

Distance Running Results

Vol. 16, No. 20 – 23 May 2016

© Distance Running Results. All rights reserved.

Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

EDITORIAL

What a track and field weekend for South African athletes! Caster Semenya and Elroy Gelant delivered brilliant performances on opposite sides of the Mediterranean Sea. Gelant struck first by demolishing Stephen Mokoka's SA record for 5000 metres with his 13:04.88 at the famous Fanny Blankers-Koen Meeting in Hengelo. Gelant, who the previous weekend had finished third in the FNB Cape Town 12 ONERUN, was fourth in a race won by Dejen Gebremeskel in 13:00.99 and is now 11th on the world list for the year. One only athlete, Muktar Edris (12:59.96), has so far dipped under 13 minutes (in 2015 there were six). One can only imagine what would happen if Gelant and Mokoka could now take on each other in a fast race on the European circuit!

Semenya, who this year looks like the Semenya of old, ran the world's quickest 800 in the Diamond League meeting in Rabat – the first ever on African soil – when she won a tremendous race in 1:56.64. This is the third fastest time of her career and the fastest since she finished second in 1:56.35 at the World Championships in 2011. (She may still receive the gold medal for this race – and for the Olympic race in 2012 – if Russia's Mariya Savinova is banned.) After indifferent years in 2013, 2014 and 2015, Semenya is now the clear favourite for Rio.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Voet of the Wine Route 10 km, Kuils River
- * XC: WP League Meeting, Athlone; Gauteng North Meeting, Pretoria

International highlights:

- * Great Manchester Run 10 km, Manchester, GBR
 - * Göteborgsvarvet, Göteborg, SWE
 - * Mattoni Karlovy Vary Half Marathon, Karlovy Vary, CZE
 - * Yangzhou Jianzhen International Half Marathon, Yangzhou, CHN
 - * Track: Meeting Mohammed VI, Rabat, MAR; AA Drink FBK-Games, Hengelo, NED; Zlata Tetra - Golden Spike, Ostrava, CZE; Hoka One One Middle Distance Classic, Los Angeles, USA; Nijmegen Global Athletics, Nijmegen, NED; National Junior College Athletic Association Division I Championships, Levelland, USA; Internationales Sportfest (52nd), Rehlingen, GER
-

CORRECTIONS & ADDITIONS

Mariano Eesou, who finished twelfth, was left out of the results of the FNB Cape Town 12 ONERUN that were originally made available. So the amended top twenty are as follows, and everyone else moves down one position:

1	Stephen MOKOKA	33:34	R40 000 + R10 000i
2	Daniel SALEL (KEN)	33:35	R25 000
3	Elroy GELANT	33:42	R15 000
4	Sibusiso NZIMA	34:08	R10 000
5	Sibabalwe Gladwin MZAZI	34:09	R9000
6	Emmanuel BETT (KEN)	34:31	R8000
7	Timothy TOROITICH (UGA)	34:50	R7000
8	Lucky MOHALE	34:56	R6000
9	Joel MMONE	34:58	R5000
10	Mthobisi BALOYI	35:12	R4000
11	William KAPTEIN	35:52	
12	Mariano EESOU	35:58	
13	Rantso MOKOPANE	36:24	
14	Jerry MOTSAU	36:29	
15	Sibusiso MADIKIZELA	36:31	
16	Lungile GONGQA	36:32	
17	Andries PONGWANA	36:46	
18	Justin FRITZ	36:52	
19	Samuel VAN DER MERWE	37:11	
20	Vuyolwethu MADIKIZA	37:30	

ROAD RUNNING

Voet of the Wine Route 10 km

Kuils River, 22 May

(Certified out-and-back course with loop at far end. Finishers: 2455 [up from 1782 last year].)

Note: This race has grown from 894 finishers in 2014 to 1782 last year to 2455 now. – Ed.

MEN

1. Siviwe Nkombi (Itheko) 31:23
2. Vuyolwethu Mbukushe (Gugs) 32:06
3. Akhona Makila (VOB) 32:12

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:56; 2. Thembelani Zola (Gugs) 33:24;

3. Shawn Abrahams (Celtic) 34:31. **Masters:** 1. Eric Coetzee (FNB) 36:45; 2. Tobias Philander (Itheko) 37:57; 3. Kevin Isaacs (Top) 40:03. **G'masters:** 1. Mochamat Kriel (Ommie) 43:40; 2. Gemjikile Tom (Eskom) 44:59; 3. Chris Lourens (Brack) 49:24.

G/g'masters: 1. Ronnie le Roux (Brack) 50:08; 2. Joseph Matthews (MS) 54:07; 3. Yusuf Gamielien (Itheko) 58:07. **Juniors:** 1. Carlo Flink (Itheko) 33:30; 2. Lukhanyo Nobakada (VOB) 34:01; 3. Thembeko Mendu (Ned) 34:14.

