

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

South Africans won two gold medals and a silver in the distance events at the World University Games, with Stephen Mokoka taking the title in the 10000 m (28:45.96) and finishing second behind compatriot Gladwin Mzazi in the half marathon – both, amazingly, running the same time of 63:37 (just one second slower than Mokoka's list leader). Jerry Motsau won bronze in the 1500 m (3:39.51).

There were no medals for SA distance runners at the IAAF World Youth Championships, but Lizerie Ferreira set a PB of 4:22.43 when she finished seventh in the 1500 m.

In other events at the Youth Championships Julia du Plessis took bronze in the high jump, while at the students meeting Anaso Jobodwana won both the 100 m and 200 m, Robert Oosthuizen was second in the javelin throw, and both 4 x 400 relay teams, as well as Maryke Oberholzer in the discus throw, won bronze.

For me personally, however, one of the most wonderful highlights in all of athletics so far this year was the joyous exuberance of Helene Swanepoel after taking the title in the 400 m hurdles at the Youth Championships in a South African record of 58.08. It was a brilliant performance under pressure, and her sparkling and continuous smile, warmth, obvious delight in her performance and surroundings, and her rapport with the crowd on the podium was a pleasure to behold – especially in contrast with the grim, expressionless faces of some of the athletes from Eastern Europe and the USA on the podium – and made a South African heart proud to call her one of ours. This athlete from Paarl Gymnasium has a great future ahead of her – as does another girl who is not scared to show elation, Iceland's history-making 800-metre champion Aníta Hinriksdóttir.

In other European action Elroy Gelant fell just short of Shadrack Hoff's SA 5000-metre record (13:14.16) when he ran 13:15.87 in Heusden.

Two of South Africa's top marathon runners won over half that distance in the Supa Mama Savages Half Marathon in Durban this weekend. Lusapho April won by more than a minute in 65:35, while Tanith Maxwell's victory was even easier – she was one second less than three minutes ahead of her nearest rival in 78:01.

In Western Province the Dave Spence Memorial 10 km was the provincial championships and the titles went to Lindikhaya Mthangayi in 30:27 and Khanya Mateyisi in 36:00.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Dave Spence Memorial 10 km, Guguletu
- * Supa Mama Savages Half Marathon & 10 km, Durban
- * Itshelejua Half Marathon, Durban
- * Afriforum Springbok Vasbyt 25 km & 10 km, Pretoria
- * Pick 'n Pay Cape Times Knysna Forest Half Marathon, Knysna
- * UTi Rhodes Trail Run, Rhodes

International highlights:

- * Utica Boilermaker 15 km, Utica, USA
- * Bupa Great Edinburgh Run, Edinburgh, GBR
- * Track: IAAF World Youth Championships, Donetsk, UKR; Roughrider Twilight Meet, Portland, USA; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Kenyan Trials for the IAAF World Championships, Nairobi, KEN; KBC Night of Athletics, Heusden, BEL; World University Games, Kazan, RUS; Arcobaleno Meet, Celle Ligure, ITA; Meeting Premium de Sotteville-Les-Rouen, Sotteville, FRA

BACKGROUND

THE KNYSNA MARATHON DEBACLE

What happened at the 29th Pick 'n Pay Cape Times Knysna Forest Marathon last weekend seems like something that not even a script writer for a horror film could dream up. And yet it happened, despite a lead vehicle, despite a marshal at the turning point, despite clear marks in the road. Many runners ran in excess of the official distance – some, apparently, as far as 54 km! Others were picked up by vehicles and dropped somewhere along the route!

At a special meeting of Athletics SWD and the referees soon after the race it was consequently decided, firstly, to declare the results of the marathon invalid and, secondly, that the athletes should not receive the prize money since there is no way to validate each athlete's correct position.

Incredibly, despite this decision by the provincial body, Knysna Marathon Club initially published the results on its website – with no indication at all that the results are invalid! Furthermore, the names of two of the first three athletes – all of whom were disqualified after they were picked up by a vehicle and dropped off further along the route – are still included in the results! (The website now calls the results "unofficial". Earlier in the week the ASWD office said that the provincial body distanced itself from the results as they appear on the club website.)

It is indeed a tragedy that a race of this magnitude and popularity could not provide runners with the experience and service they expect for their entry fee of R105. It seems reasonable that the race should make amends by offering everyone who participated a free entry for next year.

The ASWD office informed *Distance Running Results* that the half-marathon competitors ran the correct distance, and these results are included in this issue. It has also announced that the prize money for this year's race will be carried over and added to the 2014 prize money.

ROAD RUNNING

Dave Spence Memorial 10 km (4th)

(WP 10 km Championships)

Guguletu, 14 July

(Certified loop course.)

MEN

1. Lindikhaya Mthangayi (Itheko) 30:27 (R600)
2. Nkosinathi Madyo (Ned) 31:02 (R400)
3. Sityhilo Diko (Ned) 31:04 (R250)

Veterans: 1. Graham Katzen (Itheko) 32:56 (R250); 2. Xolile Macanda (Gugs) 33:44 (R150); 3. Aaron Lewis (Ravens) 36:57 (R100). **Masters:** 1. Chris Mitchell (Celtic) 37:37 (R150); 2. Paul Cieverts (Top) 40:12 (R100); 3. Maxwell Godloza (NBMC) 40:48 (R50).

