

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

There were plenty of exciting races at the Commonwealth Games in Glasgow, none more so perhaps than the 800 m, where world record holder David Rudisha (KEN) controlled proceedings in the first half, but was then outkicked by the man who won the silver medal behind him at the Olympics, Nijel Amos (BOT). South Africa's André Olivier was third in 1:46.03. In the 1500 Nick Willis (NZL) won the bronze by the barest of margins, outleaning Johan Cronje, to become the first three-time medallist for this distance. (He was also third in 2010 and won the gold in 2006.)

In the 5000 Caleb Ndiku took advantage of Mo Farah's absence to take the title after running the last three laps in 63.51, 60.35 and 54.11!

The women's 800 and 1500 saw great runs by three British athletes to break up the Kenyan domination. In the shorter event Scotland's Lynsey Sharp delivered a strong stretch run, aided by the roar of the Scottish crowd, to take the silver medal, while Jessica Judd (ENG) finished fourth. In the 1500, a classic kicker's race, non-Kenyans finished second (Laura Weightman, ENG), third (Kate van Buskirk, CAN), fourth (Nicole Sifuentes, CAN) and fifth (Nikki Hamblin, NZL).

In the 5000 Jo Pavey (ENG) showed that age should not stand in the way of determination. Taking the race to the Kenyans in no uncertain manner, the 40-year-old finished third to become the oldest ever women's medallist over this distance.

South Africa did not quite achieve Gideon Sam's total of 43 medals, but the 40 medals the country did win are the most since the 46 of 2002. The thirteen gold medals are still fewer than the sixteen of 1954, but equal to the 1958 total. Although this is a good enough performance, it should also be seen in perspective: countries like tiny New Zealand, Scotland and India won more medals than South Africa (with Wales almost as many), while England and Australia won more golds than South Africa's total number of medals.

SASCOC's rigid selection requirements are certainly counterproductive. The Commonwealth Games provide an excellent opportunity to expose our best athletes to top-class international competition that is a little less intense than that experienced at the Olympic Games and World Championships. The absence of our distance runners in Glasgow was glaring. A meeting like the Commonwealth Games is a valuable tool to learn how to run rounds and how to race tactically in a major championship. The very talented Johan Cronje, so used to racing rabbit-paced races on the European/Diamond League circuit, was tactically at a loss in the 1500 m final and that cost him a medal in a slow race.

South Africa's athletes won seven medals (two gold, three silver and two bronze) – more than in 2010, but – especially as far as gold medals are concerned – still a far cry from the

5-1-1 and 5-5-2 haul of 2002 and 2006 respectively. The only distance medal was André Olivier's bronze in the 800 m.

At the 2014 USATF Masters Outdoor Championships in Winston-Salem, N.C., on 19-20 July, the 65-year-old Sabra Harvey of Houston, Texas, set records at three different women's 65-69 track events. She ran a world record 5:29.85 at 1500 m, and USA records of 2:42.14 at 800 m and 20:25.64 at 5000 m. Full results of all events at http://www.usatf.tv/gprofile.php?do=view_event&event_id=6668&mgroup_id=45365&year=2014

Riël Hauman

INCLUDED IN THIS ISSUE:

- * McKenna Scott Pinelands 10 km, Pinelands
- * HFPA Old Eds Half Marathon & 10 km, Johannesburg
- * Merewent 10 km, Durban
- * Beaufort West Half Marathon & 10 km, Beaufort West
- * XC: WP League Meeting, Rocklands; Gauteng North Seniors & Masters League Meeting, Pretoria

International highlights:

- * TD Beach to Beacon 10 km, Cape Elizabeth, USA
 - * Semi-Marathon Marvejols Mende, Lozere, FRA
 - * Commonwealth Games, Glasgow, GBR
-

ROAD RUNNING

McKenna Scott Pinelands 10 km

Pinelands, 3 August
(Certified flat two-loop course)

MEN

1. Anthony Timoteus (UWC) 31:35 (1st jun) (R300)
2. Akhona Makila (VOB) 31:37 (R200)
3. Xolisa Batala (VOB) 31:46 (R150)

(Prize money for veterans, masters, grandmasters and juniors was the same: R200, R150, R100.)

Veterans: 1. Xolile Macanda (Gugs) 34:36; 2. Sibelo Ngcwama (Celtic) 34:43; 3. Roger Dickson (VOB) 35:20. **Masters:** 1. Tobias Philander (Itheke) 37:11; 2. Monde Tutani (Gugs) 38:16; 3. Goodman Mpukane (Gugs) 39:50. **G'masters:** 1. Awie Veldsman (Held) 40:12; 2. Albert Williams (Top) 42:16; 3. Neville Frieslich (FH) 48:23. **G/g'masters:** 1. Joseph Matthews (Spart) 52:47 (R150); 2. Yusuf Kamiendien (Itheke) 57:34 (R100). **Juniors:** 1. Anthony Timoteus (UWC) 31:35; 2. Lukhanyo Nobakada (VOB) 32:20; 3. Granwin Katzen (Itheke) 33:34.

