

Distance Running Results

Vol. 13, No. 33 – 19 August 2013

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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

Publisher: Riël Hauman

EDITORIAL

South Africa had to wait until the very last day of the World Championships in Moscow to attain a medal position – not by javelin thrower Sunette Viljoen, but by distance runner Johan Cronje, who won the bronze in the 1500 m to become the first South African to win a global medal in this event.

The unevenly paced race went to Asbel Kiprop (KEN), who successfully defended his title. Cronje was narrowly beaten for the silver medal by Matthew Centrowitz (USA), who was third two years ago. The times of the first three were 3:36.28, 3:36.78 and 3:36.83.

Cronje, son of Springbok stars Danie and Sarina, realised the potential that no less an expert than Gert le Roux (see obituary following the Editorial) has always ascribed to him. He has often been plagued by injuries, but earlier this year he broke the nearly 20-year-old SA 1500-metre record of Johan Landsman with his 3:33.46 and went into the final in Moscow with a lot of confidence.



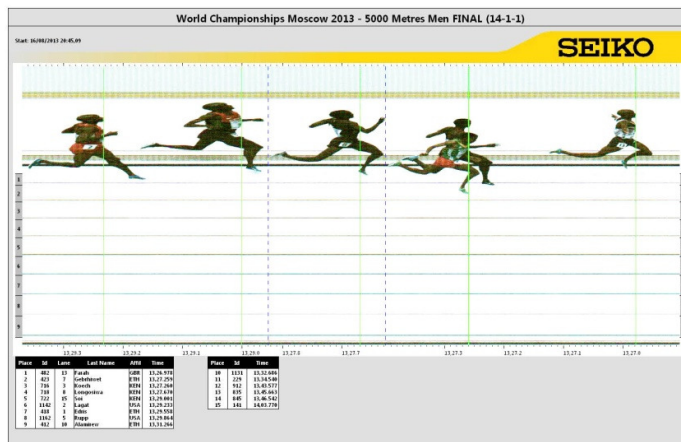
Johan Cronje has a clear run on the inside in the last few metres of the 1500 m. The SA record holder finished third behind Asbel Kiprop and Matthew Centrowitz (third from left). [Getty Images]

Nothing came of the Kenyans' reported plan to share the pace. Kiprop said afterwards that he thought things would be moving much faster according to the plan, but the pace ultimately didn't really matter. "We expected a faster race," he said. "I was ready for any kind of a race that comes my way."

Centrowitz's silver medal extended the United States' streak of earning a medal in this event to four straight IAAF World Championships. The medal was especially sweet because his father, Matt Centrowitz, had made the 1980 USA Olympic Team at 5000 m, but never got to race in Moscow because of the boycott. "Getting silver to Kiprop is gold any other day," Centrowitz, who, like Mo Farah, is coached by Alberto Salazar said. "That guy is on another level right now."

On Friday Farah (GBR) completed his double with a win in the 5000 m in 13:26.98 to join Kenenisa Bekele as the only double winner in history. Farah started his kick a little earlier than in the 10000 m and seemed to be working a bit harder. It was a scintillating finish, with only 0.28 sec between first and third – the smallest difference ever in the 5000 at the World Championships. Officials had to determine the lesser medals with the help of a photograph (see image) – Hago Gebrhiwet (ETH) was clocked in 13:27.259 and Isiah Koech (KEN) in 13:27.260.

One of the biggest favourites at the meeting, Mariya Savinova (RUS), who scored decisive tactical victories over Caster Semenya in both Daegu and London, this time was beaten herself by surprising Kenyan Eunice Sum, who did not make the finals in Daegu (nor the 1500-metre final in London). Sum clocked a personal best of 1:57.38 (after American Alysia Montano blitzed the first lap in 56.06 and led until the last 100 m).



Meseret Defar (ETH), the female version of Farah, also relied on her blistering kick to take the 5000 m – she now has two gold, one silver and two bronze medals in this event at the World Championships (plus two Olympic golds). The split times of 6:14.02 (2000 m) and 9:18.35 (3000 m) were the slowest ever at a World Championships, but the splits for the next two kilometres, 2:45.66 and 2:41.19 respectively, were the *fastest* ever.

In the marathon Stephen Kiprotich (UGA) became only the second man to win both the Olympic and World Championships marathon title; the first was Gezahegne Abera in 2000 and 2001. Kiprotich's 6:27 for the closing 2.195 km is the second fastest ever in the World Championships. The SA representatives produced another dismal showing in pedestrian times – Sibusiso Nzima was 43rd (2:26:32) and 41-year-old Hendrick Ramaala 47th and fourth from last (2:30:23).

Sharp-eyed DRR reader Rowyn James usually does his best to underplay his knowledge of statistics and runners' performances, but he was once again spot on when he pointed out that Valeria Straneo, the Italian who led the World Championships Marathon for 40 km, also finished ninth in this year's Old Mutual Two Oceans Marathon. Straneo was one of four foreigners in the top ten.

As mentioned last week (and in previous years), the results of the Riebeeckberg races are usually full of errors. I corrected some, but one that slipped through (in the marathon) is that Candyce Hall runs for Nedbank and not Hout Bay Harriers.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * John Korasie 30 km, Simon's Town
- * Ocean Basket Marcel van 't Slot 15 km, Pretoria
- * Capital Climb, Pietermaritzburg
- * Continental 10 km, Port Elizabeth
- * Paarl AC 10 km, Paarl
- * Sanet Wentzel Memorial Women's Day 10 km, Oudtshoorn
- * Race Against Crime Half Marathon & 15 km, Herbertsdale

* XC: AGN Seniors & Masters League 2, Pretoria

International highlights:

- * Meia Maratona Internacional do Rio de Janeiro, Rio de Janeiro, BRA
- * America's Finest City Half Marathon, San Diego, USA
- * World Championships in Athletics Men's Marathon, Moscow, RUS
- * Track: IAAF World Championships in Athletics, Moscow, RUS
- * Pikes Peak Marathon & Pikes Peak Ascent, Manitou Springs, USA
- * Leadville Trail 100 Mile Endurance Run, Leadville, USA

TRIBUTE

GERT LE ROUX – A GIANT OF SOUTH AFRICAN ATHLETICS

By Riël Hauman

Gert le Roux was not a big man, nor a loud personality, but he was a giant in South African athletics and when he passed away on Saturday in Pretoria, two months after his 78th birthday, the sport in this country lost its most knowledgeable expert, its most meticulous historian, its most experienced and thorough administrator, and one of its most passionate observers.

I was fortunate to have known Gert for almost 45 years, and honoured to have had him as a friend and succeed him as the second South African on the Executive Committee of the Association of Track & Field Statisticians.

I still vividly remember his telephone call in 1973 to invite me to become the first editor of the SA Amateur Athletics Union's new magazine, *SA Athlete/SA Atleet*. Gert had become Secretary of the SAAAU two years before, and I was on holiday in Oudtshoorn at the time. On my return to Pretoria we started planning the magazine, thus beginning an association that lasted until his death.

Gert remained Secretary of the SAAAU during some of the most decisive – and trying – times in the history of the sport in South Africa. When he was appointed in December 1971, athletics was only the third sport (after rugby and tennis) to have a full-time secretary. He retired in 1994.

Until he scaled down his activities in 2010 due to failing health, he was involved for 50 consecutive years in the publication of the *SA Athletics Annual*, the publication of the SA Athletics Statisticians (SAAS), of which he was the Editor for many years.

From personal experience I can say that he was without doubt the most efficient and committed athletics administrator I have known. His knowledge of the sport was unequalled and, like his three great predecessors, Harry Beinart, Allister Matthews and Arrie Joubert, he was renowned all over the world for his painstaking compilation of the sport's history and statistics. When I succeeded him as Editor of the *Annual*, the accuracy and neatness of the track and field lists he continued to compile – and his other contributions – made my task infinitely easier.

Gert simply loved athletics – it was his life and his joy – and the athletes with whom he worked over the years loved him back.

It is therefore such a tragedy that this man, who gave his life selflessly to the advancement of the sport, was never honoured during his lifetime in the way he deserved by the current governing body – despite urgings. In 1995 the IAAF honoured him with its Veteran of the IAAF Award and he has been included in SA Breweries' Hall of Fame of SA sports journalism.

