15
4	George	Ntshiliza	Nedbank RC EP	31	32:59
5	Zandisile	Mpisane	Mr Price AC EP	28	33:35
6	Khayaletu	Makalima	Mr Price AC EP	27	34:10
7	Terrance	Mjekula	Triangle Sports	38	34:17
8	Mpumelelo	Ndlumbini	Nedbank RC EP	36	34:45
9	Maboyisana	Mazwayi	Nedbank RC EP	43	35:05
10	Michael	Bester	Achilles AAA	24	35:15
11	Tumelo	Mochelenyane	Nedbank RC EP	29	35:52
12	Mila	Pasiya	Nedbank RC EP	31	35:53
13	Nkosinathi	Gcakasi (1 <sup>st</sup> vet)	Bluewater Bay	40	35:57
14	Sindile	Ngiyo	Nedbank RC EP	16	36:11
15	Dan	Howitz	Temp	25	36:24
16	John	Rafani	Nedbank RC EP	44	36:40
17	Ian	Patterson	Muirite Striders	48	36:46
18	Graham	Eshmade	Crusaders AC	34	37:04
19	Daryl	North	Achilles AAA	34	37:18
20	Gary	Muller	Oxford Striders	24	37:26
<b>40-44:</b>					
1	Nkosinathi	Gcakasi	Bluewater Bay	40	35:57
2	John	Rafani	Nedbank RC EP	44	36:40
3	Andrew	Long	Madiba Bay AC	44	38:11
<b>45-49:</b>					
1	Ian	Patterson	Muirite Striders	48	36:46
2	Colben	Ngcupe	Nedbank RC EP	48	38:10
3	Bennie	Stadler	Achilles AAA	48	38:50
<b>50-54:</b>					
1	Ferdinand	Grobler	Transnet RE EP	53	42:18
2	Clifford	Hicken	Elite AC	54	44:22
3	Bafumane	Nyanga	Mr Price RC EP	50	45:00
<b>55-59:</b>					
1	Sipho	Ncandana	Triangle Sports	55	41:20
2	Robert	Rietmuller	PEAAC	55	43:37
3	Johan	Barnard	Nedbank RC EP	56	45:05
<b>60-64:</b>					
1	Hannes	Els	Madiba Bay AC	61	40:27
2	David	O'Rielly	Nedbank RC EP	63	49:47
3	Medicine	Dlabati	Triangle Sports	60	50:02
<b>65-69:</b>					
1	Tamsanqa	Jusayi	Nedbank RC EP	69	41:09
2	Jean	Nepgen	Kowie Striders	66	1:25:32
<b>70-74:</b>					
1	Rolf	Mentzel	Profiles AC	71	51:49
2	Robin	Clark	Achilles AAA	70	1:01:27
3	Selwyn	Solomon	Crusaders AC	73	1:06:10
<b>75-79:</b>					
1	John	Peart	Nedbank RC EP	75	1:12:15
<b>Juniors:</b>					
1	Melikhaya	Frans	Nedbank RC EP	19	32:15

2	Sindile	Ngiyo	Nedbank RC EP	16	36:11
3	J C	Stevens	Bluewater Bay	18	42:14

## WOMEN

1	Ntombesintu	Mfunzi	Mr Price AC EP	29	35:57
2	Deliwe	Nyanga	Nedbank RC EP	22	38:35
3	Julie	Truter	Temp	28	40:57
4	Natascha	De Villiers	Absa NMMU AC	22	41:31
5	Asanda	Solani	Nedbank RC EP	28	41:56
6	Daneil	Feldmann	Rhodes University	24	42:00
7	Heidi	Van de Merwe	NBMC WP	33	44:03
8	Davera	Magson	Nedbank RC EP	36	44:39
9	Lesley	Wood (1 <sup>st</sup> mast)	Achilles AAA	54	44:40
10	Mike	Rushton	Temp	49	44:48
11	Tiani	Claassen	Transnet RE EP	20	44:57
12	Laura	Maritz	Elite AC	50	45:23
13	Mari-Nel	Walker	Temp	25	45:27
14	Caitlin	Deasy (1 <sup>st</sup> jun)	Temp	16	45:31
15	Piti	Ramakhetha	Temp	25	47:01
16	Yolanda	Dugmore	Charlo RR	38	48:28
17	Debbie	Dodd (1 <sup>st</sup> vet)	Charlo RR	40	48:37
18	Bronwen	Perry	Crusaders AC	29	48:40
19	Leandra	Oosthuizen	Temp	24	48:51
20	Lise	Claassen	Muirite Striders	40	48:57

**40-44:**

1	Debbie	Dodd	Charlo RR	40	48:37
2	Lise	Claassen	Muirite Striders	40	48:57
3	Sharon	Parkin	Aspen Pharmacare	40	50:27

**45-49:**

1	Claire	Nagel	Elite AC	47	50:08
2	Lynette	Smuts	Absa NMMU AC	45	51:48
3	Aletta	Joubert	Crusaders AC	49	53:26

**50-54:**

1	Lesley	Wood	Achilles AAA	54	44:40
2	Laura	Maritz	Elite AC	50	45:23
3	Amanda	Wolmarans	Walmer AC	52	52:46

**55-59:**

1	Toekie	Steenkamp	Nedbank RC SWD	59	51:48
2	Jos	Els	Madiba Bay AC	59	53:45
3	Marcelle	Harran	Body Concept	57	57:58

**60-64:**

1	Liz	Grundlingh	Muirite Striders	64	50:36
2	Helene	Oppel	Crusaders AC	61	56:24
3	Denise	Terblanche	Walmer AC	64	1:01:31

**65-69:**

1	Christine	Fourie	Elite AC	65	1:05:58
2	Tersia	De Jager	PEAAC	66	1:24:47
3	Angeline	Kivido	Walmer AC	65	1:26:24

**70-74:**

1	Dorothy	Hart	PEAAC	73	1:02:45
2	Aletta	Fourie	Triangle Sports	73	1:26:24

**Juniors:**

1	Caitlin	Deasy	Temp	16	45:31
2	Megan	Wilson	Charlo RR	15	50:54
3	Kimberley	Wilson	Charlo RR	15	51:06

## Tromonto Wedding Run

George, 20 August

(Distances: 21.1 km & 10 km. Finishers: half-marathon – 109; 10 km – 125.)

