

# 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

The 15th IAAF World Championships started with an astounding result in the men's marathon when a teenager from Eritrea, Ghirmay Ghebreslassie, became the youngest-ever world marathon champion at 19. Running in only his fourth marathon -- two of which he had failed to finish -- he won the first-ever gold medal at these Championships for Eritrea, crossing the finish line in 2:12:28. The silver medal went to Ethiopian veteran Yemane Tsegay and bronze to Uganda's Solomon Mutai.



Ghirmay Ghebreslassie crosses the finish line in the marathon in Beijing. [David Monti/Race Results]

The South African result was just as shocking: of the three men in the race only Desmond Mokgobu finished – in the ridiculously slow time of 2:34:11 (41<sup>st</sup>). A total of 64 Ethiopian women and 41 Kenyan women have run faster than this in 2015. Both Benedict Moeng and Sibusiso Nzima failed to make it to the finish line.

Ghebreslassie, who finished second at last April's Haspa Marathon Hamburg in a career best 2:07:47, came to Beijing as a top-10 prospect, according to his manager Jos Hermens. But victory wasn't in the cards.

"This was his second full marathon," Hermens told *Race Results Weekly* after the race (he had run as a pacemaker in Chicago

last October and had dropped out of Dubai last January). "To be honest, we didn't expect him to win."

The first man to make a serious bid for victory in the race was Lesotho's unheralded Tshepo Ramonene, winner of the recent Knysna Forest Half Marathon, who surged at 25 km and at one stage had a lead of nearly 30 seconds. Behind him both Dennis Kimetto and Wilson Kipsang dropped out in the hot and windy conditions and Ramonene was caught by Ghebreslassie at 1:53:15. Then the Eritrean himself was caught and briefly passed by Tsegaye, but retook the lead almost immediately and stayed ahead.

Coming into National Stadium alone with an Eritrean flag draped over his arm, he ran right through the finish line, not realising that the athletes did not have to run a full lap of the stadium. Officials told him to stop. "I'm not sure," said Ghebreslassie of the finish line's

location. "I've never finished in a stadium before." And he added about his rivals' difficulties with the heat: "I'm more experienced with this weather. Today, the weather was very nice for me."

In the 10000 metres three Kenyan heavyweights – figuratively speaking – tried to steal the race from Mo Farah in the only way possible: a fast pace from the beginning. But although Geoffrey Kamworor, the current world cross-country and half-marathon champion, Paul Tanui and Bedan Karoki Muchiri employed their best team tactics, they did not run fast enough and Farah's blistering last 400 in 54.2 (despite a stumble after the bell) was enough to win in 27:01.13, albeit by a slim margin. His last kilometre took just 2:28.81. Farah, who has won the 5000/10000 double at the last Olympics and World Championships, as well as twice at the European Championships, looks set to repeat the achievement here. His 5000 heat is on Wednesday and the final on Saturday.

In the Western Province Half-marathon Championships in Atlantis this weekend grandmaster Nancy Will broke the provincial record she set in the same race last year by more than a minute with her 1:31:38. In the Volkswagen 10 km in Uitenhage both Melikhaya Frans (29:48) and Mariano Eesou (29:49) dipped under 30 minutes; Frans and Ntombesintu Mfunzi (36:05) repeated their wins of last year.

The correct spelling of the name of the women's winner in the John Korasie 30 km (results in last week's DRR) is Emily Cupito, not Cupido. She is a US citizen.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Supa Mama Savages Half Marathon & 10 km, Durban
- \* Wits Half Marathon & 10 km, Johannesburg
- \* Spar Women's 10 km, Pietermaritzburg
- \* Atlantis Half Marathon, Atlantis
- \* Volkswagen 10 km, Uitenhage
- \* ReMax Wierie Half Marathon & 10 km, Centurion
- \* XC: KZN Championships, Pietermaritzburg; WP Championships, Bellville

#### International highlights:

- \* World Championships Men's Marathon, Beijing, CHN
  - \* HealthPlus Crim 10-Mile Road Race, Flint, USA
  - \* Track: IAAF World Championships, Beijing, CHN
  - \* Leadville Trail 100-Mile Endurance Run, Leadville, USA
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## ROAD RUNNING

### Supa Mama Savages Half Marathon & 10 km

Durban, 23 August

(Distances: 21.1 km & 10 km; out-and-back courses)

#### Half marathon

##### MEN

- |    |                    |             |       |
|----|--------------------|-------------|-------|
| 1. | Silindile Gumede   | Phantane AC | 68:32 |
| 2. | Philani Buthelezi  | Ind         | 69:49 |
| 3. | Sithembele Fanekho | Born2Run    | 70:08 |

#### 40-49:

- |    |                  |             |       |
|----|------------------|-------------|-------|
| 1. | Shingie Budza    | ZIM/M Elite | 78:05 |
| 2. | Stanley Makhamba | Nedbank AC  | 82:55 |

3. Thierry Pletinckx Toti AC 88:15

**50-59:**

1. Mandla Dlamuka Boxer AC 84:24  
 2. Siphon Mbokazi Mtubatuba AC 85:52  
 3. Willie Majombozi Boxer AC 87:07

**60+:**

1. Nicolas Dlamini Boxer AC 93:54  
 2. Sibusiso Mkhize Hiway AC 105:04  
 3. Les Smith West AC 109:34

**WOMEN**

1. Janet Dlamini Umzimkhulu 82:38  
 2. Kate McDade Ind 88:39  
 3. Fikile Mbuthuma Nedbank AC 89:35

**40-49:**

1. Suzette Botha Eskom AC 91:11  
 2. Ashleigh White DHSOB 101:08  
 3. Michelle Sim Eskom AC 104:48

**50-59:**

1. Marietjie Montgomery Faku Chiefs 101:38  
 2. Therese Hurly Stella AC 114:32  
 3. Khaya Mahlati DAC 114:53

**60+:**

1. Sheree Kirsten West AC 119:39  
 2. Pat Fisher Stella AC 121:35  
 3. Jenny Scott DCS 126:10

**10 km**

**MEN**

1. Jabulani Mkhize Phantane AC 31:57  
 2. Mawande Hlongwe Ind 32:28  
 3. Thabiso Ngalonkulu Chatsworth AC 32:41

**Juniors:**

1. Sabelo Hadebe Ind 33:10

**WOMEN**

1. Caylee Ellero Bluff AC 41:02  
 2. Mokena Zuma Durban Runner 41:44  
 3. Zoe Papadakis Born2Run 47:20

**Juniors:**

1. Caylee Ellero Bluff AC 41:02

**Wits Half Marathon & 10 km (4th)**

Johannesburg, 16 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1141 [considerably up from 758 last year].)

**Half marathon**

**MEN**

1	Michael	Mazibuko	Nedbank	29	1:09:41
2	Simon	Mpholo	Nedbank	40	1:10:28
3	Collin	Khoza	Nkungal	34	1:10:52
4	Frans	Mola	South Deep	37	1:12:06

5	Chamankwana	Mailola	Nedbank AGN	30	1:12:46
6	Tiyani	Khoza	Olifants	29	1:14:13
7	Phatlalla	Mohlogi	Mr Price	32	1:14:53
8	Peter	Muso	Colossus	35	1:15:13
9	Thulane	Magagula	GCH	38	1:15:24
10	Velaphai	Mapekane	Sibanye	51	1:17:41
11	Nkosi	Maketa	Nedbank AGN	26	1:17:48
12	A.N. Other				1:18:37
13	Peter	Masia	RAC	47	1:21:01
14	S.M.	Crowther	Stand B	25	1:22:04
15	Refiloe	Kabelo	Orlando	26	1:22:13
16	Tshidiso	Khoele	Corr S	44	1:22:46
17	Godfrey	Mokone	Roodepoort	24	1:23:34
18	Reform	Ndlovu	Rand Har	53	1:24:11
19	Nelson	Nyirandni	Tsutsumani	36	1:24:28
20	Bernard	Mosala	Carlton	52	1:24:42

**Veterans:**

1	Simon	Mpholo	Nedbank	40	1:10:28
2	Peter	Masia	RAC	47	1:21:01
3	Tshidiso	Khoele	Corr S	44	1:22:46

**Masters:**

1	Velaphai	Mapekane	Sibanye	51	1:17:41
2	Reform	Ndlovu	Rand Har	53	1:24:11
3	Bernard	Mosala	Carlton	52	1:24:42

**G'masters:**

1	Don	Charles	Nedbank AGN	66	1:37:11
2	Keith	Daly	GCH	60	1:37:27

**WOMEN**

1	Poppy	Mlambo	Boxer	34	1:28:00
2	Lebohang	Motsotsoana	LES/Mr Price	23	1:29:48
3	Maphuti	Phaka	Born2run	37	1:32:49
4	Seipati	Peo	Maxet	34	1:35:13
5	Salome	Cooper	New Balance	40	1:35:48
6	Vanessa	Bowman	Kempton RR	45	1:39:48