When Gert was appointed at the SAAAU, the Rembrandt Sports Foundation paid for an office and salary on condition that the SAAAU become self-supporting after five years. Obtaining sponsorships was therefore one of Gert's main tasks as he worked under the guidance of Prof Hannes Botha (Chairman), Prof Charles Nieuwoudt (Vice-chairman) and other leading figures such as Edward Setshedi, D.P. de Villiers, Joe Stutzen and Willie van Vuuren. (Nieuwoudt later became Chairman and led the SAAAU for more than a decade during which athletics was the first sport, in 1977, to adopt a new constitution doing away with all "apartheid" restrictions.)



Gert, who was born in Theunissen, attended Kroonstad High School and after graduating from the University of the Orange Free State (as it was then called) in 1955, he began his career as a news reporter at the SA Broadcasting Corporation in Johannesburg.

By that time he had already started to make cuttings from newspapers and compile results of athletics, rugby and cricket – in fact, he made his first sports scrapbook of the 1949 All Black rugby tour in South Africa. More scrapbooks followed, and from 1953 he subscribed to the newspaper *Die Volksblad*.

"I was never an athlete," he told me, "but I do have a certificate for second place in the under-7 50 yards in Theunissen!" Later he long jumped and ran the 880 yards, but could not afford a pair of spikes and decided to concentrate on rugby. "In Kroonstad I used to throw the discuses back for Elfranco Malan, then SA junior champion, when he trained."

Gert played rugby for Northern Free State and the OFS under-19 team (and until the end of his life remained an avid supporter of the Free State Cheetahs rugby team). In 1958, as a member of the formidable Diggers Rugby Club in Johannesburg, he stopped playing to concentrate on writing about sport. (He reported on 35 tests.) His first reports, on the Springbok trials for the Commonwealth Games in Cardiff, appeared in *Die Transvaler* that year. The meetings were held in Bloemfontein and Durban, and he hitchhiked to both.

A very significant event in his career as statistician occurred towards the end of 1958 when he attended a league meeting at Willowmoore Park, Benoni, and met two of the three founding members of the SAAS, Matthews and Joubert (the other one was Beinart). They invited him to become a member of the association (which was formed in 1954), and the 1959 *Annual* was the first he helped with.

From 1959 to 1962 he worked as sports reporter at *Die Transvaler*, and from 1962 to 1971 at *Dagbreek en Sondagnuus* (he was Sports Editor for six years). "My first really big moment was in 1960 when I saw Gert Potgieter run his third world record in the 440 yards hurdles, 49.3, at the SA Championships in Bloemfontein. The newspaper still called me 'Our Special Correspondent', but after my report appeared, I was told that henceforth I could write under my own name," Gert told me in an interview in 2009.

Shortly before his appointment as Secretary of the SAAAU, South African athletics took a major step when it became the first sport to have an "open" competition, i.e. where black and white athletes could compete against one another. This very successful meeting, at Green Point Stadium in Cape Town, was followed by the IAAF Congress in Munich, where South Africa was praised for the progress that had been made in integrating athletics.

However, at the 1974 IAAF Congress the tide turned when African delegates denied Botha a chance to report on further progress, and in 1976 South Africa was illegally expelled after "thoroughly planned" attacks at the congress in Montreal.

South African athletes were barred from international competition, but "the years of isolation had a positive effect on SA athletics," Gert said. "Our programmes were continued as in the past, but many new sponsors came to the fore and because of television coverage helped to develop and expand popular new meetings and series. Big crowds attended and magnificent performances were seen at meetings such as the Sanlam one-hour meetings, the Trek League, Nedbank Springbok Prestige events, and others.

"The eighties were probably the golden age of SA athletics, high standards were maintained, and the selection of Springbok teams made everything worthwhile.

"The problem with events since 1990 is that people were brought into athletics who have no background in the sport (this is true of other sports, too). I would venture to say that South Africa contributes nothing to speak of in the IAAF, even though we send teams to the World Championships."

He added that the isolation of many experts, and the disappearance of structures for officials and coaches, put athletics "in reverse".

"Excellent systems that existed in all provinces were strangled by the appointment of and takeover by people with political agendas. The current situation is desperate and the administration of the sport is in danger of collapsing."

Gert's wife of 54 years, Theo, passed away three months ago. He is survived by two sons, Gerrie and Otto, and three grandchildren (his eldest child, Barbara, died in 1994).

Gert continued his lively interest in athletics until near the end of his life. I will treasure our countless discussions about our beloved sport over the years (as well as about rugby, and the comparative performances of his team, the Cheetahs, and mine, the Stormers). Yesterday, as I watched Johan Cronje's wonderful run in Moscow, I thought of Gert with great sadness – he

used to say that fellow Free Stater Cronje was the most talented middle distance runner in South Africa, and now this crowning achievement came one day too late for him to enjoy.

But Gert le Roux's legacy will live on. He was a trailblazer in many ways, and a man of immense integrity.

ROAD RUNNING

John Korasie 30 km

Simon's Town, 18 August

(Certified, very hilly loop course. Weather: cold, windy. Finishers: 751.)

MEN

1. Sityhilo Diko (Ned) 1:45:31
2. Abongile Snyman (East) 1:45:43
3. Luyanda Mapoyi (Khay) 1:47:08

Veterans: 1. John Horn (Edge) 1:53:32; 2. Xolile Macanda (Gugs) 1:55:37; 3. Roger Dickson (VOB) 1:55:43. **Masters:** 1. Eric Mlonyeni (Strand) 2:08:30; 2. Shafiek Cassiem (Itheko) 2:10:07; 3. Pikkie du Plessis (Edge) 2:14:38. **G'masters:** 1. Albert Williams (Top) 2:32:30; 2. Ivan Marais (Ned) 2:33:06; 3. D.J. Price (FH) 2:46:54.

WOMEN

1. Ursula Frans (Celtic) 2:12:44 (1st vet)
2. Candyce Hall (Ned) 2:13:33
3. Sandra van Graan (Edge) 2:13:48

Veterans: 1. Ursula Frans (Celtic) 2:12:44; 2. Sandra van Graan (Edge) 2:13:48; 3. Patricia Adams (Itheko) 2:18:31. **Masters:** 1. Viv Williams (ATC) 2:24:45; 2. Olga Howard (Celtic) 2:29:25; 3. Cheryl Rudolph (East) 2:30:04. **G'masters:** 1. Ruth Leverton (Pine) 3:04:19; 2. Toni Upham (SH) 3:16:33; 3. Jennie Bancroft (WC) 3:49:52.

Ocean Basket Marcel van 't Slot 15 km

Pretoria, 17 August

(Loop course. Finishers: 2270.)

Note: Lucky Mohale scored his third successive win; last year he set a course record of 45:57. – Ed.

MEN

- 1 Lucky Mohale (Maxed Elite) 46:23; 2 Steven Dikibo (Bonitas) 48:18; 3 Lewis Masunda (ZIM/Nedbank) 48:54; 4 Nkosinathi Vilakazi (Bethal) 48:58; 5 Dkotsi Lekopa (Nedbank) 49:06.

Veterans: 1 Shadrack Hoff (Nedbank) 49:27; 2 Philip Manyaka (New Balance) 53:23; 3 Jackson Seanego (New Balance) 53:40. **Masters:** 1 Sondag Mabale (Midrand) 60:44; 2 Toni da Matta (BNAC) 60:58; 3 Elias Letlape (Nedbank) 61:44. **G'masters:** 1 Mike du Bruto (Irene) 62:24; 2 Johannes Setshedi (New Balance) 64:51. **G/g'masters:** 1 Danie Roux (Kempton) 96:16.

WOMEN

- 1 Rutendo Nyahora (ZIM/Nedbank) 53:54; 2 Regina Koech (KEN/Toyota) 55:24; 3 Myrette Filmlalter (Nedbank) 56:05; 4 Kim Laxton (Sunninghill) 57:18; 5 Caroline Wostmann (Nedbank) 59:44.

Veterans: 1 Heleen v.d. Walt-Cicholl (Momentum) 65:51; 2 Paulina Phaho (Transnet) 66:25; 3 Belinda Mosdell (HQH) 66:59. **Masters:** 1 Elsabe Brink (New Balance) 71:43; 2 Ansa Strydom (Overkruin) 74:36; 3 Connie Blom (New Balance) 75:35. **G'masters:** 1 Sonja Laxton (RAC) 72:20; 2 Vollie Spies (Tuks) 83:41. **G/g'masters:** 1 Mavis Stadler (Agape) 93:48.

Capital Climb (38th)

Pietermaritzburg, 17 August

(Distance: 15 km. Very hilly out-and-back course.)