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 35:34
2. Bulelwa Simae (Ned) 37:28
3. Pamela Moyikwa (VOB) 41:11 (1st jun)

Veterans: 1. Ursula Frans (NBMC) 41:47; 2. Sheryl de Lange (NBMC) 42:08; 3. Chantal Simpson (Ned) 42:26. **Masters:** 1. Mariëtte Strauss (Tyger) 43:28; 2. Charmaine Cupido (Ned) 44:26; 3. Cailey Bredenkamp (Paarl) 52:00. **G'masters:** 1. Nancy Will (Pine) 47:49; 2. Helen du Plessis (Tyger) 51:09; 3. Judy Collins (VOB) 66:49. **G/g'masters:** 1. Marlene

James (Pine) 59:57; 2. Annatjie Berntzen (Tyger) 70:13. **Juniors:** 1. Pamela Moyikwa (VOB) 41:11; 2. Busisiwe Gwala (VOB) 41:44; 3. Nomaxesibe Ngcantsi (VOB) 44:51.

HFFA Old Eds Half Marathon & 10 km

Johannesburg, 3 August

(Distances: 21.1 km & 10 km; loop courses. Weather: cool and clear, excellent conditions.)

Note: According to correspondent Pete van der Merwe these races were timed by ChampionChip, but many runners unfortunately competed without chips, so the indicated finisher figures of 1093 in the half marathon and 665 in the 10 km are far smaller than the number of actual participants. – Ed.

Half marathon

MEN

1. Derocious Makhobalo (Ned) 1:09:21
2. Don Ndlovu (CR) 1:10:34
3. Thando Ngcobo (Ned) 1:11:34

Veterans: 1. Elias Mabane (Ned) 1:16:51; 2. Siphon Ncube (ZIM/ME) 1:17:10; 3. Mbemgeni Masala (Jeppe) 1:20:24. **Masters:** 1. Dan Mothibe (NB) 1:20:22; 2. Reform Ndlovu (Rand) 1:22:58; 3. Craig Cooke-Tonneson (Jeppe) 1:29:22. **G'masters:** 1. John Woodnutt (Morning) 1:35:49.

WOMEN

1. René Kalmer (MA) 1:19:12
2. Kim Laxton (Sunning) 1:22:53
3. Andronica Mokgotla (Toy) 1:27:10

Veterans: 1. Lindy Benson (Bed) 1:31:17; 2. Beth Libby-Neale (Rand) 1:40:53; 3. Barbara Luckemeyer (Albert) 1:45:41. **Masters:** 1. Sarah Crooks (Rand) 1:47:24; Debbie Slater (Flor) 1:47:33; 3. Ansa Strydom (NB) 1:49:38.

10 km

MEN -

1. Zongamele Dyubeni (Ned) 31:41 (1st vet)
2. Lebogang Khonkobe (Ned) 31:54
3. Clinton Swanepoel (UJ) 32:55

Veterans: 1. Zongamele Dyubeni (Ned) 31:41; 2. Shadrack Hoff (NB) 33:39; 3. Enver Samuel (Roode) 48:29. **Masters:** 1. Sontaga Mabale (Break) 41:26; 2. Michael Taylor (Jeppe) 44:28; 3. Frank da Ascencao (Boks) 57:13. **G'masters:** 1. Wilson Netshisaulu (RAC) 50:12. **Juniors:** 1. Dylan van der Merwe (MV) 33:52.

WOMEN

1. Alemtsehay Hailu Kakissa (ETH/Ned) 35:52
2. Nicole van der Merwe (MV) 37:25 (1st jun)
3. Adanech Beyene Jemilu (ETH/Ned) 38:48

Veterans: 1. Jillian Sotto-Corona (Boks) 43:18; 2. Julie Soicher (Rockies) 44:29; 3. Sarah Mahlangu (Toy) 45:03. **Masters:** 1. Sandra Brookstone (Wand) 46:59; Frith van der Merwe (BH) 47:27; 3. Jackie Frey (Khosa) 49:03. **G'masters:** 1. Sonja Laxton (RAC) 52:58.

Merewent 10 km

Durban, 3 August
(Out-and-back course)

Note 1: No men's age category results other than juniors were included in the results. The women's times were given in hundredths of a second and were rounded up according to the rules. It is not known whether the men's times were rounded up or down. – Ed.

Note 2: Siyabonga Nkonde and Philane Buthelezi ran 28:26 and 28:44 respectively in last week's suspect race in Hammarsdale (results in DRR 14:30). These times are much more realistic. – Ed.

MEN

1. Siyabonga Nkonde (Boxer) 29:40, 2. Avawda Mngube (Phantane) 30:05, 3. Philane Buthelezi (Klipriver) 30:07.

Juniors: 1. Ndumiso Sokhela (Speed Express) 32:49, 2. Sphamandla Khoza (Phoenix) 33:53, 3. Mthobisi Mazibuko (Speed Express) 37:23.

