

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

The best South African performance at the World Championships so far has been Ruben Ramolefi's new national record of 8:11.50 in the steeplechase heats this morning. Ramolefi finished second behind the 8:10.93 by Ezekiel Kemboi and while it certainly can be argued



Ruben Ramolefi clearing a hurdle on his way to his new national record in Daegu.
[Martin van Schalkwyk]

that it is unnecessary to run so hard in a heat, there are high hopes for a good performance by him in the final on Thursday.

South Africa's René Kalmer and Annerien van Schalkwyk performed below expectations in the marathon, the first event at the meeting, run in warm and humid conditions. Kalmer finished 31st in 2:38:16 and Van Schalkwyk 37th in 2:44:35 (one place ahead of former South African Colleen de Reuck, now 47). It was Kalmer's fourth and her teammate's second marathon.

Van Schalkwyk said in an e-mail that she suffered from lower back pain which became so bad that she felt like walking at times, but the encouragement from the crowd along the route kept her going. She had to receive treatment after the race. She also had to have a toenail removed shortly before she left for Korea. She is now "more motivated than ever" to qualify for the Olympics next year.

All three medals in the marathon went to Kenya – Edna Kiplagat won in 2:28:43 despite falling at a refreshment station in the 38th kilometre, with Priscah Jeptoo second and Sharon Cherop third. It was the first time that any nation swept the medals in the marathon – men or women – at the World Championships. The 16:11 by Kiplagat from 35 km to 40 km was magnificent, but not the fastest for this section in World Championships history – Catherine Ndereba ran 15:58

in 2003. Ndereba is also the owner of all three Kenyan medals won in the marathon before this year.

In the women's 10000 m Kenya scored the first 1-2-3-4 finish by a single nation in this event at the World Championships (Ethiopia has achieved 1-2-3 finishes on two occasions). The six African-born runners in the top six positions also constitute a record.

The men's 10000 m produced a nail-biting finish, with Ibrahim Jeilan outkicking a courageous Mo Farah (undefeated this year) in the last twenty metres. Jeilan covered the

last lap in 52.9 – the fastest ever – and Farah in 53.4. Jeilan (22), who won the world junior cross-country title in 2008, runs for a Japanese corporate team, Honda.

In the Spar Grand Prix race in Pretoria Grace de Oliveira set a new masters list leader of 40:20.

Included in this issue are the results of the 76th Paarlberg Half Marathon, the fifth oldest race in South Africa which was resumed this year after not being held in 2010. The results of another long-running race, the Don Lock 8 km, were included last week. It was held for the 52nd time and founder Alex Jones (83) finished it for the 48th time. Inclement weather kept the field down to 191 – the smallest in years.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Bluff Meats Formula One AC 20 km & 10 km, Durban
- * Kosi Bay 10 km, Kosi Bay
- * Spar Grand Prix Series 10 km, Pretoria
- * Atlantis 15 km, Atlantis
- * Transnet Rail Engineering 15 km, Uitenhage
- * Rustenburg Spring Run, Rustenburg
- * Paarlberg Half Marathon, Paarl
- * Race Against Crime, Herbertsdale
- * XC: Gauteng North Championships, Pretoria

International highlights:

- * IAAF World Championships in Athletics Women's Marathon, Daegu, KOR
 - * Crim Festival of Races, Flint, USA
 - * Track: IAAF World Championships in Athletics, Daegu, KOR
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ROAD RUNNING

Bluff Meats Formula One AC 20 km & 10 km

Durban, 28 August

20 km

MEN

1. Munyarazi Jari (ZIM/F1) 1:06:33; 2. Malvern Paradza (ZIM/MP) 1:07:15; 3. Njabulo Phemvu (Sav) 1:09:36.

Veterans: 1. Peter Sehloho (Boxer) 1:12:52. **Masters:** 1. Brett Chettleburg (West) 1:27:55. **G'masters:** 1. Michael Langa (AN) 1:31:09. **Juniors:** 1. Ayanda Kubheka (Inanda) 1:14:54.

WOMEN

1. CaryAnn Smith (Ned) 1:21:18; 2. Maya Lawrie (Boxer) 1:21:52; 3. Paulinah Njeya (Temp) 1:24:07.

Veterans: 1. Maya Lawrie (Boxer) 1:21:52. **Masters:** 1. Jenny Scott (Dolphin) 1:47:55. **G'masters:** 1. Gill Tregenna (West) 2:02:10. **Juniors:** 1. Nokwanda Nxumalo (Inanda) 1:43:05.

10 km**MEN**

1. Rabson Cheja (ZIM/Bluff) 31:50; 2. Ruhied Mene (MP) 33:05; 3. Thabiso Ngalonkulu (Chats) 33:06.

Juniors: 1. Andile Ximba (Umhlat) 50:10.

WOMEN

1. Loveness Madziva (ZIM/Pum) 39:57; 2. Nomcebo Mthethwa (Umhlat) 44:22; 3. Nana Sigubudu (Boxer) 47:09.

Juniors: 1. Aphiwe Mzobe (Inanda) 49:16.

Kosi Bay 10 km

Kosi Bay, 28 August

MEN

1.	Makelani Mthembu	Kosi Bay A C	30:20
2.	Nkosi Shabalala	Boxer A C	31:00
3.	Jabulani Mthembu	Temp	34:01
4.	Sinangaliso Sithole	Temp	35:05 (1 st jun)
5.	Thembiso Mthembu	Temp	35:34

Juniors:

1.	Sinangaliso Sithole	Temp	35:05
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WOMEN

1.	Janine Engels	PDAC	38:57
2.	Fiona Baldwin	PDAC	39:27
3.	Jennifer Olbers	PDAC	39:39
4.	Marlene Oosthuizen	Temp	38:20 (1 st jun)
3.	Terri Dove	Temp	49:09

Juniors:

1.	Marlene Oosthuizen	Temp	38:20
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Spar Grand Prix Series 10 km

Pretoria, 27 August
(Loop course)

1	Irvette van Blerk	Nedbank	34:55
2	Rutendo Nyahora	ZIM/Nedbank	35:40
3	Lebogang Phalula	Gauteng Striders	36:26
4	Nolene Conrad	UJ	36:34
5	Charné Bosman	Mr Price	36:37
6	Catherine Skosana	Transnet	36:42
7	Lebo Phalula	Gauteng Striders	36:48
8	Miriam Thole	MAW/Tuks	36:57
9	Tebogo Masehla	Mr Price	36:59
10	Zintle Xiniwe	Nedbank	37:02
11	Mpho Mabuza	Temp	37:06
12	Mapaseka Makhanya	Mr Price	37:25
13	Prudence Zwane	Transnet	37:31
14	Ntombesintu Mfunzi	Mr Price	37:48
15	Jenna Challenor	Boxer	38:02



