

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

An athlete can scarcely ask for a better end to his season than Johan Cronje got in the Rieti 1500 metres yesterday. For the second time this year the SA record fell to this enormously talented Free Stater when he finished second behind Silas Kiplagat in 3:31.93 – a whopping 1.53 sec better than the 3:33.46 he ran earlier this year in Doha. The time puts him ninth on the world list for the year. It is the first time since 1987 that the SA 1500-metre record is broken twice in one year.

The new record came just seven days after Cronje had set a PB of 1:45.64 for 800 m in Berlin.

Foreigners dominated the extraordinarily rich Gauteng Marathon yesterday, but the best performance came from a South African. The national 1500 m and 5000 m champion, Mapaseka Makhanya, made a brilliant marathon debut to win in 2:37:06, a time beaten this year among South Africans only by Irvette van Zyl (2:31:26). In the accompanying half marathon René Kalmer showed she is fully recovered from the injury problems of the last few months by winning in her fastest time of the year, 1:14:43. Van Zyl, who leads the performance list in both the half marathon and marathon, was third.



Nomvuyisi Seti nears the finish line of the Medihelp Tekkie Challenge, with a charging Lindikhaya Mthangayi right behind her. The misty conditions are apparent in the photograph. [Jasper Coetzee]

Other excellent performances came from Butiki Jantjies, who won the veteran category in 2:33:47 (see note below with the results), 73-year-old Patrick Mafilika, who was second in the grandmaster category in the half marathon, and two DRR subscribers, Liz Ruickbie and Elaine Greenblatt, who were the first grandmasters in the marathon and half marathon respectively. Congratulations to both of them!

Of the 71 prizes won, no fewer than 26 (37%) went to foreigners. In the marathon only two of the top ten women were South Africans; among the top ten men there were just three locals.

Much further south, Kuils River in Cape Town hosted the only road race in South Africa that is run on a handicap basis, the 6th Medihelp Tekkie Challenge. This year the women started 6 min 30 sec ahead of the men and the handicap was almost perfect: Nomvuyisi Seti

finished two seconds ahead of Lindikhaya Mthangayi's course record of 30:01. It was the fourth time in the history of the race that a woman won; women's course record holder Zintle Xiniwe took the last two titles. Mthangayi regained the course record that was taken away from him last year by Lungile Gongqa.

In East London one of South Africa's oldest marathons, the Star Bakery Tony Viljoen Border Masters Marathon, was run for the 36th time and won by Sizakele Dayimani in 2:41:49 and 2011 winner Sandy de Beer in 3:21:28.

Hard work usually brings rewards, but some rewards are better than others. Last year President Yoweri Museveni of Uganda authorised the building of a new house for the parents of Olympic marathon winner Stephen Kiprotich, and after Kiprotich added the world title in Moscow last month the President has rewarded him with a house, a car and 10 million Ugandan shillings (about R39 000).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Gauteng Marathon & Half Marathon, Mogale City to Johannesburg (marathon) & Florida to Johannesburg (half marathon)
- * Spar Women's 10 km, Pietermaritzburg
- * Medihelp Tekkie Challenge 10 km, Kuils River
- * Canrad The Human Race "10 km", Port Elizabeth
- * Star Bakery Tony Viljoen Border Masters Marathon, East London
- * Spirit of Flight 10 km, Pretoria
- * George Herald Run with the Stars 10 km, George
- * Lentefees Half Marathon & 10 km, Riebeeck Kasteel
- * ArcelorMittal Saldanha Half Marathon & 10 km, Saldanha
- * Lipco Law for All Puffer & Tuffer Puffer, Cape Town

International highlights:

- * Grandma's Minnesota Mile, Duluth, USA
 - * Nike Budapest Half Marathon, Budapest, HUN
 - * Stratton Faxon New Haven Road Race 20 km, New Haven, USA
 - * Brabants Dagblad Ten Miles & 10 km of Tilburg, Tilburg, NED
 - * Semi-Marathon International de Lille Métropole, Lille, FRA
 - * Kärnten Läufer Halbmarathon, Klagenfurt, AUT
 - * XC: Arkansas Duals, Fayetteville, USA; Belmont Cross-country Opener, Nashville, USA
 - * Track: Rieti 2013, Rieti, ITA; Belgacom Memorial Van Damme, Brussels, BEL; Hanzekovic Memorial, Zagreb, CRO ISTAF, Berlin, GER; African Junior Championships, Bambous, MRI; Amsterdam Open & Flame Games, Amsterdam, NED; Gugl Games, Linz, AUT
 - * WMRA World Mountain Running Championships, Krynica-Zdroj, POL
-

ROAD RUNNING

Gauteng Marathon & Half Marathon (2nd)

Mogale City to Johannesburg (marathon) & Florida to Johannesburg (half marathon), 8 September

(Distances: 42.195 km & 21.1 km; point-to-point courses. Finishers: marathon – 969; half-marathon – 595.)

Note: The results received by DRR (compiled by ChampionChip) indicated the winner of the marathon, Shadrack Kemboi, as being 43 years old. He is in fact Shadrack Kipchirchir Kemboi, born on 19 February 1986, so he is only 27 years old (he was second in the Zurich Marathon in 2:11:11 last year). Apparently he did not receive the first veteran prize,

although the results indicate that he did, and DRR has amended the veteran results accordingly, with Butiki Jantjies being the winner. Of course, the age of the first "veteran" in the half marathon, Isaac Kipruto Kering, is also in doubt. According to DRR's information (and as we have stated before), he was born on 12 November 1981, so he is only 32 years old. It is unknown whether he produced an ID when he was entered, or to validate his age for the prizegiving. – Ed.

Marathon

MEN

1. Shadrack Kemboi (KEN/ME), 27, 2:14:02 (R250 000)
2. Benedict Moeng (Toy), 30, 2:16:33 (R125 000)
3. Michael Papi Mazibuko (Bon), 27, 2:17:06 (R65 000)
4. Joseph Keino (KEN/Toy), 35, 2:17:57 (R35 000)
5. Moeketsi Mosuhli (LES/MP), 32, 2:18:11 (R25 000)
6. Henry Kipkurui Kipsang (KEN/Toy), 24, 2:18:25 (R15 000)
7. Lebenya Nkoka (LES/MP), 30, 2:18:44 (R14 000)
8. Desmond Mokgobu (MP), 24, 2:19:08 (R13 000)
9. Tesfaye Demeke Diro (ETH/Toy), 32, 2:19:29 (R12 000)
10. David Nthiga Njagi (KEN/Toy), 33, 2:21:28 (R10 000)

Veterans: 1. Butiki Jantjies (MP), 43, 2:33:47 (R15 000); 2. Siphon Ncube (ZIM/Toy), 41, 2:37:55 (R10 000), 3. Elgin Mokale (Harm), 47, 2:38:43. **Masters:** 1. Patrick Chipoyi (ZIM/Global), 52, 2:42:33 (R15 000); 2. Stuart McColl (Turn2God), 53, 2:42:35 (R10 000); 3. Shaun Meiklejohn (Ned), 51, 2:48:56 (R5000) **G'masters:** 1. Jethro Thebe (ZIM/Global), 61, 3:11:53 (R15 000); Cornet Matomane (Ned), 60, 3:12:45 (R10 000); 3. Stephen Seema (SAPS), 61, 3:16:46 (R5000).

