

Distance Running Results

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EDITORIAL

At the NCAA Championships South African Dominique Scott-Efurd ended her American collegiate career with magnificent wins in both the 10000 m (her first NCAA outdoor title) and 5000 m at historic Hayward Field in Eugene, clocking 32:35.69 for an overwhelming victory and 15:57.07 respectively. She helped her Arkansas team to take the team title as well. "This entire race I was just thinking of my team, Coach [Lance] Harter bringing me over to the States..." she said with tears running down her cheeks after the longer race, reports *Race Results Weekly*. Second to marrying college sweetheart Cameron Efurd, she said that coming to Arkansas to run for Harter was the best decision of her life. "Words can't even describe how thankful I am for them... It's a dream come true."

There was some fast running in the Aspen HydrAssist EP Half-marathon Championships this weekend, despite inclement weather. Grandmaster Margie Saunders, who finished seventh overall, and junior Siphokazi Liwani both set list leaders of 1:32:42 and 1:28:26 respectively.

The previous weekend South Africa's oldest short distance road race (10 km or less), the Don Lock Memorial 8 km, was held for the 57th time. The wins went to Siboniso Soldaka in 24:27 and Nicole Hooper in 31:52. In the accompanying 15 km Pixie Sparg broke her own WP great-grandmasters record with an outstanding 82:37, while men's winner Lungile Gongqa also set a list leader with his 46:35. There was an extraordinary increase in the number of finishers in both races (see results below).



Jemima Sumgong (KEN) wins the women-only NYRR New York Mini 10 km in 31:26, far ahead of her closest rival. [Jane Monti for *Race Results Weekly*]

In New York top marathoner Jemima Sumgong easily won the NYRR New York Mini 10 km in a quick 31:26. The race, which had a record 8833 finishers, featured 17 runners from 16 countries who are going to contest the marathon at the Olympic Games in Rio.

Judy Bird (Midrand) was the first master across the line in the Spar Series race in Durban last weekend (in 39:38), but was disqualified from that age category because her age category tags were smaller than the size required by the rules. The first place went to Ansie Breytenbach.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Wasbank 10 km, Ladysmith
- * Aspen HydrAssist Half Marathon & 10 km, Port Elizabeth
- * Mamre Half Marathon, Mamre
- * Don Lock Memorial 8 km & 15 km, Claremont
- * XC: WP League Meeting, Koeberg Nature Reserve; EP League Meeting, Port Elizabeth

International highlights:

- * Schweizer Frauenlauf 5 km, Bern, SUI
 - * NYRR New York Mini 10 km, New York, USA
 - * Zwolse Half Marathon, Zwolle, NED
 - * Track: NCAA Division I Outdoor Track & Field Championships, Eugene, USA; ExxonMobil Bislett Games, Oslo, NOR; Meeting de Montreuil, Montreuil-Sous-Bois, FRA
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ROAD RUNNING

Wasbank 10 km

Ladysmith, 12 June
(Point-to-point course)

MEN

1.	Ayanda Mncube	Phantane AC	32:31
2.	Bonginkosi Zwane	Phantane AC	32:41
3.	Siyabonga Nkonde	Boxer AC	33:02
4.	Malekose Lefatsa	Phuma KZN	33:28
5.	Bhekani Sithole	KRS	33:44

40-49:

1.	Bernard Phalatsane	ZIM/Form 1	37:10
2.	Matlo Selepe	Nqutu AC	38:43

50-59:

1.	Petros Mavuso	Bigg AC	44:36
2.	Sabelo Ndlovu	Vryheid AC	50:40

Juniors:

1.	Njbulo Ndaba	Ezakheni AC	38:02
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WOMEN

1.	Loveness Madziva	ZIM/DCMSC	42:21
2.	Phiwongabone Ntshangase	Madadeni AC	42:48 (1 st jun)
3.	Lungelo Gumede	Madadeni AC	44:22
4.	Nomusa Xaba	Muden AC	45:39
5.	Thembisile Zunga	Muden AC	45:42

50-59:

1.	Ntomfuthi Shabalala	Bigg AC	61:14
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Juniors:

1.	Phiwongabone Ntshangase	Madadeni AC	42:48
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Aspen HydrAssist Half Marathon & 10 km

(EP Half-marathon Championships)

Port Elizabeth, 11 June

(Distances: 21.1 km & 10 km; loop courses. Weather: cold and windy with rain. Finishers: half marathon – 487 [considerably down from 677 last year]; 10 km – 105 [no 10 km last year].)

Half marathon

MEN

1	Zolani	Ngqaqa	Tinarha AC	27	1:06:46
2	Amos	Nyongo	Ikhamva AC	29	1:06:56
3	Melikhaya	Frans	Ikhamva AC	26	1:08:37
4	Andre	Ketchem	Xcel AC	32	1:10:07
5	Zolani	Mabhongo	Ikhamva AC	29	1:10:36
6	George	Ntshiliza	Bluewater Bay	36	1:10:57
7	Anele	Maliza	Nedbank RC	38	1:11:20
8	Mzwanele	Maphekula	Bluewater Bay	39	1:11:38
9	Ricardo	Plaatjies	Xcel AC	33	1:11:40
10	Ivan	Ambraal	Temp	27	1:11:55
11	Andile	Motwani (1 st jun)	Tinarha AC	19	1:12:21
12	Lindisipho	Mxhwashula	Motherwell AC	19	1:13:22
13	Luyanda	Tshangana	Ikhamva AC	32	1:14:19
14	Sivuyile	Selani	Tinarha AC	16	1:15:17
15	Melikhaya	Kepe	Nedbank RC	39	1:15:27
16	Sinethemba	Merele	Tinarha AC	16	1:16:31
17	Zolile	Mhlahlo (1 st vet)	Achilles AAA	41	1:16:59
18	Aphlyn	Taai	Charlo AC	33	1:17:13
19	Kgotso	Majara	Ikhamva AC	35	1:17:16
20	Mila	Pasiya	Nedbank RC	36	1:17:39

40-44:

1	Zolile	Mhlahlo	Achilles AAA	41	1:16:59
2	Thobile	Xata	Bluewater Bay	41	1:18:59
3	Malibongwe	Mbelu	RWFL EP	44	1:19:11

45-49:

