

Distance Running Results

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EDITORIAL

No one who saw Genzebe Dibaba's superb new world record in Monaco this weekend will probably ever forget the mastery and dominance displayed by the Ethiopian runner. Her 3:50.07 finally removed the controversial (read: suspect) mark of 3:50.46 set by China's Qu Yunxia as long ago as 1993 – a time considered by many as almost untouchable. It was a flawlessly



Genzebe Dibaba sprints for the finish line near the end of her brilliant world record run at the Diamond League meeting in Monaco. [IAAF]

executed world record attempt (although the 800-metre time was 1½ seconds slower than what she had asked for) and produced a race of immense depth in which six women went under 4 minutes and both Sifan Hassan (NED), who had no answer to Dibaba's kick over the last 300 m, and Shannon Rowbury (USA) set national records of 3:56.05 and 3:56.29 respectively.

Behind Jenny Simpson (USA) in fourth, Britain's Laura Muir, Dutchwoman Maureen Koster, Besu Sado (ETH), Anna Shchagina (RUS) and Sofia Ennaoui (POL) all set personal bests in positions 5-9.

Dibaba, until now considered as primarily a 3000/5000-metre star, and who said in the past that she prefers indoor running, revealed that she had considerably changed her training over the past months. "I knew from the beginning that I could break the record and I feel I can still improve. I'll try and break the 5000 m record after the World

Championships," she said. She does not yet know which event she will contest in Beijing or, indeed, if she will double up in both.

The men's 1500 m was another thriller when Asbel Kiprop, world champion in 2011 and 2013 (as well as Olympic champion in 2008), finished less than 0.7 sec away from Hicham



Ts'epang and Tshepo Ramonene, who won the Momentum Cape Times Knysna Forest Marathon and Half Marathon respectively (results in last week's DRR) are indeed twin brothers, according to correspondent Pete van der Merwe. Here they flank (Tshepo on the left) Lebohlang Thinyane. [Photograph supplied]

El Guerrouj's world record. Kiprop clocked 3:26.69 to become the third fastest ever behind El Guerrouj (3:26.00) and Bernard Lagat (3:26.34), with the fifth fastest time. (El Guerrouj also ran 3:26.12 and 3:26.45.) Kiprop did break El Guerrouj's meeting record.

As with the women, it was one of the deepest races ever: the four men under 3:29 is a record, while ten were quicker than 3:31. Even double Olympic champion (and European record holder for the 1500) Mo Farah couldn't handle Kiprop's blistering pace and finished "only" fourth behind Kiprop and the PBs by Olympic champion Taoufik Makhloufi (3:28.75) and Abdalaati Igueder (3:28.79). Farah ran 3:28.93, just more than one-tenth slower than his best. Nick Willis finished in an Oceania record of 3:29.66, while both Elijah Manangoi and Robert Biwott set PBs (the latter also a world junior lead of 3:30.10).

The Totalsports Women's Race in Durban was dominated by the Phalula twins, who finished in the same time (33:45) well ahead of Zimbabwean Rutendo Nyahora.

In the Garsfontein Ice Breaker Half Marathon Two Oceans and Comrades winner Caroline Wöstmann scored a relaxed third place in 1:32:22.

Three Western Province women ran to podium positions in the LUX* Mauritius Marathon and Half Marathon. Vet Angelique Rabie won the marathon in 3:33:37, with Candyce Hall second in 3:39:44. In the half marathon Tanya Posthumus-Fox finished third in 1:32:17.

At the World Youth Championships in Cali South Africa finished fifth on the medal table (headed by the USA) with two golds (Werner Visser, discus throw, and Paul Botha, javelin throw), two silvers (Kyle Appel, 200, and 4x400 mixed team – of which Appel was also a member), and one bronze (Nicole de Bruyn, 200).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Totalsports Women's Race, Durban
- * Garsfontein Ice Breaker Half Marathon & 10 km, Pretoria
- * Fairbridge Mall 15 km, Brackenfell
- * UTi Rhodes Trail Run, Rhodes
- * Washie 100-miler, Port Alfred to East London

International highlights:

- * LUX* Mauritius Marathon & Half Marathon, Saint-Félix, MRI
- * Pan American Games Women's Marathon, Toronto, CAN
- * Track: IAAF World Youth Championships, Cali, COL; European Junior Championships, Eskilstuna, SWE; KBC Night of Athletics, Heusden, BEL; Herculis Meeting, Stade Louis II,

MON; Meeting International de la Province de Liège, Naimette-Xhovémont, BEL; Spitzen Leichtathletik Luzern (EA Classic), Luzern, SUI

ROAD RUNNING

Totalsports Women's Race

(Women only)

Durban, 19 July

(Distance: 10 km; certified loop course)

Note: The times were given in hundredths of a second and rounded up by DRR according to the rules. – Ed.

