

Distance Running Results

Vol. 16, No. 32 – 15 August 2016

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

When one has been watching athletics for almost sixty years, you have been privileged to see some great Olympic races: Herb Elliott in Rome 1960, Billy Mills in Tokyo 1964, Lasse Viren in Munich 1972, Seb Coe in Moscow 1980, Josiah Thugwane in Atlanta 1996, Haile Gebrselassie and Paul Tergat in Sydney 2000, and Samuel Wanjiru in Beijing 2008. But the breathtaking world record by Almaz Ayana in the Rio 10000 metres must surely rank among the greatest of all. The Ethiopian did world athletics a favour by obliterating one of the most dubious global marks still in books, the Chinese Wang Junxia's 29:31.78 from 1993, by more than 14 sec with her 29:17.45 in a remarkable solo run the like of which has never been seen in women's Olympic history.

The race produced the best times ever (not just in Olympic competition) for places one to eight, eighteen personal bests and eight national records. It was the first time that four runners ducked under 30 minutes in one race; the first, third, fourth and fifth best times ever were recorded. Of course, the winning margin of 15.08 sec is the biggest ever in an Olympic women's 10000 m.

A brave performance came from a comebacking Tirunesh Dibaba, who finished third in a PB of 29:42.56. She now, like compatriot Derartu Tulu, has three medals in the 10000 m (gold, gold and bronze) and is the first women to break 30 min twice.

Although she finished only 21st, Dominique Scott ran a scintillating PB of 31:51.47 to shoot up into second on the SA all-time list behind Elana Meyer. Scott's performance was the first of four top-notch SA performances of the first weekend, a spell that ended with the eye-popping world record of 43.03 by Wayde van Niekerk in the 400 – the first South African since John van Reenen in 1975 to set an official track and field world record and the thirteenth South African to do so (if you count relay teams as one) – and that also included Luvo Manyonga's silver in the long jump and Akani Simbine's fifth place in the 100.

The men's 10000 was also a wonderful race, but just the opposite in tactics from the women's. In fact, it was a typically tactical championship race – and therefore, inevitably, resulted in a victory for Mo Farah, his seventh consecutive global distance crown. Like Viren in 1972, Farah survived a nasty fall and went on to win in 27:05.17 (Viren set a world record of 27:38.4). Farah is the sixth man to win the Olympic 10000 title twice (after Paavo Nurmi, Emil Zatopek, Viren, Gebrselassie and Kenenisa Bekele).

South Africa's two representatives in the marathon (Irvette van Zyl pulled out shortly before the race, apparently with a stress fracture) had disastrous runs, with Lebo Phalula

finishing 63rd in 2:41:46 and Christine Kalmer 96th in 2:48:24. Jemima Sumgong won Kenya's first gold medal in the Olympic Marathon.

In an interesting sideshow to the marathon, two of the three Luik sisters from Estonia, the first triplets ever to compete in the same event at the Olympics, finished in 97th (Lily) and 114th (Leila) positions, while Liina failed to finish. Germany's Hahn twins, Anna and Lisa, finished together in 81st (2:45:32) and 82nd (2:45:33) respectively.

All the Olympic distance results so far are included in this issue; a full list of SA results and all medal winners will be published at the end of the Games.

Locally, Tanith Maxwell set a new SA veterans record of 2:00:38 in the John Korasie 30 km, despite inclement weather.

George Munnik, SA 880-yards champion in 1952, passed away on 10 August. Munnik, who was born on 4 January 1928, won his title in Cape Town in 1:53.8, the third fastest time in South Africa in the 1951-52 season. His best time, 1:52.6, came in 1949, when he was second to Schalk Booyesen's SA record 1:52.2 at the SA Championships in Queenstown. They were then the two fastest South Africans of all time. (Booyesen's record stood for six years, and ten years later they were still ninth and tenth on the all-time list.) Munnik was also second at the SA Championships in 1948 (to Booyesen) and 1951 (to Dudley Meyer). He never won the national mile title, but was second (to S. Wood) in 1948. He also won the WP 880 title, running for Pinelands AC, four times – in 1948 (1:56.2), 1949 (1:54.5), 1951 (1:55.1) and 1952 (1:56.8) – as well as the one mile in 1948 (4:22.5), 1949 (4:35.6) and 1951 (4:29.2). Munnik received Springbok colours against the visiting US team in 1950.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Reutech Solutions John Korasie 30 km, Simon's Town
- * Supa Mama Savages Half Marathon & 10 km, Durban
- * Makro Wierie Half Marathon & 10 km, Centurion
- * Totalsports Women's Day 10 km, Cape Town
- * Nelson Mandela Bay Diva Run, Port Elizabeth
- * Totalsports Women's Day Race, Johannesburg
- * Castle Walk 10 km, Pretoria
- * Women in Action 10 km, Durban
- * Mthunzini Bush 16 km & 10 km Challenge, Mthunzini
- * XC: EP Championships, Port Elizabeth

International highlights:

- * Women's Olympic Games Marathon, Rio de Janeiro, BRA
 - * Sun-Herald City to Surf 14 km, Sydney, AUS
 - * Track: Olympic Games, Rio de Janeiro, BRA
-

ROAD RUNNING

Reutech Solutions John Korasie 30 km

Simon's Town, 14 August

(Certified, very hilly loop course. Weather: cold with rain and strong wind.)

MEN

1. Siviwe Nkombi (Itheko) 1:43:44
2. Sibusiso Madikizela (MSA) 1:46:41
3. Sityhilo Diko (Ned) 1:46:41 [correct]

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:55:28; 2. Thembelani Zola (Gugs) 2:00:36; 3. Colin George (VOB) 2:00:47. **Masters:** 1. Eric Coetzee (FNB) 2:04:45; 2. Monde Tutani (Gugs) 2:10:05; 3. Robert Arnold (Top) 2:10:21. **G'masters:** 1. Mochamat Kriel (Ommie) 2:12:25; 2. Gemjikile Tom (Eskom) 2:27:52; 3. Andy Cockroft (Edge) 2:30:26. **G/g'masters:** 1. Jeff Smith (Itheke) 2:47:30; 2. Don Ross-Watt (FH) 3:11:46; 3. Caspar Greeff (AAC; 80+) 4:07:42.

WOMEN

1. Tanith Maxwell (Boxer) 2:00:38 (SA 40+ rec)
2. Danette Smith (KPMG) 2:10:43
3. Obertina Kanyongo (ZIM/FNB) 2:17:37

Veterans: 1. Tanith Maxwell (Boxer) 2:00:38; 2. Obertina Kanyongo (ZIM/FNB) 2:17:37; 3. Ursula Turck (Strand) 2:18:32. **Masters:** 1. Angelique Rabie (Carb) 2:30:43; 2. Roldah Orrie (Itheke) 2:50:19; 3. Carol Ferreira (Strand) 2:51:19. **G'masters:** 1. Nancy Will (Pine) 2:41:21; Helen du Plessis (Brack) 2:55:19; 3. Sandra Eardley (VOB) 2:41:21. **G/g'masters:** 1. Marlene James (Pine) 3:31:04; 2. Avril Delapelin-Dumont (WC) 3:56:24; 3. Annatjie Berntzen (Good) 4:19:04.

