

# 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

The disappointment was clear on the face of defending champion Eliud Kipchoge as he raced down The Mall in London yesterday towards the finish line of the Virgin Money London Marathon and realised that he would miss the world record by a few seconds. He charged across the line in 2:03:05 – just eight seconds from Dennis Kimetto's world record set in Berlin in 2014. Although he had neither the world record nor an Olympic medal, Kipchoge can certainly claim to be the best marathoner this century – some say the best in history. He has run seven marathons, won six, and has never been slower than 2:05:30. His tally of seven under this mark is the most ever; he has also run sub-2:05 five times – just one behind Wilson Kipsang, who was fifth yesterday.



Eliud Kipchoge and Stanley Biwott after their exciting duel in the London Marathon yesterday. They ran the third and ninth fastest times ever. [London Marathon]

The splits at halfway (61:24), 25 km (1:12:39) and 30 km (1:27:13) are the fastest ever. Kipchoge's average of his five quickest marathons, 2:04:01, has now surpassed Kipsang's 2:04:13 as the best ever. The average of the top ten men's times in London (2:03:34) now gives the British race second place behind Berlin (2:03:49). (The women's average in London tops the list.)

Kipchoge's marathon career:

2:05:30	1	Hamburg	21 Apr 13
2:04:05	2	Berlin	29 Sep 13
2:05:00	1	Rotterdam	13 Apr 14
2:04:11	1	Chicago	12 Oct 14
2:04:42	1	London	26 Apr 15
2:04:00	1	Berlin	27 Sep 15
2:03:05	1	London	24 Apr 16

His London time is the third fastest ever (second if you discount times on the downhill Boston course), while Stanley Biwott's 2:03:51 is the ninth fastest (seventh without Boston). Of the nine runners who have run sub-2:04 thus far, eight are Kenyans. And speaking of Ethiopians (!), world 5000-metre and 10000-metre record holder Kenenisa Bekele finished third in his third completed marathon.

South Africans Irvette van Zyl and René Kalmer both went under the Olympic qualifying standard with their 2:32:20 (for 15<sup>th</sup>) and 2:39:44 (19<sup>th</sup>) respectively. Van Zyl's time is the second fastest of her career. They are the second and third quickest of the eight SA women who have qualified, behind Mapaseka Makhanya (2:31:02); Kalmer ran 2:33:21 in April last year. Fifteen men have qualified, led by Stephen Mokoka, Lusapho April and Sibusiso Nzima.

In the Labourwise 10 km results (in last week's DRR), the times for the first three grandmasters were correct, but the order was wrong. The correct result is: 1. Awie Veldsman (Held) 42:22; 2. Richard Wilson (CC) 48:22; 3. Chris Lourens (Brack) 48:50.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Benoni Northerns Marathon, 50 km & Half Marathon, Benoni
- \* JG Zuma Marathon, Albert Falls to Greytown
- \* Free State O.R. Tambo Marathon, Half Marathon & 10 km, Bloemfontein

#### International highlights:

- \* Virgin Money London Marathon, London, GBR
  - \* 20 km de Lausanne, Lausanne, SUI
  - \* Rock 'n' Roll Madrid Marathon & Half Marathon, Madrid, ESP
  - \* Vodafone Istanbul Half Marathon, Istanbul, TUR
  - \* Semi-Marathon de Nice, Nice, FRA
  - \* MORE/SHAPE Women's Half Marathon, New York, USA
  - \* B.A.A. 5 km, Boston, USA
  - \* Medio Maratón Azkoitia-Azpeitia Memorial Diego García, Azkoitia, ESP
  - \* Track: Mt. SAC Relays, Walnut, USA
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## ROAD RUNNING

### Benoni Northerns Marathon (61<sup>st</sup>), 50 km (5<sup>th</sup>) & Half Marathon

Benoni, 24 April

(Distances: 42.195 km, 50 km & 21.1 km; loop courses. Finishers: marathon – 1450 [down from 1650 last year]; 50 km – 750 [down from 800]; half marathon – 1800 [down from 2040]; also 1300 in the 10 km [down from 1450].)

Note: The marathon was formerly known as the Slow-Mag Marathon. – Ed.

#### Marathon

MEN

1 Felix Rop (KEN/Rockies) 2:29:28; 2 Benjamin Skosana (Benoni Harriers) 2:31:49; 3 Kwena Mmonwa (Exxaro) 2:35:50; 4 Malusi Dlomo (Nedbank) 2:37:00; 5 Sbonelo Dlangamadla (Nike) 2:38:37.

**Veterans:** 1 Justin Chitake (ZIM/Maxed Elite) 2:38:45. **Masters:** 1 Solomon Khumalo (Carlton) 2:54:01. **G'masters:** 1 Alan Smith (Mercury) 3:51:34.