Some of the top women athletes before the start of the Spar race with well-known administrator Jakes Jacobs: (from left) Rutendo Nyahora, Myrette Filmlater, Bulelwa Simae, Zintle Xiniwe and Jenna Challenor. [Photograph supplied]

16	Myrette Filmalter	Nedbank	38:27
17	Zola Budd	Temp	38:39
18	Kim Laxton	Sunninghill	39:23
19	Maxine Heine-Wacker	UJ	39:33
20	Grace de Oliveira	Boxer	40:20

Veterans: 1 Zola Budd (Temp) 38:39; 2 Catherine Naane (Goldfields) 43:16; 3 Lettie Saayman (Irene) 43:58. **Masters:** 1 Grace de Oliveira (Boxer) 40:20; 2 Francis van Blerk (Nedbank) 46:26; 3 Sewele Maponya (Wanderers) 52:30. **G'masters:** 1 Sonja Laxton (RAC) 45:52; 2 Chanelle Stegman (PMK) 70:07; 3 Rita Laker (Overkruin) 72:14. **G/g'masters:** 1 Mavis Stadler (Agape) 63:32; 2 Anette van Rooyen (Transnet) 89:05; 3 Jeanette Loots (Irene) 90:06. **Juniors:** 1 Happines Mkhinze (Tuks) 40:36; 2 Lizerie Ferreira (Nedbank) 42:03; 3 Almie van Niekerk (UJ) 46:40.

Atlantis 15 km

Atlantis, 27 August
(Finishers: 261)

MEN

1. Zolani Ntongana (MP) 46:30; 2. Sityhilo Diko (Adid) 46:44; 3. Tom Lusaseni (MP EP) 46:50

40-49: 1. Shaun Abrahams (Adid) 51:51; 2. Japhta Nero (Ned Bol) 54:14; 3. Deon Middelkoop (VOB) 55:23. **50-59:** 1. Vladimir Kotov (BLR/Cent) 51:38; 2. Henry Cieverts (Top) 59:51; 3. Willie Baartman (Spart) 60:33. **60+:** 1. Kevin Kohler (Edge) 69:37; 2. Claude Brooks (Bid) 75:39; 3. William Hendricks (Spart) 76:06. **Juniors:** 1. Lufumba Sakila (COD/Celtic) 49:42; 2. Babalo Hambu (Adid) 50:15; 3. Danzil Paulse (Brack) 50:18.

WOMEN

1. Bulelwa Mtshagi (Celtic) 54:37; 2. Nomvuyisi Seti (Celtic) 55:03; 3. Busisiwe Matiwane (Celtic) 57:28.

40-49: 1. Sheryl de Lange (Adid) 63:20; 2. Mariëtte Esterhuyse (Tyger) 65:41; 3. Marnette Meyer (Adid) 67:31. **50-59:** 1. Charmaine Cupido (Ned) 70:29; 2. Dawn Middelkoop (VOB) 71:49; 3. Helen du Plessis (Tyger) 72:33. **60+:** 1. Marietha Herbert (Bell) 76:29; 2. Pixie Sparg (Celtic) 78:08; 3. Maryna Vos (Bell) 95:16. **Juniors:** 1. Lohandi Janse van Rensburg (Tyger) 72:21; 2. Tamsin Ruiters (Bid) 95:52.

Transnet Rail Engineering 15 km

Uitenhage, 27 August
(Loop course. Finishers: 382.)

MEN

1	Lusapho	April	Oxford Striders	29	45:27
2	Lungile	Gongqa	Mr Price AC EP	32	45:34
3	Melikhaya	Frans (1 st jun)	Nedbank RC EP	19	47:51
4	Mzwanele	Maphekula	Run For Life EP	35	48:04
5	Mzolisi	Makhanda	Nedbank RC EP	28	48:22
6	Anele	Maliza	Nedbank RC EP	33	49:13
7	Sandile	Ngunuza	Nedbank RC EP	28	49:25
8	Bulelini	Niwa	PEAAC	25	50:09
9	Masibulele	Heugh	PEAAC	17	50:16
10	Simphiwe	Ntombana	Nedbank RC EP	18	51:15
11	Maboyisana	Mazwayi (1 st vet)	Nedbank RC EP	43	51:56
12	Robert	Matthys	Mr Price AC EP	35	52:00

13	Luyolo	Dyubhele	Absa NMMU AC	18	52:10
14	Christopher	Mabengeza	Nedbank RC EP	45	52:15
15	Zandisile	Mpisane	Mr Price AC EP	28	53:31
16	Mpumelelo	Ndlumbini	Nedbank RC EP	36	53:56
17	Mzukisi	Klaas	Nedbank RC EP	42	54:22
18	Michael	Bester	Achilles AAA	24	54:35
19	August	Esau	Nedbank RC EP	40	54:55
20	Bradley	Mackenzie	Achilles AAA	39	55:04

40-44:

1	Maboyisana	Mazwayi	Nedbank RC EP	43	51:56
2	Mzukisi	Klaas	Nedbank RC EP	42	54:22
3	August	Esau	Nedbank RC EP	40	54:55

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	45	52:15
2	Vernon	Newfeldt	Willard Batteries	45	57:02
3	Colben	Ngcupe	Nedbank RC EP	48	57:07

50-54:

1	Alfred	Spiers	Elite AC	51	57:39
2	Disemba	Blou	Triangle Sports	53	1:00:13
3	Sidwel	Roboshi	Nedbank RC EP	51	1:00:43

55-59:

1	Sipho	Ncandana	Triangle Sports	55	1:03:35
2	Donald	Mancasa	Triangle Sports	57	1:05:09
3	Bruce	Mcewan	Achilles AAA	57	1:06:59

60-64:

1	Sizinzo	Kama	Achilles AAA	60	1:03:20
2	Hannes	Els	Madiba Bay AC	61	1:03:36
3	Fred	Verrall	Charlo RR	63	1:05:38

65-69:

1	Johannes	Herbst	Muirite Striders	65	1:13:48
2	Herman	Dekker	SAP MC EP	66	1:39:59
3	Jan	Von Mollendorf	Elite AC	66	1:43:03