1	Luvuyo	Stephen	Nedbank RC	46	1:23:08
2	Nkosinathi	Gcakasi	Bluewater Bay	45	1:23:20
3	Shaun	Attenborough	Charlo AC	47	1:26:41

50-54:

1	Desmond	Zibi	Achilles AAA	52	1:19:16
2	Darrell	Wicht	Madiba BW	53	1:19:17
3	Christopher	Mabengeza	Nedbank RC	50	1:21:38

55-59:

1	Efese	Peter	SANDF AC EP	56	1:33:20
2	Disemba	Blou	Charlo AC	58	1:36:44
3	Joseph	Bain	St Albans AC	56	1:38:29

60-64:

1	Elvis	Galela	Madibaz AC	64	1:31:23
2	Sizinzo	Kama	Achilles AAA	64	1:37:43
3	Bruce	McEwan	Achilles AAA	62	1:39:05

65-69:

1	Hannes	Els	Madiba BW	66	1:39:41
2	Lochi	Lochner	Charlo AC	68	1:45:11
3	Graham	Channon	Achilles AAA	66	1:45:39

70-74:

1	Tom	D'Arcy	Achilles AAA	70	2:15:01
2	Patrick	Mbokodi	Temp	73	2:40:26
3	Brian	Smith	PEAAC	73	2:58:09

75-79:

1	Godfrey	Kariem	Gelvan AC	75	2:01:43
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Juniors:

1	Andile	Motwani	Tinarha AC	19	1:12:21
2	Lindisipho	Mxhwashula	Motherwell AC	19	1:13:22
3	Sivuyile	Selani	Tinarha AC	16	1:15:17

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	34	1:24:58
2	Ndileka	Mvakwendlu	Tinarha AC	25	1:26:19
3	Siphokazi	Liwani (1 st jun)	Motherwell AC	19	1:28:26
4	Liza-Marie	Kingston	Temp	34	1:28:53
5	Sally	Waterworth	Body Concept	38	1:30:59
6	Asanda	Solani	Achilles AAA	32	1:32:11
7	Margie	Saunders (1 st g'mast)	Nedbank RC	62	1:32:42
8	Christine	Claasen (1 st mast)	Achilles AAA	51	1:33:28
9	Terri-Lynn	Penney	RWFL EP	39	1:34:13
10	Jane	Barnardo (1 st vet)	Body Concept	41	1:34:34
11	Elmare	Bezuidenhout	Charlo AC	34	1:34:58
12	Katherine	Van der Walt	Body Concept	40	1:37:04
13	Terray	Newcombe	Elite AC	25	1:37:26
14	Siphokazi	Nojoko	Motherwell AC	21	1:38:12
15	Janette	Schierz-Crusius	Body Concept	55	1:40:00
16	Anche	Schubart	Achilles AAA	34	1:41:04
17	Hanlie	Van der Westhuizen	Despatch AC	60	1:42:08
18	Janine	Gardiner	Charlo AC	35	1:43:57
19	Amore	Strauss	Charlo AC	31	1:44:00
20	Toegeda	Vyver	Nedbank RC	44	1:44:59

40-44:

1	Jane	Barnardo	Body Concept	41	1:34:34
2	Katherine	Van der Walt	Body Concept	40	1:37:04
3	Toegeda	Vyver	Nedbank RC	44	1:44:59

45-49:

1	Michelle	Van Iddekinge	Profiles AC	49	1:48:59
2	Elize	Fenwick	Kouga Multi SC	46	1:49:31
3	Cathy	Curtain	Muirite Strider	45	1:54:27

50-54:

1	Christine	Claasen	Achilles AAA	51	1:33:28
2	Johannette	Oosthuizen	Body Concept	51	1:51:19
3	Agnes	Nieburg	Profiles AC	50	1:51:29

55-59:

1	Janette	Schierz-Crusius	Body Concept	55	1:40:00
2	Lynette	Crause	Walmer AC	56	2:00:44
3	Sandy	Glover	Temp	55	2:02:15

60-64:

1	Margie	Saunders	Nedbank RC	62	1:32:42
2	Hanlie	Van der Westhuizen	Despatch AC	60	1:42:08
3	Christine	Snyman	Despatch AC	60	2:01:00

65-69:

1	Renee	Hawkridge	Harlequin Harri	65	1:58:56
2	Jeanette	Pienaar	PEAAC	68	2:22:41
3	Denise	Terblanche	Walmer AC	68	2:32:31

70-74:

1	Christine	Fourie	Elite A C	70	2:26:49
2	Ronelle	Steyn	Nedbank RC	72	2:29:00

Juniors:

1	Siphokazi	Liwani	Motherwell AC	19	1:28:26
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10 km**MEN**

1	Mvuyisi	Gcogco	Motherwell AC	26	34:57
2	Mandilakhe	Nel (1 st jun)	Motherwell AC	18	35:31
3	Mzwanele	Gqotile	Nedbank RC	32	36:07
4	Hopewell	Jabavu	Temp	32	36:26
5	Xabiso	Kobe	Tinarha AC	18	36:57
6	Jonathan	Benjamin	Rhodes Univ	19	37:33
7	Luxolo	Shushu	Born To Run	18	37:54
8	Clinton	Barrath	Temp	33	37:56
9	Garnet	Van Beling (1 st vet)	Temp	41	38:35
10	Lebohang	Senti	Vukani MS Club	29	39:22

40-44:

1	Garnet	Van Beling	Temp	41	38:35
2	Benjamin	Miggels	Muirite Strider	40	40:13
3	John	Appels	St Albans AC	41	53:54

45-49:

1	Michael	Slater	Madibaz AC	45	55:32
2	Elias	Kase	Muirite Strider	47	59:53
3	Marcelle	Meyer	Temp	45	1:02:38

50-54:

1	Mossie	Mostert	Despatch AC	52	57:30
2	Jacques	Vorster	SAPS AC EP	50	1:03:00
3	Johan	Du Plessis	Temp	51	1:15:12

55-59:

1	Pieter	Steyn	VWAC	57	1:07:04
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60-64:

1	Armin	Brandle	Charlo AC	64	53:29
2	Willi	Lawson	Charlo AC	63	1:03:18

65-69:

1	Allan	Verreyne	Crusaders AC	69	55:02
2	Lionel	Howse	Temp	65	1:30:02

70-74:

1	Willem	Schoeman	Muirite Strider	74	1:17:35
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75-79:

1	Kai	Tarnow	Kouga Multi SC	77	1:19:40
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Juniors:

1	Mandilakhe	Nel	Motherwell AC	18	35:31
2	Xabiso	Kobe	Tinarha AC	18	36:57
3	Luxolo	Shushu	Born To Run	18	37:54

WOMEN

1	Nomakhosi	Ntliziyo (1 st jun)	Motherwell AC	17	46:23
2	Ann	Van der Merwe (1 st mast)	Temp	50	54:38
3	Liz	Prins (1 st vet)	Achilles AAA	46	57:22
4	Danielle	Smith	Temp	26	58:00
5	Rose	Rawstron	Charlo AC	56	1:00:56
6	Octavia	Boshoff	Crusaders AC	46	1:01:33
7	Fulufhelo	Ndalambi	Temp	26	1:02:00
8	Jackie	Longworth	Charlo AC	37	1:02:28

9	Cindy	Miller	Temp	36	1:02:31
10	Ncumisa	Giyose	Temp	33	1:03:10
40-44:					
1	Julia	Stewart	Charlo AC	43	1:07:46
2	Lara	Van Heerden	Charlo AC	40	1:07:48
3	Sacha	Jones	Temp	41	1:08:00
45-49:					
1	Liz	Prins	Achilles AAA	46	57:22
2	Octavia	Boshoff	Crusaders AC	46	1:01:33
3	Ayanda	Mji	PEAAC	46	1:03:31
50-54:					
1	Ann	Van der Merwe	Temp	50	54:38
2	Pauline	Rennie	Crusaders AC	50	1:13:30
3	Cindy	Ferrey	Temp	50	1:14:59
55-59:					
1	Rose	Rawstron	Charlo AC	56	1:00:56
2	Silvia	Jonck	Run 4 Christ AC	55	1:11:50
70-74:					
1	Elaine	Verreynne	Crusaders AC	70	1:13:12
2	Angeline	Kivedo	Walmer AC	70	1:33:33
75-79:					
1	Dorothy	Hart	Madibaz AC	78	1:21:27
2	Aletta	Fourie	Madiba BW	78	1:33:23
Juniors:					
1	Nomakhosi	Ntliziyo	Motherwell AC	17	46:23
2	Keren	O'Connell	Temp	17	1:24:54

Mamre Half Marathon

Mamre, 11 June

(Distance: 21.1 km; course configuration unknown. Finishers: 439.)

Note: This race used to be a 15 km. Danzil Pause repeated his win of last year. – Ed.

MEN

1. Danzil Pause (East) 1:08:27
2. Siviwe Nkombi (Itheko) 1:09:29
3. Tsungai Mwanengeni (ZIM/Gugs) 1:11:06 (1st vet)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 1:11:06; 2. Shawn Abrahams (Celtic) 1:14:40; 3. Xolile Macanda (Gugs) 1:19:13. **Masters:** 1. Roston Isaacs (Ned) 1:21:58; 2. Zolani Ntsodo (SANDF) 1:23:56; 3. Japie Swanepoel (WC) 1:31:05. **G'masters:** 1. Mark Wagenheim (AAC) 1:37:48; 2. Willie van Wyk (Brack) 1:44:44; 3. Chris Lourens (Brack) 1:50:37. **G/g'masters:** 1. Jeff Smith (Itheko) 1:40:50; 2. Caspar Greef (AAC) 2:06:20; 3. Carl Hendricks (Elsies) 2:13:28. **Juniors:** 1. Franklin September (Atlantis) 1:16:57; 2. Thomas Aston (Mamre) 1:34:55.

WOMEN

1. Fortunate Chidzivo (ZIM/Ned) 1:27:51
2. Lee-Shay Willemse (Velo) 1:28:00
3. Obertina Kanyongo (ZIM/FNB) 1:28:55 (1st vet)

Veterans: 1. Obertina Kanyongo (ZIM/FNB) 1:28:55; 2. Busisiwe Matiwane (Ned) 1:34:39; 3. Jacky Misroll (Pine) 1:40:00. **Masters:** 1. Mariëtte Strauss (Tyger) 1:35:38; 2. Hilary Rhode (Edge) 1:46:33; 3. Cailey Bredenkamp (Paarl) 1:52:51. **G'masters:** 1. Nancy Will (Pine) 1:45:28; 2. Helen du Plessis (Brack) 1:50:37; 3. Ruth Leverton (Pine) 2:01:48.

G/g'masters: 1. Pixie Sparg (Celtic) 2:03:08; 2. Cathy Taylor (RWFL) 2:27:12; 3. Jo Goddard (FH) 2:41:14.

Don Lock Memorial 8 km (57th) & 15 km (3rd)

Claremont, 5 June

(Certified loop courses. Finishers: 8 km – 1324 [almost double last year's 741]; 15 km – 1562 [considerably up from 987].)

Note: An amazing increase in finishers in both races. – Ed.

8 km

MEN

1. Siboniso Soldaka (CPUT) 24:27 (R250)
2. Mthandazo Qhina (Ned) 25:07 (R200)
3. Akhona Makila (VOB) 25:43 (R150)

Veterans: 1. Xolile Macanda (Gugs) 27:18 (R150); 2. Sabelo Ngcwama (Gugs) 28:01 (R125); 3. Tholang Moloi (SANDF) 28:04 (R100). **Masters:** 1. Monde Tutani (Gugs) 30:44 (R100); 2. Isaac Oliphant (SANDF) 31:24 (R75); 3. Goodman Mpukane (Gugs) 32:33 (R50). **G'masters:** 1. John Watermeyer (FH) 36:21 (R100); 2. Albert Williams (Top) 36:41 (R75); 3. Neil Ebing (WPCC) 37:46 (R50). **G/g'masters:** 1. George Kane-Smith (VOB) 46:10 (R100). **Juniors:** 1. Lukhanyo Nobakada (VOB) 25:44 (R250); 2. Buhle Fanteni (Ned) 26:00 (R200); 3. Thembeko Mendu (Gugs) 26:09 (R150).

