

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

At the New York Diamond League meeting on Saturday all eyes were on the return of world record holder David Rudisha, who suffered a muscle spasm in Ostrava two weeks ago. The Kenyan Olympic champion did not disappoint, remaining unbeaten in four straight New York Adidas Grand Prix events. He won, with some effort, in 1:43.58, a mere 0.2 sec slower than Mohammed Aman's world leader (which was Rudisha's target). Behind him Boris Berian (USA) jumped to the top of the US 800-metre standings with his surprising 1:43.84, smashing his previous PB of 1:45.30.

In the same event for women, an increasingly confident Ajee' Wilson (USA) easily took the measure of Janeth Jepkosgei (KEN) with a win in 1:58.83.

There was one world record at the meeting – by 11-year-old Jonah Gorevic in the mile (see Background later in this issue).

At the NCAA Championships in Eugene Dominique Scott was – somewhat surprisingly – beaten in both the 5000 m and the 10000 m, running 15:40.47 (behind Emily Sisson's 15:34.10) and 33:25.81 (behind Molly Seidel's 33:18.37).

Locally, Lusapho April showed good form in the City of Champions Youth Challenge 10 km in Port Elizabeth this weekend, winning by more than half a minute in 29:57. The women's race went to frequent racer Ntombesintu Mfunzi in 36:51 – by almost three minutes!

In the Mamre 15 km master Eric Coetzee set a superb new list leader of 52:28; he now joins Margie Saunders as the only athletes who have four list leaders in their respective age categories. They also share something else: both are DRR subscribers.

DRR has been informed that the athlete in 14th position in the Spar Grand Prix race in Durban last weekend (results in DRR 15:22) was not Angeline Saidi, but in actual fact Bulelwa Simae. The time, 36:09, was correct.

Last week it was pointed out that Cape Town grandmaster Nancy Will had run both the 8 km and 15 km events at the Don Lock Memorial that weekend – just seven days after completing the Comrades Marathon. Unsurprisingly, it turns out that she had also raced two cross-country events the day before. This means that in eight days Will had covered a jaw-dropping 124.7 km in races, or an average of 15.6 km per day!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Wasbank 10 km, Durban
- * Mamre 15 km, Mamre
- * City of Champions Youth Challenge 10 km, Port Elizabeth
- * XC: WP League Meeting, Koeberg; EP League Meeting, Uitenhage

International highlights:

- * Oakley New York Mini 10 km, New York, USA
 - * Corrida Languieux, Languex, FRA
 - * Zwolse Half Marathon, Zwolle, NED
 - * Oelder Sparkassen-City-Lauf, Oelde, GER
 - * Track: Mohammed VI d'Athletisme de Rabat, Rabat, MAR; adidas Grand Prix, New York, USA; Golden Spike Leiden, Leiden, NED; NCAA Division I Outdoor Championships, Eugene, USA; ExxonMobil Bislett Games, Oslo, NOR; Meeting Iberoamericano de Atletismo, Huelva, ESP; Memorial Josefa Odlozila, Prague, CZE
 - * IAU World Trail Championships, Annecy, FRA
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ROAD RUNNING

Wasbank 10 km

Durban, 14 June

MEN

1.	Philani Buthelezi	Boxer AC	32:39
2.	Ayanda Mncube	Phantane AC	33:47
3.	Bhetani Sithole	KRS	34:30
4.	Malibongwe Dlamini	Nedbank AC	35:05
5.	Lindokuhle Sithole	Muden AC	35:11

Juniors:

1.	Celubuhle Ndlovu	KRS	39:46
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WOMEN

1.	Lindo Gabela	Muden AC	42:19
2.	Nomcebo Mtshali	Muden AC	42:59
3.	Londeka Mveli	Muden AC	44:02
4.	Thembisile Zungu	Muden AC	45:10
5.	Minenhle Mkhize	Muden AC	45:10

Juniors:

1.	Nomcebo Mtshali	Muden AC	42:59
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Mamre 15 km

Mamre, 13 June

(Certified, undulating out-and-back course. Weather: cold and misty, with only 100 m visibility at one stage. Finishers: 496 [considerably down from 688 last year].)

MEN

1. Danzil Paultse (East) 47:45
2. Akhona Makila (VOB) 48:32
3. Lukhanyo Nobakada (VOB) 48:37 (1st jun)

Veterans: 1. Shawn Abrahams (Celtic) 52:13; 2. Xolile Macanda (Gugs) 55:56; 3. Corus Naudé (CMC) 59:13. **Masters:** 1. Eric Coetzee (Ind) 52:28; 2. Ludwig Lillie (Durb) 59:25; 3. André Harmse (Brack) 60:44. **G'masters:** 1. Muhammad Kriel (Ommie) 66:02; 2. Brian Merryweather (Edge) 72:46; 3. Willie van Wyk (Brack) 73:06. **G/g'masters:** 1. Ronnie le Roux (Brack) 77:49; 2. Boet van Zyl (SH) 86:57; 3. Kaare James (Pine) 89:31. **Juniors:** 1. Lukhanyo Nobakada (VOB) 48:37; 2. Samuel van der Merwe (Bell) 49:58; 3. Esona Mbombo (Sanlam) 56:52.

WOMEN

1. Khulukazi Lupondo (East) 62:49
2. Obertina Kanyongo (ZIM/WC) 63:13 (1st vet)
3. Mariëtte Strauss (Tyger) 63:46 (1st mast)

Veterans: 1. Obertina Kanyongo (ZIM/WC) 63:13; 2. Louise Kock (Bell) 75:13; 3. Zethena October (Ravens) 75:34. **Masters:** 1. Mariëtte Strauss (Tyger) 63:46; 2. Olga Howard (Celtic) 66:11; 3. Charmaine Cupido (Ned) 71:32. **G'masters:** 1. Nancy Will (Pine) 76:27; 2. Helen du Plessis (Tyger) 77:27; 3. Ruth Leverton (Pine) 84:34. **G/g'masters:** 1. Marlene James (Pine) 1:30:08; 2. Avril Delapelin Dumont (WC) 1:33:46; 3. Annetjie Berntzen (Tyger) 1:46:30. **Juniors:** 1. Luisa Orth (Sanlam) 71:42; 2. Anzel Boois (Salk) 77:54; 3. Mia Lyons (Lange) 82:25.

City of Champions Youth Challenge 10 km (1st)

Port Elizabeth, 13 June

(Loop course, with two longish hills. Finishers: 284.)

Note: This is a new race held in the Zwide township. – Ed.

