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**TEAM SA REACH MEDAL TARGET**

The athletics contingent claimed another five medals at the World Student Games in Kazan, Russia, on Friday as Team South Africa achieved their 13-medal target with five days of competition remaining.

The road running team were delighted after scooping three medals in the half-marathon in the morning session.

Gladwin Mzazi won the individual gold medal, outsprinting countryman Stephen Mokoka to secure victory in the men's road race in 1:03.37.

Xolisane Zamkele was seventh in 1:05.38, as the trio claimed the team gold medal.

Mzazi, who won the 10 000m title at the 2009 Games in Belgrade, and was fifth in the half-marathon at the 2011 Games in Shenzhen, was pleased to have achieved his goal.

"I'm very happy to have won the race. I wanted to go home with a gold medal," Mzazi said.

"We took control from the start, and obviously if there is team work it makes things much easier.

"We struggled a bit over the last 10km because the temperature was getting higher and higher, so the weather affected us, but we did very well."

Mokoka, who won gold in the men's 10 000m final earlier in the week, also said they had battled in the hot and humid conditions, and he was glad they had worked together as a team.

"The main goal was to get the team gold because we have never won the team competition before. Everything went according to plan," Mokoka said.

In the women's half-marathon, Portia Ngwenya was 20th in 1:32.24, while Thitshaamba Ravhandalala withdrew shortly before the finish.

In the evening track and field session, the country's 4x400m relay teams both secured bronze medals in the finals of their events.

The men's quartet -- Pieter Conradie, Jacques de Swardt, PC Beneke and Wayde van Niekerk -- were third in 3:06.19.

"It was quite tough, but the support today was amazing, and the conditions were great," said Van Niekerk.

"We wanted to do everything we could for our country."

The women's quartet -- Sonja van der Merwe, Arista Nienaber, Justine Palframan and Anneri Ebersohn -- also took third place, clocking 3:36.05.

Rynardt van Rensburg finished sixth in the men's 800m final, crossing the line in 1:47.70, with Olympic silver medalist Nijel Amos of Botswana, who is based in South Africa, clinching the gold medal in 1:46.53.

Jeromy Andreas was sixth in the men's 5 000m final in 13:56.94, while countryman Andries Hlaselo did not finish the race.

The SA men's 4x100m relay team, anchored by double sprint champion Anaso Jobodwana, were left disappointed as they struggled with an early changover and were later hampered by the Canadian quartet, trailing home in eighth place in the final in 45.82 seconds.

Elsewhere, Richard Ellis became the first South African to progress beyond the preliminary rounds in the swimming pool.

Ellis reached the semifinals of the men's backstroke event, but he was eliminated in the penultimate round.

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