G'masters: 1. Clive Owen (Edge) 38:16 (R100); 2. Chris Edwards (VOB) 43:00 (R50); 3. Albert Williams (Top) 44:18. **Juniors:** 1. Heinrich Wagner (VOB) 32:33 (R250); 2. Duwayne Philander (UWC) 32:44 (R150); 3. Sive Ngubu (Ned Bol) 32:47 (R100).

WOMEN (Same prize money as men)

1. Khanya Mateyisi (Khay) 36:00
2. Bulelwa Simae (Ned) 36:57
3. Nomvuyisi Seti (Itheko) 37:45

Veterans: 1. Sheryl de Lange (NBMC) 40:43; 2. Charlene Maartens (Tyger) 58:41; 3. Sandra Jonathan (VOB) 60:28. **Masters:** 1. Viv Williams (ATC) 41:09; 2. Mariëtte Strauss (Tyger) 42:07; 3. Charmaine Cupido (Ned) 47:43. **G'masters:** 1. Helen du Plessis (Tyger) 50:53; 2. Pixie Sparg (Celtic) 51:12; 3. Ruth Leverton (Pine) 55:10. **Juniors:** 1. Annie Bothma (Held) 38:50; 2. Pamela Moyikwa (VOB) 40:17; 3. Amy Abrahams (UWC) 41:02.

Supa Mama Savages Half Marathon & 10 km

Durban, 14 July

(Distances: 21.1 km & 10 km; out-and-back courses. Weather: Cool, overcast, light wind. Finishers in half marathon: 690.)

Half marathon

MEN

1 Lusapho April (Oxford Striders) 1:05:35 (R500), 2 Samuel Pazanga (ZIM/Maxed) 1:06:44 (R350), 3 Sithembile Fanekho (Boxer) 1:06:47 (R100).

40-49: Joseph Mandizha (Formula BM) 1:16:10 (R200). **50-59:** Peter Sehloho (Boxer) 1:16:52 (R200). **60+:** Mbhekiseni Mchunu (Kwamashu) 1:36:23 (R200). **Juniors:** Siyabonga Mkhize (Inanda) 1:18:40 (R100).

WOMEN (Same prize money as men)

1 Tanith Maxwell (Boxer) 1:18:01, 2 Cary-Ann Smith (Nedbank) 1:21:00, 3 Lineo Chaka (LES/Nedbank) 1:21:01.

40-49: Janene Carey (Boxer) 1:23:31. **50-59:** Jenny Scott (DCS) 1:46:15. **60+:** Lynda Bell (Queensburgh) 2:11:19. **Juniors:** Zinhle Mchunu (Inanda) 2:21:03.

10 km

MEN

1 Poloko Latela (Nedbank) 31:36 (R200), 2 Sakhile Mthembu (Phatakahle) 32:05 (R100), 3 Tebogo Khanye (Savages) 33:33 (R50).

WOMEN (Same prize money as men)

1 Nomcebo Mthethwa (uMhlathuze) 38:27, 2 Sarah King (Nedbank) 40:08, 3 Chenai Hangare (Phantane) 41:05. **Juniors:** Caylee Ellero (Bluff) 41:40 .

Itshelejua Half Marathon

Pongola, 14 July

(Distance: 21.1 km)

MEN

1. Elmore Sibanda (ZIM) 1:07:27, 2. Thobane Chagwe (Boxer) 1:08:38, 3. Munyaradzi Jali (ZIM/Toyota) 1:09:38, 4. Bongani Msimango (Phuma) 1:10:29, 5. Sphamandla Nyembe (Klipriver) 1:11:02.

40-49: 1. Justice Nkosi (Phuma) 1:14, 2. Linda Magwaza (Ind) 1:26, 3. Mandla Zwane (Nongoma) 1:33.

WOMEN

1. Peres Jephcirchir (KEN/Maxed) 1:19:11, 2. Slindile Chili (Chesterville) 1:27:36, 3. Xoli Madida (Natal Carb) 1:37:38, 4. Ntombizethu Mnyandu (NRB) 1:46, 5. Xolisile Madida (Newcastle) 1:48:42.

Afriforum Springbok Vasbyt 25 km & 10 km

Pretoria, 13 July

(Loop courses, mostly on gravel and trails. Finishers: 25 km – 700; 10 km – 1220; also 580 in the 5 km.)

25 km

MEN

1 Zuko Matala (Toyota) 92:00; 2 Steve Ngqola (Transnet) 94:00; 3 Stoney Mofu (Fortis North) 95:03.

Veterans: 1 Elias Mabane (Nedbank) 1:40:13. **Masters:** 1 Nuno Thomaz (New Balance) 1:54:09. **G'masters:** 1 Deon Rossouw (Krugersdorp) 2:33:49. **Juniors:** 1 Brian Mbambo (Zwakale) 2:00:10.

WOMEN

1 Cornelia Joubert (Nedbank) 1:44:59; 2 Anita O'Brien (Wild Trail) 2:04:30; 3 Emmah Mathibela (Toyota) 2:08:35.

Veterans: 1 Irma Schoeman (Compress Sport) 2:31:23. **Masters:** 1 Sandra Steenkamp (Irene) 2:11:51. **G'masters:** 1 Patricia Shaw (BNAC) 3:04:56.

10 km

MEN

1 Vusi Tshoba (Transnet) 36:00; 2 Wesley Mutai (KEN/Toyota) 36:02; 3 Shadrack Hoff (Nedbank) 37:09 (1st vet).

Veterans: 1 Shadrack Hoff (Nedbank) 37:09. **Masters:** 1 Colin McGee (Magnolia) 48:34. **G'masters:** 1 Mike du Bruto (Irene) 43:34. **Juniors:** 1 Thabang Maleka (Transnet) 40:21.

