

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

Before the World Championships in Beijing it had seemed unlikely that Justin Gatlin would be beaten in the 100 m – and even less likely that the fabulous Ethiopian Genzebe Dibaba would not win the 5000 m. And yet both lost; Dibaba, who recently set a world record for 1500 m, by a shockingly wide margin – in fact, she was "only" third.

Thus she was denied the double, although she did win the 1500 m by a narrow margin in 4:08.09. Briton Mo Farah was spectacularly successful in his quest for a double, taking both the 10000 m and the 5000 m on the last day with his searing kick at the end. Farah has now won the double at the last three global championships, beginning with the Olympic Games in 2012. In the 5000 the pack jogged along for the first nine circuits, running laps as slow as 73 sec. With two laps to go, Caleb Ndiku sprinted away and covered the penultimate lap in a blistering 58.4, followed by 54.3. But even this was not enough, for the defending champion clocked 52.7 for the last lap. His winning time of 13:50.38 is the slowest in the history of the Championships.

Asbel Kiprop's win in the 1500 m means that he joined two of the sports all-time greats, Hicham El Guerrouj of Morocco and Noureddine Morceli of Algeria, as the third man ever to win three or more world 1500 m titles (El Guerrouj has four).

"I knew that when it comes to the last 200, 250 metres, remember, that's how [Taoufik] Makhloufi won the Olympics in London," said Kiprop, who finished a disappointing 12th in that race. He continued: "When you compare his last 50 metres, he's not moving. I was a



Almaz Ayana's scintillating last 3000 m (8:19.91) gave her an unexpected but dominating victory over the favourite, her compatriot Genzebe Dibaba, in the 5000 m. [Getty Images/IAAF]

little bit confident that maybe that's where I could win." And that's how it happened. In the final 50 m Makhloufi was tying up, Kiprop's teammate Elijah Manangoi and Morocco's Abdalaati Iguider were also kicking hard, and the tall, lanky Kenyan hit top speed. Makhloufi had been beaten, and Kiprop's other rivals simply couldn't match his tempo. He won in 3:34.40 ahead of Manangoi (3:34.63) and Iguider (3:34.67) who practically threw himself over the line. Makhloufi finished fourth.

South Africa's Johan Cronje, third in Moscow, could not make the final; his 3:36.59 is the fastest ever non-qualifying time. (He ran 3:36.83 when he won his bronze medal.)



Marina Arzamasova wins a thrilling 800 metres ahead of defending champion Eunice Sum (third). Melissa Bishop, who won the silver medal, is not in the picture. (Getty Images/IAAF)

In the women's 800 m, Marina Arzamasova of Belarus won her nation's first ever medal in this event at the World Championships, winning a surprisingly tactical contest over Canada's Melissa Bishop and Kenya's Eunice Sum. "Of course I expected the podium," said Arzamasova, who clocked 1:58.03. "After the semi-finals, I expected gold medal."

In the same event for men, world record holder David Rudisha delivered a commanding performance. He went out slow, controlled the race, then finished fast (51.67 second lap) to win his third world title.

Ethiopian woman at the Championships. Not even 1.5 m tall, the tiny Dibaba stormed into the stadium with her taller Kenyan rival Helah Kiprop, outkicking her for gold, 2:27:35 to 2:27:36 in the closest finish ever in the history of the Championships. Bronze went to Eunice Kirwa, a Kenyan-born athlete who switched her allegiance to Bahrain back in 2010.

Dibaba, whose coach Haji Adillo told *Race Results Weekly* two days before the race that she was in the best shape of her life, took a patient approach from the start of the race. Running with her Ethiopian teammates, Tigist Tufa and Tirfi Tsegaye, she was content to cruise along at the gentle early pace, set mostly by the Japanese team of Mai Ito, Risa Shigetomo and Sairi Maeda. The entire Kenyan team, led by defending champion Edna Kiplagat and last year's TCS New York City Marathon runner-up Jemima Sumgong, was also in the lead pack which cruised through halfway in a modest 1:15:16. The soaking humidity made running any faster difficult.

By 30 km (1:46:50), the Japanese team was struggling to keep up. Like they had done in the 5000 m and 10000 m, they set the pace early, but then faded when the faster running started. The five kilometers between 30 and 35 km were the fastest so far in the race (17:15), putting the Japanese out of contention. That segment was fast enough to dwindle the pack to just six: Dibaba, Sumgong, Kirwa, Kiprop, Kiplagat and Tufa. Just three minutes later, Tufa was dropped. Kiplagat, who is typically comfortable running at the back of the pack, was staying in contact, but soon she too started to fade.

The 5 km segment through the 40 km mark was covered in a swift 16:34, easily the fastest of the race. The four women left – Dibaba, Kiprop, Kirwa, and Sumgong – were all still in contention as National Stadium came into view. "When we were at 40 kilometers it was a

bit tricky," observed Kiprop, who was competing in her first World Championships. "Everybody was there. Everybody was strong."

All four women entered the tunnel to the stadium at about the same time, but Sumgong was lagging. Into the arena, Dibaba and Kiprop emerged from behind the electronic sign at the top of the homestretch together. Like the men last weekend, they only had 110 m to run in the stadium: a straight drag race for the tape.

"When I saw the Ethiopian athlete pushing, then I tried to push," Kiprop told reporters. "I didn't expect, but I tried my best."

"I had a very strong strategy to (out)kick everybody," Dibaba told the media after the race, adding that she used the four Kenyans in the race to set the pace for her. "My plan was to follow them, head-by-head. When we were coming [into the stadium], the two of us on the track, I wanted to use all my energy to the final line," Dibaba told *Race Results Weekly* with coach Adillo translating. "I know I'm very fast kick in the last. I don't worry about anything." The final 2.195 km of the race (6:57) was the fastest ever in the World Championships.

South Africa's Tanith Maxwell did not finish and stopped at 18 km due to a painful neck and shoulder.

With her victory Dibaba is now on top of the Abbott World Marathon Majors leaderboard for Series IX with 41 points. Kiprop is second with 32 points. The series concludes at the Tokyo Marathon next February when the top male and female point-earners will be awarded a \$500 000 grand prize.

In the women's 5000 Almaz Ayana produced a brilliant championship record performance, running away from Dibaba and clocking a sizzling 14:26.83. Dibaba, who ran in second place most of the race, could not defend her position in the final drive to the line, and was outsprinted by her teammate Senbere Teferi, 14:44.07 to 14:44.14. The victory margin of 17.24 sec is by far the biggest in history at the meeting. Amazingly, Ayana might have gotten close to the world record (14:11.15) had the first five full laps not been run in the 72 to 73 second range as they were. So fast were her final kilometers that she ran the last 3000 m in 8:19.91, faster than every non-Chinese mark on the all-time list. The Ethiopian sweep of the medals was the first since their compatriots Tirunesh Dibaba, Meseret Defar and Ejagayou Dibaba finished 1-2-3 in Helsinki in 2005.

In the women's 10000 m Vivian Cheruiyot regained the title she first won in 2011 (she missed 2013 on maternity leave), winning in a sprint finish over Gelete Burka. Emily Infeld passed USA teammate Molly Huddle right at the finish line when Huddle celebrated prematurely. The USA, with 3rd, 4th and 6th place finishes, had its best-ever World Championships team placing.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Bluff Meats Challenge Half Marathon & 10 km, Durban
- * Sizwe Dr Motlana Marathon, Half Marathon & 10 km, Irene
- * Khayelitsha 10 km, Khayelitsha
- * Mandela Day Marathon & Half Marathon, Howick
- * Spar Grand Prix Series 10 km, Pretoria
- * Madibaz Half Marathon, George
- * XC: Gauteng North Championships, Pretoria

International highlights:

- * World Championships Women's Marathon, Beijing, CHN
 - * Hokkaido Marathon, Sapporo, JPN
 - * Maratón Int'l Ciudad de México, Mexico City, MEX
 - * Track: IAAF World Championships, Moscow, RUS
 - * UltraVasan, Sälen-Mora, SWE
-

ROAD RUNNING**Bluff Meats Challenge Half Marathon & 10 km**

Durban, 30 August

(Distances: 21.1 km & 10 km)

Half marathon**MEN**

| | | | |
|----|------------------|-------------|-------|
| 1. | Michael Mzobe | Maxed Elite | 67:16 |
| 2. | Mawande Hlongwe | H/dale AC | 67:42 |
| 3. | Mbhasobhi Gumede | Inanda Q | 70:41 |

40-49:

| | | | |
|----|-----------------|-----------|-------|
| 1. | Joseph Mandizha | BMS F1 AC | 76:05 |
|----|-----------------|-----------|-------|

50-59:

| | | | |
|----|----------|--------|--------|
| 1. | Ray Cary | Stella | 109:25 |
|----|----------|--------|--------|

60+:

| | | | |
|----|--------------|-----|--------|
| 1. | Robin Archer | QBH | 102:55 |
|----|--------------|-----|--------|

WOMEN

| | | | |
|----|---------------|----------------|-------|
| 1. | Tracy Allison | West AC | 94:36 |
| 2. | Sarah Wilson | West AC | 97:10 |
| 3. | Nicola Hewitt | Riverside Harr | 97:12 |

40-49:

| | | | |
|----|---------------|----------------|-------|
| 1. | Nicola Hewitt | Riverside Harr | 97:12 |
|----|---------------|----------------|-------|

50-59:

| | | | |
|----|----------------|-----------|--------|
| 1. | Roshni Natasen | Hi Way AC | 108:13 |
|----|----------------|-----------|--------|

60-69:

| | | | |
|----|------------------|---------|--------|
| 1. | Charmaine Clarke | West AC | 157:55 |
|----|------------------|---------|--------|

10 km**MEN**

| | | | |
|----|------------------|--------------|-------|
| 1. | Mkhozi Monnabisi | Savages AC | 31:07 |
| 2. | Jonathan Edwards | West AC | 33:33 |
| 3. | S. Sphamandla | Phoenix Vill | 33:55 |

40-49:

| | | | |
|----|---------------|--------------|-------|
| 1. | Bheki Ngubane | Fieldshill W | 35:57 |
|----|---------------|--------------|-------|

50-59:

| | | | |
|----|--------------------|------------|-------|
| 1. | Makhosanke Khumalo | Sydnham AC | 42:40 |
|----|--------------------|------------|-------|

60+:

| | | | |
|----|-------------------|------------|-------|
| 1. | Norrie Williamson | Savages AC | 51:10 |
|----|-------------------|------------|-------|

Juniors:

| | | | |
|----|--------------|--------------|-------|
| 1. | S Sphamandla | Phoenix Vill | 33:33 |
|----|--------------|--------------|-------|

WOMEN

| | | | |
|----|---------------|----------|-------|
| 1. | Caylee Ellero | Bluff AC | 38:56 |
| 2. | Elaine Gundry | Ind | 42:30 |

3. Stephanie Montgomery Faku Chiefs 43:03

40-49:

1. Alison Parle West AC 55:35

60+:

1. Gill Tregaenna West AC 58:11

Juniors:

1. Caylee Ellero Bluff AC 38:56

Sizwe Dr Motlana Marathon, Half Marathon & 10 km

Irene, 30 August

(Distances: 42.195 km, 21.1 km & 10 km. Finishers: marathon – 360; half marathon – 660; 10 km – 450.)

