

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

One of the outstanding performances at the World Indoor Championships in Portland came from young Ethiopian Yomif Kejelcha, who reportedly is 18 years old. His 7:57.21 is the slowest winning time since 1987, but he became the first runner who has won a world youth title over 3000 m, a world junior title over 5000 m and now also a world indoor crown.

In the 1500 m Matthew Centrowitz won the first ever gold for the USA, while Jakub Holusa (CZE) and Nick Willis (NZL) won the first medals for their respective countries in the event. Centrowitz's winning margin over the Czech (3:44.22 to 3:44.30) is the second smallest ever at the meeting.



Francine Niyonsaba wins Burundi's first ever gold medal at the World Indoor Championships by beating Ajee' Wilson (USA) in 2:00.01 in the 800 m final. The day before, her compatriot Antoine Gakeme won silver in the same event for men – Burundi's first ever medal of any kind. Wilson and bronze medallist Margaret Wambui (KEN) became the first world junior champions to win medals at the indoor championships.

South Africa finished 37th on the points table in Portland, together with the tiny island nations of Iceland and Saint Lucia. South Africa's four points came from a fifth place in the long jump by Rushwaal Samaai, who recorded a national record of 8.18. In the heats of the 4x400 m relay the SA team of Thapelo Phora, Ofentse Mogawane, Jon Seeliger and Shaun de Jager clocked a continental record of 3:08.45, but it was not good enough to advance.

Good running conditions in the Cape Peninsula on Saturday led to seven list leaders in the Ravensmead 15 km, headed by an outstanding 46:36 by junior Adrian Wildschutt (also an open list leader). It is the seventh fastest SA junior time for the past fifteen years and the fastest since 2012. Wildschutt is 17 years old.

The results of the Umgeni Water Midmar Marathon, 32 km & 15 km were included last week. The finisher figures were: marathon – 346; 32 km – 392; 15 km – 726.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Harry Gwala District Marathon, Half Marathon & 10 km, Umzimkhulu to Ixopo
- * Ravensmead 15 km, Ravensmead
- * ABAX Investments Milkwood Half Marathon & 10 km, Kommetjie
- * Zululand 56 km Ultramarathon & 10 km, Nongoma to Ulundi

International highlights:

- * United Airlines NYC Half, New York, USA
- * Stramilano Half Marathon, Milano, ITA
- * Meia-Maratona Internacional de Lisboa EDP, Lisbon, POR
- * Wehr Minerals Venloop Half Marathon, Venlo, NED
- * Seoul International Marathon, Seoul, KOR
- * Indoor track: IAAF World Indoor Championships, Portland, USA
- * Outdoor track: Alan Connie Shamrock Invitational, Conway, USA

ROAD RUNNING**Harry Gwala District Marathon, Half Marathon & 10 km**

Umzimkhulu to Ixopo, 20 March

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses.)

Note: Another set of races organised by a municipality, using taxpayers' money to provide ridiculously high prize money for very slow times in races dominated by foreigners. There seems to be very little sense in such an event. The total prize money for the three races was R355 100. One should bear in mind that first prize in what is supposed to be South Africa's premier marathon, the SA Championships, was R15 000 and that the first three runners in that race received a total of R29 000 – here they pocketed R60 000. (See also the results of the Zululand Ultramarathon below.) – Ed.

Marathon**MEN**

1. Realeboha Lenanya (LES/Phuma) 2:29:32 (R30 000)
2. Tsepang Ramonene (LES/Phantane) 2:29:41 (R20 000)
3. Xolani Kenya (Wild Coast) 2:32:45 (R10 000)
4. Matekase Lefatsa (LES/Phantane) 2:33:48 (R9000)
5. Mfumaneko Fadane (Umzimkhulu) 2:34:20 (R8000)
6. Thabo Ntlaloe (LES/Phantane) 2:34:59 (R7000)
7. Phakoane Rakoto (Phantane) 2:36:15 (R6000)
8. Jonas Makhele (Nedbank) 2:36:38 (R5000)
9. Mokoena Malau (Tlokoa) 2:37:59 (R4000)
10. Teboho Noosi (LES/Phantane) 2:38:29 (R3000)

WOMEN (Same prize money as men)

1. Lizih Chokore (ZIM/Nedbank) 3:16:11
2. Samukeliso Moyo (ZIM/Maxed Elite) 3:24:54
3. Tawapo Biri (ZIM/Nedbank) 3:25:21
4. Tshifhiwa Mundalamo (Rocky Road Runners) 3:25:55
5. Jane Mudau (Pietersburg) 3:37:57
6. Nonsikelelo Mbambo (Save Orion) 3:44:09
7. Azwindini Gladys Lukhwareni (Nedbank) 3:48:44
8. Tembisile Mwelase (KwaDabeka Harriers) 3:59:37
9. Priscilla Dlamini (SWZ/Durban Runner) 4:07:40
10. Mary Mwelase (Phuma KZN) 4:23:01

