

# 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

When the world's best 800-metre runners line up in Rio at the Olympic Games, Caster Semenya will be the undisputed favourite. The powerful South African star already had the two fastest times in the world going into the weekend's Diamond League meeting in Monaco. There Semenya once again destroyed the opposition with seeming ease and cut the electronic beam at the finish in a brilliant 1:55.33, slashing her national record, set in 2009 when she won the world title, by 0.12 sec. It is the fastest time in the world since Pamela Jelimo ran 1:54.01 in 2008 and moves her up to twelfth on the all-time list.



Caster Semenya sets a new SA record in the 800 m at the Herculis Meeting in Monaco. [IAAF]

Semenya's dominance over Francine Niyonsaba (BDI), who also set a national record of 1:56.24, appeared to be more than the nine-tenths of a second that separated the two athletes. Behind them there were a further three personal bests.

In the 3000 m Dominique Scott set a PB of 8:46.65 in her first Diamond League meeting.

The Totalsports Women's Race in Durban yesterday produced some sizzling times. All three of South Africa's Olympic Marathon representatives, Irvette van Zyl, Lebo Phalula and Christine Kalmer, were in action, with Van Zyl taking the win in the fastest time of the year, 33:02. This the third quickest of her career. Second was Lebogang Phalula in 33:05, the second fastest she has ever run (her PB is 33:02), followed by twin sister Lebo in 33:18. Jenet Dlamini was fifth in a PB 35:01, while in seventh Janie Grundling clocked the second fastest time of her life.

In the City of Championships Youth Challenge in Port Elizabeth grandmaster Margie Saunders again beat all the veterans and masters in a quick 42:42 – just 12 seconds from her list leader.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* Totalsports Women's Race, Durban
- \* City of Champions 10 km Youth Challenge, Port Elizabeth
- \* Afriforum Springbok Vasbyt 25 km & 10 km, Pretoria

**International highlights:**

- \* Crazy 8's 8 km, Kingsport, USA
  - \* Track: Meeting Citta di Padova, Padova, ITA; European Athletics Youth Championships, Tbilisi, GEO; KBC Night of Athletics, Heusden, BEL; Herculis Meeting, Stade Louis II, MON; Track Town Classic, Edmonton, CAN; Meeting Sport Solidarietà, Lignano, ITA; Lahden Eliittikisat, Lahti, FIN
  - \* Swedish 100 km Championships, Norrköping, SWE
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**ROAD RUNNING**

**Totalsports Women's Race**

(Women only)

Durban, 17 July

(Distance: 10 km; certified loop course)

Note: Unfortunately the timing company website does not include clubs; DRR has added the clubs that are known. – Ed.

1. Irvette van Zyl (Ned) 33:02
2. Lebogang Phalula (Boxer) 33:05
3. Lebo Phalula (Boxer) 33:18
4. Christine Kalmer (KPMG) 34:50
5. Jenet Dlamini (Umzimk) 35:01 PB
6. Zintle Xiniwe (FNB) 35:30
7. Janie Grundling (Boxer) 35:48
8. Tanith Maxwell (Boxer) 36:23
9. Makhosi Mhlongo (Sav) 37:03
10. Yolande Maclean (B2R) 37:38
11. Puseletso Dladla (Sav) 38:11
12. Sthandwa Mthimkhulu 38:21
13. Cary-Ann Smith (Ned) 38:22
14. Zisandele Mkhize (ZAC) 38:28
15. Sebrina Munsamy 38:30

**40-49:**

1. Tanith Maxwell (Boxer) 36:23
2. Janene Carey (Boxer) 39:03
3. Shani Silver (Boxer) 39:42

**50-59:**

1. Mary Mvelase (Phuma) 46:51
2. Gail Babch (Sav) 47:40
3. Elize Cilliers (DHSOB) 48:10

**60+:**

1. Sandy Fismer (Hilton Harr) 45:51

2. Blanche Moila (Sav) 47:29  
 3. Jenny Scott (DCS) 50:35

**Juniors:**

Caylee Ellero (CKS) 39:13

**City of Champions 10 km Youth Challenge**

Port Elizabeth, 16 July

(Finishers: 461)

