

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

Ivette van Zyl scored her third win in a row in the Spar Grand Prix Series yesterday when she won the Durban leg of the series. She has run close to identical times in the three events: 33:24 in Cape Town (the fastest by a South African woman this year), 33:28 in Port Elizabeth, and now 33:26 in Durban. She won by exactly a minute over Cornelia Joubert. In her first race since turning 40 three days earlier, Tanith Maxwell easily won her age category over the leader on the points table, Ulrica Stander. Maxwell's 35:39 is by far the fastest by a South African vet this year and a new Western Province record. Some of the SA records in the 40-49 age category are certainly within her reach.

Ealier last week Caster Semenya delivered another commanding performance when she kicked away from her rivals in the last 100 metres of the 800 at the Golden Gala Diamond League Meeting in Rome. Her 1:56.64 equalled the world list leader she ran in Rabat in May. She again beat the world's second fastest two-lapper, Francine Niyonsaba (BDI), who yesterday in Birmingham improved to 1:56.92. They now have the top four times on the world list, and seven of the top eight performances.

Also in Rome, Almaz Ayana (ETH) came within a frustrating 1.44 seconds of the world record for 5000 m with her 14:12.59.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Spar Grand Prix Series 10 km, Durban
- * The Sweat Shop RAC 10 km, Johannesburg

International highlights:

- * Suja Rock 'n' Roll San Diego Half Marathon, San Diego, USA
- * Freihofer's Run for Women 5 km, Albany, USA
- * Mattoni Ceské Budejovice Half Marathon, Ceske Budejovice, CZE
- * ASICS Stockholm Marathon, Stockholm, SWE
- * Bolder BOULDER 10 km, Boulder, USA
- * Memorial Rahal 10 km, Casablanca, MAR
- * Stralugano Half Marathon, Lugano, SUI
- * Track: Birmingham Grand Prix, Birmingham, GBR; Furman Elite 1500, Greenville, USA; Sparkassen Gala, Regensburg, GER; Putbos Meeting - Memorial Leon Buyle, Oordegem, BEL; Golden Gala "Pietro Mennea", Roma, ITA; Meeting de Montbéliard, Montbéliard, FRA; iFam Outdoor Meeting, Oordegem, BEL; Kenya Athletics Championships, Nairobi, KEN; Prefontaine Classic, Eugene, USA; NCAA Division I East Preliminary Round,

Jacksonville, USA; NCAA Division I West Preliminary Round, Lawrence, USA; IAAF World Challenge Dakar, Dakar, SEN; Mini Internationales, Koblenz, GER
 * 100 km del Passatore, Faenza, ITA

COMRADES CORRECTIONS AND ADDITIONS

The hot spot prizes were not available to publish with the results last week. They were, for men and women:

Dardanelles:	Collin Parura R10 000	Caroline Wöstmann R10 000
Drummond:	Bernard Dandadzi R15 000	Caroline Wöstmann R15 000
Botha's Hill:	Teboho Sello R20 000	Caroline Wöstmann R20 000

Wöstmann therefore won R45 000 in addition to her prize money of R200 000.

The first three in the men's 60+ category were: 1. Johan Nel 8:07:41, 2. Almon Zibushe (not Shalom Levi), 8:25:21, 3. Zebulon Nxumalo 8:33:42.

The final number of finishers were 14 431.

Mark Dowdeswell relates an interesting story about Wöstmann's brother, Chris Cherry. Last year their club, Varsity Kudus, gave Cherry a "My sister beat me at Comrades" medal at the club prizegiving. Cherry decided that was not good enough, and this year he slashed nearly two hours off his 2015 time with his 70th position in 6:25:45 – almost exactly 5 minutes ahead of his sister. He ran with Caroline briefly in the closing stages, but she sent him on his way in case the referees decided he was pacing her. Mark believes he can go faster still.

ROAD RUNNING

Spar Grand Prix Series 10 km

(Women only)

Durban, 5 June

(Certified loop course)

1. Irvette van Zyl (Nedbank CGA) 33:26
2. Cornelia Joubert (Boxer) 34:26
3. Lebo Phalula (Boxer) 34:39
4. Rutendo Nyahora (ZIM/Nedbank CGA) 34:48
5. Glenrose Xaba (Eskom) 34:50
6. Christine Kalmer (KPMG) 35:05
7. Mapaseka Makhanya (Olifants) 35:29
8. Jenet Dlamini (?) 35:33
9. Tanith Maxwell (Boxer) 35:39
10. Janie Grundling (Boxer) 35:49
11. Lebogang Phalula (Boxer) 36:16
12. Keneilwe Sesing (KMPG) 36:20
13. Fortunate Chidzivo (ZIM/Nedbank WP) 36:24
14. Marelise Retief (Boxer) 36:27
15. Simonay Weitsz (KPMG) 36:27
16. Ntombesintu Mfunzi (Nedbank EP) 36:35
17. Tebogo Masehla (S Orion) 36:38
18. Anel Terblanche (KPMG) 36:45
19. Thembi Baloyi (TUT) 36:59
20. Bulelwa Simae (Nedbank WP) 37:24
21. Poppy Mlambo (Boxer) 37:32

22. Makhosi Mhlongo (?) 37:34
23. Yandiswa Shange (KPMG) 37:51
24. Carina Viljoen (KPMG) 37:56
25. Ashleigh Simonis (Carbineers) 38:01
26. Ulrica Stander (FNB) 38:04
27. Robyn Kaltenbrunn (?) 38:19
28. Cary-Ann Smith (Nedbank KZN) 38:27
29. Keletso Senosi (Tuks) 38:53
30. Janene Carey (Boxer) 39:03

Veterans: 1 Tanith Maxwell (Boxer) 35:39; 2 Ulrica Stander (FNB) 38:04; 3 Janene Carey (Boxer) 39:03. **Masters:** 1 Ansie Breytenbach (Irene) 44:22; 2 Gail Babich (Savages) 47:11; 3 Elize Cilliers 48:12. **G'masters:** 1 Sandra Fismer (Hilton Harriers) 46:25; 2 Blanche Moila (Savages) 49:21; 3 Sheree Kirsten (Westville) 51:24. **Juniors:** 1 Simonay Weitsz (KPMG) 36:27; 2 Yandiswa Shange (KPMG) 37:51; 3 Carina Viljoen (KPMG) 37:56.

The Sweat Shop RAC 10 km (33rd)

Johannesburg, 15 May
(Loop course)

Note: DRR has corrected and added some names. – Ed.