WOMEN

1. Bulelwa Simae (Ned) 37:34
2. Anel Terblanche (KPMG) 37:43
3. Candyce Hall (Carb) 41:13

Veterans: 1. Chantel Simpson (Ned) 42:36; 2. Busisiwe Matiwane (Ned) 42:40; 3. Ursula Frans (Ned) 42:46. **Masters:** 1. Mariëtte Strauss (Tyger) 43:45; 2. Olga Howard (Celtic)

44:53; 3. Bev Charters (VOB) 48:00. **G'masters:** 1. Helen du Plessis (Brack) 50:23; 2. Charmaine Cupido (Ned) 52:55; 3. Klippiess van Rooyen (Strand) 61:00. **G/g'masters:** 1. Pixie Sparg (Celtic) 58:58; 2. Mabel Olivier (Strand) 74:02; 3. Annatjie Berntzen (Good) 76:48. **Juniors:** 1. Linda Detering (Carb) 45:20; 2. Justine Williams (ARD) 51:25; 3. Razaan Kamaldien (MSA) 51:39.

CROSS-COUNTRY

WP League Meeting (3rd)

Athlone, 14 May

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

SR. MEN (10 km)

1	Nkosinathi	Madyo	Itheko	31:57
2	Anthony	Timoteus	UWC	32:08
3	Vuyolwethu	Mbukushe	Gugs	32:25
4	Warren	Hefke	UWC	32:29
5	Du-Wayne	Philander	UWC	32:54
6	Laydon	Balie	Wild Runner	33:09
7	Kurt	Rabie	UWC	33:11
8	Bulelani	Bhebha	VOB	33:16
9	Xolisa	Batala	VOB	33:21
10	Kaleb	Beukes	UWC	33:44

SR. MEN

1	Granwin	Katzen	Celtic Harriers	11:34
2	Merlin	Klaaste	UWC	11:41
3	Nkosinathi	Sotyantya	Itheko	11:44
4	Ashley	Smith	Celtic Harriers	11:58
5	Duan	Faro	UWC	11:59
6	Sibusiso	Magwaza	UWC	12:01
7	André	Afrika	Eerste River	12:02
8	Raydon	Balie	Wild Runner	12:03
9	Riaan	Wildskut	Easterns	12:04
10	Reginald	Poss	ATC Running	12:19

VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	27:15
2	Rupert	Becker	Fish Hoek	27:32
3	Luntu	Kosana	Gugs	28:03

MASTER MEN (8 km)

1	Chris	Mitchell	Celtic Harriers	28:56
2	Roston	Isaacs	Nedbank	29:27
3	John	September	Itheko	30:24

G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	30:32
2	Steve	Granger	VOB	33:19
3	Christian	Edwards	VOB	34:39

G/G'MASTER MEN (8 km)

1	Richard	Osrin	VOB	34:05
2	Jeff	Smith	Itheko	35:14
3	Joseph	Matthews	Midas Spartans	42:19

U.19 (8 km)

1	Lukhanyo	Nobakada	VOB	25:42
2	Jason	Koopman	UWC	26:11

3	Dylon	Atson	UWC	26:14
U.17 (6 km)				
1	Ronaldo	January	Celtic Harriers	19:31
2	Carlo	Flink	Itheko	19:39
3	Thembeko	Mendu	Gugs	19:49

SR. WOMEN (10 km)

1	Leanda	Du Bruyn	FNB Multi-Sport	38:31
2	Tanya	Scott	UCT	38:58
3	Anneline	Roffey	FNB Multi-Sport	39:47
4	Candyce	Hall	Carbineers	40:21
5	Hanlie	Jordaan	UWC	40:24
6	Tanya	Posthumus-Fox	Century City	42:12
7	Nicola	Wills	UCT	42:54
8	Tina-Mare	Meyer	FNB Multisport	43:29
9	Sinethema	Masana	SANDF	48:59
10	Nicky	Hill	Carbineers	50:32

SR. WOMEN

1	Anel	Terblanche	KPMG	13:34
2	Anneline	Roffey	FNB Multi-Sport	14:16
3	Kayla	De Waal	WPCC	14:21
4	Lee-Shay	Willemse	Velocity	14:49
5	Nowbabalo	Dyonase	VOB	15:01
6	Tina-Mari	Meyer	FNB Multi-Sport	15:18
7	Nocwaka	Mthetho	MSA Multi-Sport	15:42
8	Adri	Meyer	Bellville	15:47
9	Madelé	du Plessis	Edgemead	16:19
10	Hanlie	Jordaan	UWC	16:59

VETERAN WOMEN

1	Sharon	Sunderland	West Coast	16:17
2	Elizabeth	Brink	Durbanville	16:39
3	Mariaan	Malan	Nedbank WP	16:55

MASTER WOMEN

1	Olga	Howard	Celtic Harriers	16:06
2	Mariëtte	Strauss	Tygerberg	16:14
3	Georgina	Andraos	VOB	16:15

G'MASTER WOMEN

1	Nancy	Will	Pinelands	17:23
2	Judith	Grove	Tygerberg	18:13
3	Charmaine	Cupido	Nedbank	18:15

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	20:55
2	Marlene	James	Pinelands	22:18
3	Marianne	Nelson	RWFL Durbanville	24:07

U.19 (6 km)

