

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

In an astounding demonstration of over-racing, Irvette van Zyl won the Mandela Day Marathon yesterday on a point-to-point course in Howick scarcely eighteen hours after she had also won the Spar Grand Prix race in Pretoria. She took home at least R91 000 in prize money in the marathon (this could be R124 000 if she also took the three hot spot prizes – see note with results below), including a course record incentive. She was followed by four foreigners, among them the previous record holder. In the Pretoria race she got the victory in 33:32 ahead of another foreigner, Rutendo Nyahora (ZIM). Her prize money here was R10 000, which means that the two races brought her prize money of (possibly) R134 000 in about 3 hours 21 min of racing, or R666 a minute! Van Zyl is also due to run the Sanlam Cape Town Marathon on 21 September.

The men's race in Howick went to Thobane Chagwe, also in a course record. The standard in the half marathon was much higher, with Gladwin Mzazi and Karen Chekwemoi (UGA) winning in 1:04:42 and 1:16:33 respectively. Lebogang Phalula, who also ran in Pretoria the previous afternoon, won the 10 km in 33:47, with Stephen Mokoka taking the men's race in 30:38.



Irvette van Zyl on her way to victory in the Spar Grand Prix 10 km in Pretoria. [Reg Caldecott]

In the Motherwell AC 15 km in Port Elizabeth grandmaster Margie Saunders had another excellent run to finish second in 64:30, just short of her list leader. She will also participate in the Sanlam Cape Town Marathon.

With *Race Results Weekly* only being published tomorrow, we will catch up with most international results next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Mandela Day Marathon, Half Marathon & 10 km, Howick
- * Spar Grand Prix Series, Pretoria
- * Motherwell AC 15 km, Port Elizabeth
- * ArcelorMittal Saldanha Half Marathon & 10 km, Saldanha

- * Meat Master Game Park Run, Vryheid
- * Madibaz George Half Marathon, George
- * XC: Gauteng North Championships, Pretoria

International highlights:

- * Weltklasse in Zürich, Zürich, SUI
-

ROAD RUNNING

Mandela Day Marathon, Half Marathon & 10 km

Howick, 31 August

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses. Finishers: marathon – 2111.)

Note: Huge prize money here for very slow times in the marathon. Irvette van Zyl may also have won the three hot spot prizes (no indication was given in the results), which would add R33 000 to her purse, bringing the total to R124 000. It is not known which of the male runners may have won the hot spots. Age category results were not available. DRR corrected the spelling of some of the names as well as some runners' nationalities. – Ed.

Marathon

MEN

1. Thobane Chagwe (ME) 2:27:12 CR* (R50 000 + R40 000i + R1000#)
2. Othaniel Phahlane (Ind) 2:28:39 (R30 000)
3. Emmanuel Kiplimo Birgen (KEN/Phant) 2:29:21 (R20 000)
4. Stephen Katam (KEN/Ned) 2:29:43 (R15 000)
5. Kgosi Tsosane (Ned) 2:30:53 (R12 000)
6. Lyno Muchena (ZIM) 2:31:18 (R10 000)
7. Peter Muthubi (ME) 2:31:27 (R9000)
8. Eliya Tshepiso Mogoboya (Ned) 2:31:38 (R8000)
9. Jonas Makhele (Bid) 2:32:42 (R7000)
10. Henry Kipkurui Kipsang (KEN/ME) 2:34:34 (R6000)

*) Course record; previous 2:29:48, Getachew Bekele (ETH), 2013

i) Course record incentive

#) Incentive as first South African

WOMEN (Same prize money as men)

1. Irvette van Zyl (Ned) 2:47:15 CR* (R50 000 + R40 000i + R1000#)
2. Chelita Bogale Asefa (ETH/Ned) 2:57:00
3. Chiyedza Chokore (ZIM) 3:03:24
4. Sisay Arsed (ETH/Ned) 3:03:51
5. Tabitha Tsatsa (ZIM/ME) 3:04:30
6. Makhosazana Mhlono (Sav) 3:05:46
7. Ntebaleng Letsela (LES/Phant) 3:06:15
8. Ntombesintu Mfunzi (Ned) 3:09:01
9. Mpho Mabuza (Gallop) 3:09:46
10. Monica Kativhu (ZIM/ME) 3:12:21