Note: One day after winning the Spar Grand Prix race in Pretoria (results below), Rutendo Nyahora also won this half marathon; Jane Mudau and Francis van Blerk also ran both races. The races started at 12:00. – Ed.

Marathon

MEN

1 Charles Soza (ZIM/Nedbank) 2:36:04; 2 Herbert Mokgala (Cool Running) 2:36:44 (1st vet); 3 Lympson Maifo (Nedbank) 2:40:31; 4 Stanley Mofu (Nedbank) 2:40:53; 5 Peter Muso (Colossus) 2:41:44.

Veterans: 1 Herbert Mokgala (Cool Running) 2:36:44; 2 Action Ramabola (Ivory Park) 2:54:58. **Masters:** 1 Joseph Ndlovu (ACE) 3:23:17; 2 Moses Letlaku (Cool Running) 3:25:04. **G'masters:** 1 Don Charles (Nedbank) 3:36:52; 2 Doen Rossouw (Krugersdorp) 4:29:10.

WOMEN

1 Melanie Banyard (Magnolia) 3:38:01; 2 Kaoma Chileshe (HSRC) 3:38:54; 3 Lethiwe Zondo (CSIR) 3:53:03 (1st vet); 4 Sipiwe Nhlapo (Kwa-Thema) 4:10:54; 5 Hazel Moller (BCC) 4:12:44.

Veterans: 1 Lethiwe Zondo (CSIR) 3:53:03; 2 Hazel Moller (BCC) 4:12:44. **Masters:** 1 Christa Heiden (ACRW) 5:12:01. **G'masters:** 1 Petra Myburgh (Striders) 4:46:07.

Half marathon

MEN

1 Namakoe Nkhasi (LES/Cool Running) 68:18; 2 Jabulane Khaza (Nkangala) 69:41; 3 Lucas Raseruthe (LES/Cool Running) 72:26; 4 Kgathatso Checha (Cool Running) 74:34; 5 Revaldo Abrams (Nedbank) 75:22.

Veterans: 1 Alfred Mantji (Rainbow) 84:07; 2 David Nkosi (Dayveton Hearts) 90:20.

Masters: 1 Kabelo Tshabalala (Std Bank) 94:18; 2 Philemon Mbokazi (Benoni Harriers) 98:03. **G'masters:** 1 Francis Makuka (ZAM/Phobians) 86:27; 2 Arthur Valasis (Hamlet on Line) 1:49:34. **G/g'masters:** 1 Patrick Mafilika (Nedbank) 2:15:00. **80+:** Dions Heigers (ACRW) 2:57:19. **Juniors:** 1 Mpho Mooka (Nedbank) 90:19; 2 Godfrey Mhlanga (Nedbank) 95:14.

WOMEN

1 Rutendo Nyahora (ZIM/Nedbank) 82:58; 2 Keshoketswe Lechaba (LES/Coca-Cola) 91:46; 3 Linah Mhlongo (Eskom) 94:30; 4 Vuyokazi Gebe (Transnet) 94:44; 5 Eunice Malobola (Nedbank) 95:44.

Veterans: 1 Linah Mhlongo (Eskom) 94:30; 2 Sharon Newman (Midrand) 1:55:38.
Masters: 1 Jane Mudau (Pietersburg) 1:41:33; 2 Rita van Wyk (Boksburg) 1:54:32.
G'masters: 1 Francis van Blerk (Nedbank) 1:57:40; 2 Maxie Reynierse (Ndaba) 2:59:16.
80+: Deirdre Larkin (Randburg) 2:43:26.

10 km

MEN

1 Musa Swakaxa (Transnet) 32:40; 2 Bafana Dube (Transnet) 32:52; 3 Jacob Tseko (Tuks) 33:39; 4 Colin Parura (ZIM/Nedbank) 34:04; 5 Kau Matuma (FFA) 34:47.

Veterans: 1 Richard Mayer (Lydiard) 39:10; 2 Andy Irvine (RRW) 43:30. **Masters:** 1 Joseph Mabodla (Colossus) 39:56; 2 Piet Chauke (Gallopers) 41:48. **G'masters:** 1 George Seoka (Attridgeville) 77:05. **G/g'masters:** 1 Andries v.d. Merwe (Transnet) 55:10.
Juniors: 1 Tamase Mokoena (Ubuhle) 35:53; 2 Thabang Maleka (Nedbank) 37:31.

WOMEN

1 Janelle Verster (Unisa) 47:20; 2 Patricia Forbes (Running Inn) 48:36; 3 Anel Labuschagne (Kempton) 49:33; 4 Makona Batji (Olifantsfontein) 50:36; 5 Elri van Huyssteen (Temp) 50:57.

Veterans: 1 Patricia Forbes (Running Inn) 48:36; 2 Charmaine Warricker (VTM) 56:07.
Masters: 1 Ilse Merrick (Temp) 57:40; 2 Linah Nkosi (Blue Sky) 63:46. **G'masters:** 1 Rina Pretorius (SABS) 64:22; 2 Muriel Charles (Nedbank) 73:54. **G/g'masters:** 1 Phyllis Maartens (Born 2 Run) 1:53:35. **Juniors:** 1 Sumarie Moolman (ACRW) 55:12.

Khayelitsha 10 km

Khayelitsha, Cape Town, 30 August

(Weather: cold, strong wind. Finishers: 374 [up from 323 last year].)

Note: Unfortunately some names in these results were illegible. – Ed.

MEN

1. Sibusiso Soldaka (CPUT) 31:12
 2. Akhona Makila (VOB) 31:36
 3. Sibusiso Madikizela (Itheke) 31:41

Veterans: 1. Xolile Macanda (Gugs) 36:14; 2. Ismail Isaacs (Tyger) 42:30; 3. Chris [Illegible] (Celtic) 44:27. **Masters:** 1. Zolani Ntsono (SANDF) 40:05; 2. Bernie Temmers (Gugs) 44:27; 3. Goodman Mpukane (Gugs) 45:38. **G'masters:** 1. Gemjikile Tom (Eskom) 44:24; 2. Mervin Smith (Celtic) 47:18; 3. Zamabuntu [Illegible] (Gugs) 50:11.
G/g'masters: 1. Arthur Dakers (Held) 1:44:19. **Juniors:** 1. Lukhanyo Nobakada (VOB) 32:55; 2. Thembeke Mendu (Gugs) 35:29; 3. Asemahle Kwatsha (Gugs) 36:46.

WOMEN

1. Zintle Xiniwe (FNB) 38:22
 2. Pamela Moyikwa (VOB) 40:24 (1st jun)
 3. Busisiwe Gwala (VOB) 40:26

Veterans: 1. Busisiwe Mawane (Celtic) 41:15; 2. Sheryl de Lange (FNB) 42:34; 3. Zethena October (Ravens) 49:41. **Masters:** 1. Charmaine Cupido (Ned) 47:25; 2. Hanna Akokpari (Gugs) 54:01; 3. Naomi Badenhorst (VOB) 55:07. **G'masters:** 1. Helen du Plessis (Tyger) 52:39; 2. Elmora Smit (Tyger) 76:27; 3. Charlotte Kettlewell (VOB) 80:54.
G/g'masters: 1. Annatjie Berntzen (Tyger) 75:21; 2. Bonnie Kosmas (Held) 79:46; 3. Elize Grobbelaar (Bell) 91:11. **Juniors:** 1. Pamela Moyikwa (VOB) 40:24; 2. Busisiwe Gwala (VOB) 40:26; 3. Lauren Jonathan (VOB) 41:35.

Mandela Day Marathon & Half Marathon

Howick, 30 August

(Distances: 42.195 km & 21.1 km; point-to-point courses)

Marathon

MEN

1. Matela Makhetha (LES) 2:28:17
2. Sufa Damessa (ETH) 2:28:27
3. Sikhumbuzo Seme 2:29:40
4. Tsepang Ramonene (LES) 2:30:09
5. Mike Fokoroni (ZIM) 2:30:18
6. Coolboy Ngamole 2:30:50
7. Munyaradzi Jari (ZIM) 2:31:03
8. Melly Kennedy (KEN) 2:31:27
9. Lyno Muchena (ZIM) 2:32:11
10. Ntsindiso Mphakathi 2:33:01

WOMEN

1. Selam Alebachew (ETH) 2:58:28
2. Immaculate Chemutai (UGA) 2:59:38
3. Chelitu Asefa (ETH) 2:59:58
4. Tabitha Tsatsa (ZIM) 3:05:17
5. Makhosazane Mhlongo 3:07:41
6. Fortunate Chidzivo (ZIM) 3:11:14
7. Catherine Skhosana 3:13:11
8. Lizih Chokore (ZIM) 3:15:25
9. Chiyedza Chokore (ZIM) 3:15:45
10. Monica Kativhu (ZIM) 3:16:38

Half marathon

MEN

1. Lucky Mohale 65:11
2. David Manja 65:15
3. Joel Mmone 66:02
4. Lebenya Nkoka (LES) 66:09
5. Xolisa Tyali 66:59
6. Philani Buthelezi 67:04
7. Philimon Mathiba 67:24
8. Rabson Chigara (ZIM) 67:47
9. Siindile Gubese 68:02
10. Tumelo Mahlangu 68:21

WOMEN

1. Jenna Challenor 1:19:14
2. Janie Grundling 1:21:4
3. Makamong Letsie (LES) 1:22:07
4. Faith Nyasango (ZIM) 1:23:02
5. Portia Ngwenya 1:23:29
6. Tebogo Masehla 1:24:32
7. Poppy Mlambo 1:24:52
8. Annah Moeketsi 1:28:08
9. Lindokuhle Gabela 1:28:12
10. Catherine Malungane 1:29:38

Spar Grand Prix Series 10 km

(Women only)

Pretoria, 29 August

(Certified, hilly loop course. Weather: Very warm [start time 14:00.]