Supa Mama Savages Half Marathon & 10 km

Durban, 14 August

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

Half marathon

MEN

1 Bonginkosi Zwane (Phantane) 1:09:37, 2 Anele Dlamini (Phantane) 1:10:05, 3 Philani Buthelezi (KPMG) 1:10:40, 4 Muziwenkosi Elvis Mjaja (Nedbank) 1:11:22, 5 Mawande Hlongwe (Zakhele) 1:11:39.

40-49: 1 Jonathan Edwards (Westville) 1:18:31, 2 Bernard Phalatsane (ZIM/Bluff Meats) 1:20:18, 3 Jerome Zondi (Speed E) 1:28:59. **50-59:** 1 Siphon Willie Majombozi (Boxer) 1:26:48, 2 Thierry Pletinckx (Amanzimtoti) 1:26:56, 3 Bhekizizwe Bhengu (Boxer) 1:33:01. **60+:** 1 Phineas Mandlakho (Ntombela KZN Striders) 1:47:56, 2 Mbhekiseni McHunu (KwaMashu) 1:52:23, 3 Robin Archer (Queensburgh) 1:54:34.

WOMEN

1 Jenna Challenor (KPMG) 1:22:26, 2 Puseletso Dladla (Savages) 1:33:24, 3 Lisa Collett (Boxer) 1:35:35, 4 Iris Ndlovu (NRB Harriers) 1:41:47, 5 Sarah Wilson (Westville) 1:45:09.

40-49: 1 Norah Thembisile Mwelase (Kwa Dabeka) 1:51:42, 2 Tholakele Ngcobo (Eskom) 1:53:52, 3 Lindiwe Hlongwa (Verulam Falcons) 1:55:25. **50-59:** 1 Mary Xolisile Mwelase (Phuma) 1:52:30, 2 Roshini Natasen (Highway) 1:53:31, 3 Tammy Dennill (Westville) 1:57:34. **60+:** 1 Pamela Rasmussen (Yellowwood Park) 2:07:09, 2 Sheree Kirsten (Westville) 2:09:01, 3 Pat Fisher Stella 2:10:37.

10 km

MEN

1 Siphon Mbanjwa (Phantane) 32:33, 2 Vumani Mlaba (Durban Runner) 32:52, 3 Lindokuhle Sithole (Phantane) 33:00.

Juniors: 1 Jabulani Majombozi (Boxer) 40:51, 2 Sibusiso Cele (Ind) 44:37, 3 Pranav Dhanlall (Orion) 58:31.

WOMEN

1 Caylee Ellero (Clyde Kinloch Squad) 43:33 (1st jun), 2 Sarah Kruger (Nedbank) 45:11, 3 Happiness Nokukhanya Memela (Ind) 45:31.

Juniors: 1 Caylee Ellero (Clyde Kinloch Squad) 43:33, 2 Daniella Anigo (Boxer) 45:53, 3 Fezeka Ziphelele Mngadi (Ind) 51:42.

Makro Wierie Half Marathon & 10 km

Centurion, 13 August

(Distances: 21.1 km & 10 km; loop courses. Finishers: half marathon – 1000 [slightly down from 103 last year]; 10 km – 1400 [up from 1230].)

Half marathon

MEN

1 Collen Mulaudzi (TUT) 70:21; 2 Collen Mailola (Nedbank) 72:10; 3 Musa Swakaxa (Rockies) 73:41.

Veterans: 1 James Mgcina (Sports Connection) 74:42; 2 Greg Barnes (Born 2 Run) 77:37; 3 Ruben Situmu (Nedbank) 79:49. **Masters:** 1 Joseph Ndlovu (ACE) 83:28; 2 Paul Mabena (Ford) 87:47; 3 Burger Linde (Vitality) 89:54. **G'masters:** 1 Elias Raphulu (Black Diamond) 97:45; 2 Ralph Mashabela (Cool Running) 98:03. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 1:54:36.

WOMEN

1 Emmah Mathibela (Nedbank) 89:00; 2 Annerie Kruger (Magnolia) 90:09; 3 Peret Badenhorst (ACRW) 94:35.

Veterans: 1 Vanessa Bowman (Kempton) 96:06; 2 Marlise Vermaak (Kempton) 98:46; 3 Anel Vorster (Green Mile) 1:41:34. **Masters:** 1 Ansa Strydom (Nedbank) 1:40:15; 2 Debbie Bredenkamp (HQB) 1:42:49; 3 Rita van Wyk (Boksburg) 1:47:03. **G'masters:** 1 Gizelle Geyer (Phobians) 2:06:09; 2 Carole de Waal (Wingate) 2:07:18. **Juniors:** 1 Caitlyn van Dyk (RWFL) 2:21:08.

10 km

MEN

1 Luwis Masunda (ZIM/Nedbank) 32:31 (1st vet); 2 Regen Magwai (Tembisa) 32:45; 3 Sisa Delubom (Temp) 32:48.

Veterans: 1 Lewis Masunda (ZIM/Nedbank) 32:31; 2 Jackson Seanego (Armscor) 36:58; 3 Sifiso Mamba (Midrand) 36:59. **Masters:** 1 Joseph Moloto (PMMC) 39:12; 2 Piet Chauke (Gallopers) 39:21; 3 Sontaga Mable (Midrand) 40:36. **G'masters:** 1 Don Charles (Nedbank) 44:00; 2 Rainer Ludwig (Irene) 48:15. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 49:57. **80+:** 1 Ken Nurden (Agape) 63:32. **Juniors:** 1 Jermaine Adams (ACE) 37:51.

WOMEN

1 Gerda Steyn (Nedbank) 39:45; 2 Nicole Venter (Temp) 40:56; 3 Irene Goncalves (Sunninghill) 44:09.

Veterans: 1 Mirriam Mooki (Rockies) 44:47; 2 Maria Bendana (Mornigside) 47:24; 3 Patricia Forbes (Tuks) 48:57. **Masters:** 1 Ansie Breytenbach (Irene) 45:58; 2 Ilse Merrick (Enduro) 54:33; 3 Teresa le Roux (VTM) 58:00. **G'masters:** 1 Ina Wheatley (PMMC) 62:35; 2 Magda Mans (ACRW) 75:21. **G/g'masters:** 1 Marie van Rooyen (PMMC) 97:07. **Juniors:** 1 Janel Visser (Tuks) 44:36.

Totalsports Women's Day 10 km

(Women only)

Cape Town, 9 August

(Certified loop course, quite hilly. Weather: Perfect conditions, cool, no wind. Finishers: 2708.)

Note: The finisher figure includes the male participants in the race. Many runners did not fill in the name of their club on their entry form; DRR has added those that are known. – Ed.