Note: The two winners were also the first man and woman respectively to the top of World's View at the end of the climb. – Ed.

MEN

1.	Malibongwe Dlamini	Coll Harr	51:30 (R500 + R100i)
2,	Nhlanhla Tshababa	Boxer AC	52:12 (R250)
3.	Sibonelo Duma	Boxer AC	52:30 (R200)
4.	Thuso Mosiea	Nedbank AC	53:43
5.	Bongmusa Mthembu	Maxed Elite	53:44

40-49:

1.	Nkosi Dlamini	Phuma KZN	60:35 (R150)
2.	Sipho Mbokazi	Phuma KZN	62:58
3.	Ben Zuma	Ind	68:25

50-59:

1.	Willie Majombozi	Boxer AC	63:46 (R150)
2.	Neil Neat	Forest AC	71:40
3.	Lloyd Boughtow	Virginia AC	75:08

60+:

1.	John Sage	West AC	78:41
2.	Robin Archer	QBH	86:10
3.	Joey Rampali	VAC	89:50

WOMEN (Same prize money as men)

1.	Poppy Mlambo	Boxer AC	64:00 (R100i)
2.	Sanfisiwe Mbanjwa	Ntl. Carbs	70:38
3.	Pat Dammann	Forest AC	70:53
4.	Nhlanhla Vilakazi	Ind	70:59
5.	Hayle Bentham	Coll Harr	72:31

40-49:

1.	Pat Dammann	Forest AC	70:53
2.	Vicky Crookes	Coll Harr	79:30
3.	Jenny Tyers	West AC	80:04

50-59:

1.	Sheree Kirsten	West AC	88:53
2.	Liz Brown	Coll Harr	90:26
3.	Elize Herbst	West AC	96:46

60+:

1.	Jane Dickinson	RWFL	82:40
2.	Erma Stephens	Eskom AC	105:34

i) Incentive for first at the top of World's View.

Continental 10 km

Port Elizabeth, 17 August
(Loop course. Finishers: 321.)

Note: The finisher total was cut almost exactly in half compared to last year, when there were 641 finishers. – Ed.

MEN

1	Melikhaya	Frans	Nedbank RC EP	21	31:44
2	Mkhuseli	Nyongo	Absa NMMU AC	27	32:29
3	Thando	Ncipha (1 st jun)	Malabar AC	19	35:12
4	Siyabonga	Kahla	Youth 4 Change AC	17	35:59
5	Mutekile	Rasmeni (1 st vet)	Maxed Elite EP	48	36:07
6	Mandilakhe	Nel	Transnet Eng EP	16	36:47
7	Keegan	Cooke	Temp	16	36:51
8	Bennie	Stadler (1 st mast)	Achilles AAA	50	37:14
9	Michael	Bekapi	Maxed Elite EP	52	37:17
10	August	Esau	Nedbank RC EP	42	37:26
11	Kenneth	Menze	Nedbank RC EP	51	37:32
12	Luvuyo	Stephen	Nedbank RC EP	43	38:48
13	Wayne	Mitchell	Achilles AAA	40	38:59
14	Jarryd	Cooke	Absa NMMU AC	19	39:09
15	Martin	Jansen	Nedbank RC EP	45	39:16
16	Samkelo	Sinyongo	Nedbank RC EP	32	39:35
17	Arrie	Van Wyk	Temp	32	39:42
18	Michael	Prince	Nedbank RC EP	39	40:37
19	Ruan	Smalberger	St Albans CS EP	23	41:28
20	Sisonke	Mabulu	Maxed Elite EP	31	41:45
40-44:					
1	August	Esau	Nedbank RC EP	42	37:26
2	Luvuyo	Stephen	Nedbank RC EP	43	38:48
3	Wayne	Mitchell	Achilles AAA	40	38:59
45-49:					
1	Mutekile	Rasmeni	Maxed Elite EP	48	36:07
2	Martin	Jansen	Nedbank RC EP	45	39:16
3	Guy	Cooke	Temp	48	44:12
50-54:					
1	Bennie	Stadler	Achilles AAA	50	37:14
2	Michael	Bekapi	Maxed Elite EP	52	37:17
3	Kenneth	Menze	Nedbank RC EP	51	37:32
55-59:					
1	Chris	Terblanche	Achilles AAA	58	44:20
2	Ferdinand	Grobler	Transnet Eng EP	55	44:35
3	Robert	Rietmuller	PEAAC	57	45:59
60-64:					
1	Sizinzo	Kama	Achilles AAA	62	45:06
2	Paul	Steffens	Nedbank RC EP	62	53:15
3	Steve	Macdonald	Temp	60	53:21
65-69:					
1	Syd	Lippstreu	Crusaders AC	65	48:53
2	William	Vorster	PEAAC	67	49:49
3	David	O'rielly	Nedbank RC EP	65	51:01
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	49:38
2	Robin	Clark	Achilles AAA	72	1:11:06
3	Brian	Smith	PEAAC	70	1:13:15

75-79:

1	Ernie	Verrall	Absa NMMU AC	78	1:04:00
2	Selwyn	Solomon	Crusaders AC	75	1:20:51
3	John	Peart	Nedbank RC EP	77	1:22:42

80+:

1	Wells	Anderson	PEAAC	81	1:07:08
---	-------	----------	-------	----	---------

Juniors:

1	Thando	Ncipha	Malabar AC	19	35:12
2	Siyabonga	Kahla	Youth 4 Change AC	17	35:59
3	Mandilakhe	Nel	Transnet Eng EP	16	36:47

WOMEN

1	Ntombesintu	Mfunzi	Bonitas AC	31	38:44
2	Freedah	Ncube	Absa NMMU AC	31	42:24
3	Siphokazi	Nojoko (1 st jun)	Motherwell AC	18	43:08
4	Michelle	Galloway	Absa NMMU AC	26	43:49
5	Laura	Maritz (1 st mast)	Elite AC	52	46:05
6	Grizelda	Pietersen (1 st vet)	Maxed Elite EP	44	46:06
7	Terray	Newcombe	Elite AC	22	48:10
8	Johannette	Oosthuizen	Temp	49	49:09
9	Angela	Parker	Charlo AC	36	49:44
10	Teresa	Winkelmann	Temp	37	50:53
11	Sunelle	Horne	Bluewater Bay	39	51:12
12	Liz	Goosen	Madiba Bay AC	40	51:46
13	Judy	Beens	Charlo AC	46	51:53
14	Rene	Jachens	Nedbank RC EP	41	52:38
15	Leonie	Ah Kee	Nedbank RC EP	40	52:47
16	Elmarie	Botha	PEAAC	46	52:47
17	Helen	John	Temp	39	53:03
18	Nikki	Strooh	Walmer AC	37	53:06
19	Toegeda	Vyver	Nedbank RC EP	41	53:19
20	Shannon	Gerber	Temp	16	53:49

40-44:

1	Grizelda	Pietersen	Maxed Elite EP	44	46:06
2	Liz	Goosen	Madiba Bay AC	40	51:46
3	Rene	Jachens	Nedbank RC EP	41	52:38

45-49:

1	Johannette	Oosthuizen	Temp	49	49:09
2	Judy	Beens	Charlo AC	46	51:53
3	Elmarie	Botha	PEAAC	46	52:47

50-54:

1	Laura	Maritz	Elite AC	52	46:05
2	Rosemary	Joubert	Crusaders AC	52	55:10
3	Lynette	Crause	Walmer AC	53	57:57

55-59:

1	Christine	Snyman	Despatch AC	57	57:54
2	Gerrie	Dimitriou	Crusaders AC	57	1:02:25
3	Stephanie	Hay	Walmer AC	57	1:19:41

65-69:

1	Liz	Grundlingh	Muirite Striders	66	56:18
2	Margaret	Paton	Charlo AC	67	1:01:33
3	Christine	Fourie	Elite AC	67	1:03:29

75-79:

1	Dorothy	Hart	Charlo AC	75	1:15:09
---	---------	------	-----------	----	---------

Juniors:

1	Siphokazi	Nojoko	Motherwell AC	18	43:08
---	-----------	--------	---------------	----	-------

2	Shannon	Gerber	Temp	16	53:49
3	Danielle	Harkin	Absa NMMU AC	17	1:05:38

Paarl AC 10 km

Paarl, 10 August

(Finishers: 96)

MEN

1	William	Kaptein	Robertson	21	31:07
2	Luyando	Qolo	EGA	21	31:11
3	Danzil	Paulse	Easterns Kraaifontein	19	31:53
4	Charlton	September	Nedbank Boland	24	32:25
5	Akhona	Mdaka	EGA	20	32:39
6	Andrew	Louw	Easterns Kraaifontein	20	33:04
7	Bongile	Tshewula	Easterns Kraaifontein	28	33:27
8	Ngubo	Sive	Nedbank	19	33:35
9	Dawid	Pieterse	Dwarsrivier AC	43	33:39
10	Wayne	Blom	Easterns Kraaifontein	16	33:41

WOMEN

1	Styntjie	Prins	Paarl	59	45:27
2	Cailey	Bredenkamp	Paarl	50	49:14
3	Nerina	Bester	Swartland	34	49:34
4	Roanné	Viljoen	Paarl	43	52:54
5	Fundiswa	Sandi	Ravensmead AC	32	53:18
6	Janine	Weideman	Swartland	45	55:34
7	Hester	Fortune	Brackenfell	57	56:10
8	Melissa	Van der Westhuizen		25	57:14
9	Venita	Nel	Tygerberg	43	58:37
10	Petra	King	Sanlam	55	59:07

Sanet Wentzel Memorial Women's Day 10 km

(Women only)

Oudtshoorn, 9 August

(Loop course. Finishers: 58.)