Half marathon**MEN**

1. Silindile Gubese (Phantane) 1:09:59 (R10 000)
2. Lebenya Nkoka (LES/Maxed Elite) 1:10:19 (R7000)
3. Elmore Sibanda (ZIM/Maxed Elite) 1:12:47 (R6000)
4. Nkosikhona Mhlakwana (Phuma) 1:12:51 (R5000)
5. Collin Jabulane Khoza (Brooks Running Club) 1:14:01 (R4000)
6. Aphelele Phungula (Umzimkhulu) 1:14:24 (R3000)
7. Majake Hlabahlaba (Sibanye Gold Beatrix Mine) 1:14:31 (R2000)
8. Michael Mzobe (SCS) 1:16:00 (R1000)
9. Thabo Moitsepi (Phantane) 1:16:51 (R900)
10. Samuel Pazanga (ZIM/Maxed Elite) 1:18:59 (R800)

WOMEN (Same prize money as men)

1. Lineo Chaka (LES/NRB Harriers) 1:24:59
2. Liziwe Mabona (Ampa) 1:26:22
3. Makampong Letsie (LES/Phuma) 1:29:35
4. Catherine Skosana (Nedbank) 1:30:43
5. Makhosazane Mhlongo (Savages) 1:32:59
6. Mamosebetsi Khajoane (LES/Maxed Elite) 1:33:50
7. Poppy Mlambo (Boxer) 1:34:53
8. Samkelisiwe Thwala (?) 1:42:47
9. Sanelisiwe Mbanjwa (Elite Performance) 1:48:28
10. Happiness Memela (Nedbank) 1:49:34

10 km**MEN**

1. Tsepo Mathibelle (Phantane) 31:11 (R5000), 2. Siyabonga Nkonde (Boxer) 31:51 (R3000), 3. Anele Dlamini (Phantane) 32:05 (R2000).

WOMEN (Same prize money as men)

1. Jenet Dlamini (Umzimkhulu) 37:03, 2. Blandina Makatizi (LES/Phantane) 38:51, 3. Loveness Madziva (ZIM/DCMSC) 38:57.

Ravensmead 15 km

Ravensmead, 19 March

(Certified out-and-back course with loop on the return leg. Weather: cool early on, warmer later. Finishers: 984 [down from 1153 last year].)

MEN -

1. Adrian Wildschutt (Ceres) 46:36 (1st jun)
2. Vuyolwethu Mbukushe (Gugs) 47:12
3. Akhona Makila (VOB) 47:23

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 47:23; 2. Pieter Koopman (Itheke) 52:32; 3. Xolile Macanda (Gugs) 53:23. **Masters:** 1. Johnny Persents (WR) 54:10; 2. Eric Coetzee (FNB) 56:12; 3. Zolani Ntsodo (SANDF) 57:38. **G'masters:** 1. Mochamat Kriel (Ommie) 58:27; 2. Robbie Lindsay (Ned) 62:23; 3. Desmond Rondganger (Bell) 68:28.

G/g'masters: 1. Jeff Smith (Itheke) 66:12; 2. Ronnie le Roux (Brack) 77:45; 3. Yusuf Gamielien (Itheke) 87:38. **Juniors:** 1. Adrian Wildschutt (Ceres) 46:36; 2. Yanga Keli (Sanlam) 55:18; 3. Esona Mbombo (Sanlam) 52:26.

WOMEN

1. Nomvuyisi Seti (Itheke) 60:57
2. Lee-Shay Willemse (Velo) 63:55
3. Maritsa Kotze (Bell) 64:32

Veterans: 1. Angelique Rabie (Carb) 65:05; 2. Jacky Misroll (Pine) 68:56; 3. Tyshia Johannes (Gugs) 69:52. **Masters:** 1. Mariëtte Strauss (Tyger) 66:34; 2. Bev Charters (VOB) 69:26; 3. Connie Blom (Runav AGN) 72:05. **G'masters:** 1. Nancy Will (Pine) 68:44; 2. Helen du Plessis (Brack) 74:22; 3. Doretha Flink (East) 82:37. **G/g'masters:** 1. Pixie Sparg (Celtic) 85:23; Marlene James (Pine) n/t; **Juniors:** 1. Sisiphiwe Mbatsa (VOB) 65:47; 2. Ingrid Grundling (Sanlam) 82:25; 3. Yusrah Abrahams (Itheko) 83:01.