**MEN**

1	Mariano	Eesou	Madibaz AC	24	30:33
2	Zolani	Mabhongo	Ikhamva AC	29	30:38
3	Khaya	Butele	Glen Gray AC	24	30:42
4	Melikhaya	Frans	Ikhamva AC	26	30:58
5	Amos	Nyongo	Ikhamva AC	29	31:32
6	George	Ntshiliza	Bluewater Bay	36	31:53
7	Bulelani	Niwa	Achilles AAA	32	32:31
8	Andile	Motwani (1 <sup>st</sup> jun)	Tinarha AC	19	32:38
9	Anele	Maliza	Nedbank RC	38	32:43
10	Lonwabo	Williams	Tinarha AC	17	32:46
11	Mzwanele	Maphekula	Bluewater Bay	39	32:56
12	Sivuyile	Selani	Tinarha AC	16	33:01
13	Sinethemba	Merele	Tinarha AC	16	33:04
14	Rodney	Prins	Nedbank RC	27	33:08
15	Tom	Lusaseni	Westcoast	27	33:47
16	Ricardo	Plaatjies	Xcel AC	33	33:51
17	Zolile	Mhlahlo (1 <sup>st</sup> vet)	Achilles AAA	41	33:57
18	Melikhaya	Kepe	Nedbank RC	40	34:29
19	Masande	Mlonyeni	Sanlam RRC	35	34:42
20	Makaya	Masumpa (1 <sup>st</sup> mast)	Born To Run	50	34:43

**40-44:**

1	Zolile	Mhlahlo	Achilles AAA	41	33:57
2	Melikhaya	Kepe	Nedbank RC	40	34:29
3	Terrance	Mjekula	Tinarha AC	43	35:36

**45-49:**

1	Luvuyo	Dyani	Motherwell AC	46	35:56
2	Nkosinathi	Gcakasi	Bluewater Bay	45	37:59
3	August	Esau	Nedbank RC	45	38:09

**50-54:**

1	Makaya	Masumpa	Born To Run	50	34:43
2	Desmond	Zibi	Achilles AAA	52	35:50
3	Darrell	Wicht	Madiba BW	53	36:41

**55-59:**

1	Disemba	Blou	Charlo AC	58	43:19
2	Chester	Brooks	Xcel AC	58	43:51
3	Kevin	Gillmer	Muirite Strider	55	44:57

**60-64:**

1	Elvis	Galela	Madibaz AC	64	41:52
2	Sizinzo	Kama	Achilles AAA	64	42:38
3	Bruce	McEwan	Achilles AAA	62	45:38

**65-69:**

1	Hannes	Els	Madiba BW	66	43:11
2	Lochi	Lochner	Charlo AC	68	45:34
3	Percy	Dalton	Achilles AAA	67	47:30

**70-74:**

1	Tamsanqa	Jusayi	Nedbank RC	74	47:40
2	Ron	Clark	Bluewater Bay	73	54:41
3	Tom	D'Arcy	Achilles AAA	70	57:57

**75+:**

1	Godfrey	Kariem	Gelvan AC	75	55:28
2	Wells	Anderson	PEAAC	84	1:10:01

**Juniors:**

1	Andile	Motwani	Tinarha AC	19	32:38
2	Lonwabo	Williams	Tinarha AC	17	32:46
3	Sivuyile	Selani	Tinarha AC	16	33:01

**WOMEN**

1	Bulelwa	Simae	Nedbank RC WP	39	37:03
2	Ntombesintu	Mfunzi	Nedbank RC	34	38:03
3	Ndileka	Mvakwendlu	Tinarha AC	25	38:06
4	Vuyiseka	Nkumenge	Future Olympian	20	39:09
5	Jamie-Lee	Schlemmer	Madibaz AC	20	39:30
6	Liza-Marie	Kingston	Temp	34	40:12
7	Siphokazi	Nojoko	Motherwell AC	21	42:34
8	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC	62	42:42
9	Siphokazi	Liwani (1 <sup>st</sup> jun)	Motherwell AC	19	43:31
10	Nokholo	Hlezupondo	SANDF AC EP	37	43:40
11	Christine	Claasen (1 <sup>st</sup> mast)	Achilles AAA	51	43:44
12	Nomakhosi	Ntliziyo	Motherwell AC	17	44:07
13	Vicky	Oelofse	St Albans AC	15	44:32
14	Priscilla	Dyanty (1 <sup>st</sup> vet)	Nedbank RC	42	44:45
15	Talana	Vosloo	Nedbank RC	34	45:00
16	Janette	Schierz-Crusius	Body Concept	55	45:42
17	Deliwe	Nyanga	Nedbank RC	27	46:10
18	Hanlie	Van der Westhuizen	Despatch AC	60	46:12
19	Ludine	Williams	Malabar	28	46:16
20	Toegeda	Vyver	Nedbank RC	44	47:07