1. Lebogang Phalula (Boxer) 33:45
2. Lebo Phalula (Boxer) 33:45 [correct]
3. Rutendo Nyahora (ZIM/Ned) 34:21
4. Nolene Conrad (Boxer) 34:51
5. Jenet Dlamini (USAC) 36:10
6. Nandipha Dywili (Ind) 36:37
7. Makhosi Mhlongo (Ind) 36:56
8. Lindokuhle Gabela (Ind) 37:17
9. Yolande Maclean (Boxer) 37:44
10. Puseletso Dladla (Ind) 38:26
11. Nomcebo Mthethwa (Umhla) 38:41
12. Happiness Mkhize (Tuks) 38:58
13. Janene Carey (Boxer) 39:02 (1st vet)
14. Caylee Ellero (Bluff) 39:15 (1st jun)
15. Kelly Fletcher (DU) 39:52
16. Shani Silver (West) 40:18
17. Xoliswa Mngadi (Ind) 40:28
18. Nonsikelelo Mbambo (Ind) 41:09
19. Daniella Arrigo (Boxer) 41:57
20. Nokukhanya Mnsthali (Ind) 42:14

Veterans: 1. Janene Carey (Boxer) 39:02; 2. Shani Silver (West) 40:18; 3. Patricia Dammann (Vita) 43:56. **Masters:** 1. Xolisile Mwelase (Phuma) 46:11; 2. Blanche Moila (Sav) 48:22; 3. Roshini Natasen (High) 49:26. **G'masters:** 1. Judith Grove (Hilton) 48:52; 2. Sanet Beukes (West) 52:22; 3. Barbara Fourie (Ind) 59:11. **G/g'masters:** 1. Gill Tregenna (West) 55:47; 2. Hester Bekker (Stella) 74:22; 3. Busi Mkhwela (Ind) 82:22. **Juniors:** 1. Caylee Ellero (Bluff) 39:15; 2. Xoliswa Mngadi (Ind) 40:28; 3. Daniella Arrigo (Boxer) 41:57.

Garsfontein Ice Breaker Half Marathon & 10 km

Pretoria, 18 July

(Distances: 21.1 km & 10 km; loop courses at altitude. Weather: Very cold, no wind.

Finishers: half-marathon – 751; 10 km – 1407.)

Half marathon

MEN

1. Tiisetso Ramokheseng (LES/Olifants) 1:09:03
2. Teboho Lejaha (LES) 1:10:19
3. Mluleki Nobanda (ME) 1:10:20 (1st vet)

Veterans: 1. Mluleki Nobanda (ME) 1:10:20; 2. Peter Motsoene (RWFL) 1:25:44.

Masters: 1. Moses Lethlaku (CR) 1:26:15; 2. Paul Mabena (Ford) 1:28:12. **G'masters:** 1.

Francis Makuka (ZAM/Phob) 1:25:13. **G/g'masters:** 1. Ken de Kock (LR) 1:41:12.
Juniors: 1. Alexander Snyders (Fit) 1:45:35.

WOMEN

1. Vuyokazi Gebe (Trans) 1:29:32
2. Catherine Malungane (Trans) 1:31:24
3. Caroline Wöstmann (Ned) 1:32:22

Veterans: 1. Nocawe Morake (Wonder) 1:48:35; 2. Andriëtte Maartens (Body) 2:00:48.
Masters: 1. Debbie Bredenkamp (Harl) 1:44:33; 2. Connie Blom (Runav) 1:50:41.
G'masters: 1. Frances van Blerk (Ned) 1:59:28. **G/g'masters:** 1. Deirdre Larkin (Rand) 2:16:27.

10 km

MEN

1. Tumelo Motlagale (UJ) 31:50
2. Vuyisile Tshoba (Trans) 32:04
3. Anele Sonqibido (Trans) 32:13

Veterans: 1. Simon Mpholo (Ned) 32:29; 2. Colin Witbooi (PMMC) 35:54. **Masters:** 1. Joseph Moloto (PMMC) 40:08; 2. James Sekhwela (Aurecon) 42:48. **G'masters:** 1. Harry v.d. Merwe (Bronk) 50:50. **G/g'masters:** 1. Andries v.d. Merwe (Trans) 54:22. **Juniors:** 1. Jermaine Adams (ACE) 40:01.