1	Elize	Kloppers	Hartenbos	43	39.54
2	Anel	Van Wyk	RWFL	33	43.52
3	Marcelle	Van Tonder	Nedbank	18	44.02
4	Martinique	?		24	44.50
5	E.	Ketterer	Nedbank	31	48.22
6	Linelle	?		23	49.28
7	Marlese	Pretorius	RWFL	36	51.34
8	Josephine	Oosthuizen	OAC	38	54.04
9	Suzanne	Lategan		30	54.47
10	Ansie	Nel	Hartenbos	43	54.48

Race Against Crime Half Marathon & 15 km

Herbertsdale, 3 August

(Distances: 21.1 km & 15 km; hilly loop courses. Finishers: half marathon – 34; 15 km – 25.)

Note: Elize Kloppers finished sixth overall in the half marathon. – Ed.

Half marathon**MEN**

1	Lloyd	Bosman	Nedbank	25	1:17:53
2	Elfonzo	Pieterse	Nedbank	24	1:17:55
3	Selwyn	Losper	Mosselbaai Harriers	49	1:23:13
4	Phillipus	Du Toit	Hartenbos Drawwers	47	1:28:15
5	Nkosi	Dimaza	Sedgefield Striders	25	1:29:39
6	Mantsho	Madikwa	Nedbank	38	1:38:37
7	Hendre	Terblanche		23	1:41:23
8	Peter	Berry	New Balance	37	1:41:35
9	Luwayne	Duitsjan	Mosselbaai Harriers	26	1:41:36
10	Gabriel	Jaftha	Mosselbaai Harriers	31	1:42:11

WOMEN

1	Elize	Kloppers	Hartenbos Drawwers	43	1:34:42
2	Rome	Phillipson-Meyer	Hartenbos Drawwers	31	1:55:10
3	Anel	Zwiegers	Nedbank	29	2:04:29
4	Sollie	Liebenberg	Mosselbaai Harriers	57	2:10:00
5	Carina	Muller	Hartenbos Drawwers	34	2:42:09

15 km**MEN**

1	Ashwell	Clooco	Mosselbaai Harriers	17	57:46
2	Eugene	Maart	Mosselbaai Harriers	26	1:01:06
3	Randall	Lewis	Mosselbaai Harriers	27	1:10:24

WOMEN

1	Antionette	Du Preez	Hartenbos Drawwers	41	1:23:41
2	Carla	Coetzee	Nedbank	24	1:25:50
3	Ziska	Theron	Brackenfell	56	1:28:50

CROSS-COUNTRY**AGN Seniors & Masters League 2**

Pretoria (L.C. de Villiers Stadium), 3 August

Note: All distances are 4 km except where indicated otherwise. Most of the races, especially those over 4 km, seem to have been much shorter than the indicated distances. – Ed.

SR. MEN (12 km)

1	Benedict Moeng	Transnet	32:54
2	Vuyisile Lucas Tshoba	Transnet	33:10
3	Kgosi Tsosane	Transnet	33:38
4	Sikhumbuzo Seme	Tuks	34:31
5	Mark Michler	Tuks	35:20
6	Mofu Stanley	Fortis North	35:32
7	Somibido Anele	Transnet	36:55
8	Jeffrey Gwebu	Toyota	37:19
9	Wiaan Swanepoel	New Balance	37:52

SR. MEN

1	Mandla Maseko	Transnet	8:05
2	Lukhanyo Mabinza	Transnet	8:39
3	Themba Madima	Tuks	8:50
4	Tebogo Sithole	Tshwane AC	9:05
5	Charles Malatjie	Monaco	9:10

6	Howard Benade	Tuks	10:17
7	Sikhumbuzo Dlamini	Tuks	10:33
8	Larry ?	Telkom	11:02
9	Gerhard Sauer	Individual	14:19
10	Gabriel Grobler	Individual	14:22
MEN 40 (8 km)			
1	Graham Megaw	Tuks	24:26
2	Johannes Ratsela	Zwakala	28:10
3	Andre Erasmus	Individual	31:38
MEN 40 (4 km)			
1	Willem Grobler	New Balance	16:52
2	Wimpie Sander	Moot	17:53
MEN 45 (8 km)			
1	Dawie de Villiers	Windgate	25:35
2	Dirk Cloete	Irene	26:04
3	Gerrit Olivier	AS Eagles	27:22
MEN 45 (4 km)			
1	Willie Bronkhorst	Tuks	9:55
2	Fanie van Vuuren	Centak	10:54
3	Hardus Laubscher	Tuks	13:54
MEN 50 (8 km)			
1	Du Toit van Rooyen	Individual	28:20
2	Hennie Kotze	Tuks	29:33
3	Gert Steyn	Individual	31:56
MEN 50 (4 km)			
1	Jannie Davel	Tuks	13:03
MEN 55 (8 km)			
1	Johnie Jonker	Denel	31:23
2	Len Lorenzen	PMMC	31:46
3	Jannie Buys	PPMR	32:17
MEN 55 (4 km)			
1	Dias ?	Tuks	13:22
2	Schalk McDubery	Tuks	14:04
MEN 60 (6 km)			
1	Pieter Rossouw	Enduro	24:02
2	Andre Smith	PMK	25:56
3	Chris Callaghan	Enduro	26:31
MEN 65 (6 km)			
1	Mike Du Bruto	Irene	18:54
2	Allan Kluge	Agape	25:02
MEN 70 (6 km)			
1	Andries van der Merwe	Transnet	27:48
MEN 80 (6 km)			
1	Coetzee	Magnolia	34:20
2	Frans Grobler	Transnet	42:46
3	Chris de Jager	Running Inn	48:10
MEN 23 (12 km)			
1	Altus Badenhorst	Nedbank	36:20
MEN 23 (4 km)			
1	Moses Dirane	Prestige	7:38
2	Charles Nel	Tuks	7:59
3	Andy Mukona	Transnet	8:44
MEN 21 (12 km)			
1	Musa Nkosi	Individual	37:20
2	Johanathan Bredenkamp	Tuks	37:21
3	Burt Verster	Tuks	40:38

MEN 21 (4 km)

1	Simon Mokonyama	Monaco	7:55
2	Johann Berrange	Tuks	8:12
3	Fourie Wiid	Tuks	8:45

JR. MEN (8 km)

1	Thabo Sobudula	Transnet	25:40
1	Tinus Oosthuizen	Tuks	10:06
2	Kgothatdzo Mokalanga	Monaco	14:52

SR. WOMEN

1	Myrette Filmalter	Nedbank	9:30
2	Carlyn Fischer	Tuks	9:42
3	Nerissa van der Walt	New Balance	10:20
4	Ailene Bezuidenhout	Tuks	12:26
5	Kamogelo Mobeno	Telkom	12:52
6	Kathryn Thomas	New Balance	13:42
7	Natalie Lubbe	Enduro	15:55
8	Nicole Simpson	Phobians	21:51
9	Cara Elder	Phobians	24:52
10	Estelle Kruger	TUT	26:23

