

Distance Running Results

Vol. 16, No. 25 – 27 June 2016

© Distance Running Results. All rights reserved.

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

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

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.

EDITORIAL

Four women were the stars in the distance running events at the African T&F Championships held over five days in Durban. All four set championship records, with Kenya's Alice Aprot also scoring a world-leading performance with her 30:26.94 in the 10000 m – an overwhelming victory and more than a minute faster than the mark achieved by Edith Masai a decade ago. Aprot's time is also a personal best by almost a minute.

In the 5000 m Aprot's compatriot Sheila Chepkirui broke the championship record of no less a luminary than Almaz Ayana, who ran 15:32.72 at the previous edition of the meeting, held in Marrakech, Morocco. Chepkirui clocked 15:05.45, also a personal best.

Former global 800 m champion Caster Semenya, the fastest runner over two laps in the world this year, won both the 800 m and 1500 m (and ran a scintillating anchor leg on South Africa's winning – and national record-setting – 4x400 m relay), with her most impressive victory coming in the 1500 on the third day of the meeting. She easily beat championship record holder Rababe Arafai (MAR) and wiped out the Moroccan's record with her personal best of 4:01.99 – a mere 0.18 sec slower than Zola Budd's SA record set in 1984, seven years before Semenya was born.

Semenya also took the 800 on the final day, running an easy-looking 1:58.20 in front of another Moroccan, Malika Akkaoui.

The fourth championship record came in the women's steeplechase, where Kenya's Norah Jeruto beat the previous mark of Hiwot Ayalew Yemmar (ETH), run in 2014, with her 9:25.07.

Only one athlete, Nijel Amos (BOT) in the 800, successfully defended a title won in Marrakech. Amos, the silver medallist behind David Rudisha at the 2012 Olympic Games, took the gold in 1:45.11 – more than 3 sec faster than in 2014. Semenya and Amos have the same coach, Jean Verster.

In the men's 10000 South Africa's Stephen Mokoka scored an exciting and narrow victory over Kenya's Wilfred Kimiti in 28:02.97.

South Africa won a total of 33 medals in all events (16 golds, nine silvers and eight bronzes) – an impressive 14 more than two years ago (a tally that included ten golds) and nine more than in 2012 (when the country took only six golds). Kenya was second on the medal table with 24 medals (8-8-8) and Nigeria third with 16 (4-5-7).

South Africa's gold medal winners were Mokoka, Semenya, Jaco Engelbrecht (SP), Claudia Heunis (110 H), Fredrich Pretorius (decathlon, with a PB), Victor Hogan (DT), Rushwal Samaai (LJ), Wayde van Niekerk (200), Wenda Nel (400 H), Philmar van Rensburg (JT), Antonio Alkana (110 H), Sunette Viljoen (JT), 4x100 men, 4x100 women and 4x400 women (in a South African record of 3:28.49).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Riana van Niekerk Run/Walk for Bibles Half Marathon & 10 km, Centurion
- * Kwikspar Somerset Spookhill 15 km, Somerset West
- * K-Way Table Mountain 16 km, Cape Town
- * Napier Patatfees Half Marathon & 10 km, Napier
- * Total Youth Day 10 km, George
- * Ntenga Foundation Charity Race, Durban
- * XC: KZN League Meeting, Durban; Interprovincial Meeting, Witbank

International highlights:

- * B.A.A. 10 km, Boston, USA
 - * Hella Hamburg Halbmarathon, Hamburg, GER
 - * Mattoni Olomouc Half Marathon, Olomouc, CZE
 - * Univé Stadsloop Appingedam, Appingedam, NED
 - * Track: African Championships, Durban, RSA; Meeting International Villa de Bilbao, Bilbao, ESP; Stumptown Twilight Meet presented by Portland Track, Portland, USA; British Athletics Championships, Birmingham, GBR; USA Junior Championships, Clovis, USA
 - * Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA
-

ROAD RUNNING

Riana van Niekerk Run/Walk for Bibles Half Marathon & 10 km

Centurion, 25 June

(Distances: 21.1 km & 10 km. Finishers: half marathon – 650; 10 km – 950.)

Note: Jeromy Andreas (UJ) finished first in the 10 km but was disqualified because he ran without licence numbers. Comrades winner Charné Bosman was the first veteran across the line, but the category prize went to Anelle Vorster. According to correspondent Derrick Chamberlain, Bosman ran without age category tags and, in a gracious gesture, said she was running in memory of Riana van Niekerk and not for the prize money. – Ed.

Half marathon

MEN

1 Colin Mailola (Nedbank) 69:23; 2 Joel Madiba (TUT) 71:24; 3 Altus Badenhorst (Born 2 Run) 73:41.

Veterans: 1 Sifiso Mamba (Midrand) 85:38. **Masters:** 1 Anton Stockenström (RWFL) 1:45:38. **G'masters:** 1 Don Charles (Nedbank) 95:02. **G/g'masters:** 1 Pele Tshikundamalema (Olifantsfontien) 1:58:15.

WOMEN

1 Liziwe Mabona (AMPA) 82:05; 2 Kim Norton (RAC) 87:21; 3 Julie Soicher (Rockies) 96:05 (1st mast).

Veterans: 1 Karen Coomber (ACRW) 1:46:03. **Masters:** 1 Julie Soicher (Rockies) 96:05. **G'masters:** 1 Francis van Blerk (Nedbank) 1:55:05.

10 km

MEN

1 Anthony Timotheus (UWC) 34:19; 2 Jason Koopman (UWC) 35:53 (1st jun); 3 Reginald Poopedi (ACRW) 36:21.

Veterans: 1 Leon Baker (Midrand) 38:34. **Masters:** 1 Joseph Moloto (PMMC) 39:38.

G'masters: 1 Mike du Bruto (Irene) 43:46. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 50:06. **80+:** 1 Ken Nurden (Agape) 55:41. **Juniors:** 1 Jason Koopman (UWC) 35:53.

WOMEN

1 Shanley Koekemoer (Midstream) 39:48 (1st jun); 2 Charné Bosman (Nedbank) 43:31; 3 Nicholise Roux (HS Zwartkop) 44:42.

Veterans: 1 Annelie Vorster (Green Mile) 46:43. **Masters:** 1 Debbie Bredenkamp (HQB) 47:52. **G'masters:** 1 Rina Pretorius (AS Eagles) 60:34. **G/g'masters:** 1 Annetjie Greyvenstein (Irene) 56:28. **80+:** 1 Deirdre Larkin (Randburg) 61:47. **Juniors:** 1 Shanley Koekemoer (Midstream) 39:48.