WOMEN

1. Emmerentia Rautenbach (Ned) 39:16
2. Marelise Retief (Boxer) 40:21
3. Myrette Brink (Ned) 40:35

Veterans: 1. Jacquie v.d. Waals (Irene) 41:02; 2. Mitzie v.d. Westhuizen (Runav) 42:24.
Masters: 1. Ansie Breytenbach (Irene) 44:28; 2. Sonja Scheepers (Irene) 52:42.
G'masters: 1. Ina Wheatley (PMMC) 62:47. **G/g'masters:** 1. Mavis Stadler (Agape) 65:50. **Juniors:** 1. Jeanne de Beer (Affies) 42:55.

Fairbridge Mall 15 km

Brackenfell, 18 July

(Certified hilly out-and-back course. Weather: cool, no wind; perfect conditions. Finishers: 1031 [up from 844 last year].)

MEN

1. Virginia Ngudlumana (Itheko) 48:06 (R600)
2. Akhona Makila (VOB) 48:11 (R400)
3. Vuyolwethu Mbukushe (Gugs) 48:19 (R300)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 50:05 (R400); 2. Xolile Macanda (Gugs) 54:17 (R300); 3. Vuyani Sixaso (WR) 54:54 (R200). **Masters:** 1. Monde Tutani (Gugs) 58:27 (R350); 2. Julian Paul (SANDF) 58:47 (R250); 3. Roston Isaacs (Ned) 58:50 (R150). **G'masters:** 1. Robbie Lindsay (Ned) 63:25 (R250); 2. Hennie Wentzel (Durb) 71:40 (R150); 3. Dicky Cloete (SANDF) 73:37 (R100). **Juniors:** 1. Samuel van der Merwe (Bell) 51:53 (R300); 2. Mendu Thembeko (Gugs) 54:46 (R200); 3. Yanga Keli (Sanlam) 55:32 (R100).

WOMEN (Same prize money as men)

1. Ebeth Marais (Bell) 58:45
2. Pamela Moyikwa (VOB) 62:18 (1st jun)
3. Lee-Shay Willemse (Velo) 62:27

Veterans: 1. Ursula Frans (Ned) 63:20; 2. Sheryl de Lange (CMC) 64:08; 3. Melody Marcus-Cupido (Met) 66:59. **Masters:** 1. Mariëtte Strauss (Tyger) 66:07; 2. Charmanine Cupido (Ned) 69:36; 3. Jackie Adam (FH) 72:51. **G'masters:** 1. Nancy Will (Pine) 70:07; 2. Helen du Plessis (Tyger) 77:40; 3. Ruth Leverton (Pine) 86:48. **Juniors:** 1. Pamela Moyikwa (VOB) 62:18; 2. Busisiwe Gwala (VOB) 66:15; 3. Siziphiwe Mbatsha (VOB) 69:03.

UTi Rhodes Trail Run (27th)

Rhodes, 11 July

(Distance: 52 km; extremely hilly loop course on gravel and mountain trails; starting and finishing at 1800 m, with highest point at 2680 m and an average altitude of 2560 m on the run along the top of the mountain. Finishers: 255 [up from 239 last year].)

Note: Su Don-Wauchope finished fifth overall and Leilani Scheffer 13th. Defending women's champion Karoline Hanks was third this time. – Ed.

MEN

1. Iain Don-Wauchope, 40, 4:32:03
2. Sydney Speelman, 38, 4:34:08
3. Ben de Klerk, 41, 5:00:03
4. Hylton Dunn, 35, 5:04:00
5. Alwyn le Roux, 29, 5:19:42
6. Ben Brimble, 29, 5:19:43
7. Keith Clover, 36, 5:21:49
8. Iain Morshead, 50, 5:23:00
9. Danie de Villiers, 45, 5:24:19
10. Neil Cable, 40, 5:25:43

WOMEN

1. Su Don-Wauchope, 39, 5:09:37
2. Leilani Scheffer, 32, 5:32:59
3. Karoline Hanks, 44, 5:44:23
4. Ronel van Graan, 41, 5:57:22
5. Ansie Breytenbach, 51, 6:04:17
6. Hermé Visser, 35, 6:07:32
7. Janneke Leask, 28, 6:13:51
8. Esna Roux, 39, 6:20:43
9. Marise Fourie, 36, 6:27:14
10. Sunelle Dunn, 41, 6:38:03

Washie 100-miler (39th)

Port Alfred to East London, 3-4 July

(Distance: 160 km; point-to-point course, very hilly. Finishers: 41 men + 10 women = 51 total.)

