

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

René Kalmer (34:58) and Lindikhaya Mthangayi (30:04) both scored good wins in the Clover Milk Run 10 km in Port Elizabeth this weekend, each taking home R3000. In another race with even bigger prize money, the Ulwazi Half Marathon in Hammarsdale, Sibusiso Nzima (66:34) had a much smaller victory margin against Thobane Chagwe, but Kenyan Peres Jepchirchir easily ran away from Jenna Challenor to win by almost 3 minutes in 78:10.

Internationally, the Diamond League Meeting in London produced stellar performances. Double Olympic champion Mo Farah (GBR) won the 3000 m easily in 7:36.85, a personal best. Augustine Choge (KEN) also scored a PB when he won the 60th edition of the famous Emsley Carr Mile in 3:50.01. Sixteen men dipped under 4 minutes. Two Marys stole the spotlight in the women's 1500 m. Mary Kuria (KEN) won in 4:08.77, but it was Mary Cain who had most eyes on her. The precocious American star, only 17, was slightly out of her depth and found that running in front of 60 000-plus spectators in a high-pressure international meeting is not the same as competing in a US high school meeting – or even the US Trials (Cain will represent her country in Moscow). She finished fifth after she had been 15th with a lap to go.

An intimidated Cain said in an interview: "It's a bit overwhelming. Yesterday at the warm-up, I was like 'Jordan [Hasay], we're good here, this isn't that big.' And then today I walked out and was like 'Oh...' I was pretty scared. Beforehand I was fine, but getting out there and doing my strides, I felt like the whole crowd just drained me."

Riël Hauman

INCLUDED IN THIS ISSUE:

- * World Transplant Games 5 km, Durban
- * Ulwazi Half Marathon & 10 km, Hammarsdale
- * Clover Milk Run 10 km, Port Elizabeth
- * The Longest Day 12-hour Race, Pietermaritzburg
- * Fairbridge Mall 15 km, Brackenfell
- * Zwartkop Half Marathon & 10 km, Centurion
- * Rustenburg Keystone Mountain Race, Rustenburg
- * McCarthy Toyota Table View 10 km, Table View
- * Beaufort West Half Marathon & 10 km, Beaufort West
- * Top Gear 10 km, George
- * ASWD & Knysna Marathon Club 10 km, Knysna
- * XC: Boland Trials, Grabouw; WP League Meeting, Strandfontein; New Balance AGN Seniors & Masters Meeting, Pretoria

International highlights:

- * Wharf to Wharf 6 Mile, Santa Cruz to Capitola, USA
 - * Media Maratón Internacional Bogotá, Bogotá, COL
 - * Quad-City Times Bix 7, Davenport, USA
 - * Giro Podistico Internazionale di Castelbuono, Castelbuono, Sicily, ITA
 - * Track: Sainsbury's Anniversary Games, London, GBR; Gert Rasschaert Memorial, Ninove, BEL; Russian Athletics Championships, Moskva, RUS
 - * Schlickeralm Berglauf, Telfes, AUT
 - * Swiss Alpine Marathon, Davos, SUI
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ROAD RUNNING**World Transplant Games 5 km**

Durban, 29 July

(Finishers: 94)

MEN

1.	Gergo Mezei	HUN	17:36
2.	Matthew Salkeld	GBR	17:46
3.	Montague Summers	AUS	17:54

40-49:

1.	Laszlo Venyercsan	HUN	19:37
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50-59:

1.	Joaquin Lacon	ESP	18:51
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60+:

1.	Mathias Zahner	SUI	24:01
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70+:

1.	Thomas Jenkin	USA	29:34
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WOMEN

1.	Orla Smyth	GBR	22:59
2.	Andrasne JUNG	HUN	23:05
3.	Zanele Britz	RSA	23:51

40 to49:

1.	Andrasne Jung	HUN	23:05
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50-59:

1.	Maria Anglada	ARG	26:26
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60+:

1.	Joan Bell	GBR	31:21
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70+:

1.	Barbara Brackenridge	USA	47:34
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Ulwazi Half Marathon & 10 km

Hammarsdale, 28 July
(Distances: 21.1 km & 10 km)

Note: DRR corrected some names here, eg. the second male in the 10 km, who DRR feels must be Lungisa Mdedelwa (and not Mandla Lungiswa), but the surname of the female winner in the 10 km (whose first name is indicated in the results as "Thuilsiwe") is unknown. – Ed.

Half marathon

MEN

1. Sibusiso Nzima (Nedbank) 1:06:34 (R5000), 2. Thobane Chagwe (Boxer) 1:06:39 (R2500), 3. Elmore Sibanda (ZIM/Maxed) 1:07:15 (R2000).

(All age group prizes were the same: R500, R250, R100.)

40-49: 1. Stanley Makhamba (Nedbank) 1:26:41, 2. Sipho Mbambo (Eskom) 1:38:22, 3. Jabulani Mdlalose (PDAC) 1:42:40. **50-59:** 1. Willie Majombozi (Boxer) 1:28:07, 2. Nicholas Dlamini (Boxer) 1:28:48, 3. Maxwell Mngwengwe (Boxer) 1:34:27. **60+:** 1. Michael Langa (Athletics North) 1:37:38, 2. Mbhekiseni Mchunu (KwaMashu) 1:45:59, 3. Amos Ntuli (GGA) 1:51:40.

WOMEN (Same prize money as men)

1. Peres Jepchirchir (KEN/Maxed) 1:18:10, 2. Jenna Challenor (Boxer) 1:21:02, 3. Lineo Chaka (LES/Maxed) 1:23:01.

40-49: 1. Hleziphi Ncayiyana (Nedbank) 1:49:32, 2. Linda Cele (Nedbank) 1:58:26, 3. Sibongile ? (Chatsworth) 2:05:14. **50-59:** 1. Blanche Moila (Savages) 1:51:58, 2. Sheila Kirsten (Westville) 2:01:18, 3. Denise Reynecke (Queensburgh) 2:25:05. **60+:** 1. Pam Rasmussen (Queensburgh) 2:02.

10 km

MEN

1. Stephen Mokoka (Transnet) 28:27 (R1500), 2. Lungisa Mdedelwa (Boxer) 28:39 (R1000), 3. Sithembele Fanekho (Boxer) 28:53 (R500).

WOMEN (Same prize money as men)

1. Thuilsiwe ? (Phantane) 35:04, 2. Thabisa Sirayi (Lions) 35:58, 3. Janine Carey (Boxer) 36:17.

Clover Milk Run 10 km

Port Elizabeth, 27 July
(Loop course. Finishers: 945.)

Note: There was a huge increase of 26% in the number of finishers compared to last year. The prize money went to seniors (not open category) and in the age categories it was for 40-49, 50-59, 60-69, 70+ and juniors. – Ed.