Note: Helga Mathee was eighth overall in the half marathon. Thea-Mari van der Sandt's name appears in both sets of results – this is clearly a mistake. Unfortunately no club names were provided. – Ed.

### Half marathon

#### MEN

1	Lindile Tokota	43	1:14:07
2	Fana Principal	42	1:16:37
3	Basie Boneparte	45	1:17:12
4	Sydney Landsberg	50	1:21:23
5	Riaan van der Sandt	32	1:27:18
6	Hermanus Jonkerman	51	1:28:37
7	Mario Meyer	32	1:29:58
8	De Waal Swart	29	1:30:43
9	Henry van der Watt	45	1:31:01
10	Alvino Williams	18	1:34:06

#### WOMEN

1	Helga Mathee	36	1:30:17
2	Lana Theunissen	39	1:34:10
3	Chantel Nienaber	38	1:35:53
4	Thea-Mari van der Sandt	36	1:46:22
5	Rome Phillipson	29	1:47:30
6	Maryke Sass	40	1:47:31
7	Sunett de Jager	41	1:49:54
8	Justine Sharples	38	1:51:17
9	Tanya Faber	39	1:52:53
10	Tina van Wyk	48	1:53:53

### 10 km

#### MEN

1	Ettiene Plaatjies	23	32:26
2	Julius Korkee	26	34:20
3	Vuyo Witbooi	36	36:01
4	Juan Pretorius	29	36:15
5	Gerald Meniel	22	36:53

#### WOMEN

1	Lize Cornelius	24	45:49
2	Johanna Claassen	43	46:32
3	Elsa de Villiers	51	53:49
4	Thea-Mari van der Sandt	36	55:27
5	Anel Oosthuizen	16	56:19

## Swellendam Half Marathon

Swellendam, 6 August

(Distance: 21.1 km; loop course, mostly on gravel. Finishers: 184.)

Note: Melissa van As finished fifth overall and Nicole Marais seventh, with Kathleen Shuttleworth eighth. – Ed.

### MEN

1	Johan Stemmet	Bonnievale	1:20:48
2	Dewald Kleynhans	Hartenbos	1:20:50
3	Kobus Meyer	Bredasdorp	1:23:35
4	Anton Chevalier	Nedbank SWD	1:25:14
5	Pieter Hanekom	Nedbank WP	1:32:39
6	AriJorn Olivier	Temp	1:36:07
7	Jacqueus Bouwer	Sanlam	1:36:11
8	Frans Marthinus	Temp	1:37:36
9	Selwyn McGregor	Temp	1:37:37
10	Josef Makaya	SANDF	1:37:38

### WOMEN

1	Melissa van As	Nedbank SWD	1:31:18
2	Nicole Marais	New Balance	1:35:15
3	Kathleen Shuttleworth	Temp	1:35:16
4	Michelle Chong	Standard Bank	1:36:32
5	Tracey Derbishire	WCAC	1:40:26
6	Elizabeth van den Berg	Bredasdorp	1:40:47
7	Kirsten Norris	VOB	1:41:30
8	Bettie Stevens	Temp	1:42:43
9	Marie Penn	Temp	1:43:38
10	Karin Heyns	Temp	1:43:50

## CROSS-COUNTRY

### Interprovincial Championships

George, 20 August

Note: The men's age groups 40-59 and Boys 19 run 8 km; all the others run 6 km. All women's age groups, including the Girls 16, 17 and 19, run 4 km. – Ed.

#### SR. MEN (12 km)

1	Duane	Fortuin	WP	38:19
2	Victor	Msopi	WP	39:09
3	Mthandazo	Qhina	WP	39:22
4	JP	Abrahams	WP	39:22
5	Rodger	Davids	Boland	39:55
6	Willem	Daries	SWD	40:24
7	Hein	Camphor	WP	40:40
8	Byno	Chipyoka	Boland	40:44
9	Dawid	Gouws	Boland	41:34
10	Melikhaya	Msizi	SWD	42:00