1	Zintle	Xiniwe	FNB	36:58
2	Tanith	MAXWELL	Boxer Superstores	37:03
3	Tanya	SCOTT	UCT	38:30
4	Ebeth	MARAIS	Maties	39:15
5	Angele	Satariano	MLT	39:59
6	Candyce	HALL	Carbineers	40:05
7	Jana	Le Roux	Nedbank	40:36
8	Obertina	KANYONGO	FNB	40:39
9	Pamela	Moyikwa	VOB	41:40
10	Coriaan	De Villiers	Nedbank	41:47
11	Ashleigh	SIMONIS	Carbineers	41:54
12	Chantal	SIMPSON	Nedbank	41:55
13	Elmarie	COETZEE	FNB	42:14
14	Sophie	COPE	Spartan Harriers	42:29
15	Ursula	FRANS	Nedbank	42:31
17	Marion	SERFONTEIN	?	43:10
19	Busiswe	MATIWANE	1000 Hills	43:18
20	Dianne	MCEWAN	?	43:40
21	Roshaan	MEYER	?	43:42
22	Lara	ROSSOUW	Stellenbosch	43:45

Nelson Mandela Bay Diva Run

(Women only)

Port Elizabeth, 9 August

(Distance: 10 km; loop course with some hills. Weather: cold, but no wind. Finishers: 284 [up from 213 last year].)

Note: An easy win here for junior Simonay Weitsz in the second best time of her career, beating her list leader which she ran earlier this year in Cape Town. The finisher figure includes the male participants in the race. – Ed.

1	Simonay	Weitsz (1 st jun)	KPMG	17	35:25
2	Liziwe	Mabona	Ampa AC	28	36:05
3	Ncumisa	James	Tinarha AC	14	36:43
4	Ntombesintu	Mfunzi	Nedbank RC	34	37:45
5	Ndileka	Mvakwendlu	Tinarha AC	25	38:03
6	Vuyiseka	Nkumenge	Future Olympian	20	38:38
7	Bulelwa	Simae	Nedbank RC WP	39	39:09
8	Jamie-Lee	Schlemmer	Madibaz AC	20	39:21
9	Siphokazi	Nojoko	Motherwell AC	21	39:56
10	Asanda	Solani	Achilles AAA	33	40:27
11	Freedah	Ncube	Madibaz AC	34	40:59
12	Davera	Magson (1 st vet)	Nedbank RC	41	41:06
13	Liza-Marie	Kingston	Nedbank RC	34	41:29
14	Joan	Viljoen	Nedbank RC	22	41:50
15	Zandile	Rubushe	Mdantsane	31	41:51
16	Margie	Saunders (1 st g'mast)	Nedbank RC	62	42:50

17	Deliwe	Nyanga	Nedbank RC	27	43:04
18	Katherine	Van der Walt	Body Concept	40	43:13
19	Terri-Lynn	Penney	RWFL EP	39	43:19
20	Siphokazi	Liwani	Motherwell AC	19	43:24
40-44:					
1	Davera	Magson	Nedbank RC	41	41:06
2	Katherine	Van der Walt	Body Concept	40	43:13
3	Priscilla	Dyantyti	Nedbank RC	42	45:15
45-49:					
1	Grizelda	Pietersen	Nedbank RC	47	44:35
2	Cathy	Curtain	Muirite Strider	45	51:18
3	Lieze	Ferreira	Temp	49	53:14
50-54:					
1	Christine	Claasen	Achilles AAA	51	44:52
2	Johannette	Oosthuizen	Body Concept	52	48:03
3	Buyelwa	Kobokana	Nedbank RC	51	49:41
55-59:					
1	Janette	Schierz-Crusius	Body Concept	55	47:30
2	Lynette	Crause	Walmer AC	56	55:54
3	Ria	Greyling	Muirite Strider	55	1:02:10
60-64:					
1	Margie	Saunders	Nedbank RC	62	42:50
2	Nicki	Van Niekerk	Muirite Strider	62	1:00:07
3	Christine	Snyman	Despatch AC	60	1:07:29
65-69:					
1	Liz	Grundlingh	Muirite Strider	69	57:33
2	Helene	Oppel	Crusaders AC	66	1:02:08
3	Jeanette	Pienaar	PEAAC	68	1:07:00
70-74:					
1	Ronelle	Steyn	Nedbank RC	72	1:03:40
2	Vicky	Ashley	Profiles AC	70	1:14:13
3	Val	Sandow	Profiles AC	70	1:31:03
75-79:					
1	Dorothy	Hart	Madibaz AC	78	1:16:07
Juniors:					
1	Simonay	Weitsz	KPMG	17	35:25
2	Ncumisa	James	Tinarha AC	14	36:43
3	Siphokazi	Liwani	Motherwell AC	19	43:24

Totalsports Women's Day Race

(Women only)

Johannesburg, 9 August

(Distance: 10 km. Course configuration unknown. Finishers: 4275 [huge increase from 2786 last year].)

Note: The finisher figure includes the male participants in the race. Unfortunately no club names were included in the results. – Ed.

1. Lebogang Phalula 33:41
2. Mapaseka Makhanya 35:55
3. Yolande Maclean 37:19
4. Kataza Shipalana 37:46
5. Keneilwe Sesing 38:14
6. Nqobile Thobile Vilakazi 39:37
7. Maria Vilakazi 41:27

8. Rebecca Tebogo Mokgosinyane 42:12
9. Annique Burger 43:26
10. Leandra Greyling 43:37

Castle Walk 10 km

Pretoria, 9 August
(Loop course. Finishers: 740.)

MEN

1 Bafana Dube (Transnet) 36:58; 2 Frans Mogashoa (Wingate) 37:02; 3 Altus Badenhorst (Born 2 Run) 38:10.

Veterans: 1 Judas Ntuli (Magnolia) 38:39; 2 Leon Baker (Midrand) 40:36; 3 Sipho Mahlangu (Runavation) 41:34. **Masters:** 1 Matthews Ramoshaba (Wingate) 41:50; 2 Burger Linde (Team Vitality) 45:24; 3 Leon Limper (Team Vitality) 45:50. **G'masters:** 1 Elias Raphulu (Black Diamond) 50:37; 2 Dieter Gloeck (Magnolia) 57:24; 3 Kosie van Vuuren (Fit 2000) 60:11. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontein) 57:10; 2 Bert v.d. Raad (ACRW) 74:24; 3 Arthur Boyce (Vodacom) 83:21. **Juniors:** 1 Bongani Ntuli (Magnolia) 50:02.

WOMEN

1 Myrette Brink (KPMG) 43:45; 2 Jeannie de Beer (Runavation) 47:40; 3 Cecilia Raath (Nedbank) 48:26.

Veterans: 1 Marietjie McDermott (Love Running) 49:54; 2 Tracey Housdon (Phobians) 54:47; 3 Meintjie Jansen (Secunda) 57:49. **Masters:** 1 Debbie Bredenkamp (HQB) 51:56; 2 Ilse Crous (Unisa) 56:23; 3 Elisheva Rossouw (Nedbank) 60:48. **G'masters:** 1 Gizelle Geyer (Phobians) 66:55; 2 Diane Duggan (Melkbos) 67:34; 3 Hermien Velleman (Irene) 75:18. **80+:** 1 Deirdre Larkin (Randburg Harriers) 77:55. **Juniors:** 1 Carissa Schubert (Love Running) 67:19; 2 Caitlyn van Dyk (RWFL) 71:37.