WOMEN (Same prize money as men)

1. Nicole Hooper (CMC) 31:52
2. Siziphiwe Mbatsa (VOB) 32:41 (1st jun)
3. Pamela Moyikwa (VOB) 33:03

Veterans: 1. Chantal Simpson (Ned) 33:06; 2. Angelique Rabie (Carb) 34:50; 3. Tyshia Johannes (Gugs) 35:26. **Masters:** 1. Renée Scott (VOB) 38:52; 2. Roldah Orrie (Itheke) 39:11; 3. Carlin Adams (VOB) 43:05. **G'masters:** 1. Charmaine Cupido (Ned) 38:42; 2. Theresa Isaacs (VOB) 43:15; 3. Ruth Leverton (Pine) 45:56. **G/g'masters:** 1. Marlene James (Pine) 46:43. **Juniors:** 1. Siziphiwe Mbatsa (VOB) 32:41; 2. Razaan Kamaldien (MSA) 37:52; 3. Kyle Clarke (Stell) 39:20.

15 km

MEN

1. Lungile Gongqa (Ned) 46:35 (R600)
2. Samuel van der Merwe (Bell) 46:45 (1st jun) (R400)
3. Vuyolwethu Mbukushe (Gugs) 47:19 (R250)

Veterans: 1. Penwell Ntsaluba (Ned) 54:52 (R200); 2. Xolile Macanda (Gugs) 55:43 (R150); 3. Tholang Moloi (SANDF) 56:37 (R125). **Masters:** 1. Zolani Ntsodo (SANDF) 57:56 (R200); 2. Shafiek Cassiem (Itheke) 60:00 (R150); 3. Gerald Sullivan (Sanlam) 62:23 (R125). **G'masters:** 1. Mochamat Kriel (Ommie) 59:00 (R150); 2. Jimmy Morris (Forest) 64:17 (R125); 3. Ashaan Davids (Ommie) 70:52 (R100). **G/g'masters:** 1. Joseph Matthews (MS) 85:37 (R150). **Juniors:** 1. Samuel van der Merwe (Bell) 46:45 (R160); 2. Thembeko Mendu (Gugs) 54:23 (R130); 3. Lethu Cetwayo (VOB) 55:12 (R100).

WOMEN (Same prize money as men)

1. Nolubabalo Dyonashe (VOB) 63:55
2. Busisiwe Matiwane (Ned) 64:23 (1st vet)
3. Coriaan de Villiers (Ned) 64:32

Veterans: 1. Busisiwe Matiwane (Ned) 64:23; 2. Coriaan de Villiers (Ned) 64:32; 3. Marlize Vienings (Edge) 64:36. **Masters:** 1. Michelle Bartman (Ind) 65:10; 2. Olga Howard (Celtic) 66:44; 3. Renée Scott (VOB) 70:19. **G'masters:** 1. Nancy Will (Pine) 68:58; 2. Helen du Plessis (Brack) 74:29; 3. Anne Williams (P&P) 89:39. **G/g'masters:** 1. Pixie Sparg (Celtic) 82:37. **Juniors:** 1. Ingrid Grundling (Sanlam) 80:57; 2. Emmily Tewas (MSA) 81:07; 3. Justine Williams (ARD) 81:47.

CROSS-COUNTRY

WP League Meeting (5th)

Koeberg Nature Reserve, 4 June

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

SR. MEN (10 km)

1	Vuyolwethu	Mbukushe	Gugs	35:13
2	Du-Wayne	Philander	UWC	35:19
3	Riaan	Wildskut	Easterns	35:51
4	Anthony	Timoteus	UWC	35:52
5	Marks	Mpekula	VOB	36:14
6	Siyabulela	Mpongwana	VOB	36:34
7	Warren	Hefke	UWC	36:55
8	Gershwin	van Staden	Itheko	37:51
9	Raydon	Balie	Wild Runner	37:55
10	Michael	Qwesha	Gugs	38:26

SR. MEN

1	Granwin	Katzen	Celtic Harriers	14:26
2	Bruce-Lynn	Damons	Celtic Harriers	14:28
3	Nkosiyethu	Sotyantya	Itheko	14:36
4	Emiele	Paulsen	FNB Multi-Sport	14:45
5	Bulelani	Bebha	VOB	14:56
6	Reginald	Poss	ATC Running	15:01
7	Kaleb	Beukes	UWC	15:08
8	Heinrich	Wagner	KPMG	15:13
9	André	Afrika	Eerste River	15:17
10	Sive	Ngubo	Nedbank	15:38

VETERAN MEN (8 km)

1	Roger	Dickson	VOB	31:15
2	Shaun	Abrahams	Celtic Harriers	31:44
3	Xolile	Macanda	Gugs	32:23

MASTER MEN (8 km)

1	Tobias	Philander	Itheko	35:03
2	Roston	Isaacs	Nedbank	35:47
3	Chris	Mitchell	Celtic Harriers	35:59

G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	36:51
2	Robbie	Lindsay	Nedbank	38:18
3	Awie	Veldsman	Helderberg Harriers	39:35

G/G'MASTER MEN (8 km)

1	Jeff	Smith	Itheko	41:28
2	Joseph	Matthews	Midas Spartans	49:57
3	Claude	Brooks	Midas Spartans	54:31

U.20 (8 km)

1	McMarshall	Hartzenberg	UWC	30:33
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2	Lukhanyo	Nobakada	VOB	30:47
3	Romario	Snell	UWC	31:21
U.18 (6 km)				
1	Thembeko	Mendu	Gugs	18:39
2	Carlo	Flink	Itheko	19:09
3	Ruschin	Fortuin	UWC	19:29

SR. WOMEN (10 km)

1	Celeste	Renaud	UCT	45:43
2	Hanlie	Jordaan	UWC	47:35
3	Tanya	Posthumus-Fox	Century City	49:05
4	Nomaxesibe	Ngcantsi	VOB	58:38
5	Tshililo	Mathuba	SANDF	60:55
6	Fundiswa	Sandi	Ravensmead	62:49
7	Nicollin	Mokoema	SANDF	63:35
8	Zanele	Kwayimani	SANDF	65:03
9	Felicity	Mabuzwe	Century City	70:13
10	Lebogang	Makofane	SANDF	75:15