#### SR. MEN (4 km)

1	Shaun	Lekay	Boland	12:28
2	Nathan	Beukes	Boland	12:29
3	Angelo	Booyesen	Boland	12:45
4	Sinesipho	Didishe	SWD	13:12



5	Leswyn	Arendse	Boland	14:01
<b>40-44:</b>				
1	Johnny	Persents	WP - Indiv	26:57
2	Graham	Katzen	WP - Indiv	27:12
3	Dawid	Pieterse	Boland	28:34
<b>45-49:</b>				
1	John	September	WP - Indiv	30:41
2	Johan	Streuderst	SWD	33:35
3	Floors	Steenberg	SWD	34:10
<b>50-54:</b>				
1	Raymond	Howard	WP - Indiv	29:00
2	Thomas	Moses	Boland	29:55
3	Friedel	Van der Merwe	WP - Indiv	30:47
<b>55-59:</b>				
1	Mpendulo	Mpukani	WP - Indiv	30:05
<b>60-64:</b>				
1	Awie	Veldsman	WP - Indiv	27:48
2	Blackie	Swart	SWD	28:10
<b>Men 23 (4 km):</b>				
1	Dewayne	Mouries	WP	12:00
2	Samuel	Saul	Griq West	12:48
3	Elfonzo	Pieterse	SWD	13:30
<b>Men 21 (4 km):</b>				
1	Hillroy	Slinger	Boland	12:28
2	Eugene	Davids	Boland	13:02
3	Ruan	De Jager	Boland	13:07
<b>Boys 19:</b>				
1	Jeromy	Andreas	WP	24:53
2	William	Kaptein	Boland	24:55
3	Luyando	Qolo	Boland	24:55
<b>Boys 17:</b>				
1	Asiwe	Njenxa	WP - Indiv	19:18
2	Emiele	Paulse	WP Schools	19:19
3	Du-wayne	Philander	WP Schools	19:29
<b>Boys 16:</b>				
1	Lukhanyo	Malgas	WP Schools	19:22
2	Bradwin	Engel	WP Schools	19:40
3	Anthony	Timotheus	WP Schools	19:48
<b>SR. WOMEN (8 km)</b>				
1	Bulelwa	Simae	WP	29:22
2	Busisiwe	Matiwane	WP	30:31
3	Asiphe	Sikabalanjana	WP	31:33
4	Danette	Smith	WP	33:02
5	Sheryl	De Lange	WP	33:11
6	Magrieta	Smith	Boland	35:14
7	Carina	Muller	SWD	37:29
<b>SR. WOMEN (4 km)</b>				
1	Linda	Hanekom	WP - Indiv	15:21
2	Tina Mari	Meyers	Boland	17:36
<b>40-44:</b>				
1	Sheryl	De Lange	WP	15:31
2	Heilanie	Streuderst	SWD	15:42
3	Tana	Janse Van Rensburg	WP	16:14

**45-49:**

1	Elmarie	Coetzee	WP - Indiv	16:34
2	Mary-Ann	Baron	Boland	18:55

**50-54:**

1	Olga	Howard	WP - Indiv	16:35
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**60-64:**

1	Zonia	Barnard	WP - Indiv	22:18
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**65-69:**

1	Pixie	Sparg	WP - Indiv	20:11
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**Girls 19:**

1	Khanya	Mateyisi	WP Schools	22:59
2	Annamart-Marie	Laubscher	Boland Schools	23:30
3	Asiphe	Snyman	WP	23:45

**Girls 17:**

1	Amy	Abrahams	WP Schools	15:15
2	Janey	Van der Merwe	Boland Schools	15:25
3	Maurica	Le Grange	SWD Schools - LSEN	15:30

**Girls 16:**

1	Pamela	Mtshemla	WP - Ind	14:39
2	Ebeth	Marais	WP Schools	14:45
3	Alexandra	Quenet	Boland Schools	14:59

**WP Championships**

Bellville, 13 August

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	Sityhilo	Diko	Adidas	35:14
2	Nkosinathi	Madyo	Nedbank WP	35:16
3	Victor	Msopi	Nedbank WP	35:31
4	Duane	Fortuin	Adidas	35:48
5	Mthandazo	Qhina	RCS Gugs	36:03
6	JP	Abrahams	Adidas	36:23
7	Michael	Bailey	ASICS	36:33
8	Siyabonga	Makhaluza	Easterns	36:42
9	John	Mboko	Adidas	36:45
10	Wander	Roro	Adidas	37:08

## SR. MEN (4 km)

1	Sibusiso	Valashiya	Bidvest	12:18
2	Barry-John	Pienaar	Tygerberg NLK	12:21
3	Luxolo	Mdzanga	RCS Gugs	12:31
4	Riaan	Wildskut	ATC Running	12:32
5	Fabian	Faro	MP Titans	12:39
6	Bulelani	Bhebha	ACSIS VOB	12:54
7	John	Landsman	No Club	12:56
8	Wanda	Roro	Adidas	12:58
9	Alphonso	Primo	Maties	13:01
10	Wongaletu	Meleni	ACSIS VOB	13:03

**40-44:**

1	Graham	Katzen	Celtic Harriers	25:24
2	Johnny	Persents	Adidas	26:07
3	Shaun	Abrahams	Adidas	26:18

**45-49:**

1	John	September	Celtic Harriers	26:39
2	Tobias	Philander	Adidas	26:54
3	Isak	Olifant	Defence WP	27:57
<b>50-54:</b>				
1	Raymond	Howard	Celtic Harriers	27:12
2	Michael	Bekapi	ACSIS VOB	28:17
3	Friedl	van der Merwe	Strand	28:44
<b>54-59:</b>				
1	Goodman	Mpukane	RCS Gugs	28:21
2	Clive	Owen	Edgemead	29:06
3	Robbie	Lindsay	Nedbank WP	30:12
<b>60-64:</b>				
1	Awie	Veldsman	Helderberg Harriers	30:41
2	Johan	Diener	Strand	31:18
3	Paul	Fortuin	ACSIS VOB	35:09
<b>65-69:</b>				
1	Peter	Donald	West Coast	35:39
2	E	Hargreaves	Celtic Harriers	48:44
<b>70-74:</b>				
1	Seamus	Daly	ACSIS VOB	41:33
2	J	Weston	West Coast	45:26
3	Jakobus	van Zyl	ACSIS VOB	45:48
<b>75-79:</b>				
1	Derry	Devine	ACSIS VOB	55:56
<b>U.19:</b>				
1	Jeromy	Andreas	UWC	24:12
2	Godwin	Swartz	Elsies River	24:35
3	Orion	Faro	MP Titans	25:05
<b>U.17:</b>				
1	Asive	Njenxa	Khayelitsha	18:17
2	Emile	Paulsen	MP Titans	18:24
3	Duran	Faro	Tygerberg NLK	18:44
SR. WOMEN (8 km)				
1	Bulelwa	Simae	Nedbank WP	28:28
2	Bulelwa	Mtshagi	Celtic Harriers	29:42
3	Asiphe	Sikabalanjana	RCS Gugs	29:59
4	Busisiwe	Matiwane	Celtic Harriers	30:12
5	Nomvuyisi	Seti	Celtic Harriers	30:29
6	Carol	Cunninghame	UCT	31:07
7	Danette	Smith	Adidas	31:34
8	Andrea	Pretorius	NBMC	31:39
9	Helene	Perold	Adidas	31:47
10	Sheryl	de Lange	Adidas	32:06
SR. WOMEN (4 km)				
1	Asiphe	Skibalanjana	RCS Gugs	15:07
2	Linda	Hanekom	Adidas	15:12
3	Naome	Teleko	Nedbank WP	15:57
4	Helene	Perold	Adidas	16:13
5	Natasha	Oosthuizen	Adidas	16:29
6	Tanya	du Toit	No Club	16:53
7	Abegail	Sauls	Itheko	16:57
8	Phelokazi	Mbombo	Khayelitsha	17:13
9	Lee Ann	Olivier	CPUT	18:15
10	Adele	MacCannel	ACSIS VOB	20:28