## WOMEN

1 Vanessa Bowman (Kempton) 3:19:04 (1<sup>st</sup> vet); 2 Melissa Pretorius (Vitality) 3:23:12; 3 Heather Walden (Born 2 Run) 3:27:06; 4 Estie Steyn (Vitality) 3:31:31; 5 Cecilia Raath (Nedbank) 3:31:59.

**Veterans:** 1 Vanessa Bowman (Kempton) 3:19:04. **Masters:** 1 Elize Uys (Magnolia) 3:54:08. **G'masters:** 1 Val Watson (Runavation) 3:54:45.

**50 km**

## MEN

1 Thulane Magagagule (KPMG) 3:02:03; 2 Reginald Ngobese (Rockies) 3:06:23; 3 Lympson Maifo (Nedbank) 3:07:04.

**Veterans:** 1 Reginald Ngobese (Rockies) 3:06:23. **Masters:** 1 Elias Bokaba (RAC) 3:56:00. **G'masters:** 1 Johan Nel (Irene) 4:16:39.

## WOMEN

1 Salome Cooper (Born 2 Run) 3:48:49 (1<sup>st</sup> vet); 2 Gerda Steyn (Nedbank) 3:50:22; 3 Lindy-Lee Fölscher (Boksburg) 3:51:22; 4 Natasha Gorrie (Randburg) 4:07:01; 5 Anel Labushagne (Kempton) 4:08:07.

**Veterans:** 1 Salome Cooper (Born 2 Run) 3:48:49. **Masters:** 1 Lizette Botha (Striders) 5:40:57. **G'masters:** 1 Makgoale Magwentshu (Ukhozi) 5:27:41.

**Half marathon**

## MEN

1 Trust Munkombwe (Nkangala) 70:51; 2 Olebogeng ? (Sibanye Gold) 71:08; 3 Pule Tjoana (Ulinda) 71:54.

**Veterans:** 1 Nthaleng Masime (Cool Running) 78:21. **Masters:** 1 Simon Ramshapa (Corobrick) 76:16. **G'masters:** 1 Zabulon Nxumalo (Honey Lotus) 94:46.

## WOMEN

1 Maputhi Phaka (Born 2 Run) 86:54; 2 Tumelo Matlou (Benoni High) 87:59; 3 Cheryl-Lynn Ceronie (Kempton) 89:39.

**Veterans:** 1 Florence Munyie (Meadowlands) 1:42:10. **Masters:** 1 Catherine Naane (Sibanye Gold) 1:41:10. **G'masters:** 1 Debbie Blake (Runavation) 1:56:12.

**JG Zuma Marathon**

Albert Falls to Greytown, 17 April  
(Distance: 42.195 km; point-to-point course)

Note: Another one of those rather insignificant marathons with huge prize money. One could only wish that this kind of money could be used to raise the level of South African road running, but – sadly – this is not the case. – Ed.

## MEN

1. Chabedi Nyedimane (Nedbank) 2:32:08 (R50 000)
2. Realeboha Lenanya (LES/Phuma) 2:32:23 (R25 000)
3. Pisto Malamo (Tlokoa) 2:32:38 (R15 000)
4. William Makwalakwala (Brooks) 2:32:45 (R10 000)
5. Tebogo Noosi (LES/Phantane) 2:32:54 (R8000)
6. Petros Pule (Rockies) 2:33:20 (R5000)
7. David Ramafuthule (Brooks) 2:33:39 (R4000)
8. Anele Dlamini (Phantane) 2:34:11 (R3000)

9. Mawande Hlongwe (Zakhele) 2:34:38 (R2000)
10. Mziwamkosi Mjaja (Nedbank) 2:35:13. (R1000)

WOMEN (Same prize money as men)

1. Tabitha Tsatsa (ZIM/Maxed Elite) 3:03:58
2. Lizih Chokore (ZIM/Nedbank) 3:14:19
3. Tshifhiwa Malobola (Rockies) 3:16:18
4. Fikile Mbuthuma (Nedbank) 3:18:22
5. Nandipha Dywili (Nedbank) 3:19:00
6. Jane Mudau (Pietersburg) 3:26:39
7. Ntebaleng Letsela (LES/Phantane) 3:28:53
8. Lineo Lebotha (LES/Defence) 3:34:45
9. Thato Sesheme (Zakhele) 3:37:03
10. Lebogang Motsotsoana (LES) 3:41:00

### Free State O.R. Tambo Marathon, Half Marathon & 10 km

Bloemfontein, 16 April

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

Note: This is another one of those events where taxpayers' money is used to provide huge – one is tempted to say almost obscene – prizes which are mostly won by foreigners. It is difficult to see what advantage there is in such an event for South African road running and how it helps to improve the standard of the sport. Total prize money for the three races was R2 042 000 (that is right – more than R2 million!), of which foreigners took home R1 515 000, or more than 74%! Prize money for the marathon alone was R1 660 000 – compare this to the R92 000 on offer at the SA Marathon. All the times were indicated in thousandths of a second (!) and rounded up by DRR according to the rules. The spelling of many of the names was also corrected. Johannes Kekana won the veterans category in 2:18:08 – just 28 seconds slower than the SA record. Unfortunately the name of the third runner in the half marathon – who won R20 000! – is missing from the results and DRR was unable to obtain his identity. – Ed.