MEN

1	Lindikhaya	Mthangayi	Itheko AC	34	30:04	R3000
2	Lungile	Gongqa	Cheetahs AC	34	30:18	R1500
3	Nkosinathi	Madyo	Nedbank RC NMMU	25	30:35	R750
4	Melikhaya	Frans	Nedbank RC	21	30:59	R400
5	Khothatso	Mokone	UFS	24	31:22	R350
6	Mariano	Eesou	Absa NMMU AC	21	31:51	
7	Zolani	Mabongo	Maxed Elite EP	27	32:00	
8	Mzolisi	Makhandanda	Nedbank RC	30	32:06	

9	Sibusiso	Thu	Transnet RE	25	32:13	
10	Anele	Maliza	Nedbank RC	35	32:48	
11	Maxwell	Goodman (1 st vet)	Malabar	40	33:04	
12	Masibulele	Heugh (1 st jun)	Motherwell AC	19	33:10	
13	Thanduxolo	Mpushe	Motherwell AC	24	33:17	
14	Andre	Ketchem	Transnet RE	29	33:28	
15	Aphlyn	Taai	Transnet RE	30	33:34	
16	Masande	Mlonyeni	Nedbank RC	32	33:40	
17	Siyabonga	Kahla	Youth FC AC	17	33:45	
18	Siyanda	Coko	Temp	24	33:52	
19	Mzamo	Fokwana	Charlo RR	35	33:55	
20	Sinathi	Mafanga	Temp	23	33:59	

40-44:

1	Maxwell	Goodman	Malabar	40	33:04	R500
2	Terrance	Mjekula	Warriors AC	40	34:46	R200
3	Malibongwe	Mbelu	RFLG	41	36:38	

45-49:

1	Desmond	Zibi	Ikhamva AC	49	35:09	R150
2	Mutekile	Rasmeni	Maxed Elite EP	48	35:14	
3	Christopher	Mabengeza	Nedbank RC	47	35:21	

50-54:

1	Michael	Bekapi	No Club	52	36:40	R500
2	Kenneth	Menze	Nedbank RC	51	36:52	R200
3	Bennie	Stadler	Achilles AAA	50	36:57	R150

55-59:

1	Alan	Taylor	Achilles AAA	56	41:23	
2	Charles	Baatjies	Gelvan AC	56	41:24	
3	Disemba	Blou	Warriors AC	55	41:45	

60-64:

1	Sizinzo	Kama	Achilles AAA	62	41:25	R500
2	Hannes	Els	Madiba Bay	63	41:32	R200
3	Graham	Channon	Achilles AAA	63	44:50	R150

65-69:

1	Syd	Lippstreu	Crusaders AC	65	47:13	
2	David	O'Rielly	Nedbank RC	65	50:52	
3	Eckart	Schumann	Body Concept	68	54:12	

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	71	48:46	R500
2	Godfrey	Kariem	Gelvan AC	72	53:35	R200
3	Henry	Human	VWAC	74	1:02:09	

75-79:

1	Selwyn	Solomon	Crusaders AC	75	1:17:35	
2	John	Peart	Nedbank RC	77	1:27:59	

Juniors:

1	Masibulele	Heugh	Motherwell AC	19	33:10	R500
2	Siyabonga	Kahla	Youth FC AC	17	33:45	R200
3	Thando	Ncipha	Malabar	19	34:57	R150

WOMEN (Same prize money as men)

1	René	Kalmer	Nedbank RC CGA	32	34:58	R3000
2	Ntombesintu	Mfunzi	Bonitas	31	36:42	R1500
3	Bulelwa	Simae	Nedbank RC NMMU	36	37:28	R750
4	Natalie	Ross	Temp	22	37:37	R400
5	Jamie-Lee	Schlemmer (1 st jun)	Absa NMMU AC	17	39:18	
6	Jene	Banfield (1 st vet)	RFLG	42	41:13	
7	Jane	Barnardo	Body Concept	38	41:40	R350

8	Deliwe	Nyanga	Nedbank RC	24	42:09	
9	Margie	Saunders (1 st mast)	Nedbank RC	59	42:22	
10	Freedah	Ncube	Absa NMMU AC	31	42:45	
11	Michelle	Galloway	Absa NMMU AC	26	42:52	
12	Mariëtte	Hattingh	Nedbank RC	47	43:11	
13	Siphokazi	Nojoko	Motherwell AC	18	43:28	
14	Katherine	Van der Walt	Body Concept	37	43:47	
15	Janine	Gardiner	Charlo RR	32	44:50	
16	Caitlin	Deasy	Absa NMMU AC	18	44:55	
17	Laura	Maritz	Elite AC	52	45:01	
18	Davera	Magson	Nedbank RC	38	45:06	
19	Megan	Wilson	Charlo RR	17	45:27	
20	Lizandre	Mulder	Brandwag	16	45:52	
40-44:						
1	Jene	Banfield	RFLG	42	41:13	R500
2	Priscilla	Maleiba	Gelvan AC	42	46:34	R150
3	Sharon	Gouws	Nedbank RC	42	47:26	
45-49:						
1	Mariëtte	Hattingh	Nedbank RC	47	43:11	R200
2	Johannette	Oosthuizen	Temp	49	48:32	
3	Buyelwa	Kobokana	Nedbank RC	48	49:52	
50-54:						
1	Laura	Maritz	Elite AC	52	45:01	R200
2	Amanda	Wolmarans	Walmer AC	54	51:08	R150
3	Doreen	Ferreira	Charlo RR	54	51:59	
55-59:						
1	Margie	Saunders	Nedbank RC	59	42:22	R500
2	Elize	Smalberger	St Albans CS EP	57	52:26	
3	Christine	Snyman	Despatch AC	57	53:28	
60-64:						
1	Cathy	Ives	Achilles AAA	60	52:47	R500
2	Jos	Els	Madiba Bay	61	56:24	R150
3	Helene	Oppel	Crusaders AC	63	1:00:08	
65-69:						
1	Liz	Grundlingh	Muirite Strider	66	56:02	R200
2	Marlene	Wiese	Kowie Striders	67	1:01:33	
3	Margaret	Paton	Charlo RR	67	1:03:13	
70-74:						
1	Lorna	Brown	PEAAC	74	1:31:12	R200
75-79:						
1	Dorothy	Hart	Charlo RR	75	1:07:54	R500
Juniors:						
1	Jamie-Lee	Schlemmer	Absa NMMU AC	17	39:18	R500
2	Siphokazi	Nojoko	Motherwell AC	18	43:28	R200
3	Caitlin	Deasy	Absa NMMU AC	18	44:55	R150

The Longest Day 12-hour Race (18th)

Pietermaritzburg, 27 June

(400-metre grass track. Weather: very hot for a large part of the day. Finishers: 43.)

Note: The first three women finished 10th, 11th and 12th overall. Lizette Botha also won the race in 2009 and 2010, while Mzwakhe Khanyile successfully defended his title. – Ed.

