

Distance Running Results

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EDITORIAL

Saturday's 7th Medihelp Bike & Tekkie Challenge 10 km in Kuils River, South Africa's only road race that is run on a handicap basis, saw another excellent performance by former two-time champion Zintle Xiniwe. This year the women started 5 min 10

Left: Zintle Xiniwe scoring her third win in the Medihelp Bike & Tekkie Challenge 10 km in a new course record. [Jasper Coetzee] Below: Getting ready for the last Spar Grand Prix race of the year – at the launch in Johannesburg were Lebo Phalula, Poppy Mlambo, Lebogang Phalula, Ronel Thomas and Sonja Laxton. [Reg Caldecott]

sec ahead of the men and where the difference at the finish last year was only 2 sec, this year it was no contest. With Xiniwe, who also won in 2011 (35:29) and 2012 (35:20), slashing her course record to 34:50, she finished 52 sec ahead of the male winner, Tom Lusaseni, who clocked 30:32. Xiniwe was not the first to cross the finish line, though, as defending champion Nomvuyisi Seti and Bulelwa Simae took a wrong turn in the last 2 km of the race and cut around 400 metres from the course to finish first and second respectively. The referees decided to place them second and third, so they are indicated in the results (see below) with "no time". It was the fifth time in the history of the race that a woman won.

The seven races have had only four winners of the women's race – Anneline Roffey won the first two, Bulelwa Mtshagi the third, Seti last year and Xiniwe the remaining three.

On a perfect day for running, three more course records were set: 32:00 by veteran Tsungai Mwanengeni, 46:59 by grandmaster Nancy Will and 37:37 by junior Pamela Moyikwa.

In other action Lovemore Chabata (ZIM) won the Dolphin Coast Striders 50 km in Ballito by almost 10 minutes in 3:13:56, with the women's race going to

Nonsikelelo Mbambo by an even bigger margin – more than 23 minutes – in 4:05:43.



The highlights of the Diamond League final in Brussels came in the men's steeplechase, and the women's 800 m and 3000 m. In the steeplechase Jairus Birech (KEN) set a personal best of 7:58.41 to move into tenth on the world all-time list, while Evan Jager achieved a new US record of 8:04.71 in third. The 800 went, somewhat unexpectedly, to Brenda Martinez (USA) in 1:58.84 over Lynsey Sharp (GBR), 1:58.94, and Eunice Sum (KEN), also 1:58.94. The 3000 also produced a pulsating battle and ended in victory for Mercy Cherono (KEN) in 8:28.95, with Sifan Hassan (NED) second in a national record 8:29.38 and Genzebe Dibaba (ETH) third in 8:29.41. The two Americans, Jenny Simpson and Shannon Rowbury, ducked under 8:30 to set PBs.

In the Bupa Great North Run Mo Farah won with a new PB of exactly one hour, less than a stride ahead of training partner Mike Kigen, who was given the same time (their extended times were 59:59.6 and 59:59.9). In the women's race Mary Keitany's 1:05:39 broke Paula Radcliffe's 11-year-old course record by one second.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Richmond AC 16 km Challenge, Richmond
- * Dolphin Coast Striders Ultramarathon & Half Marathon, Ballito
- * Satori Camel Run 10-miler, Noordhoek
- * Medihelp Bike & Tekkie Challenge 10 km, Kuils River
- * Rockets Half Marathon, Uitenhage
- * Spirit of Flight 10 km, Pretoria
- * Thembalethu Square Birthday Celebration 10 km, George
- * George Herald Run with the Stars 10 km, George
- * Tramonto Wedding Sunrise 10 km & Sunset 10 km, George
- * Arthrochoice Advanced Midrand Striders Half Marathon & 10 km, Kyalami

International highlights:

- * Bupa Great North Run, Newcastle to South Shields, GBR
 - * Brabants Dagblad Ten Miles of Tilburg & Rabobank Tilburg Ladies Run 10 km, Tilburg, NED
 - * Luanda International Half Marathon, Luanda, ANG
 - * Alsterlauf Hamburg, Hamburg, GER
 - * Birell Grand Prix, Prague, CZE
 - * Semi-Marathon International de Lille Métropole, Lille, FRA
 - * Russian Half-marathon Championships, Ufa, RUS
 - * Faxon Law New Haven Road Race, New Haven, USA
 - * Courses D'Arras 10 km, Arras, FRA
 - * XC: adidas/UC Irvine Collegiate & Open Meet, Irvine, USA; Belmont Cross-country Opener, Nashville
 - * Track: Rieti Meeting 2014, Rieti, ITA; AG Insurance Memorial Van Damme, Brussels, BEL; Hanzekovic Memorial, Zagreb, CRO; Palio Citta' Della Quercia, Rovereto, ITA
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CORRECTIONS AND ADDITIONS

In the results of the Mandela Day Marathon (in last week's DRR) Othaniel Pahlane was given as an individual entrant; in fact, he runs for Nedbank Gauteng North.

Irvette van Zyl (and also men's winner Thobane Chagwe) was credited with an incentive of R1000 as first South African. DRR got this information from the race website, but the race entry form indicates the amount as being R10 000, and this seems to be the correct figure. Van Zyl also won only the third hot spot (R15 000), so her total winnings for the race was R115 000. The other two hot spots (total of R18 000) went to Chelita Bogale Asefa.

In the men's race the first two hot spots (R18 000) went to Munyaradzi Jari (ZIM), who finished 58th overall in 2:53:15, and the third one (R15 000) was earned by Henry Kipkurui Kipsang (10th).

According to information received by DRR, the course is very tough, with the elevation gain in the first half approx. 400 m! The two main climbs are Struggle Hill (from 8-16 km) and Challenge Climb (from 16.5-19 km).

ROAD RUNNING

Richmond AC 16 km Challenge

Richmond, 7 September
(Point-to-point course)

MEN

1	Anele Dlamini	Hammersdale	50:56
2	Kwenza Ngubane	Mayed Elite	55:43
3	Zenzele Nzimande	Nedbank	58:21

Veterans:

1	Vitalis Kunene	Richmond AC	1:11:00
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Masters:

1	Jacky Jackpersadh	Orion	1:34:41
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G'masters:

1	Les Burnard	Collegians Harriers	1:22:34
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WOMEN

1	Xoli Madiba	Natal Carbineers	1:10:09
2	Sibongile Ziqubu	Eskom	1:12:08
3	Sindi Jali	Eskom	1:16:19

Veterans:

1	Sibongile Ziqubu	Eskom	1:12:08
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Masters:

1	Debbie de Koning	Eskom	1:18:41
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G'masters:

1	Irma Stephens	Eskom	1:44:14
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Dolphin Coast Striders Ultramarathon & Half Marathon

Ballito, 7 September
(Distances: 50 km & 21.1 km; undulating loop courses)

50 km

MEN

1 Lovemore Chabata (ZIM/Maxed Elite) 3:13:56, 2 Mdumiseni Zondi (Natal Carbineers) 3:23:23, 3 Freedom Shezi (NRB Harriers) 3:36:24.