#### Marathon

MEN

1	Asefa Negewo	ETH/Nedbank	2:11:16	R350 000
2	Sintayehu Yinesu	ETH/Nedbank	2:11:20	R100 000
3	Moses Kurgat	KEN/Nedbank	2:11:50	R90 000
4	Lebenya Nkoka	LES/Mr Price	2:12:20	R80 000
5	David Ngakane	Sibanye Gold	2:12:31	R70 000
6	Samuel Katui	KEN/FFU	2:13:34	R50 000
7	Teboho Sello	LES/Mr Price	2:13:50	R30 000
8	Munyaradzi Jari	ZIM/Fastway	2:14:26	R20 000
9	Temo Rampuku	LES/Fastway	2:14:56	R15 000
10	Tsitetso Ramokheseng	LES/Collosus	2:15:20	R10 000

(All age category prizes were the same: R5000.)

#### Veterans:

1	Johannes Kekana	Cool Running	2:18:08
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#### Masters:

1	Duncan Jobetta	BOPA	3:04:55
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#### G'masters:

1	Ernest Tjela	Emfuleni	3:11:15
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WOMEN (Same prize money as men)

1	Shitaye Gemechu Debellu	ETH/Nedbank	2:43:05
2	Caitwa Bacale	ZIM/Nedbank	2:46:24

3	Eunice Muchiri	KEN/Nedbank	2:46:57
4	Irene Mogake	ZIM/Nedbank	2:48:07
5	Catherine Skosana	Nedbank	3:00:40
6	Anna Moeketsi	Transnet	3:01:09
7	Mpho Mabuza	Gallopers	3:08:12
8	Paulina Njeya	Boxer	3:08:48
9	Lesego Hlako	KMPG	3:10:37
10	Bulelwa Simae	Nedbank	3:11:55

**Veterans:**

1	Ebeth Enslin	BMAC	3:39:18
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**Masters:**

1	Berdine Smit	Nedbank	3:24:49
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**G'masters:**

1	Elize Kempen	Arson Metal	4:48:09
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**Half marathon****MEN**

1	Khoarahlane Suetloali	LES/Mr Price	1:09:10	R50 000
2	David Manja	Nedbank	1:09:25	R30 000
3	A.N. Other			R20 000
4	Motlokoa Nkhabutlane	LES/Save Orion	1:10:12	R15 000
5	Silindile Gubese	Phanthane	1:10:19	R10 000
6	Samuel Segoba	Transnet	1:11:17	R8000
7	Mothimokholo Hatasi	LES	1:11:22	R5000
8	Ntekele Moshuaetsi	Lichtenburg	1:12:00	R3000
9	Thabang Masihleho	Welkom	1:12:14	R2000
10	Tseiso Moeketsi	LES/KPMG	1:13:09	R1000

(All age category prize money was the same: R3000.)

**Veterans:**

1	Enoch Skosana	Nedbank	1:16:54
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**Masters:**

1	Abram Ndlebe	Motheo AC	1:24:37
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**Juniors:**

1	Thabo Masina	Rockies	1:16:53
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**WOMEN (Same prize money as men)**

1	Zintle Ziniwe	Nedbank	1:24:48
2	Lineo Chaka	LES/Nedbank	1:25:12
3	Addis Gemechu	ETH/Nedbank	1:26:54
4	Liziwe Mabona	AMPA	1:28:01
5	Mokulubete Makatise	LES/Phantane	1:29:26
6	Neheng Khafala	Mr Price	1:29:50
7	Madelein le Roux	Triple S	1:31:42
8	Kefilwe Molefe	Randburg	1:32:25
9	Motsoale Radebe	Setsing	1:34:22
10	Maria Shai	Nedbank	1:34:29

**Veterans:**

1	Paulina Mokoena	Nedbank	n/t
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**Masters:**

1	Catherine Naane	Sibanye Gold	n/t
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**Juniors:**

1	Madelein le Roux	Triple S	n/t
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**10 km****MEN**

1	Jobo Rhatoane	Mr Price	32:26	R10 000
2	Thabang Mosiako	Nedbank	32:36	R8000
3	Mothobisi Boloji	KPMG	32:48	R5000
4	Ayanda Mncube	Phantane	33:31	R3000
5	Givemore Mudzinganyama	ZIM/ASICS	33:54	R1000

(All age category prize money was the same: R2000.)