1	Ashleigh	Simonis	Carbineers	22:05
2	Hayley	Preen	Hout Bay	23:01
3	Sophie	Cope	Spartan Harriers	24:36

U.17

1	Anitha	Nonene	WCSS	15:14
2	Simone	Adams	Bottelary	15:22
3	Petro	Moses	Velocity	15:48

Gauteng North Meeting

Pretoria (TUT), 14 May

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

SR. MEN (8 km)

1	Milton	Kekana Makofane	TUT	28:01
2	Collen	Mulaudzi	TUT	28:05
3	Benjamin	Selepe	Nedbank	28:46
4	Pieterjan	Van der Merwe	Tuks	28:55
5	Koketso	Maphothoma	Modiba	29:34
6	Hoshane	Vuma	Suthies	29:47
7	Bafana	Dube	Transnet	29:52
8	Tebogo	Sithole	A4A	30:22
9	Mpho	Mooka	A4A	30:30
10	Derick	Mtsweni	Ikhonyane	30:37

SR. MEN

1	Tebogo	Ndwandwe	TUT	12:51
2	Poncho	Diphetogo	Soshanguve E.S.	13:16
3	Johanthan	Bredenkamp	Tuks	13:18
4	Koos	Baloyi	Temba Prestige	13:26
5	Simon	Mokonyama	Runavation	13:46
6	Koketso	Maphothoma	Modiba	13:47
7	Adriaan	Aldridge	ECAC	13:50
8	Mokonyama	Lucas	Arcadia	14:01
9	Larry	Beukes	Telkom	16:18

MEN 40 (8 km)

1	Elmon	Ndlovu	PMMC	33:55
2	Rob	Donkin	Individual	35:16
3	Hendrik	Mattheus	Bosch	35:41

MEN 45 (8 km)

1	Piet	Mosebedi	Transnet	31:20
2	Graham	Burnett	Bosch	34:40
3	Andries	Blignaut	PPMK	34:43

MEN 50 (8 km)

1	Torrie	Stoltz	Solidarity	38:45
2	Rs	Cazalet	HQH	40:17
3	Isaac	Dintshi	A4A	42:22

MEN 55 (8 km)

1	Colin	Mcgeer	Team Vitality	36:03
2	Burger	Linde	Team Vitality	36:36
3	Gert	Steyn	GNMA	38:24

MEN 60 (6 km)

1	Hennie	Prinsloo	ACRW	45:03
2	Koos	Van Wyk	Wonderboom	46:04
3	Gerhard	Swart	PMK	36:37

MEN 65 (6 km)

1	Tommy	Breedt	Akasia	37:26
2	Gawie	Pretorius	AS Eagles	42:25

MEN 70 (6 km)

1	Harry	Van der Merwe	BHS	36:05
2	Anton	Harrop-Allin	ACRW	40:54
3	Assie	Van Aswegen	Overkruin	42:52

MEN 75 (6 km)

1	Andries	Van der Merwe	Transnet	39:33
---	---------	---------------	----------	-------

2	Neville	Miur	Phobians	52:18
MEN 23				
1	Thabang	Maleka	Nedbank	13:15
2	Kleinboy	Matsemela	FPN	13:22
3	Mpho	Motaung	TUT	13:27
JR. MEN (8 km)				
1	George	Kusche	ECAC	28:28
2	Proud Bhekinkosi	Mngomezulu	TUT	28:40
3	Robert	Bester	Menlopark	29:11
BOYS 17 (6 km)				
1	Katlego	Tsale	Modiba	26:17
2	Frans	Lekwadu	Modiba	26:36
3	Henno	Koekemoer	HS Centurion	26:41
SR. WOMEN (8 km)				
1	Clarah	Skosana	Ikhonyane	43:47
SR. WOMEN				
1	Marelise	Retief	Boxer	15:26
2	Annelien	Motlhala	Tuks	18:41
3	Marlize	Odendaal	Runavation	20:53
4	Carli	Kuhn	Tuks	21:11
5	Yvette	Jansen v. Nieuwenhuizen	TUT	27:26
6	Jean-Marie	Du Plessis	Individual	27:26
WOMEN 40				
1	Ronel	Thomas	Boxer	18:21
2	Jenette	Visser	Montana	21:02
3	Anel	De Wit	Midstream	23:30
WOMEN 45				
1	Marietjie	McDermott	Love Running	19:24
2	Carol	Goodinson	FPN	21:30
3	Concelia	Maluleka	Atteridgeville J.D.	21:32
WOMEN 50				
1	Thea	Van der Merwe	Irene	22:12
2	Liz	Popich	AS Eagles	23:40
3	Ronel	Fourie	Transnet	23:48
WOMEN 55				
1	Adri	Van Dyk	Danie Malan	24:23
2	Linah	Mahlangu	Ikhonyane	27:42
3	Nicolene	Gericke	JS	29:00
WOMEN 60				
1	Rina	Pretorius	AS Eagles	26:39
WOMEN 65				
1	Maria	Peu	Temba Prestige	26:45
2	Selina	Kekana	Temba Prestige	28:10
WOMEN 70				
1	Esme	Kloppers	Transnet	28:07
WOMEN 75				
1	Annette	Van Rooyen	Transnet	28:10
WOMEN 90				
1	Adelaide	Van Aswegen	Individual	39:25
WOMEN 23				
1	Heletje	Botha	Eldoraigue	16:45
2	Jeannie	De Beer	Runavation	16:53
3	Hanri	Le Roux	Menlopark	16:54

