

Distance Running Results

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EDITORIAL

The Spar Grand Prix Series passed the halfway mark yesterday with the third race in Durban. Lebogang Phalula took the win in 33:06, just 4 seconds slower than her personal best, with Zimbabwean Rutendo Nyahora second in 33:41 and René Kalmer third in 33:49. Kalmer, who was beaten recently in Stellenbosch by Irvette van Zyl's PB of 32:20, this time finished ahead of Van Zyl, who could manage "only" 34:29 for fifth. In the veterans race Ronel Thomas and Janene Carey both clocked 39:39, but Thomas was given the win.



The first three runners in the Spar 10 km in Durban (from left): Rutendo Nyahora, Lebogang Phalula and René Kalmer. [Reg Caldecott]

In Atlantis the WP titles went to Lungile Gongqa and Bulelwa Simae. The race saw some very fast times, with both winners setting course records and Nancy Will (grandmaster) and Marlene James (great grandmaster) running WP records of 1:32:52 and 2:09:11 respectively. Another grandmaster, Awie Veldsman, clocked a list leader of 1:24:16.

In KwaZulu-Natal Philani Buthelezi and Makhosi Mhlongo won the senior cross-country titles.

Internationally, Mo Farah was at it again when he set a new European and British record for 2 miles at the Diamond League meeting in Birmingham, running 8:07.85 to break no less than the venerable 8:13.51 set by Steve Ovett in 1978! In the Emsley Carr Mile, won by Asbel Kiprop in 3:51.89, fourteen men broke 4 minutes – including Johan Cronje, who was 13th in 3:55.62. In the women's 2 miles Mercy Cherono ran a world leading mark of 9:11.49, with all fourteen runners in the race setting PBs.

The Special Edition of last week with the results of the African Championships included a list of South Africans' performances, but unfortunately did not mention the medal standings. While South Africa won the most gold medals (ten), it did not head the medal

table. Nigeria came out tops with eight golds, nine silvers and seven bronzes (49 points), followed by Kenya with seven, eight and ten (47 points) and South Africa, who brought home ten golds, five silvers and four bronzes (44 points).

South African junior Michael Pienaar, who is a freshman at South Alabama University in the USA, has been turning in some excellent performances. After running 4:17.46 for the mile and 8:19.32 for 3000 metres indoors, he was third in the 5000 m at the Sun Belt Conference Indoor Championships, running 14:45.81. When the outdoor season started, he clocked 3:48.91 for 1500 m and then won the gold medal in this event at the Sun Belt Conference Outdoor Championships in 3:49.93. He won two more medals at the same meeting, silver in the 10000 m (31:20.79) and bronze in the 5000 m (15:08.43).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series, Durban
- * Atlantis Half Marathon, Atlantis
- * Volkswagen 10 km, Uitenhage
- * ReMax Wierie Half Marathon & 10 km, Centurion
- * Wits Half Marathon & 10 km, Johannesburg
- * Build It Nongoma Half Marathon, Nongoma
- * XC: KZN Championships, Amanzimtoti; WP Championships, Bellville; SWD Championships, George

International highlights:

- * Kärnten Läufer Halbmarathon, Klagenfurt, AUT
 - * Crim 10-Mile Road Race, Flint, USA
 - * New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA
 - * News and Sentinel Parkersburg Half Marathon, Parkersburg, USA
 - * Falmouth Mile, Falmouth, USA
 - * Leadville Trail 100-mile Endurance Run, Leadville, USA
 - * Pikes Peak Marathon, Manitou Springs, USA
 - * Pikes Peak Ascent, Manitou Springs, USA
 - * Track: Sainsbury's Birmingham Grand Prix, Birmingham, GBR; EAP Flame Games Open, Amsterdam, NED; DN Galan, Stockholm, SWE
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ADDITIONS

The top five in the Ocean Basket Marcel van 't Slot 15 km (16 August) were included last week. Deeper results have been received, courtesy of Derrick Chamberlain. The top ten men were:

1. Gladwin Mzazi (Trans), 26, 44:38
 2. Kgosi Tsoane (Ned), 28, 44:41
 3. Desmond Mokgobu (ME) 44:54
 4. Lucky Mohale (ME) 45:25
 5. Precious Mashele (Trans), 23, 45:34
 6. Johannes Kekana (Toy), 42, 46:51 (1st vet)
 7. Benedict Moeng (Trans), 31, 47:26
 8. Anthony Godongwana (Trans), 29, 47:29
 9. Altus Badenhorst (Ned), 24, 48:22
 10. Gert Thys (ME), 42, 48:32
-

ROAD RUNNING**Spar Grand Prix Series**

(Women only)

Durban, 24 August

(Distance: 10 km; certified loop course. Weather: Warm and windy.)

1.	Lebogang Phalula	Ind	33:06
2.	Rutendo Nyahora	ZIM/Nedbank AC	33:41
3.	René Kalmer	Mod Athlete	33:49
4.	Lebo Phalula	IndMaxed Elite	34:02
5.	Irvette van Zyl	Nedbank AC	34:29
6.	Mapaseka Makhanya	Boxer AC	34:35
7.	Jenna Challenor	Boxer AC	35:01
8.	Nicole v.d. Merwe	Ind	35:27
9.	Constance Nyasango	ZIM	35:35
10.	Thozama April	Transnet	35:56
11.	Shitaye Gemechu Debellu	ETH/Nedbank AC	36:19
12.	Alemtsehay Hailu Kakissa	ETH/Nedbank AC	36:38
13.	Keneilwe Sesing	Ind	36:54
14.	Annah Moeketsi	Ind	37:04
15.	Christine Kalmer	Boxer AC	37:41
16.	Lineo Chaka	LES/Nedbank AC	37:46
17.	Lindokuhle Gabela	Muden AC	39:13
18.	Nomcebo Mtshali	Muden AC	39:14
19.	Danielle Adllam	Nedbank AC	39:28
20.	Ronel Thomas	Boxer AC	39:39

40-49:

1.	Ronel Thomas	Boxer AC	39:39
2.	Janene Carey	Boxer AC	39:39
3.	Shani Silver	West AC	41:22
4.	Lise Muchna	PDAC	42:44
5.	Pat Dammann	Roag	42:45

50-59:

1.	Judy Bird	Midrand St	41:24
2.	Elmarie Coetzee	NBMC WP	42:16
3.	Janine Engels	West AC	44:26
4.	Annatjie Botes	Nedbank AC SWD	44:48
5.	Debby de Koning	Eskom AC	48:07

60+:

1.	Margie Saunders	Nedbank AC EP	43:27
2.	Sandy Fisser	HH	49:02
3.	Judith Grove	HH	49:45
4.	Pat Fisher	Stella	57:00
5.	Gill Tregenna (1 st g/g'mast)	West AC	57:52

Juniors:

1.	Nomcebo Mtshali	Ind	39:14
2.	Thenjiwe Gumede	Ind	41:57
3.	Nondumiso Khoza	Ind	42:43

Atlantis Half Marathon

(WP Half-marathon Championships)

Atlantis, 23 August

(Distance: 21.1 km; certified loop course. Weather: cool, no wind. Finishers: 701 [up from 597 last year].)