MEN

1	Mbongeni	Nxazozo	Gauteng Striders	36	30:57
2	Givemore	Mudzinganyama	ZIM/Asics	26	31:25
3	Phillimon	Mathiba	Nedbank	24	31:33
4	Samuel	Matabatha	Rockies	22	31:41
5	Lucky	Mtshali	Nedbank	31	31:45
6	Simon	Mpholo	Nedbank	41	31:50
7	Kotopetsa	Mhlanga	Nedbank	27	31:17
8	Shadrack	Hoff	Boxer	43	32:26
9	Thabiso	Lethabane	Nedbank	30	32:29
10	Villoi	Pheeha	Manaco	24	32:29

Veterans:

1	Simon	Mpholo	Nedbank	41	31:50
2	Shadrack	Hoff	Boxer	43	32:26
3	Johannes	[Kekana?]	Cool Running	44	33:23

Masters:

1	Graeme	McCallum	Born 2 Run	53	36:09
2	Tony	Silva	Bedf cc	54	37:57
3	Steve	Motau	Nedbank agn	50	40:38

G'masters:

1	Frans	Ramokgopa	RAC	62	40:50
2	Joseph	Mugolovhedzi	Rockies	62	46:56
3	Wilson	Mapela	RAC	64	47:00

G/g'masters:

1	Pele	Tshikundamalema	Vodacom	76	50:23
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80+:

1	Doug	Banfield	Pirates	81	1:17:16
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Juniors:

1	Itumeleng	Sesiko	Randmark	17	34:02
2	Mpuru	Moeketsi	Nedbank	19	34:07
3	Thabo	Tshabanga	Rockies	15	34:16

WOMEN

1	Keneilwe	Sesing	KPMG	28	38:07
2	Anet	Coetzee	KMPG	27	39:10
3	Jeanette	MacKenzie	Nedbank	30	39:10
4	J.	Jordaan	Modern Athletic	36	41:34
5	Maria	?	RWFL	40	43:12
6	Nomosonto	Skosane	Nedbank	45	43:12
7	Cian	[Oldknow?]	Univ. Jhb.	19	44:11
8	Kim	Meyer	RAC	48	44:16
9	Tracy	Rankin	Ind	48	44:22
10	Michelle	Strydom	Nedbank	22	45:18

Veterans:

1	Nomosonto	Skosane	Nedbank	45	43:12
2	Kim	Meyer	RAC	48	44:16
3	Tracy	Rankin	Ind	48	44:22

Masters:

1	Onkemetse		Sibanye Gold	50	46:50
2	Lynn	Biesheuvel	RAC	53	48:42
3	J.	Simon	Discovery	50	54:37

G'masters:

1	Ithuteng M.	Boshoe	Sunninghill	64	1:01:17
2	Miriam	Mashaba	Team Vitality	62	1:02:20
3	Elaine	Greenblatt	RAC	67	1:02:23

G/g'masters:

1	Joan	Hamilton	Ind	70	1:07:36
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80+:

1	Deirdre	Larkin	Rand Har	84	1:02:32
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Juniors:

1	Cian	[Oldknow?]	Univ. Jhb.	19	44:11
2	Tinuiko	Ndluli	Blue Sky	18	51:22
3	Zwivhuya	Ramathogi	Blue Sky	16	57.27

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**Suja Rock 'n' Roll San Diego Half Marathon (7th)**

San Diego, USA, 5 June

(Distance: 21.1 km; point-to-point certified course with approx. 4.1 m/km loss and 15.2% separation [not record standard])

MEN (gun times)

1.	Scott Smith, 29, Flagstaff, AZ	1:02:34 PB \$3500
2.	Daniel Teklebrhan, 28, Los Angeles, AZ (ERI?)	1:03:36 2000
3.	Jeffrey Eggleston, 31, Boulder, CO	1:03:44 1500

WOMEN

1.	Shalane Flanagan, 34, Portland, OR	1:07:51 PB/ER \$3500
2.	Amy Cragg, 32, Portland, OR	1:09:50 PB 2000
3.	Eri Hayakawa, 34, JPN	1:14:10 1500

Freihofer's Run for Women 5 km (38th)

(USATF Adirondack 5 km Open Women's Road Race Championship)

Albany, USA, 4 June

(Certified loop course. Gun times.)

1. Brianne Nelson, 35, Golden, CO	15:46	\$10,000
2. Sara Hall, 33, Redding, CA	15:56	5,000
3. Maegan Krifchin, 28, Silver Spring, MD	16:11 PB	3,000
... 47. Joan Benoit Samuelson, 59, Freeport, ME	19:31	

Mattoni Ceské Budejovice Half Marathon (5th)

(IAAF Gold Label Road Race)

Ceske Budejovice, CZE, 4 June

(Distance: 21.1 km. Evening race, 19:00 start)

MEN (gun times)

1. Barselius KIPYEGO, KEN	1:00:30	€ 2500 + 1000i + 500^
2. Henry KIPLAGAT, 1992, KEN	1:00:52	1200 + 1000i
3. Goeffrey Kimutai KOECH, KEN	1:02:29	1000
4. Frankline CHEPKWONY, KEN	1:03:01	600
5. Evans CHERUIYOT, KEN	1:03:18	500
6. Geoffrey MUTAI, KEN	1:04:28	400

i) Earned time bonus for sub 61:00

^) Additional bonus for leading at 18 km in sub-51:40

WOMEN (gun times)

1. Ashete BEKERE, ETH	1:10:40 CR*	€ 2500 + 1000* + 500^
2. Risrah CHEBET, KEN	1:12:01	1200
3. Sarah JEBET, KEN	1:12:38 DB	1000
4. Ai UTSUNOMIYA, JPN	1:13:57	600
5. Lucy Wambui MURIGI, KEN	1:14:53	500

*) Course record bonus

^) Additional bonus for leading at 18 km in sub-58:30

ASICS Stockholm Marathon (38th)

(Swedish Marathon Championships)

Stockholm, SWE, 4 June

(Distance: 42.195 km; near-loop course with stadium finish)

Note: *Race Results Weekly* reports that one of Europe's oldest marathon course records fell here as Stanley Koech clocked a personal best 2:10:58 to get the win, slicing 39 seconds off of Hugh Jones's 33 year-old course record. On the women's side, seven-time champion Isabellah Andersson had to settle for second, finishing four minutes behind Jane Onyangi who set a personal best, despite slowing way down in the second half. – Ed.

MEN (gun times)

1. Stanley Kipchirchir Koech, KEN	2:10:58 PB/CR	USD 8000 + 5000*
	[1:05:59 / 1:04:59]	
2. Daniel Kiprop Limo, 1983, KEN	2:12:00	4000
3. Benjamin Bitok, 1982, KEN	2:14:01	2000

*) Course record bonus

WOMEN (gun times)

- | | |
|-----------------------------------|---------------------|
| 1. Jane Moraa Onyangi, 1991, KEN | 2:31:46 PB USD 8000 |
| | [1:14:36 / 1:17:10] |
| 2. Isabellah Andersson, 1980, SWE | 2:35:47 4000 |
| 3. Charlotte Karlsson, 1984, SWE | 2:46:29 2000 |

Bolder BOULDER 10 km (38th) & International Team Challenge (19th)

Boulder, USA, 30 May

(Certified point-to-point course for citizen and elite runners with slight elevation gain; Boulder is at high altitude [1655 m].)