WOMEN 40

1	Ronel Thomas	Boxer	11:17
2	Pauline Phaho	Transnet	12:58
3	Jacomien du Bruyn	Tuks	17:26

WOMEN 45

1	Lettie Saayman	Nedbank	12:34
2	Hester Kallmeyer	Gnma	14:36
3	Thea van der Merwe	Irene	14:53

WOMEN 50

1	Elsabe Brink	New Balance	12:59
2	Ronel Fourie	Transnet	15:15
3	Lidia du Preez	Fortis North	19:16

WOMEN 55

1	Frances van Blerk	Nedbank	14:06
2	Christa Mouton	Agape	17:32
3	Melanie Christie	Alpha	22:17

WOMEN 60

1	Lyn de Bruin	Irene	14:37
2	Rina Pretorius	SABS Striders	17:50

WOMEN 65

1	Esme Kloppers	Transnet	19:15
---	---------------	----------	-------

WOMEN 23

1	Mariska Buys	New Balance	10:52
2	Kimberley McMaster	Tuks	12:32
3	Tshehla Nthabiseng	Monaco	13:03

WOMEN 21

1	Letitia Saayman	Individual	9:56
2	Adel Vermaak	Tuks	10:24
3	Stella Marais	Tuks	10:49

JR. WOMEN (6 km)

1	Bianca Janse van Rensburg	Tuks	23:38
2	Estelize van Rooyen	Transnet	23:54

JR. WOMEN

1	Kaylin van Graan	Individual	10:29
---	------------------	------------	-------

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

Meia Maratona Internacional do Rio de Janeiro (17th)

Rio de Janeiro, BRA, 18 August

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|------------------------------|------------|------------------------|
| 1. Geoffrey Mutai, KEN | 59:57 CR* | BRL 14,000 (=USD 5852) |
| 2. Mark Korir, KEN | 1:00:49 PB | 7,000 |
| 3. Edwin Kipsang Rotich, KEN | 1:02:08 | 5,000 |

WOMEN

- | | | |
|-----------------------------------|---------|------------------------|
| 1. Nancy Jepkosgei Kipron, KEN | 1:11:52 | BRL 14,000 (=USD 5852) |
| 2. Maurine Jelagat Kipchumba, KEN | 1:11:55 | 7,000 |
| 3. Leah Jerotich, KEN | 1:12:49 | 5,000 |

America's Finest City Half Marathon (36th)

San Diego, USA, 18 August

(Distance: 21.1 km; certified, point-to-point course with 1.6 m/km elevation loss)

MEN (gun times)

- | | | |
|---|-------------|----------------|
| 1. Nelson Oyugi, 21, Santa Fe, NM (KEN) | 1:01:59 CR* | \$1500 + 1000c |
| 2. Ernest Kebenei, 28, Bayfield, CO (KEN) | 1:02:04 | 1000 |
| 3. Tesfaye Alemayehu, 29, Antioch, CA | 1:02:06 PB | 750 |

c) Earned course record bonus

WOMEN (gun times)

- | | | |
|---------------------------------------|------------|-------------|
| 1. Wendy Thomas, 34, Windsor, CO | 1:13:15 | \$1500 |
| 2. Natasha Labeaud, 26, San Diego, CA | 1:14:54 PB | 1000 + 350^ |
| 3. Marci Gage, 25, Bend, OR | 1:16:04 | 750 |

^) Earned bonus as first San Diego resident

World Championships in Athletics Men's Marathon (14th)

Moscow, RUS, 17 August

(Distance: 42.195 km; IAAF-certified course with stadium start/finish incorporating three 10-kilometer loops up and down the roadway adjacent to the Moscow River. Gun times.)

MEN

- | | | | |
|-----------------------------------|---------|--------|------------|
| 1. Stephen KIPROTICH, 1989, UGA | 2:09:51 | Gold | USD 60,000 |
| 2. Lelisa DESISA, 1990, ETH | 2:10:12 | Silver | 30,000 |
| 3. Tadese TOLA, 1987, ETH | 2:10:23 | Bronze | 20,000 |
| 4. Tsegay KEBEDE, 1987, ETH | 2:10:47 | | 15,000 |
| 5. Kentaro NAKAMOTO, 1982, JPN | 2:10:50 | | 10,000 |
| 6. Solonei DA SILVA, 1982, BRA | 2:11:40 | | 6,000 |
| 7. Paulo Roberto PAULA, 1979, BRA | 2:11:40 | | 5,000 |
| 8. Yemane TSEGAY, 1985, ETH | 2:11:43 | | 4,000 |
| 9. Peter SOME, 1990, KEN | 2:11:47 | | |
| 10. Jackson KIPROP, 1986, UGA | 2:12:12 | | |

11. Beraki BEYENE, 1980, ERI	2:13:40
12. Bernard KIPYEGO, 1986, KEN	2:14:01
13. Jeff EGGLESTON, 1984, USA	2:14:23
14. Masakazu FUJIWARA, 1981, JPN	2:14:29
15. Javier GUERRA, 1983, ESP	2:14:33
16. Samuel TSEGAY, 1988, ERI	2:14:41
17. Kazuhiro MAEDA, 1981, JPN	2:15:25
18. Yuki KAWAUCHI, 1987, JPN	2:15:35
19. Abraham KIPLIMO, 1989, UGA	2:16:25
20. Rob WATSON, 1983, CAN	2:16:28
21. Paul POLLOCK, 1986, IRL	2:16:42
22. Mustafa MOHAMED, 1979, SWE	2:17:09
23. Martin DENT, 1979, AUS	2:17:11
24. Aleksey SOKOLOV, 1983, RUS	2:17:12
25. Michael KIPYEGO, 1983, KEN	2:17:47
26. Marius IONESCU, 1984, ROU	2:18:31
27. Daniel TAPIA, 1986, USA	2:18:32
28. Benjamin MALATY, 1986, FRA	2:19:21
29. Jordan CHIPANGAMA, 1988, ZAM	2:19:47
30. Miguel Ángel ALMACHI, 1985, ECU	2:19:48
... 43. Sibusiso NZIMA, 1986, RSA	2:26:32
... 47. Hendrick RAMAALA, 1972, RSA	2:30:23

TRACK

IAAF World Championships in Athletics (14th)

Moscow, RUS, 10-18 August

(Prize Money: USD 60,000-30,000-20,000-15,000-10,000-6,000-5,000-4,000 + USD 100,000 world record bonus)

MEN

800 (13):

1. Mohammed AMAN, ETH	1:43.31	Gold
2. Nick SYMMONDS, USA	1:43:55	Silver
3. Ayanleh SOULEIMAN, DJI	1:43.76	Bronze
4. Marcin LEWANDOWSKI, POL	1:44.08	
5. Andrew OSAGIE, GBR	1:44.36	
6. Duane SOLOMON, USA	1:44.42	
7. Pierre-Ambroise BOSSE, FRA	1:44.79	
8. Abdulaziz Ladan MOHAMMED, KSA	1:46.57	

Prelims (10): Advance first 3 in each heat (Q) and the next 6 fastest (q)

Heat 3:

1. Duane SOLOMON, USA	1:45.80	Q
André OLIVIER, RSA		DNS

1500 (18):

1. Asbel KIPROP, KEN	3:36.28	Gold
2. Matthew CENTROWITZ, USA	3:36.78	Silver
3. Johan CRONJE, RSA	3:36.83	Bronze
4. Nixon CHEPSEBA, KEN	3:36.87	
5. Homiyu TEFAYE, GER	3:37.03	
6. Silas KIPLAGAT, KEN	3:37.11	
7. Mekonnen GEBREMEDHIN, ETH	3:37.21	
8. Henrik INGEBRIGTSEN, NOR	3:37.52	
9. Mohamed MOUSTAOU, MAR	3:38.08	

- | | |
|---------------------------|---------|
| 10. Nate BRANNEN, CAN | 3:38.09 |
| 11. Florian CARVALHO, FRA | 3:39.17 |
| 12. Chris O'HARE, GBR | 3:46.04 |

Semi-Finals (16): Advance first 5 in each heat (Q) and the next 2 fastest (q)

Heat 1:

- | | |
|------------------------------|-----------|
| 1. Asbel KIPROP, KEN | 3:43.30 Q |
| 2. Silas KIPLAGAT, KEN | 3:43.52 Q |
| 3. Mekonnen GEBREMEDHIN, ETH | 3:43.54 Q |
| ... 5. Johan CRONJE, RSA | 3:43.71 Q |

Prelims (14): Advance first 6 in each heat (Q) and the next 6 fastest (q)

Heat 2:

- | | |
|-----------------------------|-----------|
| 1. Silas KIPLAGAT, KEN | 3:39.31 Q |
| 2. Leo MANZANO, USA | 3:39.39 Q |
| 3. Ilham Tanui ÖZBILEN, TUR | 3:39.73 Q |
| 4. Johan CRONJE, RSA | 3:39.95 Q |