WOMEN (Same prize money as men)

1. Mapaseka Makhanya (Transnet), 28, 2:37:06
2. Mamorallo Tjoka (LES/Toy), 28, 2:38:46
3. Eunice Nyawira Muchiri (KEN/Toy), 20, 2:41:48
4. Meseret Mengistu Biru (ETH/Ned), 23, 2:42:06
5. Irene Cherop Loritareng (KEN/Bluff), 38, 2:43:16
6. Merima Hashim Dureso (ETH/Toy), 32, 2:46:25
7. Immaculate Chemutai (KEN/ME), 25, 2:46:47
8. Thabita Tsatsa (ZIM/MP), 40, 2:48:02
9. Jennifer Koech (KEN/Ned), 34, 2:53:17
10. Mpho Mabuza (Bon), 33, 2:53:40

Veterans: 1. Thabita Tsatsa (ZIM/MP), 40, 2:48:02; 2. Gladys Cheruiyot (KEN/Toy), 40, 3:27:26; 3. Paulina Mokoena (Toy), 45, 3:41:12. **Masters:** 1. Sandra Steenkamp (Irene), 52, 3:38:01; 2. Josie Leong (Disc), 50, 3:42:38; 3. Ansa Strydom (Over), 50, 3:47:13. **G'masters:** 1. Liz Ruickbie (Ned), 66, 3:56:25; Raisibe Sebate (RAC), 65, 5:06:08; 3. Jaconia Matabane (Midrand), 66, 5:11:45.

Half marathon

MEN

1. David Manja (Ned), 22, 1:04:58 (R10 000)
2. Motlokoa Nkhabutlane (LES/Toy), 28, 1:05:06 (R6500)
3. Thobane Chagwe (Boxer), 22, 1:05:12 (R5000)
4. Joel Mmone (Ned), 22, 1:05:23 (R4000)
5. Jeffrey Gwebu (Toy), 32, 1:05:28 (R3500)

Veterans: 1. Isaac Kipruto Kering (KEN/Toy), 41, 1:11:04 (R2000); 2. Peter Tadziripa (ZIM/MP), 40, 1:11:22 (R1500); 3. Mpho Kgaswane (Mamusa), 40, 1:15:23 (R1000). **Masters:** 1. Daniel Mothibe (NB), 51, 1:16:58 (R2000); 2. Linda Maphanga (Anglo), 50, 1:22:59 (R1500); 3. Ambrose Klassen (Jaguars), 52, 1:27:48 (R1000). **G'masters:** 1.

Cyril Vergie (Mercury), 61, 1:38:27 (R2000); 2. Patrick Mafilika (Ned), 73, 1:44:44 (R1500); 3. Johannes Khoele (JH), 63, 1:51:44 (R1000). **Juniors:** 1. Collins Mabu (Ned), 19, 1:12:35 (R2000); 2. Donald Meleane (Ned), 19, 1:13:15 (R1500); 3. Denkneh Soda Merame (ETH/Ned), 18, 1:15:33 (R1000).

WOMEN (Same prize money as men)

1. René Kalmer (Ned), 32, 1:14:43
2. Rutendo Nyahora (ZIM/Ned), 24, 1:16:33
3. Irvette van Zyl (Ned), 26, 1:17:06
4. Christine Kalmer (Ned), 27, 1:19:03
5. Constance Nyasango (ZIM), 23, 1:19:57

Veterans: 1. Catherine Naane (Sibanye), 47, 1:36:31; 2. Kebitsamang Lebone (Ukhozi), 42, 1:46:01; 3. Monica Reis (Roode), 48, 1:50:06. **Masters:** 1. Connie Blom (NB), 52, 1:44:45; 2. Natalie Sanders (Four), 54, 1:45:22; 3. Riëtte van der Merwe (Ned), 52, 1:48:24. **G'masters:** 1. Elaine Greenblatt (RAC), 64, 1:54:30; 2. Marilyn Moore (Midrand), 66, 2:13:04; 3. Deirdre Larkin (RH), 81, 2:16:54. **Juniors:** 1. Nobuhle Tshuma (Elim), 19, 1:26:17; 2. Frohiwot Tadesse Bifa (ETH/Ned), 19, 1:28:44.

Spar Women's 10 km

Pietermaritzburg, 8 September

1. Jenna Challenor (Boxer) 35:24 (R8000)
2. Poppy Mlambo (Boxer) 38:49 (R6000)
3. Makhosazane Mhlongo (Sav) 39:03 (R4000)
4. Keneilwe Sasing (UJ) 39:35 (R2000)
5. Slindile Chili (Chester) 40:18 (R1000)
6. Nomcebo Mthethwa (Umhl) 40:54
7. Amanda Bradshaw (CH) 41:10
8. Grace de Oliveira (Boxer) 42:56
9. Lindo Gabela (Muden) 44:40
10. Sarah Gray (CH) 44:53

Medihelp Tekkie Challenge 10 km (6th)

Kuils River, 7 September

(Certified loop course. Weather: Cold, with thick mist. Finishers: 1187.)

MEN

1	Lindikhaya	Mthangayi	Itheko	34	30:01	R1000
2	Duane	Fortuin	Bidvest	29	30:59	R500
3	Phumlani	Nxusani	Nedbank	23	31:11	R300
4	Avukile	Ntongana	Itheko	28	31:21	R200
5	Sityhilo	Diko	Nedbank	22	31:51	R100
6	Hein	Camphor	New Balance	29	31:53	
7	Sive	Ngube (1 st jun)	Nedbank Bol	19	32:06	
8	Anda	?	Hout Bay	27	32:09	
9	Dicardo	Jakobs	Nedbank Bol	27	32:18	
10	Akhona	Makila	VOB	22	32:20	

Veterans:

1	Graham	Katzen	Itheko	43	32:25	R400
2	Xolile	Macanda	Gugs	41	33:25	R300
3	Shawn	Abrahams	Itheko	43	35:01	R200

Masters:

1	Eric	Coetzee	CPUT	53	35:20	R400
2	Chris	Mitchell	Celtic	51	37:08	R300
3	Arnold	Geerdts	RAC	51	38:19	R200

G'masters:

1	Barry	Bester	Durbac	61	41:42	R400
2	William	Hendricks	Eersterivier	64	47:29	R300
3	Brian	Merryweather	Edgemead	60	47:43	R200

Juniors:

1	Sive	Ngube	Nedbank Bol	19	32:06	R350
2	Lukhanyo	Nobakada	VOB	16	32:25	R250
3	Babalo	Hambi	Itheko	19	33:21	R150

WOMEN (Same prize money as men)

1	Nomvuyisi	Seti	Itheko	32	36:29
2	Bulelwa	Simae	Nedbank	36	37:31
3	Ulrica	Stander	New Balance	38	37:44
4	Khanya	Mateyisi	Khayelitsha	20	39:00
5	Amy	Abrahams (1 st jun)	UWC	19	39:17
6	Anneline	Roffey	New Balance	32	39:33
7	Busisiwe	Gwala	VOB	16	39:53
8	Candyce	Hall	Nedbank	29	40:08
9	Sandra	Van Graan (1 st vet)	Edgemead	45	40:54
10	Chrissa	Van Rooyen	New Balance	36	41:05

Veterans:

1	Sandra	Van Graan	Edgemead	45	40:54
2	Sheryl	De Lange	New Balance	45	42:03
3	Ursula	Frans	Celtic	44	41:14

Masters:

1	Mariëtte	Strauss	Tygerberg	51	43:26
2	Cheryl	Rudolph	Easterns	52	44:52
3	Olga	Howard	Celtic	55	44:31

G'masters:

1	Helen	Du Plessis	Tygerberg	61	50:46
2	Ruth	Leverton	Pinelands	60	55:42
3	Pixie	Sparg	Celtic	68	51:42

Juniors:

1	Amy	Abrahams	UWC	19	39:17
2	Busisiwe	Gwala	VOB	16	39:53
3	Pamela	Mayikwa	VOB	17	41:52

Canrad The Human Race "10 km"

Port Elizabeth, 7 September

(Finishers: 190)

Note: The distance was only 9.2 km. – Ed.

