

Distance Running Results

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EDITORIAL

Stephen Mokoka, current half-marathon champion (a title he has won five times), also took the SA cross-country crown in George this weekend, defeating last year's double champion, Elroy Gelant, with ease. Mokoka also won in 2010. Gladwin Mzazi got the bronze medal. In the 4 km race Steven Mhlongo won in front of Paulos Radebe and Marko Bucarizza.

In the women's race defending champion Lebo Phalula was dethroned by twin sister Lebogang, with Lorraine Novela third. In the 4 km the win went to Mamphielo Sibanda, who crossed the line in front of Thitshaamba Ravhandalala and Palesa Madoa.

Two DRR subscribers won medals in the 65-69 age group, and both bronze: Elaine Greenblatt and Ian Bocock. Congratulations to both!

One list leader was set on the road this weekend, by master Eric Coetzee in the 3 Vlei 10 km in the Cape Peninsula (35:04). In the same race Marlene James broke her own WP record in the 70+ age category with 57:17.

One of South Africa's oldest marathons, the Star Bakery Tony Viljoen Border Masters Marathon, was held for the 37th time last weekend, while this past weekend the Mpati Mountain Race was run for the 34th time.

DRR could not obtain full results or category awards for the Gauteng Marathon, held last weekend. While the marathon went to foreigners (both men and women), the half marathon was won by Mokoka (64:38) and René Kalmer (75:02).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * ARD 3 Vlei Race, Grassy Park
- * Mpati Mountain Race, Dundee
- * Hartenbos Spar 15 km, Hartenbos
- * Gauteng Marathon, Half Marathon & 10 km, Johannesburg
- * Star Bakery Tony Viljoen Border Masters Marathon, East London
- * XC: SA Cross-country Championships, George

International highlights:

- * Mattoni Ústí Half Marathon, Usti nad Labem, CZE
- * Meia Maratona SportZone, Porto & Gaia, POR
- * Wachau Halbmarathon, Wachau, AUT
- * Fifth Avenue Mile, New York, USA

- * XC: Vanderbilt Commodore Classic, Nashville, USA
 - * WMRA World Mountain Running Championships, Casette di Massa, ITA
 - * Track: IAAF Continental Cup, Marrakech, MAR; Great CityGames, Gateshead, GBR
-

ROAD RUNNING

ARD 3 Vlei Race (4th)

Grassy Park, Cape Town, 14 September
(Distance: 10 km; certified loop course)

MEN

1. Tom Lusaseni (Itheke) 30:57 (R500)
2. Siviwe Nkombi (Itheke) 30:58 (R300)
3. Duran Byman (Itheke) 31:16 (R200)

Veterans: 1. Graham Katzen (Itheke) 33:05 (R250); 2. Xolile Macanda (Gugs) 34:20 (R200); 3. Flip Jorapetse (SANDF) 34:55 (R150). **Masters:** 1. Eric Coetzee (NBMC) 35:04 (R150); 2. Tobias Philander (Itheke) 35:49 (R100); 3. Shafiek Cassiem (Itheke) 38:26 (R50). **G'masters:** 1. Albert Williams (Top) 42:35 (R150); 2. Dicky Cloete (SANDF) 45:37 (R100); 3. Neville Frieslich (FH) 46:07 (R50). **G/g'masters:** 1. Chet Sainsbury (Celtic) 52:44 (R100). **Juniors:** 1. Granwin Katzen (Itheke) 34:15 (R500); 2. Ronald January (Itheke) 34:29 (R300); 3. Angelo Matthys (ARD) 34:41 (R200).

WOMEN (Same prize money as men)

1. Nomvuyisi Seti (Itheke) 39:05
2. Candyce Hall (NC) 39:15
3. Nomaxesibe Ngcantsi (VOB) 42:43

Veterans: 1. Zethena October (Ravens) 48:42; 2. Martha Pretorius (SANDF) 48:52; 3. Lorien Pask (VOB) 49:39. **Masters:** 1. Charmaine Cupido (Ned) 44:36; 2. Paola Vignani (Ned Bol) 45:40; 3. Cailey Bredenkamp (Paarl) 51:46. **G'masters:** 1. Nancy Will (Pine) 48:46; 2. Helen du Plessis (Tyger) 49:22; 3. Lyn Wood (Edge) 56:03. **G/g'masters:** 1. Marlene James (Pine) 57:17 (WP rec). **Juniors:** 1. Nomaxesibe Ngcantsi (VOB) 42:43; 2. Christine de Kock (Durb) 46:01; 3. Razaan Kamaldien (ARD) 49:10.

Mpati Mountain Race (34th)

Dundee, 13 September
(Distance: 15 km; hilly loop course on tar, mountain trails and gravel.)

MEN

- | | | | |
|----|------------------|-------------|---------|
| 1. | Kwensa Ngubane | Maxed Elite | 1:04:55 |
| 2. | Senzo Nkosi | Madadeni AC | 1:05:22 |
| 3. | Bongani Msimango | Nedbank AC | 1:06:20 |

40-49:

- | | | | |
|----|-----------------|------------|---------|
| 1. | Bongani Ngobese | Osizwni AC | 1:14:57 |
|----|-----------------|------------|---------|

50-59:

- | | | | |
|----|---------------|------------|---------|
| 1. | Sabelo Ndlovu | Vryheid AC | 1:32:11 |
|----|---------------|------------|---------|

60+:

- | | | | |
|----|--------------|---------------|---------|
| 1. | Charm Naidoo | Chatsworth AC | 2:22:20 |
|----|--------------|---------------|---------|

Juniors:

- | | | | |
|----|---------------|------------|---------|
| 1. | Mfundo Mbatha | Nedbank AC | 1:22:59 |
|----|---------------|------------|---------|

WOMEN -

- | | | | |
|----|-------------------|-----|---------|
| 1. | Nondumiso Sithole | KRS | 1:33:20 |
|----|-------------------|-----|---------|

2.	Brydey Weber	Ind	1:36:41
3.	Sebenzile Shabalala	Nambithi Strd	1:39:12

40-49:

1.	Ronell Keeve	Vryheid AC	1:57:57
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Juniors:

1.	Nondumiso Sithole	KRS	1:33:20
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Hartenbos Spar 15 km

Hartenbos, 13 September

(Loop course. Finishers: 204 [up from 169 last year].)