WOMEN

1. Slindile Chile (Chesterville) 37:05, 2. Nomcebo Mtshali (Mhlathuze) 38:38, 3. Janene Carey (Boxer) 38:48 (1st vet).

40-49: 1. Janene Carey (Boxer) 38:48, 2. Nicola Hewitt (Riverside) 42:34, 3. Maureen Slack (Westville) 44:24. **50-59:** 1. Janine Engels (Westville) 44:35, 2. Jolanda Broodryk (Toti) 51:28, 3. Sarla Juglal (Chatsworth) 55:57. **60-69:** 1. Pat Fisher (Stella) 49:44, 2. Pam Rasmussen (Quennsburgh) 50:54, 3. Charmane Clark (Westville) 57:24. **70+:** 1. Gill Tregenna (Westville) 57:03. **Juniors:** 1. Nondumiso Khoza (Natal Carbs) 43:05, 2. Lungelo Nzama (Born 2 Run) 50:56.

Beaufort West Half Marathon & 10 km

Beaufort West, 26 July
(Distances: 21.1 km & 10 km; out-and-back courses. Finishers: half marathon – 52 [only 7 women; down from 94 last year]; 10 km – 33 [only 9 women; down from 56 last year].)

Half marathon

MEN

1	Lloyd Bosman	Nedbank SWD	26	1:12:10
2	Mthandazo Qhina	Nedbank WPA	36	1:13:08
3	Julius Korkee	Mosselbay Harriers	29	1:16:25
4	Tumelo Baale	SANDF	23	1:16:46
5	Xavier Adams	EP	18	1:17:11
6	Fana Principal	Mosselbay Harriers	45	1:19:04
7	Tebogo Moipolai	KMAC	36	1:20:08
8	Selwyn Losper	Mosselbay Harriers	50	1:22:01
9	Sipho Moitse	SANDF	34	1:22:07
10	Nkosi Dimaza	Sedgefield Striders	26	1:23:23

WOMEN

1	Bulelwa Simae	Nedbank WPA	36	1:26:50
2	Berdene Nell	Brackenfell	22	1:46:36
3	Linda Mocke	Beaufort-Wes Drawwers	49	1:56:03
4	Lynette Booysen	Temp	41	1:59:01
5	Antionette du Preez	Hartenbos Drawwers	42	2:09:20
6	Helmien Bruwer	Temp	38	2:33:40
7	Janelle Stephenson	Temp	36	2:50:04

10 km**MEN**

1	Jansen Darries	Beaufort-Wes Drawwers	17	32:14
2	Bryson van Wyk	Beaufort-Wes Drawwers	18	32:31
3	Jan Isaks	Rainbow	29	34:18
4	Henrico Vena	Beaufort-Wes Drawwers	16	35:17
5	Tasco Msuthwana	Sedgefield Striders	33	36:39
6	Bernardo Fredericks	Nedbank SWD	27	37:34
7	Ronaldo Sharwood	Temp	15	38:08
8	Danny Steenberg	Nedbank SWD	39	38:53
9	Aubrey Brinkhuis	KMC	44	39:14
10	Karel Vlok	Beaufort-Wes Drawwers	40	39:23

WOMEN

1	Rome Phillipson-Meyer	Hartenbos Drawwers	32	47:11
2	Ronel Potgieter	Temp	20	55:25
3	Lisa Hugo	Temp	20	55:26
4	Charmaine Viviers	Langeberg AC	50	1:03:07
5	Ngwanathole Nong	Temp	31	1:06:03
6	Emily Strugrell	Temp	30	1:14:33
7	Theada Joemat	Temp	31	1:15:19
8	Andrea Louw	Temp	42	1:26:12
9	Tina Martin	Temp	53	1:43:25

CROSS-COUNTRY**WP League Meeting (7th)**

Rocklands, 26 July

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (12 km)**

1	Nkosinathi	Madyo	Nedbank	29:49
2	Gershwill	Jacobs	Nedbank	30:04
3	Duran	Byman	Itheko	30:11
4	Xolisa	Batala	VOB	30:25
5	Andrew	Louw	Easterns	30:29
6	Wanda	Roro	Itheko	30:51
7	Sivewe	Nkombe	Itheko	31:05
8	Marks	Mpekula	NBMC	31:23
9	Christopher	Karelse	NBMC	31:34
10	Oscar	Coetzee	NBMC	34:05

SR. MEN

1	Sibusiso	Madikizela	Manoni	11:04
2	Gershwill	Jacobs	Nedbank	11:13
3	Sibusiso	Magwaza	UWC	11:18
4	Xolisa	Batala	VOB	11:21
5	Akhona	Makila	VOB	11:27
6	Duwayne	Philander	UWC	11:28
7	Emiele	Paulsen	NBMC	11:31
8	Duran	Faro	UWC	11:35
9	Orion	Faro	NBMC	11:48
10	Raydon	Balie	Wild Runner	12:21

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	22:11
2	Youssef	Kanouni	NBMC	22:57
3	Petrus	Olyn	Easterns	23:25

MASTER MEN (8 km)

1	Chris	Mitchell	Celtic Harriers	24:11
2	Kevin	Isaacs	Top Form	24:59
3	Shafiek	Cassiern	Itheko	25:14

G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	26:24
2	Johannes	Jacobs	Celtic Harriers	28:11
3	Christian	Edwards	VOB	29:49