MEN

1	Mkhuseli	Nyongo	Absa NMMU AC	27	28:55
2	Melikhaya	Frans	Nedbank RC EP	21	28:56
3	Sandile	Ngunuza	Nedbank RC EP	30	29:05
4	Tom	Lusaseni	Itheko AC	25	29:12
5	Eric	Sigxashe	Maxed Elite EP	34	29:57
6	Maxwell	Goodman (1 st vet)	Malabar AC	40	30:13
7	Sibusiso	Thu	Transnet Eng EP	25	30:39

8	Terrance	Mjekula	Warriors AC	40	30:48
9	Desmond	Zibi	Ikhamva AC	49	31:13
10	Melikhaya	Malinga	Motherwell AC	33	31:19
40-44:					
1	Maxwell	Goodman	Malabar AC	40	30:13
2	Terrance	Mjekula	Warriors AC	40	30:48
3	Alfred	Qogi	Nedbank RC EP	40	33:22
45-49:					
1	Desmond	Zibi	Ikhamva AC	49	31:13
2	Christopher	Mabengeza	Nedbank RC EP	47	32:12
3	Mutekile	Rasmeni	Maxed Elite EP	48	32:13
50-54:					
1	Michael	Bekapi	Maxed Elite EP	52	34:03
2	Kenneth	Menze	Nedbank RC EP	51	34:25
3	Alfred	Spiers	Elite AC	53	35:19
55-59:					
1	Charles	Baatjies	Gelvan AC	56	39:00
2	Sipho	Ncandana	Warriors AC	57	39:31
3	Christopher	Nyodi	Bluewater Bay	55	40:34
60-64:					
1	Reginald	Jacobs	Gelvan AC	61	52:04
2	Barry	Nelson	Legacy AC	62	52:40
65-69:					
1	Thembisile	Ntoni	PEAAC	65	47:04
2	Andre	Fourie	Elite AC	66	53:26
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	71	40:10
2	Robin	Clark	Achilles AAA	72	1:02:35
75-79:					
1	John	Peart	Nedbank RC EP	77	1:18:25
Juniors:					
1	Ntandazo	Mngceke	Youth 4 Change AC	19	35:23
2	Thobela	Dubela	Motherwell AC	17	37:43
WOMEN					
1	Ntombesintu	Mfunzi	Bonitas AC	31	34:25
2	Saskia	De Vries	NED	30	36:15
3	Jene	Banfield (1 st vet)	Run For Life EP	43	38:03
4	Ndileka	Mvakwendlu	Motherwell AC	22	39:55
5	Freedah	Ncube	Absa NMMU AC	31	40:17
6	Grizelda	Pietersen	Maxed Elite EP	44	41:18
7	Nonkululeko	Mbane	Motherwell AC	21	43:55
8	Priscilla	Maleiba	Gelvan AC	43	44:58
9	Jamie	Lodge	Temp	27	48:42
10	Ameera	Campbell	Nedbank RC EP	40	49:46
40-44:					
1	Jene	Banfield	Run For Life EP	43	38:03
2	Grizelda	Pietersen	Maxed Elite EP	44	41:18
3	Priscilla	Maleiba	Gelvan AC	43	44:58
45-49:					
1	Melanie	Gardiner	Run For Life EP	48	53:32
2	Eusentha	Pillay	Charlo AC	47	55:00
3	Jackie	Hay	Nedbank RC EP	48	1:00:49
50-54:					
1	Belinda	Bain	Temp	51	53:31

2	Wilna	Basson	Despatch AC	50	54:54
3	Maryka	Els	VW AC	53	55:24
55-59:					
1	Aden	Draghoender	Legacy AC	56	1:10:30
2	Rita	Vosloo	Muirite Striders	57	1:20:27
60-64:					
1	Minnie	Trimally	PEAAC	64	56:05
2	Annelie	Cruywagen	Walmer AC	60	1:23:22
65-69:					
1	Denise	Terblanche	Walmer AC	66	58:33
2	Angeline	Kivedo	Walmer AC	67	1:16:49
3	Debbie	Oelofse	Legacy AC	66	1:24:04
75-79:					
1	Dorothy	Hart	Charlo AC	75	1:11:07
Juniors:					
1	Taskeen	Reciet	VW AC	17	1:09:40

Star Bakery Tony Viljoen Border Masters Marathon (36th)

East London, 7 September

(Distance: 42.195 km; point-to-point downhill course on the Macleantown Road, finishing at the Beacon Bay Country Club. Finishers: 232.)

MEN

1. Sizakele Dayimani (Kowie) 2:41:49
2. Andries Retyu (QH) 2:47:50
3. Mzwandile Mbekeni 2:50:20

40-44: 1. Andries Retyu (QH) 2:47:50; 2. Bollie Jekana (Ned) 2:58:36; 3. Vaughan Emslie (Oxford) 3:05:02. **45-49:** 1. Hayden Wood (Oxford) 2:53:26; 2. Linda Poyo (Over) 2:59:28; 3. Jaap van Niekerk (Hams) 3:46:35. **50-54:** 1. Lizo Tomas (Cheetah) 2:54:14; 2. Mzoli Mpalala (Gijimas) 3:09:05; 3. Nkosana Mpolweni (Gijimas) 3:29:10. **55-59:** 1. Alan Taylor (Achilles) 2:58:51; 2. Thema Bhelwana (Oxford) 3:04:02; 3. Tony Dubber (OB) 4:09:16. **60-64:** 1. Graham Kumm (Oxford) 3:29:19; 2. Sam Damane (Oxford) 3:30:21; 3. Patrick Elson (Ind) 3:39:41. **75-79:** 1. Derry Devine (VOB) 4:53:59.

WOMEN

1. Sandy de Beer (SANDF KZN) 3:21:28
2. Hayley McLaren (LF) 3:28:33
3. Nokholo Hlezupundo (SANDF) 3:29:50

40-44: 1. Sandy de Beer (SANDF KZN) 3:21:28; 2. Mmampho Gogela (Gijimas) 4:26:06; 3. Pamela Mpanga (Gijimas) 4:27:25. **45-49:** 1. Margie Bentley (Oxford) 4:08:45; 2. Maryna Coetzee (Oxford) 4:16:52; 3. Charmaine Button (NMMU) 4:17:18. **50-54:** 1. Rosemary Joubert (Crusaders) 3:59:00; 2. Sharon Eldridge (OB) 4:09:03; 3. Katherine McGhee (Stella) 4:24:31. **55-59:** 1. Maureen Pitt (Oxford) 4:13:43. **60-64:** 1. Pamela Rasmussen (Queens) 3:51:00. **65-69:** 1. Paula Richardson (Buffs) 4:12:37; 2. Christana Fourie (Elite) 4:37:48.

Spirit of Flight 10 km

Pretoria, 7 September

(Loop course. Weather: pleasant, slight breeze.)

MEN

1. Mtetho Goxo (Gallop) 31:34 CR
2. Moses Dirane (Ind) 32:46

3. Michael Ruto (KEN/Toy) 33:01

Veterans: 1. Greg Barnes (Irene) 34:02; 2. Piet Mosebedi (Transnet) 35:12. **Masters:** 1. Sontaga Mabale (Break) 38:39; 2. Toni da Matta (BNAC) 38:49. **G'masters:** 1. Mike du Bruto (Irene) 39:44; 2. Johannes Setsedi (NB) 41:43. **G/g'masters:** 1. Patrick Mafilika (Ned) 48:30; 2. Danie Roux (Kempton) n/t. **Juniors:** 1. Henco Schoeman (Cent HS) 36:29.