Note: The times here seem exceptionally fast, especially with Nancy Will breaking the WP record by a massive margin of almost 8½ min (even breaking the WP open record by almost 4½ min), but using the RTB (Race Time Bias) formula designed by Ken Young of *The Analytical Distance Runner*, where runners' times are compared to what one could expect them to run based on their most recent performances, the figure for 21 time comparisons is -4.22 sec/km – inside the maximum allowable -5 sec/km. Because of the two WP records set, the route will be validated in due course. – Ed.

MEN

1. Lungile Gongqa (Ned) 1:04:44 CR*
2. Nkosinathi Madyo (Ned) 1:05:44
3. Tom Lusaseni (Ind) 1:05:53

Veterans: 1. Tsungai Mwanengeni (ZIM/NBMC) 1:08:46; 2. Graham Katzen (Itheke) 1:12:48; Shawn Abrahams (Itheke) 1:13:28. **Masters:** 1. Tobias Philander (Itheke) 1:18:43; 2. Chris Mitchell (Celtic) 1:20:02; 3. Julian Paul (SANDF) 1:22:10. **G'masters:** 1. Awie Veldsman (Held) 1:24:16; 2. Muhammad Kriel (Ommie) 1:24:22; 3. Albert Williams (Top) 1:30:06. **G/g'masters:** 1. Chet Sainsbury (Celtic) 1:57:10; 2. Yusuf Gamielien (Itheke) 2:01:03; 3. Carl Hendricks (Elsies) 2:02:23. **Juniors:** 1. Granwin Katzen (Itheke) 1:15:25; 2. Lungile Madaka (VOB) 1:15:48; 3. Gershwin Kammies (Sanlam) 1:19:30.

1..

*) Course record; previous 1:06:39, Mthandazo Qhina, 2013

WOMEN

1. Bulelwa Simae (Ned) 1:20:42 CR*
2. Nomvuyisi Seti (Itheke) 1:21:21
3. Ursula Frans (NBMC) 1:26:57

Veterans: 1. Ursula Frans (NBMC) 1:26:57; 2. Sheryl de Lange (NBMC) 1:29:08; 3. Veresa Domingo (VOB) 1:40:39. **Masters:** 1. Mariëtte Strauss (Tyger) 1:30:59; 2. Charmaine Cupido (Ned) 1:33:42; 3. Olga Howard (Celtic) 1:37:08. **G'masters:** 1. Nancy Will (Pine) 1:32:52 (WP rec); 2. Pixie Sparg (Celtic) 2:07:18; 3. Charlotte Kettlewell (VOB) 2:49:38. **G/g'masters:** 1. Marlene James (Pine) 2:09:11 (WP rec); 2. Annatjie Berntzen (Tyger) 2:37:23; 3. Jo Goddard (FH) 2:46:42. **Juniors:** 1. Nomaxesibe Ngcantsi (VOB) 1:40:46; 2. Natasha Kleynhans (ARD) 2:26:41.

*) Course record; previous 1:22:46, Nomvuyisi Seti, 2013

Volkswagen 10 km

Uitenhage, 23 August

(Loop course. Finishers: 324 [down from 449 last year].)

MEN

1	Melikhaya	Frans	Nedbank RC EP	22	30:29
2	Zolani	Ngqaqa	Madibaz AC	25	30:45
3	André	Ketchem	X-Cel AC	30	31:02
4	Maxwell	Goodman (1 st vet)	Ikhamba AC	41	31:42
5	Mzolisi	Makhanda	Nedbank RC EP	31	31:50
6	Adriaan	Gerwel (1 st jun)	X-Cel AC	18	32:27
7	Brendon	Effenaar	X-Cel AC	18	32:32

8	Andile	Motwani	Tinarha AC	17	32:49
9	Lubabalo	Mdlungwane	Nedbank RC EP	23	32:50
10	Mila	Pasiya	Nedbank RC EP	34	33:15
11	Melikhaya	Kepe	Nedbank RC EP	38	33:17
12	Melikhaya	Malinga	Tinarha AC	34	33:27
13	Zolile	Mhlahlo	Achilles AAA	39	33:39
14	Duwayne	Lucas	Aspen Pharmacare	24	33:41
15	Mzamo	Fokwana	Charlo AC	36	33:43
16	Gcobani	Bekwapi	Charlo AC	35	34:14
17	Lindeleni	Mlisa	Motherwell AC	16	34:23
18	Khayaletu	Makalima	Aspen Pharmacare	30	34:23
19	Michael	Bester	Achilles AAA	27	34:52
20	Morne	Buis	Maxed Elite EP	21	34:56
40-44:					
1	Maxwell	Goodman	Ikhamva AC	41	31:42
2	Emerson	Kayana	Nedbank RC EP	40	35:16
3	Thobile	Xata	Bluewater Bay	40	35:28
45-49:					
1	Jacob	Abraham	Body Concept	48	36:54
2	Welcome	Loliwe	Nedbank RC EP	49	36:58
3	Vernon	Newfeldt	Gelvan AC	48	38:22
50-54:					
1	Desmond	Zibi	Ikhamva AC	50	36:27
2	Kenneth	Menze	Bluewater Bay	52	36:46
3	Bennie	Stadler	Achilles AAA	51	36:54
55-59:					
1	Disemba	Blou	Charlo AC	56	40:05
2	Schoombee	Pretorius	Warriors AC	56	44:40
3	Chester	Brooks	X-Cel AC	56	44:52
60-64:					
1	Sizinzo	Kama	Achilles AAA	63	42:46
2	Graham	Channon	Achilles AAA	64	44:44
3	Bruce	Mcewan	Achilles AAA	60	45:03
65-69:					
1	Andre	Fourie	Nedbank RC EP	67	53:49
2	Tom	D'Arcy	Achilles AAA	68	55:48
3	Alan	Penney	Walmer AC	67	1:05:17
Juniors:					
1	Adriaan	Gerwel	X-Cel AC	18	32:27
2	Brendon	Effenaar	X-Cel AC	18	32:32
3	Andile	Motwani	Tinarha AC	17	32:49
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	32	37:14
2	Ndileka	Mvakwendlu	Tinarha AC	23	41:47
3	Terray	Newcombe	Elite AC	23	41:53
4	Nomakhosi	Ntliziyo (1 st jun)	Youth 4 Change AC	16	43:19
5	Christine	Claassen (1 st vet)	Achilles AAA	49	43:27
6	Tiani	Claassen	Despatch AC	23	43:59
7	Janette	Schierz-Crusius (1 st mast)	Body Concept	53	44:24
8	Janine	Gardiner	Charlo AC	33	45:17
9	Gail	Klichowicz	Achilles AAA	47	46:37
10	Hanlie	Van der Westhuizen	Despatch AC	58	46:45
11	Debbie	Dodd	Charlo AC	43	46:51
12	Luthando	Nxanisa	Tinarha AC	21	47:41
13	Megan	Wilson	Charlo AC	18	48:04

14	Boniwe	Dywanisi	Motherwell AC	25	48:18
15	Judy	Beens	Charlo AC	47	49:01
16	Nolikhanyo	Mdwayi	Transnet Eng EP	33	50:06
17	Liz	Goosen	Warriors AC	41	50:31
18	Louise	Mazuelas	Charlo AC	36	52:09
19	Rosemary	Joubert	Crusaders AC	53	52:35
20	Nikita	Bentley	PEAAC	22	52:47