**Veterans:**

1	Salome	Cooper	New Balance	40	1:35:48
2	Vanessa	Bowman	Kempton RR	45	1:39:48
3	Nomasonto	Skosana	Nedbank	44	1:41:39

**Masters:**

1	Rita	van Wyk	Boksburg	52	1:50:19
2	Sharon	Venter	RWFL	50	2:04:11

**G'masters:**

1	Isabel	Carmichael	RRW	61	2:21:08
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**10 km****MEN**

1	Samuel	Mothabatha	Take It Easy	22	32:11
2	Tlou	Peu	MAD	30	32:19
3	Lesiba	Peu	MAD	30	33:23
4	Katleho	?	Ind	26	34:49
5	Sipho	Ncube	Maxed Mr Price	17	35:29
6	Nimrod	Kobeni	Nedbank	42	35:40
7	Jonas	Olethogeng	Driefontein	32	35:49
8	Lawrence	Chipangaan	Ben Har	46	35:59

9	Ntheleni	?	Mosi Cool Running	40	36:56
10	Thapelo	Mofokeng	Bedf CC	35	36:59

**Veterans:**

1	Nimrod	Kobeni	Nedbank	42	35:40
2	Lawrence	Chipangaan	Ben Har	46	35:59
3	Ntheleni	?	Mosi Cool Running	40	36:56

**Masters:**

1	Piet	Chauke	Gallopers	52	44:05
2	Shannan	Blankfield	Wanderers	40	46:31
3	Woshendran	Naidoo	Greenstone	45	46:46

**G'masters:**

1	Machiel	van Niekerk	Magnolia	63	47:10
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## WOMEN

1	Emmah	Mathibela	Nedbank	33	41:45
2	Linah	Mhlongo	Eskom	43	43:09
3	Goodness	Lichaba	Cool Running	21	44:31
4	Jacqueline	Kellerman	Greenstone	39	45:47
5	Leigh	Privett	Wanderers	38	46:38

**Veterans:**

1	Linah	Mhlongo	Eskom	43	43:09
2	Assalina	Nyathi	Post Office	45	47:44
3	Ronel	de Bruyn	VLC	40	48:02

**Masters:**

1	Rita	Loots	RAC	52	52:14
2	Denise	Young	RWFL	52	53:16

**G'masters:**

1	Sonja	Laxton	RAC	67	51:27
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**Spar Women's 10 km**

(Women only)

Pietermaritzburg, 23 August

(Undulating loop course. Finishers: 1508 [up from 1411 last year].)

1.	Tebogo Masehla	Ind	36:10
2.	Makhosi Mhlongo	Savages AC	36:20
3.	Lindokuhle Gabela	Ind	39:17
4.	Nomcebo Mthethwa	Umhluthuze AC	39:22
5.	Nobuhle Shange	Ind	39:46

**40-49:**

1.	Janene Carey	Boxer AC	40:06
2.	Shani Silver	West AC	40:30
3.	Sibongile Ziqubu	Escom AC	44:20

**50-59:**

1.	Mary Mwelase	Phuma KZN	46:51
2.	Laura Khuzwayo	Scottburgh AC	49:53
3.	Jenny Taylor	Ind	49:56

**60+:**

1.	Sandy Fismer	HH	48:46
2.	Judith Grove	HH	50:27
3.	Jane Dickenson	RWFL	51:10

## Atlantis Half Marathon

(Western Province Half-marathon Championships)

Atlantis, 22 August

(Distance: 21.1 km; certified loop course. Weather: Warm, becoming hot later; windy.

Finishers: 622 [down from 701 last year].)

Note: The first three WP athletes in each category, except juniors, received R1000, R750 and R500, plus medals, in the WP championship race. – Ed.

### MEN

1. Tom Lusaseni (Itheke) 1:07:32 (R600)
2. Vuyolwethu Mbukushe (Gugs) 1:07:46 (R400)
3. Siviwe Nkombi (Itheke) 1:07:57 (R300)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:10:59 (R300); 2. Shawn Abrahams (Celtic) 1:16:32 (R200); 3. Xolile Macanda (Gugs) 1:19:45 (R150). **Masters:** 1. Eric Coetzee (FNB) 1:17:45 (R250); 2. Chris Mitchell (Celtic) 1:19:56 (R150); 3. Tobias Philander (Itheke) 1:20:52 (R100). **G'masters:** 1. Muhammad Kriel (Ommie) 1:28:25 (R150); 2. Garry Wilford (Durb) 1:31:48 (R100); 3. Jeff Smith (Itheke) 1:38:23 (R75). **G/g'masters:** 1. Ronnie le Roux (Brack) 1:42:55 (R100); 2. Joseph Matthews (MS) 2:03:25 (R75); 3. Boet van Zyl (SH) 2:05:00. **Juniors:** 1. Danzil Byman (Itheke) 1:17:24 (R200); 2. Esona Mbombo (Sanlam) 1:20:05 (R150).

### WOMEN (Same prize money as men)

1. Ebeth Marais (Maties) 1:21:08 PB
2. Nomvuyisi Seti (Itheke) 1:22:17 [WP champion]
3. Fortunate Chidzivo (ZIM/Celtic) 1:22:51 [silver medal]
4. Bulelwa Simae (Ned) 1:28:06 [bronze medal]

**Veterans:** 1. Busisiwe Mawane (Celtic) 1:29:42; 2. Ursula Frans (Ned) 1:30:31; 3. Sheryl de Lange (CMC) 1:30:30. **Masters:** 1. Olga Howard (Celtic) 1:35:57; 2. Cheryl Rudolph (East) 1:39:37; 3. Lorraine Rogers (Durb) 1:51:41. **G'masters:** 1. Nancy Will (Pine) 1:31:38 (WP rec); 2. Helen du Plessis (Tyger) 1:50:43; 3. Doris Flink (East) 2:02:51. **G/g'masters:** 1. Marlene James (Pine) 2:12:57; 2. Marianne Nelson (RWFL) 2:26:31; 3. Annatjie Berntzen (Tyger) 2:42:08. **Juniors:** 1. Busisiwe Gwala (VOB) 1:39:27; 2. Tshebeletso Taetso (Brack) 1:47:39.

## Volkswagen 10 km

Uitenhage, 22 August

(Loop course. Finishers: 366 [up from 324 last year].)

### MEN

1	Melikhaya	Frans	Tinarha AC	25	29:48
2	Mariano	Eesou	NMMU Madibaz	23	29:49
3	Mzolisi	Makhandanda	Nedbank RC	32	31:17
4	André	Ketchem	Xcel AC	31	31:30
5	Adriaan	Gerwel (1 <sup>st</sup> jun)	Xcel AC	19	31:41
6	Brendon	Effenaar	Nedbank RC	19	31:56
7	Melikhaya	Kepe	Nedbank RC	39	32:03
8	Anele	Maliza	Nedbank RC	37	32:16
9	Aphlyn	Taai	Charlo AC	33	32:31
10	Andile	Motwani	Tinarha AC	18	32:40
11	Melikhaya	Malinga	Tinarha AC	35	32:45
12	Mila	Pasiya	Nedbank RC	35	33:14
13	Melumzi	Tshotyana	Tinarha AC	26	33:35
14	Tumelo	Mochelenyane	Nedbank RC	33	33:58