70-74:

1	Godfrey	Kariem	Cadbury AC	70	1:13:34
2	Robin	Clark	Achilles AAA	70	1:32:12
3	Gerald	Hoxley	Achilles AAA	70	1:32:16

Juniors:

1	Melikhaya	Frans	Nedbank RC EP	19	47:51
2	Masibulele	Heugh	PEAAC	17	50:16
3	Simphiwe	Ntombana	Nedbank RC EP	18	51:15

WOMEN

1	Natalie	Ross	Rhodes University	20	1:02:28
2	Jane	Barnardo	Body Concept	36	1:02:45
3	Asanda	Solani	Nedbank RC EP	28	1:04:37
4	Ursula	Kuhn	Absa NMMU AC	30	1:06:17
5	Jennifer	Coppinger	Rhodes University	21	1:06:26
6	Sime	Baynes	Body Concept	27	1:06:49
7	Natascha	De Villiers	Absa NMMU AC	22	1:07:05
8	Grizelda	Pietersen (1 st vet)	Achilles AAA	42	1:07:29
9	Priscilla	Dyanti	Mr Price AC EP	37	1:07:46
10	Lesley	Wood (1 st mast)	Achilles AAA	54	1:08:11
11	Christine	Claassen	Achilles AAA	47	1:08:51
12	Janette	Schierz-Crusius	Body Concept	50	1:08:55
13	Mari-Nel	Walker	Temp	25	1:09:23
14	Tiani	Claassen	Transnet RE EP	20	1:09:52

15	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:10:09
16	Elmarie	Bezuidenhout	Charlo RR	29	1:10:22
17	Laura	Maritz	Elite AC	50	1:10:32
18	Davera	Magson	Nedbank RC EP	36	1:12:02
19	Adele	Nel	St Albans CS EP	38	1:13:12
20	Natalie	Marais	Temp	22	1:13:21

40-44:

1	Grizelda	Pietersen	Achilles AAA	42	1:07:29
2	Lizette	Owen	Body Concept	44	1:15:00
3	Samantha	Schewitz	Charlo RR	40	1:15:23

45-49:

1	Christine	Claasen	Achilles AAA	47	1:08:51
2	Rozelle	Von Molendorff	Elite AC	47	1:17:30
3	Desiree	Ebrahim	Willard Batteries	46	1:18:07

50-54:

1	Lesley	Wood	Achilles AAA	54	1:08:11
2	Janette	Schierz-Crusius	Body Concept	50	1:08:55
3	Laura	Maritz	Elite AC	50	1:10:32

55-59:

1	Hanlie	Van der Westhuizen	Transnet RE EP	55	1:10:09
2	Cathy	Ives	Achilles AAA	58	1:23:51
3	Jos	Els	Madiba Bay AC	59	1:24:02

60-64:

1	Liz	Grundlingh	Muirite Striders	64	1:18:52
2	Denise	Terblanche	Walmer AC	64	1:34:12
3	Debbie	Oelofse	Legacy AC	64	2:05:33

65-69:

1	Margaret	Paton	Charlo RR	65	1:31:01
2	Christine	Fourie	Elite AC	65	1:33:30
3	Orgia	Nell	Muirite Striders	67	1:47:45

70-74:

1	Dorothy	Hart	PEAAC	73	1:36:49
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Juniors:

1	Megan	Wilson	Charlo RR	15	1:17:30
2	Tanya	Wilson	Charlo RR	18	1:25:05
3	Kimberley	Wilson	Charlo RR	15	1:28:04

Rustenburg Spring Run

Rustenburg, 27 August

(Distance: 10 km; partly on trails)

MEN

1. David Radebe (Toy) 31:48
2. Philip Molefe (RMC) 33:59
3. Ruan Meintjies (Protea) 34:11

40-49: 1. Danny Mokgethi (APMC) 38:20; 2. Jorrie Jordaan (Ind) 40:33. **50-59:** 1. Tsotso Mmola (APMC) 41:29. **60+:** 1. Nico Steenekamp (RMC) 48:29. **Juniors:** 1. Ruan Meintjies (Protea) 34:11; 2. Adrian Dresher (APMC) 39:48.

WOMEN

1. Khanyisa Siphunzi (Boja) 44:47
2. Elizabeth Dhiwayo (APMC) 45:03
3. Karen Pienaar (RWFL) 46:07

40-49: 1. Elmarie Pretorius (RWFL) 46:38; 2. Magda Haasbroek (Larrie) 47:09. **50-59:** 1. Heleen Rall (RMC) 46:22. **60+:** 1. Mara Bosch (RWFL) 1:19:17. **Juniors:** 1. Janine Jordaan (APMC) 51:27; 2. Tsheggofatso Morabe (Ind) 61:01.

Paarlberg Half Marathon (76th)

Paarl, 13 August

(Distance: 21.1; hilly loop course. Finishers: 450.)

Note: Unfortunately no category results were provided. As often happens with Boland races, the times were given in hundredths of a second and were rounded up by DRR according to the rules. It remains a mystery why Boland officials do not follow the timekeeping rules. It is believed the accompanying 10 km was short because of a marshalling error. – Ed.

MEN

1	Hillroy	Slingers	Fit 2 Run	20	1:12:34
2	Thembelani	Zola	Mr Price	36	1:16:15
3	Bongile	Tshewula	Easterns	24	1:16:16
4	Quinton	Lambert	Ceres	30	1:17:17
5	Christopher	Baadjes	Ceres	34	1:17:39
6	David	Van Rooijen	Fit 2 Run	25	1:18:40
7	Dumisani	?	Paarl	32	1:20:29
8	Anton	Mouton	Ceres	26	1:20:38
9	Richard	Nozingo	Fit 2 Run		1:22:08
10	Owen	Smith	Wellington	40	1:23:01

WOMEN

1	Jackie	Bakkes	Paarl	42	1:24:47
2	Michelle	Dreyer	Paarl	32	1:27:13
3	Evonne	Nieuwoudt	Paarl	37	1:35:56
4	Cheryl	Rudolph	Easterns	50	1:41:55
5	Styntjie	Prins	Paarl	57	1:42:37
6	Marlize	Vienings	Tygerberg NLC	35	1:46:40
7	Sandra	Baetsen	Temp	30	1:47:13
8	Tania	Welgemoed	Strand	41	1:47:28
9	Anne	Pool	Strand	50	1:48:18
10	Helena	Bester	Swartland	32	1:48:27

Race Against Crime

Herbertsdale, 13 August

(Distances: 21.1 km & 15 km. Finishers: half marathon – 46; 15 km – 39.)