INTERNATIONAL TEAM CHALLENGE MEN (extended gun times)

Individuals:

- | | |
|---------------------------|------------------------------|
| 1. Isaac Mukundi, KEN | 29:12.14 \$3000 + 1000i |
| 2. Terefe Debela, ETH | 29:22.06 2000 + 750i |
| 3. Diego Estrada, USA/RED | 29:40.86 1500 + 500i + 2250u |
| 4. MacDonard Ondara, KEN | 29:48.85 1000 + 250i |
| 5. Tsegay Tuemay, ERI | 29:52.23 800 + 250i |

i) Earned time bonus

Teams (Cross-country scoring):

- | | |
|--------------|--------------------|
| 1. KENYA | |
| 1 4 9 = 14 | \$15,000 |
| 2. USA RED | |
| 3 6 8 = 17 | 10,000 + \$17,500u |
| 3. ERITREA | |
| 5 11 17 = 33 | 7,000 |

u) USA Bonus/Training Funds

INTERNATIONAL TEAM CHALLENGE WOMEN (extended gun times)

Individuals:

- | | |
|-------------------------------------|------------------------|
| 1. Amane Gobena, ETH | 33:39.87 \$3000 + 500i |
| 2. Miyuki Uehara, JPN | 34:15.42 2000 |
| 3. Caroline Chepkoech Kipkirui, KEN | 34:18.60 1500 |
| 4. Risper Gesabwa, KEN | 34:27.15 1000 |
| 5. Margarita Hernandez Flores, MEX | 34:35.68 800 |

) Earned time bonus

Teams (Cross-country scoring):

- | | |
|-------------|----------|
| 1. KENYA | |
| 3 4 7 = 14 | \$15,000 |
| 2. JAPAN | |
| 2 6 12 = 20 | 10,000 |
| 3. ETHIOPIA | |
| 1 9 15 = 25 | 7,000 |

Memorial Rahal 10 km (5th)

Casablanca, MAR, 29 May

(Course configuration and certification unknown)

Note: Ken Young of *The Analytical Distance Runner*, using the Race Time Bias (RTB) formula devised by him, which compares runners' times in a race with what one could expect them to run based on their most recent performances, has found this race to be short. His figure for twelve time comparisons is -6.32 sec/km, exceeding the maximum allowable -5 sec/km. "The real clincher," Young wrote, "is that there were at least seven unknown runners under the ARRS [Association of Road Racing Statisticians] qualifying standards." Performances from this race will therefore not be used for statistical lists.

MEN (gun times)

1. Dawit Fikadu, ETH 27:56
2. Kilimo Rhonzas, KEN 27:57
3. Edwin Kipsang, KEN 27:58
4. Mourad Marofit, MAR 28:16
5. Joel Mmone, RSA 28:23
6. David Manja, RSA 28:23

WOMEN (gun times)

1. Shewaye Woldemeskel, ETH 33:05
2. Hajiba Hassnaoui, MAR 33:09
3. Keltoum Bouassria, MAR 33:15
4. Soud Kambouchia, MAR 33:33
5. Hannane Kalouj, MAR 33:42

Stralugano Half Marathon (12th)

Lugano, SUI, 22 May

(Distance: 21.1 km; one-loop course)

Note: A great personal best for 43-year-old Catherine Bertone, who earlier this year also set a PB of 2:30:19 in the marathon and is a contender for a place in the Italian Olympic team. – Ed.

MEN (extended gun times)

1. Cosmas Jairus Kipchoge, 1986, KEN 1:01:01.2 CHF 2000 (=USD 2017)
2. Nicholas Mulinge Makau, 1990, KEN 1:01:02.2 PB 1000
3. Tadesse Abraham, 1982, SUI 1:01:28.7 500
4. Thomas James Lokomwa, 1987, KEN 1:01:59.7 250
5. Patrick Ereng, 1987, KEN 1:02:16.1 250

WOMEN (extended gun times)

1. Muliye Dekebo Haylemariyam, 1998, ETH 1:09:51.0 PB CHF 2000 (=USD 2017)
2. Charity Kiprop, 1995, KEN 1:12:40.1 PB 1000
3. Gladys Kataron Kiplagat, 1991, KEN 1:13:24.1 PB 500
4. Catherine Bertone, 1972, ITA 1:13:41.2 PB 250
5. Caroline Cheron, 1983, KEN 1:15:33.8 250

TRACK**Birmingham Grand Prix**

(5th stop of 2016 IAAF Diamond League)

Birmingham, GBR, 5 June

Note: David Rudisha and Pierre-Ambroise Bosse ran the #2 and #3 marks of all time in the rarely run 600. Rudisha's 1:13.10 missed Johnny Gray's 30-year-old world record by just 29/100ths of a second. Asbel Kiprop ran the fastest 1500 ever on British soil, dominating his race in 3:29.33, while Mo Farah finally broke David Moorcroft's British 3000 record, clocking a world-leading 7:32.62. Moorcroft's previous record of 7:32.79 was set way back in 1982. – Ed.

MEN

600:

1. David RUDISHA, 1988, KEN, 1:13.10 AR/WL/DLR
2. Pierre-Ambroise BOSSE, 1992, FRA, 1:13.21 AR
3. Erik SOWINSKI, 1989, USA, 1:15.06 PB
4. Joshua RALPH, 1991, AUS, 1:15.50
5. Michael RIMMER, 1986, GBR, 1:15.87 PB
6. Marcin LEWANDOWSKI, 1987, POL, 1:16.45
7. Luke MATHEWS, 1995, AUS, 1:18.05
8. Andrew Kiptoo ROTICH, 1987, KEN, 1:18.56

1500 (DL):

1. Asbel KIPROP, 1989, KEN, 3:29.33 WL/MR/ACR
2. Abdelaati IGUIDER, 1987, MAR, 3:33.10
3. Nick WILLIS, 1983, NZL, 3:34.29
4. Vincent KIBET, 1991, KEN, 3:34.60 SB
5. James Kiplagat MAGUT, 1990, KEN, 3:35.18 SB
6. Ryan GREGSON, 1990, AUS, 3:35.50
7. Silas KIPLAGAT, 1989, KEN, 3:35.52
8. Henrik INGEBRIGTSEN, 1991, NOR, 3:36.00 SB
9. Jake WIGHTMAN, 1994, GBR, 3:37.53 SB
10. Dawit WOLDE, 1991, ETH, 3:37.60
11. Thomas LANCASHIRE, 1985, GBR, 3:37.77 SB
12. Timo BENITZ, 1991, GER, 3:37.77
13. Pieter-Jan HANNES, 1992, BEL, 3:41.10

