

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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Publisher: Riël Hauman

EDITORIAL

The brilliant World Junior Championships in Track Capital USA, Eugene, produced many highlights, but probably the biggest roar came – unsurprisingly – for US star Mary Cain, who defeated the might of Kenya in the 3000 m with a stunning kick in a PB 8:58.48. She is the first US woman to medal at these Championships in a race longer than 800 m.

The major upset was probably the victory of Margaret Wambui (KEN) in the 800. Wambui set three personal bests at the meeting, one in each round, culminating in her 2:00.49 to outkick the world's number one, Sahily Diago (CUB). Nothing came of the expected big showdown between Aníta Hinriksdóttir (ISL) and Diago. The Icelander, who barely scraped into the final, ran the first 400 in a blistering 56.33 – and paid dearly. She stepped off the track with 80 m to go.



Mary Cain storms home to win the 3000 m at the IAAF World Championships in Eugene, Oregon. [IAAF]

In the men's 5000, Yomif Kejelcha (ETH), last year's world youth gold medallist over 3000 m, won in a PB 13:25.19, while in the steeplechase Kenya's Barnabas Kipyego won his country's fourteenth consecutive gold medal. "You know this event is for Kenyans. It was made in Kenya," he said afterwards. Another Kenyan, with a rather famous two-lap surname, Alfred Kipketer, won his event in the world's fastest time this year, 1:43.95.

South Africa was rather inconspicuous at the meeting. No medals were won, and there were South Africans in only seven finals (including the women's 10000 m walk and decathlon). The only distance runner to make a final was Tumisang Monnatlala, who was 13th in the steeplechase.

Local highlights of the weekend came in the Zwartkop Half Marathon in Pretoria, where Kim Laxton won by more than two minutes in 80:49, and in the Clover Milk Run 10 km in Port Elizabeth, where the titles went to Gladwin Mzazi in 29:51 and Keneilwe Sesing in 36:40.

Exceptionally fast times were returned by the men in the Nkululeko 10 km in Hammarsdale, won by Siyabonga Nkonde in 28:26. Although there aren't enough times available to make an RTB caculation to determine the accuracy of the course, Nkonde broke his personal best by more than a minute, and the second and third runners, who have never

broken 30:30 before, both did sub-29. There is enough doubt about the length of the course to disqualify these times for statistical purposes.

PPC RIEBEECKBERG RACES

As has become the norm for the Riebeeckberg Marathon (held for the 29th time this weekend) and Half Marathon, the results are full of errors and will not be published here. The male winner of the half marathon shown in the results is obviously wrong, as is the female winner of the marathon. All DRR knows for certain, is that the first three men and first two women in the marathon, and the first three women in the half marathon were as follows (it is uncertain whether the times are all correct):

Marathon: MEN – 1. Dicardo Jakobs (28, Itheko) 2:30:07; 2. Bernard Rukadza (33, ZIM/Gugs) 2:30:56; 3. Phumlani Nxusani (26, Ned) 2:32:53; WOMEN – 1. Adele Waldron (40, WC) 3:22:34; 2. Candyce Hall (30, NC) 3:28:24. Half marathon: WOMEN – 1. Jenny Nel (36, NBMC) 1:29:21; 2. Elmarie Coetzee (50, NBMC) 1:32:02; 3. Helene Perold (30, NBMC) 1:33:36.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Nkululeko Half Marathon & 10 km, Hammarsdale
- * Clover Milk Run 10 km, Port Elizabeth
- * Zwartkop Half Marathon & 10 km, Centurion
- * Keystone Milling Rustenburg Mountain Race, Rustenburg
- * The Longest Day 12-hour Race, Pietermaritzburg
- * XC: WP League Meeting, Atlantis

International highlights:

- * Media Maratón Internacional Bogotá, Bogotá, COL
 - * Commonwealth Games Marathons, Glasgow, GBR
 - * Eugene Marathon & Half Marathon, Eugene, USA
 - * Giro Podistico Internazionale di Castelbuono, Castelbuono, Sicily, ITA
 - * Quad-City Times Bix 7, Davenport, USA
 - * Swiss Alpine Marathon, Davos, SUI
 - * Track: IAAF World Junior Championships, Eugene, USA
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CORRECTION

KNYSNA FOREST MARATHON CHANGES ITS RESULTS

It appears that the results of the women's race in the Momentum Cape Times Knysna Forest Marathon have changed significantly since *Distance Running Results* pulled them from the race website for publication last weekend (DRR 14:29).

The correct result is as follows:

1. Claire Horner (Ind) 3:12:57
2. Charné Bosman (Ind) 3:19:11
3. Lisl Grobler (KMC) 3:26:18
4. Candyce Hall (NC WP) 3:27:51
5. Marlie Koen (Ned) 3:28:00
6. Annatjie Botes (Ned) 3:31:49
7. Samkelisiwe Felicia Makhathini (BtR) 3:33:00
8. Liana Maree (Stell) 3:33:09
9. Olivia Reed (Ind) 3:37:10
10. Paulina Phaho (Trans) 3:40:24

The tenth position in the men's race has also changed, with Ricardo Plaatjies (X-Cel) now in this position in 2:49:27.

OBITUARY

DISTANCE RUNNING PIONEER ANNE MCKENZIE PASSES AWAY AT 88

By Riël Hauman

South African athletics, and world masters athletics, suffered a big loss with the passing of Anne McKenzie in Pinelands last week. The "flying housewife", as she was known in her running days, was a pioneer of female distance running in this country and set numerous SA and world records in a career that really only took off when she was over 40.

Anne Elizabeth Joubert was born in Ceres on 28 July 1925 and died on 23 July, five days before her 89th birthday, after suffering a fall. She attended La Rochelle High School in Paarl, where she was in matric in 1943.

She started her career not as a runner, but in the shot put, discus throw and javelin throw, and in 1948 received Western Province colours in all three. Later she turned to the short hurdles event, winning the WP title, and only started middle distance running after moving to Johannesburg.

Women's distance running was still in its infancy and she immediately achieved success, setting the very first official national record for 880 yards, 2:24.8, on 10 November 1962 in Potchefstroom. By the time the SA Championships were held in Pretoria in April 1963, she had brought the record down to 2:19.8.

The programme included the first 880 yards event for women ever held at the SA Championships and McKenzie had no trouble winning in another national record of 2:16.5. In December the same year she equalled this time in Krugersdorp.

As she did in the 880, she became the first ever SA cross-country champion when she won the title on 31 August 1963 in Pretoria over 2 miles in 14:01. She retained the title the next year and then won again in 1966 and 1967.

In 1965, when she had the fifteen fastest times by a South African for 880 yards, she was honoured with her picture on the cover of the *SA Athletics Annual*.

Twelve more records over two laps followed between 1964 and 1967 until she reached the pinnacle of her career with the magnificent 2:06.5 (800 m) for second behind Anne Smith in the English (AAA) Championships in London on 1 July 1967 at the age of almost 42. In the same race she also set a record of 2:07.4 for 880 yards. Her metric time placed her 30th on the world list that year; the oldest athlete above her on the list was 12 years younger!

At the SA Championships in Cape Town she won the silver medal in the 440 yards behind British Olympic superstar Mary Rand, clocking 57.1.

She finished 1967 with the fourteen fastest times by a South African; she also set national records in the 1500 m (4:36.0) and mile (4:57.2) and was second on the list for 400 m. Her mile time, run in Dublin, put her eighth on the world list.