15	Michael	Bester	Achilles AAA	28	34:34
16	Luyolo	Dyubhele	Tinarha AC	22	34:40
17	Zamubuntu	Teyise	Charlo AC	38	34:49
18	Desmond	Zibi	Achilles AAA	51	35:05
19	Bonginkosi	Noluhlazana	Cheetahs AC	37	35:07
20	Emerson	Kayana (1 <sup>st</sup> vet)	Nedbank RC	41	35:41
<b>40-44:</b>					
1	Emerson	Kayana	Nedbank RC	41	35:41
2	Thobile	Xata	Bluewater Bay	41	36:04
3	Johannes	Jonck	St Albans AC	42	36:45
<b>45-49:</b>					
1	Chris	Darke	Charlo AC	47	39:16
2	Martin	Jansen	Nedbank RC	47	40:28
3	Vernon	Newfeldt	Gelvan AC	49	40:57
<b>50-54:</b>					
1	Desmond	Zibi	Achilles AAA	51	35:05
2	Welcome	Loliwe	Nedbank RC	50	37:04
3	Kenneth	Menze	Bluewater Bay	53	37:40
<b>55-59:</b>					
1	Leonard	Erasmus	Gelvan AC	57	40:32
2	Chester	Brooks	Xcel AC	57	43:51
3	Christopher	Nyodi	Bluewater Bay	56	44:20
<b>60-64:</b>					
1	Roger	Trader	Achilles AAA	61	43:18
2	Bruce	McEwan	Achilles AAA	61	45:48
3	Johan	Barnard	Nedbank RC	60	50:42
<b>65-69:</b>					
1	Hannes	Els	Madiba Bay Warr	65	40:58
2	Graham	Channon	Achilles AAA	65	45:15
3	Syd	Lippstreu	Crusaders AC	67	49:08
<b>70-74:</b>					
1	Ron	Clark	Bluewater Bay	72	50:18
2	Herman	Dekker	SAPS AC EP	70	55:13
3	Willem	Schoeman	Temp	73	1:06:28
<b>Juniors:</b>					
1	Adriaan	Gerwel	Xcel AC	19	31:41
2	Brendon	Effenaar	Nedbank RC	19	31:56
3	Andile	Motwani	Tinarha AC	18	32:40
<b>WOMEN</b>					
1	Ntombesintu	Mfunzi	Nedbank RC	33	36:05
2	Ndileka	Mvakwendlu	Tinarha AC	24	38:25
3	Jamie-Lee	Schlemmer (1 <sup>st</sup> jun)	NMMU Madibaz	19	39:07
4	Deliwe	Nyanga	Nedbank RC	26	41:10
5	Siphokazi	Liwani	Motherwell AC	18	42:26
6	Terri-Lynn	Penney	RWFL EP	38	42:33
7	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	50	42:34
8	Janette	Schierz-Crusius	Body Concept	54	44:14
9	Sime	Baynes	Elite AC	31	44:31
10	Terray	Newcombe	Elite AC	24	45:06
11	Janine	Gardiner	Charlo AC	34	45:25
12	Hanlie	Van der Westhuizen	Despatch AC	59	46:40
13	Ludine	Williams	Malabar	28	47:24
14	Nikita	Bentley	PEAAC	23	49:13
15	Amanda	Prideaux (1 <sup>st</sup> vet)	Bluewater Bay	40	49:31
16	Cathy	Curtain	Muirite Strider	44	50:00

17	Rosemary	Joubert	Crusaders AC	54	50:17
18	Margietha	Voigt	Muirite Strider	44	50:51
19	Marlize	Hayward	Despatch AC	34	50:55
20	Amanda	Wolmarans	Walmer AC	56	50:58

**40-44:**

1	Amanda	Prideaux	Bluewater Bay	40	49:31
2	Cathy	Curtain	Muirite Strider	44	50:00
3	Margietha	Voigt	Muirite Strider	44	50:51

**45-49:**

1	Lana	Bruyns	Elite AC	47	51:55
2	Georgie	Darke	Charlo AC	49	52:44
3	Erika	Foreman	St Albans AC	45	53:13

**50-54:**

1	Christine	Claasen	Achilles AAA	50	42:34
2	Janette	Schierz-Crusius	Body Concept	54	44:14
3	Rosemary	Joubert	Crusaders AC	54	50:17

**55-59:**

1	Hanlie	Van der Westhuizen	Despatch AC	59	46:40
2	Amanda	Wolmarans	Walmer AC	56	50:58
3	Lynette	Crause	Walmer AC	55	54:47

**60-64:**

1	Jos	Els	Madiba Bay Warr	63	57:11
2	Cathy	Ives	Achilles AAA	62	57:27

**65-69:**

1	Christine	Fourie	Elite AC	69	58:21
2	Denise	Terblanche	Walmer AC	68	1:09:05
3	Rita	Boucher	Walmer AC	65	1:14:01

**70-74:**

1	Orgia	Nell	Muirite Strider	71	1:11:15
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**Juniors:**

1	Jamie-Lee	Schlemmer	NMMU Madibaz	19	39:07
2	Siphokazi	Liwani	Motherwell AC	18	42:26
3	Monique	Van Willing	Temp	17	54:57

**ReMax Wierie Half Marathon & 10 km**

Centurion, 22 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1030 [up from 950 last year]; 10 km – 1230 [up from 1115].)

**Half marathon****MEN**

1 Lucky Mtshali (Olifantsfontein) 68:00; 2 Charles Soza (ZIM/Nedbank) 72:57; 3 Frans Magoshoa (Wingate) 73:38.

**Veterans:** 1 Peter Medupe (Nedbank) 74:13; 2 Action Ramaboea (Ivory Park) 74:49; 3 Greg Barnes (Born 2 Run) 75:14. **Masters:** 1 Alfred Mphane (Alexandra) 82:05; 2 Peter Jaehne (Outeniqua Harriers) 85:26; 3 Nuno Thomaz (Runavation) 92:32. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 85:21; 2 Theo Swanepoel (Kempton) 93:18.

**G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 1:43:21. **Juniors:** 1 Yasheen Bhawanipersad (Runavation) 90:21.

**WOMEN**

1 Gillian Sieling (RAC) 89:33 (1<sup>st</sup> vet); 2 Truzanne Swanepoel (Temp) 92:11; 3 Elzana de Villiers (Temp) 93:53.



**Veterans:** 1 Gillian Sieling (RAC) 89:33; 2 Truzanne Swanepoel (Temp) 92:11; 3 Lesley Train (Krugersdorp) 94:34. **Masters:** 1 Connie Blom (Runavation) 1:46:21; 2 Julie Shadwell (Phobians) 1:48:24; 3 Renate van Niekerk (Magnolia) 1:49:21. **G'masters:** 1 Rina Machado (Ndaba) 2:17:19; 2 Marilyn Kamp (Jeppe) 2:20:36. **G/g'masters:** 1 Mavis Stadler (Agape) 2:28:09. **Juniors:** 1 Sumarie Moolman (ACRW) 2:02:28.

### 10 km

#### MEN

1 Paulus Radebe (ACSA) 31:56; 2 Renier Grobler (Nedbank) 33:56; 3 Juan van Deventer (Nedbank) 34:07.

**Veterans:** 1 Vusi Dlamini (PMMC) 41:39; 2 Louis Begemann (Magnolia) 42:12; 3 André Strydom (Eskom) 52:44. **Masters:** 1 Joseph Moloto (PMMC) 39:56; 2 Leon Page (Irene) 45:58; 3 Louis Botha (Irene) 46:07. **G'masters:** 1 Lourens Smit (Irene) 51:18; 2 Hubrecht Ribbens (CSIR) 54:10. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 51:43. **Juniors:** 1 Lucky Mahlalela (Ivory Park) 42:31.

#### WOMEN

1 Kathryn van Meter (Soul City) 40:01; 2 Maxine van Deventer (Nedbank) 43:38; 3 Bridgette Elk (Irene) 46:24.

**Veterans:** 1 Seanette Botha (Irene) 48:50; 2 Juanita de la Porte (VTM) 56:08; 3 Elzane Prinsloo (Fit PTA) 56:25. **Masters:** 1 Debbie Bredenkamp (HQH) 47:50; 2 Sonia Scheepers (Irene) 51:30; 3 Susan Maree (Irene) 52:29. **G'masters:** 1 Chanel Stegman (PMK) 69:27; 2 Mariet Louw (Irene) 71:56. **G/g'masters:** 1 Bertha vd Raad (Irene) 82:34.

## CROSS-COUNTRY

### KZN Cross-country Championships

Pietermaritzburg, 22 August

#### SR. MEN (10 km)

1.	Silindile Gubese	Ind	30:30
2.	Ayanda Mncube	Amajuba	30:41
3.	Philane Buthelezi	Boxer	30:47

#### SR. WOMEN (10 km)

1.	Makhosi Mhlongo	Savages	36:30
2.	Lindokuhle Gabela	Muden	38:11
3.	Puletso Dladla	Savages	39:55

### WP Cross-country Championships

Bellville (CPUT), 15 August

Note: The winner of the men's 10 km race is from Lesotho, so Merlin Klaaste is the WP champion. All distances are 4 km except where indicated otherwise. – Ed.