3000:

1. Mo FARAH, 1983, GBR, 7:32.62 WL/NR
2. Mathew KIPTANUI, 1994, KEN, 7:44.16 PB
3. Hillary Kipkorir MAIYO, 1993, KEN, 7:44.99 SB
4. Andrew BUTCHART, 1991, GBR, 7:45.00 PB
5. Bethwell BIRGEN, 1988, KEN, 7:48.59
6. Jeroen D'HOEDT, 1990, BEL, 7:53.36 PB
7. Ben ST. LAWRENCE, 1981, AUS, 7:53.68
8. Jonathan TAYLOR, 1987, GBR, 7:57.96
9. Abraham KIBIWOTT, 1996, KEN, 8:02.95 PB
10. Richard WEIR, 1984, GBR, 8:04.59

3000 s/chase (DL):

1. Conseslus KIPRUTO, 1994, KEN, 8:00.12 WL/MR/ACR
2. Paul Kipsiele KOECH, 1981, KEN, 8:10.19 SB
3. Barnabas KIPYEGO, 1995, KEN, 8:14.74
4. Brimin Kiprop KIPRUTO, 1985, KEN, 8:19.33 SB
5. Jairus BIRECH, 1992, KEN, 8:20.31

6. Clement Kimutai KEMBOI, 1992, KEN, 8:21.07
7. Krystian ZALEWSKI, 1989, POL, 8:29.00
8. Taylor MILNE, 1981, CAN, 8:30.42
9. Chris WINTER, 1986, CAN, 8:31.06
10. Rob MULLETT, 1987, GBR, 8:31.13
11. Luke GUNN, 1985, GBR, 8:52.60

WOMEN

800 (DL):

1. Francine NIYONSABA, 1993, BDI, 1:56.92 MR
2. Renelle LAMOTE, 1993, FRA, 1:58.01 PB
3. Melissa BISHOP, 1988, CAN, 1:58.48 SB
4. Lynsey SHARP, 1990, GBR, 1:59.29
5. Marina ARZAMASOVA, 1987, BLR, 1:59.97
6. Chanelle PRICE, 1990, USA, 2:00.80 SB
7. Ajee' WILSON, 1994, USA, 2:00.81 SB
8. Joanna JÓZWIK, 1991, POL, 2:01.24
9. Laura ROESLER, 1991, USA, 2:01.54

1500:

1. Sarah McDONALD, 1993, GBR, 4:07.18 PB
2. Melissa COURTNEY, 1993, GBR, 4:07.55 PB
3. Claudia Mihaela BOBOCEA, 1992, ROU, 4:08.64 PB
4. Bobby CLAY, 1997, GBR, 4:10.61 PB
5. Rosie CLARKE, 1991, GBR, 4:12.41 SB
6. Sarah INGLIS, 1991, GBR, 4:12.58 PB

5000 (DL):

1. Vivian CHERUIYOT, 1983, KEN, 15:12.79
2. Mercy CHERONO, 1991, KEN, 15:12.85
3. Janet KISA, 1992, KEN, 15:19.48
4. Haftamnesh TESFAYE, 1994, ETH, 15:24.04
5. Eloise WELLINGS, 1982, AUS, 15:26.19
6. Genevieve LACAZE, 1989, AUS, 15:27.13 PB
7. Birtukan Fente ALEMU, 1989, ETH, 15:39.55
8. Dominika NAPIERAJ, 1991, POL, 15:41.47 PB
9. Jessica ANDREWS, 1992, GBR, 15:46.82 PB
10. Jo PAVEY, 1973, GBR, 15:47.64
11. Deirdre BYRNE, 1982, IRL, 15:58.65
12. Emma CLAYTON, 1988, GBR, 16:07.47
13. Camille BUSCOMB, 1990, NZL, 16:11.17

Furman Elite 1500

Greenville, USA, 4 June

WOMEN

1500:

- | | | |
|-------------------------------|---------------|------------|
| 1. Morgan Uceny | Adidas | 4:03.94 |
| 2. Nicole Sifuentes | Saucony (CAN) | 4:03.97 PB |
| 3. Heather Kampf | Asics | 4:04.46 PB |
| ... 6. Alexa Efraimson (1997) | Nike | 4:06.38 |

Sparkassen Gala

Regensburg, GER, 4-5 June

MEN

800 Gala (05):

Race 2:

1. Sören Ludolph, 1988, GER, 1:46.43
2. Benedikt Huber, 1989, GER, 1:46.57
3. Patrick Zwicker, 1994, GER, 1:46.90

Race 1:

1. Themba Madima, 1989, RSA, 1:48.43
2. Kevin Stadler, 1993, GER, 1:48.47
3. Miroslav Burian, 1992, CZE, 1:48.84

3000s/chase (04):

1. Andrea Sanguinetti, 1992, ITA, 8:38.80
2. Tim Stegemann, 1992, GER, 8:39.97
3. Tumisang Monnatlala, 1995, RSA, 8:45.06

Putbos Meeting - Memorial Leon Buyle

Oordegem, BEL, 4 June

MEN

3000:

Main Program:

1. Gladwin Mzazi, RSA, 8:06.00
2. Dieter Kersten, ADD, 8:07.66
3. Michael Somers, LYRA, 8:07.87

WOMEN

1500:

After Program:

Race 1:

1. Liina Tsernov, EST, 4:21.58
2. Mandie Brandt, RSA, 4:23.04
3. Jill Holterman, NED, 4:24.13

Golden Gala "Pietro Mennea"

(4th stop of 2016 IAAF Diamond League)

Stadio Olimpico, Roma, ITA, 2 June

MEN

1500 (DL):

1. Elijah Manangoi, KEN, 3:33.96
2. Robert Kiptoo Biwott, KEN, 3:34.21
3. Ryan Gregson, AUS, 3:34.27
4. Silas Kiplagat, KEN, 3:34.49
5. Aman Wote, ETH, 3:35.10
6. Bethwell Birgen, KEN, 3:35.36
7. Chris O'Hare, GBR, 3:35.37
8. Florian Carvalho, FRA, 3:35.39
9. Homiyu Tesfaye, GER, 3:35.44
10. Morhad Amdouni, FRA, 3:35.58
11. Charles Philibert-Thiboutot, CAN, 3:36.00
12. Henrik Ingebrigtsen, NOR, 3:36.07

13. Dawit Wolde, ETH, 3:37.41
14. Collins Cheboi, KEN, 3:38.29
15. Mohad Abdikadar Sheik Ali, ITA, 3:38.74

3000 s/chase (DL):

