

# Distance Running Results

Vol. 14, No. 32 – 11 August 2014

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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

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## EDITORIAL

The Totalsports 10 km in Stellenbosch produced some excellent times, among them personal bests for winner Irvette van Zyl (32:20) and Jenna Challenor (34:27), and a new Western Province grandmaster record by Nancy Will (43:41), who broke her own previous record by 1:18.

Van Zyl is continuing her comeback from the injury which kept her out of running for about seven months since September last year. "Everything just went well today; I was only hoping for about 33:15," she said. Her previous best was the 32:50 she ran in 2011. The fourth-placed Challenor's new PB easily beat the 34:40 she clocked in Cape Town earlier this year. Between Van Zyl en Challenor René Kalmer (33:33) and Zintle Xiniwe (34:15) also ran well.

The Johannesburg Totalsports race went to Lebogang Phalula in 36:01.

Top grandmaster Margie Saunders finished tenth in the dlr The Bay 10 km in Dún Laoghaire, Co. Dublin, on 4 August, running 43:20 (gun time) on a hilly course and in warm conditions – the race started at 10:30. The age categories were 45-54 and 55+ and Saunders won the latter, but also ran faster than the winner of the 45-54 category.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Totalsports Ladies Race 10 km, Stellenbosch
- \* Totalsports Ladies Race 10 km, Johannesburg
- \* Castle Walk 10 km, Pretoria
- \* Race Against Crime Half Marathon & 15 km, Herbertsdale
- \* McCarthy Toyota Table View 10 km, Table View
- \* XC: KZN League Meeting, Richmond; WP League Meeting, Tokai

### International highlights:

- \* Sun-Herald City to Surf 14 km, Sydney, AUS
  - \* Rock 'N' Roll Dublin Half Marathon, Dublin, IRL
  - \* XC: Athletics NZ Cross-country Championships, Christchurch, NZL
  - \* Track: Grande Premio Brasil Caixa Governo do Pará, Belém, BRA; Michigan Track Classic, Saline, USA
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## CORRECTION & ADDITION

In the results of the Merewent 10 km on 3 August (DRR 14:31) the runner in second place (shown as Awawda Mngube) was in fact Ayanda Mncube.

As DRR suspected, the men's results were rounded down from the times taken in hundredths of a second instead of rounded up according to the rules. The times in DRR should all be a second slower, i.e.: MEN: 1. Siyabonga Nkonde (Boxer) 29:41, 2. Ayanda Mncube (Phantane) 30:06, 3. Philane Buthelezi (Klipriver) 30:08. **Juniors:** 1. Ndumiso Sokhela (Speed Express) 32:50, 2. Sphamandla Khoza (Phoenix) 33:54, 3. Mthobisi Mazibuko (Speed Express) 37:24. (DRR rounded the women's times up, so they were correct.)

The missing men's category winners were as follows: **40-49:** 1. Herbert [probably Mazongolo] (Toy) 35:09. **50-59:** 1. Willie Majombozi (Boxer) 36:52. **60+:** 1. Mike Rook 40:52.

## ROAD RUNNING

### Totalsports Ladies Race 10 km

(Women only)

Stellenbosch, 9 August

(Loop course. Finishers: 1817.)

Note: No age category results were available. DRR took the first three in each category, as shown below, from the set of complete results; it does not mean that the three listed in each category did indeed receive the category prizes. DRR also corrected the spelling of some names. – Ed.

