

Distance Running Results

Vol. 15, No. 27 – 13 July 2015

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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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Publisher: Riël Hauman

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EDITORIAL

The popular Momentum Cape Times Knysna Forest races were held this weekend, with the marathon being run for the 31st time. The win – an easy one – went to Tsepang Ramonene (LES) in 2:25:28, with Candice-Lee Davison finishing first among the women in 3:23:05. The winners of the half marathon were Tshepo Ramonene (LES) in 1:06:06 and René Kalmer in 1:19:09. DRR doesn't know if the two Ramonenes are related (brothers perhaps?).

Apart from Kalmer, three other DRR subscribers scored victories the past two weekends. Age category results for the Knysna races were not available, but Margie Saunders won the grandmasters category in the half marathon (in fact, she beat all the veterans and masters!). Last weekend, in the Pirates 10 km, Melanie Jennett won the veterans division and Sonja Laxton the grandmasters. On top of this, Elaine Greenblatt was second behind Laxton and Charné Bosman third behind Kalmer, while Brian Chamberlain was the second grandmaster in the Prates race. Congratulations to all!

Only one list leader was set this weekend, by grandmaster Francis van Blerk in the Afriforum Springbok Vasbyt 25 km in Pretoria (2:27:12).

Internationally, track is dominating at the moment. South Africa won only one medal in distance events at the World University Games in Korea when Rynardt van Rensburg took bronze in the 800 m in 1:49.30. Anuschka Nice did not make the final of the same event for women, but did set a PB of 2:03.65 in her semi-final. In Italy Dominique Scott ran a PB of 4:08.65 in the 1500 m.

A few sharp-eyed readers noticed my mistake in last week's DRR when I referred to Henricho Bruintjies's new SA 100-metre record of 10.97, instead of 9.97. Subscriber Jakes Jacobs gave me a good excuse, which I will use: he said I've been so used to typing 10-something for the past 30 or more years that it is difficult to change!

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Waterfall Superspar Forest 10 km, Durban
- * Momentum Cape Times Knysna Forest Marathon & Half Marathon, Knysna
- * Afriforum Springbok Vasbyt 25 km & 10 km, Pretoria
- * Pirates 10 km, Johannesburg

International highlights:

- * Utica Boilermaker 15 km, Utica, USA
 - * Crazy 8's 8 km, Kingsport, USA
 - * Track: TrackTown Classic, Edmonton, CAN; Kortrijkse Guldensporenmeeting, Kortrijk, BEL; Kenyan Athletics Championships, Nairobi, KEN; European Athletics U23 Championships, Tallin, EST; World University Games, Gwangju, KOR; Athletissima, Lausanne, SUI; Cto de Cataluña Open, Barcelona, ESP; Istvan Gyulai Memorial, Székesfehérvár, HUN; Cork City Sports, Dublin, IRL; Meeting Sport Solidarietà, Lignano, ITA
 - * Lake Saroma 100 km, Lake Saroma, JPN
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NEWS**THOZAMA APRIL, SIYABONGA NKONDE BANNED FOR DRUG USE**

Both second-placed runners in last year's SA Half-marathon Championships have been banned for the use of prohibited substances, according to the IAAF's latest list of drug positives. Thozama April was tested at the Cape Town 10 km on 21 September 2014, where she finished third, while Siyabonga Nkonde was tested at the Heroes Marathon on 16 December 2014.

April returned a positive test for three prohibited substances: Phentermine, Prednisolone and Norandrosterone. The substance found in Nkonde's samples is not known. April has been suspended for two years until 28 December 2016, while Nkonde was suspended for six months until 15 June 2015. He has already run a race since then, the Archie Gumede Memorial Half Marathon (where he placed third; results in DRR 15:25).

April was second in the SA Half Marathon on 15 November in 82:07; her suspension means that the silver medal now goes to Anna Moeketsi and the bronze to Bulelwa Simae, and that April forfeits her prize money of R4 000.

Likewise, Nkonde placed second in the race in 66:05; the silver medal will go to Lucas Jani and the bronze to Chabeli Nyedimane.

Apart from the Cape Town 10 km (in which Kenya's Aurelia Rutto will now move up to third), the following performances by April should be scrapped and any prize money won returned:

- PetroSA Half Marathon, 27 September: 77:10 (2); probable short course
 - Spar 10 km Johannesburg, 12 October: 38:46 (13)
 - Landmarks Half Marathon, 2 November: 84:54 (3)
 - SA Half Marathon, 15 November: 82:07 (2)
 - TomTom Street Mile 10 km, 8 November: 39:00 (6)
 - Eastern Limb Mines Half Marathon, 6 December: 79:51 (2)
- Apart from the race where he was tested, Nkonde will lose the following performances:
- eDumbe Half Marathon, 15 February: 65:41 (4)
 - Pietermaritzburg 10 km, 22 February: 29:52 (1)
 - Zululand District 10 km, 15 March: 30:37 (1)
-

