

# Distance Running Results

Vol. 11, No. 35 – 6 September 2011

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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.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

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## EDITORIAL

The IAAF World Championships finished on a low note for the Americans and the South African male marathoners. The trio who represented South Africa in the marathon (is there no pride anymore in representing your country? – these three certainly showed none) delivered another pathetic performance with times of 2:30:01 (46<sup>th</sup>) and 2:38:22 (50<sup>th</sup>), and a DNF.

It is understood that Lucky Mohale was aiming – or so he said – for 2:07, and the team thought they could finish third. This is either a sign of monumental arrogance or simple ignorance. If – heaven forbid – they were advised to run like they did by team management/coach(es), then an investigation is in order. But it needs to be done quickly so that appropriate measures can be taken – the Olympic marathons are only eleven months away. One essential improvement – non-negotiable, really – is that a qualified marathon coach should accompany the team.

Mohale finished in a time slower than René Kalmer's!

Fortunately Caster Semenya – although she could not defend her title successfully – ensured that the last day was not all doom and gloom by winning the silver medal in the 800 m in her best time of the season behind Mariya Savinova, who ran a tactically brilliant race in the fastest time of her career. It was one of the best finals of the meeting.

On the whole South Africa had a relatively good Championships, winning four medals, although the contention of some journalists that we did as well as in 2003 is misleading. The four medals in 2003 consisted of two golds, one silver and one bronze. This time there were two silvers and two bronzes. Even 2009 was better, with two golds and a silver. South Africa finished 17<sup>th</sup> on the medal table – behind countries like Botswana (!), Grenada and New Zealand. The performances of some South Africans, such as Godfrey Mokoena and Stephen Mokoka, were very disappointing.

The class of Abel Kirui, who retained his marathon title, was apparent between 25 km and 30 km, a distance he covered in 14:18 – the fastest ever in the World Championships. His 2:07:58 is the second fastest in the history of the meeting, behind his Berlin time. His winning margin of 2:28 is the largest ever in the World Championships. Only two other men have ever won two gold medals in the marathon: namesake Abel Anton and Jaouad Gharib.



Tabitha Tsatsa on her way to victory in the PetroSA Marathon this weekend.  
[Allie van Niekerk]

Other interesting facts about the distance races:

- The first four women in the 5000 m were exactly the same as in Berlin – something that has never happened before.
- Mo Farah became the first Briton and first European 5000-metre champion to win the gold in the 5000 m; he ran the final 400 m in 52.61 and the last 200 in 26.06.
- It was the first time since 1987 that Kenya won no medals in the 5000 m for two consecutive Championships.
- Asbel Kiprop became the third Olympic champion – and first Kenyan – to win the 1500-metre gold.
- In the women's 5000 m Vivian Cheruiyot matched Tirunesh Dibaba's 5000/10000 m double of 2005; she and Sylvia Kibet won the same medal they won two years ago. The final 1000 m of this race, 2:41.64, was the fastest ever at the World Championships

Of course, the Americans' disaster in the men's 4x100 relay was not unusual or unexpected at all. Of the twelve relay races at the 2008 Olympics and the World Championships of 2009 and 2011 the US teams have now failed to finish, or were disqualified, in six. Interestingly enough, the man responsible for the mishap in all three men's races among the six was Darvis Patton! It's rather strange that the Americans have not yet put two and two together.

For me personally three of the big highlights were the wonderful racing produced by Farah in the 5000 m and converted steeplechaser Jenny Barringer Simpson in the 1500 m and their exultant, uninhibited celebrations afterwards, and Semenya's smiles after her race and on the medal rostrum – so different from the surly and frowning athlete we have become accustomed to ever since the previous World Championships.



A smile spreads across Mariy Savinova's face as she nears the finish of the 800 m. Caster Semenya, who won the silver medal, is on the right. [IAAF]

The women's 1500 provided a shocking upset when Simpson outsprinted the field to win in the slowest winning time in the history of these championships. Medal favourite Morgan Uceny saw her hopes dashed when Kenyan Hellen Obiri fell right in front of her, and she tumbled over Obiri. She got up to finish tenth. Third placed Natalia Rodríguez was disqualified in the 2009 edition of the Championships where she had finished first and then was DQ'd for pushing.

All the results in Daegu since the publication of last week's DRR – i.e., those published in the three special editions over the last few days – are repeated here so that readers have them all in one place. This makes this edition one of the biggest ever.

Multiple SA junior track champion Dominique Scott ran the first race of her US collegiate career when she finished second in the Arkansas Cross-country Invitational in Fayetteville. Scott has recently started her studies at the University of Arkansas.

In last week's Editorial the time of Annerien van Schalkwyk in Daegu was incorrectly given as 2:44:35; in the results of the marathon the correct time, 2:43:59, was given.

Our regular features Stats Time and This Month in History will be resumed next week.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Satori Camel Run, Noordhoek, Cape Town
- \* Spar & Weekend Witness Ladies 10 km, Pietermaritzburg
- \* Lifestyle Dolphin Coast 50 km & Half Marathon, Ballito
- \* PetroSA Marathon, Half Marathon & 10 km, Mossel Bay
- \* Afri-Save Muirite Marathon & 10 km, Uitenhage
- \* Tony Viljoen Border Masters Marathon, East London
- \* Blitz Spring Opener 32 km, Half Marathon & 10 km, Tzaneen

#### International highlights:

- \* World Championships in Athletics Men's Marathon, Daegu, KOR
  - \* Semi-Marathon International de Lille Métropole, Lille, FRA
  - \* XC: Hurricane Cross-country, Tulsa, USA; Arkansas Cross-country Invitational, Fayetteville, USA
  - \* Track: IAAF World Championships in Athletics, Daegu, KOR
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## ROAD RUNNING

### Satori Camel Run

Noordhoek, Cape Town, 4 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks)

#### MEN

1. Pumlani Sigidi (Ned) 59:13; 2. Luvuyo Ntando (Sat) 60:57; 3. Chris Mitchell (Celtic) 63:49 (1<sup>st</sup> vet).

**Veterans:** 1. Chris Mitchell (Celtic) 65:49; 2. Jimmy Drury (Ned) 69:42; 3. Clifford Drury (Ned) 69:43. **Masters:** 1. Robert Lindsay (Ned) 70:18; 2. Terrence Mazzolini (VOB) 76:26; 3. Mark Tolsma (Sat) 79:36. **G'masters:** 1. Rob Joubert (SS) 1:31:29; 2. Frank Muggleston (Hout) 1:48:50. **G/g'masters:** 1. Seamus Daly (VOB) 1:38:46; 2. David Kirby (Spart) 2:12:21. **Juniors:** 1. Luke Bax (Pine) 1:19:20; 2. Ashraf Kenny (Itheko) 1:58:33.

#### WOMEN

1. Bulelwa Simae (Ned) 68:40; 2. Dain Hamilton (Forest) 76:40 (1<sup>st</sup> vet); 3. Karin Winterbach (Ind) 78:08.

**Veterans:** 1. Dain Hamilton (Forest) 76:40; 2. Viv Williams (Adid) 78:45; 3. Renee Scott (Adid) 78:46. **Masters:** 1. Colleen Hohlfield (SS) 1:25:44; 2. Charmaine Cupido (Ned) 1:27:30; 3. Collette van Eck (FH) 1:32:39. **G'masters:** 1. Pixie Sparg (Celtic) 1:33:13; 2. Yvonne Blomkamp (VOB) 1:45:02; 3. Robin Sherry (Forest) 1:47:33.

### Spar & Weekend Witness Ladies 10 km

(Women only)

Pietermaritzburg, 4 September

(Two-lap course)

1. Jenna Challenor      Boxer A C      37:58

2.	Puseletso Dladla	DUT	40:05
3.	Kerry Koen	Nedbank A C	40:55

**40-49:**

1.	Janine Engels	PDAC	45:34
2.	Nana Sigubudu	Boxer A C	48:05
3.	Mary Mvelase	Boxer A C	49:10

**50-59:**

1.	Grace de Oliveria	Boxer A C	42:09
2.	Suzanne Oberholzer	RWFL	47:34
3.	Judith Grove	HH	50:50

**60+:**

1.	Linda Palmer	PDAC	49:56
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**Juniors:**

1.	Sthembile Radebe	Boxer A C	46:51
2.	Emma Horner	HH	47:31

**Lifestyle Dolphin Coast 50 km & Half Marathon**

Ballito, 4 September

(Distances: 50 km &amp; 21.1 km; hilly loop courses)

**50 km****MEN**

1.	Innocent Nyawose	QBH	3:00:24
2.	Frans Shezi	Nedbank A C	3:06:25
3.	Eugene Ncube	KZN St	3:07:11

**WOMEN**

1.	Fikelile Mbathuma	Nedbank A c	3:55:35
2.	Nicola McMurry	Umtenzini A C	4:07:58
3.	Iris Ndlovu	Boxer A C	4:13:39

**Half marathon****MEN**

1.	Xolani Nacanda	Toti A C	77:49
2.	Malosi Blose	Nedbank A C	77:59
3.	Eugene Ncube	KZN St	78:35

**WOMEN**

1.	Maya Lawrie	Boxer A C	84:40
2.	Jeanette Davidson	DHSOB	95:40
2.	Wendy Morgan	Chiltern	95:47

**PetroSA Marathon (25<sup>th</sup>), Half Marathon & 10 km**

Mossel Bay, 3 September

(Distances: 42.195 km, 21.1 km &amp; 10 km; out-and-back courses. Finishers: marathon – 125; half-marathon – 222; 10 km – 289.)