MEN

1. Mzwakhe Khanyile Verulam 130.68 km

2.	Majesty Mvelase	Eskom	107.28 km
3.	Sibonelo Mashimane	Eskom	105.26 km
4.	Brad Kavanagh	Hillcrest	103.36 km
5.	Henk Moen	Irene	102.22 km
6.	Fred Mckenzie	Westville	100.8 km

WOMEN

1.	Lizette Botha	Walk 4 Life	91.2 km
2.	Molly Parasaraman	Phoenix	89.64 km
3.	Cordelia Kisten	Woodview	88.56 km
4.	Debra Naidoo	Phoenix	87.78 km
5.	Josephine Bentule	Umhlathuze	86.04 km
6.	Sharda Narothum	Eskom	83.6 km

Fairbridge Mall 15 km

Brackenfell, 27 July

(Certified hilly out-and-back course)

MEN

1. Jeromy Andreas (UJ) 47:29
2. Merlin Klaaste (Ned) 47:30
3. Duane Fortuin (Bid) 47:35

Veterans: 1. Graham Katzen (Itheko) 49:58; 2. Xolile Macanda (Gugs) 53:09; 3. Bongani Mdlalose (SANDF) 53:11. **Masters:** 1. Roston Isaacs (Ned) 56:29; 2. Jacques van Wyk (PnP) 58:56; 3. Julian Paul (SANDF) 59:02. **G'masters:** 1. Albert Williams (Top) 68:07; 2. Ivan Marais (Ned) 69:58; 3. Brian Rothman (Brack) 74:37. **Juniors:** 1. Granwin Katzen (Itheko) 55:09; 2. Deauwin Japhta (Sanlam) 57:34; 3. [Illegible] (Pine) 62:06.

WOMEN

1. Nomvuyisi Seti (Itheko) 57:01
2. Khanya Mateyisi (Khay) 59:34
3. Candyce Hall (Ned) 62:07

Veterans: 1. Ursula Frans (Celtic) 62:48; 2. Sandra van Graan (Edge) 65:16; 3. Ronel Steenkamp (Durb) 66:28. **Masters:** 1. Mariëtte Strauss (Tyger) 65:21; 2. Bev Charters (VOB) 71:29; 3. Anne Pool (Strand) 76:12. **G'masters:** 1. Helen du Plelssis (Tyger) 77:14; 2. Pixie Sparg (Celtic) 82:39; 3. Ruth Leverton (Pine) 85:14. **Juniors:** 1. Courtney Groener (Bell) 72:47; 2. Londeka Miya (Gugs) 78:19.

Zwartkop Half Marathon & 10 km

Centurion, 27 July

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 900; 10 km – 1200.)

Half marathon

MEN

- 1 Wesley Mutai (KEN/Toyota) 71:47; 2 Dingile Siyabonga (Nedbank) 72:22; 3 Victor Mabuza (Gallopers) 74:03

Veterans: 1 Jackson Seanego (New Balance) 78:47. **Masters:** 1 Nuno Thomaz (New Balance) 83:08. **G'masters:** 1 John Woodnutt (Morningside) 93:47. **G/g'masters:** 1 Pele Tshikundamalema (Toyota) 1:52:54. **Juniors:** 1 Welcome Lubisi (Transnet) 88:16.

WOMEN

1 Kim Laxton (Sunninghill) 79:20; 2 Charné Bosman (Bonitas) 82:01; 3 Aurelia Ruto (KEN/Nedbank) 83:23.

Veterans: 1 Lindsay van Aswegen (MAD MultiSport) 97:06. **Masters:** 1 Ansa Stryom (Overkruin) 1:43:27. **G'masters:** 1 Renee Hawkridge (HQH) 1:59:55. **G/g'masters:** 1 Willemien Smuts (Nedbank BFN) n/t.

10 km

MEN

1 Adam Lipschitz (Maxed Elite) 32:39 (1st jun); 2 Altus Badenhorst (Nedbank) 32:42; 3 Mandla Maseko (Transnet) 32:51.

Veterans: 1 Greg Barnes (Irene) 33:59. **Masters:** 1 Toni Da Matta (BNAC) 39:31. **G'masters:** 1 Mike du Bruto (Irene) 40:48. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 50:35. **Juniors:** 1 Adam Lipschitz (Maxed Elite) 32:39.

WOMEN

1 Myrette Filmalter (Nedbank) 37:02; 2 Lauren Dance (Mad MultiSport) 37:27; 3 Mariska Buys (New Balance) 41:17.

Veterans: 1 Ansie Breytenbach (Irene) 44:12. **Masters:** 1 Leonie Jurgens (BNAC) 49:20. **G'masters:** 1 Sonja Laxton (RAC) 47:24. **G/g'masters:** 1 Deidre Larkin (Randburg Harriers) 62:18. **Juniors:** 1 Kylie Merrick (New Balance) 50:33.

Rustenburg Keystone Mountain Race

Rustenburg, 27 July

(Distances: 25 km – out-and-back course with loop at far end, very hilly and partly on gravel – & 10 km)

Note: A slightly changed route was used this year, which is more difficult than the one used in the past. – Ed.

25 km

MEN

1. David Manja (Ned) 1:26:09
2. Sello Rebone (LES/Maxed) 1:26:40
3. Sekeke Lesole (LES/Toy)
4. Warinyana Lebopo (LES/Ned) 1:29:44
5. David Gatebe (Impala) 1:30:18

Veterans: 1. Shadrack Hoff (Ned) 1:34:19 (9th overall); 2. Tyson Siweya (Carl) 1:43:19; 3. Sentso Retere (LES/Ned) 1:49:26. **Masters:** 1. David Mogari (GS) 1:55:05. **G'masters:** 1. Deon Rossouw (Krygers) 2:12:32.

WOMEN

1. Mamorallo Tjoka (LES/Toy) 1:46:50
2. Gladys Cheruiyot (KEN/Ned) 1:55:55 (1st vet)
3. Toni Bennetts (Klerks) 2:07:10
4. Helen Sum (Ned) 2:10:12
5. Vickie Stroh (RI) 2:12:55

Veterans: 1. Gladys Cheruiyot (KEN/Ned) 1:55:55; 2. Hele Sum (Ned) 2:10:12; 3. Lorraine Boshoff (VTM) 2:14:08. **Masters:** 1. Rita van Wyk (Boks) 2:20:11 (10th overall). **G'masters:** 1. Esbie van Heerden (Vry) 3:17:42.

10 km

MEN

1. Joel Mmone (Ned) 30:56; 2. Jeremia Ntekele (Ned) 32:36; 3. Donald Moleane (Ned) 32:52 (1st jun).

Veterans: 1. Butiki Jantjies (Maxed) 33:39. **Masters:** 1. Mmola Tsotso (Angl) 43:11.

G'masters: 1. Matthews Mekjho (Meadow) 66:40. **Juniors:** 1. Donald Moleane (Ned) 32:52; 2. Mesala Mabu (Ned) 34:04; 3. Armand Burger (Vaal) 43:49.

WOMEN

1. Luleka Dyonki (Ned) 43:10 (1st jun); 2. Vernoeschca Reyneke (Protea) 44:20; 3. Lizzy Dhiwayo (RWFL) 44:55.

Veterans: 1. Karen Murley (Protea) 46:44. **Masters:** 1. Jackie Frey (Khosa) 51:31.

G'masters: 1. Estelle Oosthuizen (Rand) 63:45. **Juniors:** 1. Luleka Dyonki (Ned) 43:10; 2. Jenine Jordaan (Anglo) 45:02.

