

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

Veteran Janene Carey retained her title in the weekend's Merewent 10 km in Durban, running 37:23 – more than a minute faster than last year. In the Oak Cottage Spar Mountain Drive Half Marathon in Grahamstown both Bulelini Niwa and Deliwe Nyanga scored easy victories – Nyanga also for the second year in a row.

Internationally not much is going on in anticipation of the World Championships, which begin next weekend.

A little bit of trivia: The oldest world record in athletics – 1:53.28 for 800 m by Jarmila Kratochvilova in Munich in 1983 – had its 30th birthday on 26 July. The nearest approach to the 62-year-old Czech's time since then has been 1:54.01 by Pamela Jelimo in 2008. Last year the fastest time was 1:56.19 and the quickest so far this year is 1:56.72.

In last week's results of the Zwartkop Half Marathon Willemien Smuts (first 70+ runner) was indicated with "no time". Her time was 2:03:46.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Engen Merewent 10 km, Durban
- * Oak Cottage Spar Mountain Drive Half Marathon, Grahamstown
- * Cheese Festival Half Marathon & 10 km, George
- * Sitrusfees Boswedloop Half Marathon, Nelspruit
- * Superspar Grove Legogote Half Marathon & 10 km, White River
- * XC: Two WP League meetings, Pollsmoor & Rocklands

International highlights:

- * TD Beach to Beacon 10 km, Cape Elizabeth, USA
 - * Running Institute Mile, Saline, USA
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ROAD RUNNING

Engen Merewent 10 km

Durban, 4 August

(Out-and-back course. Finishers: 335.)

MEN

1. Joseph Kipyego (KEN/Form One) 29:58

2. Samuel Katuu (KEN/Form One) 31:18
3. Thabo Ngaloukulu (Chats) 31:56

40-49:

1. Ephraim Xaba Phuma KZN 32:18

50-59:

1. Willie Majombozi Boxer AC 37:01
2. Eloi de Oliveira Boxer AC 37:24
3. Maxwell Mngwengwe Boxer AC 40:55

60+:

1. Mbekiseni Mchunu Kwa Mashu AC 44:10
2. Les Smith West AC 45:23
3. Robin Archer QBH 46:34

WOMEN

1. Janene Carey (Boxer) 37:23
2. Fikile Mbathuma (Nedbank) 38:30
3. Debbie Perry (Boxer) 38:42

40-49:

1. Janene Carey Boxer AC 37:23
2. Shani Silver Boxer AC 40:35
3. Maureen Slack West AC 43:03

50-59:

1. Grace de Oliveira Boxer AC 41:37
2. Sheree Kirsten West AC 45:33
3. Denise Reynecke QBH 57:47

60+:

1. Pat Fisher Stella 52:29
2. Gill Tregenna West AC 55:05
3. Maureen Parry Chiltern AC 59:01

Juniors:

1. Klara Hartman Boxer AC 41:43

Oak Cottage Spar Mountain Drive Half Marathon

Grahamstown, 3 August

(Distance: 21.1 km; hilly loop course, partly on gravel. Finishers: 294.)

MEN

1	Bulelini	Niwa	PEAAC	27	1:11:02
2	Andre	Ketchem	Transnet Eng EP	29	1:12:58
3	Anele	Maliza	Nedbank RC EP	35	1:13:53
4	Aphlyn	Taai	Transnet Eng EP	30	1:15:22
5	Terrance	Mjekula (1st vet)	Warriors AC	40	1:16:29
6	Morne	Buis	Maxed Elite EP	20	1:18:51
7	Sifiso	Lugaju	Fort Hare University	22	1:19:30
8	Christopher	Mabengeza	Nedbank RC EP	47	1:19:56
9	Mutekile	Rasmeni	Maxed Elite EP	48	1:20:09
10	Basie	Bonaparte	Albany RR	47	1:20:48
11	Sisa	Camasu	Run For Life EP	38	1:21:35
12	Zakutshini	Retsu	Queenstown	42	1:21:52
13	Robert	Matthys	Maxed Elite EP	37	1:22:25
14	Mongezi	Mboya	PEAAC	35	1:22:34
15	Ngosinathi	Mlityalwa	Fort Hare University	19	1:25:05
16	Sizakele	Dayimani	Kowie Striders	33	1:25:07
17	Malibongwe	Mbelu	Run For Life EP	41	1:25:09