*) Course record; previous 3:06:20, Chiyedza Chokore (ZIM), 2013

i) Course record incentive

#) Incentive as first South African

Half marathon

MEN

1. Sibabalwe Gladwin Mzazi (Ind) 1:04:42 (R20 000)

2. Joel Mmone (Ned) 1:04:45 (R15 000)
3. David Manja (Ned) 1:04:56 (R12 000)
4. Lusapho April (Ind) 1:05:11 (R10 000)
5. Luwis Masunda (ZIM/Ned) 1:05:47 (R9000)
6. Sibusiso Nzima (Ned) 1:06:03 (R8000)
7. Derocious Makhobalo (Ned) 1:06:14 (R7000)
8. Philani Buthelezi (Boxer) 1:06:26 (R6000)
9. Lucky Mohale (ME) 1:06:49 (R5000)
10. Desmond Mokgobu (ME) 1:06:52 (R4000)

WOMEN (Same prize money as men)

1. Karen Chekwemoi (UGA/ME) 1:16:33
2. Jenna Challenor (Boxer) 1:17:25
3. Constance Nyasango (ZIM) 1:18:30
4. Lineo Chaka (LES/Ned) 1:20:01
5. Sithulisiwe Zhou (ZIM/Phant) 1:22:09
6. Annah Moeketsi (Trans) 1:23:06
7. Poppy Mlambo (Ind) 1:23:40
8. Keneilwe Sesing (Ned) 1:25:25
9. Catherine Skosana (Ned) 1:26:28
10. Thitshaamba Ravhandalala (TUT) 1:26:45

10 km

MEN

1. Stephen Mokoka (Trans) 30:38 (R10 000)
2. Benedict Moeng (Trans) 31:01 (R8000)
3. Givemore Mudzinganyama (ZIM/Cool) 31:07 (R6000)
4. Siyabonga Nkonde (Boxer) 31:12 (R5000)
5. Moeketsei Tseiso (Puk) 31:58 (R4500)
6. Vuyisile Tshoba (Trans) 32:08 (R4000)
7. Bonginkosi Zwane (Phant) 32:10 (R3000)
8. Wellington Varevi (ZIM) 32:16 (R2500)
9. Abednigo Mashaba (BTW) 32:23 (R2000)
10. Nkosikhona Mhlakwana (DR) 32:36 (R1000)

WOMEN (Same prize money as men)

1. Lebogang Phalula (Ind) 33:47
2. Mamorallo Tjoka (LES/ME) 36:35
3. Frignet Ayelew (ETH) 37:39
4. Nobuhle Tshuma (ZIM/ME) 37:48
5. Nocaw Mdingazwe (Ind) 40:14
6. Slindile Chili (Chest) 40:39
7. Nontlantla Gcina (Ind) 41:41
8. Puseletso Dladla (Sav) 41:45
9. Nwabisa Mjoli (Ind) 42:31
10. Sithembile Radebe (SDC) 43:00

Spar Grand Prix Series

(Women only)

Pretoria, 30 August

(Distance: 10 km; certified loop course)

1	Irvette van Zyl	Nedbank	33:32	R10 000
2	Rutendo Nyahora	ZIM/Nedbank	33:50	R9000
3	Lebogang Phalula	Transnet	34:05	R8000
4	Lebo Phalula	Maxed Elite	34:17	R7000

5	René Kalmer	Modern Athlete	34:40	R6000
6	Mapaseka Makhanya	Boxer	34:46	R5000
7	Alemtsehay Hailu Kakissa	ETH/Nedbank	34:47	R4000
8	Thozama April	Transnet	35:44	R3000
9	Nicole v.d. Merwe	Marais Viljoen H/S	36:07	R2000
10	Glenrose Xaba	Sasol	36:31	R1000
11	Shitaye Gemechu Debellu	ETH/Nedbank	36:43	
12	Keneilwe Sesing	Nedbank	37:13	
13	Christine Kalmer	Boxer	37:53	
14	Charné Bosman	Nedbank	38:00	
15	Kefilwe Molefe	Nedbank	39:07	
16	Ronel Thomas	Boxer	39:34	
17	Maxine van Deventer	Nedbank	40:10	
18	Robyn Kaltenbrun	Benoni High	40:15	
19	Alicia Labuschagne	New Balance	40:25	
20	Janine Carey	Boxer	40:27	
21	Lizerie Ferreira	Nedbank	40:46	
22	Toni Bennetts	Klerksdorp	41:10	
23	Judy Bird	Breakthru Midrand	41:38	
24	Mabel Seanego	Nedbank	41:49	
25	Sanel Visser	Temp	41:53	
26	Sindy Labuschagne	New Balance	41:53	
27	Marzelle Cilliers	Agape	41:55	
28	Olivia Labuschagne	New Balance	42:05	
29	Mariska Steinbach	New Balance	42:09	
30	Catherine Malungane	Transnet	42:47	

(All age category prizes were the same: R1000, R500, R300.)