1	Irvette	Van Zyl	NED CGA	32:20
2	René	Kalmer	NED CGA	33:33
3	Zintle	Xiniwe	NBMC WP	34:15
4	Jenna	Challenor	Ind	34:27
5	Bulelwa	Simae	NED WP	36:34
6	Pamela	Moyikwa	VOB	36:53
7	Candyce	Hall	Carb	39:39
8	Sandra	Van Graan	Edge	39:51
9	Busisiwe	Gwala	VOB	40:19
10	Ursula	Frans	NBMC WP	40:37
11	Simone	Links	Eerste	40:55
12	Heidi	Viljoen	NBMC WP	41:13
13	Sheryl	De Lange	NBMC WP	41:30
14	Carien	Ross	Temp	41:54
15	Mariëtte	Strauss	Tyger	41:55
16	Clare	Cousins	VOB	42:02
17	Marlize	Vienings	Tyger	42:42
18	Annemarie	De Villiers	Stellen	42:51
19	Nicola	Hooper	Temp	43:06
20	Olga	Howard	Temp	43:15

#### Veterans:

1	Sandra	Van Graan	Edge	39:51
2	Ursula	Frans	NBMC WP	40:37
3	Sheryl	De Lange	NBMC WP	41:30

#### Masters:

1	Mariëtte	Strauss	Tger	41:55
2	Olga	Howard	Temp	43:15
3	Valerie	Jaars	Temp	45:56

**G'masters:**

1	Nancy	Will	Pine	43:41 (WP rec)
2	Veronica	Van Niekerk	ELGRAB	49:00
3	Helen	Du Plessis	Tyger	49:28

**Juniors:**

1	Pamela	Moyikwa	VOB	36:53
2	Busisiwe	Gwala	VOB	40:19
3	Simone	Links	Eerste	40:55

**Totalsports Ladies Race 10 km**

(Women only)

Johannesburg, 9 August

(Course configuration unknown. Finishers: 2168.)

Note: In some cases the first three athletes in the age categories according to the complete results were not the same as the top three shown in the category results, probably because not everyone was wearing age tags. – Ed.

1	Lebogang	Phalula	Temp	36:01
2	Mapaseka	Makhanya	Boxer	37:09
3	Rutendo	Nyahora	ZIM/Ned AGN	37:23
4	Lebo	Phalula	MP	38:51
5	Tebogo	Masehla	Bid	39:01
6	Keneilwe	Sesing	Ned	39:08
7	Carina	Viljoen	HRAK	41:38
8	Kefilwe	Molefe	Ned AGN	42:11
9	Salome	Van der Westhuizen	Kruger	42:35
10	Myrette	Brink	Ned AGN	43:16
11	Liza	Kellerman	Montagu	43:25
12	Raylene	Titus	Temp	43:35
13	Kamlendra	Singh	Temp	43:38
14	Kayla	Visagie	Ned	44:40
15	Michelle	Tissong	Brother	45:07
16	Ricci-Lee	Brokostone	Temp	45:11
17	Nomasonto	Skosana	Ned	45:23
18	Slindile	Sabasaba	Ned AGN	45:31
19	Maria	Makgoshing	Ned AGN	45:38
20	Lungile	Lusenga	Temp	46:05

**Veterans:**

1	Nomasonto	Skosana	Ned	45:23
2	Beth	Libby-Neale	Rand H	46:22
3	Barbara	Luckemeyer	Albac	48:40

**Masters:**

1	Jackie	Frey	Khosa	51:03
2	Annah	Maponya	Toyota	56:18
3	Cynthia	Nkovane	Ricoh	58:22

**G'masters:**

1	Anne	Bellomusto	MCCR	55:50
2	Elaine	Greenblatt	RAC	59:29
3	Dipuo	Manake	Kagiso	62:09

**G/g'masters:**

1	Deirdre	Larkin	Rand H	67:29
2	Wilma	Strydom	Fitn AGN	91:46
3	Phyllis	Maartens	Fitn AGN	92:18

**Juniors:**

1	Carina	Viljoen	HRAK	41:38
2	Liza	Kellerman	Montagu	43:25
3	Slindile	Sabasaba	Ned AGN	45:31

**Castle Walk 10 km**

Pretoria, 9 August

(Loop course. Finishers: 1600 [significantly up from 910 last year].)