MEN

1	Lusapho	April	Oxford Striders	33	29:57
2	Melikhaya	Frans	Tinarha AC	23	30:33
3	Mariano	Eesou	Madibaz AC	23	30:33
4	Andre	Ketchem	X-Cel AC	31	30:45
5	Zolani	Ngqaqa	Madibaz AC	26	31:31
6	Lungile	Gongqa	Nedbank RC Transkei	36	31:34
7	Lukhanyo	Ngxoko (1 st jun)	Motherwell AC	18	31:53
8	George	Ntshiliza	Bluewater Bay	35	32:07
9	Anele	Maliza	Nedbank RC EP	37	32:26
10	Eric	Sigxashe	Motherwell AC	36	32:33
11	Sinathi	Mafa	SAPS AC EP	24	33:05
12	Brendon	Effenaar	Nedbank RC EP	19	33:21
13	Tandisile	Xoshomba	Motherwell AC	19	33:44
14	Melikhaya	Malinga	Tinarha AC	34	33:51
15	Sandile	Ngunuza	Nedbank RC EP	32	33:53
16	Terrance	Mjekula (1 st vet)	Charlo AC	42	33:54
17	Aphlyn	Taai	Transnet Eng EP	32	33:58
18	Adriaan	Gerwel	X-Cel AC	19	34:19
19	Zolile	Mhlahlo	Achilles AAA	40	34:20
20	Duwayne	Lucas	Aspen Pharmacare	25	34:36

40-44:

1	Terrance	Mjekula	Charlo AC	42	33:54
2	Zolile	Mhlahlo	Achilles AAA	40	34:20
3	Alfred	Qogi	Nedbank RC EP	41	35:58

45-49:

1	Luvuyo	Stephen	Nedbank RC EP	45	37:30
2	Freddie	Jantjies	Nedbank RC EP	46	37:49

3	Luvuyo	Dyani	Temp	45	38:28
50-54:					
1	Desmond	Zibi	Achilles AAA	51	36:17
2	Bennie	Stadler	Achilles AAA	52	38:36
3	Kenneth	Menze	Bluewater Bay	53	39:07
55-59:					
1	Disemba	Blou	Charlo AC	57	42:18
2	Christopher	Nyodi	Bluewater Bay	56	45:23
3	Chester	Brooks	X-Cel AC	57	45:50
60-64:					
1	Sizinzo	Kama	Achilles AAA	63	42:58
2	Johan	Barnard	Nedbank RC EP	60	50:37
3	Donald	Mancasa	Transnet Eng EP	61	51:29
65-69:					
1	Graham	Channon	Achilles AAA	65	48:13
2	Syd	Lippstreu	Crusaders AC	67	51:49
3	Peter	Eck	Muirite Striders	68	58:20
70-74:					
1	Tamsanqa	Jusayi	Nedbank RC EP	73	47:07
2	Herman	Dekker	SAPS AC EP	70	54:51
3	Gerald	Bouwer	Achilles AAA	72	1:10:39
Juniors:					
1	Lukhanyo	Ngxoko	Motherwell AC	18	31:53
2	Brendon	Effenaar	Nedbank RC EP	19	33:21
3	Adriaan	Gerwel	X-Cel AC	19	34:19
WOMEN					
1	Ntombesintu	Mfunzi	Nedbank RC EP	33	36:51
2	Ndileka	Mvakwendlu	Tinarha AC	24	39:46
3	Siphokazi	Nojoko	Motherwell AC	20	39:55
4	Asanda	Solani	Born To Run AC	31	41:32
5	Deliwe	Nyanga	Nedbank RC EP	26	41:44
6	Terri-Lynn	Penney	Run For Life EP	38	42:12
7	Jene	Banfield (1 st vet)	Run For Life EP	44	43:12
8	Christine	Claasen (1 st mast)	Achilles AAA	50	43:38
9	Siphokazi	Liwani (1 st jun)	Motherwell AC	18	44:34
10	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	45:34
11	Grizelda	Pietersen	Malabar AC	46	45:38
12	Noxolo	Marks	Ikhamba AC	29	45:56
13	Hanlie	Van der Westhuizen	Despatch AC	59	48:28
14	Nicole	Anderson	Warriors AC	32	48:49
15	Ludine	Williams	Malabar AC	27	49:20
16	Toegeda	Vyver	Nedbank RC EP	43	49:36
17	Rosemary	Joubert	Crusaders AC	54	51:48
18	Gail	Klichowicz	Achilles AAA	48	52:28
19	Lesley Ann	Bush	Despatch AC	42	53:23
20	Christine	Snyman	Despatch AC	59	53:32
40-44:					
1	Jene	Banfield	Run For Life EP	44	43:12
2	Toegeda	Vyver	Nedbank RC EP	43	49:36
3	Lesley Ann	Bush	Despatch AC	42	53:23
45-49:					
1	Grizelda	Pietersen	Malabar AC	46	45:38
2	Gail	Klichowicz	Achilles AAA	48	52:28
3	Georgie	Darke	Charlo AC	49	53:48

50-54:

1	Christine	Claasen	Achilles AAA	50	43:38
2	Rosemary	Joubert	Crusaders AC	54	51:48
3	Elizna	Basson	Despatch AC	52	56:10

55-59:

1	Hanlie	Van der Westhuizen	Despatch AC	59	48:28
2	Christine	Snyman	Despatch AC	59	53:32
3	Amanda	Blignault	Despatch AC	55	1:01:33

60-64:

1	Cathy	Ives	Achilles AAA	62	56:27
2	Nicki	Van Niekerk	Muirite Striders	61	1:02:26

65-69:

1	Christine	Fourie	Elite AC	69	1:03:24
2	Jeanette	Pienaar	PEAAC	67	1:06:52

70-74:

1	Ronelle	Steyn	Nedbank RC EP	71	1:08:05
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75-79:

1	Dorothy	Hart	Madibaz AC	77	1:22:29
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Juniors:

1	Siphokazi	Liwani	Motherwell AC	18	44:34
2	Nomakhosi	Ntliziyo	Youth 4 Change AC	16	45:34
3	Monique	Van Willing	Temp	19	56:29

CROSS-COUNTRY**WP League Meeting (5th)**

Koeberg, 6 June

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (10 km)**

1	Mathandazo	Qhina	Nedbank	34:03
2	Vuyolwethu	Mbukushe	Gugs	34:36
3	Du-Wayne	Philander	UWC	34:43
4	Odwa Unathi	Nteta	Atlantic	34:51
5	Xolisa	Batala	VOB	35:19
6	Emiele	Paulsen	UWC	35:21
7	Akhona	Makila	VOB	35:25
8	Nkosinathi	Madyo	Nedbank	35:49
9	Victor	Msopi	Nedbank	35:59
10	Pedro	Enver	Nedbank	36:09