**Marathon****MEN**

1	Benedict	Moeng	Transnet AC AGN	28	2:17:43	R60 000
2	Tsotang	Maine	LES/Toyota AC	37	2:19:24	R45 000
3	Wesley	Ruto	KEN/Nedbank RC AGN30		2:20:40	R35 000
4	Paul	Thipane	Goldfields	27	2:21:56	R20 000
5	Brighton	Chipere	ZIM/Nedbank RC AGN 38		2:23:54	R10 000

6	William	Chinyanga	ZIM/Nedbank RC AGN	20	2:24:06	R5 000
7	Tamo	Matheleli	LES/Toyota AC	30	2:24:58	R4 000
8	Johannes	Kekana	MP CGA	39	2:27:11	R3 000
9	Phatlalla	Mohloli	LES/Toyota AC	27	2:28:29	R2 000
10	Temo	Rampuku	LES/Toyota AC	25	2:33:39	R1 000
11	Lindile	Tokota	Nedbank RC SWD	43	2:35:48	
12	Tumisang	Mateyisi	Goldfields	31	2:42:58	
13	Anele	Ndzuta	Adidas AC	32	2:46:45	
14	John	Rafani	Nedbank RC	44	2:48:26	
15	Themba	Phulu	Panorama AC	51	2:48:45	
16	Luntu	Kosana	RCS Guguletu	34	2:49:59	
17	Francis	Mukuka	ZAM/Bashewa	56	2:52:07	
18	Makaya	Masumpa	Oxford Striders	45	2:56:54	
19	Dewald	Kleinhans	Hartenbos Draw	28	2:57:07	
20	Wendell	Mccallum	Plett	35	2:59:02	

All age-group prizes in the marathon are the same: R3 500, R2 500, R1 500.

**40-49:**

1	Lindile	Tokota	Nedbank RC SWD	43	2:35:48	
2	John	Rafani	Nedbank RC	44	2:48:26	
3	Makaya	Masumpa	Oxford Striders	45	2:56:54	

**50-59:**

1	Themba	Phulu	Panorama AC	51	2:48:45	
2	Francis	Mukuka	ZAM/Bashewa	56	2:52:07	
3	Zama	Witvoet	RCS Guguletu	54	3:02:17	

**60-69:**

1	Daniel	Hlongwane	Nedbank RC AGN	63	3:23:42	
2	Kosie	Koopman	Fit to Run	63	3:44:37	
3	Pele	Tshikundamalema	Vodacom AC	61	3:47:27	

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

1	Tabitha	Tsatsa	ZIM/MP KZN	38	2:38:09	
2	Mamorallo	Tjoka	LES/Toyota AC	26	2:47:25	
3	Samukeliso	Moyo	ZIM/MP KZN	37	2:49:07	
4	Ntombesintu	Mfunzi	Mr Price PE	29	2:49:38	
5	Azwindini	Lukhwareni	Transnet AC AGN	31	2:52:13	
6	Margaret	Mahohoma	ZIM/MP KZN	31	2:55:43	
7	Riana	Van Niekerk	Mr Price AGN	35	2:56:46	
8	Puseletso	Maema	Goldfields	29	2:59:30	
9	Phindile	Zwane	Transnet AC AGN	36	3:01:02	
10	Jane	Mudau	Bonitas	48	3:12:11	
11	Kutlwano	Ramaboa	Westcoast AC	35	3:13:16	
12	Elizma	Horne	De Rust	32	3:16:56	
13	Vanessa	Bowman	Kempton R R	41	3:22:13	
14	Annatjie	Botes	Nedbank RC SWD	53	3:23:14	
15	Elize	Kloppers	Hartenbos Draw	41	3:25:12	
16	Sunett	De Jager	Nedbank RC SWD	40	3:51:27	
17	Natalie	De Villiers	Maties AC	51	3:53:44	
18	Cailey	Bredenkamp	Paarl AC	48	3:55:33	
19	Yolande	Weitz	Nedbank RC	43	3:58:29	
20	Megan	Goliath	Brackenfell	35	4:03:52	

**40-49:**

1	Jane	Mudau	Bonitas	48	3:12:11	
2	Vanessa	Bowman	Kempton RR	41	3:22:13	

3	Elize	Kloppers	Hartenbos Draw	41	3:25:12
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**50-59:**

1	Annatjie	Botes	Nedbank RC SWD	53	3:23:14
2	Natalie	De Villiers	Maties AC	51	3:53:44
3	Ingrid	Prinsloo	Nedbank RC SWD	51	4:05:44

**60-69:**

1	Saundria	Visser	Nedbank RC SWD	60	4:40:18
2	Marlene	Wiese	Kowie Striders	65	4:41:28
3	Esther	Oosthuizen	Hartenbos Draw	63	4:55:26

**Half marathon****MEN**

1	Lusapho	April	Oxford Striders	29	1:04:13	R10 000
2	Desmond	Mokgobu	ADT AC	22	1:04:25	R8 000
3	Nkosinathi	Madyo	Nedbank RC WP	23	1:04:31	R6 000
4	Samuel	Segoaba	Transnet AC	28	1:04:38	R4 000
5	Xolisa	Tyali	Nedbank RC AGN	22	1:06:57	R2 000
6	Sityhilo	Diko	Adidas AC	19	1:07:21	
7	Mzolisi	Makhanda	Nedbank RC	28	1:08:57	
8	Enoch	Skosana	Toyota AC	37	1:09:49	
9	Masanda	Mlonyeni	Nedbank RC	33	1:10:02	
10	Piet	Mosebedi	Transnet AC AGN	41	1:10:21	
11	Mzwanele	Maphekula	RFLG	35	1:11:21	
12	Melikhaya	Frans	Nedbank RC	19	1:11:22	
13	Gurome	Gelderbloem	Mossel Bay Harr	35	1:13:54	
14	Babalo	Hambi	Adidas AC	16	1:15:28	
15	Lukhanyo	Roro	Adidas AC	22	1:16:31	
16	Melikhaya	Msizi	Knysna MC	27	1:16:46	
17	Siyabonga	Madala	Coastline AC	25	1:17:06	
18	Jan	Isaks	Rainb SWD	26	1:17:35	
19	Andre	Jakobus	Elsies River	31	1:17:46	
20	Vuyo	Witbooi	Outeniqua Hari	36	1:18:43	

All age-group prizes in the half marathon are the same: R1 500, R1 000, R500.

**40-49:**

1	Piet	Mosebedi	Transnet AC AGN	41	1:10:21
2	Alfred	Malotona	Nedbank RC	41	1:19:23
3	Sebenzile	Dayimani	Knysna MC	49	1:25:05

**50-59:**

1	Themba	Bhelwana	Oxford Striders	54	1:26:30
2	Sam	Ndlala	Nedbank RC AGN	55	1:27:31
3	Patrick	Casey	Nedbank RC SWD	52	1:34:20

**60-69:**

1	Bob	Reich	Temp	62	2:04:43
2	Abdullah	Majiet	Ommiedraai AC	61	2:04:44
3	Ferdi	Gouws	Hartenbos Draw	60	2:04:46

**70+:**

1	Patrick	Mafilika	Nedbank RC AGN	71	1:45:05
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**Juniors:**

1	Melikhaya	Frans	Nedbank RC	19	1:11:22
2	Babalo	Hambi	Adidas AC	16	1:15:28

3	Nicholas	Cuthbert	Temp	17	1:27:04
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**WOMEN (Same prize money as men)**