WOMEN

1 Nonsikelelo Mbambo (Natal Carbineers) 4:05:43, 2 Lisa Collett (Everyone Counts) 4:29:09, 3 Iris Ndlovu (NRB Harriers) 4:57:19.

Half marathon

MEN

1 Joseph Munyoki (KEN/Phantane) 1:09:03, 2 Garikai Madawo (Chatsworth) 1:16:41, 3 Siyanda Makhanya (Verulam Falcons) 1:18:46.

40-49: 1 Cliff Robbertze (Westville) 1:28:23. **50-59:** 1 Neil Neat (Forest Hills) 1:35:45.
60+: 1 Herve Rougier-Lagane (Queensburgh Harriers) 1:55:53.

WOMEN

1 Janie Grundling (Westville) 1:29:21, 2 Zisandele Mkhize (Savages) 1:41:39, 3 Teresa Moller (DHSOB) 1:41:41.

40-49: 1 Micayla Pedler (Forest Hills) 1:49:58. **50-59:** 1 Elize Cilliers (Savages) 1:48:12.
60+: 1 Pat Fisher (Stella) 1:57:39.

Satori Camel Run 10-miler

Noordhoek, Cape Town, 7 September

(Distance: 16.1 km; loop course, partly on gravel, beach and off-road tracks)

Note: Just one day after running the Medihelp Bike & Tekkie Challenge, Nancy Will competed here as well. – Ed.

MEN

1. Jimmy Matusio (Sat) 62:03
2. Colin George (VOB) 62:09 (1st vet)
3. Damian Will (Pine) 62:55

Veterans: 1. Colin George (VOB) 62:09; 2. Youssef Kanouni (NBMC) 64:11; 3. Francis Jeke (Hout) 67:55. **Masters:** 1. Chris Mitchell (Celtic) 66:05; 2. Grant Oliver (Sat) 78:36; 3. Johan Maritz (WC) 79:43. **G'masters:** 1. Mervin Smith (Celtic) 90:21; 2. Chris Schnehage (Pine) 90:50; 3. Neil Ebing (WPCC) 91:45. **G/g'masters:** 1. Brian Key (Forest) 80:57; 2. Jeremy Mathers (FH) 1:43:06. **Juniors:** 1. Darren Bownes (Hout) 68:47.

WOMEN

1. Candyce Hall (NC) 75:07
2. Dain Hamilton (Forest) 77:12 (1st vet)
3. Caitlin Lewis (Ind) 77:30

Veterans: 1. Dain Hamilton (Forest) 77:12; 2. Ellie Courts (Celtic) 78:18; 3. Jana Trojan (CZE/VOB) 80:04. **Masters:** 1. Georgina Sinclair (VOB) 83:41; 2. Dianne de Carteret-Martin (FH) 95:06; 3. Sonia Smith (Celtic) 97:05. **G'masters:** 1. Nancy Will (Pine) 86:09; 2. Colette van Eck (FH) 94:08; 3. Theresa Isaacs (VOB) 1:43:39. **G/g'masters:** 1. Marlene James (Pine) 1:55:32; 2. Annatjie Berntzen (Tyger) 2:17:02. **Juniors:** 1. Tegan Pitt (FH) 80:33.

Medihelp Bike & Tekkie Challenge 10 km (7th)

Kuils River, 6 September

(Certified loop course. Weather: cool and overcast, excellent running conditions. Finishers: 1024 [down from 1188 last year].)

Note: See explanation for the second and third women's "no time" designation in the Editorial. – Ed.

MEN

1. Tom Lusaseni (Itheko) 30:32 (R1000)

2. Mthandazo Qhina (Ned) 30:46 (R500)
3. Peter Tsawayo (ZIM/Gugs) 30:50 (R300)
4. Duane Fortuin (Itheke) 30:59 (R200)
5. Siyabonga Makhaluza (East) 31:27 (R100)

(All age category prizes except juniors were the same: R400, R300, R200.)

Veterans: 1. Tsungai Mwanengeni (ZIM) 32:00 CR; 2. Graham Katzen 32:40; 3. Shawn Abrahams (Itheke) 33:24. **Masters:** 1. Eric Coetzee (NBMC) 35:48; 2. Tobias Philander (Itheke) 36:38; 3. Kevin Isaacs (Top) 38:04. **G'masters:** 1. Albert Williams (Top) 42:48; 2. Joseph Matthews (MS) 49:34; 3. Jacques Oosthuizen (Brack) 50:13. **Juniors:** 1. Ashley Smith (WCSS) 31:48 (R350); 2. Samuel van der Merwe (Bell) 32:02 (R250); 3. Granwin Katzen (Itheke) 33:19 (R150).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (NBMC) 34:50 CR R1000 + R500*
2. Nomvuyisi Seti (Itheke) n/t
3. Bulelwa Simae (Ned) n/t
4. Pamela Moyikwa (VOB) 37:37
5. Busisiwe Matiwane (Celtic) 40:28

Veterans: 1. Ronelda van Deventer (Sanlam) 49:19; 2. Elsabé Moyo (Gugs) 57:36; 3. Fatima Emeran (Itheke) 57:56. **Masters:** 1. Mariëtte Strauss (Tyger) 41:52; 2. Olga Howard (Celtic) 43:49; 3. Bev Charters (VOB) 45:33. **G'masters:** 1. Nancy Will (Pine) 46:59 CR; 2. Helen du Plessis (Tyger) 50:05; 3. Pixie Sparg (Celic) 55:24. **Juniors:** 1. Pamela Moyikwa (VOB) 37:37 CR; 2. Busisiwe Gwala (VOB) 40:28; 3. Nomaxesibe Ngcantsi (VOB) 43:17.

*) Incentive for first across the finish line

Rockets Half Marathon

Uitenhage, 6 September
(Distance: 21.1 km. Finishers: 339.)

Note: This race replaces the Afri-Save Marathon, which was held for the 28th time last year.
- Ed.

MEN

1	Melikhaya	Frans	Nedbank RC EP	22	1:09:12
2	André	Ketchem	X-Cel AC	30	1:11:09
3	Melikhaya	Kepe	Nedbank RC EP	38	1:15:16
4	Melikhaya	Malinga	Tinarha AC	34	1:15:46
5	Zolile	Mhlahlo	Achilles AAA	39	1:16:03
6	Mzamo	Fokwana	Charlo AC	36	1:17:25
7	Morne	Buis	Maxed Elite EP	21	1:19:19
8	Robert	Matthys	Maxed Elite EP	38	1:19:44
9	Alfred	Qogi (1 st vet)	Nedbank RC EP	41	1:19:47
10	Michael	Bester	Achilles AAA	27	1:20:13
11	Thobile	Xata	Bluewater Bay	40	1:20:21
12	Thembekile	Msipa	Charlo AC	40	1:23:36
13	Deon	Appollis	Sunninghill AC	35	1:24:15
14	Welcome	Loliwe	Nedbank RC EP	49	1:24:50
15	Michael	Prince	Nedbank RC EP	40	1:25:44
16	Kenneth	Menze (1 st mast)	Bluewater Bay	52	1:25:47
17	Lufeze	Xinwa	Temp	27	1:26:02
18	Vuyo	Lloyd	Bluewater Bay	36	1:26:23
19	August	Esau	Nedbank RC EP	43	1:26:55