1. Conseslus Kipruto, KEN, 8:01.41 WL
2. Jairus Birech, KEN, 8:11.39
3. Paul Kipsiele Koech, KEN, 8:14.46
4. Yoann Kowal, FRA, 8:17.83
5. Stanley Kebenei, USA, 8:18.52 PB
6. Hillary Kipsang Yego, KEN, 8:19.01
7. Krystian Zalewski, POL, 8:19.91
8. Bilal Tabeti, ALG, 8:20.26 PB
9. Cory Leslie, USA, 8:20.43
10. Jiksa Tolosa, ETH, 8:21.33 PB
11. Ezekiel Kemboi, KEN, 8:24.26
12. John Kibet Koech, BRN, 8:24.81
13. Lawrence Kemboi Kipsang, KEN, 8:26.06
14. Brimin Kiprop Kipruto, KEN, 8:29.54
15. Taylor Milne, CAN, 8:30.04

WOMEN

800:

Race A (DL):

1. Caster Semenya, RSA, 1:56.64 WL=
2. Francine Niyonsaba, BDI, 1:58.20
3. Lynsey Sharp, GBR, 1:59.03
4. Renelle Lamote, FRA, 1:59.23
5. Marina Arzamasova, BLR, 1:59.65
6. Habitam Alemu, ETH, 1:59.79
7. Melissa Bishop, CAN, 1:59.97
8. Joanna Józwik, POL, 2:00.72
9. Selina Büchel, SUI, 2:01.00
10. Eunice Sum, KEN, 2:02.03
11. Ajee' Wilson, USA, 2:03.33

Race B:

1. Tigst Assefa, ETH, 2:00.84
2. Angelika Cichocka, POL, 2:01.30
3. Malika Akkaoui, MAR, 2:01.45
4. Yuneisy Santiusty, ITA, 2:01.82
5. Chanelle Price, USA, 2:02.07
6. Shelayna Oskan-Clarke, GBR, 2:02.15

5000 (DL):

1. Almaz Ayana, ETH, 14:12.59 WL/PB
2. Mercy Cherono, KEN, 14:33.95 PB
3. Viola Kibiwot, KEN, 14:34.39
4. Senbere Teferi, ETH, 14:37.19
5. Etenesh Diro, ETH, 14:37.51 PB
6. Yasemin Can, TUR, 14:37.61 PB
7. Janet Kisa, KEN, 14:42.61
8. Dera Dida, ETH, 14:42.84 PB
9. Genet Yalew, ETH, 14:51.04
10. Karoline Bjerkeli Grøvdal, NOR, 14:57.77 PB
11. Stephanie Twell, GBR, 14:59.00
12. Gelete Burka, ETH, 14:59.78

13. Gotytom Gebreslase, ETH, 15:00.21
14. Letesenbet Gidey, ETH, 15:09.45
15. Juliet Chekwel, UGA, 15:20.15 PB
16. Meryem Akda, TUR, 15:24.60 PB

Meeting de Montbéliard

Montbéliard, FRA, 1 June

WOMEN

3000 s/chase:

1. Luiza GEGA, ALB, 9:32.95 NR
2. Weynshet ANSA, ETH, 9:41.41 PB
3. Marie-Eliane SAHOLINIRINA, Stade Sottevillais 76 (MAD), 9:45.28 NR
- ... 10. Nolene CONRAD, RSA, 10:31.28

iFam Outdoor Meeting

Oordegem, BEL, 28 May

MEN

1500:

Race 4:

1. Henrik Ingebrigtsen, 1991, NOR, 3:36.34
2. Hamish Carson, 1988, NZL, 3:36.97
3. Filip Ingebrigtsen, 1993, NOR, 3:37.04
- ... 8. Elroy Gelant, 1986, RSA, 3:40.88

5000:

Race 1:

1. Nftalem Awet Kibrab, 1997, ERI, 13:22.90
2. Florian Orth, 1989, GER, 13:23.67
3. Jonathan Davies, 1994, GBR, 13:23.94
- ... 23. Gladwin Mzazi, 1988, RSA, 13:55.29

3000 s/chase:

Race 1:

1. Mohamed Boulama, 1993, MAR, 8:31.05
2. Rantso Mokopane, 1994, RSA, 8:31.72
3. Dikotsi Lekopa, 1988, RSA, 8:32.79
4. Tumisang Monnatlala, 1995, RSA, 8:33.61

WOMEN

1500:

Race 2:

1. Marie-Eliane Saholinirina, 1982, FRA, 4:15.13
2. Aurore Fleury, 1993, FRA, 4:15.57
3. Johanna Geyer-Carles, 1995, FRA, 4:15.59
- ... 9. Mandie Brandt, 1982, RSA, 4:22.91

3000 s/chase:

1. Juliana Gomes Dos Santos, 1983, BRA, 9:39.33
2. Maeva Danois, 1993, FRA, 9:40.19
3. Matylda Kowal, 1989, POL, 9:40.39
- ... 18. Nolene Conrad, 1985, RSA, 10:15.47

Kenya Athletics Championships

Nairobi, KEN, 26-28 May

MEN**800 – FINAL – 28 MAY**

1. Nicholas KIPLANGAT (KEN) 1992 1:43.91
2. Jonathan KITILIT (KEN) 1994 1:44.24
3. Boaz KIPRUGUT (KEN) 1998 1:44.64

1500 – FINAL – 28 MAY

1. Vincent LETTING (KEN) 1988 3:37.03
2. Timothy CHERUIYOT (KEN) 1995 3:37.04
3. Erick KIPTANUI (KEN) 1990 3:37.73

5000 – FINAL – 28 MAY

1. Mangata NDIWA (KEN) 1987 13:34.20
2. Douglas KIPSEREM (KEN) 1990 13:37.13
3. Peter LANGAT (KEN) 1998 13:37.34

10000 – FINAL – 28 MAY

1. Kenneth KIPKEMOI (KEN) 1984 27:52.1h
2. Wilfred KIMITEI (KEN) 1985 27:54.2h
3. Stephen ARITA (KEN) 1988 27:59.0h

3000 s/chase – FINAL – 28 MAY

1. Abraham KIBIWOTT (KEN) 1996 8:20.5h
2. Phenus KIPLETING (KEN) 8:21.5h
3. Justus KIPKORIR (KEN) 1996 8:22.5h

WOMEN**800 - FINAL - 28 MAY**

1. Emily JEROTICH (KEN) 1986 2:00.30
2. Winny CHEBET (KEN) 1990 2:00.40
3. Silvia CHESEBE (KEN) 1989 2:01.11

1500 – FINAL – 28 MAY

1. Judy KIYENG (KEN) 1994 4:05.45
2. Selah JEPLETING (KEN) 1991 4:06.28
3. Sandra CHEBET (KEN) 1998 4:08.36

5000 – FINAL – 28 MAY

1. Sheila CHEPKIRUI (KEN) 1990 15:30.8h
2. Margaret CHELIMO (KEN) 1993 15:32.1h
3. Sheila CHELANGAT (KEN) 1998 15:42.0h

10000 – FINAL – 27 MAY

1. Alice APROT (KEN) 1994 31:40.99
2. Jackline CHEPNGENO (KEN) 1993 31:58.37
3. Joyciline JEPKOSGEI (KEN) 1993 32:35.82

3000 s/chase – FINAL – 28 MAY

1. Lydia ROTICH (KEN) 1988 9:27.1h
2. Norah JERUTO (KEN) 1995 9:28.5h
3. Agnes JESANG (KEN) 1986 9:34.4h

Prefontaine Classic (41st)