MEN

1	Elfonzo Pieterse	Nedbank	25	49:30
2	Sinesipho Didishe	Knysna	23	53:34
3	Selwyn Losper	Mosselbay	50	54:07
4	Melikhaya Msizi	Knysna	31	54:17
5	Vuyo Witbooi	Outeniqua	39	56:32
6	Mauritz Jansen van Rensburg	Outeniqua	43	56:48
7	Mario Meyer	Hartenbos	35	57:44
8	Peter Jaehne	Outeniqua	49	58:35
9	Sydney Landsberg	Nedbank	53	59:15
10	Granville Gelant	Nedbank	16	60:15

WOMEN

1	Sanet Brits	Nedbank	55	1:05:56
2	Renee Moll	Nedbank	44	1:09:15
3	Hannie Kruger	Hartenbos	54	1:09:58
4	Marie Wolmarans	Nedbank	55	1:11:56
5	Maryke Sass	Petrosa	43	1:13:12
6	Rome Phillipson-Meyer	Hartenbos	32	1:13:46
7	Sunet Liebenberg	Nedbank	36	1:14:10
8	Karen le Roux	Nedbank	47	1:15:23
9	Una Saayman	Wc Saps	53	1:17:20
10	Carla Coetzee	Nedbank	25	1:17:30

Gauteng Marathon, Half Marathon & 10 km

Johannesburg, 7 September

(Distances: 42.195 km, 21.1 km & 10 km; the marathon and half marathon point-to-point courses, the 10 km a loop)

Marathon**MEN**

1. Ketema Bakele Negassa (ETH) 2:15:05 (R250 000)
2. Fayera Gameda (ETH) 2:15:10 (R125 000)
3. Sintay Legese Yinesu (ETH) 2:15:22 (R65 000)
4. Xolisa Tyali 2:16:03 (R35 000)
5. Melly Kennedy (ZIM) 2:16:23 (R25 000)
6. Ketema Tadesse (ETH) 2:18:17 (R15 000)
7. Joseph Keino (KEN) 2:18:23 (R14 000)
8. Matela Makhetha (LES) 2:18:49 (R13 000)
9. Birech Kiplagat (KEN) 2:19:06 (R12 000)
10. Mike Fokoroni (ZIM) 2:20:19 (R10 000)
11. Godfrey Ramokone 2:20:39; 12. Raphael Segodi 2:22:50; 13. Charles Tjiane 2:23:10;
14. Moses Mosuhli (LES) 2:23:10; 15. Steven Dikobo 2:25:50; 16. Clifford Nomavila

2:26:04; 17. Michael Mazibuko 2:27:33; 18. Tshidiso Bosiu 2:27:33; 19. Tamo Mathelele (LES) 2:28:38; 20. Gladwin Sibabalwe Mzazi 2:29:17 DB.

WOMEN (Same prize money as men)

1. Florence Jepkosgei (KEN) 2:36:34
2. Mapaseka Makhanya 2:36:36
3. Mamorallo Tjoka (LES) 2:38:26
4. Gurmu Werkitu Ayanu (ETH) 2:39:09
5. Alemtsehay Demes (ETH) 2:39:23
6. Woldemichiel Aynalum (ETH) 2:40:32
7. Pamela Anesomuk (KEN) 2:42:25
8. Alemtsehay Hailu Kakissa (ETH) 2:42:55
9. Hirut Guangul (ETH) 2:43:05
10. Shitaye Gemechu Debellu (ETH) 2:45:48
11. Aurelia Rutto (KEN) 2:51:24; 12. Faithy Nyasango (ZIM) 2:52:15; 13. Sharon Tavengwa (ZIM) 2:53:02; 14. Thabita Tsatsa (ZIM) 2:57:38; 15. Samukeliso Moyo (ZIM) 2:57:39; 16. Ann Ashworth 3:15:42; 17. Jane Mudau 3:17:36; 18. Lesley Train 3:20:41; 19. Esther Steenkamp 3:31:18; 20. Vanessa Bowman 3:32:59.

Half marathon

MEN

1. Stephen Mokoka 1:04:38 (R10 000)
2. Elroy Gelant 1:04:39 (R6500)
3. Elijah Mabhuna (ZIM) 1:05:30 (R5000)
4. Derocious Makhobalo 1:07:04 (R4000)
5. Bernard Koech (KEN) 1:09:37 (R3500)
6. Edwin Khonkhobe 1:09:40
7. Tlou Peu 1:10:10
8. Zongamele Dyubeni 1:10:42
9. Justin Chitake (ZIM) 1:10:49
10. Donald Mashamaite 1:11:00

WOMEN (Same prize money as men)

1. René Kalmer 1:15:02
2. Lebogang Phalula 1:15:04
3. Rutendo Nyahora (ZIM) 1:16:28
4. Karen Chepkwemoi (KEN) 1:19:13
5. Christine Kalmer 1:22:43
6. Kefilwe Molefe 1:27:25
7. Catherine Malungane 1:28:03
8. Kensani Rikhotso 1:29:29
9. Seipati Peo (LES) 1:33:38
10. Maphuti Phaka 1:33:54

10 km

MEN

1. Desmond Mokgobu 31:00 (R3000)
2. David Manja 31:25 (R2500)
3. Sibusiso Nzima 31:46 (R2000)

WOMEN (Same prize money as men)

1. Keneilwe Sesing 38:05
2. Keshoketswe Lechaba (LES) 40:38
3. A.N. Other 42:01

Star Bakery Tony Viljoen Border Masters Marathon (37th)

East London, 6 September

(Distance: 42.195 km; point-to-point downhill course on the Macleantown Road, finishing at the Beacon Bay Country Club. Finishers: 245 [up from 232 last year].)

MEN

1	Zingisile	Marikeni	Nedbank	39	2:30:07
2	Mzukisi	Keheni	Real Gijimas	38	2:36:18
3	Mandisi	Tom	Individual	31	2:38:42
4	Sizakele	Dayimani	Kowie Striders	34	2:41:32
5	Nkosinathi	Hadebe	Oxford Striders	35	2:42:31
6	Xolilie	Mashilala	Individual	38	2:44:01
7	Sandile	Tsholoba	Qtn Harriers	36	2:48:24
8	Hayden	Wood	Oxford Striders	48	2:49:40
9	Mbulelo	Ngqonga	Real Gijimas	34	2:51:38
10	Andries	Retyu	Qtn Harriers	43	2:53:58

40-44:	1	Andries	Retyu	Qtn Harriers	2:53:58
	2	Jarl	Heurlin	Old Boys	2:56:54
	3	Bolly	Jekana	Nedbank	2:58:00
45-49:	1	Hayden	Wood	Oxford Striders	2:49:40
	2	Tlandile	Ndzima	Kowie Striders	3:12:56
	3	Jacob	Abraham	Born2Run	3:13:46
50-54:	1	Nkosana	Mpolweni	Real Gijimas	3:11:18
	2	Mpalala	Mzoli	Real Gijimas	3:20:14
	3	Mabhuti	Gwavu	Real Gijimas	3:22:00
55-59:	1	Malungisa	Nomwa	Qtn Harriers	4:05:49
	2	Gladman	Mbemushe	Real Gijimas	4:10:06
	3	Graham	Arthur	Oxford Striders	4:18:07
60-64:	1	Patrick	Elson	Gonubie Harriers	3:35:25
	2	Sidwell	Tshaka	Oxford Striders	3:59:13
	3	Johan	Kriel	Bufs	3:59:25
65-69:	1	William	De Villiers	Bloem Achilles	5:10:55
75-79:	1	Derry	Devine	VOB	5:16:10
	2	Charles	Akeroyd	Rand Athletic Club	5:22:55