Kwikspar Somerset Spookhill 15 km (36th)

Somerset West, 25 June

(Certified loop course, very hilly. Finishers: 1160 [slightly up from 1060 last year].)

MEN

1. Sibusiso Madikizela (MSA) 51:15
2. Vyuolwethu Mbukushe (Gugs) 51:15 [correct]
3. Siviwe Nkombi (Itheko) 51:16

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 53:04; 2. Xolile Macanda (Gugs) 58:01; 3. Pieter Venter (Strand) 59:04. **Masters:** 1. Zolani Ntsodo (SANDF) 62:03; 2. Elliott Mhlaba (Strand) 62:28; 3. Japie Swanepoel (WC) 68:14. **G'masters:** 1. Mark Wagenheim (AAC) 71:29; 2. Stephen Granger (VOB) 73:47; 3. Ron Brink (Strand) 79:17. **Juniors:** 1. Lukhanyo Nobakada (VOB) 55:22; 2. Thembeke Mendu (Gugs) 59:38; 3. Deon Hendricks (Stell) 57:01.

WOMEN

1. Zintle Xiniwe (FNB) 1:02:29
2. Candyce Hall (Carb) 1:07:53
3. Pamela Moyikwa (VOB) 1:11:32

Veterans: 1. Melany Porter (Pine) 75:11; 2. Carien Ross (FNB) 75:31; 3. Anika Slabbert (Stell) 76:10. **Masters:** 1. Estelle Steyn (Strand) 78:23; 2. Cheryl Rudolph (East) 80:02; 3. Anne Poole (Strand) 82:11. **G'masters:** 1. Nancy Will (Pine) 76:59; 2. Charmaine Cupido (Ned) 81:48; 3. Helen du Plessis (Brack) 82:41. **Juniors:** 1. Dominique Fuchs (CMC) 83:31; 2. Sumarie Moolman (Cent) 88:33; 3. Mia Doyle (Paarl-vallei) 90:21.

K-Way Table Mountain 16 km (40th)

Cape Town, 19 June

(Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 149 [down from 231 last year].)

MEN

1	Admire	Rushika	ZIM/VOB	30	1:02:11
2	Phumlani	Nxusani	Nedbank	29	1:04:22
3	Siyabulela	Mpongwana	VOB	35	1:04:28

4	William	Robinson	VOB	35	1:08:08
5	Colin	George	VOB	44	1:10:01
6	Damian	Will	Pinelands AC	30	1:10:47
7	Mark	Pikker	VOB	33	1:11:06
8	Derek	Oehley	Harfield Harriers	52	1:15:51
9	Petrofski	Williams	Atlantic AC	51	1:18:49
10	Ryan	Winter	Pinelands AC		1:19:07

WOMEN

1	Renate	Spies	Fish Hoek AC	34	1:32:43
2	Bridgid	Hamilton Russell	Harfield Harriers	56	1:35:24
3	Cheryl	Rudolph	Easterns Kraaifontein AC	54	1:37:48
4	Suzanne	Nicholas	Ind	51	1:38:50
5	Jacqui	Thomas	VOB	47	1:38:57
6	Charmaine	Scott	VOB	46	1:40:50
7	Janine	Tuson	West Coast AC	51	1:41:57
8	Cornell	Badenhorst	Easterns Kraaifontein AC		1:41:59
9	Deborah	Savin-Curnier	None	45	1:45:28
10	Inge	Reissenzahn	Carbineers AC	44	1:45:37

Napier Patatfees Half Marathon & 10 km

Napier, 18 June

(Distances: 21.1 km & 10 km; course configurations unknown, but mostly on gravel.
Finishers: half marathon – 266; 10 km – 264.)

Note: Leandra du Bruyn finished fifth overall in the 10 km. – Ed.

Half marathon**MEN**

1	Nkosiyethu	Sotyantya	Itheko	24	1:11:53
2	Babalo	Hambi	Itheko	22	1:13:13
3	Tsungai	Mwanengeni	ZIM/Gugs	42	1:13:36
4	Isaac	Opperman	OKD	49	1:18:38
5	Jimmy	Bonjesi	Whalers	38	1:19:27
6	Lehlohonolo	Nyombana	Nedbank	25	1:19:40
7	Thomas	Broome	UCT		1:23:39
8	Sivuyile	?	Bredasdorp		1:23:42
9	Kobus	Meyer	Temp		1:29:54
10	Jaco	Smith	Durbanville	31	1:29:38

Veterans:

1	Tsungai	Mwanengeni	ZIM/Gugs	1:13:36
2	Isaac	Opperman	OKD	1:18:38
3	Sivuyile	Sibango	Bredasdorp	1:23:42

Masters:

1	Lorenzo	Lucas	Nedbank WP	1:13:36
2	Frank	Gillion	Whalers	1:36:48
3	Josef	Makya	Bredasdorp	1:41:16

G'masters:

1	Ron	Brink	Strand	1:52:18
2	Brian	Rothman	Brackenfell	1:56:57
3	Piet	Smit	Bredasdorp	2:08:07

G/g'masters:

1	Ronnie	le Roux	Brackenfell	2:05:09
---	--------	---------	-------------	---------

WOMEN

1	Anneline Roffey	FNB	35	1:32:35
2	Amy Abrahams	UWC	22	1:34:00
3	Candyce Hall	Carbineers	32	1:36:59
4	Busiswe Matiwane	Nedbank	41	1:38:38
5	Ursula Turck	Strand	44	1:40:53
6	Malana Uys	Temp	55	1:45:31
7	Elizabeth v.d. Berg	Bredasdorp	43	1:46:14
8	Mari Gourtruk	VOB	47	1:46:20
9	Analie Heyns	Langeberg	44	1:46:50
10	Christine de Jager	Bethlehem	50	1:50:29

Veterans:

1	Busisiwe Matiwane	Nedbank		1:38:38
2	Ursula Truck	Strand		1:40:53
3	Elizabeth v.d. Berg	Bredasdorp		1:46:14

Masters:

1	Malana Uys	Temp		1:45:31
2	Christine de Jager	Bethlehem		1:50:29
3	Carol Ferreira	Strand		1:55:57

G'masters:

1	Hester Kotze	Durbanville		2:01:52
2	Sandra Eardley	VOB		2:14:20
3	Jeanette van Wyk	Bellville		2:22:05

G/g'masters:

1	Veronica van Niekerk	EGA		1:57:40
---	----------------------	-----	--	---------

10 km

MEN

1	Vakalisa Kopola	Nedbank WP		32:13
2	German Lewis	Football Foundation		33:11
3	Randall Smith	Temp		34:06
4	Vee-Jay Mabngwana	Brandvlei		34:08
5	Mike Maruza	?		35:50

WOMEN

1	Leandra de Bruyn	FNB		35:26
2	Elizabeth Brink	Durbanville		42:20
3	Lena Schwalm	?		48:20
4	Francisca ?	?		48:51
5	Delmarie Henning	Hartenbos Drawwers		48:56

Total Youth Day 10 km

George, 16 June

(Finishers: 362)

MEN

1	Lloyd Bosman	Nedbank	28	29:44
2	Ruben Dlepu	Temp	18	30:48
3	Gershwill Jacobs	Nedbank	25	32:28
4	Dullan Solomons	Nedbank	17	33:17
5	Godwin Heyns	Nedbank	18	33:17
6	Archie Boome	Knysna	20	33:53
7	Luzane Pieterse	Temp	17	33:58
8	Aviwe Kinana	Knysna	17	34:09
9	Auschten October	Nedbank	18	34:52

10	Principal Fana	Outeniqua	47	34:55
----	----------------	-----------	----	-------

Veterans:

1	Mxolise Fana	Outeniqua Harriers	34:55
2	Mauritz Janse van Rensburg	Outeniqua Harriers	36:57

Masters:

1	Peter Jaehne	Outeniqua Harriers	38:32
2	Phillipus du Toit	Hartenbos Drawwers	39:19

G'masters:

1	Jan du Toit	Hartenbos Drawwers	45:46
2	Trevor van Rensburg	Sedgefield Striders	48:07

Juniors:

1	Ruben Dlepu	Temp	30:48
2	Dullan Solomons	Nedbank	33:19
3	Godwin Heyns	Nedbank	33:19

WOMEN

1	Melissa van Rensburg	Nedbank	38	37:52
2	Macnita Samuels	Knysna	19	40:06
3	Lana Theunissen	Nedbank	43	40:39
4	Megan Swanepoel	Maties	14	41:44
5	Ileana Drever	Maties	19	42:15
6	Helga Mathee	Nedbank	41	42:44
7	Annatjie Botes	Nedbank	58	42:49
8	Charmaine Lamprecht	Nedbank	32	43:04
9	Mellusca Farnham	Nedbank	27	43:41
10	Clairiece Slinger	Maties	18	43:46

Veterans:

1	Lana Theunissen	Nedbank	40:39
2	Helga Mathee	Nedbank	42:44

Masters:

1	Annatjie Botes	Nedbank	42:40
2	Hester Willer	Outeniqua Harriers	52:29

G'masters:

1	Mariette de Haan	Nedbank	56:43
2	Saundria Visser	Nedbank	58:16

Juniors:

1	Macnita Samuels	Knysna	40:06
2	Megan Swanepoel	Maties	41:44
3	Clairiece Slingers	Maties	43:47

Ntenga Foundation Charity Race

Durban, 16 June
(Distance: 10 km)

MEN

1. Siphamandla Myembe 28:50
2. Lindokuhle Ntuli 30:28
3. Makwande Makwande 31:00
4. Spesihle Mene 31:16
5. Sibusiso Dube 34:40
6. Phumulani Hadebe 35:28
7. Nkosinathi Mwandla 36:01
8. Shepherd Chitake Moyo (ZIM) 36:14
9. Nelson Kosgei (KEN) 36:57

10. Sizwe Prosper Myeza 37:00

WOMEN

1. Nomcebo Mthethwa 39:39
2. Caylee Ellero 41:05
3. Nonjabulo Mchunu 41:19
4. Mzwandile Mzwandile 42:12
5. Nonhle Gazu 43:02
6. Caitlyn Schlehmeier 44:17
7. Suon Mhlongo 44:45
8. Aloysia Khamsi 45:25
9. Thandi Mkhize 47:40
10. Babalwa Mthwa 47:57

CROSS-COUNTRY

KZN League Meeting

Stainbank Nature Reserve, Durban, 25 June

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

MEN (10 km)

1. Donald Kgosimang Bluff AC 37:26

40-49 (8 km):

1. Mbhekeni Ndovele SCS 30:43

50-59 (8 km):

1. Thierry Pletinikx Toti 31:43

60+ (6 km):

Lawrie Raubenheimer HH 25:40

WOMEN (10 km)

1. Zisandele Mkhize IND 44:31

40-49:

1. Lise Muchna PDAC 17:30

50-59:

1. Kylie Griffin West 18:11

60+:

1. Sandy Fismer HH 20:13

Interprovincial Meeting

Witbank, 11 June

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

SR. MEN (10 km)

1	Vuyisile	Tshoba	AGN	49:37
2	Collen	Mulaudzi	AGN	32:45
3	Milton Kekana	Makofane	AGN	33:57
4	Joel	Madiba	AGN	34:09
5	Batang	Dube	AGN	34:47
6	Kamogelo	Masemola	LIMA	34:50
7	Alpheus	Sedutla	LIMA	34:56
8	Hendrick	Malatjie	LIMA	34:58