**Veterans:**

1	Donovan Morapedi	UNISA	39:22	
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**Masters:**

1	Thempa Gushana	CUT	39:31	
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**G'masters:**

1	Moses Mothumi	Ind	54:25	
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**Juniors:**

1	Bingane Nkutha	Kovsies	37:15	
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WOMEN (Same prize money as men)

1	Makamong Letsie	LES/Phuma KZN	39:46	
2	Tebogo Masehla	Save Orion	40:24	
3	Portia Ngwenya	TUT	40:38	
4	Loveness Madziva	ZIM/DCMSC	41:43	
5	Lesego Mpshe	KPMG	42:01	

**Veterans:**

1	Merriam Mooki	Ram Rookies	42:37	
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**Masters:**

1	Sarah Mhlango	Ricoh	n/t	
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**Juniors:**

1	Lesego Mpshe	KPMG	42:01	
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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****Virgin Money London Marathon (36th)**

(IAAF Gold Label Road Race/Abbott World Marathon Majors Event/British Olympic Trials)

London, GBR, 24 April

(Distance: 42.195 km; standard course, with 35 m elevation loss [most of it in the first 5 km] and approximately 12 km [27%] start/finish separation; many turns)

**ELITE MEN (gun times)**

1.	Eliud Kipchoge, KEN	2:03:05 PB/CR	USD 55,000 + 100,000i + 25,000*
		[1:01:24 / 1:01:41; 1:27:13 at 30-K WR]	
2.	Stanley Biwott, KEN	2:03:51 PB	30,000 + 100,000i
		[1:01:24 / 1:02:27; 1:27:13 at 30-K WR]	
3.	Kenenisa Bekele, ETH	2:06:36	22,500 + 50,000i
		[1:01:24 / 1:05:12]	
4.	Ghirmay Ghebreslassie, ERI	2:07:46 PB	15,000 + 25,000i
5.	Wilson Kipsang, KEN	2:07:52	10,000 + 25,000i
6.	Tilahun Regassa, ETH	2:09:47	7,500 + 3,000i

7. Sisay Lemma, ETH	2:10:45	5,000 + 1,000i
8. Callum Hawkins, GBR	2:10:52 PB	4,000 + 1,000i + 8,000^
9. Dennis Kimetto, KEN	2:11:44	3,000
	[1:01:30 / 1:10:14]	
10. Ghebre Kibrom, ERI	2:11:56	2,000
... 15. Serhiy Lebid, UKR	2:14:07	
... 27. Craig Mottram, AUS	2:28:39 DB	

\*) Course record USD 25,000 bonus

i) Earned time incentive bonus

^) Earned British citizen time bonus

#### WOMEN'S PROFESSIONAL RACE (gun times)

1. Jemima Sumgong, KEN	2:22:58	USD 55,000 + 25,000i
	[1:10:45 / 1:12:13]	
2. Tigist Tufa, ETH	2:23:03	30,000 + 15,000i
3. Florence Kiplagat, KEN	2:23:39	22,500 + 15,000i
4. Volha Mazuronak, BLR	2:23:54 PB	15,000 + 15,000i
	[1:13:19 / 1:10:35]	
5. Aselefech Mergia, ETH	2:23:57	10,000 + 15,000i
6. Mare Dibaba, ETH	2:24:09	7,500 + 10,000i
7. Feyse Tadese, ETH	2:25:03	5,000 + 5,000i
8. Priscah Jeptoo, KEN	2:27:27	4,000 + 1,000i
9. Mary Keitany, KEN	2:28:30	3,000
	[1:10:45 / 1:17:45]	
10. Jessica Augusto, POR	2:28:53	2,000
11. Katarzyna Kowalska, POL	2:29:47	1,500
12. Sara Hall, USA	2:30:06 PB	1,000
	[1:14:22 / 1:16:44]	
... 15. Irvette Van Zyl, RSA	2:32:20	
... 19. René Kalmer, RSA	2:39:44	

i) Earned time incentive bonus

#### 20 km de Lausanne (34th)

Lausanne, SUI, 24 April

(Near-loop course starting and finishing at 375 m of elevation)

#### MEN (extended times)

1. Sisay Yazew Tola, 1994, ETH	1:02:04.3	CHF 2000
2. Khalil Lemciyeh, 1986, MAR	1:02:31.1	1200
3. Temesgen Daba, 1995, ETH	1:03:29.5	800