Half marathon

MEN

1	Gurome Gelderbloem	Mbaai Harriers	35	1:20:04
2	Mario Meyer	Hartenbos	32	1:25:58
3	Riaan v.d. Sandt	Nedbank	32	1:29:17
4	Jacques Mouton	Outeniqua Harriers	33	1:29:17
5	Andre Bernardo	Nedbank	55	1:37:10

WOMEN

1	Elize Kloppers	Hartenbos	41	1:39:53
2	Thea-Mari v.d. Sandt	Nedbank	36	1:44:40
3	Suzaan Kruger	Outeniqua Harriers	28	1:47:12
4	Maryke Sass	Mbaai Harriers	40	1:53:35

5	Tanya Faber	Outeniqu Harriers	39	1:54:40
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15 km**MEN**

1	Jugene Maart	Mosselbaai Harriers	24	1:04:04
2	Ronnie le Roux	Brackenfell	66	1:19:34
3	Mziyanda Kindili	Ind	31	1:19:43
4	Solly Beyi	Hartenbos	32	1:24:24
5	Daniel Raubenheimer	Nedbank	44	1:25:27

WOMEN

1	Jolene Koekemoer	Nedbank	31	1:30:02
2	Antoinette du Preez	Mosselbaai Harriers	39	1:32:05
3	Adele Barnard	Mosselbaai Harriers	41	1:38:09
4	Lize Bester	Hartenbos	48	1:38:51
5	Ida Jardine	Hartenbos	38	1:39:37

CROSS-COUNTRY**Gauteng North Championships**

Pretoria, 20 August

Note: All male age categories run 8 km, except men 60, 65, 70, 75, 80 and boys 17 (all 6 km), as well as men 23 and 21 (4 km), while all women age categories run 4 km, except juniors (6 km). – Ed.

SR. MEN (12 km)

1	Kgosi Tsosane	Transnet	36:32
2	George Mofokeng	Transnet	36:38
3	Sikhumbuzo Seme	Tuks	36:45
4	Motsamai Motone	Transnet	36:52
5	Stanley Mofu	Fortis Noord	37:27
6	Lukhanyo Mabinza	Transnet	38:51
7	Willem Mdzhukula	PMMC	39:25
8	Oupa Maseko	HSRC	40:20
9	Tebogo Sithole	HSRC	41:10
10	Pretorius	Overkruin	45:13

SR. MEN (4 km)

1	Raphael Mahapa	TUT	11:30
2	Steve Ngqola	Transnet	11:38
3	Israel Legoete	PMMC	11:44
4	Pilgrim Gumbi	Tuks	11:51
5	Gino Nkoe	Nissan	12:01
6	Rikus Ras	Tuks	12:26
7	Eliot Makgoba	Temba Sunrise	12:28
8	Oupa Maseko	HSRC	12:29
9	Vincent Namane	Monaco	13:14
10	Charles Malatji	Monaco	13:18

Men 40:

1	Piet Mosebedi	Transnet	25:24
2	Daniel Gwangwa	New Balance	27:49
3	Graham Megaw	Tuks	28:11

Men 45:

1	Dan Mothibe	New Balance	27:15
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2	Dawie de Villiers	Wingate	27:38
3	Willie van Rensburg	Wonderboom	31:07

Men 50:

1	Piet Lotter	Alpha Centurion	30:54
2	Japie Badenhorst	Kentron	31:27
3	Stefan Snyders	Irene	32:25

Men 55:

1	Rufan Palm	AS Eagles	31:25
2	Gerhard Swart	PMK	33:43
3	Leendert Lorenzen	PMMC	33:53

Men 60:

1	Mike du Bruto	Irene	23:40
2	Pieter Rossouw	Enduro	27:17
3	Allan Kluge	Agape	28:06

Men 65:

1	Joe Bellingham	Nedbank	25:27
2	Mike Kleinsmit	Transnet	28:07
3	Gerrit van Niekerk	PMK	29:17

Men 70:

1	Bob Garden	Garsfontein	28:56
2	Andries van der Merwe	Transnet	30:55
3	Neville Muir	Phobians	46:03

Men 75:

1	Dion Heigers	ACRW	34:31
2	Martin Coetzee	Magnolia	35:50

Men 80:

1	Frans Grobler	Transnet	50:18
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Men 23:

1	Charles Nel	Tuks	12:15
2	Ivan Ambraal	PMMC	12:16
3	Martin Nkoe	Temba Sunrise	12:18

Men 21:

1	Joel Madiba	TUT	11:41
2	Albertus Badenhorst	Tuks	11:53
3	Rapelang Kgase	Individual	12:04

Junior men:

1	Nkosinathi Sotyantya	Tuks	24:22
2	Gift Mahlangu	Rosina Sedibane	24:34
3	Moses Dirane	Prestige College	24:36

Boys 17:

1	Skhalo Mthimkulu	Prestige College	18:38
2	Mpho Makofane	Prestige College	18:39
3	Mpho Motaung	Prestige College	18:57

SR. WOMEN (8 km)

1	Violet Raseboya	Transnet	27:26
2	Catherine Skosana	Transnet	27:39
3	Miriam Thole	Tuks	27:58
4	Myrette Filmalter	Nedbank	28:31
5	Gladys Lukhwareni	Transnet	30:10
6	Zintle Sinqe	Tuks	30:17
7	Simangele Mabuza	Transnet	30:37
8	Jane Makhubela	Ikhozi	30:49
9	Patience Khumalo	TUT	31:20
10	Andrea van Renssen	Transnet	36:59

SR. WOMEN (4 km)

1	Nandipa Dywili	Mr Price	14:56
2	Simone Faasen	Overkruin	16:16
3	Marize van Breda	New Balance	18:24
4	Kathryn Thomas	New Balance	18:39
5	Ilome Lessing	Individual	23:31

Women 40:

1	Estelle Greyling	Bronkhorstspuit	16:39
2	Yvette van Schalkwyk	Ultimate Ac	17:02
3	Letmari Dreeckmeyer	AS Eagles	17:45

Women 45:

1	Salome Vermeulen	Bronkhorstspuit	15:17
2	Lettie Saayman	Irene	15:46
3	Elmarie du Toit	Akasia	16:24

Women 50:

1	Sandra Steenkamp	Irene	16:02
2	Jackie Navaria	Alpha Centurion	18:53
3	Louise Nortman	Nedbank	19:20

Women 55:

1	Francis van Blerk	Nedbank	16:44
2	Lyn de Bruin	Irene	19:43
3	Rina Pretorius	AS Eagles	20:42

Women 60:

1	Stephanie Claassen	Tuks	20:25
2	Elize de Beer	Individual	25:39

Women 23:

1	Thembi Baloyi	TUT	14:20
2	Thitshaamba Ravhandalala	TUT	14:42
3	Misheline Lagerwall	New Balance	15:04

Women 21:

1	Anuschka Nice	Tuks	14:19
2	Done Vermaak	Tuks	15:33
3	Chandre du Plessis	Affies	15:36

Junior women:

1	Ankia Stols	Centurion	21:52
2	Happiness Mkhize	Tuks	22:20
3	Gerdri Wolmarans	Affies	22:35

Women 17:

1	Annah Lekalakala	Akasia	14:08
2	Kyla van Graan	Affies Meisies	14:18
3	Mashele Shinvo	Tuks	14:50

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**IAAF World Championships in Athletics Women's Marathon (13th)**

Daegu, KOR, 27 August

(Distance: 42.195 km; three-loop course (15 km, 15 km, 12.195 km). Finishers: 46 of 55 starters. Weather: Cloudy, warm and very humid.)

1. Edna Kiplagat, KEN 2:28:43 Gold \$60,000

2. Priscah Jeptoo, KEN	2:29:00	Silver	30,000
3. Sharon Cherop, KEN	2:29:14	Bronze	20,000
4. Bezunesh Bekele, ETH	2:29:21		15,000
5. Yukiko Akaba, JPN	2:29:35		10,000
6. Zhu Xiaolin, CHN	2:29:58		6,000
7. Isabellah Andersson, SWE	2:30:13		5,000
8. Wang Jiali, CHN	2:30:25		4,000
9. Marisa Barros, POR	2:30:29		
10. Remi Nakazato, JPN	2:30:52		
11. Chen Rong, CHN	2:31:11		
12. Aberu Kebede, ETH	2:31:22		
13. Irene Jerotich Kosgei, KEN	2:31:29		
14. Atsede Baysa, ETH	2:31:37		
15. Tetyana Shmyrko, UKR	2:31:58		
16. Jia Chaofeng, CHN	2:31:58		
17. Tera Moody, USA	2:32:04		
18. Yoshimi Ozaki, JPN	2:32:31		
19. Azusa Nojiri, JPN	2:33:42		
20. Lishan Dula, BRN	2:33:47		
21. Olena Burkovska, UKR	2:34:21		
22. Mai Ito, JPN	2:35:16		
23. Margarita Plaksina, RUS	2:35:39		
24. Susan Partridge, GBR	2:35:57		
25. Diana Lobacevske, LTU	2:36:05		
26. Wang Xuequin, CHN	2:36:10		
27. Lisa Stublic, CRO	2:36:41		
28. Kim Sung-eun, KOR	2:37:05		
29. Caroline Rotich, KEN	2:37:07		
30. Kathy Newberry, USA	2:37:28		
31. René Kalmer, RSA	2:38:16		
32. Alisa McKaig, USA	2:38:23		
33. Tetyana Holovchenko, UKR	2:39:25		
34. Lee Sook-Jung, KOR	2:40:23		
35. Chung Yun-hee, KOR	2:42:28		
36. Bahar Dogan, TUR	2:42:56		
37. Annerien van Schalkwyk, RSA	2:43:59		
38. Colleen De Reuck, USA	2:44:35		
39. Luvsanlundeg Otgonbayar, MGL	2:45:58		
40. Zoila Gomez, USA	2:46:44		

Available splits for Kalmer and Van Schalkwyk:

Kalmer 18:37, 36:27, 1:12:41, 2:28:54

Van Schalkwyk: 18:41, 37:02, 1:14:51

Crim Festival of Races (35th)

Flint, USA, 27 August

(Distance: 10 miles)

MEN (gun times)

1. Julius Kogo, 26, Durham, NC (KEN)	47:15	\$5000
2. Samuel Ndereba, Limerick, PA (KEN)	47:39	3000
3. Linus Chumba, 31, Nyack, NY (KEN)	47:56	1500
4. Abdelaziz Atmani, 29, New Augusta, IN (MAR)	48:03	1000
5. Julius Kosgei, 29, Hebron, KY (KEN)	48:39	500

WOMEN (gun times)

1. Everlyn Lagat, 30, Albuquerque, NM (KEN) 55:15 \$5000
2. Catherine Ndereba, 39 (KEN) 55:19 3000
3. Dayna Pidhoresky, 24, Tecumseh, ON (CAN) 55:26 1500
4. Alemtsehay Misganaw, 31, New York, NY (ETH) 55:33 1000
5. Dot McMahan, 34, Rochester Hills, MI 55:52 500 + 1000m

TRACK**IAAF World Championships in Athletics (13th)**

Daegu, KOR, 27 August – 4 September

MEN

800:

Semi-Finals (28):

First 2 of each heat (Q) plus the 2 fastest times (q) advance to final:

Heat 1:

1. Mohammed Aman, ETH 1:44.57 Q
2. Marcin Lewandowski, POL 1:44.60 Q
3. Abubaker Kaki, SUD 1:44.62 q
4. Alfred Kirwa Yego, KEN 1:44.82 q
5. Khadevis Robinson, USA 1:45.27
6. Andreas Bube, DEN 1:45.48
7. Sajad Moradi, IRI 1:46.17
8. Antonio Manuel Reina, ESP 1:48.45

Heat 2:

1. Nick Symmonds, USA 1:45.73 Q
2. Yuriy Borzakovskiy, RUS 1:45.73 Q
3. Jackson Kivuva, KEN 1:45.97
4. Andrew Osagie, GBR 1:46.12
5. Tamás Kazi, HUN 1:46.53
6. Bram Som, NED 1:46.69
7. Kevin López, ESP 1:46.86
8. Prince Mumba, ZAM 1:47.06

Heat 3:

1. David Lekuta Rudisha, KEN 1:44.20 Q
2. Adam Kszczot, POL 1:44.81 Q
3. Kleberson Davide, BRA 1:45.06
4. Rafith Rodríguez, COL 1:46.41
5. Mahfoud Brahimi, ALG 1:46.79
6. Luis Alberto Marco, ESP 1:47.45
7. Moussa Camara, MLI 1:48.15
- Mohammad Al-Azemi, KUW DNF