Note: Fourth victory in a row here for Johan van der Merwe, by more than two hours, and fifth in total (not consecutive) for Martha Pretorius, both in their slowest winning times. – Ed.

MEN

1. Johan van der Merwe (PRR), 43, 13:39:45
2. Mcebisi Yose (All Stars), 36, 15:45:48
3. Tholang Moloi (SANDF WP), 46, 15:48:45
4. Johan van Heerden (Alberton), 38, 16:47:05
5. Mark McCalgan (Ind), 40, 17:42:33

WOMEN

1. Martha Pretorius (Top), 45, 19:58:07
 2. Yolán Friedmann (RRR), -, 19:59:01
 3. Christine Roux (Oxford), 47, 22:10:30
 4. Zethena October (Ravens), 45, 23:00:19
 5. Mine Swart (NB), 45, 23:23:58
 6. Gail Langley (Buffs), 46, 23:28:38
-

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**LUX* Mauritius Marathon & Half Marathon**

Saint-Félix, MRI, 19 July

(Distances: 42.195 km & 21.1 km. Finishers: marathon – 78; half marathon – 89.)

Marathon

MEN

1. Albert Kangor (KEN) 2:32:26
2. Andrea Lazzarotti (ITA) 2:50:11
3. Harris Khelawon (MRI) 2:50:51

WOMEN

1. Angelique Rabie (RSA) 3:33:37
2. Candyce Hall (RSA) 3:39:44
3. Ute Lauchstedt (GER) 3:57:19

Half marathon

MEN

1. Aki Nummela (FIN) 1:12:16
2. Eric Watson (AUS) 1:15:23
3. Didier Hoarau (FRA) 1:15:56

WOMEN

1. Nancy Koech (KEN) 1:17:35
2. Isabelle Lebreton (FRA) 1:32:15
3. Tanya Possumus-Fox (RSA) 1:32:17

Pan American Games Women's Marathon (18th)

Toronto, CAN, 18 July

(Distance: 42.195 km)

1. Gladys TEJEDA, PER 2:33:03 GR Gold
[1:17:11 / 1:15:52]
2. Adriana DA SILVA, BRA 2:35:40 Silver
3. Lindsay FLANAGAN, USA 2:36:30 Bronze

TRACK**IAAF World Youth Championships (8th)**

Cali, COL, 15-19 July

YOUTH BOYS

800 (18):

- | | | |
|--------------------------------------|---------|-----------|
| 1. Willy TARBEI, KEN, 30 May 98 | 1:45.58 | GOLD |
| 2. Kipyegon BETT, KEN, 01 Feb 98 | 1:45.86 | SILVER |
| 3. Luis PIRES, BRA, 05 Mar 98 | 1:48.61 | PB BRONZE |
| ... 5. Theuns EHLERS, RSA, 03 Dec 98 | 1:49.32 | PB |

1500 (17):

- | | | |
|------------------------------------|---------|----------------|
| 1. Kumari TAKI, KEN, 06 May 99 | 3:36.38 | CR/WYL/PB GOLD |
| 2. Mulugeta ASSEFA, ETH, 12 Mar 98 | 3:41.10 | PB SILVER |
| 3. Lawi KOSGEI, KEN, 14 Jan 99 | 3:41.43 | PB BRONZE |

3000 (19):

- | | | |
|-------------------------------------|---------|-----------|
| 1. Richard KIMUNYAN, KEN, 04 Jun 98 | 7:54.45 | GOLD |
| 2. Davis KIPLANGAT, KEN, 10 Jul 98 | 7:54.52 | SILVER |
| 3. Tefera MOSISA, ETH, 10 Mar 99 | 7:55.04 | PB BRONZE |

2000 s/chase (19):

- | | | |
|--|---------|-----------|
| 1. Vincent Kipyegon RUTO, KEN, 31 Dec 98 | 5:27.58 | GOLD |
| 2. Wogene SEBISIBE, ETH, 23 Jun 98 | 5:29.41 | PB SILVER |
| 3. Geoffrey ROTICH, KEN, 28 Oct 98 | 5:30.16 | PB BRONZE |

YOUTH GIRLS

800 (19):

- | | | |
|---------------------------------|---------|-----------|
| 1. Sammy WATSON, USA, 10 Nov 99 | 2:03.54 | PB GOLD |
| 2. Gadese EJARA, ETH, 07 Jul 98 | 2:03.67 | PB SILVER |
| 3. Marta ZENONI, ITA, 09 Mar 99 | 2:04.15 | BRONZE |

Semi-Finals (17):