McCarthy Toyota Table View 10 km

Table View, 20 July

(Finishers: 451)

MEN

1	Unathi	Nteta	AAC	20	30:54
2	Nkosinathi	Sotyantya	Itheko	20	31:01
3	Vuyolwetho	Mbukushe	Gugs	22	31:19
4	Wanda	Roro	Nedbank Boland	23	31:50
5	Vakalisa	Kopolo	Khayelitsha		32:15
6	Bulelani	Bhebha	VOB		32:16
7	Babalo	Hambi	Itheko	19	32:29
8	Mpendulo	?	Gugs	26	32:31
9	Morne	Kammies	Sanlam	26	32:33
10	Zithulele	Joseph	New Balance	33	32:48

WOMEN

1	Khanya	Mateyisi	Khayelitsha	20	36:02
2	Ebeth	Marais	Tygerberg	17	38:33
3	Kirsty	Weir	Nedbank SWD	35	40:07
4	Busisiwe	Gwala	VOB	16	40:15
5	Sandra	Van Graan	Edgemean	45	40:55
6	Mariëtte	Strauss	Tygerberg	51	41:32
7	Rachel	Arnott	West Coast	36	42:15
8	Madele	Du Plessis	Edgemean	25	43:23
9	Nthuseng	Lolwano	VOB	18	43:48
10	Hanmarie	Stadler	Ind	25	44:52

Beaufort West Half Marathon & 10 km

Beaufort West, 20 July

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 94; 10 km – 56.)

Half marathon

MEN

1	Lloyd Bosman	Nedbank	25	1:06:30
2	Lindikhaya Mthangayi	Itheko	34	1:06:35
3	Ettiene Plaatjies	Nedbank	25	1:06:46

4	Nkosinathi Madyo	Nedbank	25	1:07:28
5	Gershwill Jacobs	RWFL	22	1:07:37
6	Lungile Gongqa	Cheetahs AC Transkei	34	1:08:45
7	Andries Pongwana	Nedbank	25	1:09:28
8	Mthandazo Qhina	Nedbank	38	1:10:58
9	Avukile Ntongana	Itheko	28	1:12:43
10	Bernardo Fredericks	Nedbank	24	1:13:34

WOMEN

1	Nomvuyisi Seti	Itheko	31	1:24:02
2	Bulewa Simae	Nedbank	36	1:25:06
3	Buwelwa Mtshagi	Celtics	33	1:31:43
4	Elize Kloppers	Hartenbos Drawwers	43	1:32:20
5	Marie Louw	Temp	47	1:39:33
6	Ivy Sogiba	Temp	24	1:39:47
7	Megan Goliath	Brackenfell	37	1:43:10
8	Johanna Claassen	Nedbank	40	1:43:51
9	Rome Phillipson	Hartenbos Drawwers	31	1:47:44
10	Lynette Booysen	Temp	40	1:48:11

10 km

MEN

1	Merlin Klaaste	Nedbank	20	30:21
2	Elfonzo Pieterse	Nedbank	24	31:40
3	Francois Maquassa	RWFL	20	32:30
4	Deaven Peters	Laingsburg	16	37:14
5	Basil Lehman	Temp	44	37:16
6	Kenneth Vermeulen	Temp	27	38:06
7	Samkele Himana	Temp	25	38:48
8	Andrew Cloete	Nedbank	16	38:48
9	Edgar Prince	Temp	50	45:06
10	Willem Darries	Dawsk	45	45:32

WOMEN

1	Jayradene Pietersen	Laingsburg	18	49:36
2	Janine Willemse	Laingsburg	15	49:39
3	Reinette Vermeulen	Strand AC	42	53:15
4	Zona van Schoor	Strand	48	1:00:02
5	Patricia Crafford	Laingsburg	15	1:11:07
6	Henrice Smith	Laingsburg	15	1:11:07
7	Elize Fisher	Laingsburg	46	1:11:07
8	Christa Strydom	Temp	43	1:12:27
9	Fiona Thopps	Temp	25	1:22:58
10	Wendy Pretorius	Temp	28	1:24:41

Top Gear 10 km

George, 13 July
(Finishers: 96)

Note: Elize Kloppers finished tenth overall. – Ed.

MEN

1	Lloyd Bosman	Nedbank	25	31:59
2	Elfonzo Pieterse	Nedbank	24	32:11
3	Julis Korkee	Mossel Bay Harriers	28	32:38
4	Thulani Femele	Rainbow	27	33:59

5	Mauritz Janse van Rensburg	Outeniqua Harriers	42	38:18
6	Whayn Windwaai	Outeniqua Harriers	34	38:31
7	Aubrey Brinkhuis	Knysna MC	43	39:38
8	Hlobelo Davids	Hartenbos Drawwers	35	39:38
9	Jacobus Boshoff	Nedbank	42	39:49
10	Ashwill Hendricks	Nedbank	21	41:13

WOMEN

1	Elize Kloppers	Hartenbos Drawwers	43	40:32
2	Annatjie Botes	Nedbank	55	43:15
3	René Moll	Nedbank	43	44:32
4	Karen le Roux	Ind	46	46:12
5	Ann Mare du Plessis	Nedbank	46	59:59
6	Marna Herald	Nedbank	32	59:59
7	Linda Scholtz	Nedbank	51	64:51
8	Thia Landsberg	Nedbank	52	64:51
9	Diana Mouton	Nedbank	36	66:30
10	Melissa Buitendag	Nedbank	24	66:45

ASWD & Knysna Marathon Club 10 km

Knysna, 3 July

(Finishers: 81)

MEN

1	Lloyd Bosman	Nedbank	25	34:10
2	Elfonzo Pieterse	Nedbank	24	34:11
3	Greshwin du Plessis	Knysna MC	27	34:58
4	Chrstitiaan Jansen	Rainbow AC	18	35:34
5	Justin Hobbs	Rainbow AC	17	36:18

WOMEN

1	Clairiece Slingers	Itheko	15	40:19
2	Ileana Dreyer	Itheko	16	41:43
3	Sharlon Boer	Itheko	15	42:20
4	Jacqueline Goliath	Itheko	17	42:52
5	Macnita Samuels	Knysna MC	16	44:44

CROSS-COUNTRY**Boland Trials**

Grabouw, 27 July

SR. MEN (12 km)

1	William Kaptein	Robertson AC	39:26
2	Luyanda Qolo	EGA AC	40:17
3	Akhona Mdade	EGA	42:40
4	Eugene Smith	Citrusdal AC	43:30
5	Jonathan Calvert	Salkor	44:28
6	Belson Malunga	Langebaan AC	46:33
7	Justin Nero	Citrusdal AC	46:54
8	Petrus Volmoer	Citrusdal AC	47:51
9	Henrico Solomons	Langebaan AC	48:54
10	Francois Adams	Langebaan AC	49:01

SR. MEN (4 km)

1	Charlton September	Nedbank AC	13:35
2	Justin Fritz	Ceres AC	13:41
3	Nathan Beukes	Citrusdal AC	13:44
4	Garith Maarman	Swartland AC	13:56
5	Craig Burns	Maties AC	14:04
6	Angelo Booysen	Paarl AC	14:26
7	Sive Ngubo	Nedbank AC	14:32
8	John van Wyk	Maties AC	15:22
9	Jason Swartz	Itheko	15:36
10	Ayanda Matshini	Nedbank AC	15:45

BOYS U.19 (8 km)

1	Johannes Jansen	Langeberg Sek	22:49
2	Cheslin Aford	Cedeberg Akademie	28:30
3	Trevor Nuku		28:36

BOYS U.17 (6 km)

1	Donovan Kawula	HS Bonnievale	21:26
2	Angus van Wyk	Groenberg	22:13
3	Michael Prins	Langeberg Sek	22:42

SR. WOMEN (8 km)

1	Sandra Bester	Langebaan AC	46:09
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SR. WOMEN (4 km)

1	Liezl du Plooy	Ceres AC	18:19
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GIRLS U.19 (6 km)

1	Alexandra Quenet	Rhenish	24:48
2	Janey v.d. Merwe	Worc. Gim/Paarl AC	25:33
3	Jacqueline Goliath	Worcester Sek	28:04

GIRLS U.17 (4 km)

1	Ileana Dreyer	HS Breerivier	17:18
2	Aidan Wilson	Hottentots Holland High	19:00
3	Azel Boois	Vredenburg HS	19:11

WP League Meeting (6th)

Strandfontein, 21 July

Note: All distances are 4 km except where indicated otherwise. In reality the 12 km was only 10.8 km, the 8 km was 7.2 km, the 6 km was 5.6 km and the 4 km was 3.6 km. – Ed.