Veterans: 1 Ronel Thomas (Boxer) 39:34; 2 Janine Carey (Boxer) 40:27; 3 Beth Libby-Neale (Randburg Harriers) 43:14. **Masters:** 1 Judy Bird (Breakthru Midrand) 41:38; 2 Jackie Frey (Khoza) 46:09; 3 Rita van Wyk (Boksburg) 46:20. **G'masters:** 1 Sonja Laxton (RAC) 50:36; 2 Lyn de Bruin (Irene) 52:36; 3 Patricia Shaw (BNAC) 53:50. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 61:32; 2 Mavis Stadler (Agape) 63:52; 3 Jeanette Loots (Irene) 85:17. **Juniors:** 1 Nicole van der Merwe (Marais Viljoen H/S) 36:07; 2 Robyn Kaltenbrun (Benoni High) 40:15; 3 Alicia Labuschagne (New Balance) 40:25.

Motherwell AC 15 km

Port Elizabeth, 30 August
(Finishers: 245)

MEN

1	Melikhaya	Frans	Nedbank RC EP	22	47:05
2	Zolani	Ngqaqa	Madibaz AC	25	47:10
3	Amos	Nyongo	Madibaz AC	28	47:22
4	Andre	Ketchem	X-Cel AC	30	48:00
5	George	Ntshiliza	Motherwell AC	34	48:16
6	Maxwell	Goodman (1 st vet)	Ikhamva AC	41	48:56
7	Bulelini	Niwa	PEAAC	28	49:34
8	Melikhaya	Kepe	Nedbank RC EP	38	49:35
9	Anele	Maliza	Nedbank RC EP	36	51:00
10	Zolani	Mabongo	Madibaz AC	28	51:01
11	Mila	Pasiya	Nedbank RC EP	34	52:08
12	Robert	Matthys	Maxed Elite EP	38	53:25
13	Brendon	Effenaar (1 st jun)	X-Cel AC	18	53:43
14	Christopher	Mabengeza	Nedbank RC EP	48	53:59
15	Masande	Mlonyeni	Nedbank RC EP	33	55:11

16	Juwayne	Fletcher	Charlo AC	23	55:24
17	Thobile	Xata	Bluewater Bay	40	56:07
18	Tumelo	Mochelenyane	Nedbank RC EP	32	56:42
19	Nkosinathi	Gcakasi	Bluewater Bay	43	57:14
20	Lindeleni	Mlisa	Motherwell AC	16	57:55
40-44:					
1	Maxwell	Goodman	Ikhamva AC	41	48:56
2	Thobile	Xata	Bluewater Bay	40	56:07
3	Nkosinathi	Gcakasi	Bluewater Bay	43	57:14
45-49:					
1	Christopher	Mabengeza	Nedbank RC EP	48	53:59
2	Geddes	Gallant	SANDF EP	47	1:02:04
3	Deon	Pretorius	Nedbank RC EP	48	1:02:40
50-54:					
1	Desmond	Zibi	Ikhamva AC	50	59:32
2	Michael	Bekapi	Maxed Elite EP	53	1:01:39
3	Neil	De Meillon	Nedbank RC EP	51	1:02:54
55-59:					
1	Christopher	Nyodi	Bluewater Bay	55	1:09:18
2	Ronald	Ndiza	Body Concept	55	1:10:02
3	Peter	Van Rensburg	Elite AC	56	1:10:09
60-64:					
1	Sizinzo	Kama	Achilles AAA	63	1:06:49
2	Graham	Channon	Achilles AAA	64	1:13:43
3	Danny	Vorster	Temp	60	1:17:51
65-69:					
1	David	O'Reilly	Nedbank RC EP	66	1:22:26
2	Eckart	Schumann	Body Concept	69	1:24:20
3	Andre	Fourie	Nedbank RC EP	67	1:33:16
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	1:07:24
2	Brian	Smith	PEAAC	71	1:56:05
Juniors:					
1	Brendon	Effenaar	X-Cel AC	18	53:43
2	Lindeleni	Mlisa	Motherwell AC	16	57:55
WOMEN					
1	Natalie	Ross	Temp	23	1:01:40
2	Margie	Saunders (1 st g'mast)	Nedbank RC EP	60	1:04:30
3	Siphokazi	Nojoko	Motherwell AC	19	1:04:41
4	Ndileka	Mvakwendlu	Tinarha AC	23	1:05:02
5	Terray	Newcombe	Elite AC	23	1:05:10
6	Jene	Banfield (1 st vet)	Run For Life EP	44	1:05:40
7	Asanda	Solani	Motherwell AC	31	1:06:28
8	Grizelda	Pietersen	Maxed Elite EP	45	1:06:34
9	Christine	Claasen (1 st mast)	Achilles AAA	50	1:06:58
10	Priscilla	Dyanti	Nedbank RC EP	40	1:09:11
11	Janette	Schierz-Crusius	Body Concept	53	1:09:28
12	Anche	Schubart	Achilles AAA	32	1:10:13
13	Siphokazi	Liwani (1 st jun)	Motherwell AC	17	1:11:28
14	Lindie	Steyn	Charlo AC	27	1:12:46
15	Laura	Maritz	Elite AC	53	1:13:05
16	Bronwyn	Mothapo	Rhodes University	24	1:14:10
17	Nolikhanyo	Mdwayi	Transnet Eng EP	33	1:15:09
18	Sime	Baynes	Temp	30	1:15:14
19	Gail	Klichowicz	Achilles AAA	47	1:16:14