WOMEN -

1. Rutendo Nyahora (ZIM/Ned)) 34:54
2. Lebo Phalula (Boxer) 35:10
3. Lebogang Phalula (Boxer) 35:38
4. Nolene Conrad (Boxer) 36:25
5. Chery-Lee Schoeman (KPMG) 37:08
6. Cornelia Joubert (Ned) 37:19
7. Charné Bosman (Ned) 37:21
8. Caroline Wöstmann (Ned) 37:34
9. Mapaseka Makhanya (Ned) 37:48
10. Nthombesintu Mfunzi (Ned) 37:57

Veterans: 1. Mitsie van der Westhuizen (Runav) 41:28; Ronel Thomas (Boxer) 42:08; 3. Lana Theunissen (Ned) 45:35. **Masters:** 1. Judy Bird (Mid) 41:39; 2. Jane Mudau (Pieters) 44:15; 3. Ansie Breytenbach (Irene) 45:00. **G'masters:** 1. Margie Saunders (Ned) 46:14; 2. Francis van Blerk (Ned) 49:31; 3. Sonja Laxton (RAC) 50:58. **G/g'masters:** 1. Annetjie Greyvenstein (Irene) 60:00; 2. Deirdre Larkin (RH) 69:01; 3. Mavis Stadler (Agape) 69:53. **Juniors:** 1. Chery-Lee Schoeman (KPMG) 37:08; 2. Simonay Weitsz (Boxer) 38:14; 3. Liza Kellerman (Ned) 42:27.

Madibaz Half Marathon

George, 22 August

(Distance: 21.1 km. Finishers: 127.)

MEN

| | | | | | |
|---|-----------|----------|--------------------|----|---------|
| 1 | Elfonzo | Pieterse | Nedbank SWD | 26 | 1:11:27 |
| 2 | Julius | Korkee | Nedbank SWD | 30 | 1:13:43 |
| 3 | John | April | TEMP | 26 | 1:14:49 |
| 4 | Mxolise | Fana | Outeniqua Harriers | 46 | 1:18:36 |
| 5 | Melikhaya | Msizi | KMC | 31 | 1:18:44 |

WOMEN

| | | | | | |
|---|-----------|--------------|--------------------|----|---------|
| 1 | Melissa | van Rensburg | Nedbank SWD | 33 | 1:25:39 |
| 2 | Annatjie | Botes | Nedbank SWD | 57 | 1:37:46 |
| 3 | Danika | Gerber | Hartenbos Drawwers | 24 | 1:39:37 |
| 4 | Elize | Kloppers | Hartenbos Drawwers | 45 | 1:40:38 |
| 5 | Charmaine | Lamprecht | Nedbank SWD | 31 | 1:41:55 |

CROSS-COUNTRY

Gauteng North Cross-country Championships

Pretoria, 22 August

Note: Some times were given in hundredths of a second and some in tenths – all were rounded up by DRR according to the rules. – Ed.

SR. MEN (10 km)

| | | | | |
|---|----------|----------|----------|-------|
| 1 | Vuyisile | Tshoba | Transnet | 32:37 |
| 2 | Collen | Mulaudzi | TUT | 32:43 |
| 3 | K. | Madiba | TUT | 33:30 |

| | | | | |
|-------------------|----------|--------------|-----------------------------|-------|
| SR. MEN | | | | |
| 1 | Collen | Mulaudzi | TUT | 12:22 |
| 2 | Moses | Dirane | Tuks | 12:24 |
| 3 | Bafana | Dube | Transnet | 12:35 |
| MEN 40 (8 km) | | | | |
| 1 | Shadrack | Hoff | Samcor | 25:57 |
| 2 | Enoch | Skosana | Nedbank | 28:22 |
| 3 | Colin | Witbooi | PMMC | 29:02 |
| MEN 45 (8 km) | | | | |
| 1 | Piet | Mosebedi | Transnet | 29:32 |
| 2 | Graham | Megan | Tuks | 32:18 |
| 3 | Koos | Aphane | PMMC | 32:40 |
| MEN 50 (8 km) | | | | |
| 1 | Richard | Sinden | Voortrekker Monument | 35:33 |
| 2 | Francois | Oosthuizen | GNMA | 36:04 |
| 3 | Robert | Hudson | Irene | 36:22 |
| MEN 55 (8 km) | | | | |
| 1 | Johann | Walters | Tuks | 33:46 |
| 2 | Burger | Linde | Armcor | 33:52 |
| 3 | Piet | Lotter | ACRW | 35:14 |
| MEN 60 (6 km) | | | | |
| 1 | Machiel | Van Niekerk | Magnolia | 26:50 |
| 2 | Dewald | V.d. Heever | Individual | 29:27 |
| 3 | Len | Claasen | Tuks | 29:45 |
| MEN 65 (6 km) | | | | |
| 1 | Mike | Du Bruto | Irene | 25:54 |
| 2 | Piet | Kleingeld | Bronkhorstspuit | 27:06 |
| 3 | Harry | V.d. Merwe | Bronkhorstspuit | 29:33 |
| MEN 70 (6 km) | | | | |
| 1 | Mike | Kleinsmit | Transnet | 31:30 |
| 2 | Anton | Harrop-Allin | ACRW | 32:16 |
| 3 | Assie | Van Aswegen | Overkruin | 37:07 |
| MEN 75 (6 km) | | | | |
| 1 | Andries | V.d. Merwe | Transnet | 31:32 |
| 2 | Neville | Muir | Phobians | 57:01 |
| MEN 80 (6 km) | | | | |
| 1 | Ken | Nurden | Agape | 33:02 |
| 2 | Dion | Heigers | ACRW | 44:34 |
| 3 | Frans | Grobler | Transnet | 62:25 |
| MEN 23 | | | | |
| 1 | Kabelo | Melamu | Randmark (CGA) | 12:35 |
| 2 | Musa | Swakaxa | Transnet | 12:35 |
| 3 | Jonathan | Bredenkamp | Tuks | 12:44 |
| JR. MEN (8 km) | | | | |
| 1 | Ikageng | Gaorekwa | Vorentoe Hoërskool (KPMG) | 27:02 |
| 2 | James | Majenge | Marais Viljoen | 27:31 |
| 3 | Welcome | Lubisi | Nedbank Skosana Development | 27:46 |
| BOYS 17 (6 km) | | | | |
| 1 | George | Kusche | Affies Seuns | 20:10 |
| 2 | Romano | Slinger | Eldoraigne | 20:51 |
| 3 | Gongezo | Njubane | Temba Prestige | 21:10 |
| SR. WOMEN (10 km) | | | | |
| 1 | Liziwe | Mabona | Transnet | 38:26 |
| 2 | Kataza | Shipalana | Transnet | 39:34 |
| 3 | Portia | Ngwenya | Transnet | 39:47 |

| | | | | |
|------------------|-------------|-----------------|-----------------------------|-------|
| WOMEN 40 | | | | |
| 1 | Jacque | Van der Waals | Irene | 15:20 |
| 2 | Ronel | Thomas | Boxer | 15:50 |
| 3 | Merriam | Mooki | Transnet | 15:59 |
| WOMEN 45 | | | | |
| 1 | Salome | Vermeulen | Bronkhorstspuit | 16:28 |
| 2 | Carlia | Ludick | PPMC | 18:15 |
| 3 | Margaret | Marggraaff | Individual | 18:49 |
| WOMEN 50 | | | | |
| 1 | Ansie | Breytenbach | Irene | 17:01 |
| 2 | Lettie | Saayman | Nedbank | 17:56 |
| 3 | Elsabe | Brink | Runavation | 18:27 |
| WOMEN 55 | | | | |
| 1 | Jackie | Navarria | ACRW | 20:46 |
| 2 | Adri | Van Dyk | Danie Malan | 21:15 |
| 3 | Christa | Mouton | Agape | 22:40 |
| WOMEN 60 | | | | |
| 1 | Frances | Van Blerk | Nedbank | 18:07 |
| 2 | Corrie | Kleingeld | Bronkhorstspuit | 22:09 |
| 3 | Stephanie | Claasen | Tuks | 22:37 |
| WOMEN 65 | | | | |
| 1 | Ella | Smith | PPMC | 25:23 |
| WOMEN 23 | | | | |
| 1 | Leani | Grimes | Tuks | 15:00 |
| 2 | Murendwa | Darhana | TUT | 15:00 |
| 3 | Nokuthula | Mokoana | TUT | 15:31 |
| JR. WOMEN (6 km) | | | | |
| 1 | Lize | Botha | Centurion | 24:51 |
| 2 | Thobile | Amon | Tuks Sport School | 24:53 |
| 3 | Lethabo | Seema | Tuks Sport School | 25:53 |
| GIRLS 17 | | | | |
| 1 | Tshegofatso | | Setlhakgoe Prestige College | 15:23 |
| 2 | Monique | Geel | Affies Meisies | 15:39 |
| 3 | Caelin | V.d. Westhuizen | Eldoraigue | 15:49 |

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

IAAF World Championships in Athletics Women's Marathon (15th)