WOMEN

1	Ingrid	Webber	Old Boys	33	3:19:52
2	Sandra	Hunter	Old Boys	37	3:27:45
3	Zelda	Smit	Old Boys	47	3:35:57
4	Tracey	Akeroyd	Rand Athletic Club	37	3:37:35
5	Diana	Grant	Individual	42	3:37:43
6	Denise	Stuart	Bloem Achilles	44	3:41:32
7	Jolene	Yazbek	Old Boys	39	3:46:09
8	Melanie	Loxton	Living Free	36	3:48:53
9	Rosemary	Joubert	Crusaders	53	3:52:19
10	Lindy	Vermeulen	Old Boys	32	3:52:21

40-44:	1	Diana	Grant	Individual	3:37:43
	2	Denise	Stuart	Bloem Achilles	3:41:32
	3	Johanette	Jacobs	Bloem Achilles	3:53:35
45-49:	1	Zelda	Smit	Old Boys	3:35:57
	2	Bev	Burmeister	Oxford Striders	3:55:58
	3	Janice	McKerry	Qtn Harriers	3:58:50
50-54:	1	Rosemary	Joubert	Crusaders	3:52:19
	2	Jacqueline	Keen	ELAC	4:09:50
	3	Sharon	Eldridge	Old Boys	4:30:56

55-59:	1	Maureen Pitt	Oxford Striders	4:11:47
	2	Eleanor Ragaval	Oxford Striders	4:36:16
60-64:	1	Beverley Tarloff	Bloem Achilles	5:11:05

CROSS-COUNTRY

South African Cross-country Championships

(66th for men; 51st for women)

George, 13 September

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

SR. MEN (12 km)

1	Stephen Mokoka	AGN	29	35:56
2	Elroy Galant	ACNW	28	36:28
3	Gladwin Mzazi	AGN	26	36:36
4	Precious Mashele	AGN	24	36:48
5	William Kaptein	BOLA		36:52
6	Benedict Moeng	AGN	31	36:53
7	Sibusiso Nzima	CGA	28	37:16
8	Kgosi Tsosane	AGN	34	37:25
9	Dean Brummer	ACNW	26	37:25
10	Vuyisile Tshoba	AGN	23	37:36
11	Abram Khumalo	CGA	27	37:53
12	Derocious Makhobalo	CGA	26	38:00
13	Tumelo Mahlangu	CGA	25	38:00
14	Silindile Gubese	KZNA		38:08
15	Siyabonga Nkonde	KZNA		38:12
16	Emmanuel Mkhabela	AFS	35	38:15
17	Bonginkosi Zwane	KZNA		38:21
18	Marianio Eesou	EPA	23	38:22
19	Lebogang Edwin Khonkhobe	CGA	28	38:23
20	Motsamai Motone	AGN	34	38:39
21	Nkosinathi Madyo	WPA	26	38:42
22	Ayanda Mncube	KZNA		38:45
23	Lucas Jani	AGN	30	38:48
24	Tsetso Moeketse	ACNW	25	38:53
25	Khothatso Mokone	AFS	25	38:54
26	George Mofkeng	AGN	35	38:58
27	Hein Camphor	WPA	30	39:07
28	Unathi Nteta	WPA	21	39:23
29	Rodney Prins	EPA	26	39:23
30	Collen Mulaudzi	AVT	23	39:25
31	Andile Ngqwangi	ATRA	30	39:40
32	Puseletso Mofokeng	AVT	21	39:44
33	Sibusiso Madikizela	CGA	23	39:47
34	Obed Kopong	ANWN	26	39:48
35	Sthembele Fanekho	KZNA		39:51
36	Xolisa Batala	WPA	26	39:55
37	Andile Magele	ATRA	27	39:59
38	Matseliso Tsholo	AFS	26	40:03
39	Mohapi Lebusho	SANDF	23	40:40
40	Jeffrey Gwebu	CGA	33	40:50
41	Pule Botsane	AGW	26	40:56
42	Wiseman Fadane	KZNA		40:58

43	Mathews Leeto	ANWN	24	41:09
44	Samuel Matsepe	AFS	26	41:11
45	Joseph Pama	AVT	21	41:29
46	Bernardo Fredericks	ASWD	27	41:37
47	Tebello Poni	BORA	29	41:40
48	Goodwill Leburu	ANWN	24	41:51
49	Andries Maletse	AGN	29	42:04
50	Derick Mtsweni	AGN	21	42:13

SR. MEN

1	Steven Mhlongo	CGA	23	11:23
2	Paulos Radebe	CGA	23	11:36
3	Marko Bucarizza	CGA	26	11:42
4	Jonas Soke	AFS	26	11:52
5	Prince Jali	CGA	25	11:54
6	Sprinkaan Simons	AFS		12:03
7	Anele Dlamini	KZNA		12:04
8	Johann Berrange	AGN	21	12:06
9	Moses Mahlangu	AMPU	23	12:09
10	Lucas Bothobutle	ACNW	23	12:09
11	Anele Sonqibido	AGN	25	12:11
12	Thato Molatedi	CGA	23	12:11
13	Victor Pheeha	AGN	23	12:11
14	Jerry Motsau	ACNW	24	12:11
15	Clinton Swanepoel	CGA	25	12:12
16	Repelang Kgaje	AGN	29	12:19
17	Kotopetsa Mhlanga	CGA	24	12:19
18	Zolani Ngqqa	EPA	25	12:26
19	April Meko	AFS	26	12:28
20	Tlou Seloba	AGN	29	12:29
21	Malefetsane Motlaung	AFS	26	12:30
22	Leon Adams	ASWD	20	12:32
23	Willem Ndzhukula	AGN	28	12:35
24	Andy Mukona	AGN	24	12:36
25	Leonard Makhanye	AMPU	25	12:38
26	Luthanda Hejana	BORA	27	12:38
27	Martin Nkoe	AGN	25	12:40
28	Thuso Phaswana	CGA	27	12:40
29	Angelo Booysen	BOLA		12:41
30	Motsamai Motone	AGN	34	12:41
31	Tebogo Khanye	KZNA		12:43
32	Gabriel Pila	AGN	26	12:43
33	Tebogo Sithole	AGN	28	12:44
34	Pogiso Fartein	ANWN	23	12:45
35	Zolani Mabongo	EPA	28	12:48
36	Willem Radebe	AFS	24	12:59
37	Sibusiso Thu	EPA	26	13:00
38	Tseko Serutla	AFS	24	13:00
39	Jacob Morua	ANWN	23	13:01
40	Samuel Moramedi	AGW	20	13:03
41	Macaleni Mahlangu	AMPU	27	13:12
42	Orapeleng Skhosana	ANWN	24	13:12
43	Vusi Mtsweni	AMPU	23	13:15
44	Andries Maletse	AGN	29	13:17
45	Kevin de Aar	AMPU	26	13:20
46	Charles Malatji	AGN	29	13:20
47	Bhekisisa Dladla	AMPU	24	13:25