9	Tshepo Titus	Segole	AGN	35:29
10	Benjamin	Selepe	AGN	35:51
SR. MEN				
1	Collen	Malaudzi	AGN	12:48
2	Musa	Swakaxa	AGN	12:51
3	Victor	Pheeha	AGN	12:55
4	Moses	Mahlangu	AMPU	13:00
5	Poncho	Diphetogo	AGN	13:12
6	Simon	Mokanyane	AGN	13:16
7	Koos	Baloyi	AGN	13:49
8	Koketso	Maphothoma	AGN	13:55
9	Bheki	Nkosi	AMPU	14:13
10	Lucas	Mokonyama	AGN	14:17
MEN 40 (8 km)				
1	Johnny	Young	ANWN	29:07
2	William	Sibanyoni	AMPU	31:36
3	Johan	Oosthuizen	AMPU	31:57
MEN 45 (8 km)				
1	Sipho	Hlumbane	AMPU	28:53
2	Piet	Mosebedi	AGN	30:02
3	Sean	Henry	AMPU	31:39
MEN 50 (8 km)				
1	Steve	Motau	AGN	30:57
2	Moses	Letlhaku	AGN	35:13
3	David	Lesesa	AMPU	35:15
MEN 55 (8 km)				
1	Dirk	Brink	AGN	32:44
2	Mcd	Van Rooyen	AMPU	33:25
3	Werner	Weideman	ANWN	34:04
MEN 60 (6 km)				
1	Jacob	Mtandana	ANWN	28:52
2	Marius	Bosman	AGN	30:21
3	Dirk	Badenhorst	AMPU	33:28
MEN 65 (6 km)				
1	Johannes	Phango	LIMA	27:39
2	Don	Charles	AGN	27:43
3	David	Mokwele	LIMA	32:23
MEN 70 (6 km)				
1	Harry	Van der Merwe	AGN	29:38
2	Anton	Harrop-Allin	AGN	34:42
3	Assie	Van Aswegen	AGN	38:20
MEN 75 (6 km)				
1	Piet	Van Aswegen	AGN	65:01
2	Neville	Muir	AGN	65:06
MEN 80 (6 km)				
1	Martin	Coetzee	AGN	54:49
2	Frans	Grobler	AGN	66:58
3	Chris	De Jager	AGN	67:05
MEN 23				
1	Prince	Ndlovu	AMPU	13:09
2	Morgan	Mtsweni	AMPU	13:20
3	Mpho	Motaung	AGN	13:24
MEN 21				
1	Paseka	Mokubung	AGN	12:49
2	Tebogo	Ndwandwe	AGN	13:30

3	Thabang	Maleka	AGN	13:31
JR. MEN (8 km)				
1	Sibusiso	Kubheka	AMPU	26:58
2	Pontsho	Ngobeni	LIMA	27:26
3	Bandile	Shongwe	AMPU	27:30
BOYS 17 (6 km)				
1	Obaieng	Sethole	AGN	20:07
2	Bonginkosi	Maseko	AMPU	20:14
3	Ben	Mahlangu	AMPU	20:36
SR. WOMEN (10 km)				
1	Glenrose	Xaba	AMPU	37:55
2	Liza	Maritz	AGN	41:46
3	Hellen	Phanyane	LIMA	42:42
4	Vuyokazi	Gebe	AGN	43:49
5	Nthabiseng	Tshehla	AGN	44:43
6	Melita	Molalatladi	LIMA	45:30
7	Tholoana	Peu	AGN	49:02
8	Wendy	Msezane	AMPU	53:19
9	Martha	Clokoe	LIMA	56:47
10	Mapula	Mathiba	LIMA	58:40
SR. WOMEN				
1	Nokuthula	Mokoane	AGN	17:21
2	Annelien	Motlhala	AGN	17:28
3	Gift	Ramabele	AMPU	17:32
4	Suane	Cillie	AGN	18:01
5	Precious	Tshabalala	AMPU	18:44
6	Qeeendoline	Peyper	ANWN	18:58
7	Sunette	Vos	AGN	19:53
8	Carli	Kuhn	AGN	20:52
9	Miranda	Mans	AMPU	21:21
10	Chante	Wilson	AGN	22:18
WOMEN 40				
1	Sanet	Delport	AGN	16:23
2	Ronel	Thomas	AGN	17:03
3	Hildegard	Snyman	LIMA	18:09
WOMEN 45				
1	Marietjie	McDermott	AGN	18:23
2	Retha	Janse van Vuuren	AMPU	19:15
3	Nesta	Le Roux	AGN	19:23
WOMEN 50				
1	Salome	Vermeulen	AGN	16:46
2	Lettie	Saayman	AGN	18:33
3	Connie	Van der Westhuizen	AGN	19:28
WOMEN 55				
1	Erica	Hamilton	VAAL	19:41
2	Ilze	Crous	AGN	20:29
3	Meriam	Gafane	LIMA	22:28
WOMEN 60				
1	Frances	Van Blerk	AGN	20:31
2	Adel	Matotoka	LIMA	24:34
3	Rina	Pretorius	AGN	24:44
WOMEN 65				
1	Ella	Smith	AGN	27:46

WOMEN 70				
1	Stephu	Mobida	LIMA	28:55
2	Adriana	Van Aswegen	AGN	49:36
WOMEN 90				
1	Adelaide	Van Aswegen	AGN	49:37
WOMEN 23				
1	Murendwa	Davhana	AGN	15:30
2	Ashley	Lundy	AGN	16:53
3	Jolandi	De Beer	AGN	17:33
WOMEN 21				
1	Jeannie	De Beer	AGN	17:23
2	Kobe	Paballo	AGN	18:16
3	Cealin	Van der Westhuizen	AGN	18:30
JR. WOMEN (6 km)				
1	Lize	Botha	AGN	24:32
2	Janel	Visser	AGN	25:27
3	Thulisile	Amon	AGN	25:40
GIRLS 17				
1	Grizelda	Stauss	AGN	16:17
2	Micheala	Oosthuizen	AGN	16:35
3	Cosy	Maripa	AGN	16:42

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

B.A.A. 10 km (6th)

Boston, USA, 26 June

(Certified flat course through Boston's Back Bay; 8 km split is record-eligible)

Note: Massachusetts native Shalane Flanagan cruised to a North American record here. Preparing for the Olympic Marathon in August, Flanagan motored to a time of 30:52, shattering both her own continental record of 31:03 and the event record 31:04. – Ed.

MEN (gun times)

1. Daniel Chebii, 31, Kenya 27:55 \$10,000
[8 km: 22:25]
2. Philip Langat, 26, Kenya 28:02 5,000
[8 km: 22:25]
3. Daniel Salel, 25, Kenya 28:08 =PB 3,000
[8 km: 22:27]
4. Dathan Ritzenhein, 33, Belmont, MI 28:12 1,500
[8 km: 22:32]
5. Silas Kipruto, 31, Kenya 28:30 1,000
[8 km: 22:29]

WOMEN (gun times)

1. Shalane Flanagan, 34, Portland, OR 30:52 NR/CR/PB \$10,000 + 7,500c
[8 km: 24:45 | 5 km splits: 15:26 / 15:26]
2. Edna Kiplagat, 36, Kenya 31:06 PB 5,000
[8 km: 24:46]
3. Amy Cragg, 32, Portland, OR 31:31 PB 3,000
[8 km: Unavailable]

4. Mary Wacera, 27, Kenya	32:03	1,500
[8 km: 25:32]		
5. Nancy Nzisa, 20, Kenya	32:12 PB	1,000
[8 km: 25:42]		
... 8. Kim Smith, 34, Providence, RI (NZL)	32:47	400
... 15. Jen Rhines, 41, Boston, MA	34:13	500

c) Course record bonus

Hella Hamburg Halbmarathon (22nd)