Women in Action 10 km

(Women only)
Durban, 7 August

1. Loveness Madziva (ZIM/DCMS) 40:10
2. Fikile Mbuthuma (Nedbank) 40:29
3. Zama Mokoena (KPMG) 43:09

40-49: 1. Thembisile Mwelase (KwaDabeka) 49:02. **50-59:** 1. Roshini Matasen (Highway) 51:51. **60+:** 1. Blanche Moila (Savages) 51:39. **Juniors:** 1. Caylee Ellero (CKS) 43:48.

Mthunzini Bush 16 km & 10 km Challenge

Mthunzini, 7 August

Note: Unfortunately no clubs were included with the results. – Ed.

16 km

MEN

1. Adam Lipschitz 58:12
2. Patrick Nkosi 1:01:02
3. Nkosinathi Zungu 1:03:02
4. Innocent Nyawose 1:03:40
5. Bernard Phalatsane (ZIM) 1:04:31

6. Mbuyiseni Zikhali 1:04:31
7. Jabulani Mtshali 1:04:54
8. July Ndlovu 1:05:42
9. Vusi Dlamini 1:07:46
10. Craig Buchanan 1:08:03

WOMEN

1. Cary-Ann Smith 1:12:11
2. Melani van Rooyen 1:12:18
3. Michelle de Montille 1:14:48
4. Amy Burger 1:17:50
5. Teneal Featherby 1:20:12
6. Desiree Chantal Verwey 1:21:43
7. Precious Duma 1:22:05
8. Izelle Geyser 1:23:52
9. Rethe Maree 1:28:07
10. Lise Muchna 1:29:05

10 km

MEN

1. Thulani Mdletshe 35:03
2. Thabani Shoyisa 36:46
3. Nkanyiso Sibiyi 38:53
4. Ndu Ngema 41:07
5. Linda Xulu 41:09

WOMEN

1. Nomcebo Mthwethwa 44:24
2. Shani Silver 44:48
3. Zanie Sharp 54:11
4. Catherine Warren 59:05
5. Edite Mack 1:00:11

CROSS-COUNTRY

EP Championships

Port Elizabeth, 13 August

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

SR. MEN (10 km)

1	Zolani	Ngqaqa	Tinarha	27	32:30
2	Mariano	Eesou	Bestmed Madibaz AC	24	32:38
3	Amos	Nyongo	Ikhamva	30	33:16
4	Rodney	Prins	Nedbank	27	33:42
5	Nathi	Mfanyana	Bestmed Madibaz AC	34	33:56
6	Melikhaya	Frans	Ikhamva	26	34:32
7	Mabongo	Zolani	Ikhamva	30	34:33
8	Ricardo	Plaatjies	Xcel	33	34:53
9	Anele	Maliza	Nedbank	38	35:36
10	Xolisa	Kula	Motherwell H/S	26	38:10

SR. MEN

1	Zolani	Ngqaqa	Tinarha	27	12:33
2	Amos	Nyongo	Ikhamva	30	12:43
3	Melikhaya	Frans	Ikhamva	26	12:44

4	Sibusiso	Thu	Tinarha	28	13:15
5	Bulelani	Niwa	Ach	32	13:32
6	Masande	Mlonyeni	Sanlamc	35	13:44
7	Charles	Segalo	Charlo	29	14:01
8	Duwayne	Lucas	Aspen	26	14:09
9	Asonela	Zazini	Mzamomhle S/S	18	16:10
10	Zukisani	Makhawula	VWAC	28	16:24

VETERAN MEN (8 km)

1	Terrance	Mjekula	Tinarha	43	29:46
2	Thobile	Xata	Bluebay	42	30:49
3	August	Esau	Nedbank	45	31:55

MASTER MEN (8 km)

1	Bennie	Stadler	Ach	53	33:12
2	Welcome	Loliwe	Nedbank	51	33:26
3	Joseph	Bain	CSEP	56	36:57

G'MASTER MEN (6 km)

1	Graham	Channon	Ach	66	31:10
2	Percy	Dalton	Ach	68	31:30
3	Ken	Barwood	Ach	61	33:21

U.23

1	Adriaan	Gerwel	Xcel	20	13:01
2	Brendon	Effenaar	Nedbank	20	13:08
3	Clinton	Koeries	Temp	22	15:16

U.21

1	Lonwabo	Williams	Tinarha	17	13:33
2	Nel	Mandilakhe	Phaphani	19	14:01
3	Bonga	Jack	Mzamomhle S/S	19	17:31

U.19 (8 km)

1	Xabiso	Kobe	Tinarha	18	30:00
2	Ricardo	Ruiters	Mccarthy H/S	19	30:23
3	Samuel	Effenaar	Mccarthy H/S	17	30:27

U.17 (6 km)

1	Sivuyile	Selani	Tinarha	17	21:01
2	Dylan	Finlay	Grey H/S	17	22:18
3	Clayton	Vaaltuin	Mccarthy H/S	17	22:28

SR. WOMEN (10 km)

1	Cherise	Sims	Bestmed Madibaz AC	23	39:36
2	Ndileka	Mvakwendlu	Tinarha	25	40:27
3	Ntombesintu	Mfunzi	Nedbank	34	40:28
4	Deliwe	Nyanga	Nedbank	27	45:50
5	Luthando	Nxanisa	Tinarha	23	48:01

SR. WOMEN

1	Ntombesintu	Mfunzi	Nedbank	34	15:38
2	Megan	Dempster	Bestmed Madibaz AC	28	16:27
3	Freedah	Ncube	Bestmed Madibaz AC	34	16:58
4	Luthando	Nxanisa	Tinarha	23	17:34
5	Nonkululeko	Mbane	Mother	24	20:16
6	Helen	Mentzel	Profiles	51	21:52
7	Simone	Olckers	Sappe	14	25:18

VETERAN WOMEN

1	Jene	Banfield	RFLG	45	17:52
2	Grizelda	Pietersen	Nedbank	47	19:09
3	Elna	Jonck	CSEP	40	22:31

MASTER WOMEN

1	Christine	Claasen	Ach	51	18:31
2	Janette	Schierz-Crusius	Bodycon	55	20:13
3	Liz	Austin	Ach	58	25:59
U.23					
1	Jamie-Lee	Schlemmer	Bestmed Madibaz AC	20	16:08
2	Siphokazi	Nojoko	Mother	21	16:32
U.21					
1	Annelisa	Majola	Strelitzia H/S	21	21:09
2	Nelisa	Jonas	Mzamomhle S/S	19	32:05
3	Nomvuselelo	Antonie	Mzamomhle S/S	21	32:21
U.19 (6 km)					
1	Siphokazi	Liwani	Mother	19	26:32
2	Courtney	Shaw	Pearson H/S	18	29:41
3	Amorette	Matthee	Framesby H/S	17	31:41
U.17					
1	Chane	Petzer	Framesby H/S	16	17:31
2	Channah	Du Plessis	Cradock	17	18:08
3	Shene	Delport	Framesby H/S	17	18:24

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**Women's Olympic Games Marathon (9th)**

(Abbott World Marathon Majors Event)

Rio de Janeiro, BRA, 14 August

(Distance: 42.195 km; certified out-and-back course [5 km opening segment, 3 x 10 km, 7.195 km closing segment])