20	Daryl	North	Achilles AAA	37	1:27:15
40-44:					
1	Alfred	Qogi	Nedbank RC EP	41	1:19:47
2	Thobile	Xata	Bluewater Bay	40	1:20:21
3	Thembekile	Msipa	Charlo AC	40	1:23:36
45-49:					
1	Welcome	Loliwe	Nedbank RC EP	49	1:24:50
2	Vernon	Newfeldt	Gelvan AC	48	1:30:10
3	Martin	Jansen	Nedbank RC EP	46	1:31:17
50-54:					
1	Kenneth	Menze	Bluewater Bay	52	1:25:47
2	Absalom	Kemp	Maxed Elite EP	50	1:28:57
3	Nelson	Vlakbok	Charlo AC	50	1:31:04
55-59:					
1	Disemba	Blou	Charlo AC	56	1:40:12
2	Clifford	Hicken	Nedbank RC EP	57	1:43:54
3	Chester	Brooks	X-Cel AC	56	1:45:51
60-64:					
1	Hannes	Els	Warriors AC	64	1:38:16
2	Bruce	McEwan	Achilles AAA	60	1:45:57
3	Armin	Brandle	Charlo AC	62	1:54:41
65-69:					
1	Graham	Channon	Achilles AAA	65	1:47:07
2	Percy	Dalton	Achilles AAA	66	1:59:51
3	David	O'Reilly	Nedbank RC EP	66	2:02:33
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	72	1:42:44
2	Steve	Groeneveld	Pretoria Mil MC	70	2:37:43
3	Brian	Smith	PEAAC	71	2:50:40
Juniors:					
1	Cobus	Gerber	Madibaz AC	19	1:34:46
2	Ashley	Zeelie	Nedbank RC EP	18	2:09:26
WOMEN					
1	Babalwa	Ngcoko	Nedbank RC EP	27	1:33:06
2	Christine	Claasen (1 st mast)	Achilles AAA	50	1:37:17
3	Ndileka	Mvakwendlu	Tinarha AC	23	1:39:15
4	Terray	Newcombe	Elite AC	23	1:39:48
5	Janine	Gardiner	Charlo AC	33	1:43:28
6	Camarin	Van Eyk	Nedbank RC EP	32	1:48:42
7	Laura	Maritz	Elite AC	53	1:49:34
8	Catherine	Curtain (1 st vet)	Temp	43	1:52:44
9	Sime	Baynes	Temp	30	1:53:05
10	Tiani	Claassen	Despatch AC	23	1:53:36
11	Debbie	Dodd	Charlo AC	43	1:54:06
12	Louise	Mazuelas	Charlo AC	36	1:54:11
13	Judy	Beens	Charlo AC	47	1:56:56
14	Philippa	Field	Albany R R	38	1:57:45
15	Liz	Goosen	Warriors AC	41	1:59:38
16	Kirsty	Knoetze	Temp	33	2:00:58
17	Lana	Bruyns	Elite AC	46	2:01:04
18	Noloyisu	Genu	Vukani M S	34	2:01:44
19	Yolande	Knoetze	Elite AC	47	2:02:45
20	Charmaine	Button	Madibaz AC	50	2:04:18

40-44:

1	Catherine	Curtain	Temp	43	1:52:44
2	Debbie	Dodd	Charlo AC	43	1:54:06
3	Liz	Goosen	Warriors AC	41	1:59:38

45-49:

1	Judy	Beens	Charlo AC	47	1:56:56
2	Lana	Bruyns	Elite AC	46	2:01:04
3	Yolande	Knoetze	Elite AC	47	2:02:45

50-54:

1	Christine	Claasen	Achilles AAA	50	1:37:17
2	Laura	Maritz	Elite AC	53	1:49:34
3	Charmaine	Button	Madibaz AC	50	2:04:18

55-59:

1	Barbara	Foot	Crusaders AC	55	2:08:23
2	Christine	Snyman	Despatch AC	58	2:10:18
3	Marietjie	Pietersen	Achilles AAA	57	2:12:34

60-64:

1	Jos	Els	Warriors AC	62	2:13:35
2	Rina	Barnard	Elite AC	61	3:17:58

65-69:

1	Denise	Terblanche	Walmer AC	67	2:29:45
2	Jeanette	Pienaar	PEAAC	66	2:31:36

75-79:

1	Dorothy	Hart	Charlo AC	76	3:17:01
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Juniors:

1	Megan	Wilson	Charlo AC	19	2:11:50
2	Luzanne	Bruyns	Elite AC	16	2:28:08

Spirit of Flight 10 km

Pretoria, 6 September

(Loop course, mostly on gravel. Weather: cool, pleasant conditions. Finishers: 1654.)

Note: The route was changed less than 24 hours before the start of the race and was approx. 300 metres short. – Ed.

MEN

1. Paulos Radebe (Olifants) 31:11
2. Bafana Dube (Trans) 31:45
3. Clinton Swanepoel (UJ) 32:42

Veterans: 1. Elizas Mabane (Ned) 32:46; 2. Jackson Seanego (NB) 34:49. **Masters:** 1. Sontaga Mabale (Break) 39:13; 2. James Sekhwela (Aurecon) 41:13. **G'masters:** 1. Mike du Bruto (Irene) 42:08; 2. Johan Nel (Irene) 47:00. **G/g'masters:** 1. Ken Nurden (Agape) 51:49; 2. Charles Stewart (Phob) 54:35. **Juniors:** 1. Rickus Jacobs (Pukke) 52:46.

WOMEN

1. Bronwyn Small (B2R) 39:05
2. Paula Quinsee (Compress) 39:37 (1st vet)
3. Mariska Steinbach (NB) 41:02

Veterans: 1. Paula Quinsee (Compress) 39:37; 2. Paulina Phaho (Trans) 43:28. **Masters:** 1. Ansie Breytenbach (Irene) 45:22; 2. Debbie Bredenkamp (Harl) 45:55. **G'masters:** 1. Annatjie Greyvenstein (Irene) 54:44; 2. Rina Pretorius (SABS) 57:35. **G/g'masters:** 1. Mavis Stadler (Agape) 61:59; 2. Mary Gevers (RWFL) 82:55. **Juniors:** 1. Sumarie Moolman (ACRW) 52:05.

Thembaletu Square Birthday Celebration 10 km

George, 6 September

(Course configuration unknown. Finishers: 51)

Note: Some more over-racing for Merida Leen (see also DRR 14:29), who is only 17 and here ran her second race on consecutive days – she also won the Run with the Stars 10 km the previous day (results below). Among the others who did likewise were Elfonzo Pieterse, Lloyd Bosman (who won the first race), Julius Korkee, Principal Fana, Annatjie Botes, Ivy Sogiba and Marie Wolmarans. – Ed.