20	Boniwe	Dywanisi	Motherwell AC	25	1:16:42
40-44:					
1	Jene	Banfield	Run For Life EP	44	1:05:40
2	Priscilla	Dyantyi	Nedbank RC EP	40	1:09:11
3	Belinda	Hauptfleisch	Born To Run	42	1:21:21
45-49:					
1	Grizelda	Pietersen	Maxed Elite EP	45	1:06:34
2	Gail	Klichowicz	Achilles AAA	47	1:16:14
3	Michelle	Van Iddekinge	Profiles AC	47	1:18:06
50-54:					
1	Christine	Claasen	Achilles AAA	50	1:06:58
2	Janette	Schierz-Crusius	Body Concept	53	1:09:28
3	Laura	Maritz	Elite AC	53	1:13:05
55-59:					
1	Christine	Snyman	Despatch AC	58	1:30:58
2	Liz	Austin	Achilles AAA	56	1:36:08
3	Dianne	Hartzenberg	Nedbank RC EP	55	1:45:07
60-64:					
1	Margie	Saunders	Nedbank RC EP	60	1:04:30
2	Helene	Oppel	Crusaders AC	64	1:34:18
70-74:					
1	Orgia	Nell	Muirite Striders	70	1:47:25
75-79:					
1	Dorothy	Hart	Charlo AC	76	2:02:13
Juniors:					
1	Siphokazi	Liwani	Motherwell AC	17	1:11:28
2	Rachel	Jarvie	Temp	18	1:30:35

ArcelorMittal Saldanha Half Marathon & 10 km

Saldanha, 30 August

(Distances: 21.1 km & 10 km; loop courses)

Half marathon

MEN

1. Tsungai Mwanenengeni (ZIM/NBMC) 1:10:12 (1st vet)
2. Gerswell Jacobs (Ned SWD) 1:10:17
3. Flip Jorapetse (SANDF) 1:18:16

Veterans: 1. Tsungai Mwanenengeni (ZIM/NBMC) 1:10:12; 2. Flip Jorapetse (SANDF) 1:18:16; 3. Francois Simmerie (Lange) 1:31:09. **Masters:** 1. Steven Parkins (Tyger) 1:26:56; 2. Piet Smith (Swart) 1:37:24; Sarel van Wyk (Salk) 1:41:02. **G'masters:** 1. Vernon du Preez (Lange) 1:44:52; 2. Chris Schnehage (Pine) 1:47:08; 3. John Hartnick (Paarl) 1:56:47. **Juniors:** 1. Gershwin Kammies (Sanlam) 1:21:19; 2. Brandon Peters (Salk) 1:27:21; 3. Jemaine Adams (Salk) 1:33:59.

WOMEN

1. Zintle Xiniwe (NBMC) 1:19:49
2. Nomvuyisi Seti (Itheko) 1:28:34
3. Sandra van Graan (Edge) 1:29:00 (1st vet)

Veterans: 1. Sandra van Graan (Edge) 1:29:00; 2. Carina Ross (Strand) 1:32:18; 3. Charise Hansen (Lange) 1:39:18. **Masters:** 1. Cailey Bredenkamp (Paarl) 1:51:09; 2. Irma Zöllner (Held) 2:05:27; 3. Melanie Moore (VOB) 2:07:24. **G'masters:** 1. Nancy Will (Pine) 1:48:01; 2. Helen du Plessis (Tyger) 1:53:54; 3. Avril de Lapelin-Dumont (Paarl) 2:21:11.