1.	Jemima Jelagat SUMGONG, KEN	2:24:04	GOLD
	[1:12:57 / 1:11:07]		
2.	Eunice Jepkirui KIRWA, BRN	2:24:13	SILVER
	[1:12:57 / 1:11:16]		
3.	Mare DIBABA, ETH	2:24:30	BRONZE
	[1:12:57 / 1:11:33]		
4.	Tirfi TSEGAYE, ETH	2:24:47	
5.	Volha MAZURONAK, BLR	2:24:48	
6.	Shalane FLANAGAN, USA	2:25:26	SB
7.	Desiree LINDEN, USA	2:26:08	SB
8.	Rose CHELIMO, BRN	2:27:36	
9.	Amy CRAGG, USA	2:28:25	
10.	Hye-Song KIM, PRK	2:28:36	SB
... 12.	Jelena PROKOPCUKA, LAT	2:29:32	
	[1:15:58 / 1:13:34]		
13.	Valeria STRANEO, ITA	2:29:44	SB
... 41.	Beata NAIGAMBO, NAM	2:36:32	
... 56.	Helalia JOHANNES, NAM	2:39:55	
... 63.	Dina Lebo PHALULA, RSA	2:41:46	
... 92.	Rutendo NYAHORA, ZIM	2:47:32	
... 96.	Christine KALMER, RSA	2:48:24	
DNS--	Irvette VAN ZYL, RSA		

Sun-Herald City to Surf 14 km (46th)

Sydney, AUS, 14 August

MEN

1. Harry Summers 41:54
2. Thomas Do Canto 43:08
3. Matthew Cox 43:20

WOMEN

1. Cassie Fien 47:21
2. Virginia Moloney 48:03
3. Tarli Bird 48:53

TRACK**Olympic Games** (31st)

Rio de Janeiro, BRA, 12-21 August

MEN

800:

Semi-Finals (13):

Heat 1 -

1. Pierre-Ambroise BOSSE, FRA 1:43.85 Q SB
2. Taoufik MAKHLOUFI, ALG 1:43.85 Q SB
3. Marcin LEWANDOWSKI, POL 1:44.56 q SB
4. Ferguson ROTICH, KEN 1:44.65 q
5. Mostafa SMAILI, MAR 1:45.78
6. Kleberson DAVIDE, BRA 1:46.19
7. Andres ARROYO, PUR 1:46.74
8. Michael RIMMER, GBR 1:46.80

Heat 2 -

1. Alfred KIPKETER, KEN 1:44.38 Q
2. Boris BERIAN, USA 1:44.56 Q
3. Yassine HETHAT, ALG 1:44.81 PB
4. Amel TUKA, BIH 1:45.24
5. Rynardt VAN RENSBURG, RSA 1:45.33 PB
6. Brandon McBRIDE, CAN 1:45.41
7. Andreas BUBE, DEN 1:45.87 SB
8. Mohammed AMAN, ETH 1:46.14

Heat 3 -

1. David RUDISHA, KEN 1:43.88 Q
2. Clayton MURPHY, USA 1:44.30 Q PB
3. Adam KSZCZOT, POL 1:44.70
4. Ayanleh SOULEIMAN, DJI 1:45.19
5. Mark ENGLISH, IRL 1:45.93
6. Giordano BENEDETTI, ITA 1:46.41 SB
7. Amine BELFERAR, ALG 1:46.55
8. Hamada MOHAMED, EGY 1:48.17

Prelims (12):

Heat 1 -

1. Ayanleh SOULEIMAN, DJI 1:45.48 Q
2. Amel TUKA, BIH 1:45.72 Q

3. Boris BERIAN, USA	1:45.87 Q
4. Kleberson DAVIDE, BRA	1:46.14 q
5. Žan RUDOLF, SLO	1:46.93 SB
6. Antoine GAKEME, BDI	1:47.46
7. Musa HAJDARI, KOS	1:48.41
DQ-- Abraham ROTICH, BRN	[IAAF Rule 163.3a]

Heat 2 -

1. Adam KSZCZOT, POL	1:45.83 Q
2. Ferguson ROTICH, KEN	1:46.00 Q
3. Andres ARROYO, PUR	1:46.17 Q
4. Hamada MOHAMED, EGY	1:46.65 q
5. Rafith RODRÍGUEZ, COL	1:46.65 SB
6. Boitumelo MASILO, BOT	1:48.48
7. Luke MATHEWS, AUS	1:50.17
8. Brice ETES, MON	1:50.40

Heat 3 -

1. David RUDISHA, KEN	1:45.09 Q
2. Rynardt VAN RENSBURG, RSA	1:45.67 Q SB
3. Michael RIMMER, GBR	1:45.99 Q
4. Clayton MURPHY, USA	1:46.18 q
5. Jinson JOHNSON, IND	1:47.27
6. Anthony ROMANIW, CAN	1:47.59
7. Lutmar PAES, BRA	1:48.38
8. Benjamín ENZEMA, GEQ	1:52.14 NR
9. Alex BEDDOES, COK	1:52.76 PB

Heat 4 -

1. Alfred KIPKETER, KEN	1:46.61 Q
2. Andreas BUBE, DEN	1:46.67 Q
3. Yassine HETHAT, ALG	1:46.81 Q
4. Álvaro DE ARRIBA, ESP	1:46.86
5. Wesley VAZQUEZ, PUR	1:46.96
6. Charles JOCK, USA	1:47.06
7. Elliot GILES, GBR	1:47.88
8. Yiech Pur BIEL, ROT	1:54.67
DQ-- Joshua ILUSTRE, GUM	[IAAF Rule 163.3a]

Heat 5 -

1. Taoufik MAKHLOUFI, ALG	1:49.17 Q
2. Mostafa SMAILI, MAR	1:49.29 Q
3. Giordano BENEDETTI, ITA	1:49.40 Q
4. Sho KAWAMOTO, JPN	1:49.41
5. Jacob ROZANI, RSA	1:49.79
6. Jozef REPCÍK, SVK	1:49.95
7. Nijel AMOS, BOT	1:50.46
8. Kevin LÓPEZ, ESP	1:53.41

Heat 6 -

1. Brandon McBRIDE, CAN	1:45.99 Q
2. Marcin LEWANDOWSKI, POL	1:46.35 Q
3. Mark ENGLISH, IRL	1:46.40 Q
4. Jeff RISELEY, AUS	1:46.93
5. Abubaker Haydar ABDALLA, QAT	1:47.81
6. Pol MOYA, AND	1:48.88
7. Alex AMANKWAH, GHA	1:50.33

DNF-- Abdelati EL GUESSE, MAR

Heat 7 -

1. Pierre-Ambroise BOSSE, FRA	1:48.12 Q
2. Mohammed AMAN, ETH	1:48.33 Q
3. Amine BELFERAR, ALG	1:48.40 Q
4. Daniel ANDÚJAR, ESP	1:48.50
5. Charles GRETHEN, LUX	1:48.93
6. Peter BOL, AUS	1:49.36
7. Francky MBOTTO, CAF	1:52.97

10000 (13):