SR. MEN

1	Granwin	Katzen	Celtic Harriers	9:04
2	Emiele	Paulsen	UWC	9:05
3	Orion	Faro	No Club	9:11
4	Riaan	Wildskut	Easterns	9:13
5	Ashley	Smith	Celtic Harriers	9:23
6	Dawood	Goeiman	ATC Running	9:24
7	Enver	Pedro	Nedbank	9:25
8	Envor	Rhodas	Easterns	9:34
9	Bulelani	Bebha	VOB	9:37
10	Reginald	Poss	ATC Running	9:38

VETERAN MEN (8 km)

1	Shawn	Abrahams	Celtic Harriers	31:11
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2	Graham	Katzen	Celtic Harriers	31:45
3	Xolile	Macanda	Gugs	32:04
MASTER MEN (8 km)				
1	Chris	Mitchell	Celtic Harriers	33:35
2	Tobias	Philander	Itheko	34:08
3	Friedl	v d Merwe	CMC	35:36
G'MASTER MEN (8 km)				
1	Les	Chivell	Fish Hoek	35:05
2	Awie	Veldsman	Helderberg Harr	38:18
3	Terrance	Mazzolini	VOB	40:43
G/G'MASTER MEN (8 km)				
1	Richard	Osrin	Clemengold	43:02
2	Manfred	Geutner	Celtic Harriers	50:59
3	Boet	van Zyl	Spartan Harriers	51:42
U.19 (8 km)				
1	Heinrich	Wagner	Celtic Harriers	24:04
2	Jason	Lackay	Bottelary AC	30:22
3	Lukhanyo	Nobakada	VOB	30:55
U.17 (6 km)				
1	Allesandro	Carelse	Celtic Harriers	18:21
2	Thembeke	Mendu	Gugs	18:53
3	Antonio	Peters	WCSS	19:03
SR. WOMEN (10 km)				
1	Candyce	Hall	Carbineers	45:06
2	Khulukazi	Lupondo	Easterns	45:24
3	Hanlie	Jordaan	UWC	47:01
4	Sheryl	de Lange	CMC	47:43
5	Cleo	Albertus	Carbineers	48:03
6	Amy	Abrahams	UWC	50:51
7	Nomaxesbe	Nacantsi	VOB	51:04
8	Angelique	Rabie	Carbineers	51:41
9	Nancy	Will	Pinelands	53:12
10	Johandie	de Kock	CMC	53:16
SR. WOMEN				
1	Anel	Terblanche	CMC	11:36
2	Hanlie	Jordaan	UWC	12:21
3	Tina-Mari	Meyer	Edgemead	12:27
4	Marlise	Jordaan	UWC	12:53
5	Simone	Faullman	Spartans	13:52
6	Nocwaka	Mthetho	Celtics	13:56
7	Magda	de Mooij	Brackenfell	14:16
8	Mandisa	Nqayi	Gugs	14:17
9	Annereen	Malan	Maties	14:31
10	Johandie	de Kock	CMC	14:36
VETERAN WOMEN				
1	Busisiwe	Matiwane	Celtic Harriers	18:21
2	Sandra	van Graan	Edgemead	18:24
3	Sheryl	de Lange	CMC	18:36
MASTER WOMEN				
1	Olga	Howard	Celtic Harriers	18:37
2	Mariëtte	Strauss	Tygerberg	18:46
3	Elmarie	Coetzee	CMC	20:06
G'MASTER WOMEN				
1	Nancy	Will	Pinelands	20:31

2	Collette	Van Eck	Fish Hoek	23:13
3	Helen	Du Plessis	Tygerberg	23:22
G/G'MASTER WOMEN				
1	Pixie	Sparg	Celtic Harriers	25:51
2	Marlene	James	Pinelands	28:05
3	Carol	Gahwiler	VOB	29:35
U.19 (6 km)				
1	Pamela	Moyikwa	VOB	21:27
2	Ashleigh	Simonis	Carbineers	21:53
3	Busisiwe	Gwala	VOB	23:19
U.17				
1	Hayley	Preen	Hout Bay	14:49
2	Assnique	Robinson	Bellville	14:52
3	Anitha	Nonene	WCSS	16:23

EP League Meeting (2nd)

Uitenhage, 6 June

Note: All distances are 4 km except where indicated otherwise. All distances were actually much shorter than required – the 10 km was only 9.1 km, 8 km was 7.3 km, 6 km was 5.5 km and 4 km was 3.7 km. – Ed.

SR. MEN (10 km)

1	Melikhaya	Frans	Tinarha AC	22	29:40
2	Mariano	Eesou	Madibaz AC	22	29:42
3	Mncedi	Kanti	Tinarha AC	35	33:45
4	Jeandry	Deerling	Nedbank RC EP	23	35:56
5	Maqhawe	Mmango	Rhodes University	29	36:32
6	Wanie	Daniels	Temp	22	39:41
7	Azola	Mthala	Madibaz AC	21	40:05
8	Vuyokazi	Dudumayo	Madibaz AC	36	40:15
9	Uviwe	Sulelo	Madibaz AC	20	43:19

SR. MEN

1	Zolani	Ngqaqa	Madibaz AC	26	11:19
2	Andre	Ketchem	X-Cel AC	31	11:21
3	Melikhaya	Frans	Tinarha AC	23	11:44
4	Siyabonga	Kahla	Motherwell AC	19	11:47
5	Sinathi	Mafanga	SAP	22	12:00
6	Amos	Nyongo	Madibaz AC	28	12:12
7	Lonwabo	Williams	Tinarha AC	16	12:31
8	Zolani	Mabonga	Motherwell AC	28	12:48
9	Anthony	Hermanus	Transnet Eng EP AC	32	13:00
10	Tanduxolo	Mpushe	Motherwell AC	26	13:06

VETERAN MEN (8 km)

1	Freddie	Jantjies	Temp	46	26:54
2	Malibongwe	Mbelu	Run For Life EP	43	26:56
3	Luvuyo	Stephen	Nedbank RC EP	42	30:14

MASTER MEN (8 km)

1	Desmond	Zibi	Achilles AAA	51	26:53
2	Linton	Harmse	Madibaz AC	51	32:21
3	Peter	Pohlmann	Achilles AAA	51	33:06

G'MASTER MEN (6 km)