JR. WOMEN (6 km)			
1	Setlhakgae	Tshefifatso	Prestige 29:25
2	Molekwa	Khutso	FWAAC 29:28
3	Lize	Botha	Runavation 29:59
GIRLS 17			
1	Michaela	Oosthuizen	Eldoraigue 16:27
2	Magoro	Letlhogonoro	Prestige 16:51
3	Christine	Pronk	AHMP 16:58

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

Great Manchester Run 10 km

Manchester, GBR, 22 May

(Certified course; course starts at 45 m elevation and finishes at 35 m elevation [10 m elevation loss, or 1 m/km of race distance; legal for record setting]; start/finish separation is 600 m, or 6% of the race distance)

MEN (gun times)

1. Kenenisa Bekele, ETH 28:08
[8:35 / 14:17 / 22:40]
2. Wilson Kipsang, KEN 28:15
3. David McNeill, AUS 28:39

WOMEN (gun times)

1. Tirunesh Dibaba, ETH 31:16
[9:30 / 15:45 / 25:03]
2. Edna Kiplagat, KEN 31:25
3. Diane Nukuri, BDI 31:49 NR

Göteborgsvarvet (37th)

(Eritrean Half-marathon Championships)

Göteborg, SWE, 21 May

(Distance: 21.1 km; one-loop course with no net elevation change and negligible start/finish separation)

MEN (gun times)

1. Richard Mengich, 1989, KEN 59:35 PB/CR €16,000
[14:34 / 28:05 / 42:08 / 56:28]
2. Geoffrey Yegon, 1988, KEN 1:00:12
3. Leonard Langat, 1990, KEN 1:01:40
4. Morris Munene, 1995, KEN 1:01:40
5. Festus Talam, 1994, KEN 1:01:48
- ... 8. Sibusiso Nzima, 1986, RSA 1:04:05

5 km splits:

1. Richard Mengich, 89, KEN, 14:34
2. Festus Talam, 94, KEN, 14:34
3. Leonard Langat, 90, KEN, 14:34
- ... 7. Sibusiso Nzima, 86, RSA, 14:35

10 km splits:

1. Richard Mengich, 89, KEN, 28:05
2. Geoffrey Yegon, 88, KEN, 28:06
3. Leonard Langat, 90, KEN, 28:25
- ... 8. Sibusiso Nzima, 86, RSA, 29:19

15 km splits:

1. Richard Mengich, 89, KEN, 42:08
2. Geoffrey Yegon, 88, KEN, 42:08
3. Festus Talam, 94, KEN, 43:16
- ... 8. Sibusiso Nzima, 86, RSA, 44:51

20 km splits:

1. Richard Mengich, 89, KEN, 56:28
2. Geoffrey Yegon, 88, KEN, 56:57
3. Morris Munene, 95, KEN, 58:34
- ... 8. Sibusiso Nzima, 86, RSA, 60:36

WOMEN (gun times)

- | | | |
|---------------------------------|---------|----------|
| 1. Viola Jepchumba, 1990, KEN | 1:08:01 | CR €6000 |
| [15:36 / 31:04 / 47:22 / 64:25] | | |
| 2. Worknesh Degefa, 1990, ETH | 1:08:54 | |
| 3. Angela Tanui, 1992, KEN | 1:09:32 | |
| 4. Ashete Bekele, 1988, ETH | 1:10:36 | |
| 5. Dibaba Kuma, 1996, ETH | 1:12:15 | |

Mattoni Karlovy Vary Half Marathon (4th)

(IAAF Gold Label Road Race)

Karlovy Vary, CZE, 21 May

(Distance: 21.1 km)

MEN (gun times)

- | | | |
|------------------------------------|---------|--------|
| 1. Abraham Kasongwor AKOPESHA, KEN | 1:02:08 | € 2500 |
| 2. Evans Kigen KURUI, KEN | 1:02:27 | 1200 |
| 3. Wilson Kiprono TOO, KEN | 1:02:48 | 1000 |
| 4. Amos Kibiwot KURGAT, KEN | 1:03:25 | 600 |
| 5. Simon TESFAY, ERI | 1:04:01 | 500 |

WOMEN (gun times)

- | | | |
|-----------------------------|---------|----------------------------------|
| 1. Joyciline JEPKOSGEI, KEN | 1:09:07 | CR € 2500 + 1000* + 2000i + 500# |
| 2. Ayantu GEMECUH, ETH | 1:11:19 | 1200 |
| 3. Bekelech DABA, ETH | 1:11:42 | 1000 |
| 4. Risa TAKANAKA, JPN | 1:11:52 | 600 |
| 5. Etalehahu ZELEKE, ETH | 1:15:04 | 500 |

