

# 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

As usual, the Eersterivier 15 km, held on a crisp, cold morning on Saturday, produced a handful of fast times, including two Western Province records. New veteran Tanith Maxwell won the women's race overall after a 13 km long tussle with Zimbabwean Fortunate Chidzivo, breaking the provincial record by more than 80 seconds with her 54:40. In the great-grandmaster category Pixie Sparg (82:28) shaved nine seconds off the WP record she set two weeks ago.

Apart from Maxwell's and Sparg's times, there were four other list leaders, by winner Jeremy Andreas, Eric Coetzee and Elmarie Coetzee (both masters), and Ashleigh Simonis (junior).

Andreas had also won the Dave Spence Memorial 10 km two days previously, where Chidzivo took first place (after she had also won the Mamre Half Marathon the previous weekend). Other runners who did all three races, covering 41 km of racing in eight days, were Mariëtte Strauss, Nancy Will and Sparg, while Simonis did both 10 km races – a remarkable bit of over-racing for such a young runner.

Riël Hauman

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### INCLUDED IN THIS ISSUE:

- \* Avbob Eersterivier 15 km, Eersterivier
- \* Rockets Winter Warmer Half Marathon & 10 km, Pretoria
- \* Dave Spence Memorial 10 km, Guguletu
- \* Toring tot Toring 10 km, George
- \* XC: WP League Meeting, Elfindale; KZN League Meeting, Impendle

### International highlights:

- \* Grandma's Marathon, Duluth, USA
  - \* Corrida Langueux, Langueux, FRA
  - \* Track: Victoria International Track Classic, Victoria, CAN; Savo Games, Lapinlahti, FIN; adidas Boost Boston Games, Somerville and Boston, USA; Vancouver Sun Harry Jerome International Track Classic, Burnaby, CAN; Bauhaus Gala, Stockholm, SWE; Spitzen Leichtathletik Luzern, Luzern, SUI; Meeting Premium Stanislas Nancy, Tomblaine, FRA
  - \* WMRA World Long Distance Mountain Running Championships, Podbrdo, SLO
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## ROAD RUNNING

### Avbob Eersterivier 15 km

Eersterivier, 18 June

(Certified flat out-and-back course. Weather: cold, clear, strong breeze from the front on the homeward leg. Finishers: 914 [down from 939 last year].)

#### MEN

1. Jeromy Andreas (UJ) 45:39 (R800)
2. Sibusiso Madikizela (MSA) 46:12 (R600)
3. Nkosinathi Madyo (Itheko) 46:14 (R500)

**Veterans:** 1. Shawn Abrahams (Celtic) 51:01 (R500); 2. Xolile Macanda (Gugs) 53:05 (R400); 3. Pieter Venter (Strand) 54:16 (R300). **Masters:** 1. Eric Coetzee (FNB) 53:57 (R400); 2. Zolani Ntsodo (SANDF) 58:10 (R300); 3. Gerald Sullivan (Sanlam) 60:26 (R200). **G'masters:** 1. Robbie Lindsay (Ned) 60:52 (R300); 2. Goodman Mpukane (Gugs) 64:46 (R200); 2. Brian Merryweather (GBR/Edge) 70:27 (R100). **G/g'masters:** 1. Kaare James (Pine) 90:57 (R200); 2. Koert Meyer (Tyger) 107:40 (R80); 3. Hannes Olivier (Strand) 111:41 (R50). **Juniors:** 1. Samuel van der Merwe (Bell) 46:50 (R200); 2. Adrian Wildschutt (Ceres) 48:42 (R150); 3. Lukhanyo Nobakada (VOB) 49:12 (R80).