**40-44:**

1	Priscilla	Dyanty	Nedbank RC	42	44:45
2	Toegeda	Vyver	Nedbank RC	44	47:07
3	Elize	Adams	Gelvan AC	41	52:17

**45-49:**

1	Michelle	Van Iddekinge	Profiles AC	49	49:28
2	Denise	Darlow	Charlo AC	47	51:52
3	Joranda	Jonker	Temp	47	53:45

**50-54:**

1	Christine	Claasen	Achilles AAA	51	43:44
2	Johannette	Oosthuizen	Body Concept	51	48:26
3	Paulette	McEwan	Achilles AAA	51	50:42

**55-59:**

1	Janette	Schierz-Crusius	Body Concept	55	45:42
2	Veronica	Boshoff	Despatch AC	55	1:00:14
3	Liz	Austin	Achilles AAA	57	1:01:25

**60-64:**

1	Margie	Saunders	Nedbank RC	62	42:42
2	Hanlie	Van der Westhuizen	Despatch AC	60	46:12
3	Christine	Snyman	Despatch AC	60	53:38

**65-69:**

1	Jeanette	Pienaar	PEAAC	68	1:06:33
2	Carol	Nepgen	Kowie Striders	65	1:27:23

**70-74:**

1	Christine	Fourie	Elite A C	70	1:02:45
2	Ronelle	Steyn	Nedbank RC	72	1:04:22
3	Angeline	Kivedo	Walmer AC	70	1:40:33

**75+:**

1	Dorothy	Hart	Madibaz AC	78	1:20:17
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**Juniors:**

1	Siphokazi	Liwani	Motherwell AC	19	43:31
2	Nomakhosi	Ntliziyo	Motherwell AC	17	44:07
3	Vicky	Oelofse	St Albans AC	15	44:32

**Afriforum Springbok Vasbyt 25 km & 10 km**

Pretoria (Voortrekker Monument), 16 July

(Loop courses, mostly on gravel and trails. Finishers: 25 km – 750; 10 km – 1000; also 460 in the 5 km.)

**25 km****MEN**

1 Sisa Delubom (Temp) 97:22; 2 Thomson Magagane (Nedbank) 1:40:11; 3 Malusi Dlomo (Nedbank) 1:41:06.

**Veterans:** 1 Greg Barnes (Born 2 Run) 1:42:04. **Masters:** 1 Nhlanhka Magunabe (Corr Serv) 1:52:24. **G'masters:** 1 Ralph Mashabela (Cool Running) 2:18:33.

**WOMEN**

1 Patience Khumalo (Brooks) 1:50:25; 2 Maphuti Phaka (Born 2 Run) 1:56:42; 3 Deanne Horn (Lichtenburg) 2:01:08.

**Veterans:** 1 Nocawe Morake (Wonderpark) 2:13:35. **Masters:** 1 Sandra Steenkamp (Irene) 2:22:47. **G'masters:** 1 Francis van Blerk (Nedbank) 2:43:22. **Juniors:** 1 Caitlyn van Dyk (RWFL) 3:07:01.

**10 km****MEN**

1 Bafana Dube (Transnet) 36:11; 2 Collin Mulaudzi (TUT) 37:07; 3 Chamankwana Mailola (Nedbank) 37:12.

**Veterans:** 1 Elmo Ndlovu (PMMC) 44:52. **Masters:** 1 Joseph Moloto (PMMC) 46:12. **G'masters:** 1 Fred Wilke (ACRW) 58:57. **G/g'masters:** 1 Harry v.d. Merwe (BHS) 57:16. **Juniors:** 1 Francois Joubert (Nedbank) 40:50.