SR. WOMEN

1	Leanda	du Bruyn	FNB Multi-Sport	18:02
2	Anneline	Roffey	FNB Multi-Sport	18:35
3	Lee-Shay	Willemse	Velocity	19:07
4	Nowbabalo	Dyonase	VOB	19:22
5	Adri	Meyer	Bellville	19:43
6	Tina-Mari	Meyer	FNB Multi-Sport	20:03
7	Pamela	Moyikwa	VOB	20:31
8	Madelé	du Plessis	Edgemead	21:45
9	Elizabeth	Brink	Durbanville	22:29
10	Chantall	Watt	Helderberg Harr	23:21

VETERAN WOMEN

1	Busisiwe	Matiwane	Nedbank	19:54
2	Sharon	Sunderland	West Coast	21:26
3	Elizabeth	Brink	Durbanville	21:34

MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	20:11
2	Olga	Howard	Celtic Harriers	20:45
3	Georgina	Andraos	VOB	21:29

G'MASTER WOMEN

1	Nancy	Will	Pinelands	22:31
2	Johanna	Lötter	No Club	23:14
3	Charmaine	Cupido	Nedbank	24:12

G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	26:49
2	Marlene	James	Pinelands	29:32
3	Marianne	Nelson	RWFL	31:31

U.20 (6 km)

1	Hayley	Preen	Hout Bay	23:54
2	Sophie	Cope	Spartan Harriers	24:37
3	Kirsten	Roodman	VOB	25:45

U.18

1	Kayla	de Waal	CC	14:27
2	Anitha	Nonene	WCSS	15:16
3	Simone	Adams	Bottelary	16:05

EP League Meeting (2nd)

Port Elizabeth, 4 June

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

SR. MEN (10 km)

1	Mariano	Eesou	Madibaz AC	24	28:58
2	Zolani	Mabongo	Ikhamba AC	29	29:43
3	Andre	Ketchem	X-Cel AC	32	30:12
4	Melikhaya	Frans	Ikhamba AC	26	30:32
5	Anele	Maliza	Nedbank RC EP	38	31:15
6	Lwazi	Mkhaliphi	Madibaz AC	22	31:18
7	Melikhaya	Kepe	Nedbank RC EP	39	31:55
8	Charles	Segalo	Charlo AC	29	32:13
9	Duwayne	Lucas	Aspen Pharmacare AC	26	33:52
10	Lukhanyiso	Jabavu	Temp	32	35:59

SR. MEN

1	Andre	Ketchem	X-Cel AC	32	11:48
2	Adrian	Gerwel	X-Cel AC	20	12:13
3	Brendon	Effenaar	Nedbank RC EP	20	12:36
4	Xolisa	Kula	Motherwell AC	25	13:02
5	Desmond	Zibi	Achilles AAA	52	14:05
6	Plaaitye	Damons	VW AC	52	16:57
7	Tim	Bray	Bluewater Bay	53	20:09
8	Derek	Mukheibir	Achilles AAA	49	21:05
9	Gay	Hayes	Achilles AAA	53	33:24
10	Dieter	Rheeder	Achilles AAA	36	36:26

VETERAN MEN (8 km)

1	Marius	Ferreira	St Albans CS EP	47	34:36
2	Michael	Slater	Madibaz AC	45	39:56

MASTER MEN (8 km)

1	Bafumane	Nyanga	Ikhamba AC	56	28:15
2	Bennie	Stadler	Achilles AAA	53	29:32
3	Linton	Harmse	Madibaz AC	52	32:32

G'MASTER MEN (6 km)

1	Sizinzo	Kama	Achilles AAA	64	25:06
2	Bruce	McEwan	Achilles AAA	62	26:34
3	Graham	Channon	Achilles AAA	66	27:26

U.19 (8 km)

1	Garren	Erasmus	Brandwag H/S	17	28:59
2	Monre	Lerm	Madibaz AC	17	30:21
3	Sanelisekile	Sundu	Madibaz AC	17	38:31

U.17 (6 km)

1	Dylan	Finlay	Grey H/S	16	18:50
2	Aidan	Dugmore	Grey H/S	16	21:48
3	Heinrich	Willemse	Madibaz AC	17	22:04

SR. WOMEN (10 km)

1	Cherise	Sims	Madibaz AC	22	36:15
2	Luthando	Nxanisa	Tinarha AC	23	39:05
3	Deliwe	Nyanga	Nedbank RC EP	27	42:40
4	Liz	Prins	Achilles AAA	46	45:01
5	Vuyokazi	Mbasa	Madibaz AC	35	53:12

SR. WOMEN

1	Megan	Dempster	Madibaz AC	28	14:28
2	Jamie-Lee	Schlemmer	Madibaz AC	20	14:29
3	Siphokazi	Nojoko	Motherwell AC	21	14:42
4	Nomakhosi	Ntliziyo	Motherwell AC	17	16:29
5	Leigh	Smith	Achilles AAA	31	27:12
6	Mhlangamisi	Makosa	VW AC	26	34:37

VETERAN WOMEN

1	Hannelie	Ferreira	St Albans CS EP	40	29:30
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MASTER WOMEN

1	Christine	Claasen	Achilles AAA	51	16:11
2	Janette	Schierz-Crusius	Body Concept	55	17:35
3	Paulette	McEwan	Achilles AAA	51	20:03

G'MASTER WOMEN

1	Cathy	Ives	Achilles AAA	63	22:41
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U.19 (6 km)

1	Siphokazi	Liwani	Motherwell AC	19	24:23
2	Amorette	Matthee	Framesby H/S	17	29:02
3	Chanel	Kelsey	Framesby H/S	18	29:41

U.17

1	Channah	Du Plessis	Cradock H/S	16	15:37
2	Chane	Petzer	Framesby H/S	16	16:05
3	Shene	Delpport	Framesby H/S	17	16:10

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**Schweizer Frauenlauf 5 km (30th)**

Bern, SUI, 12 June

WOMEN (extended gun times)

1. Helen Tola Bekele, 1994, ETH 16:18.9
2. Fabienne Schlumpf, 1990, SUI 16:24.0
3. Maja Neuenschwander, 1980, SUI 16:35.1
4. Martina Strähl, 1987, SUI 16:57.0
5. Laura Hrebec, 1977, SUI 17:02.5