40-44:

1	Debbie	Dodd	Charlo AC	43	46:51
2	Liz	Goosen	Warriors AC	41	50:31
3	Adri	Du Plessis	Achilles AAA	41	53:08

45-49:

1	Christine	Claasen	Achilles AAA	49	43:27
2	Gail	Klichowicz	Achilles AAA	47	46:37
3	Judy	Beens	Charlo AC	47	49:01

50-54:

1	Janette	Schierz-Crusius	Body Concept	53	44:24
2	Rosemary	Joubert	Crusaders AC	53	52:35
3	Margie	Van Huyssteen	Temp	52	55:07

55-59:

1	Hanlie	Van der Westhuizen	Despatch AC	58	46:45
2	Barbara	Foot	Crusaders AC	55	56:09
3	Liz	Austin	Achilles AAA	56	57:43

60-64:

1	Rina	Barnard	Elite AC	61	1:23:31
2	Annelie	Cruywagen	Walmer AC	61	1:24:30

65-69:

1	Denise	Terblanche	Walmer AC	67	1:06:37
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70-74:

1	Orgia	Nell	Muirite Striders	70	1:07:35
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75-79:

1	Dorothy	Hart	Charlo AC	76	1:14:21
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Juniors:

1	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	43:19
2	Megan	Wilson	Charlo AC	18	48:04
3	Chantalle	Smit	Temp	17	55:38

ReMax Wierie Half Marathon & 10 km

Centurion, 23 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 950 [up from 750 last year]; 10 km – 1115 [up from 925].)

Half marathon

MEN

1 Derocious Makhobalo (Nedbank) 68:45; 2 Marshall Jaji (ZIM/Toyota) 69:54; 3 Tshwanelo Mojokeng (Nedbank) 72:59 (1st jun).

Veterans: 1 Elias Mabane (Nedbank) 73:28; 2 Elphus Maluleka (New Balance) 84:12; 3 Henk Mulder (Brackenfell) 84:29. **Masters:** 1 Dieter Stapel (BNAC) 84:43; 2 Nuno Thomaz (New Balance) 93:43; 3 Jan van Wyk (Irene) 97:42. **G'masters:** 1 John Woodnutt (Morningside) 95:02; 2 Iain McFadyen (Phobians) 1:48:47. **G/g'masters:** 1 Pele Tshikundamalema (Toyota) 1:52:00. **Juniors:** 1 Tshwanelo Mojokeng (Nedbank) 72:59.

WOMEN

1 Azwindini Gladys Lukhwareni (Nedbank) 92:28; 2 Zelda Breytenbach (Irene) 97:04; 3 Marilise Vermaak (Kempton) 98:08.

Veterans: 1 Zelda Breytenbach (Irene) 97:04; 2 Marilise Vermaak (Kempton) 98:08; 3 Vanessa Bowman (Kempton) 98:18. **Masters:** 1 Connie Blom (New Balance) 1:42:15; 2 Ansa Strydom (Overkruin) 1:46:25; 3 Heleen Höll (Rustenburg) 1:50:22. **G'masters:** 1 Rina Machado (Ndaba) 2:13:39; 2 Kim Roberts (Kudus) 2:16:35. **G/g'masters:** 1 Mavis Stadler (Agape) 2:20:53.

10 km

MEN

1 Thabang Mafa (Airports Company) 32:00; 2 Altus Badenhorst (Nedbank) 32:37; 3 Siyavuya Thomas (Airports Company) 32:56.

Veterans: 1 Greg Barnes (New Balance) 33:55; 2 Never Matiya (BCC) 35:32; 3 Johan Buys (Tuks) 38:35. **Masters:** 1 Leon Page (Irene) 44:31; 2 Mike van Eck (Toyota) 44:32; 3 Willie von Benecke (NPO) 50:10. **G'masters:** 1 Hubrecht Ribbens (CSIR) 54:07; 2 Lourens Smith (Irene) 56:54. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 49:51. **Juniors:** 1 Yashee Bhawanipersad (Nedbank) 42:10.

WOMEN

1 Cindy Schultz (ELAC) 38:49; 2 Keshoketsoe Lechala (Elim) 40:37; 3 Tersia Muller (Running Inn) 48:53.

Veterans: 1 Juanita Dela Porte (VTM) 56:03; 2 Myrna van Wyk (Irene) 58:00; 3 Elsabe Hunter (Born 2 Run) 59:15. **Masters:** 1 Ansie Breytenbach (Irene) 50:12; 2 Valerie Geldenhuys (Striders) 63:15; 3 Ina Beamish (BNAC) 65:53. **G'masters:** 1 Estelle Oosthuizen (Randmark) 62:48; 2 Olga Smit (Affies) 66:29. **G/g'masters:** 1 Bertha v.d. Raad (Irene) 76:11. **Juniors:** 1 Kayla Skosan (ACRW) 82:25.

Wits Half Marathon & 10 km (3rd)

Johannesburg, 17 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 758; 10 km – 747.)

Half marathon

MEN

1	Mbongeni	Ngxazozo	Gaut Str	34	1:08:25
2	Tshidiso	Bosiu	Gaut Str	31	1:08:32
3	Lebogang	Khonkhotse	Nedbank	26	1:09:03
4	Leswene Africa	Mailola	LES/Nedbank	24	1:11:50
5	Donald	Mashamaite	Mad AC	22	1:11:59
6	Sipho	Ncube	ZIM/Mr Price	42	1:16:01
7	Vincent	Seng	JMPD AC	33	1:16:43
8	Elias	Mabane	Nedbank	45	1:17:25
9	Thapelo	Leseyang	Stand Bank	32	1:17:25
10	Godfrey	Mokone	Roodepoort	33	1:19:16

Veterans:

1	Sipho	Ncube	ZIM/Mr Price	42	1:16:01
2	Elias	Mabane	Nedbank	45	1:17:25
3	Bheki	Nene	ADT	45	1:19:39

Masters:

1	Reform	Ndlovu	Rand Har	52	1:26:51
2	David	Khoza	Rand Har	52	1:34:05
3	?	McCormick	Rand Har	51	1:34:18

G'masters:

1	Almon	Zibuse	Randmark	62	1:35:03
2	John	Woodnutt	Morningside	62	1:36:43
3	Phil	Connolly	Rand Har	65	1:47:21

WOMEN

1	Shitaye	Gemechu Debellu	ETH	28	1:22:31
2	Nolene	Conrad	Boxer AC	29	1:24:56
3	Kim	Laxton	Sunning	32	1:27:18
4	Kirsten	Schut	Rand Har	26	1:28:57
5	Patience	Khumalo	TUT	26	1:33:38
6	Thuli	Mbatha	Katlehong	40	1:36:53
7	Maphuti	Phaka	Born2Run	36	1:38:23
8	Heather	Walden	Born2run	41	1:38:52
9	Nomasonto	Skosana	Nedbank	43	1:39:22
10	Paulina	Mokoena	Nedbank	45	1:40:08

Veterans:

1	Thuli	Mbatha	Katlehong	40	1:36:53
2	Heather	Walden	Born2run	41	1:38:52
3	Nomasonto	Skosana	Nedbank	43	1:39:22

Masters:

1	Rita	van Wyk	Boksburg	51	1:47:26
2	Debbie	Slater	Florida	50	1:49:06
3	Thoko	Nkosi	Blue Sky	50	02:00:28

G'masters:

1	Joan	de Klerk	RAC	60	02:11:37
2	Jenny	Robertshaw	Rockies	65	02:20:10
3	Madeleine	Kelly	RAC	64	02:21:44

10 km**MEN**

1	Derocious	Makhobalo	Nedbank	26	32:01
2	David	Ngakane	Nedbank	34	32:31
3	Zongamele	Dyubeni	Nedbank	41	32:48
4	Kagiso	Mofokeng	Toyota	27	33:37
5	Abate Astake	Kibret	ETH/Nedbank	29	34:07
6	Micah	Kipyego	KEN/Toyota		34:39
7	Katleho	Monaley	New Bal	25	35:11
8	Donald	Mathipa	Tembisa	35	35:26
9	Handsome	?			35:34
10	Never	Matiya	Bedf CC	44	35:47

Veterans:

1	Zongamele	Dyubeni	Nedbank	41	32:48
2	Never	Matiya	Bedf CC	44	35:47
3	George	Mooi	Gallopers	47	37:32

Masters:

1	George	Benade	Boksburg	52	47:21
2	Bill	Coop	Bedf CC	57	47:30
3	Frank	Da Ascencao	Boksburg	53	49:01

G'masters:

1	Jim	Dodds	RAC	66	50:30
2	Derek	Jeffers	RAC	73	52:16
3	Kenny	Tulk	RAC	62	55:23

WOMEN

1	Alemtsehay Hailu	Kakissa	ETH/Nedbank	28	37:10
2	Palesa	Madoa	TUT	23	42:24
3	Leigh	Privett	Wanderers	37	44:37
4	Beth	Libby-Neale	Rand Har	45	45:30
5	Jessica	Aylward	Univ Jhb	17	45:37
6	Assalina	Nyathi	Post Office	44	46:17
7	Adelinah	Moqhali	Sibanye	26	47:03
8	Makoma	Batji	Nedbank	21	47:09
9	Zoe	Brentano	Rand Har	24	47:49
10	Bronwyn	Wainwright	Nedbank	34	48:29

Veterans:

1	Beth	Libby-Neale	Rand Har	45	45:30
2	Assalina	Nyathi	Post Office	44	46:17
3	Argentina	Senda	RAC	44	51:02

Masters:

1	Shelley	van der Spuy	Boksburg	50	58:32
2	Lesley	van Buuren	Wanderers	52	63:14
3	Jenny	Grimwood	RAC	55	63:23

G'masters:

1	Anne	Bellomusto	Morningside	61	53:58
2	Deirdre	Larkin	Rand Har	82	67:04
3	Jenny	Davies	Rand Har	64	68:43

Build It Nongoma Half Marathon

Nongoma, 17 August

(Distance: 21.1 km; out-and-back course)

MEN

1	Givemore	Mudzinganyama	ZIM/Cool Running	1:08:23
2	Syabonga	Nkonde	Boxer	1:08:32
3	Mfanzile	Mhlabathi		1:11:26
4	Veli	Dlamini	Nedbank	1:11:29
5	Mduduzi	Hlatshwayo	Msukaligwa	1:13:52

Veterans:

1	Justice	Nkosi	Phuma KZN	1:16:27
2	Bhekisisa	Nyawo	Nongoma Rabbit	1:24:25
3	Gimo	Nhaca	Nongoma Rabbit	1:25:51

Masters:

1	Sipho	Nhlanga	NRB Harriers	1:35:55
2	Chrisoph	Mgabhi	Ulundi	1:40:32
3	Sabelo	Ndlovu	Vryheid	1:44:42

Juniors:

1	Mduduzi	Hlatshwayo	Msukaligwa	1:13:52
2	Sbongithemba	Ntshangase	Nongoma	1:21:10
3	Sphelele	Gumbi	Nongoma	1:21:51

WOMEN

1	Nobuhle	Tshuma	ZIM/Olifants	1:23:49
2	Lebohang	Motsotsoana	Toyota	1:26:06
3	Winile	Mnisi	SWZ/Maxed Elite	1:34:56
4	Nomcebo	Mthethwa	uMhlathuze	1:42:03
5	Sindisiwe	Jali	Eskom	1:43:23

Veterans:

1	Hlengiwe	Buthelezi	Ulundi	1:59:33
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G'masters:

1	Ntombi	Masangane	Imamba	3:07:08
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CROSS-COUNTRY**KZN Championships**

Amanzimtoti, 23 August

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

1.	Philani Buthelezi	KRS	38:33
2.	Sibonga Nkonde	Boxer AC	38:57
3.	Slindile Gubese	Speed	39:03

40-44 (8 km):

1.	Ephraim Xaba	Maxed Elite	28:32
2.	Amos Mfuduko	Boxer	29:32
3.	Grant Cummings	West AC	29:53

45-49 (8 km):

1.	Robert Gcanba	Toti AC	30:50
2.	Simon Russell	PDAC	34:04
3.	Chris Stange	Toti AC	34:16

50-54 (8 km):

1	Willie Majombozi	Boxer AC	32:04.
2.	Wayne Scott	PDAC	32:16
3.	Sipho Mbokazi	Toyota AC	32:32

55-59 (8 km):

1.	Aubrey Roberts	West AC	33:26
2.	Andy Daly	West AC	33:40
3.	Jan Koegelenberg	PDAC	34:37

60-64 (6 km):

1.	Lawrie Raunenheimer	HH	24:49
2.	Eric Quibell	HV	25:38
3.	Robin Archer	QBH	29:01

65-69 (6km):

1.	Andrew Spence	SCS	27:17
2.	Les Smith	West AC	28:24
3.	George Palmer	PDAC	29:51

70+ (6 km):

1.	Noel Saville	Toti AC	32:03
2.	Terrance Theron	Stella AC	38:01
3.	Fred Moodley	GEM Sport	39:28

SR. WOMEN

1.	Makhosi Mhlongo	Savages AC	30:22
2.	Lindokuhle Gabele	Muden AC	32:01
3.	Slindile Chili	Chesterville	32:08

40-44:

1.	Christine Dlamini	HV	17:01
2.	Sibongile Ziqubu	Eskom	17:08
3.	Ursula Cockbain	MAC	17:29

45-49:

1.	Lise Muchna	PDAC	16:29
2.	Kylie Griffin	West AC	17:14
3.	Michelle Sims	Eskom AC	17:31

50-54:

1.	Janine Engels	West AC	18:02
2.	Liz Brown	CH	20:35
3.	Jolanda Broodryk	Toti AC	21:53

55-59:

1.	Debby de Koning	Eskom AC	18:56
2.	Elize Cilliers	Savages	19:38
3.	Blanche Moila	Savages AC	19:43

60-64:

1.	Judith Grove	HH	18:59
2.	Jane Dickinson	RWFL	19:52
3.	Sandy Fismer	HH	20:24

65-69:

1.	Jan Phelan	HH	22:46
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70+:

1.	Gill Tregenna	West AC	23:51
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WP Championships

Bellville (CPUT), 16 August

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

SR. MEN (12 km)