Heat 1 -

- | | | |
|--|---------|---|
| 1. Sammy WATSON, USA, 10 Nov 99 | 2:10.89 | Q |
| 2. Foziya NIGUSE, ETH, 27 Jul 99 | 2:10.94 | Q |
| 3. Ekaterina ALEKSEEVA, RUS, 22 May 98 | 2:11.84 | Q |
| ... 7. Liza KELLERMAN, RSA, 16 Sep 99 | 2:14.05 | |

Prelims (16):

Heat 1 -

- | | | |
|---------------------------------------|---------|------|
| 1. Gadese EJARA, ETH, 07 Jul 98 | 2:06.26 | Q PB |
| 2. Carys MCAULAY, GBR, 18 Jan 98 | 2:07.74 | Q |
| 3. Ginelle DEMONE, CAN, 26 Jun 98 | 2:08.25 | Q PB |
| ... 5. Liza KELLERMAN, RSA, 16 Sep 99 | 2:09.49 | q |

1500 (18):

- | | | |
|--|---------|-------------|
| 1. Bedatu HIRPA, ETH, 28 Apr 99 | 4:12.92 | WYL/PB GOLD |
| 2. Dalila Abdulkadir GOSA*, BRN, 27 Jun 98 | 4:13.35 | PB SILVER |
| 3. Joyline CHEROTICH, KEN, 22 Mar 98 | 4:15.20 | PB BRONZE |

3000 (15):

- | | | |
|---|---------|-------------|
| 1. Shuru BULO, ETH, 27 Jun 98 | 9:01.12 | WYL/PB GOLD |
| 2. Emily Chebet KIPCHUMBA, KEN, 16 Feb 98 | 9:02.92 | PB SILVER |
| 3. Sheila CHELANGAT, KEN, 11 Apr 98 | 9:04.54 | PB BRONZE |

2000 s/chase (17):

1. Celliphine Chepteek CHESPOL, KEN, 23 Mar 99 6:17.15 PB GOLD
2. Sandrafelis Chebet TUEI, KEN, 20 Jan 98 6:19.61 SILVER
3. Agrie BELACHEW, ETH, 20 Jan 99 6:34.68 BRONZE

European Junior Championships (23rd)

Eskilstuna, SWE, 16-19 July

MEN

800 (19):

1. Kyle LANGFORD, GBR, 2 FEB 1996 1:48.99 GOLD
2. Konstantin TOLOKONNIKOV, RUS, 26 FEB 1996 1:49.00 SILVER
3. Mateusz BORKOWSKI, POL, 2 APR 1997 1:49.21 BRONZE

1500 (18):

1. Josh KERR, GBR, 8 OCT 1997 3:49.62 GOLD
2. Baptiste MISCHLER, FRA, 23 NOV 1997 3:49.88 SILVER
3. Andriy ALIKSIYCHUK, UKR, 4 SEP 1997 3:50.22 BRONZE

5000 (18):

1. Alex GEORGE, GBR, 6 FEB 1996 14:34.42 GOLD
2. Simon DEBOGNIES, BEL, 16 JUL 1996 14:34.67 SILVER
3. Yemaneberhan CRIPPA, ITA, 15 OCT 1996 14:35.39 BRONZE

10000 (16):

1. Pietro RIVA, ITA, 1 MAY 1997 30:20.45 GOLD
2. Fabian GERING, GER, 1 NOV 1996 30:20.69 SILVER
3. Dieter KERSTEN, BEL, 25 OCT 1996 30:21.85 BRONZE

3000 s/chase (19):

1. Yohanes CHIAPPINELLI, ITA, 18 AUG 1997 8:47.58 GOLD
2. Patrick KARL, GER, 3 MAY 1996 8:54.10 SILVER
3. Balázs JUHÁSZ, HUN, 8 OCT 1996 8:58.11 PB BRONZE

WOMEN

800 (18):

1. Renée EYKENS, BEL, 8 JUN 1996 2:02.83 GOLD
2. Sarah SCHMIDT, GER, 4 OCT 1996 2:04.55 SILVER
3. Aníta HINRIKSDÓTTIR, ISL, 13 JAN 1996 2:05.04 BRONZE

1500 (19):

1. Bobby CLAY, GBR, 19 MAY 1997 4:17.91 GOLD
2. Amy GRIFFITHS, GBR, 22 MAR 1996 4:20.41 SILVER
3. Konstanze KLOSTERHALFEN, GER, 18 FEB 1997 4:20.84 BRONZE

3000 (18):