WOMEN

1. Thambi Baloyi (TUT) 38:09; 2 Aurelia Ruto (KEN/Ned) 38:24; 3. Caroline Wostmann (Ned) 38:38.

Veterans: 1. Gillian Sieling (Ned) 40:52; 2. Mirriam Mooki (Transnet) 42:51. **Masters:** 1. Judy Bird (Break) 40:44; 2. Elsabe Brink (NB) 46:17. **G'masters:** 1. Lyn de Bruin (Irene) 50:35; 2. Penny Visser (Break) 56:05. **G/g'masters:** 1. Mavis Stadler (Agape) 62:56; 2. Mary Gevers (RWFL) 84:26. **Juniors:** 1. Jennifer Baker (Break) 47:13.

George Herald Run with the Stars 10 km

George, 6 September
(Loop course. Finishers: 265.)

Note: A quick time and big win here by Lloyd Bosman, and an even bigger win for Melissa van Rensburg. – Ed.

MEN

1	Lloyd Bosman	Nedbank	25	29:36
2	Gershwill Jacobs	Nedbank	22	30:08
3	Elfonzo Pieterse	Nedbank	24	31:20
4	Julius Korkee	Mossel Bay Harriers	29	32:56
5	Juan Pretorius	Knysna	31	34:42
6	Principal Fana	Mossel Bay Harriers	44	34:52
7	Melikhaya Msizi	Knysna	29	35:15
8	Archie Boome	Knysna	17	35:28
9	Tasko Msuthwaka	Sedgefield Striders	32	35:44
10	Elton Botha	Knysna	20	37:08

WOMEN

1	Melissa van Rensburg	Nedbank	31	39:06
2	Annatjie Botes	Nedbank	55	42:03
3	Alison Jordaan	Nedbank	47	42:16
4	Marcelle van Tonder	Nedbank	19	42:47
5	Debedine Pieterse	Nedbank	19	46:39
6	Maryke Sass	Petrosa RC	42	46:45
7	Marieke Coetzer	New Balance Eden	37	46:58
8	Charmaine Lamprecht	Nedbank	29	47:05
9	Elana Buckley	Nedbank	37	48:30
10	Elmien Nel	Nedbank	42	48:50

Lentefees Half Marathon & 10 km

Riebeeck Kasteel, 31 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 177; 10 km – 152.)

Note: These results included a number of errors which were corrected with help from Harold Berman. – Ed.

Half marathon

MEN

1	Dicardo	Jacobs	27	Nedbank	1:09:26
2	Luyanda	Qolo	21	EGA	1:09:31
3	Pieter	Koopman	38	Nedbank	1:10:05
4	Tsungai	Mwanengeni	39	ZIM/New Balance	1:14:53
5	Dawid	Gous	30	Swartland	1:15:49

WOMEN

1	Ursula	Frans	44	Celtic	1:28:15
2	Candice	Dawids	36	Harfield	1:31:26
3	Michelle	Dreyer	34	Nedbank	1:34:17
4	Jen	Keevey	28	Harfield	1:34:52
5	Hildegarde	Geldenhuys	34	Ind	1:36:57

10 km

MEN

1	Nkosinathi	Sotyantya	20	Itekho	32:02
2	William	Kaptein	21	Robertson	32:27
3	Sive	Ncgubo	19	Nedbank	32:38
4	Garith	Maarman	27	Swartland	32:51
5	Justin	Fritz	20	Ceres	32:59

WOMEN

1	Liezel	du Plooy	38	Ceres	42:17
2	Sheryl	de Lange	45	New Balance	43:48
3	Charmaine	Cupido	57	Nedbank	49:11
4	Franette	van der Walt	35	Ind	50:27
5	Protasia	Ndlovu		Gugs	51:01

ArcelorMittal Saldanha Half Marathon & 10 km

Saldanha, 31 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 180; 10 km – 111.)

Note: Bulelwa Simae finished 9th overall in the half marathon, and Sandra van Graan and Mariëtte Strauss 7th and 9th respectively in the 10 km – Ed.

Half marathon

MEN

1	Tom	Lusaseni		Iteko	26	1:12:58
2	Thandile	Joseph		Easterns Kraaifontein	19	1:20:05
3	Gidion	Khaphe		Saldanha	29	1:21:07
4	Richard	Bester		Salkoriane	19	1:21:26
5	Tholang	Moloi		Defence	44	1:21:46
6	Rofhiwa	Manwatha		Temp	26	1:22:19
7	Zolani	Ntsodo		Defence	50	1:22:22
8	Moos	Ruiters		Salkoriane	43	1:25:27
9	Pascal	Joseph		Easterns Kraaifontein	28	1:25:59
10	Belson	Malunga		Langebaan AC	29	1:26:08

WOMEN

1	Bulelwa	Simae	Nedbank	36	1:25:45
2	Bulelwa	Mtshagi	Celtic Harriers	33	1:34:10
3	Tanya	Posthumus-Fox	Century City	32	1:44:49
4	Ami	Williams	Temp	28	1:47:39
5	Sally	Stevens	Temp	36	1:49:17
6	Gerda	Henn	Wild Runner	33	1:51:25
7	Megan	Goliath	Brackenfell	37	1:54:29
8	Nathalie	Cloete	Plexus Durban	44	1:57:17
9	Janine	Van Zyl	Atlantic AC	40	1:57:24
10	Tania	Bodenstein	Langebaan Strandlopers	37	1:59:55

10 km

MEN

1	Willem	Swanepoel	New Balance	28	37:06
2	Geraldo	Koopman	Temp	18	37:37
3	Jemaine	Adams	Salkorane	17	38:57
4	Thembaletu	Mcorshie	Salkorane	18	39:30
5	Brendon	Peters	Salkorane	15	40:16
6	Marchel	Arend	Salkorane	17	41:36
7	Ishmael	Mokhele	Temp	29	42:45
8	Danie	Bruwer	New Balance	33	43:05
9	Keithwin	Fortuin	Temp	16	44:14
10	James	Loubser	Temp	14	44:15

WOMEN

1	Sandra	Van Graan	Edgemead	45	42:15
2	Mariëtte	Strauss	Tygerberg	51	42:48
3	Azel	Boois	Salkorane	17	46:34
4	Catherine	Murray	Salkorane	15	53:21
5	Karina	Stowik	Langebaan Strandlopers	44	53:30
6	Antoinette	Williams	Temp	41	58:37
7	Marjuri	Boshoff	Temp	50	59:26
8	Estelle	Human	Temp	21	59:29
9	Benita	De Klerk Claassens	Temp	55	60:03
10	Alta	Walters	Temp	50	60:03

Lipco Law for All Puffer & Tuffer Puffer

Cape Town, 24 August

(Distances: 80 km – point to point, and 160 km – out and back. Partly on tar, but mostly on mountain tracks and trails. Finishers: 119 & 16.)

Note: Charmain Salvage finished sixth overall in the Puffer; while Vanessa Fisher and Martha Pretorius (the only two women in the field) were third and sixth respectively in the Tuffer Puffer. – Ed.