#### WOMEN (Same prize money as men)

1. Tanith Maxwell (Boxer) 54:40
2. Fortunate Chidzivo (ZIM/Ned) 55:03
3. Zintle Xiniwe (FNB) 57:57

**Veterans:** 1. Tanith Maxwell (Boxer) 54:40 (WP rec); 2. Chantal Simpson (Ned) 63:42; 3. Ursula Frans (Ned) 63:59. **Masters:** 1. Elmarie Coetzee (FNB) 62:15; 2. Mariëtte Strauss (Tyger) 63:55; 3. Marie Louw (FNB) 66:26. **G'masters:** 1. Nancy Will (Pine) 68:57; 2. Charmaine Cupido (Ned) 72:32; 3. Helen du Plessis (Brack) 74:23. **G/g'masters:** 1. Pixie Sparg (Celtic) 82:28 (WP rec); 2. Marlene James (Pine) 89:58; 3. Cathy Taylor (RWFL) 104:06. **Juniors:** 1. Ashleigh Simonis (Carb) 58:03.

### Rockets Winter Warmer Half Marathon & 10 km

Pretoria, 16 June

(Distances: 21.1 km & 10 km; loop courses; 13:30 start. Finishers: half marathon – 400; 10 km – 600.)

Note: The winner of the half marathon ran short due to an error by the driver of the lead car, but was still awarded first place. – Ed.

#### Half marathon

##### MEN

1. Musa Sawkaxa (Rockies) 63:03; 2. Lukhanyo Mabinza (Rockies) 74:11; 3. Malusi Dlomo (Nedbank) 74:20.

**Veterans:** 1. Corne Lotz (Phobians) 96:53. **Masters:** 1. Anthony Bold (Team Vitality) 97:32. **G'masters:** 1. Malcolm Wade (RWFL) 1:48:11. **80+:** 1. Martin Coetsee (Magnolia) 2:57:31. **Juniors:** 1. Rudolf Rossouw (Maties) 96:44.

##### WOMEN

1. Vanessa Bowman (Kempton) 98:48 (1<sup>st</sup> vet); 2. Marlize Vermaak (Kempton) 1:40:27; 3. Danka Erasmus (Magnolia) 1:42:37.

**Veterans:** 1 Vanessa Bowman (Kempton) 98:48. **Masters:** 1 Natalie Sanders (Fourways) 1:55:30. **G'masters:** 1 Kim Roberts (Kudus) 2:30:14. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 2:07:29.

### 10 km

#### MEN

1 Altus Badenhorst (Born to Run) 34:43; 2 Arend Stoffberg (Tuks) 35:57; 3 Reynard Winter (Nedbank) 37:47.

**Veterans:** 1 Louis Begemann (Magnolia) 42:31. **Masters:** 1 Joseph Moloto (PMMC) 41:04. **G'masters:** 1 Ian Fuller (Nedbank) 53:27. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 51:30. **80+:** Ken Nurden (Agape) 59:23. **Juniors:** 1 Zander v.d. Merwe (VTM) 38:41.

#### WOMEN

1 Shanley Koekemoer (Midstream) 41:18 (1<sup>st</sup> jun); Collette Brighton (Phobians) 43:18; 3 Emma Mathibela (Nedbank) 44:30.

**Veterans:** 1 Collette Brighton (Phobians) 43:18. **Masters:** 1 Debbie Bredenkamp (HQH) 48:14. **G'masters:** 1 Magda Mans (ACRW) 80:35. **80+:** 1 Deirdre Larkin (Randburg) 65:58. **Juniors:** 1 Shanley Koekemoer (Midstream) 41:18.

### Dave Spence Memorial 10 km (7<sup>th</sup>)

Guguletu, 16 June

(Certified flat loop course. Finishers: 1103 [up from 873 last year].)

#### MEN

1. Jeromy Andreas (UJ) 30:41 (R600)
2. Anthony Timoteus (UWC) 31:12 (R400)
3. André Afrika (Eerste) 31:20 (R250)
4. Nkosiyethu Sotyantya (Itheke) 31:47 (R100)

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 31:55 (R250); 2. Xolile Macanda (Gugs) 34:15 (R150); 3. Sabelo Ngcwama (Gugs) 36:20 (R100). **Masters:** 1. Monde Tutani (Gugs) 38:39 (R150); 2. Eric Mlonyeni (Strand) 40:12 (R100); 3. Wilson Baartman (SH) 40:41 (R50). **G'masters:** 1. Goodman Mpukane (Gugs) 41:57 (R100); 2. Ron Brink (Strand) 46:02 (R50). **G/g'masters:** 1. Claude Brooks (MS) 58:07 (R100); 2. Koert Meyer (Tyger) 76:32 (R50). **Juniors:** 1. Thembeke Mendu (Gugs) 32:52 (R250); 2. Jason Koopman (UWC) 32:53 (R150); 3. Asemahle Kwatsha (Gugs) 35:11 (R100).