18	John	Rafani	Nedbank RC EP	46	1:25:53
19	Graham	Eshmade	Crusaders AC	36	1:25:59
20	Jacques	Barnard	Despatch AC	37	1:26:00

40-44:

1	Terrance	Mjekula	Warriors AC	40	1:16:29
2	Zakutshini	Retsu	Queenstown	42	1:21:52
3	Malibongwe	Mbelu	Run For Life EP	41	1:25:09

45-49:

1	Christopher	Mabengeza	Nedbank RC EP	47	1:19:56
2	Mutekile	Rasmeni	Maxed Elite EP	48	1:20:09
3	Basie	Bonaparte	Albany RR	47	1:20:48

50-54:

1	Joseph	Bain	St Albans CS EP	53	1:33:06
2	Robin	Fourie	Achilles AAA	50	1:35:41
3	Cyril	Uithaler	Gelvan AC	50	1:39:01

55-59:

1	Richard	Foss	Albany RR	59	1:40:17
2	Bruce	McEwan	Achilles AAA	59	1:47:50
3	Robert	Rietmuller	PEAAC	57	1:50:39

60-64:

1	Sizinzo	Kama	Achilles AAA	62	1:39:02
2	Graham	Channon	Achilles AAA	63	1:48:55
3	Paul	Steffens	Nedbank RC EP	62	1:57:11

65-69:

1	Syd	Lippstreu	Crusaders AC	65	1:55:17
2	David	O'Rielly	Nedbank RC EP	65	2:01:42
3	Thembisile	Ntoni	PEAAC	65	2:09:50

Juniors:

1	Avela	Boqwana	Fort Hare University	19	1:37:11
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WOMEN

1	Deliwe	Nyanga	Nedbank RC EP	24	1:37:22
2	Christine	Claasen (1 st vet)	Achilles AAA	48	1:38:44
3	Marisa	Ferraris	Achilles AAA	42	1:42:41
4	Megan	Wilson (1 st jun)	Charlo AC	17	1:47:24
5	Kerry	Pieterse	Temp	25	1:50:36
6	Lauren	Ranger	Temp	28	1:50:48
7	Debbie	Dodd	Charlo AC	42	1:53:45
8	Judy	Paul	Temp	42	1:54:23
9	Sarah	Hulley	Temp	22	1:56:42
10	Tandile	Ngqase	Motherwell AC	20	1:59:53
11	Ronell	Niksch (1 st mast)	St Albans CS EP	50	2:00:29
12	Megan	Schoeman	Rhodes University	25	2:00:37
13	Kelly	Dower	Temp	45	2:01:25
14	Connie	Felix	Gelvan AC	47	2:01:38
15	Bronwen	Perry	Crusaders AC	31	2:02:11
16	Kimberley	Wilson	Charlo AC	17	2:02:22
17	Rosemary	Joubert	Crusaders AC	52	2:03:10
18	Leanne	Voermann	Rhodes University	22	2:03:21
19	Toegeda	Vyver	Nedbank RC EP	41	2:05:24
20	Karen-Lee	Meyer	Run For Life EP	49	2:05:54

40-44:

1	Marisa	Ferraris	Achilles AAA	42	1:42:41
2	Debbie	Dodd	Charlo AC	42	1:53:45
3	Judy	Paul	Temp	42	1:54:23

45-49:

1	Christine	Claasen	Achilles AAA	48	1:38:44
2	Kelly	Dower	Temp	45	2:01:25
3	Connie	Felix	Gelvan AC	47	2:01:38

50-54:

1	Ronell	Niksich	St Albans CS EP	50	2:00:29
2	Rosemary	Joubert	Crusaders AC	52	2:03:10
3	Lynette	Crause	Walmer AC	53	2:20:48

55-59:

1	Christine	Snyman	Despatch AC	57	2:21:07
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60-64:

1	Avril	Beyleveld	Kowie Striders	61	2:15:45
1	Christine	Fourie	Elite AC	67	2:26:27
2	Marlene	Wiese	Kowie Striders	67	2:27:53

Juniors:

1	Megan	Wilson	Charlo AC	17	1:47:24
2	Kimberley	Wilson	Charlo AC	17	2:02:22
3	Thantaswa	Staki	Motherwell AC	16	2:13:42

Cheese Festival Half Marathon & 10 km

George, 27 July

(Distances: 21.1 km & 10 km; point-to-point courses. Finishers: half marathon – 87; 10 km – 71.)