10 km**MEN**

1. Andrew Louw (East) 32:34
2. Paseka Parage (Salk) 36:38 (1st jun)
3. Kalane Joseph (East) 37:14

Veterans: 1. Alan Godfrey (MPT) 54:23; 2. Anthony Harker (MPT) 66:06; 3. Jerome Richards (Ravens) 74:56. **Masters:** 1. Michael Crozier (Atlantis) 44:10; 2. Reginald Crowster (Tyger) 48:52; 3. Herman Smit (Sanlam) 90:07. **G'masters:** 1. Niel Ebing (WPCC) 49:14; 2. Sakkie Mentoer (MPT) 54:37; 3. Hugo Loubser (Strand) 60:01. **Juniors:** 1. Paseka Parage (Salk) 36:38; 2. Janga Ketj (Sanlam) 38:02; 3. Carl Boois (Salk) 38:13.

WOMEN

1. Ursula Frans (NBMC) 41:14 (1st vet)
2. Mariëtte Strauss (Tyger) 42:06 (1st mast)
3. Charmaine Cupido (Ned) 44:42

Veterans: 1. Ursula Frans (NBMC) 41:14; 2. A. Davids (Lange) 64:19; 3. Laura Schreuder (Swart) 74:34. **Masters:** 1. Mariëtte Strauss (Tyger) 42:06; 2. Charmaine Cupido (Ned) 44:42; 3. Jean Hargreaves (SH) 89:45. **G'masters:** 1. Edna Brand (Lange) 64:59; 2. Ursula Theuter (Swart) 67:45; 3. Florence Degois (Lange) 72:39. **Juniors:** 1. Adel Boois (Salk) 50:59; 2. Rochelle Davids (Lange) 54:02.

Meat Master Game Park Run

Vryheid, 30 August

(Distances: 21.1 km & 8.3 km)

Half marathon**MEN**

1. Phumlani Sangweni (Madadeni) 1:25:32

WOMEN

1. Ingrid van Niekerk (VAC) 1:56:12

8.3 km**MEN**

1. Conrad Jonker 35:11

WOMEN

1. Annarie Pienaar 41:56

Madibaz George Half Marathon

George, 23 August

(Distance: 21.1 km; course configuration unknown. Finishers: 153.)

MEN

1	Lloyd Bosman	Nedbank	26	1:08:43
2	Elfonzo Pieterse	Nedbank	25	1:10:39
3	Lindile Tokota	Nedbank	46	1:12:17
4	Fana Principal	Temp	45	1:14:56
5	Zuzile Ntshinyabo	Outeniqua Harriers	40	1:16:27
6	Melikhaya Msizi	KMC	30	1:17:00
7	Selwyn Losper	Mosselbay Harriers	50	1:17:01
8	Julius Korkee	Mosselbay Harriers	29	1:17:58

9	Rodney Halom	Outeniqua Harriers	31	1:20:48
10	Fikile Konstabel	Nedbank	18	1:21:03

WOMEN

1	Melissa van Rensburg	Nedbank	32	1:26:13
2	Nancy Cloete	Outeniqua Harriers	27	1:33:27
3	Charmaine Lamprecht	Nedbank	30	1:38:59
4	Aneen Koch	VOB	46	1:40:48
5	Alison Nell	Nedbank	34	1:41:41
6	Suzaan Kruger	Outeniqua Harriers	31	1:43:07
7	Marisa Du Plessis	Temp	34	1:44:49
8	Claire Lemke	KMC	38	1:45:55
9	Maryke Sass	PetroSA Running Club	43	1:50:55
10	Jonelle Stephenson	Temp	36	1:52:36

CROSS-COUNTRY

Gauteng North Championships

Pretoria, 23 August

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

SR. MEN (12 km)

1	Stephen	Mokoka	Transnet	34:50
2	Benedict	Moeng	Transnet	35:29
3	Mailola	Africa	Nedbank	36:13
4	Motsamai	Motone	Transnet	36:41
5	Bafana	Dube	Transnet	36:52
6	Stanley	Mofu	Nedbank	37:11
7	George	Mfofeng	Transnet	38:05
8	Hosane	Vuma	Sutherland	38:52
9	Andries	Malete	Temba Prestige	39:34
10	Judas	Ngwangwa	Akasia	40:02

SR. MEN (8 km)