Prelims (27):

First 3 of each heat (Q) plus the 6 fastest times (q) advance to semi-finals:

Heat 1:

1. Nick Symmonds, USA 1:46.54 Q
2. Andreas Bube, DEN 1:46.64 Q
3. Kevin López, ESP 1:46.79 Q
4. Mouhcine El Amine, MAR 1:46.98
5. Andrew Ellerton, CAN 1:47.47
6. Moise Joseph, HAI 1:48.17
7. Zaw Win Thet, MYA 1:58.36

Heat 2:

1. Yuriy Borzakovskiy, RUS 1:46.14 Q
2. Jackson Kivuva, KEN 1:46.57 Q
3. Antonio Manuel Reina, ESP 1:46.66 Q
4. Prince Mumba, ZAM 1:46.73 q
5. Michael Rimmer, GBR 1:47.11
6. Masato Yokota, JPN 1:47.60
7. Shifaz Mohamed, MDV 2:01.05

Heat 3:

1. Abubaker Kaki, SUD 1:44.83 Q
2. Mohammed Aman, ETH 1:45.17 Q
3. Alfred Kirwa Yego, KEN 1:45.50 Q
4. Luis Alberto Marco, ESP 1:46.19 q
5. Moussa Camara, MLI 1:46.38 q NR
6. Ashot Hayrapetyan, ARM 1:50.09 PB
7. Fernando da Silva, BRA 1:51.58

Heat 4:

1. David Rudisha, KEN 1:46.29 Q
2. Marcin Lewandowski, POL 1:46.73 Q
3. Bram Som, NED 1:46.79 Q
4. Mahfoud Brahimi, ALG 1:46.94 q
5. Charles Jock, USA 1:47.95
6. Brice Etes, MON 1:48.22 SB
7. Edgar Cortez, NCA 1:49.10 NR

Heat 5:

1. Kleberson Davide, BRA 1:46.06 Q
2. Andrew Osagie, GBR 1:46.08 Q
3. Adam Kszczot, POL 1:46.16 Q
4. Sajad Moradi, IRI 1:46.39 q
5. Mohammad Al-Azemi, KUW 1:46.64 q
6. Julius Mutekanga, UGA 1:47.54
7. Farhan Ahmad, PAK 1:50.14 PB
- Thomas Vandy, SLE DNS

Heat 6:

1. Rafith Rodríguez, COL 1:48.26 Q
2. Tamás Kazi, HUN 1:48.29 Q
3. Khadevis Robinson, USA 1:48.41 Q
4. Daniel Nghipandulwa, NAM 1:48.79
5. Lutmar Paes, BRA 1:48.97
6. Ismail Ahmed Ismail, SUD 1:52.33
7. Derek Mandell, GUM 1:57.11 PB
8. Richard Blagg, GIB 1:59.34 PB

10000 (28):

1. Ibrahim Jeilan, ETH 27:13.81 Gold
[last 400m in 52.9]
2. Mo Farah, GBR 27:14.07 Silver
[last 400m in 53.4]
3. Imane Merga, ETH 27:19.14 Bronze
4. Zersenay Tadese, ERI 27:22.57
5. Martin Irungu Mathathi, KEN 27:23.87
6. Peter Cheruiyot Kirui, KEN 27:25.63 PB

7. Galen Rupp, USA	27:26.84
8. Sileshi Sihine, ETH	27:34.11
9. Paul Kipngetch Tanui, KEN	27:54.03
10. Matt Tegenkamp, USA	28:41.62
11. Rui Silva, POR	28:48.62
12. Daniele Meucci, ITA	28:50.28
13. Stephen Mokoka, RSA	28:51.97
14. Scott Bauhs, USA	29:03.92
15. Yuki Sato, JPN	29:04.15
16. Juan Carlos Romero, MEX	29:38.38
Ali Hasan Mahbood, BRN	DNF
Bayron Piedra, ECU	DNF
Kenenisa Bekele, ETH	DNF
Teklemariam Medhin, ERI	DNS

WOMEN

1500:

Prelims (28):

First 6 of each heat (Q) plus the 6 fastest times (q) advance to semi-finals

Heat 1:

1. Hannah England, GBR	4:13.45 Q
2. Mimi Belete, BRN	4:13.50 Q
3. Siham Hilali, MAR	4:13.59 Q
4. Natalya Evdokimova, RUS	4:14.36 Q
5. Nancy Jebet Langat, KEN	4:14.37 Q
6. Shannon Rowbury, USA	4:14.43 Q
7. Kalkidan Gezahegne, ETH	4:14.45
8. Isabel Macías, ESP	4:14.75
9. Anzhelika Shevchenko, UKR	4:16.22
10. Tandiwe Nyathi, ZIM	4:32.79 PB
11. Nikki Hamblin, NZL	4:36.70

Heat 2:

1. Tugba Karakaya, TUR	4:10.38 Q
2. Btissam Lakhoad, MAR	4:10.71 Q
3. Viola Kibiwot, KEN	4:10.74 Q
4. Natalia Rodríguez, ESP	4:10.76 Q
5. Jenny Simpson, USA	4:10.84 Q
6. Nataliya Tobias, UKR	4:10.99 Q
7. Olesya Syreva, RUS	4:11.24 q
8. Natallia Kareiva, BLR	4:12.03
9. Genzeb Shumi, BRN	4:12.32
10. Meskerem Assefa, ETH	4:12.43
11. Lisa Dobriskey, GBR	4:12.70
12. Gladys Landaverde, ESA	4:28.50 SB

Heat 3:

1. Maryam Yusuf Jamal, BRN	4:07.04 Q
2. Nuria Fernández, ESP	4:07.29 Q
3. Morgan Uceny, USA	4:07.43 Q
4. Hellen Obiri, KEN	4:07.59 Q (PB)
5. Ekaterina Martynova, RUS	4:07.76 Q
6. Gelete Burka, ETH	4:07.91 Q
7. Asli Cakir, TUR	4:08.05 q
8. Ingvill Måkestad Bovim, NOR	4:08.26 q
9. Kaila McKnight, AUS	4:08.74 q
10. Renata Plis, POL	4:08.83 q

11. Anna Mishchenko, UKR 4:09.02 q
12. Malika Akkaoui, MAR 4:14.79

10000 (27):

