

Distance Running Results

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EDITORIAL

A rather quiet weekend as far as local road running is concerned, with the main action taking place on European tracks. It was an extraordinary weekend for South African track athletes which resulted in two sprint records – first the brilliant African record of 43.96 for 400 metres by Wayde van Niekerk in his victory over Olympic champion Kirani James at the Diamond League Meeting in Paris (which was broken a few hours later by Isaac Makwala of Botswana) and then the SA record of 10.97 in the 100 m by Henricho Bruinjies in La Chaux-de-Fonds, making him the third SA athlete under 10 seconds.

World-leading performances in the Paris distance events came from Kenyans Silas Kiplagat in the 1500 (3:30.12), with a further three athletes dipping under 3:31, Robert Biwott in the same race (3:31.39 PB, a world junior lead), Jairus Birech in the steeplechase (7:58.83), with Evan Jager finishing second in a North American record of 8:00.45 after falling over the final hurdle when well in the lead, and Eunice Sum in the 800 (1:56.99 PB), with two more athletes under 1:58. Erratic pacing in the 5000 cost Genzebe Dibaba an improvement of sister Tirunesh's world record, but she nevertheless ran a PB of 14:15.41.

Apart from Van Niekerk's SA record, there were another ten national records at the meeting. It should be noted that athletes from only four countries have ever run sub-44 for 400 metres: the USA, Grenada, South Africa and Botswana.

Riël Hauman



Here Jairus Birech still leads Evan Jager, but over the final 600 metres he had no reply to the American's kick – only for Jager to stumble over the last barrier when he was on his way to a historic sub-8:00 clocking. [IAAF]

INCLUDED IN THIS ISSUE:

- * Powerade Sardine Marathon, Half Marathon & 10 km, Uvongo
- * XC: KZN League Meeting, Pinetown

International highlights:

- * Gold Coast Airport Marathon & Asics Half Marathon, Brisbane, AUS
- * Atlanta Journal Constitution Peachtree Road Race 10 km, Atlanta, USA
- * Univé Stadsloop Appingedam, Appingedam, NED
- * Track: Meeting Areva, Paris, FRA; Sainsbury's British Athletics Championships, Birmingham, GBR; Meeting Premium Stanislas Nancy, Tomblaine, FRA; Miner's Day International Meeting, Velenje, SLO; Arcobaleno Meet, Celle Ligure, ITA; USA Junior Championships, Eugene, USA; Sopot GP - Janusz Sidlo Memorial, Sopot, POL
- * European Mountain Running Championships, Porto Moniz, POR
- * Zermatt Marathon, St. Niklaus to Riffelberg, SUI
- * Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA

ROAD RUNNING**Powerade Sardine Marathon, Half Marathon & 10 km**

Uvongo, 5 July

(Distances: 42.195 km, 21.1 km & 10 km; loop courses. Finishers: marathon – 54 [down from 78 last year].)

Marathon

MEN

1.	Xolile Gcaba	2:46:44
2.	Mziwenenkosi Mjaja	2:58:16
3.	Sicelo Ndaba	3:02:53
4.	Lindokuhle Ntombela	3:06:45
5.	Philani Mngadi	3:16:20

40-49:

1	Antony Albrighton	3:36:38
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50-59:

1.	Sifiso Mazibuko	4:47:55
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60+:

1	Greg Szymanski	4:15:31
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WOMEN

1.	Nonsikelelo Mbambo	3:26:11
2.	Iris Ndlovu	3:36:10
3.	Felicity Goddard	4:04:44
4.	Phakama Ntshwanti	4:19:04
5.	Jana Niehaus	4:22:31

40-49:

1.	Michelle Taylor	5:39:32
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Half marathon

MEN

1.	Michael Mzobe	67:54
2.	Malwande Hlongwe	69:34
3.	Simphiwe Mfowentsiwa	73:09

40-49:

1.	Bheki Nqoko	75:37
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50-59:

1.	Willie Majombozi	83:29
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60+:

1.	Williem v.d. Kamp	118:13
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WOMEN

1.	Zandile Menze	95:21
2.	Debra Lambourn	108:14
3.	Juanette de Oliviera	111:33

40-49:

1.	Julia Thompson	112:49
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50-59:

1.	Debra Lambourn	108:14
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60+:

1.	Sanet Beukes	122:32
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10 km

MEN

1.	Asanda Mawnga	32:22
2.	Nkhulueko Mgubhela	33:04
3.	Luthando Ndongela	33:49

WOMEN

1.	Marizel Cilliers	44:37
2.	Sinesipho Pani	46:58
3.	Nontlahla Noqhethe	47:07

CROSS-COUNTRY**KZN League Meeting (6th)**

Pinetown, 4 July

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

SR. MEN (10 km)

1.	Philani Buthelezi	Boxer AC	32:16
2.	Ndumiso Sokhela	Speed Exp	32:19
3.	Sipho Mbanjwa	Phantane AC	33:34

SR. MEN

1.	Bakhiwo Manguzela	Savages	13:26
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40-49 (8 km):

1.	Ephraim Xaba	Maxed Elite	29:37
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50-59 (6 km):

1.	Willie Majambozi	Boxer AC	n/t
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60+ (6km):

1.	Andre Booyens	CH	27:06
2.	Norman Bowker	QBH	27:08
3.	Ken Curr	CH	27:22

WOMEN (10 km)

1.	Makhosana Mhlongo	Savages	38:04
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2.	Happiness Mkhize	TUKS	43:04
3.	Nomthanelazo Mlotshwa	IQ	48:17

WOMEN

1.	Happiness Memela	Nedbank AC	20:18
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40-44:

1.	Christine Dlamini	HV	18:34
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45-49:

1.	Lise Muchna	PDAC	16:46
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50-54:

1.	Janine Engels	West AC	18:57
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55-59:

1.	Blanche Moila	Savages	20:18
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60-69:

1.	Jane Dickenson	RWFL	21:47
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70+:

1.	Gill Tregenna	West AC	25:13
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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**Gold Coast Airport Marathon & Asics Half Marathon**

(IAAF Oceania Area Marathon Championships)

Brisbane, AUS, 4 & 5 July

(Distances: 42.195 km & 21.1 km)

Note: In the marathon world masters (40+) record holder Kenneth Mungara won the race in an Australian all-comers record of 2:08:42, shaving 2 seconds off of his own world masters record. His time was also the fastest ever achieved anywhere in the month of July. – Ed.

Marathon (05/gun times)

1.	Kenneth Mungara, 1973, KEN	2:08:42	ACR/WR M40	AUD 20,000 + 10,000i
2.	Silah Kipkemboi Limo, KEN	2:08:54	PB	8,000 + 5,000i
3.	Evans Kipkogei Ruto, KEN	2:08:55		5,000 + 4,000i

i) Earned time-incentive bonus

WOMEN

1.	Risa Takenaka, JPN	2:28:25	AUD 20,000 + 1,000i
2.	Keiko Nogami, JPN	2:29:34	8,000 + 1,000i
3.	Manami Kamitanida, JPN	2:33:43	5,000

i) Earned time-incentive bonus

Half marathon (05/gun times):

MEN

1.	Takehiro Deki, JPN	1:02:11	PB	AUD 6,000
2.	Liam Adams, AUS	1:03:29		2,000
3.	Ben Moreau, GBR	1:04:32		1,000
4.	Craig Appleby, AUS	1:05:32	PB	
5.	Callan Moody, NZL	1:05:54	PB	

WOMEN

1. Eloise Wellings, AUS 1:10:10 PB AUD
6,000
2. Sara Hall, USA 1:10:49 PB
2,000
3. Cassie Fien, AUS 1:11:28 PB
1,000
4. Jessica Trengove, AUS 1:11:31
5. Yuka Koga, JPN 1:13:35 PB

Atlanta Journal Constitution Peachtree Road Race 10 km (46th)

(1st Peachtree Cup Team Competition)

Atlanta, USA, 4 July

(Certified point-to-point course with 3.4 m/km elevation loss [not record-standard]. Format: Separate all-women's elite race with early start. Weather: Rain, sometimes heavy; very humid.)