NYRR New York Mini 10 km (45th)

New York, USA, 11 June

(Certified one-loop course, hilly with certified, record-eligible 8 km split)

WOMEN (gun times)

1. Jemima Sumgong, 31 KEN 31:26 \$10,000
[5K 15:37 / 8K 25:03 WL]
2. Aliphine Tuliamuk, 27, Santa Fe, NM 32:14 5,000 + 5,000a
[15:37 / 25:32]
3. Diane Nukuri, 31, Flagstaff, AZ (BDI) 32:18 3,500
[15:49 / 25:41]
4. Kim Smith, 34, Providence, RI (NZL) 32:41 2,500
[15:54 / 25:56]

- | | | |
|---|----------|----------------|
| 5. Brianne Nelson, 35, Golden, CO | 33:02 | 1,500 + 2,500a |
| [16:13 / 26:19] | | |
| 6. Desiree Linden, 32, Washington Twp, MI | 33:17 | 1,250a |
| 7. Beverly Ramos, 28, PUR | 33:17 NR | |
| [16:27 / 26:38] | | |
| 8. Etaferahu Temesgen, 26, ETH | 33:28 | 1,000n |
| 9. Madai Perez, 36, MEX | 33:38 | |
| 10. Tomomi Tanaka, 28, JPN | 33:39 | |

- a) Earned USA citizen prize money
n) Earned NYRR member prize money

Zwolve Half Marathon (16th)

Zwolle, NED, 11 June

(Distance: 21.1 km; flat near-loop course in central Zwolle)

MEN (gun times)

- | | |
|----------------------------------|-------------|
| 1. Richard Mengich, KEN | 1:00:37 CR* |
| 2. Albert Kangogo, KEN | 1:01:36 PB |
| 3. Edwin Kibet Kiptoo, 1987, KEN | 1:02:02 |
| 4. Erick Koskei, KEN | 1:03:15 |
| 5. Bernard Kipyego, KEN | 1:03:27 |

WOMEN (gun times)

- | | |
|---------------------------|------------|
| 1. Helah Kiprop, KEN | 1:08:36 |
| 2. Valary Aiyabei, KEN | 1:09:33 PB |
| 3. Florence Kiplagat, KEN | 1:11:20 |
| 4. Betty Lempus, KEN | 1:11:51 PB |
| 5. Antonina Kwambai, KEN | 1:12:28 PB |
| 6. Naomi Jebet, KEN | 1:14:22 PB |
| 7. Sheila Cherotich, KEN | 1:14:22 PB |

TRACK

NCAA Division I Outdoor Track & Field Championships

Historic Hayward Field, Eugene, USA, 8-11 June

Summary of Middle & Long Distance Events

MEN

800 (10):

Note: 50 years to the day that Jim Ryun set the Collegiate record of 1:44.3h, Texas A&M freshman Donovan Brazier shattered the mark. Finishing in 1:43.55, Brazier set a collegiate, NCAA Championship, American junior, and world junior leader with the victory. – Ed.

- | | |
|--|-----------------------------|
| 1. Donovan Brazier, FR, Texas A&M | 1:43.55 NCAA/MR/WJL/NJR/PB* |
| 2. Brandon McBride, SR, Miss State (CAN) | 1:44.50 PB |
| 3. Shaquille Walker, JR, BYU | 1:45.17 |

1500 (10):

- | | |
|--------------------------------|------------|
| 1. Clayton Murphy, JR, Akron | 3:36.38 PB |
| 2. Izaic Yorks, SR, Washington | 3:38.06 |
| 3. Henry Wynne, JR, Virginia | 3:38.35 |

5000 (10):

1. Edward Cheserek, JR, Oregon 13:25.59
2. Sean McGorty, SO, Stanford 13:26.10
3. Patrick Tiernan, SR, Villanova (AUS) 13:27.07

10000 (8):

1. Edward Cheserek, JR, Oregon (KEN) 29:09.57
2. Futsum Zienasellassie, SR, N. Arizona 29:10.68
3. Gabe Gonzalez, SR, Arkansas 29:11.09

3000 s/chase (10):

1. Mason Ferlic, SR, Michigan 8:27.16 PB
2. Frankline Tonui, JR, Arkansas (KEN) 8:30.67 PB
3. Edwin Kibichiy, JR, Louisville (KEN) 8:30.71 PB

WOMEN

800 (11):

1. Raevyn Rogers, SO, Oregon 2:00.75
2. Olivia Baker, SO, Stanford 2:02.65
3. Shea Collinsworth, JR, BYU 2:02.83 PB

1500 (11):

1. Marta Freitas, SR, Miss State (POR) 4:09.53 PB
2. Elise Cranny, SO, Stanford 4:09.54 PB
3. Dana Giordano, SR, Dartmouth 4:11.86 PB

5000 (11):

1. Dominique Scott-Efurd, SR, Arkansas(RSA) 15:57.07
2. Aurora Dybedokken, SO, Oklahoma St (NOR) 16:00.81 PB
3. Karissa Schweizer, SO, Missouri 16:02.82

10000 (9):

1. Dominique Scott-Efurd, SR, Arkansas(RSA) 32:35.69
2. Alice Wright, JR, New Mexico (GBR) 32:46.99
3. Hannah Everson, SR, Air Force 32:47.25 PB

3000 s/chase (11):

1. Courtney Frerichs, SR, New Mexico 9:24.41 PB
2. Jessica Kamilos, SR, Arkansas 9:41.28 PB
3. Elinor Purrier, SO, New Hampshire 9:47.71

ExxonMobil Bislett Games (51st)

(7th stop of 2016 IAAF Diamond League)

Oslo, NOR, 9 June

MEN

800:

1. Yeimer LÓPEZ, 1982, CUB, 1:45.75 SB
2. Alberto MAMBA, 1994, MOZ, 1:46.32 NR
3. Kalle BERGLUND, 1996, SWE, 1:47.45
4. Richard DOUMA, 1993, NED, 1:48.28 PB
5. Emil OUSTAD, 1989, NOR, 1:50.30
6. Andreas ROTH, 1993, NOR, 1:50.59
7. Sverre Blom BREIVIK, 1996, NOR, 1:51.17 PB
8. Jozef REPCÍK, 1986, SVK, 1:51.62
9. Markus EINAN, 1997, NOR, 1:52.50