*)Course record bonus

i) Earned time bonus for sub-1:09:20

#) Earned prime for leading at 18 km under 58:50

Yangzhou Jianzhen International Half Marathon (11th)

Yangzhou, CHN, 24 April

(Distance: 21.1 km; certified point-to-point course)

MEN (gun times)

1. Mosinet Geremew, ETH	1:00:43	RNB 120,000 (=USD 18,332)
[13:59 / 28:33 / 42:02 / 57:42]		
2. Edwin Kipyego, KEN	1:00:44	50,000
3. Feyisa Lilesa, ETH	1:00:45	40,000
4. Morris Munene Gachaga, KEN	1:00:46	10,000
5. Emanuel Giniki Gisamoda, KEN	1:00:47	9,000
6. Fentahun Hunegaw Simeneh, ETH	1:01:21	7,000
7. Elijan Tirop Serem, KEN	1:01:49	6,000
8. Joseph Tiophil Panga, KEN	1:01:55	3,000
9. Samsom Gebrehohannes Gezahai, ETH	1:02:00	1,100
10. Dickson Kiptolo Chumba, KEN	1:02:12	900

WOMEN

1. Peres Jepchirchir, KEN	1:07:21	RNB 120,000 (=USD 18,332)
[15:06 / 31:14 / 47:27 / 63:56]		
2. Birhane Dibaba, ETH	1:07:47	50,000
3. Paskalia Chepkorir Kipkoech, KEN	1:07:58	40,000
4. Worknesh Degefa Debele, ETH	1:09:06	10,000
5. Perendes Lekapana, KEN	1:10:48	9,000
6. Linah Cheruto, KEN	1:11:26	7,000
7. Zhang Deshun, CHN	1:12:17	6,000

TRACK

Meeting Mohammed VI

(3rd stop of 2016 IAAF Diamond League)

Rabat, MAR, 22 May

MEN

800 (DL):

1. Pierre-Ambroise Bosse, FRA	1:44.51
2. Taoufik Makhoulfi, ALG	1:44.91
3. Amel Tuka, BIH	1:45.41
4. Marcin Lewandowski, POL	1:45.76
5. Abdelati El Guesse, MAR	1:46.80
6. Nijel Amos, BOT	1:47.34

1500:

1. Timothy Cheruiyot, KEN	3:33.61 PB
2. Silas Kiplagat, KEN	3:33.68
3. Ryan Gregson, AUS	3:34.43
4. Fouad Elkaam, MAR	3:34.96
5. Homiyu Tesfaye, GER	3:35.05
6. Florian Carvalho, FRA	3:36.64
7. Dawit Wolde, ETH	3:36.96
8. Dumisane Hlaselo, RSA	3:37.73
9. Younés Essalhi, MAR	3:37.94
10. Musaab Adam Ali, QAT	3:38.04

3000:

1. Abdalaati Iguider, MAR	7:36.85 WL
---------------------------	------------

2. Hayle Ibrahimov, AZE, 7:37.76
3. Adel Mechaal, ESP, 7:39.51 PB
4. John Chepkwony Kipkoech, KEN, 7:42.69
5. Dejene Debela, ETH, 7:44.96
6. Hillary Kipkorir Maiyo, KEN, 7:45.62
7. Zouhair Aouad, BRN, 7:48.18
8. Soufiyan Bouqantar, MAR, 7:49.17
9. Abayneh Ayele, ETH, 7:49.34
10. Emmanuel Kiprono Kipsang, KEN, 7:49.56
11. Ben St.Lawrence, AUS, 7:51.36
12. Abe Gashahun, 1998, ETH, 8:03.00 PB

3000 s/chase (DL):

1. Conseslus Kipruto, KEN, 8:02.77 WL
2. Jairus Birech, KEN, 8:03.90
3. Paul Kipsiele Koech, KEN, 8:12.33
4. Lawrence Kemboi Kipsang, KEN, 8:17.82
5. Yoann Kowal, FRA, 8:18.48
6. Hamid Ezzine, MAR, 8:19.31
7. Tafese Seboka, ETH, 8:20.41 PB
8. Clement Kemboi Kimutai, KEN, 8:21.46
9. Jamel Chatbi, ITA, 8:21.92
10. Soufiane Elbakkali, MAR, 8:22.66 PB
Mahiedine Mekhissi, FRA, DNF

WOMEN

800 (DL):

1. Caster Semenya, RSA, 1:56.64 WL
2. Francine Niyonsaba, BDI, 1:57.74
3. Renelle Lamote, FRA, 1:58.84 PB
4. Eunice Jepkoech Sum, KEN, 1:59.32
5. Lynsey Sharp, GBR, 1:59.51
6. Habitam Alemu, ETH, 1:59.70
7. Malika Akkaoui, MAR, 2:01.11
8. Marina Arzamasova, BLR, 2:01.49
9. Shelayna Oskan-Clarke, GBR, 2:01.65
10. Joanna Józwik, POL, 2:02.82

5000 (DL):