ROAD RUNNING**Waterfall Superspar Forest 10 km**

Durban, 12 July
(Loop course)

MEN

- | | | | |
|----|----------------------|----------|--------------|
| 1. | Philani Buthelezi | Boxer AC | 31:02 (R400) |
| 2. | Adam Lipschitz | Dbn Run | 31:45 (R200) |
| 3. | Mahlomola Sekhonyana | HV | 33:04 (R100) |

4.	Thabiso Ngalonkulu	Chatsworth AC	33:04
5.	Sipho Mbanjwa	Phantane AC	33:24

40-49:

1.	Thokozane Madondo	Eskom	38:44 (R150)
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50-59:

1.	Willie Majombozi	Boxer AC	39:23 (R150)
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60-69:

1.	Nicholas Dlamini	Boxer AC	41:36 (R150)
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70+:

1.	Andrew Spence	SCS	46:26 (R150)
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Juniors:

1.	Bryan Roestof	Natal Carb	44:13 (R100)
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WOMEN (Same prize money as men)

1.	Blandina Mokulubete Makatisi	LES/Phantane AC	36:43
2.	Tanith Maxwell	Boxer AC	36:53
3.	Janie Grundlingh	West AC	37:06
4.	Janene Carey	Boxer AC	39:53
5.	Danielle Adlam	Nedbank AC	40:24

40-49:

1.	Janene Carey	Boxer AC	39:53
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50-59:

1.	Therese Hurley	Stella AC	48:59
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60-69:

1.	Sanet Beukes	West AC	53:28
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70+:

1.	Gill Tregenna	West AC	57:27
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Juniors:

1.	Caylee Ellero	Bluff AC	41:11
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Momentum Cape Times Knysna Forest Marathon (31st) & Half Marathon

Knysna, 11 July

(Distances: 42.195 km & 21.1 km; point-to-point downhill courses, mostly on gravel.

Finishers: marathon – 422 men + 193 women = 615 total [down from 731 last year]; half marathon – 5043 [up from 4709 last year].)

Note: Unfortunately no ages nor age category results were available. – Ed.

Marathon**MEN**

1.	Tsepang Ramonene (LES)	2:25:28
2.	Eric Sigxashe (Mpther)	2:34:55
3.	George Ntshiliza (Bluewater)	2:37:41
4.	Lindile Tokota (Ned)	2:42:34
5.	Wanda Roro (Itheko)	2:44:01
6.	Sipho November (Graaff R)	2:45:34
7.	Jade Muller (Achilles)	2:45:55
8.	Siyabonga Madala (Gugs)	2:46:55
9.	Abongile Snyman (East)	2:50:36
10.	Melikhaya Msizi (KMC)	2:51:45

WOMEN

1.	Candice-Lee Davison (Harf)	3:23:05
2.	Ursula Frans (Ned WP)	3:23:27

3. Helen Squirrell (Ind) 3:23:36
4. Davera Magson (Old Selb) 3:25:38
5. Thalia Charalambous (ATC) 3:25:56
6. Lisl Grobler (KMC) 3:27:39
7. Yolande van Heerden (B Ach) 3:31:55
8. Brenna Coupland (Durb) 3:36:14
9. Gerda Henn (WR) 3:45:08
10. Annatjie Botes (Ned) 3:46:35

Half marathon

MEN

1. Tshepo Ramonene (LES/Phant) 1:06:06
2. Etienne Plaatjies (Ned) 1:07:06
3. Michael Bailey (Rand H) 1:12:24
4. Travis Johnston (Ind) 1:13:22
5. Stuart Marais (Ind) 1:13:33

WOMEN

1. René Kalmer (MA) 1:19:09
2. Andrea Steyn (Bicycle) 1:23:44
3. Charné Bosman (Ned) 1:24:23
4. Danette Smith (CMC) 1:24:29
5. Melissa van As (Ned) 1:26:47

Afriforum Springbok Vasbyt 25 km & 10 km

Pretoria, 11 July

(Loop courses, mostly on gravel and trails)

25 km

MEN

1 Vincent Seng (JMPD) 91:14; 2 Joseph Manyedi (Sedibelo) 94:19; 3 Phumlani Nkosi (Tembisa) 97:48.

Veterans: 1 Greg Barnes (Born 2 Run) 98:32. **Masters:** 1 Paul Mabena (Ford) 1:58:32. **G'masters:** 1 John Woodnutt (Morningside) 2:05:56. **Juniors:** 1 Alexander Snyder (Fit Pta) 2:12:04.

WOMEN

1 Adel Terblanche (Nedbank) 2:02:27; 2 Tondani Mundalamo (Vutha) 2:07:44; 3 Toni Bennetts (Klerksdorp) 2:07:55.

Veterans: 1 Vanessa Bowman (Kempton) 2:13:48. **Masters:** 1 Joanie Coetzee (Trois Sport) 2:31:37. **G'masters:** 1 Francis van Blerk (Nedbank) 2:27:12.