The previous year, 1966, she was awarded Springbok colours to compete against the touring British, West German and Belgian team. In the test against the visitors in Potchefstroom on 16 April she beat Gerlinde Hefner (WG) in the 880, 2:11.1 to 2:12.3.



She won her fourth consecutive SA 880-yards title in 2:10.2, another national record, once again beating Hefner. (Unfortunately the 1500 m was not included in the SA Championships before 1970.)

McKenzie ended the year with the sixteen fastest times by a South African, headed by her SA record 2:10.2 for 880 yards on 9 April in Bloemfontein. She also led the performance list in the 440 yards and the mile.

In 1968 she had a serious cartilage operation on her knee and found it difficult to run at the speeds she had done previously, and also could not do the intense training sessions she had been used to. But then her career took a new direction.

"It was during this period of indecision that I first learnt that I was already the holder of various [world] age records and that, by continuing to compete, I would possibly be able to establish more records," she said in an interview in 1974.

The records kept tumbling, and over the next few years she set more than 30 world age records over distances from 100 m to 1500 m, as well as the javelin throw.

Her most outstanding record, of course, was the 2:06.5 in 1967 – a time that, amazingly, is still seventh on the world all-time list in the 40-44 age category and is the fastest SA age-category record.

Her other major world records were 2:19.2 in 1970 (W45, 30th on the all-time list), 2:23.1 in 1975 (W50, 15th all time), 4:36.0 in 1967 (W40), 4:49.2 in 1974 (W45), and 4:54.5 in 1975 (W50).

McKenzie also remains prominent on the world all-time lists in the 400 and 1500. In the 400 her 56.3 in 1967 places her ninth on the W40 list and she is 35th on the W50 list with her 63.2 in 1975. In the longer event her positions are: W40, 31st with 4:36.0 in 1967; W45, 43rd with 4:49.2 in 1974; and W50, 22nd with 4:54.5 in 1975.

She participated in the first World Masters Championships in Toronto in 1975 and won four events in the 50+ category: 100 m in 14.9, 400 m in 65.3, 1500 m in 5:07.3, and 5000 m in 19:33.4.

In 1981 she went to the World Championships in Christchurch and won three gold medals, this time in the 55-59 category: 400 m in 71.91, 800 m by almost 9 seconds in 2:43.41 (a world record), and 1500 m by almost 15 seconds in 5:40.97.

At the time of her death she was still holding seven SA masters records, in the 400 (W35, W40), 800 (W35, W40) and 1500 (W40, W50, W55).

There are fourteen WP masters records behind her name, in the 200 (W30), 400 (W40, W45, W50), 800 (all categories from 35 to 60), 1500 (W45, W50, W55) and javelin throw (W30).

Her complete list of 21 SA records is as follows (all 880 yards except where indicated with "m", with the last three records being over 1500 m and one mile):

2:24.8	Potchefstroom	10 Nov 62	2:11.7	Port Elizabeth	28 Mar 64
2:23.8	Krugersdorp	12 Nov 62	2:11.0	Durban	08 May 65
2:19.9	Johannesburg	12 Jan 63	2:10.2	Bloemfontein	09 Apr 66
2:19.8	Johannesburg	06 Apr 63	2:09.4	London	03 Jul 65
2:16.5	Pretoria	13 Apr 63	2:08.0m	Nürnberg	17 Jul 65
2:16.5	Krugersdorp	04 Dec 63	2:07.4	London	01 Jul 67
2:15.7	Benoni	25 Jan 64	2:06.5m	London	01 Jul 67
2:14.5	Pretori	08 Feb 64	4:48.0m	Solingen	09 Jul 65
2:14.0	Benoni	22 Feb 64	4:36.0m	Solingen	20 Jul 67
2:13.7	Potchefstroom	29 Feb 64	4:57.2	Dublin	18 Jul 67
2:12.1	Germiston	18 Mar 64			

Her annual progression during the major part of her career (200/400/800/1500/mile; y = yards/mile time): 1962 – 25.7y/2:23.8y; 1963 – 25.8y/2:16.5y; 1964 – 25.9/59.0y/2:11.7y; 1965 – 25.6/56.0/2:08.0/4:48.0; 1966 – 25.7/57.6y/2:10.2/5:12.9y; 1967 – 25.4y/56.6y/2:06.5/4:36.0/4:57.2y; 1968 – 25.8/56.4/2:09.6; 1970 – 2:18.5/5:01.8; 1971 – 2:19.4/4:51.8; 1972 – 4:50.2; 1974 – 4:49.2; 1975 – 63.2/2:23.1/4:54.5. Other personal bests: 100 m – 12.4 (1967); 80 m hurdles – 11.6 (1963).

After her running career was over, she turned to cycling and completed the Cape Argus Pick 'n Pay Cycle Tour ten times, finishing her first one, in 1988, in a new 60+ record time of 4:04:51.

Among her many honours were SA Woman Athlete of the Year in 1963, *Athletics Weekly* World Veteran Woman Athlete of the Year in 1965, 1966 and 1967, Africa Athlete of the Year in 1967, South African Sports Merit Award in 1977, 1980 and 1982, and Prominent Citizens Award of the Lions Club in 1975. She was awarded life membership of Pinelands Athletic Club in 1973.

And if her athletics awards were not enough, she also received prizes for her aloe and succulent collections.

She leaves two sons, Ken and Derek, two grandchildren and two great-grandchildren. Her husband, Ken, passed away in 1997.

I will remember Anne for her friendliness and warmth, her generosity of spirit, her dedication to her sport and her family, and her fierce competitiveness. When we met at athletics meetings, she never failed to ask about how my running was going, and she had a lively interest in all things around the sport. Her place as a trailblazer for female distance runners in South Africa is secure.

ROAD RUNNING

Nkululeko Half Marathon & 10 km

Hammarisdale, 27 July

(Distances: 21.1 km & 10 km)

Note: Fast times by the men in the 10 km, but very slow times by the women. – Ed.

Half marathon

MEN

1.	Sibusiso Nzima	Nedbank AC	66:45 (R5000)
2.	Thobane Chagwe	Ind	67:26 (R2500)
3.	Luwis Masunda	ZIM/Nedbank AC	68:11 (R2000)

40-49:

1.	Kwakhiwakwawo Ngubane	Ind	76:19 (R500)
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50-59:

1.	Willie Majombozi	Boxer AC	88:27 (R500)
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60-69:

1.	Michael Langa	Athletic North	100:43 (R500)
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70+:

1.	Arthur Zimmerman	Stella AC	125:15
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WOMEN (Same prize money as men)

1.	Lineo Chaka	LES/Nedbank AC	78:20
2.	Jenna Challenor	Boxer AC	79:06
3.	Sithuliswe Zhou	ZIM/Phatane AC	79:33

40-49:

1.	Sibongile Ziqubu	Eskom AC	100:30
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50-59:

1.	Janine Engels	West AC	104:10
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60-69:

1.	Pat Fisher	Stella AC	122:31
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10 km

MEN

1.	Siyabonga Nkonde	Boxer AC	28:26 (R1500)
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2.	Joseph Munyoki	KEN/Phatane AC	28:38 (R1000)
3.	Philane Buthelezi	KRS	28:44 (R500)

WOMEN (Same prize money as men)

1.	Slindile Chilli	Chesterville AC	42:13
2.	Nomalungelo Nzuza	SAPS	46:36
3.	Iris Ndlovu	NRB Harr	51:07

Clover Milk Run 10 km

Port Elizabeth, 26 July

(Loop course. Finishers: 808 [down from 945 last year].)