**MEN**

1 Stephen Dikobo (Nedbank) 33:53; 2 Clinton Swanepoel (UJ) 33:54; 3 Piet Jacobs (Nedbank) 34:37.

**Veterans:** 1 Elias Mabane (Nedbank) 38:13; 2 Enoch Skosana (Transnet) 40:24; 3 Johan Buys (Tuks) 40:35. **Masters:** 1 James Sekhwela (Aurecon) 45:39; 2 Jan van Wyk (Irene) 47:38; 3 Mike van Eck (Toyota) 48:41. **G'masters:** 1 Johan Pistorius (Phobians) 55:45; 2 Wallie Weder (Agape) 55:52; 3 Geoff Hesse (HQH) 57:10. **G/g'masters:** 1 Pele Tshikundamalema (Toyota) 55:11; 2 Ken Nurden (Agape) 64:36; 3 Willem de Villiers (Tuks) 69:20. **Juniors:** 1 Marco Ruphen (Tuks) 39:09; 2 Michael van Niekerk (Bronkhorstspruit) 46:25; 3 Kyle Goodman (ACE) 46:49.

**WOMEN**

1 Kim Laxton (Sunninghill) 39:16; 2 Catherine Skosana (Nedbank) 40:22; 3 Thembi Baloyi (TUT) 41:10.

**Veterans:** 1 Paulina Phaho (Transnet) 47:00; 2 Lorraine Boshoff (VTM) 48:24; 3 Shanet van Rooyen (GN Masters) 48:42. **Masters:** 1 Jane Mudau (Nedbank) 47:01; 2 Debbie Bredenkamp (HQH) 51:55; 3 Ansie Breytenbach (Irene) 52:28. **G'masters:** 1 Sonja Laxton (RAC) 55:53; 2 Lynn de Bruin (Irene) 59:39; 3 Rina Machado (Ndaba) 64:52. **G/g'masters:** 1 Mavis Stadler (Agape) 65:00; 2 Mary Gevers (RWFL) 94:30. **Juniors:** 1 Andriette Janse van Rensburg (Waterkloof H/S) 52:35; 2 Sumarie Moolman (ACRW) 57:38.

**Race Against Crime Half Marathon & 15 km**

Herbertsdale, 2 August

(Distances: 21.1 km &amp; 15 km; hilly loop courses, partly on gravel. Finishers: half marathon – 49 [up from 34 last year]; 15 km – 34 [up from 25].)

**Half marathon****MEN**

1	Elfonzo Pieterse	Nedbank	25	1:20:33
2	Melikhaya Msizi	KMC	30	1:22:02
3	Sinesipho Didishe	KMC	23	1:24:54
4	Anton Chevalier	Nedbank	49	1:32:21
5	Keith Clark	Outeniqua Harriers	39	1:34:34
6	Mario Meyer	Hartenbos Drawwers	35	1:34:49
7	Sidney Somathamba	Outeniqua Harriers	45	1:40:41
8	Hannie Kruger	Hartenbos Drawwers	54	1:41:47
9	Johan van der Berg	Outeniqua Harriers	31	1:42:23
10	Eddie Mouton	Nedbank	40	1:44:42

**WOMEN**

1	Lode Oliver	Temp	39	1:59:56
2	Rome Phillipson-Meyer	Hartenbos Drawwers	32	2:00:24
3	Una Saayman	WPA	54	2:01:47
4	Candice Kelton	Outeniqua Harriers	26	2:05:54

5	Carin Venter	Outeniqua Harriers	50	2:07:48
6	Gabby Daniz	Temp	34	2:09:04
7	Helen Brink	Hartenbos Drawwers	50	2:09:06
8	Ria Mattheus	Plett AC	56	2:16:41
9	Ingrid Prinsloo	Hartenbos Drawwers	55	2:16:57
10	Charmaine Meyer	Plett AC	43	2:22:08

**15 km****MEN**

1	Godwin Heyns	Mosselbay Harriers	16	58:43
2	Sivuyile Jika	Mosselbay Harriers	31	1:04:32
3	Jugene Maart	Mosselbay Harriers	27	1:07:22
4	James Ngxale	KMC	50	1:13:22
5	Jake Nell	Nedbank	39	1:14:06
6	Dirk Kotze	Outeniqua Harriers	53	1:17:09
7	Andre Niemand	Hartenbos Drawwers	64	1:21:11
8	Cyril Sheen	Hartenbos Drawwers	56	1:29:55
9	Solly Beyi	Hartenbos Drawwers	35	1:30:21
10	Philipus du Toit	Hartenbos Drawwers	48	1:33:11