10 km

MEN

1 Shadrack Hoff (Samancor) 37:31 (1st vet); 2 Chamankwana Mailola (Nedbank) 38:10; 3 Altus Badenhorst (Nedbank) 38:21.

Veterans: 1 Shadrack Hoff (Samancor) 37:31. **Masters:** 1 Joseph Moloto (PMMC) 46:31. **G'masters:** 1 Harry v.d. Merwe (Bronkhorstspuit) 57:21. **Juniors:** 1 Francois Joubert (H/S Randburg) 40:14.

WOMEN

1 Carlyn Fischer (Kovsies) 45:32; 2 Emmah Mathibela (Nedbank) 47:36; 3 Sarita Downing (Tuks) 48:43.

Veterans: 1 Ellie Oliver (Akasia) 64:54. **Masters:** 1 Ilse Crous (Unisa) 62:58. **G'masters:** 1 Rina Pretorius (SABS) 69:45. **Juniors:** 1 Heletje Botha (Eldoraigne H/S) 51:46.

Pirates 10 km

Johannesburg, 5 July

(Loop course. Finishers: 1670 [up from 1590 last year].)

Note: The runner in 14th position is probably Zuko Macala. – Ed.

MEN

1	Lucky	Mohale	Boxer	29	30:50
2	Derocious	Makhobalo	Nedbank	27	30:53
3	Africa	Mailola	Nedbank	30	31:39
4	Kabelo	Melamu	Randmark	18	31:51
5	Lebogang	Masilo	Transnet	25	32:18
6	Frans	Mola	South Deep	36	32:25
7	Jacob	Malefo	Univ JHB	23	32:40
8	Siyabongo	Mabena	Gaut Str	18	33:03
9	Theledi	Molele	Wanderers	28	33:07
10	Zhuulele	Ntanzi	TakeitEasy	20	33:16
11	Albert	Monnagaratwe	Gaut Str	18	33:17
12	Andries	Ramango	Randmark	18	33:42
13	Collins	Mapfulagasha	Randmark	18	33:55
14	Zuko	?	Nedbank	30	33:59
15	Sipho	Ncube	ZIM/Mr Price	43	34:11
16	Thapelo	Leseyane	RAC	33	34:12
17	Raphael	Ndlovu	ACSA	33	34:26
18	Andrew	Mogotlane	Ind	27	34:33
19	Innocent	Ndlovu	Rand Har	23	34:42
20	Lucas	Ndikho	Lodirile AC	18	34:49

Veterans:

1	Sipho	Ncube	ZIM/Mr Price	43	34:11
2	Lucky	Mabuza	Wanderers	43	35:49
3	Lawrence	Chipangaan	Ben Harr	46	36:12

Masters:

1	Reform	Ndlovu	Rand Har	52	36:53
2	Tony	Silva	Bedf CC	53	37:20
3	Peter	Jaehne	Outenique	50	39:35

G'masters:

1	Don	Charles	Nedbank GN	66	41:54
2	Brian	Chamberlain	Kudus	66	43:33
3	Frans	Ramokgopa	RAC	62	43:35

Juniors:

1	Kabela	Melamu	Randmark	18	31:51
2	Siyabonga	Mobena	Gaut Str	17	33:03
3	Albert	Mouhagavulwe	Gaut Str	19	33:17

WOMEN

1	Liziwe	Mabona	Transnet	27	37:07
2	Tebogo	Masehla	Boxer AC	36	37:51
3	Keneilwe	Sesing	Randmark	26	38:50
4	Kim	Norton	RAC	32	39:25
5	Thandi	Sehohle	ADT	18	40:11

Veterans:

1	Melanie	Jennett	Fourways	40	41:37
2	Thuli	Mbatha	Katlehong	41	45:16
3	Leight-Ann	Bowden	Midrand	40	45:26

Masters:

1	René	Strydom	Rand Har	50	44:51
2	Sona	van der Vyver	Vitality	50	49:14
3	Yvonne	Laing	Nedbank	50	49:29

G'masters:

1	Sonja	Laxton	RAC	66	50:36
2	Elaine	Greenblatt	RAC	66	58:38
3	Eileen	Jones	Old Eds	67	59:46

Juniors:

1	Thandi	Sehohle	ADT	18	40:11
2	Jeanette	Bokadie	Nedbank	19	40:29
3	Cian	Oldknow	Fitness4Africa	19	44:46

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**Utica Boilermaker 15 km** (38th)

(2014/2015 Professional Road Running Organization Series Final)

Utica, USA, 12 July

(Certified point-to-point course with no elevation loss and a start/finish separation of 27.9% of the race distance)

MEN (gun times)

1.	Eliud Ngetich, Kenya	43:31	\$7000
2.	Lani Rutto, Kenya	43:59	4000
3.	Belete Assefa, Ethiopia	44:01	2500
4.	Teshome Mekonen, Ethiopia	44:07	1500
5.	Isaac Mukundi Mwangi, Kenya	44:24	1250

WOMEN (gun times)