1. Almaz Ayana, ETH, 14:16.31 WL
2. Viola Kibiwot, KEN, 14:29.50 PB
3. Senbere Teferi, ETH, 14:35.09 PB
4. Janet Kisa, KEN, 14:38.70 PB
5. Ababel Yeshaneh, ETH, 14:41.58 PB
6. Alemitu Heroye, ETH, 14:43.58
7. Meraf Bahta, SWE, 14:49.95 NR
8. Sentayehu Lewetegn, ETH, 15:06.49 PB
9. Sviatlana Kudzelich, BLR, 15:50.57 PB

3000 s/chase:

1. Etenesh Diro, ETH, 9:16.87
2. Gladys Jerotich Kipkemoi, KEN, 9:26.36
3. Caroline Chepkurui Tuigong, KEN, 9:28.81 PB
4. Genevieve LaCaze, AUS, 9:32.67 PB
5. Birtukan Adamu, ETH, 9:35.97
6. Weynshet Ansa, ETH, 9:41.74 PB
7. Fadwa Sidi Madane, MAR, 9:51.68

8. Ophélie Claude-Boxberger, FRA, 9:58.49
9. Maeva Danois, FRA, 9:59.97

AA Drink FBK-Games (34th)

(IAAF World Challenge Series)

Hengelo, NED, 22 May

MEN

800:

1. Willy Tarbei, KEN 1:45.87
2. Lutmar Paes, BRA 1:46.04
3. Thijmen Kupers, NED 1:46.27
4. Rynardt van Rensburg, RSA 1:47.03

5000:

1. Dejen Gebremeskel, ETH 13:00.99
2. Abrar Osman, ERI 13:04.12 PB
3. Bethwell Birgen, KEN 13:04.66 PB
4. Elroy Gelant, RSA 13:04.88 NR/PB
5. Abadi Embaye, ETH 13:04.95

WOMEN

1500:

1. Besu Sado, ETH 4:05.30
2. Maureen Koster, NED 4:05.48
3. Angelika Cichocka, POL 4:08.34
4. Alison Leonard, GBR 4:09.59 PB
5. Margherita Magnani, ITA 4:09.91
6. Hannah England, GBR 4:09.98
7. Steph Twell, GBR 4:10.90

5000:

1. Letesenbet Gidey, ETH 14:58.44 WJL/PB
2. Irene Cheptai, KEN 15:08.28
3. Stella Chesang, UGA 15:10.30 PB
4. Sarah Lahti, SWE 15:10.76 PB
5. Haftamnesh Tesfay, ETH 15:10.85 PB
6. Eilish McColgan, GBR 15:16.51
- ... 12. Jen Rhines, USA (40+) 16:14.41

Zlata Tetra - Golden Spike (55th)

(IAAF World Challenge)

Ostrava, CZE, 20 May

MEN

1500:

1. Filip Sasinek, CZE, 3:36.32 PB
2. Timo Benitz, GER, 3:36.40
3. Chris O'Hare, GBR, 3:36.58

WOMEN

1500:

1. Konstanze Klosterhalfen, 1997, GER, 4:06.91 PB
2. Lucia Klocova, SVK, 4:07.96
3. Danuta Urbanik, POL, 4:08.05

3000:

1. Belaynesh Oljira, ETH, 8:38.55 PB
2. Haftamnesh Tesfay, ETH, 8:40.80 PB
3. Dalila Abdulkadir Gosa, 1998, BRN, 8:51.31 WJL/PB
- ... 6. Nolene Conrad, RSA, 9:15.56 PB

Hoka One One Middle Distance Classic

Los Angeles, USA, 20 May

Note: For each event, athletes who achieved the Olympic standard in their particular event are noted with an 'o' after their time. – Ed.

MEN

3000 s/chase (Olympics standard 8:30.00):

Section 3 -

- | | | |
|----------------|----------|-------------|
| 1. EVAN JAGER | NIKE BTC | 8:15.26o MR |
| 2. DAN HULING | NIKE BTC | 8:18.58o |
| 3. CORY LESLIE | NIKE | 8:19.12o PB |

WOMEN

800 (Olympic standard 2:01.50):

Section 3 -

- | | | |
|--------------------|--------------|----------|
| 1. LAURA ROESLER | NIKE / TEXAS | 2:00.15o |
| 2. BRENDA MARTINEZ | NEW BALANCE | 2:00.18o |
| 3. PHOEBE WRIGHT | NIKE | 2:01.03o |

1500 (Olympic standard 4:07.00):

Section 4 -

- | | | |
|--------------------|-----------------|-------------|
| 1. KATE GRACE | OISELLE / OI | 4:05.65o PB |
| 2. SHEILA REID | NIKE OTCE (CAN) | 4:05.74o |
| 3. KATIE MACKEY | BROOKS BEAST | 4:06.33o |
| 4. SHANNON ROWBURY | NIKE OREGON | 4:06.58o |
| 5. EMMA COBURN | NEW BALANCE | 4:06.92o |

Section 3 -

- | | | |
|------------------|-------------|------------|
| 1. MORGAN UCENY | ADIDAS | 4:09.27 |
| 2. REBECCA TRACY | OISELLE | 4:09.75 PB |
| 3. KIM CONLEY | NEW BALANCE | 4:09.89 |