48	Kamohelo Moahlodi	AFS	23	13:26
49	Tshepo Moalahi	AGW	22	13:29
50	Arthur Thobela	AMPU	26	13:29

40-44 (8 km):

1	Shadrack Hoff	AGN	41	24:37
2	Simon Mpholo	CGA	40	25:44
3	Thabo Mashino	AVT	40	26:33

45-49 (8 km):

1	Mluleki Nobanda	SAPS	46	24:57
2	Peter Masia	CGA	46	27:16
3	Moeketsi Moagi	CGA	45	27:30

50-54 (8 km):

1	Reform Ndlovu	CGA	52	28:59
2	Tony Silva	CGA	52	29:09
3	Arthur Wooldridge	CGA	50	29:12

55-59 (8 km):

1	Julian Paul	WPA	55	29:38
2	Johannes Pieterse	CGA	57	30:39
3	Mpendula Mpukane	WPA	58	30:47

60-64 (6 km):

1	Clive Owen	WPA	62	23:42
2	Awie Veldsman	WPA	65	23:47
3	Petrus Mohalajeng	AVT	60	23:51

65-69 (6 km):

1	Don Charles	AGN	65	25:27
2	Les Smith	KZNA		27:45
3	Ian Bocock	WPA-I	66	27:45

70-74 (6 km):

1	Peter Donald	WPA-I	71	30:03
2	Noel Saville	KZNA		30:55
3	Mike Kleinsmit	AGN	72	31:03

75-79 (6 km):

1	Dion Heigers	AGN	81	42:10
2	Martin Coetzee	AGN	82	47:03
3	Neville Muir	AGN	76	56:11

U.23:

1	Rantso Mokopane	ACNW	20	11:23
2	Samuel Mathabatha	CGA	21	11:30
3	Andrico Williams	AFS	19	11:40

Juniors (8 km):

1	Tumisang Monatlala	CGA	19	24:49
2	Thabang Nkuna	LIMA	19	24:57
3	Mokofune Milton Kekana	LIMA	19	25:00

U.17 (6 km):

1	Armin Fillies	AFS	17	18:00
2	Anele Hadebe	KZNA	17	18:53
3	Ruben Dlepu	ASWD	17	18:58

SR. WOMEN (8 km)

1	Lebogang Phalula	CGA	31	27:40
2	Lebo Phalula	CGA	31	27:57
3	Lorraine Novela	CGA	23	29:01
4	Makhosi Mhlono	KZNA		29:27
5	Glenrose Xaba	AMPU	20	29:43
6	Bulelwa Simae	WPA	37	29:43
7	Kataza Shipalana	AGN	28	30:06

8	Keneilwe Sesing	CGA	26	30:07
9	Ntombesintu Mfunzi	EPA	33	31:04
10	Maria Makgoshini	CGA	22	31:08
11	Nandipha Dywili	AGN	23	31:11
12	Slindile Chili	KZNA		31:31
13	Nontokozi Dlamini	AMPU	25	31:32
14	Andronica Mokhotla	CGA	25	31:32
15	Lindokuhle Gabela	KZNA		31:44
16	Noria Sibanda	AMPU	26	32:02
17	Lusanda Bomvana	ATRA	23	32:08
18	Puseletso Dlada	KZNA		32:12
19	Kefilwe Molefe	CGA	26	32:37
20	Patience Khumalo	AGN	26	32:45
21	Babalwa Ngcoko	EPA	27	32:49
22	Masabata Matoane	AVT	21	32:53
23	Maryna Swanepoel	AFS	28	32:56
24	Vuyokazi Gebe	AGN	23	33:52
25	Busisiwe Matiwane	WPA	39	33:59
26	Hanlie Jordaan	WPA	25	34:12
27	Makoma Batjie	CGA-I	21	34:42
28	Xolisile Madida	KZNA		35:05
29	Sheryl de Lange	WPA	46	35:08
30	Thabisa Sirayi	EPA	21	35:12
31	Maurica la Grange	ASWD	20	36:01
32	Zintle Sinqe	AGN	24	36:06
33	Ivy Sogiba	SAPS	26	36:24
34	Freedah Ncube	EPA	32	36:29
35	Maria Tjaoane	SAPS	27	38:46
36	Mmahloni Seabela	SAPS	28	38:50
37	Chante Venter	ACNW	20	39:13
38	Ntombizodwa Ncongwane	AMPU	28	39:13
39	Nthabiseng Tshehla	AGN	23	40:15
40	Jeneke Vosloo	ACNW	21	48:36

SR. WOMEN

1	Mamphieli Sibanda	CGA	21	13:46
2	Thitshaamba Ravhandalala	AGN	25	14:07
3	Palesa Madoa	AGN	23	14:20
4	Anelda Pypers	CGA	23	14:28
5	Anet Coetzee	CGA	26	14:44
6	Ashleigh Schnetler	CGA	23	14:53
7	Rizani van Aswegen	AFS	22	15:04
8	Anel Terblanche	WPA	27	15:19
9	Marietjie Flores	AFS	32	15:27
10	Palese Lehasa	ACNW	26	15:28
11	Thembi Baloyi	AGN	25	15:46
12	Ria Labuschagne	BOLA		15:54
13	Boikhutso Kelebhone	SANDEF	23	15:59
14	Sarita Downing	CGA	28	15:59
15	Lee-Shay Willemse	WPA	21	16:06
16	Annelien Motlhala	AGN	23	16:10
17	Doloris Bondis	AFS	27	16:14
18	Bongiwe Phetha	CGA	24	16:26
19	Kamogelo Mabena	AGN	28	16:28
20	Charine Kruger	CGA	27	16:32
21	Mishelene Lagerwall	AGN	26	16:41
22	Victoria Moshapo	AGN	20	16:46