(3rd stop of 2016 IAAF Diamond League)

Historic Hayward Field, Eugene, USA, 27-28 May

MEN

800 (28):

1. Boris BERIAN, USA, 1:44.20
2. Ferguson Rotich CHERUIYOT, KEN, 1:44.56
3. Mohammed AMAN, ETH, 1:44.70
4. Adam KSZCZOT, POL, 1:44.99
5. Timothy KITUM, KEN, 1:45.30
6. Amel TUKA, BIH, 1:45.90
7. Wesley VAZQUEZ, PUR, 1:46.04
8. Andrew WHEATING, USA, 1:48.09
- Harun ABDA, USA, DNF

Bowerman Mile (28):

1. Asbel KIPROP, KEN, 3:51.54 WL
2. Abdelaati IGUIDER, MAR, 3:51.96
3. Elijah Motonei MANANGOI, KEN, 3:52.39 PB
4. Vincent KIBET, KEN, 3:52.71
5. Taoufik MAKHLOUFI, ALG, 3:52.95
6. Aman WOTE, ETH, 3:53.23
7. Ben BLANKENSHIP, USA, 3:53.83 PB
8. Evan JAGER, USA, 3:54.21
9. Silas KIPLAGAT, KEN, 3:56.60
10. James Kiplagat MAGUT, KEN, 3:56.89
11. Jakub HOLUSA, CZE, 3:58.34
12. Drew HUNTER, USA (1997), 3:58.86 PB/WJL

1500 *en route* times:

1. Abdelaati IGUIDER, MAR, 3:37.42
2. Asbel KIPROP, KEN, 3:37.47
3. Ben BLANKENSHIP, USA, 3:37.80
4. Aman WOTE, ETH, 3:37.97
5. Elijah Motonei MANANGOI, KEN, 3:38.02
6. Taoufik MAKHLOUFI, ALG, 3:38.20
7. Vincent KIBET, KEN, 3:38.67
8. Evan JAGER, USA, 3:38.87
9. Silas KIPLAGAT, KEN, 3:41.26
10. James Kiplagat MAGUT, KEN, 3:41.30
11. Drew HUNTER, USA (1997), 3:41.85
12. Jakub HOLUSA, CZE, 3:42.48

International Mile (28):

1. Charlie GRICE, GBR, 3:52.64 PB
2. Dawit WOLDE, ETH, 3:55.80
3. Jordan MCNAMARA, USA, 3:58.28
4. Michael SLAGOWSKI, USA (1997), 3:59.78
5. Leo MANZANO, USA, 4:00.27

5000 (28):

1. Muktar EDRIS, ETH, 12:59.43 WL
2. Geoffrey KAMWOROR, KEN, 12:59.98 PB
3. Mohammed AHMED, CAN, 13:01.74 NR
4. Thomas LONGOSIWA, KEN, 13:02.91
5. Edwin SOI, KEN, 13:03.26

6. Hassan MEAD, USA, 13:04.17
7. Yenew ALAMIREW, ETH, 13:04.29
8. Joshua CHEPTEGEI, UGA, 13:07.53
9. Isiah KOECH, KEN, 13:08.34
10. Caleb NDIKU, KEN, 13:12.25
11. Ben TRUE, USA, 13:12.67
12. Paul Kipngetich TANUI, KEN, 13:15.22
13. Paul CHELIMO, USA, 13:21.61 PB
14. Cam LEVINS, CAN, 13:26.79
15. Ryan HILL, USA, 13:35.74
16. Samuel CHELANGA, USA, 13:46.84
- Bernard LAGAT, USA (1974), DNF (illness)
- Yasin HAJI, ETH, DNF (fell)

10000 (27):

1. Mo FARAH, GBR, 26:53.71 WL
2. William Malel SITONIK, KEN, 26:54.66 PB
3. Tamirat TOLA, ETH, 26:57.33 PB
4. Stephen SAMBU, KEN, 26:58.25
5. Ibrahim JEILAN, ETH, 26:58.75 PB
6. Zersenay TADESE, ERI, 27:00.66
7. Nicholas Mboroto KOSIMBEI, KEN, 27:02.59 PB
8. Guye ADOLA, ETH, 27:09.78 PB
9. Vincent YATOR, KEN, 27:25.94 PB
10. Birhan NEBEBEW, ETH, 27:27.30
11. Imane MERGA, ETH, 27:27.33
12. Leonard BARSOTON, KEN, 27:31.86
13. James MWANGI, KEN, 27:38.97 PB
14. Teklemariam MEDHIN, ERI, 27:42.34
15. El Hassan EL ABBASSI, BRH, 27:47.29
16. Eric JENKINS, USA, 27:48.02 PB
17. Stephen MOKOKA, RSA, 27:48.84
18. Emmanuel BETT, KEN, 27:53.05
19. Nguse AMLOSOM, ERI, 27:57.54
20. Chris DERRICK, USA, 28:38.83
- Albert ROP, BRN, DNF
- Titus MBISHEI, KEN, DNF
- Suguru OSAKO, JPN, DNF
- German FERNANDEZ, USA, DNF
- Mosinet GEREMEW, ETH, DNF
- Tariku BEKELE, ETH, DNF
- Aweke AYALEW, BRN, DNF
- Josphat Kipkoech BETT, KEN, DNF

WOMEN

800 (27):

1. Alysia MONTANO, USA, 2:00.78
2. Kate GRACE, USA, 2:01.16
3. Chrishuna WILLIAMS, USA, 2:01.69
4. Chanelle PRICE, USA, 2:01.87
5. Molly LUDLOW, USA, 2:01.99
6. McKayla FRICKER, USA, 2:02.13
7. Laura ROESLER, USA, 2:02.27
8. Charlene LIPSEY, USA, 2:04.88
9. Stephanie BROWN, USA, 2:05.84
- Kendra CHAMBERS, USA, DNF

1500 (28):