1	Junior	Mahlangu	Ikhozi	26:26
2	Sfiso	Masombuku	Ikhozi	26:33
3	Nkosi	Bangani	Modiselle	28:28
4	Theunis	Grobler	Sutherland	32:13
5	Tebogo	Lekgau	Modiselle	38:02

SR. MEN

1	Lucas	Jani	Transnet	11:10
2	Precious	Mashele	Transnet	11:20
3	Sikhumbuzo	Seme	Transnet	11:43
4	Tlou	Seloba	Transnet	11:47
5	Victor	Pheeha	Moncao	11:55
6	Motsamai	Motone	Transnet	12:01
7	Lukhanyo	Mabinza	Transnet	12:02
8	Martin	Nkoe	TUT	12:04
9	Anele	Sonqibido	Transnet	12:11
10	Repelang	Kgaje	Transnet	12:16

MEN 40 (8 km)

1	Shadrack	Hoff	New Balance	24:14
2	Loverboy	Khoza	Nedbank	26:46

3	Piet	Mosebedi	Transnet	27:31
MEN 45 (8 km)				
1	Koos	Aphane	PMMC	29:12
2	Fanie	Van Vuuren	Centak	29:36
3	Graham	Burnett	Individual	31:04
MEN 50 (8 km)				
1	Moses	Lethlaku	Dpw	29:00
2	Louis	Botha	GNMA	31:37
3	Isaac	Mothata	Monaco	32:05
MEN 55 (8 km)				
1	Len	Lorenzen	PMMC	33:53
2	C	Mcgeer	Magnolia	34:21
3	Johnie	Jonker	Denel	34:56
MEN 60 (6 km)				
1	Dewald	Van den Heever	AS Eagles	27:12
2	Tommy	Breedt	Akasia	28:05
3	Andre	Smith	PMK	30:59
MEN 65 (6 km)				
1	Mike	De Bruto	Irene	23:36
2	Don	Charles	Nedbank	24:00
3	Harry	Van der Merwe	Bronkhorstspuit	27:55
MEN 70 (6 km)				
1	Mike	Kleinsmit	Transnet	28:55
2	Assie	Van Aswegen	Overkruin	31:52
3	Andries	Van der Merwe	Transnet	32:06
MEN 75 (6 km)				
1	Neville	Muir	Phobians	54:47
MEN 80 (6 km)				
1	Dion	Heigers	ACRW	40:42
2	Martin	Coetzee	Magnolia	43:34
3	Chris	De Jager	Transnet	49:52
MEN 23				
1	Bafana	Dube	Transnet	11:27
2	Johnathan	Bredenkamp	Tuks	11:28
3	Vuyisile	Tshoba	Transnet	11:31
JR. MEN (8 km)				
1	Ian	Slinger	Eldoraigne	24:25
2	Sibusiso	Mfiki	Rosina Sedibane	24:42
3	Henco	Schoeman	Centurion	24:47
BOYS 17 (6 km)				
1	Marno	Du Plessis	Waterkloof	18:44
2	Tomrin	Vlok	Zwartkop	18:45
3	Kwanele	Nthmembu	Prestige	18:55
SR. WOMEN (8 km)				
1	Louisa	Leballo	Boxer	28:06
2	Kataza	Shipalana	TUT	28:59
3	Catherine	Skosana	Nedbank	29:23
4	Simangele	Mabuza	Transnet	30:21
5	Vuyokazi	Gebe	Nedbank	30:22
6	Nandipha	Dywili	Transnet	30:43
7	Patience	Khumalo	TUT	31:41
8	Zintle	Sinqe	TUT	32:31
9	Betty	Tshitunyane	A4A	32:50
10	Nthabiseng	Tshehla	Monako	34:17

SR. WOMEN

1	Palesa	Madoa	TUT	14:44
2	Kamogelo	Mabena	Telkom	15:57
3	Chandri	Van Heerden	Tuks	16:00
4	Annelien	Matlhala	Tuks	16:11
5	Victoria	Moshapo	Kondelelani	16:14
6	Estelize	Van Rooyen	Transnet	16:19
7	Mishelene	Lagerwall	Magnolia	16:31
8	Chandre	Du Plessis	New Balance	17:11
9	Maureen	Phalane	Ekangala	17:44
10	Sune	Van Wyk	VTM	17:46