Hamburg, GER, 26 June

(Distance: 21.1 km; point-to-point course with minimal start/finish separation)

MEN (gun times)

1. Geoffrey YEGON, 1988, KEN	1:01:46
2. Vincent KIPRUTO, 1987, KEN	1:01:48
3. Albert KANGOGO, 1987, KEN	1:02:31
4. Erick KOSKEI, 1993, KEN	1:02:48
5. Ezra Kering KIPCHUMBA, 1986, KEN	1:03:47

WOMEN (gun times)

1. Antonina KWAMBAI, 1992, KEN	1:12:48
2. Dorcas Nzembi KITHOME, 1997, KEN	1:14:29
3. Naom JEBET, 1994, KEN	1:14:31

Mattoni Olomouc Half Marathon (7th)

(IAAF Gold Label Road Race)

Olomouc, CZE, 25 June (19h00 start time)

(Distance: 21.1 km; certified loop course)

MEN (gun times)

1. Stanley Biwott, KEN	1:00:46	€ 2500 + 1000i
2. Richard Mengich, KEN	1:05:17	1200
3. Geoffrey Kipyego, KEN	1:06:04	1000
4. Vitaliy Shafar, UKR	1:06:14	600
5. Solomon Mutai, UGA	1:06:28	500

i) Earned time bonus for sub-61:00

WOMEN (gun times)

1. Mary Keitany, KEN	1:08:53	€ 2500 + 2500i
2. Edith Chelimo, KEN	1:12:15	1200
3. Joyce Chepkirui, KEN	1:12:40	1000
4. Risa Takenaka, JPN	1:12:53	600
5. Bekelech Daba, ETH	1:13:42	500

i) Earned €2500 time bonus for sub-69:00 + €500 for leading at 18 km in under 58:30

Univé Stadsloop Appingedam (20th)

Appingedam, NED, 25 June

(Distance: 10 km)

MEN (gun times)

1. John Langat, KEN, 27:59

2. Wilson Kipsang, KEN, 27:59
3. Daniel Wanjiru, KEN, 28:05

WOMEN (gun times)

1. Dibaba Kuma, ETH, 32:30
2. Sheila Jerotich, KEN, 33:23
3. Kim Dillen, NED, 33:26

TRACK

African Championships (20th) Durban, RSA, 22-26 June

MEN -

800:

Final (24):

1. Nijel Amos, BOT 1:45.11 GOLD
2. Jacob Rozani, RSA 1:45.38 SILVER
3. Rynhardt van Rensburg, RSA 1:46.15 BRONZE
4. Boitumelo Masilo, BOT 1:46.16
5. Albertino Mamba, MOZ 1:46.34
6. Sampson Laari, GHA 1:47.62
7. Kabelo Mohlosi, RSA 1:50.00
8. Nyasha Mutsetse, ZIM 1:50.90

Semi-Finals (23):

Heat 1:

1. Nijel Amos, BOT 1:49.91Q
2. Rynhardt van Rensburg, RSA 1:50.55Q
3. Kabelo Mohlosi, RSA 1:51.30Q
4. Moussa Camara, MLI 1:51.59
5. Mohammad Dookun, MRI 1:52.45
6. Dey Dey, SSD 1:52.91
7. Fathi Adam, SUD 1:53.39
- Boaz Kiprugut, KEN dq

Heat 2:

1. Albertino Mamba, MOZ 1:48.36Q
2. Sampson Laari, GHA 1:48.46Q
3. Jacob Rozani, RSA 1:48.48Q
4. Boitumelo Masilo, BOT 1:48.52q
5. Nyasha Mutsetse, ZIM 1:49.69q
6. Bacha Morka Mulata, ETH 1:56.21
7. Benedicto Makumba, MAW 2:00.46
- Abraham Matet, SSD dq

Prelims (22):

Heat 1:

1. Nijel Amos, BOT 1:50.19Q
2. Albertin Mamba, MOZ 1:50.39Q
3. Moussa Camara, MLI 1:51.08Q
4. Dey Dey, SSA 1:53.20

Heat 2:

1. Benedicto Makumba, MAW 2:02.22Q
2. Boitumelo Masilo, BOT 2:02.57Q

3. Rynhardt van Rensburg, RSA 2:02.81Q

Heat 3:

1. Boaz Kiprugut, KEN 1:48.63Q
2. Sampson Laari, GHA 1:48.80Q
3. Kabelo Mohlosi, RSA 1:49.94Q
4. Nyasha Mutsetse, ZIM 1:50.34
5. Fathi Adam, SUD 1:53.82
6. Abraham Matet, SSD 1:54.85

Heat 4:

1. Jacob Rozani, RSA 1:49.91Q
2. Bacha Morka Mulata, ETH 1:50.25Q
3. Mohammad Dookun, MRI 1:50.88Q
4. Abraham Thon, SSD 2:02.03

1500:

Final (26):

1. Fouad Kaam, MAR 3:39.49 GOLD
2. Timothy Cheroiyet, KEN 3:39.71 SILVER
3. Vincent Letting, KEN 3:40.78 BRONZE
4. Youness Essalhi, MAR 3:41.34
5. Taresa Tolosa Bekuma, ETH 3:42.23
6. Birhanu Sorsa Itaha, ETH 3:43.56
7. Eric Kiptanui, KEN 3:43.81
8. Dumisani Hlaselo, RSA 3:44.53
9. Johan Cronje, RSA 3:45.26
10. Santino Kenyi, SSD 3:45.34
11. Wellington Varevi, ZIM 3:48.40
12. Dey Dey, SSD 3:48.70

Preliminaries (25):

Heat 1:

1. Fouad Kaam, MAR 3:46.68Q
2. Vincent Letting, KEN 3:47.80Q
3. Birhanu Sorsa Itaha, ETH 3:48.43Q
4. Dumisani Hlaselo, RSA 3:50.58Q
5. Wellington Varevi, ZIM 3:51.70
6. Sylvester Koko, BOT 3:52.31
7. Mohammad Dookun, MRI 3:54.48
8. Moussa Camara, MLI 3:54.76
9. Abraham Matet, SSD 3:55.14
10. Benjamin Manuel Enzema Owond, GEQ 4:11.87

Heat 2:

1. Timothy Cheroiyet, KEN 3:44.44Q
2. Taresa Tolosa Bekuma, ETH 3:44.58Q
3. Eric Kiptanui, KEN 3:44.66Q
4. Youness Essalhi, MAR 3:44.70Q
5. Santino Kenyi, SSD 3:47.31q
6. Dey Dey, SSD 3:49.63q
7. Johan Cronje, RSA 3:51.55q (fell)
8. Oskar Komeya, NAM 3:56.12

5000 (26):

1. Douglas Kipserem, KEN 13:13.35 GOLD
2. Elroy Gelant, RSA 13:15.13 SILVER

3. Mangata Ndiwa, KEN 13:16.85 BRONZE
4. Getaneh Molla Tamire, ETH 13:17.84
5. Peter Lagat, KEN 13:18.78
6. Namakoe Nkhasi, LES 13:21.68
7. Thierry Ndiumwenayo, BDI 13:26.24
8. Jean-Marie Vianney Niyomukiza, BDI 13:31.91
9. Phillip Kipyeko, UGA 13:32.77
10. Dejene Debla Gonfa, ETH 13:33.06
11. Abdallah Mande Kibet, UGA 13:34.52
12. Onesphore Nzikwikunda, BDI 13:34.54
13. Teklit Teweldebrhan, ERI 13:36.00
14. Sesebo Matlapeng, BOT 13:43.57
15. David Kulang, SSD 13:54.69

...

10000 (22):

1. Stephen Mokoka, RSA 28:02.97 GOLD
2. Wilfred Kimitei, KEN 28:03.18 SILVER
3. Namakoe Nkhasi, LES 28:06.33 BRONZE
4. Jemal Yimer Mekonnen, ETH 28:08.92
5. Fikadu Haftu Tsadik, ETH 28:09.21
6. Stephen Arita, KEN 28:09.66
7. Isail Gallet, TAN 28:13.46
8. Abraham Habte, ERI 28:18.18
9. Abdallah Mande Kibet, UGA 28:21.92
10. Gladwin Mzazi, RSA 28:24.50
11. Arega Mekonen Asen, ETH 28:37.41
12. Fabiano Sulle, TAN 29:09.75
13. John Atem, SSD 29:53.67
14. Happy Ndacha Mcherewje, MAW 29:59.94
15. Jacob Mugomeri, ZIM 30:05.75

...

3000 s/chase (24):

1. Chala Beyo Techo, ETH 8:21.02 GOLD
2. Gigsu Tolosa Nurhi, ETH 8:22.79 SILVER
3. Abraham Kibiwott, KEN 8:24.19 BRONZE
4. Phenus Kipteling, KEN 8:26.11
5. Hamid Ezzine, MAR 8:29.36
6. Jacob Araptany, UGA 8:29.60
7. Rantso Mokopane, RSA 8:35.02
8. Malek Ben Amor, TUN 8:47.31
9. Abdalla Targan, SUD 8:47.47
10. Sesebo Matlapeng, BOT 8:58.93
11. Hossny Ismael Eisa, SUD 9:08.99

WOMEN

800:

Final (26):

1. Caster Semenya, RSA 1:58.20 GOLD
2. Malika Akkaoui, MAR 2:00.24 SILVER
3. Emily Cherotich, KEN 2:00.70 BRONZE
4. Silvia Chesebe, KEN 2:01.43
5. Rababe Araf, MAR 2:01.49
6. Noelle Yarigo, BEN 2:02.68
7. Amna Barsham, SUD 2:02.83
8. Lidya Melese Goshu, ETH 2:04.89

Preliminaries (25):

Heat 1:

1. Caster Semenya, RSA 2:02.01Q
2. Rababe Araf, MAR 2:02.32Q
3. Amna Barsham, SUD 2:02.44q
4. Noelie Yarigo, BEN 2:02.94q
5. Tigist Ketema Tebo, ETH 2:04.61
6. Nakaayi Halima, UGA 2:04.97
7. Vilette Ndayikengurukiye, BDI 2:10.11

Heat 2:

1. Silvia Chesebe, KEN 2:03.96Q
2. Lidya Melese Goshu, ETH 2:04.83Q
3. Agnes Abu, GHA 2:05.64
4. Liza Kellerman, RSA 2:07.82
5. Tarchoun Hayfa, TUN 2:09.49
6. Maryjoy Mudyiravanji, ZIM 2:20.75
- Fiori Asmelasha, ERI dq

Heat 3:

1. Emily Cherotich, KEN 2:03.35Q
2. Malika Akkaouiu, MAR 2:03.36Q
3. Dinke Firdisa Dufera, ETH 2:06.52
4. Tsepang Sello, LES 2:15.03
5. Sounia Hamdan, SUD 2:17.87

1500 (24):

1. Caster Semenya, RSA 4:01.99 CR*/PB GOLD
2. Rababe Araf, MAR 4:03.95 SILVER
3. Adanech Anbesa Feyisa, ETH 4:05.22 BRONZE
4. Fantu Worku Taye, ETH 4:05.84
5. Siham Hilali, MAR 4:07.39
6. Janet Achola, UGA 4:08.11
7. Beatha Nishimwe, RWA 4:08.75
8. Sela Jepleting, KEN 4:09.14
9. Judy Kiyeng, KEN 4:11.60
10. Alawia Andal, SUD 4:29.51
11. Lavinia Haitope, NAM 4:31.11

...

*) Championship record; previous 4:05.80, Rababe Araf, MAR, 2012

5000 (23):

1. Sheila Chepkirui, KEN 15:05.45 CR*/PB GOLD
2. Margaret Chelimo, KEN 15:07.56 SILVER
3. Dera Dida Yami, ETH 15:15.26 BRONZE
4. Meskerem Mamo Hayile, ETH 15:18.06
5. Kidan Alema Gebremaedin, ETH 15:39.27
6. Cavalline Nahimana, BDI 15:47.90
7. Racheal Zena Chebet, UGA 15:53.50
8. Nebyat Abraham, ERI 15:55.47
9. Kokob Tesfagabr, ERI 15:57.54
10. Ndeshimona Ekandjo, NAM 16:28.90
11. Mercy Malembo, MAW 16:48.31

...