**WOMEN**

1	Antoinette du Preez	Hartenbos Drawwers	42	1:34:53
2	Delmarie Henning	Nedbank	53	1:38:28
3	Ilse Janse van Rensburg	Temp	35	1:40:26
4	Alison Nell	Nedbank	33	1:40:26
5	Annelie van der Vyver	Outeniqua Harriers	43	1:44:05
6	Stacey-Lee Titus	Temp	28	1:44:19
7	Dina Fryer	Hartenbos Drawwers	61	1:58:35
8	Martine Basson	Temp	44	2:00:31
9	Karin Nel	Temp	44	2:02:03
10	Ananda Joubert	Hartenbos Drawwers	38	2:02:49

**McCarthy Toyota Table View 10 km**

Table View, 20 July

(Certified loop course with many corners. Finishers: 403 [down from 451 last year].)

**MEN**

1	Sibusiso	Madikizela	Manoni	23	30:24	(R500)
2	Tom	Lusaseni	Itheko	27	32:38	(R300)
3	Babalo	Hambi	Itheko	20	33:45	(R200)
4	Xolile	Macanda	RCS Gugs	42	34:44	
5	Nolan	Steele	UCT	22	35:05	
6	Jonathan	Black	UCT	20	35:15	
7	Flip	Jorapetse	SANDF	40	35:20	
8	Mzwanele	Gqotile	RCS Gugs	30	35:39	
9	Richard	Burman	UCT	21	35:50	
10	Aaron	Lewis	Ravensmead	46	35:54	

**WOMEN (Same prize money as men)**

1	Nomvuyisi	Seti	Itheko	32	38:27
2	Sandra	Van Graan	Edgemead	46	39:53
3	Busisiwe	Matiwane	Celtics	39	41:21
4	Tanya	Posthumus-Fox	Century City	33	41:36
5	Marie	Louw	New Balance	48	43:40
6	Natalie	Smit	Strand	28	44:19
7	Phatiswa	?	RCS Gugs	29	44:49