#### WOMEN (Same prize money as men)

1. Fortunate Chidzivo (ZIM/Ned) 36:21
2. Ashleigh Simonis (Carb) 37:34 (1<sup>st</sup> jun)
3. Jana le Roux (Ned Bol) 39:27
4. Candyce Hall (Carb) 39:31

**Veterans:** 1. Chantal Simpon (Ned) 41:37; 2. Busisiwe Matiwane (Ned) 43:38; 3. Melanie Porter (Pine) 46:03. **Masters:** 1. Mariëtte Strauss (Tyger) 42:55; 2. Cynthia Coetzee (Brack) 52:27; 3. Sonia Smith (Celtic) 53:33. **G'masters:** 1. Nancy Will (Pine) 45:43; 2. Charmaine Cupido (Ned) 48:04. **G/g'masters:** 1. Pixie Sparg (Celtic) 55:41; 2. Marlene James (Pine) 58:45. **Juniors:** 1. Ashleigh Simonis (Carb) 37:34; 2. Jana le Roux (Ned Bol) 39:27; 3. Sophie Cope (SH) 41:48.

**Toring tot Toring 10 km**

George, 11 June

(Course configuration unknown. Finishers: 158.)

**MEN**

1	Lloyd Bosman	Nedbank SWD	31:01
2	Aviwe Kinana	KMC	35:35
3	Mxolise Fana	Outeniqua Harriers	35:38
4	Rohan Kennedy	ASICS	35:43
5	Elton Botha	KMC	37:54

**Veterans:**

1	Mxlolisi Fana	Outeniqua Harriers	35:38
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**Masters:**

1	Peter Jaehne	Outeniqua Harriers	39:26
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**G'masters:**

1	Jan du Toit	Hartenbos Drawwers	47:33
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**Juniors:**

1	Awiwe Kinana	Knysna Marathon Club	35:35
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**WOMEN**

1	Melissa van Rensburg	Nedbank SWD	38:59
2	Annatjie Botes	Nedbank SWD	44:14
3	Charmaine Lamprecht	Nedbank SWD	44:53

**Veterans:**

1	Melanie Sinclair	Hartenbos Drawwers	52:13
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**Masters:**

1	Annatjie Botes	Nedbank SWD	44:14
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**G'masters:**

1	Mariette de Haan	Nedbank SWD	59:40
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**Juniors:**

1	Nolene van Rensburg	Outeniqua Harriers	1:00:13
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**CROSS-COUNTRY****WP League Meeting (6<sup>th</sup>)**

Elfindale, 12 June

Note: All distances are 4 km except where indicated otherwise. – Ed.**SR. MEN (10 km)**

1	Nadeel	Wildschutt	Itheko	37:01
2	Sibusiso	Madikizela	MSA	37:22
3	Anthony	Timoteus	UWC	37:49
4	Warren	Hefke	UWC	38:05
5	Siyabulela	Mpongwana	VOB	38:22
6	Marks	Mpekula	VOB	39:16
7	Du-Wayne	Philander	UWC	39:32
8	Vuyolwethu	Mbukushe	Gugs	39:47
9	Gershwin	van Staden	Itheko	39:51
10	Duran	Faro	UWC	39:53

**SR. MEN**

1	Emiele	Paulsen	FNB	14:02
2	Bruce-Lynn	Damons	Celtic Harriers	14:03

3	Nkosiyethu	Sotyantya	Itheko	14:07
4	André	Afrika	Eerste River	14:15
5	Heinrich	Wagner	KPMG	14:21
6	Vuyolwethu	Mbukushe	Gugs	14:51
7	Kaleb	Beukes	UWC	14:56
8	Bulelani	Bhebha	VOB	14:59
9	Mthandazo	Qhina	Nedbank	15:06
10	Reginald	Poss	ATC Running	15:16