1	Duane	Fortuin	Itheko	34:51
2	Sibusiso	Madikizela	Manoni	35:09
3	Nkosinathi	Madyo	Nedbank	35:17 [silver medal]
4	Unathi	Nteta	Atlantic	35:33 [bronze medal]
5	Xolisa	Batala	VOB	36:11
6	Siyabonga	Makhaluza	Gauteng Striders	36:16
7	Andrew	Louw	Easterns	36:55
8	Nkosinathi	Sotyantya	Itheko	37:31
9	Christopher	Karelse	NBMC	37:32
10	Victor	Msopi	Nedbank	37:57

SR. MEN

1	Sibusiso	Madikizela	Manoni	11:53
2	Emiele	Paulsen	NBMC	11:55 [WP champion]
3	Unathi	Nteta	Atlantic	12:01 [silver medal]
4	Gershwill	Jacobs	Nedbank	12:04 [bronze medal]
5	Nkosinathi	Sotyantya	Itheko	12:15
6	Xolisa	Batala	VOB	12:23
7	Anthony	Timoteus	UWC	12:24
8	Vuyolwethu	Mbukushe	Gugs	12:31
9	Akhona	Makila	VOB	12:37
10	Sibusiso	Magwaza	UWC	12:41

40-44 (8 km):

1	Graham	Katzen	Itheko	25:39
2	Shawn	Abrahams	Itheko	25:49
3	Sabelo	Ngcwama	Celtic Harriers	25:59

45-49 (8 km):

1	John	September	Celtic Harriers	28:08
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2	Tholang	Moloi	Defence	28:14
3	Bruce	Stewart	Atlantic	28:21
50-54 (8 km):				
1	Eric	Coetzee	No Club	26:42
2	Chris	Mitchell	Celtic Harriers	28:17
3	Kevin	Isaacs	Top Form	29:09
55-59 (8 km):				
1	Julian	Paul	Defence	28:53
2	Goodman	Mpukane	Gugs	29:19
3	Henry	Cieverts	Top Form	30:44
60-64 (8 km):				
1	Clive	Owen	Edgemead	30:17
2	Awie	Veldsman	Helderberg Harr	30:43
3	Johannes	Jacobs	Celtic Harriers	33:43
65-69 (8 km):				
1	Johan	van Zyl	Sanlam	37:38
2	Ian	Bocock	Foresters	37:48
3	Henry	Cleophas	Nedbank	38:47
70-74 (8 km):				
1	Peter	Donald	West Coast	37:07
2	Carl	Hendricks	Elsies River	43:21
3	Kaare	James	Pinelands	44:59
75-79 (8 km):				
1	Jakobus	van Zyl	VOB	52:59
2	Derry	Devine	VOB	55:55
3	Ronnie	Adams	Spartan Harriers	66:04
U.19 (8 km):				
1	Bruce-Lynn	Damons	WCSS	23:51
2	Ashley	Smith	WCSS	24:05
3	Granwin	Katzen	Itheko	24:22
U.17 (6 km):				
1	McMarshal	Hartzenberg	Eerste River	17:47
2	Lukhanyo	Nobakada	VOB	17:51
3	Dawood	Goeiman	ATC Running	18:39
SR. WOMEN (8 km)				
1	Zintle	Ziniwe	NBMC	27:51
2	Bulelwa	Simae	Nedbank	28:17
3	Nomvuyisi	Seti	Itheko	28:51
4	Hanlie	Jordaan	UWC	30:28
5	Candyce	Hall	Carbineers	30:41
6	Busisiwe	Matiwane	Celtic Harriers	32:09
7	Tanya	Posthumus-Fox	Century City	32:29
8	Sheryl	de Lange	NBMC	33:17
9	Sumé	Matthysen	NBMC	34:04
10	Mariëtte	Strauss	Tygerberg	34:11
SR. WOMEN				
1	Pamela	Moyikwa	VOB	15:32
2	Lee-Shay	Willemse	Velocity	15:41
3	Anél	Terblanche	NBMC	15:51
4	Chantel	Watt	Helderberg Harr	17:01
5	Alicia	Hartnick	Helderberg Harr	17:11
6	Madelé	du Plessis	Edgemead	17:34
7	Marileen	Odendaal	Maties	18:05
8	Nocwaka	Mthetho	VOB	18:14
9	Nontando	Mabusela	Gugs	18:35

10	Leanda	du Bruyn	CPUT	18:51
40-44:				
1	Wilna	Eybers	Strand	15:59
2	Chantel	Simpson	Nedbank	16:36
3	Lynn	Brennan	West Coast	16:59
45-49:				
1	Sandra	van Graan	Edgemead	15:41
2	Sheryl	de Lange	NBMC	16:08
3	Mariaan	Malan	Nedbank	17:02
50-54:				
1	Elmarie	Coetzee	NBMC	16:11
2	Mariëtte	Strauss	Tygerberg	16:31
3	Cheryl	Rudolph	Easterns	18:31
55-59:				
1	Charmaine	Cupido	Nedbank	16:49
2	Olga	Howard	Celtic Harriers	17:07
3	Bev	Charters	VOB	17:43
60-64:				
1	Nancy	Will	Pinelands	17:49
2	Helen	du Plessis	Tygerberg	20:29
3	Theresa	Isaacs	VOB	22:31
65-69:				
1	Pixie	Sparg	Celtic Harriers	23:49
2	Elizabeth	Nel	Spartan Harriers	26:15
3	Jennie	Bancroft	West Coast	27:35
70-74:				
1	Marlene	James	Pinelands	23:29
2	Christine	Williams	VOB	26:01
3	Annatjie	Berntzen	Tygerberg	30:16
75-79:				
1	Peggy	Reid	Spartan Harriers	31:16
2	Magdaline	Johnson	Tygerberg	34:41
3	Julie	Wilson	Celtic Harriers	71:14
U.19 (6 km):				
1	Pamela	Moyikwa	VOB	21:52
2	Lolita	Kievieto	UWC	23:21
3	Icarien	van Deventer	Tygerberg	24:31
U.17:				
1	Busisiwe	Gwala	VOB	15:21
2	Lauren	Jonathan	VOB	16:02
3	Tegan	Pitt	Fish Hoek	16:13

SWD Championships

George, 16 August

Note: The times were wrongly given in hundredths of a second and were rounded up by DRR according to the rules. All distances are 4 km except where indicated otherwise. – Ed.