1.	Mary Wacera Ngugi, Kenya	48:49	\$7000 + 10,000 [^] + 5,000 [#]
2.	Cynthia Jerotich Limo, Kenya	48:51	4000
3.	Ruti Aga, Ethiopia	50:10	2500
4.	Simegn Abnet, Ethiopia	50:35	1500
5.	Etalemahu Habtewold, Ethiopia	50:56	1250
... 13.	Lioudmila Kortchaguina (40+), CAN	54:06	\$2000

[^]) Earned 2014/2015 PRRO Circuit Bonus

[#]) Earned 2014/2015 PRRO "Bump-Up" Bonus

Crazy 8's 8 km (26th)

Kingsport, USA, 11 July

(Certified figure-8 course)

MEN (gun times)

1.	Cleophas Ngetich, 25, KEN	22:28	\$5000
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2. Shadrack Kosgei, 30, KEN	23:03	2500
3. John Wanjiku, 18, KEN	23:17	1500
4. Mulue Berhe, 23, ETH	23:17	1000
5. Hillary Too, 36, KEN	23:28	800

WOMEN (gun times)

1. Cassie Graves, 26, Lenoir, NC	29:31
2. Kate Nicewicz, 28, Cookville, TN	30:46
3. Sarah Hickie, 28, Wilmington, DE	31:27

TRACK

TrackTown Classic

(Formerly Edmonton International Track Classic)
Edmonton, CAN, 12 July

WOMEN

800:

1. Maggie Vessey	USA	2:00.16 MR
2. Fiona Benson	Canada	2:00.55
3. Annie Leblanc	Canada	2:03.43

Kortrijkse Guldensporenmeeting (18th/Flanders Cup)

Kortrijk, BEL, 11 July

MEN

800:

Race C:

1. Henco Uys, 1992, RSA	1:48.06
2. Sebastien Leopold, 1992, FRA	1:51.44
3. Philippe Joly, 1993, FRA	1:51.83
... 5. Emile Pieterse, 1993, RSA	1:53.69

1500:

Race C:

1. George Alex, 1990, USA	3:46.27
2. Toshiki Imazaki, 1990, JPN	3:46.75
3. Nils Pennekamp, 1987, NED	3:47.28
... 13. Rantso Mokopane, 1994, RSA	3:56.44

Race D:

1. Mohamed Ali Mohamed, 1989, SOM	3:48.36
2. Duran Faro, 1994, RSA	3:50.48
3. Mikkel Dahl-Jessen, 1994, DEN	3:50.50

WOMEN

800:

Race A:

1. Jenny Meadows, 1981, GBR	2:00.56
2. Alexa Efraimson, 1997, USA	2:01.33
3. Winnie Nanyondo, 1993, UGA	2:01.97
4. Katie Mackey, 1987, USA	2:02.14
5. Shelby Houlihan, 1993, USA	2:02.18

Race B:

1. Haifa Tarchoun, 1989, TUN, 2:05.57
2. Sofie Van Accom, 1989, ACHL, 2:06.77
3. Ena Leufroy, 1987, USA, 2:07.74
4. Mandie Brandt, 1982, RSA, 2:08.54
- ... 6. Gira Carstens, 1993, RSA, 2:11.12

Kenyan Athletics Championships

Nairobi, KEN, 9-11 July

MEN

800 (11):

1. Asbel KIPROP (KEN) 1989 1:45.4h
2. Timothy KITUM (KEN) 1994 1:45.5h
3. Jackson KIVUVA (KEN) 1989 1:45.7h
4. Nicholas KIPLANGAT (KEN) 1989 n/t
5. Sammy KIRONGO (KEN) 1994 n/t

1500 (11):

1. Elijah MWANANGOI (KEN) 1993 3:38.91
2. Timothy CHERUIYOT (KEN) 1995 3:39.25
3. Charles SIMOTWO (KEN) 1995 3:39.38
4. Vincent LETTING (KEN) 1993 3:39.71
5. Cornelius KIPTONUI (KEN) 1992 3:39.82

5000 (11):

1. Geoffrey KAMWOROR (KEN) 1992 13:14.7h
2. Isiah KOECH (KEN) 1993 13:23.3h
3. Emmanuel KIPSANG (KEN) 1991 13:25.4h
4. James KIBET (KEN) 1988 13:36.7h
5. Emmanuel BETT (KEN) 1983 13:38.1h

Prelims (09):

Heat 1:

1. Geoffrey KOECH (KEN) 1993 13:28.07
2. Emmanuel BETT (KEN) 1983 13:28.13
3. Willy KWEMOI (KEN) 1997 13:32.80
4. Joseph KITUR (KEN) 1988 13:33.56
5. Bernard KIPKEMOI (KEN) 1994 13:33.73
6. Mangata NDIWA (KEN) 1987 13:33.90
7. Leonard OLOITIPTIP (KEN) 1990 13:34.21

Heat 2:

1. Geoffrey KAMWOROR (KEN) 1992 13:13.28(!)
2. Emmanuel KIPSANG (KEN) 1991 13:19.42
3. Isiah KOECH (KEN) 1993 13:35.14
4. Elijah KIPCHIRCHIR (KEN) 1996 13:35.32
5. Cornelius KANGOGO (KEN) 1993 13:37.40

10000 (11):

1. Vincent YATOR (KEN) 1989 27:51.0h
2. Charles YOSEI (KEN) 1996 27:54.6h
3. James RUNGARU (KEN) 1993 28:02.2h
4. Stephen ARITA (KEN) 1988 28:02.7h
5. David BETT (KEN) 1992 28:07.4h

3000 s/chase (11):

1. Joash KIPLIMO (KEN) 1991 8:24.26
2. Hillary KEMBOI (KEN) 1986 8:24.28
3. Geoffrey NGENO (KEN) 1994 8:24.81
4. Wilson MARABA (KEN) 1986 8:25.99
5. Philip YEGO (KEN) 8:27.99

WOMEN

800 (11):

1. Ann M. KARINDI (KEN) 1988 2:04.9h
2. Sylvia CHESEBE (KEN) 1989 2:05.2h
3. Fridah MWIKALI (KEN) 1989 2:05.5h
4. Winnie CHEBET (KEN) 1990 2:05.6h
5. Jarinter MAWIA (KEN) 1996 2:05.9h

1500 (11):

1. Vivian CHERUIYOT (KEN) 1983 4:09.88
2. Judy KIYENG (KEN) 1994 4:11.46
3. Selah JEPLETING (KEN) 1991 4:13.21

5000 (11):

1. Janet KISA (KEN) 1992 15:28.1h
2. Margaret CHELIMO (KEN) 1993 15:28.6h
3. Pauline KORIKWIANG (KEN) 1988 15:33.0h
4. Alice APROT (KEN) 1994 15:37.1h
5. Nancy NZISA (KEN) 1995 15:39.6h

10000 (10):

1. Joyce CHEPKIRUI (KEN) 1988 32:08.00
2. Jackline CHEPNGENO (KEN) 1993 32:08.18
3. Gladys CHESIRE (KEN) 1994 32:10.61
4. Beatrice MUTAI (KEN) 1987 32:14.00
5. Lucy CHERUIYOT (KEN) 1997 32:21.40
6. Gladys CHERONO (KEN) 1983 32:24.10
7. Rebecca CHESIRE (KEN) 1992 32:43.1h
8. Veronica NYARUAI (KEN) 1989 32:57.0h

3000 s/chase (11):

1. Hyvin KIYENG (KEN) 1992 9:33.40
2. Purity KIRUI (KEN) 1991 9:33.41
3. Roseflin CHEPNGETICH (KEN) 1997 9:36.77

European Athletics U23 Championships (10th)

Tallin, EST, 9-12 July

MEN

800 (12):

- | | | |
|-------------------------|---------|--------|
| 1. Artur KUCIAPSKI, POL | 1:48.11 | GOLD |
| 2. Šaul ORDÓÑEZ, ESP | 1:48.23 | SILVER |
| 3. Žan RUDOLF, SLO | 1:48.47 | BRONZE |

1500 (11):

- | | | |
|------------------------------------|---------|--------|
| 1. Marc ALCALA, ESP | 3:44.54 | GOLD |
| 2. Mohad ABDIKADAR SHEIKH ALI, ITA | 3:44.91 | SILVER |
| 3. Neil GOURLEY, GBR | 3:45.04 | BRONZE |

5000 (11):

- | | |
|----------------------|------------------|
| 1. Ali KAYA, TUR | 13:20.16 CR GOLD |
| 2. Isaac KIMELI, BEL | 13:54.33 SILVER |
| 3. Carlos MAYO, ESP | 13:55.19 BRONZE |

10000 (09):

- | | |
|--------------------------|--------------------|
| 1. Ali KAYA, TUR | 27:53.38 CR GOLD |
| 2. Mikhail STRELKOV, RUS | 28:53.94 PB SILVER |
| 3. Yassine RACHIK, ITA | 28:53.99 BRONZE |

3000 s/chase (12):

- | | |
|-------------------------|----------------|
| 1. Mitko TSENOV, BUL | 8:37.79 GOLD |
| 2. Viktor BAKHAREV, RUS | 8:40.75 SILVER |
| 3. Osama ZOGHLAMI, ITA | 8:42.00 BRONZE |

WOMEN

800 (11):

- | | |
|----------------------------|-------------------|
| 1. Renelle LAMOTE, FRA | 2:00.19 GOLD |
| 2. Anastasiya TKACHUK, UKR | 2:00.43 SILVER |
| 3. Christina HERING, GER | 2:00.88 PB BRONZE |

1500 (12):

- | | |
|-----------------------------|---------------------------|
| 1. Amela TERZIC, SRB | 4:04.77 CR/NR/NUR/PB GOLD |
| 2. Sofia ENNAOUI, POL | 4:04.90 PB SILVER |
| 3. Nataliya PRYSHCHEPA, UKR | 4:06.29 PB BRONZE |