5000 (16):

- | | | |
|--------------------------|----------|--------|
| 1. Mo FARAH, GBR | 13:26.98 | Gold |
| 2. Hagos GEBRHIWET, ETH | 13:27.26 | Silver |
| 3. Isiah KOECH, KEN | 13:27.26 | Bronze |
| 4. Thomas LONGOSIWA, KEN | 13:27.67 | |
| 5. Edwin SOI, KEN | 13:29.01 | |
| 6. Bernard LAGAT, USA | 13:29.24 | |
| 7. Muktar EDRIS, ETH | 13:29.56 | |
| 8. Galen RUPP, USA | 13:29.87 | |
| 9. Yewew ALAMIREW, ETH | 13:31.27 | |
| 10. Ryan HILL, USA | 13:32.69 | |
| 11. Dejene REGASSA, BRN | 13:34.54 | |
| 12. Elroy GELANT, RSA | 13:43.58 | |
| 13. Sindre BURAAAS, NOR | 13:45.67 | |
| 14. Zane ROBERTSON, NZL | 13:46.55 | |
| 15. Brett ROBINSON, AUS | 14:03.77 | |

Prelims (13): Advance first 5 in each heat (Q) and the next 5 fastest (q)

Heat 1:

- | | |
|--------------------------|------------|
| 1. Hagos GEBRHIWET, ETH | 13:23.22 Q |
| 2. Yewew ALAMIREW, ETH | 13:23.48 Q |
| 3. Bernard LAGAT, USA | 13:23.59 Q |
| ... 6. Elroy GELANT, RSA | 13:25.07 q |

10000m (10):

- | | | |
|------------------------------|----------|--------|
| 1. Mo FARAH, GBR | 27:21.71 | Gold |
| 2. Ibrahim JEILAN, ETH | 27:22.23 | Silver |
| 3. Paul TANUI, KEN | 27:22.61 | Bronze |
| 4. Galen RUPP, USA | 27:24.39 | |
| 5. Abera KUMA, ETH | 27:25.27 | |
| 6. Bedan Karoki MUCHIRI, KEN | 27:27.17 | |
| 7. Kenneth KIPKEMOI, KEN | 27:28.50 | |
| 8. Nguse AMLOSOM, ERI | 27:29.21 | |
| 9. Mohammed AHMED, CAN | 27:35.76 | |
| 10. Dathan RITZENHEIN, USA | 27:37.90 | |
| 11. Thomas AYEKO, UGA | 27:40.96 | |
| 12. Imane MERGA, ETH | 27:42.02 | |
| 13. Moses KIPSIRO, UGA | 27:44.53 | |
| 14. Cam LEVINS, CAN | 27:47.89 | |

15. Tsuyoshi UGACHI, JPN	27:50.79
16. Dejen GEBREMESKEL, ETH	27:51.88
17. Goitom KIFLE, ERI	27:56.38
18. Chris DERRICK, USA	28:04.54
19. Daniele MEUCCI, ITA	28:06.74
20. Stephen MOKOKA, RSA	28:11.61
21. Suguru OSAKO, JPN	28:19.50
22. Timothy TOROITICH, UGA	28:33.61
23. Bashir ABDI, BEL	28:41.69
24. Collis BIRMINGHAM, AUS	28:44.82
25. Yevgeny RYBAKOV, RUS	28:47.49

3000 s/chase (15):

1. Ezekiel KEMBOI, KEN	8:06.01	Gold
2. Conseslus KIPRUTO, KEN	8:06.37	Silver
3. Mahiedine MEKHISSI-BENABBAD, FRA	8:07.86	Bronze
4. Paul Kipsiele KOECH, KEN	8:08.62	
5. Evan JAGER, USA	8:08.67	
6. Matthew HUGHES, CAN	8:11.64	NR
7. Abel Kiprop MUTAI, KEN	8:17.04	
8. Yoann KOWAL, FRA	8:17.41	
9. Hamid EZZINE, MAR	8:19.53	
10. Ion LUCHIANOV, MDA	8:19.99	
11. Angel MULLERA, ESP	8:20.93	
12. Jacob ARAPTANY, UGA	8:25.86	
13. Alex GENEST, CAN	8:27.01	
14. Benjamin KIPLAGAT, UGA	8:31.09	
Noureddine SMAÏL, FRA	DNF	

WOMEN

800 (18):

1. Eunice SUM, KEN	1:57.38	PB	Gold
2. Mariya SAVINOVA, RUS	1:57.80		Silver
3. Brenda MARTINEZ, USA	1:57.91	PB	Bronze
4. Alysia MONTANO, USA	1:57.95		
5. Ekaterina POISTOGOVA, RUS	1:58.05		
6. Ajee' WILSON, USA	1:58.21	PB	
7. Nataliia LUPU, UKR	1:59.79		
8. Lenka MASNA, CZE	2:00.59		

1500 (15):

1. Abeba AREGAWI, SWE	4:02.67	Gold
2. Jenny SIMPSON, USA	4:02.99	Silver
3. Hellen OBIRI, KEN	4:03.86	Bronze
4. Hannah ENGLAND, GBR	4:04.98	
5. Faith KIPYEGON, KEN	4:05.08	
6. Ekaterina SHARMINA, RUS	4:05.49	
7. Zoe BUCKMAN, AUS	4:05.77	
8. Genzebe DIBABA, ETH	4:05.99	
9. Nancy Jebet LANGAT, KEN	4:06.01	
10. Mary CAIN, USA	4:07.19	
11. Siham HILALI, MAR	4:09.16	
12. Elena KOROBKINA, RUS	4:10.18	

5000 (17):

1. Meseret DEFAR, ETH	14:50.19	Gold
2. Mercy CHERONO, KEN	14:51.22	Silver

3. Almaz AYANA, ETH	14:51.33	Bronze
4. Viola KIBIWOT, KEN	15:01.67	
5. Buze DIRIBA, ETH	15:05.38	
6. Molly HUDDLE, USA	15:05.73	
7. Shannon ROWBURY, USA	15:06.10	
8. Susan KUIJKEN, NED	15:14.70	
9. Elena NAGOVITSYNA, RUS	15:24.83	
10. Dolores CHECA, ESP	15:30.42	
11. Tejitu DABA, BRN	15:33.89	
12. Kim CONLEY, USA	15:36.58	
13. Karoline Bjerkeli GRØVDAL, NOR	15:48.87	
14. Dominika NOWAKOWSKA, POL	15:58.26	
15. Jackie ARESON, AUS	16:08.32	

10000m (11):

1. Tirunesh DIBABA, ETH	30:43.35	Gold
2. Gladys CHERONO, KEN	30:45.17	Silver
3. Belaynesh OLJIRA, ETH	30:46.98	Bronze
4. Emily CHEBET, KEN	30:47.02	PB
5. Hitomi NIIYA, JPN	30:56.70	PB
6. Shitaye ESHETE, BRN	31:13.79	
7. Selly Chepyego KAPTICH, KEN	31:22.11	PB
8. Shalane FLANAGAN, USA	31:34.83	
9. Ababel YESHANEH, ETH	32:02.09	
10. Christelle DAUNAY, FRA	32:04.44	
11. Marisol ROMERO, MEX	32:16.36	
12. Jordan HASAY, USA	32:17.93	
13. Ana Dulce FÉLIX, POR	32:36.73	
14. Amy HASTINGS, USA	32:51.19	
15. Karolina JARZYNSKA, POL	32:54.15	
16. Juliet CHEKWEL, UGA	32:57.02	NR
17. Gulshat FAZLITDINOVA, RUS	33:31.49	
Sabrina MOCKENHAUPT, GER	DNF	
Lara TAMSETT, AUS	DNF	

3000 s/chase (13):

1. Milcah Chemos CHEYWA, KEN	9:11.65	WL Gold
2. Lidya CHEPKURUI, KEN	9:12.55	PB Silver
3. Sofia ASSEFA, ETH	9:12.84	Bronze
4. Hiwot AYALEW, ETH	9:15.25	
5. Etenesh DIRO, ETH	9:16.97	
6. Hyvin Kiyeng JEPKEMOI, KEN	9:22.05	PB
7. Valentyna ZHUDINA, UKR	9:33.73	
8. Antje MÖLDNER-SCHMIDT, GER	9:34.06	
9. Gesa Felicitas KRAUSE, GER	9:37.11	
10. Eilish MCCOLGAN, GBR	9:37.33	
11. Diana MARTÍN, ESP	9:38.30	
12. Natalya GORCHAKOVA, RUS	9:38.57	
13. Ancuta BOBOCEL, ROU	9:53.35	
14. Silvia DANEKOVA, BUL	9:58.57	
15. Salima ELOUALI ALAMI, MAR	10:08.36	

OTHER MEDALLISTS**MEN**

100 (11, -0.3): 1 Usain Bolt JAM 9.77; 2 Justin Gatlin USA 9.85; 3 Nesta Carter JAM 9.95.