SR. MEN (12 km)

1	Unathi	Nteta	Atlantic	29:33
2	Duane	Fortuin	Bidvest	29:52
3	Vuolwethu	Mbukushe	Gugs	30:05
4	Danzil	Paulse	Easterns	30:14
5	Xolisa	Batala	VOB	30:21
6	Hein	Camphor	NBMC	30:32
7	Peter	Tsawayo	ZIM/Gugs	30:34
8	Tom	Lusaseni	Itheko	31:01
9	Wanda	Roro	NBMC	31:03
10	Barry-John	Pienaar	Tygerberg	31:17

SR. MEN

1	Orion	Faro	MP Titans	9:39
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2	Emiele	Paulsen	NBMC	9:46
3	Vuyolwethu	Mbukushe	Gugs	9:48
4	Danzil	Paulse	Easterns	9:51
5	Godwin	Swartz	NBMC	9:53
6	Sibusiso	Magwaza	Khayelitsha	10:06
7	Marco	Buys	UWC	10:11
8	Manfred	Samuels	Helderberg Harr	10:13
9	Akhona	Makila	VOB	10:15
10	Ricardo	Jaftha	Eerste River	10:29

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	21:05
2	Graham	Katzen	Itheko	21:31
3	Henry	Wolstenholme	NBMC	22:35

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	22:08
2	Chris	Mitchell	Celtic Harriers	23:15
3	Goodman	Mpukane	Gugs	24:05

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	25:21
2	Christian	Edwards	VOB	28:26
3	Neil	Ebing	WPCC	28:43

U.19 (8 km)

1	Anthony	Timoteus	UWC	20:08
2	Du-Wayne	Philander	UWC	20:51
3	Terrence	Khan	Gugs	21:13

U.17 (6 km)

1	Kaleb	Beukes	UWC	16:21
2	Heinrich	Wagner	VOB	16:33
3	Lee-Roy	Lawrence	ATC Running	16:46

SR. WOMEN (8 km)

1	Kanya	Mateyisi	Khayelitsha	23:28
2	Tanya	Scott	UCT	24:36
3	Candyce	Hall	Nedbank	25:41
4	Bulelwa	Simae	Nedbank	25:48
5	K	van Breda	UCT	25:51
6	Hanlie	Jordaan	UWC	26:02
7	Linley	Holmes	Fish Hoek	26:14
8	Sheryl	de Lange	NBMC	26:22
9	Busisiwe	Matiwane	Celtic Harriers	26:45
10	Adele	Waldron	West Coast	26:52

SR. WOMEN

1	Anja	Wolstenholme	NBMC	13:06
2	Leanda	du Bruyn	CPUT	13:22
3	Anel	Terblanche	Celtic Harriers	13:23
4	Tina-Mari	Meyer	Edgemead	13:28
5	Lee-Shay	Willemse	Velocity	13:41
6	Adri	Meyer	Ind	14:11
7	Shaundrey-Lee	Farmer	Eerste River	14:28
8	Mauricia	Hartnick	Helderberg Harr	14:43
9	Linda	Hanekom	Tygerberg	14:43
10	Madelé	du Plessis	Edgemead	14:49

VETERAN WOMEN

1	Linley	Holmes	Fish Hoek	12:19
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2	Wilna	Eybers	Strand	12:38
3	Sheryl	de Lange	NBMC	12:41
MASTER WOMEN				
1	Mariëtte	Strauss	Tygerberg NLK	13:27
2	Olga	Howard	Celtic Harriers	14:05
3	Bev	Charters	VOB	14:29
G'MASTER WOMEN				
1	Pixie	Sparg	Celtic Harriers	16:13
2	Collette	van Eck	Fish Hoek	16:18
3	Theresa	Isaacs	VOB	16:55
U.19 (6 km)				
1	Annie	Bothma	Helderberg Harr	17:55
2	Pamela	Moyikwa	VOB	19:59
3	Icarien	van Deventer	Tygerberg	20:01
U.17				
1	Lauren	Jonathan	VOB	12:25
2	Zani	Kruger	Bellville	12:29
3	Kristen	Heath	VOB	12:38

New Balance AGN Seniors & Masters Meeting

Pretoria, 20 July

Note: All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (12 km)

1	Lucas Jani	Transnet	39:39
2	Stanley Mofu	Fortis Noord	42:14
3	Mandla Masebo	Transnet	43:00
4	Tebogo Sithole	Tshwane AC	44:14
5	Wiaan Swanepoel	New Balance	45:30
6	Lukhanyo Mabinza	Transnet	47:03
7	Charles Malatji	Monaco	48:29
8	Adriaan	Individual	54:22
9	Tumelo Mokobane	New Balance	56:08
10	Mario Swart	Irene	59:42

SR. MEN

1	Sikhumbuzo Seme	Tuks	13:29
2	Stephen Mokoka	Transnet	14:03
3	S.F. Legoete	PMMC	14:11
4	Sello Ngwane	Nissan	15:00
5	Skhumbuzo Dlamini	Tuks	16:21
6	Joel Baloyi	Monaco	22:49
7	J.A. Meyer		24:41
8	Rohaun Prinsloo		27:03

MEN 40 (12 km)

1	Shadrack Hoff	New Balance	44:06
2	Simon Nzama	Akasia	48:54
3	Chris Dorfling	Momentum	54:03

MEN 45 (12 km)

1	Gerrit Olivier	AS Eagles	55:58
2	Rob Hudson	Irene	1:01:01
3	Leon Matthee	Agape	1:03:05

MEN 50 (12 km)