Beijing, CHN, 30 August

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

WOMEN (gun times)

| | | | | |
|----|---------------------------|---------|--------|------------|
| 1. | Mare DIBABA, 1989, ETH | 2:27:35 | Gold | USD 60,000 |
| 2. | Helah KIPROP, 1985, KEN | 2:27:36 | Silver | 30,000 |
| 3. | Eunice KIRWA, 1984, BRN | 2:27:39 | Bronze | 20,000 |
| 4. | Jemima SUMGONG, 1984, KEN | 2:27:42 | | 15,000 |
| 5. | Edna KIPLAGAT, 1979, KEN | 2:28:18 | | 10,000 |
| 6. | Tigist TUFA, 1987, ETH | 2:29:12 | | 6,000 |
| 7. | Mai ITO, 1984, JPN | 2:29:48 | | 5,000 |

| | | |
|-----------------------------------|------------|-------|
| 8. Tirfi TSEGAYE, 1984, ETH | 2:30:54 | 4,000 |
| 9. KIM Hye-Song, 1993, PRK | 2:30:59 | |
| 10. Serena BURLA, 1982, USA | 2:31:06 | |
| 11. Rasa DRAZDAUSKAITÉ, 1981, LTU | 2:31:23 | |
| 12. Filomena COSTA, 1985, POR | 2:31:40 | |
| 13. Sairi MAEDA, 1991, JPN | 2:31:46 | |
| 14. Risa SHIGETOMO, 1987, JPN | 2:32:37 | |
| 15. Alina PROKOPEVA, 1985, RUS | 2:32:44 | |
| 16. DING Changqin, 1991, CHN | 2:33:04 | |
| 17. Alessandra AGUILAR, 1978, ESP | 2:33:42 | |
| 18. Jaisha ORCHATTERI, 1983, IND | 2:34:43 NR | |
| 19. Sudha SINGH, 1986, IND | 2:35:35 PB | |
| 20. Visiline JEPKESHO, 1988, KEN | 2:36:17 | |
| Tanith MAXWELL, 1976, RSA | DNF | |
| Beata NAIGAMBO, 1980, NAM | DNF | |

Hokkaido Marathon (29th)

Sapporo, JPN, 30 August

(Distance: 42.195 km; near-loop course with about 3 km start/finish separation and 11 m elevation loss [record standard])

MEN (gun times)

1. Arata Fujiwara, JPN 2:16:49
2. Cyrus Njui, KEN 2:17:00
3. Tomohiro Tanigawa, JPN 2:17:03

WOMEN (gun times)

1. Yui Okada, 1994, JPN 2:32:10 DB
2. Kaori Yoshida*, 1981, JPN 2:33:14
3. Yuko Mizuguchi, 1985, JPN 2:33:20

*) Served doping ban for EPO 18 Jan -2013 to 17 Jan 2015

Maratón Int'l Ciudad de México (33rd)

Mexico City, MEX, 30 August

(Distance: 42.195 km; original uphill Olympic course used in 1968 [high altitude])

MEN

1. Danel Aschenik Derese, ETH 2:19:24 MXN 450,000 (=USD 26,777)
2. Debebe Tolossa Wolde, ETH 2:19:49 200,000
3. Elisha Korir Chumo, KEN 2:20:03 150,000

ALL WOMEN'S ELITE RACE -

1. Shewarge Amare Alene, ETH 2:41:08 MXN 450,000 (=USD 26,777)
2. Misiker Mekonen Demise, ETH 2:41:54 200,000
3. Serkalem Biset Abrah, ETH 2:42:47 150,000

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

Moscow, RUS; 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: Some of the meeting's earlier results were included last week. They are repeated here so that DRR readers can have a full set of results in one place. Also included at the end are the medal winners in non-distance events and the performances of the South Africans. – Ed.

MEN

800 (25):

- | | | |
|--|---------|--------|
| 1. David RUDISHA, 1988, KEN | 1:45.84 | Gold |
| [54.17 / 51.67] | | |
| 2. Adam KSZCZOT, 1989, POL | 1:46.08 | Silver |
| 3. Amel TUKA, 1991, BIH | 1:46.30 | Bronze |
| 4. Ferguson ROTICH, 1989, KEN | 1:46.35 | |
| 5. Pierre-Ambroise BOSSE, 1992, FRA | 1:46.63 | |
| 6. Musaeb Abdulrahman BALLA, 1989, QAT | 1:47.01 | |
| 7. Nader BELHANBEL, 1994, MAR | 1:47.09 | |
| 8. Alfred KIPKETER, 1996, KEN | 1:47.66 | |

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

1500 (30):

| | | |
|---------------------------------------|---------|--------|
| 1. Asbel KIPROP, 1989, KEN | 3:34.40 | Gold |
| [Last 400 51.8] | | |
| 2. Elijah Motonei MANANGOI, 1993, KEN | 3:34.63 | Silver |
| 3. Abdalaati IGUIDER, 1987, MAR | 3:34.67 | Bronze |
| 4. Taoufik MAKHLOUFI, 1988, ALG | 3:34.76 | |
| 5. Silas KIPLAGAT, 1989, KEN | 3:34.81 | |
| 6. Nick WILLIS, 1983, NZL | 3:35.46 | |
| 7. Timothy CHERUIYOT, 1995, KEN | 3:36.05 | |
| 8. Matthew CENTROWITZ, 1989, USA | 3:36.13 | |
| 9. Charlie GRICE, 1993, GBR | 3:36.21 | |
| 10. Leo MANZANO, 1984, USA | 3:37.26 | |
| 11. Robby ANDREWS, 1991, USA | 3:38.29 | |
| Aman WOTE, 1984, ETH | DNF | |

Semi-Finals (28):

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

Heat 1:

| | | |
|-------------------------------------|---------|---|
| 1. Asbel KIPROP, 1989, KEN | 3:43.48 | Q |
| 2. Nick WILLIS, 1983, NZL | 3:43.57 | Q |
| 3. Silas KIPLAGAT, 1989, KEN | 3:43.64 | Q |
| 4. Matthew CENTROWITZ, 1989, USA | 3:43.97 | Q |
| 5. Leo MANZANO, 1984, USA | 3:44.28 | Q |
| 6. Mekonnen GEBREMEDHIN, 1988, ETH | 3:44.31 | |
| 7. Chris O'HARE, 1990, GBR | 3:44.36 | |
| 8. Pieter-Jan HANNES, 1992, BEL | 3:44.38 | |
| 9. Yassine BENSGHIR, 1983, MAR | 3:44.95 | |
| 10. Ilham Tanui ÖZBILEN, 1990, TUR | 3:45.70 | |
| 11. Abdi Waiss MOUHYADIN, 1996, DJI | 3:46.82 | |
| 12. Carlos DÍAZ, 1993, CHI | 3:47.48 | |

Heat 2:

| | | |
|--|---------|---|
| 1. Elijah Motonei MANANGOI, 1993, KEN | 3:35.00 | Q |
| 2. Taoufik MAKHLOUFI, 1988, ALG | 3:35.05 | Q |
| 3. Abdalaati IGUIDER, 1987, MAR | 3:35.20 | Q |
| 4. Charlie GRICE, 1993, GBR | 3:35.58 | Q |
| 5. Timothy CHERUIYOT, 1995, KEN | 3:35.74 | Q |
| 6. Robby ANDREWS, 1991, USA | 3:35.88 | q |
| 7. Aman WOTE, 1984, ETH | 3:35.97 | q |
| 8. Johan CRONJE, 1982, RSA | 3:36.59 | |
| 9. Morhad AMDOUNI, 1988, FRA | 3:37.79 | |
| 10. Charles PHILIBERT-THIBOUTOT, 1990, CAN | 3:39.62 | |
| 11. Julian MATTHEWS, 1988, NZL | 3:40.45 | |
| 12. David BUSTOS, 1990, ESP | 3:42.48 | |

Prelims (27):

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

Heat 1:

| | | |
|---------------------------------------|---------|---|
| 1. Elijah Motonei MANANGOI, 1993, KEN | 3:42.57 | Q |
| 2. Taoufik MAKHLOUFI, 1988, ALG | 3:42.72 | Q |
| 3. Matthew CENTROWITZ, 1989, USA | 3:43.17 | Q |
| 4. Charlie GRICE, 1993, GBR | 3:43.21 | Q |
| 5. Yassine BENSGHIR, 1983, MAR | 3:43.22 | Q |
| 6. Johan CRONJE, 1982, RSA | 3:43.29 | Q |
| 7. Ryan GREGSON, 1990, AUS | 3:43.54 | |

| | |
|---------------------------------------|---------|
| 8. Jakub HOLUŠA, 1988, CZE | 3:43.66 |
| 9. Henrik INGEBRIGTSEN, 1991, NOR | 3:43.97 |
| 10. Youssef HISS BACHIR, 1987, DJI | 3:44.48 |
| 11. Dawit WOLDE, 1991, ETH | 3:44.90 |
| 12. Benson Kiplagat SEUREI, 1984, BRN | 3:45.70 |
| 13. Adel MECHAAL, 1990, ESP | 3:46.05 |
| 14. Awwad AL SHARAFAT, 1993, JOR | 4:07.72 |

Heat 2:

| | |
|---|-----------|
| 1. Asbel KIPROP, 1989, KEN | 3:38.97 Q |
| 2. Aman WOTE, 1984, ETH | 3:39.05 Q |
| 3. Leo MANZANO, 1984, USA | 3:39.22 Q |
| 4. Pieter-Jan HANNES, 1992, BEL | 3:39.31 Q |
| 5. Morhad AMDOUNI, 1988, FRA | 3:39.38 Q |
| 6. Julian MATTHEWS, 1988, NZL | 3:39.55 Q |
| 7. Charles PHILIBERT-THIBOUTOT, 1990, CAN | 3:39.72 q |
| 8. Fouad ELKAAM, 1988, MAR | 3:40.12 |
| 9. Dumisane HLASELO, 1989, RSA | 3:40.25 |
| 10. Ronald MUSAGALA, 1992, UGA | 3:42.12 |
| 11. Víctor CORRALES, 1989, ESP | 3:44.76 |
| 12. Salim KEDDAR, 1993, ALG | 3:44.81 |
| Ayanleh SOULEIMAN, 1992, DJI | DNF |

Heat 3:

| | |
|------------------------------------|-----------|
| 1. Silas KIPLAGAT, 1989, KEN | 3:38.13 Q |
| 2. Abdalaati IGUIDER, 1987, MAR | 3:38.14 Q |
| 3. Nick WILLIS, 1983, NZL | 3:38.27 Q |
| 4. Ilham Tanui ÖZBILEN, 1990, TUR | 3:38.28 Q |
| 5. Chris O'HARE, 1990, GBR | 3:38.43 Q |
| 6. Timothy CHERUIYOT, 1995, KEN | 3:38.50 Q |
| 7. Robby ANDREWS, 1991, USA | 3:38.52 q |
| 8. Mekonnen GEBREMEDHIN, 1988, ETH | 3:38.66 q |
| 9. Abdi Waiss MOUHYADIN, 1996, DJI | 3:38.66 q |
| 10. David BUSTOS, 1990, ESP | 3:38.75 q |
| 11. Carlos DÍAZ, 1993, CHI | 3:39.75 q |
| 12. Yassine HATHAT, 1991, ALG | 3:40.16 |
| 13. Hélio GOMES, 1984, POR | 3:46.32 |
| 14. Erick RODRIGUEZ, 1990, NCA | 3:49.64 |