**WOMEN**

1 Lisa Maritz (Irene) 47:19; 2 Chandre van Heerden (Runavation) 49:48; 3 Ntswaki Mokoena (SAPS Academy) 51:10.

**Veterans:** 1 Maria Bendana (Morningside) 56:12. **Masters:** 1 Sonja Scheepers (Green Mile) 60:26. **G'masters:** 1 Rina Pretorius (AS Eagles) 72:03. **G/g'masters:** 1 Deirdre Larkin (Randburg Harriers) 78:41. **Juniors:** 1 Carissa Schubert (Love Running) 68:10.

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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

#### **Crazy 8's 8 km** (27th)

Kingsport, USA, 16 July  
(Certified figure-8 course)

##### MEN (gun times)

1. Yitayal Atnafu, 23, West Chester, PA (ETH)	22:31	\$5000
2. Teshome Mekonen, 20, New York, NY (ETH)	22:37	2500
3. Isaac Mwangi, 28, Grand Prairie, TX (KEN)	22:36	1500
4. Mourad Marofit, 34, Floral Park, NY (MAR)	22:44	1000
5. Belay Tilahun, 21, Washington, DC (ETH)	22:47	800

##### WOMEN (gun times)

1. Emily Boles, 37, Greensboro, NC	31:06
2. Melissa Peters, 25, Johnson City, TN	31:51
3. Hannah Cutshall, 20, Johnson City, TN	31:54

### TRACK

#### **Meeting Citta di Padova** (30th)

Padova, ITA, 17 July

##### MEN

###### 800:

1. Jacob ROZANI, 1988, **RSA**, 1:46.39
2. Giordano BENEDETTI, 1989, ITA, 1:46.47 PB
3. Shaquille WALKER, 1993, USA, 1:46.86

###### 1500:

1. Eric AVILA, 1989, USA, 3:36.37 PB
2. Kyle MERBER, 1990, USA, 3:37.35
3. Johnny GREGOREK, 1991, USA, 3:37.58
- ... 9. Jeremiah Lereko MOTSAU, 1990, **RSA**, 3:39.38

##### WOMEN

###### 800:

1. Yusneysi SANTIUSTI CABALLERO, 1984, ITA, 2:01.04
2. Laura MUIR, 1993, GBR, 2:01.23
3. Hannah ENGLAND, 1987, GBR, 2:01.34
- ... 8. Gena LOFSTRAND, 1985, **RSA**, 2:05.86
9. Anuschka NICE, 1991, **RSA**, 2:10.83

###### 1500:

1. Amanda ECCLESTON, 1990, USA, 4:04.88 PB/MR
2. Heather KAMPF, 1987, USA, 4:05.31
3. Linden HALL, 1991, AUS, 4:06.16
4. Zoe BUCKMAN, 1988, AUS, 4:06.92

**European Athletics Youth Championships (1st)**

Tbilisi, GEO, 14-17 July

**YOUTH BOYS**

800 (17):

- |                                    |         |    |        |
|------------------------------------|---------|----|--------|
| 1. George MILLS, 99-12-05, GBR     | 1:48.82 | PB | GOLD   |
| 2. Andrea ROMANI, 99-05-25, ITA    | 1:49.58 |    | SILVER |
| 3. Simone BARONTINI, 99-05-01, ITA | 1:49.78 |    | BRONZE |

1500 (16):

- |                                    |         |  |        |
|------------------------------------|---------|--|--------|
| 1. Jake HEYWARD, 99-04-26, GBR     | 4:00.64 |  | GOLD   |
| 2. Pierre PROUST, 99-08-04, FRA    | 4:01.62 |  | SILVER |
| 3. Enrique HERREROS, 99-01-01, ESP | 4:02.06 |  | BRONZE |

3000 (14):

- |  |         |    |        |
|--|---------|----|--------|
| 1. Elzan BIBIC, 99-08-01, SRB                | 8:09.06 |    | GOLD   |
| 2. Annasse Mahbou EL HAMDOUNI, 99-11-30, ESP | 8:20.20 | PB | SILVER |
| 3. Adrian GARCEA, 99-01-01, ROU              | 8:20.94 | PB | BRONZE |

2000 s/chase (17):

- |                                    |         |    |        |
|------------------------------------|---------|----|--------|
| 1. Tim VAN DE VELDE, 00-01-01, BEL | 5:53.77 |    | GOLD   |
| 2. Stefan SCHMID, 99-01-01, AUT    | 5:54.79 | PB | SILVER |
| 3. Rémi SCHYNS, 99-01-01, BEL      | 5:55.06 | PB | BRONZE |