WOMEN

1 Myrette Filmlalter (Nedbank) 43:15; 2 Aurenia Ruto (KEN/Nedbank) 44:17; 3 Nobhule Tshumi (Elim) 44:27 (1st jun).

Veterans: 1 Marietjie McDermott (PMK) 51:12. **Masters:** 1 Marie Brunk (Dosco) 74:29.
G'masters: 1 Ria Smit (Running Inn) 76:07. **Juniors:** 1 Nobhule Tshumi (Elim) 44:27.

Pick 'n Pay Cape Times Knysna Forest Half Marathon

Knysna, 6 July

(Distance: 21.1 km; point-to-point downhill course, mostly on gravel. Finishers: 4633.)

Note: René Kalmer finished 14th overall. See article above for information about the marathon. – Ed.

MEN

1. Lloyd Bosman 1:03:11 (R3000)
2. Tsepang Ramonene (LES) 1:07:23 (R1500)
3. Michael Bailey 1:08:51 (R1000)
4. Elfonzo Pieterse 1:09:18 (R500)
5. Steve Farrell 1:10:12 (R300)
6. Stuart Marais 1:12:36
7. Michael Hodgson 1:12:58
8. Greshwin-Lane du Plessis 1:14:03
9. Michael McLaggan 1:14:11
10. Matt Trautman 1:14:55

Veterans:

- | | | | |
|-------------------------|----------|---------|------|
| 1. Paul-Stratford Wolff | Achilles | 1:16:22 | R800 |
| 2. Jonathan Mainstone | Temp | 1:32:53 | R400 |
| 3. Chris Wickham | VOB | 1:36:42 | R300 |

Masters:

- | | | | |
|-------------------|---------------|---------|------|
| 1. Michael Bekapi | Charlo EP | 1:21:00 | R600 |
| 2. Nick Bester | Nedbank AGN | 1:28:02 | R300 |
| 3. Cyril Uithaler | Gelvendale EP | 1:29:42 | R200 |

G'masters:

- | | | | |
|---------------------|-----------|---------|------|
| 1. Hugh Bosman | Knysna MC | 1:41:23 | R400 |
| 2. Neil Peter Ebing | WPCC | 1:49:35 | R300 |

G/g'masters:

- | | | | |
|-------------------|-----------|---------|------|
| 1. Leslie Stewart | Knysna MC | 1:55:33 | R300 |
|-------------------|-----------|---------|------|

Juniors:

- | | | | |
|----------------------|-----------|---------|------|
| 1. Dylon Butler | Knysna MC | 1:22:42 | R500 |
| 2. Cameron Danhausen | Knysna MC | 1:24:41 | R300 |
| 3. Luciano van Wyk | Knysna MC | 1:26:30 | R200 |

WOMEN (Same prize money as men)

1. René Kalmer 1:17:01
2. Lauren Dougall 1:24:51
3. Liza Bright 1:27:18
4. Linley Holmes 1:27:28
5. Dana-Bianca van Zyl 1:27:59
6. Melissa van Rensburg 1:28:43
7. Candice Davison 1:29:16
8. Nicole Marais 1:30:29
9. Carla van Huyssteen 1:31:48
10. Gaby Webber 1:32:20

Veterans:

- | | | |
|-------------------|-----------|---------|
| 1. Linley Holmes | Fish Hoek | 1:27:28 |
| 2. Tracey Forbes | VOB | 1:32:50 |
| 3. Suzanne Marais | Strand | 1:34:11 |

Masters:

1.	Cheryl Rudolph	Easterns Kraaifontein	1:41:18
2.	Marie Wolmarans	Nedbank	1:42:26
3.	Natalie Sanders	Fourways Road Runners	1:47:26

G'masters:

1.	Esme September	Spartan Harriers	2:24.24
2.	Rita van Wyk	Brackenfell	2:34:05

G/g'masters:

1.	Willemien Smuts	Nedbank FS	2:03.44
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Juniors:

1.	Rhoda Versluis	Temp	1:43.46
2.	Megan Waden	Temp	1:49.15
3.	Sarah Beddow	Temp	1:57.25

UTi Rhodes Trail Run (25th)

Rhodes, 6 July

(Distance: 52 km; extremely hilly loop course on gravel and mountain trails; starting and finishing at 1800 m, with highest point at 2680 m and an average altitude of 2560 m on the run along the top of the mountain. Finishers: 271.)

Note: Megan MacKenzie finished fifth overall and Su Don-Wauchope sixth. – Ed.

MEN

1. Iain Don-Wauchope (38) 4:16:00 CR
2. Hylton Dunn (33) 4:33:32
3. Johnny Young (39) 4:42:05
4. Jacques Mouton (35) 4:57:05
5. Keith Clover (34) 5:14:00
6. Martin Nienaber (36) 5:16:00
7. Ockie de Kock (40) 5:22:19 (1st vet)
8. Peter White (50) 5:33:13 (1st mast)
9. Sydney Speelman (36) 5:34:30
10. Grant Wolff (40) 5:37:23

1st g'master: Phillip van Niekerk (60) 6:32:50

WOMEN

1. Megan MacKenzie (27) 5:01:12 CR
2. Su Don-Wauchope (37) 5:07:26
3. Mary-Anne Nieuwoudt (32) 5:54:35
4. Vanessa Bowman (43) 6:00:25 (1st vet)
5. San-Mari Woithe (44) 6:03:15
6. Jane Swarbreck (26) 6:11:33
7. Liezel Wessels (37) 6:14:42
8. Katy van Meter (25) 6:27:16
9. Miema Murray (51) 6:29:42 (1st mast)
10. Catherine Andersson (30) 6:34:52