5000 (29):

| | |
|-----------------------------------|-----------------|
| 1. Mo FARAH, 1983, GBR | 13:50.38 Gold |
| [last 800 1:48.6h; last 400 52.7] | |
| 2. Caleb NDIKU, 1992, KEN | 13:51.75 Silver |
| 3. Hagos GEBRHIWET, 1994, ETH | 13:51.86 Bronze |
| 4. Yomif KEJELCHA, 1997, ETH | 13:52.43 |
| 5. Galen RUPP, 1986, USA | 13:53.90 |
| 6. Ben TRUE, 1985, USA | 13:54.07 |
| 7. Ryan HILL, 1990, USA | 13:55.10 |
| 8. Isiah KOECH, 1993, KEN | 13:55.98 |
| 9. Ali KAYA, 1994, TUR | 13:56.51 |
| 10. Edwin SOI, 1986, KEN | 13:59.02 |
| 11. Albert ROP, 1992, BRN | 14:00.12 |
| 12. Mohammed AHMED, 1991, CAN | 14:00.38 |
| 13. Imane MERGA, 1988, ETH | 14:01.60 |
| 14. Richard RINGER, 1989, GER | 14:03.72 |
| 15. Tom FARRELL, 1991, GBR | 14:08.87 |

Prelims (26):

Advance first 5 in each heat plus next 5 times to final

Heat 1:

| | |
|-----------------------------------|-------------|
| 1. Hagos GEBRHIWET, 1994, ETH | 13:45.00 Q |
| 2. Ben TRUE, 1985, USA | 13:45.09 Q |
| 3. Edwin SOI, 1986, KEN | 13:45.28 Q |
| 4. Tom FARRELL, 1991, GBR | 13:45.29 Q |
| 5. Imane MERGA, 1988, ETH | 13:45.41 Q |
| 6. Abrar OSMAN, 1994, ERI | 13:45.55 |
| 7. Suguru OSAKO, 1991, JPN | 13:45.82 |
| 8. Emmanuel KIPSANG, 1991, KEN | 13:46.43 |
| 9. Came LEVINS, 1989, CAN | 13:48.72 |
| 10. Brett ROBINSON, 1991, AUS | 13:49.63 |
| 11. Aelemayehu BEZABEH, 1986, ESP | 13:54.13 |
| 12. Dennis LICHT, 1984, NED | 13:57.61 |
| 13. Othmane EL GOUMRI, 1992, MAR | 13:58.06 |
| 14. Sindre BURAAAS, 1989, NOR | 13:59.07 |
| 15. Kemoy CAMPBELL, 1991, JAM | 14:00.55 |
| 16. Aweke AYALEW, 1993, BRN | 14:07.18 |
| 17. Felicien MUHITIRA, 1994, RWA | 14:11.12 PB |
| 18. Victor ARAVENA, 1990, CHI | 14:29.34 |
| 19. Stuart BANDA, 1988, MAW | 14:49.31 PB |
| Bashir ABDI, 1989, BEL | DNS |

Heat 2:

| | |
|---------------------------------------|---------------|
| 1. Yomif KEJELCHA, 1997, ETH | 13:19.38 Q |
| 2. Mo FARAH, 1983, GBR | 13:19.44 Q |
| 3. Mohammed AHMED, 1991, CAN | 13:19.58 Q SB |
| 4. Caleb NDIKU, 1992, KEN | 13:19.58 Q SB |
| 5. Albert ROP, 1992, BRN | 13:19.61 Q |
| 6. Ryan HILL, 1990, USA | 13:19.67 q |
| 7. Richard RINGER, 1989, GER | 13:19.84 q |
| 8. Galen RUPP, 1986, USA | 13:20.78 q |
| 9. Ali KAYA, 1994, TUR | 13:21.46 q |
| 10. Isiah KOECH, 1993, KEN | 13:23.51 q |
| 11. Aron KIFLE, 1998, ERI | 13:25.85 |
| 12. Phillip KIPYEKO, 1995, UGA | 13:26.20 |
| 13. Ilias FIFA, 1989, ESP | 13:28.29 |
| 14. Hayle IBRAHIMOV, 1990, AZE | 13:28.77 |
| 15. Collis BIRMINGHAM, 1984, AUS | 13:34.58 |
| 16. Jesus ESPAÑA, 1978, ESP | 13:51.47 |
| 17. Kota MURAYAMA, 1993, JPN | 14:07.11 |
| 18. DUO Bujie, 1994, CHN | 14:07.35 |
| 19. Suleiman ABDILLE BORAI, 1984, SOM | 15:26.65 PB |
| 20. Abdullah AL-QWABANI, 1999, YEM | 16:02.55 PB |
| Younés ESSALHI, 1993, MAR | DNF |

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 |
| Bashir ABDI, 1989, BEL | DNF |
| Ismail JUMA, 1991, TAN | DNF |
| Moses KIBET, 1991, UGA | DNF |
| Imane MERGA, 1988, ETH | DNF |

3000 s/chase (24):

| | | |
|--------------------------------------|---------|--------|
| 1. Ezekiel KEMBOI, 1982, KEN | 8:11.28 | Gold |
| 2. Conseslus KIPRUTO, 1994, KEN | 8:12.38 | Silver |
| 3. Brimin Kiprop KIPRUTO, 1985, KEN | 8:12.54 | Bronze |
| 4. Jairus Kipchoge BIRECH, 1992, KEN | 8:12.62 | |
| 5. Daniel HULING, 1983, USA | 8:14.39 | |
| 6. Evan JAGER, 1989, USA | 8:15.47 | |
| 7. Brahim TALEB, 1985, MAR | 8:17.73 | |
| 8. Matthew HUGHES, 1989, CAN | 8:18.63 | SB |
| 9. Krystian ZALEWSKI, 1989, POL | 8:21.22 | SB |
| 10. Donn CABRAL, 1989, USA | 8:24.94 | |
| 11. Hamid EZZINE, 1983, MAR | 8:25.72 | |
| 12. Hailemariyam AMARE, 1997, ETH | 8:26.19 | |
| 13. Bilal TABTI, 1993, ALG | 8:29.04 | |
| 14. Hicham BOUCHICHA, 1989, ALG | 8:33.79 | |
| 15. Tolosa NURGI, 1990, ETH | 8:44.81 | |

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 |
| Roberto ALAIZ, 1990, ESP | DNF |
| Jeroen D'HOEDT, 1990, BEL | DNS |

WOMEN

800 (29):

| | |
|-------------------------------------|----------------|
| 1. Marina ARZAMASOVA, 1987, BLR | 1:58.03 Gold |
| 2. Melissa BISHOP, 1988, CAN | 1:58.12 Silver |
| 3. Eunice SUM, 1988, KEN | 1:58.18 Bronze |
| 4. Rababe ARAFI, 1991, MAR | 1:58.90 |
| 5. Shelayna OSKAN-CLARKE, 1990, GBR | 1:58.99 |
| 6. Nataliia LUPU, 1987, UKR | 1:58.99 |
| 7. Joanna JÓZWIK, 1991, POL | 1:59.09 |
| 8. Renelle LAMOTE, 1993, FRA | 1:59.70 |

Semi-Finals (27):

Advance first 2 each heat plus next 2 fastest to final

Heat 1:

| | |
|---------------------------------|--------------|
| 1. Rababe ARAFI, 1991, MAR | 1:58.55 Q PB |
| 2. Nataliia LUPU, 1987, UKR | 1:58.57 Q SB |
| 3. Selina BÜCHEL, 1991, SUI | 1:58.63 |
| 4. Fabienne KOHLMANN, 1989, GER | 1:59.42 |
| 5. Sofia ENNAOUI, 1995, POL | 2:00.11 PB |
| 6. Brenda MARTINEZ, 1987, USA | 2:00.27 |
| 7. Jenny MEADOWS, 1981, GBR | 2:00.53 |
| 8. Caster SEMENYA, 1991, RSA | 2:03.18 |

Heat 2:

| | |
|-------------------------------------|--------------|
| 1. Shelayna OSKAN-CLARKE, 1990, GBR | 1:58.86 Q PB |
| 2. Renelle LAMOTE, 1993, FRA | 1:58.86 Q PB |
| 3. Olha LYAKHOVA, 1992, UKR | 1:58.94 PB |

- | | |
|---------------------------------|------------|
| 4. Angie PETTY, 1991, NZL | 1:59.53 |
| 5. Fiona BENSON, 1992, CAN | 1:59.59 PB |
| 6. Rose Mary ALMANZA, 1991, CUB | 2:00.38 |
| 7. Molly LUDLOW, 1987, USA | 2:00.43 |
| 8. Christina HERING, 1994, GER | 2:00.81 |

Heat 3:

- | | |
|---------------------------------|--------------|
| 1. Melissa BISHOP, 1988, CAN | 1:57.52 Q NR |
| 2. Marina ARZAMASOVA, 1987, BLR | 1:57.54 Q PB |
| 3. Eunice SUM, 1988, KEN | 1:57.56 q |
| 4. Joanna JÓZWIK, 1991, POL | 1:58.35 q PB |
| 5. Sifan HASSAN, 1993, NED | 1:58.50 PB |
| 6. Malika AKKAOUI, 1987, MAR | 1:59.03 SB |
| 7. Lucia KLOCOVÁ, 1983, SVK | 1:59.14 SB |
| 8. Lynsey SHARP, 1990, GBR, | 1:59.33 |

Prelims (26):

Advance first 3 each heat plus next 6 fastest to semi-finals

Heat 1:

- | | |
|---------------------------------|--------------|
| 1. Marina ARZAMASOVA, 1987, BLR | 1:58.69 Q SB |
| 2. Lynsey SHARP, 1990, GBR | 1:58.98 Q SB |
| 3. Caster SEMENYA, 1991, RSA | 1:59.59 Q SB |
| 4. Nataliia LUPU, 1987, UKR | 1:59.62 q SB |
| 5. Christina HERING, 1994, GER | 2:00.36 q |
| 6. Molly LUDLOW, 1987, USA | 2:00.70 q |
| 7. Tintu LUKKA, 1989, IND | 2:00.95 SB |
| 8. AUNG Aye Aye, 1995, MYA | 2:37.51 |

Heat 2:

- | | |
|--------------------------------|--------------|
| 1. Eunice SUM, 1988, KEN | 1:59.67 Q |
| 2. Olha LYAKHOVA, 1992, UKR | 1:59.92 Q PB |
| 3. Sifan HASSAN, 1993, NED | 1:59.94 Q |
| 4. Renelle LAMOTE, 1993, FRA | 2:00.20 q |
| 5. Charline MATHIAS, 1992, LUX | 2:01.36 |
| 6. Flavia DE LIMA, 1993, BRA | 2:01.76 |
| 7. Habitam ALEMU, 1997, ETH | 2:03.19 |

Heat 3:

- | | |
|-----------------------------------|--------------|
| 1. Rababe ARAFI, 1991, MAR | 2:00.37 Q PB |
| 2. Fiona BENSON, 1992, CAN | 2:00.53 Q |
| 3. Brenda MARTINEZ, 1987, USA | 2:00.54 Q |
| 4. Angie PETTY, 1991, NZL | 2:00.62 q |
| 5. Yevgeniya SUBBOTINA, 1989, RUS | 2:01.50 |
| 6. ZHAO Jing, 1988, CHN | 2:03.08 SB |
| 7. Donna KONIEL, 1992, PNG | 2:12.51 |
| Amela TERZIC, 1993, SRB | DNS |

Heat 4:

- | | |
|---------------------------------|-----------|
| 1. Sofia ENNAOUI, 1995, POL | 2:01.16 Q |
| 2. Rose Mary ALMANZA, 1992, CUB | 2:01.33 Q |
| 3. Lucia KLOCOVÁ, 1983, SVK | 2:01.35 Q |
| 4. Janeth Jepkosgei, 1983, KEN | 2:01.40 |
| 5. Simoya CAMPBELL, 1994, JAM | 2:01.43 |
| 6. Esther GUERRERO, 1990, ESP | 2:02.64 |
| 7. Ciara EVERARD, 1990, IRL | 2:03.98 |

Heat 5:

1. Fabienne KOHLMANN, 1989, GER 2:01.42 Q
2. Joanna JÓZWIK, 1991, POL 2:01.62 Q
3. Shelayna OSKAN-CLARKE, 1990, GBR 2:01.72 Q
4. Natoya GOULE, 1991, JAM 2:02.37
5. Deborah RODRÍGUEZ, 1992, URU 2:02.46
6. Noélie YARIGO, 1985, BEN 2:02.48
7. Alysia MONTANO, 1986, USA 2:09.57
[clipped from behind and fell just before 600 mark]
8. Andrea FOSTER, 1997, GUY 2:17.39

Heat 6:

1. Melissa BISHOP, 1988, CAN 2:00.23 Q
2. Selina BÜCHEL, 1991, SUI 2:00.25 Q
3. Malika AKKAOUI, 1987, MAR 2:00.37 Q SB
4. Jenny MEADOWS, 1981, GBR 2:00.70 q
5. Aníta HINRIKSDÓTTIR, 1996, ISL 2:01.01 SB
6. Anastasiia TKACHUK, 1993, UKR 2:01.07
7. Margaret Nyairera WAMBUI, 1995, KEN 2:03.52

1500 (25):

1. Genzebe DIBABA, 1991, ETH 4:08.09 Gold
[last 800 in 1:57]
2. Faith KIPYEGON, 1994, KEN 4:08.96 Silver
3. Sifan HASSAN, 1993, NED 4:09.34 Bronze
4. Dawit SEYAUM, 1996, ETH 4:10.26
5. Laura MUIR, 1993, GBR 4:11.48
6. Abeba AREGAWI, 1990, SWE 4:12.16
7. Shannon ROWBURY, 1984, USA 4:12.39
8. Angelika CICHOCKA, 1988, POL 4:13.22
9. Rababe ARAFI, 1991, MAR 4:13.66
10. Tatyana TOMASHOVA, 1975, RUS 4:14.18
11. Jenny SIMPSON, 1986, USA 4:16.28
[lost left shoe with 700 m to go, and finished with 1 shoe]
12. Malika AKKAOUI, 1987, MAR 4:16.98

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. Bethem 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 |

5000 (30):

| | | |
|------------------------------|-------------|--------|
| 1. Almaz AYANA, 1991, ETH | 14:26.83 CR | Gold |
| 2. Senbere TEFERI, 1995, ETH | 14:44.07 | Silver |

| | | |
|--------------------------------|-------------|--------|
| 3. Genzebe DIBABA, 1991, ETH | 14:44.14 | Bronze |
| 4. Viola KIBIWOT, 1983, KEN | 14:46.16 | |
| 5. Mercy CHERONO, 1991, KEN | 15:01.36 | |
| 6. Janet KISA, 1992, KEN | 15:02.68 SB | |
| 7. Irene CHEPTAI, 1992, KEN | 15:03.41 | |
| 8. Susan KUIJKEN, 1986, NED | 15:08.00 | |
| 9. Ayuko SUZUKI, 1991, JPN | 15:08.29 PB | |
| 10. Eloise WELLINGS, 1982, AUS | 15:09.62 SB | |
| 11. Mimi BELETE, 1988, BRN | 15:17.01 | |
| 12. Stephanie TWELL, 1989, GBR | 15:26.24 | |
| 13. Nicole TULLY, 1986, USA | 15:27.42 | |
| 14. Misaki ONISHI, 1985, JPN | 15:29.63 | |
| 15. Jennifer WENTH, 1991, AUT | 15:35.46 | |

Prelims (27):

Advance top 5 each heat plus next 5 times to final:

Heat 1:

| | |
|--------------------------------------|-------------|
| 1. Genzebe DIBABA, 1991, ETH | 15:20.82 Q |
| 2. Mercy CHERONO, 1991, KEN | 15:20.94 Q |
| 3. Mimi BELETE, 1988, BRN | 15:20.94 Q |
| 4. Irene CHEPTAI, 1992, KEN | 15:21.03 Q |
| 5. Susan KUIJKEN, 1986, NED | 15:25.67 Q |
| 6. Misaki ONISHI, 1985, JPN | 15:33.84 q |
| 7. Stephanie TWELL, 1989, GBR | 15:34.72 q |
| 8. Nicole TULLY, 1986, USA | 15:41.03 q |
| 9. Madeline HEINER, 1987, AUS | 15:47.97 |
| 10. Gulshat FAZLITDINOVA, 1992, RUS | 15:48.44 |
| 11. Nicole SIFUENTES, 1986, CAN | 15:50.99 |
| 12. Olivia Mugove CHITATE, 1987, ZIM | 16:34.70 PB |
| Nikki HAMBLIN, 1988, NZL | DNS |

Heat 2:

| | |
|---------------------------------------|---------------|
| 1. Almaz AYANA, 1991, ETH | 15:09.40 Q |
| 2. Senbere TEFERI, 1995, ETH | 15:14.57 Q |
| 3. Viola KIBIWOT, 1983, KEN | 15:15.27 Q |
| 4. Janet KISA, 1992, KEN | 15:26.49 Q |
| 5. Eloise WELLINGS, 1982, AUS | 15:26.67 Q SB |
| 6. Ayuko SUZUKI, 1991, JPN | 15:28.18 q |
| 7. Jennifer WENTH, 1991, AUT | 15:43.57 q |
| 8. Bethem DESALEGN, 1991, UAE | 15:48.52 |
| 9. Karoline Bjerke GRØVDAL, 1990, NOR | 16:02.20 |
| 10. Marielle HALL, 1992, USA | 16:06.60 |
| 11. Azusa SUMI, 1996, JPN | 16:13.65 |
| 12. Abbey D'AGOSTINO, 1992, USA | 16:16.47 |
| Elena KOROBKINA, 1990, RUS | DNF |
| Maureen KOSTER, 1992, NED | DNF |

10000 (24):

| | |
|--------------------------------|-----------------|
| 1. Vivian CHERUIYOT, 1983, KEN | 31:41.31 Gold |
| 2. Gelete BURKA, 1986, ETH | 31:41.77 Silver |
| 3. Emily INFELD, 1990, USA | 31:43.49 Bronze |
| 4. Molly HUDDLE, 1984, USA | 31:43.58 |
| 5. Sally KIPYEGO, 1985, KEN | 31:44.42 SB |
| 6. Shalane FLANAGAN, 1981, USA | 31:46.23 |
| 7. Alemitu HEROYE, 1995, ETH | 31:49.73 |
| 8. Betsy SAINA, 1988, KEN | 31:51.35 SB |
| 9. Belaynesh OIJIRA, 1990, ETH | 31:53.01 |

| | |
|---------------------------------|-------------|
| 10. Susan KUIJKEN, 1986, NED | 31:54.32 |
| 11. Jip VASTENBURG, 1994, NED | 32:03.03 |
| 12. Sara MOREIRA, 1985, POR | 32:06.14 |
| 13. Kasumi NISHIHARA, 1989, JPN | 32:12.95 |
| 14. Brenda FLORES, 1991, MEX | 32:15.26 |
| 15. Kate AVERY, 1991, GBR | 32:16.19 |
| 16. Trihas GEBRE, 1990, ESP | 32:20.87 |
| 17. Juliet CHEKWEL, 1990, UGA | 32:20.95 NR |
| 18. Lanni MARCHANT, 1984, CAN | 32:22.50 |
| 19. Ana Dulce FÉLIX, 1982, POR | 32:26.07 |
| 20. Yuka TAKASHIMA, 1988, JPN | 32:27.79 |
| 21. Almensch BELETE, 1989, BEL | 32:47.62 SB |
| 22. Rei OHARA, 1990, JPN | 32:47.74 |
| 23. Natasha WODAK, 1981, CAN | 32:59.20 |
| 24. Nazret WELDU, 1990, ERI | 35:14.18 SB |
| Alia Saeed MOHAMMED, 1991, UAE | DNF |