ABAX Investments Milkwood Half Marathon & 10 km

Kommetjie, 13 March

(Distances: 21.1 km & 10 km; certified point-to-point course for the half marathon & a loop for the 10 km, both hilly. Finishers: half marathon – 972; 10 km – 592.)

Note: This win by Gert Thys came just one day after running a list leader in the Century City Express 10 km. Julie Huckle finished seventh overall in the 10 km, Chantel Simpson eighth and Anel Wesson tenth. – Ed.

Half marathon

MEN

1	Gert	Thys	Maxed Elite	44	1:13:03
2	Siviwe	Nkombi	Itheko	27	1:13:10
3	Sityhilo	Diko	Nedbank	25	1:14:10
4	Phumlani	Nxusani	Nedbank		1:16:04
5	Gerrit	Verland	Satori AC	35	1:16:05
6	Xolile	Macanda	Gugs	43	1:18:14
7	Roger	Dickson	VOB	42	1:18:25
8	Warren	Jeppe	VOB	35	1:21:47
9	Brendan	Lombard		26	1:22:19
10	Klaus	Chihowa	Satori AC	33	1:22:51

WOMEN

1	Thalia	Charalambous	ATC	26	1:30:16
2	Candyce	Hall	Carbineers	31	1:33:09
3	Angelique	Rabie	Carbineers	49	1:34:20
4	Thabisa	Ngada	Atlantic AC	37	1:34:42
5	Adele	Gouws	Fish Hoek AC	37	1:37:28
6	Coriaan	De Villiers	Nedbank	44	1:38:13
7	Dain	Hamilton	VOB	49	1:38:32
8	Michelle	Dreyer	Paarl AC	37	1:38:38
9	Lisa	Salmon	VOB	36	1:39:40
10	Ami	Williams		31	1:42:25

10 km

MEN

1	Tsungai	Nwanengeni	ZIM/Gugs	41	33:28
2	Morne	Kammies	Sanlam	29	34:32
3	Richard	Flint	VOB	31	34:38
4	Andrew	Louw	Easterns	23	34:50
5	Pumezo	Gelim	Easterns	31	35:29
6	Clayton	Booyesen		33	42:34
7	Christopher James	Hearne	Fish Hoek AC	27	44:01
8	Daniel	Egan	UCT AC	23	44:29
9	Jonathan	Gama	Fish Hoek AC	35	44:40
10	Safwaan	Lewis	Celtic Harriers	38	45:11

WOMEN

1	Julie	Huckle	Hout Bay Harriers	48	43:18
8	Chantel	Simpson	Nedbank	46	43:42
3	Anel	Wesson	Fish Hoek AC	41	44:15
4	Seugnet	Van der Merwe	ATC Running	30	46:13
5	Maryke	De Klerk		41	48:42
6	Jenny	Louw		46	51:34
7	Elzanne	Roos		25	52:15
8	Marcy	Loubser	Fish Hoek AC	46	52:17
9	Charmaine	Cupido	Nedbank	60	52:18
10	Helen	Du Plessis	Brackenfell	63	52:38

Zululand 56 km Ultramarathon & 10 km

Nongoma to Ulundi, 13 March

(Distances: 56 km & 10 km; the ultramarathon is a point-to-point course and the 10 km out and back. Finishers: 56 km – 362; 10 km – 189.)

Note: Yet another event with massive prize money and pedestrian times. Prize money in the open category go down to tenth. – Ed.

Ultramarathon

MEN

1.	Mncedisi Mkhize	Maxed Elite	3:32:16 (Car – value unspecified)
2.	David Ramofothole	Brooks AC	3:33:36 (R20 000)
3.	Peter Mavura	ZIM/HAC	3:40:38 (R10 000)
4.	Bongumusa Mthembu	Arthur Ford	3:41:51 (R7000)
5.	Craig Cynkin	KPMG	3:44:10 (R6000)

WOMEN (Same prize money as men)

1.	Catherine Malungane	Transnet	4:27:55
2.	Monica Kativhu	ZIM/HAC	4:30:07
3.	Tabitha Tsatsa	ZIM/Maxed Elite	4:35:08
4.	Fikile Mbuthuma	Nedbank AC	4:55:36
5.	Iris Ndlovu	NRB Harr	5:09:10

10 km

MEN

1.	Slindile Gubese	Phantane AC	30:52 (R4000)
2.	Thobane Chagwe	Maxed Elite	31:02 (R3000)
3.	Melusi Sihlongonyane	USDF	31:07 (R2000)