Puffer

MEN

1. Paul Brittain (Celtic) 7:59:30
2. Richard Thomason (VOB) 8:29:48
3. Luke Powers (Chappies) 8:56:50

WOMEN

1. Charmain Salvage (FH) 9:02:39
2. Ingrid Peens (ATC) 9:38:24

3. Caroline Balkwill (AAC) 9:43:18

Tuffer Puffer

MEN

1. André Gie (SACS OB) 18:18:55
2. Brett Wood (ATC) 23:46:45
3. Willie Coetzee (WC) 25:44:10

WOMEN

1. Vanessa Fisher (Mates) 25:38:21
2. Martha Pretorius (SANDF) 29:14:51

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

Grandma's Minnesota Mile (7th)

Duluth, USA, 8 September

(Distance: 1 mile; point-to-point course with 0.6 m/km elevation loss)

MEN

- | | | | |
|--|--------|------|--------|
| 1. Ben Blankenship, 24, Stillwater, MN | 3:52.7 | CR* | \$3000 |
| 2. Craig Miller, 26, Boulder, CO | 3:53.1 | 2000 | |
| 3. Jack Bolas, 25, Greenville, SC | 3:54 | 1500 | |

WOMEN

- | | | | |
|---|--------|------|--------|
| 1. Gabriele Anderson, 27, Minneapolis, MN | 4:21.3 | CR* | \$3000 |
| 2. Heather Kampf, 26, Minneapolis, MN | 4:27.1 | 2000 | |
| 3. Sara Vaughn, 27, Centennial, CO | 4:39 | 1500 | |

Nike Budapest Half Marathon (28th)

Budapest, HUN, 7 September

(Distance: 21.1 km)

MEN

1. Henry Kemboi, 1981, KEN, 1:05:53
2. Tamás Kovács, 1983, HUN, 1:06:08
3. Adrian Lehmann, 1989, SUI, 1:06:10

WOMEN

1. Krisztina Papp, 1982, HUN, 1:12:32
2. Zsófia Erdélyi, 1987, HUN, 1:14:01 PB
3. Gladys Jepkurui Biwott, 1985, KEN, 1:15:05
4. Simona Staicu, 1971, HUN, 1:16:51

Stratton Faxon New Haven Road Race 20 km (36th)

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

New Haven, USA, 2 September

(Certified loop course [slight course changes from last year due to road construction])

MEN (gun times)

- | | | |
|---|---------|--------|
| 1. Matt Tegenkamp, 31, Portland, OR | 1:00:10 | \$9000 |
| 2. Shadrack Biwott, 28, Eugene, OR | 1:00:20 | 5000 |
| 3. Abdi Abdirahman, 34, Tucson, AZ | 1:00:21 | 2500 |
| 4. Josphat Boit, 30, Mammoth Lakes, CA | 1:01:17 | 1500 |
| 5. Joseph Chirlee, 33, Fort Sam Houston, TX | 1:01:22 | 1000 |

WOMEN (gun times)

- | | | |
|---|---------|-----------|
| 1. Meghan Peyton, 27, Minneapolis, MN | 1:09:57 | PB \$9000 |
| 2. Mattie Suver, 25, Colorado Springs, CO | 1:10:25 | PB 5000 |
| 3. Caitlin Comfort, 23, Madison, WI | 1:10:43 | PB 2500 |
| 4. Katie DiCamillo, 26, Providence, RI | 1:10:51 | PB 1500 |
| 5. Wendy Thomas, 34, Windsor, CO | 1:10:52 | 1000 |

Brabants Dagblad Ten Miles (26th) & 10 km of Tilburg (21st)

Tilburg, NED, 1 September

(Distances: 10 miles [men] and 10 km [women])

MEN (gun times)

- | | |
|-----------------------------|-------|
| 1. Tsegay Tuemay, 1995, ERI | 46:06 |
| 2. Vincent Yator, KEN | 46:18 |
| 3. Wilson Chebet, KEN | 46:26 |
| 4. Peter Kamais, KEN | 46:33 |
| 5. Stephen Kiplagat, KEN | 46:39 |

WOMEN-ONLY 10 km (gun times)

- | | | |
|----------------------------|-------|-------|
| 1. Tirunesh Dibaba, ETH | 30:30 | PB/CR |
| 2. Esther Chemtai, KEN | 32:06 | |
| 3. Genet Yalew, ETH | 32:09 | |
| 4. Tabitha Gichia, KEN | 32:47 | |
| 5. Jackline Chepngeno, KEN | 33:45 | |

Semi-Marathon International de Lille Métropole (28th)

Lille, FRA, 1 September

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|------------------------------|---------|-------|
| 1. Vincent Kipruto, KEN | 1:00:39 | €2500 |
| 2. Philemon Rono Cherop, KEN | 1:00:39 | 2000 |
| 3. Assefa Habbitamu, ETH | 1:01:05 | 1500 |
| 4. Atsedu Tsegay, ETH | 1:01:31 | 1000 |
| 5. Abraham Cheroben, KEN | 1:01:32 | 750 |

WOMEN (gun times)

- | | | |
|-------------------------|---------|-------|
| 1. Diane Chepkemai, KEN | 1:10:14 | €2500 |
| 2. Yukiko Akaba, JPN | 1:10:24 | 1500 |
| 3. Monica Jepkoech, KEN | 1:10:40 | 1000 |
| 4. Rei Ohara, JPN | 1:11:24 | 750 |
| 5. Fatuma Sado, ETH | 1:12:36 | 500 |

Kärnten Läufer Halbmarathon (12th)

Klagenfurt, AUT, 18 August
(Distance: 21.1 km)

MEN (gun times)

1. Eliud Kipchoge, 1984, KEN, 1:01:02
2. Victor Kipchirchir, 1987, KEN, 1:02:03
3. Joseph Kiprono Kiptum, 1987, KEN, 1:02:25
4. Robert Langat, 1988, KEN, 1:02:36
5. Daniel Kinyua Wanjiru, 1992, KEN, 1:04:26

WOMEN

1. Florence Kiplagat, 1987, KEN, 1:10:06
2. Agnes Mutune, 1986, KEN, 1:11:11
3. Joyce Kiplimo, 1988, KEN, 1:12:58
4. Lucy Wambui Murigi, 1985, KEN, 1:16:52
5. Veronica Njeri Maina, 1989, KEN, 1:17:05

CROSS-COUNTRY**Arkansas Duals**

Fayetteville, USA, 6 September

MEN (6.6 km)

1. Stanley Kebenei, Arkansas (KEN) 20:08.8
2. Kemoy Campbell, Arkansas (JAM) 20:09.6
3. Eric Schott, Missouri Southern 20:15.3

WOMEN (4 km) -

1. Stephanie Brown, Arkansas 13:39
2. Dominique Scott, Arkansas (RSA) 13:39
3. Diane Robison, Arkansas 13:41

Belmont Cross-country Opener

Nashville, USA, 30 August

MEN (5 km)

1. Peter Okwera, Tennessee (UGA) 15:41.85
2. Matt Miller, Belmont 15:42.63
3. Connor Kamm, Nashville Harriers 15:47.37
- ... 5. David Mokone, Western Kentucky (RSA) 15:57.02

TRACK**Rieti 2013** (43rd)

(IAAF World Challenge)
Rieti, ITA, 8 September

MEN

800:

1. MUSAEB ABDULRAHMAN BALLA, QAT 1:43.93 NR
2. Edwin Kiplagat Melly, KEN 1:44.49
3. Brandon Johnson, USA 1:44.55

- | | |
|----------------------|------------|
| 4. Mark English, IRL | 1:44.89 |
| 5. Tamás Kazi, HUN | 1:45.37 NR |

1500:

- | | |
|----------------------------|------------|
| 1. Silas Kiplagat, KEN | 3:30.13 |
| 2. Johan Cronje, RSA | 3:31.93 NR |
| 3. Mohamed Moustououi, MAR | 3:32.08 |
| 4. Nick Willis, NZL | 3:32.57 |
| 5. Augustine Choge, KEN | 3:33.21 |
| ... 13. Leo Manzano, USA | 3:48.83 |

3000:

- | | |
|-----------------------------|------------|
| 1. Edwin Soi, KEN | 7:36.53 |
| 2. Ben True, USA | 7:36.59 PB |
| 3. Cyrus Rutto, KEN | 7:37.57 PB |
| 4. Caleb Ndiku, KEN | 7:38.32 |
| 5. Andrew Bumbalough, USA | 7:40.04 |
| 6. Ben St. Lawrence, AUS | 7:40.48 PB |
| 7. Henrik Ingebrigtsen, NOR | 7:42.19 PB |
| 8. Garrett Heath, USA | 7:46.31 |
| 9. Thomas Longosiwa, KEN | 7:48.50 |
| 10. Sindre Buraas, NOR | 7:54.16 |
| 11. Collis Birmingham, AUS | 7:57.54 |