3000 s/chase (26):

| | | |
|--|---------|-----------|
| 1. Hyvin Kiyeng JEPKEMOI, 1992, KEN | 9:19.11 | Gold |
| 2. Habiba GHRIBI, 1984, TUN | 9:19.24 | Silver |
| 3. Gesa KRAUSE, 1992, GER | 9:19.25 | PB Bronze |
| 4. Sofia ASSEFA, 1987, ETH | 9:20.01 | SB |
| 5. Emma COBURN, 1990, USA | 9:21.78 | |
| 6. Hiwot AYALEW, 1990, ETH | 9:24.27 | |
| 7. Virginia Nyambura NGANGA, 1993, KEN | 9:26.21 | |
| 8. Lalita Shivaji BABAR, 1989, IND | 9:29.64 | |
| 9. Stephanie GARCIA, 1988, USA | 9:31.06 | |
| 10. Salima ELOUALI ALAMI, 1983, MAR | 9:32.15 | |
| 11. Ruth JEBET, 1996, BRN | 9:33.41 | |
| 12. Colleen QUIGLEY, 1992, USA | 9:34.29 | |
| 13. Özlem KAYA, 1990, TUR | 9:34.66 | |
| 14. Fadwa SIDI MADANE, 1994, MAR | 9:41.45 | |
| 15. Roseflin CHEPNGETICH, 1997, KEN | 9:46.08 | |

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 OUHADDU, 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. Roseflie 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)

OTHER RESULTS

MEN

100 (23)(-0.5): 1. Usain Bolt (JAM) 9.79; 2. Justin Gatlin (USA) 9.80; 3. Trayvon Bromell (USA) & Andre De Grasse (CAN) 9.92.

200 (27)(-0.1): 1. Usain Bolt (JAM) 19.55; 2. Justin Gatlin (USA) 19.74; 3. Anaso Jobodwana (RSA) 19.87 NR.

400 (26): 1. Wayde van Niekerk (RSA) 43.48 AR; 2. LaShawn Merritt (USA) 43.65 PB; 3. Kirani James (GRN) 43.78.

110 H (28)(0.1): 1. Sergey Shubenkov (RUS) 12.98 NR; 2. Hansle Parchment (JAM) 13.03; 3. Aries Merritt (USA) 13.04.

400 H (25): 1. Nicholas Bett (KEN) 47.79; 2. Denis Kudryavtsev (RUS) 48.05 NR; 3. Jeffery Gibson (BAH) 48.17 NR.

4 x 100: JAM 37.36; 2. CHN 38.01; 3. CAN 38.13; USA dq.

4 x 400 (30): 1. USA 2:57.82; 2. TTO 2:58.20 NR; 3. GBR 2:58.51.

20 km W (23): 1. Miguel Angel Lopez (ESP) 1:19:14 PB; 2. Zhen Wang CHN 1:19:29; 3. Benjamin Thorne (CAN) 1:19:57 NR; ... 11. Lebogang Shange (RSA) 1:21:43 NR.

50 km W (29): 1. Matej Toth (SVK) 3:40.32; 2. Jared Tallent (AUS) 3:42:17; 3. Takayuki Tanii (JPN) 3:42:55; ... 33. Marc Mundell (RSA) 4:02:41.

HJ (30): 1. Derek Drouin (CAN) 2.34; 2. Guowei Zhang (CHN) & Bohdan Bondarenko (UKR) 2.33.

PV (24): 1. Shawnacy Barber (CAN) 5.90; 2. Raphael Holzdeppe (GER) 5.90; 3. Pawel Wojciechowski (POL), Renaud Lavillenie (FRA) & Piotr Lisek (POL), all 5.80.

LJ (25): 1. Greg Rutherford (GBR) 8.41 (0.3); 2. Fabrice Lapierre (AUS) 8.24 (0.7); 3. Jianan Wang (CHN) 8.18 (0.0).

TJ (27): 1. Christian Taylor (USA) 18.21 NR (0.2); 2. Pedro Pichardo (CUB) 17.73 (0.2); 3. Nelson Evora (POR) 17.52 (0.3); ... 9. Khotso Mokoena (RSA) 16.81 (0.3).

SP (23): 1. Joe Kovacs (USA) 21.93; 2. David Storl (GER) 21.74; 3. O'Dayne Richards (JAM) 21.69 NR.

DT (29): 1. Piotr Malachowski (POL) 67.40; 2. Philip Milanov (BEL) 66.90 NR; 3. Robert Urbanek (POL) 65.18.

HT (23): 1. Pawel Fajdek (POL) 80.88; 2. Dilshod Nazarov (TJK) 78.55; 3. Wojciech Nowicki (POL) 78.55.

JT (26): 1. Julius Yego (KEN) 92.72 AR; 2. Ihab Abdelrahman El Sayed (EGY) 86.07; 3. Tero Pitkämäki (FIN) 87.64.

Decathlon (28/29): 1. Ashton Eaton (USA) 9045 WR; 2. Damian Warner (CAN) 8695 NR; 3. Rico Freimuth (GER) 8561 PB; Willem Coertzen (RSA) dnf.

WOMEN

100 (24)(-0.3): 1. Shelly-Ann Fraser-Pryce (JAM) 10.76; 2. Dafne Schippers (NED) 10.81 NR; 3. Tori Bowie (USA) 10.86.

200 (28)(0.2): 1. Dafne Schippers (NED) 21.63 AR; 2. Elaine Thompson (JAM) 21.66 PB; 3. Veronica Campbell-Brown (JAM) 21.97.

400 (27): 1. Allyson Felix (USA) 49.26 PB; 2. Shaunae Miller (BAH) 49.67 PB; 3. Shericka Jackson (JAM) 49.99 PB.

100 H (28)(-0.3): 1. Danielle Williams (JAM) 12.57 PB; 2. Cindy Rolleder (GER) 12.59 PB; 3. Alina Talay (BLR) 12.66 NR.

400 H (26): 1. Zuzana Hejnova (CZE) 53.50; 2. Shamier Little (USA) 53.94; 3. Cassandra Tate (USA) 54.02; ... 7. Wenda Nel (RSA) 54.94.

4 x 100 (29): JAM 41.07; 2. USA 41.68; 3. TTO 42.03; NED dq.

4 x 400 (30): JAM 3:19.13; 2. USA 3:19.44; 3. GBR 3:23.62.

20 km W (28): 1. Hong Liu (CHN) 1:27:45; 2. Xiuzhi Lu (CHN) 1:27:45; 3. Lyudmyla Olanyovska (UKR) 1:28:13.

HJ 29): 1. Maria Kuchina (RUS) 2.01 PB; 2. Blanka Vlasic (CRO) 2.01; 3. Anna Chicherova (RUS) 2.01.

PV (26): 1. Yarisley Silva (CUB) 4.90; 2. Fabiana Murer (BRA) 4.85 AR; 3. Nikoléta Kyriakopoulou (GRE) 4.80.

LJ (28): 1. Tianna Bartoletta (USA) 7.14 (1.2); 2. Shara Proctor (GBR) 7.07 NR (0.4); 3. Ivana Spanovic (SRB) 7.01 NR (0.8).

TJ (24): Caterine Ibargüen (COL) 14.90 (0.1); 2. Hanna Knyazyeva-Minenko (ISR) 14.78 (-0.1); 3. Olga Rypakova (KAZ) 14.77 (0.1).

SP (22): 1. Christina Schwanitz (GER) 20.37; 2. Lijiao Gong (CHN) 20.30; 3. Michelle Carter (USA) 19.76.

DT (25): 1. Denia Caballero (CUB) 69.28; 2. Sandra Perkovic (CRO) 67.39; 3. Nadine Müller (GER) 65.53.

HT (27): 1. Anita Wlodarczyk (POL) 80.85 CR; 2. Wenxiu Zhang (CHN) 76.33; 3. Alexandra Tavernier (FRA) 74.02.

JT (30): 1. Kathrina Molitor (GER) 67.69; 2. Huihui Lyu (CHN) 66.13 AR; 3. Sunette Viljoen (RSA) 65.79 (63.93Q).

Heptathlon (22/23): 1. Jessica Ennis-Hill (GBR) 6669; 2. Brianne Theisen Eaton (CAN) 6554; 3. Laura Ikauniece-Admidina (LAT) 6516 NR.

Other South Africans:

MEN

100: Heats (22): 3. Akani Simbine 10.09 (-0.1); 3 Henricho Bruintjies 10.07 (2.1); Anaso Jobodwana dq. Semi-final (23): 7. Bruintjies 10.21 (-0.4); 4. Simbine 10.02 (0.9).

200: Heats (25): 1. Jobodwana 20.22 (-0.4). 4. Akani Simbine 20.23 PB (-0.4). Semi-final (26): 2. Jobodwana 20.01 PB (0.8). 6. Simbine 20.37 (0.4).

400: Heats (23): 1. Wayde van Niekerk 44.42. 8. Berend Koekemoer 46.52. Semi-final (24): 1. Van Niekerk 44.31.

110 H: Heats (26): 6. Antonio Alkana 13.63 (-1.2).

400 H: Heats (22): 4. L.J. van Zyl 49.12. Semi-final (23): 6. Van Zyl 48.89.

4x100: Heats (29): RSA dnf.

LJ: Qual. (24): Zarck Visser 7.79 (0); Khotso Mokoena 7.98 (1.1); Rushwal Samaai 7.79 (0.7).

TJ: Qual. (26): Mokoena 16.78 (0.5).

SP: Qual. (23): Jaco Engelbrecht 19.04; Orazio Cremona 18.63.

DT: Qual. (27): Victor Hogan 62.41.

JT: Qual. (24): 14 Rocco van Rooyen 75.55.

WOMEN

100: Heats (23): 3. Carina Horn 11.08 (2.1). Semi-final (24): 6. Horn 11.15 (-0.2).

200: Heats (26): 3. Justine Palframan 23.09 (0.2). Semi-final (27): 6. Palframan 23.04 (-0.1).

400: Heats (24): 6. Palframan 52.45.