WOMEN

1.	Nandipha Dywili	Transnet	38:32
2.	Puseletso Dladla	Savages AC	38:37
3.	Makhosi Mhlongo	Savages	39:36

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

United Airlines NYC Half (11th)

Central Park to Lower Manhattan, New York, USA, 21 March
(Distance: 21.1 km; certified point-to-point course with 0.67 m/km elevation loss and 39.1% start/finish separation [performances acceptable by IAAF and USATF for records]; challenging hills in first half and flat and downhill in second half)

MEN

1. Stephen Sambu, KEN	1:01:16	\$20,000 + 1,500n
2. Wilson Chebet, KEN	1:01:35	10,000
3. Sam Chelanga, USA	1:01:43	5,500
4. Juan Luis Barrios, MEX	1:02:02	3,500
5. Diego Estrada, USA	1:02:15	2,000
6. Lusapho April, RSA	1:02:28	1,500
7. Byron Piedra, ECU	1:02:35	PB 1,000
8. Zane Robertson, NZL	1:02:37	500
9. Daniele Meucci, ITA	1:03:35	350
10. Yusuke Nishiyama, JPN	1:03:37	300

WOMEN (all women's professional race)

1. Molly Huddle, USA	1:07:41	NR/CR* \$20,000
2. Joyce Chepkirui, KEN	1:07:41	10,000
3. Diane Nukuri, BDI	1:09:41	5,500
4. Fionnuala McCormack, IRL	1:10:44	PB 3,500
5. Caroline Rotich, KEN	1:10:45	2,000
6. Etaferahu Temesgen, ETH	1:10:56	PB 1,500 + 1,500n
7. Alisha Williams, USA	1:11:49	1,000 + 1,000n
8. Beverly Ramos, PUR	1:12:09	NR 500
9. Liz Costello, USA	1:12:35	PB 350
10. Neely Spence Gracey, USA	1:13:17	300

n) Earned NYRR member prize money

*) USA record for all-women's race

Stramilano Half Marathon (45th)

Milano, ITA, 21 March
(Distances: 21.1 km; certified one-loop course)

MEN (gun times)

1. James Wangari, KEN	59:12	PB/ER* € 2000
2. Paul Kariuki Mwangi, KEN	1:01:31	1200
3. Amos Kibiwot Kurgat, KEN	1:01:56	700
4. Robert Kaptingei, KEN	1:02:33	500
5. Victor Kimutai Chumo, KEN	1:02:47	400

WOMEN (gun times)

1. Rael Kiyara, KEN	1:10:19	€ 2000
2. Violah Jelagat, KEN	1:11:01	1200
3. Hellen Jepkurgat, KEN	1:11:34	700

4. Mary Wanjohi, KEN 1:11:35 500
5. Catherine Bertone, 1972, ITA 1:14:18 400 + 600^
6. Fabienne Schlumpf, SUI 1:14:40 300
7. Giovanna Epis, ITA 1:14:52 200 + 500^
8. Gladys Jepkemoi Chemweno, KEN 1:15:46 100
9. Evelyne Dietschi, SUI 1:18:37
10. Eleonora Bazzoni, ITA 1:19:15 350^

^) Earned Italian citizen prize money

Meia-Maratona Internacional de Lisboa EDP (26th)

(IAAF Gold Label Road Race)

Lisbon, POR, 20 March

(Distance: 21.1 km; flat and IAAF-certified and prevalidated, including the 15 km and 20 km marks [record-standard course])

MEN

1. Sammy Kitwara, KEN 59:47
2. Kenneth Kiprop Kipkemoi, KEN 1:00:05
3. Paul Lonyangata, KEN 1:00:11
4. Emmanuel Kipsang, KEN 1:00:14 PB
5. Leonard Komon, KEN 1:01:30
6. Moses Kibet, UGA 1:01:37 PB
7. Stephen Arita, KEN 1:01:48
8. Emmanuel Bett, KEN 1:02:37
9. Goitom Kifle, ERI 1:02:39
10. Ayele Betesfa, ETH 1:02:48 PB

WOMEN

1. Ruti Aga, ETH 1:09:16
2. Wude Ayalew, ETH 1:09:23
3. Linet Masai, KEN 1:09:33 PB
4. Eunice Chebichi Chumba, BRN 1:09:55 PB
5. Sara Moreira, POR 1:10:17
6. Clemence Calvin, FRA 1:11:17 PB
7. Jelena Prokopcuka, LAT 1:11:44
8. Dominika Napieraj, POL 1:12:07 PB
9. Beata Naigambo, NAM 1:12:44
10. Fatna Maraoui, ITA 1:13:52