WOMEN

800:

- | | |
|-------------------------|------------|
| 1. Caster Semenya, RSA | 1:58.92 |
| 2. Nelly Jepkosgei, KEN | 1:59.40 PB |
| 3. Nataliia Lupu, UKR | 1:59.52 |
| 4. Hannah England, GBR | 2:00.39 |
| 5. Zoe Buckman, AUS | 2:00.93 PB |

3000:

- | | |
|-----------------------------|----------------|
| 1. Mercy Cherono, KEN | 8:35.97 |
| 2. Sylvia Kibet, KEN | 8:37.47 PB |
| 3. Agnes Tirop, KEN | 8:39.13 WJL/PB |
| 4. Susan Kuijken, NED | 8:39.65 PB |
| 5. Emily Infeld, USA | 8:41.43 PB |
| ... 8. Eilish McColgan, GBR | 8:47.79 PB |

Belgacom Memorial Van Damme

(Final stop of 2013 IAAF Diamond League)

Brussels, BEL, 6 September

MEN

800 (DL):

- | | |
|-----------------------------------|---------------------------------|
| 1. Mohammed Aman, ETH | 1:42.37 WL/NR/NJR + \$40,000 DL |
| 2. Nick Symmonds, USA | 1:43.03 |
| 3. Ferguson Rotich Cheruiyot, KEN | 1:43.22 PB |
| 4. Marcin Lewandowski, POL | 1:43.83 |
| 5. Duane Solomon, USA | 1:44.36 |
| 6. Ayanleh Souleiman, DJI | 1:44.50 |
| 7. Timothy Kitum, KEN | 1:45.27 |
| 8. Andrew Osagie, GBR | 1:45.34 |
| 9. Abdulaziz Ladan Mohammed, KSA | 1:46.76 |

800 Race B:

1. Brandon Johnson, USA, 1:45.45
2. Johan Cronje, RSA, 1:45.85
3. Paul Robinson, IRL, 1:46.06

5000 (DL):

1. Yenew Alamirew, ETH, 12:58.75 + \$40,000 DL
2. Bernard Lagat, USA, 12:58.99
3. Hagos Gebrhiwet, ETH, 12:59.33
4. Edwin Soi, KEN, 13:01.00
5. Galen Rupp, USA, 13:01.37
6. Thomas Longosiwa, KEN, 13:01.74
7. Albert Rop, KEN, 13:02.31
8. Evan Jager, USA, 13:02.40
9. Isiah Koech, KEN, 13:03.98
10. Muktar Edris, ETH, 13:06.44
11. Chris Derrick, USA, 13:08.04
12. Ben St. Lawrence, AUS, 13:23.87
13. Dame Tasama, ETH, 13:33.05
14. Abdelhadi El Hachimi, BEL, 13:34.95
15. Ryan Hill, USA, 13:43.14
16. Collis Birmingham, AUS, 13:44.27
- Bob Tahri, FRA, DNF

WOMEN

1000:

1. Nelly Jepkosgei, KEN, 2:35.43
2. Winny Chebet, KEN, 2:35.73
3. Yekaterina Kupina, RUS, 2:36.45
4. Morgan Uceny, USA, 2:37.61
5. Laura Weightman, GBR, 2:38.49
6. Kate Van Buskirk, CAN, 2:38.68
7. Danuta Urbanik, POL, 2:38.71
8. Roseanne Galligan, IRL, 2:38.76
9. Katarzyna Broniatowska, POL, 2:38.83
10. Yvonne Hak, NED, 2:41.30
11. Janet Achola, UGA, 2:43.51
12. Ajee' Wilson, USA, 2:44.05

1500 (DL):

1. Abeba Aregawi, SWE, 4:05.41 + \$40,000 DL
2. Mercy Cheronu, KEN, 4:05.82
3. Hellen Obiri, KEN, 4:06.92
4. Shannon Rowbury, USA, 4:07.05
5. Hannah England, GBR, 4:08.31
6. Viola Kibiwot, KEN, 4:08.62
7. Ekaterina Sharmina, RUS, 4:08.96
8. Siham Hilali, MAR, 4:09.04
9. Sifan Hassan, NED, 4:10.54
10. Jenny Simpson, USA, 4:10.70 (fell)
11. Susan Kuijken, NED, 4:11.33 (hurdled another athlete)
12. Gabriele Anderson, USA, 4:16.20 (fell)
13. Almensh Belete, BEL, 4:17.18 (caught up in crsh)
- Renata Plis, POL, DNF (fell)
- Zoe Buckman, AUS, DNF (fell)

3000 s/chase (DL):

1. Milcah Chemos Cheywa, KEN, 9:15.06 + \$40,000 DL
2. Sofia Assefa, ETH, 9:15.26
3. Hiwot Ayalew, ETH, 9:15.85
4. Lidya Chepkurui, KEN, 9:21.94
5. Purity Cherotich Kirui, KEN, 9:24.42
6. Etenesh Diro, ETH, 9:28.96
7. Gladys Jerotich Kipkemoi, KEN, 9:36.66
8. Eilish McColgan, GBR, 9:39.79
9. Birtukan Adamu, ETH, 9:43.22
10. Valentyna Zhudina, UKR, 9:47.94
11. Helen Hofstede, NED, 9:55.07
12. Virginia Nyambura, KEN, 9:58.08
- Svitlana Shmidt, UKR, DNF
- Fancy Cherotich, KEN, DNF

Hanzekovic Memorial (63rd)

(IAAF World Challenge)

Zagreb, CRO, 3 September

WOMEN

800:

- | | |
|-------------------------------|------------|
| 1. Ekaterina Poistogova, RUS | 1:59.03 |
| 2. Winny Chebet, KEN | 1:59.30 PB |
| 3. Elena Kotulskaya, RUS | 1:59.78 |
| 4. Angelika Cichocka, POL | 2:00.60 |
| 5. Caster Semenya, RSA | 2:00.74 |
| ... 8. Shannon Rowbury, USA | 2:02.64 |

ISTAF (71st)

(IAAF World Challenge)

Berlin, GER, 1 September

MEN

800:

- | | |
|-----------------------------|------------|
| 1. Mohammed Aman, ETH | 1:43.97 |
| 2. Duane Solomon, USA | 1:44.94 |
| 3. Brandon Johnson, USA | 1:45.12 |
| 4. Anthony Chemut, KEN | 1:45.21 |
| 5. Timothy Kitum, KEN | 1:45.38 |
| 6. Adam Kszczot, POL | 1:45.54 |
| 7. Johan Cronje, RSA | 1:45.64 PB |

1500:

- | | |
|-----------------------------------|---------|
| 1. Ilham Tanui Özbilen, TUR | 3:35.58 |
| 2. James Kiplagat Magut, KEN | 3:36.29 |
| 3. Homiyu Tesfaye, GER | 3:36.62 |
| 4. Geoffrey Barusei, KEN | 3:37.05 |
| 5. Caleb Ndiku, KEN | 3:37.17 |
| 6. Bernard Lagat, USA | 3:37.62 |
| ... 14. Leo Manzano, USA | 3:42.04 |
| 15. Daniel Kipchirchir Komen, KEN | 3:42.87 |

3000 s/chase:

- | | |
|------------------------------|---------|
| 1. Hillary Kipsang Yego, KEN | 8:08.84 |
|------------------------------|---------|

2. Paul Kipsiele Koech, KEN 8:09.31
 3. Jairus Kipchoge Birech, KEN 8:11.00
 4. Brimin Kiprop Kipruto, KEN 8:16.51
 5. Gilbert Kiplangat Kirui, KEN 8:17.73
- DNF-- Ezekiel Kemboi, KEN