1	Graham	Channon	Achilles AAA	65	27:28
2	John	Kotze	Achilles AAA	64	28:27

3	Ken	Barwood	Achilles AAA	60	30:23
G/G'MASTER MEN (6 km)					
1	Gerald	Bouwer	Achilles AAA	72	39:45
JR. MEN (6 km)					
1	Lindisipho	Mxhashulwa	Motherwell AC	18	19:21
JR. MEN (8 km)					
1	Brendon	Effenaar	Nedbank RC EP	19	26:01
2	Asisipho	Winti	Motherwell AC	18	32:34
U.17 (6 km)					
1	Mandilahke	Nel	Motherwell AC	17	26:08
SR. WOMEN (10 km)					
1	Siphokazi	Nojoko	Motherwell AC	20	39:40
2	Sarah	Raubenheimer	Rhodes University	22	41:38
3	Andiswa	Qutyelo	Madibaz AC	27	47:19
VETERAN WOMEN					
1	Jene	Banfield	Run For Life EP	44	15:11
2	Magrietha	Voight	Muirite Striders	44	19:49
JR. WOMEN (6 km)					
1	Siphokazi	Liwani	Motherwell AC	18	25:33
2	Siphokazi	Manaka	Solomon Mahlangu H/S	18	34:18
JR. WOMEN					
1	Zusiphe	Nkala	Victoria Girls H/S	18	17:37
U.17					
1	Jody	Tyson	Victoria Girls H/S	17	19:16
2	Sacree	Kabeya	Victoria Girls H/S	17	21:43

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

Oakley New York Mini 10 km (44th)

New York, USA, 13 June

(Certified one-loop course, hilly)

WOMEN (gun times)

1.	Mary Keitany, 33, KEN	31:15	\$10,000
2.	Betsy Saina, 26, Colorado Springs, CO (KEN)	32:30	5,000
3.	Edna Kiplagat, 35, KEN	32:39	3,500
4.	Diane Nukuri, Flagstaff, AZ (BDI)	32:47	2,500
5.	Etaferahu Temesgen, 25, Silver Spring, MD (ETH)	32:50	PB 1,500 + 1,000^
6.	Brianne Nelson, 34, Golden, CO	33:07	5,000a
7.	Gladys Tejeda, 29, PER	33:21	PB
8.	Mary Cullen, 32, IRL	33:24	
9.	Natasha Wodak, 33, CAN	33:30	
10.	Blake Russell, 39, Pacific Grove, CA	33:31	2,500a

^) Earned New York Road Runners member prize money

Corrida Languoux (24th)

Languoux, FRA, 13 June

(Distance: 10 km; one-loop course)

MEN (gun times)

1. Simon CHEPROT, KEN, 28:05
2. Getacher Tedla JEMANEH, ETH, 28:36
3. Peter Emase LEMUYA, KEN, 28:37
4. Alfred CHEROP, KEN, 28:37
5. Berhane TSEGAY TEKLE, ERI, 28:39

WOMEN (gun times)

1. Gladys YATOR, KEN, 31:40
2. Priscah Jepleting CHERONO, KEN, 32:05
3. Bekelech Daba BEDADA, ETH, 32:19
4. Amane Beriso SHANKULE, ETH, 32:52
5. Elena NAGOVITSYNA, RUS, 32:55

Zwolve Half Marathon (15th)

Zwolle, NED, 13 June

(Distance: 21.1 km)

MEN (gun times)

1. Richard Kiprop Mengich, KEN 1:01:22
2. Wilson Kipsang, KEN 1:01:23
3. Geoffrey Mutai, KEN 1:01:59

WOMEN (gun times)

1. Janet Rono, KEN 1:11:10
2. Winny Jepkorir, KEN 1:12:46
3. Lucy Macharia, KEN 1:13:47

Oelder Sparkassen-City-Lauf (18th)

Oelde, GER, 12 June

(Distance: 10 km done on 750m loop [slightly fewer than 14 laps].)

ELITE MEN (gun times)

1. Richard Kiprop Mengich, 1989, KEN, 28:24
2. David Kogei, 1985, KEN, 28:27
3. Nicodemus Kipkurui, 1994, KEN, 28:27

ELITE WOMEN (gun times)

1. Tola Fate, 1987, LG Braunschweig (ETH), 32:57
2. Winny Jepkorir, 1990, KEN, 33:03
3. Halima Kayo, 1993, ETH, 33:08

TRACK**Mohammed VI d'Athletisme de Rabat**

(IAAF World Challenge)

Rabat, MAR, 14 June

MEN

1500:

Race 1:

1. Mohamad Al-Garni, QAT, 3:36.15
2. Abdalaati Iguider, MAR, 3:36.28
3. Amine Laalou, MAR, 3:37.18
4. Fouad Elkaam, MAR, 3:37.68
5. Morhad Amdouni, FRA, 3:38.65
6. Johan Cronje, RSA, 3:38.98
7. Pieter-Jan Hannes, BEL, 3:39.23

Race 2:

1. Yassine Bensghir, MAR, 3:34.29
2. Silas Kiplagat, KEN, 3:34.84
3. Timothy Cheruiyot, KEN, 3:35.24

adidas Grand Prix (11th)

(7th stop of 2015 IAAF Diamond League)

New York, USA, 13 June

MEN

800 (DL):

- | | | |
|-------------------------------|------------|----------|
| 1. David Rudisha, KEN | 1:43.58 | \$10,000 |
| 2. Boris Berian, USA | 1:43.84 PB | 6,000 |
| 3. Pierre-Ambroise Bosse, FRA | 1:43.88 | 4,000 |
| 4. Matthew Centrowitz, USA | 1:44.62 PB | 3,000 |
| 5. Leo Manzano, USA | 1:45.24 | 2,500 |
| 6. Robby Andrews, USA | 1:45.98 | 2,000 |
| ... 9. Andrew Wheating, USA | 1:47.75 | |
| DNF-- Duane Solomon, USA | | |

Mile:

adidas High School Dream Mile -

1. Grant Fisher, USA 4:01.73
2. Andrew Hunter, USA 4:02.36 PB
3. Mike Brannigan, USA 4:03.18 PB
- ... 10. Carlos Villarreal, MEX 4:14.92

Youth Race -

1. Jonah Gorevic, 11, USA 4:51.85 AGWR/PB
2. Itamar Pres, USA 5:02.43
3. Myles Plummer, USA 5:03.24

5000 (DL):

- | | | |
|--------------------------|-------------|----------|
| 1. Ben True, USA | 13:29.48 | \$10,000 |
| 2. Nick Willis, NZL | 13:29.78 | 6,000 |
| 3. Nguse Amlosom, ERI | 13:30.22 PB | 4,000 |
| 4. Thomas Longosiwa, KEN | 13:30.26 | 3,000 |
| 5. Moses Kipsiro, UGA | 13:31.37 | 2,500 |

WOMEN

800 (DL):

1. Ajee' Wilson, USA	1:58.83	\$10,000
2. Janeth Jepkosgei, KEN	1:59.37	6,000
3. Chanelle Price, USA	1:59.47 PB	4,000
4. Molly Beckwith-Ludlow, USA	1:59.93	3,000
5. Brenda Martinez, USA	2:00.33	2,500
6. Lynsey Sharp, GBR	2:00.37	2,000
7. Treniere Moser, USA	2:00.42	1,500
8. Jenny Meadows, GBR	2:00.55	1,000
9. Charlene Lipsey, USA	2:00.60 PB	
10. Noélie Yarigo, BEN	2:00.97	