PEACHTREE CUP (gun times):

Teams (3 men + 3 women score based on total time):

1. Africa, 3:06:29 \$42,000
2. USA, 3:07:35 21,000
3. Europe, 3:09:49 12,000
4. Asia, 3:15:59 6,000

Individual Finishers:

MEN

1. Daniel Salel, 23, AFR (KEN) 28:43
2. Tyler Pennel, 27, USA 28:45
3. Christo Landry, 29, USA 29:05
4. Bobby Curtis, 30, USA 29:21
5. Daniele Meucci, 29, EUR (ITA) 29:41
- ... 9. Lusapho April, 33, AFR (RSA) 29:57

WOMEN

1. Shalane Flanagan, 33, USA 32:05
2. Buze Diriba, 21, AFR (ETH) 32:13
3. Caroline Kilel, 34, AFR (KEN) 32:30
4. Christelle Daunay, 40, EUR (FRA) 33:07
5. Elena Nagovitsyna, 32, RUS 33:10

Univé Stadsloop Appingedam (19th)

Appingedam, NED, 27 June

(Distance: 10 km)

MEN

1. John Kiprono Langat (1996), KEN 27:58
2. Philip Langat, KEN 27:58
3. Merhawi Kesele, ERI 28:13

WOMEN

1. Dibaba Kuma, ETH 32:11



Five of the six members of the Africa team at the Peachtree race: Lusapho April, Caroline Kilel, Daniel Salel, Gebre Gebremariam and Buze Diriba. Absent was Valentine Kibet. [Photograph supplied]

2. Elizeba Cherono, KEN 32:12
3. Caroline Kilel, KEN 32:24

TRACK

Meeting Areva (41st)

(8th stop of 2015 IAAF Diamond League)

Paris, FRA, 4 July

MEN

1500:

1. Silas Kiplagat, KEN 3:30.12 WL \$10,000
2. Ayanleh Souleiman, DJI 3:30.17 SB 6,000
3. Ronald Kwemoi, KEN 3:30.43 SB 4,000
4. Taoufik Makhloufi, ALG 3:30.50 SB 3,000
5. Robert Biwott, KEN 3:31.39 WJL/PB 2,500
6. Abdalaati Iguider, MAR 3:31.51 SB 2,000
7. James Magut, KEN 3:31.76 SB 1,500
8. Collins Cheboi, KEN 3:31.88 SB 1,000
9. Aman Wote, ETH 3:32.03 SB
10. Ilham Tanui Özbilen, TUR 3:32.68 SB
11. Henrik Ingebrigtsen, NOR 3:32.85 SB
12. Benson Seurei, BRN 3:35.14 SB
13. Morhad Amdouni, FRA 3:35.17 PB
14. Samir Dahmani, FRA 3:37.05 PB

3000 s/chase:

1. Jairus Birech, KEN 7:58.83 WL/MR/SB \$10,000
2. Evan Jager, USA 8:00.45 NR/PB* 6,000
3. Conseslus Kipruto, KEN 8:09.90 4,000
4. Brimin Kipruto, KEN 8:10.09 SB 3,000
5. Clement Kimutai, KEN 8:12.68 PB 2,500
6. Paul Kipsiele Koech, KEN 8:14.65 2,000
7. Dan Huling, USA 8:15.21 1,500
8. Hillary Yego, KEN 8:16.55 1,000
9. Donn Cabral, USA 8:17.20
10. Ilgizar Safiullin, RUS 8:18.49 PB

WOMEN

800:

1. Eunice Sum, KEN 1:56.99 WL/PB \$10,000
2. Rose Mary Almanza, CUB 1:57.70 PB 6,000
3. Selina Büchel, SUI 1:57.95 NR/PB 4,000
4. Molly Ludlow, USA 1:58.68 PB 3,000
5. Chanelle Price, USA 1:59.10 PB 2,500
6. Ekaterina Poistogova, RUS 2:00.03 SB 2,000
7. Joanna Józwik, POL 2:00.09 SB 1,500
8. Nataliia Lupu, UKR 2:00.54 1,000
9. Marina Arzamasova, BLR 2:00.94
10. Claudia Saunders, USA 2:02.55

5000:

1. Genzebe Dibaba, ETH 14:15.41 PB/MR \$10,000
2. Almaz Ayana, ETH 14:21.97 6,000
3. Mercy Cherono, KEN 14:34.10 PB 4,000
4. Viola Kibiwot, KEN 14:34.22 SB 3,000