1. Faith KIPYEGON, KEN, 3:56.41 NR/ACR
2. Dawit SEYAUM, ETH, 3:58.10 PB
3. Gudaf TSEGAY, ETH (1997), 4:00.18 PB/WJL
4. Jenny SIMPSON, USA, 4:01.57
5. Linden HALL, AUS, 4:01.78 PB
6. Laura WEIGHTMAN, GBR, 4:03.04
7. Shelby HOULIHAN, USA, 4:03.39 PB
8. Brenda MARTINEZ, USA, 4:03.57
9. Sheila REID, CAN, 4:03.96
10. Shannon ROWBURY, USA, 4:04.65
11. Treniere MOSER, USA, 4:07.04
12. Alexa EFRAIMSON, USA, 4:08.81
- Axumawit EMBAYE, ETH, DNF
- Renata PLIS, POL, DNF
- Chanelle PRICE, USA, DNF

5000 (27):

1. Hellen OBIRI, KEN, 14:32.02 PB
2. Viola KIBIWOT, KEN, 14:35.13
3. Vivian CHERUIYOT, KEN, 14:35.69
4. Mercy CHERONO, KEN, 14:37.08
5. Belaynesh OIJIRA, ETH, 14:42.57 PB
6. Irine CHEPTAI, KEN, 14:43.42 PB
7. Sally KIPYEGO, KEN, 14:43.98
8. Betsy SAINA, KEN, 14:44.67
9. Ababel YESHANEH, ETH, 14:47.29
10. Alemitu HAROYE, ETH, 14:47.30
11. Molly HUDDLE, USA, 14:48.14
12. Gelete BURKA, ETH, 14:59.94
13. Kim CONLEY, USA, 15:10.69
14. Marielle HALL, USA, 15:20.60
15. Nicole TULLY, USA, 16:18.49
- Buze DIRIBA, ETH, DNF
- Mimi BELETE, BRN, DNF
- Heather KAMPF, USA, DNF (pace)

3000 s/chase (28):

1. Ruth JEBET, BRN, 8:59.97 NR/WL/ACR
2. Hyvin KIYENG, KEN, 9:00.01 NR
3. Emma COBURN, USA, 9:10.76 NR
4. Beatrice CHEPKOECH, KEN, 9:17.41 PB
5. Sofia ASSEFA, ETH, 9:18.16
6. Leah O'CONNOR, USA, 9:18.85 PB
7. Gesa KRAUSE, GER, 9:22.33
8. Lidya CHEPKURUI, KEN, 9:22.81
9. Purity KIRUI, KEN, 9:31.76
10. Genevieve LALONDE, CAN, 9:32.17 NR
11. Ashley HIGGINSON, USA, 9:33.38
12. Virginia NYAMBURA, KEN, 9:36.09

NCAA Division I East Preliminary Round

Jacksonville, USA, 26-28 May

WOMEN

1500:

Final (28):

Heat 1 -

1. Marta Freitas, SR, Miss State (POR) 4:09.80 Q PB
2. Shannon Osika, SR, Michigan 4:13.89 Q
3. Karisa Nelson, SO, Samford 4:15.12 Q PB
4. Devon Hoppe, SR, Michigan 4:15.23 Q PB
5. Stephanie Vanpelt, SR, St. John's 4:15.68 Q PB
6. Katherine Delaney, SR, Vanderbilt 4:17.96 q PB
7. Brenna Calder, SO, Indiana 4:22.91
8. Britt Ummels, SR, Mississippi (NED) 4:25.07
9. Sara Barron, SR, Vanderbilt 4:26.00
10. Aynslee van Graan, SO, C. Carolina (RSA) 4:29.44

Heat 2 -

1. Jaimie Phelan, JR, Michigan (CAN) 4:19.22 Q PB
2. Dana Giordano, SR, Dartmouth 4:19.24 Q
3. Andrea Keklak, JR, Georgetown 4:19.35 Q
4. Ffion Price, JR, Miss State (GBR) 4:20.45 Q
5. Madison Granger, JR, Duke 4:20.49 Q
6. Alexandra Lucki, SO, Maryland (CAN) 4:20.90 q
7. Martina Rodriguez, JR, Memphis (ESP) 4:22.04
8. Olivia Sadler, SR, Columbia (GBR) 4:23.09
9. Natalie Cizmas, SO, Eastern Michigan 4:24.77
10. Carol Strock, JR, James Madison 4:25.61
11. Frances Schmiede, JR, Yale (AUS) 4:25.69

Prelims (26):

Heat 2 -

1. Dana Giordano, SR, Dartmouth 4:18.24 Q PB
2. Ffion Price, JR, Miss State (GBR) 4:18.84 Q
3. Frances Schmiede, JR, Yale (AUS) 4:19.01 Q
4. Brenna Calder, SO, Indiana 4:19.12 Q PB
5. Britt Ummels, SR, Mississippi (NED) 4:19.21 Q PB
6. Aynslee Van Graan, SO, Coastal Carolina (RSA) 4:19.57 q PB

NCAA Division I West Preliminary Round

Lawrence, USA, 26-28 May

WOMEN

5000 (28):

Heat 1 -

1. Aurora Dybedokken, SO, Oklahoma St(NOR) 16:08.16 Q
2. Aisling Cuffe, SR, Stanford 16:08.45 Q
3. Brenna Peloquin, FR, Boise State 16:09.14 Q
4. Vanessa Fraser, JR, Stanford 16:10.57 Q
5. Kaitlyn Benner, SO, Colorado 16:14.27 Q

Heat 2 -

1. Dominique Scott, SR, Arkansas (RSA) 16:15.88 Q
2. Karissa Schweizer, SO, Missouri 16:20.79 Q
3. Lauren LaRocco, SO, Portland 16:21.09 Q

10000 (27):

1. Dominique Scott, SR, Arkansas (RSA) 34:20.35 q
2. Alice Wright, JR, New Mexico (GBR) 34:21.95 q
3. Katie Knight, JR, Washington 34:22.87 q

IAAF World Challenge Dakar

Dakar, SEN, 25 May

MEN

1. Abdi Waiss Mouhyadin, DJI 3:36.87
2. Younés Essalhi, MAR 3:37.32
3. Collins Cheboi, KEN 3:37.82
4. Dumisane Hlaselo, RSA 3:40.58
- ... 7. Jerry Motsau, RSA 3:54.17

Mini Internationales (34th)

Koblenz, GER, 25 May

WOMEN

5000:

1. Marcella Herzog, 1993, Running 2000 (NED), 15:59.28 PB
2. Stephanie Barnes, 1988, Ca Brabant Wallon (GBR), 16:01.78
3. Melat Yisak Kejeta, 1992, PSV Grün Weiß Kassel, 16:06.43
- Nolene Conrad, 1985, RSA, DNF

ULTRA/MOUNTAIN/TRAIL RUNNING

100 km del Passatore (44th)

Faenza, ITA, 28 May

Note: Roman taxi driver Giorgio Calcaterra, 44, got his 11th consecutive victory here. – Ed.