1	Zintle	Xiniwe	Nedbank RC WP	24	1:17:05
2	Catherine	Skosana	Transnet AC AGN	30	1:18:44
3	Bulelwa	Mtshagi	Nedbank RC WP	32	1:20:52
4	Muchaneta	Gwata	ZIM/MP KZN	26	1:21:29
5	Charné	Bosman	Mr Price AGN	35	1:23:27
6	Helga	Mathee	Nedbank RC SWD	36	1:27:52
7	Helene	Perold	Adidas AC	26	1:28:08
8	Heilani	Streuderst	Hartenbos Draw	40	1:30:16
9	Sara	Mahlangu	Toyota AC	45	1:32:27
10	Lisl	Grobler	Knysna MC	35	1:32:40
11	Marie	Wolmarans	Nedbank RC SWD	51	1:37:22
12	Lize	Cornelius	Hartenbos Draw	24	1:38:45
13	Suzaan	Kruger	Outeniqua Harri	28	1:42:22
14	Thea-Mari	Van der Sandt	Nedbank RC SWD	36	1:42:41
15	Simonne	Sadler	Nedbank RC CGA	40	1:43:27
16	Ane	Kruger	Beaufort West D	17	1:43:36
17	Linda	Nortje	Nedbank RC SWD	37	1:44:45
18	Molloy	Sue	Temp	50	1:45:22
19	Rome	Phillipson	Mossel Bay Harr	29	1:46:10
20	Erica	Maree	Nedbank RC SWD	44	1:49:15

**40-49:**

1	Heilani	Streuderst	Hartenbos Draw	40	1:30:16
2	Sara	Mahlangu	Toyota AC	45	1:32:27
3	Simonne	Sadler	Nedbank RC CGA	40	1:43:27

**50-59:**

1	Marie	Wolmarans	Nedbank RC SWD	51	1:37:22
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**60-69:**

1	Liedie	Coetzee	Plett AC	60	2:08:02
2	Elizabeth	Badenhorst	Hartenbos Draw	64	2:49:25
3	Ros	Reich	Temp	64	2:49:37

**Juniors:**

1	Ané	Kruger	Beaufort West D	17	1:43:36
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**10 km**

**MEN**

1	Gladwin	Mzazi	Transnet AC AGN	36	32:59	R5 000
2	Lungisa	Mdedelwa	Nedbank ATRA	26	33:02	R3 500
3	Kgosi	Tsosane	Transnet AC AGN	25	33:03	R2 500
4	Siyabulela	Mtsha	Glen Gray AC	23	33:04	R1 500
5	Ettienne	Plaatjies	Nedbank RC SWD	23	33:09	R1 000
6	Sandile	Ngunuza	Nedbank RC	28	33:16	
7	George	Ntshiliza	Nedbank RC	31	33:18	
8	William	Kaptein	Robertson AC	19	33:19	
9	Shaun	Lakey	Robertson AC	30	33:22	
10	Donney	Danster	Nedbank RC SWD	19	33:26	

All age-group prizes in the 10 km are the same: R1 000, R800, R500.

**40-49:**

1	Maboyisana	Mazwayi	Nedbank RC	43	34:08
2	Selwyn	Losper	Mossel Bay Harr	47	34:43

3	John	September	Mr Price Celtic	45	35:45
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**50-59:**

1	Michael	Bekapi	VOB	50	36:23
2	Hermanus	Jonkerman	Nedbank RC SWD	51	38:03
3	Alfred	Spiers	Elite AC	51	38:06

**60-69:**

1	Joe	Bellingham	Nedbank RC AGN	65	43:17
2	Jurgens	Zwiegelaar	Nedbank RC SWD	62	45:05
3	Peter Werner	Jakoby	Knysna MC	62	45:18

**70+:**

1	Kobus	Hattingh	Outeniqua Harri	71	63:04
2	Charles	Skeen	Temp	71	63:08
3	David	Morgan-Smith	Sedgefield	74	69:08

**Juniors:**

1	Willem	Kaptein	Robertson AC	19	33:19
2	Donney	Danster	Nedbank RC SWD	19	33:26
3	Ignatius	Davids	Robertson AC	15	33:38

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

1	Voilet	Raseboya	Transnet AC AGN	25	34:55
2	Bulelwa	Simae	Nedbank RC WP	33	36:45
3	Nomvuyisi	Seti	Mr Price Celtic	23	37:43
4	Funeka	Mlwakuhle	Glen Gray AC	26	38:42
5	Deliwe	Nyanga	Nedbank RC	22	38:51
6	Andronica	Mokgotla	Gauteng Strider	22	40:43
7	Melissa	Van As	Nedbank RC SWD	29	41:44
8	Mariëtte	Esterhuyse	Tygerberg NLC AC	49	42:02
9	Lana	Theunissen	Nedbank RC SWD	39	42:08
10	Marion	Erasmus	Rainb SWD	18	42:39

**40-49:**

1	Mariëtte	Esterhuyse	Tygerberg NLC AC	49	42:02
2	Johanna	Claassen	Nedbank RC SWD	43	43:55
3	Christina	Smit	Hartenbos Draw	43	49:11

**50-59:**

1	Elsa	De Villiers	Hartenbos Draw	51	50:39
2	Toekie	Steenkamp	Nedbank RC SWD	59	52:47
3	Michelle	Schermbrucker	Hartenbos Draw	51	62:08

**60-69:**

1	Rea	Oosthuizen	Hartenbos Draw	65	52:48
2	Janette	Badenhorst	Nedbank RC SWD	63	65:52
3	Linda	Klein	Hartenbos Draw	60	68:12

**70+:**

1	Cecilia	Swiegers	RWFL SWD	73	75:38
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**Juniors:**

1	Marion	Erasmus	Rainb SWD	18	42:39
2	Ayesha	Pietersen	Temp	14	43:08
3	Michelle	Van Rooyen	Nedbank RC SWD	16	44:01



**Afri-Save Muirite Marathon (26<sup>th</sup>) & 10 km**

Uitenhage, 3 September

(Distances: 42.195 km &amp; 10 km; loop courses. Finishers: marathon – 147; 10 km – 139.)

**Marathon****MEN**

1	Mzukisi	Klaas (1 <sup>st</sup> vet)	Nedbank RC EP	42	2:51:33
2	Mzamo	Fokwana	Charlo RR	33	2:54:24
3	Mongezi	Mboya	PEAAC	33	2:54:50
4	Sisa	Camasu	Nedbank RC EP	36	2:56:28
5	Alfred	Qogi	Nedbank RC EP	38	2:56:46
6	Colben	Ngcupe	Nedbank RC EP	48	2:56:57
7	Thembekile	Msipa	Charlo RR	37	2:58:41
8	Daniel	Arosi	Nedbank RC EP	29	2:58:52
9	Zoysile	Maklein	PEAAC	40	3:00:08
10	Welcome	Loliwe	Nedbank RC EP	46	3:00:38
11	Vernon	Newfeldt	Willard Batteries	45	3:04:27
12	Errol	Thomas	Bo-Karoo M C	41	3:05:08
13	Vusumzi	Runeli	Nedbank RC EP	38	3:05:50
14	Graham	Eshmade	Crusaders AC	34	3:06:11
15	Mzukisi	Zamxaka	Nedbank RC EP	33	3:11:35
16	Ncedo	Benya	Nedbank RC EP	33	3:12:19
17	Unknown		Temp	33	3:15:57
18	Desmond	Witbooi	Nedbank RC EP	40	3:16:19
19	Aaron	Nxumalo	PEAAC	27	3:16:31
20	Morne	Van Wyk	Nedbank RC EP	41	3:17:51

**40-44:**

1	Mzukisi	Klaas	Nedbank RC EP	42	2:51:33
2	Zoysile	Maklein	PEAAC	40	3:00:08
3	Errol	Thomas	Bo-Karoo M C	41	3:05:08

**45-49:**

1	Colben	Ngcupe	Nedbank RC EP	48	2:56:57
2	Welcome	Loliwe	Nedbank RC EP	46	3:00:38
3	Vernon	Newfeldt	Willard Batteries	45	3:04:27

**50-54:**

1	Disemba	Blou	Triangle Sports	53	3:21:09
2	Sidwel	Roboshi	Nedbank RC EP	51	3:30:48
3	Clifford	Hicken	Elite AC	54	3:34:21

**55-59:**

1	Ric	Marini	Rand AC	56	4:13:24
2	Albert	Ngcanga	Ford AC	59	4:15:47
3	Sipho	Ncandana	Triangle Sports	55	4:43:11

**60-64:**

1	Sizinzo	Kama	Achilles Aaa	60	3:50:07
2	Paul	Steffens	Transnet RE EP	60	3:55:14
3	Piet	Meyer	St Albans CS EP	61	4:09:44

**70-74:**

1	Godfrey	Kariem	Cadbury AC	70	4:19:20
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**WOMEN**

1	Terri-Lynn	Penney	Run For Life EP	34	3:27:53
2	Elmarie	Bezuidenhout	Charlo RR	29	3:37:45
3	Sime	Baynes	Body Concept	27	3:38:17
4	Hanlie	V.d. Westhuizen (1 <sup>st</sup> mast)	Transnet RE EP	55	3:43:16
5	Laura	Maritz	Elite AC	50	3:54:44