#### WOMEN (extended gun times)

1. Helen Bekele, 1994, ETH	1:09:35.3	CHF 2000
2. Direbe Hallemu, 1993, ETH	1:10:02.6	1200
3. Laura Hrebec, 1977, SUI	1:11:21.0	800

#### Rock 'n' Roll Madrid Marathon (39th) & Half Marathon

Madrid, ESP, 24 April

(Distances: 42.195 km, near-loop course at 667 m altitude; & 21.1 km)

#### Marathon (gun times)

##### MEN

1. Peter Kiplagat, KEN	2:11:44
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2. Patrick Kibet Cheruiyot, KEN 2:11:50
3. Alphonse Kibiwot Kigen, KEN 2:12:17

#### WOMEN

1. Askale Alemayehu, ETH 2:33:08
2. Abebech Tsegay, ETH 2:40:33
3. Vivian Jerono Kiplagat, KEN 2:42:22

#### Half Marathon (gun times)

##### MEN

1. Abraham Kiptum, KEN 1:01:52
2. Silas Muturi Gochovi, KEN 1:02:06
3. David Kwemoi Maru, KEN 1:02:11

##### WOMEN

1. Kaoutar Boulaid, MAR 1:16:50

#### Vodafone Istanbul Half Marathon (2nd)

(IAAF Bronze Label Road Race)

Istanbul, TUR, 24 April

(Distance: 21.1 km [course configuration/certification unknown])

Note: A rather comfortable victory in a personal best here for Kenyan-born Ali Kaya over the world record holder, Zersenay Tadese, missing the course record set by Evans Kiplagat last year by 3 seconds. Kaya, the former Stanley Kiprotich Mukche who won not only the European cross-country and 3000 m indoor titles last year, but also the U.23 crowns over 5000 m and 10000 m, has run only one previous half marathon, on a short course in 2015. Violah Jepchumba, who ran a world-leading 1:05:51 three weeks ago, took the women's race in 1:08:18. – Ed.



The lead pack in the Istanbul Half Marathon before eventual winner Ali Kaya (4) broke away. The other runners are Leonard Langat (5), Zersenay Tadese (1), Leonard Komon (2), world record holder for 10 km and 15 km, Vincent Rono (12) and Emmanuel Bor (7). [Bob Ransak]

#### ELITE MEN (gun times)

1. Ali Kaya, TUR 1:00:16 PB USD 10,000
2. Zersenay Tadese, ERI 1:00:31 5000
3. Leonard Kipkoech Langat, KEN 1:00:40 3000
4. Leonard Patrick Komon, KEN 1:00:48 2000
5. Kenneth Kipkemoi Kiprop, KEN 1:01:10 1000
6. Vincent Rono, KEN 1:01:23
7. Titus Kipjumba Mbishei, KEN 1:01:56
8. Evans Kigen Kurui, KEN 1:02:08
9. Emmanuel Bor, KEN 1:02:24
10. Evans Kiplagat, KEN 1:02:50

#### ELITE WOMEN (gun times) -

1. Violah Jepchumba, KEN 1:08:18 USD 10,000
2. Meskerem Assefa, ETH 1:09:39 5000



3. Amane Gobena Gemedo, ETH 1:09:51 3000
4. Alemitu Bekele Degfa, TUR 1:15:26 2000
5. Chaltu Negesse Chawo, ETH 1:15:39 1000

### **Semi-Marathon de Nice** (25th)

Nice, FRA, 24 April  
(Distance: 21.1 km)

#### MEN

1. Kennedy Kipyego, KEN 1:01:46
2. Richard Sigei, KEN 1:01:57
3. Tulu Wami Kebede, ETH 1:02:04

#### WOMEN

1. Muliye Dekobo Haylemariyam, ETH 1:11:08
2. Fatna Maraoui, ITA 1:14:38
3. Florence Reignier, FRA 1:20:42

### **MORE/SHAPE Women's Half Marathon** (13th)

Central Park, New York, USA, 17 April  
(Distance: 21.1 km; certified two-loop course with significant hills)

Note: Three-time winner and course record holder Deena Kastor ran with the masses this year, opening the door for Caroline LeFrak to take the win. Second place Allie Kieffer ran a world indoor record for the marathon one week earlier. – Ed.