MEN

1	Elfonzo Pieterse	Nedbank	25	30:52
2	Lloyd Bosman	Nedbank	26	31:55
3	Lindile Tokota	Nedbank	46	32:21
4	Julius Korkee	Mosselbay Harriers	29	32:34
5	Principal Fana	Temp	45	33:40
6	Dullan Solomons	Nedbank	15	33:43
7	Jan Isaks	Rainbow	29	33:53
8	Zuzile Ntshiniyabo	Outeniqua Harriers	40	34:43
9	Donavan Jantjies	Rainbow	17	35:14
10	Curnwin Langeveld	Rainbow	19	35:24

WOMEN

1	Merida Leen	Mosselbay Harriers	17	39:36
2	Annatjie Botes	Nedbank	56	42:35
3	Sanet Brits	Nedbank	55	42:36
4	Ivy Sogiba	Khayelitsha AC	25	45:01
5	Clarisha Pieterse	Mosselbay Harriers	16	45:05
6	Marie Wolmarans	Nedbank	55	46:29
7	Maryke Sass	PetroSA Running	43	47:05
8	Chantell Barkhuizen	Nedbank	34	47:59
9	Johanna Claassen	Nedbank	46	48:29
10	Maranda Avontuur	Nedbank	54	59:33

George Herald Run with the Stars 10 km

George, 5 September

(Loop course. Finishers: 252 [down from 265 last year].)

Note: A repeat win for Lloyd Bosman, but in a much slower time than last year. Defending women's champion, Melissa van Rensburg, ran much faster than in 2013, but still lost to junior Merida Leen. – Ed.

MEN

1	Lloyd Bosman	Nedbank	26	30:18
2	Elfonzo Pieterse	Nedbank	25	31:48
3	Julius Korkee	Mosselbay	29	33:02
4	Principal Fana	Temp	45	33:41
5	Jan Isaks	Rainbow	29	33:42
6	Dullan Solomons	Nedbank	15	33:45
7	Melikhaya Msizi	Knysna	30	35:11
8	Wouter Franzenburg	Nedbank	37	35:13
9	Dumisani Dosi	Paarl	35	35:42
10	Mauritz Jansen van Rensburg	Outeniqua	43	36:17

WOMEN

1	Merida Leen	Mosselbay	17	38:17
2	Melissa van Rensburg	Nedbank	32	38:32
3	Nancy Cloete	Outeniqua	27	41:33
4	Petra Schreuder	Temp	19	42:10
5	Annatjie Botes	Nedbank	56	43:40
6	Suzaan Kruger	Outeniqua	31	43:45
7	Charmaine Lamprecht	Nedbank	30	44:19
8	Nokuthula Sogiba	Khayelitsha	25	45:38
9	Cornel O'Kennedy	Outeniqua	28	46:51
10	Marie Wolmarans	Nedbank	55	47:00

Tramonto Wedding Sunrise 10 km & Sunset 10 km

George, 30 August

(Loop courses. Finishers: Sunrise – 156; Sunset – 79)

Sunrise 10 km

MEN

1	Lloyd Bosman	Nedbank	26	30:23
2	Etienne Plaatjies	Nedbank	26	30:50
3	Elfonzo Pieterse	Nedbank	25	32:18
4	Fana Principal	Temp	45	35:25
5	Melikhaya Msizi	Knysna	30	35:30
6	Sinesipho Didishe	Knysna	23	35:37
7	Auschten October	Nedbank	16	35:40
8	Fikile Konstabel	Nedbank	18	35:50
9	Nkosi Dimaza	Sedgefield	26	37:12
10	Jerome Ferland	Nedbank	15	37:40

WOMEN

1	Melissa van Rensburg	Nedbank	32	39:46
2	Lisl Grobler	Knysna	38	42:22
3	Nancy Cloete	Outeniqua	27	42:55
4	Annatjie Botes	Nedbank	56	43:05
5	Sanet Brits	Nedbank	54	43:22
6	Petra Schemeler	Temp	19	43:54
7	Charmaine Lamprecht	Nedbank	30	44:24
8	Renee Moll	Nedbank	44	44:29
9	Lorinda Janse van Rensburg	Nedbank	28	46:59
10	Cecilia Nel	Hartenbos	32	47:03

Sunset 10 km

MEN

1	Etienne Plaatjies	Nedbank	26	30:07
2	Lloyd Bosman	Nedbank	26	30:52
3	Elfonzo Pieterse	Nedbank	25	34:31
4	Fana Principal	Temp	45	35:04
5	Melikhaya Msizi	Knysna	30	37:05
6	Mauritz Jansen van Rensburg	Outeniqua	43	37:52
7	Fikile Konstabel	Nedbank	18	38:20
8	Wouter Franzenburg	Nedbank	37	38:36
9	Duanne Coetzer	Hartenbos	43	39:35
10	Whayn Windwaai	Sedgefield Stri	35	40:23

WOMEN

1	Annatjie Botes	Nedbank	56	44:10
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2	Renee Moll	Nedbank	44	45:44
3	Charmaine Lamprecht	Nedbank	30	46:33
4	Marie Wolmarans	Nedbank	55	46:49
5	Lizelle Keet	New Balance	25	47:37
6	Elzet Oosthuizen	Nedbank	41	47:48
7	Marisa Du Plessis	Temp	24	50:25
8	Carike Jacobs	Nedbank	37	50:25
9	Johanna Claassen	Nedbank	46	50:55
10	Terina Terblanche	Temp	32	51:24

Arthrochoice Advanced Midrand Striders Half Marathon & 10 km

Kyalami, 24 August

(Distances: 21.1 km & 10 km; undulating loop courses. Weather: cold. Finishers: half marathon – 839; 10 km – 466; also 327 in 5 km.)

Note: This was previously the Midrand Striders 15 km. According to correspondent Pete van der Merwe only approx. 67% of the runners in the half marathon and 40% in the 10 km wore a timing chip. – Ed.

Half marathon

MEN

1. Lucky Mtshali (Olif) 1:10:37
2. Elias Mabane (Ned) 1:16:44 (1st vet)
3. Never Matiya (Bedford) 1:17:34

Veterans: 1. Elias Mabane (Ned) 1:16:44; 2. Never Matiya (Bedford) 1:17:34; 3 Renier Engelbrecht (SAPS) 1:46:09. **Masters:** 1. Marius Carstens (Alb) 1:34:58. **G'masters:** 1. John Woodnutt (Morning) 1:36:51.

WOMEN

1. Leigh Privett (Wand) 1:37:51
2. Catherine Naane (SG) 1:37:57 (1st vet)
3. Barbara Luckemeyer (Alb) 1:40:19

Veterans: 1. Catherine Naane (SG) 1:37:57; 2. Barbara Luckemeyer (Alb) 1:40:19; 3. Marinda Surridge (AC) 1:44:59. **Masters:** 1. Sue Harrisberg (RAC) 1:46:23. **G'masters:** 1. Isabella Carmichael (Eden) 2:28:54.

10 km

MEN

1. Rofhiwa Mathidi (Ned) 33:33
2. Ntiti Konana (SG) 35:12
3. Joseph Moqhali (SG) 35:22

Veterans: 1. Phumzile Maphekula (SG) 43:48. **Masters:** 1. Jason Oliver (Disc) 52:48. **G'masters:** 1. Chris Bauer (Krugers) 61:11. **Juniors:** 1. Francois Joubert (Rand HS) 36:38.