Half marathon**MEN**

1	Gerwill	Jacobs	Run/Walk for Life	22	1:12:04
2	Lindile	Tokota	Nedbank AC	45	1:12:33
3	Julius	Korkee	Mosselbaai Harriers	28	1:14:22
4	John	April	Run/Walk for Life	23	1:17:22
5	Melikhaya	Msizi	Knysna AC		1:17:39
6	Rohan	Kennedy	Asics	33	1:21:40
7	Fanna	Principal	Mosselbaai Harriers	41	1:22:24
8	Phillups	?	Hartenbos Drawwers	47	1:27:05
9	Tasko	Msuthwana	Sedgefield Striders	32	1:28:35
10	Whayn	Windwaai	Outeniqua Harriers	34	1:28:39

WOMEN

1	Elize	Kloppers	Hartenbos Drawwers	43	1:32:11
2	Johanna	Claassen	Nedbank AC	44	1:43:58
3	Charmaine	Lamprecht	Nedbank AC	29	1:45:24
4	Chantell	Barkhuizen	Nedbank AC	33	1:56:23
5	Antionette	du Preez	Hartenbos Drawwers	41	1:57:27
6	Ziska	Theron	Brackenfell AC	56	2:02:17
7	Michele	Schermbucker	Hartenbos Drawwers	53	2:10:54
8	Mignon	Roodt	Nedbank AC	42	2:14:22
9	Claire	Boltman	Nedbank AC	44	2:14:23
10	Sonjia	Wolfaardt	Nedbank AC	41	2:14:23

10 km**MEN**

1	Lloyd	Bosman	Nedbank AC	25	34:51
2	Elfonzo	Pieterse	Nedbank AC	24	34:52
3	Jan	Isaks	Rainbow AC	28	35:19
4	Gerald	Meniel	RWLF	24	35:55
5	Vuyo	Witbooi	Outeniqua Harriers	38	38:18

6	Adrian	Johannes	Laingsburg	19	38:29
7	Anton	Chevalier	Nedbank AC	48	39:53
8	Jacobus	Boshoff	Nedbank AC	42	41:00
9	Deaven	Peters	Laingsburg	16	41:29
10	Neil	Clark	Plett Athletic Club	35	42:39

WOMEN

1	Marcelle	van Tonder	Nedbank AC	18	46:40
2	Olivia	MacInlay	Temp	32	47:54
3	Jayradene	Pieterse	Laingsburg	18	51:14
4	Ruweida	du Preez	Run/Walk for Life	41	51:57
5	Janine	Willemse	Laingsburg	16	52:21
6	Margaret	von Zeil	Outeniqua Harriers	49	52:43
7	Olive	Lord	Temp	22	54:09
8	Suzelle	Bezuidenhout	Temp	36	56:34
9	Donnick	Gerber	Outeniqua Harriers	19	57:30
10	Charmaine	Meyer	Plett Athletic Club	42	58:23

Sitrusfees Boswedloop Half Marathon

Nelspruit, 27 July

(Distance: 21.1 km; loop course. Finishers: 105.)

MEN

1	Ntuthuko	Maseko	Nedbank	33	1:19:32
2	Clement	Maphosa	LVCC - Nedbank	23	1:22:26
3	Rewano	Swarts	SAPS	26	1:23:20
4	Thomas	Mthimunt	LVCC - Nedbank	46	1:23:51
5	December	Mashaba	LVCC - Nedbank	43	1:27:27
6	Gideon	Joubert	Junward	37	1:30:27
7	July	Mashego	Easthigh	40	1:33:40
8	Douglas	Long	Midack	39	1:34:50
9	Johannes	Nyalunga	Ngodwana	53	1:36:30
10	Bonyfast	Dlamini	Ngodwana	41	1:37:06

WOMEN

1	Petro	Steenkamp	Eskom	42	1:42:34
2	Allison	Hay	Nelspruit	53	1:44:26
3	Elsa	De Beer	LVCC - Nedbank	35	1:50:15
4	Tammy	Halbich	Legogote	31	1:54:08
5	Elana	Malherbe	LVCC - Nedbank	23	1:54:35
6	Danielle	Malherbe	Pretoria MC	21	1:59:06
7	Retha	Roos	-	22	2:07:44
8	Annelie	Dollenberg	LVCC - Nedbank	32	2:07:45
9	Antonnette	Hlatshwayo	LVCC - Nedbank	34	2:13:45
10	Lidiwe	Shube	LVCC - Nedbank	45	2:16:34

Superspar Grove Legogote Half Marathon & 10 km

White River, 20 July

(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 79; 10 km – 171.)