8	Obertina	Kanyongo	West Coast	47	46:22
9	Madele	Du Plessis	Edgemead	26	47:06
10	Slavena	Jensen	West Coast	38	47:31

## CROSS-COUNTRY

### KZN League Meeting (9<sup>th</sup>)

Richmond, 9 August

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

#### SR. MEN (12 km)

1.	Slindile Gubese	Speed	40:13
2.	Anele Dlamini	H/Dale AC	40:42
3.	Philani Buthelezi	KRS	40:53

#### 40-44 (8 km):

1.	Xolani Nocanda	Toti AC	30:25
2.	Steve Muncha	PDAC	33:13
3.	Stu Cox	West AC	36:59

#### 45-49 (8 km):

1.	Elias Madlala	Eskom AC	30:43
2.	Robert Gcanba	Toti AC	31:09
3.	Sello Mokoena	Chesterville	36:03

#### 50-54 (8 km):

1.	Sipho Mbokazi	Toyota AC	32:12
2.	Nick Sissing	E G Striders	35:43
3.	Martin Birtwhistle	YWPAC	36:53

#### 55-59 (8 km):

1.	Jan Koegelenberg	PDAC	34:39
2.	Boysie van Staden	Savages AC	41:34

#### 60-64 (6 km):

1.	Robin Archer	QBH	27:59
2.	Les Burnard	Coll Harr	30:41
3.	Cecil Clarke	Toti AC	30:51

#### 65-69 (6 km):

1.	Ray Meyer	Savages AC	30:10
2.	Ron Sayer	Toti AC	32:11

#### U.17 (6 km):

1.	Simphiwe Ngubane	Cong CO	23:40
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#### SR. WOMEN (8 km)

1.	Ruth Haynes	AF&D	33:59
2.	Ntombi Ntshaba	Boxer AC	43:30

#### 40-44:

1.	Ursula Cockbain	MAC	17:11
2.	Sibongile Ziqubu	Eskom	17:34
3.	Natasja Ambrosio	Maxed Elite	19:11

#### 45-49:

1.	Michelle Sims	Eskom AC	17:03
2.	Kylie Griffin	West AC	17:42
3.	Sharon Fuchs	PDAC	24:23

#### 50-54:

1.	Jolanda Broodryk	Toti AC	21:51
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## 55-59:

1.	Debby De Koning	Eskom AC	18:31
2.	Elize Cilliers	Savages	18:50
3.	Sheree Kirsten	West AC	20:48

## 60-64:

1.	Judith Grove	HH	18:45
2.	Jane Dickinson	RWFL	19:31
3.	Sandy Fismer	HH	20:12

## 65-69:

1.	Jan Phelan	HH	22:46
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## 70+:

1.	Gill Tregenna	West AC	23:40
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**WP League Meeting (8<sup>th</sup>)**

Tokai, 2 August

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

## SR. MEN (12 km)

1	Tom	Lusaseni	Itheke	36:21
2	Duane	Fortuin	Itheke	36:22
3	Xolisa	Batala	VOB	36:48
4	Andrew	Louw	Easterns	36:49
5	Marks	Mpekula	NBMC	36:58
6	Unathi	Nteta	Atlantic	37:24
7	Vuyolwethu	Mbukushe	Gugs	37:56
8	Heinrich	Camphor	NBMC	38:03
9	Wanda	Roro	Itheke	38:11
10	Lwandile	Lange	Khayelitsha	38:23

## SR. MEN

1	Anthony	Timoteus	UWC	12:02
2	Xolisa	Batala	VOB	12:04
3	Emiele	Paulsen	NBMC	12:16
4	Bruce-Lynn	Damons	WCSS	12:21
5	Akhona	Makila	VOB	12:22
6	Sibusiso	Magwaza	UWC	12:24
7	Andrew	Louw	Easterns	12:26
8	Vuyolwethu	Mbukushe	Gugs	12:29
9	Rowhaldo	Ratz	Eerste River	12:34
10	McMarshal	Hartzenberg	Eerste River	12:39

## VETERAN MEN (8 km)

1	Sabelo	Ngcwama	Celtic Harriers	26:22
2	Shawn	Abrahams	Itheke	26:32
3	Xolile	Macanda	Gugs	27:24

## MASTER MEN (8 km)

1	Eric	Coetzee	No Club	27:28
2	Tobias	Philander	Itheke	28:43
3	Chris	Mitchell	Celtic Harriers	28:52

## G'MASTER MEN (8 km)

1	Awie	Veldsman	Helderberg Harr	31:52
2	Johannes	Jacobs	Celtic Harriers	34:14
3	Christian	Edwards	VOB	34:49

## U.19 (8 km)

1	Granwin	Katzen	Itheke	24:54
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2	Kaleb	Beukes	UWC	24:59
3	Ashley	Smith	WCSS	25:22

## U.17 (6 km)

1	Dawood	Goeiman	ATC Running	21:11
2	Lukhanyo	Nobakada	VOB	21:41
3	Alantino	Belillie	Eerste River	21:52

## SR. WOMEN (8 km)

1	Zintle	Xiniwe	NBMC	29:05
2	Bulelwa	Simae	Nedbank WP	30:21
3	Hanlie	Jordaan	UWC	30:54
4	Candyce	Hall	Carbineers	32:04
5	Busisiwe	Matiwane	Celtic Harriers	33:34
6	Sheryl	de Lange	NBMC	33:57
7	Mariëtte	Strauss	Tygerberg	35:19
8	Tyshia	Johannes	Gugs	36:08
9	Michelle	Davy	Celtic Harriers	37:21
10	Portia	Adams	NBMC	37:28