WOMEN

1. Myrette Brink (Ned) 41:11
2. Jessica Aylward (UJ) 42:59
3. Assalina Nyathi (PO) 45:15 (1st vet)

Veterans: 1. Assalina Nyathi (PO) 45:15. **Masters:** 1. Jennifer Rogers (Boks) 56:20. **G'masters:** 1. Jenny Robertshaw (Rockies) 59:16.

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

Bupa Great North Run (34th)

(IAAF Gold Label Road Race)

Newcastle to South Shields, GBR, 7 September

(Distance: 21.1 km; certified, point-to-point course with elevation loss of 30.5 m and a start/finish separation of more than 75%; elite women run separate race with 25-minute headstart)

MEN (gun times)

1. Mo Farah, GBR	1:00:00 (59:59.6) PB
2. Mike Kigen, KEN	1:00:00 (59:59.9)
3. Stephen Kiprotich, UGA	1:01:35
4. Tariku Bekele, ETH	1:01:39 PB
5. Thomas Ayeko, UGA	1:02:13 PB
6. Andy Vernon, GBR	1:02:46 PB
7. Hiroaki Sano, JPN	1:03:01
8. Paulo Paula, BRA	1:03:58
9. Jonny Hay, GBR	1:04:09
10. Masato Kikuchi, JPN	1:04:18

ALL WOMEN'S PRO RACE (gun times)

1. Mary Keitany, KEN	1:05:39 CR
2. Gemma Steel, GBR	1:08:13 PB
3. Tiki Gelana, ETH	1:08:45
4. Caroline Kilel, KEN	1:09:10
5. Edna Kiplagat, KEN	1:10:37
6. Polline Wanjiku, KEN	1:10:46 PB
7. Risa Takenaka, JPN	1:11:11
8. Charlotte Purdue, GBR	1:11:43 PB
9. Haruna Takada, JPN	1:12:20
10. Susan Partridge, GBR	1:12:28



Mo Farah just outkicks Mike Kigen to win the Bupa Great North Run and become the first British winner since 1985. [IAAF]

Brabants Dagblad Ten Miles of Tilburg (27th) & Rabobank Tilburg Ladies

Run 10 km (22nd)

Tilburg, NED, 7 September

(Distances: 10 miles [men] and 10 km [women])

MEN

1. Bernard Koech, KEN	45:12 PB
2. Edwin Kiprop Kiptoo, KEN	45:51 PB
3. Eliud Tarus, KEN	45:59 PB
4. Andrew Mangata, KEN	46:00 PB
5. Tsegay Tuemay, 1995, ERI	46:25
... 8. Leonard Patrick Komon, KEN	47:27

WOMEN

1. Betsy Saina, KEN	30:46 WL/PB
2. Emily Chebet, KEN	31:05

3. Margaret Wangari Muriuki, KEN 31:34
4. Joyce Chepkirui, KEN 32:19
5. Elena Nagovitsyna, RUS 33:14

Luanda International Half Marathon (2nd)

Luanda, ANG, 7 September

(Distance: 21.1 km)

MEN

1. Sammy Kitwara, KEN 1:00:24 CR
2. Stephen Kosgei Kibet, KEN 1:00:35
3. Guye Adola Idemo, ETH 1:00:39
4. Amos Kiplimo Mitei, KEN 1:00:53 PB
5. Paul Lonyangata, KEN 1:00:57
6. Alex Korio, KEN 1:00:59
7. Jacob Kendagor, KEN 1:01:31
8. Zersenay Tadese, ERI 1:01:45
9. Wilson Kiprop, KEN 1:01:51
10. Edwin Kipsang Rotich, KEN 1:01:54

WOMEN

1. Eunice Jepkirui Kirwa, KEN 1:08:31 PB/CR
2. Jemima Jelagat Sumgong, KEN 1:08:32 PB
3. Wude Ayelew Yimer, ETH 1:08:36
4. Worknesh Degefa Debele, ETH 1:09:22
5. Sharon Cherop, KEN 1:09:50
6. Mercy Kibarus, KEN 1:09:57
7. Guteni Shone Imana, ETH 1:10:10
8. Mary Wacera, KEN 1:10:30
9. Genet Yalew, ETH 1:10:41
10. Netsanet Gudeta Kebede, ETH 1:11:19

Alsterlauf Hamburg (25th)

Hamburg, GER, 7 September

(Distance: 10 km)

MEN

1. Andrew Ben Kimutai, 1989, KEN 28:24
2. Dickson Kurui, 1990, KEN 28:31
3. Nicholas Togom, 1992, KEN 28:34
4. Fredrick Kipchumba Ngeny, 1988, KEN 28:44
5. Melaku Belachew, 1990, ETH 28:48

WOMEN

1. Rose Chelimo, 1989, KEN 32:05 CR*
2. Violah Jepchumba, 1990, KEN 32:37
3. Beatrice Chepkoech, 1991, KEN 33:05
4. Rose Kosgei, 1981, GER 33:12
5. Chelangat Sang, 1989, KEN 33:38

Birell Grand Prix (18th)
 (IAAF Gold Label Road Race)
 Prague, CZE, 6 September
 (Distance: 10 km; certified loop course)

MEN (gun times)

1. Geoffrey Ronoh, KEN	27:28 PB/CR	€ 1600 + 2000* + 1000i
2. Geoffrey Mutai, KEN	27:32	1000
3. Nicholas Bor, KEN	27:38 PB	800
4. Simon Cheprot, KEN	27:41 PB	600
5. Richard Mengich, KEN	27:48 PB	400
6. Kenneth Kipkemoi, KEN	27:56 PB	300
7. Geoffrey Kusuro, UGA	28:13 PB	200
8. Polat Kemboi Arikan, TUR	28:38	100
9. Abdallah Kibet Mande, UGA	28:32	
10. Daniel Chebii, KEN	28:38	

WOMEN (gun times)

1. Goretti Jepkoech, KEN	31:05 PB/CR	€ 1600 + 2000* + 1000i
2. Esther Chemtai, KEN	31:51	1000
3. Flomena Chepchirchir, KEN	32:30	800
4. Helah Kiprop, KEN	32:33	600
5. Lucy Liavoga, KEN	33:12	400
7. Jen Rhines, 1974, USA	33:31	200

*) Course record bonus

i) Earned time incentive for sub-27:30

Semi-Marathon International de Lille Métropole (29th)

Lille, FRA, 6 September
 (Distance: 21.1 km)

MEN (gun times)

1. Mark Korir, KEN	1:00:49 PB=
2. Geoffrey Kirui, KEN	1:00:51 PB
3. Philemon Rono, KEN	1:00:52
4. Girmay Birhanu, ETH	1:01:08
5. Eliud Mwangi, KEN	1:01:09 PB
6. John Kemboi Cheruiyot, KEN	1:01:10 PB
7. Sahlesilassie Nigussie, ETH	1:01:33
8. Mule Wasihun, ETH	1:02:11
9. Lucas Rotich, KEN	1:02:24
10. James Kiptum Barmasai, KEN	1:02:30