1	Theo de Villiers	Alpha	1:01:18
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2	Hennie Jooste	Kio	1:03:15
3	Paul Oosthuizen	Hillside Runners	1:22:55
MEN 55 (12 km)			
1	Len Lorenzen	PMMC	1:04:13
2	Marius Bosman	ACRW	1:06:14
3	Fred Wilke	ACRW	1:09:40
MEN 60 (12 km)			
1	Pierre Jordaan	New Balance	1:24:15
MEN 23 (12 km)			
1	Precious Mashele	Transnet	39:29
2	Tshoba Vuyisile	Transnet	40:35
3	Dunisane Vuma	Temba Prestige	1:02:11
MEN 21 (12 km)			
1	Simon Mokonyama	Monaco	44:08
2	Jonathan Bredenkamp	Tuks	48:32
3	Fourie Wiid	Tuks	51:54
JR. MEN			
1	Dihan Matthee	Agape	15:45
2	Jaco Schoonmwinkel	New Balance	15:46
3	Kgothadzo Mokalanga	Monaco	21:02
BOYS 17 (12 km)			
1	Quinton van Huyssteen	Montana	52:15
2	Ben Sekwena	Tuks	52:33
MEN 45 (4 km)			
1	Willie Bronkhorst	Tuks	15:46
MEN 50 (4 km)			
1	J.C. Davel	Tuks	19:07
2	Francois Knife	Tuks	21:04
3	Dias ?	Tuks	18:57
MEN 60 (4 km)			
1	Machiel van Niekerk	Magnolia	17:55
2	Len Claassen	Tuks	20:08
3	Andre Smith	PMK	21:19
MEN 65 (4 km)			
1	Stan Immelman	CGA	20:18
2	Allan Kluge	Agape	20:34
3	Gerrit van Niekerk	PMK	25:59
MEN 70 (4 km)			
1	Andries van der Merwe	Transnet	26:30
MEN 80 (4 km)			
1	Frans Grobler	Transnet	32:29
2	Chris de Jager	Running Inn	36:00
SR. WOMEN			
1	Mapaseka Makhanya	Transnet	14:06
2	Aurelia Rutto	Nedbank	15:09
3	Thembi Baloyi	TUT	15:33
4	Anuscha Nice	Tuks	15:40
5	Nerissa van der Walt	New Balance	16:09
6	Chantelle Breytenbach	Tuks	17:15
7	Kathryn Thomas	New Balance	19:11
8	Helene van der Walt	Tuks	21:02
9	Janelle Verster	Unisa	22:51
WOMEN 40			
1	Ronel Thomas	Boxer	17:15
2	Mato Mooki	Transnet	18:00

3	Petro Laubsher Kuhn	Montana	24:52
WOMEN 45			
1	Lettie Saayman	Nedbank	18:17
2	Hester Kallmeyer	GNMA	20:42
3	Thea van der Merwe	Irene	21:51
WOMEN 50			
1	Elsabe Brink	New Balance	18:33
2	Ronel Fourie	Transnet	22:38
3	Ronelle Reyneke	Wonderboom	30:35
WOMEN 55			
1	Christa Mouton	Agape	23:13
2	Melanie Christie	Alpha	27:16
WOMEN 60			
1	Lyn de Bruin	Irene	21:04
2	Stephanie Claassen	Tuks	22:38
3	Pam Immelman	CGA	26:36
WOMEN 23			
1	Mariska Buys	New Balance	16:37
2	Tshehla Nthabiseng	Billy's Runners	18:55
WOMEN 21			
1	Letitia Saayman		15:46
2	Kaylie van Graan		16:21
3	Stella Marais	Tuks	16:30
JR. WOMEN (6 km)			
1	Alicia Labuschagne	New Balance	16:03
2	Olivia Labuschagne	New Balance	16:07
3	Sindy Labuschagne	New Balance	16:43
GIRLS 17			
1	Camila Bronkhorst	Affies	17:08
2	Juane Wiid	Affies	19:57

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

Wharf to Wharf 6 Mile (41st)

Santa Cruz to Capitola, USA, 28 July
(Distance: 6 miles – NOT 10 km)

Note: You can't know 'em all. *Race Results Weekly* reports that an unknown Kenyan, Nelson Oyugi, beat three-time champion Shadrack Kosgei. "Never seen him," Kosgei told the *Santa Cruz Sentinel* after the race. "But I know him now." Oyugi runs for the AmeriKenyan Running Club in Santa Fe, N.M. – Ed.

MEN

1.	Nelson Oyugi, 21, KEN	27:13	\$4000
2.	Shadrack Kosgei, 28, KEN	27:25	3000
3.	Brett Gotcher, 28, USA	27:31	2000 + 1000a
4.	Aschalew Meketa Neguse, 25, ETH	27:34	1000
5.	Ben Bruce, 30, USA	27:53	
... 10.	Chris Solinsky, 28, USA	29:29	

WOMEN

1. Emily Infeld, 23, USA 30:52 \$4000 + 1000a
2. Almaz Negede Fekade, 25, ETH 31:06 3000
3. Risper Gesabwa, 23, KEN 31:13 2000
4. Stephanie Rothstein Bruce, 29, USA 31:17 1000
5. Kellyn Johnson, 27, USA 32:32

a) Earned USA citizen award (only for top male and female Americans)

Media Maratón Internacional Bogotá (14th)

(IAAF Gold Label Road Race)

Bogotá, COL, 27 July

(Distance: 21.1 km at 2600 m of altitude)

MEN

1. Geoffrey Kipsang, KEN 1:03:46 Hyundai i25*
2. Peter Cheruiyot Kirui, KEN 1:04:48 COP 15,000,000 (=USD 7956)
3. Kiplimo Kimutai, KEN 1:05:15 10,000,000
4. Wilson Kipsang, KEN 1:05:26 6,000,000
5. Tewelde Estifanos, ERI 1:05:37 4,000,000
- ... 7. Lucky Mohale, RSA 1:06:29 2,500,000
- ... 12. Wirimai Juwawo, ZIM 1:09:42

WOMEN

1. Priscah Jeptoo, KEN 1:12:24 Hyundai i25*
2. Inés Melchor, PER 1:14:55 COP 15,000,000
3. Amane Gobena, ETH 1:15:07 10,000,000
4. Flomena Chepchirchir, KEN 1:15:21 6,000,000
5. Isabella Ochichi, KEN 1:15:51 4,000,000

*) Hyundai i25 automobile valued at approximately COP 30,000,000 (=USD 15,912)

Quad-City Times Bix 7 (39th)

Davenport, USA, 27 July

(Distance: 7 miles; out-and-back course)

MEN (gun times)

1. Leonard Korir, KEN 32:15 \$12,500
2. Silas Kipruto, KEN 32:19 4,000
3. Meb Keflezighi, USA 32:39 2,500
4. Julies Koskei, KEN 32:44 1,500
5. Peter Kamais, KEN 33:01 1,000

WOMEN (gun times)

1. Sule Utura, ETH 36:34 \$12,500
2. Buzunesh Deba, ETH 36:39 4,000
3. Caroline Rotich, KEN 37:02 2,500
4. Adrienne Herzog, NED 37:06 1,500
5. Jane Murage, KEN 37:21 1,000
- ... 10. Desi Davila, USA 38:35 500
- ... 29. Joan Samuelson (50+), USA 44:46

Giro Podistico Internazionale di Castelbuono (88th)

(La Corsa Piu' Antica)

(IAAF Gold Label Road Race)

Castelbuono, Sicily, ITA, 26 July

(Distance: 10 km; certified [approx. 9 x 1130 m loop] hilly course with cobblestone surface)

MEN (gun times)

1. Wilson Kiprop, KEN, 30:10
2. Kinde Atanaw, ETH, 30:10
3. Emanuel Kipsang, KEN, 30:25
4. Paul Lonyagata KEN, 30:33
5. Dickson Chumba, KEN, 31:09

TRACK**Sainsbury's Anniversary Games** (1st)

(11th stop of 2013 IAAF Diamond League)