Half marathon

MEN

1	N	Maseko	34	Nedbank LVCC	1:14:04
2	R	Mabotja	37	SAPS	1:15:46

3	R	Malatji	23	Nedbank LVCC	1:20:46
4	S	Ubisse	18	Great East MC	1:21:23
5	T	Mthimunt	49	Nedbank LVCC	1:22:01
6	J	Masego	40	East High	1:26:32
7	J	Mokoena	35	Nedbank LVCC	1:27:47
8	F	Kgaphola	41	Matla MC	1:29:24
9	P	Mathebula	50	Legogote Villagers	1:31:37
10	S	Mokoena	52	Great East MC	1:34:51

WOMEN

1	N	Dlamini	24	Nedbank LVCC	1:31:28
2	E	de Beer	35	Nedbank LVCC	1:43:04
3	J	Koch	26	Temp	1:47:21
4	J	Izeboud	37	Tuks	1:53:50
5	N	Grobler	34	Temp	1:54:46
6	I	du Plessis	24	Temp	1:55:19
7	T	Spearman	25	Temp	1:56:28
8	M	Cooper	26	Nelspruit MC	2:10:33
9	G	Rutherford	43	Temp	2:12:27
10	A	Oosthuyzen	47	Nelspruit MC	2:17:43

10 km

MEN

1	W	Mothosola	23	Temp	33:24
2	T	Pulusa	23	Polokwane	33:55
3	I	Mkhabela	31	Marula MC	35:51
4	S	Ngomane	31	Nedbank LVCC	38:20
5	C	Maphosa	23	Nedbank LVCC	38:25
6	D	Mashaba	43	Nedbank LVCC	38:46
7	B	Nkosi	27	Nedbank LVCC	39:18
8	R	Swarts	26	SAPS	39:48
9	B	Nkosi	25	Born to Win	40:16
10	M	Mabunda	32	Nelspruit MC	40:26

WOMEN

1	S	Esterhuizen	37	Run Walk for Life	48:20
2	A	Hlatshwayo	34	Nedbank LVCC	53:37
3	S	Ratnarajah	44	Temp	54:45
4	M	Van Tonder	41	Nedbank LVCC	56:34
5	L	Shube	45	Nedbank LVCC	59:41
6	E	Mbuyane	46	DCS	1:00:02
7	A	Van Tonder	17	Temp	1:00:08
8	A	Kruger	33	Temp	1:01:09
9	A	Zeelie	31	Temp	1:01:11
10	L	Springer	22	Temp	1:01:21

CROSS-COUNTRY

WP League Meeting (8th)

Pollsmoor, 3 August

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

SR. MEN (12 km)

1	Merlin	Klaaste	Nedbank SWD	35:09
2	Unathi	Nteta	Atlantic	35:26

3	Tom	Lusaseni	Itheko	35:59
4	Hein	Camphor	NBMC	36:09
5	Vuyolwethu	Mbukushe	Gugs	36:18
6	Xolisa	Batala	VOB	36:21
7	Godwin	Swartz	NBMC	36:31
8	Peter	Tsawayo	ZIM/Gugs	36:42
9	Riaan	Wildskut	Easterns	37:22
10	Andrew	Louw	Easterns	37:27

SR. MEN

1	Jeromy	Andreas	UJ	11:37
2	Danzil	Paulse	Easterns	12:01
3	Anthony	Timoteus	UWC	12:04
4	Vuyolwethu	Mbukushe	Gugs	12:11
5	Siboniso	Soldaka	CPUT	12:21
6	Sibusiso	Magwaza	Khayelitsha	12:31
7	Marco	Buys	UWC	12:39
8	Orion	Faro	MP Titans	12:49
9	Keathon	Olivier	CPUT	12:56
10	Bennie	Fourie	No Club	12:57

VETERAN MEN (8 km)

1	Graham	Katzen	Itheko	25:12
2	Xolile	Macanda	Gugs	25:49
3	Sabelo	Ngcwama	Celtic Harriers	26:26

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	26:54
2	Chris	Mitchell	Celtic Harriers	27:38
3	Steven	Parkins	Tygerberg	28:42

G'MASTER MEN (8 km)