1st g'master: Diane Duggan (60) 8:05:39 CR

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

Utica Boilermaker 15 km (36th)

(1st stop of 2013/2014 Professional Road Running Organization Series)

Utica, USA, 14 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN

1. Julius Kipyego Keter, 1988, KEN	43:55	\$7000
2. Wilson Kiprotich, 1980, KEN	43:58	4000
3. Hafid Chani, 1986, MAR	45:11	2500
4. Deriba Merga, 1980, ETH	45:12	1500
5. Eliud Ngetich, 1993, KEN	45:15	1250

WOMEN

1. Lineth Chepkurui, 1988, KEN	50:33	\$7000
2. Risper Gesabwa, 1989, KEN	50:39	4000
3. Makida Abdela, 1989, ETH	50:39	2500
4. Almaz Negede, 1987, ETH	50:58	1500
5. Rehima Kedir, 1985, ETH	51:03	1250

Bupa Great Edinburgh Run

Edinburgh, GBR, 14 July

(Distance: 10 km)

MEN (gun times)

1. Andrew Lemoncello, Fife Athletic Club	30:18
2. Yared Hagos, Wallsend Harriers & AC (ETH)	30:27
3. Stephen Scullion, North Belfast Harriers (IRL)	30:57

WOMEN (gun times)

1. Jen Rhines, USA	34:22
2. Nicola Duncan	36:34
3. Jennifer McLean, EDINBURGH AC	36:37

TRACK

IAAF World Youth Championships (8th)

Donetsk, UKR, 10-14 July

MEN

800 (13):

1. Alfred KIPKETER, KEN	1:48.01 PB GOLD
2. Konstantin TOLOKONNIKOV, RUS	1:48.29 PB SILVER
3. Kyle LANGFORD, GBR	1:48.32 PB BRONZE

Semi-Finals (11):

[First 2 in each heat (Q) and the next 2 fastest (q) advance to the Final]

Heat 2 -

- | | |
|---------------------------------|-----------|
| 1. Konstantin TOLOKONNIKOV, RUS | 1:50.92 Q |
| ... 8. Jay-be VAN ROOYEN, RSA | 1:57.02 |

Prelims (10):

[First 4 in each heat (Q) and the next 4 fastest (q) advance to the Semi-Final]

Heat 1 -

- | | |
|--------------------------------|--------------|
| 1. Patrick Kiprotich RONO, KEN | 1:51.50 Q |
| 2. Jay-be VAN ROOYEN, RSA | 1:52.05 Q PB |

1500 (14):

- | | |
|-------------------------------|---------------------|
| 1. Robert Kiptoo BIWOTT, KEN | 3:36.77 CR/WYL GOLD |
| 2. Tesfu TEWELDE, ERI | 3:42.14 PB SILVER |
| 3. Titus Kipruto KIBIEGO, KEN | 3:42.97 BRONZE |

3000 (14):

- | | |
|---------------------------------|-------------------|
| 1. Yomif KEJELCHA, ETH | 7:53.56 PB GOLD |
| 2. Vedic KIPKOECH, KEN | 7:55.60 SILVER |
| 3. Alexander Mutiso MUNYAO, KEN | 7:56.86 PB BRONZE |

Prelims (11):

[First 5 in each heat (Q) and the next 5 fastest (q) advance to the Final]

Heat 2 -

- | | |
|--------------------------------|------------|
| 1. Yomif Kejelcha, ETH | 8:22.11 Q |
| ... 11. Moeketsi Sekosana, RSA | 8:53.12 PB |

2000 s/chase (12):

- | | |
|--------------------------------|--------------------------------|
| 1. Meresa Kahsay, ETH | 5:19.99 WJR/WYR/WYB/PB/CR GOLD |
| 2. Nicholas Kiptonui Bett, KEN | 5:20.92 NYR/PB SILVER |
| 3. Justus Kipkorir Lagat, KEN | 5:30.00 PB BRONZE |

Prelims (10):

[First 3 in each heat (Q) and the next 6 fastest (q) advance to the Semi-Final]

Heat 2 -

- | | |
|--------------------------------|-----------|
| 1. Nicholas Kiptonui Bett, KEN | 5:44.69 Q |
| ... 7. Ruan Meintjies, RSA | 6:03.49 |

WOMEN

800 (14):

- | | |
|-----------------------------|-------------------|
| 1. Aníta HINRIKSDÓTTIR, ISL | 2:01.13 CR GOLD |
| 2. Dureti EDAO, ETH | 2:03.25 PB SILVER |
| 3. Raevyn ROGERS, USA | 2:03.32 PB BRONZE |

Prelims (11):

[First 3 in each heat (Q) and the next 4 fastest (q) advance to the Semi-Final]

Heat 2 -

- | | |
|--------------------------------|-----------|
| 1. Aníta Hinriksdóttir, ISL | 2:04.79 Q |
| ... 7. Jana van der Merwe, RSA | 2:15.06 |

1500 (13):

- | | |
|------------------------------|----------------|
| 1. Tigist GASHAW, ETH | 4:14.25 GOLD |
| 2. Dawit SEYAUM, ETH | 4:15.51 SILVER |
| 3. Alexa EFRAIMSON, USA | 4:16.07 BRONZE |
| ... 7. Lizerie FERREIRA, RSA | 4:22.43 PB |
| ... 11. Carina VILJOEN, RSA | 4:30.36 |