Mile:

adidas High School Dream Mile -

1. Christina Aragon, USA	4:37.91 PB
2. Ryen Frazier, USA	4:38.59 PB
3. Amanda Gehrlich, USA	4:40.25 PB

1000:

1. Erin Donohue, USA	2:37.42 PB
2. Treniere Moser, USA	2:37.53
3. Dana Mecke, USA	2:37.89
4. Mary Cain, USA	2:38.57
5. Hannah England, GBR	2:41.04 PB

3000 s/chase (DL):

1. Hiwot Ayalew, ETH	9:25.26	\$10,000
2. Ashley Higginson, USA	9:31.32	6,000
3. Sviatlana Kudzelich, BLR	9:31.70	4,000
4. Genevieve LaCaze, AUS	9:35.17	3,000
5. Geneviève Lalonde, CAN	9:35.69 PB	2,500

Golden Spike Leiden (44th)

Leiden, NED, 13 June

MEN

10000:

Race A:

1. Abrar Osman Adem	ERI	27:41:69
2. Abdallah Mande Kibet	UGA	28:12:72
3. Alemu Gebre Bekele	BRN	28:13:85
... 8. Gladwin Mzazi	RSA	28:48:38

NCAA Division I Outdoor Championships

Eugene, USA, 10-13 June

MEN

Team results:

1. Oregon, 85.0 points
2. Florida, 56.0
3. Arkansas, 53.0
4. LSU, 45.0
5. USC, 40.50

800 (12):

1. Edward Kemboi, SR, Iowa State (KEN) 1:49.26
2. Brannon Kidder, JR, Penn State 1:49.36
3. Clayton Murphy, SO, Akron 1:49.52

1500 (12):

1. Chad Noelle, JR, Oklahoma State 3:54.96
2. Zach Perkins, SR, Air Force 3:55.08
3. Blake Haney, FR, Oregon 3:55.12

5000 (12):

1. Edward Cheserek, SO, Oregon (KEN) 13:48.67 (8th NCAA title)
2. Eric Jenkins, SR, Oregon 13:48.92
3. Kemoy Campbell, SR, Arkansas (JAM) 13:49.23

10000 (10):

1. Edward Cheserek, SO, Oregon (KEN) 28:58.92 (7th NCAA title)
2. Eric Jenkins, SR, Oregon 28:59.13 PB
3. Jason Witt, SR, BYU 29:04.58

3000 s/chase (12):

1. Anthony Rotich, SR, UTEP (KEN) 8:33.90 (3rd straight NCAA title)
2. Stanley Kebenei, SR, Arkansas (KEN) 8:34.28
3. Ole Hesselbjerg, SR, E. Kentucky (DEN) 8:36.09

WOMEN

Team results:

1. Oregon, 59.0 points
2. Kentucky, 50.0
3. Texas A&M, 47.0
4. Arkansas, 43.0
5. Georgia, 41.0

800 (13):

1. Raevyn Rogers (1996), FR, Oregon 1:59.71 WJL/PB
2. Claudia Saunders, JR, Stanford 2:00.63 PB
3. Hanna Green, SO, Virginia Tech 2:01.17 PB

1500 (13):

1. Rhianwedd Price, SO, Miss State (GBR) 4:09.56 PB
2. Shelby Houlihan, SR, Arizona State 4:09.67 PB
3. Sara Sutherland, SR, Colorado 4:13.48 PB

5000 (13):

Note: In her last NCAA race, Emily Sisson of Providence College won easily, leading from gun to tape. – Ed.

1. Emily Sisson, SR, Providence 15:34.10
2. Dominique Scott, JR, Arkansas (RSA) 15:40.47
3. Jessica Tonn, SR, Stanford 15:41.72

10000 (11):

1. Molly Seidel, JR, Notre Dame 33:18.37 PB
2. Dominique Scott, JR, Arkansas (RSA) 33:25.81
3. Emily Stites, JR, William and Mary 33:26.15

3000 s/chase (13):

1. Colleen Quigley, JR, Florida State 9:29.32 PB

2. Courtney Frerichs, JR, UMKC 9:31.36 PB
3. Leah O'Connor, SR, Michigan State 9:33.38 PB

ExxonMobil Bislett Games (50th)

(6th stop of 2015 IAAF Diamond League)

Oslo, NOR, 11 June

MEN

800:

National A Race -

1. Yeimer Lopez, CUB 1:46.13
2. Andreas Bube, DEN 1:47.40
3. Thomas Arne Roth, NOR 1:47.77
4. Hannes Naude, RSA 1:48.02

Dream Mile (DL):

1. Asbel Kiprop, KEN 3:51.45 \$10,000
2. Silas Kiplagat, KEN 3:51.72 6,000
3. Pieter-Jan Hannes, BEL 3:51.84 NR/PB 4,000
4. Ayanleh Souleiman, DJI 3:52.69 3,000
5. Ronald Kwemoi, KEN 3:53.07 2,500
6. Jakub Holuša, CZE 3:53.46 PB 2,000
7. Henrik Ingebrigtsen, NOR 3:54.44 1,500
8. Charles Philibert-Thiboutot, CAN 3:54.52 PB 1,000
9. Ryan Gregson, AUS 3:54.88
10. Johan Cronje, RSA 3:58.80

3000 s/chase (DL):

1. Jairus Birech, KEN 8:05.63 \$10,000
2. Conseslus Kipruto, KEN 8:11.92 6,000
3. Paul Kipsiele Koech, KEN 8:12.20 4,000
4. Hillary Yego, KEN 8:18.01 3,000
5. Donn Cabral, USA 8:19.07 PB 2,500

WOMEN

1500 (DL):

1. Laura Muir, GBR 4:00.39 \$10,000
2. Faith Kipyegon, KEN 4:00.94 6,000
3. Dawit Seyaum, ETH 4:02.90 4,000
4. Abeba Aregawi, SWE 4:03.07 3,000
5. Gabe Grunewald, USA 4:04.26 2,500

5000 (DL):

1. Genzebe Dibaba, ETH 14:21.29 \$10,000
2. Senbere Teferi, ETH 14:38.57 PB 6,000
3. Viola Jelagat Kibiwot, KEN 14:40.43 4,000
4. Gelete Burka, ETH 14:41.55 3,000
5. Irene Cheptai, KEN 15:03.84 2,500
6. Susan Kuijken, NED 15:07.38 2,000
7. Karoline Bjerkeli Grøvdal, NOR 15:15.18 PB 1,500
8. Magdalene Masai, KEN 15:16.17 1,000
9. Jessica O'Connell, CAN 15:19.91
10. Steph Twell, GBR 15:21.36

Meeting Iberoamericano de Atletismo (11th)

Huelva, ESP, 10 June

MEN

Race B:

1. Rynhardt VAN RENSBURG, 1992, RSA, 1:47.09
2. Jesús GÓMEZ SANTIAGO, 1991, ESP, 1:47.39
3. Hamid OUALICH, 1998, FRA, 1:48.46

1500:

Race A:

1. Mohamed AL-GARNI, 1992, QAT, 3:36.99
2. Adel MECHAAL, 1990, ESP, 3:39.33
3. Benson SEUREI, 1984, BRN, 3:39.65
4. Álvaro RODRÍGUEZ MELERO, 1987, ESP, 3:40.92
5. Dumisani HLASELO, 1989, RSA, 3:40.92

Memorial Josefa Odlozila (21st)

(EA Premium Meeting)

Prague, CZE, 8 June

MEN

1500:

1. Charles PHILIBERT-THIBOULTOT, CAN, 3:39.78
2. Valentin SMIRNOV, RUS, 3:40.15
3. Yassine HATHAT, ALG, 3:40.33
4. Aman KEDI, ETH, 3:41.35
5. Jerry MOTSAU, RSA, 3:44.44
- ... 10. Folavia SEHOHLE, RSA, 3:49.62
- Armin BOTHA, RSA, DNF

ULTRA/TRAIL/MOUNTAIN RUNNING**IAU World Trail Championships**

Annecy, FRA, 30 May

(Distance: 85 km)

Note: The South African men finished eleventh in the team competition (three athletes counted). – Ed.

MEN

1	Sylvain	COURT	FRA	08:15:38
2	Luis Alberto	HERNANDO	ESP	08:19:06
3	Patrick	BRINGER	FRA	08:21:43
4	Tom	OWENS	GBR	08:26:23
5	Ludovic	POMMERET	FRA	08:33:07
6	Alex	NICHOLS	USA	08:38:15
7	Nicolas	MARTIN	FRA	08:41:01
8	Xavier	THEVENARD	FRA	08:41:45
9	Thorbergur Ingi	JONSSON	ISL	08:47:24
10	Didrik	HERMANSEN	NOR	08:59:39

South Africans:

28. A. Calitz 9:42:00

56. Iain Don-Wauchope 10:15:43

59. Jock Green 10:16:36
 71. Eric Ngubane 10:37:24
 82. Graeme McCallum 10:54:15

WOMEN

1	Nathalie	MAUCLAIR	FRA	09:30:59
2	Caroline	CHAVEROT	FRA	09:33:21
3	Maite	MAYORA	ESP	09:39:36
4	Anne-Lise	ROUSSET	FRA	10:05:19
5	Andrea	HUSER	SUI	10:20:31
6	Uxue	FRAILE	ESP	10:25:25
7	Maud	GOBERT	FRA	10:33:25
8	Mimi	KOTKA	SWE	10:46:09
9	Anna	STRAKOVA	CZE	10:46:56
10	Teresa	NIMES	ESP	10:55:46

South Africans:

24. Nicolette Griffioen 11:28:57
 63. Chantel Nienaber 13:39:51

NEWS

SPAR GRAND PRIX POINTS TABLE

The Spar Grand Prix points table after the first three races is:

OPEN

1	Lebogang Phalula	Transnet	57
2	René Kalmer	Mod Ath	47
3=	Christine Kalmer	Boxer	46
3=	Cornelia Joubert	Nedbank	46
5	Mapaseka Makhanya	Nedbank	45
6	Nolene Conrad	Boxer	36
7	Lebo Phalula	Boxer	35
8	Irvette van Zyl	Nedbank	30
9	Ntombesintu Mfunzi	Nedbank	29
10	Thembi Baloyi	TUT	26
11	Bulelwa Simae	Nedbank	23
12	Liziwe Mabona	Transnet	16
13=	Zintle Xiniwe	Temp	15
13=	Glenrose Xaba	Transnet	15
15=	Jenna Challenor	Temp	13
15=	Nicole van der Merwe	Temp	13
17=	Tebogo Masehla	Boxer	12
17=	Lena Lotter	Temp	12
19	Tanith Maxwell	Boxer	11
20	Makulubete Makatise	Temp	9

Veterans:

1	Janene Carey	Boxer	25
2	Ronel Thomas	Boxer	6
3=	Karen Sobrino	Toti	4

Masters:

1	Judy Bird	Midrand	20
2	Elmarie Coetzee	Cape M/Spor	10
3=	Mariëtte Strauss	Tygerberg	4

3=	Christine Claasen	Achilles	4
3=	Ansie Breytenbach	Temp	4
G'masters:			
1	Margie Saunders	Nedbank	15
2	Sonja Laxton	RAC	12
3	Nancy Will	Pinelands	10
Juniors:			
1	Nicole van der Merwe	Temp	10
2	Simonay Weitsz	Boxer	9
3	Pamela Moyikwa	K Way VOB	5

DOPING ALLEGATIONS DENIED BY SALAZAR AND RUPP

A British television investigation, broadcast by the BBC on 3 June, has rocked the sport of athletics, leading the BBC News that night and creating newspaper headlines worldwide, reports *Athletics Interntional*. The Panorama programme, entitled "Catch Me If You Can", implied that celebrated coach and former marathon star Alberto Salazar had violated anti-doping rules, including involvement in the doping of Galen Rupp, runner-up to Mo Farah in the 2012 Olympic 10000 m.

A document was screened indicating that Rupp was being prescribed testosterone, which is on the banned list, from the age of 16. It was alleged also that Rupp regularly took prednisone, a drug for treating asthma which is banned unless a TUE (Therapeutic Use Exemption) form is issued by a doctor to allow an athlete to use such a drug to treat a legitimate medical condition.

Referring to the testosterone medication listed on Rupp's document, Salazar explained that it should have read testoboot, a legal nutritional supplement. Both Salazar and Rupp strenuously deny any involvement in doping, but at least seven people associated with the Nike Oregon Project, Salazar's state-of-the-art training camp in Portland, have communicated their concerns to the US Anti-Doping Agency (USADA). They include 2007 World Champs 10000 m bronze medallist Kara Goucher, who trained there for seven years until 2011 and had regarded Salazar as a father figure.

She described him as "a sort of win-at-all-costs person, and it's hurting the sport." She said that in 2011, after the birth of her son, Salazar had encouraged her to take the thyroid drug cytomel in order to lose weight even though he knew it was not prescribed for her.

Although Farah has trained with Rupp under Salazar's supervision for the past four years, there is no suggestion that he has ever been involved in doping. He stated: "I have not taken any banned substances and Alberto has never suggested that I take a banned substance. From my experience, Alberto and the Oregon Project have always followed WADA rules." Nevertheless, several leading British runners have advised him to move away from Salazar and his training environment.