23	Mkateko Maganyi	SANDF	23	16:56
24	Martha Mabaso	AFS	23	17:08
25	Lauren Venter	CGA	23	17:21
26	Nangamso Nkonyeni	ATRA	23	17:40
27	Arista van Zyl	ACNW	28	18:00
28	Yvette J. van Niewenhuizen	AGN	22	18:33
29	Chantelle Slambert	ACNW	28	18:36
30	Boitshoko Pheloane	ANWN	24	18:39
40-44:				
1	Ronel Thomas	AGN	42	14:33
2	Nomasonto Skosana	CGA	43	15:30
3	Jene Banfield	EPA	44	15:42
45-49:				
1	Lise Muchna	KZNA		15:10
2	Wilna Eybers	WPA	45	15:12
3	Salome Vermeulen	AGN	48	15:19
50-54:				
1	Mariëtte Strauss	WPA	52	15:51
2	Connie v.d. Westhuizen	AGN	51	16:57
3	Janine Engels	KZNA		17:07
55-59:				
1	Annatjie Botes	ASWD	57	16:15
2	Olga Howard	WPA	56	16:20
3	Beverley Charters	WPA	57	16:59
60-64:				
1	Judith Grove	KZNA		17:27
2	Nancy Will	WPA	62	17:40
3	Jane Dickenson	KZNA		17:50
65-69:				
1	Jan Phelan	KZNA		20:30
2	Aileen Sparg	WPA	70	20:41
3	Elaine Greenblatt	CGA	65	20:50
70-74:				
1	Willemien Smuts	AFS	73	21:35
2	Gill Tregenna	KZNA		22:32
3	Catharina Burger	ANWN	73	38:51
75-79:				
1	Lesaya Seabi	CGA	75	26:54
2	Annette van Rooyen	AGN	77	34:32
U.23:				
1	Murendwa Dovhana	AGN	20	13:58
2	Gira Carstens	ACNW	21	14:08
3	Cherise Sims	AFS	21	14:25
Juniors (6 km):				
1	Carina Viljoen	CGA	17	22:24
2	Jeanette Bokadi	CGA	18	22:42
3	Pamela Moyikwa	WPA	18	22:45
U.17:				
1	Hanli Estebeth	CGA	17	13:47
2	Marrida Leen	ASWD	17	14:00
3	Robyn Kaltenbrun	CGA	17	14:35

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

Mattoni Ústí Half Marathon (4th)

(IAAF Silver Label Road Race/RunCzech Series)

Usti nad Labem, CZE, 14 September

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|-------------------------|---------|----------------|
| 1. Adugna Takele, ETH | 1:00:45 | € 2000 + 1000i |
| [14:09 / 28:30 / 43:08] | | |
| 2. Azmeraw Bekele, ETH | 1:00:58 | 1000 + 1000i |
| 3. Geoffrey Kusuro, UGA | 1:01:04 | 800 |
| 4. Richard Mengich, KEN | 1:01:19 | 600 |
| 5. Festus Talam, KEN | 1:01:47 | 500 |

i) Earned time incentive for sub-1:01:00

WOMEN

- | | | |
|------------------------------|---------|----------------|
| 1. Goretti Jepkoech, KEN | 1:09:35 | € 2000 + 1000i |
| 2. Helah Kiprop, KEN | 1:10:48 | 1000 |
| 3. Esther Chemtai, KEN | 1:10:51 | 800 |
| 4. Flomena Chepchirchir, KEN | 1:11:14 | 600 |
| 5. Misato Horie, JPN | 1:12:29 | 500 |

i) Earned time incentive for sub-1:10:00

Meia Maratona SportZone (8th)

Porto & Gaia, POR, 14 September

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|---------------------------|---------|----------------|
| 1. Bernard Kipyego, KEN | 1:00:38 | € 1000 + 2000i |
| 2. Vincent Chepkok, KEN | 1:00:53 | 750 + 2000i |
| 3. Titus Mbishei, KEN | 1:01:14 | 600 + 1000i |
| 4. Dawit Wolde, ETH | 1:02:30 | 500 |
| 5. Kennedy Kinmengwa, KEN | 1:02:56 | 400 |

WOMEN (gun times)

- | | | |
|-----------------------------|---------|---------------|
| 1. Rionoripo Cherotich, KEN | 1:10:40 | € 1000 + 500i |
| 2. Sara Moreira, POR | 1:10:50 | 750 + 500i |
| 3. Winnie Jepkorir, KEN | 1:12:27 | 600 |
| 4. Diana Chepkemoi, KEN | 1:12:55 | 500 |
| 5. Agnes Barsosio, KEN | 1:13:08 | 400 |

Wachau Halbmarathon

Wachau, AUT, 14 September

(Distance: 21.097 km)

MEN (gun times)

- | | | |
|-------------------------------------|---------|----|
| 1. Daniel Kinyua Wanjiru, 1992, KEN | 1:00:38 | CR |
|-------------------------------------|---------|----|

2. Bernard Kiplangat Bett, 1993, KEN 1:01:44
3. Robert Langat, 1988, KEN 1:02:12

WOMEN

1. Joan Chelimo, 1988, KEN 1:11:52
2. Angela Tanui, 1992, KEN 1:11:55
3. Mary Wangari Wanjohi, 1982, KEN 1:12:39

Fifth Avenue Mile (34th)

New York, NY, USA, 13 September

(Distance: 1 mile; certified point-to-point course, downhill with 9.2 m elevation loss [5.7m/km])

PROFESSIONAL MEN (photo times)

1. Jordan McNamara, 27, Eugene, OR (Nike Oregon TC) 3:51.0 \$5000
2. Garrett Heath, 28, Seattle, WA (Brooks) 3:51.0 3500
3. Paul Robinson, 23, Kildare, IRL (Nike) 3:51.1 2500
4. Augustine Choge, 27, Eldoret, KEN (adidas) 3:51.2 1500
5. Ryan Hill, 24, Portland, OR (Nike Bowerman TC) 3:52.3 1000
6. Matthew Centrowitz, 24, Portland, OR (Nike OP) 3:52.4 750
7. Dan Huling, 31, Portland, OR (Nike Bowerman TC) 3:52.9 500
8. Kyle Merber, 23, Huntington Station, NY (Hoka One One) 3:53.5 250
9. Lawi Lalang, 23, Tucson, AZ (Nike/KEN) 3:53.9
10. Ciaran O'Lionaird, 26, Eugene, OR, (Nike Oregon TC/IRL) 3:54.3
- ... 12. Will Leer, 29, Marina Del Rey, CA (Nike) 3:55.9 1000p
- ... 14. German Fernandez, 23, Portland, OR (Nike Bowerman TC) 3:57.5



Jenny Simpson wins the Fifth Avenue Mile in front of Brenda Martinez. [Jane Monti/Race Results Weekly]

p) Earned \$1000 prime for leading at halfway and finishing sub-4:00

PROFESSIONAL WOMEN (photo times)

1. Jenny Simpson, 28, Boulder, CO (New Balance) 4:19.4 \$5000 + 1000p
2. Brenda Martinez, 27, Big Bear, CA (New Balance) 4:19.6 3500
3. Ciara Mageean, 22, Dublin, IRL (New Balance) 4:21.2 2500
4. Heather Kampf, 27, Minneapolis, MN (Asics) 4:21.4 1500
5. Ingvi Måkestad Bovim, 33, Oslo, NOR (adidas) 4:21.9 1000
6. Morgan Uceny, 29, Watertown, MA (adidas) 4:22.0 750
7. Hannah England, 27, Birmingham, GBR (Nike) 4:23.1 500
8. Jordan Hasay, 22, Portland, OR (Nike OP) 4:23.9 250
9. Treniere Moser, 32, Portland, OR (Nike OP) 4:24.3
10. Mary Cain, 18, Bronxville, NY (Nike OP) 4:25.5

p) Earned \$1000 prime for leading at halfway and finishing sub-4:32

CROSS-COUNTRY

Vanderbilt Commodore Classic

Nashville, USA, 13 September

MEN (8 km)

1. Geoffry CHERUIYOT, FR, M.T.S.U. (KEN) 24:06.66
2. Edwin KIBICHIY, SO, Louisville (KEN) 24:11.30
3. Ernest KIBET, JR, Louisville (KEN) 24:22.89
- ... 13. David MOKONE, SR, WEST (RSA) 25:15.49

ULTRA/MOUNTAIN/TRAIL RUNNING

WMRA World Mountain Running Championships (30th)

Caserte di Massa, ITA, 14 September

SR. MEN (11.7 km; +650 m from start to finish, start at 190 m, lowest point 150 m, highest point 800 m, total descent 450 m, total ascent 1100 m)

Team results (score top 4 athletes per team): 1. UGA, 17; 2. ERI, 27; 3. ITA, 55; 4. USA, 95; 5. GBR, 103.