#### SR. MEN (10 km)

1	Namakoe	Nkhasi	LES/Cool Running	28:09
2	Merlin	Klaaste	UWC	29:42
3	Vuyolwethu	Mbukushe	Gugs	29:58
4	Du-Wayne	Philander	UWC	30:01
5	Siviwe	Nkombi	Itheko	30:15
6	Sibusiso	Madikizela	Itheko	30:24
7	Sive	Ngubo	Nedbank	30:25

8	Akhona	Makila	VOB	30:46
9	Xolisa	Batala	VOB	30:51
10	Andrew	Louw	CPUT	31:27

## SR. MEN

1	Anthony	Timoteus	UWC	11:33
2	Emiele	Paulsen	UWC	11:41
3	Virgina	Ngudlamana	Itheko	11:52
4	Sibusiso	Madikizela	Itheko	11:56
5	Sive	Ngubo	Nedbank	12:04
6	Siboniso	Soldaka	CPUT	12:11
7	Akhona	Makila	VOB	12:21
8	Riaan	Wildskut	Easterns	12:35
9	Granwin	Katzen	Celtic Harriers	12:42
10	Vincent	Fortuin	UWC	12:47

**40-44** (8 km)

1	Roger	Dickson	VOB	25:42
2	Sabelo	Ngcwama	Celtic Harriers	26:11
3	Vuyani	Sixaso	Wild Runners	26:14

**45-49** (8 km)

1	Graham	Katzen	Celtic Harriers	25:09
2	Shawn	Abrahams	Celtic Harriers	25:25
3	Tholang	Moloi	Defence	26:54

**50-54** (8 km)

1	Johnny	Persents	Wild Runner	26:57
2	Chris	Mitchell	Celtic Harriers	27:28
3	Japie	Swanepoel	West Coast	30:19

**55-59** (8 km)

1	Eric	Coetzee	No Club	27:02
2	Julian	Paul	Defence	28:14
3	Steven	Parkins	Tygerberg	29:22

**60-64** (8 km)

1	Les	Chivell	Fish Hoek	29:54
2	Robbie	Lindsay	Nedbank	30:56
3	Gemjikile	Tom	Eskom	31:52

**65-69** (8 km)

1	Awie	Veldsman	Helderberg Harr	30:33
2	Jeff	Smith	Itheko	32:51
3	Ian	Bocock	Foresters	34:55

**70-74** (8 km)

1	Richard	Osrin	VOB	33:46
2	Ivan	Copelowitz	Tygerberg	39:41
3	Dave	Kennett	VOB	40:41

**75-79** (8 km)

1	Ronald	Adams	Spartan Harriers	72:01
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**80-84** (8 km)

1	Derry	Devine	VOB	55:13
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**U.19** (8 km)

1	McMarshall	Hartzenberg	Eerste River	23:17
2	Ashley	Smith	Celtic Harriers	23:22
3	Bruce-Lynn	Damons	Celtic Harriers	23:58

**U.17** (6 km)

1	Rowhaldo	Ratz	Eerste River	17:11
2	Samuel	v.d. Merwe	Bellville	17:24
3	Alantino	Belillie	Eerste River	17:42

## SR. WOMEN (10 km)

1	Bulelwa	Simae	Nedbank	36:52
2	Tanya	Scott	UCT	37:22
3	Amy	Abrahams	UWC	38:02
4	Hanlie	Jordaan	UWC	38:21
5	Candyce	Hall	Carbineers	39:05
6	Busisiwe	Matiwane	Celtic Harriers	39:31
7	Khulukazi	Lupondo	Easterns	39:34
8	Tanya	Posthumus-Fox	Century City	40:18
9	Sheryl	de Lange	FNB Multisport	40:28
10	Cleo	Albertus	Carbineers	42:11

## SR. WOMEN

1	Nomvuyisi	Seti	Itheko	14:16
2	Anel	Terblanche	Cape Multisport	14:25
3	Amy	Abrahams	UWC	14:44
4	Lee-Shay	Willemse	Velocity	14:57
5	Hanlie	Jordaan	UWC	15:22
6	Tina-Mari	Meyer	Edgemead	15:42
7	Marzanne	Albertse	No Club	15:48
8	Nomaxesibe	Ngcantsi	VOB	16:26
9	Ivy Nokuthula	Soyiba	Nedbank	16:41
10	Nocwaka	Mthetho	Celtics	17:16

**40-44**

1	Busisiwe	Matiwane	Celtic Harriers	15:46
2	Elizabeth	Brink	Durbanville	16:55
3	Lynn	Brennan	West Coast	17:05

**45-49**

1	Sandra	van Graan	Edgemead	15:33
2	Sheryl	de Lange	FNB Multisport	15:52
3	Mariaan	Malan	Nedbank	17:04

**50-54**

1	Mariëtte	Strauss	Tygerberg	16:16
2	Cheryl	Rudolph	Easterns	18:01
3	Marnette	Meyer	Cape Multisport	18:35

**55-59**

1	Olga	Howard	Celtic Harriers	16:38
2	Bev	Charters	VOB	17:18
3	Charmaine	Cupido	Nedbank	17:49

**60-64**

1	Nancy	Will	Pinelands	17:29
2	Collette	Van Eck	Fish Hoek	19:26
3	Helen	Du Plessis	Tygerberg	20:11

**65-69**

1	Esmé	September	Spartan Harriers	22:24
2	Margaret	Jonkers	Tygerberg	26:38
3	Cynthia	Kavanagh	Edgemead	26:48

**70-74**

1	Marlene	James	Pinelands	23:05
2	Pixie	Sparg	Celtic Harriers	23:06
3	Christine	Williams	VOB	26:17

**75-79**

1	Peggy	Reid	Spartan Harriers	28:57
2	Magdaline	Johnson	Tygerberg	34:33

**80-84**

1	Julie	Wilson	Celtic Harriers	51:12
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**U.19** (6 km)

1	Pamela	Moyikwa	VOB	23:42
2	Ashleigh	Simonis	Carbineers	24:31
3	Busisiwe	Gwala	VOB	24:51

**U.17**

1	Hayley	Preen	Hout Bay	16:32
2	Assnique	Robinson	Bellville	17:01
3	Bronwyn	de Lange	FNB Multisport	18:21

**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****World Championships Men's Marathon**

Beijing, CHN, 22 August

(Distance: 42.195 km; certified point-to-point course with stadium finish)

MEN (gun times) -

1.	Ghirmay GHEBRESLASSIE, 1995, ERI	2:12:28	Gold	USD 60,000
2.	Yemane TSEGAY, 1985, ETH	2:13:08	Silver	30,000
3.	Munyo Solomon MUTAI, 1992, UGA	2:13:30	Bronze	20,000
4.	Ruggero PERTILE, 1974, ITA	2:14:23		15,000
5.	Shumi DECHASA, 1989, BRN	2:14:36		10,000
6.	Stephen KIPROTICH, 1989, UGA	2:14:43		6,000
7.	Lelisa DESISA, 1990, ETH	2:14:54		5,000
8.	Daniele MEUCCI, 1985, ITA	2:14:54		4,000
9.	Amanuel MESEL, 1990, ERI	2:15:07		
10.	Jackson KIPROP, 1986, UGA	2:15:16		
11.	PAK Chol, 1990, PRK	2:15:44		
12.	Alphonse Felix SIMBU, 1992, TAN	2:16:58		
13.	Javier GUERRA, 1983, ESP	2:17:00		
14.	Tshepo RAMONENE, 1991, LES	2:17:17		
15.	Berhanu LEMI, 1994, ETH	2:17:37		
16.	Abdelhadi EL HACHIMI, 1974, BEL	2:17:41		
17.	Aleksey REUNKOV, 1984, RUS	2:18:12		
18.	Solonei Rocha DA SILVA, 1982, BRA	2:19:20		
19.	Tadesse ABRAHAM, 1982, SUI	2:19:25		
20.	Roman FOSTI, 1983, EST	2:20:35		
... 23.	Cuthbert NYASANGO, 1982, ZIM	2:22:15		
... 37.	Gilbert MUTANDIRO, 1984, ZIM	2:31:35		
... 41.	Desmond MOKGOBU, 1988, <b>RSA</b>	2:34:11		

Dennis KIMETTO, 1984, KEN	DNF
Abraham KIPLIMO, 1989, UGA	DNF
Wilson Kipsang KIPROTICH, 1982, KEN	DNF
Thabiso Benedict MOENG, 1983, <b>RSA</b>	DNF
Sibusiso NZIMA, 1986, <b>RSA</b>	DNF

**HealthPlus Crim 10-Mile Road Race** (39th)

Flint, USA, 22 August

## MEN (gun times)

- |  |          |                   |
|--|----------|-------------------|
| 1. Leonard Korir, 28, Tucson, AZ (KEN) | 47:00    | \$5000            |
| 2. Moses Kipsiro, 28, UGA              | 47:01    | 3000              |
| 3. Dathan Ritzenhein, 32, Belmont, MI  | 47:16 PB | 1500 + car lease^ |

^) Earned one-year car lease for finishing as first Michigan man

## WOMEN (gun times)

- |   |       |        |
|---|-------|--------|
| 1. Caroline Rotich, 31, KEN                     | 53:06 | \$5000 |
| 2. Aliphine Tuliamuk-Bolton, 26 KEN             | 53:27 | 3000   |
| 3. Monicah Wanjuhi Ngige, 21, Lansing, MI (KEN) | 54:15 | 1500   |

**TRACK****IAAF World Championships** (15th)

Beijing, CHN, 22-30 August

Note 1: Prize money: USD 60,000-30,000-20,000-15,000-10,000-6,000-5,000-4,000 + USD 100,000 world record bonus. – Ed.