SR. MEN (12 km)

1	Bernardo Fredericks	Nedbank SWD	27	34:44
2	Elfonzo Pieterse	Nedbank SWD	25	37:02
3	Elton Botha	KMC		40:09
4	Jugene Maart	Mosselbaai	27	40:40

SR. MEN

1	Lloyd Bosman	Nedbank	26	11:34
2	Marius-Hugo Schlechter	KMC	49	14:07
3	Dawid Matroos	Rainbow	40	15:01
4	Sidwell Oktober	Rainbow	56	15:32
5	Christo Niemand	RWFL	21	30:58

BOYS 19 (8 km)

1	Jansen Darries	Beaufort West Drawwers	18	22:38
2	Bryson van Wyk	Beaufort West Drawwers	18	22:51
3	Francois Maquassa	Military Sport	17	23:03

BOYS 17 (6 km)

1	Ruben D'lepu	Hessequa	17	16:24
2	Danwood Frieslaar	Beaufort West Drawwers	17	16:32
3	Jeremy Seekoei	Beaufort West Drawwers	16	16:34

SR. WOMEN (8 km)

1	Maurica la Grange	Coastline	19	22:20
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GIRLS 19 (6 km)

1	Jamie-Lee Schlemmer	NMMU	18	20:37
2	Rochelle Myburg	George	17	30:02
3	Michelle Motha	George	18	35:17

GIRLS 17

1	Marrida Leen	George	16	13:50
2	Macnita Samuels	Knysna Marathon	17	15:54
3	Jana Boleslawsky	Hartenbos Drawwers	17	17:07

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**Kärnten Lläuft Halbmarathon** (13th)

Klagenfurt, AUT, 24 August

(Distance: 21.1 km)

MEN (gun times)

1. Geoffrey Ronoh, 1982, KEN 59:45 PB/CR*
2. Thomas James Lokomwa, 1987, KEN 1:00:56 PB
3. Abera Kuma, 1990, ETH 1:00:58

WOMEN (gun times)

1. Lucy Wambui Murigi, 1985, KEN 1:11:34
2. Hilda Kibet, 1981, NED 1:12:18
3. Anna Hahner, 1989, GER 1:13:35

Crim 10-Mile Road Race (38th)

Flint, USA, 23 August

(Distance: 10 miles)

MEN (gun times)

1. Julius Kogo, 29, Chapel Hill, NC (KEN)	46:36	\$5000
2. Cleophas Ngetich, 24, Chapel Hill, NC (KEN)	46:55	3000
3. Hafid Chani, 28, West Chester, PA (MAR)	47:30	1500
4. Mourad Marofit, 32, Roxborough, PA (MAR)	48:00	1000
5. Yonas Mebrahtu, 26, Flagstaff, AZ (ERI)	48:19	500
... 9. Dathan Ritzenhein, 31, Belmont, MI	49:11	750^

^) Earned Michigan resident prize money

WOMEN (gun times)

1. Aliphine Tuliamuk-Bolton, 25, Washington, DC (KEN)	52:48	\$5000
2. Cynthia Limo, 24, KEN	53:15	3000
3. Sophy Jepchirchir, 20, Chapel Hill, NC (KEN)	53:40	1500
4. Lilian Mariita, 26, Hebron, KY (KEN)	54:45	1000
5. Rachel Hannah, 27, Toronto, ON, CAN	55:00	500

New Balance Falmouth Road Race (42nd)

Woods Hole to Falmouth Heights, USA, 17 August

(Distance: 7.0 miles; certified point-to-point course with rolling hills)

MEN (gun times)

1. Stephen Sambu, 26, Kenya	31:46	\$10,000
2. Micah Kogo, 28, Kenya	32:31	7,500
3. Emmanuel Bett, 29, Kenya	33:01	5,000
4. Ben Bruce, 31, Flagstaff, AZ	33:21	3,500 + 5,000a
5. Andrew Colley, 23, Williamsburg, VA	33:27	2,000 + 4,000a
... 12. Chris Solinsky, 29, Portland, OR	34:39	
... 124. Meb Keflezighi, 39, San Diego, CA	43:32	

a) Earned American prize money

ALL WOMEN'S ELITE RACE (gun times)

1. Betsy Saina, 26, Kenya	35:56	\$10,000
2. Gemma Steel, 28, Great Britain	36:03	7,500
3. Molly Huddle, 29, Providence, RI	36:15	5,000 + 5,000a
4. Diane Nukuri-Johnson, 29, Burundi	36:17	3,500
5. Mary Wacera, 25, Kenya	36:59	2,000
6. Emily Infeld, 24, Portland, OR	37:08	4,000a
7. Risper Gesabwa, 25, Kenya	37:22	
8. Rachel Ward, 24, Charlottesville, VA	37:50	3,000a
9. Katie Matthews, 23, Allston, MA	37:51	2,000a
10. Tara Erdman, 25, Portland, OR	38:04	1,000a
11. Jen Rhines, 40, Boston, MA	38:12	1,000

a) Earned American Prize Money

News and Sentinel Parkersburg Half Marathon (28th)

Parkersburg, USA, 16 August

(Distance: 21.1 km; certified, very hilly)

MEN (gun times)

1. Julius Kogo, 29, KEN	1:02:25	\$3000
2. Jacob Chemtai, 27, KEN	1:04:08	2000
3. Betram Keter, 26, KEN	1:04:18	1500

WOMEN (gun times) -

1. Cynthia Limo, 24, KEN	1:11:12	\$3000
2. Lilian Mariita, 26, KEN	1:11:28	2000
3. Sophy Jepchirchir, 20, KEN	1:11:36	1500

Falmouth Mile (19th men's and 20th women's)

Falmouth, USA, 16 August

MEN

1. Kyle Merber	New York, NY	3:56.46	\$2000 + 1000 [^]
2. David Torrence	Oakland, CA	3:56.96	1000 + 500 ^{^^}
3. Garrett Heath	Seattle, WA	3:57.20	500 + 500 ^{^^}

[^]) Earned bonus money for winner sub-3:58^{^^}) Earned bonus money for finishing sub-3:58

WOMEN

1. Katie Mackey	Seattle, WA	4:27.79	\$2000 + 1000 [^]
2. Sarah Brown	Solana Beach, CA	4:28.70	1000 + 500 ^{^^}
3. Morgan Uceny	East Watertown, MA	4:29.62	PB 500 + 500 ^{^^}
4. Brie Felnagle	Tacoma, WA	4:29.84	PB 250 + 500 ^{^^}
... 7. Gabe Grunewald	Minneapolis, MN	4:36.33	

[^]) Earned Bonus Money for winner sub-4:32^{^^}) Earned Bonus Money for finishing sub-4:32**ULTRA/MOUNTAIN/TRAIL RUNNING****Leadville Trail 100-mile Endurance Run (32nd)**

Leadville, USA, 16-17 August

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

MEN

1. Rob Krar, 37, Flagstaff, AZ	16:09:32
2. Michael Aish, 38, Arvada, CO	16:38:37
3. Ian Sharman, 33, Walnut Creek, CA (GBR)	16:41:38

WOMEN

1. Emma Roca, 41, Tall, ESP	19:38:04
2. Liza Howard, 42, San Antonio, TX	20:01:15
3. Carrie Stafford, 35, Vail, CO	23:56:53

Pikes Peak Marathon (59th)

Manitou Springs, USA, 17 August

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

MEN (gun times)

1. Marc Lauenstein, 33, Cormondreche, CHE 3:37:23 \$2000
2. Jason Delaney, 34, Polson, MT 3:57:28 1200
[Doubler: finished 7th at Pikes Peak Ascent in 2:16:18]
3. Carlos Ruibal, 27, Colorado Spgs, CO 4:03:21 600

WOMEN (gun times) -

1. Anita Ortiz, 50, Eagle, CO 5:00:58 \$2000
2. Melissa Bay, 38, Colorado Spgs, CO 5:18:01 1200
3. Megan Kunkel, 21, Colorado Springs, CO 5:25:49 600
[Doubler: finished 39th among women at Pikes Peak Ascent in 3:23:58/3:23:38 net]

Pikes Peak Ascent

Manitou Springs, USA, 16 August

(Distance: 13.32 miles)

Note: This race begins at an elevation of 1918 m and ends at 4299 m for a net elevation GAIN of 2381 m and covers a rocky course. – Ed.