MEN

1	Gladwin	Mzazi	Transnet AC AGN	25	29:51
2	Boy	Soke	Kovsies AC	31	30:18
3	Mariano	Eesou	Madibaz AC	22	30:25
4	Melikhaya	Frans	Nedbank RC EP	22	30:43
5	Unathi	Nteta	Atlantic AC	21	31:01
6	Jonas	Soke	Real Lions AC	26	31:07
7	Andre	Ketchem	X-Cel AC	30	31:32
8	George	Ntshiliza	Nedbank RC EP	34	31:35
9	Kabelo	Melamu (1 st jun)	Nedbank RC AGN	17	31:40
10	Sibusiso	Thu	Transnet Eng EP	26	31:43
11	Collins	Mapfulagasha	Nedbank RC AGN	17	32:17
12	Mzolisi	Makhanda	Nedbank RC EP	31	32:18
13	Anele	Maliza	Nedbank RC EP	36	32:19
14	Andile	Motwani	Tinarha AC	17	32:37
15	Melikhaya	Kepe	Nedbank RC EP	38	32:47
16	Ryan	Peter	Madibaz AC	20	32:57
17	Sinathi	Mafanga	SAP MC EP	23	33:12
18	Zolile	Mhlahlo	Achilles AAA	39	33:17
19	Masande	Mlonyeni	Nedbank RC EP	33	33:33
20	Melikhaya	Malinga	Tinarha AC	33	33:34

40-44:

1	Emerson	Kayana	Nedbank RC EP	40	34:24
2	Terrance	Mjekula	Charlo AC	41	34:56
3	Thobile	Xata	Bluewater Bay	40	35:54

45-49:

1	Terry	Thornton	Temp	46	37:01
2	Mzukisi	Klaas	Motherwell AC	45	37:23
3	Jacob	Abraham	Body Concept	48	37:56

50-54:

1	Desmond	Zibi	Ikhamva AC	50	35:02
2	Kenneth	Menze	Bluewater Bay	52	36:57
3	Michael	Bekapi	Maxed Elite EP	53	37:13

55-59:

1	Disemba	Blou	Charlo AC	56	40:56
2	Christopher	Nyodi	Bluewater Bay	55	43:44
3	Schoombee	Pretorius	Warriors AC	56	44:07

60-64:

1	Hannes	Els	Warriors AC	64	41:10
2	Roger	Trader	Achilles AAA	60	41:45
3	Sizinzo	Kama	Achilles AAA	63	43:15

65-69:

1	Jeffrey	Strauss	Temp	65	47:45
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2	Syd	Lippstreu	Crusaders AC	66	48:33
3	Percy	Dalton	Achilles AAA	65	48:37
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	43:27
2	Godfrey	Kariem	Gelvan AC	73	51:22
3	Ron	Clark	Bluewater Bay	71	52:11
75-79:					
1	Ernie	Verrall	Madibaz AC	79	1:02:30
2	Henry	Human	VW AC	75	1:07:53
3	John	Peart	Nedbank RC EP	78	1:25:15
Juniors:					
1	Kabelo	Melamu	Nedbank RC AGN	17	31:40
2	Collins	Mapfulagasha	Nedbank RC AGN	17	32:17
3	Andile	Motwani	Tinarha AC	17	32:37
WOMEN					
1	Keneilwe	Sesing	Nedbank RC AGN	31	36:40
2	Kefilwe	Molepe	Nedbank RC AGN	25	37:23
3	Liza-Marie	Kingston	Temp	32	38:40
4	Jamie-Lee	Schlemmer (1 st jun)	Madibaz AC	18	38:46
5	Babalwa	Ngcoko	Nedbank RC EP	27	41:08
6	Ndileka	Mvakwendlu	Tinarha AC	23	42:19
7	Clarissa-Mari	Rabie	Madibaz AC	23	42:23
8	Marlise	Bezuidenhout	Nedbank RC EP	35	42:26
9	Terray	Newcombe	Elite AC	23	42:27
10	Asanda	Solani	Motherwell AC	31	42:57
11	Terri-Lynn	Penney	Run For Life EP	37	43:03
12	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	43:25
13	Chloe	Smith	Bluewater Bay	23	43:30
14	Priscilla	Dyantyi (1 st vet)	Nedbank RC EP	40	43:35
15	Christine	Claasen	Achilles AAA	49	44:08
16	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	44:31
17	Tiani	Claassen	Despatch AC	23	44:40
18	Claire	Van Der Nest	Body Concept	33	45:27
19	Amore	Strauss	Charlo AC	29	45:35
20	Pat	Thomson	Temp	54	45:39
40-44:					
1	Priscilla	Dyantyi	Nedbank RC EP	40	43:35
2	Sunelle	Horne	Bluewater Bay	40	46:49
3	Debbie	Dodd	Charlo AC	43	47:18
45-49:					
1	Christine	Claasen	Achilles AAA	49	44:08
2	Agnes	Van Iddekinge	Temp	48	49:48
3	Michelle	Van Iddekinge	Temp	47	49:49
50-54:					
1	Janette	Schierz-Crusius	Body Concept	53	44:31
2	Pat	Thomson	Temp	54	45:39
3	Treloar	Childs	Walmer AC	51	48:28
55-59:					
1	Amanda	Wolmarans	Walmer AC	55	51:12
2	Jenny	Reynolds	Temp	56	53:05
3	Marietjie	Pietersen	Achilles AAA	57	53:06
60-64:					
1	Margie	Saunders	Nedbank RC EP	60	43:25
2	Cathy	Ives	Achilles AAA	61	53:34
3	Jos	Els	Warriors AC	62	56:33

65-69:

1	Liz	Grundlingh	Muirite Striders	67	54:34
2	Denise	Terblanche	Walmer AC	66	1:10:24
3	Elaine	Laidlaw	Temp	69	1:26:27

70-74:

1	Ronelle	Steyn	Temp	70	1:07:43
2	Orgia	Nell	Muirite Striders	70	1:08:20
3	Isabella	Childs	Walmer AC	72	1:13:03

75-79:

1	Dorothy	Hart	Charlo AC	76	1:17:50
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Juniors:

1	Jamie-Lee	Schlemmer	Madibaz AC	18	38:46
2	Megan	Wilson	Charlo AC	18	46:27
3	Lune-Marie	Bezuidenhout	Temp	18	47:04

Zwartkop Half Marathon & 10 km

Centurion, 26 July

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 910 [slightly up from 900 last year]; 10 km – 1220 [also slightly up from 1200]; also 350 in the 5 km)

Half marathon**MEN**

1 Africa Mailola (LES/Nedbank) 67:33; 2 Peter Ramoloto (Maxed Elite) 69:36; 3 Peter Muso (Dainfern) 71:07.

Veterans: 1 Elphus Maluleke (New Balance) 88:02. **Masters:** 1 Dan Mathibe (New Balance) 79:53. **G'masters:** 1 John Woodnutt (Morningside) 95:47. **G/g'masters:** 1 Pele Tshikundamalema (Toyota) 1:54:33. **Juniors:** 1 Tshwanelo Mojokeng (Nedbank) 80:45.