5. Senbere Teferi, ETH	14:36.44 PB	2,500
6. Gelete Burka, ETH	14:40.50 SB	2,000
7. Faith Kipyegon, KEN	14:44.51	1,500
8. Alemitu Heroye, ETH	14:44.95	1,000
9. Belaynesh Oljira, ETH	15:05.19 SB	
10. Betsy Saina, KEN	15:07.90	
11. Karoline Bjerkeli Grøvdal NOR	15:15.49	
12. Azemra Gebru, ETH	15:15.77 SB	
13. Netsanet Gudeta, ETH	15:31.25 PB	
14. Alia Saeed Mohammed, UAE	15:43.15	

Sainsbury's British Athletics Championships

Birmingham, GBR, 3-5 July

MEN

800 (05):

1. Kyle LANGFORD, SHAFTESBURY	1:49.70
2. Michael RIMMER, LIVERPOOL P	1:50.04
3. Gareth WARBURTON, CARDIFF AAC	1:50.41

1500 (05):

1. Charlie GRICE, BRIGHTON PHOENIX	3:50.66
2. Chris O'HARE, EDINBURGH AC	3:51.03
3. Dale CLUTTERBUCK, NEWHAM EB	3:51.24

5000 (04):

1. Tom FARRELL, BORDER H	13:42.20
2. Andy VERNON, AFD AC	13:44.27 SB
3. Jonathan MELLOR, LIVERPOOL H	13:52.04

3000 s/chase (04):

1. Rob MULLETT, LEWES	8:38.95
2. Zak SEDDON, BRACKNELL	8:41.03 SB
3. Luke GUNN, DERBY AC	8:45.13

WOMEN

800 (05):

1. Lynsey SHARP, EDINBURGH AC	2:02.40
2. Shelayna OSKAN-CLARKE, WSE HOUNSLO	2:02.80
3. Alison LEONARD, BLACKBURN	2:03.26
... 6. Jenny MEADOWS, WIGAN & DISTRICT H	2:03.67

1500 (05):

1. Laura MUIR, DUNDEE HAWKHILL H	4:10.37
2. Laura WEIGHTMAN, MORPETH H	4:14.83
3. Jessica JUDD, CHELMSFORD AC	4:16.08
... 8. Hannah ENGLAND, OXFORD CITY	4:19.12

5000 (05):

1. Steph TWELL, AFD AC	15:38.01
2. Laura WHITTLE, ROYAL SUTTON COLDF	15:41.13
3. Kate AVERY, SHILDON R & AC	15:48.37

3000 s/chase (04):

1. Lennie WAITE, AFD	10:15.04
2. Emma MACREADY, WORTHING	10:29.16

3. Charlotte GREEN, BRISTOL & WEST 10:31.17 PB

Meeting Premium Stanislas Nancy

Tomblaine, FRA, 1 July

MEN

800:

1. Nicholas KIPKOECH, KEN, 1:45.17
2. Antoine GAKEME, BDI, 1:45.71
3. Jeff RISELEY, AUS, 1:46.44

1000:

1. Taoufik MAKHLOUFI, ALG, 2:13.08 NR/WL
2. Jonathan KITILIT, KEN, 2:15.78 PB
3. Edwin MELLY, KEN, 2:17.51 PB

1500:

1. Elijah MANANGOI, KEN, 3:34.88 PB
2. Yassine BENSGHIR, Neuilly-plaisance Sports (MAR), 3:35.56
3. Amine LAALOU, MAR, 3:35.71
- ... 6. Dumisane HLAELO, RSA, 3:36.36 PB

WOMEN

800:

1. Rose Mary ALMANZA, CUB, 1:58.99 PB
2. Natalia LUPU, UKR, 1:59.95
3. Anastasiya TKACHUK, UKR, 2:00.29 PB

Miner's Day International Meeting (20th)

(EA Classic Meeting)

Velenje, SLO, 1 July

MEN

800:

Race 3:

1. Amel TUKA, 1991, BIH, 1:44.19
2. Ryhnhardt VAN RENSBURG, 1992, RSA, 1:45.40
3. Žan RUDOLF, 1993, SLO, 1:46,00

Arcobaleno Meet (27th)