6	Debbie	Dodd (1 <sup>st</sup> vet)	Charlo RR	40	4:00:04
7	Adele	Nel	St Albans CS EP	38	4:07:44
8	Desiree	Ebrahim	Willard Batteries	46	4:09:38
9	Tammy	Southby	Charlo RR	37	4:27:52
10	Sharon	Smuts	St Albans CS EP	45	4:27:58
11	Denise	Darlow	Charlo RR	42	4:28:02
12	Christine	Snyman	VW AC	55	4:28:26
13	Yvette	Jonker	Transnet RE EP	39	4:32:30
14	Noluvuyolwetu	Qokweni	RCS Guguletu	29	4:40:44
15	Ela	Wilson	Charlo RR	41	4:43:27
16	Sunet	Harris	St Albans CS EP	38	4:47:51
17	Claudette	Lesch	Transnet RE EP	38	4:55:26
18	Cathy	Allers	Transnet RE EP	49	4:57:57
19	Marlize	Hayward	Transnet RE EP	30	5:01:42
20	Ameera	Campbell	Nedbank RC EP	38	5:01:44

**40-44:**

1	Debbie	Dodd	Charlo RR	40	4:00:04
2	Denise	Darlow	Charlo RR	42	4:28:02
3	Ela	Wilson	Charlo RR	41	4:43:27

**45-49:**

1	Desiree	Ebrahim	Willard Batteries	46	4:09:38
2	Sharon	Smuts	St Albans CS EP	45	4:27:58
1	Cathy	Allers	Transnet RE EP	49	4:57:57

**50-54:**

1	Laura	Maritz	Elite AC	50	3:54:44
2	Gesina	Oosthuizen	PEAAC	52	5:10:03

**55-59:**

1	Hanlie	V.d. Westhuizen	Transnet RE EP	55	3:43:16
2	Christine	Snyman	VW AC	55	4:28:26

**10 km****MEN**

1	Mariano	Eesou	Nedbank RC EP	19	32:09
2	Bulelini	Niwa	PEAAC	25	33:36
3	Robert	Matthys	Mr Price AC EP	35	33:37
4	Thanduxolo	Mpushe	PEAAC	22	35:50
5	Luyolo	Dyubhele (1 <sup>st</sup> jun)	Absa NMMU AC	18	35:58
6	Antonio	Seconds	Nedbank RC EP	31	39:47
7	Takunda	Mboko	PEAAC	24	39:53
8	Ricardo	Pillay	Temp	23	39:55
9	Mziwonke	Gulwa	Nedbank RC EP	19	40:56
10	Juan	Cordier	Transnet RE EP	26	41:12
11	Derek	Creed	Body Concept	39	41:33
12	Sean	Swanepoel	Rhodes University	22	41:36
13	Kurauone	Mazongo	Nedbank RC EP	36	41:53
14	Gavin	Assam	Aspen Pharmacare	37	42:19
15	Frikkie	Boshoff	Nedbank RC EP	31	43:00
16	Stephen	Penney	Run For Life EP	37	43:03
17	Hannes	Els	Madiba Bay AC	61	43:12
18	Mbuyiseli	Sitenge	Nedbank RC EP	33	43:34
19	Erik	Kemp	Nedbank RC EP	34	43:37
20	Ian	Macleod	Rhodes University	27	44:42

**40-44:**

1	Elias	Kase	PEAAC	42	55:58
2	Dale	Watson	Crusaders AC	41	59:32

3	Bevan	Barkhuizen	Crusaders AC	42	1:01:11
<b>45-49:</b>					
1	Wouter	Loots	Triangle Sports	49	52:18
2	Tony	Lee	PEAAC	49	52:45
3	Clarence	Blignaut	Temp	49	53:38
<b>50-54:</b>					
1	Schoombee	Pretorius	Triangle Sports	54	49:01
2	Pieter	Steyn	VW AC	52	1:03:46
3	Marius	Wolmarans	Walmer AC	54	1:11:56
<b>55-59:</b>					
1	Stephen	Coetzee	Bluewater Bay	55	58:43
2	Allan	Salkow	Charlo RR	59	1:00:41
3	Graham	Elbourne	Crusaders AC	59	1:01:04
<b>60-64:</b>					
1	Hannes	Els	Madiba Bay AC	61	43:12
2	Mtutuzeli	Cakwebe	Ford AC	62	57:12
3	Andre	Fourie	Elite AC	64	1:01:32
<b>75-79:</b>					
1	John	Peart	Nedbank RC EP	75	1:14:34
<b>Juniors:</b>					
1	Luyolo	Dyubhele	Absa NMMU AC	18	35:58
2	Ruan	Welgemoed	St Albans CS EP	16	55:25
3	Reginald	Hufkie	Varsity College	19	1:00:25
<b>WOMEN</b>					
1	Natalie	Ross	Rhodes University	20	41:58
2	Asanda	Solani	Nedbank RC EP	28	43:38
3	Jennifer	Coppinger	Rhodes University	21	43:53
4	Nerine	Looock	Nedbank RC EP	35	45:06
5	Ursula	Kuhn	Absa NMMU AC	30	45:12
6	Tiani	Claassen	Transnet RE EP	20	46:27
7	Janette	Schierz-Crusius (1 <sup>st</sup> mast)	Body Concept	51	47:13
8	Natalie	Marais	Rhodes University	22	48:29
9	Bianka	Gerber	Charlo RR	23	49:09
10	Nadya	Van Niekerk	Temp	27	50:52
11	Willemien	Du Randt	Transnet RE EP	37	51:20
12	Annelize	Shergold-Smith	Bluewater Bay	30	51:21
13	Megan	Wilson (1 <sup>st</sup> jun)	Charlo RR	15	51:23
14	Lizanne	Conradie	Temp	28	52:17
15	Sunelle	Horne	Bluewater Bay	37	52:29
16	Kerry	Saywood	Rhodes University	20	54:01
17	Tracey	Saywood	Rhodes University	20	54:02
18	Ronell	Claassen (1 <sup>st</sup> vet)	Transnet RE EP	48	54:52
19	Charmell	Jansen	Nedbank RC EP	31	55:23
20	Mary-Lou	Emslie	Crusaders AC	47	55:35
<b>40-44:</b>					
1	Helen	Fourie	Elite AC	41	1:01:58
2	Genevieve	Laycock	Triangle Sports	42	1:07:44
3	Anusha	Naidu	Charlo RR	44	1:07:46
<b>45-49:</b>					
1	Ronell	Claassen	Transnet RE EP	48	54:52
2	Mary-Lou	Emslie	Crusaders AC	47	55:35
3	Lynette	Cole	Crusaders AC	46	1:00:20
<b>50-54:</b>					
1	Janette	Schierz-Crusius	Body Concept	51	47:13
2	Amanda	Wolmarans	Walmer AC	52	55:48

3	Robin	Elbourne	Crusaders AC	53	1:02:16
<b>55-59:</b>					
1	Stephanie	Hay	Walmer AC	55	1:03:07
2	Hendrina	Claassen	Transnet RE EP	55	1:10:48
<b>60-64:</b>					
1	Helene	Oppel	Crusaders AC	61	59:06
2	Denise	Terblanche	Walmer AC	64	1:03:12
3	Debbie	Oelofse	Legacy AC	64	1:22:24
<b>70-74:</b>					
1	Dorothy	Hart	PEAAC	73	1:05:31
<b>Juniors</b>					
1	Megan	Wilson	Charlo RR	15	51:23

### **Tony Viljoen Border Masters Marathon (34<sup>th</sup>)**

East London, 3 September

(Distance: 42.195 km; point-to-point downhill course on the Macleantown Road, finishing at the Beacon Bay Country Club. Finishers: 187.)