1. Mo FARAH, GBR	27:05.17	GOLD
[13:53.11 / 13:12.06]		
2. Paul TANUI, KEN	27:05.64	SB SILVER
3. Tamirat TOLA, ETH	27:06.26	BRONZE
4. Yigrem DEMELASH, ETH	27:06.27	
5. Galen RUPP, USA	27:08.92	SB
6. Joshua CHEPTEGEI, UGA	27:10.06	PB
7. Bedan Karoki MUCHIRI, KEN	27:22.93	SB
8. Zersenay TADESE, ERI	27:23.86	
9. Nguse AMLOSOM, ERI	27:30.79	SB
10. Abraham CHEROBEN, BRN	27:31.86	PB
11. Geoffrey KAMWOROR, KEN	27:31.94	SB
12. Zane ROBERTSON, NZL	27:33.67	NR/PB
13. Polat Kemboi ARIKAN, TUR	27:35.50	PB
14. Leonard KORIR, USA	27:35.65	SB
15. Abadi HADIS, ETH	27:36.34	
16. David MCNEILL, AUS	27:51.71	SB
17. Suguru OSAKO, JPN	27:51.94	
18. Stephen MOKOKA, RSA	27:54.57	
19. Shadrack KIPCHIRCHIR, USA	27:58.32	SB
20. Bashir ABDI, BEL	28:01.49	SB

WOMEN

1500:

Semi-Finals (14):

1. Faith KIPYEGON, KEN	4:03.95	Q
2. Dawit SEYAUM, ETH	4:04.23	Q
3. Shannon ROWBURY, USA	4:04.46	Q SB
4. Besu SADO, ETH	4:05.19	Q
5. Laura WEIGHTMAN, GBR	4:05.28	Q
6. Sofia ENNAOUI, POL	4:05.29	q
7. Rababe ARAFI, MAR	4:05.60	q
8. Linden HALL, AUS	4:05.81	
9. Zoe BUCKMAN, AUS	4:06.95	
10. Konstanze KLOSTERHALFEN, GER	4:07.26	
11. Ciara MAGEEAN, IRL	4:08.07	
12. Brenda MARTINEZ, USA	4:10.41	

Heat 2 -

1. Genzebe DIBABA, ETH	4:03.06	Q
2. Sifan HASSAN, NED	4:03.62	Q
3. Laura MUIR, GBR	4:04.16	Q
4. Jenny SIMPSON, USA	4:05.07	Q
5. Meraf BAHTA, SWE	4:06.41	Q
6. Violah LAGAT, KEN	4:06.83	

7. Nicole SIFUENTES, CAN	4:08.53
8. Malika AKKAOUI, MAR	4:08.55
9. Diana SUJEW, GER	4:10.15
10. Danuta URBANIK, POL	4:11.34
11. Jenny BLUNDELL, AUS	4:13.25
12. Angelika CICHOCKA, POL	4:17.83

Prelims (12):

Heat 1 -

1. Genzebe DIBABA, ETH	4:10.61 Q
2. Ciara MAGEEAN, IRL	4:11.51 Q
3. Brenda MARTINEZ, USA	4:11.74 Q
4. Linden HALL, AUS	4:11.75 Q
5. Angelika CICHOCKA, POL	4:11.76 Q
6. Konstanze KLOSTERHALFEN, GER	4:11.76 Q
7. Hilary STELLINGWERFF, CAN	4:12.00
8. Maureen KOSTER, NED	4:13.15
9. Siham HILALI, MAR	4:13.46
10. Amela TERZIC, SRB	4:15.17
11. Nancy CHEPKWEMOI, KEN	4:15.41
12. Marta PEN FREITAS, POR	4:18.53
13. Saraswati BHATTARAI, NEP	4:33.94 NR/PB
14. Celma BONFIM DA GRAÇA, STP	4:38.86

Heat 2 -

1. Sifan HASSAN, NED	4:06.64 Q
2. Faith KIPYEGON, KEN	4:06.65 Q
3. Sofia ENNAOUI, POL	4:06.90 Q
4. Jenny SIMPSON, USA	4:06.99 Q
5. Malika AKKAOUI, MAR	4:07.42 Q SB
6. Besu SADO, ETH	4:08.11 Q
7. Laura WEIGHTMAN, GBR	4:08.37 q
8. Jenny BLUNDELL, AUS	4:09.05 q
9. Gabriela STAFFORD, CAN	4:09.45
10. Muriel CONEO, COL	4:09.50
11. Tigist GASHAW, BRN	4:10.96
12. Florina PIERDEVARA, ROU	4:11.55 SB
13. Nikki HAMBLIN, NZL	4:11.88
14. Anjelina Nadai LOHALITH, ROT	4:47.38

Heat 3 -

1. Dawit SEYAUM, ETH	4:05.33 Q
2. Shannon ROWBURY, USA	4:06.47 Q
3. Laura MUIR, GBR	4:06.53 Q
4. Rababe ARAFI, MAR	4:06.63 Q
5. Meraf BAHTA, SWE	4:06.82 Q
6. Zoe BUCKMAN, AUS	4:06.93 Q
7. Nicole SIFUENTES, CAN	4:07.43 q
8. Violah LAGAT, KEN	4:08.09 q
9. Danuta URBANIK, POL	4:08.67 q
10. Diana SUJEW, GER	4:09.07 q
11. Margherita MAGNANI, ITA	4:09.74
12. Kadra MOHAMED DEMBIL, DJI	4:42.67 NR/PB
13. Nelia MARTINS, TLS	5:00.53

10000 (12):

1. Almaz AYANA, ETH	29:17.45 WR/OR/NR/WL/PB GOLD
---------------------	------------------------------

2. Vivian CHERUIYOT, KEN	29:32.53 NR/PB	SILVER
3. Tirunesh DIBABA, ETH	29:42.56 PB	BRONZE
4. Alice NAWOWUNA, KEN	29:53.51 PB	
5. Betsy SAINA, KEN	30:07.78 PB	
6. Molly HUDDLE, USA	30:13.17 AR/NR	
7. Yasemin CAN, TUR	30:26.41 AUR/PB	
8. Gelete BURKA, ETH	30:26.66 PB	
9. Karoline Bjerke GRØVDAL, NOR	31:14.07 PB	
10. Eloise WELLINGS, AUS	31:14.94 PB	
11. Emily INFELD, USA	31:26.94 PB	
12. Sarah LAHTI, SWE	31:28.43 NR/PB	
13. Diane NUKURI, BDI	31:28.69 NR/PB	
14. Susan KUIJKEN, NED	31:32.43	
15. Jo PAVEY, GBR	31:33.44 SB	
16. Jess ANDREWS, GBR	31:35.92 PB	
17. Alexi PAPPAS, GRE	31:36.16 NR/PB	
18. Yuka TAKASHIMA, JPN	31:36.44	
19. Darya MASLOVA, KGZ	31:36.90 NR/PB	
20. Hanami SEKINE, JPN	31:44.44	
21. Dominique SCOTT, RSA	31:51.47 PB	

3000m s/chase:

Prelims (13):