WOMEN

1 Kim Laxton (Sunninghill) 80:49; 2 Kataza Shipalana (TUT) 82:59; 3 Simongele Mabuza (Transnet) 88:48.

Veterans: 1 Barbara Luckemeyer (Alberton) 1:44:09. **Masters:** 1 Sandra Steenkamp (Irene) 96:21. **G'masters:** 1 Genevieve Ryan (RAC) 2:21:43. **G/g'masters:** 1 Debbie van Heerden (Roodepoort) 2:04:39.

10 km**MEN**

1 Stephen Mokoka (Transnet) 30:31; 2 Thabang Mafa (Airports Company) 32:13; 3 Teboho Lejaha (Temp) 32:39.

Veterans: 1 Greg Barnes (New Balance) 33:37. **Masters:** 1 Colin Fisher (CSIR) 42:39. **G'masters:** 1 Jim Dodds (RAC) 48:45. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 50:24. **Juniors:** 1 Theo de Castro (Rooies) 48:25.

WOMEN

1 Cindy Schwulst (ELAC) 37:47; 2 Catherine Malungane (Transnet) 40:22; 3 Judy Bird (Midrand) 41:06 (1st mast).

Veterans: 1 Cornia Broere (Tuks) 48:53. **Masters:** 1 Judy Bird (Midrand) 41:06. **G'masters:** 1 Lynn de Bruin (Irene) 52:33. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 67:37. **Juniors:** 1 Thato Mahlaba (Tembisa) 44:40.

Keystone Milling Rustenburg Mountain Race

Rustenburg, 26 July

(Distances: 25 km – out-and-back course with loop at far end, very hilly and partly on gravel – & 10 km. Weather: very cold and windy. Finishers: 25 km – 598; 10 km – 266; also 316 in the 5 km.)

Note: A repeat win for David Manja in the 25 km, while Toni Bennetts moved up from third last year to first. – Ed.

25 km

MEN

1. David Manja (Ned) 1:31:18 (also King of the Mountain); 2. Thato Molatedi (TIE) 1:33:33; 3. Labios Rabi (Ned) 1:35:06.

Veterans: 1. Simon Segau (Disc) 1:42:57; 2. Elvis Molewa (Mafi) 1:49:54; 3. Ivan Kelehe (Impala) 1:50:34. **Masters:** 1. David Mogari (GS) 1:59:42. **G'masters:** 1. Deon Rossouw (KDP) 2:22:48.

WOMEN

1. Toni Bennetts (Klerks) 1:58:47 (also Queen of the Mountain); 2. Paulina Phaho (Trans) 2:08:40 (1st vet); 3. Seipati Peo (ME) 2:09:37.

Veterans: 1. Paulina Phao (Trans) 2:08:40. **Masters:** 1. Connie Blom (NB) 2:19:22.

G'masters: 1. Patricia Shaw (BNAC) 2:43:01.

10 km

MEN

1. Joel Mmone (Ned) 32:58; 2. Thabang Mosiako (Ned) 33:24 (1st jun); 3. Shadrack Hoff (NB) 33:38 (1st vet).

Veterans: 1. Shadrack Hoff (NB) 33:38. **Masters:** 1. Ishmael Moremongwe (Kopano) 46:12. **Juniors:** 1. Thabang Mosiako (Ned) 33:24.

WOMEN

1. Leilani Scheffler (RWFL) 40:40; 2. Maria Shai (Ditsh) 42:30; 3. Ankia Pretorius (Kudus) 49:47.

Veterans: 1. Maria Moloko (Ford) 49:58. **Masters:** 1. Ansie Bronkhorst (Roode) 62:22.

G'masters: 1. Estelle Oosthuizen (Rand) 65:20.

The Longest Day 12-hour Race (19th)

Pietermaritzburg, 26 July

(333.3-metre grass track. Finishers: 21 [down from 43 last year].)

Note: The first three women finished 5th, 7th and 10th overall. Lizette Botha also won the race in 2009, 2010 and last year, while Mzwakhe Khanyile also successfully defended his title for his third win in a row. – Ed.

MEN

1. Mzwakhe Khanyile (Verulam) 138.24 km
2. Sibonelo Mashimane (Eskom) 112.005 km
3. Brad Kavanagh (HV) 110.826 km

WOMEN

1. Lizette Botha (RWFL) 101.394 km
2. Molly Parasaraman (Phoenix) 91.008 km

3. Cordelia Kisten (Wood) 87.936 km

CROSS-COUNTRY

WP League Meeting (6th)

Atlantis, 20 July

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

SR. MEN (12 km)

1	Xolisa	Batala	VOB	38:38
2	Duane	Fortuin	Itheko	39:14
3	Heinrich	Camphor	NBMC	39:21
4	JP	Abrahams	Itheko	39:32
5	Wanda	Roro	Itheko	39:52
6	Marks	Mpekula	NBMC	40:22
7	Akhona	Makila	VOB	40:23
8	Andrew	Louw	Easterns	41:11
9	Luyanda	Mapoyi	Khayelitsha	41:33
10	Faizel	October	NBMC	42:25

SR. MEN

1	Sibusiso	Madikizela	Manoni	11:52
2	Gerchwill	Jacobs	Nedbank	11:53
3	Duane	Fortuin	Itheko	12:01
4	Xolisa	Batala	VOB	12:07
5	Akhona	Makila	VOB	12:11
6	Danzil	Paulse	Easterns	12:13
7	Duran	Faro	UWC	12:16
8	Sibusiso	Magwaza	UWC	12:41
9	Ashley	Smith	WCSS	12:41
10	Duwayne	Philander	UWC	12:52

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	26:23
2	Shawn	Abrahams	Itheko	26:41
3	Youssef	Kanouni	NBMC	29:26

MASTER MEN (8 km)

1	Eric	Coetzee	No Club	29:27
2	Chris	Mitchell	Celtic Harriers	29:51
3	Goodman	Mpukane	Gugs	30:52

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	33:06
2	Johannes	Jacobs	Celtic Harriers	36:09
3	Paul	San Giorgio	VOB	36:43

U.19 (8 km)

1	Kaleb	Beukes	UWC	26:18
2	Anthony	Timoteus	UWC	26:19
3	Heinrich	Wagner	NBMC	26:39

U.17 (6 km)

1	Rowhaldo	Ratz	Eerste River	18:35
2	Lukhanyo	Nobakada	VOB	18:37
3	Mc Marshal	Hartzenberg	Eerste River	19:29

SR. WOMEN (8 km)

1	Hanlie	Jordaan	UWC	31:29
---	--------	---------	-----	-------

2	Candyce	Hall	Carbineers	32:47
3	Busisiwe	Matiwane	Celtic Harriers	34:06
4	Sheryl	de Lange	NBMC	34:24
5	Patricia	Adams	Itheko	35:48
6	Elizabeth	de Gouveia	Durbanville	35:53
7	Mariëtte	Strauss	Tygerberg	36:01
8	Leigh	Barrow	UCT	36:17
9	Marlize	Vienings	Tygerberg	36:18
10	Tyshia	Johannes	Gugs	36:27

SR. WOMEN

1	Nontando	Mabusela	Gugs	14:01
2	Anel	Terblanche	Celtic Harriers	15:23
3	Lee-Shay	Willemse	Velocity	15:24
4	Madelé	du Plessis	Edgemead	16:59
5	Giuinivere	Rogers	Durbanville	17:02
6	Delicia	Jantjies	Eerste River	17:11
7	Alicia	Hartnick	Helderberg Harr	17:16
8	Nocwaka	Mthetho	VOB	17:47
9	Nancy	Will	Pinelands	19:01
10	Anneline	Roffey	NBMC	19:19