400 H: Heats (23): 2. Wenda Nel 54.45. Semi-final (24): 2. Nel 54.63.

ULTRA/MOUNTAIN/TRAIL RUNNING

UltraVasan

Sälen-Mora, SWE, 22 August
(Distance: 90 km)

MEN

1. Jonas Buud, 74, SWE, 5:45:08
2. Max King, 80, USA, 6:06:11
3. Didrik Hermansen, 80, NOR, 6:08:10

WOMEN

1. Jasmin Nunige, 73, SUI, 7:02:35
2. Ida Nilsson, 81, SWE, 7:05:56
3. Petra Kindlund, 85, SWE, 7:34:02

BACKGROUND

This article by Christopher Clarey was published in *The New York Times*. – Ed.

KENYA'S SUCCESS: IT'S MORE THAN THE RIFT VALLEY

It appeared to be business as usual for Kenya at the World Championships last Monday night.

Vivian Cheruiyot won another women's distance title, her second in the 10000 m. Ezekiel Kemboi then led another Kenyan medal sweep in the men's 3000 m steeplechase and, as usual, still had the energy to dance on the track after his latest devastating kick.

"I will be celebrating tonight with my teammates," Kemboi said.

So it has gone for decades, and the sports world is generally quite comfortable with the received wisdom that Kenyan success derives from the natural advantages conferred by the Great Rift Valley's altitude and the motivation that comes from living in a society in which running is one of the few pathways to international fame and fortune.

But Kenyans have clearly been relying on some unnatural advantages as well. The received wisdom is looking more than a little naïve with over 30 Kenyan athletes having tested positive for banned substances since 2012. That includes Rita

Jeptoo, a three-time Boston Marathon champion, who was barred for two years after testing positive in an out-of-competition test last year for the banned blood booster EPO.

Jeptoo has since appealed to the Court of Arbitration for Sport against the suspension while the IAAF, the sport's world governing body, has appealed to the same court to have Jeptoo's penalty increased to a four-year ban.

This year, there have been more allegations of widespread doping in Kenya, and elsewhere. A recent report by the German television station ARD and *The Sunday Times* concluded that from 2001 to 2012 more than 100 Olympic and world championship medalists in distance events had suspicious blood test results. Those included 18 as yet unidentified Kenyans.

The IAAF has said that the reported results — leaked from a confidential IAAF database — are not sufficient proof of doping and were collected in large part before the introduction of the biological passport, which tracks athletes' blood values over their career.

But there is clearly a significant issue in Kenya, and significant room for improvement, which needs to be nearly as speedy as Kemboi's last lap.

Longtime pillars of the track community, such as Kemboi's former coach Moses Kiptanui, are continuing to speak out. Kiptanui, a three-time world steeplechase champion, is stepping away from coaching altogether because of his frustration with the situation.

"The problem is that the number of athletes is huge now," Kiptanui told France's *L'Équipe* magazine in an article published last week. "Now, only the very best of them have the chance to go abroad to run and thus make money. It's why they are ready to do anything to make their mark, in particular doping."

Moni Wekesa, a Kenyan professor who was the head of an independent task force in Kenya that recently investigated the severity of the problem, agreed that banned substances were far too easy to procure.

"In this country, there is more EPO being consumed by athletes than by the ill," he told *L'Équipe*. "In Kenya, we thought that doping only concerned people who lived in France and in England. But our investigation has shown us how enormous the problem is here. There's lots of ignorance. Lots of the young athletes who are using these products lack education. And the government did absolutely nothing to stop this, no policy of prevention."

Kenyan track and field officials have called the ARD and *Sunday Times* reports "an attempt to smear our runners" and destabilize the team before Beijing.

But the scandals and allegations have reportedly taken a toll on national pride and interest in runners' achievements, even if Uhuru Kenyatta, Kenya's president, was quick to send his congratulations to Kemboi and Cheruiyot on Twitter.

Positive tests — particularly positive out-of-competition tests — are, of course, also a sign of progress and oversight. It is ever clearer that a global sport like track and field is only as credible as the weakest link in its antidoping chain: be it in Kenya, Russia, the Caribbean or anywhere else that could produce a leading athlete.

"The shame is the lack of a super strong system hurts the clean athletes in every way," said Mary Wittenberg, the former chief executive of New York Road Runners, which organizes the New York City Marathon. "Some will lose and some will win but under a cloud of suspicion. I think the new race will come from the athletes. Rather than a race for a pill, they'd like a race for a test that can prove they are clean."

Wekesa, the Kenyan professor, and others maintain that the influx of foreign agents has played a role in the rise of doping. It can also be difficult to locate runners in the Great Rift Valley for unannounced testing when some areas do not have official addresses.

Local knowledge and integrity are key. And another key will be getting a reliable testing center in Kenya.

"It's a real concern," Wittenberg said. "The World Marathon Majors was strongly supportive of an out-of-competition testing lab and system in Kenya and Ethiopia. That has to happen."

For now, track and field's world governing body collects blood samples on site and transports them to laboratories outside the country. Anti-Doping Norway, an independent agency, recently collected urine and blood samples on behalf of the IAAF in Kenya, and the organization and China's Anti-Doping Agency are assisting Kenya in developing the country's newly created antidoping body.

The IAAF has been pushing hard for a facility in Kenya that would meet with World Anti-Doping Agency approval and provide blood analysis. "Due to complications on the part of the local partner in Kenya, the facility is not yet in place, and we are not in position to provide a new approximate date," said Chris Turner, an IAAF spokesman, who emphasized that "having the local facility in place would assist the IAAF but it in no way means that samples are not being collected in Kenya."

Many Kenyans might prefer to watch soccer, but their runners, both on the track and on the road, have been some of the country's most visible international ambassadors through the years: from Kip Keino, now chairman of Kenya's Olympic Committee, to Paul Tergat to David Rudisha.

It is a rich legacy, one well worth protecting and extending, but only

without the unnatural advantages.

STATS TIME

This week we include a list of the top ten SA women in the marathon for 2015. 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.

2015 MARATHON: TOP 10 WOMEN

| | | | | |
|---------|---------------------|----|--------------|--------|
| 2:31:02 | Mapaseka Makhanya | 3 | Hannover | 19 Apr |
| 2:33:21 | René Kalmer | 6 | Vienna | 12 Apr |
| 2:39:16 | Christine Kalmer | 9 | Vienna | 12 Apr |
| 2:39:43 | Tanith Maxwell | 2 | Gran Canaria | 25 Jan |
| 2:42:26 | Jenna Challenor | 12 | Prague | 03 May |
| 2:46:55 | Yolande Maclean | 1 | Benoni | 25 Jan |
| 2:53:38 | Gillian Sieling | 37 | London | 26 Apr |
| 2:54:10 | Riana van Niekerk | 4 | Durban | 01 Mar |
| 2:54:15 | Catherine Malungane | 1 | Umzimkulu | 29 Mar |
| 2:54:58 | Charné Bosman | 1 | Johannesburg | 08 Feb |

THIS MONTH IN HISTORY

30 years ago: 26 August 1985

Five months after winning the first of her two world cross-country titles in Lisbon, and nine days after her victory in the European Cup 3000 metres in Moscow, Zola Budd came up against the world record holder in the 5000 m, Ingrid Kristiansen, in London. It was a race designed for the Norwegian to make an attempt at her record (14:58.89), but it was Budd who reeled off kilometres of 2:53.7, 2:55.3, 3:01.5, 2:58.2 and 2:59.4 to smash the 14-month-old mark with her 14:48.07. Kristiansen (14:57.43) also bettered her previous time, with Lorraine Moller (NZL) almost a minute behind the winner in 15:35.75. Budd had run 15:01.83 in Stellenbosch the previous year, but this was never recognised by the IAAF as a world record because South Africa was still suspended by the world body.

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) | | |
| | 26:44 | Leonard Patrick Komon (KEN) 2010 | | |
| 15 km | 44:12 | Lusapho April | Port Elizabeth | 28 Feb |
| | 43:31 | Eliud Ngetich (KEN) | | |
| | 41:13 | Leonard Patrick Komon (KEN) 2010 | | |

| | | | | |
|----------|----------|-------------------------------|----------------|--------|
| 21.1 km | 62:06 | Lucky Modike Mohale | Port Elizabeth | 25 Jul |
| | 61:21A | Lusapho April | New York | 15 Mar |
| | 59:20 | Stanley Biwott (KEN) | | |
| | 58:23 | Zersenay Tadese (ERI) 2010 | | |
| 25 km | 82:32 | Nkosihona Mhlakwana | Durban | 08 Mar |
| | 80:54A | Sipho Mbanjuli | Pinetown | 25 Jan |
| | 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 | | |
| Marathon | 2:15:17 | Desmond Mokgobu | Santiago | 12 Apr |
| | 2:04:42 | Eliud Kipchoge (KEN) | | |
| | 2:03:38 | Patrick Makau (KEN) 2011 | | |
| | 2:03:23p | Wilson Kipsang (KEN) 2013 | | |
| 100 km | 6:13:33 | Takahiro Sunada (JPN) 1998 | | |

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

| | | | | |
|----------|---------|---|----------------|--------|
| 10 km | 30:59 | 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 | 18 Apr |
| 30 km | 1:51:00 | Eric Coetzee | Parow | 15 Mar |
| | 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 | | | | |
| <u>Juniors</u> | | | | |
| 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 | | | | |
| <u>Open</u> | | | | |
| 10 km | 32:54 | Mapaseka Makhanya | Cape Town | 29 Mar |
| | 30:56 | Gladys Cheronu (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 | | |
| <u>Veterans (40+)</u> | | | | |
| 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 | Adele Waldron | Camps Bay | 04 Jan |
| | 1:51:37 | Mieke Pullen (NED) 2001 | | |
| Marathon | 2:53:38 | Gillian Sieling | London | 26 Apr |
| | 3:02:08A | Jacqui Bakkes | Simon's Town | 15 Feb |
| | 2:26:51 | Priscilla Welch (GBR) 1987 | | |
| 100 km | | | | |
| | 7:00:27 | Normi Sakurai (JPN) 2007 | | |

Masters (50+)

| | | | | |
|----------|--------------------|--|------------|--------|
| 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 | | | | |

Grandmasters (60+)

| | | | | |
|----------|---------------------|---------------------------------|------------------------|------------------|
| 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 | | | | |

Juniors

| | | | | |
|---------|------------------|--|--------------|--------|
| 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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