Jo Pavey, another star British athlete, said: "As an athlete you don't want to associate yourself with people that have got accusations and allegations against them." Pavey's countryman Andy Vernon said: "It's not good for his reputation, that's for sure. If Salazar was giving him [Rupp] that [testosterone] when he was 16, you have to question whether he should be allowed to coach athletes in future." And Jenny Meadows said Farah would be judged by some as "guilty by association" if he remained at the Nike Oregon Project.

Salazar commented: "I believe in a clean sport and a methodical, dedicated approach to training and have never, nor ever will, endorse the use of banned substances with any of my athletes." Rupp stated he was very disappointed in the BBC and Pro Publica [a website with the slogan "journalism in the public interest"]. "I expressly told these reporters that these allegations were not true and their sources admit they have no evidence, yet they print 'suspicions' attacking me and sully my reputation. That is inexcusable, irresponsible journalism."

Nike issued this statement: "We take the allegations very seriously as Nike does not condone the use of performance enhancing drugs in any manner. Both Alberto and Galen have made their perspectives clear and fully refute the allegations made against them."

Nike may not condone doping but the company recently arranged a lucrative sponsorship deal with the proven but unrepentant drugs cheat, Justin Gatlin.

The World Anti-Doping Agency (WADA) stated: "We have carefully viewed the BBC's Panorama programme which includes some allegations suggesting doping in athletics. Among these, the programme alleges practises relating to coach Alberto Salazar of the Nike Oregon Project in the United States. Any investigation will be a matter for USADA and the IAAF, and the relevant information shall be passed to them."

UK Athletics has to determine whether to continue Salazar's contract as a consultant to its endurance programme, a role he has fulfilled since December 2013. A press release on 6 June stated: "Whilst acknowledging the gravity of the allegations, UK Athletics can confirm it has had absolutely no concerns over the conduct and coaching methods of Alberto Salazar in relation to Mo Farah or in his role as an endurance consultant. As an organisation with a proven anti-doping commitment, we view the allegations made in regard of non-British athletes who have been coached by Alberto Salazar with utmost seriousness. It is the role of the appropriate independent anti-doping agencies to investigate these further."

At a press conference the day before the Sainsbury's Birmingham Grand Prix, Farah said he had phoned Salazar the previous night and had been told by him that these were just allegations. Farah told reporters: "I'm not leaving Alberto, for the reason I've not seen any clear evidence," but, referring to the allegations, he added: "If they turn out to be true, and Alberto has crossed the line, I'm the first person to leave him."

Early on Sunday morning Farah left Birmingham to fly back to Oregon. A statement issued on his behalf by UKA read: "This week has been very stressful and taken a lot out of me. I have not been able to focus properly on today's race and after the events of the last few days feel emotionally and physically drained. I want to run well in the IAAF World Athletics Championships in Beijing and have decided it is better for me to go back to the US, seek answers to my questions and get back into training. I apologise to the people who bought tickets to come and watch me race and ask for your understanding at this time."

On 8 June, UKA Chairman Ed Warner told the BBC Radio 4 programme "Today" that Farah's own medical data would be assessed as part of UKA's investigation. "What we can look at is all the data surrounding our own athlete, Mo Farah; blood data, supplements data – everything surrounding his medical treatment. We're in charge of that. We need to make sure there's nothing else there we haven't seen, we're not aware of, hasn't been analysed."

The Panorama programme also alleged that Allan Wells took the banned anabolic steroid stanozolol before winning the 1980 Olympic 100 m title in Moscow, a claim made (not for the first time) by his Scottish relay team-mate Drew McMaster, who in 1995 admitted he himself had taken performance enhancing drugs. Wells told the *Daily Mail* he was the victim of a personal vendetta. "It is a set-up. There is absolutely no truth and it is made up. These allegations go back more than 20 years and have resurfaced at regular intervals. I could never have taken drugs. I just could not have lived with myself. Once again I find myself having to publicly deny these false and malicious rumours about doping."



Oregon Star Galen Rupp. [Track & Field News]

CROSS-COUNTRY DISTANCES NOW 10 KM

Both senior men and women will in future run 10 km at the World Cross-country Championships. This was one of the rule changes approved at the recent IAAF Council meeting.

The distances "should be approximately" 10 km, the IAAF said in a statement. Distances for the junior men and women will remain at 8 km and 6 km respectively. In the past the distances for the seniors were 12 km and 8 km respectively.

While the world body said the rule change will take effect on 1 November, the Athletics South Africa (ASA) Cross-country Commission has decided that it should be implemented with immediate effect. Thus it will apply at the SA Championships on 12 September, and provinces have been requested to implement the new rule at their league meetings and provincial championships, said Pieter de Jager, Technical Manager of ASA.

BACKGROUND

JONAH GOREVIC STARS WITH BOLT, RUDISHA AT ICAHN STADIUM

Amidst all of the close races and heated competition at Saturday's adidas Grand Prix, a world record somehow got lost in the shuffle, reports *Race Results Weekly*. Very early in the meeting, before any IAAF Diamond League races had been held on Icahn Stadium's blue oval, 11-year-old Jonah Gorevic recorded a world single-age record in the mile, winning the Boys' Youth Mile in 4:51.85.

Gorevic has been a force on the youth scene, winning multiple national titles both indoors and out. Last April, he took home national crowns in the 1500 m and 3000 m, and finished second in the 800 m. A native of Rye, N.Y., Gorevic led wire to wire on Saturday, bringing the crowd to their feet as he shattered the previous world best of 4:55.

Across the line, Gorevic celebrated with a smile and proudly held the winner's bouquet of flowers. A year ago, Gorevic had run 5:01.55 to set a world record for 10-year-olds at the meet. With another year's experience, the sixth grader was confident he could set another personal best and take home the win on his favorite track.

Gorevic spent time speaking with members of the media following his victory, a smile never leaving his face. To learn more about the young star, *Race Results Weekly* has highlighted some fast facts about the newly minted world record holder.

- Name: Jonah Gorevic
- Age: 11 years old
- Hometown: Rye, N.Y.
- Track Club: Tailwind Track Club, Westchester, New York

- Favorite Way to Race? Leading wire to wire. "You have to work for it," he said.

- Key To Training? Coach Carl Curran. "My coach, he puts me through really good workouts for me, and it helps me get better. I don't train too much, only three days a week."