Individual finishers:

- | | |
|---------------------------------|--------------|
| 1. Isaac KIPROP, 1986, UGA | 53:50 GOLD |
| 2. Daniel ROTICH, 1992, UGA | 55:10 SILVER |
| 3. Kibet SOYEKWO, 1992, UGA | 55:24 BRONZE |
| 4. Bernard DEMATTEIS, 1986, ITA | 55:49 |
| 5. Frezgy TSEGAY, 1980, ERI | 56:03 |

JR. MEN (8.4 km; +465 m ascent from start to finish, start at 400 m, lowest point 335 m, highest point 800 m, total descent 245 m, total ascent 710 m)

Team results (score top 3 athletes per team): 1. TUR, 12; 2. ITA, 34; 3. GBR, 47; 4. FRA, 57; 5. AUT, 65.

Individual finishers:

- | | |
|--------------------------------------|--------------|
| 1. Phillip KIPYEKO, 1995, UGA | 40:51 GOLD |
| 2. Ramazan KARAGOZ, 1997, TUR | 42:42 SILVER |
| 3. Ferhat BOZKURT, 1997, TUR | 42:53 BRONZE |
| 4. Nadir CAVAGNA, 1995, ITA | 44:33 |
| 5. Stian Aarvik OVERGAARD, 1997, NOR | 44:53 |

SR. WOMEN (8.4 km; +465 m ascent from start to finish, start at 400 m, lowest point 335 m, highest point 800 m, total descent 245 m, total ascent 710 m)

Team results (score top 3 athletes per team): 1. ITA, 32; 2. GBR, 41; 3. USA, 63; 4. CZE, 69; 5. AUT, 71.

Individual finishers:

- | | |
|----------------------------------|--------------|
| 1. Andrea MAYR, 1979, AUT | 45:07 GOLD |
| 2. Lucy Wambui MURIGI, 1985, KEN | 47:49 SILVER |
| 3. Allie MCLAUGHLIN, 1990, USA | 47:55 BRONZE |
| 4. Maude MATHYS, 1987, SUI | 48:22 |
| 5. Viola JELAGAT, 1992, KEN | 49:01 |

JR. WOMEN (3.8 km; +225 m ascent from start to finish, start at 575 m, lowest point 575 m, highest point 800 m, total descent 95 m, total ascent 320 m)

Team Results (score top 2 athletes per team): 1. GER, 8; 2. USA, 12; 3. CZE, 12; 4. GBR, 19; 5. RUS, 22.

Individual finishers:

1. Stella CHESANG, 1996, UGA	19:23 GOLD
2. Sarah KISTNER, 1997, GER	20:38 SILVER
3. Michaela STRANSKA, 1997, CZE	21:01 BRONZE
4. Amanda ORTIZ, 1998, USA	21:17
5. Catriona GRAVES, 1996, GBR	21:23

TRACK**IAAF Continental Cup (2nd)**

Marrakech, MAR, 13-14 September

Team Standings:

1. Europe, 447.5
2. Americas, 390.0
3. Africa, 339.0
4. Asia-Pacific, 257.5

MEN

800 (14):

1. Nijel AMOS, Africa (BOT)	1:44.88	\$30,000
2. Mohammed AMAN, Africa (ETH)	1:45.34	15,000
3. Adam KSZCZOT, Europe (POL)	1:45.72	10,000
4. Mark ENGLISH, Europe (IRL)	1:45.74	7,000
5. Jeff RISELEY, Asia-Pacific (AUS)	1:46.20	5,000
6. Duane SOLOMON, Americas (USA)	1:46.21	3,000
7. Musaeb Abdulrahman BALLA, Asia-Pacific(QAT)	1:48.50	2,000
8. Wesley VAZQUEZ, Americas (PUR)	1:49.32	1,000

1500 (13):

1. Ayanleh SOULEIMAN, Africa (DJI)	3:48.91	\$30,000
2. Asbel KIPROP, Africa (KEN)	3:49.10	15,000
3. Mahiedine MEKHISSI-BENABBAD, Europe (FRA)	3:49.53	10,000
4. Henrik INGEBRIGTSEN, Europe (NOR)	3:49.76	7,000
5. Benson Kiplagat SEUREI, Asia-Pacific (BRN)	3:49.91	5,000
6. Nick WILLIS, Asia-Pacific (NZL)	3:50.00	3,000
7. Leo MANZANO, Americas (USA)	3:50.35	2,000
8. Charles PHILIBERT-THIBOUTOT, Americas (CAN)	3:51.97	1,000

3000 (14):

1. Caleb NDIKU, Africa (KEN)	7:52.64	\$30,000
2. Hayle IBRAHIMOV, Europe (AZE)	7:53.14	SB 15,000
3. Bernard LAGAT, Americas (USA)	7:53.95	10,000
4. Nick WILLIS, Asia-Pacific (NZL)	7:55.50	7,000
5. Aweke AYALEW, Asia-Pacific (BRN)	7:56.58	5,000
6. Abrar OSMAN, Africa (ERI)	8:01.20	SB 3,000
7. Richard RINGER, Europe (GER)	8:02.87	2,000
8. Carlos DOS SANTOS, Americas (BRA)	8:08.50	1,000

5000 (13):

1. Isiah KOECH, Africa (KEN)	13:26.86	\$30,000
2. Zane ROBERTSON, Asia-Pacific (NZL)	13:29.27	15,000
3. Nguse AMLOSOM, Africa (ERI)	13:31.31	PB 10,000
4. Albert ROP, Asia-Pacific (BRN)	13:36.62	7,000
5. Ali KAYA, Europe (TUR)	13:42.45	5,000

6. Bob TAHRI, Europe (FRA)	13:43.95	3,000
7. Andrew BUMBALOUGH, Americas (USA)	14:51.36	2,000
DNF-- Iván LÓPEZ, Americas (CHI)		

3000 s/chase (14):