#### VETERAN MEN (8 km)

1	Xolile	Macanda	Gugs	31:04
2	Shawn	Abrahams	Celtic Harriers	31:09
3	Sabelo	Ngcwame	Gugs	32:37

#### MASTER MEN (8 km)

1	Eric	Coetzee	FNB	32:58
2	Chris	Mitchell	Celtic Harriers	33:32
3	Tobias	Philander	Itheko	33:44

#### G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	36:46
2	Awie	Veldsman	Helderberg Harriers	38:11
3	Goodman	Mpukane	Gugs	38:38

#### G/G'MASTER MEN (8 km)

1	Jeff	Smith	Itheko	41:54
2	Claude	Brooks	Midas Spartans	52:49
3	David	Daniels	Spartan Harriers	53:07

#### U.20 (8 km)

1	Rowhaldo	Ratz	UWC	29:41
2	Lukhanyo	Nobakada	VOB	30:01
3	Jason	Koopman	UWC	30:15

#### U.18 (6 km)

1	Ruschin	Fortuin	UWC	23:01
2	Thembeko	Mendu	Gugs	23:41
3	Carlo	Flink	Itheko	24:08

#### SR. WOMEN (10 km)

1	Leandra	Du Bruyn	FNB	45:26
2	Zintle	Xiniwe	FNB	45:51
3	Tanya	Scott	UCT	46:02
4	Anneline	Roffey	FNB	46:58
5	Candyce	Hall	Carbineers	48:34
6	Tanya	Posthumus-Fox	Century City	49:31
7	Amy	Abrahams	UWC	49:43
8	Hanlie	Jordaan	UWC	50:35
9	Nicola	Wills	UCT	51:22
10	Tina-Mare	Meyer	FNB Multisport	52:31

#### SR. WOMEN

1	Anel	Terblanche	KPMG	17:16
2	Anneline	Roffey	FNB	17:28
3	Lee-Shay	Willemse	Velocity	18:05
4	Nowbabalo	Dyonase	VOB	18:42
5	Candyce	Hall	Carbineers	19:14
6	Adri	Meyer	Bellville	20:21
7	Madelé	du Plessis	Edgemead	20:51
8	Pamela	Moyikwa	VOB	20:59
9	Elizabeth	Brink	Durbanville	21:02
10	Chantall	Watt	Helderberg Harr	21:37

## VETERAN WOMEN

1	Busisiwe	Matiwane	Nedbank	19:16
2	Sharon	Sunderland	West Coast	20:19
3	Tana	Janse v Rensburg	FNB	20:24

## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	19:27
2	Olga	Howard	Celtic Harriers	19:51
3	Georgina	Andraos	VOB	20:11

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	21:17
2	Brenda	Fitzgerald	VOB	22:44
3	Collette	Van Eck	Fish Hoek	23:03

## G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	25:48
2	Wendy	Wilkins	Atlantic	27:15
3	Marlene	James	Pinelands	27:58

## U.20 (6 km)

1	Hayley	Preen	Hout Bay	28:04
2	Sophie	Cope	Spartan Harriers	30:07
3	Kirsten	Roodman	VOB	31:06

## U.18

1	Kayla	de Waal	WPCC	17:49
2	Anitha	Nonene	WCSS	19:24
3	Samanthra	Pedro	ATC Running	20:46

**KZN League Meeting**

Impendle, 18 June

## MEN (10 km)

1. Slindile Slindile (Phantane) 34:03; 2. Bonginkosi Bonginkosi (Phantane) 34:10; 3. Anele Dlamini (Phantane) 35:06; 4. Mhlakwana Nkosikhona (Phuma KZN) 36:05; 5. Ndumiso Sokhela (Speed Explosion) 37:15.

## MEN (5 km)

1. Bonginkosi Zwane (Phantane) 15:44; 2. Ndumiso Sokhela (Speed Explosion) 15:55; 3. Sipho Mbanjwa (Phantane) 16:01; 4. Anele Dlamini (Phantane) 16:07; 5. Mthokozisi Mazibuko (Speed Explosion) 16:10.