#### **MEN**

1	Andries Retyu	Qtn Harriers	40	2:40:48
2	Linda Poyo	Nxarhuni AC	42	2:41:21
3	Zingisile Marikeni	Corr.Services	36	2:44:34
4	Mzotheni Rautini	Old Boys	35	2:47:38
5	Tshepo Ratijie	Real Gijimas	34	2:49:48

#### **40-44:**

1.	Andries Retyu	Qtn Harriers	2:40:48
2.	Linda Poyo	Nxarhuni AC	2:41:21
3.	Dumisani Siphamla	Nxarhuni AC	2:54:43

#### **45-49:**

1.	Haydon Wood	Oxford Striders	2:53:41
2.	Nkosana Mkolweni	Real Gijimas	3:00:45
3.	Tembile Nyokana	Cheetahs AC	3:02:08

#### **50-54:**

1.	Colin Bosch	Hams Tech	2:57:40
2.	Phindile Gobane	Individual	3:11:14
3.	Sean Murray	Oxford Striders	3:19:20

#### **55-59:**

1.	Graham Kumm	Oxford Striders	3:18:30
2.	Colin Parkins	Bluewater Bay	3:19:28
	Patrick Elson	Gonubie Harriers	3:44:49

#### **60-64:**

1.	Sam Damane	Oxford Striders	3:20:29
2.	Peet van Huysteen	Bloem Achilles	3:32:34
3.	Johan Kriel	Bufs	4:02:15

#### **75+:**

1.	Derry Devine	Acsis VOB	4:48:12
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#### **WOMEN**

1	Sandy De Beer	SANDF KZN	42	3:16:38
2	Gail Langley	Bufs	42	3:17:37
3	Jenni Opperman	Old Boys	53	3:26:39
4	Robyn Page	Individual	42	3:35:52
5	Claire Hume	RAC	41	3:35:52

**40-44:**

1. Sandy de Beer	SANDF KZN	3:16:38
2. Gail Langley	Bufs	3:17:37
3. Bev Burmeister	Oxford Striders	3:44:39

**45-49:**

1. Janice McKerry	Qtn Harriers	3:45:10
2. Colleen du Rant	Gonubie Harriers	3:55:56
3. Charmaine Button	NMMU AC	4:08:11

**50-54:**

1. Jenni Opperman	Old Boys	3:26:39
Maureen Pitt	Oxford Striders	4:04:10

**55-59:**

1. Gail Van Heerden	SANDF	5:05:18
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**65-69:**

1. Paula Richardson	Bufs	4:18:55
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**70+:**

1. Willemien Smuts	Bloem Achilles	4:01:01
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**Blitz Spring Opener 32 km, Half Marathon & 10 km**

Tzaneen, 3 September

(Distances: 32 km, 21.1 km & 10 km)

**32 km**

MEN

1 Wesley Mutai (KEN/New Balance) 1:46:38; 2 Isaac Kering (KEN/Nedbank) 1:46:48; 3 Kudakwashe Kanduna (ZIM) 1:51:24.

**Veterans:** 1 Elias Mabane (Bidvest) 1:52:40. **Masters:** 1 Thompson Mbombi (Elim) 2:26:57. **G'masters:** 1 Phuti Mabothe (Eskom) 2:36:18.

WOMEN

1 Rose Jeptum (KEN/Nedbank) 2:10:55; 2 Winile Mnisi (Toyota) 2:15:34; 3 Linah Mhlongo (Anmar BRS) 2:20:11.

**Veterans:** 1 Linah Mhlongo (Anmar BRS) 2:20:11. **Masters:** 1 Selinah Ntavanyeni (Vhembe) 3:03:18.

**Half marathon**

MEN

1 Lympson Maifo (ZIM/Nedbank) 70:43; 2 Timothy Munzhelele (Yebo Striders) 71:20; 3 Bethuel Netshifhefhe (Bonitas) 71:34.

**Veterans:** 1 Thomas Ngobeni (Greater Elim) 82:05. **Masters:** 1 Gustav v.d. Riet (Polokwane) 1:59:30. **G'masters:** 1 Gert Rabie (Phalaborwa) 1:55:26. **Juniors:** 1 Timothy Munzhelele (Yebo Striders) 71:20.

WOMEN

1 Joyce Makwarela (Bonitas) 85:22; 2 Elizabeth Maphalala (Nedbank) 1:42:44; 3 Makhadzi Madi (Eskom) 1:43:37.

**Veterans:** 1 Ounooi Breedt (Polokwane) 1:56:44. **Masters:** 1 Corrie van Antwerpen (Phalaborwa) 2:05:54.

**10 km**

## MEN

1 Collen Mmola (Foskor) 33:48; 2 Rufus Photo (Pitersburg) 34:43; 3 Ramainya Mogale (Temp) 34:52.

**Veterans:** 1 John Nyathi (Kruger Park) 38:23. **Masters:** 1 Jannie Sacco (RWFL) 45:36. **G'masters:** 1 Wilson Mashalane (Polokwane) 46:39. **Juniors:** 1 Mduduzi Hlatswayo (Mr Price) 35:27.

## WOMEN

1 Fulufhelo Matodzi (Dzanani) 46:46; 2 Nditsheni Rabona (Temp) 50:32; 3 Tracy Mahomed (Temp) 54:00.

**Masters:** 1 Diboine Mabotha (Eskom) 95:16. **Juniors:** 1 Nditsheni Rabona (Temp) 50:32.

**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****Stratton Faxon New Haven Road Race 20 km** (34th)

(USA Men's and Women's 20 km Championships)

New Haven, USA, 5 September

(Certified loop course)

## MEN

- |   |         |        |
|---|---------|--------|
| 1. Abdi Abdirahman, 32, Tucson, AZ      | 1:00:12 | \$8000 |
| 2. Jason Lehmkuhle, 33, Minneapolis, MN | 1:00:36 | 4500   |
| 3. Fernando Cabada, 29, Boulder, CO     | 1:00:59 | 2500   |
| 4. Christo Landry, 25, Ann Arbor, MI    | 1:01:17 | 1500   |
| 5. Brett Gotcher, 27, Flagstaff, AZ     | 1:01:44 | 1000   |

## WOMEN -

- |  |         |        |
|--|---------|--------|
| 1. Janet Cherobon-Bawcom, 33, Rome, GA         | 1:08:31 | \$8000 |
| 2. Clara Grandt, 24, Morgantown, WV            | 1:09:05 | 4500   |
| 3. Katie McGregor, 34, Savage, MN              | 1:09:56 | 2500   |
| 4. Caroline Lefrak, 25, New York, NY           | 1:09:58 | 1500   |
| 5. Heather Cappello, 31, Arlington, MA         | 1:10:19 | 1000   |
| ... 11. Magdalena Lewy Boulet, 38, Oakland, CA | 1:12:28 |        |

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

Daegu, KOR, 4 September

(Distance: 42.195 km; certified 3-loop course [15 km, 15 km, 12.195 km]. Starters: 68; finishers: 51)

- |                                      |         |        |            |
|--------------------------------------|---------|--------|------------|
| 1. Abel Kirui, KEN, 1982             | 2:07:38 | Gold   | USD 60,000 |
| [1:05:07 / 1:02:31]                  |         |        |            |
| 2. Vincent Kipruto, 1987, KEN        | 2:10:06 | Silver | 30,000     |
| [1:05:07 / 1:04:59]                  |         |        |            |
| 3. Feyisa Lilesa, 1990, ETH          | 2:10:32 | Bronze | 20,000     |
| [1:05:08 / 1:05:24]                  |         |        |            |
| 4. Abderrahime Bouramdane, 1978, MAR | 2:10:55 |        | 15,000     |
| 5. David Barmasai Tumo, 1989, KEN    | 2:11:39 |        | 10,000     |
| 6. Eliud Kiptanui, 1989, KEN         | 2:11:50 |        | 6,000      |

7. Hiroyuki Horibata, 1986, JPN	2:11:52	5,000
8. Ruggero Pertile, 1974, ITA	2:11:57	4,000
9. Stephen Kiprotich, 1989, UGA	2:12:57	
10. Kentaro Nakamoto, 1982, JPN	2:13:10	
11. Rachid Kisri, MAR	2:13:24	
12. Eshetu Wendimu, ETH	2:13:37	
13. Marius Ionescu, ROU	2:15:32 PB	
14. Guojian Dong, CHN	2:15:45	
15. David Webb, GBR	2:15:48	
16. Cuthbert Nyasango, ZIM	2:15:56	
17. Beraki Beyene, ERI	2:16:03	
18. Yuki Kawauchi, JPN	2:16:11	
19. Aleksey Sokolov, 1979, RUS	2:16:23	
20. Ser-Od Bat-Ochir, MGL	2:16:41	
21. Aleksey Sokolov, 1983, RUS	2:16:48	
22. Lee Merrien, GBR	2:16:59	
23. Jeong Jin-hyeok, 1990, KOR	2:17:04	
24. Li Zicheng, CHN	2:17:35	
25. José Manuel Martínez, 1971, ESP	2:17:44	
26. Rafael Iglesias, ESP	2:17:45	
27. Ahmed Baday, MAR	2:17:59	
28. Lee Myongseung, KOR	2:18:05	
29. Yoshinori Oda, JPN	2:18:05	
30. Pablo Villalobos, ESP	2:18:12	
31. Mike Morgan, USA	2:18:30	
32. Urige Buta, NOR	2:20:16	
33. Wu Shiwei, CHN	2:21:12	
34. Jesper Faurschou, DEN	2:21:15	
35. Hwang Junhyeon, KOR	2:21:54	
36. Mike Tebulo, MAW	2:22:45	
37. Mike Sayenko, USA	2:22:49	
38. Yukihiro Kitaoka, JPN	2:23:11	
39. Jeff Eggleston, USA	2:23:33	
40. Hwang Jun-Suk, KOR	2:23:47	
41. Nick Arciniaga, USA	2:24:06	
42. Anton Kosmac, SLO	2:24:16	
43. Samuel Goitom, ERI	2:25:42	
44. Min Kim, KOR	2:27:20	
45. Sergio Reyes, USA	2:29:15	
46. Coolboy Ngamole, RSA	2:30:01	
47. Bekir Karayel, TUR	2:33:20	
48. Ruben Sanca, CPV	2:34:40	
49. Jhon Lennon Casallo, PER	2:36:43	
50. Modike Lucky Mohale, RSA	2:38:22	
Gebre Gebremariam, ETH	DNF (12th kilometer)	
Abderrahim Goumri, MAR	DNF	
David Ngakane, RSA	DNF	