MEN (gun times)

1. Sage Canaday, 28 Boulder, CO 2:10:04 \$2000
2. Azerya Weldemariam, 35, Asmara ERI 2:10:49 1200
3. Andy Wacker, 25, Boulder, CO 2:11:40 600

WOMEN (gun times)

1. Allie McLaughlin, 23, Colorado Spgs, CO 2:33:43 \$2000
2. Morgan Arritola, 28, Ketchum, ID 2:35:41 1200
3. Shannon Payne, 28, Colorado Spgs, CO 2:40:29 600

TRACK**Sainsbury's Birmingham Grand Prix**

(12th Stop of 2014 IAAF Diamond League)

Birmingham, GBR, 24 August

MEN

600:

1. David Rudisha, KEN 1:13.71 WL/PB
2. Adam Kszczot, POL 1:14.69
3. André Olivier, RSA 1:15.03 PB
4. Marcin Lewandowski, POL 1:15.17 PB
5. Erik Sowinski, USA 1:15.79 PB
6. Andreas Bube, DEN 1:16.15 PB
7. Kyle Langford, GBR 1:16.30 WJL/PB
8. Casimir Loxsom, USA 1:16.48

Emsley Carr Mile (61st):

1. Asbel Kiprop, KEN 3:51.89 \$10,000
2. Ayanleh Souleiman, DJI 3:52.07 6,000

3. Vincent Kibet, KEN	3:52.15 PB	4,000
4. James Magut, KEN	3:52.20	3,000
5. Aman Wote, ETH	3:52.34	2,500
6. Collins Cheboi, KEN	3:52.61	2,000
7. Henrik Ingebrigtsen, NOR	3:52.79	1,500
8. Leo Manzano, USA	3:53.05	1,000
9. Matthew Centrowitz, USA	3:53.46	
10. Silas Kiplagat, KEN	3:53.52	
11. Garrett Heath, USA	3:54.10	
12. Nixon Chepseba, KEN	3:54.92	
13. Johan Cronje, RSA	3:55.62	
14. Charlie Grice, GBR	3:58.06	

2 Mile:

1. Mo Farah, GBR	8:07.85 NR/WL/PB (7:38.26 at 3000)
2. Zane Robertson, NZL	8:22.82 PB
3. Emmanuel Bett, KEN	8:25.55 PB
4. Jordan McNamara, USA	8:26.50 PB
5. Will Leer, USA	8:27.15
6. Andy Vernon, GBR	8:27.55 PB
7. Suguru Osako, JPN	8:28.30 PB
8. Tom Farrell, GBR	8:30.39 PB

3000 s/chase:

1. Jairus Birech, KEN	8:07.80	\$10,000
2. Brimin Kipruto, KEN	8:16.61	6,000
3. Barnabas Kipyego, KEN	8:17.03 WJL/PB	4,000
4. Hillary Yego, KEN	8:17.99	3,000
5. Conseslus Kipruto, KEN	8:18.73	2,500
6. Haron Lagat, KEN	8:19.00	2,000
7. Lawrence Kipsang Kemboi, KEN	8:22.17	1,500
8. Donn Cabral, USA	8:22.48	1,000
9. Paul Kipsiele Koech, KEN	8:25.97	
... 11. Yoann Kowal, FRA	8:28.34	

WOMEN

800:

1. Lynsey Sharp, GBR	1:59.14	\$10,000
2. Eunice Sum, KEN	1:59.42	6,000
3. Brenda Martinez, USA	1:59.56	4,000
4. Laura Muir, GBR	2:00.67 PB	3,000
5. Janeth Jepkosgei, KEN	2:00.67	2,500
6. Ajee' Wilson, USA	2:01.70	2,000
7. Hannah England, GBR	2:01.96	1,500
8. Angela Smit, NZL	2:02.22	1,000

2 Mile:

1. Mercy Cheronon, KEN	9:11.49 WL/PB	\$10,000
2. Viola Kibiwot, KEN	9:12.59 PB	6,000 (8:39.19 at 3000)
3. Irene Jelagat, KEN	9:12.90 PB	4,000
4. Genzebe Dibaba, ETH	9:14.28 PB	3,000
5. Betsy Saina, KEN	9:16.95 PB	2,500
6. Alemitu Heroye, ETH	9:20.81 WJL/PB	2,000
7. Susan Kuijken, NED	9:23.52 PB	1,500
8. Renata Plis, POL	9:28.80 PB	1,000
... 10. Maryam Yusuf Jamal, BRN	9:33.47 PB	
11. Gabe Grunewald, USA	9:41.76 PB	

EAP Flame Games Open (2nd)

(Previously called the Amsterdam Open & Flame Games)

Amsterdam, NED, 22 August

MEN

800:

1. Ronald MUSAGALA, UGA 1:46.54
2. Andre OLIVIER, RSA 1:46.81
3. Amel TUKA, BIH 1:47.16

WOMEN

1000:

1. Susan KUIJKEN, NED 2:38.01 PB
2. Sanne VERSTEGEN, NED 2:38.53 PB
3. Olha LYAKHOVA, UKR 2:38.67 PB
4. Melissa BISHOP, CAN 2:38.75 PB
5. Maureen KOSTER, NED 2:40.09 PB
6. Cherono KOECH, KEN 2:40.74 PB
7. Selma KAJAN, AUS 2:40.74 PB
8. Xenia SAVINA-SYSHKO, UKR 2:41.25 PB
- ... 10. Jemma SIMPSON, GBR 2:41.47
11. Zoe BUCKMAN, AUS 2:41.93

DN Galan

(11th Stop of 2014 IAAF Diamond League)

Stockholm, SWE, 21 August

International Events:

800:

Race A (DL):

1. Adam Kszczot, 1989, POL, 1:45.25
2. Ayanleh Souleiman, 1992, DJI, 1:45.49
3. Marcin Lewandowski, 1987, POL, 1:45.76
4. Pierre-Ambroise Bosse, 1992, FRA, 1:45.95
5. Nijel Amos, 1994, BOT, 1:46.04
6. Andreas Bube, 1987, DEN, 1:46.59
7. Andreas Almgren, 1995, SWE, 1:47.54
8. Timothy Kitum, 1994, KEN, 1:47.93
- Yeimer López, 1982, CUB, DNF
- Bram Som, 1980, NED, DNF

Race B:

1. Leonel Manzano, 1984, USA, 1:46.60
2. Alfred Kipketer, 1996, KEN, 1:46.69
3. Musaeb Abdulrahman Balla, QAT, 1:46.97
4. Johan Rogestedt, 1993, SWE, 1:47.26
5. Henrik Ingebrigtsen, 1991, NOR, 1:49.17

5000 (DL):