1	Clive	Owen	Edgemead	29:49
2	Awie	Veldsman	Helderberg Harr	30:09
3	Christian	Edwards	VOB	34:05

U.19 (8 km)

1	Emiele	Paulsen	NBMC	24:59
2	Terrence	Khan	Gugs	25:01
3	Leon	Adams	Hartenbos Draw	25:21

U.17 (6 km)

1	Bruce-Lynn	Damons	WCSS	20:37
2	Ashley	Smith	WCSS	20:39
3	Kaleb	Beukes	UWC	21:17

SR. WOMEN (8 km)

1	Bulelwa	Simae	Nedbank WP	29:11
2	Tanya	Scott	UCT	30:01
3	Amy	Abrahams	UWC	31:36
4	Linda	Hanekom	CPUT	32:22
5	Sheryl	de Lange	NBMC	32:43
6	Adele	Waldron	West Coast	33:36
7	Rachel	Arnott	West Coast	36:13
8	Vivien	Loseby	UCT	36:14
9	Portia	Adams	NBMC	36:33
10	Busisiwe	Matiwane	Celtic Harriers	37:39

SR. WOMEN

1	Heleen	Malan	Maties	16:04
2	Anel	Terblanche	Celtic Harriers	16:17

3	Tina-Mari	Meyer	Edgemead	16:22
4	Lucia	Lewis	ATC Running	17:11
5	Corlia	Meyer	UCT	18:13
6	Madelé	du Plessis	Edgemead	18:21
7	Protasia	Ndlovu	Gugs	20:41
8	Salomien	Louw	Itheko	20:55
9	Veronica	Donson	Bidvest	21:02
10	Melissa	Bothma	Edgemead	21:03

VETERAN WOMEN

1	Linley	Holmes	Fish Hoek	15:26
2	Wilna	Eybers	Strand	15:34
3	Sheryl	de Lange	NBMC	15:46

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	16:35
2	Bev	Charters	VOB	17:37
3	Charmaine	Cupido	Nedbank	18:39

G'MASTER WOMEN

1	Collette	van Eck	Fish Hoek	19:27
2	Pixie	Sparg	Celtic Harriers	19:55
3	Theresa	Isaacs	VOB	21:17

U.19 (6 km)

1	Annie	Bothma	Helderberg Harr	23:06
2	Pamela	Moyikwa	VOB	25:35
3	Busisiwe	Gwala	VOB	25:46

U.17

1	Zani	Kruger	Bellville	15:18
2	Allison	de Wet	Swartland H/S	15:25
3	Kristen	Heath	VOB	15:35

WP League Meeting (7th)

Rocklands, 27 July

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

SR. MEN (12 km)

1	Danzil	Paulse	Easterns	37:51
2	Duane	Fortuin	Bidvest	38:33
3	Unathi	Nteta	Atlantic	38:51
4	Hein	Camphor	NBMC	39:16
5	Luxolo	Mdzanga	Gugs	39:27
6	Andrew	Louw	Easterns	39:34
7	Bulelani	Bhebha	VOB	39:39
8	Samson	Gulubela	Bidvest	40:14
9	Marks	Mpekula	VOB	40:24
10	Riaan	Wildskut	Easterns	40:38

SR. MEN

1	Danzil	Paulse	Easterns	12:25
2	Vuyolwethu	Mbukushe	Gugs	12:33
3	Godwin	Swartz	NBMC	12:34
4	Emiele	Paulsen	NBMC	12:37
5	Sibusiso	Magwaza	Khayelitsha	12:47
6	Siboniso	Soldaka	CPUT	12:52
7	Orion	Faro	MP Titans	13:08
8	Marco	Buys	UWC	13:13

9	Enver	Pedro	NBMC	13:17
10	Ricardo	Jaftha	Eerste River	13:19

VETERAN MEN (8 km)

1	Graham	Katzen	Itheko	27:08
2	Xolile	Macanda	Gugs	28:08
3	Sabelo	Ngcwama	Celtic Harriers	28:55

MASTER MEN (8 km)

1	Eric	Coetzee	CPUT	29:04
2	Chris	Mitchell	Celtic Harriers	29:45
3	Goodman	Mpukane	Gugs	30:46

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	33:06
2	Christian	Edwards	VOB	36:11
3	Paul	San Giorgio	VOB	36:47

U.19 (8 km)

1	Anthony	Timoteus	UWC	26:15
2	Granwin	Katzen	Itheko	27:17
3	Terrence	Khan	Gugs	27:22

U.17 (6 km)