Olympic Stadium, London, GBR, 26-27 July

MEN

800 (26):

- | | | |
|---------------------------|------------|---------|
| 1. Nick Symmonds, USA | 1:43.67 | \$5,000 |
| 2. Duane Solomon, USA | 1:44.12 | 2,500 |
| 3. Brandon Johnson, USA | 1:44.19 | 1,200 |
| 4. Job Kinyor, KEN | 1:44.35 | 800 |
| 5. Tyler Mulder, USA | 1:44.72 | 500 |
| 6. Mark English, IRL | 1:44.84 PB | 300 |
| 7. Joe Abbott, USA | 1:45.04 PB | 200 |
| 8. Michael Rimmer, GBR | 1:45.46 | 100 |
| 9. Adam Kszczot, POL | 1:45.65 | |
| 10. Mukhtar Mohammed, GBR | 1:45.67 PB | |

Emsley Carr Mile (60th/27):

- | | | |
|----------------------------------|------------|----------|
| 1. Augustine Kiprono Choge, KEN | 3:50.01 PB | \$10,000 |
| 2. Ayanleh Souleiman, DJI | 3:50.07 NR | 6,000 |
| 3. James Kiplagat Magut, KEN | 3:50.93 | 4,000 |
| 4. Daniel Kipchirchir Komen, KEN | 3:51.28 | 3,000 |
| 5. Galen Rupp, USA | 3:52.11 PB | 2,500 |
| 6. Mohamed Moustaoui, MAR | 3:52.42 | 2,000 |
| 7. Jordan McNamara, USA | 3:52.42 PB | 1,500 |
| 8. David Torrence, USA | 3:52.74 | 1,000 |
| 9. Andrew Bayer, USA | 3:52.90 PB | |
| 10. Garrett Heath, USA | 3:53.15 PB | |
| 11. Collins Cheboi, KEN | 3:53.48 | |
| 12. Henrik Ingebrigtsen, NOR | 3:54.53 | |
| 13. Charlie Grice, GBR | 3:54.61 PB | |
| 14. Lee Emanuel, GBR | 3:54.75 PB | |
| 15. Andreas Vojta, AUT | 3:58.63 | |
| 16. Matthew Centrowitz, USA | 3:58.75 | |
| 17. Jake Wightman, GBR | 4:00.62 PB | |

3000 (27):

- | | | |
|---------------------------|---------------|---------|
| 1. Mo Farah, GBR | 7:36.85 PB/FR | \$5,000 |
| 2. Ryan Hill, USA | 7:42.32 PB | 2,500 |
| 3. Andrew Bumbalough, USA | 7:42.91 PB | 1,200 |

4. Tariku Bekele, ETH	7:43.98	800
5. Dathan Ritzenhein, USA	7:44.68	500
6. Daniele Meucci, ITA	7:45.31	300
7. Chris Thompson, GBR	7:45.52	200
8. Andy Vernon, GBR	7:48.01	100
9. Nate Brannen, CAN	7:48.98 PB	
10. Gideon Gathimba, KEN	7:49.75	

3000 s/chase (27):

1. Brimin Kipruto, KEN	8:06.86 FR	\$10,000
2. Gilbert Kirui, KEN	8:06.96 PB	6,000
3. Jairus Birech, KEN	8:12.51	4,000
4. Clement Kemboi Kimutai, KEN	8:19.83	3,000
5. Matthew Hughes, CAN	8:20.49 PB	2,500
6. De'Sean Turner, USA	8:31.25	2,000
7. Andrew Poore, USA	8:33.62	1,500
8. Chris Winter, CAN	8:34.82	1,000
9. James Wilkinson, GBR	8:47.21	
10. Mark Draper, GBR	8:47.95	

WOMEN

800 (26):

1. Brenda Martinez, USA	1:58.19	\$10,000
2. Elena Mirela Lavric, ROU	1:59.79	6,000
3. Ajee' Wilson, USA	2:00.20	4,000
4. Marilyn Okoro, GBR	2:00.35	3,000
5. Angela Smit, NZL	2:00.42	2,500
6. Roseanne Galligan, IRL	2:00.58 NR	2,000
7. Melissa Bishop, CAN	2:00.72	1,500
8. Jessica Smith, CAN	2:00.82	1,000
9. Kelly Hetherington, AUS	2:02.22	
10. Diane Cummins, CAN	2:02.23	

1500 (26):

1. Mary Kuria, KEN	4:08.77	\$5,000
2. Ibtissam Lakhoad, MAR	4:08.91	2,500
3. Katie Mackey, USA	4:09.02	1,200
4. Zoe Buckman, AUS	4:09.23	800
5. Mary Cain, USA	4:09.77	HS*
6. Morgan Uceny, USA	4:09.79	500
7. Renata Plis, POL	4:10.00	300
8. Diana Sujew, GER	4:10.19	200
9. Laura Muir, GBR	4:10.21	100
10. Lea Wallace, USA	4:10.32	

*) Mary Cain is still in high school and is not accepting prize money to preserve her amateur status.

3000 (26):

1. Shannon Rowbury, USA	8:41.46 FR	\$10,000
2. Gabriele Anderson, USA	8:42.64 PB	6,000
3. Molly Huddle, USA	8:42.99 PB	4,000
4. Sheila Reid, CAN	8:44.02 PB	3,000
5. Jordan Hasay, USA	8:46.89 PB	2,500
6. Kim Conley, USA	8:47.95 PB	2,000
7. Chelsea Reilly, USA	8:48.30 PB	1,500
8. Brie Feltnagle, USA	8:52.59	1,000

- | | |
|------------------------------|------------|
| 9. Eilish McColgan, GBR | 8:53.66 PB |
| 10. Emelia Gorecka, GBR | 8:55.59 |
| ... 13. Stephanie Twell, GBR | 8:58.57 |

Gert Rasschaert Memorial (23rd)

Ninove, BEL, 27 July

WOMEN

800:

Race A:

1. Caster Semenya, **RSA**, 2:01.86
2. Sanne Verstegen, NED, 2:02.09
3. Clarisse Moh, FRA, 2:02.14

Russian Athletics Championships

Moskva, RUS, 22-? July

MEN

800 (25):

1. Yuriy Borzakovskiy (12.04.81) 1.46,98
2. Stepan Poistogov (14.12.86) 1.47,30
3. Ivan Nesterov (10.02.85) 1.47,84

WOMEN

800 (23):

1. Yelena Kotulskaya, 1:59.56
2. Yekaterina Sharmina, 2:00.33
3. Marina Pospelova, 2:00.61

1500 (25):

1. Yuliya Zaripova (26.04.86) 4.02,56
2. Svetlana Podosyonova (24.05.88) 4.04,01
3. Yelena Korobkina (25.11.90) 4.05,43

ULTRA/MOUNTAIN/TRAIL RUNNING

Schlickeralm Berglauf (26th)

Telfes, AUT, 27 July

(Distance: 11.2 km uphill course with 1270 m elevation GAIN)

MEN (extended gun times)

- | | |
|--------------------------------|---------|
| 1. Petro Mamu Shaku, 1984, ERI | 54:55.6 |
| 2. Isaac Kosgei, 1981, KEN | 57:03.5 |
| 3. Geoffrey Ndungu, 1984, KEN | 58:34.6 |
| 4. Jonathan Wyatt, 1972, NZL | 59:29.3 |

WOMEN (extended gun times)

- | | |
|----------------------------------|-----------|
| 1. Andrea Mayr, 1979, AUT | 1:04:27.3 |
| 2. Lucy Wambui Murigi, 1985, KEN | 1:07:51.3 |
| 3. Silvia Olejarova, 1981, SVK | 1:12:04.8 |

Swiss Alpine Marathon (31st)

Davos, SUI, 27 July

Note: Jonas Buud of Sweden won the 78 km race for the sixth consecutive time, as Jasmin Nunige successfully retained her title. – Ed.