Nijmegen Global Athletics

Nijmegen, NED, 18 May

MEN

800:

Race A:

1. Kalle Berglund, SWE, 1:47.91
2. Cornelius Kiplangat, KEN, 1:48.09
3. Rynardt van Rensburg, RSA, 1:48.28

5000:

Race A:

1. Cyrus Rutto, KEN, 13:20.32
2. Ambros Bore, KEN, 13:20.39 PB
3. Jamel Chatbi, ITA, 13:22.53 PB
Gladwin Mzazi, **RSA**, DNF

National Junior College Athletic Association (NJCAA) Division I Championships

Levelland, USA, 17-19 May

MEN

800 (19):

1. Festus Lagat Gillette (KEN) 1:51.22
2. Mpho Makofane Monroe College (**RSA**) 1:52.48
3. Amanuel Logo Pima CC (ERI) 1:52.87 PB

Prelims (18):

Heat 1 -

1. Mpho Makofane Monroe College (**RSA**) 1:53.80Q

WOMEN

1500 (19):

1. Susan Ejore Monroe College (KEN) 4:32.72
2. Marleena Eubanks Central Arizona (JAM) 4:35.81
3. Leanne Pompeani Iowa Central CC (AUS) 4:41.29
- ... 6. Nokuthula Dlamini Monroe College (**RSA**) 4:48.12

5000 (19):

1. Leanne Pompeani Iowa Central CC (AUS) 17:09.03
2. Anais Da Silva Vincennes (FRA) 18:22.69
3. Allyson Girard Mesa CC 18:29.51
4. Nokuthula Dlamini Monroe College (**RSA**) 18:37.25

4x800 Relay (17/Sections combined):

1. Monroe College 'A' 9:23.96
 - 1) Tashay Roberts
 - 2) Nokuthula Dlamini (**RSA**)
 - 3) J'Renda Rivera
 - 4) Susan Ejore (KEN)
2. New Mexico JC 'A' 9:29.53
3. Iowa Central CC 'A' 9:40.42

Internationales Sportfest (52nd)

Rehlingen, GER, 16 May

WOMEN

2000 s/chase:

1. Gesa Krause, 1992, GER, 6:09.46
 2. Matylda Kowal, 1989, POL, 6:21.98
 3. Nolene Conrad, 1985, **RSA**, 6:34.72
-

NEWS

BELIEVE IT OR NOT – DRUG CHEAT NOW A CHILDREN'S COACH!

Athletics International reports that Liliya Shobukhova has announced her retirement from competitive distance running, according to Russian reports. "I have made a personal decision to wrap up with my sports career. I have been coaching children since January and have no intentions now of coming back," she said. Shobukhova ran 2:18:20 in the Chicago Marathon in 2011 to become the second fastest marathon runner in history but was suspended in 2014 for abnormalities in her biological passport and stripped of all results from October 2009.

STATS TIME

With the three major 12 km races now having been run (the Lilac Bloomsday Run in Spokane, the 105th Bay to Breakers in San Francisco, and on the same day the FNB Cape Town 12 ONERUN), here are lists of the top twenty male and female times so far this year. Fifteen of the forty performances came in Cape Town (ten from the men) and only one time was not recorded in one of the three big races. Only one man (Philemon Cheboi) and one woman (Jane Kibii) each has two times on the respective lists. South Africa's Stephen Mokoka and Irvette van Zyl are first and second respectively.

2016 12 KM: TOP 20 MEN'S & WOMEN'S TIMES

MEN

33:34a	Stephen Mokoka (RSA)		Cape Town
33:35a	Daniel Salel (KEN)		Cape Town
33:42a	Elroy Gelant (RSA)		Cape Town
34:08a	Sibusiso Nzima (RSA)		Cape Town
34:09a	Sibabalwe Gladwin Mzazi (RSA)		Cape Town
34:26	Philip Langat (KEN)		Spokane
34:31a	Emmanuel Bett (KEN)		Cape Town
34:38	Isaac Mwangi (KEN)		Spokane
34:42	Philemon Cheboi (KEN)		Spokane
34:50a	Timothy Toroitich (UGA)	[10]	Cape Town
34:56a	Lucky Mohale (RSA)		Cape Town
34:58a	Joel Mmone (RSA)		Cape Town
35:02	Macdonald Ondara (KEN)		Spokane
35:12a	Mthobisi Baloyi (RSA)		Cape Town
35:23a	Isaac Mukundi (KEN)		San Francisco
35:24a	Tsegay Weldlibanos (ETH)		San Francisco
35:25a	Abraham Ghebrezghiabher (ETH)		San Francisco
35:26a	Mogos Shumay Solomon (ETH)		San Francisco
35:27a	Cheboi-2		San Francisco
35:28	Eliud Ngetich (KEN)		Spokane