1	Bruce-Lynn	Damons	WCSS	17:47
2	Kaleb	Beukes	UWC	17:57
3	Ashley	Smith	WCSS	18:21

SR. WOMEN (8 km)

1	Sheryl	de Lange	NBMC	32:33
2	Candyce	Hall	Nedbank WP	33:05
3	Bulelwa	Mtshagi	Celtic Harriers	34:15
4	Busisiwe	Matiwane	Celtic Harriers	34:41
5	Ivy Nokuthula	Sogiba	SAPS	35:42
6	Adele	Waldron	West Coast	36:19
7	Vivien	Loseby	UCT	38:46
8	Lindie	Bouwer	Nedbank WP	41:17
9	Solomien	Louw	Itheko	41:27
10	Cheryl	Rudolph	Easterns	41:37

SR. WOMEN

1	Tina-Mari	Meyer	Edgemead	17:06
2	Lee-Shay	Willemse	Velocity	17:21
3	Linda	Hanekom	Tygerberg NLK	17:41
4	Leanda	du Bruyn	CPUT	18:08
5	Lucia	Lewis	ATC Running	18:27
6	Shaundrey-Lee	Farmer	Eerste River	19:14
7	Protasia	Ndlovu	Gugs	22:36
8	Johandie	de Kock	Tygerberg NLK	22:43
9	Veronica	Donson	Bidvest	22:45
10	Candice	Mazzolini	VOB	23:13

VETERAN WOMEN

1	Sheryl	de Lange	NBMC	15:46
2	Wilna	Eybers	Strand	16:31
3	Tana	Janse v. Rensburg	NBMC	16:32

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg NLK	17:21
2	Bev	Charters	VOB	18:46
3	Cheryl	Rudolph	Easterns	19:16

G'MASTER WOMEN

1	Collette	van Eck	Fish Hoek	20:52
2	Pixie	Sparg	Celtic Harriers	21:21
3	Theresa	Isaacs	VOB	21:52
U.19 (6 km)				
1	Annie	Bothma	Helderberg Harr	20:25
2	Icarien	van Deventer	Tygerberg NLK	22:21
3	Busisiwe	Gwala	VOB	22:48
U.17				
1	Zani	Kruger	Bellville	15:45
2	Kristen	Heath	VOB	16:13
3	Lauren	Jonathan	VOB	16:22

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

TD Beach to Beacon 10 km (16th)

Cape Elizabeth, USA, 3 August

(Certified point-to-point course with 65% start/finish separation and 0.82 m/km elevation loss)

MEN (extended gun times)

1. Micah Kogo, 27, KEN	28:03.3	\$10,000
2. Silas Kipruto, 28, KEN	28:08.5	5,000
3. Emmanuel Mutai, 28, KEN	28:22.0	3,000
4. Stephen Kipkosgei-Kibet, 26, KEN	28:27.1	2,000
5. Meb Keflezighi, 38, USA	28:37.2	1,000
... 10. Ryan Hall, 30, Flagstaff, AZ	29:43.6	500

WOMEN (gun times)

1. Joyce Chepkirui, 24, KEN	31:23.2	\$10,000
2. Gemma Steel, 27, GBR	31:35.3	PB 5,000
3. Sule Utura, 23, ETH	31:37.7	PB 3,000
4. Yebrugal Melese, 23, ETH	31:39.5	PB 2,000
5. Linet Masai, 23, KEN	32:03.6	1,000
... 7. Deena Kastor, 40, Mammoth Lakes, CA	32:28.3*	800 + 1000m

m) Earned masters prize money

*) Although this time is much faster than Colleen De Reuck's ratified USA masters record of 32:50, the Beach to Beacon course has a 65% start/finish separation, and an elevation loss of 0.82 m/kilometer, so it is not record-standard. USATF and IAAF standards for record-setting require start/finish separation no greater than 50% of the race distance, while the more conservative Association of Road Racing Statisticians (ARRS) requires 30%. Nonetheless, the elevation change is within the record-setting limit of 1m/km, so Kastor's performance is "statistically valid" for all-time lists, even if it cannot be ratified as a record.

Running Institute Mile (1st)

Saline, USA, 4 August

(Distance: 1 Mile)

MEN

1. Nick Willis, adidas/NZL, 3:56.57

2. Daniel Clark, AUS, 3:57.40
3. Miles Batty, Asics/USA, 3:58.06
4. Macklin Chaffee, USA, 3:58.97
5. Tony Jordanek, USA, 3:58.99

VIEWPOINT

DO WE REALLY NEED ALL THE YELLING AND NOISE?