5000 (12):

- | | |
|-----------------------------|-------------------------|
| 1. Liv WESTPHAL, FRA | 15:30.61 NUR/EL/PB GOLD |
| 2. Louise CARTON, BEL | 15:32.75 NUR/PB SILVER |
| 3. Viktoriya KALYUZHNA, UKR | 15:38.38 NUR/PB BRONZE |

10000 (10):

- | | |
|------------------------|--------------------|
| 1. Jip VASTENBURG, NED | 32:18.69 GOLD |
| 2. Rhona AUCKLAND, GBR | 32:22.79 PB SILVER |
| 3. Alice WRIGHT, GBR | 32:46.57 PB BRONZE |

3000 s/chase (11):

- | | |
|----------------------|-----------------------|
| 1. Tugba GÜVENÇ, TUR | 9:36.14 CR* GOLD |
| 2. Maeva DANOIS, FRA | 9:40.89 NUR/PB SILVER |
| 3. Emma OUDIOU, FRA | 9:44.74 PB BRONZE |

World University Games (28th)

Gwangju, KOR, 8-12 July

MEN

800 (12):

- | | |
|------------------------------|----------------|
| 1. Shaquille WALKER, USA | 1:49.05 GOLD |
| 2. Abdelati EL GUESSE, MAR | 1:49.29 SILVER |
| 3. Rynardt VAN RENSBURG, RSA | 1:49.30 BRONZE |

Semi-Finals (11):

Heat 3 -

- | | |
|------------------------------|--------------|
| 1. Rynardt VAN RENSBURG, RSA | 1:47.95 Q |
| 2. Abdelati EL GUESSE, MAR | 1:47.96 Q SB |
| 3. Nick HARTLE, USA | 1:47.98 q |

1500 (10):

1. Aleksei KHARITONOV, RUS 3:39.13 PB GOLD
2. Abdelali RAZYN, MAR 3:39.20 PB SILVER
3. Staffan EK, SWE 3:39.68 PB BRONZE
- ... 7. Dumisane HLASELO, RSA 3:42.40

5000 (12):

1. Hayle IBRAHIMOV, AZE 13:44.28 GOLD
2. Zouhair TALBI, MAR 14:02.06 SILVER
3. Rinas AKHMADEEV, RUS 14:05.88 BRONZE

10000 (09):

1. Igor MAXIMOV, RUS 29:15.30 GOLD
2. Nicolae-Alexandru SOARE, ROU 29:18.71 PB SILVER
3. Keisuke NAKATANI, JPN 29:19.30 BRONZE
- ... 6. Gladwin MZAZI, RSA 29:37.55

3000 s/chase (11):

1. Martin GRAU, GER 8:31.55 SB GOLD
2. Kaur KIVISTIK, EST 8:32.23 PB SILVER
3. Iurii KLOPTCOV, RUS 8:33.09 SB BRONZE

Half Marathon (12):

1. Yusuke OGURA, JPN 1:04:41 GOLD
2. Tadashi ISSHIKI, JPN 1:04:52 SILVER
3. Yuta TAKAHASHI, JPN 1:05:29 BRONZE
- ... 8. Thabang MASIHLEHO, RSA 1:07:11
- ... 15. Gladwin MZAZI, RSA 1:09:26 SB
- ... 18. Marianio EESOU, RSA 1:09:51
- ... 28. Zolani NGQAQA, RSA 1:12:04
- ... 36. Lucas BOTHOBUTLE, RSA 1:15:07

WOMEN

800 (10):

1. Angie PETTY, NZL 1:59.06 PB GOLD
2. Simoya CAMPBELL, JAM 1:59.26 PB SILVER
3. Fabienne KOHLMANN, GER 1:59.54 PB BRONZE

Semi-Finals (09):

Heat 1 -

1. Fabienne KOHLMANN, GER 2:02.99 Q
2. Simoya CAMPBELL, JAM 2:03.10 Q
3. Mariia NIKOLAEVA, RUS 2:03.29 Q PB
- ... 5. Anuschka NICE, RSA 26 AUG 2:03.65 PB

1500 (12):

1. Docus AJOK, UGA 4:18.53 SB GOLD
2. Gabriela STAFFORD, CAN 4:19.27 SILVER
3. Kristina UGAROVA, RUS 4:19.78 BRONZE

5000 (11):

1. Kristina MAKI, CZE 16:03.29 GOLD
2. Camille BUSCOMB, NZL 16:03.72 SILVER
3. Daria MASLOVA, KGZ 16:04.09 BRONZE

Prelims (09):

Heat 2 -

1. Camille BUSCOMB, NZL 16:33.77 Q
2. Rina KOEDA, JPN 16:34.25 Q
3. Sara SUTHERLAND, USA 16:34.49 Q
- ... 11. Mamphielo SIBANDA, RSA 17:48.35