1500:

1. Luke MATHEWS, 1995, AUS, 3:37.99
2. Snorre Holtan LØKEN, 1994, NOR, 3:38.63
3. Jake WIGHTMAN, 1994, GBR, 3:38.83
4. Charles PHILIBERT-THIBOUTOT, 1990, CAN, 3:38.96
5. Andreas BUENO, 1988, DEN, 3:39.85 SB

Dream Mile (DL):

1. Asbel KIPROP, 1989, KEN, 3:51.48 WL
2. Elijah MANANGOI, 1993, KEN, 3:52.04 PB
3. Taoufik MAKHLOUFI, 1988, ALG, 3:52.24 SB
4. Nick WILLIS, 1983, NZL, 3:52.26 SB
5. Ryan GREGSON, 1990, AUS, 3:52.59
6. Charlie GRICE, 1993, GBR, 3:52.85
7. Henrik INGEBRIGTSEN, 1991, NOR, 3:53.19
8. Filip INGEBRIGTSEN, 1993, NOR, 3:55.02
9. Robert BIWOTT, 1996, KEN, 3:55.62
10. Pieter-Jan HANNES, 1992, BEL, 3:58.53

1500 intermediate times:

1. Asbel KIPROP, 1989, KEN, 3:35.49
2. Taoufik MAKHLOUFI, 1988, ALG, 3:37.18
3. Elijah MANANGOI, 1993, KEN, 3:37.30
4. Henrik INGEBRIGTSEN, 1991, NOR, 3:37.57
5. Charlie GRICE, 1993, GBR, 3:37.70
6. Ryan GREGSON, 1990, AUS, 3:37.80
7. Nick WILLIS, 1983, NZL, 3:37.88
8. Filip INGEBRIGTSEN, 1993, NOR, 3:37.90
9. Robert BIWOTT, 1996, KEN, 3:38.98
10. Pieter-Jan HANNES, 1992, BEL, 3:40.32

5000 (DL):

1. Hagos GEBRHIWET, 1994, ETH, 13:07.70
2. Muktar EDRIS, 1994, ETH, 13:08.11
3. Yomif KEJELCHA, 1997, ETH, 13:08.34
4. Abdelaati IGUIDER, 1987, MAR, 13:08.61
5. Isiah Kiplangat KOECH, 1993, KEN, 13:10.18
6. Dejen GEBREMESKEL, 1989, ETH, 13:10.68
7. Abadi EMBAYE, 1999, ETH, 13:11.45
8. Hayle IBRAHIMOV, 1990, AZE, 13:13.92
9. Thomas LONGOSIWA, 1988, KEN, 13:14.51
10. Yenew ALAMIREW, 1990, ETH, 13:16.99
11. Edwin SOI, 1986, KEN, 13:23.19
12. Dejene DEBELA, 1994, ETH, 13:27.44 SB
13. Aweke AYALEW, 1993, BRN, 13:28.11
14. Brett ROBINSON, 1991, AUS, 13:44.51
15. Sindre BURAAAS, 1989, NOR, 13:52.21
16. Awet Kibrab NFTALEM, 1997, ERI, 13:59.72

WOMEN

800:

1. Lovisa LINDH, 1991, SWE, 2:00.51 PB
2. Sanne VERSTEGEN, 1985, NED, 2:01.36 SB
3. Trine MJÅLAND, 1990, NOR, 2:01.96 SB
4. Hedda HYNNE, 1990, NOR, 2:02.20 PB
5. Yngvild ELVEMO, 1990, NOR, 2:02.34

6. Anna SILVANDER, 1993, SWE, 2:02.60 SB
7. Brittany McGOWAN, 1991, AUS, 2:03.22
8. Malin EDLAND, 1999, NOR, 2:04.76 SB
9. Ida FILLINGSNES, 1990, NOR, 2:05.33
10. Selma KAJAN, 1991, AUS, 2:06.00

1500:

1. Manon KRUIVER, 1988, NED, 4:16.22
2. Kristine Eikrem ENGESET, 1988, NOR, 4:25.53
3. Elisabeth Angell BERGH, 1996, NOR, 4:25.81

Dream Mile (DL):

Meeting record 4:17.25, Sonia O'Sullivan (IRL), 1994

1. Faith KIPYEGON, 1994, KEN, 4:18.60 WL
2. Laura MUIR, 1993, GBR, 4:19.12 PB
3. Meraf BAHTA, 1989, SWE, 4:25.26 PB
4. Sofia ENNAOUI, 1995, POL, 4:25.34 PB
5. Angelika CICHOCKA, 1988, POL, 4:25.39 PB
6. Karoline Bjerkeli GRØVDAL, 1990, NOR, 4:26.23 NR
7. Gesa KRAUSE, 1992, GER, 4:29.58 PB
8. Axumawit EMBAYE, 1994, ETH, 4:29.59
9. Nancy CHEPKWEMOI, 1993, KEN, 4:30.67
10. Ingvill MÅKESTAD BOVIM, 1981, NOR, 4:31.57 PB

1500 intermediate times:

1. Faith KIPYEGON, 1994, KEN, 3:59.71
2. Laura MUIR, 1993, GBR, 4:00.53
3. Meraf BAHTA, 1989, SWE, 4:08.25
4. Sofia ENNAOUI, 1995, POL, 4:08.73
5. Angelika CICHOCKA, 1988, POL, 4:08.96
6. Karoline Bjerkeli GRØVDAL, 1990, NOR, 4:09.16
7. Axumawit EMBAYE, 1994, ETH, 4:09.92
8. Gesa KRAUSE, 1992, GER, 4:10.14
9. Nancy CHEPKWEMOI, 1993, KEN, 4:11.27
10. Ingvill MÅKESTAD BOVIM, 1981, NOR, 4:11.68
11. Nuria FERNÁNDEZ, 1976, ESP, 4:13.09

3000 s/chase (DL):