(net times)

- |  |         |        |
|--|---------|--------|
| 1. Caroline LeFrak, 32, New York, NY               | 1:16:28 | \$1000 |
| 2. Allie Kieffer, 28, New York, NY                 | 1:17:08 | 750    |
| 3. Audrey Gibson, 23, New York, NY                 | 1:18:32 | 500    |
| 4. Jane Vongvorachoti, 32, New Hyde Park, NY (THA) | 1:18:45 | 250    |
| 5. Kelly Harriott, 28, New York, NY                | 1:20:20 |        |
| ... 524. Deena Kastor, 43, Mammoth Lakes, CA       | 1:48:59 |        |

### **B.A.A. 5 km** (8th)

Boston, USA, 16 April  
(Certified one-loop course)

#### MEN (gun times)

- |   |       |        |
|---|-------|--------|
| 1. Dejen Gebremeskel, 26, ETH             | 13:39 | \$7500 |
| 2. Ben True, 30, Hanover, NH              | 13:41 | 4000   |
| 3. Stephen Sambu, 27, Flagstaff, AZ (KEN) | 13:44 | 2500   |
| 4. Philip Langat, 25, KEN                 | 13:54 | 1500   |
| 5. Diego Estrada, 26, Flagstaff, AZ       | 13:54 | 1000   |

#### WOMEN (gun times)

- |  |       |        |
|--|-------|--------|
| 1. Molly Huddle, 31, Providence, RI      | 15:14 | \$7500 |
| 2. Buze Diriba, 22, ETH                  | 15:28 | 4000   |
| 3. Caroline Chepkoech, 21, KEN           | 15:35 | 2500   |
| 4. Diane Nukuri, 31, Flagstaff, AZ (BDI) | 15:43 | 1500   |
| 5. Emily Sisson, 24, Providence, RI      | 15:45 | 1000   |
| 6. Kim Smith, 34, Providence, RI (NZL)   | 15:55 | 750    |

**Medio Maratón Azkoitia-Azpeitia Memorial Diego García (23rd)**

Azkoitia, ESP, 16 April

(Distance: 21.1 km; point-to-point course with 18 m elevation loss and start/finish separation of 11.84% [record standard].)

## MEN

1. Emmanuel Bett, KEN 1:01:47
2. Moses Kipkosgei Bowen, KEN 1:01:59
3. Edwin Koech, KEN 1:02:47
4. Thomas Kiplagat, KEN 1:03:17
5. Sammy Kurui, KEN 1:04:50

## WOMEN

1. Zulema Fuentes Pila, ESP 1:16:32
2. Paula Gonzalez Berodia, ESP 1:17:31

**TRACK****Mt. SAC Relays (58th)**

Walnut, USA, 14-16 April

## WOMEN

1500:

Invitational Elite (15):

- |                     |               |         |
|---------------------|---------------|---------|
| 1. Nicole Sifuentes | SAUCONY (CAN) | 4:12.01 |
| 2. Rebecca Tracy    | Oiselle       | 4:13.19 |
| 3. Dana Mecke       | Unattached    | 4:16.59 |

Open C/O (15):

Section 1 -

- |                       |                    |            |
|-----------------------|--------------------|------------|
| 1. Kathryn Lazarchick | Wake Forest        | 4:21.53 PB |
| 2. Faith Makau        | UC Riverside (KEN) | 4:22.18 PB |
| 3. Amanda Corbosiero  | Richmond           | 4:22.20 PB |

Section 2 -

- |                           |                     |            |
|---------------------------|---------------------|------------|
| 1. Kristi Rush            | BYU                 | 4:23.90 PB |
| 2. Devon Hoppe            | Michigan            | 4:24.07 PB |
| 3. Natalie Cizmas         | Eastern Michigan    | 4:24.83 PB |
| ... 7. Laura Labuschaigne | South Alabama (RSA) | 4:26.86 PB |

**NEWS****SPAR GRAND PRIX STANDINGS**

The points table after the first Spar Grand Prix race in Cape Town is:

## OPEN

- |   |                  |                |    |
|---|------------------|----------------|----|
| 1 | Ivette van Zyl   | Nedbank        | 20 |
| 2 | Lebogang Phalula | Boxer          | 18 |
| 3 | Christine Kalmer | KPMG           | 16 |
| 4 | Nolene Conrad    | KPMG           | 14 |
| 5 | Cornelia Joubert | Boxer          | 13 |
| 6 | Janie Grundling  | Boxer          | 12 |
| 7 | Keneilwe Sesing  | KPMG           | 10 |
| 8 | René Kalmer      | Modern Athlete | 9  |
| 9 | Simonay Weitsz   | KPMG           | 8  |

10	Ashleigh Simonis	Carbineers	7
11	Murendwa Davhana	TUT	6
12	Thembi Baloyi	TUT	5
13	Liziwe Mabona	TUT	4
14	Ntombesintu Mfunzi	Temp	3
15	Nicole van der Merwe	KPMG	2
16	Poppy Mlambo	Boxer	1