10000 (08):

1. Alla KULIATINA, RUS 32:52.27 PB GOLD
2. Gulshat FAZLITDINOVA, RUS 32:55.35 SILVER
3. ZHANG Yingying, CHN 32:56.60 SB BRONZE

3000 s/chase (10):

1. Ekaterina SOKOLENKO, RUS 9:25.77 PB/MR* GOLD
2. Natalia VLASOVA, RUS 9:35.99 SB SILVER
3. Ozlem KAYA, TUR 9:37.79 BRONZE
- ... 12. Thembi BALOYI, RSA 10:32.43

Half Marathon (12):

1. ZHANG Yingying, CHN 1:15:06 SB GOLD
2. Nanako KANNO, JPN 1:15:24 SILVER
3. Ayumi UEHARA, JPN 1:15:35 BRONZE
- ... 16. Thembi BALOYI, RSA 1:28:02
17. Laune MEYER, RSA 1:28:46 PB
- ... 19. Portia NGWENYA, RSA 1:29:32
20. Murendwa DAVHANA, RSA 1:30:41

Athletissima (40th)

(9th stop of 2015 IAAF Diamond League)

Lausanne, SUI, 9 July

Note: Double Olympic champion Mo Farah ran the last three laps of the 5000 m in 63.97, 62.86 and 54.44 seconds. – Ed.

MEN

800:

1. Nijel Amos, BOT, 1:43.27
2. David Rudisha, KEN, 1:43.76
3. Ferguson Cheruiyot Rotich, KEN, 1:44.44
4. Alfred Kipketer, KEN, 1:45.14
5. Marcin Lewandowski, POL, 1:45.36
6. Job Koech Kinyor, KEN, 1:45.53
7. Pierre-Ambroise Bosse, FRA, 1:45.62
8. Mohammed Aman, ETH, 1:46.03
9. Matthew Centrowitz, USA, 1:49.20

5000:

1. Mo Farah, GBR, 13:11.77
2. Yomif Kejelcha, 1997, ETH, 13:12.59
3. Edwin Soi, KEN, 13:17.17
4. Yasin Haji, ETH, 13:18.18 PB
5. Muktar Edris, ETH, 13:19.17
- ... 17. Elroy Gelant, RSA, 14:04.71

WOMEN

800:

1. Selina Büchel, SUI, 2:01.68
2. Molly Ludlow, USA, 2:02.08
3. LaTavia Thomas, USA, 2:03.21
4. Shannon Rowbury, USA, 2:03.53
5. Noémie Yarigo, BEN, 2:03.54

1500:

1. Sifan Hassan, NED, 4:02.36
2. Faith Kipyegon, KEN, 4:03.38
3. Jenny Simpson, USA, 4:03.54
4. Mercy Cheronon, KEN, 4:04.24
5. Gudaf Tsegay, ETH, 4:05.29
6. Siham Hilali, MAR, 4:05.55
7. Viola Kibiwot, KEN, 4:06.40
8. Senbere Teferi, ETH, 4:06.81
9. Gabe Grunewald, USA, 4:07.03
10. Irene Jelagat, KEN, 4:07.75
11. Dawit Seyaum, ETH, 4:10.94

3000:

1. Virginia Nyambura Nganga, KEN, 9:16.99
2. Hiwot Ayalew, ETH, 9:17.22
3. Emma Coburn, USA, 9:20.67
4. Ruth Jebet, 1996, BRN, 9:26.87 WJL
5. Tigist Getnet, ETH, 9:31.53

Cto de Cataluña Open - Miting Internacional Barcelona - Centenario FCA
Barcelona, ESP, 8 July

Note: An African record of 3:54.11 for Genzebe Dibaba in the 1500 and a national record of 1:43.08 for Ayanleh Souleiman in the 800. – Ed.

MEN

800:

1. Ayanleh Souleiman, 1992, DJI, 1:43.08 WL/NR
2. Robert Biwot, 1996, KEN, 1:43.56 WJL PB
3. Musaeb Balla, 1983, QAT, 1:43.82 PB
4. Edwin Kiplagat Melly, 1994, KEN, 1:44.50
5. Nader Belhanbel, 1994, MAR, 1:44.64 PB

3000 s/chase:

1. Hamid Ezzine, 1983, MAR, 8:27.09 PB
2. Fernando Carro Morillo, 1992, New Balance Team, 8:28.20 PB
3. Mohamed Ismail Ibrahim, 1997, DJI, 8:28.60 PB/NR/NJR
4. Ibrahim Ezzaydouny, 1991, FC Barcelona, 8:28.86
5. Sebastian Martos Roa, 1989, CD Nike Running, 8:29.67

WOMEN

800:

1. Rose Mary Almanza, 1992, CUB, 2:01.70
2. Sahily Diago, 1995, CUB, 2:02.01
3. Olha Lyakhova, 1992, UKR, 2:02.63
4. Kore Tola Nagao, 1993, ETH, 2:02.75 PB
5. Svetlana Uloga, 1986, 2:03.22