Wehr Minerals Venloop Half Marathon (10th)

Venlo, NED, 20 March

(Distance: 21.1 km)

MEN

1. Geoffrey Yegon, KEN 59:44 PB/CR
2. Kenneth Keter, KEN 59:48 PB
3. Yigrem Demelash, ETH 59:49 PB
4. Abraham Kapsis Kipyatich, KEN 1:01:02
5. Henry Kiplagat, KEN 1:01:48

WOMEN

1. Perendis Lekapana, KEN 1:10:34 PB
2. Winnie Jepkorir, KEN 1:11:27 PB
3. Ivy Kibet, KEN 1:12:19 PB

4. Elizeba Cherono, NED 1:12:42
 5. Jamie van Lieshout, NED 1:12:59 PB

Seoul International Marathon (53rd running as a marathon)

(IAAF Gold Label Road Race)

Seoul, KOR, 20 March

(Distance: 42.195 km)

MEN (gun times)

- | | | |
|-------------------------------|---------------|-----------------------|
| 1. Wilson Loyanae Erupe, KEN | 2:05:13 PB/CR | USD 80,000 + 100,000i |
| 2. Evans Kiplagat Chebet, KEN | 2:05:33 PB | 40,000 + 50,000i |
| 3. Mike Kipruto Kigen, KEN | 2:06:10 | 20,000 + 20,000i |
| 4. Tadesse Abraham, SUI | 2:06:40 NR | 10,000 + 20,000i |
| 5. Frankline Chepkwony, KEN | 2:06:51 | 7,000 + 20,000i |
| Patrick Makau, KEN | DNF | |

WOMEN (gun times)

- | | | |
|-------------------------------|------------|---------------------|
| 1. Rose Chelimo, KEN | 2:24:14 PB | USD 80,000 + 7,000i |
| 2. Melkaw Gizaw, ETH | 2:24:28 PB | 40,000 + 7,000i |
| 3. Agnes Jeruto Barsosio, KEN | 2:24:59 | 20,000 + 7,000i |
| 4. Janet Jelagat Rono, KEN | 2:27:23 | 10,000 + 5,000i |
| 5. Abebech Afewerk, ETH | 2:30:26 | 7,000 |
| 6. Agnes Jepkemboi, KEN | 2:31:48 | 5,000 |

INDOOR TRACK

IAAF World Indoor Championships (16th)

Portland, USA, 17-20 March

(200 m banked synthetic track)

MEN

800 (19):

- | | |
|---|-------------------|
| 1. Boris BERIAN, USA, 19 Dec 92 | 1:45.83 PB GOLD |
| 2. Antoine GAKEME, BDI, 24 Dec 91 | 1:46.65 PB SILVER |
| 3. Erik SOWINSKI, USA, 21 Dec 89 | 1:47.22 BRONZE |
| 4. Mohammed AMAN, ETH, 10 Jan 94 | 1:47.97 |
| 5. Musaeb Abdulrahman BALLA, QAT, 19 Mar 89 | 1:48.31 |
| 6. Mostafa SMAILI, MAR, 09 Jan 97 | 1:52.32 |

1500 (20):

- | | |
|---------------------------------------|----------------|
| 1. Matthew CENTROWITZ, USA, 18 Oct 89 | 3:44.22 GOLD |
| 2. Jakub HOLUŠA, CZE, 20 Feb 88 | 3:44.30 SILVER |
| 3. Nick WILLIS, NZL, 25 Apr 83 | 3:44.37 BRONZE |
| 4. Robby ANDREWS, USA, 29 Mar 91 | 3:44.77 |
| 5. Dawit WOLDE, ETH, 19 May 91 | 3:44.81 |
| 6. Aman WOTE, ETH, 18 Apr 84 | 3:44.86 |
| 7. Vincent KIBET, KEN, 06 May 91 | 3:45.17 |
| 8. Chris O'HARE, GBR, 23 Nov 90 | 3:46.50 |
| 9. Ayanleh SOULEIMAN, DJI, 03 Dec 92 | 3:53.69 |

3000 (20):

- | | |
|--------------------------------------|----------------|
| 1. Yomif KEJELCHA, ETH, 01 Aug 97 | 7:57.21 GOLD |
| 2. Ryan HILL, USA, 31 Jan 90 | 7:57.39 SILVER |
| 3. Augustine CHOGE, KEN, 21 Jan 87 | 7:57.43 BRONZE |
| 4. Abdalaati IGUIDER, MAR, 25 Mar 87 | 7:58.04 |