Note 2: These are the distance results up to and including this morning's session. Next week a full set of results, including the medal winners in non-distance events and the performances of the South Africans, will be included. – Ed.

## MEN

800:

Semi-Finals (23):

Advance top-2 from each heat plus next 2 times to final

Heat 1:

- |                                     |  |
|-------------------------------------|--|
| 1. Adam KSZCZOT, 1989, POL          | 1:44.97 Q                              |
| 2. Alfred KIPKETER, 1996, KEN       | 1:44.99 Q                              |
| 3. Pierre-Ambroise BOSSE, 1992, FRA | 1:45.02 q                              |
| 4. Kevin LÓPEZ, 1990, ESP           | 1:45.84                                |
| 5. Amine EL MANAOUI, 1991, MAR      | 1:46.09                                |
| 6. Clayton MURPHY, 1995, USA        | 1:46.28                                |
| 7. Thijmen KUPERS, 1991, NED        | 1:47.74                                |
| Mohammed AMAN, 1994, ETH            | DQ (rule 163.2 - jostling/obstruction) |

Heat 2:

- |  |           |
|--|-----------|
| 1. David RUDISHA, 1988, KEN              | 1:47.70 Q |
| 2. Musaeb Abdulrahman BALLA, 1989, QAT   | 1:47.93 Q |
| 3. Nijel AMOS, 1994, BOT                 | 1:47.96   |
| 4. Konstantin TOLOKONNIKOV, 1996, RUS    | 1:48.32   |
| 5. Abraham Kipchirchir ROTICH, 1993, BRN | 1:48.61   |
| 6. Ali AL-DERAAN, 1990, KSA              | 1:48.71   |
| 7. Antoine GAKEME, 1991, BDI             | 1:48.86   |
| Jeff RISELEY, 1986, AUS                  | DNS       |

Heat 3:

- |                                  |           |
|----------------------------------|-----------|
| 1. Amel TUKA, 1991, BIH          | 1:44.84 Q |
| 2. Ferguson ROTICH, 1989, KEN    | 1:44.85 Q |
| 3. Nader BELHANBEL, 1994, MAR    | 1:45.28 q |
| 4. Marcin LEWANDOWSKI, 1987, POL | 1:45.34   |
| 5. Mark ENGLISH, 1993, IRL       | 1:45.55   |

- |                                |         |
|--------------------------------|---------|
| 6. Rafith RODRÍGUEZ, 1989, COL | 1:45.63 |
| 7. Erik SOWINSKI, 1989, USA    | 1:47.16 |
| 8. Jena UMAR, 1995, ETH        | 1:48.68 |

## Prelims (22):

Advance top-3 from each heat plus next 6 times to semi-finals

## Heat 1:

- |                               |           |
|-------------------------------|-----------|
| 1. Nijel AMOS, 1994, BOT      | 1:47.23 Q |
| 2. Antoine GAKEME, 1991, BDI  | 1:47.47 Q |
| 3. Ali AL-DERAAN, 1990, KSA   | 1:47.65 Q |
| 4. Robin SCHEMBERA, 1988, GER | 1:48.04   |
| 5. Joshua RALPH, 1991, AUS    | 1:48.90   |
| 6. Casimir LOXSOM, 1991, USA  | 1:48.97   |
| 7. Khalid BENMAHDI, 1988, ALG | 1:49.61   |

## Heat 2:

- |                                     |            |
|-------------------------------------|------------|
| 1. Mohammed AMAN, 1994, ETH         | 1:47.87 Q  |
| 2. Pierre-Ambroise BOSSE, 1992, FRA | 1:47.89 Q  |
| 3. Clayton MURPHY, 1995, USA        | 1:48.08 Q  |
| 4. Giordano BENEDETTI, 1989, ITA    | 1:48.15    |
| 5. Jozef REPCÍK, 1986, SVK          | 1:48.26    |
| 6. Jamal HAIRANE, 1993, QAT         | 1:48.96    |
| 7. Kyle LANGFORD, 1996, GBR         | 1:49.78    |
| 8. Adnan Taess AKKAR, 1980, IRQ     | 1:54.44 SB |

## Heat 3:

- |                                |           |
|--------------------------------|-----------|
| 1. Amel TUKA, 1991, BIH        | 1:46.12 Q |
| 2. Nader BELHANBEL, 1994, MAR  | 1:46.23 Q |
| 3. Rafith RODRÍGUEZ, 1989, COL | 1:46.39 Q |
| 4. Erik SOWINSKI, 1989, USA    | 1:46.63 q |
| 5. Mark ENGLISH, 1993, IRL     | 1:46.69 q |
| 6. Žan RUDOLF, 1993, SLO       | 1:47.24   |
| Alex AMANKWAH, 1992, GHA       | DNS       |

## Heat 4:

- |                                       |            |
|---------------------------------------|------------|
| 1. Ferguson ROTICH, 1989, KEN         | 1:45.83 Q  |
| 2. Amine EL MANAOUI, 1991, MAR        | 1:45.86 Q  |
| 3. Kevin LÓPEZ, 1990, ESP             | 1:46.06 Q  |
| 4. Konstantin TOLOKONNIKOV, 1996, RUS | 1:46.07 q  |
| 5. Marcin LEWANDOWSKI, 1987, POL      | 1:46.25 q  |
| 6. Thijmen KUPERS, 1991, NED          | 1:46.70 q  |
| 7. Musa HAJDARI, 1987, KOS            | 1:47.70 NR |
| 8. Brice ETES, 1984, MON              | 1:48.52    |

## Heat 5:

- |                                      |           |
|--------------------------------------|-----------|
| 1. Adam KSZCZOT, 1989, POL           | 1:46.62 Q |
| 2. Alfred KIPKETER, 1996, KEN        | 1:46.67 Q |
| 3. Jeffrey RISELEY, 1986, AUS        | 1:46.79 Q |
| 4. Jena UMAR, 1995, ETH              | 1:47.03 q |
| 5. Abdelati EL GUESSE, 1993, MAR     | 1:47.49   |
| 6. Andreas ALMGREN, 1995, SWE        | 1:48.06   |
| 7. Reinhardt VAN RENSBURG, RSA, 1992 | 1:48.61   |

## Heat 6:

- |                                      |           |
|--------------------------------------|-----------|
| 1. David RUDISHA, 1988, KEN          | 1:48.31 Q |
| 2. Abraham ROTICH, 1993, BRN         | 1:48.42 Q |
| 3. Musaeb Abdulrahman BALLA, 89, QAT | 1:48.59 Q |

4. Michael RIMMER, 1986, GBR 1:48.70
5. Andreas BUBE, 1987, DEN 1:48.94
6. Artur KUCIAPSKI, 1993, POL 1:49.22
7. Cleiton ABRÃO, 1989, BRA 1:49.79
8. Wais Ibrahim KHAIRANDESH, 1990, AFG 1:59.51