Heat 1 -

1. Ruth JEBET, BRN	9:12.62 Q
2. Sofia ASSEFA, ETH	9:18.75 Q
3. Gesa Felicitas KRAUSE, GER	9:19.70 Q
4. Colleen QUIGLEY, USA	9:21.82 q
5. Lydia ROTICH, KEN	9:30.21 q
6. Mariya SHATALOVA, UKR	9:30.89 PB
7. Peruth CHEMUTAI, UGA	9:31.03 PB
8. Charlotta FOUGBERG, SWE	9:31.16
9. Özlem KAYA, TUR	9:32.03 SB
10. Sviatlana KUDZELICH, BLR	9:32.93 SB
11. Fadwa SIDI MADANE, MAR	9:32.94 SB
12. Diana MARTÍN, ESP	9:44.07
13. Ingeborg LØVNES, NOR	9:44.85
14. Kerry O'FLAHERTY, IRL	9:45.35 SB
15. Juliana Paula DOS SANTOS, BRA	9:45.95
16. Erin TESCHUK, CAN	9:53.70
17. Anju TAKAMIZAWA, JPN	9:58.59

Heat 2 -

1. Beatrice CHEPKOECH, KEN	9:17.55 Q
2. Emma COBURN, USA	9:18.12 Q
3. Habiba GHRIBI, TUN	9:18.71 Q SB
4. Lalita BABAR, IND	9:19.76 q NR/PB
5. Madeline HEINER HILLS, AUS	9:24.16 q SB
6. Fabienne SCHLUMPF, SUI	9:30.54 q NR/PB
7. Hiwot AYALEW, ETH	9:35.09 SB
8. Matylda KOWAL, POL	9:35.13 PB
9. Sanaa KOUBAA, GER	9:35.15 PB
10. Victoria MITCHELL, AUS	9:39.40 SB
11. Michelle FINN, IRL	9:49.45
12. Tigest GETENT, BRN	9:49.92
13. Maria BERNARD, CAN	9:50.17
14. Meryem AKDAG, TUR	9:50.28

15. Sandra ERIKSSON, FIN	9:56.77
16. Luiza GEGA, ALB	9:58.49
17. Anastasiya PUZAKOVA, BLR	10:14.08
18. Amina BETTICHE, ALG	10:26.91

Heat 3 -

1. Hyvin Kiyeng JEPKEMOI, KEN	9:24.61 Q
2. Genevieve LACAZE, AUS	9:26.25 Q
3. Courtney FRERICHS, USA	9:27.02 Q
4. Genevieve LALONDE, CAN	9:30.24 q NR/PB
5. Xinyan ZHANG, CHN	9:31.47
6. Anna Emilie MØLLER, DEN	9:32.68 NR/NUR/AJR/PB
7. Etenesh DIRO, ETH	9:34.70 q
8. Aisha PRAUGHT, JAM	9:35.79 q
9. Sudha SINGH, IND	9:43.29
10. Salima ELOUALI ALAMI, MAR	9:44.83 SB
11. Eliane SAHOLINIRINA, MAD	9:45.92
12. Sara TREACY, IRL	9:46.24 q
13. Ancuta BOBOCEL, ROU	9:46.28
14. Tugba GÜVENC, TUR	9:49.93 SB
15. Maya REHBERG, GER	9:51.73
16. Belén CASSETTA, ARG	9:51.85
17. Lennie WAITE, GBR	10:14.18

BOOK REVIEW

This review of the book covering the careers of Mary Decker and Zola Budd and their infamous clash at the 1984 Olympics was written by Mel Watman and appeared in *Athletics International*.

Collision Course by Jason Henderson. Published by Birlinn Ltd (order via www.birlinn.co.uk). Cover price: £12.99.

The 1984 Olympics in Los Angeles were notable for such glorious feats as Carl Lewis's four gold medals and repeat victories by Seb Coe and Daley Thompson, and yet the image that has outlived all others is the moment when Mary Decker got tangled up with Zola Budd and fell during the 3000 m final. There was a collective gasp of horror from the predominantly American crowd of 85,000 who had been anticipating a sweet victory by Mary, the World champion and favourite for the event. While Mary was writhing in mental and physical agony on the infield the race continued, with many partisan fans – deciding Zola was to blame – booing the young barefoot runner who never really wanted to be there anyway. In tears herself, she slipped back to finish a distant seventh. Such was the furore that little credit was awarded the winner, Romania's Maricica Puica, and runner-up Wendy Sly of Britain ... both of whom ran brilliantly.

The Decker-Budd saga was the subject of a perceptive feature-length film shown recently on British TV and, purely coincidentally, at the time the film was being made *Athletics Weekly* editor Jason Henderson was busy researching and writing his book, subtitled "The Olympic Tragedy of Mary Decker and Zola Budd." This 232-page paperback explores the pair's background and racing careers, and it makes compelling reading as the author meticulously documents the rise to fame of two incredibly precocious young athletes with little in common other than their love and talent for running.

Mary (born August 1958) is nearly eight years older than Zola (born May 1966) and was already an established world class athlete before her South African future opponent had even started running. In 1973, still only 14, Mary won the 800 m in a match between the Soviet Union and the USA, while Zola began racing three years later, at ten. Mary was Zola's idol, the American's photo prominently displayed on Zola's bedroom wall, so it was

somewhat bizarre that it was Mary's 5000 m figures of 15:08.26 that Zola beat in January 1984. Her time of 15:01.83, at age 17, would have been a world record except that South Africa was excluded from IAAF membership because of its government's apartheid policy.

It was around this time, writes Henderson, that "the *Daily Mail* newspaper started to take a serious interest in Zola and began to concoct a plan to get her a British passport in time to compete for Great Britain in the LA Olympics a few months later." It was a cynical exercise, the newspaper anticipating a major circulation boost as well as being praised for enabling a potential gold medallist to be included in the British Olympic team. Influential strings were pulled and a British passport was delivered in record time. In fact, other than a lucrative financial arrangement, from which Frank Budd, Zola's father, was the main beneficiary, the move to Britain in March 1984 proved a disaster for Zola. This shy, unworldly Afrikaans-speaking country girl suddenly found herself the object of feverish media attention in an alien English-speaking world. To add to her distress, she also became the target of anti-apartheid demonstrations. Looking back over 30 years, how ironic it is that the *Daily Mail*, latterly such a vocal critic of what it terms 'plastic Brits', should have originated the introduction of foreign talent into the British athletics team.

Mary was less than enchanted by the arrival of a new rival for the Olympic 3000 m crown and grew increasingly irritated in media interviews by the constant references to Zola. Mary had gained a superb 3000/1500 m double over strong Soviet opposition at the inaugural 1983 World Championships and her races in 1984 in preparation for the Games included fast times at 1500 m and 3000 m. Zola in turn set out her stall with a world best 2000 m time of 5:33.15 on 13 July with Mary responding with a time of 5:32.7 on 3 August. The stage was set for a great 3000 m showdown.

The Olympic final on 10 August is described in great detail by Henderson. The consensus among the "experts" was that Decker would win with Maricica Puica, the World cross country champion and mile world record holder, and Budd slugging it out for the silver medal. In fact Puica was always confident of victory. As quoted in the book, she said: "When Mary decided not to run the 1500 m in LA, I knew something was wrong with her. I watched the strain on her face when she qualified for the 3000 m and knew she could not beat me. Then in the final she slowed down after the third lap and I had no doubt who would win."