**Veterans:**

1	Ulrica Stander	FNB Multisport	10
2	Theresa Fourie	Temp	9
3	Janene Carey	Boxer	3

**Masters:**

1	Judy Bird	Midrand	10
2	Elmarie Coetzee	FNB Multisport	4
3	Mariëtte Strauss	Tygerberg	3

**G'masters:**

1	Margie Saunders	Nedbank	10
2	Nancy Will	Pinelands	9
3	Charmaine Cupido	Nedbank	3

**Juniors:**

1	Simonay Weitsz	KPMG	10
2	Ashleigh Simonis	Carbineers	9
3	Nicole van der Merwe	KPMG	8

**HISTORY****MULTIPLE WINNERS AT S.A. CHAMPIONSHIPS**

By Riël Hauman

Last week DRR reported on the SA Track & Field Championships and Caster Semenya's ground-breaking triple in the 400 m, 800 m and 1500 m. She became the first SA athlete to win these three events at a national championships meeting.

I then had an e-mail from subscriber Dirk du Toit, one of the most knowledgeable followers of athletics in this country, who mentioned that Evette de Klerk (then Armstrong) won the 100 m, 200 m and 400 m at the 1987 SA Championships. He wondered how many such triples have been achieved, and if any athletes have bagged more than three titles at the same meeting.

That led me to go through all the SA Championships results since the inaugural meeting in 1894. The list of multiple winners at one championships is surprisingly long, although in recent years such a feat has become rare – in fact, De Klerk's achievement was the last.

Most of the multiple wins did not come in distance events, but the list still makes for interesting reading. (It does not include relays.)

Two athletes, more or less contemporaries, stand head and shoulders above the rest. Marjorie Clark, the 1932 Olympic bronze medallist in the 80 m hurdles (who also won this event as well as the high jump at the 1934 Commonwealth Games), won five events at the 1930 SA Championships and four in each of the 1931 and 1932 meetings (and probably would have won five titles again if the long jump had been contested).

And then there is all-rounder Harry Hart, who three times won four titles at one meeting. Hart was the Commonwealth champion in the shot put and discus throw in 1930 and four years later retained his titles. He even won the pole vault at the SA Championships on three occasions.

The list of multiple winners (three or more titles, and in chronological order):

C.H. Jones	1904	100y, 220y, 440y
Herbert Phillips	1905, 1906	100y, 220y, 440y

George Patching	1910, 1912	100y, 220y, 440y
John Victor	1912, 1913	880y, 1 mile, 2 miles s/chase
Len Richardson	1924	4 miles, 10 miles, 2 miles s/chase
Harry Hart	1928	SP, DT, HT, JT
Hart	1929, 1932	PV, SP, DT
Hart	1930, 1931	PV, SP, DT, JT
Hart	1934	SP, DT, HT
Marjorie Clark	1930	100y, 220y, 100y H, HJ, LJ
Clark	1931, 1932	100y, 220y, 100y H, HJ
Barbara Burke	1935, 1936	100y, 220y, 80m H*
Dennis Shore	1938	100y, 220y, 440y
George Hazle	1961, 1963, 1967	walk: 3 miles, 20 km, 50 km
Willie Olivier	1962	1 mile, 3 miles, 6 miles
De Villiers Lamprecht	1967	1 mile, 3 miles, 6 miles
Albert Landmann	1970	walk: 5000m, 20 km, 50 km
Evette de Klerk	1987	100m, 200m, 400m

\*) Burke and Clark tied for first in 1935.

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## STATS TIME

Stephen Mokoka is the only runner who has ever won the SA title over 10000 metres in under 28 minutes – and he has done it twice. Here is a list of the ten fastest times with which the title has been won. Not surprisingly, Mokoka owns half of them.

### ALL-TIME S.A. CHAMPIONSHIPS 10000 M WINNERS: TOP 10 PERFORMANCES

27:40.73	Stephen Mokoka	Port Elizabeth	13 Apr 12
27:57.50	Mokoka-2	Stellenbosch	16 Apr 16
28:00.72	Matthews Batswadi	Port Elizabeth	11 Apr 80
28:01.85	Xolile Yawa	Stellenbosch	10 Apr 87
28:06.65	Mokoka-3	Durban	10 Apr 11
28:13.89	Hendrick Ramaala	Durban	02 Mar 01
28:15.56	Mokoka-4	Stellenbosch	17 Apr 15
28:18.04	Yawa-2	Durban	21 Apr 89
28:22.30	Mokoka-5	Stellenbosch	12 Apr 13
28:24.44	Yawa-3	Cape Town	19 Apr 96

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## THIS MONTH IN HISTORY

### 40 years ago: 10 April 1976

You can't keep a good 'un down, as they say (and as Colleen de Reuck showed in the Old Mutual Two Oceans four weeks ago). On this day Frenchwoman Chantal Langlacé scored the third of her four consecutive victories in the Alençon-Médavy 14 km, running exactly 58 minutes. Two years previously she had set a world record of 2:46:24 for the marathon; in 1977 she regained the record with her 2:35:15.4. Two weeks ago, on the exact anniversary of the 1976 race, Langlacé ran 3:10:35 in the Rotterdam Marathon to give her eighth position on the world all-time 60+ list.