1. Muktar Edris, 1994, ETH, 12:54.83 WL/PB
2. Thomas Longosiwa, 1982, KEN, 12:56.16
3. Caleb Ndiku, 1992, KEN, 12:59.17 PB
4. Galen Rupp, 1986, USA, 13:05.97
5. Edwin Soi, 1986, KEN, 13:07.68

6. Hassan Mead, 1989, USA, 13:07.81
7. Hagos Gebrhiwet, 1994, ETH, 13:12.40
8. Ben True, 1985, USA, 13:13.33

WOMEN

1500 (DL):

1. Jenny Simpson, 1986, USA, 4:00.38
2. Genzebe Dibaba, 1991, ETH, 4:01.00
3. Sifan Hassan, 1993, NED, 4:01.62
4. Shannon Rowbury, 1984, USA, 4:02.96
5. Viola Kibiwott, 1983, KEN, 4:04.17
6. Laura Muir, 1993, GBR, 4:04.71
7. Meraf Bahta, 1989, SWE, 4:05.39
8. Brenda Martinez, 1987, USA, 4:07.40
- ... 10. Abeba Aregawi, 1990, SWE, 4:07.75
- ... 13. Ingvill Måkestad Bovim, 1981, NOR, 4:10.97
14. Laura Weightman, 1991, GBR, 4:14.92

3000 s/chase (DL):

1. Hiwot Ayalew, 1990, ETH, 9:17.04
2. Habiba Ghribi, 1984, TUN, 9:18.39
3. Emma Coburn, 1990, USA, 9:20.31
4. Sofia Assefa, 1987, ETH, 9:22.02
5. Hyvin Jepkemoi, 1992, KEN, 9:24.03
6. Sviatlana Kudzelich, 1987, BLR, 9:30.54 PB
7. Salima El Ouali Alami, 1983, MAR, 9:32.53
8. Ashley Higginson, 1989, USA, 9:33.89

NEWS

SPAR GRAND PRIX POINTS TABLE

The standings in the Spar Grand Prix Series after the third race in Durban are:

OPEN

1	Lebo Phalula	Maxed Elite	77
2	René Kalmer	Modern Athlete	50
3	Mapaseka Makhanya	Boxer	49
4	Lebogang Phalula	Transnet	39
5=	Nolene Conrad	Boxer	30
5=	Christine Kalmer	Boxer	30
7	Irvette van Zyl	Nedbank	27
8=	Thozama April	Transnet	25
8=	Jenna Challenor	Boxer	25
10=	Myrette Brink	Nedbank	15
10=	Nicole van der Merwe	Marais Viljoen	15
12	Annie Bothma	Nedbank	14
13	Annah Moeketsi	Transnet	13
14	Zintle Xiniwe	New Balance M/sport	12
15	Thembi Baloyi	TUT	9
16=	Simonay Weitsz	Boksburg AC	8
16=	Keneilwe Sesing	Temp	8
18	Thitshaamba Ravhandalala	TUT	6
19	Cornelia Joubert	Nedbank	5
20=	Kim Laxton	Sunninghill	4
20=	Lindokuhle Gabela	Ladysmith	4

Veterans:

1	Ronel Thomas	Boxer	15
2	Janene Carey	Boxer	12
3	Lana Theunissen	Nedbank	6

Masters:

1	Elmarie Coetzee	New Balance M/sport	24
2	Mariëtte Strauss	Tygerberg	9
3=	Viv Williams	AAC	8
3=	Annetjie Botes	Nedbank	8

G'masters:

1	Margie Saunders	Nedbank	20
2	Nancy Will	Pinelands	5
3=	Helen du Plessis	Tygerberg	4
3=	Liz Grundlingh	Muirite Striders	4
3=	Sandra Fismer		4

Juniors:

1	Nicole van der Merwe	Marais Viljoen	21
2	Annie Bothma	Nedbank	19
3	Simonay Weitsz	Boksburg AC	10

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2014. René Kalmer, who leads the list with her performance in the World Half Marathon, has six times on the list. 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 HALF MARATHON: TOP 10 WOMEN

1:11:53	René Kalmer	27	Copenhagen	29 Mar
1:12:12	Kalmer-2	1	Johannesburg	07 Jun
1:12:50	Irvette van Zyl	2	Johannesburg	07 Jun
1:12:53	Dinah Lebo Phalula	3	Johannesburg	07 Jun
1:13:16	Phalula-2	2	Hamburg	29 Jun
1:14:00	Phalula-3	1	Cape Town	19 Apr
1:14:20	Jenna Challenor	47	Copenhagen	29 Mar
1:14:23	Kalmer-3	2	Cape Town	19 Apr
1:15:22	Phalula-4	1	Polokwane	17 May
1:15:35	Mapaseka Makhanya	4	Cape Town	19 Apr
1:15:43	Kalmer-4	1	Pretoria	01 Feb
1:16:32	Cornelia Joubert	1	Boksburg	13 Apr
1:16:44	Christine Kalmer	6	Cape Town	19 Apr
1:16:51	Zintle Xiniwe	1	Wellington	01 May
1:18:04	R. Kalmer-5	1	Johannesburg	30 Mar
1:18:26	R. Kalmer-6	1	Bedfordview	12 Jan
1:18:39	Tanith Maxwell	3	Durban	13 Jul
1:18:51	Myrette Brink	10	Cape Town	19 Apr

THIS MONTH IN HISTORY

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

91 years ago: 23 August 1923

The current world record for the mile has been standing for fifteen years, but before that a record of more than eight years old was rare – it has happened only five times. One of those that stood for more than eight years was set on this day in the Stockholm Olympic Stadium when the greatest of all Finns, Paavo Nurmi, came up against the new Swedish hero and record holder for 5000 metres, Edvin Wide (they were the only competitors). The latter was born in Finland (but his home language was Swedish) and became a Swedish citizen in 1920. The Swedes were confident of victory, and one newspaper wrote: "People will go to the Stadium to see Nurmi break [Norman] Taber's world record [4:12.6] – and see Wide beat Nurmi!" Taber's record itself had been standing for more than eight years. In front of 18 000 spectators Wide led for the first lap of the 385-metre track, clocking 60.1 (Nurmi 60.3). Then Nurmi took the lead and although Wide tried several times to pass, Nurmi completed the lap in 2:03.2 with the Swede on his shoulder. Nurmi kept the pressure on and opened a little gap, reaching the three-quarter mark in 3:06.7 with Wide 0.6 sec back. The crowd cheered wildly, but it was to no avail. On the backstretch Nurmi turned his head, looked at Wide, but did not accelerate. He knew the race was won and went through the metric mile mark in 3:53.0 – much faster than the world record owned by another Swede, John Zander, and at the finish his 4:10.4 broke Taber's record by 2.2 sec. The record would stand for 8 years, 1 month and 11 days – apart from the current record, the second longest span of all mile records. It was one of Nurmi's 40 world records, more than any other athlete in history could manage.

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	
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN)	2010	29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI)	2010	10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		
30 km	71:50	Sammy Kosgei (KEN)	2010	05 Jan
	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:40:20	Anthony Godongwana	Camps Bay	
	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	46:51	Johannes Kekana	Pretoria	16 Aug
	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	84:16	Awie Veldsman	Atlantis	23 Aug
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		

WOMENOpen

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		

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	Somers 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
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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	2:39:03	Nancy Will	Simon's Town	17 Aug
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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