1. Hyvin KIYENG, 1992, KEN, 9:09.57
2. Sofia ASSEFA, 1987, ETH, 9:18.53
3. Etenesh DIRO NEDA, 1991, ETH, 9:19.40
4. Madeline HILLS, 1987, AUS, 9:24.73 SB
5. Charlotta FOUGBERG, 1985, SWE, 9:30.11 SB
6. Genevieve LACAZE, 1989, AUS, 9:30.52 PB
7. Lidya CHEPKURUI, 1984, KEN, 9:32.48
8. Tigest GETENT, 1997, BRN, 9:42.23 SB
9. Claire PERRAUX, 1987, FRA, 9:55.77 SB
10. Buzuayehu MOHAMED, 1996, ETH, 10:01.01

Meeting de Montreuil (LNA)

Montreuil-Sous-Bois, FRA, 7 June

MEN

1500:

1. Ronald MUSAGALA, UGA, 3:36.23
2. Benson SEUREI, BRN, 3:36.34

3. Mekonnen GEBREMEDHIN, ETH, 3:36.72
4. Johan CRONJE, RSA, 3:37.57

WOMEN

5000:

1. Gotyton GEBRESLASE, ETH, 15:08.74
2. Haltammesh TESFAYE, ETH, 15:25.29
3. Bizunechew GETACHEW, ETH, 15:26.11
- ... 7. Nolene CONRAD, RSA, 16:03.35

NEWS

SPAR GRAND PRIX STANDINGS

The points table after the first three Spar Grand Prix races is:

OPEN

1	Irvette van Zyl	Nedbank	70
2	Lebogang Phalula	Boxer	47
3	Cornelia Joubert	Boxer	46
4	Christine Kalmer	KPMG	44
5	Lebo Phalula	Boxer	36
6	Janie Grundling	Boxer	32
7=	Nolene Conrad	KPMG	29
7=	Keneilwe Sesing	KPMG	29
9	Mapaseka Makhanya	Olifantsfontein	26
10	Simonay Weitsz	KPMG	20
11=	René Kalmer	Modern Athlete	16
11=	Glenrose Xaba	Eskom	16
11=	Ntombi Mfunzi	Nedbank	16
14=	Tanith Maxwell	Boxer	13
14=	Janet Dlamini	Temp	13
16=	Ashleigh Simonis	Carbineers	7
16=	Thembi Baloyi	TUT	7
16=	Marelize Retief	Boxer	7
19=	Murendwa Davhana	TUT	6
19=	Bulelwa Simae	Nedbank	6
19=	Anel Terblanche	KPMG	6

Veterans:

1	Ulrica Stander	FNB Multisport	19
2	Janene Carey	Boxer	11
3	Tanith Maxwell	Boxer	10

Masters:

1	Judy Bird	Midrand	15
2	Ansie Breytenbach	Irene	5
3=	Elmarie Coetzee	FNB Multisport	4

G'masters:

1	Margie Saunders	Nedbank	15
2	Nancy Will	Pinelands	9
3=	Sonja Laxton	RAC	5

Juniors:

1	Simonay Weitsz	KPMG	25
2	Ashleigh Simonis	Carbineers	19
3	Nicole van der Merwe	KPMG	17

STATS TIME

The brilliant running so far this year in the 5000 m by Almaz Ayana has put the spotlight on this distance, with many observers feeling that she will break Tirunesh Dibaba's world record soon (the record has been standing since 2008). Here is a list of the top ten women on the all-time list, with Elana Meyer and Zola Pieterse added. Note the presence of the later convicted drug cheat Liliya Shobukhova. (See also This Month in History.)

ALL-TIME 5000 M: TOP 10 WOMEN

14:11.15	Tirunesh Dibaba (ETH)	Oslo	06 Jun 08
14:12.59	Almaz Ayana (ETH)	Rome	02 Jun 16
14:12.88	Meseret Defar (ETH)	Stockholm	22 Jul 08
14:15.41	Genzebe Dibaba (ETH)	Saint-Denis	04 Jul 15
14:20.87	Vivian Cheruiyot (KEN)	Stockholm	29 Jul 11
14:23.75	Liliya Shobukhova (RUS)	Kazan	19 Jul 08
14:24.68	Elvan Abeylegesse (TUR)	Bergen	11 Jun 04
14:28.09	Jian Bo (CHN)	Shanghai	23 Oct 97
14:28.39	Sentayehu Ejigu (ETH)	Saint-Denis	16 Jul 10
14:29.11	Paula Radcliffe (GBR)	Bydgoszcz	20 Jun 04
...			
14:44.05 (69)	Elana Meyer (RSA)	Hechtel	22 Jul 95
...			
14:48.07 (97)	Zola Pieterse (GBR)	London	26 Aug 85

THIS MONTH IN HISTORY

8 years ago: 6 June 2008

It was an unorthodox way to set a world record, but such is the talent of Tirunesh Dibaba that the erratic pacemaking in the 5000-metre record attempt at Oslo's Golden League meeting did not stop her from breaking the previous mark of bitter rival Meseret Defar by more than 5 seconds. When Dibaba's older sister Ejegayehu took over the pacemaking duties after 2000 metres, the pace fell to such an extent that Tirunesh was almost 5 seconds behind Defar's time at the 3 km mark. She then looked at the stadium clock and took matters into her own hands, reaching 4 km in 11:28.44 to be one second "ahead" of Defar. She blitzed the last kilometre in 2:42.7 for a final time of 14:11.15, a world record that still stands. "I knew that I was in the best shape I've ever been in but this was a difficult way to break the record," Dibaba said afterwards.

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	46:35	Lungile Gongqa	Claremont	05 Jun
	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	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 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				
<u>Great grandmasters (70+)</u>				
10 km	43:16 43:16 37:33	Andrew Spence Jeff Smith Ed Whitlock (CAN) 2004	Sasolburg Goodwood	06 Feb 12 Mar
15 km	66:12 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Ravensmead	19 Mar
21.1 km	96:48 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Tokai	06 Feb
25 km	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	Irvette van Blerk Tirfe Beyene Tsegay (ETH)	London	24 Apr

	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	35:39	Tanith Maxwell	Durban	05 Jun
	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	92:42	Margie Saunders	Port Elizabeth	11 Jun
	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	82:37	Pixie Sparg	Claremont	05 Jun
	72:52	Jo Klein (NED) 2004		