200 (17, 0.0): 1 Usain Bolt JAM 19.66; 2 Warren Weir JAM 19.79; 3 Curtis Mitchell USA 20.04; ... 6 Anaso Jobodwana **RSA** 20.14.
400 (13): 1 LaShawn Merritt USA 43.74; 2 Tony McQuay USA 44.40; 3 Luguelín Santos DOM 44.52.
110 H (12, 0.3): 1 David Oliver USA 13.00; 2 Ryan Wilson USA 13.13; 3 Sergey Shubenkov 13.24.
400 H (15): 1 Jehue Gordon TRI 47.69 **NR**; 2 Michael Tinsley USA 47.70; 3 Emir Bekrić SRB 48.05 **NR**.
4x100 (17): 1 JAM 37.36; 2 USA 37.66; 3 CAN 37.92.
4x400 (16): 1 USA 2:58.71; 2 JAM 2:59.88; 3 2:59.90.
HJ (15): 1 Bohdan Bondarenko UKR 2.41 **NR**; 2 Mutaz Essa Barshim QAT 2.38; 3 Derek Drouin CAN 2.38 **NR**.
PV (12): 1 Raphael Holzdeppe GER 5.89; 2 Renaud Lavillenie FRA 5.89; 3 Björn Otto GER 5.82.
LJ (16): 1 Aleksandr Menkov 8.56/0.2 **NR**; 2 Ignisious Gaisah NED 8.29/0.4 **NR**; 3 Luis Rivera MEX 8.27/0.6; ... 7 Godfrey Mokoena **RSA** 8.10/0.4.
TJ (17): 1 Teddy Tamgho FRA 18.04/0.3 **NR**; 2 Pedro Pablo Pichardo CUB 17.68/-0.1; 3 Will Claye USA 17.52/0.5.
SP (16): 1 David Storl GER 21.73; 2 Ryan Whiting USA 21.57; 3 Dylan Armstrong CAN 21.34.
DT (13): 1 Robert Harting GER 69.11; 2 Piotr Małachowski POL 68.36; 3 Gerd Kanter EST 65.19; ... 5 Victor Hogan **RSA** 64.35.
HT (12): 1 Paweł Fajdek POL 81.97; 2 Krisztián Pars HUN 80.30; 3 Lukáš Melich CZE 79.36.
JT (17): 1 Vítězslav Veselý CZE 87.17; 2 Tero Pitkämäki FIN 87.07; 3 Dmitriy Tarabin 86.23.
Dec (11): 1 Ashton Eaton USA 8809; 2 Michael Schrader GER 8670; 3 Damian Warner CAN 8512; ... 9 Willem Coertzen **RSA** 8343 **AR**.
20 km W (11): 1 Aleksandr Ivanov 1:20:58; 2 Chen Ding CHN 1:21:09; 3 Miguel Ángel López ESP 1:21:21.
50 km W (14): 1 Robert Heffernan IRL 3:37:56; 2 Mikhail Ryzhov 3:38:58 **AUR**; 3 Jared Tallent AUS 3:40:03; ... 31 Marc Mundell **RSA** 3:57:55.

WOMEN

100 (12, -0.3): 1 Shelly-Ann Fraser-Pryce JAM 10.71; 2 Murielle Ahoure CIV 10.93; 3 Carmelita Jeter USA 10.94.
200 (16, -0.3): 1 Shelly-Ann Fraser-Pryce JAM 22.17; 2 Murielle Ahoure CIV 22.32; 3 Blessing Okagbare NGR 22.32; ... Allyson Felix USA DNF.
400 (12): 1 Christine Ohuruogu GBR 49.41 **NR**; 2 Amantle Montsho BOT 49.41; 3 Antonina Krivoshapka 49.78.
4x100 (17): 1 JAM 41.29; 2 FRA 42.73; 3 USA 42.75.
4x400 (17): 1 RUS 3:20.19; 2 USA 3:20.41; 3 GBR 3:22.61.
100 H (17, -0.6): 1 Brianna Rollins USA 12.44; 2 Sally Pearson AUS 12.50; 3 Tiffany Porter GBR 12.55.
400 H (15): 1 Zuzana Hejnová CZE 52.83 **NR**; 2 Dalilah Muhammad USA 54.09; 3 Lashinda Demus USA 54.27.
HJ (17): 1 Svetlana Shkolina 2.03; 2 Brigetta Barrett USA 2.00; 3 Anna Chicherova 1.97; 3 Ruth Beitia 1.97.
PV (13): 1 Yelena Isinbayeva 4.89; 2 Jenn Suhr USA 4.82; 3 Yarisley Silva CUB 4.82.
LJ (11): 1 Brittney Reese USA 7.01/0.2; 2 Blessing Okagbare NGR 6.99/0.2; 3 Ivana Španović SRB 6.82/0.1 **NR**.
TJ (15): 1 Caterina Ibargüen COL 14.85/0.2; 2 Yekaterina Koneva 14.81/0.9; 3 Olha Saladuha UKR 14.65/0.9.
SP (12): 1 Valerie Adams NZL 20.88; 2 Christina Schwanitz GER 20.41; 3 Gong Lijiao CHN 19.95.
DT (11): 1 Sandra Perković CRO 67.99; 2 Mélina Robert-Michon FRA 66.28 **NR**; 3 Yarelis Barrios CUB 64.96.

HT (16): 1 Tatyana Lysenko 78.80 **NR**; 2 Anita Włodarczyk POL 78.46 **NR**; 3 Zhang Wenxiu CHN 75.58.

JT (17): 1 Christina Obergföll GER 69.05; 2 Kim Mickle AUS 66.60; 3 Mariya Abakumova 65.09; ... 6 Sunette Viljoen **RSA** 63.58.

Hep (13): 1 Hanna Melnychenko UKR 6586; 2 Brianne Theisen Eaton CAN 6530; 3 Dafne Schippers NED 6477 **NR**.

20 km W (13): 1 Yelena Lashmanova 1:27:08; 2 Anisya Kirdyapkina 1:27:11; 3 Liu Hong CHN 1:28:10.

OTHER SOUTH AFRICAN PERFORMANCES

MEN

100: Jobodwana 4sf 10.17 (-0.2), 2h 10.17 (-0.4); Akani Simbine 7h 10.38 (-0.3)

200: Jobodwana 2sf 20.13 PB (0.0); 1h 20.17 (-0.2)

400: Wayde van Niekerk 5h 46.37

400 H: Cornel Fredericks 4sf 48.85, 4h 49.66; LJ van Zyl 5h 50.05; PC Beneke 7h 51.14

LJ: Mokoena 2q 8.16/-0.4; Zarck Visser 17q 7.79/0.3

SP: Orazio Cremona 15q 19.42

DT: Hogan 12q 62.45

HT: Chris Harmse 24q 71.42

JT: Robert Oosthuizen 31 q 74.36

20 km W: Lebogang Shange dnf

WOMEN

200: Justine Palframan 5h 23.64 (0.0)

400 H: Anneri Ebersohn 6h 57.90

LJ: Lynique Prinsloo 27q 6.17/-0.2

JT: Viljoen 3q 64.51

ULTRA/MOUNTAIN/TRAIL RUNNING

Pikes Peak Marathon (58th)

Manitou Springs, USA, 18 August

(Distance: 42.195 km; course begins at 1918 m on a paved road, climbs to 4299 m on a rocky trail, then comes back down to 1934 m; weather is typically warm at the bottom but close to freezing at the top.)

MEN (gun times)

1. Touru Miyahara, 30, Gotemba-shi, JPN 3:43:25 \$3000
2. Alex Nichols, 28, Colorado Spgs, CO 3:43:48 1200
3. Jason Delaney, 33, Polson, MT 3:53:46 600

WOMEN (gun times)

1. Stevie Kremer, 29, Crested Butte, CO 4:17:13 \$3000
2. Salynda Fleury, 28, Conifer, CO 4:46:48 1200
3. Laia Trias, 34, ESP 4:49:57 600

Pikes Peak Ascent

Manitou Springs, USA, 17 August

(Distance: 13.32 miles. The race begins at an elevation of 1918 m and ends at 4299 m for a net elevation GAIN of 2381 m and covers a rocky course.)