WOMEN

1500:

1. Ekaterina Sharmina, RUS 4:10.47
2. Hannah England, GBR 4:10.80
3. Eunice Sum, KEN 4:10.81
4. Gabriele Anderson, USA 4:11.15
5. Hiwot Ayalew, ETH 4:11.16 PB
6. Viola Kibiwot, KEN 4:11.40
7. Renata Plis, POL 4:11.85
8. Morgan Uceny, USA 4:12.33
- ... 10. Eilish McColgan, GBR 4:13.25
11. Siham Hilali, MAR 4:13.44
- ... 14. Nancy Jebet Langat, KEN 4:14.86

African Junior Championships (11th)

Bambous, MRI, 29 August – 1 September

MEN

800 (01):

1. Kahsay Adhana BERKE, ETH 1:46.94 Gold
2. Jonathan KITILIT, KEN 1:48.03 Silver
3. Nader BENHABEL, MAR 1:48.49 Bronze
4. Alberto MAMBA, MOZ 1:49.29
5. Moses BETT, KEN 1:49.71

Prelims (31):

Heat 1:

1. Berke Kahsay ADHANA, ETH 1:51.48
2. Moses BETT, KEN 1:51.92
3. Alberto MAMBA, MOZ 1:52.52
- ... 6. Duran Franco FARO, RSA 1:56.41

1500 (30):

1. Mathew KIPTANUI, KEN 3:39.91 Gold
2. John MAINA, KEN 3:42.31 Silver
3. Chalachew Shemeles AGAFARI, ETH 3:42.45 Bronze
4. Aman Kadi BULLI, ETH 3:42.70
5. Abrham Tsegay TEFAMARIAM, ERI 3:43.97

5000 (01):

1. Moses MUKONO, KEN 13:54.36 Gold
2. Abdallah Kibet MANDE, UGA 13:55.10 Silver
3. Martin Moses KURONG, UGA 13:56.39 Bronze
4. Benard KIPKEMBOI, KEN 14:10.08
5. Habtom Welday WELDEAFAEL, ERI 14:19.68

10000 (30):

1. Martin Moses KURONG, UGA 28:31.80 Gold
2. Elvis CHEBOI, KEN 28:36.28 Silver
3. Josephat KIPROP, KEN 28:37.09 Bronze

4. Abdallah Kibet MANDE, UGA 28:40.00
5. Felicien MUHITIRA, RWA 29:31.55

3000 s/chase (29):

1. Festus KIPRONO, KEN 8:38.99
2. Zewdu Molla WORKIE, ETH 8:51.73
3. Gigsu Tolosa NURGI, ETH 8:55.38
4. Berhane Manuel HABTEGEBRJEL, ERI9:15.65

WOMEN

800 (30):

1. Alem GEREZIHAR GEBREMARIAM, ETH 2:03.78 Gold
2. Agatha Jeruto KIMASWAI, KEN 2:04.91 Silver
3. Tigest ASSEFA TESSEMA, ETH 2:05.65 Bronze
4. Halima NAKAAYI, UGA 2:06.59
5. Abike EGBENIYI, NGR 2:09.81

1500 (01):

1. Dawit BIRATU SEYAUM, ETH 4:09.00 Gold
2. Tigist BELAY GASHAW, ETH 4:12.38 Silver
3. Sheila CHEPNEGETICH, KEN 4:13.15 Bronze
4. Aminat OLO WORA, NGR 4:38.99
5. Mary Joy MUDYIRA, ZIM 4:39.83

3000 (29):

1. Haftamnesh TEFAY HAYLU, ETH 9:32.33
2. Sheila CHENGETICH KETER, KEN 9:32.97
3. Roman GIDEY BERHE, ETH 9:36.41
4. Gachunga Miriam MUTHONI, KEN 9:49.58
5. Aminat OLOWORA, NGR 10:31.91

5000 (31):

1. Sora Ruti AGA, ETH 16:00.98
2. Lina CHERUTO, KEN 16:04.34
3. Ranata Alemitu HEROYE, ETH 16:08.85
4. Gachunga Miriam MUTHONI, KEN 16:37.42

3000 s/chase (01):

1. Weynshet Ansa WELDET SADIK, ETH 9:59.46
2. Marion Jepkonga KIBOR, KEN 10:02.46
3. Lina CHERUTO, KEN 10:03.74
4. Yeabsira Bitew ABERA, ETH 10:35.00
5. Fawde Sidi MADAME, MAR 10:53.87

Amsterdam Open & Flame Games (1st)

Amsterdam, NED, 31 August

WOMEN

800 Flame:

1. Nataliya LUPU, UKR, 2:00.91
2. Yelena KOTULSKAIA, RUS, 2:01.00
3. Margarita MUKASHEVA, KAZ, 2:01.54
- ... 8. Caster SEMENYA, RSA, 2:04.48

2000 Flame:

1. Susan KUIJKEN, NED, 5:38.37 NR

2. Mimi BELETE, BRN, 5:38.53 PB
3. Zoe BUCKMAN, AUS, 5:39.17 PB

Gugl Games

Linz, AUT, 26 August

MEN

1000 Race A:

1. Paul Robinson, IRL, 2:18.29 PB
2. Andrew Wheating, USA, 2:18.36
3. Benson Seurei, BRN, 2:18.45

3000:

1. Bernard Lagat, USA 7:46.39
2. Will Leer, USA, 7:46.69 PB
3. Ben St. Lawrence, AUS, 7:47.16
4. Daniel Kipchirchir Komen, KEN, 7:49.46
5. Collis Birmingham, AUS, 7:49.63

WOMEN

1000:

1. Malika Akkai, MAR, 2:39.86 PB
2. Morgan Uceny, USA, 2:41.49 PB
3. Charlene Thomas, GBR, 2:42.30 PB

ULTRA/MOUNTAIN RUNNING

WMRA World Mountain Running Championships (29th)

Jaworzyna Mountain, Krynica-Zdroj, POL, 8 September

(Distances: See below [starting point about 1100 above sea level])

SR. MEN (13560 m, first 2.75 km downhill, then uphill to 4.75 km, downhill to 7.3 km, uphill to 9.25 km, downhill to 11.7 km, uphill to finish; -828 m/+838 m)

Teams (score top 4 athletes per team): 1. UGA, 10 points; 2. ITA, 40; 3. TUR, 82; 4. USA, 88; 5. FRA, 107.

Individual finishers:

1. Philip KIPLIMO, UGA, 1991 54:22 Gold
2. Geoffrey KUSURO, UGA, 1989, 55:06 Silver
3. Nathan AYEKO, UGA, 1993 55:19 Bronze

SR. WOMEN (9080 m, first 2.8 km downhill, then uphill to 4.75 km, downhill to 7.3 km, then uphill to finish; -551 m/+561 m):

Teams (score top-3 athletes): 1. ITA, 11 points; 2. GBR, 22; 3. IRL, 51; 4. TUR, 66; 5. USA, 72

Individual finishers:

1. Alice GAGGI, ITA, 1987 42:47 Gold
 2. Emma CLAYTON, GBR, 1988 43:12 Silver
 3. Elisa DESCO, ITA, 1982 43:32 Bronze
-

NEWS

S.A. HALF MARATHON COMBINES WITH LEGENDS RACE

Athletics South Africa and Overtakers Sports Club will combine to host the SA Half-marathon Championships and the Legends Marathon (68 km) in East London on 21 September. The national title race will be incorporated in the Legends Half Marathon.

Unlike the last few years, the SA Half Marathon will be open to all runners, and all South Africans, whether entered in a provincial team or as individuals, will be eligible for the national medals.

The ultramarathon is open to individuals and relay teams of four members.

The national half-marathon race will be used to select the SA team for the World Half Marathon in Copenhagen on 24 March 2014.