WOMEN 40

1	Seanette	Van Rooyen	Magnolia	16:02
2	Karin	Hillhouse	Individual	17:38
3	Celeste	Labuschagne	Bronkhorstspuit	18:09

WOMEN 45

1	Salome	Vermeulen	Bronkhorstspuit	15:12
2	Lettie	Saayman	Nedbank	17:25
3	Letmari	Dreeckmeier	AS Eagles	18:01

WOMEN 50

1	Connie	Van der Westhuizen	GNMA	16:35
2	Debbie	Bredenkamp	HQH	17:12
3	Elsabe	Brink	New Balance	17:32

WOMEN 55

1	Jackie	Navarria	ACRW	18:41
2	Erica	Hamilton	Vaal AC	18:44
3	Adri	Van Dyk	Individual	20:21

WOMEN 60

1	Lyn	De Bruin	Irene	19:13
2	Stephanie	Claassen	Tuks	20:53
3	Rina	Pretorius	Sabs Striders	21:27

WOMEN 65

1	Esme	Kloppers	Transnet	23:18
2	Ella	Smith	PMK	24:08
3	Rita	Laker	New Balance	26:51

WOMEN 75

1	Annette	Van Rooyen	Transnet	34:20
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WOMEN 23

1	Happiness	Mkhize	Tuks	14:18
2	Alicia	Labuschagne	Wonderboom	14:24
3	Adel	Vermaak	Tuks	14:30

JR. WOMEN (6 km)

1	Thandeka	Manzana	Prestige	22:09
2	Marne	Mentz	Centurion	22:37
3	Sonel	Bezuidenhout	Centurion	22:53

GIRLS 17

1	Lize	Botha	Centurion	14:34
2	Danielle	Jordaan	Oos Moot	14:39
3	Dimpho	Diale	Prestige	14:41

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.

TRACK

Weltklasse in Zürich (85th)

(First of two-meeting final of Diamond League)

Zürich, SUI, 28 August

MEN

800:

1	Nijel Amos	BOT	1:43.77
2	Ayanleh Souleiman	DJI	1:43.93
3	David Rudisha	KEN	1:43.96
4	Ferguson Cheruiyot	KEN	1:44.42
5	Pierre-Ambroise Bosse	FRA	1:44.69
6	Marcin Lewandowski	POL	1:44.75
7	Adam Kszczot	POL	1:44.84
8	Mohamed Aman	ETH	1:45.01
9	André Olivier	RSA	1:45.11
10	Timothy Kitum	KEN	1:45.22
11	Asbel Kiprop	KEN	1:45.26

5000:

1	Caleb Ndiku	KEN	13:07.01
2	Muktar Edris	ETH	13:07.32
3	Galen Rupp	USA	13:07.82
4	Thomas Longosiwa	KEN	13:08.67
5	Hayle Ibrahimov	AZE	13:09.17 NR
6	Lawi Lalang	KEN	13:09.51
7	Augustine Choge	KEN	13:11.16
8	Ben True	USA	13:11.24
9	Paul Tanui	KEN	13:12.75
10	Edwin Soi	KEN	13:17.19
11	Isiah Koech	KEN	13:19.21
12	Yenew Alamirew	ETH	13:20.81
13	Hagos Gebrhiwet	ETH	13:22.18
14	Imane Merga	ETH	13:25.33
15	Ryan Hill	USA	13:27.58
16	Cam Levins	CAN	13:34.49
17	Hassan Mead	USA	13:41.80
18	Andy Vernon	GBR	13:49.68

WOMEN

1500:

1	Jenny Simpson	USA	3:59.92
2	Shannon Rowbury	USA	3:59.93
3	Viola Kibiwot	KEN	4:00.46
4	Sifan Hassan	NED	4:00.72
5	Meraf Bahta	SWE	4:01.34
6	Brenda Martinez	USA	4:01.36
7	Mimi Belete	BRN	4:01.63
8	Abeba Aregawi	SWE	4:03.40
9	Hellen Obiri	KEN	4:04.75
10	Federica Del Buono	ITA	4:06.80

11	Eunice Sum	KEN	4:10.22
12	Maryam Jamal	BRN	4:18.10

3000 s/chase:

1	Habiba Ghribi	TUN	9:15.23
2	Hiwot Ayalew	ETH	9:19.29
3	Sofia Assefa	ETH	9:19.79
4	Ruth Chebet	BRN	9:20.55 AR, AJR
5	Emma Coburn	USA	9:23.89
6	Hyvin Jepkemoi	KEN	9:29.67
7	Etenesh Diro	ETH	9:31.33
8	Salima Alami	MAR	9:33.43
9	Purity Kirui	KEN	9:35.78
10	Tigist Mekonen	ETH	9:36.73
11	Sandra Eriksson	FIN	9:41.95
12	Charlotta Fougberg	SWE	9:47.70

STATS TIME

Mo Farah's quick 2-mile race in Birmingham last weekend was the world's fastest time since 2007. This week we include a list of the top ten men all-time over this distance; Farah's new British record places him seventh. Note that Daniel Komen has also run 7:58.91 for the second fastest ever; he achieved this on 28 February 1998 in Sydney. Haile Gebrselassie has another two sub-8:02 times, while Kenenisa Bekele ran 8:04.35 indoors (also in Birmingham, 2008) in beating Paul Kipsiele Koech (8:06.48).