WOMEN

38:03	Cynthia Limo (KEN)		Spokane
39:40a	Irvette van Zyl (RSA)		Cape Town
39:42	Aliphine Tuliamuk-Bolton (USA)		Spokane
39:59	Jane Kibii (KEN)		Spokane
40:10a	Lebo Phalula (RSA)		Cape Town
40:22	Lineth Chepkurui (KEN)		Spokane
40:31a	Rutendo Nyahora (ZIM)		Cape Town
40:36	Simegn Abnet Yeshanbel (ETH)		Spokane
40:38	Risa Takenaka (JPN)		Spokane

40:47a	Kibii-2	[10]	San Francisco
40:57	Etalemahu Habtewold (ETH)		Spokane
40:59	Lindsey Scherf (USA)		Spokane
41:09	Carolyn Chepkosgei (KEN)		Zandvoort (20 Mar)
41:14	Monicah Ngige (KEN)		Spokane
41:14a	Susan Jerotich (KEN)		San Francisco
41:14a	Lebogang Phalula (RSA)		Cape Town
41:28a	Sarah Kiptoo (KEN)		San Francisco
41:32a	Christine Kalmer (RSA)		Cape Town
41:36	Allison Morgan (USA)		Spokane
41:39a	Hellen Jemutai (KEN)		San Francisco

THIS MONTH IN HISTORY

51 years ago: 31 May 1965

In the early days of the Peninsula Marthon the race was often held on 31 May, Republic Day and the same day as the Comrades Marathon. The first time this happened was when the second race was run, in 1965. One of South Africa's best distance runners at the time, Willie Olivier, scored an easy win over defending champion Dave Wassung, but his 2:27:30 missed Wassung's course record by two seconds. Olivier, then the SA cross-country champion, would win the race two more times, in 1968 with a South African best time of 2:20:21 on the aided course, and in 1969.

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
	27:42	Bitan Karoki Muchiri (KEN)		
	27:42	Leonard Barsoton Kiplimo (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		19 Mar
	46:36	Adrian Wildschutt (jun)	Ravensmead	
	44:04	Bethwell Birgen Chemwono (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		26 Mar
	61:27	Stephen Mokoka	Cardiff	
	59:10	Geoffrey Kipsang Kamworor (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		07 May
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
30 km	75:36	Wellington Bezerra da Silva (BRA)		05 Mar
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
	1:36:30	Melikhaya Frans	Uitenhage	
Marathon	1:30:45	Keita Shitara (JPN)		10 Apr
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
	2:11:27	Lusapho April	Hannover	
100 km	2:03:05	Eliud Kipchoge (KEN)		
	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	69:14	Gert Thys	Wellington	02 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	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
	2:08:46	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	1:37:22	Joseph Ndlovu	Pretoria	07 May
30 km	1:57:58	Welcome Loliwe	Uitenhage	05 Mar
Marathon	2:47:07	Dan Mothibe	East London	20 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

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	1:49:33	Jan Lebesse	Pretoria	07 May
	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
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

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	3:03:13	Assie van Aswegen	Pretoria	07 May

30 km	99:59	Clive Davies (USA) 1985		
	2:22:55	Jeff Smith	Camps Bay	10 Jan
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	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	71:13	Andile Motwani	Port Alfred	30 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	33:24	Irvette van Zyl	Cape Town	17 Apr
	31:06	Edith Chelimo (KEN)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	49:36	Maryanne Wangari Wanjiru (KEN)		
	46:14m	Florence Kiplagat (KEN) 2015		
	46:59w	Lornah Kiplagat (NED) 2007		
21.1 km	72:08	Irvette van Zyl	Benoni	31 Jan
	65:51	Viola Chepchumba (KEN)		
	65:09m	Florence Kiplagat (KEN) 2015		
	66:25w	Lornah Kiplagat (NED) 2007		
25 km	1:47:01	Caroline Wöstmann	Pretoria	07 May
	1:33:24a	Jenna Challenor	Pinetown	31 Jan
	1:27:47	Amy Cragg & Shalane Flanagan (USA)		
	79:53m	Mary Keitany (KEN) 2010		
	82:47w	Paula Radcliffe (GBR) 2005		
30 km	1:59:58	Tanith Maxwell	Camps Bay	10 Jan
	1:43:55	Miharu Shimokado (JPN)		
	1:38:49m	Mizuki Noguchi (JPN) 2005		
	1:39:11w	Mary Keitany (KEN) 2011		
Marathon	2:32:20	Irvette van Blerk	London	24 Apr
	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	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	2:00:27	Ansa Strydom	Pretoria	07 May
	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	Margie Saunders	Uitenhage	05 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:30:14	Nancy Will	East London	20 Feb
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	54:52	Pixie Sparg	Bellville	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	85:23	Pixie Sparg	Ravensmead	19 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:47:58	Veronica van Niekerk	Gordon's Bay	16 Apr
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02	Veronica van Niekerk	Camps Bay	10 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon	4:11:27a	Veronica van Niekerk	Simon's Town	21 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:38	Simonay Weitsz	Cape Town	17 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	60:51	Robyn Kaltenbrunn	Boksburg	01 May
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:31:25	Robyn Kaltenbrunn	Cape Town	26 Mar
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Sonia & Kevin Harlock, Elsa & Ben Oliver, André Gobey, Karen Zimmerman

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530,
RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za