**40-44:**

1	Sheryl	De Lange	Adidas	15:44
2	Alta	Welmans	NBMC	16:09
3	Tana	Janse v Rensburg	West Coast	16:32

**45-49:**

1	Mariëtte	Esterhuyse	Tygerberg NLK	16:38
2	Marnette	Meyer	Adidas	17:08
3	Evelina	Tshabalala	RCS Gugs	17:47

**50-54:**

1	Olga	Howard	Celtic Harriers	16:44
2	Bev	Charters	ACSIS VOB	17:41
3	Cheryl	Rudolph	Easterns	18:32

**55-59:**

1	Charmaine	Cupido	Nedbank WP	18:09
2	Dawn	Middelkoop	ACSIS VOB	18:54
3	Diana	Rixon	ACSIS VOB	20:28

**60-64:**

1	Rosalie	Richfield	UCT	22:08
2	Zonia	Barnard	Celtic Harriers	22:25
3	Esmé	September	Spartan Harriers	23:44

**65-69:**

1	Pixie	Sparg	Celtic Harriers	19:56
2	Lee	Keeling	Spartan Harriers	25:21
3	Irene	Eygelaar	Edgemead	26:35

**70-74:**

1	Peggy	Reid	Spartan Harriers	28:26
2	Magdaline	Johnson	Tygerberg NLK	30:37

**75-79:**

1	Marianne	Balarin	ACSIS VOB	37:19
2	Julie	Wilson	Celtic Harriers	46:11

**U.19:**

1	Khanya	Mateyisi	Khayelitsha	24:19
2	Asiphe	Snyman	Celtic Harriers	24:21
3	Reghana	Beukes	Eerste River	26:01

**U.17:**

1	Amy	Abrahams	Eerste River	15:35
2	Alicia	Hartnick	Helderberg Harr	15:59
3	Chantelle	Links	Eerste River	17:04

**Boland Championships**

Paarl, 13 August

## SR. MEN (12 km)

1	Pieter Koopman	Maties AC	40:25
2	Bynos Chipyoka	Salkor	40:35
3	Roger Davids	Robertson AC	40:42
4	Jonathan Calvert	Salkor	44:15
5	Anthony Erasmus	Breerivier Hoer Fit 2 Run	53:43

## SR. MEN (4 km)

1	Shaun Lekay	Robertson	12:29
2	Angelo Booysen	Paarl AC	12:30
3	Nathan Beukes	Paarl	12:34
4	Jacques Pretorius	Maties AC	12:35
5	Pieter Koopman	Maties	12:48
6	Hillroy Slingers	Fit 2 Run	12:55
7	Eugene Davids	Robertson AC	12:55

8	Leswyn Arendse	Robertson AC	13:01
9	Lochner Slabbert		13:08
10	Ruan Smuts de Jager	Maties AC	13:18

**Masters (8 km):**

1	Dawid Pieterse	Dwarsriviervallei AC	28:36
2	Isaac Opperman	Kor. D	29:31
3	Thomas Moses	Worcester AC	32:07

**U.19 (8 km):**

1	William Kaptein	Robertson Ac	25:40
2	Luyanda Qolo	Uyazo Wamapile	25:53
3	Ignatius Davids	Robertson Ac	26:24

**U.17 (6 km):**

1	Richard Bester	Weston/Salkor	19:53
2	Marco Jansen	Salkor	20:03
3	Maxwell Gouws	Ceres Sek	20:05

## SR. WOMEN (4 km)

1	Adri Meyer	Maties AC	15:33
2	Magrieta Smith		
3	Ria Labuschaigne	Maties AC	16:44
4	Tina- Mari Meyer	Whalers	17:09
5	Madelein Nel	Saldanha AC	17:15
6	Corlia Meyer	Maties AC	19:53

**Masters (4 km):**

1	Mary Ann Baron	Fit 2 Run	17:46
2	Lorenza Groenveld	Maties AC	20:04

**U.19 (6 km):**

1	Annamart Laubscher	ParelVallei	23:44
2	Mari Scott	HS Vredenburg	24:46
3	Heleen Malan	Swartland	25:00

**U.17 (4 km):**

1	Janey vd Merwe	Worc.Gim	15:13
2	Sulette Kotze	Swartland	15:21
3	Hester Maniewil	Kosie De Wet DVG Hoër	16:09

**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****Klagenfurt Halbmarathon (10th)**

Klagenfurt, AUT, 21 August  
(Distance: 21.1 km)

## MEN (gun times)

1.	Wilson Kipsang, 1982, KEN	1:02:25
2.	Geoffrey Ndungu Gikuni, 1984, KEN	1:03:19
3.	Charles Wachira Maina, 1982, KEN	1:03:31