ALL-TIME 2 MILES: TOP 10 MEN

7:58.61	Daniel Komen (KEN)	Hechtel	19 Jul 97
8:01.08	Haile Gebrselassie (ETH)	Hengelo	31 May 97
8:03.50	Craig Mottram (AUS)	Eugene	10 Jun 07
8:04.83	Tariku Bekele (ETH)	Eugene	10 Jun 07
8:07.07	Matt Tegenkamp (USA)	Eugene	10 Jun 07
8:07.68	Eliud Kipchoge (KEN)	Eugene	04 Jun 05
8:07.85	Mohamed Farah (GBR)	Birmingham	24 Aug 14
8:09.01	Moses Kiptanui (KEN)	Hechtel	30 Jul 94
9:10.95	Benjamin Limo (KEN)	Eugene	28 May 06
8:10.98	Khalid Boulami (MAR)	Hechtel	06 Jul 96

THIS MONTH IN HISTORY

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

47 years ago: 10 September 1967

In the period 1966-1967 Jim Ryun reigned supreme in the 1500/mile and beat even his most dangerous rival, Kip Keino, with ease. One such occasion was on 8 July 1967, when the American set a new world record of 3:33.1 for the metric distance, besting the Kenyan by more than 4 seconds. Two weeks earlier Ryun had also taken the global mile record with 3:51.1. But Keino would have some great races in September. After winning the mile at the Kenyan Championships in Nairobi, he went to Kisumu – at an altitude of 1134 m – for the East African Championships, where he was up against Briton Alan Simpson. It turned out to be one of the most astounding miles of all time and the fastest ever run in Africa. Keino completed the first lap in 56.2 sec and the second in 59.9, with Simpson on his shoulder. Then Keino went faster, covering the next lap in 58.1 – and still Simpson stayed with him. Although Keino could not accelerate, the altitude "bear" finally got to the

Englisman and he fell behind rapidly, leaving Keino to win in 3:53.1 – the third fastest mile ever run. Simpson finished in 3:57.6. Later in the day Keino came back to also win the 5000 m.

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)		01 Mar
	44:29	Lusapho April	Port Elizabeth	
	43:04	Ben True (USA)		
21.1 km	41:13	Leonard Patrick Komon (KEN)		29 Mar
	60:47	Stephen Mokoka	Copenhagen	
	59:08	Geoffrey Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI)		10 May
	81:09	Sikhumbuso Seme	Pretoria	
	80:18A	George Ntshiliza	Somerset East	
	71:47	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN)		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		05 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
	1:28:52	Yuma Hattori (JPN)		
	87:49**	Haile Gebrselassie (ETH)		
	2:10:21	Benedict Moeng	Xiamen	
Marathon	2:04:29	Wilson Kipsang (KEN)		02 Jan
	2:03:38	Patrick Makau (KEN)		
	2:03:23p	Wilson Kipsang (KEN)		
100 km	6:13:33	Takahiro Sunada (JPN)		

**) 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)		
15 km	46:51	Johannes Kekana	Pretoria	16 Aug
	44:14	Pierre Levisse (FRA)		
21.1 km	67:40	Gert Thys	Wellington	01 May
	62:28	John Campbell (NZL)		
25 km	82:29	Shadrack Hoff	Pretoria	10 May
	76:49	Martin Mondragon (MEX)		
30 km	1:48:05	Graham Katzen	Parow	30 Mar
	1:35:28	Geraldo Antonio da Silva (BRA)		
Marathon	2:25:39	Sandile Makhaye	Pietermaritzburg	23 Feb
	2:08:46	Andres Espinosa (MEX)		
100 km	6:18:24	Mario Ardemagni (ITA)		

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		
<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	Somerset East	22 Mar
30 km	2:13:07	Elmarie Coetzee	Parow	30 Mar
Marathon	3:09:05	Marie Bruwer	Vereeniging	02 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<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	2:39:03	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				
<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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