1. Vivian Cheruiyot, KEN 30:48.98 PB Gold
2. Sally Kipyego, KEN 30:50.04 Silver
3. Linet Masai, KEN 30:53.59 SB Bronze
4. Priscah Cherono, KEN 30:56.43 PB
5. Meselech Melkamu, ETH 30:56.55 SB
6. Shitaye Eshete, BRN 31:21.57 NR
7. Shalane Flanagan, USA 31:25.57
8. Ana Dulce Félix, POR 31:37.03
9. Jen Rhines, USA 31:47.59
10. Jessica Augusto, POR 32:06.68 SB
11. Tigist Kiros, ETH 32:11.37
12. Christelle Daunay, FRA 32:22.20
13. Kara Goucher, USA 32:29.58
14. Hikari Yoshimoto, JPN 32:32.22
15. Kayo Sugihara, JPN 32:53.89
16. Krisztina Papp, HUN 32:56.02
17. Megumi Kinukawa, JPN 34:08.37 SB
- Meseret Defar, ETH DNF
- Eloise Wellings, AUS DNS

3000 s/chase:

Prelims (27):

First 4 of each heat (Q) plus the 3 fastest times (q) advance to final

Heat 1:

1. Binnaz Uslu, TUR 9:24.06 Q NR
2. Habiba Ghribi, TUN 9:24.56 Q
3. Mercy Njoroge, KEN 9:24.95 Q
4. Hanane Ouhammadou, MAR 9:25.96 Q SB
5. Birtukan Fente, ETH 9:28.82 q
6. Fionnuala Britton, IRL 9:41.17
7. Bridget Franek, USA 9:43.09
8. Korene Hinds, JAM 9:52.11
9. Jana Sussmann, GER 9:59.53
10. Diana Martín, ESP 10:04.59
11. Ángela Figueroa, COL 10:06.00

Heat 2:

1. Sofia Assefa, ETH 9:32.48 Q
2. Lydia Chebet Rotich, KEN 9:36.70 Q
3. Sara Moreira, POR 9:36.97 Q
4. Emma Coburn, USA 9:38.42 Q
5. Lyubov Kharlamova, RUS 9:40.04 q
6. Cristina Casandra, ROU 9:51.00
7. Gülcan Mingir, TUR 10:04.83
8. Minori Hayakari, JPN 10:05.34
9. Salima El Ouali Alami, MAR 10:07.71
10. Marcela Lustigová, CZE 10:12.54
- Mardrea Hyman, JAM DNF

Heat 3:

1. Milcah Chemos Cheywa, KEN 9:35.61 Q
2. Yuliya Zaripova, RUS 9:35.80 Q
3. Gesa Felicitas Krause, GER 9:35.83 Q PB

4. Birtukan Adamu, ETH	9:37.31 Q
5. Barbara Parker, GBR	9:38.21 q
6. Beverly Ramos, PUR	9:45.50
7. Stephanie Garcia, USA	9:53.47
8. Stephanie Reilly, IRL	9:55.49
9. Sandra Eriksson, FIN	10:03.20
10. Svitlana Shmidt, UKR	10:14.16
11. Irini Kokkinariou, GRE	10:15.18

OTHER FINALS:

MEN

100 (28) (-1.4): 1. Yohan Blake (JAM) 9.92; 2. Walter Dix (USA) 10.08; 3. Kim Collins (SKN) 10.09/
 110 H (29) (-1.1): 1. Jason Richardson (USA) 13.16; 2. Xiang Liu (CHN) 13.27; 3. Andrew Turner (GBR) 13.44
 PV (29): 1. Pawel Wojciechowski (POL) 5.90; 2. Lazaro Borges (CUB) 5.90; 3. Renaud Lavillenie (FRA) 5.85.
 HT (29): 1. Koji Murofushi (JPN) 81.24; 2. Krisztian Pars (HUN) 81.18; 3. Primož Kozmus (SLO) 79.39.
 20 km walk (28): 1. Valeriy Borchin (RUS) 1:19:56; 2. Vladimir Kanaykin (RUS) 1:20:27; 3. Luis Fernando Lopez (COL) 1:20:38.

WOMEN

100 (29) (-1.4): 1. Carmelita Jeter (USA) 10.90; 2. Veronica Campbell-Brown (JAM) 10.97; 3. Kelly-Ann Baptiste (TRI) 10.98
 400 (29): 1. Amantle Montsho (BOT) 49.56; 2. Allyson Felix (USA) 49.59; 3. Anastasia Kapachinskaya (RUS) 50.24
 LJ (28): 1. Brittney Reese (USA) 6.82; 2. Olga Kucherenko (RUS) 6.77; 3. Ineta Radevica (LAT) 6.76.
 SP (29): 1. Valerie Adams (NZL) 21.12; 2. Nadzeya Ostapchuk (BLR) 20.05; 3. Jillian Camarena-Williams (USA) 20.02.
 DT (28): 1. Yanfeng Li (CHN) 66.52; 2. Nadine Müller (GER) 65.97; 3. Yarelys Barrios (CUB) 65.73.

SOUTH AFRICANS:

MEN

100 : Simon Magakwe 4h6 10.53
 400: Oscar Pistorius 3h5 45.39; 8 sf3 46.19
 3000 s/chase: Ruben Ramolefi 2h2 8:11.50 NR
 110 H: Lehann Fourie 7h3 13.86
 400 H: Cornel Fredericks 2h1 48.52; L.J. van Zyl 1h2 48.58
 Dec: Willem Coertzen dnf (PV nm)

WOMEN

400H: Wenda Theron 3h5 56.13
 SP: Simoné du Toit 13q 15.83

NEWS

SPAR GRAND PRIX STANDINGS

The Spar Grand Prix points table after four events are as follows. Only one race remains.