Jonah Gorevic on his way to his world record for the mile in New York. [Chris Lotsbom/*Race Results Weekly*]

- Mid-Race Mindset? Focus on splits. "I have my coach telling me my splits so I'm sort of doing math in my head figuring what I need to do and I'm thinking 'Are my legs tired? What do I think they are doing?'"
- Jonah's Winning Splits: 400 m, 1:06.93; 800 m, 2:22.80; 1200 m, 3:39.10.
- Favorite Pre-Race Workout? "I did five 300's at 90-percent on Tuesday. Going less and less so I have more energy built up for the race."
- Aspiration: To become a professional runner and one day race on the IAAF Diamond League. "God, I hope so!"
- Idols: Bernard Lagat, Usain Bolt, and David Rudisha.
- Next Race: Junior Olympic Trials 3000 m on 20 June at Icahn Stadium. "Next week at the Junior Olympic Trials I'm going to try and break the 3000 m world record for 11-year-olds, so that's my next goal. 9:36."
- Good Luck Charm? "Icahn Stadium is awesome. It is my good luck charm."
- Other Achievements: 3-time AAU Cross-country National Champion in the 11-12 age group; also plays soccer.

STATS TIME

This week we include a list of the top ten SA men in the half 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 HALF MARATHON: TOP 10 MEN

1:01:21A	Lusapho April	4	New York	03 Mar
1:02:27A	April-2	1	East London	21 Feb
1:04:03	Stephen Lesego Mokoka	1	Cape Town	04 Apr
1:04:07	Elroy Gelant	2	Cape Town	04 Apr
1:04:08	Joel Mmone	3	Cape Town	04 Apr
1:04:17	Lungile Gongqa	1	East London	15 Mar
1:04:19	David Manja	4	Cape Town	04 Apr
1:04:23	April-3	5	Cape Town	04 Apr
1:04:28	Sibusiso Nzima	6	Cape Town	04 Apr
1:04:46	Desmond Mokgobu	1	Benoni	25 Jan
1:04:52A	Mokoka-2	1	Paulpietersburg	15 Feb
1:04:55	Lucky Modike Mohale	10	Istanbul	26 Apr
1:04:56	Gladwin Sibabalwe Mzazi	7	Cape Town	04 Apr

THIS MONTH IN HISTORY

30 years ago: 1 June 1985

Francie Larrieu (USA) became one of the few women who could boast a road victory over the formidable Grete Waitz when she beat the Norwegian superstar in the L'eggs Mini 10 km in New York. Larrieu won in 32:23 after Waitz had scored five victories in the premier women's race in the USA. This time Waitz, also a five-time world cross-country champion, ran 32:26; her fastest victory was in 1982, when she clocked 31:00. Aurora Cunha (POR) was third and Anne Audain (NZL), the 1983 winner, fourth. Olympic

marathon champion Joan Benoit was eleventh. The race was run for the 44th time this past weekend.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green.
– Ed.

MEN

Open

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		28 Feb
	44:12	Lusapho April	Port Elizabeth	
	43:48a	Silas Kiprono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		04 Apr 15 Mar
	64:04	Stephen Mokoka	Cape Town	
	61:21A	Lusapho April	New York	
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		08 Mar 25 Jan
	82:32	Nkosihona Mhlakwana	Durban	
	80:54A	Sipho Mbanjuli	Pinetown	
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		04 Jan
	1:37:54	Duane Fortuin	Camps Bay	
	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	49:30	Simon Mpholo	Kempton Park	28 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:39	Johannes Kekana	Polokwane	16 May
	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	52:28	Eric Coetzee	Mamre	13 Jun
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	76:21	Eric Coetzee	Gordon's Bay	18 Apr
	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
Marathon	2:48:48	Shaun Meiklejohn	Durban	01 Mar
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	37:40	Muhammad Kriel	Bellville	28 Mar
15 km	60:04	Muhammad Kriel	Ravensmead	14 Mar
21.1 km	86:11	Terence Brown	Wellington	01 May
25 km	1:54:30	Elias Raphulu	Pretoria	09 May
	2:04:18A	Boysie van Staden	Pinetown	25 Jan
30 km	2:11:13	Muhammad Kriel	Camps Bay	04 Jan
Marathon	3:18:02	Michael Langa	Durban	01 Mar
100 km				

Juniors

10 km	31:03	McMarshal Hartzenberg	Bellville	28 Mar
	27:52	Richard Chelimo (KEN) 1990		
15 km	48:11	Andile Motwana	Despatch	07 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:54	Andile Motwana	Port Alfred	26 Apr
	59:16	Samuel Wanjiru (KEN) 2005		

WOMENOpen

10 km	32:54	Mapaseka Makhanya	Cape Town	29 Mar
	34:03A	Lebo Phalula	Paulpietersburg	15 Feb
	30:56	Gladys Cherono (KEN)		
	30:21	Paula Radcliffe (GBR) 2003		
15 km	55:00	Ebeth Marais	Ravensmead	14 Mar
	46:14	Florence Kiplagat (KEN)		
	46:28	Tirunesh Dibaba (ETH) 2009		
	46:14p	Florence Kiplagat (KEN) 2015		
21.1 km	74:48	Irvette van Zyl	Benoni	25 Jan
	65:09	Florence Kiplagat (KEN)		
	65:12	Florence Kiplagat (KEN) 2014		
	65:09p	Florence Kiplagat (KEN) 2015		
25 km	1:36:08	Jenna Challenor	Durban	08 Mar
	1:21:55	Sutume Asefa Kebede (ETH)		
	79:53	Mary Keitany (KEN) 2010		
30 km	1:56:32	Tanith Maxwell	Camps Bay	04 Jan
	1:45:00	Saori Noda (JPN)		
	1:38:49	Mizuki Noguchi (JPN) 2005		
Marathon	2:31:02	Mapaseka Makhanya	Hannover	19 Apr
	2:19:52	Mare Dibaba Hurssa (ETH)		
	2:15:25	Paula Radcliffe (GBR) 2003		
100 km				

6:33:11 Tomoe Abe (JPN) 2000

Veterans (40+)

10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	84:01	Prudence Zwane	Pretoria	21 Feb
	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	Judy Bird	Durban	07 Jun
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	61:03	Elmarie Coetzee	Ravensmead	14 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	90:10	Jane Mudau	Polokwane	16 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
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	Jane Mudau	Polokwane	28 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				

Grandmasters (60+)

10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:01	Margie Saunders	Port Elizabeth	28 Feb
21.1 km	1:39:36	Margie Saunders	Port Alfred	26 Apr
25 km	2:44:20	Maureen Parry	Durban	08 Mar
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				

Juniors

10 km	34:52	Nicole van der Merwe	Durban	07 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	58:26	Pamelia Moyikwa	Ravensmead	14 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	84:17	Nonhlanhla Dlamini	Cape Town	04 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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The banner features a background image of a runner on a paved path at sunset. On the left side, there is a circular logo for Cape Town 12 One Run. In the center, there are three white rectangular boxes containing the text: 'ENTRIES NOW OPEN', 'GET YOUR RUN ON NOW', and 'www.thecapetown12.com'. At the bottom, there are logos for FNB, KFM, and PUMA, along with social media handles: 'f Cape Town 12', '@ctown12', and '#ct12run'.