## WOMEN (10 km)

1. Jenet Dlamini (Umzimkhulu Strider) 41:36; 2. Loveness Madziva (ZIM/UKZN) 43:11; 3. Bathobile Mkhize (Speed Explosion) 45:30; 4. Nonsikelelo Mbambo (Save Orion) 49:22; 5. Thabile Mkhize (Speed Explosion) 50:18.

## WOMEN (5 km)

1. Bathabile Mkhize (Speed Explosion) 19:04; 2. Iris Ndlovu (NRB) 20:54; 3. Nonsikelelo Mbambo (Save Orion) 21:07; 5. Thobile Mkhize (Speed Explosion) 22:07.

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## INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

### ROAD RUNNING

#### **Grandma's Marathon** (40th)

Duluth, USA, 18 June

(Distance: 42.195 km; certified point-to-point course, losing 40 m of the race distance)

MEN (gun times)

1. Elisha Barno, 30, Santa Fe, NM (KEN) 2:11:26 \$10,000 + 2,000i
2. Weldon Kirui, 27, Grosse Pointe Wood, MI (KEN) 2:12:26 7,500 + 1,500i
3. Kimutai Cheruiyot, 30, Chapel Hill, NC (KEN) 2:14:02 5,000 + 1,000i

WOMEN (gun times)

1. Sarah Kiptoo, 26, Santa Fe, NM (KEN) 2:33:29 \$10,000 + 1,250i
2. Serkalem Biset Abrha, 29, Albuquerque, NM (ETH) 2:34:20 7,500 + 1,000i
3. Clara Santucci, 29, Dilliner, PA 2:34:57 5,000 + 1,000i

i) Earned time incentive bonus

#### **Corrida Languieux** (26th)

(French 10 km Championships for men & women)

Languieux, FRA, 18 June

(Distance: 10 km; one-loop course)

MEN (gun times)

1. James Kibocha THEURI, 1978, Sco Ste-marguerite Marseille, 28:55
2. Michael GRAS, 1991, Us Talence, 29:19
3. Hassan CHAHDI, 1989, Ea Centre Isere, 29:36

WOMEN (gun times)

1. Christelle DAUNAY, 1974, Entente Sarthe Athletisme, 32:35
2. Jacqueline GANDAR, 1994, Havre Ac, 33:46
3. Mekdes WOLDU, 1992, Entente Franconville Cesame Va (ERI), 34:46

### TRACK

#### **Victoria International Track Classic** (28th)

(Canadian National Track League)

Victoria, CAN, 19 June

WOMEN

800:

Race 4:

1. Melissa Bishop, CAN, 1:58.90
2. Chrishuna Williams, USA, 2:01.63
3. Annie Leblanc, CAN, 2:02.67

## Savo Games

Lapinlahti, FIN, 19 June

MEN

1500:

Race A:

1. Jerry Motsau, **RSA**, 3:44.52
2. Patrick Tiernan, AUS, 3:45.15 PB
3. Kevin Batt, IRL, 3:45.37
- ... 8. Folavio Sehohle, **RSA**, 3:48.73

## adidas Boost Boston Games (1st)

Somerville and Boston, USA, 17-18 June

(Somerville [day 1, middle and long distance events] & Boston [day 2, sprint and field street meeting])

MEN

1500:

1. Collins Cheboi, KEN 3:35.82
2. Nick Willis, NZL 3:35.95
3. Ben True, USA 3:36.05 PB

5000:

1. Dejen Gebremeskel, ETH 12:59.89
2. Hagos Gebrhiwet, ETH 13:00.20
3. Debeli Gezmu, ETH 13:33.03

WOMEN

800:

1. Ajee' Wilson, USA 1:59.72  
[59.44 / 60.29]
2. Molly Ludlow, USA 1:59.93
3. Heather Kampf, USA 2:00.55
- ... 7. Morgan Uceny, USA 2:02.00
- ... 10. Anna Willard, USA 2:05.21

1500:

1. Cory McGee, USA 4:08.65
2. Rachel Schneider, USA 4:09.29
3. Mary Cain, USA 4:10.84

adidas Girls' Dream High School Race -

1. Kate Murphy, USA 4:07.21  
WYL/PB

[Final Lap: 62.05 seconds; 3rd fastest high school mark of all-time]

2. Katie Rainsberger, USA 4:14.12
3. Ella Donaghu, USA 4:18.07

5000:

1. Meseret Defar, ETH 15:06.96
2. Marielle Hall, USA 15:13.66
3. Abbey D'Agostino, USA 15:22.29
4. Azmera Gebru, ETH 15:24.27
5. Jo Pavey, GBR 15:24.74
6. Emily Sisson, USA 15:24.83 PB



High schooler Kate Murphy, only 16, ran the third fastest 1500 ever by a high school athlete with her remarkable 4:07.21 in Boston – faster than the winning time in the professional race!  
[Chris Lotsbom/Race Results Weekly]



Ethiopians Dejen Gebremeskel and Hagos Gebrhiwet in the 5000 metres, won by Gebremeskel. [Chris Lotsbom/Race Results Weekly]



## **Vancouver Sun Harry Jerome International Track Classic (30th)**

(Canadian National Track League)

Burnaby, CAN, 17 June

### WOMEN

800:

International:

1. Melissa Bishop, CAN, 1:58.79
2. Brenda Martinez, USA, 1:59.89
3. Annie Leblanc, CAN, 2:03.16

1500:

International:

1. Shannon Rowbury, USA, 4:09.47
2. Gabriela Stafford, CAN, 4:09.65
3. Sasha Gollish, CAN, 4:12.11

## **Bauhaus Gala**

(8th stop of 2016 IAAF Diamond League)

Stockholm, SWE, 16 June

### MEN

800:

DL:

1. Ferguson Cheruiyot ROTICH, 1989, KEN, 1:45.07
2. Pierre-Ambroise BOSSE, 1992, FRA, 1:45.23
3. Adam KSZCZOT, 1989, POL, 1:45.41
4. David RUDISHA, 1988, KEN, 1:45.69
5. Abubaker Haydar ABDALLA, 1996, QAT, 1:46.10
6. Timothy KITUM, 1994, KEN, 1:46.96
7. Mohammed AMAN, 1994, ETH, 1:47.00
8. Kalle BERGLUND, 1996, SWE, 1:47.20

5000 (DL):

1. Ibrahim JEILAN, 1989, ETH, 13:03.22 PB
2. Yomif KEJELCHA, 1997, ETH, 13:03.66
3. Muktar EDRIS, 1994, ETH, 13:05.54
4. Yigrem DEMELASH, 1994, ETH, 13:05.64 SB
5. Yewew ALAMIREW, 1990, ETH, 13:11.88
6. Salomon BERIHU, 1997, ETH, 13:12.67
7. Hayle IBRAHIMOV, 1990, AZE, 13:16.69
8. Getaneh TAMIRE, 1994, ETH, 13:20.38
9. Morhad AMDOUNI, 1988, FRA, 13:22.64
10. Zersenay TADESE, 1982, ERI, 13:26.23
11. Zelalem BACHA REGASA, 1988, BRN, 13:28.53 SB
12. Yoann KOWAL, 1987, FRA, 13:34.29
13. Jeroen D'HOEDT, 1990, BEL, 13:52.11
14. Brett ROBINSON, 1991, AUS, 13:58.84

### WOMEN

800:

1. Lovisa LINDH, 1991, SWE, 2:00.81
2. Hedda HYNNE, 1990, NOR, 2:01.33 PB
3. Alexandra BELL, 1992, GBR, 2:01.77
4. Yngvild ELVEMO, 1990, NOR, 2:01.77 PB
5. Trine MJÅLAND, 1990, NOR, 2:01.83 SB

1500 (DL):