VETERAN WOMEN

1	Wilna	Eybers	Strand	15:31
2	Sandra	van Graan	Edgemead	15:48
3	Sheryl	de Lange	NBMC	15:51

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	16:26
2	Olga	Howard	Celtic Harriers	16:34
3	Charmaine	Cupido	Nedbank	16:52

G'MASTER WOMEN

1	Nancy	Will	Pinelands	17:44
2	Pixie	Sparg	Celtic Harriers	20:27
3	Helene	Du Plessis	Tygerberg	21:01

U.19 (6 km)

1	Pamela	Moyikwa	VOB	21:49
2	Lolita	Kievieto	UWC	23:48
3	Nomaxesibe	Ngcantsi	VOB	26:29

U.17

1	Hayley	Preen	Hout Bay Harriers	14:25
2	Busisiwe	Gwala	VOB	15:29
3	Assnique	Robinson	Bellville	15:36

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

Media Maratón Internacional Bogotá (15th)

(IAAF Gold Label Road Race)

Bogotá, COL, 27 July

(Distance: 21.1 km at very high altitude)

MEN (gun times)

- | | | |
|---------------------------|---------|----------|
| 1. Geoffrey Kamworor, KEN | 1:03:18 | \$15,000 |
| 2. Dickson Chumba, KEN | 1:04:10 | 7,500 |
| 3. Kiplimo Kimutai, KEN | 1:04:27 | 5,000 |

WOMEN (gun times)

- | | | |
|----------------------|---------|----------|
| 1. Rita Jeptoo, KEN | 1:13:39 | \$15,000 |
| 2. Mare Dibaba, ETH | 1:15:34 | 7,500 |
| 3. Gelete Burka, ETH | 1:15:38 | 5,000 |

Commonwealth Games Marathons (20th)

Glasgow, GBR, 27 July

(Distance: 42.195 km; two-loop course)

MEN

- | | | |
|-----------------------------|---------|---------|
| 1. Michael Shelley, AUS | 2:11:15 | PB Gold |
| 2. Stephen Chemlany, KEN | 2:11:58 | Silver |
| 3. Abraham Kiplimo, UGA | 2:12:23 | Bronze |
| 4. Munyo Solomon Mutai, UGA | 2:12:26 | |
| 5. Jonathan Kelai, KEN | 2:12:41 | |
| 6. Eric Ndiema, KEN | 2:13:44 | |
| 7. Liam Adams, AUS | 2:13:49 | PB |
| 8. Philip Kiplimo, UGA | 2:14:09 | |
| 9. Derek Hawkins, SCO | 2:14:15 | |
| 10. Steven Way, 1974, SCO | 2:15:16 | PB |
| 11. Fabiano Joseph, TAN | 2:15:21 | |
| 12. Tsepo Ramonene, LES | 2:16:21 | PB |
| 13. Nicholas Torry, ENG | 2:16:34 | |
| 14. Ben Moreau, ENG | 2:16:50 | |
| 15. Ramolefi Motsieloa, LES | 2:17:12 | PB |
| 16. Ross Houston, SCO | 2:18:42 | |
| 17. Andrew Davies, WAL | 2:18:59 | |
| 18. Diudonne Disi, RWA | 2:19:04 | |
| 19. Martin Dent, AUS | 2:19:22 | |
| 20. Jean Vilbrim, MRI | 2:25:39 | |

WOMEN

- | | | |
|--------------------------|---------|-----------|
| 1. Flomena Cheyech, KEN | 2:26:45 | Gold |
| 2. Caroline Kilel, KEN | 2:27:10 | Silver |
| 3. Jessica Trengove, AUS | 2:30:12 | PB Bronze |
| 4. Lanni Marchant, CAN | 2:31:14 | |
| 5. Helaria Johannes, NAM | 2:32:02 | |
| 6. Susan Partridge, SCO | 2:32:18 | |
| 7. Louise Damen, ENG | 2:32:59 | |

8. Melanie Panayiotou, AUS 2:35:01 PB
9. Amy Whitehead, ENG 2:35:06
10. Sarah Klein, AUS 2:35:21 PB
11. Beata Naigambo, NAM 2:39:23
12. Gladys Ganiel, NIR 2:40:29
13. Hayley Haining, 1972, SCO 2:40:40
14. Joasia Zakrezewski, SCO 2:45:29
15. Tereza Master, MAW 2:50:54 PB
16. Ntahleng Masaile, LES 2:52:30
17. Moleboheng Mafata, LES 2:52:30

Eugene Marathon (8th) & Half Marathon

Eugene, USA, 27 July

(Distances: 42.195 km & 21.1 km)

Marathon (gun times)

MEN

1. Jacob Chemtai, Santa Fe, NM (KEN) 2:16:08 ER \$3000
2. Teklu Tefera Deneke, Flagstaff, AZ (ETH) 2:16:20 2000
3. Rudy Gilman, Silverton, OR 2:25:23 1000

WOMEN

1. Degefa Biruktayit Eshetu, ETH 2:33:15 ER \$3000
2. Yado Elfneshe Melaku, ETH 2:41:12 2000
3. Lauren Johnson, Portland, OR 2:41:27 PB 1000 + 1500^

^) Earned Olympic Trials qualifer bonus for running under 2:43

Half marathon (gun times)

MEN

1. Kevin Castille, Lafayette, LA (40+) 1:05:29
2. Jeremy Freed, Beaverton, OR 1:05:42
3. Dan Kreams, Eugene, OR 1:05:50

WOMEN

1. Delilah DiCrescenzo, New York, NY 1:16:16 ER
2. Kimberley Doerksen, CAN 1:16:52
3. Bronwyn Crossman, Bellingham, WA 1:17:21

Giro Podistico Internazionale di Castelbuono (89th)

(La Corsa Piu' Antica)

Castelbuono, Sicily, ITA, 26 July

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

MEN (extended gun times)

1. Ghirmay Ghebreslassie, 1995, ERI 30:31.01
2. Eliud Kipchoge, KEN 30:35.03
3. John Kipkoech, KEN 31:20.04

Quad-City Times Bix 7 (40th)

(USA 7-mile Championships)

Davenport, USA, 26 July

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

MEN

- | | | |
|----------------------------------|-------|----------|
| 1. Sean Quigley, Boulder, CO | 33:28 | \$12,500 |
| 2. Christo Landry, Ann Arbor, MI | 33:32 | 4,000 |
| 3. Maverick Darling, Madison, WI | 33:43 | 2,500 |

WOMEN

- | | | |
|-------------------------------------|-------|----------|
| 1. Molly Huddle, Providence, RI | 36:14 | \$12,500 |
| 2. Sara Hall, Redding, CA | 37:21 | 4,000 |
| 3. Rachel Ward, Charlottesville, VA | 37:30 | 2,500 |
| ... 7. Amy Hastings, Providence, RI | 38:27 | 800 |

ULTRA/MOUNTAIN/TRAIL RUNNING**Swiss Alpine Marathon** (32nd)

Davos, SUI, 26 July

Note: Regular Comrades runner Jonas Buud of Sweden won the 78 km here for the seventh consecutive time. – Ed.