## Marathon World Cup:

(Score there men per nation on total time):

1. KEN, 6:29:23	USD 20,000
2. JPN, 6:41:13	15,000
3. MAR, 6:42:18	12,000
4. ESP, 6:53:41	10,000
5. CHN, 6:54:32	8,000
6. KOR, 6:57:03	6,000

7. USA, 7:04:52

### **Semi-Marathon International de Lille Métropole** (26th)

Lille, FRA, 3 September  
(Distance: 21.1 km)

#### MEN

- |                                      |            |            |
|--------------------------------------|------------|------------|
| 1. Geoffrey Kipsang, 1992, KEN       | 1:00:02 PB | 3000 euros |
| 2. Bernard Kipyego, 1986, KEN        | 1:00:09    | 2500       |
| 3. Stephen Kibiwott, 1980, KEN       | 1:00:23    | 2000       |
| 4. Nicholas Manza Kamakya, 1985, KEN | 1:00:59    | 1000       |
| 5. Richard Sigei, 1985, KEN          | 1:01:14    | 750        |

#### WOMEN

- |   |            |            |
|---|------------|------------|
| 1. Valentine Jepkorir Kipketer, 1993, KEN | 1:08:21 PB | 3000 euros |
| 2. Rose Chelimo, 1989, KEN                | 1:09:45 PB | 2000       |
| 3. Lucy Macharia, 1991, KEN               | 1:10:38    | 1000       |
| 4. Diana Sigei Chepkemai, 1987, KEN       | 1:10:42    | 750        |
| 5. Tsegaye Tirfi Beyene, 1984, ETH        | 1:11:55    | 600        |
| 6. Josephine Mithio Kimuyu, 1988, KEN     | 1:11:56    | 500        |

## **CROSS-COUNTRY**

### **Hurricane Cross-country**

Tulsa, USA, 3 September

#### WOMEN (2 mi.)

- |  |       |
|--|-------|
| 1. Paula Whiting, Tulsa (NZL)                | 10:55 |
| 2. Monika Jvodeskaite, Oklahoma State (LTU)  | 11:18 |
| 3. Victoria Hanna, Oklahoma State (CAN)      | 11:20 |
| ... 14. Natanya Luther, Oklahoma State (RSA) | 11:44 |

### **Arkansas Cross-country Invitational**

Fayetteville, USA, 2 September

#### WOMEN (4 km)

- |                                       |         |
|---------------------------------------|---------|
| 1. Jessica Jackson, FR Arkansas       | 14:05.5 |
| 2. Dominique Scott, FR Arkansas (RSA) | 14:10.4 |
| 3. Jillian Rosen, SR Arkansas         | 14:13.0 |

## **TRACK**

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

Daegu, KOR, 27 August – 4 September

#### MEN

800:

Final (30 Aug):

- |                            |         |        |
|----------------------------|---------|--------|
| 1. David Rudisha, KEN      | 1:43.91 | Gold   |
| 2. Abubaker Kaki, SUD      | 1:44.41 | Silver |
| 3. Yuriy Borzakovskiy, RUS | 1:44.49 | Bronze |
| 4. Marcin Lewandowski, POL | 1:44.80 |        |
| 5. Nick Symmonds, USA      | 1:45.12 |        |



- |                           |         |
|---------------------------|---------|
| 6. Adam Kszczot, POL      | 1:45.25 |
| 7. Alfred Kirwa Yego, KEN | 1:45.83 |
| 8. Mohammed Aman, ETH     | 1:45.93 |

## Semi-Finals (28 Aug):

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 Rudisha, KEN      | 1:44.20 Q |
| 2. Adam Kszczot, POL       | 1:44.81 Q |
| 3. Kleberston 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 Aug):

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

## 1500:

## Final (03 Sep):

1. Asbel Kiprop, KEN 3:35.69 Gold
2. Silas Kiplagat, KEN 3:35.92 Silver
3. Matt Centrowitz, USA 3:36.08 Bronze
4. Manuel Olmedo, ESP 3:36.33
5. Abdalaati Iguider, MAR 3:36.56
6. Mohamed Moustououi, MAR 3:36.80
7. Mekonnen Gebremedhin, ETH 3:36.81
8. Eduard Villanueva, VEN 3:37.31
9. Mehdi Baala, FRA 3:37.46
10. Ciaran O'Lionaird, IRL 3:37.81
11. Tarek Boukensa, ALG 3:38.05
12. Nick Willis, NZL 3:38.69

## Semi-Finals (01 Sep):

First 5 of each heat (Q) plus next 2 fastest times advance to final

## Heat 1:

1. Matt Centrowitz, USA 3:46.66 Q

2. Mekonnen Gebremedhin, ETH	3:46.71 Q
3. Silas Kiplagat, KEN	3:46.75 Q
4. Mehdi Baala, FRA	3:46.87 Q
5. Abdalaati Iguider, MAR	3:46.89 Q
6. Yusuf Saad Kamel, BRN	3:47.18
7. Amine Laalou, MAR	3:47.65
8. Ryan Gregson, AUS	3:47.89
9. Geoffrey Martinson, CAN	3:48.83
10. Diego Ruiz, ESP	3:49.26
11. Taoufik Makhloufi, ALG	3:50.86
12. Zebene Alemayehu, ETH	3:51.19

## Heat 2:

1. Asbel Kiprop, KEN	3:36.75 Q
2. Tarek Boukensa, ALG	3:36.84 Q
3. Mohamed Moustououi, MAR	3:36.87 Q
4. Manuel Olmedo, ESP	3:36.91 Q
5. Eduar Villanueva, VEN	3:36.96 Q NR
6. Ciaran O'Lionaird, IRL	3:36.96 q
7. Nick Willis, NZL	3:37.39 q
8. Yoann Kowal, FRA	3:37.44
9. Daniel Kipchirchir Komen, KEN	3:37.58
10. Juan Carlos Higuero, ESP	3:37.92
11. Deresse Mekonnen, ETH	3:44.65
12. Chaminda Indika Wijekoon, SRI	3:44.81
13. Leonel Manzano, USA	3:47.98

## Prelims (30 Aug):

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

## Heat 1:

1. Daniel Kipchirchir Komen, KEN	3:38.54 Q
2. Nick Willis, NZL	3:39.24 Q
3. Yoann Kowal, FRA	3:39.33 Q
4. Diego Ruiz, ESP	3:39.33 Q
5. Mohamed Moustououi, MAR	3:39.35 Q
6. Matt Centrowitz, USA	3:39.46 Q
7. Chaminda Indika Wijekoon, SRI	3:39.61 q NR
8. Ryan Gregson, AUS	3:40.01 q
9. Zebene Alemayehu, ETH	3:41.08 q
10. James Shane, GBR	3:41.17
11. Sang-Min Sin, KOR	3:55.02
Mohammed Shaween, KSA	DNF

## Heat 2:

1. Asbel Kiprop, KEN	3:41.22 Q
2. Mekonnen Gebremedhin, ETH	3:41.28 Q
3. Abdalaati Iguider, MAR	3:41.41 Q
4. Manuel Olmedo, ESP	3:41.78 Q
5. Tarek Boukensa, ALG	3:41.87 Q
6. Eduar Villanueva, VEN	3:41.89 Q
7. Jeff Riseley, AUS	3:42.22
8. Andrew Wheating, USA	3:42.68
9. Dmitrijs Jurkevics, LAT	3:42.69
10. Jeroen D'Hoedt, BEL	3:45.54
11. Charles Delys, PYF	3:51.36
12. Mehdi Baala, FRA	4:13:10 q*
13. Ribeiro Pinto de Carvalho, TLS	4:30.56 PB