U.19 (8 km)

1	Rowhaldo	Ratz	Eerste River	20:31
2	Bruce-Lynn	Damons	WCSS	20:32
3	Heinrich	Wagner	NBMC	20:37

U.17 (6 km)

1	Lukhanyo	Nobakada	VOB	14:51
2	Dawood	Goeiman	ATC Running	15:27
3	Alantino	Belillie	Eerste River	15:34

SR. WOMEN (8 km)

1	Hanlie	Jordaan	UWC	26:35
2	Sheryl	de Lange	NBMC	27:33
3	Busisiwe	Matiwane	Celtic Harriers	27:48
4	Ursula	Frans	NBMC	28:07
5	Mariëtte	Strauss	Tygerberg	29:52
6	Tyshia	Johannes	Gugs	30:32
7	Cleo-Ann	Josephs	UWC	30:55
8	Johandie	de Kock	Tygerberg	32:37
9	Melissa	Bothma	Edgemead	33:01
10	Inge	Reissenzahn	Pinelands	34:08

SR. WOMEN

1	Anel	Terblanche	NBMC	14:08
2	Lee-Shay	Willemse	Velocity	14:49
3	Ivy Nokuthula	Sogiba	Khayelitsha	15:51
4	Adri	Meyer	UCT	16:11
5	Madelé	du Plessis	Edgemead	16:21
6	Alicia	Hartnick	Helderberg Harr	16:27
7	Delicia	Jantjies	Eerste River	16:41
8	Nocwaka	Mthetho	VOB	17:27
9	Mandisa	Nqayi	Gugs	18:18
10	Alexia	Snyders	Helderberg Harr	18:58

VETERAN WOMEN

1	Wilna	Eybers	Strand	14:47
2	Sheryl	de Lange	NBMC	15:03
3	Ursula	Frans	NBMC	15:41

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	15:51
2	Olga	Howard	Celtic Harriers	16:08
3	Charmaine	Cupido	Nedbank	16:09

G'MASTER WOMEN

1	Nancy	Will	Pinelands	17:33
2	Theresa	Isaacs	VOB	20:08
3	Helen	Du Plessis	Tygerberg	20:21

U.19 (6 km)				
1	Pamela	Moyikwa	VOB	17:09
2	Annie	Bothma	Nedbank	17:11
3	Lolita	Kievieto	UWC	20:06

U.17				
1	Hayley	Preen	Hout Bay Harriers	13:28
2	Assnique	Robinson	Bellville	14:26
3	Simoné	Links	Eerste River	14:41

Gauteng North Seniors & Masters League Meeting

Pretoria, 26 July

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

SR. MEN (8 km)				
1	Precious	Mashele	Transnet	25:13
2	Sikhumbuzo	Seme	Tram	25:14
3	Motsamai	Motone	Transnet	25:51
4	Rapelang	Kgaje	Temba	26:17
5	Simon	Mokonyama	Monaco	26:45
6	Elliot	Makgabo	Monaco	27:16
7	Prettyboy	Masango	SANDF	28:22
8	Justice	Mabaso	Monaco	29:13
9	Khoza	Loverboy	Nedbank	29:31

SR. MEN				
1	Precious	Mashele	Transnet	12:11
2	Steve	Ngqcola	Transnet	12:12
3	Victor	Pheeha	Monaco	12:33
4	Martin	Nkoe	TUT	12:36
5	Tebogo	Sithole	Zwakala	12:53
6	Motsamai	Motone	Transnet	12:58
7	Andy	Mukona	Transnet	13:00
8	France	Memane	Monaco	13:10
9	Charles	Malatji	Monaco	13:36
10	Ngwane	Sello	Nissan	13:44

MEN 40 (8 km)				
1	Edwin	Lesudi	Nedbank	26:03
2	Demetri	Jansen	PMMC	28:04
3	Frans	Maratola	Transnet	28:40

MEN 45 (8 km)				
1	Andreas	Harms	Individual	30:05
2	Fanie	Van Vuuren	Centak	30:50
3	Graham	Burnett	Individual	32:45

MEN 50 (8 km)				
1	Rob	Hudson	Irene	33:52
2	Louis	Botha	GNMA	33:57
3	Gert	Steyn	GNMA	34:34

MEN 55 (8 km)				
1	Johnie	Jonker	Denel	35:42
2	Len	Lorenzen	PMMC	36:18
3	Hendrik	Smith	Overkruin	39:06

MEN 65 (6 km)				
1	Anton	Harrop-Allin	ACRW	32:04
2	Piet	Kleingeld	Bronkhorstspuit	32:36