5. Caleb NDIKU, KEN, 09 Oct 92	7:58.81
6. Lee EMANUEL, GBR, 24 Jan 85	8:00.70
7. Paul CHELIMO, USA, 27 Oct 90	8:00.76
8. Isiah KOECH, KEN, 19 Dec 93	8:01.70
9. Mohammed AHMED, CAN, 05 Jan 91	8:07.96
10. Youssouf BACHIR, DJI, 87	8:08.87
11. Brett ROBINSON, AUS, 08 May 91	8:11.11
12. Yenew ALAMIREW, ETH, 27 May 90	8:12.54

WOMEN

800 (20):

1. Francine NIYONSABA, BDI, 05 May 93	2:00.01	WL/NR/PB	GOLD
2. Ajee' WILSON, USA, 08 May 94	2:00.27		SILVER
3. Margaret WAMBUI, KEN, 15 Sep 95	2:00.44	PB	BRONZE
4. Laura ROESLER, USA, 19 Dec 91	2:00.80		
5. Aníta HINRIKSDÓTTIR, ISL, 13 Jan 96	2:02.58		
6. Habitam ALEMU, ETH, 09 Jul 97	2:04.61		

1500 (19):

1. Sifan HASSAN, NED, 01 Jan 93	4:04.96	GOLD
2. Dawit SEYAUM, ETH, 27 Jul 96	4:05.30	SILVER
3. Gudaf TSEGAY, ETH, 23 Jan 97	4:05.71	BRONZE
4. Axumawit EMBAYE, ETH, 18 Oct 94	4:09.37	
5. Brenda MARTINEZ, USA, 08 Sep 87	4:09.57	
6. Melissa DUNCAN, AUS, 30 Jan 90	4:09.69	
7. Renata PLIS, POL, 05 Feb 85	4:10.14	
8. Viola LAGAT, KEN 01 Mar 89	4:10.45	PB
9. Danuta URBANIK, POL, 24 Dec 89	4:12.59	

3000 (20):

1. Genzebe DIBABA, ETH, 08 Feb 91	8:47.43	GOLD
2. Meseret DEFAR, ETH, 19 Nov 83	8:54.26	SILVER
3. Shannon ROWBURY, USA, 19 Sep 84	8:55.55	BRONZE
4. Maureen KOSTER, NED, 03 Jul 92	8:56.44	
5. Abbey D'AGOSTINO, USA, 25 May 92	8:58.40	
6. Stephanie TWELL, GBR, 17 Aug 89	9:00.38	
7. Betsy SAINA, KEN, 30 Jun 88	9:01.86	
8. Bethem DESALEGN, UAE, 13 Nov 91	9:03.30	
9. Jessica O'CONNELL, CAN, 10 Feb 89	9:05.71	
10. Nancy CHEPKWEMOI, KEN, 08 Oct 93	9:07.63	
11. Sviatlana KUDZELICH, BLR, 07 May 87	9:17.45	
12. Sheila REID, CAN, 02 Aug 89	9:19.67	
13. Josephine MOULTRIE, GBR, 19 Nov 90	9:29.10	
DNS-- Renata PLIS, POL, 05 Feb 85		

OUTDOOR TRACK

Alan Connie Shamrock Invitational

Conway, USA, 17-19 March

WOMEN

10000 (17)

1. Zola Pieterse, 1966, Unattached (RSA), 38:38.35;	2. Caillian Colquitt, Citadel, 39:13.47.
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OBITUARY

Every now and then *Distance Running Results* publishes news or a background article on an aspect of athletics that is not distance running. Iolanda Balas, probably the greatest female athlete of her time, merits such an article, this one from *Athletics International* with some added information.

IOLANDA BALAS'S WIN STREAK STILL UNBEATEN

Iolanda Balas (Romania) (b. 12 Dec 1936, Timosoaru) died on 11 March in Bucharest at the age of 79. Balas, 1.85 m tall, achieved the greatest domination of an event ever seen in the history of athletics. She set 14 world records for the women's high jump, from 1.75 m on 14 July 1956 in Bucharest to 1.91 m at Sofia on 16 July 1961, to establish a record for any event (since surpassed by Sergey Bubka). By the end of 1963 she had jumped 1.80 m or higher in 72 competitions, yet it was not until 27 September 1964 that another woman, Michele Brown (Australia), jumped as high. By the end of her career Balas had jumped 1.80 m or higher in 94 competitions while the rest of the world had a count of five between them.