1. Jairus BIRECH, Africa (KEN)	8:13.18	\$30,000
2. Evan JAGER, Americas (USA)	8:14.08	15,000
3. Abubaker Ali KAMAL, Asia-Pacific (QAT)	8:17.27 SB	10,000
4. Chala BEYO, Africa (ETH)	8:25.45 PB	7,000
5. John KOECH, Asia-Pacific (BRN)	8:28.96	5,000
6. Ivan LUKYANOV, Europe (RUS)	8:29.91	3,000
7. Matt HUGHES, Americas (CAN)	8:40.10	2,000
8. Krystian ZALEWSKI, Europe (POL)	8:47.68	1,000

WOMEN

800 (13):

1. Eunice SUM, Africa (KEN)	1:58.21	\$30,000
2. Ajee' WILSON, Americas (USA)	2:00.07	15,000
3. Marina ARZAMASOVA, Europe (BLR)	2:00.31	10,000
4. Tigist ASSEFA, Africa (ETH)	2:00.57	7,000
5. Lynsey SHARP, Europe (GBR)	2:00.80	5,000
6. Sahily DIAGO, Americas (CUB)	2:00.96	3,000
7. Angela SMIT, Asia-Pacific (NZL)	2:02.37	2,000
8. Tintu LUKKA, Asia-Pacific (IND)	2:03.13	1,000

1500 (14):

1. Sifan HASSAN, Europe (NED)	4:05.99	\$30,000
2. Shannon ROWBURY, Americas (USA)	4:07.21	15,000
3. Dawit SEYAUM, Africa (ETH)	4:07.61	10,000
4. Hellen OBIRI, Africa (KEN)	4:08.15	7,000
5. Renata PLIS, Europe (POL)	4:08.68	5,000
6. Mimi BELETE, Asia-Pacific (BRN)	4:09.14	3,000
7. Nicole SIFUENTES, Americas (CAN)	4:11.18	2,000
8. Selma KAJAN, Asia-Pacific (AUS)	4:19.61	1,000

3000 (13):

1. Genzebe DIBABA, Africa (ETH)	8:57.53	\$30,000
2. Meraf BAHTA, Europe (SWE)	8:58.48	15,000
3. Susan KUIJKEN, Europe (NED)	9:01.41	10,000
4. Janet KISA, Africa (KEN)	9:01.72	7,000
5. Mimi BELETE, Asia-Pacific (BRN)	9:04.11	5,000
6. Gabe GRUNEWALD, Americas (USA)	9:05.58	3,000
7. Jessica O'CONNELL, Americas (CAN)	9:11.04	2,000
8. Yuika MORI, Asia-Pacific (JPN)	9:31.10	1,000

5000 (14):

1. Almaz AYANA, Africa (ETH)	15:33.32	\$30,000
2. Joyce CHEPKIRUI, Africa (KEN)	15:58.31 PB	15,000
3. Jo PAVEY, 1973, Europe (GBR)	15:58.67	10,000
4. Eloise WELLINGS, Asia-Pacific (AUS)	16:00.14	7,000
5. Clémence CALVIN, Europe (FRA)	16:03.31	5,000
6. Brenda FLORES, Americas (MEX)	16:19.07	3,000
7. Tejitu DABA, Asia-Pacific (BRN)	16:37.62	2,000
8. Katie MACKEY, Americas (USA)	17:06.25	1,000

3000 s/chase (14):

1. Emma COBURN, Americas (USA)	9:50.67	\$30,000
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2. Hiwot AYALEW, Africa (ETH)	9:51.59	15,000
3. Ruth JEBET, Asia-Pacific (BRN)	9:55.24	10,000
4. Sviatlana KUDZELICH, Europe (BLR)	9:56.31	7,000
5. Charlotta FOUGBERG, Europe (SWE)	10:07.62	5,000
6. Salima ELOUALI ALAMI, Africa (MAR)	10:08.35	3,000
7. Jessica FURLAN, Americas (CAN)	10:16.51	2,000
8. Stella RADFORD, Asia-Pacific (AUS)	11:07.02	1,000

Great CityGames

Gateshead, GBR, 6 September

Note: This "street meet" is held the day before the Bupa Great North Run. Athletes run mostly on the road, but finish on a 180m straight Mondo track. – Ed.

MEN

Mile:

1. Tesfaye Homiyu, GER, 4:00.92
2. Asbel Kiprop, KEN, 4:01.09
3. Garrett Heath, USA, 4:01.22
4. Jonny Hay, GBR, 4:02.13
5. Bernard Lagat, USA, 4:02.14
- ... 8. Augustine Choge, KEN, 4:03.69

WOMEN

Mile:

1. Laura Muir, GBR, 4:34.84
2. Ciara Mageean, IRL, 4:35.47
3. Hannah England, GBR, 4:36.07
4. Hellen Obiri, KEN, 4:36.23
5. Brie Felnagle, USA, 4:37.01
6. Laura Weightman, GBR, 4:37.13
7. Treniere Moser, USA, 4:39.38

NEWS

LUSAPHO APRIL WILL RACE AGAINST WILSON KIPSANG IN NEW YORK

Marathon world record holder Wilson Kipsang is headed to New York City for the 44th TCS New York City Marathon on 2 November 2, reports *Race Results Weekly*. Kipsang leads a strong men's field that includes past champions Geoffrey Mutai, Gebre Gebremariam, and Meb Keflezighi, as well as Olympic gold medallist Stephen Kiprotich.

On the women's side, it was announced that New York City's own Buzunesh Deba and Kenya's Mary Keitany will take the streets against reigning champion Priscah Jeptoo, 2011 winner Firehiwot Dado, 2010 champion (and two-time world champion) Edna Kiplagat, and two-time victor Jelena Prokopcuka. World and European Championships silver medallist Valeria Straneo of Italy and Portugal's Ana Dulce Félix and Sara Moreira will also race.

Americans Kara Goucher, Desiree Linden, and Ryan Vail were among the top Americans announced earlier as competing (see report below).

Kipsang, 32, will be running his debut TCS New York City Marathon, although he had come to New York for the race 2012 but was unable to compete when the event was cancelled due to Super Storm Sandy. In 2013, Kipsang raced successfully in New York, winning the NYC Half in 61:02. Later that year he'd set the marathon world record of 2:03:23 by winning the BMW Berlin Marathon.

A bronze medallist from the 2012 London Olympic Marathon, Kipsang has won seven marathons over the course of his career, most recently the Virgin Money London Marathon last April.

Kipsang will try and defeat two-time defending champion Mutai, the fastest marathoner of all time with his 2:03:02 performance at the 2011 Boston Marathon (a performance that is not record eligible due to the course's profile). Head-to-head, the pair have only faced off once at the 2014 London Marathon, where Kipsang won and Mutai was a disappointing sixth. Mutai is the New York City course record holder, having run 2:05:06 in 2011.