*) Championship record; previous 15:32.72, Almaz Ayana, ETH, 2014

10000 (25):

1. Alice Aprot, KEN 30:26.94 CR*/WL/PB GOLD
2. Jackine Chepngeno, KEN 31:27.73 SILVER
3. Joyline Jepkosgei, KEN 31:28.28 BRONZE
4. Salome Nyirarukundo, RWA 31:45.82
5. Shure Demisa Ware, ETH 32:14.25
6. Yenenesh Tilahun Dinkesa, ETH 32:17.38
7. Clementine Mukandanga, RWA 33:28.64
8. Ayantu-idossa Eshete, ETH 34:34.64
9. Lemlem Teweldebrhan, ERI 34:41.77
10. Ruth Kibreab, ERI 36:10.58
11. Glenrose Xaba, RSA 36:32.37

...

*) Championship record; previous 31:27.96, Edith Masai, KEN, 2006

3000 s/chase (26):

1. Norah Jeruto, KEN 9:25.07 CR* GOLD
2. Agnes Chesang, KEN, 9:27.22 SILVER
3. Weyneshet Ansa Weldetsadik, ETH 9:39.89 BRONZE
4. Marie Eliane Saholinirina, MAD 9:44.50
5. Birtukan Adamu Ali, ETH 9:50.52

...

Nolene Conrad, RSA, dnf

*) Championship record; previous 9:29.54, Hiwot Ayalew Yemmar, ETH, 2014

Meeting International Villa de Bilbao (16th)

Bilbao, ESP, 25 June

WOMEN

800:

Heat A -

- | | |
|---------------------------|---------|
| 1. ROSE MARY ALMANZA, CUB | 2:01.34 |
| 2. ALENA ULRICHOVA | 2:04.11 |
| 3. ABBEY DE LA MOTTE | 2:04.75 |
| 4. GENA LOFSTRAND, RSA | 2:07.62 |
| ... 7. ANUSCHKA NICE, RSA | 2:11.02 |

Stumptown Twilight Meet presented by Portland Track

Portland, USA, 23 June

MEN

1500:

Section 1 -

- | | | |
|-----------------------|---------------------|---------|
| 1. Matthew Centrowitz | Nike Oregon Project | 3:37.81 |
| 2. Andrew Wheating | Nike Otc | 3:40.22 |
| 3. Cristian Soratos | Adidas | 3:40.73 |

WOMEN

1500:

Section 1 -

- | | | |
|--------------------|---------------------|-------------|
| 1. Colleen Quigley | Nike Bowerman | 4:12.21 MR* |
| 2. Brie Felnagle | Adidas | 4:12.85 |
| 3. Mary Cain | Nike Oregon Project | 4:13.16 |

5000:

1. Lucy Oliver	New Balance/NZL	15:24.06
2. Tara Welling	Skechers/HPW	15:26.90
3. Rachel Cliff	Asics Canada	15:28.60
4. Jordan Hasay	Nike Oregon Project	15:29.77
5. Aisling Cuffe	Unattached	15:35.12

British Athletics Championships

Birmingham, GBR, 24-26 June

MEN

800 (26):

1. Elliot GILES, BIRCHFLD	1:48.00
2. Jamie WEBB, LIVERPOOL	1:48.49
3. Michael RIMMER, LIVERPOOL	1:48.78

1500 (26):

1. Charlie GRICE, BRIGHTON	3:43.41
2. Chris O'HARE, EDINBURGH	3:43.68
3. Jake WIGHTMAN, EDINBURGH	3:43.90

5000 (25):

1. Andrew BUTCHART, CENTRAL AC	13:44.00
2. Tom FARRELL, BORDER	13:47.60
3. Andy VERNON, NORTH P	13:49.28 SB

3000 s/chase (25):

1. Rob MULLETT, LEWES	8:41.67
2. Tom WADE, NORTH P	8:43.40
3. Zak SEDDON, BRACKNELL	8:46.63

WOMEN

800 (26):

1. Shelayna OSKAN-CLARKE, WSE HO	2:01.80
2. Lynsey SHARP, EDINBURGH	2:02.14
3. Alison LEONARD, BLACKBURN	2:02.45
... 6. Jenny MEADOWS, WIGAN	2:03.91

1500 (26):

1. Laura MUIR, DUNDEE	4:10.14
2. Laura WEIGHTMAN, MORPETH	4:11.76
3. Charlene THOMAS, WAKEFIELD	4:11.84
... 5. Hannah ENGLAND, OXFORD	4:14.29
... 8. Jessica JUDD, CHELMSFORD	4:18.07

5000 (26):

1. Steph TWELL, AFD AC	15:53.35
2. Eilish MCCOLGAN, DUNDEE	15:54.75
3. Laura WHITTLE, ROYAL SUTT	15:56.63

3000 s/chase (26):

1. Rosie CLARKE, EPSOM & E	9:52.20 PB
2. Lennie WAITE, E KILBRIDE	9:54.06
3. Louise WEBB, SOTON	9:57.18 PB

USA Junior Championships

Clovis, USA, 24-26 June

WOMEN

1500 (26):

1. Alexa Efraimson	Nike	4:16.75
2. Christina Aragon	Unattached	4:18.07
3. Rachel McArthur	Unattached	4:25.66

3000 (25):

1. Kate Murphy	Unattached	9:10.51 PB
2. Katie Rainsberger	Kokopelli Ra	9:11.60 PB
3. Destiny Collins	Unattached	9:21.44 PB

ULTRA/MOUNTAIN/TRAIL RUNNING

Western States Endurance Run 100-Mile (41st)

Squaw Valley to Auburn, USA, 25-26 June

(Distance: 100.2 miles; difficult trails, high altitude; over 40 000 total feet of climbing and descending (18 000 up and 22 000 down))

MEN

1. Andrew Miller, 15:39:36
2. Didrik Hermansen, 16:16:08
3. Jeff Browning, 16:30:40

WOMEN

1. Kaci Lickteig, 17:57:59
2. Amy Sproston, 18:54:44
3. Devon Yanko, 19:10:08

NEWS

MARATHONER GRIGORYEVA LOSES RESULTS TO DUE TO DOPING

Russia's anti-doping agency, RUSADA, announced last week that marathoner Lidiya Grigoryeva -- who is essentially retired now -- has had her results annulled from 17 April 2009 through 14 May 2010. As such, she loses the following important marathon results:

- 2009 Boston Marathon - 6th place, 2:34:20 \$12,000 prize money
- 2009 Chicago Marathon - 2nd place, 2:26:47 \$25,000 prize money
- 2010 Boston Marathon - 6th place, 2:30:31 \$12,000 prize money

Grigoryeva was the surprise winner of the 2007 Boston Marathon, held during a powerful rain storm.