From her fifth place at the Olympic Games on 1 December 1956 she won 150 consecutive competitions until she lost to Dagmar Melzer (GDR) on 11 June 1967. This win streak is still unsurpassed in athletics – the closest is the 116 by shot putter Parry O'Brien; the best in a running event is 107 by Edwin Moses.

Balas was Olympic champion in 1960 and 1964, European champion in 1958 and 1962 (and silver medallist in 1954), won the first European Indoor Games title in 1966 and a record eight World Student titles between 1954 and 1961. She was Romania's first European and Olympic medallist in athletics, won 16 successive national titles from 1951, at the age of 14, to 1966, and set 36 national records from 1.49 m in 1951. Her style was described as a cross between a scissors and the Eastern cut-off. At the end of 1967 she married her coach Ian Söter, who, from 1.87 m in 1947 to 2.055 m in 1956, set 15 Romanian men's high jump records.

She became a leading international sports official, president of the Romanian Athletic Federation 1988-2005 and vice president of the executive committee of the Romanian Olympic Committee.

STATS TIME

This week we include a list of the top ten SA men in the 10 km for 2016. 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.

2016 10 KM: TOP 10 MEN

29:15	Elroy Gelant	1	Sasolburg	06 Feb
29:18	Stephen Lesego Mokoka	2	Sasolburg	06 Feb
29:29	Mbongeni Ngxazozo	3	Sasolburg	06 Feb
29:36	Lesiba Precious Mashele	4	Sasolburg	06 Feb
29:37	Gladwin Sibabalwe Mzazi	1	Pretoria	28 Feb
29:39	Thabiso Benedict Moeng	5	Sasolburg	06 Feb
29:44	Desmond Mokgobu	1	Benoni	31 Jan
29:45	Sibusiso Nzima	6	Sasolburg	06 Feb
29:47	Kgosi Samuel Tsosane	1	Hartebeespoort	12 Mar
29:49	Xolisa Tyali	7	Sasolburg	06 Feb

THIS MONTH IN HISTORY**10 years ago: 12 March 2006**

Only 0.23 seconds – the smallest gap ever – separated the medal winners in the 800 m at the World Indoor Championships in Moscow, and it was South Africa's defending champion, Mbulaeni Mulaudzi, who lost out on the gold by one hundredth of a second. There was almost total silence in the stadium after the race when the victory that the Russian fans had seen as almost inevitable slipped away from Yuriy Borzakovskiy. Mulaudzi led at 200 m in 26.93, but then Kenya's Wilfred Bungei took over and passed 400 m in 55.65 and 600 m in 81.87. The final lap took Bungei only 25.28 – but he almost lost when he started celebrating too early. Mulaudzi passed the Russian just before the finish and dipped furiously, but it was to no avail; Bungei ran 1:47.15, Mulaudzi 1:47.16 and Borzakovskiy 1:47.38. In sixth was South African-born Jimmy Watkins, who set a Welsh indoor record of 1:47.23 in his heat.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

This is the first compilation of list leaders for 2016. 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.

MENOpen

10 km	29:15	Elroy Gelant	Sasolburg	06 Feb
	28:41	Samir Jouaher (MAR)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	46:36	Adrian Wildschutt (jun)	Ravensmead	19 Mar
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	66:21	Vusi Tshoba	Pretoria	23 Jan
	62:16a	Lusapho April	East London	27 Feb
	60:37	Lelisa Desisa Benti (ETH)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	89:04	Sipho Ngxongo	Durban	06 Mar
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
30 km	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
Marathon	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:11:43	Sibusiso Nzima	Sevilla	21 Feb
	2:04:24	Tesfaye Abera Dibaba (ETH)		
100 km	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
	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	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		