1. Alina REH, GER, 23 MAY 1997 9:12.29 GOLD
2. Célia ANTÓN, ESP, 23 JAN 1997 9:16.36 SILVER
3. Anna Emilie MØLLER, DEN, 28 JUL 1997 9:17.36 PB BRONZE

5000 (19):

1. Alina REH, GER, 23 MAY 1997 16:02.01 GOLD
2. Anna Emilie MØLLER, DEN, 28 JUL 1997 16:07.43 PB SILVER
3. Carmela CARDAMA, ESP, 4 DEC 1996 16:23.81 PB BRONZE

3000 s/chase (18):

1. Sümeyye EROL, TUR, 15 JUN 1997 10:19.15 PB GOLD
2. Carolina JOHNSON, SWE, 15 APR 1996 10:28.31 SILVER
3. Alisa VAINIO, FIN, 16 NOV 1997 10:30.83 BRONZE

KBC Night of Athletics

Heusden, BEL, 18 July

MEN

800:

Race A:

1. Timothy KITUM, 1994, KEN, 1:45.76
2. Abraham ROTICH, 1993, BRN, 1:45.87
3. Rafith RODRIGUEZ, 1989, COL, 1:46.36

Race B:

1. Thijmen KUPERS, 1991, NED, 1:46.14
2. Michael RUTT, 1987, USA, 1:46.92
3. Thomas ROTH, 1991, NOR, 1:47.24

1500:

Race A:

1. Fouad EL KAAM, MAR, 3:34.53
2. Charlie GRICE, 1993, GBR, 3:35.29 PB
3. Nate BRANNEN, 1982, CAN, 3:35.42
- ... 9. Johan CRONJE, 1982, RSA, 3:36.68

Race B:

1. Chris O'HARE, 1990, GBR, 3:34.83 PB
2. Sebastian KEINER, 1989, GER, 3:36.46 PB
3. Riley MASTERS, 1990, USA, 3:36.71

5000:

Race A:

1. Dejen GEBREMESKEL, 1989, ETH, 13:05.38
2. Bashir ABDI, 1989, BEL, 13:06.10 PB
3. Ben TRUE, 1985, USA, 13:06.15 SB
4. Albert ROP, 1992, BRN, 13:06.74
5. Eric JENKINS, 1991, USA, 13:07.33 PB
6. Suguru OSAKO, 1991, JPN, 13:08.40 NR
7. Thomas FARRELL, 1991, GBR, 13:10.48 PB
8. Philip KIPYEKO, 1995, UGA, 13:10.69 PB
9. Benard KIMANI, 1993, KEN, 13:10.83 PB
10. Richard RINGER, 1989, GER, 13:10.94 PB
11. Sindre BURAAAS, 1989, NOR, 13:11.96 PB
12. Tetsuya YOROIZAKA, 1990, JPN, 13:12.63 PB
13. Abadi EMBAYE, 1999, ETH, 13:13.17 PB/WYL

3000 s/chase:

1. Nicholas BETT, 1996, KEN, 8:19.26 WJL/PB
2. Tayler MILNE, 1981, CAN, 8:19.90 PB
3. Fernando CARRO, 1992, ESP, 8:21.78 PB

WOMEN

1500:

1. Beatrice CHEPKOECH, 1991, KEN, 4:03.28 PB

2. Lauren JOHNSON, 1987, USA, 4:04.17 PB
3. Katie MACKEY, 1987, USA, 4:04.53

5000:

1. Mimi BELETE, 1988, BRN, 14:54.71 PB
2. Gotytom GEBRESLASE, 1995, ETH, 14:57.33 PB
3. Abbey D'AGOSTINO, 1992, USA, 15:03.85 PB
4. Steph TWELL, 1989, GBR, 15:14.39
5. Jennifer WENTH, 1991, AUT, 15:16.12 PB
6. Kasumi NISHIHARA, 1989, JPN, 15:20.20 PB
- ... 11. Emily SISSON, 1991, USA, 15:25.84 PB

Herculis Meeting

(10th stop of 2015 IAAF Diamond League)

Stade Louis II, MON, 17 July

MEN

800 (DL):

1. Amel Tuka, BIH, 1:42.51 NR/WL
2. Nijel Amos, BOT, 1:42.66
3. Ayanleh Souleiman, DJI, 1:42.97 NR
4. Boris Berian, USA, 1:43.34 PB
5. Adam Kszczot, POL, 1:43.45
6. Marcin Lewandowski, POL, 1:43.72 PB
7. Ferguson Cheruiyot Rotich, KEN, 1:43.92
8. Mohammed Aman, ETH, 1:44.09
9. Alfred Kipketer, KEN, 1:44.33
10. Pierre-Ambroise Bosse, FRA, 1:45.30