## 10000 (22):

1. Mo FARAH, 1983, GBR 27:01.13 ACR Gold  
[last km 2:28.81 / last 400 54.2]
2. Geoffrey KAMWOROR, 1992, KEN 27:01.76 Silver
3. Paul TANUI, 1990, KEN 27:02.83 Bronze
4. Bedan Karoki MUCHIRI, 1990, KEN 27:04.77 SB
5. Galen RUPP, 1986, USA 27:08.91 SB
6. Abrar OSMAN, 1994, ERI 27:43.21
7. Ali KAYA, 1994, TUR 27:43.69
8. Timothy TOROITICH, 1991, UGA 27:44.90
9. Joshua CHEPTEGEI, 1996, UGA 27:48.89
10. Muktar EDRIS, 1994, ETH 27:54.47
11. Mosinet GEREMEW, 1992, ETH 28:07.50
12. El Hassan ELABBASSI, 1984, BRN 28:12.57
13. Nguse AMLOSOM, 1986, ERI 28:14.72
14. Cam LEVINS, 1989, CAN 28:15.19
15. Hassan MEAD, 1989, USA 28:16.30
16. Shadrack KIPCHIRCHIR, 1989, USA 28:16.30 SB
17. Arne GABIUS, 1981, GER 28:24.47
18. Tetsuya YOROIZAKA, 1990, JPN 28:25.77
19. Teklemariam MEDHIN, 1989, ERI 28:39.26 SB
20. Stephen MOKOKA, 1985, RSA 28:47.40
21. Aweke AYALEW, 1993, BRN 29:14.55 PB
22. Kenta MURAYAMA, 1993, JPN 29:50.22
23. Yuta SHITARA, 1991, JPN 30:08.35
- Imane MERGA, 1988, ETH DNF

## 3000 s/chase:

## Prelims (22):

Advance first 3 each heat plus next 6 times to final

## Heat 1:

1. Conseslus KIPRUTO, 1994, KEN 8:41.41 Q
2. Evan JAGER, 1989, USA 8:41.51 Q
3. Matthew HUGHES, 1989, CAN 8:41.52 Q
4. Yoann KOWAL, 1987, FRA 8:41.65
5. Amor BEN YAHIA, 1985, TUN 8:43.11
6. Tafese SEBOKA, 1993, ETH 8:47.73
7. Hicham SIGUENI, 1993, MAR 8:49.73
8. Sebastián MARTOS, 1989, ESP 8:50.20
9. Nikolay CHAVKIN, 1984, RUS 8:51.22
10. Abdelhamid ZERRIFI, 1986, ALG 8:51.89
11. Benjamin KIPLAGAT, 1989, UGA 8:54.46
12. James NIPPERESS, 1990, AUS 8:56.01
13. Mitko TSENOV, 1993, BUL 9:02.72
- Nelson CHERUTICH, 1993, BRN DNS

## Heat 2:

1. Jairus BIRECH, 1992, KEN 8:25.77 Q
2. Bilal TABTI, 1993, ALG 8:26.99 Q
3. Donald CABRAL, 1989, USA 8:27.33 Q
4. Tolosa NURGI, 1990, ETH 8:27.65 q

5. Hamid EZZINE, 1983, MAR	8:29.26 q
6. Dikotsi LEKOPA, 1988, RSA	8:37.43
7. Fernando CARRO, 1992, ESP	8:38.05
8. John Kibet KOECH, 1995, BRN	8:38.62
9. Ilgizar SAFIULLIN, 1992, RUS	8:39.58
10. Alex GENEST, 1986, CAN	8:52.49
11. Kaur KIVISTIK, 1991, EST	8:56.36
12. Gerald GIRALDO, 1989, COL	9:16.47
13. YAO Sapolai, 1982, PNG	9:51.09
Mohamed ISMAIL IBRAHIM, 1997, DJI	DNS

## Heat 3:

1. Ezekiel KEMBOI, 1982, KEN	8:24.75 Q
2. Brahim TALEB, 1985, MAR	8:24.84 Q
3. Brimin Kiprop KIPRUTO, 1985, KEN	8:24.95 Q
4. Krystian ZALEWSKI, 1989, POL	8:25.10 q
5. Dan HULING, 1983, USA	8:25.34 q
6. Hailemariam AMARE, 1997, ETH	8:25.36 q
7. Hicham BOUCHICHA, 1989, ALG	8:30.07 q
8. Taylor MILNE, 1981, CAN	8:43.47
9. Jamel CHATBI, 1984, ITA	8:47.30
10. Halil AKKAS, 1983, TUR	8:54.04
11. Tumisang MONNATLALA, 1995, RSA	8:55.25
12. Hashim Salah MOHAMED, 1994, QAT	9:17.35

## WOMEN

1500:

Semi-Finals (23):

Advance top-5 from each heat plus next 2 fastest to final

Heat 1:

1. Sifan HASSAN, 1993, NED	4:15.38 Q
2. Dawit SEYAUM, 1996, ETH	4:15.46 Q
3. Abeba AREGAWI, 1990, SWE	4:15.90 Q
4. Malika AKKAOUI, 1987, MAR	4:16.61 Q
5. Shannon ROWBURY, 1984, USA	4:16.64 Q
6. Sofia ENNAOUI, 1995, POL	4:16.70
7. Besu SADO, 1995, ETH	4:17.17
8. Kerri GALLAGHER, 1989, USA	4:17.63
9. Anna SHCHAGINA, 1991, RUS	4:17.82
10. Betlhem DESALEGN, 1991, UAE	4:17.92
11. Nancy CHEPKWEMOI, 1993, KEN	4:18.15
Laura WEIGHTMAN, 1991, GBR	DNS*

\*Suffered concussion when she fell at the finish of her prelim

Heat 2:

1. Genzebe DIBABA, 1991, ETH	4:06.74 Q
2. Faith KIPYEGON, 1994, KEN	4:06.88 Q
3. Laura MUIR, 1993, GBR	4:07.95 Q
4. Rababe ARAFI, 1991, MAR	4:08.19 Q
5. Jenny SIMPSON, 1986, USA	4:08.20 Q
6. Tatyana TOMASHOVA, 1975,	4:08.72 q
7. Angelika CICHOCKA, 1988, POL	4:09.19 q
8. Lauren JOHNSON, 1987, USA	4:10.01
9. Maureen KOSTER, 1992, NED	4:10.95
10. Amela TERZIC, 1993, SRB	4:13.92
11. Renata PLIS, 1985, POL	4:15.10
12. Muriel CONEO, 1987, COL	4:18.14



## Prelims (22):

Advance first 6 each heat plus next 6 fastest times to semi-finals

## Heat 1:

1. Besu SADO, 1996, ETH 4:05.39 Q
2. Laura MUIR, 1993, GBR 4:05.53 Q
3. Nancy CHEPKWEMOI, 1993, KEN 4:05.65 Q
4. Shannon ROWBURY, 1984, USA, 4:05.66 Q
5. Betlehem DESALEGN, 1991, UAE 4:05.73 Q
6. Anna SHCHAGINA, 1991, RUS 4:05.78 Q
7. Lauren JOHNSON, 1987, USA 4:05.79 q
8. Malika AKKAOUI, 1987, MAR 4:05.85 q
- 9 Renata PLIS, 1985, POL 4:05.89 q
10. Muriel CONEO, 1987, COL 4:08.31 q NR
11. Melissa DUNCAN, 1990, AUS 4:09.29
12. Eliane SAHOLINIRINA, 1982, MAD 4:19.54 S

## Heat 2:

1. Sifan HASSAN, 1993, NED 4:09.52 Q
2. Dawit SEYAUM, 1996, ETH 4:09.64 Q
3. Abeba AREGAWI, 1990, SWE 4:10.77 Q
4. Tatyana TOMASHOVA, 1975, RUS 4:10.79 Q
5. Jenny SIMPSON, 1986, USA 4:10.91 Q
6. Angelika CICHOCKA, 1988, POL 4:11.08 Q
7. Viola LAGAT, 1989, KEN 4:12.15
8. Nicole SIFUENTES, 1986, CAN 4:12.82
9. Nikki HAMBLIN, 1988, NZL 4:16.65
10. Heidi SEE, 1989, AUS 4:20.65
11. Amina BAKHIT, 1990, SUD 4:22.49 SB
- Siham HILALI, 1986, MAR DNF

## Heat 3:

1. Genzebe DIBABA, 1991, ETH 4:02.59 Q
2. Faith KIPYEGON, 1994, KEN 4:02.77 Q
3. Rababe ARAFI, 1991, MAR 4:04.17 Q
4. Maureen KOSTER, 1992, NED 4:05.55 Q
5. Amela TERZIC, 1993, SRB 4:06.07 Q
6. Laura WEIGHTMAN, 1991, GBR 4:06.13 Q
7. Kerri GALLAGHER, 1989, USA 4:06.34 q
8. Sofia ENNAOUI, 1995, POL 4:06.94 q
9. Margherita MAGNANI, 1987, ITA 4:09.06
10. Luiza GEGA, 1988, ALB 4:09.36
11. Florina PIERDEVARA, 1990, ROU 4:13.76