## WOMEN (gun times)

1.	Florence Kiplagat, 1987, KEN	1:08:02 CR
2.	Georgina Rono, 1980, KEN	1:11:48

3. Flomena Chepchirchir, 1981, KEN 1:11:53

### **Meia Maratona Internacional do Rio de Janeiro**

Rio De Janeiro, BRA, 21 August  
(Distance: 21.1 km)

#### MEN

1. Mark Korir, KEN 1:01:33 CR BRL 50,000  
2. James Kwambai, KEN 1:01:36 30,000  
3. Damiao Ancelmo de Souza, BRA 1:02:25 20,000

#### WOMEN

1. Eunice Jepkirui Kirwa, KEN 1:10:29 CR BRL 50,000  
2. Nadia Ejjafini, ITA 1:11:08 30,000  
3. Cruz Nonata, BRA 1:11:50 20,000

### **Giro delle Mura Città di Feltre (23rd)**

Feltre, Belluno, ITA, 20 August  
(Distance: about 9.5 km [9 laps])

#### MEN

1. Sergey Lebid, UKR 27:10  
2. Liokitok Daudi Makalla, KEN 27:32  
3. Vasyl Matviychuk, UKR 27:59

## **ULTRA/MOUNTAIN/TRAIL RUNNING**

### **Leadville Trail 100-Mile Endurance Run (29th)**

Leadville, USA, 20-21 August  
(50 miles out and back, extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain)

#### MEN

1. Ryan Sandes, 1982, RSA 16:46:54  
2. Dylan Bowman, Aspen, CO 17:18:59  
3. Neal Gorman, Washington, DC 17:48:51

#### WOMEN

1. Lynette Clemons, Leadville, CO 19:59:06  
2. Rhonda Claridge (40+), Ophir, CO 21:11:24  
3. Andrea Metz, Wausau, WI 21:13:14

### **Pikes Peak Ascent**

Manitou Springs, USA, 20 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. Mario Macias, 29, Alamosa, CO (MEX) 2:08:57 \$1000  
2. Tommy Manning, 35, Colorado Spgs, CO 2:15:43 600  
3. Simon Gutierrez, 45, Colorado Spgs, CO 2:18:15 300

## WOMEN

- |  |         |        |
|--|---------|--------|
| 1. Kim Dobson, 27, Aurora, CO            | 2:34:07 | \$1000 |
| 2. Cynthia Arnold, 27, Glenwood Spgs, CO | 2:48:21 | 600    |
| 3. Lisa Goldsmith, 46, Nederland, CO     | 2:50:55 | 300    |

**IAU 50 km World Trophy Final**

Assen, NED, 20 August

## MEN

- |                              |         |
|------------------------------|---------|
| 1. Eliot Kiplagat Biwott KEN | 2:54:53 |
| 2. Pieter Vermeesch BEL      | 2:57:23 |
| 3. Kaito Iwayama JPN         | 2:59:12 |
| 4. John Wachira KEN          | 3:02:33 |
| 5. Eliya Mogoboya RSA        | 3:03:55 |
| ... 10. Claude Moshiywa RSA  | 3:11:12 |

Samuel Moleshioa RSA, dnf

## WOMEN

- |                           |         |
|---------------------------|---------|
| 1. Emma Gooderham GBR     | 3:17:30 |
| 2. Susan Harrison GBR     | 3:25:05 |
| 3. Joanna Zakrzewski GBR  | 3:26:37 |
| 4. Yuka Ezaki JPN         | 3:28:06 |
| 5. Shanna Ailes Istni USA | 3:33:58 |
| ... 7. Julanie Basson RSA | 3:35:51 |
| 8. Lesley Train RSA       | 3:37:07 |

**TRACK****World University Games Athletics** (26th)

(Universiade)

Shenzhen, CHN, 16-21 August

## MEN

800:

Final (21):

- |                                     |         |           |
|-------------------------------------|---------|-----------|
| 1. Lachlan RENSHAW, AUS, 2 APR 1987 | 1:46.36 | Gold      |
| 2. TENG Haining, CHN, 25 JUN 1993   | 1:46.62 | PB Silver |
| 3. Fred SAMOEI, KEN, 12 JAN 1986    | 1:46.72 | Bronze    |

Semi-Finals (20):

First 2 in each heat (Q) and 2 best performers (q) advance to the Final

Heat 2:

- |   |         |   |
|---|---------|---|
| 1. Fred SAMOEI, KEN, 12 JAN 1986            | 1:46.91 | Q |
| 2. Casimir LOXSOM, USA, 17 MAR 1991         | 1:47.10 | Q |
| ... 5. Andre Karl OLIVIER, RSA, 29 DEC 1989 | 1:47.48 |   |

Heat 3:

- |  |         |   |
|--|---------|---|
| 1. Lutimar PAES, BRA, 14 DEC 1988            | 1:48.03 | Q |
| ... 8. Tlou Mogagale SELOBA, RSA, 8 MAY 1985 | 1:53.81 |   |

Prelims (19):

First 3 in each heat (Q) and 3 best performers (q) advance to the Semifinals

Heat 1:

- |                                    |         |   |
|------------------------------------|---------|---|
| 1. Sören LUDOLPH, GER, 25 FEB 1988 | 1:50.98 | Q |
|------------------------------------|---------|---|

2. Karl Andre OLIVIER, RSA, 29 DEC 1989 1:51.02 Q

Heat 5:

1. Viatcheslav SOKOLOV, RUS, 15 DEC 1984 1:50.20 Q  
 ... 3. Tlou Mogagale SELOBA, RSA, 8 MAY 1985 1:50.41 Q

1500:

Final (18):

1. Imad TOUIL, ALG, 11 FEB 1989 3:48.13 Gold  
 2. Abdelmadjed TOUIL, ALG, 11 FEB 1989 3:48.24 Silver  
 3. Valentin SMIRNOV, RUS, 13 FEB 1986 3:48.45 Bronze  
 ... 12. Pharson Morare MAGAGANE, RSA, 6 APR 1986 3:53.81