78 km (course gains, then loses 2600 m of elevation)

MEN

1. Jonas Buud, SWE 6:13:28
2. Vajin Armstrong, NZL 6:21:10
3. Stephen Hugenschmidt, GER 6:26:47

WOMEN

1. Jasmin Nunige, SUI 6:53:00
2. Andrea Huser, SUI 7:34:29
3. Bernadette Benson, AUS 8:21:07
- ... 5. Elizabeth Hawker, GBR 8:27:20

42.2 km (course gains 1720 m, then loses 1550 m)

MEN

1. Gion-Andrea Bundi, SUI 3:29:30
2. Koen Van Rie, BEL 3:43:43
3. Walter Manser, SUI 3:44:54

WOMEN

1. Katerina Matrasova, CZE 4:24:47
2. Sonja Schlegel, SUI 4:28:48
3. Sabine Ek Gilgjen, SUI 4:40:31

NEWS

TOP TRIO SELECTED FOR ENDUROCAD PROGRAM



Gladwin Mzazi, former SA 5000-metre champion. [Gallo Images]

Three of South Africa's best distance runners are included in the first selection of athletes for the satellite program of Elana Meyer's SA Endurance Academy (Endurocad). The academy, the first of its kind in Africa, aims to become the foremost high performance endurance sports academy on the continent.

Nine athletes have been named on the initial roster for the satellite program. Among them are the three stars Gladwin Mzazi, Lloyd Bosman and Christine Kalmer. Mzazi won the 5000 m at the 2012 SA T&F Championships and was second in the 10000 m; he was also third in the SA Half Marathon last year. At this year's national championships he was fourth in the 5000 m.

Bosman was second in the 3000 m steeplechase at the track and field championships earlier this year, as well as third in the SA 10 km.

Kalmer was second in both this year's SA 10 km and last year's SA Half Marathon, in which she set a personal best of 75:23.

The other members of the squad are Ettiene Plaatjies, Tumisang Monnatlala, Willem Kaptein, Lebo

Shange, Landi Greyling and Blandina Makatise.

The squad was selected after a week in which they were individually monitored and assessed by experts; they also underwent extensive scientific, physiological and psychological testing and attended dietary workshops, life skills assessments and coaching sessions.

STATS TIME

This week we include a list of the top ten women veterans 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. Zola Pieterse leads the list, but Janene Carey has four times, all sub-38.

2013 10 KM: TOP 10 VETERAN WOMEN

36:43	Zola Pieterse	1	George	29 Jun
37:06	Janene Carey	1	Durban	14 Apr
37:13	Carey-2	1	Durban	19 May
37:30	Carey-3	2	Durban	23 Jun
37:54	Pieterse-2	1	George	08 Jun
37:54	Linley Holmes	2	Durban	19 May
37:59	Carey-4	1	Cape Town	17 Mar
38:38	Holmes-2	2	Cape Town	17 Mar
39:00	Ronel Thomas	3	Durban	19 May
39:31	Elmarie Coetzee	1	Bellville	01 Jun
39:32	Sandra van Graan	1	Bellville	23 Mar
39:32	Shani Silver	3	Durban	23 Jun
39:47	Judy Bird (master)	4	Durban	19 May
40:02	Sheryl de Lange	2	Bellville	23 Mar
40:49	Grace de Oliveira (master)	7	Durban	19 May

THIS MONTH IN HISTORY

20 years ago: 10 July 1993

Kenyan Yobes Ondieki became the first runner to break 27 minutes for 10000 m when he scored an overwhelming victory at the Mobil Bislett Games in Oslo, clocking 26:58.38 to break compatriot Richard Chelimo's five-day-old record (27:07.91). Chelimo ran his time in a nearby Scandinavian city, Stockholm. William Sigei (27:16.81) finished far behind Ondieki in second, with Alejandro Gomez third. In the women's 3000 m Elana Meyer finished third in 8:32.81, barely missing her SA record (8:32.00). Ondieki's record stood for just more than a year, when Sigei took it down at the same meeting. The current record, Kenenisa Bekele's 26:17.53, has been standing since 2005.

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		
	44:30	Lusapho April	Port Elizabeth	02 Mar
	43:38	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	63:36	Stephen Mokoka	Cape Town	30 Mar
	63:11A	Lloyd Bosman	Knysna	06 Jul
	58:41A	Bernard Koech (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	04 May
	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		

Masters (50+)

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 49:35	Zola Pieterse Priscilla Welch (GBR) 1985	Durbanville	23 Jan
21.1 km	80:40 69:56	Suzette Botha Irina Permitina (RUS) 2009	Pietermaritzburg	24 Feb
25 km	1:56:17 1:46:01A	Vanessa Bowman Janine Carey	Pretoria Pinetown	04 May 27 Jan
30 km	82:13 1:51:37	Mizuki Noguchi (JPN) 2005 Mieke Pullen (NED) 2001	Camps Bay	06 Jan
Marathon	2:49:38 2:26:51	Suzette Botha Priscilla Welch (GBR) 1987	Oudtshoorn	03 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:47 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Durban	19 May
15 km	61:12 54:33	Judy Bird Shirley Matson (USA) 1991	Constantia	09 Mar
21.1 km	88:01 76:07	Jane Mudau Tatyana Pozdniakova (UKR) 2006	Benoni	14 Apr
25 km	2:08:02 1:55:20A	Ina Lagerwall Janette Schierz-Crusius	Pretoria Somerset East	04 May 23 Feb
30 km	2:24:05	Olga Howard	Camps Bay	06 Jan
Marathon	3:14:43 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Pretoria	23 Feb
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 2:22:03A	Liz Schochot Pam Rasmussen	Pretoria Pinetown	04 May 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 31:42	Annie Bothma Zola Pieterse (RSA) 1984	Durban	19 May
15 km	56:41 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Eersterivier	22 Jun
21.1 km	86:01 1:09:05	Slindile Chili Delilah Asiago (KEN) 1991	Richards Bay	30 Jun

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I use my running (and deliberately shun the word “training”) as the daily reset button. The harder and busier the day is, the more I need to do an easy run. This relaxation counters the sometimes toxic levels of stress that comes with being overextended by work commitments. If running were another stress it would not be sustainable, therefore all of my running is relaxed. Often people read schedules developed by elite athletes and they have weekly strenuous sessions. Now if you are an elite athlete and the rest of your day is the relaxing part, then you can add frequent stressful workouts. For 99.9 percent of all runners this is not the case. We all have busy and stressful lives and the running must fit into the yin of the yin and yang circle.

– Mark Cucuzzella, M.D

Executive Director of the Natural Running Center, who opened the first minimalist shoe store in the USA in 2010