1500:

1. Asbel Kiprop, KEN, 3:26.69 WL/PB (last lap 54.76)
2. Taoufik Makhoulfi, ALG, 3:28.75 PB
3. Abdalaati Iguider, MAR, 3:28.79 PB
4. Mo Farah, GBR, 3:28.93
5. Nick Willis, NZL, 3:29.66 NR
6. Elijah Motonei Manangoi, KEN, 3:29.67 PB
7. Robert Kiptoo Biwott, 1996, KEN, 3:30.10 WJL/PB
8. Aman Wote, ETH, 3:30.29
9. Collins Cheboi, KEN, 3:30.34 PB
10. Matthew Centrowitz, USA, 3:30.40 PB
11. Morhad Amdouni, FRA, 3:34.05 PB
12. Charles Philibert-Thiboutot, CAN, 3:34.23 PB
13. Leo Manzano, USA, 3:36.16
14. Henrik Ingebrigtsen, NOR, 3:38.35

3000 (DL):

1. Caleb Ndiku, KEN, 7:35.13 WL
2. Yenew Alamirew, ETH, 7:36.39
3. Isiah Koech, KEN, 7:37.16
4. Edwin Soi, KEN, 7:37.85
5. Garrett Heath, USA, 7:37.97 PB
6. Ben Blankenship, USA, 7:38.08 PB
7. Ali Kaya, TUR, 7:38.65 NR
8. Hillary Kipkorir Maiyo, KEN, 7:39.70 PB

WOMEN

1500 (DL):

1. Genzebe Dibaba, ETH, 3:50.07 WR (last lap 59.79)
2. Sifan Hassan, NED, 3:56.05 NR
3. Shannon Rowbury, USA, 3:56.29 NR
4. Jenny Simpson, USA, 3:57.30
5. Laura Muir, GBR, 3:58.66 PB
6. Maureen Koster, NED, 3:59.79 PB
7. Besu Sado, 1996, ETH, 4:00.65 PB
8. Anna Shchagina, RUS, 4:01.46 PB
9. Sofia Ennaoui, 1995, POL, 4:04.26 PB
10. Treniere Moser, USA, 4:04.55
11. Kerri Gallagher, USA, 4:06.07
12. Laura Weightman, GBR, 4:06.36
13. Axumawit Embaye, ETH, 4:09.12
14. Sarah Brown, USA, 4:09.17

3000 s/chase (DL):

1. Habiba Ghribi, TUN, 9:11.28 WL
2. Hyvin Kiyeng Jepkemoi, KEN, 9:12.51 PB
3. Virginia Nyambura Nganga, KEN, 9:13.85 PB
4. Hiwot Ayalew, ETH, 9:14.98
5. Purity Cherotich Kirui, KEN, 9:17.89 PB
6. Gesa Krause, GER, 9:20.15 PB
7. Salima Elouali Alami, MAR, 9:20.64 NR
8. Tigist Getnet, 1997, ETH, 9:20.65 PB
9. Ruth Jebet, BRN, 9:21.40
10. Emma Coburn, USA, 9:23.91

Meeting international de la Province de Liège

Naimette-Xhovémont, BEL, 15 July

MEN

800:

Race A:

1. Abraham ROTICH, BRN, 1:45.81
2. Andreas ALMGREN, SWE, 1:45.88
3. Edward KEMBOI, KEN, 1:46.94
- ... 9. Johan CRONJE, RSA, 1:48.59

WOMEN

800:

1. Alexa EFRAIMSON, USA, 2:01.11 PB
2. Alison LEONARD, GBR, 2:01.32
3. McKayla FRICKER, USA, 2:02.06

1500:

1. Rachel SCHNEIDER, USA, 4:07.88
2. Beatrice CHEPKOECH, KEN, 4:07.98
3. Kate VAN BUSKIRK, CAN, 4:08.47
4. Mary CAIN, USA, 4:09.08

Spitzen Leichtathletik Luzern (EA Classic)

Luzern, SUI, 14 July

Note: Another new world veteran record for Bernard Lagat. – Ed.

MEN

3000:

1. Lomong Lopez, 1985, USA, 7:42.19
2. Bernard Lagat, 1974, USA, 7:42.75 WR M40
3. Vincent Rono, 1990, KEN, 7:43.26

WOMEN

800:

Race A:

1. Selina Büchel, 1991, KTV Bütschwil, 1:59.21
2. Chanelle Price, 1990, USA, 1:59.24
3. Melissa Bishop, 1988, CAN, 1:59.52 PB
4. Lynsey Sharp, 1990, GBR, 1:59.72
5. Molly Ludlow, 1987, USA, 1:59.73
6. Shelayna Oskan-Clarke, 1990, GBR, 2:00.90 PB
7. Jenny Meadows, 1981, GBR, 2:01.10

STATS TIME

This week we include a list of the top ten SA men 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. Last week's list, of course, was for the veteran women in the marathon and not the 10 km, as the heading indicated.