WOMEN (gun times)

1. Rael Kiyara Kguriatukei, KEN	1:09:29 PB
2. Risper Chebet, KEN	1:11:40 PB
3. Mulahabt Tsega Chekol, ETH	1:12:23
4. Sarah Chepchirchir, KEN	1:13:03
5. Yenenesh Tilahun, ETH	1:13:57

Russian Half-marathon Championships

Ufa, RUS, 6 September

(Distance: 21.1 km)

MEN

1. Fyodor Shutov (10.02.86) 1:04:02
2. Artyom Aplachkin (16.07.91) 1:05:21
3. Aleksey Poltanov (11.10.89) 1:05:26

WOMEN

1. Tatyana Arkhipova (08.04.83) 1:13:34
2. Nina Podnebesnova (06.03.80) 1:13:34
3. Olga Glok (06.12.82) 1:14:01

Faxon Law New Haven Road Race (36th)

(USA Men's and Women's 20 km Championships)

New Haven, USA, 1 September

(Distance: 20 km; certified loop course)

MEN (gun times)

1. Girma Mecheso, 26, Addis Ababa, Ethiopia 1:01:26 DB \$9000
2. Christo Landry, 28, Bainbridge Island, WA 1:01:27 5000
3. Luke Puskedra, 24, Beaverton, OR 1:01:32 2500
4. Diego Estrada, 24, Salinas, CA 1:01:41 1500
5. Scott Bauhs, 28, Danville, CA 1:01:56 1000

WOMEN (gun times)

1. Molly Huddle, 30, Providence, RI 1:08:34 DB \$9000
2. Amy Hastings, 30, East Providence, RI 1:08:54 5000
3. Blake Russell, 39, Pacific Grove, CA 1:10:38 2500
4. Brianne Nelson, 33, Fort Collins, CO 1:10:54 1500
5. Kellyn Johnson, 28, Flagstaff, AZ 1:11:46 1000

Courses D'Arras 10 km (31st)

Arras, FRA, 31 August

(Loop course with negligible start/finish separation)

MEN (gun times)

1. Hillary Langat Kipkemoi, KEN 28:48
2. Moussa Kharich, BRN 28:54
3. Bechere Tura Kumbi, ETH 29:03

WOMEN (gun times)

1. Rose Chelimo, KEN 32:22
2. Risper Chebet, KEN 32:40
3. Benedicte Robin, FRA 35:27

CROSS-COUNTRY**adidas/UC Irvine Collegiate & Open Meet**

Irvine, USA, 6 September

WOMEN (5 km)

1. Dominique Scott JR Arkansas (RSA) 17:12.5

2. Grace Heymsfield	SR Arkansas	17:18.2
3. Diane Robison	JR Arkansas	17:23.9

Belmont Cross-country Opener

Nashville, 29 August

MEN (5 km)

1. Shadrack Matelong	Mid. Tenn. State(KEN)	15:02.19
2. Matt McClintock	Purdue	15:11.13
3. Amos Cheruiyot	Mid. Tenn. State(KEN)	15:11.90
4. David Mokone	Western Kentucky(RSA)	15:14.89

TRACK

Rieti Meeting 2014 (44th)

(IAAF World Challenge)

Rieti, ITA, 7 September

MEN

800:

Race 2 -

1. Taoufik Makhloufi, ALG	1:43.83
2. Musaeb Abdulrahman Balla, QAT	1:44.03
3. Abdulaziz Mohammed, KSA	1:44.30
4. Adam Kszczot, POL	1:44.35
5. Job Kinyor, KEN	1:44.55

1500:

1. Silas Kiplagat, KEN	3:31.44
2. Vincent Kibet, KEN	3:31.96 PB
3. Collins Cheboi, KEN	3:32.00
4. Mekonnen Gebremedhin, ETH	3:32.79
5. Zane Robertson, NZL	3:34.19 PB
6. David Torrence, USA	3:36.36
7. Jerry Motsau, RSA	3:36.74 PB

3000:

1. Abdalaati Iguider, MAR	7:34.99 PB
2. Thomas Longosiwa, KEN	7:35.28
3. Lawi Lalang, KEN	7:36.44 PB
4. Ryan Hill, USA	7:38.64 PB
5. Lopez Lomong, USA	7:39.81 PB
6. Suguru Osako, JPN	7:40.09 NR/PB
7. Imane Merga, ETH	7:43.59 PB

WOMEN

800:

Race 2 -

1. Agatha Kimaswai, KEN	1:59.51 PB
2. Olha Lyakhova, UKR	1:59.92 PB
3. Joanna Jóźwik, POL	1:59.95
4. Marina Arzamasova, BLR	2:00.21
5. Federica Del Buono, ITA	2:00.58 PB

Race 1 -

- | | |
|------------------------|---------|
| 1. Marta Milani, ITA | 2:01.76 |
| 2. Gabe Grunewald, USA | 2:02.01 |
| 3. Diane Cummins, CAN | 2:02.07 |

3000 s/chase:

- | | |
|----------------------------|---------|
| 1. Habiba Ghribi, TUN | 9:21.73 |
| 2. Katarzyna Kowalska, POL | 9:36.56 |
| 3. Aisha Praught, USA | 9:38.79 |
| 4. Amina Bettiche, ALG | 9:45.07 |
| 5. Sanaa Koubaa, GER | 9:55.92 |

AG Insurance Memorial Van Damme

(14th and final stop of IAAF Diamond League)

Brussels, BEL, 5 September

MEN

1000:

- | | |
|----------------------------|------------|
| 1. Adam Kszczot, POL | 2:15.72 NR |
| 2. Mohammed Aman, ETH | 2:15.75 PB |
| 3. Marcin Lewandowski, POL | 2:15.79 SB |
| 4. Ferguson Cheruiyot, KEN | 2:16.88 PB |
| 5. Ronald Musagala, UGA | 2:17.11 PB |
| 6. Yassine Hathat, ALG | 2:17.15 |
| 7. Reuben Bett, KEN | 2:17.98 PB |
| 8. André Olivier, RSA | 2:18.11 PB |

1500 (DL):

- | | | |
|------------------------------|-------------|----------------|
| 1. Taoufik Makhoulfi, ALG | 3:31.78 | \$10,000 |
| 2. Silas Kiplagat, KEN | 3:31.80 | 6,000 + 40,000 |
| 3. Ayanleh Souleiman, DJI | 3:32.82 | 4,000 |
| 4. Collins Cheboi, KEN | 3:32.85 | 3,000 |
| 5. Aman Wote, ETH | 3:32.94 | 2,500 |
| 6. Homiyu Tesfaye, GER | 3:33.22 | 2,000 |
| 7. Henrik Ingebrigtsen, NOR | 3:33.47 | 1,500 |
| 8. Vincent Kibet, KEN | 3:33.58 =PB | 1,000 |
| 9. Mekonnen Gebremedhin, ETH | 3:33.70 | |
| 10. Abdalaati Iguider, MAR | 3:33.78 | |
| 11. Galen Rupp, USA | 3:34.15 PB | |
| 12. Asbel Kiprop, KEN | 3:34.41 | |
| 13. Pieter-Jan Hannes, BEL | 3:37.65 | |
| 14. James Magut, KEN | 3:39.26 | |
| 15. Leo Manzano, USA | 3:42.62 | |