Prelims (16):

First 3 in each heat (Q) and 3 best performers (q) advance to the Final  
 Heat 2:

1. Artur OSTROWSKI, POL, 10 JUL 1988 3:49.26 Q  
 ... 3. Pharson Morare MAGAGANE, RSA, 6 APR 1986 3:49.61 Q

5000:

Final (21):

1. Andy VERNON, GBR, 7 JAN 1986 14:00.06 Gold  
 2. Evgeny RYBAKOV, RUS, 27 FEB 1985 14:00.60 Silver  
 3. Stefano LA ROSA, ITA, 28 SEP 1985 14:02.95 Bronze  
 ... 11. Tshamano SETONE, RSA, 7 MAR, 1987 14:19.31

Prelims (19):

First 5 in each heat (Q) and 5 best performers (q) advance to the Final  
 Heat 1:

1. Mohammed MEFTAHELKHAIR, MAR, 9 JAN 1989 14:21.86 Q  
 ...5. Tshamano SETONE, RSA, 7 MAR 1987 14:22.58 Q

Heat 2:

1. Evgeny RYBAKOV, RUS, 27 FEB 1985 14:09.41 Q  
 ... 8. Gert MANORA, RSA, 29 OCT 1984 14:29.57

10000 (17):

1. Suguru OSAKO, JPN, 23 MAY 1991 28:42.83 Gold  
 2. Stephen MOKOKA, RSA, 31 JAN 1985 28:53.09 Silver  
 3. Ahmed TAMRI, MAR, 8 FEB 1985 29:06.20 Bronze  
 ... 6. Sibabalwe Gladwin MZAZI, RSA, 28 AUG 1988 29:34.65

Half Marathon (21):

1. Ahmed TAMRI, MAR, 8 FEB 1985 1:06:20 Gold  
 2. Fatih BILGIC, TUR, 1 JUN 1985 1:06:20 Silver  
 3. Tsubasa HAYAKAWA, JPN, 2 JUL 1990 1:06:25 Bronze  
 ... 5. Sibabalwe Gladwin MZAZI, RSA, 28 AUG 1988 1:07:32

3000 s/chase:

Final (20):

1. Alberto PAULO, POR, 3 OCT 1985 8:32.26 Gold  
 2. Halil AKKAS, TUR, 1 JUL 1983 8:34.57 SB Silver  
 3. Ildar MINSHIN, RUS, 5 FEB 1985 8:34.86 Bronze  
 ... 7. Dean BRUMMER, RSA, 15 SEP 1988 8:47.24  
 8. Edwin Tshepo MOLEPO, RSA, 31 MAY 1987 8:47.50



## Prelims (17):

First 4 in each heat (Q) and 4 best performers (q) advance to the Final

## Heat 1:

- |   |           |
|---|-----------|
| 1. Sebastian MARTOS ROA, ESP, 20 JUN 1989 | 8:53.23 Q |
| ... 5. Dean BRUMMER, RSA, 15 SEP 1988     | Heat 2:   |

## Heat 2:

- |  |           |
|--|-----------|
| 1. Ildar MINSHIN, RUS, 5 FEB 1985            | 8:45.32 Q |
| ... 5. Edwin Tshepo MOLEPO, RSA, 31 MAY 1987 | 8:50.04 q |

## WOMEN

## 800:

## Final (18):

- |                                      |                 |
|--------------------------------------|-----------------|
| 1. Olha ZAVHORODNYA, UKR, 6 JAN 1983 | 1:59.56 PB Gold |
| 2. Elena KOFANOVA, RUS, 8 AUG 1988   | 1:59.94 Silver  |
| 3. Liliya LOBANOVA, UKR, 14 OCT 1985 | 2:00.42 Bronze  |

## 1500:

## Final (21):

- |  |                |
|--|----------------|
| 1. Asli Cakir ALPTEKIN, TUR, 20 AUG 1985 | 4:05.56 Gold   |
| 2. Anna MISHCHENKO, UKR, 25 AUG 1983     | 4:05.91 Silver |
| 3. Ekaterina GORBUNOVA, RUS, 17 JAN 1989 | 4:06.16 Bronze |

## 5000:

## Final (20):

- |                                      |                  |
|--------------------------------------|------------------|
| 1. Binnaz USLU, TUR, 12 MAR 1985,    | 15:41.15 PB Gold |
| 2. Sara MOREIRA, POR, 17 OCT 1985    | 15:45.83 Silver  |
| 3. Natalia POPKOVA, RUS, 21 SEP 1988 | 15:52.55 Bronze  |

## 10000 (16):

- |                                   |                 |
|-----------------------------------|-----------------|
| 1. Fadime SUNA, TUR, 25 OCT 1986  | 33:11.92 Gold   |
| 2. Hanae TANAKA, JPN, 12 FEB 1990 | 33:15.57 Silver |
| 3. Mai ISHIBASHI, JPN, 2 JUL 1989 | 33:41.90 Bronze |

## Half Marathon (21):

- |                                   |                |
|-----------------------------------|----------------|
| 1. RO Un Ok, PRK, 14 NOV 1989     | 1:16:38 Gold   |
| 2. JIN Lingling, CHN, 16 JAN 1987 | 1:16:42 Silver |
| 3. Sayo NOMURA, JPN, 18 APR 1989  | 1:16:48 Bronze |

## 3000 s/chase:

## Final (19):

- |  |                   |
|--|-------------------|
| 1. Binnaz USLU, TUR, 12 MAR 1985       | 9:33.50 PB Gold   |
| 2. Ludmina KUZMINA, RUS, 13 AUG 1987   | 9:44.77 Silver    |
| 3. JIN Yuan, CHN, 11 FEB 1988          | 9:45.21 SB Bronze |
| ... 9. Nolene CONRAD, RSA, 26 JUL 1985 | 10:02.31          |