Who was to blame for the fall? The argument rages still after all these years but most observers feel that if anyone was culpable it was Mary who was responsible for her own downfall. She had originally pointed the finger at Zola, snubbing her publicly, but later had the good grace to write her a letter of apology for her emotionally charged reaction.

The second half of this fascinating story deals with the pair's ups and downs subsequent to the LA encounter. In 1985, now married to British discus thrower Richard Slaney, Mary was undefeated all year and clearly superior to Zola and Maricica. Her races included the notorious made-for-TV 3000 m re-match at the Crystal Palace arranged by Andy Norman where Mary (paid £36,000 to appear plus £18,000 for her win) left Zola (whose staggering £90,000 fee is the equivalent today of almost £260,000) trailing home a distant fourth. Puica, offered a derisory \$2000, declined her invitation. Mary went on that summer to set a world mile record of 4:16.71 while Zola, the World cross country champion, set new global figures of 14:48.07 for 5000 m. They never raced each other again on the track, and neither shone at subsequent Olympics (Mary in 1988 and 1996) and Zola (for post-apartheid South Africa in 1992), but they did meet up – as long lost friends – in a deserted Los Angeles Coliseum early this year for a touching finale to their film.

STATS TIME

This week we publish the all-time top ten performances in the Olympic Marathon for women. The top three times recorded in yesterday's race in Rio occupy positions 7-9. The biggest winning margin, exactly two minutes, came when Fatuma Roba (ETH) won in 2:26:05 in Atlanta 1996, and the smallest, five seconds, when Tiki Gelana won in London.

OLYMPIC MARATHON: ALL-TIME TOP 10 WOMEN

2:23:07	Tiki Gelana ETH	1	London	2012
2:23:12	Priscah Jeptoo KEN	2	London	2012
2:23:14	Naoko Takahashi JPN	1	Sydney	2000
2:23:22	Lidia Simon ROU	2	Sydney	2000
2:23:29	Tatyana Arkhipova RUS	3	London	2012
2:23:56	Mary Keitany KEN	4	London	2012
2:24:04	Jemima Sumgong KEN	1	Rio de Janeiro	2016
2:24:13	Eunice Kirwa BRN	2	Rio de Janeiro	2016
2:24:30	Mare Dibaba ETH	3	Rio de Janeiro	2016
2:24:45	Joyce Chepchumba KEN	3	Sydney	2000

THIS MONTH IN HISTORY

80 years ago: 2 August 1936

For the first – and still only – time in Olympic history a country swept the medals in the men's 10000 metres when the Finnish star Ilmari Salminen (30:15.4) scored a narrow victory over compatriot Arvo Askola (30:15.6), with Volmari Iso-Hollo (30:20.2) third. The trio took the lead in the seventh kilometre after Japan's Kohei Murakoso had set the pace from the start. The defending Olympic marathon champion, Juan Carlos Zabala (ARG) finished sixth. Six days later Iso-Hollo would win the steeplechase in world record time.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

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	28:50	Elroy Gelant	Port Elizabeth	02 Apr
	27:42	Bitan Karoki Muchiri (KEN)		
	27:42	Leonard Barsoton Kiplimo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		18 Jun
	45:39	Jeromy Andreas	Eersterivier	
	41:41	Bitan Karoki Muchiri (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		30 Jul
	61:26	Stephen Mokoka	Port Elizabeth	
	59:10	Geoffrey Kipsang Kamworor (KEN)		
25 km	58:23	Zersenay Tadesse (ERI) 2010		07 May
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
	75:32	Christopher Landry (USA)		31 Jan

	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
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	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	53:57	Eric Coetzee	Eersterivier	18 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:10	Nel Mtsweni	Port Elizabeth	30 Jul
	66:42	Martin Rees (GBR) 2003		
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07	Dan Mothibe	East London	20 Feb
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	71:31	Martin Rees (GBR) 2013		
25 km	1:49:33	Jan Lebese	Pretoria	07 May
	94:01	Doug Winn (USA) 2010		
30 km	2:12:25	Mochamat Kriel	Simon's Town	14 Aug
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
15 km	37:33	Ed Whitlock (CAN) 2004		
	66:12	Jeff Smith	Ravensmead	19 Mar
21.1 km	58:19	Ed Whitlock (CAN) 2001		
	95:28	Jeff Smith	Port Elizabeth	30 Jul
25 km	82:23	Ed Whitlock (CAN) 2001		
	3:03:13	Assie van Aswegen	Pretoria	07 May
30 km	99:59	Clive Davies (USA) 1985		
	2:22:55	Jeff Smith	Camps Bay	10 Jan
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:29:46a	Jeff Smith	Simon's Town	21 Feb
100 km	2:54:49	Ed Whitlock (CAN) 2004		

Juniors

10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	65:15	Kabelo Melamu	Port Elizabeth	30 Jul
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
15 km	30:29w	Asmae Leghzaoui (MAR) 2002		
	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		Netsanet Gudeta Kebede (ETH)		
21.1 km		Genet Ayalew Kassahun (ETH)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	65:51	Viola Chepchumba (KEN)		
25 km	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:25:36	Alphine Tuliamuk (USA)		
30 km	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
Marathon	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
100 km	2:17:42w	Paula Radcliffe (GBR) 2005		
	6:33:11	Tomoe Abe (JPN) 2000		

Veterans (40+)

10 km	35:39 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Durban	05 Jun
15 km	54:40 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Eersterivier	18 Jun
21.1 km	78:09 69:56	Tanith Maxwell Irina Permitina (RUS) 2009	Port Elizabeth	30 Jul
25 km	1:57:50 1:45:58a	Ashleigh White Suzette Botha	Durban Pinetown	06 Mar 31 Jan
30 km	82:13 2:00:38 1:51:37	Mizuki Noguchi (JPN) 2005 Tanith Maxwell Mieke Pullen (NED) 2001	Simon's Town	14 Aug
Marathon	2:48:52 2:26:51	Charné Bosman Priscilla Welch (GBR) 1987	Benoni	31 Jan
100 km	7:00:27	Normi Sakurai (JPN) 2007		

Masters (50+)

10 km	39:42 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Cape Town	17 Apr
15 km	62:15 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Eersterivier	18 Jun
21.1 km	89:22 76:07	Elmarie Coetzee Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	30 Jul
25 km	2:00:27 2:13:42a	Ansa Strydom Roshnee Natasen	Pretoria Pinetown	07 May 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				

Grandmasters (60+)

10 km	42:30 38:56	Margie Saunders Lidia Zentner (GER) 2015	Cape Town	17 Apr
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	92:42 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	11 Jun
25 km	2:37:27 2:22:39a	Pamela Rasmussen Jenny Scott	Durban Pinetown	06 Mar 31 Jan
30 km	1:58:24 2:20:20 2:17:11	Gloria Brown (USA) 1994 Margie Saunders Barbara Miller (USA) 1999	Uitenhage	05 Mar
Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				

Great grandmasters (70+)

10 km	54:52 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Bellville	02 Apr
15 km	82:28 72:52	Pixie Sparg Jo Klein (NED) 2004	Eersterivier	18 Jun
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan

Marathon	2:47:08	Myra Rhodes (USA) 2002		
	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Derrick Chamberlain, Jacky McClean (Newsport Media)

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