\*Was pushed into infield with 100 to go and was reinstated

Heat 3:

1. Amine Laalou, MAR	3:39.86 Q
2. Deresse Mekonnen, ETH	3:40.08 Q
3. Silas Kiplangat, KEN	3:40.13 Q
4. Taoufik Makhoulfi, ALG	3:40.15 Q
5. Yusuf Saad Kamel, BRN	3:40.27 Q
6. Ciaran O'Lionaird, IRL	3:40.41 Q
7. Juan Carlos Higuero, ESP	3:40.71 q
8. Leonel Manzano, USA	3:40.77 q
9. Geoffrey Martinson, CAN	3:40.98 q
10. Andreas Vojta, AUT	3:41.34
11. Hamza Driouch, QAT	3:42.09
12. Nabil Mohammed Al-Garbi, YEM	3:50.17 PB
13. Florian Carvalho, FRA	3:53.88

5000:

Final (04 Sep):

1. Mo Farah, GBR	13:23.36 Gold
2. Bernard Lagat, USA	13:23.64 Silver
3. Dejen Gebremeskel, ETH	13:23.92 Bronze
4. Isiah Kiplangat Koech, 1992, KEN	13:24.95
5. Abera Kuma, ETH	13:25.50
6. Thomas Pkemei Longosiwa, KEN	13:26.73 (fell, but caught up)
7. Eliud Kipchoge, KEN	13:27.27
8. Bilisuma Shugi, BRN	13:27.67
9. Galen Rupp, USA	13:28.64
10. Daniele Meucci, ITA	13:29.11
11. Amanuel Mesel, ERI	13:33.99
12. Jesús España, ESP	13:33.99
13. Hussain Jamaan Alhamdah, KSA	13:34.83
14. Alistair Cragg, IRL	13:45.33
15. Jake Robertson, NZL	14:03.09

Imane Merga, ETH, DQ (rule 163.3b, running in the infield)

Prelims (01 Sep):

first 5 of each heat (Q) plus the 5 fastest times (q) advance to final

Heat 1:

1. Bernard Lagat, USA	13:33.90 Q
2. Thomas Pkemei Longosiwa, KEN	13:34.46 Q
3. Dejen Gebremeskel, ETH	13:34.48 Q
4. Isiah Kiplangat Koech, 1992, KEN	13:34.54 Q
5. Galen Rupp, USA	13:34.91 Q
6. Hussain Jamaan Alhamdah, KSA	13:35.47 q
7. Bilisuma Shugi, BRN	13:35.86 q
8. Daniele Meucci, ITA	13:39.90 q
9. Javier Carriqueo, ARG	13:47.51
10. Collis Birmingham, AUS	13:47.88
11. Mumin Gala, DJI	13:48.19
12. Rui Silva, POR	13:50.16
13. Craig Mottram, AUS	13:56.60
14. Moses Kibet, UGA	14:05.15
15. Goitom Kifle, ERI	14:06.42,
16. Abdishakur Nageye Abdulle, SOM	15:13.64 PB
Kenenisa Bekele, ETH	DNS

## Heat 2:

1. Imane Merga, ETH	13:37.96 Q
2. Mo Farah, GBR	13:38.03 Q
3. Abera Kuma, ETH	13:38.41 Q
4. Eliud Kipchoge, KEN	13:39.02 Q
5. Alistair Cragg, IRL	13:39.36 Q
6. Amanuel Mesel, ERI	13:39.97 q
7. Jesús España, ESP	13:40.38 q
8. Abraham Kiplimo, UGA	13:44.09
9. Andrew Bumbalough, USA	13:44.38
10. Elroy Gelant, RSA	13:48.33
11. Ben St. Lawrence, AUS	13:51.64
12. Jake Robertson, NZL	13:53.57 q (tripped)
13. Geoffrey Kusuro, UGA	13:54.58
14. Dejene Regassa, BRN	13:56.83
15. Sylvain Rukundo, RWA	13:58.92
16. Rabah Aboud, ALG	14:00.34
17. Gerard Gahungu, BDI	14:09.15 PB
18. Kazuya Watanabe, JPN	14:20.62
19. Baek Seung-Ho, KOR	15:01.37
20. Christian Ngningba, GAB	18:44.06 PB
Abdullah Abdulaziz Aljoud, KSA	DNF

## 10000 (28 Aug):

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 Kipngetich 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	

## 3000 s/chase:

## Final (01 Sep):

1. Ezekiel Kemboi, KEN	8:14.85	Gold
2. Brimin Kipruto, KEN	8:16.05	Silver
3. Mahiedine Mekhissi-Benabbad, FRA	8:16.09	Bronze
4. Bob Tahri, FRA	8:17.56	
5. Roba Gari, ETH	8:18.37	
6. Jacob Araptany, UGA	8:18.67	
7. Richard Mateelong, KEN	8:19.31	
8. Ion Luchianov, MDA	8:19.69	

9. Hamid Ezzine, MAR	8:21.97
10. Benjamin Kiplagat, UGA	8:22.21
11. Nahom Mesfin, ETH	8:25.39
12. Vincent Zouaoui-Dandrieux, FRA	8:30.39
13. Ruben Ramolefi, RSA	8:30.47
14. Abraham Kipkirong Chirchir, KEN	8:33.56
15. Alberto Paulo, POR	8:33.84

## Prelims (29 Aug):

## Heat 1:

1. Jacob Araptany, UGA	8:18.57 Q
2. Mahiedine Mekhissi-Benabbad, FRA	8:23.71 Q
3. Richard Mateelong, KEN	8:23.76 Q
4. Ion Luchianov, MDA	8:23.88 Q SB
5. Víctor García, ESP	8:28.97
6. Amor Ben Yahia, TUN	8:30.02 PB
7. Abubaker Ali Kamal, QAT	8:30.37
8. Andrey Farnosov, RUS	8:34.44
9. Alex Genest, CAN	8:36.67
10. Steffen Uliczka, GER	8:37.35
11. Abdelkader Hachlaf, MAR	8:46.14
12. Billy Nelson, USA	8:51.20

## Heat 2:

1. Ezekiel Kemboi, KEN	8:10.93 Q
2. Ruben Ramolefi, RSA	8:11.50 Q NR
3. Hamid Ezzine, MAR	8:11.81 Q SB
4. Nahom Mesfin, ETH	8:12.04 Q PB
5. Bouabdellah Tahri, FRA	8:13.22 q
6. Ali Ahmed Al-Amri, KSA	8:26.75 SB
7. Simon Ayeko, UGA	8:29.02 SB
8. Jukka Keskisalo, FIN	8:31.52
9. Daniel Huling, USA	8:34.70
10. Tomás Tajadura, ESP	8:36.23
11. Bjørnar Ustad Kristensen, NOR	8:39.85
12. Lukasz Parszczyński, POL	8:44.09

## Heat 3:

1. Benjamin Kiplagat, UGA	8:19.96 Q
2. Roba Gari, ETH	8:20.28 Q
3. Brimin Kipruto, KEN	8:21.89 Q
4. Alberto Paulo, POR	8:22.41 Q PB
5. Abraham Kipkirong Chirchir, KEN	8:23.09 q SB
6. Vincent Zouaoui-Dandrieux, FRA	8:23.79 q
7. Ángel Mullera, ESP	8:31.83
8. Youcef Abdi, AUS	8:38.42
9. Ben Bruce, USA	8:39.96
10. Matthew Hughes, CAN	8:58.52
Mario Bazán, PER	DNF

## WOMEN

## 800:

## Final (04 Sep):

1. Mariya Savinova, RUS	1:55.87 WL Gold
2. Caster Semenya, RSA	1:56.35 SB Silver
3. Janeth Jepkosgei Busienei, KEN	1:57.42 SB Bronze
4. Alycia Montano, USA	1:57.48 SB

5. Ekaterina Kostetskaya, RUS	1:57.82
6. Maggie Vessey, USA	1:58.50 SB
7. Kenia Sinclair, JAM	1:58.66
8. Yuliya Rusanova, RUS	1:59.74

## Semi-Finals (02 Sep):

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

## Heat 1:

1. Yuliya Rusanova, RUS	1:58.73 Q
2. Maggie Vessey, USA	1:58.98 Q
3. Jenny Meadows, GBR	1:59.07
4. Eunice Jepkoech Sum, KEN	1:59.94
5. Rosibel García, COL	2:00.79 SB
6. Annet Negesa, UGA	2:01.51
7. Maryna Arzamasava, BLR	2:02.13
Halima Hachlaf, MAR	DNF