OPEN

1	Irvette van Blerk	Ned CGA	96
2	Zintle Xiniwe	Ned WP	73

3	Annerien van Schalkwyk	Ned AGN	55
4=	Catherine Skosana	T/Net	49
4=	Charné Bosman	MP AGN	49
6	Ntombesintu Mfunzi	MP EP	47
7	Diana-Lebo Phalula	Gauteng Strid	44
8	Mpho Mabuza	Ned CGA	36
9	Lebogang Phalula	Gauteng Strid	35
10	Nolene Conrad	UJ	32
11	René Kalmer	Ned CGA	30
12	Jenna Challenor	Boxer	24
13	Tebogo Masehla	Mr Price CGA	23
14	Dominique Scott	Adidas	19
15	Nomvuyisi Seti	Celtics	17
16	Tanith Maxwell	Boxer	16
17	Christine Kalmer	Ned CGA	14
18=	Portia Ngwenya	Temp	10
18=	Maxine Heine-Wacker	UJ	10
20=	Nandipha Dywili	Mr Price AGN	9
20=	Mapaseka Makhanya	Mr Price AGN	9

Veterans

1	Grace de Oliveira	Boxer	12
2	Maya Lawrie	Boxer	10
3	Catherine Naane	G/Fields	6

Masters

1	Olga Howard	Celtics	14
2	Annatjie Botes	Ned SWD	10
3=	Bev Charters	VOB	4
3=	Sandy Fisser	Hilton Harr	4

G'masters

1=	Lien Botha	Toti	10
1=	Sonja Laxton	RAC	10
3	Hester Kotze	Durbanville	5

Juniors

1=	Dominique Scott	Adidas	14
1=	Happiness Mkhize	Temp	14
3=	Asiphe Snyman	Celtics	4

STATS TIME

With the World Championships having started, we continue with some statistics on the women's 5000 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	14:38.59	Tirunesh	Dibaba	ETH	1	Helsinki	2005
2	2	14:39.54	Meseret	Defar	ETH	2	Helsinki	2005
3	3	14:41.82	Gabriela	Szabo	ROU	1	Sevilla	1999
4	4	14:42.47	Ejegayehu	Dibaba	ETH	3	Helsinki	2005
5	5	14:43.15	Zahra	Ouaziz	MAR	2	Sevilla	1999
6	6	14:43.47	Meselech	Melkamu	ETH	4	Helsinki	2005
7	7	14:43.64	Xing	Huina	CHN	5	Helsinki	2005
8	8	14:43.87	Zakia	Mrisho	TAN	6	Helsinki	2005
9	9	14:44.00	Priscah	Jepleting	KEN	7	Helsinki	2005
10	10	14:44.22	Ayelech	Worku	ETH	3	Sevilla	1999

11	11	14:45.14	Isabella	Ochichi	KEN	8	Helsinki	2005
12	12	14:45.35	Edith	Masai	KEN	1h1	Paris	2003
13		14:45.96		Dibaba		2h1	Paris	2003
14	13	14:46.47	Sonia	O'Sullivan	IRL	1	Göteborg	1995
15	14	14:46.73	Sun	Yingjie	CHN	3h1	Paris	2003
16	15	14:47.07	Liliya	Shobkhova	RUS	9	Helsinki	2005
17	16	14:47.75	Olga	Kravtsova	BLR	10	Helsinki	2005
18	17	14:48.33	Marta	Dominguez	ESP	4h1	Paris	2003
19	18	14:48.54	Fernanda	Ribeiro	POR	2	Göteborg	1995
20	19	14:50.17	Irina	Mikitenko	GER	4	Sevilla	1999

SPLITS IN FINALS

Fastest splits are in bold; slowest in italics.

	<u>400</u>	<u>1000</u>	<u>2000</u>	<u>3000</u>	<u>4000</u>	<u>Last km</u>	<u>Last 400</u>	<u>Last 200</u>	
1995	65.3	2:51.95	3:01.53	3:04.72	3:02.87	2:45.40	61.5	28.8	14:46.47
1997	77.2	3:11.74	2:58.66	2:58.22	3:02.21	2:46.85	61.9	29.5	14:57.68
1999		3:00.43	2:55.47	2:56.83	2:59.68	2:49.41	61.4	29.4	14:41.82
2001	75.82	3:10.06	3:03.47	3:03.72	3:04.43	2:41.71	60.4	29.0	15:03.39
2003	70.3	3:04.25	3:05.63	2:59.0	2:57.57	2:45.27	60.1	29.7	14:51.72
2005	71.7	3:02.53	2:51.32	2:58.77	3:01.78	2:44.19	58.19	28.1	14:38.59
2007		2:59.22	3:05.47	3:07.30	3:01.06	2:44.86	58.58	28.13	14:57.91
2009		3:06.02	3:05.02	3:04.01	3:00.74	2:42.18	58.62	28.8	14:57.97

WORLD RECORD SPLITS

Tirunesh	Dibaba	6/6/2008	Oslo	2:48.08	5:43.64	8:38.83	11:28.44	14:11.15
Meseret	Defar	15/6/2007	Oslo	2:50.74	5:42.60	8:35.76	11:29.44	14:16.63
Meseret	Defar	3/6/2006	NewYork	2:52.9	5:47.9	8:42.8	11:39.1	14:24.53
Elvan	Abeylegesse	11/6/2004	Bergen	2:49.56	5:47.36	8:37.84	11:30.43	14:24.68
Jiang	Bo	23/10/1997	Shanghai	2:53.4	5:45.95	8:41.09	11:40.6	14:28.09
Dong	Yanmei	21/10/1997	Shanghai	2:55	5:43	8:43	11:45	14:31.27
Fernanda	Ribeiro	22/7/1995	Hechtel	2:57	5:51	8:50	11:46	14:36.45
Ingrid	Kristiansen	5/8/1986	Stockholm	2:52.9	5:48.0	8:48.5	11:43.9	14:37.33
Zola	Budd	26/8/1985	London	2:53.7	5:49.0	8:50.5	11:52.2	14:48.07
Ingrid	Kristiansen	28/6/1984	Oslo	3:02.0	5:59.6	8:59.8	12:00.8	14:58.89
Zola	Budd	5/1/1984	Stellenbosch	2:58.5		8:55.9		15:01.83

THIS MONTH IN HISTORY

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

40 years ago: 14 August 1971

No star shone brighter at the European Championships in Helsinki than that of Finnish distance runner Juha Vaatainen. On 10 August he outkicked a field with far better credentials than his own in the 10000 m to win in a superb personal best of 27:52.8. Vaatainen, "full of fire like a Viking of old", according to *Track & Field News*, sprinted the last lap in 53.8 – the fastest ever in an elite race. Four days later he repeated the performance in the 5000 m and won his second gold medal in his second championship record of 13:32.8. This time he covered the last 400 m in between 52.8 and 53.4 (clockings varied). Another Finn, who finished 17th and 7th respectively in Vaatainen's two races, would make his own history at the Olympic Games a year later. His name was Lasse Viren.

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	Zersenay 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

Marathon	[1:46:47	Vladimir Kotov (BLR)	Parow	03 Apr]
	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

30 km	82:13	Mizuki Noguchi (JPN) 2005		
	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	40:20	Grace de Oliveira	Pretoria	27 Aug
	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				
<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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