Prelims (10):

[First 4 in each heat (Q) and the next 4 fastest (q) advance to the Semi-Final]

Heat 1 -

- | | |
|----------------------------|--------------|
| 1. Tigist Gashaw, ETH | 4:18.55 Q |
| ... 6. Carina Viljoen, RSA | 4:28.42 q PB |

Heat 2 -

- | | |
|------------------------------|--------------|
| 1. Dawit Seyaum, ETH | 4:14.40 Q PB |
| ... 4. Lizerie Ferreira, RSA | 4:24.80 Q PB |

3000 (10):

- | | |
|--------------------------------|---------------------|
| 1. Lilian Kasait Rengeruk, KEN | 8:58.74 WYL/PB GOLD |
| 2. Berhan Demiesa, ETH | 9:00.06 PB SILVER |
| 3. Silenat Yismaw, ETH | 9:01.63 PB BRONZE |

2000 s/chase (14):

- | | |
|------------------------------|-------------------|
| 1. Rosefine CHEPNGETICH, KEN | 6:14.60 GOLD |
| 2. Daisy JEPKEMEI, KEN | 6:15.12 PB SILVER |
| 3. Weynshet ANSA, ETH | 6:30.05 PB BRONZE |

Other South Africans in finals:

BOYS

HT (12): 6. Tshepang Makhethe 75.54

GIRLS

400 H (13): 1. Helene Swanepoel 58.08 (SA rec)

HJ (12): 3=. Julia du Plessis 1.79

DT (10): 7. Leandri Geel 46.38

JT (10): 11. Jo-Ane van Dyk 49.30

Roughrider Twilight Meet (Day 1)

Portland, USA, 14 July

(Distance: 10000 m)

10000 MIXED-GENDER:

- | | |
|--|-------------|
| 1. Jordan Hassay, Nike Oregon Project (F), | 31:46.42 PB |
| 2. Carie Heineck, Red Lizzard (F), | 37:46.69 |
| 3. Kirsten Allen, Unattached (F), | 38:08.59 |

Kortrijkse Guldensporenmeeting (16th)

Kortrijk, BEL, 14 July

MEN

800:

Race 1:

- | | |
|------------------------|---------|
| 1. Moise Joseph, HAI, | 1:49.39 |
| 2. Anton Asplund, SWE, | 1:49.76 |
| 3. Nick Jensen, DEN, | 1:50.82 |
| 4. Hannes Naude, RSA, | 1:50.85 |

Kenyan Trials for the IAAF World Championships

Nairobi, KEN, 12-13 July

MEN

800 (13):

1. Anthony Chemut, 1992, 1:44.33
2. Ferguson Cheruiyot, 1985, 1:44.38 PB
3. Jeremiah Mutai, 1992, 1:44.59

1500 (13):

1. Silas Kiplagat, 1989, 3:33.7h
2. Asbel Kiprop, 1989, 3:33.8h
3. Nixon Chepseba, 1990, 3:33.9h

5000 (13):

1. Isiah Koech, 1993, 13:35.12
2. Thomas Longosiwa, 1982, 13:36.82
3. Edwin Soi, 1986, 13:39.49
4. Augustine Choge, 1987, 13:41.59

10000 (13):

1. Bedan Karoki, 1990, 27:31.61
2. Paul Tanui, 1990, 27:32.76
3. Kenneth Kipkemoi, 1984, 27:42.28
- ... 6. Leonard Patrick Komon, 1988, 27:53.85

3000 s/chase (13):

1. Conseslus Kipruto, 1994, 8:13.5h
2. Abel Mutai, 1988, 8:14.0h
3. Brimin Kipruto, 1985, 8:14.9h
- ... 6. Ezekiel Kemboi, 1982, 8:26.7h
- ... 12. Paul Kipsiele Koech, 1981, 8:53.3h

WOMEN

800 (13):

1. Eunice Sum, 1988, 1:59.3h
2. Janeth Jepkosgei, 1983, 1:59.7h
3. Winny Chebet, 1990, 2:00.0h

1500 (13):

1. Hellen Obiri, 1989, 4:06.91
2. Faith Kipyegon, 1994, 4:07.00
3. Nancy Jebet Langat, 1981, 4:07.63

5000 (13):

1. Mercy Cherono, 1991, 15:58.39
2. Viola Kibiwott, 1983, 15:59.20
3. Margaret Muriuki, 1986, 16:01.88

10000 (13):

1. Gladys Cherono, 1984, 33:43.03
2. Emily Chebet, 1986, 33:43.78
3. Sally Chepyego, 1985, 33:45.81
4. Caroline Kilel, 1981, 33:51.34
5. Linet Masai, 1989, 34:10.02
6. Betsy Saina, 1988, 34:10.19

3000 s/chase (13):

1. Milcah Chemos, 1986, 9:38.6h
2. Gladys Kipkemboi, 1986, 9:39.7h
3. Hyvin Jepkemoi, 1992, 9:39.5h

KBC Night of Athletics

Heusden, BEL, 13 July

MEN

800:

Pre-Program:

Heat 5:

1. Stijn BAETEN, 1994, BEL, 1:49.63,
2. Bob VAN DER HAM, 1990, NED, 1:49.84 SB
3. Nils PENNEKAMP, 1987, NED, 1:50.32,
- ... 5. Hannes NAUDE, 1990, RSA, 1:51.33,

1500:

Race B:

1. Matt ELLIOTT, 1985, USA, 3:37.07 PB
2. Aman KADI, ETH, 3:37.54,
3. Kim RUELL, 1987, BEL, 3:37.62 PB
- ... 10. Jerry MOTSAU, 1990, RSA, 3:44.37

Heat 3:

1. David KARONEI, 1983, LUX, 3:43.10 PB
- ... 6. Armin BOTHA, 1992, RSA, 3:49.48,
- Dean BRUMMER, 1988, RSA, DNS

5000:

Race A:

1. Albert ROP, 1994, BRN, 12:59.43 NR
2. Ben ST. LAWRENCE, 1981, AUS, 13:10.83 SB
3. Ben TRUE, 1985, USA, 13:11.59 PB
- ... 12. Elroy GELANT, 1986, RSA, 13:15.87 PB

Race B:

- Dean BRUMMER, 1988, RSA, DNF

World University Games (27th)

Kazan, RUS, 7-12 July

MEN

800 (12):

- | | | |
|--|---------|-----------|
| 1. Nijel AMOS, 1994, BOT | 1:46.53 | Gold |
| 2. Jozef REPCIK, 1986, SVK | 1:47.30 | SB Silver |
| 3. Andreas VOJTA, 1989, AUT | 1:47.31 | Bronze |
| ... 6. Rynardt VAN RENSBURG, 1992, RSA | 1:47.70 | |

Semi-Finals (11): Advance top-2 each heat plus next 2 times to final

Heat 3:

- | | | |
|------------------------------------|---------|---|
| 1. Nijel AMOS, 1994, BOT | 1:48.00 | Q |
| 2. Ivan NESTEROV, 1985, RUS | 1:48.04 | Q |
| 3. Rynardt VAN RENSBURG, 1992, RSA | 1:48.35 | q |

Prelims (10): Advance top-3 each heat plus next 6 times to semi-finals

Heat 2:

- | | |
|------------------------------------|-----------|
| 1. Jean FERRUGEM, 1987, BRA | 1:53.15 Q |
| 2. Rynardt VAN RENSBURG, 1992, RSA | 1:53.94 Q |

1500 (09):

- | | |
|-----------------------------------|-----------------|
| 1. Valentin SMIRNOV, 1986, RUS | 3:39.39 SB Gold |
| 2. Jeremy RAE, 1991, CAN | 3:39.45 Silver |
| 3. Jeremiah MOTSAU, 1990, RSA | 3:39.51 Bronze |
| ... 7. Andries HLASELO, 1989, RSA | 3:40.95 |

Prelims (07):

Heat 1:

- | | |
|-----------------------------------|--------------|
| 1. Valentin SMIRNOV, 1986, RUS | 3:43.72 Q SB |
| ... 4. Andries HLASELO, 1989, RSA | 3:44.28 q |

Heat 2:

- | | |
|-------------------------------|-----------|
| 1. Jeremiah MOTSAU, 1990, RSA | 3:40.29 Q |
|-------------------------------|-----------|

5000 (12):

- | | |
|----------------------------------|------------------|
| 1. Hayle IBRAHIMOV, 1990, AZE | 13:35.89 CR Gold |
| 2. Paul CHELIMO, 1990, KEN | 13:37.09 Silver |
| 3. Richard RINGER, 1989, GER | 13:37.18 Bronze |
| ... 6. Jeromy ANDREAS, 1992, RSA | 13:56.94 |
| Andries HLASELO, 1989, RSA | DNF |

Prelims (10):

Heat 1:

- | | |
|-------------------------------|------------|
| 1. Hayle IBRAHIMOV, 1990, AZE | 13:50.75 Q |
| 2. Jeromy ANDREAS, 1992, RSA | 14:02.65 Q |

Heat 2:

- | | |
|-----------------------------------|------------|
| 1. Paul CHELIMO, 1990, KEN | 14:19.16 Q |
| ... 5. Andries HLASELO, 1989, RSA | 14:22.05 Q |

10000 (08):

- | | |
|-------------------------------|-----------------|
| 1. Stephen MOKOKA, 1985, RSA | 28:45.96 Gold |
| 2. Anatoly RYBAKOV, 1985, RUS | 28:47.27 Silver |
| 3. Evgeny RYBAKOV, 1985, RUS | 28:47.28 Bronze |

Half Marathon (12):

- | | |
|------------------------------------|----------------|
| 1. Gladwin MZAZI, 1988, RSA | 1:03:37 Gold |
| 2. Stephen MOKOKA, 1985, RSA | 1:03:37 Silver |
| 3. Shogo NAKAMURA, 1992, JPN | 1:04:21 Bronze |
| ... 7. Xolisane ZAMKELE, 1986, RSA | 1:05:38 |

3000 s/chase (11):

- | | |
|------------------------------------|----------------|
| 1. Ilgizar SAFIULLIN, 1992, RUS | 8:32.53 Gold |
| 2. Sebastian MARTOS ROA, 1989, ESP | 8:37.94 Silver |
| 3. Patrik NASTI, 1989, ITA | 8:38.41 Bronze |

WOMEN

800 (09):

- | | |
|-----------------------------------|-------------------|
| 1. Margarita MUKASHEVA, 1986, KAZ | 1:58.96 NR Gold |
| 2. Ekaterina KUPINA, 1986, RUS | 1:59.57 Silver |
| 3. Egle BALCIUNAITE, 1988, LTU | 1:59.82 SB Bronze |

1500 (12):