## SR. WOMEN

1	Anel	Terblanche	NBMC	15:27
2	Lee-Shay	Willemse	Velocity	15:48
3	Alicia	Hartnick	Helderberg Harr	16:51
4	Nocwaka	Mthetho	VOB	17:03
5	Nontando	Mabusela	Gugs	17:36
6	Madelé	du Plessis	Edgemead	17:44
7	Marileen	Odendaal	Maties	18:21
8	Mandisa	Nqayi	Gugs	18:59
9	Nexia	Snyders	Helderberg Harr	19:23
10	Mauricia	Hartnick	Helderberg Harr	19:26

## VETERAN WOMEN

1	Wilna	Eybers	Strand	16:01
2	Sandra	van Graan	Edgemead	16:14
3	Sheryl	de Lange	NBMC	16:23

## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	16:58
2	Charmaine	Cupido	Nedbank	17:31
3	Bev	Charters	VOB	17:42

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	20:11
2	Colette	van Eck	Fish Hoek	20:28
3	Helene	du Plessis	Tygerberg	22:03

## U.19 (6 km)

1	Pamela	Moyikwa	VOB	24:27
2	Zani	Kruger	Nedbank	27:04
3	Lolita	Kievieto	UWC	27:21

## U.17

1	Hayley	Preen	Hout Bay Harriers	13:24
2	Assnique	Robinson	Bellville	13:35
3	Simoné	Links	Eerste River	13:49

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## 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

#### Sun-Herald City to Surf 14 km (44th)

Sydney, AUS, 10 August

(Distance: 14 km; point-to-point course finishing at Bondi Beach)

Note: Although the number of finishers dropped from 69 297 last year to 67 527, it remains the world's largest fully-timed road race. The men's title went to former track star Craig Mottram. – Ed.

##### MEN (gun times)

- |                        |       |
|------------------------|-------|
| 1. Craig Mottram, AUS  | 41:56 |
| 2. Brad Milosevic, AUS | 42:18 |
| 3. David McNeill, AUS  | 42:31 |
| 4. Jeffrey Hunt, AUS   | 42:35 |
| 5. David Byrne, AUS    | 43:35 |

##### WOMEN (gun times)

- |                         |       |
|-------------------------|-------|
| 1. Casey Wood, AUS      | 47:59 |
| 2. Milly Clark, AUS     | 48:44 |
| 3. Clare Geraghty, AUS  | 49:29 |
| 4. Lauren Hamilton, AUS | 49:39 |
| 5. Ellie O'Kane, AUS    | 49:52 |

#### Rock 'N' Roll Dublin Half Marathon (2nd)

Dublin, IRL, 4 August

(Distance: 21.1 km; loop course with no start/finish separation)

##### MEN (gun times)

- |                          |            |
|--------------------------|------------|
| 1. Scott Overall, GBR    | 1:05:21 CR |
| 2. Tyler McCandless, USA | 1:05:39    |
| 3. Mick Clohisey, IRL    | 1:05:57    |

##### WOMEN (gun times)

- |                        |         |
|------------------------|---------|
| 1. Sarah Mulligan, IRL | 1:16:05 |
| 2. Ailish Malone, IRL  | 1:20:18 |
| 3. Norah Newcombe, IRL | 1:21:40 |

### CROSS-COUNTRY

#### Athletics NZ Cross-country Championships

Christchurch, NZL, 9 August

##### SR. MEN (12 km):

- |                     |             |          |
|---------------------|-------------|----------|
| 1. Callan Moody     | Canterbury  | 38:49.47 |
| 2. Jonathan Jackson | Auckland    | 39:03.07 |
| 3. Daniel Balchin   | Canterbury  | 39:10.71 |
| 4. Hayden McLaren   | Canterbury  | 39:18.41 |
| 5. Aaron Pulford    | Waikato Bay | 39:23.57 |

## SR. WOMEN (8 km):

1. Camille Buscomb	Waikato Bay	29:17.61
2. Rachel Kingsford	Canterbury	29:30.34
3. Annie Keown	Auckland	29:49.59
4. Emily Roughan	Waikato Bay	31:08.96
5. Sally Gibbs	Waikato Bay	31:15.38