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## SOUTH AFRICAN ROAD 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.

## MEN

### Open

10 km	28:50	Elroy Gelant	Port Elizabeth	02 Apr
	28:41	Samir Jouaher (MAR)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:36	Adrian Wildschutt (jun)	Ravensmead	19 Mar
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:27	Stephen Mokoka	Cardiff	26 Mar
	60:37	Lelisa Desisa Benti (ETH)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	89:04	Sipho Ngxongo	Durban	06 Mar
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:04:24	Tesfaye Abera Dibaba (ETH)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
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	30:57	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	Simon Mpholo	Pretoria	20 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:45:30a	Oliver Brown	Pinetown	31 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:18:08a	Johannes Kekana	Bloemfontein	16 Apr
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

### Masters (50+)

10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	54:10	Johnny Persents	Ravensmead	19 Mar
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	75:13	Johnny Persents	Gordon's Bay	16 Apr
	66:42	Martin Rees (GBR) 2003		
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	Dan Mothibe	East London	20 Feb

100 km	2:19:29	Titus Mamabolo (RSA) 1991		
<u>Grandmasters (60+)</u>				
10 km	37:56	Mochamat Kriel	Bellville	02 Apr
	32:48	Martin Rees (GBR) 2013		
15 km	58:27	Mochamat Kriel	Ravensmead	19 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	83:37	Mochamat Kriel	Gordon's Bay	16 Apr
	71:31	Martin Rees (GBR) 2013		
25 km	2:10:28	Vernon Anley	Durban	06 Mar
	2:06:04a	Boysie van Staden	Pinetown	31 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:18:15	Mochamat Kriel	Parow	14 Feb
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:14:57	Robbie Lindsay	East London	20 Feb
	3:11:15a	Ernest Tjela	Bloemfontein	16 Apr
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	43:16	Andrew Spence	Sasolburg	06 Feb
	43:16	Jeff Smith	Goodwood	12 Mar
	37:33	Ed Whitlock (CAN) 2004		
15 km	66:12	Jeff Smith	Ravensmead	19 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	96:48	Jeff Smith	Tokai	06 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:29:46a	Jeff Smith	Simon's Town	21 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
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	74:22	Kwande Mthembu	Polokwane	09 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:24	Irvette van Zyl	Cape Town	17 Apr
	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		

25 km	66:25w	Lornah Kiplagat (NED) 2007		
	1:54:55	Sarah Wilson	Durban	06 Mar
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	79:53m	Mary Keitany (KEN) 2010		
30 km	82:47w	Paula Radcliffe (GBR) 2005		
	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
Marathon	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
	2:32:20	Irvette van Blerk	London	24 Apr
	2:19:41	Tirfe Beyene Tsegay (ETH)		
	2:15:25m	Paula Radcliffe (GBR) 2003		
100 km	2:17:42w	Paula Radcliffe (GBR) 2005		
	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	39:42	Judy Bird	Cape Town	17 Apr
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:56	Margie Saunders (g'mast)	Port Elizabeth	06 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	91:29	Mariëtte Strauss	Gordon's Bay	16 Apr
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:23:01	Karen Conway	Durban	06 Mar
	2:13:42a	Roshnee Natasen	Pinetown	31 Jan
30 km	2:20:20	Margie Saunders (g'mast)	Uitenhage	05 Mar
Marathon	3:14:18	Jane Mudau	East London	20 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	42:30	Margie Saunders	Cape Town	17 Apr
	38:56	Lidia Zentner (GER) 2015		
15 km	64:56	Margie Saunders	Port Elizabeth	06 Feb
	61:25	Kathryn Martin (USA) 2011		
21.1 km	93:39	Nancy Will	Gordon's Bay	16 Apr
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
	1:58:24	Gloria Brown (USA) 1994		

30 km	2:20:20 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	05 Mar
Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:52 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Bellville	02 Apr
15 km	85:23 72:52	Pixie Sparg Jo Klein (NED) 2004	Ravensmead	19 Mar
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km				
30 km	2:18:20 2:50:02 2:47:08	Gerry Davidson (USA) 1991 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	35:38 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Cape Town	17 Apr
15 km	65:47 49:40	Sisiphiwe Mbatsa Ines Chenonge (KEN) 2001	Ravensmead	19 Mar
21.1 km	1:31:25 1:09:05	Robyn Kaltenbrunn Delilah Asiago (KEN) 1991	Cape Town	26 Mar

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