- | | | |
|----------------------------------|---------|--------|
| 1. Ekaterina SHARMINA, 1986, RUS | 4:05.49 | Gold |
| 2. Elena KOROBKINA, 1990, RUS | 4:08.13 | Silver |
| 3. Luiza GEGA, 1988, ALB | 4:08.71 | Bronze |

5000 (11):

- | | | |
|--------------------------------------|----------|---------|
| 1. Roxana Elisabeta BIRCA, 1988, ROU | 15:39.76 | SB Gold |
| 2. Olga GOLOVKINA, 1986, RUS | 15:43.77 | Silver |
| 3. Ayuko SUZUKI, 1991, JPN | 15:51.47 | Bronze |

10000 (07):

- | | | |
|--------------------------------|----------|--------|
| 1. Ayuko SUZUKI, 1991, JPN | 32:54.17 | Gold |
| 2. Alina PROKOPYEVA, 1985, RUS | 33:00.93 | Silver |
| 3. Mai TSUDA, 1993, JPN | 33:14.59 | Bronze |

Half Marathon (12):

- | | | |
|--------------------------------|---------|--------|
| 1. Mai TSUDA, 1993, JPN | 1:13:12 | Gold |
| 2. Alina PROKOPYEVA, 1985, RUS | 1:13:18 | Silver |
| 3. Yukiko OKUNO, 1992, JPN | 1:13:24 | Bronze |

3000 s/chase (10):

- | | | |
|-------------------------------|---------|---------|
| 1. Yulia ZARIPOVA, 1986, RUS | 9:28.00 | CR Gold |
| 2. Svitlana SHMIDT, 1990, UKR | 9:40.41 | Silver |
| 3. Gulcan MINGIR, 1989, TUR | 9:45.88 | Bronze |

Other South Africans in finals:

MEN

- 100 (8, 0.5): 1. Anaso Jobodwana 10.10
 200 (10, 2.4): 1. Jobodwana 20.00
 400 H (10): 8. P.C. Beneke 50.51 (49.91 sf)
 SP (7): 5. Jaco Engelbrecht 19.48
 JT (10): 2. Robert Oosthuizen 81.63
 4 x 100 (12): 7. RSA 45.82
 4 x 400 (12): 3. RSA 3:06.19

WOMEN

- 400 H (9): 5. Anneri Ebersohn 57.58 (56.97 ht)
 DT (8): 3. Maryke Oberholzer 54.09
 Hep (11): 11. Bianca Erwee 5371
 4 x 400 (12): 3. RSA 3:36.05

Arcobaleno Meet (25th)

Celle Ligure, ITA, 9 July

MEN

800:

Section 4 -

- | | |
|-----------------------------------|------------|
| 1. Felix KITUR, 1987, KEN | 1:46.48 |
| 2. Hannes NAUDE, 1990, RSA | 1:49.96 |
| 3. Abdessalam MACHMACH, 1989, ITA | 1:51.44 PB |

Meeting Premium de Sotteville-Les-Rouen

Sotteville, FRA, 8 July

MEN

3000:

1. Collis BIRMINGHAM, AUS, 7:41.02
2. Cornelius KANGOGO, KEN, 7:41.90
3. Godeon GATHIMBA, KEN, 7:42.18
- ... 5. Elroy GELANT, RSA, 7:44.83

NEWS

MAJOR WORK ON S.A. DISTANCE RUNNING NEEDS HELP

Well-known coach and athletics enthusiast Dewald Steyn has been busy for two years writing a book on the history of South African cross-country and middle and long distance running (including all Olympic middle and long distance events). The project has grown tremendously and, according to Steyn, "has become more of an encyclopaedia" which will be divided into five separate volumes.

The book starts in 1894 and goes to the present. It contains cross-country championships results as well as international results of South Africa's top athletes, with biographies of all these athletes.

The editions of the *SA Athletics Annual* over the years provided the main background information, but invaluable historical information was gathered from the scrapbooks and photo albums of, among others, Jan Barnard, Peter Whewell, Gawie van Eck, Joe Bellingham, Fanie van Zijl and Tommie Swart. Historical magazines (*SA Athlete*, *SA Runner* and *Running Free*) also provided much data.

However, Steyn says, getting hold of ex-athletes or their relatives (as in the case of Jan Barnard) can contribute tremendously towards producing a book that will contain a complete story of the past. "Pictures, newspaper clippings, results and stories from athletes or relatives will be highly appreciated, and in the electronic era it is also easy to scan and send it," Steyn said.

Anyone who can help, should contact Steyn at dewalds@worldonline.co.za or 082 442-1860.

STATS TIME

This week we include a list of the top ten men in the 10 km. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2013 10 KM: TOP 10 MEN

28:12	Stephen Lesego Mokoka	4	Manchester	26 May
29:03	Jeromy Andreas	1	Durban	19 May
29:06	Nkhasi Namakoe	2	Durban	19 May
29:15	Lloyd Bosman	3	Durban	19 May
29:16	Kgosi Samuel Tsosane	1	Pretoria	16 Feb
29:18	Xolisani Zamkele	4	Durban	19 May
29:22	Lucky Modike Mohale	2	Pretoria	16 Feb
29:24	Lungisa Mdedelwa	1	Durban	14 Apr
29:27	Desmond Mokgobu	3	Pretoria	16 Feb
29:27	Benedict Moeng	5	Durban	19 May

THIS MONTH IN HISTORY

61 years ago: 27 July 1952

Only two men who ran the 10000-metre final at the Helsinki Olympic Games on 20 July 1952 also finished the marathon seven days later. One was the winner of both races, Emil Zatopek (who in between also won the 5000); the other was South African Bill Keith. Almost exactly four months earlier Keith had finished second to Wally Hayward in the SA Marathon in 2:37:42. In Helsinki he was 28th in the 10000 and then placed 19th in the marathon in a PB of 2:34:38. Hayward was tenth (2:31:50.2) and Syd Luyt eleventh (2:32:41).