## 3000 s/chase:

## Prelims (24):

Advance first 3 in each heat plus next 6 fastest to final

## Heat 1:

1. Hiwot AYALEW, 1990, ETH 9:25.55 Q
2. Virginia Nyambura NGANGA, 1993, KEN 9:28.50 Q
3. Stephanie GARCIA, 1988, USA 9:29.34 Q
4. Madeline HEINER, 1987, AUS 9:30.79
5. Amina BETTICHE, 1987, ALG 9:36.10 SB
6. Geneviève LALONDE, 1991, CAN 9:36.83
7. Maruša MIŠMAŠ, 1994, SLO 9:37.73
8. Camilla RICHARDSSON, 1993, FIN 9:53.13
9. Michelle FINN, 1989, IRL 9:55.27

- |                                  |                         |
|----------------------------------|-------------------------|
| 10. Muriel CONEO, 1987, COL      | 9:55.53                 |
| 11. Lyudmila LEBEDEVA, 1990, RUS | 9:58.65                 |
| 12. Rosa FLANAGAN, 1996, NZL     | 10:00.71                |
| Sviatlana KUDZELICH, 1987, BLR   | DNF (fell in water pit) |
| Hanane OUHADDOU, 1982, MAR       | DQ (rule 163.3b*)       |
| Aisha PRAUGHT, 1989, JAM         | DQ (rule 163.3b*)       |

\*) Infringement of inside border

#### Heat 2:

- |                                    |              |
|------------------------------------|--------------|
| 1. Habiba GHRIBI, 1984, TUN        | 9:24.38 Q    |
| 2. Gesa KRAUSE, 1992, GER          | 9:24.92 Q    |
| 3. Rosefine CHEPNGETICH, 1997, KEN | 9:25.91 Q PB |
| 4. Lalita Shivaji BABAR, 1989, IND | 9:27.86 q NR |
| 5. Salima ELOUALI ALAMI, 1983, MAR | 9:28.18 q    |
| 6. Colleen QUIGLEY, 1992, USA      | 9:29.09 q    |
| 7. Özlem KAYA, 1990, TUR           | 9:30.23 q PB |
| 8. Mariya SHATALOVA, 1989, UKR     | 9:36.87 PB   |
| 9. Birtukan FENTE, 1989, ETH       | 9:39.77      |
| 10. Erin TESCHUK, 1994, CAN        | 9:40.07 PB   |
| 11. Victoria MITCHELL, 1982, AUS   | 9:43.73      |
| 12. Silvia DANEKOVA, 1983, BUL     | 9:46.31      |
| 13. Sara Louise TREACY, 1989, IRL  | 9:48.24      |
| 14. Charlotta FOUGBERG, 1985, SWE  | 9:50.79      |
| 15. Ekaterina DOSEYKINA, 1990, RUS | 10:13.26     |

#### Heat 3:

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1. Hyvin Kiyeng JEPKEMOI, 1992, KEN | 9:26.19 Q                    |
| 2. Sofia ASSEFA, 1987, ETH          | 9:26.47 Q                    |
| 3. Emma COBURN, 1990, USA           | 9:27.19 Q                    |
| 4. Fadwa SIDI MADANE, 1994, MAR     | 9:27.87 q PB                 |
| 5. Ruth JEBET, 1996, BRN            | 9:27.93 q                    |
| 6. Etenesh DIRO, 1991, ETH          | 9:31.97                      |
| 7. Genevieve LACAZE, 1989, AUS      | 9:39.35                      |
| 8. Sandra ERIKSSON, 1989, FIN       | 9:39.64                      |
| 9. Lucie SEKANOVÁ, 1989, CZE        | 9:45.72                      |
| 10. Klara BODINSON, 1990, SWE       | 9:50.13                      |
| 11. Tugba GÜVENC, 1994, TUR         | 9:58.07                      |
| 12. Natalya ARISTARKHOVA, 1989, RUS | 10:02.79                     |
| 13. Kerry O'FLAHERTY, 1981, IRL     | 10:05.10                     |
| 14. ZHANG Xinyan, 1994, CHN         | 10:13.25                     |
| 15. Rolanda BELL, 1987, PAN         | 10:33.78 (fell in water pit) |

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Leadville Trail 100-Mile Endurance Run (33rd)

Leadville, USA, 22-23 August

(Distance: 100 miles (50 miles out and back); extremely high altitude (the race tops out at 3843 m with constant climbing and descending), difficult terrain)

#### MEN

- |                                    |                      |
|------------------------------------|----------------------|
| 1. Ian Sharman, 34, Bend, OR (GBR) | 16:33:54             |
| 2. Kyle Pietari, 28, Denver, CO    | 18:16:04             |
| 3. Juan Carlos Sagastume, 43, GTM  | 18:29:27             |
| DNF-- Michael Aish, 39, Arvada, CO | [Defending Champion] |

## WOMEN

1. Elizabeth Howard, 43, San Antonio, TX 19:34:09
  2. Kara Henry, 30, Boulder, CO 19:54:08
  3. Danielle Hilson, 37, Littleton, CO 22:28:00
- 

## BACKGROUND

This article was published in *The New York Times*. Sebastian Coe was elected as the sixth IAAF President at the 50th IAAF Congress last Wednesday. He beat another former world record holder, Sergey Bubka, by 115-92 votes.

### A HIMALAYAN CLIMB FOR COE

If Sebastian Coe thinks beating Steve Ovett to the finish line or running a successful London Olympics was tough, he is now about to embark on something that looks a great deal more daunting.

Saving track and field — from itself and from eroding global relevance — is the kind of challenge that only a supremely confident, thoroughly committed or genuinely deluded individual would embrace.

But Coe, long considered the golden boy of British sport, is front-and-center now after being elected president of the IAAF, track and field's world governing body, on Wednesday in Beijing.

"For me this is the pinnacle," said Coe, who has already scaled quite a few peaks in his 58 years. "It's my sport. It's my passion. It's the thing I always wanted to do."

Coe, a two-time Olympic gold medalist in the 1500 meters, defeated another track-and-field icon, former Ukrainian pole vaulter Sergey Bubka, 115 votes to 92, with each of the IAAF's member federations allowed one vote. Coe will officially take over for outgoing president Lamine Diack on 31 August, the day after the World Championships in Beijing. Those championships begin on Saturday in the Bird's Nest Stadium with the sport mired in its latest and maybe even greatest crisis of confidence amid allegations and investigations of continued and widespread doping.

The opening weekend of the meet has a fine chance of underscoring the issue. In the men's 100 meters, Usain Bolt, by far the sport's biggest star, could quite possibly lose to Justin Gatlin, the American sprinter who has twice been banned for doping violations and has recorded the world's fastest times in the event this season.

Gatlin has served his suspensions and has the right to compete in Beijing, which Coe duly noted at his post-victory news conference on Wednesday, adding that Gatlin should be "accorded all respect wherever he finishes."

But Gatlin, because of his past, remains one of the many athletes who have contributed to the sport's decline in credibility and appeal through the decades.

How to care as a spectator when you cannot trust in what you see?

Coe understands all this, of course. Once the world's premier middle-distance runner, he was still an active athlete in 1988 when Canadian sprinter Ben Johnson tested positive after winning the 100 meters at the Olympics in Seoul: still the biggest scandal in track and field history.

He has been on the IAAF council since 2003 and a vice president since 2007: the year that American sprinter and long jumper Marion Jones publicly admitted to having taken steroids and lying to federal agents under oath during their investigation into the Bay Area Laboratory Co-operative (Balco). Jones returned her five medals from the 2000 Olympics and later served a short prison sentence.

Now comes this latest wave of revelations and allegations. There are ongoing investigations into systematic doping by Russian athletes and continued concern about the scope of doping in traditional track power Kenya.

The German broadcaster ARD and the British newspaper *The Sunday Times* have released previously confidential results from an I.A.A.F. database and concluded that blood doping is widespread in endurance events: a conclusion the IAAF has disputed. Meanwhile,

the IAAF confirmed that 28 athletes were found to have committed doping violations after their samples from the 2005 and 2007 World Championships were retested with current technology. The IAAF said none of those athletes would take part in Beijing.