3	Harny	Van der Merwe	Bronkhorstspuit	39:32
MEN 70 (6 km)				
1	Andries	Van der Merwe	Transnet	33:20
2	Assie	Van Aswegen	Overkruin	34:10
3	Iven	Moorhouse	Phobians	42:09
MEN 80 (6 km)				
1	Dion	Heigers	ACRW	39:36
2	Martin	Coetzee	Magnolia	43:47
MEN 23				
1	Simon	Mokonyama	Monaco	12:22
2	Jacob	Tseko	TUT	12:30
3	Charles	Nel	Tuks	12:31
JR. MEN (8 km)				
1	Phidzaulima	Mtanga	TUT	27:08
2	Tshepo	Leefo	TUT	27:12
BOYS 17 (6 km)				
1	Arne	Venter	Waterkloof	14:46
SR. WOMEN				
1	Yvette	Van Niewenhuisen	TUT	18:28
2	Margot	Van Niewenhuisen	TUT	19:00
3	Merriam	Mooki	Transnet	20:52
WOMEN 40				
1	Ronel	Thomas	Boxer	15:36
2	Seanette	Van Rooyen	Magnolia	16:54
3	Karin	Hillhouse	Individual	17:30
WOMEN 45				
1	Elmarie	Du Toit	Montana	17:28
2	Hester	Kallmeyer	GNMA	20:00
3	Ronel	Steyn	Fpn	21:04
WOMEN 50				
1	Elsabe	Brink	New Balance	17:50
2	Emmarie	Theunissen	Irene	17:53
3	Thea	Van der Merwe	Irene	19:40
WOMEN 55				
1	Jackie	Navarria	ACRW	19:32
2	Christa	Mouton	Agape	21:42
3	Louise	Oberholzer	Transnet	26:54
WOMEN 60				
1	Corrie	Kleingeld	Beefcor	24:41
2	Vere	Moorhouse	Phobians	27:22
WOMEN 23				
1	Happiness	Mkhize	Tuks	14:55
2	Leani	Grimes	Tuks	15:05
3	Adel	Vermaak	Tuks	15:45
GIRLS 17				
1	Aphiwe	Sibenya	Living Ball	16:02
2	Marzanne	Aldridge	Turn2god	16:48

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING

TD Beach to Beacon 10 km (17th)

Cape Elizabeth, USA, 3 August

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

MEN (gun times)

1. Bedan Karoki, 23, KEN	27:37 PB \$10,000
2. Stephen Kosgei Kibet, 27, KEN	27:44 PB 5,000
3. Ben True, 28, Hanover, NH	27:51 PB 3,000
4. Patrick Makau, 29, KEN	27:57 2,000
5. Micah Kogo, 28, KEN	28:15 1,000
... 13. Meb Keflezighi, 39, San Diego, CA	29:59
14. Chris Solinsky, 29, Portland, OR	30:02

WOMEN (gun times) -

1. Gemma Steel, 28, GBR	31:27 (31:26.7) PB \$10,000
2. Shalane Flanagan, 33, Portland, OR	31:27 (31:27.0) PB 5,000
3. Diane Nukuri-Johnson, 29, Iowa City, IA (BDI)	31:52 PB 3,000
4. Jordan Hasay, 22, Beaverton, OR	32:21 DB 2,000
5. Aselefech Mergia, 29, ETH	32:31 1,000
... 9. Desiree Linden, 31, Washington, MI	33:06 PB 600
10. Blake Russell, 39, Pacific Grove, CA	33:11 500

Semi-Marathon Marvejols Mende (42nd)

Lozere, FRA, 27 July

(Distance: 22.4 km; very hilly with two big climbs; the first gains 325 m from 4.9 km to 9.1 km; the second gains 207 m from 14 km to 19.9 km)

MEN (gun times)

1. Luka Kanda, KEN	1:13:15 € 4000
2. Girma Mitke Ashebir, ETH	1:13:27 3000
3. Kennedy Kimutai Kaptila, KEN	1:13:31 2000

WOMEN (gun times)

1. Selam Alebachew Abere, ETH	1:25:50 € 4000
2. Tetyana Vernygor, UKR	1:26:08 3000
3. Alice Serser, KEN	1:28:02 2000

TRACK

Commonwealth Games (20th)

Glasgow, GBR, 27 July – 2 August

MEN

800 (31):

1. Nijel Amos, BOT	1:44.18 Gold
2. David Rudisha, KEN	1:45.48 Silver
3. André Olivier, RSA	1:46.03 Bronze

- | | |
|-------------------------|---------|
| 4. Ferguson Rotich, KEN | 1:46.09 |
| 5. Jeff Risely, AUS | 1:46.12 |

Semi-finals (30):

Advance top 3 from each heat plus next 2 fastest losers to final

Heat 1:

- | | |
|-------------------------|-----------|
| 1. David Rudisha, KEN | 1:46.61 Q |
| 2. Ferguson Rotich, KEN | 1:46.88 Q |
| 3. Guy Learmonth, SCO | 1:47.78 Q |

Heat 2:

- | | |
|-------------------------|-----------|
| 1. Nijel Amos, BOT | 1:45.65 Q |
| 2. Ronald Musagala, UGA | 1:45.98 Q |
| 3. André Olivier, RSA | 1:46.30 Q |

Prelims (29):

Advance top 3 from each heat plus next 4 fastest losers to semi-finals

Heat 1:

- | | |
|----------------------------|-----------|
| 1. David Rudisha, KEN | 1:46.89 Q |
| 2. Michael Rimmer, ENG | 1:47.64 Q |
| 3. Ricardo Cunningham, JAM | 1:47.71 Q |

Heat 2:

- | | |
|-------------------------|-----------|
| 1. André Olivier, RSA | 1:47.93 Q |
| 2. Ronald Musagala, UGA | 1:48.23 Q |
| 3. Alberto Mamba, MOZ | 1:48.57 Q |

1500 (02):

- | | | |
|-----------------------|---------|--------|
| 1. James Magut, KEN | 3:39.31 | Gold |
| 2. Ronald Kwemoi, KEN | 3:39.53 | Silver |
| 3. Nick Willis, NZL | 3:39.60 | Bronze |
| 4. Johan Cronje, RSA | 3:39.65 | |
| 5. Jeff Riseley, AUS | 3:40.27 | |

Prelims (01):

Advance top 4 from each heat plus next 4 fastest losers to final

Heat 2:

- | | |
|-----------------------|-----------|
| 1. Ronald Kwemoi, KEN | 3:39.90 Q |
| 2. Charlie Grice, ENG | 3:40.09 Q |
| 3. Johan Cronje, RSA | 3:40.17 Q |

5000 (27):

- | | | |
|------------------------|----------|--------|
| 1. Caleb Ndiku, KEN | 13:12.07 | Gold |
| 2. Isiah Koech, KEN | 13:14.06 | Silver |
| 3. Zane Robertson, NZL | 13:16.52 | Bronze |
| 4. Jacob Kitur, KEN | 13:17.49 | |
| 5. Mohamed Ahmed, CAN | 13:18.88 | PB |

10000 (01):

- | | | |
|-------------------------------|----------|--------|
| 1. Moses Kipsiro, UGA | 27:56.11 | Gold |
| 2. Josphat Kipkoech Bett, KEN | 27:56.14 | Silver |
| 3. Cam Levins, CAN | 27:56.23 | Bronze |
| 4. Peter Kirui, KEN | 27:58.24 | |
| 5. Charles Cheruiyot, KEN | 27:59.91 | PB |

3000 s/chase (01):

- | | | |
|------------------------|---------|---------|
| 1. Jonathan Ndiku, KEN | 8:10.44 | GR Gold |
|------------------------|---------|---------|

2. Jairus Birech, KEN	8:12.68	Silver
3. Ezekiel Kemboi, KEN	8:19.73	Bronze
4. Matt Hughes, CAN	8:21.88	
5. James Wilkinson, ENG	8:24.98	

WOMEN

800 (01):

Final (01):

1. Eunice Sum, KEN	2:00.31	Gold
2. Lynsey Sharp, SCO	2:01.34	Silver
3. Winnie Nanyondo, UGA	2:01.38	Bronze
4. Jessica Judd, ENG	2:01.91	
5. Angela Smit, NZL	2:01.94	
6. Jenny Meadows, ENG	2:01.19	
... 8. Melissa Bishop, CAN	2:02.61	

1500 (29):

1. Faith Kipyegon, KEN	4:08.94	Gold
2. Laura Weightman, ENG	4:09.24	Silver
3. Kate Van Buskirk, CAN	4:09.41	Bronze
4. Nicole Sifuentes, CAN	4:10.48	
5. Nikki Hamblin, NZL	4:10.77	
6. Hellen Obiri, KEN	4:10.84	
7. Hannah England, ENG	4:11.10	
... 9. Jemma Simpson, ENG	4:12.93	

5000 (02):

1. Mercy Cheronon, KEN	15:07.21	Gold
2. Janet Kisa, KEN	15:08.90	Silver
3. Jo Pavey, 1973, ENG	15:08.96	Bronze
4. Margaret Muriuki, KEN	15:10.38	
5. Eloise Wellings, AUS	15:14.99	
... 11. Helen Clitheroe, 1974, ENG	15:55.00	
... 14. Steph Twell, SCO	16:30.66	

10000 (29):

1. Joyce Chepkirui, KEN	32:09.35	PB Gold
2. Florence Kiplagat, KEN	32:09.48	Silver
3. Emily Chebet, KEN	32:10.82	PB Bronze
4. Kate Avery, ENG	32:33.35	PB
5. Beth Potter, SCO	32:33.36	PB

3000 s/chase (30):

1. Purity Cherotich Kirui, KEN	9:30.96	Gold
2. Milcah Chemos Cheywa, KEN	9:31.30	Silver
3. Joan Jepkemoi, KEN	9:33.34	Bronze
4. Madeline Heiner, AUS	9:34.01	PB
5. Genevieve LaCaze, AUS	9:37.04	PB
6. Eilish McColgan, SCO	9:44.65	

OTHER SOUTH AFRICANS IN FINALS:

MEN

400: Wayde van Niekerk, silver medal, 44.68

400 H: Cornel Fredericks, gold medal, 48.50

LJ: Zarck Visser, silver medal, 8.12; Rushwal Samaai, bronze medal, 8.08

TJ: Khotso Mokoena, gold medal, 17.20

SP: Orazio Cremona, 4th, 20.13

DT: Victor Hogan, 10th, 56.42
 JT: Rocco van Rooyen, 6th, 76.84
 Dec: Fredriech Pretorius, 7th, 7639 points
 4x100: RSA 4th, 38.35 NR

WOMEN

400 H: Wenda Theron dq
 JT: Sunette Viljoen, silver medal, 63.19

BACKGROUND

WESTVILLE CELEBRATES 40 YEARS OF SUCCESS

By Craig Dennill

Westville Athletic Club celebrated its 40th anniversary on 24 July with an emotional get-together where some of the founder members saw one another for the first time since the club's early days. Derek Kay, the elder statesman among the founder members and previous 100-mile world record holder, made the trip all the way from Australia.

The club was formed by a group of training partners who decided that there was a need for a club between Durban and Pinetown. At a meeting at the Berea Hotel the name was decided and the colour red was adopted in appreciation of the province's finest beer, namely Lion Lager.

The founder members were Dave Green, Norman Hosken, Derek Kay, Richard Logan, Derek Preiss, Bruce Scott, Norman Wessels, Chris Hoogsteden, Dave Rogers and Steve Atkins. The current Chairperson is Tammy Dennill, the first woman to hold this post.

In March 1974 the club's application was approved and on Sunday, 2 April 1974, Westville made its appearance at the Savages Marathon and dominated the individual and team prizes. Soon afterwards, Derek Preiss won the Two Oceans and then went on to also win the Comrades Marathon, becoming the first athlete to win both the Comrades and Two Oceans in the same year.

In 1975 Preiss repeated this feat and led Westville to the first of their three consecutive Gunga Din team trophies with all four athletes finishing in the top 12 positions. Westville AC dominated local athletics during this period with five athletes earning ten Comrades gold medals amongst them and seven

contributing to the club's trophy success. The club also secured gold medals at Two Oceans, with Steve Atkins adding to the 1974 success and most recently when Aubrey Roberts secured gold in 1988. Many Bergville gold medals, including some race wins, were added to the club's impressive trophy cabinet.

The Westville team contributed the bulk of the provincial teams during the late 1970s and the honours board proudly displays a list of athletes awarded provincial colours.

Currently Dave Rogers, who has unbroken membership since 1974, has the record of 45 Comrades finishes, Dave Lowe has 41 consecutive medals and Shaun Wood, the youngest to achieve this feat, has 37.

After many years of struggle to find a clubhouse, Westville was offered the premises of the defunct Westlea United soccer club and took occupation in January 1985. The Springer Hall was officially opened on 5 August 1988 by Bruce Fordyce. In 1991 further additions were approved and in 1993 the wing comprising the office, store rooms and garage were officially opened, completing the Westville Clubhouse as we find it today, arguably one of the best facilities in the province if not in the country.

If the early years were dominated by the men, then it can be argued that the club's prominence has been maintained by the performances of the female athletes in the later years. International athletes Sanet Beukes and Jowaine Parrott come to mind. Sanet has seven consecutive top-10 finishes in the Comrades marathon, including four fourth place finishes. In her three appearances

at the World 100 km Championships she secured a first place in her age group in 1997 and was awarded Provincial Colours with Honours in 1998. Sanet in fact led the club home in the Comrades from 1993-98.

Jowaine has three Two Oceans second place finishes and in 1992 became the African Marathon champion; she also has a Comrades gold medal and is currently on the road to secure her permanent number at both Two Oceans and Comrades.

Gill Tregenna, the club's first female member, is the province's most prolific podium finisher and she is currently the

owner of numerous provincial and SA age-group records. Liz Chelin is a Comrades silver medallist and a former winner of the Bergville to Ladysmith ultramarathon, where she has the record for the most finishes with 25 (the male record is held by Rod Jarvis with 39).

The club hosted its first race, the Tiger 20 Miler, in 1975 and has hosted many races over the years from a number of different locations. The club also won the Polly Shorts interclub competition on a number of occasions in addition to winning the Ohlssens Best Organised Race Award many times.

STATS TIME

This week we include a list of the top ten SA veteran men 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 MEN

2:25:39	Sandile Makhaya	1	Pietermaritzburg	23 Feb
2:27:12	Elias Mabane	1	Edenvale	09 Mar
2:27:45	Kanie Simons	1	Mafikeng	15 Feb
2:29:47	Nicholas Masombuka	1	Pretoria	23 Feb
2:30::29	Mabane-2	1	Johannesburg	09 Feb
2:31:18	Reginald Ngobese	1	Vereeniging	02 Mar
2:31:23	Hector Mahlangu	1	Benoni	26 Jan
2:32:52	Philani Memela	2	Verulam	23 Mar
2:33:17	Shadrack Hoff	2	Sasolburg	01 Feb
2:34:08	Never Matiya	2	Benoni	26 Jan
2:34:25	Siyabulela Joji	3	Verulam	23 Mar