MAKAU AND KIPSANG WILL CLASH IN BERLIN

Organizers of the BMW Berlin Marathon have announced their elite athlete fields for the race's 40th running, headlined by world record holder Patrick Makau and Olympic bronze medallist Wilson Kipsang, both of Kenya, reports *Race Results Weekly*. The race, to be run on Sunday, 29 September, will kick off the fall World Marathon Majors season.

Known for its fast, flat course, the BMW Berlin Marathon could see both Makau and Kipsang make a run at the world record of 2:03:38, set by Makau at the 2011 edition of the race. Kipsang enters the contest with a 2:03:42 personal best from the BMW Frankfurt Marathon in 2011, the second fastest marathon ever run on a record-eligible course only behind Makau.

In the last two years, Makau and Kipsang have met twice at the marathon distance, both at the Virgin London Marathon. In 2013, Kipsang took fifth in 2:07:47 while Makau finished well back in eleventh, 2:14:10. A year prior, Kipsang won the event in 2:04:44 as Makau failed to finish, dropping out at about 10 miles.

Since his world record run in September 2011, Makau has had a tumultuous experience with the distance. After dropping out of London in April 2012, he was subsequently not chosen to represent Kenya at the London Olympic Marathon, yet came back strong to win the 2012 BMW Frankfurt Marathon in a time of 2:06:08. The eleventh place showing at the Virgin London Marathon has been his lone marathon of 2013.

Kipsang, on the other hand, has performed well at the distance, taking wins in London and Honolulu in 2012 (he had planned to run the ING NYC Marathon, but the race was cancelled due to Superstorm Sandy). In 2012 at the London Olympic Marathon, he earned a bronze medal behind Uganda's Stephen Kiprotich and fellow Kenyan Abel Kirui.

Among the other entrants expected to challenge Makau and Kipsang are two-time Olympic medallist Eliud Kipchoge of Kenya, 2006 and 2008 ING New York City Marathon champion Marilson Gomes dos Santos of Brazil, and 21-year-old Kenyan Geoffrey Kiptanui of Kenya.

Race organizers also announced that each of the seven world record holders who have set their marks at the event will return to the German capital for the 40th anniversary run. Among the four men represented are Haile Gebrselassie (2007 and 2008), Ronaldo da Costa (1998), Paul Tergat (2003), and Makau (2011). In total, the men's world record has been set on the Berlin course five times.

The women's field boasts a strong list of elite athletes, led by past champions Florence Kiplagat of Kenya and Irina



Patrick Makau on his way to his world record in Berlin in 2011. [PhotoRun, courtesy of the BMW Berlin Marathon]

Mikitenko of Germany. Kiplagat is the 2011 champion, while Mikitenko stands as the German marathon record holder and 2008 winner. Sharon Cherop, the 2012 Boston Marathon champion, Georgina Rono, and Helah Kiprop complete a strong Kenyan contingent. American Olympian Desiree Davila, Sweden's Isabellah Andersson, and Japan's Remi Nakazato and Eri Hayakawa will also compete.

Christa Vahlensieck, Tegla Loroupe and Naoko Takahashi will represent the women's world record holders at the event.

JOSIAH JOINS ELANA AT ENDUROCAD

Josiah Thugwane, South Africa's second Olympic marathon gold medallist, has joined Elana Meyer's Endurocad programme as a Sporting Legend. Thugwane, who could not read or write, or speak English, when he started to make a name for himself on the roads, won the marathon in Atlanta in 2:12:36. He has completed 36 marathons during his career.

Thugwane's victory in Atlanta over Lee Bong-ju completed a story of triumph against overwhelming odds. "I won the medal for all the people of South Africa and especially for my President, Nelson Mandela, who made it possible for us to be part of the international community," Thugwane said after his Olympic win.

Endurocad's aim is to identify, nurture, train and celebrate the success of South Africa's young talented athletes and help them focus on their goals, make a living through their talent and build a brand and business for life after sport.

STATS TIME

DEFAR VS DIBABA OVER 5000 METRES

One of the highlights of the distance running year so far was the exciting duel between Meseret Defar and Tirunesh Dibaba at Zürich's Diamond League Weltklasse Meeting. The two were denied a meeting at the World Championships by the Ethiopian federation, but – as *eTrack Newsletter* put it – "Zürich was able to put enough money on the table to make the eagerly anticipated head-to-head happen. How much? No one was saying. 'But it was a lot of money, it cost us a lot,' admitted meet director Patrick Magyar. He was rewarded with possibly the best race of the night, featuring a climactic last 1K."

Mirko Jalava's excellent Finnish website Tilastopaja provides details of the pair's 26 clashes over 5000 m, with Defar now leading 15-11. Here is the list

Date	Venue	Meeting	Defar	Dibaba
21.7.02	Kingston	W.Juniors	1 15:54.94	2 15:55.99
25.1.03	Boston (i)		1 15:36.69	2 15:40.68
10.5.03	Addis Ababa	ETH Ch (A)	2 16:17.5	1 16:01.5
17.5.03	Gresham OR		1 14:59.88	2 15:01.44
27.6.03	Oslo	Bislett	4 14:43.46	3 14:39.94
11.7.03	Rome	G.Gala	1 14:40.34	4 14:41.97
11.10.03	Abuja	African G	1 16:42.0	4 16:43.40
30.10.03	Hyderabad	AfroAsian G	1 15:47.69	2 15:48.21
31.1.04	Boston (i)		1 14:53.14	2 14:53.99
11.6.04	Bergen	GL	6 14:58.79	2 14:30.88
2.7.04	Rome	G.Gala	3 14:44.81	4 14:47.43
23.8.04	Athens	OG	1 14:45.65	3 14:51.83
8.7.05	Rome	G.Gala	3 14:32.90	1 14:32.57
13.8.05	Helsinki	World Ch	2 14:39.54	1 14:38.59
9.9.05	Monaco	WAF	1 14:45.87	2 14:46.84
8.7.06	Saint-Denis	GL	2 14:54.30	1 14:54.24
14.7.06	Rome	G.Gala	2 14:53.51	1 14:52.37
10.8.06	Bambous	African Ch	1 15:56.00	2 15:56.04

25.8.06	Brussels	V.Damme	2	14:33.78	1	14:30.63
3.9.06	Berlin	ISTAF	1	15:02.51	2	15:02.87
9.9.06	Stuttgart	WAF	2	16:04.78	1	16:04.77
22.8.08	Beijing	Olympics	2	15:44.12	1	15:41.40
12.9.09	Thessaloniki	WAF	1	15:25.31	2	15:25.92
9.6.12	New York	DL	2	14:57.02	1	14:50.80
10.8.12	London	Olympics	1	15:04.25	3	15:05.15
29.8.13	Zürich	Weltklasse	1	14:32.83	2	14:34.82

In addition they have met twice in a road 5 km:

7.4.02	Carlsbad		11	15:58	2	15:19
13.4.03	Carlsbad		5	15:19	3	15:00

THIS MONTH IN HISTORY

44 years ago: 13 September 1969

Johnny Halberstadt, still a month short of his 20th birthday, produced the second best South African performance at the time for the hour run when he covered 19.517 km in Durban, beating Gerhard Dekkers by 718 metres. The SA record was 19.640 km, run seven months previously by Joe Bellingham. The first SA performance over 20 km came five years later, when national marathon record holder Ferdie le Grange achieved 20.158 km on Bellville's grass track.

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.

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		
	43:36	Samuel Kori (KEN)			
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Mar	
	63:36	Stephen Mokoka	Cape Town		
	63:11A	Lloyd Bosman	Knysna		06 Jul
	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
	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
	30:30	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	36:17	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		

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	44:30	Sonja Laxton	Pretoria	31 Aug
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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