It all makes for quite a minefield for newly elected president Coe. It is not as if he did not have other options. A former conservative member of Parliament in Britain, he could have — after the big success of the 2012 London Olympics — leaped back into British politics. He could have continued to pursue his wide-ranging and occasionally intertwined business interests: some of which (adviser to Nike) he will now have to unravel to avoid conflicts as president. Or he could have, with his 60th birthday approaching, simply rested on his laurels.

Instead he traveled about 700 000 kilometers and shook thousands of hands in the successful campaign to secure one of the most exposed posts in global sports. "This felt like a crossroads for me," said Ed Warner, chairman of UK Athletics, in comments to BBC radio on Wednesday. "Not that Sergei Bubka wouldn't have been a good president, but the challenges facing athletics are such that we need a great president right now. And I do believe Seb has the range of skills and the character required to really pull us forward and make sure we remain relevant to the public across the world for decades to come."

That will be quite the challenge, and it was encouraging on Wednesday to find out that Coe, unlike Diack and some of his predecessors, will not remain in power for decades. The IAAF Congress approved a rule change that limits presidents to 12 years, or three four-year terms.

More changes should be forthcoming, perhaps quickly. Coe has said that he plans to create a doping agency that is independent of the IAAF to increase efficiency and, above all, credibility.

"There is a zero tolerance to the abuse of doping in my sport," he said Wednesday. "And I will maintain that to the very highest levels of diligence."

He has sketched out plans to increase street meets in major cities and to deploy social media in an innovative fashion, as his team did for the London Olympics. He intends to make the sport's border-crossing Diamond League calendar more legible and find a way to make the stars compete against each other much more frequently: perhaps through new team competitions in which athletes would represent a city instead of their country.

He wants to push his sport in India (and not just because his mother was half-Indian). He wants to revitalize the sport in the United States. (The recent IAAF decision to award the 2021 World Championships to Eugene is encouraging.) Coe also — after all his world travels and reconnaissance missions in recent months — wants to devolve power from IAAF headquarters to regions and individual federations, many of whom lack the latitude and means at the moment to create meaningful change.

"One of the things that was very impressive about Seb's vision to elevate the sport was how progressive it was," said Max Siegel, the chief executive officer of USA Track and Field, in a recent interview. "He wants to think differently than anyone has done traditionally, and he does think differently."

Deep thinking, evident talent, hard toil and a gift for communication and delegation have allowed him to overcome obstacle after obstacle in his career. But the obstacle in front of him now looks much more like the Himalayas than a hurdle.

Off with the spikes. On with the crampons.

---

## STATS TIME

Following on the list of fastest SA marathons at altitude by men, here is the list for women. The list shows only times on standard courses. Frith van der Merwe, who leads the list, and Sonja Laxton have thirteen of the 21 times between them; Van der Merwe has the top three.

### MARATHON TIMES AT ALTITUDE: TOP 21 WOMEN'S PERFORMANCES

2:33:09	Frith van der Merwe	1	Pretoria	10 Nov 90
2:33:49	Van der Merwe-2	1	Benoni	28 Jan 90
2:35:05	Van der Merwe-3	1	Johannesburg	22 Apr 90
2:41:16	Sonja Laxton	1	Johannesburg	10 Oct 88
2:42:10	Adelene Joubert	1	Johannesburg	10 Oct 85
2:42:20	Van der Merwe-4	1	Johannesburg	27 Oct 91
2:42:24	Van der Merwe-5	1	Welkom	09 Mar 91
2:42:44	Laxton-2	1	Johannesburg	10 Oct 84
2:42:49	Van der Merwe-6	2	Johannesburg	10 Oct 88
2:43:54	René Kalmer	[10] 1	Soweto	01 Nov 09
2:44:00	Laxton-3	1	Johannesburg	10 Oct 86
2:44:30	Annette Falkson	2	Johannesburg	10 Oct 86
2:44:50	Laxton-4	1	Johannesburg	21 Jun 87
2:45:10	Poppy Mlambo	2	Soweto	01 Nov 09
2:45:37	Gwen van Lingen	1	Soweto	04 Nov 01
2:45:48	Sarah Mahlangu	1	Soweto	07 Dec 97
2:46:33	Laxton-5	1	Brakpan	01 Sep 80
2:46:55	Yolande Maclean	1	Benoni	25 Jan 15
2:47:32	Van der Merwe-7	1	Johannesburg	21 Feb 88
2:47:45	Van der Merwe-8	1	Benoni	24 Jan 88
2:47:45	Louisa Leballo	1	Centurion	01 May 00

### THIS MONTH IN HISTORY

#### 20 years ago: 9 August 1995

The World Championships in Göteborg will mainly be remembered for the fabulous world record in the triple jump by Jonathan Edwards – a record that still stands – and the unprecedented 200/400 double by Michael Johnson, but two days after Edwards' record South Africa's Elana Meyer played a major role in an exciting 10000 metres that was led from the halfway mark to the finish by Fernanda Ribeiro (POR). Meyer took over from Liz McColgan after 3 km and sped the fourth kilometre in 2:56.4, but soon afterwards Ribeiro went into a lead which she never relinquished. Ribeiro's time at 5000 m was 15:46.89 and she covered the second half in 15:18.10 to claim the title in 31:04.99, the world's fastest time for the year. Olympic champion Derartu Tulu was second, Tegla Loroupe third, Maria Guida fourth and Meyer fifth (31:31.96).

### SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:31	Eliud Ngetich (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		25 Jul
	62:06	Lucky Modike Mohale	Port Elizabeth	
	61:21A	Lusapho April	New York	
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
	71:18p	Dennis Kipruto Kimetto (KEN)		
30 km	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
	2:15:17	Desmond Mokgobu	Santiago	
Marathon	2:04:42	Eliud Kipchoge (KEN)		12 Apr
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
	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	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	48:41	Johannes Kekana	Pretoria	15 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	64:35	Shadrack Hoff	Port Elizabeth	25 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:23:50	Shadrack Hoff	Pretoria	09 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:44:59	Maxwell Goodman	Uitenhage	22 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:58	Charles Tjiane	Benoni	25 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:25	Eric Coetzee	Bellville	28 Mar
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:07	Eric Coetzee	Eersterivier	20 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:23	Daniel Mothibe	Port Elizabeth	25 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:43:01	Peter Sehloho	Durban	08 Mar
	1:41:14A	Michael Bekapi	Somerset East	
30 km	1:51:00	Eric Coetzee	Parow	15 Mar
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		

100 km

Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	85:21	Moalosi Ernest Tjela	Port Elizabeth	25 Jul
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				

Juniors

10 km	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	68:36	Mbasobhi Gumede	Port Elizabeth	25 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

**WOMEN**Open

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	30:56	Gladys Cheron (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	51:54	Lebo Phalula	Pretoria	15 Aug
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	71:54	Lebo Phalula	Port Elizabeth	25 Jul
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	1:21:55	Sutume Asefa Kebede (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	82:50	Ulrica Stander	Port Elizabeth	25 Jul
	69:56	Irina Permitina (RUS) 2009		
25 km	1:49:37	Heather Walden	Pretoria	09 May
	1:42:12A	Suzette Botha	Pinetown	25 Jan
	82:13	Mizuki Noguchi (JPN) 2005		

30 km	2:11:00 1:51:37	Adele Waldron Mieke Pullen (NED) 2001	Camps Bay	04 Jan
Marathon	2:53:38	Gillian Sieling	London	26 Apr
	3:02:08A 2:26:51	Jacqui Bakkes Priscilla Welch (GBR) 1987	Simon's Town	15 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:23 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Durban	07 Jun
15 km	61:03 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Ravensmead	14 Mar
21.1 km	90:02 76:07	Jane Mudau Tatyana Pozdniakova (UKR) 2006	Polokwane	09 Aug
25 km	2:11:04	Julie Shadwell	Pretoria	09 May
30 km	2:23:26	Olga Howard	Camps Bay	04 Jan
Marathon	3:11:23 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Polokwane	28 Mar
100 km				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:00	Nancy Will	Eersterivier	20 Jun
21.1 km	1:31:38	Nancy Will	Atlantis	22 Aug
25 km	2:27:12	Francis van Blerk	Pretoria	11 Jul
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19 3:30:47A	Wendy Fitzmaurice Nancy Will	Durban Simon's Town	01 Mar 15 Feb
100 km				
<u>Juniors</u>				
10 km	34:52 31:42	Nicole van der Merwe Zola Pieterse (RSA) 1984	Durban	07 Jun
15 km	58:12 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	20 Jun
21.1 km	84:17 1:09:05	Nonhlanhla Dlamini Delilah Asiago (KEN) 1991	Cape Town	04 Apr

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