## Prelims (17):

First 4 in each heat (Q) and 4 best performers (q) advance to the Final

## Heat 2:

- |  |              |
|--|--------------|
| 1. Binnaz USLU, TUR, 12 MAR 1985       | 9:47.29 Q    |
| ... 6. Nolene CONRAD, RSA, 26 JUL 1985 | 9:59.89 q PB |
-

## NEWS

### ALL ATHLETES IN DAEGU WILL BE BLOOD TESTED

All competitors at the IAAF World Championships in Daegu will be asked to provide blood samples in an unprecedented anti-doping programme. The IAAF announced that the programme will be conducted in close co-operation with the Lausanne WADA-accredited Anti-Doping Laboratory (LAD) and with the support of the World Anti-Doping Agency, reports *Athletics International*. Also involved are the Daegu Local Organising Committee, the Korean Anti-Doping Agency and the Doping Center of the Korea Institute of Science and Technology.

This blood testing programme is in addition to the regular doping controls that are collected at a World Championships (in Daegu, c. 500 urine samples shall be collected in- and out-of-competition combined). The blood samples to be collected from all athletes will be mainly at a purpose-built doping control station located in the athlete's village starting from 18 August. The samples will be analysed by the LAD on-site in Daegu for a first haematological screening analysis and in Lausanne for further analyses after the Championships.

The IAAF has stated that analyses by the LAD will focus on measuring relevant parameters (biomarkers) for individual profiling purposes within the framework of the Athlete Biological Passport. The fundamental principle of this is based on the monitoring of an athlete's biomarkers over time. The focus is not on the detection of prohibited substances or methods themselves, as for traditional doping tests, but on proving the use and effect of these substances and methods by way of abnormal variations in an athlete's biomarkers that would otherwise be stable. As one of the leading International Sport Federations in the fight against doping, the IAAF has fully engaged in the implementation of the Athlete Biological Passport at an early stage since it believes it to be a key tool in the modern fight against doping.

### JOHNNY KELLEY "THE YOUNGER" IS DEAD AT 80

John J. Kelley, the 1957 Boston Marathon champion, has died, reports *Race Results Weekly*. Often referred to as "Johnny Kelley the Younger," to avoid confusion with Johnny A. Kelley, the 1935 and 1945 Boston Marathon champion, Kelley died at his daughter's home in North Stonington, Conn. He was 80 years old and died from a melanoma which had spread to his lungs. His death was confirmed by long-time *Runner's World* editor Amby Burfoot.

In addition to his victory at Boston, Kelley finished second at that race five times. He also won eight consecutive USA marathon titles from 1956 to 1963, and was a two-time Olympian.

Burfoot, who referred to Kelley as "the most sincere, humble, gentle, and authentic human being I have ever known," has written a touching and lengthy remembrance of Kelley at *RunnersWorld.com*. Link to it directly at this abbreviated link:

<http://tinyurl.com/3b276gq>

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## CORRECTIONS

### MORE CORRECTIONS: RIEBEECKBERG RACES

Further corrections to the results of the PPC Riebeeckberg Marathon and Half Marathon have been received (see DRR 11:32).

- The female winner of the marathon was Lisa Louw, not Low.
- Luyanda Mapoyi (second in the marathon) runs for Khayelitsha, not New Balance Multisport Club.

- The third runner in the marathon was most likely Velani Lusaseni, not his brother Tom (who in any case does not run for Celtics, but for Mr Price EP).
- Kutlwano Ramaboa (third in the marathon) runs for West Coast, not UCT.
- The time for the fifth woman in the half marathon, Phelokazi Mbombo, should have been 1:41:20.
- The second female grandmaster in the half marathon is Sarah Herdien, not Hardien.

## STATS TIME

With the World Championships just around the corner, here are some statistics on the men's 1500 m at the meeting – an all-time performance list, lap times of all the finals, and a combined 2010-2011 world list.

### ALL-TIME PERFORMANCE LIST

The first two columns number the performances and performers, respectively.

1	1	3:27.65	Hicham	EL Guerrouj	MAR	1	Sevilla	1999
2	2	3:28.73	Noah	Ngeny	KEN	2	Sevilla	1999
3	3	3:30.57	Reyes	Estevez	ESP	3	Sevilla	1999
4		3:30.68		EL Guerrouj		1	Edmonton	2001
5	4	3:31.10	Bernard	Lagat	KEN	2	Edmonton	2001
6	5	3:31.34	Fermin	Cacho	ESP	4	Sevilla	1999
7	6	3:31.54	Driss	Maazouzi	FRA	3	Edmonton	2001
8		3:31.77		EL Guerrouj		1	Paris	2003
9	7	3:31.83	Andres	Diaz	ESP	5	Sevilla	1999
10	8	3:31.91	William	Chirchir	KEN	4	Edmonton	2001
11	9	3:32.31	Mehdi	Baala	FRA	2	Paris	2003
12		3:32.34		Estevez		5	Edmonton	2001
13	10	3:32.84	Noureddine	Morceli	ALG	1	Tokyo	1991
14	11	3:33.17	Ivan	Heshko	UKR	3	Paris	2003
15	12	3:33.32	Laban	Rotich	KEN	6	Sevilla	1999
16	13	3:33.47	Paul	Korir	KEN	4	Paris	2003
17	14	3:33.68	Rui	Silva	POR	5	Paris	2003
18		3:33.73		Morceli		1	Göteborg	1995
19	15	3:33.82	David	Lelei	KEN	7	Sevilla	1999
20		3:33.84		Estevez		6	Paris	2003

### LAP TIMES IN WORLD 1500 FINALS

The fastest laps are shown in bold.