Meanwhile, *Athletics International* published the following news around doping:

Soviet Olympic gold medallists who have failed drug tests (* drug test refusal):
 Tatyana Kazankina* 1976 800 m & 1500 m and 1980 1500 m; Nadezhda Tkachenko 1980 pentathlon; Olga Nazarova 1988 & 1992 4x400 m; Svetlana Krivelyova 1992 shot put; Lyudmila Narozhilenko 1996 100 m H; Yelena Ruzina 1992 4x400 m; Irina Korzhanenko 2004 shot put (dq); Natalya Sadova 2004 discus throw; Olga Kuzenkova 2004 hammer throw; Valeriy Borchin 2008 20 km walk; Olga Kaniskina 2008 20 km walk; Yuliya

Chermoshanskaya 2008 4x100 m; Sergey Kiryapkin 2012 50 km walk (dq); Yuliya Zaripova 2012 3000 m s/chase (dq); Anna Chicherova 2012 high jump; Tatyana Lysenko 2012 hammer throw; Yelena Lashmanova 2012 20 km walk.

And the list of Russian athletes convicted of doping continues to grow. The latest to be exposed are retired **Lidiya Grigoryeva** (42), the 2006 European 10000 m bronze medallist (see above), and **Larisa Kleymyonova** (9:07.62 3000 m indoors), banned for four years from 17 September 2015.

The notorious case of **Liliya Shobukhova**, allowed to compete in the 2012 Olympic marathon despite senior officials having allegedly extorted money from her in order to suppress her doping violations, continues to be a major issue of confidence in Sebastian Coe's judgement. A joint investigation by the BBC's *Panorama* programme and the *Daily Mail* revealed that in August 2014 former London Marathon race director Dave Bedford had contacted Coe, at the time an IAAF Vice-President, about his corruption concerns over the Russian athlete, a London Marathon winner who had twice won the \$500 000 World Marathon Majors series. Bedford sent him an e-mail detailing the problem but Coe said that he did not read the attachment, forwarding it directly to Michael Beloff QC of the IAAF Ethics Commission. In December 2015 Coe told the Parliamentary Culture, Media & Sport Committee that he had been unaware of the extent of corruption involving the IAAF until December 2014, and he will now be asked to face further questioning by the committee.

Another possible major doping scandal came to light on 20 June when the celebrated Somali coach **Jama Aden** was arrested by Catalan police in collaboration with the Spanish Anti-Doping Agency as part of an investigation into drug trafficking. A Moroccan physiotherapist was also arrested and it is reported that the pair were charged with having administered banned substances to athletes. EPO was found by police in the physio's hotel room. Two athletes that Aden has coached, Hamza Driouch and Laila Traby, have served doping bans. His best known athlete now is world record breaking Genzebe Dibaba, while others he has trained include Taoufik Makhloufi, Ayanleh Souleiman, Abubaker Kaki and Ahmed Ismail.

STATS TIME

Oslo's famous Bislett Games recently was a successful evening for the three Ingebrigtsen brothers. Henrik (25), who holds the Norwegian records of 3:31.46 and 3:50.72, was seventh in the mile in 3:53.19, one position ahead of Filip (23), whose 3:55.02 was a personal best. Earlier, in a national 1500-metre event, Jakob, who is only 15, improved his PB from 3:44.97 a week earlier to a magnificent 3:42.44! This is the fifth fastest time by an u.18 athlete in the world this year. Leading the world list is Kumari Taki (KEN), who is almost 1½ years older. Here is a list of the top ten u.18 runners for 2016, with secondary performances. The fastest u.18 athlete ever is Nicholas Kiptanui Kemboi, who ran 3:33.72 in 2006.

2016 1500 M: WORLD'S TOP 10 U.18 MEN

3:39:15	Kumari Taki KEN	Nairobi	28 May
3:41.4	Taki-2	Nairobi	26 May
3:41.47	Taki-3	Nairobi	27 May
3:42.0	Taki-4	Narok	14 May
3:42.44	Jakob Ingebrigtsen NOR	Oslo	09 June
3:44.97	Ingebrigtsen-2	Jessheim	02 June
3:45.50	Ingebrigtsen-3	Oordegem-Lede	28 May
3:45.6	Michael Kipyegon KEN	Nairobi	05 Apr
3:45.8	Lawi Kosgei KEN	Nijmegen	18 May
3:45.87	Kosgei-2	Oordegem-Lede	28 May
3:46.35	Joshua Torley AUS	Canberra	06 Feb
3:46.4	Shadrack Ngumbua KEN	Nairobi	07 May

3:47.40	Elzan Bibic SRB	Sremska Mitrovica	04 June
3:47.9	Hillary Kipchirchir Kirui KEN	Nairobi	05 Apr
3:48.14	Jake Heyward GBR	Manchester	14 May
3:48.40	Tim van de Velde BEL	Oordegem-Lede	04 June

THIS MONTH IN HISTORY

60 years ago: 19 June 1956

The 5000-metre clash between Chris Chataway and Vladimir Kuts in the White City Stadium in October 1954 will be remembered as one of the greatest distance races in history, with Chataway breaking the Russian's world record by exactly 5 seconds with his 13:51.6. After that Kuts and the Hungarian Sándor Iharos traded the record four times. On this day, in the Krohnsminde Stadium in Bergen, another English star, Gordon Pirie, tackled the tough Russian in pouring rain. Kuts wanted to get his record back, which Iharos had brought down to 13:40.6 eight months before. But it was not to be, because on the day Pirie was too strong and after running the last 800 m in 1:55 on the soggy track, the Englishman claimed the world mark with 13:36.8, with Kuts second in 13:39.6. It would be more than a year before Kuts reclaimed the record in Rome – the last time the record belonged to a Russian.

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 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	53:57 47:52	Eric Coetzee Titus Mamabolo (RSA) 1991	Eersterivier	18 Jun
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	54:40 49:35	Tanith Maxwell Priscilla Welch (GBR) 1985	Eersterivier	18 Jun
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	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	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				

Great grandmasters (70+)

10 km	54:52	Pixie Sparg	Bellville	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	82:28	Pixie Sparg	Eersterivier	18 Jun
	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	58:03	Ashleigh Simonis	Eersterivier	18 Jun
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	1:28:26	Siphokazi Liwani	Port Elizabeth	11 Jun
	1:09:05	Delilah Asiago (KEN) 1991		

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Derrick Chamberlain, André Gobey, Theuns Luus, Frans Botha