**TRACK****Grande Premio Brasil Caixa Governo do Pará**

(IAAF World Challenge Series)

Belém, BRA, 10 August

## MEN

## 800:

1. Rafith Rodríguez, COL, 1:45.81
2. Job Koech Kinyor, KEN, 1:46.05
3. Sammy Kibet Kirongo, KEN, 1:47.30
4. Jorge Félix Liranzo, CUB, 1:48.10
5. Lucirio Garrido, VEN, 1:48.28

## 3000:

1. John Kipkoech, KEN, 7:56.36
2. Younés Essalhi, MAR, 7:56.50
3. Marvin Blanco, VEN, 7:58.13
4. David Kiprotich Bett, KEN, 8:00.14
5. Éderson Pereira, BRA, 8:01.03

## WOMEN

## 800:

1. Anastasiya Bazdyreva, RUS, 2:03.83
2. Jessica dos Santos, BRA, 2:05.56
3. Tatiane da Silva, BRA, 2:07.03
4. Tatiana Araujo, BRA, 2:09.49
5. Caroline Dias, BRA, 2:17.29

## 3000 s/chase:

1. Buzuayehu Mohamed, ETH, 9:55.22
2. Muriel Coneo, COL, 10:00.02
3. Ángela Figueroa, COL, 10:13.47

**Michigan Track Classic (1st)**

Saline, USA, 10 August

## MEN

## Running Institute Ron Warhurst Mile:

- |                           |            |        |
|---------------------------|------------|--------|
| 1. Nick Willis, 31, NZL   | 3:53.50    | \$5000 |
| 2. Garrett Heath, 28, USA | 3:53.61    | 3000   |
| 3. Kyle Merber, 23, USA   | 3:55.08    | 1750   |
| 4. Mac Fleet, 23, USA     | 3:56.77 PB | 1000   |
| 5. Jack Bolas, 26, USA    | 3:57.39    | 750    |
| 6. Dorian Ulrey, 27, USA  | 3:57.52    | 500    |
| 7. Craig Huffer, 24, AUS  | 3:58.07 PB |        |
| 8. Lex Williams, 27, USA  | 4:00.17 PB |        |

## WOMEN

## SOS Rehydrate 800:

1. Ajee' Wilson, 20, USA 2:00.29 \$5000
  2. Charlene Lipsey, 23, USA 2:01.15 3000
  3. Kate Grace, 25, USA 2:01.22 1750
  4. Heather Kampf, 27, USA 2:01.78 1000
  5. Erica Moore, 26, USA 2:02.28 750
  6. Katie Mackey, 26, USA 2:02.69 500
  7. Nicole Sifuentes, 28, CAN 2:02.72
  8. Morgan Uceny, 29, USA 2:02.90
- 

## NEWS

**BMW BERLIN MARATHON RELEASES ELITE FIELDS**

Organisers of the BMW Berlin Marathon, scheduled for Sunday, 28 September, have announced the top athletes who will lead their elite fields. *Race Results Weekly* reports that both of the 2014 IAAF World Half-marathon Championships gold medallists, Geoffrey Kamworor and Gladys Cheronno of Kenya, will compete.

The top athletes are:

## MEN

- Dennis Kimetto (KEN) 2:03:45 PB - 2013 Tokyo & Chicago Marathon champion  
 Tsegaye Kebede (ETH) 2:04:38 - Two-time London Marathon champion  
 Emmanuel Mutai (KEN) 2:03:52 - 2011 London Marathon champion  
 Geoffrey Kamworor (KEN) 2:06:12 - Reigning world half-marathon champion

## WOMEN

- Tirfi Tsegaye (KEN) 2:21:19 PB - 2012 Paris Marathon champion  
 Shalane Flanagan (USA) 2:22:02 - 2008 Olympic 10,000m bronze medalist  
 Kayoko Fukushi (JPN) 2:24:21 - 2013 World Championships Marathon bronze medalist  
 Gladys Cheronno (KEN) 1:06:48 HM - Reigning world half-marathon champion

The course records at Berlin are 2:03:23 (also the world record) by Wilson Kipsang of Kenya in 2013, and 2:19:12 by Mizuki Noguchi of Japan in 2005.