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This is the first compilation of list leaders for 2013. The section lists the 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, 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	28:12	Stephen Mokoka	Manchester	26 May
	27:32A	Isiah Koech (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		02 Mar
	44:30	Lusapho April	Port Elizabeth	
	43:38	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Mar
	63:36	Stephen Mokoka	Cape Town	
	63:11A	Lloyd Bosman	Knysna	
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		04 May
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:34:30	Nkosinathi Madyo	Camps Bay	06 Jan
	1:29:31	Yuki Kawauchi (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:08:32	Lusapho April	Hannover	05 May
	2:04:45	Lelisa Desisa (ETH)		
	2:03:38	Patrick Makau (KEN) 2011		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:33	Gert Thys	Durban	19 May
	28:51	Paulo Catarino (POR) 2003		
15 km	48:30	Graham Katzen	Duynefontein	23 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:10	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	88:25	Elias Mabane	Pretoria	04 May
	76:49	Martin Mondragon (MEX) 1994		

30 km	1:48:35	Graham Katzen	Camps Bay	06 Jan
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:21:40	Hendrick Ramaala	Mumbai	20 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	33:31	Reform Ndlovu	Durban	19 May
	[33:28	Vladimir Kotov (BLR)	Athlone	09 Feb]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	51:26	Eric Coetzee	Constantia	09 Mar
	[50:54	Vladimir Kotov (BLR)	Constantia	09 Mar]
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:20	Reform Ndlovu	Benoni	27 Jan
	[74:42A	Vladimir Kotov (BLR)	Simon's Town	17 Feb]
	66:42	Martin Rees (GBR) 2003		
25 km	1:46:22	Philemon Mailola	Pretoria	04 May
	1:41:07A	Nicholas Dlamini	Pinetown	27 Jan
30 km	1:54:25	Eric Coetzee	Parow	16 Mar
	[1:52:06	Vladimir Kotov (BLR)	Camps Bay	06 Jan]
Marathon	2:40:26	Reform Ndlovu	Oudtshoorn	03 Feb
	[2:34:33	Vladimir Kotov	Oudtshoorn	03 Feb]
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	37:59	Clive Owen	Goodwood	02 Mar
15 km	59:03	Clive Owen	Mamre	15 Jun
21.1 km	86:20	Awie Veldsman	Cape Town	30 Mar
25 km	1:54:16	Aubrey Watson	Pretoria	04 May
30 km	2:28:52	Harold Dixon	Camps Bay	06 Jan
Marathon	3:10:30	Sizinzo Kama	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	29:06	Namakoe Nkhasi	Durban	19 May
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:56	Masibulele Heugh	Jeffreys Bay	05 Jan
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:17	Masibulele Heugh	Port Elizabeth	29 Jun
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:49	Mapaseka Makhanya	Durban	23 Jun
	30:49	Tirunesh Dibaba (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:11	René Kalmer	Germiston	07 Apr
	48:48	Sara-Isabel Moreira (POR)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	74:25	Irvette van Zyl	Lisbon	24 Mar
	66:09	Lucy Kabuu (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:32:18	Tanith Maxwell	Berlin	05 May
	1:21:35	Lucy Kabuu (KEN)		
	79:53	Mary Keitany (KEN) 2010		

30 km	1:58:12	Kim Laxton	Parow	16 Mar
	1:43:46	Yuko Mizuguchi (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:26	Irvette van Zyl	London	21 Apr
	2:20:15	Priscah Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:43	Zola Pieterse	George	29 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	58:21	Zola Pieterse	Durbanville	23 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:40	Suzette Botha	Pietermaritzburg	24 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:56:17	Vanessa Bowman	Pretoria	04 May
	1:46:01A	Janine Carey	Pinetown	27 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:11:30	Elmarie Coetzee	Camps Bay	06 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:49:38	Suzette Botha	Oudtshoorn	03 Feb
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:47	Judy Bird	Durban	19 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:12	Judy Bird	Constantia	09 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	88:01	Jane Mudau	Benoni	14 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:08:02	Ina Lagerwall	Pretoria	04 May
	1:55:20A	Janette Schierz-Crusius	Somerset East	23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43	Jane Mudau	Pretoria	23 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:57	Sonja Laxton	Cape Town	17 Mar
15 km	67:26	Sonja Laxton	Brakpan	28 Apr
21.1 km	1:47:15	Veronica van Niekerk	Wellington	01 May
25 km	2:47:55	Liz Schochot	Pretoria	04 May
	2:22:03A	Pam Rasmussen	Pinetown	27 Jan
30 km	2:40:44	Veronica van Niekerk	Parow	16 Mar
Marathon	3:46:17	Veronica van Niekerk	Oudtshoorn	03 Feb
100 km				
<u>Juniors</u>				
10 km	36:47	Annie Bothma	Durban	19 May
	31:42	Zola Pieterse (RSA) 1984		
15 km	56:41	Annie Bothma	Eersterivier	22 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	86:01	Slindile Chili	Richards Bay	30 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Kevin Harlock, André Pienaar, Derrick Chamberlain, SWD Athletics, Norrie Williamson, Rowyn James

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za