Many traditional followers of track and field and road running are turned off by the disc jockey-type presentation at meetings and races which has taken hold over the last few years, also in South Africa. This type of staging of the sport – including motorcycles carrying photographers circling the track – is deemed by many enthusiasts as demeaning the proceedings.

Simon Barnes, chief sportswriter at *The Times*, wrote last week: "I seem to have lost the battle for live sporting events that keep faith with live sport as a spectacle. I now have to accept that at certain big events, such as the athletics at the Olympic Stadium over the weekend [the Diamond League meeting], it is essential to have a hysterical disc jockey yelling inanities into a microphone. Since we have to have such people, is it not possible to adjust the public-address system so that we can hear something more than an overwrought counter-tenor bray? Communications technology in modern stadiums does, I think, run to a volume button. Volume ten is surely quite loud enough even for the most fastidious. Joy, we might be able to distinguish the actual words."

To this the well-known statistician and announcer Peter Matthews responded in *Athletics International*: "Hear! Hear! I say. I have spent 45 years presenting athletics to the public and believe very strongly in the need to guide and inform the public at athletics meetings, but increasingly the athletics has been secondary to excessively loud music (which surely distracts many of the field event athletes) and to shouting announcers seeking to stir up the noise. I have sat and watched the Diamond League meetings in Britain this year and both have, to my mind, been seriously damaged by the presentation. The crowd, as in the Olympic Stadium this past weekend, can be trusted to generate their own excitement, benefitting from informed guidance."

And to this *Distance Running Results* would also like to add its own Hear! Hear!

STATS TIME

Mo Farah's superb 1500 metres in Monaco two weeks ago made many followers of the sport react with surprise. Farah, the Olympic champion in the 5000 m and 10000 m, became the sixth fastest runner of all time with his European record of 3:28.81 (behind Asbel Kiprop's PB 3:27.72). Here is a list of the top ten 1500-metre runners of all time. World record holder Hicham El Guerrouj has no fewer than an additional eight times under 3:28; he also owns the second fastest time ever, the 3:26.12 he ran in Brussels on 24 August 2001 (when he beat Bernard Lagat, whose 3:26.34 is the third quickest ever). Among the top 30 times on the all-time list El Guerrouj has 16 – more than half of the total – Noah Ngeny five and Lagat and Nouredine Morceli four each. They are the only runners who have more than one time on the list.

1500 M: ALL-TIME TOP 10 MEN

3:26.00	Hicham El Guerrouj	MAR	Roma	14 Jul 1998
3:26.34	Bernard Lagat	KEN	Brussels	24 Aug 2001
3:27.37	Nouredine Morceli	ALG	Nice	12 Jul 1995
3:27.72	Asbel Kiprop	KEN	Monaco	19 Jul 2013
3:28.12	Noah Ngeny	KEN	Zürich	11 Aug 2000
3:28.81	Mohamed Farah	GBR	Monaco	19 Jul 2013

3:28.95	Fermín Cacho	ESP	Zürich	13 Aug 1997
3:28.98	Mehdi Baala	FRA	Brussels	5 Sep 2003
3:29.02	Daniel Kipchirchir Komen	KEN	Roma	14 Jul 2006
3:29.14	Rashid Ramzi	BRN	Roma	14 Jul 2006

THIS MONTH IN HISTORY

15 years ago: 23 August 1998

Cape Town's Peninsula Marathon, which has been held 46 times, has been run in August on only two occasions. The first time was in 1998, after the race had not been held for four years (1994-97). Boksburg runner Oelof Vorster, the son of another well-known runner by the same name, achieved a victory margin of more than 5 minutes when he won in 2:22:39. Farwa Mentoor, not yet the formidable ultrarunner she would become, won the women's race in 3:01:49. Vorster would later score wins in the Buffs Marathon and Congo Marathon (twice); in his heyday in the sixties his father had three times won the DAC Marathon, and was also first in the Border Championships and Savages Marathon.

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		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		06 Jan
	1:34:30	Nkosinathi Madyo	Camps Bay	
	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
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	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				

Grandmasters (60+)

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				

Juniors

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		

WOMENOpen

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		

Veterans (40+)

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		

Masters (50+)

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				

Grandmasters (60+)

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				

Juniors

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		

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