3000 s/chase (DL):

- | | | |
|-------------------------------------|----------------|-------------------|
| 1. Jairus Birech, KEN | 7:58.41 WL/PB | \$10,000 + 40,000 |
| 2. Mahiedine Mekhissi-Benabbad, FRA | 8:03.23 SB | 6,000 |
| 3. Evan Jager, USA | 8:04.71 AR/NR | 4,000 |
| 4. Daniel Huling, USA | 8:15.61 SB | 3,000 |
| 5. Conseslus Kipruto, KEN | 8:16.72 | 2,500 |
| 6. Brimin Kipruto, KEN | 8:16.90 | 2,000 |
| 7. Ilgizar Safiullin, RUS | 8:20.29 NUR/PB | 1,500 |
| 8. Hillary Yego, KEN | 8:20.35 | 1,000 |

WOMEN

800 (DL):

1. Brenda Martinez, USA	1:58.84 SB	\$10,000
2. Lynsey Sharp, GBR	1:58.94	6,000
3. Eunice Sum, KEN	1:58.94	4,000 + 40,000
4. Marina Arzamasova, BLR	2:00.37	3,000
5. Janeth Jepkosgei, KEN	2:00.79	2,500
6. Sanne Verstegen, NED	2:00.99	2,000
7. Tigist Assefa, ETH	2:01.06	1,500
8. Maggie Vessey, USA	2:01.92	1,000
9. Ajee' Wilson, USA	2:02.89	

3000 (DL):

1. Mercy Cheronon, KEN	8:28.95	\$10,000 + 40,000
2. Sifan Hassan, NED	8:29.38 NR	6,000
3. Genzebe Dibaba, ETH	8:29.41	4,000
4. Jenny Simpson, USA	8:29.58 PB	3,000
5. Shannon Rowbury, USA	8:29.93 PB	2,500
6. Viola Kibiwot, KEN	8:30.14	2,000
7. Stacy Ndiwa, KEN	8:30.54 PB	1,500
8. Janet Kisa, KEN	8:32.66 PB	1,000
9. Almaz Ayana, ETH	8:33.43	
10. Sally Kipyego, KEN	8:34.18 PB	
11. Irene Jelagat, KEN	8:34.67	
12. Mimi Belete, BRN	8:34.73	
13. Susan Kuijken, NED	8:36.08 PB	
14. Alemitu Heroye, ETH	8:36.87 NJR/WJL/PB	
15. Betsy Saina, KEN	8:38.01 PB	
16. Renata Plis, POL	8:39.18 PB	
17. Peril Nengampi, KEN	8:45.15 PB	
18. Eloise Wellings, AUS	8:54.11 SB	

Hanzekovic Memorial (64th)

(IAAF World Challenge)

Zagreb, CRO, 2 September

MEN

800:

1. Ferguson Cheruiyot Rotich, KEN, 1:45.76
2. André Olivier, RSA, 1:46.69
3. Job Koech Kinyor, KEN, 1:46.84

WOMEN

1500:

1. Brenda Martinez, USA, 4:05.46
2. Renata Plis, POL, 4:05.89
3. Habiba Ghribi, TUN, 4:06.38 NR
4. Gabe Grunewald, USA, 4:06.58
5. Gudaf Tsegay, ETH, 4:07.02
6. Luiza Gega, ALB, 4:07.17
7. Hannah England, GBR, 4:07.22

Palio Citta' Della Quercia (50th)

Rovereto, ITA, 2 September

MEN

800:

1. Abdulaziz Lada MOHAMMED, 1991, KSA, 1:47.12
2. Artur KUCIAPSKI, 1993, POL, 1:47.68
3. Erick SOWINSKI, 1989, USA, 1:47.88
- ... 9. Jeremiah MOTSAU, 1990, RSA, 1:49.37
- ... 13. Johan CRONJE, 1982, RSA, 1:51.22

5000:

1. Cornelius KANGOGO, 1993, KEN, 13:24.01
2. Mukktar EDRIS, 1994, ETH, 13:25.35
3. John KIPKOECH, 1991, KEN, 13:26.72
4. Imane MERGA, 1988, KEN, 13:27.04
5. Jake ROBBERTSON, 1989, NZL, 13:36.47

NEWS**ASA ANNOUNCES TEAM FOR SOUTHERN REGION CHAMPIONSHIPS**

Current SA marathon champion Benedict Moeng has been included in the South African team for the Africa Southern Region Half-marathon Championships, which will be held in the Namibian town of Swakopmund on 4 October.

The other men selected for the six-men team are Joel Mmone, Sikhumbuzo Seme, Kgosi Samuel Tsosane, David Manja and Lukhanyo Mabinza. The reserve is Sibusiso Nzima.

The women in the team are Lebo Phalula, Christine Kalmer, Zintle Xiniwe, Myrette Brink, Hanlie Botha and Mpho Mabuza.

SPAR GRAND PRIX POINTS TABLE

The standings in the Spar Grand Prix Series after the fourth race in Pretoria are:

OPEN

1	Diana Lebo Phalula	Maxed Elite	94
2	René Kalmer	Modern Athlete	66
3	Mapaseka Makhanya	Boxer	64
4=	Lebogang Phalula	Transnet	57
4=	Irvette van Zyl	Nedbank	57
6=	Christine Kalmer	Boxer	38
6=	Thozama April	Transnet	38
8	Nolene Conrad	Boxer	30
9	Nicole van der Merwe	Marais Viljoen	27
10	Jenna Challenor	Boxer	25
11	Keneilwe Sesing	Temp	17
12	Myrette Filmalter	Nedbank	15
13	Annie Bothma	Nedbank	14
14	Anna Moeketsi	Transnet	13
15	Zintle Xiniwe	NBMC	12
16	Glenrose Xaba	Sasol	11
17	Thembi Baloyi	TUT	9
18	Simonay Weitsz	Boksburg AC	8
19=	Ronel Thomas	Boxer	7
19=	Charné Bosman	Boxer	7

21=	Thitshaamba Ravadhalala	TUT	6
21=	Kefilwe Molefe	Nedbank	6
23	Cornelia Joubert	Nedbank	5
24=	Kim Laxton	Sunninghill	4
24=	Gabela Lindokuhle	Ladysmith	4
24=	Maxine van Deventer	Nedbank	4
27=	Mtshali Nomcebo	Ladysmith	3
27=	Robyn Katelbrun	Benoni High	3
29=	Tanya Scott	UCT	2
29=	Danielle Adlam	Boxer	2
29=	Alicia Labuschagne	New Balalnce	2

Veterans:

1	Ronel Thomas	Boxer	24
2	Janene Carey	Boxer	16
3	Lana Theunissen	Nedbank	6

Masters:

1	Elmarie Coetzee	NBMC	24
2	Judy Bird	Midrand	15
3	Mariëtte Strauss	Tygerberg	9

G'masters:

1	Margie Saunders	Nedbank	20
2	Sonja Laxton	RAC	8
3	Nancy Will	Pinelands	5

Juniors:

1	Nicole van der Merwe	Marais Viljoen	31
2	Annie Bothma	Nedbank	19
3	Simonay Weitsz	Boksburg AC	10

BANK OF AMERICA CHICAGO MARATHON ANNOUNCES ELITE FIELD

The organisers of the Bank of America Chicago Marathon have announced that Kenyans Eliud Kipchoge and Florence Kiplagat will join previously announced elite athletes Kenenisa Bekele and Rita Jeptoo, the world record holder at 5000 m and 10000 m and reigning women's champion, respectively at this year's 37th edition of the race on 12 October. Jeptoo is also the reigning Boston Marathon champion.