1500:

1. Genzebe Dibaba, 1993, ETH, 3:54.11 AR/WL
[61.1 / 2:05.3 / 3:08.7 - last 100 15.0]
2. Solange Andreia Pereira Da Ponte, 1989, Valencia Terra i Mar, 4:12.42
3. Bethem Desalegn, 1991, UAE, 4:12.80
4. Laura Mendez Esquer, 1988, Playas de Castellon, 4:16.88
5. Elian Periz Toyas, 1984, Valencia Terra i Mar, 4:17.16 PB

Istvan Gyulai Memorial (5th)

Székesfehérvár, HUN, 7 July

MEN

1500:

1. Ronald Kwemoi, KEN, 3:37.76 MR
2. Silas Kiplagat, KEN, 3:38.61
3. Jonathan Kiplimo Sawe, KEN, 3:38.76
- ... 7. Jerry Motsau, RSA, 3:40.56

Cork City Sports (64rd)

Dublin, IRL, 7 July

WOMEN

3000:

1. Abbey D'Agostino, USA 8:58.39 PB
2. Rachel Schneider, USA 9:05.08 PB
3. Mary Cain, USA 9:05.68

Meeting Sport Solidarietà (26th)

Lignano, ITA, 7 July

WOMEN

1500:

1. Kerri GALLAGHER, 1989, USA, 4:03.56 MR/PB
2. Violah LAGAT, 1989, KEN, 4:04.10 PB
3. Alexa EFRAIMSON, 1997, USA, 4:05.63
- ... 6. Dominique SCOTT, 1992, RSA, 4:08.65 PB

ULTRARUNNING

Lake Saroma 100 km

Lake Saroma, JPN, 28 June

(Point-to-point course around Lake Saroma; minimum elevation of 5 m and maximum elevation of 40 m, but no net elevation change)

MEN

1. Yoshikazu Hara 6:35:49
2. Tsutomu Nagata 6:36:39
3. Tstsuya Itagaki 6:40:33

WOMEN

1. Chiyuki Mochizuki 7:36:39
2. Shiho Katayama 7:44:31

3. Mai Fujisawa 7:53:56

STATS TIME

This week we include a list of the top ten SA veteran women in the marathon for 2015. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also shown. DRR subscriber Julianie Basson has four times on the list, including the fastest one.

2015 10 KM: TOP 10 VETERAN WOMEN

3:01:05	Julanie Basson	1	Johannesburg	08 Mar
3:02:08A	Jacqui Bakkes	1	Simon's Town	15 Feb
3:06:35	Basson-2	1	Benoni	25 Jan
3:08:13	Lesley Train	1	Centurion	01 Mei
3:08:31	Adele Waldron	1	Fish Hoek	17 Jan
3:08:34A	Wendy Morgan	1	East London	28 Feb
3:09:03	Basson-3	1	Eldorado Park	22 Feb
3:10:22	Train-2	1	Ottosdal	31 Jan
3:10:35	Basson-4	1	Edenvale	08 Mar
3:10:41	Train-3	1	Pretoria	01 Mar
3:11:14	Jane Mudau (master)	1	Polokwane	21 Feb
3:12:58	Mitsie van der Westhuizen	2	Benoni	25 Jan
3:13:46	Heather Walden	2	Johannesburg	08 Feb
3:14:28	Cassandra Warries	1	Secunda	07 Mar
3:14:45	Melanie Melville	2	Polokwane	28 Mar

THIS MONTH IN HISTORY

20 years ago: 2 July 1995

Shadrack Hoff had a great 1995. Not only did he set personal bests for 1500 m (3:40.70) and 3000 m (7:46.07 to give him third spot on the SA all-time list), but on this day in Gateshead he smashed Sydney Maree's SA record for 5000 m by more than six seconds. Hoff's 13:14.16 at the Bupa Games put paid to the challenges of a stellar field, including Salah Hissou (13:14.72) and Rob Denmark (13:15.83), as well as Paulo Guerra, Mark Carroll and Domingos Castro. A month later Hissou placed fourth in the 10000 m at the World Championships. Hoff's record stood for almost twenty years until it was broken in April this year by Stephen Mokoka.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2015

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

MEN

Open

10 km	27:38	Stephen Mokoka	Manchester	10 May
	27:30	Stephen Sambu (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		

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

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

Veterans (40+)

10 km	30:59	Shadrack Hoff	Pretoria	28 Feb
	28:51	Paulo Catarino (POR) 2003		
15 km	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		

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	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		

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
	60:15	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

100 km	2:26:51	Priscilla Welch (GBR) 1987		
	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	2:27:12	Francis van Blerk	Pretoria	11 Jul
	2:17:50A	Pam Rasmussen	Pinetown	25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19	Wendy Fitzmaurice	Durban	01 Mar
	3:30:47A	Nancy Will	Simon's Town	15 Feb
100 km				
<u>Juniors</u>				
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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