2015 MARATHON: TOP 10 MEN

2:15:17	Desmond Mokgobu	3	Santiago	12 Apr
2:16:25A	Lusapho April	13	Boston	20 Apr
2:16:35	Sibusiso Nzima	4	Dusseldorf	26 Apr
2:17:37	Lukas Jani	27	Dubai	23 Jan
2:19:33	Lungile Gongqa	1	Umzimkulu	29 Mar
2:19:42	Ntsindiso Mphakathi	2	Umzimkulu	29 Mar
2:21:10	Nkosikhona Mhlakwana	2	Pietermaritzburg	22 Feb
2:21:11	Sikhumbuzo Bosiu	5	Umzimkulu	29 Mrt
2:21:22	Ntsindiso Mphakathi	1	Eldorado Park	22 Feb
2:22:54	Tshidso Bosiu	1	Benoni	25 Jan

THIS MONTH IN HISTORY

17 years ago: 11 July 1998

Rae Bisschoff (44) delivered one of the most outstanding performances in South African ultrarunning history when she finished third overall in the Washie 100-miler between Port Alfred and East London. Bisschoff ran 14:53:06 on the point-to-point course – a time which is still the race record and more than 1 hour 26 minutes faster than the second quickest ever run. Although Vanessa Wayland has won the race outright and also finished second, Bisschoff's performance stands alone above all others in the historic race. What makes it even more remarkable was that it came less than four weeks after her victory in the Comrades – the last SA winner before Caroline Wöstmann achieved the feat this year. The Washie was held for the 39th time recently (results in this issue).

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
	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
	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		
100 km	2:03:23p	Wilson Kipsang (KEN) 2013		
	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
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15 km	30:35	Tecwyn Davies (GBR) 1988		
	52:07	Eric Coetzee	Eersterivier	20 Jun
21.1 km	47:52	Titus Mamabolo (RSA) 1991		
	76:21	Eric Coetzee	Gordon's Bay	18 Apr
25 km	66:42	Martin Rees (GBR) 2003		
	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 Cheron (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 32:14	Prudence Zwane Priscilla Welch (GBR) 1985	Pretoria	28 Feb
15 km	60:15 60:15 60:02A 49:35	Sandra van Graan Sandra van Graan Ulrica Stander Priscilla Welch (GBR) 1985	Ravensmead Eersterivier Camps Bay	14 Mar 20 Jun 04 Jan
21.1 km	84:01 69:56	Prudence Zwane Irina Permitina (RUS) 2009	Pretoria	21 Feb
25 km	1:49:37 1:42:12A 82:13	Heather Walden Suzette Botha Mizuki Noguchi (JPN) 2005	Pretoria Pinetown	09 May 25 Jan
30 km	2:11:00 1:51:37	Adele Waldron Mieke Pullen (NED) 2001	Camps Bay	04 Jan
Marathon	2:53:38 3:02:08A 2:26:51	Gillian Sieling Jacqui Bakkes Priscilla Welch (GBR) 1987	London Simon's Town	26 Apr 15 Feb
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	39:23 34:44	Judy Bird Tatyana Pozdniakova (UKR) 2005	Durban	07 Jun
15 km	61:03 54:33	Elmarie Coetzee Shirley Matson (USA) 1991	Ravensmead	14 Mar
21.1 km	90:10 76:07	Jane Mudau Tatyana Pozdniakova (UKR) 2006	Polokwane	16 May
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 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	Polokwane	28 Mar
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 2:17:50A	Francis van Blerk Pam Rasmussen	Pretoria Pinetown	11 Jul 25 Jan
30 km	2:24:42	Margie Saunders	Uitenhage	22 Mar
Marathon	3:58:19 3:30:47A	Wendy Fitzmaurice Nancy Will	Durban Simon's Town	01 Mar 15 Feb
100 km				
<u>Juniors</u>				
10 km	34:52 31:42	Nicole van der Merwe Zola Pieterse (RSA) 1984	Durban	07 Jun
15 km	58:12 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	20 Jun
21.1 km	84:17 1:09:05	Nonhlanhla Dlamini Delilah Asiago (KEN) 1991	Cape Town	04 Apr

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