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

- | | |
|----------------------|---------|
| 1. Jonas Buud, SWE | 6:30:18 |
| 2. Beat Ritter, SUI | 6:38:51 |
| 3. Mirco Berner, GER | 6:53:39 |

WOMEN

- | | |
|---------------------------|---------|
| 1. Denise Zimmermann, SUI | 7:47:57 |
| 2. Claudia Kahl, GER | 8:12:50 |
| 3. Ornella Poltéra, SUI | 8:33:38 |

"K42" 42.2 km (course gains 1720 m then loses 1550 m)**MEN**

- | | |
|---------------------------|---------|
| 1. Gion-Andrea Bindi, SUI | 3:30:06 |
| 2. Lukas Gehring, SUI | 3:41:14 |
| 3. Timo Zeiler, GER | 3:47:49 |

WOMEN

- | | |
|---------------------------|---------|
| 1. Jessica Burkhart, SUI | 4:21:38 |
| 2. Monika Oberlin, SUI | 4:23:01 |
| 3. Samira Schnüriger, SUI | 4:36:09 |

TRACK**IAAF World Junior Championships** (15th)

Eugene, USA, 22-27 July

MEN

800 (27):

- | | |
|--|-------------------|
| 1. Alfred KIPKETER, KEN, 28 Dec 96 | 1:43.95 WJL GOLD |
| 2. Joshua Tiampati MASIKONDE, KEN, 16 Aug 96 | 1:45.14 PB SILVER |

3. Andreas ALMGREN, SWE, 12 Jun 95 1:45.65 NJR BRONZE
4. Thiago ANDRÉ, BRA, 04 Aug 95 1:46.06 PB
5. Jena UMAR, ETH, 24 Dec 95 1:46.23 PB
6. Tre'tez KINNAIRD, USA, 13 Jan 95 1:47.13 PB
7. Kalle BERGLUND, SWE, 11 Mar 96 1:47.31 PB
8. Kyle LANGFORD, GBR, 02 Feb 96 1:55.21

1500 (24):

1. Jonathan Kiplimo SAWE, KEN, 26 Nov 95 3:40.02 SB GOLD
2. Abdi Waiss MOUHYADIN, DJI, 03 Jul 96 3:41.38 SILVER
3. Hillary Cheruiyot NGETICH, KEN, 15 Sep 95 3:41.61 SB BRONZE
4. Thiago ANDRÉ, BRA, 04 Aug 95 3:42.58
5. Zak PATTERSON, AUS, 29 May 95 3:44.21 PB
6. Jan PETRAC, SLO, 04 Jul 95 3:44.39
7. Julius LAWNİK, GER, 27 Dec 95 3:44.96
8. Alexis MIELLET, FRA, 05 May 95 3:45.28
9. William LEVAY, SWE, 27 Aug 96 3:45.31
10. Yemaneberhan CRIPPA, ITA, 15 Oct 96 3:47.16
11. Roy VAN EEKELEN, NED, 04 May 95 3:48.57
12. Hassan GHACHOUI, MAR, 01 Jan 95 3:48.61

5000 (25):

1. Yomif KEJELCHA, ETH, 01 Aug 97 13:25.19 PB GOLD
2. Yasin HAJI, ETH, 22 Jan 96 13:26.21 PB SILVER
3. Moses LETOYIE, KEN, 27 Jan 95 13:28.11 BRONZE
4. Joshua Kiprui CHEPTEGEI, UGA, 12 Sep 96 13:32.84 PB
5. Fredrick Kipkosgei KIPTOO, KEN, 13 Nov 96 13:35.39
6. Phillip KIPYEKO, UGA, 01 Jan 95 13:40.55
7. Tsegay TUEMAY, ERI, 20 Dec 95 13:50.78
8. Justyn KNIGHT, CAN, 19 Jul 96 14:08.93 PB
9. Colby GILBERT, USA, 17 Mar 95 14:09.98
10. Morgan MCDONALD, AUS, 23 Apr 96 14:10.08
11. Kazuto KAWABATA, JPN, 20 Dec 95 14:10.14
12. István SZÖGI, HUN, 12 Sep 95 14:11.35 PB
13. Brian BARRAZA, USA, 16 May 95 14:13.33 PB
14. Carlos MAYO, ESP, 18 Sep 95 14:19.22
15. Tae-Jin KIM, KOR, 27 Oct 95 14:33.14
16. Shota ONIZUKA, JPN, 13 Sep 97 14:34.92
17. Mohamed ZARHOUNI, ESP, 10 Jun 95 14:38.23
18. Julien WANDERS, SUI, 18 Mar 96 14:50.38

10000 (22):

1. Joshua Kiprui CHEPTEGEI, UGA, 12 Sep 96 28:32.86 GOLD
2. Elvis Kipchoge CHEBOI, KEN, 29 Sep 95 28:35.20 SILVER
3. Nicholas Mboroto KOSIMBEI, KEN, 01 Oct 96 28:38.68 BRONZE
4. Afewerki BERHANE, ERI, 06 May 96 28:45.83 PB
5. Abdallah Kibet MANDE, UGA, 10 May 95 28:53.77
6. Yihunilign ADANE, ETH, 29 Feb 96 28:54.84
7. Keisuke NAKATANI, JPN, 12 Jan 95 29:11.40
8. Hazuma HATTORI, JPN, 07 Feb 95 29:12.74
9. Robleh Djama ADEN, DJI, 95 29:43.49 NJR
10. Carlos MAYO, ESP, 18 Sep 95 29:52.31 PB
11. Tae-Jin KIM, KOR, 27 Oct 95 29:53.93 PB
12. Bart VAN NUNEN, NED, 24 Sep 95 29:58.90
13. István SZÖGI, HUN, 12 Sep 95 30:15.93
14. Miguel MARQUES, POR, 10 Jan 95 30:23.50 PB
15. Brendan SHEARN, USA, 22 Jan 95 30:24.30

- | | |
|-------------------------------------|----------|
| 16. Andreas JANSSON, SWE, 07 Apr 96 | 30:38.81 |
| 17. Junhaeng JO, KOR, 29 Apr 97 | 30:43.11 |
| 18. Cheng-Hsun HO, TPE, 18 Jan 95 | 30:48.86 |
| 19. Noah SCHUTTE, NED, 15 May 95 | 31:00.94 |
| 20. Santiago PARDO, ESP, 21 Sep 96 | 31:04.13 |

3000 s/chase (27):

- | | | |
|--|---------|-----------|
| 1. Barnabas KIPYEGO, KEN, 12 Jun 95 | 8:25.57 | GOLD |
| 2. Titus Kipruto KIBIEGO, KEN, 03 May 96 | 8:26.15 | SILVER |
| 3. Evans Rutto CHEMATOT, BRN, 19 Mar 96 | 8:32.61 | PB BRONZE |
| 4. Soufiane ELBAKKALI, MAR, 07 Jan 96 | 8:34.98 | |
| 5. Hailemariam AMARE, ETH, 22 Feb 97 | 8:42.00 | PB |
| 6. Yohanes CHIAPPINELLI, ITA, 18 Aug 97 | 8:43.18 | PB |
| 7. Meresa KAHSAY, ETH, 23 May 96 | 8:44.15 | |
| 8. Ali MESSAOUDI, ALG, 13 Oct 95 | 8:45.20 | |
| 9. Kazuya SHIOJIRI, JPN, 08 Nov 96 | 8:45.66 | PB |
| 10. Bailey ROTH, USA, 17 Jan 96 | 8:47.04 | PB/HSR* |
| 11. Ben PREISNER, CAN, 22 Mar 96 | 8:56.22 | |
| 12. Patrick KARL, GER, 03 May 96 | 9:03.16 | |
| 13. Tumisan MONNATLALA, RSA, 31 Jan 95 | 9:04.26 | |