1. Angelika CICHOCKA, 1988, POL, 4:03.25 SB
  2. Meraf BAHTA, 1989, SWE, 4:04.37
  3. Gudaf TSEGAY, 1997, ETH, 4:04.37
  4. Besu SADO, 1996, ETH, 4:04.89
  5. Laura MUIR, 1993, GBR, 4:05.40
  6. Hellen OBIRI, 1989, KEN, 4:05.88
  7. Laura WEIGHTMAN, 1991, GBR, 4:05.94
  8. Dawit SEYAUM, 1996, ETH, 4:06.07
  9. Gesa KRAUSE, 1992, GER, 4:06.99 PB
  10. Maureen KOSTER, 1992, NED, 4:07.24
  11. Jenny BLUNDELL, 1994, AUS, 4:07.84
  12. Sofia ENNAOUI, 1995, POL, 4:07.87
  13. Axumawit EMBAYE, 1994, ETH, 4:11.77
  14. Betlhem DESALEGN, 1991, UAE, 4:13.86
  15. Rababe ARAFI, 1991, MAR, 4:17.42
- Lydia WAFULA, 1988, KEN, DNF (2:10.23 at 800)

3000 s/chase (DL):

1. Ruth JEBET, 1996, BRN, 9:08.37 MR
2. Beatrice CHEPKOECH, 1991, KEN, 9:22.56
3. Genevieve LACAZE, 1989, AUS, 9:23.19 PB
4. Sofia ASSEFA, 1987, ETH, 9:27.73
5. Madeline HILLS, 1987, AUS, 9:28.75
6. Habiba GHRIBI, 1984, TUN, 1 9:31.22
7. Purity KIRUI, 1991, KEN, 9:31.26
8. Tigest GETENT, 1997, BRN, 9:31.84 SB
9. Sandra ERIKSSON, 1989, FIN, 9:31.88
10. Stephanie GARCIA, 1988, USA, 9:35.89
11. Lidya CHEPKURUI, 1984, KEN, 9:37.89
12. Diana MARTÍN, 1981, ESP, 9:41.23
13. Charlotta FOUGBERG, 1985, SWE, 9:46.72
14. Fancy CHEROTICH, 1990, KEN, 9:59.61

### **Spitzen Leichtathletik Luzern (EA Classic)**

Luzern, SUI, 14 June

WOMEN

800:

1. Lynsey Sharp, 1990, GBR 2:02.87
2. Aníta Hinriksdottir, 1996, ISL 2:03.17
3. Joanna Jozwik, 1991, POL 2:03.71
4. Selina Büchel, 1991, SUI 2:03.78
5. Jenny Meadows, 1981, GBR 2:03.85

### **Meeting Premium Stanislas Nancy**

Tomblaine, FRA, 1 June

MEN

800:

1. Taoufik MAKHLOUFI, ALG, 1:44.40
2. Marcin LEWANDOWSKI, POL, 1:44.91
3. Jeremiah MUTAI, KEN, 1:45.28

1500:

1. Fouad EL KAAM, MAR, 3:36.15
2. Mekonnen GEBREMEDHIN, ETH, 3:36.43
3. Johan CRONJE, RSA, 3:37.49

## ULTRA/MOUNTAIN/TRAIL RUNNING

### WMRA World Long Distance Mountain Running Championships

Podbrdo, SLO, 18 June

(Distance: 42.195 km with 2800 m of climbing on a rugged trail course with rocks and mud)

MEN (gun times)

1. Alessandro RAMBALDINI, 1980, ITA, 3:44:52
2. Marco DE GASPERI, 1977, ITA, 3:46:12
3. Mitja KOSOVELJ, 1984, SLO, 3:46:33

WOMEN (gun times) -

1. Annie CONWAY, 1981, GBR, 4:29:01
2. Antonella CONFORTOLA, 1975, ITA, 4:29:58
3. Lucija KRKOC, 1988, SLO, 4:30:43
- ... 5. Nicolette GRIFFIONEN, 1992, RSA, 4:39:16

## STATS TIME

Double Olympic and world champion Mo Farah scored a landmark victory in the Diamond League meeting in Birmingham when he broke David Moorcroft's 34-year-old British record for 3000 m with his world-leading 7:32.62. While an excellent time, Farah's performance is nowhere near the top of the world all-time list; in fact, it places him only 65<sup>th</sup> on the list headed by Daniel Komen's 7:20.67. Here are the top ten performers of all time. It is interesting to note that six of the time were set in either Brussels or Monaco. The SA record is 7:41.06.