21.1 km	70:04 62:28	Simon Mpholo John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Pretoria	20 Feb
25 km	1:45:30a 76:49	Oliver Brown Martin Mondragon (MEX) 1994	Pinetown	31 Jan
30 km	1:45:23 1:35:28	Maxwell Goodman Geraldo Antonio da Silva (BRA) 2002	Uitenhage	05 Mar
Marathon	2:23:46 2:08:46	Charles Tjiane Andres Espinosa (MEX) 2003	Benoni	31 Jan
100 km	6:18:24	Mario Ardemagni (ITA) 2004		
<u>Masters (50+)</u>				
10 km	35:00 30:35	Johnny Persents Tecwyn Davies (GBR) 1988	Goodwood	12 Mar
15 km	54:10 47:52	Johnny Persents Titus Mamabolo (RSA) 1991	Ravensmead	19 Mar
21.1 km	82:25 66:42	Solomon Khumalo Martin Rees (GBR) 2003	Benoni	31 Jan
25 km	1:43:21	Eloi de Oliveira	Durban	06 Mar
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07 2:19:29	Dan Mothibe Titus Mamabolo (RSA) 1991	East London	20 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:14 32:48	Stephen Seema Martin Rees (GBR) 2013	Sasolburg	06 Feb
15 km	58:27 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	19 Mar
21.1 km	88:45 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Durbanville	27 Feb
25 km	2:10:28 2:06:04a	Vernon Anley Boysie van Staden	Durban Pinetown	06 Mar 31 Jan
30 km	94:01 2:18:15	Doug Winn (USA) 2010 Mochamat Kriel		
Marathon	1:57:07 3:14:57 2:36:30	Ed Whitlock (CAN) 1994 Robbie Lindsay Yoshihisa Hosaka (JPN) 2009	Parow East London	14 Feb 20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16 43:16 37:33	Andrew Spence Jeff Smith Ed Whitlock (CAN) 2004	Sasolburg Goodwood	06 Feb 12 Mar
15 km	66:12 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Ravensmead	19 Mar
21.1 km	96:48 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Tokai	06 Feb
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:22:55 2:00:56	Jeff Smith Ed Whitlock (CAN) 2001	Camps Bay	10 Jan
Marathon	3:29:46a 2:54:49	Jeff Smith Ed Whitlock (CAN) 2004	Simon's Town	21 Feb
100 km				

<u>Juniors</u>				
10 km	30:34	Kabelo Melamu	Benoni	31 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	46:36	Adrian Wildschutt	Ravensmead	19 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	79:25	Kabelo Melamu	Johannesburg	21 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	33:30	Irvette van Zyl	Pretoria	23 Jan
	32:11	Diane Nukuri (BDI)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	53:32	Julia Viellehner (GER)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	66:04	Cynthia Limo (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:54:55	Sarah Wilson	Durban	06 Mar
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:37:12	Jenna Challenor	Nagoya	13 Mar
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
	2:17:42w	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	37:15	Charné Bosman	Pretoria	23 Jan
	32:14	Priscilla Welch (GBR) 1985		
15 km	57:28	Charné Bosman	Jeffreys Bay	02 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	85:39	Suzette Botha	Pietermaritzburg	28 Feb
	69:56	Irina Permitina (RUS) 2009		
25 km	1:57:50	Ashleigh White	Durban	06 Mar
	1:45:58a	Suzette Botha	Pinetown	31 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:14:22	Davera Magson	Uitenhage	05 Mar
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:48:52	Charné Bosman	Benoni	31 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:34	Elmarie Coetzee	Stellenbosch	17 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		

15 km	64:56 54:33	Margie Saunders (g'mast) Shirley Matson (USA) 1991	Port Elizabeth	06 Feb
21.1 km	95:50 76:07	Margie Saunders (g'mast) Tatyana Pozdniakova (UKR) 2006	Port Elizabeth	23 Jan
25 km	2:23:01 2:13:42a	Karen Conway Roshnee Natasen	Durban Pinetown	06 Mar 31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18 2:31:05	Jane Mudau Tatyana Pozdniakova (UKR) 2005	East London	20 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	44:29 38:56	Nancy Will Lidia Zentner (GER) 2015	Sasolburg	06 Feb
15 km	64:56 61:25	Margie Saunders (g'mast) Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	95:50 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	23 Jan
25 km	2:37:27 2:22:39a	Pamela Rasmussen Jenny Scott	Durban Pinetown	06 Mar 31 Jan
30 km	1:58:24 2:20:20	Gloria Brown (USA) 1994 Margie Saunders	Uitenhage	05 Mar
Marathon	2:17:11 3:30:14 3:01:30	Barbara Miller (USA) 1999 Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:57 44:09	Annetjie Greyvenstein Lavinia Petrie (AUS) 2014	Pretoria	30 Jan
15 km	85:23 72:52	Pixie Sparg Jo Klein (NED) 2004	Ravensmead	19 Mar
21.1 km	2:08:12a 97:38	Pixie Sparg Lavinia Petrie (AUS) 2014	Simon's Town	21 Feb
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:11:27a 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Simon's Town	21 Feb
100 km				
<u>Juniors</u>				
10 km	36:49 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Brackenfell	27 Jan
15 km	65:47 49:40	Sisiphiwe Mbatsa Ines Chenonge (KEN) 2001	Ravensmead	19 Mar
21.1 km	1:43:42 1:09:05	Nompumlelo Shongwe Delilah Asiago (KEN) 1991	Pretoria	16 Jan

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