THIS MONTH IN HISTORY

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

56 years ago: 6 August 1958

Dublin is not a city normally associated with big-time athletics, much less world records. But what is perhaps the greatest of all global mile records was set here in the Santry Stadium when Aussie Herb Elliott annihilated the previous mark by 2.7 seconds – the largest improvement on the record ever achieved. Elliott ran 3:54.5 to break Derek Ibbotson's 3:57.2 set just more than a year before. Behind Elliott his compatriot Mervyn Lincoln also smashed Ibbotson's time with his 3:55.9 and the next two runners, Ron Delaney (IRL) and Murray Halberg (NZL), came within 3/10ths, both with 3:57.5. Elliott's splits were 56.4, 61.8 (1:58.2), 61.0 (2:59.2) and 55.3. Three weeks later Elliott, who was never beaten in a mile or 1500-metre race, would also take the metric mark by 2.1 seconds.

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)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	44:29	Lusapho April	Port Elizabeth	01 Mar
21.1 km	43:04	Ben True (USA)		
	41:13	Leonard Patrick Komon (KEN) 2010		
	60:47	Stephen Mokoka	Copenhagen	29 Mar
25 km	59:08	Geoffrey Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
	81:09	Sikhumbuso Seme	Pretoria	10 May
	80:18A	George Ntshiliza	Somerset East	22 Mar
	71:47	Abraham Cheroben (KEN)		
30 km	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
	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		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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
	[35:00	Vladimir Kotov (BLR)	Cape Town	08 Mar]
	30:35	Tecwyn Davies (GBR) 1988		

15 km	54:20 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Brackenfell	19 Jul
21.1 km	77:07 66:42	Dan Mothibe Martin Rees (GBR) 2003	Pretoria	15 Feb
25 km	1:45:51 95:40A	Victor Phetoe Shaun Meiklejohn	Pretoria Pinetown	10 May 26 Jan
30 km	1:59:56	Sollie van Rooyen	Parow	30 Mar
Marathon	2:46:35 2:42:57A 2:19:29	Daniel Mothibe Thomas Lizo Titus Mamabolo (RSA) 1991	Pretoria East London	23 Feb 01 Mar
100 km				
<u>Grandmasters (60+)</u>				
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 2:00:34A	Petrus Ratshikakala Mbekiseni Mchunu	Pretoria Pinetown	10 May 26 Jan
30 km	2:09:56	Muhammad Kriel	Parow	30 Mar
Marathon	3:14:47	Les Ivings	Vereeniging	02 Mar
100 km				
<u>Juniors</u>				
10 km	29:54 27:52	Thabang Mosiako Richard Chelimo (KEN) 1990	Bloemfontein	22 Feb
15 km	49:38 42:25	Granwin Katzen Moses Mosop (KEN) 2004	Ravensmead	26 Apr
21.1 km	71:46 59:16	Tshwanelo Mojokeng Samuel Wanjiru (KEN) 2005	Sasolburg	01 Feb
WOMEN				
<u>Open</u>				
10 km	32:27 31:04 30:21	Lebo Phalula Mamitu Daska (ETH) Paula Radcliffe (GBR) 2003	Port Elizabeth	03 May
15 km	53:54 47:00 46:28	Kim Laxton Shalane Flanagan (USA) Tirunesh Dibaba (ETH) 2009	Germiston	06 Apr
21.1 km	71:53 66:19 65:50	René Kalmer Joyce Chepkirui (KEN) Mary Keitany (KEN) 2011	Copenhagen	29 Mar
25 km	1:44:00 97:30A 84:37 79:53	Marli van Staden Cary-Ann Smith Janet Rono Chelegat (KEN) Mary Keitany (KEN) 2010	Pretoria Pinetown	10 May 26 Jan
30 km	2:01:11 1:44:19 1:38:49	Zintle Xiniwe Yuka Takashima (JPN) Mizuki Noguchi (JPN) 2005	Parow	30 Mar
Marathon	2:46:52 2:43:34A 2:18:57A 2:15:25	Kim Laxton Tanith Maxwell Rita Jeptoo (KEN) Paula Radcliffe (GBR) 2003	Xiamen Brighton	02 Jan 06 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:24	Paulina Phaho	Pretoria	31 May

15 km	32:14	Priscilla Welch (GBR) 1985		
	60:37	Sandra van Graan	Eersterivier	21 Jun
21.1 km	49:35	Priscilla Welch (GBR) 1985		
	83:10	Suzette Botha	Mount Edgecombe	25 May
25 km	69:56	Irina Permitina (RUS) 2009		
	1:47:39	Michelle Mee	Pretoria	10 May
30 km	82:13	Mizuki Noguchi (JPN) 2005		
	2:09:47	Ursula Turck	Parow	30 Mar
Marathon	1:51:37	Mieke Pullen (NED) 2001		
	2:59:42	Zola Pieterse	Charleston	18 Jan
100 km	2:26:51	Priscilla Welch (GBR) 1987		
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
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
100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<u>Grandmasters (60+)</u>				
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
100 km	3:45:33A	Wendy Fitzmaurice	East London	01 Mar
<u>Juniors</u>				
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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