	<u>400</u>	<u>400-800</u>	<u>800-1200</u>	<u>1200-1500</u>	<u>Last 400</u>	<u>Winning time</u>
1983	64.98	62.75	55.09	38.77	52.0	3:41.59
1987	63.5	60.4	53.9	39.0	51.4	3:36.80
1991	58.0	59.4	56.7	38.7	51.5	3:32.84
1993	60.9	58.4	57.1	<b>37.8</b>	<b>50.6</b>	<b>3:34.24</b>
1995	57.4	62.3	55.7	38.4	51.28	3:33.73
1997	61.08	60.96	<b>53.6</b>	40.20	52.48	3:35.83
1999	<b>54.31</b>	<b>57.84</b>	54.7	40.86	53.87	3:27.65
2001	55.41	58.28	55.66	41.33	54.60	3:30.68
2003	57.70	58.59	54.99	40.49	53.90	3:31.77
2005	60.73	63.05	53.74	40.36	54.1	3:37.88
2007	58.63	59.45	57.13	39.56	53.13	3:34.77
2009	59.54	60.64	56.86	38.89	51.6	3:35.93

### COMBINED WORLD LIST FOR 2010 & 2011

1	3:29.27	Silas	Kiplagat	KEN	1	Monaco	22 July 2010
2	3:29.53	Amine	Laalou	MAR	2	Monaco	22 July 2010
3	3:30.22	Augustine	Choge	KEN	3	Monaco	22 July 2010
4	3:30.90	Andrew	Wheating	USA	4	Monaco	22 July 2010
5	3:31.06	Ryan	Gregson	AUS	5	Monaco	22 July 2010
6	3:31.42	Nixon	Chepseba	KEN	1	Shanghai	15 May 2011

7	3:31.52	Nicholas	Kemboi	KEN	1	Lausanne	8 July 2010
8	3:31.57	Mekonnen	Gebremadhin	ETH	2	ISTAF-Berlin	22 Aug 2010
9	3:31.76	Asbel	Kiprop	KEN	2	Shanghai	15 May 2011
10	3:31.76	Abubaker	Kaki	SUD	3	Monaco	22 July 2011

### THIS MONTH IN HISTORY

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

#### 50 years ago: 12 August 1961

Ron Hill (GBR) defeated the famous "ghost runner", John Tarrant (GBR) in the Liverpool Marathon, 2:24:22 to 2:26:52. Tarrant had won in an excellent 2:22:35 the previous year. In 1968 Tarrant, under suspension because as a teenager he had received £17 as an unlicensed boxer, ran unofficially in the Comrades Marathon and finished fourth in 6:18:47. He won the London to Brighton race in both 1967 and 1968. Hill, one of the world's top marathon runners of the sixties, won a total of 21 career marathons – among them the European Championships Marathon in 1969 – over a span of more than 24 years.

### 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	Zersenay Tadese (ERI)		
	58:23	Zersenay Tadese (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
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15 km	28:51 50:25 44:14	Paulo Catarino (POR) 2003 Johnny Persents Eersterivier Pierre Levisse (FRA) 1992		25 Jun
21.1 km	68:38 62:28	Butiki Jantjies Phalaborwa John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		23 Jul
25 km	86:37 76:49	Nikky Masombuka Pretoria Martin Mondragon (MEX) 1994		07 May
30 km	1:46:14 1:35:28	Graham Katzen Camps Bay Geraldo Antonio da Silva (BRA) 2002		09 Jan
Marathon	2:22:07 2:08:46	Elias Mabane Benoni Andres Espinosa (MEX) 2003		30 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:58 [32:10 30:35	Stuart McCall Germiston Vladimir Kotov Cape Town Tecwyn Davies (GBR) 1988		22 May 02 Mar]
15 km	53:11 [50:03 47:52	Johannes Seakamela Alberton Vladimir Kotov (BLR) Constantia Titus Mamabolo (RSA) 1991		13 Mar 12 Mar]
21.1 km	72:24 [72:01 66:42	Charles Vilakazi Johannesburg Vladimir Kotov Port Elizabeth Martin Rees (GBR) 2003		27 Mar 02 Jul]
25 km	1:39:05	Edmond Mngadi Durban		10 Apr
30 km	1:58:23 [1:46:47	Raymond Howard Camps Bay Vladimir Kotov (BLR) Parow		09 Jan 03 Apr]
Marathon	2:40:32 [2:30:24 2:19:29	Stuart McColl George Vladimir Kotov (BLR) George Titus Mamabolo (RSA) 1991		13 Feb 13 Feb]
100 km				
<u>Grandmasters (60+)</u>				
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				
<u>Juniors</u>				
10 km	30:11 27:52	Unathi Nteta Stellenbosch Richard Chelimo (KEN) 1990		23 Feb
15 km	47:22 42:25	Luxolo Mdzanga Eersterivier Moses Mosop (KEN) 2004		25 Jun
21.1 km	68:59 59:16	Melikhaya Frans Port Elizabeth Samuel Wanjiru (KEN) 2005		02 Jul
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:50 30:43 30:21	Irvette van Blerk Durban Joyce Chepkurui (KEN) Paula Radcliffe (GBR) 2003		19 Jun
15 km	53:44 49:31 46:28	Zintle Xiniwe Eersterivier Jennifer Rhines (USA) Tirunesh Dibaba (ETH) 2009		25 Jun

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	Hiroimi 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		
<u>Veterans (40+)</u>				
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		
<u>Masters (50+)</u>				
10 km	42:09	Olga Howard	Bellville	04 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	67:09	Bev Charters	Constantia	12 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	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				

Juniors

10 km	36:08 31:42	Dominique Scott Zola Pieterse (RSA) 1984	Bellville	10 Apr
15 km	59:51 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	25 Jun
21.1 km	1:25:31 1:09:05	Letitia Saayman Delilah Asiago (KEN) 1991	Stellenbosch	30 Apr

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