Celle Ligure, ITA, 30 June

WOMEN

800 Race 2:

1. Anuschka NICE, 1991, RSA, 2:07.02
2. Nancy Jebet LANGAT, 1981, KEN, 2:08.03
3. Mandie BRANDT, 1982, RSA, 2:08.53

USA Junior Championships

Eugene, USA, 25-27 June

MEN**800 (27):**

- | | |
|--------------------------------|------------|
| 1. Carlton Orange, Unattached | 1:47.67 PB |
| 2. Robert Ford, USC | 1:48.00 PB |
| 3. Ishmael Muhammad, Villanova | 1:48.31 PB |

1500 (27):

- | | |
|------------------------------|--------------------------|
| 1. Blake Haney, Oregon | 3:58.16 (52.92 last 400) |
| 2. Andrew Hunter, Unattached | 3:58.48 (53.10) |
| 3. Grant Fisher, Unattached | 3:58.77 (53.64) |

5000 (26):

- | | |
|---------------------------------------|------------------------------|
| 1. Matthew Maton, Unattached | 14:47.10 PB (60.92 last 400) |
| 2. Cerake Geberkidane, Oklahoma State | 14:52.87 PB |
| 3. Albert Meier, Unattached | 14:55.47 |

10000 (27):

- | | |
|---------------------------------------|----------------|
| 1. Cerake Geberkidane, Oklahoma State | 31:29.15 DB/PB |
| 2. Chase Weaverling, Virginia | 31:32.88 |
| 3. Connor Hendrickson, Texas | 31:53.10 PB |

3000 s/chase (27):

- | | |
|----------------------------|------------|
| 1. Bailey Roth, Unattached | 9:08.70 |
| 2. Steven Fahy, Stanford | 9:15.58 PB |
| 3. Tyler Ranke, Albany | 9:28.13 |

WOMEN**800 (27):**

- | | |
|----------------------------------|---------|
| 1. Raevyn Rogers, Oregon | 2:06.64 |
| 2. Ruby Stauber, Track Minnesota | 2:08.36 |
| 3. Sarah Walker, Unattached | 2:08.37 |

1500 (27):

- | | |
|--------------------------------|-----------------------------|
| 1. Kate Murphy, Unattached | 4:16.98 PB (63.14 last 400) |
| 2. Sarah Feeny, Utah | 4:21.50 |
| 3. Stephanie Jenks, Unattached | 4:28.24 |

3000 (27):

- | | |
|--------------------------------|------------|
| 1. Jill Whitman, Indiana | 9:36.62 |
| 2. Erin Dietz, Emerging Elites | 9:37.41 PB |
| 3. Karissa Schweizer, Missouri | 9:45.59 |

5000 (26):

- | | |
|--|-------------|
| 1. Rachael Reddy, Texas | 16:28.04 PB |
| 2. Caroline Alcorta, North Carolina | 16:31.08 |
| 3. Erin Dietz, Emerging Elites (Mass.) | 16:36.16 PB |

3000 s/chase (27):

- | | |
|-------------------------------------|-------------|
| 1. Hannah Christen, Fairfax Police | 10:40.61 |
| 2. Alexandra Harris, Unattached | 10:44.48 PB |
| 3. Brittany Innis, Stephen F Austin | 10:49.21 |

Sopot GP - Janusz Sidlo Memorial

Sopot, POL, 27 June

MEN

800:

1. Nader BELHANBEL, 94-07-01 (MAR) 1:46.59
2. Artur KUCIAPSKI, 93-12-26 AZS-AWF Warszawa(POL) 1:46.73
3. Ryhardt VAN_RENSBURG, 92-03-23 SOUTH AFRICA(RSA) 1:46.82
4. Abraham ROTICH, 93-06-26 BAHRAIN(BRN) 1:46.86
5. Jozef REPCIK, 86-08-03 SLOVAKIA(SVK) 1:47.17
6. Michael RIMMER, 86-02-03 GREAT BRITAIN(GBR) 1:47.62

1500:

1. Charlie GRICE, 93-11-07 GREAT BRITAIN(GBR) 3:37.70
2. Stanislav MASLOV, 89-01-19 UKRAINE(UKR) 3:38.02 pb
3. Grzegorz KALINOWSKI, 90-09-22 MKL Torun(POL) 3:38.23 PB
4. Julian MATTHEWS, 88-07-21 NEW ZEALAND(NZL) 3:38.86
5. Jonathan SAWE, 95-05-22 KENYA(KEN) 3:39.01
6. Jerry MOTSAU, 90-03-12 SOUTH AFRICA(RSA) 3:39.10
- ... 9. Dumisani HLASELO, 89-06-08 SOUTH AFRICA(RSA) 3:40.08

WOMEN

800:

Race 1:

1. Ewa JACNIAK, 90-11-27 AZS UMCS Lublin(POL) 2:03.85 PB
2. Monika HALASA, 92-04-05 UKS Olimpia Zabrze(POL) 2:04.04
3. Weronika WYKA, 94-01-07 AZS-AWF Warszawa(POL) 2:04.35 PB
4. Anuscha NICE, 91-08-26 SOUTH AFRICA(RSA) 2:05.01

ULTRA/MOUNTAIN/TRAIL RUNNING**European Mountain Running Championships (14th)**

Porto Moniz, POR, 4 July

SR. MEN (11.85 km with 1250 m elevation gain):

Teams (score 3 athletes with cross-country scoring): 1. ITA, 16 points; 2. GBR, 26; 3. SUI, 27; 4. FRA, 33; 5. CZE, 73.

Individuals (66 finishers):

- | | | |
|-------------------------------|---------|--------|
| 1. Johan BUGGE, NOR, 1991 | 1:02:35 | Gold |
| 2. David SCHNEIDER, SUI, 1981 | 1:02:49 | Silver |
| 3. Alex BALDACCINI, ITA, 1988 | 1:02:56 | Bronze |

SR. WOMEN (8.25 km with 850 m elevation gain):

Teams (score 3 athletes with cross-country scoring): 1. GBR, 18 points; 2. AUT, 23; 3. FRA, 38; 4. ITA, 44; 5. GER, 49.

Individuals (52 finishers):

- | | | |
|----------------------------------|-------|--------|
| 1. Andrea MAYR, AUT, 1979 | 50:40 | Gold |
| 2. Eli Anne DVERGSDAL, NOR, 1991 | 53:05 | Silver |
| 3. Emma CLAYTON, GBR, 1988 | 53:36 | Bronze |

Zermatt Marathon (14th)

(World Long Distance Mountain Running Championships)

St. Niklaus to Riffelberg, SUI, 4 July

(Distance: 42.195 km, all uphill! Course begins at 1085 m and climbs to 2585 m, a gain of 1500 m)

MEN (gun times)

Team results: 1. ITA, 9:14:01.7; 2. USA, 9:45:22.5; 3. KEN, 9:53:30.0; 4. GER, 9:54:46.5; 5. SUI, 10:03:00.4 ... 10. RSA, 11:08:59.9.

1. Tommaso Vaccina	1980 ITA	3:01:51.5	Gold
2. Andy Wacker	1986 USA	3:03:51.2	Silver
3. Francesco Puppi	1992 ITA	3:04:14.8	Bronze

WOMEN

Team results: 1. SUI, 10:37:29.4; 2. ITA, 10:56:58.7; 3. USA, 11:13:23.0; 4. RUS, 11:48:49.3; 5. CRO, 12:38:30.1.

1. Martina Strähl	1987 SUI	3:21:38.4	Gold
2. Aline Camboulives	1973 FRA	3:29:45.8	Silver
3. Catherine Bertone	1972 ITA	3:33:56.6	Bronze

Western States Endurance Run 100-Mile (40th)

Squaw Valley to Auburn, USA, 27-28 June

(Distance: 100.2 miles, difficult trails, high altitude; over 12 200 total metres of climbing and descending (5500 up and 6700 down))

MEN

1. Rob Krar, 38, Flagstaff, AZ	14:48:59
2. Seth Swamson, 26, Missoula, MT	15:17:28
3. Jared Hazen, 20, Colorado Springs, CO	15:37:55

WOMEN

1. Magdalena Boulet, 41, Oakland, CA	19:05:21
2. Kaci Lickteig, 28, Omaha, NE	19:21:31
3. Stephanie Howe, 31, Bend, OR	19:32:58

STATS TIME

This week we include a list of the top ten SA women in the 10 km 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 shown. The Phalula twins, with seven times, dominate the list.