MEN (gun times)

1. Eric Blake, 34, West Hartford, CT 2:13:45 \$2000
2. Greg Ruckman, 39, Breckenridge, CO 2:22:57 1200
3. Simon Gutierrez, 47, Colorado Spgs, CO 2:27:27 600

WOMEN (gun times)

1. Kim Dobson, 29, Grand Junction, CO 2:41:43 \$2000
2. Ashlee Nelson, 32, Colorado Spgs, CO 2:48:58 1200
3. Hayley Benson, 31, Littleton, CO 2:55:05 600

Leadville Trail 100 Mile Endurance Run (31st)

Leadville, USA, 17-18 August

(Distance: 100 miles [50 miles out and back], extremely high altitude [the race tops out at 3843 m with constant climbing and descending], difficult terrain)

MEN (extended gun times)

1. Ian Sharman, GBR 16:30:03
2. Nick Clark, GBR 17:06:29
3. Michael Aish, USA 18:27:59

WOMEN

1. Ashley Arnold, USA 20:25:44
2. Shaheen Sattar, USA 22:42:42
3. Keila Merino, USA 22:47:37

BACKGROUND

Mary Cain's fabulous season, during which she broke one US record after another, made her appearance in the World Championships in Moscow one of the most eagerly anticipated of all. Cain made the final – the youngest ever to do so – and afterwards spoke to David Monti of *Race Results Weekly*.

SEASON OVER, BUT CAIN'S JOURNEY HAS ONLY JUST BEGUN

Teenager Mary Cain's storybook season came to a close with her tenth place finish in the 1500 m at the IAAF World Championships on Thursday evening, but her journey as an athlete is only just beginning. The 17-year-old from Bronxville, N.Y., who shattered American high school and junior records from 800 to 5000 meters this year and became the youngest-ever American woman to make a World Championships team, said she's already hungry for more.

"I know I have to put things into perspective," she told reporters after making up two places on the last lap with her reliably strong kick. "So many kids my age would just die to do this. But, I'm a tough person, I expect a lot from myself, and I think it's going to be good tonight for me to refocus." She added: "I was in there and I was running to win."

Cain said her season was now over, but she was clearly excited to work with coach Alberto Salazar on improving as an athlete in the fall.

"I'm going to go home and I'm going to get into this," she continued. "It's my last race of the season. I think it's going to motivate me so much for next year. Next year, there's no Worlds; it's just me and learning how to race."

Since Salazar took over coaching Cain last fall, she has sliced through the American record books with with shocking speed. Her record assault began indoors as a 16-year-old last January with a 9:01.10 3000 m on the University of Washington's oversized track (absolute USA junior and high school record). She followed with a USA prep record for the mile at the New Balance Games at New York's Armory (4:32.78), and in the same race broke the American high school and junior records for 1500 m (4:16.11).

In February at the New Balance Grand Prix in Boston, she broke the USA high school and junior records for 3000 m (9:04.51) and two miles (9:38.68), then topped off that performance with a sensational 4:28.25 national indoor junior and high school record for the mile at the Millrose Games, also at the Armory (she also lowered her high school and

junior 1500 m record to 4:11.72 in the same race). Cain even won the open national indoor title in the mile while still a 16-year-old, running her final 440 yards in 59.1 seconds at high altitude in Albuquerque.

Cain's outdoor season was just as successful. At last April's Drake Relays she set a new high school 1500 m record of 4:10.77, then stepped down to 800 m at the Re:Run meeting in San Diego, clocking 2:01.68 on a track without a curb. In the USATF High Performance Meeting at Occidental College in Los Angeles last May, Cain posted her first truly world class mark, scorching a 4:04.62 for 1500 m, locking in her IAAF World Championships "A" standard, and wiping Suzy Favor's USA junior record off of the books.

Her record assault continued at the Prefontaine Classic in Eugene, with another USA high school and junior record at 800 m (1:59.51), wiping out Kim Gallagher's mark which had stood for nearly 31 years. Showing excellent range, a week later she ran 15:45.46 for 5000 m in Portland, another national junior record.

Despite all of these accomplishments, Cain said that she and Salazar saw many areas for improvement, and that she was anxious to get back to work.

"We're already excited about all of the form work we're going to be doing," Cain went on. "I mean, Alberto said to me going into this, he's like, 'Mary, you can win, you can come in 12th.' I came in tenth; that's not really halfway, but almost, I guess."

After the final, silver medalist Jenny Simpson, the 2011 world champion, came over to Cain and the two spoke briefly. Simpson said she really didn't know her young teammate, but was excited to have a chance to help her to succeed and continue to build on America's middle distance resurgence (23 American women broke 4:10 for 1500 m this year, the most of any nation).

"I went up to her and asked her how it went, and she spoke to me for a couple of seconds, and I told her to come find me afterwards," Simpson said. "You know, everyone keeps asking me about her... but I really don't know her at all." She continued: "I haven't really seen her much or gotten a chance to speak positively into her life. Now that it's over, I really would like to see her and just make myself available to her as a teammate."

Next year, Cain has a chance to win a global title on home soil. The IAAF World Junior Championships will be held next July in Eugene.

STATS TIME

The regular feature This Month in History (see below) highlights the 1993 World 100 km Championships, where Cornet Mathomane and Nick Bester finished third and fifth respectively. Both are still in the all-time top ten with those performances. Here is the list. Bruce Fordyce's time, run in searing heat in 1989, was a world record at the time and is still the Africa record.

100 KM: ALL-TIME TOP 10 S.A. MEN

6:25:07	Bruce Fordyce	Stellenbosch	04 Feb 89
6:26:58	Shaun Meiklejohn	Lake Saroma	26 Jun 94
6:31:14	Deon Holtzhausen	Stellenbosch	04 Feb 89
6:35:22	Philemon Mogashane	Stellenbosch	04 Feb 89
6:37:16	Livingstone Jabanga	Winschoten	16 Sep 95
6:38:54	Cornet Mathomane	Torhout	08 Aug 93
6:39:33	Russell Crawford	Winschoten	13 Sep 97
6:41:56	Nick Bester	Torhout	08 Aug 93
6:45:01	Johnny Halberstadt	Stellenbosch	04 Feb 89
6:45:43	Meschack Radebe	Stellenbosch	04 Feb 89

THIS MONTH IN HISTORY**20 years ago: 8 August 1993**

Konstantin Santalov (RUS) won the IAU World 100 km Championships in Torhout, Belgium, by exactly ten minutes over Peter Hermans (BEL), 6:26:26 to 6:36:26. South Africa's Cornet Mathomane, then almost 41, was third in 6:38:54, a South African veteran record that still stands. Also, after two decades Mathomane is still sixth on the SA all-time list. The women's race resulted in a narrow win for Carolyn Rowe (GBR) in 7:27:19 ahead of Valentina Shatyayeva (RUS), 7:27:39. Valentina Lyakhova (RUS) was third in 7:38:01. Other SA finishers were Nick Bester (5th), Lucas Matlala (10th), Jetman Msutu (13th), Pat Lithgow (7th), Sue Robertson (14th), and Frances van Blerk (17th).

SOUTH AFRICAN ROAD LIST LEADERS FOR 2013

This 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.

MENOpen

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	
25 km	58:41A	Bernard Koech (KEN)		04 May
	58:23	Zersenay Tadese (ERI) 2010		
	78:45	Lucky Mohale	Pretoria	
	73:34	Richard Kiprotich (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		06 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:34:30	Nkosinathi Madyo	Camps Bay	
	1:29:31	Yuki Kawauchi (JPN)		
Marathon	87:49**	Haile Gebrselassie (ETH) 2009		05 May
	2:08:32	Lusapho April	Hannover	
	2:04:45	Lelisa Desisa (ETH)		
100 km	2:03:38	Patrick Makau (KEN) 2011		
	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

30 km	76:49	Martin Mondragon (MEX) 1994		
	1:48:35	Graham Katzen	Camps Bay	06 Jan
Marathon	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
	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	36:17	Janene Carey	Hammarsdale	28 Jul
	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, Derrick Chamberlain, André Pienaar, SWD Athletics, André Gobey

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



Distance Running Results is supported by
Newton Running