Race Results Weekly reports that the leading Americans will be Amy Hastings and Bobby Curtis, with Olympian Lisa Uhl making her marathon debut.

A two-time Olympic medallist on the track, Kipchoge, 29, has transitioned to the marathon seemingly with ease. After debuting with a win at the Hamburg Marathon in 2013 (setting a course record of 2:05:30), Kipchoge went on to place second in the 2013 BMW Berlin Marathon (a personal best of 2:04:05) and claim victory at the 2014 ABN-AMRO Rotterdam Marathon in 2:05:00.

In Chicago, Kipchoge will face Bekele, who debuted with a win at the Paris Marathon in 2:05:04. A month ago, Bekele expressed his intent to go after Dennis Kimetto's Chicago course record of 2:03:45.

"I am looking forward to coming to Chicago and competing with Kenenisa on the road this time. I chose Chicago because it has a fast course and I want to better my personal best," said Kipchoge. "It's also one of the best races in the world."

Joining the pair on the starting line will be fellow Kenyans Sammy Kitwara, Bernard Koech, and Dickson Chumba; Kitwara placed third at last year's race. Since 2001, Kenyan men have claimed eleven victories at the Bank of America Chicago Marathon.

Jeptoo returns seeking to become the first repeat champion since Birhane Adere in 2006/2007. (Liliya Shobukhova [RUS] was the first female finisher in 2009 [2:25:56], 2010 [2:20:25] and 2011 [2:18:20], but was disqualified in 2014 for doping violations.) Jeptoo,

the current World Marathon Majors points leader, will have to defeat Florence Kiplagat, Jemima Sumgong, and Birhane Dibaba if she wants to retain her laurel wreath.

Kiplagat, a two-time winner of the BMW Berlin Marathon and the world record holder for the half marathon, comes to the Windy City with added motivation after an injury forced her out of the 2012 Bank of Chicago Marathon. In her last marathon, Kiplagat timed 2:20:24 for runner-up honors at the 2014 Virgin Money London Marathon in April.

Sumgong, who is a training partner of Jeptoo, placed second last year and is looking for more. Racing to a 2:20:41 personal best at this year's Boston Marathon, Sumgong proved that a sub-2:20 performance may be in the cards on the flat, fast course in Chicago.

Dibaba, 20, will be racing her first marathon on American soil. At the 2014 Suja Rock 'n' Roll San Diego Half Marathon, Dibaba sprinted by Jeptoo to earn the win, 1:09:34 to 1:09:37.

The Bank of America Chicago Marathon women's event record comes from 2002, when Great Britain's Paula Radcliffe clocked 2:17:18. Last year, the race saw a race record of 39 122 finishers.

STATS TIME

This week we include a list of the top ten SA junior men in the 10 km for 2014. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

2014 10 KM: TOP 10 JUNIOR MEN

29:54	Thabang Mosiako	1	Bloemfontein	22 Feb
30:38	Tumisang Monatlala	2	Bloemfontein	22 Feb
30:45	Brendon Leniswe	3	Bloemfontein	22 Feb
30:49	Mosiako-2	1	Klerksdorp	15 Feb
30:50	Anthony Timoteus	1	Bellville	31 May
31:17	Creel Chavalala	4	Bloemfontein	22 Feb
31:26	Cheslin Aford	1	Athlone	08 Feb
31:31	Mosiako-3	1	Randburg	11 May
31:37	Lukhanyo Nobakada	1	Bellville	12 Apr
31:38	Heinrich Wagner	2	Bellville	31 May
31:40	Kabelo Melamu	1	Port Elizabeth	26 Jul
31:50	Majwafi Tshepo	1	Muldersdrift	27 Apr

THIS MONTH IN HISTORY

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

72 years ago: 4 September 1942

Only two world records in the mile have ever been set in September. The first one occurred on this day in the Stockholm Olympic Stadium. Six days before, the great Swedish runner Gunder Hägg had smashed the world 3000-metre record by almost eight seconds with his 8:01.2 on the same track. That evening a sports fan phoned the Swedish sports paper *Idrottsbladet* to ask Hägg's time. On hearing the time, the startled man asked: "Is that possible?" And the answer came: "No, it isn't, but he did it anyhow." The mile race came during the peak of the intense rivalry between Hägg and his countryman Arne Andersson and Hägg made no secret of the fact that he wanted to reclaim sole possession of the record and break the world mark of 4:06.2 he shared with Andersson. Despite the rainy weather, long lines of people tried in vain to get inside the packed stands and tickets were sold for high prices on the black market. The race started at 20:00 and Hägg completed the first lap behind a pacemaker in 57.2. Hägg took the lead on the

second lap, but allowed the pace to drop to 2:00.2 and 3:04.2. It was now him against the clock, for his four rivals were far behind. The elegant Hägg sped around the last lap, with his long blonde hair streaming behind him, and reached 1500 m in 3:48.8. He finished in 4:04.6 with a final lap of 60.4 sec. In the next sixteen days he twice broke the world record for 3 miles and added the 5000-metre mark in the second of these races.

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
	60:47	Stephen Mokoka	Copenhagen	
25 km	59:08	Geoffrey Kamworor (KEN)		10 May
	58:23	Zersenay Tadese (ERI) 2010		
30 km	81:09	Sikhumbuso Seme	Pretoria	22 Mar
	80:18A	George Ntshiliza	Somerset East	
Marathon	71:47	Abraham Cheroben (KEN)		05 Jan
	71:50	Sammy Kosgei (KEN) 2010		
100 km	71:18p	Dennis Kipruto Kimetto (KEN)		02 Jan
	1:40:20	Anthony Godongwana	Camps Bay	
Marathon	1:28:52	Yuma Hattori (JPN)		02 Jan
	87:49**	Haile Gebrselassie (ETH) 2009		
100 km	2:10:21	Benedict Moeng	Xiamen	02 Jan
	2:04:29	Wilson Kipsang (KEN)		
100 km	2:03:38	Patrick Makau (KEN) 2011		02 Jan
	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
10 km	38:35	Muhammad Kriel	Bellville	31 May
15 km	58:27	Muhammad Kriel	Eersterivier	21 Jun
21.1 km	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				
<u>Juniors</u>				
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				
<u>Open</u>				
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)		
100 km	2:15:25	Paula Radcliffe (GBR) 2003		
	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	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				
<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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