2015 10 KM: TOP 10 WOMEN

32:54	Mapaseka Makhanya	1	Cape Town	29 Mar
32:57	Lebo Phalula	1	Port Elizabeth	09 May
33:20	Lebogang Phalula	3	Cape Town	29 Mar
33:20	Nolene Conrad	4	Taroudant	08 Mar
33:26	René Kalmer	4	Cape Town	29 Mar
33:27	Lebogang Phalula-2	2	Port Elizabeth	09 May
33:50	Lebogang Phalula-3	1	Durban	01 Mar
33:55	Lebo Phalula-2	2	Durban	01 Mar
33:58	Christine Kalmer	5	Cape Town	29 Mar

34:03A	Lebo Phalula-3	1	Paulpietersburg	15 Feb
34:11	Zintle Xiniwe	6	Cape Town	29 Mar
34:12	Cornelia Joubert	7	Cape Town	29 Mar
34:18	Lebo Phalula-4	1	Eldorado Park	22 Feb
34:30	Jenna Challenor	8	Cape Town	29 Mar
34:31	Lena Lötter	9	Cape Town	29 Mar

THIS MONTH IN HISTORY

49 years ago: 17 July 1966

In 1964 Jim Ryun became the first high school boy to run a dream mile, when he clocked 3:59.0 in the Compton Invitational. He was just barely 17. Two years later he was at the peak of his powers and on this day in Berkeley became the youngest ever (19 years, 2 months, 18 days) to break the world mile record. Ryun ran 3:51.3 to win by more than six seconds. He broke Michel Jazy's world record by 2.3 seconds, a differential not surpassed since. Ryun covered the last three laps in an unprecedented 2:53.4. His intermediate time at 1500 m was 3:36.1, the fastest in the world that year. The next year he would break Herb Elliott's venerated world record for the metric mile by an even bigger margin – 2.5 seconds for a time of 3:33.1.

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		
	44:12	Lusapho April	Port Elizabeth	28 Feb
	43:48a	Silas Kiprono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	64:04	Stephen Mokoka	Cape Town	04 Apr
	61:21A	Lusapho April	New York	15 Mar
	59:20	Stanley Biwott (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	82:32	Nkosihona Mhlakwana	Durban	08 Mar
	80:54A	Sipho Mbanjuli	Pinetown	25 Jan
	72:31	Abraham Cheroben (KEN)		
	71:50	Sammy Kosgei (KEN) 2010		
30 km	71:18p	Dennis Kipruto Kimetto (KEN)		
	1:37:54	Duane Fortuin	Camps Bay	04 Jan
	1:31:27	Shin Kimura (JPN)		
	87:49**	Haile Gebrselassie (ETH) 2009		
Marathon	2:15:17	Desmond Mokgobu	Santiago	12 Apr
	2:04:42	Eliud Kipchoge (KEN)		
	2:03:38	Patrick Makau (KEN) 2011		
	2:03:23p	Wilson Kipsang (KEN) 2013		
100 km	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	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	52:07	Eric Coetzee	Eersterivier	20 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		

WOMEN

Open

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	54:14	Tanith Maxwell	Eersterivier	20 Jun
	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		
<u>Veterans (40+)</u>				
10 km	37:43	Prudence Zwane	Pretoria	28 Feb
	32:14	Priscilla Welch (GBR) 1985		
15 km	60:15	Sandra van Graan	Ravensmead	14 Mar
	60:15	Sandra van Graan	Eersterivier	20 Jun
	60:02A	Ulrica Stander	Camps Bay	04 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	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		
<u>Masters (50+)</u>				
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				
<u>Grandmasters (60+)</u>				
10 km	41:45	Margie Saunders	Port Elizabeth	11 Apr
15 km	64:00	Nancy Will	Eersterivier	20 Jun
21.1 km	1:38:02	Margie Saunders	Port Elizabeth	20 Jun

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	58:12	Ashleigh Simonis	Eersterivier	20 Jun
	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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