A total of 17 countries are represented in the men's international field for this year's race, including four sub-2:05 men: Mutai, Kipsang, past champion Gebremariam (2:04:53), and London Marathon runner-up Stanley Biwott (2:04:55).

Returning are Olympic gold medallist Kiprotich (12th last year), South Africa's Lusapho April (third in 2013), and Japan's Yuki Kawauchi and Masato Imai (11th and sixth, respectively, a year ago). Micah Kogo, bronze medallist over 10000 m at the 2008 Olympics, Michael Kipyego, the 2012 Tokyo Marathon champion, and 2012 NYC Half winner Peter Cheruiyot Kirui round out the elite men from Kenya.

For the women, Kenya's Mary Keitany holds the fastest personal best, a 2:18:37 performance from the 2012 Virgin Money London Marathon. Keitany finished third at both the 2010 and 2011 New York City Marathons; last Sunday she won the BUPA Great North Run in 65:39, solidifying her return to form after giving birth to her second child last year.

The women's event record of 2:22:31 was set by Kenya's Margaret Okayo in 2003.

GOUCHER AND LINDEN AMONG AMERICANS TO RUN NEW YORK CITY MARATHON

The New York Road Runners have announced that the 44th TCS New York City Marathon on Sunday, 2 November, will feature six sub-2:30 American women and four sub-2:14 men, among them Olympians Kara Goucher and Desiree Linden, as well as last year's top American male Ryan Vail. Meb Keflezighi, the 2009 New York winner and reigning Boston Marathon champion, had previously been announced.

Race Results Weekly reports that Goucher will be making her first start at the New York City Marathon since 2008, when she took third place in 2:25:53, the fastest ever marathon debut by an American woman. Now healthy after recovering from a sacral stress fracture, the mother of one is looking forward to returning to the marathon distance.

"Since I ran my first marathon in New York City in 2008, I have wanted to go back and run again," Goucher said in a statement. "I am so excited after a year of injuries and changes that my return to 'marathoning' happens here. New York City is a very special place for me, as I was born in Queens. I have always loved the city, and I have felt a special connection since running my first marathon there."

Joining Goucher on the line in New York will be her 2012 Olympic Marathon teammate, Linden. The Hansons Brooks Original Distance Project athlete will be making her TCS New York City Marathon debut. She ran 2:23:54 at the Boston Marathon last April.

Deena Kastor, the American record holder for the marathon, as well as Blake Russell, a 2008 Olympian who was third at this month's USA 20 km Championships at the Faxon Law New Haven Road Race, will also compete in New York. Lauren Kleppin and Annie Bersagel, both of whom have also dipped under 2:30:00, will race through the city's five boroughs for the first time come November.

The last American woman to win the TCS New York City Marathon was Michiko "Miki" Gorman in 1977.

Making his marathon debut will be Luke Puskedra, a University of Oregon alum who is coached by three-time TCS New York City Marathon champion Alberto Salazar as part of the Nike Oregon Project. Puskedra's half-marathon best stands at 61:36.

The TCS New York City Marathon saw 50 304 finishers in 2013, solidifying its spot as the largest marathon in the world.

OBITUARY: SÁNDOR ROZSNOYI

Sándor Rozsnyoi (Hungary) (b. 24 Nov 1930, Zalaegerszeg), the 1956 Olympic steeplechase silver medallist and former world record holder, died after a long illness in Sydney on 2 September, aged 83. Starting at 800 metres, he eventually moved up to the steeplechase and joined Mihály Igloi's group of "Magnificent Magyars", training alongside the likes of Sándor Iharos, István Rózsavölgyi and László Tábori, all world record breakers at distances between 1000 m and 10000 m. His first great success was winning the 1954 European title in the world record time of 8:49.6 (the first world record in this event to be officially ratified by the IAAF) and two years later he reclaimed the record with 8:35.6 two months before finishing second to Chris Brasher in the Melbourne Olympics. Rozsnyoi remained in Australia as Hungary had been invaded by the Soviet Union and became a PE teacher and athletics coach in New South Wales. He competed in 15 internationals 1954-56 and was Hungarian 3000 m steeplechase champion in 1954-55. Other PBs: 800 - 1:54.2 (53), 1500 - 3:46.4 (56), 5000 - 14:14.0 (56), 10000 - 31:05.0 (56). [*Athletics International*]

STATS TIME

This week we include a list of the top ten SA women in the 15 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 15 KM: TOP 10 WOMEN

53:54	Kim Laxton	1	Germiston	06 Apr
54:48	Annie Bothma	1	Ravensmead	26 Apr
55:37	Bulelwa Simae	1	Eerste River	21 Jun
55:37	Zintle Xiniwe	2	Eerste River	21 Jun
56:24	Ntombesintu Mfunzi	1	Port Elizabeth	01 Mar
56:42	Tanya Scott	2	Constantia	08 Mar
56:52	Nomvuyisi Seti	3	Eerste River	21 Jun
57:23	Simae-2	2	Somerset West	28 Jun
57:38	Ulrica Stander	3	Constantia	08 Mar
58:16	Cornelia Joubert	1	Krugersdorp	05 Feb
58:18	Simae-3	1	Mamre	14 Jun
58:25	Charné Bosman	1	Jeffreys Bay	04 Jan

THIS MONTH IN HISTORY

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

21 years ago: 5 September 1993

The second, and only other, world mile record ever set in September (see also last week's DRR) came at the Rieti international meeting. Running at the site of his world 1500-metre record of the previous year, and after he had failed to break the mile record in Brussels two days previously, Algerian Noureddine Morceli followed three pacemakers – including South African Freddie Williams – who all did the job "for nothing", as Morceli claimed. (The meeting had lost its major sponsors, and Morceli also said he came to the meeting "only for friendship and glory. One can't let small meetings die.") In his sights in the cool mountain air was Steve Cram's 3:46.32, which had been standing for eight years – longer than any other record since Gunder Hägg's 4:01.4 of 1945, which had lasted almost nine years. Morceli completed the first lap in 54.9 and the second in 57.7 (1:52.6). The third went by in 57.3 (2:49.9) and soon after 1000 m he went into the lead and passed 1500 m in 3:29.57 – the fourth fastest time ever – already 3.72 sec ahead of Cram's time. He

could not cover the last 109.34 m as fast as the Briton (14.82 against 14.03), but he was still fast enough to shatter the world record by 1.93 sec with his 3:44.39. It was the biggest lowering of the record since Jim Ryun broke Michel Jazy's mark by 2.3 sec in 1966. "I don't see anybody in the world who can push me," Morceli said. His record would stand for just short of six years; he would also win the gold medal in Atlanta three years later.

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) 2004

Masters (50+)

10 km	35:04	Eric Coetzee	Grassy Park	14 Sep
	[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		

Contributors to this issue: Kevin Harlock, Alen Hattingh, Dot Bailey, Jakes Jacobs, SWD Athletics

Published by Riël Hauman
42 Fifteenth Avenue, Boston,
Bellville 7530, RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



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