## Heat 2:

1. Mariya Savinova, RUS	1:58.45 Q
2. Janeth Jepkosgei Busienei, KEN	1:58.50 Q SB
3. Alysia Montano, USA	1:58.67 q
4. Liliya Lobanova, UKR	1:59.38
5. Emma Jackson, GBR	1:59.77 PB
6. Tintu Luka, IND	2:00.95 SB
7. Lucia Klocová, SVK	2:01.85
8. Zahra Bouras, ALG	2:12.08

## Prelims (01 Sep):

First 4 of each heat (Q) plus the 4 fastest times (q) advance to semi-finals

## Heat 1:

1. Jenny Meadows, GBR	2:01.11 Q
2. Maggie Vessey, USA	2:01.32 Q
3. Rosibel García, COL	2:01.33 Q SB
4. Eunice Jepkoech Sum, KEN	2:01.37 Q
5. Yuliya Rusanova, RUS	2:01.38 q
6. Egle Balciūnaitė, LTU	2:02.88
7. Yvonne Hak, NED	2:03.05

## Heat 2:

1. Kenia Sinclair, JAM	2:01.66 Q
2. Halima Hachlaf, MAR	2:01.80 Q
3. Yuliya Krevsun, UKR	2:01.88 Q
4. Maryna Arzamasava, BLR	2:01.97 Q
5. Fantu Magiso, ETH	2:02.58 q
6. Merve Aydin, TUR	2:04.88
7. Huh Yeon-jung, KOR	2:08.05
8. Zourah Ali, DJI	2:36.36 PB

## Heat 3:

1. Janeth Jepkosgei Busienei, KEN	1:59.36 Q
2. Ekaterina Kostetskaya, RUS	1:59.61 Q
3. Alysia Montano, USA	1:59.62 Q
4. Marilyn Okoro, GBR	1:59.74 Q
5. Luiza Gega, ALB	2:03.21
6. Margarita Matsko, KAZ	2:04.24
Tetiana Petlyuk, UKR	DNF

## Heat 4:

1. Mariya Savinova, RUS	2:01.01 Q
2. Caster Semenya, RSA	2:01.01 Q
3. Cherono Koech, KEN	2:01.03 Q
4. Alice Schmidt, USA	2:01.11 Q
5. Emma Jackson, GBR	2:01.17 q
6. Tintu Luka, IND	2:01.89 q
7. Truong Thanh Hang, VIE	2:03.52

## Heat 5:

1. Annet Negesa, UGA	2:02.75 Q
2. Zahra Bouras, ALG	2:02.77 Q
3. Lucia Klocová, SVK	2:02.81 Q
4. Liliya Lobanova, UKR	2:02.84 Q
5. Nikki Hamblin, NZL	2:02.87 SB
6. Lemlem Bereket, CAN	2:03.62
7. Sviatlana Usovich, BLR	2:05.62

## 1500:

## Final (01 Sep):

1. Jenny Simpson, USA	4:05.40	Gold
2. Hannah England, GBR	4:05.68	Silver
3. Natalia Rodríguez, ESP	4:05.87	Bronze
4. Btissam Lakhoad, MAR	4:06.18	
5. Kalkidan Gezahegne, ETH	4:06.42	
6. Ingvill Måkestad Bovim, NOR	4:06.85	
7. Mimi Belete, BRN	4:07.60	
8. Tugba Karakaya, TUR	4:08.14	
9. Nataliya Tobias, UKR	4:08.68	
10. Morgan Uceny, USA	4:19.71	(fell over Obiri)
11. Hellen Obiri, KEN	4:20.23	(fell)
12. Maryam Yusuf Jamal, BRN	4:22.67	(gave up in homestretch)

## Semi-Finals (30 Aug):

First 5 of each heat (Q) plus the 2 fastest times (q) advance to final

## Heat 1:

1. Tugba Karakaya, TUR	4:08.58 Q
2. Hellen Obiri, KEN	4:08.93 Q
3. Kalkidan Gezahegne, ETH	4:08.96 Q
4. Maryam Yusuf Jamal, BRN	4:08.96 Q
5. Morgan Uceny, USA	4:09.03 Q
6. Nuria Fernández, ESP	4:09.53
7. Siham Hilali, MAR	4:09.64
8. Anna Mishchenko, UKR	4:09.78
9. Olesya Syreva, RUS	4:09.83
10. Kaila McKnight, AUS	4:10.83
11. Renata Plis, POL	4:11.12
12. Shannon Rowbury, USA	4:11.49
13. Natalya Evdokimova, RUS	4:11.70

## Heat 2:

1. Natalia Rodríguez, ESP	4:07.88 Q
2. Jenny Simpson, USA	4:07.90 Q
3. Nataliya Tobias, UKR	4:07.99 Q
4. Ingvill Måkestad Bovim, NOR	4:08.03 Q
5. Btissam Lakhoad, MAR	4:08.10 Q
6. Hannah England, GBR	4:08.31 q



7. Mimi Belete, BRN	4:08.42 q
8. Viola Kibiwot, KEN	4:08.64
9. Ekaterina Martynova, RUS	4:08.67
10. Asli Cakir, TUR	4:11.51
11. Nancy Jebet Langat, KEN	4:12.92
Gelete Burka, ETH	DNF

## 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. Ingwill 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

## 5000:

## Final (02 Sep):

1. Vivian Cheruiyot, KEN	14:55.36 Gold
2. Sylvia Kibet, KEN	14:56.21 Silver
3. Meseret Defar, ETH	14:56.94 Bronze
4. Sentayehu Ejigu, ETH	14:59.99
5. Mercy Cherono, KEN	15:00.23

6. Linet Masai, KEN	15:01.01
7. Lauren Fleshman, USA	15:09.25
8. Genzebe Dibaba, ETH	15:09.35
9. Tejitu Daba, BRN	15:14.62 PB
10. Yelena Zadorozhnaya, RUS	15:15.48
11. Zakia Mrisho, TAN	15:18.81 SB
12. Helen Clitheroe, GBR	15:21.22,
13. Hitomi Niiya, JPN	15:41.67
14. Elizaveta Grechishnikova, RUS	15:45.61
15. Amy Hastings, USA	15:56.06

## Prelims (30 Aug):

First 5 of each heat (Q) plus the 5 fastest times (q) advanced to final

## Heat 1:

1. Meseret Defar, ETH	15:19.46 Q
2. Mercy Cheronno, KEN	15:20.01 Q
3. Sylvia Kibet, KEN	15:20.08 Q
4. Sentayehu Ejigu, ETH	15:20.13 Q
5. Yelena Zadorozhnaya, RUS	15:23.90 Q
6. Amy Hastings, USA	15:29.49 q
7. Hitomi Niiya, JPN	15:31.09 q
8. Helen Clitheroe, GBR	15:37.73 q
9. Kayo Sugihara, JPN	15:41.78 SB
10. Alia Saeed Mohammed, UAE	16:10.37
11. Pauline Niyongere, BDI	17:23.56 SB
Sabina Fischer, SUI	DNS

## Heat 2:

1. Genzebe Dibaba, ETH	15:33.06 Q
2. Tejitu Daba, BRN	15:33.67 Q
3. Linet Masai, KEN	15:33.99 Q
4. Lauren Fleshman, USA	15:34.04 Q
5. Vivian Cheruiyot, KEN	15:34.80 Q
6. Zakia Mrisho, TAN	15:35.37 q SB
7. Elizaveta Grechishnikova, RUS	15:35.64 q
8. Megumi Kinukawa, JPN	15:38.23
9. Alemitu Bekele, TUR	15:38.25
10. Molly Huddle, USA	15:42.00
11. Viktoriia Poliudina, KGZ	16:32.68 SB

## 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 Cheronno, 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:

Final (30 Aug):

1. Yuliya Zaripova, RUS 9:07.03 WL Gold  
 2. Habiba Ghribi, TUN 9:11.97 NR Silver  
 3. Milcah Chemos Cheywa, KEN 9:17.16 Bronze  
 4. Mercy Njoroge, KEN 9:17.88  
 5. Lydia Chebet Rotich, KEN 9:25.74  
 6. Sofia Assefa, ETH 9:28.24  
 7. Binnaz Uslu, TUR 9:31.06  
 8. Hanane Ouhammadou, MAR 9:32.36  
 9. Gesa Felicitas Krause, GER 9:32.74 PB/EJR  
 10. Birtukan Fente, ETH 9:36.81  
 11. Lyubov Kharlamova, RUS 9:44.14  
 12. Sara Moreira, POR 9:47.87  
 13. Emma Coburn, USA 9:51.40  
 14. Barbara Parker, GBR 9:56.66  
 15. Birtukan Adamu, ETH 10:05.10

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. Iríni Kokkinaríou, GRE	10:15.18

### 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 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
	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		

**WOMEN**Open

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	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	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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