Prelims (25):

Heat 2 -

- | | |
|--|-------------|
| 1. Titus Kipruto KIBIEGO, KEN, 03 May 96 | 8:49.95Q |
| 2. Soufiane ELBAKKALI, MAR, 07 Jan 96 | 8:50.19Q |
| 3. Hailemariam AMARE, ETH, 22 Feb 97 | 8:54.92Q PB |
| 4. Tumisan MONNATLALA, RSA, 31 Jan 95 | 8:56.51Q |

WOMEN

800 (24):

- | | | |
|---|---|---------|
| 1. Margaret Nyairera WAMBUI, KEN, 15 Sep 95 | 2:00.49 | PB GOLD |
| 2. Sahily DIAGO, CUB, 26 Aug 95 | 2:02.11 | SILVER |
| 3. Georgia WASSALL, AUS, 30 Mar 96 | 2:02.71 | BRONZE |
| 4. Georgia GRIFFITH, AUS, 05 Dec 96 | 2:04.12 | |
| 5. Sara SOUHI, MAR, 15 May 96 | 2:06.16 | |
| 6. Zeyituna MOHAMMED, ETH, 02 Feb 96 | 2:09.38 | |
| DNF-- Aníta HINRIKSDÓTTIR, ISL, 13 Jan 96 | [Pulled up in the last 80 meters after leading the first 400] | |

Semi-Finals (23):

Heat 1 -

- | | |
|---|-------------|
| 1. Sahily DIAGO, CUB, 26 Aug 95 | 2:03.60Q |
| 2. Margaret Nyairera WAMBUI, KEN, 15 Sep 95 | 2:03.72Q PB |
| 3. Georgia GRIFFITH, AUS, 05 Dec 96 | 2:04.00Q PB |
| 4. Aníta HINRIKSDÓTTIR, ISL, 13 Jan 96 | 2:04.99q |
| ... 7. Gena LÖFSTRAND, RSA, 23 Oct 95 | 2:10.40 |

Heats (22):

Heat 1 -

- | | |
|--|-------------|
| 1. Aníta HINRIKSDÓTTIR, ISL, 13 Jan 96 | 2:03.41Q |
| 2. Georgia GRIFFITH, AUS, 05 Dec 96 | 2:04.53Q |
| 3. Katelyn AYERS, CAN, 09 Feb 95 | 2:04.89Q PB |
| ... 6. Gena LÖFSTRAND, RSA, 23 Oct 95 | 2:07.04q |

1500 (27):

- | | | |
|---------------------------------|---------|--------|
| 1. Dawit SEYAUM, ETH, 27 Jul 96 | 4:09.86 | GOLD |
| 2. Gudaf TSEGAY, ETH, 23 Jan 97 | 4:10.83 | SILVER |

3. Sheila Chepngetich KETER, KEN, 27 Jun 95 4:11.21 PB BRONZE
4. Elise CRANNY, USA, 09 May 96 4:12.82
5. Sofia ENNAOUI, POL, 30 Aug 95 4:13.06
6. Alexa EFRAIMSON, USA, 20 Feb 97 4:13.31
7. Winfred MBITHE, KEN, 30 May 97 4:13.80 PB
8. Bobby CLAY, GBR, 19 May 97 4:16.47 SB
9. Katelyn AYERS, CAN, 09 Feb 95 4:17.01 PB
10. Cassandre BEAUGRAND, FRA, 23 May 97 4:17.04 PB
11. Amy GRIFFITHS, GBR, 22 Mar 96 4:17.54
12. Anna LAMAN, AUS, 25 May 95 4:18.70

3000 (24):

1. Mary CAIN, USA, 03 May 96 8:58.48 PB GOLD
2. Lilian Kasait RENGURUK, KEN, 03 May 97 9:00.53 SILVER
3. Valentina Chepkwemoi MATEIKO, KEN, 06 Sep 96 9:00.79 PB BRONZE
4. Nozomi Musembi TAKAMATSU, JPN, 31 Aug 97 9:02.85 PB
5. Etagegn WOLDU, ETH, 10 May 96 9:06.42
6. Emine Hatun TUNA, TUR, 07 Dec 95 9:06.85 PB
7. Jessica HULL, AUS, 22 Oct 96 9:08.85 PB
8. Weini KELATI, ERI, 01 Dec 96 9:12.32 PB
9. Gabriela STAFFORD, CAN, 13 Sep 95 9:14.97
10. Anna STEFANI, ITA, 07 Jan 95 9:23.12 PB
11. Nao YAMAMOTO, JPN, 20 Oct 96 9:24.41
12. Maria Magdalena IFTENI, ROU, 21 Jan 97 9:26.04 PB
13. Nataliia SOLTAN, UKR, 06 Mar 95 9:26.58 PB
14. Darya MASLOVA, KGZ, 06 May 95 9:30.28
15. Stephanie JENKS, USA, 17 Aug 97 9:31.47

5000 (23):

1. Alemitu HEROYE, ETH, 09 May 95 15:10.08 GOLD
2. Alemitu HAWI, ETH, 14 Nov 96 15:10.46 PB SILVER
3. Agnes Jebet TIROP, KEN, 23 Oct 95 15:43.12 BRONZE
4. Stella CHESANG, UGA, 01 Dec 96 15:53.85 NJR
5. Loice CHEMNUNG, KEN, 22 Feb 97 15:55.17
6. Maki IZUMIDA, JPN, 22 Jan 96 15:55.26
7. Courtney POWELL, AUS, 08 May 95 15:56.00 PB
8. Fuyuka KIMURA, JPN, 13 Jan 95 15:59.72
9. Jillian FORSEY, CAN, 09 Jun 95 16:02.55 PB
10. Darya MASLOVA, KGZ, 06 May 95 16:07.58 NJR
11. Kate SPENCER, AUS, 23 Jun 95 16:18.18
12. Maggie SCHMAEDICK, USA, 13 Feb 96 16:19.01
13. Heather PETRICK, CAN, 11 Jul 95 16:26.04

3000 s/chase (26):

1. Ruth JEBET, BRN, 17 Nov 96 9:36.74 GOLD
2. Roseflina CHEPNGETICH, KEN, 17 Jun 97 9:40.28 PB SILVER
3. Daisy JEPKEMEI, KEN, 13 Feb 96 9:47.65 SB BRONZE
4. Buzuayehu MOHAMED, ETH, 04 Jan 96 9:48.66
5. Weynshet ANSA, ETH, 09 Apr 96 9:59.31
6. Zulema ARENAS, PER, 15 Nov 95 9:59.38
7. Rosa FLANAGAN, NZL, 28 Feb 96 10:04.01
8. Rosemary Mummo KATUA, BRN, 10 Aug 96 10:18.01
9. Elinor PURRIER, USA, 20 Feb 95 10:21.59
10. Tina DONDER, GER, 15 Aug 96 10:24.04
11. Amy-Eloise NEALE, GBR, 05 Aug 95 10:25.14
12. Minttu HUKKA, FIN, 31 Mar 95 10:29.00
13. Stella RADFORD, AUS, 25 Jun 95 10:31.47

14. Paula GIL, ESP, 21 Nov 95 10:56.51
 15. Emma OUDIOU, FRA, 02 Jan 95 11:13.39

OTHER SOUTH AFRICANS IN FINALS:

MEN

400 H: Ruan Mentz, dnf

4x400: RSA dq

HT: Tshepang Makhethhe, 10th, 72.94

Dec: Fredriech Pretorius, 7th, 7689 points

WOMEN

SP: Lezaan Jordaan, 8th, 16.15

10000 W: Anél Oosthuizen, 21st, 48:55.26

STATS TIME

This week we include a list of the top ten SA veteran women in the marathon for 2014. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2014 MARATHON: TOP 10 VETERAN WOMEN

2:59:42	Zola Pieterse	1	Charleston	18 Jan
3:02:27	Gillian Sieling	1	Johannesburg	09 Feb
3:05:20	Michelle Mee	1	Secunda	08 Mar
3:05:44	Sieling-2	2	Vereeniging	02 Mar
3:08:15	Sieling-3	1	Johannesburg	30 Mar
3:08:39	Lesley Train	2	Centurion	01 May
3:09:05	Marie Bruwer (master)	4	Vereeniging	02 Mar
3:10:11	Shani Silver	1	Pietermaritzburg	23 Feb
3:12:27	Carien Visser	2	Secunda	08 Mar
3:13:32	Pat Dammann	1	Hillcrest	09 Feb
3:14:22	Jillian Sotto Corona	7	Vereeniging	02 Mar
3:16:48	Linah Mhlongo	1	Secunda	15 Feb

THIS MONTH IN HISTORY

We continue our look back at the history of the mile. – Ed.

57 years ago: 19 July 1957

A crowd of 30 000 people crammed the White City Stadium in London to watch the world record holder for 1500 m, Stanislav Jungwirth (CZE), take on Olympic champion Ron Delany (IRL) and the best Englishman, Derek Ibbotson. The confident Ibbotson, who recently had run the second fastest mile ever, 3:58.4, and then set a British record in winning the national 3-mile title in 13:20.8, had asked a pacemaker to run about 1:56-1:57 for the half mile. At this point Ibbotson was third in 1:56.4 behind Jungwirth, with Delany hanging back. Jungwirth was tired from his metric record just seven days before and soon after he had passed through the three-quarter distance in 3:00.0 Ibbotson flew past him. No one could catch him; not even Delany's fearsome kick could bring him closer. Ibbotson won in 3:57.2, breaking John Landy's 3:58.0 from 1954. Delany was second in 3:58.8 and Jungwirth third in 3:59.1; the first six set personal bests. The IAAF initially refused to recognise the record because of the pacing, with the new rules stating that it "will consider whether the claimant was unfairly assisted towards the time accomplished by pacing from another competitor apparently designed to assist him to achieve a record". However, in the end the record was recognised.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2014

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	29:00	Kgosi Samuel Tsosane	Sasolburg	01 Feb
	27:25	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komon (KEN)	2010	
15 km	44:29	Lusapho April	Port Elizabeth	01 Mar
	43:04	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN)	2010	
21.1 km	60:47	Stephen Mokoka	Copenhagen	29 Mar
	59:08	Geoffrey Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI)	2010	
25 km	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN)	2010	
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:40:20	Anthony Godongwana	Camps Bay	05 Jan
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH)	2009	
Marathon	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
	2:03:38	Patrick Makau (KEN)	2011	
	2:03:23p	Wilson Kipsang (KEN)	2013	
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	30:31	Gert Thys	Goodwood	01 Mar
	28:51	Paulo Catarino (POR)	2003	
15 km	49:22	Graham Katzen	Ravensmead	26 Apr
	44:14	Pierre Levisse (FRA)	1992	
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL)	1990 & Nelson Chirchir (KEN)	1996
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX)	1994	
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA)	2002	
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX)	2003	
100 km	6:18:24	Mario Ardemagni (ITA)	2004	

Masters (50+)

10 km	35:07	Tobias Philander	Bellville	12 Apr
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	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:20	Eric Coetzee	Brackenfell	19 Jul
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	77:07	Dan Mothibe	Pretoria	15 Feb
	66:42	Martin Rees (GBR) 2003		
25 km	1:45:51	Victor Phetoe	Pretoria	10 May
	95:40A	Shaun Meiklejohn	Pinetown	26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35	Daniel Mothibe	Pretoria	23 Feb
	2:42:57A	Thomas Lizo	East London	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:35	Muhammad Kriel	Bellville	31 May
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	87:09	Mike Hirst	Vereeniging	02 Mar
25 km	2:01:18	Petrus Ratshikakala	Pretoria	10 May
	2:00:34A	Mbekiseni Mchunu	Pinetown	26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				

Juniors

10 km	29:54	Thabang Mosiako	Bloemfontein	22 Feb
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:38	Granwin Katzen	Ravensmead	26 Apr
	42:25	Moses Mosop (KEN) 2004		
21.1 km	71:46	Tshwanelo Mojokeng	Sasolburg	01 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	32:27	Lebo Phalula	Port Elizabeth	03 May
	31:04	Mamitu Daska (ETH)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	53:54	Kim Laxton	Germiston	06 Apr
	47:00	Shalane Flanagan (USA)		
	46:28	Tirunesh Dibaba (ETH) 2009		
21.1 km	71:53	René Kalmer	Copenhagen	29 Mar
	66:19	Joyce Chepkirui (KEN)		
	65:50	Mary Keitany (KEN) 2011		
25 km	1:44:00	Marli van Staden	Pretoria	10 May
	97:30A	Cary-Ann Smith	Pinetown	26 Jan
	84:37	Janet Rono Chelegat (KEN)		
	79:53	Mary Keitany (KEN) 2010		
30 km	2:01:11	Zintle Xiniwe	Parow	30 Mar
	1:44:19	Yuka Takashima (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:46:52	Kim Laxton	Xiamen	02 Jan
	2:43:34A	Tanith Maxwell	Brighton	06 Apr
	2:18:57A	Rita Jeptoo (KEN)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:24	Paulina Phaho	Pretoria	31 May
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:37	Sandra van Graan	Eersterivier	21 Jun
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	83:10	Suzette Botha	Mount Edgecombe	25 May
	69:56	Irina Permitina (RUS) 2009		
25 km	1:47:39	Michelle Mee	Pretoria	10 May
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:09:47	Ursula Turck	Parow	30 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:59:42	Zola Pieterse	Charleston	18 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	40:10	Elmarie Coetzee	Bellville	31 May
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	60:59	Elmarie Coetzee	Eersterivier	21 Jun
	54:33	Shirley Matson (USA) 1991		
21.1 km	89:34	Judy Bird	Johannesburg	09 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:01:43	Ansa Strydom	Pretoria	10 May
	1:55:22A	Janette Schierz-Crusius	Somerset East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	41:31	Margie Saunders	Port Elizabeth	26 Apr
15 km	64:22	Margie Saunders	Port Elizabeth	01 Mar
21.1 km	1:30:53	Margie Saunders	Port Elizabeth	29 Mar
25 km	2:10:01	Lyn de Bruin	Pretoria	10 May
30 km	2:44:15	Nancy Will	Parow	30 Mar
Marathon	4:18:07	Vollie Spies	Pretoria	23 Feb
	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
100 km				

Juniors

10 km	35:07	Pamela Moyikwa	Bellville	31 May
	31:42	Zola Budd (GBR) 1984		
15 km	54:48	Annie Bothma	Ravensmead	26 Apr
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	87:07	Jenet Dlamini	Pietermaritzburg	23 Feb
	1:09:05	Delilah Asiago (KEN) 1991		

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