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## STATS TIME

This week we include a list of the top ten SA men in the marathon for 2014. Only three have gone faster than 2:20 – a sad reflection on the state of SA marathoning. 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 MEN**

2:10:21	Benedict Moeng	5	Xiamen	02 Jan
2:14:59A	Lusapho April	15	Boston	21 Apr
2:19:55	Tshidiso Bosiu	1	Vereeniging	02 Mar
2:20:43	Michael Mazibuko	2	Vereeniging	02 Mar
2:21:18	William Mokwalakwala	1	Sasolburg	01 Feb
2:22:19	Raphael Segodi	1	Pretoria	23 Feb
2:22:46A	Samuel Seun Moleshioa	1	Nelspruit	01 Mar
2:23:07	Othaniel Phahlane	2	Pretoria	23 Feb

2:23:08A	Dicardo Jakobs	1	Simonstad	16 Feb
2:23:27A	Wanda Roro	2	Simonstad	16 Feb

### THIS MONTH IN HISTORY

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

#### 81 years ago: 5 August 1933

The Ranger's Sports Meeting in Glasgow pitted newly crowned world record holder Jack Lovelock of New Zealand against the best English miler of the time, Reggie Thomas, who had won his third AAA title a month before. Lovelock had set his record of 4:07.6 three weeks earlier in his epic duel with Bill Bonthron in Princeton. Then followed, in the words of Corder Nelson and Roberto Quercetani in *The Milers*, "two weeks of deteriorating on the banquet circuit in the U.S. and then a week's trip by ship. [Lovelock] had almost no training ..." There were 40 000 people in Ibrox Park to watch the handicap race, with Lovelock following Thomas all the way through three laps in 3:11. He waited until 50 yards from the finish before he sprinted past the Englishman to win in 4:13.6 to 4:14.2. The next day he was in bed with the flu, and five weeks later he was beaten decisively by Olympic champion Luigi Beccali, who tied the world record of 3:49.2, at the World Student Games.

### 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	01 Mar
	44:29	Lusapho April	Port Elizabeth	
21.1 km	43:04	Ben True (USA)		29 Mar
	41:13	Leonard Patrick Komon (KEN)	2010	
25 km	60:47	Stephen Mokoka	Copenhagen	10 May
	59:08	Geoffrey Kamworor (KEN)		
30 km	58:23	Zersenay Tadese (ERI)	2010	22 Mar
	81:09	Sikhumbuso Seme	Pretoria	
Marathon	80:18A	George Ntshiliza	Somerset East	05 Jan
	71:47	Abraham Cheroben (KEN)		
100 km	71:50	Sammy Kosgei (KEN)	2010	02 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
100 km	1:40:20	Anthony Godongwana	Camps Bay	02 Jan
	1:28:52	Yuma Hattori (JPN)		
100 km	87:49**	Haile Gebrselassie (ETH)	2009	02 Jan
	2:10:21	Benedict Moeng	Xiamen	
100 km	2:04:29	Wilson Kipsang (KEN)		02 Jan
	2:03:38	Patrick Makau (KEN)	2011	
100 km	2:03:23p	Wilson Kipsang (KEN)	2013	02 Jan
	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	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	32:20	Irvette van Zyl	Stellenbosch	09 Aug
	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		
<u>Veterans (40+)</u>				
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		
<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	Somerses 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				
<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 31:42	Pamela Moyikwa Zola Budd (GBR) 1984	Bellville	31 May
15 km	54:48 49:40	Annie Bothma Ines Chenonge (KEN) 2001	Ravensmead	26 Apr
21.1 km	87:07 1:09:05	Jenet Dlamini Delilah Asiago (KEN) 1991	Pietermaritzburg	23 Feb

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