OVERALL (gun times)

1. Giorgio Calcaterra, 1972, ITA, 6:58:14
2. Marco Ferrari, ITA, 7:34:59
3. Nikolina Sustic (F), CRO, 7:40:39

STATS TIME

With David Gatebe smashing the Comrades "down" run record last weekend, here is a list of the ten fastest men (and twelve times) ever in the Comrades from Pietermaritzburg to Durban. The fourth column shows the distance for that year, and in the fifth column is the speed (min:sec/km). The longest of the races on the list was 1984, when Bruce Fordyce ran 5:27:18 for 89.6 km. His average speed per kilometre that year is joint fifth on the list – the same speed he ran in 1986 for a shorter distance (both 1984 and 1986 times were course records).

COMRADES: 10 FASTEST ATHLETES ON DOWN RUN

5:18:19	David Gatebe	2016	89.208	3:34
5:20:41	Leonid Shvetsov	2007	89.3	3:35
5:23:27	Stephen Muzhingi	2009	89.17	3:38

5:24:05	Ludwick Mamabolo	2016	89.208	3:38
5:24:07	Bruce Fordyce	1986	88.77	3:39
5:25:52	Andrew Kelehe	2001	89.0	3:40
5:26:12	Bob de la Motte	1986	88.77	3:40
5:26:28	Shvetsov	2001	89.0	3:40
5:26:39	Bongmusa Mthembu	2016	89.208	3:40
5:27:11	Sipho Ngomane	2005	89.17	3:40
5:27:18	Fordyce	1984	89.6	3:39
5:27:21	Vladimir Kotov	2001	89.0	3:41

THIS MONTH IN HISTORY

17 years ago (exactly): 6 June 1999

The RAC 10 km is one of the most popular short distance road races in South Africa and was first held in 1985. It had its 33rd running recently. The most prolific men's winner is Shadrack Hoff, who scored his third victory on this day in 29:41, then the quickest of his wins. Hoff would rack up a further three wins (in 2000, 2003 and 2007) for a total of six. Two months later he won SA half-marathon title in Durban, and in November the SA 10 km title in Port Elizabeth. (Hoff was the second veteran in this year's race.)

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)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	46:36	Adrian Wildschutt (jun)	Ravensmead	19 Mar
	44:04	Bethwell Birgen Chemwono (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:27	Stephen Mokoka	Cardiff	26 Mar
	59:10	Geoffrey Kipsang Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:36	Wellington Bezerra da Silva (BRA)		
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	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 28:51	Gert Thys Paulo Catarino (POR) 2003	Goodwood	12 Mar
15 km	49:49 44:14	Johannes Kekana Pierre Levisse (FRA) 1992	Kempton Park	27 Jan
21.1 km	69:14 62:28	Gert Thys John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996	Wellington	02 May
25 km	1:28:49 76:49	Shadrack Hoff Martin Mondragon (MEX) 1994	Pretoria	07 May
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		

Masters (50+)

10 km	34:01 30:35	Makaya Masumpa Tecwyn Davies (GBR) 1988	Port Elizabeth	02 Apr
15 km	54:10 47:52	Johnny Persents Titus Mamabolo (RSA) 1991	Ravensmead	19 Mar
21.1 km	75:13 66:42	Johnny Persents Martin Rees (GBR) 2003	Gordon's Bay	16 Apr
25 km	1:37:22	Joseph Ndlovu	Pretoria	07 May
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				

Grandmasters (60+)

10 km	37:56 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Bellville	02 Apr
15 km	58:27 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	19 Mar
21.1 km	83:37 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Gordon's Bay	16 Apr
25 km	1:49:33 94:01	Jan Lebesse Doug Winn (USA) 2010	Pretoria	07 May
30 km	2:18:15 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Parow	14 Feb
Marathon	3:14:57 2:36:30	Robbie Lindsay Yoshihisa Hosaka (JPN) 2009	East London	20 Feb
100 km				

Great grandmasters (70+)

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	3:03:13 99:59	Assie van Aswegen Clive Davies (USA) 1985	Pretoria	07 May
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 27:52	Kabelo Melamu Richard Chelimo (KEN) 1990	Benoni	31 Jan
15 km	46:36 42:25	Adrian Wildschutt Moses Mosop (KEN) 2004	Ravensmead	19 Mar
21.1 km	71:13 59:16	Andile Motwani Samuel Wanjiru (KEN) 2005	Port Alfred	30 Apr
WOMEN				
<u>Open</u>				
10 km	33:24 31:06 30:21m 30:29w	Irvette van Zyl Edith Chelimo (KEN) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002	Cape Town	17 Apr
15 km	54:24 49:36 46:14m 46:59w	Zintle Xiniwe Maryanne Wangari Wanjiru (KEN) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Constantia	05 Mar
21.1 km	72:08 65:51 65:09m 66:25w	Irvette van Zyl Viola Chepchumba (KEN) Florence Kiplagat (KEN) 2015 Lornah Kiplagat (NED) 2007	Benoni	31 Jan
25 km	1:47:01 1:33:24a 1:27:47 79:53m 82:47w	Caroline Wöstmann Jenna Challenor Amy Cragg & Shalane Flanagan (USA) Mary Keitany (KEN) 2010 Paula Radcliffe (GBR) 2005	Pretoria Pinetown	07 May 31 Jan
30 km	1:59:58 1:43:55 1:38:49m 1:39:11w	Tanith Maxwell Miharu Shimokado (JPN) Mizuki Noguchi (JPN) 2005 Mary Keitany (KEN) 2011	Camps Bay	10 Jan
Marathon	2:32:20 2:19:41 2:15:25m 2:17:42w	Irvette van Blerk Tirfe Beyene Tsegay (ETH) Paula Radcliffe (GBR) 2003 Paula Radcliffe (GBR) 2005	London	24 Apr
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	35:39 32:14	Tanith Maxwell Priscilla Welch (GBR) 1985	Durban	05 Jun
15 km	57:28 49:35	Charné Bosman Priscilla Welch (GBR) 1985	Jeffreys Bay	02 Jan
21.1 km	85:39 69:56	Suzette Botha Irina Permitina (RUS) 2009	Pietermaritzburg	28 Feb
25 km	1:57:50 1:45:58a 82:13	Ashleigh White Suzette Botha Mizuki Noguchi (JPN) 2005	Durban Pinetown	06 Mar 31 Jan
30 km	2:14:22 1:51:37	Davera Magson Mieke Pullen (NED) 2001	Uitenhage	05 Mar
Marathon	2:48:52 2:26:51	Charné Bosman Priscilla Welch (GBR) 1987	Benoni	31 Jan
100 km				

7:00:27 Normi Sakurai (JPN) 2007

Masters (50+)

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				

Grandmasters (60+)

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				

Great grandmasters (70+)

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				

Juniors

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		

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