### ALL-TIME 3000 M: TOP 10 MEN

7:20.67 WR	Daniel Komen KEN	Rieti	01 Sep 96
7:23.09 NR	Hicham El Guerrouj MAR	Brussels	03 Sep 99
7:25.02 NR	Ali Saïdi-Sief ALG	Monaco	18 Aug 00
7:25.09 NR	Haile Gebrselassie ETH	Brussels	28 Aug 98
7:25.11	Noureddine Morceli ALG	Monaco	02 Aug 94
7:25.79	Kenenisa Bekele ETH	Stockholm	07 Aug 07
7:26.62 AR	Mohammed Mourhit BEL	Monaco	18 Aug 00
7:27.18	Moses Kiptanui KEN	Monaco	25 Jul 95
7:27.26	Yenew Alamirew ETH	Doha	06 May 11
7:27.55	Edwin Soi KEN	Doha	06 May 11

## THIS MONTH IN HISTORY

### 80 years ago: 13 June 1936

Albert Norris (GNR) won the 23rd edition of one of the world's most famous marathons, the Polytechnic race, in 2:35:20, with South Africa's Tommy Lalande second in 2:36:18. Lalande's time was the third fastest by a South African in the Olympic year, behind the 2:31:57.4 by Johannes Coleman and 2:32:09 by Jackie Gibson, who were fourth and fifth respectively on the world list in 1936. Coleman and Gibson ran their times two months

previously in the SA Marathon in Port Elizabeth. The Polytechnic Marathon, first held in 1908, was run from Windsor Castle to the White City Stadium in 1936. In 1953, when the race was also held on 13 June and the course went from Windsor to Chiswick, Jim Peters ran the world's first sub-2:20 marathon. In the 1936 Olympic Marathon Coleman finished sixth, Gibson eighth and Lalande 27th.

## 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		18 Jun
	45:39	Jeromy Andreas	Eersterivier	
	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	53:57	Eric Coetzee	Eersterivier	18 Jun
	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
	99:59	Clive Davies (USA) 1985		
30 km	2:22:55	Jeff Smith	Camps Bay	10 Jan
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:29:46a	Jeff Smith	Simon's Town	21 Feb
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

#### Juniors

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**

##### Open

10 km	33:24	Ivette van Zyl	Cape Town	17 Apr
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	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	35:39	Tanith Maxwell	Durban	05 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	54:40	Tanith Maxwell	Eersterivier	18 Jun
	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	62:15	Elmarie Coetzee	Eersterivier	18 Jun
	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 Natsen	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 38:56	Margie Saunders Lidia Zentner (GER) 2015	Cape Town	17 Apr
15 km	64:56 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	06 Feb
21.1 km	92:42 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	11 Jun
25 km	2:37:27 2:22:39a 1:58:24	Pamela Rasmussen Jenny Scott Gloria Brown (USA) 1994	Durban Pinetown	06 Mar 31 Jan
30 km	2:20:20 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	05 Mar
Marathon	3:30:14 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	East London	20 Feb
100 km				

Great grandmasters (70+)

10 km	54:52 44:09	Pixie Sparg Lavinia Petrie (AUS) 2014	Bellville	02 Apr
15 km	82:28 72:52	Pixie Sparg Jo Klein (NED) 2004	Eersterivier	18 Jun
21.1 km	1:47:58 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Gordon's Bay	16 Apr
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:02 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	10 Jan
Marathon	4:11:27a 3:35:29	Veronica van Niekerk Helga Miketta (GER) 2013	Simon's Town	21 Feb
100 km				

Juniors

10 km	35:38 31:42	Simonay Weitsz Zola Pieterse (RSA) 1984	Cape Town	17 Apr
15 km	58:03 49:40	Ashleigh Simonis Ines Chenonge (KEN) 2001	Eersterivier	18 Jun
21.1 km	1:28:26 1:09:05	Siphokazi Liwani Delilah Asiago (KEN) 1991	Port Elizabeth	11 Jun

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