**YOUTH GIRLS**

800 (16):

- |                                     |         |  |        |
|-------------------------------------|---------|--|--------|
| 1. Isabelle BOFFEY, 00-04-13, GBR   | 2:07.19 |  | GOLD   |
| 2. Anna BURT, 00-12-07, GBR         | 2:08.54 |  | SILVER |
| 3. Gabriela GAJANOVÁ, 99-12-10, SVK | 2:09.43 |  | BRONZE |

1500 (17):

- |                                 |         |    |        |
|---------------------------------|---------|----|--------|
| 1. Delia SCLABAS, 00-08-11, SUI | 4:22.51 | PB | GOLD   |
| 2. Sabrina SINHA, 99-04-19, GBR | 4:23.10 |    | SILVER |
| 3. Erin WALLACE, 00-05-18, GBR  | 4:28.17 |    | BRONZE |

3000 (14):

- |                                  |         |    |        |
|----------------------------------|---------|----|--------|
| 1. Delia SCLABAS, 00-08-11, SUI  | 9:23.44 | PB | GOLD   |
| 2. Stine WANGBERG, 99-03-23, NOR | 9:26.55 | PB | SILVER |
| 3. Lucy PYGOTT, 99-10-30, GBR    | 9:28.15 | PB | BRONZE |

2000 s/chase (16):

- |                                     |         |       |        |
|-------------------------------------|---------|-------|--------|
| 1. Anna Mark HELWIGH, 00-01-01, DEN | 6:34.52 | EL/PB | GOLD   |
| 2. Tíra PAVUK, 99-03-15, HUN        | 6:41.70 |       | SILVER |
| 3. Lora ONTL, 99-10-16, CRO         | 6:43.60 | PB    | BRONZE |

**KBC Night of Athletics**

Heusden, BEL, 16 July

**MEN**

800:

Heat A -

- |                                  |         |
|----------------------------------|---------|
| 1. Timothy KITUM, KEN            | 1:45.43 |
| 2. Abraham ROTICH, BRN           | 1:45.83 |
| 3. Harun ABDA, USA               | 1:46.16 |
| DNF-- Rynhardt VAN RENSBURG, RSA |         |

1500:

Heat A -

1. Ayanleh SOULEIMAN, DJI 3:31.68
2. Hillary NGETICH, KEN 3:32.97 PB
3. Gilbert KWEMOI, KEN 3:33.71 WJL/PB
4. Dawit WOLDE, ETH 3:33.98
5. Vincent LETTING, KEN 3:35.12 PB

WOMEN

800:

1. Emily JEROTICH, KEN 2:00.45
2. Shelayna OSKAN-CLARKE, GBR 2:00.73
3. Winny CHEBET, KEN 2:00.79
4. Anastasiya TKACHUK, UKR 2:01.22
5. Daryia BARYSEVICH, BLR 2:01.93 PB
6. Lidiya Melese GOSHU, ETH 2:02.37 PB

### **Herculis Meeting**

(9th stop of 2016 IAAF Diamond League)

Stade Louis II, MON, 15 July

MEN

800:

[meeting record 1:42.45, Nijel Amos, BOT, 2014]

1. Alfred Kipketer, KEN, 1:44.47
2. Adam Kszczot, POL, 1:44.49
3. Marcin Lewandowski, POL, 1:44.59
4. Brandon McBride, CAN, 1:44.90
5. Jonathan Kiprotich Kitilit, KEN, 1:45.00
6. Michael Rimmer, GBR, 1:45.38
7. Samir Dahmani, FRA, 1:45.51 PB
8. Nicholas Kiplangat Kipkoech, KEN, 1:46.35
9. Luke Mathews, AUS, 1:47.00
10. Brice Etes, MON, 1:48.73

1500 (DL):

[meeting record 3:26.69, Asbel Kiprop, 2015]

1. Ronald Kwemoi, KEN, 3:30.49
2. Elijah Manangoi, KEN, 3:31.19
3. Taoufik Makhouloufi, ALG, 3:31.35
4. Abdalaati Iguider, MAR, 3:31.54
5. Mo Farah, GBR, 3:31.74
6. Asbel Kiprop, KEN, 3:32.03
7. Ryan Gregson, AUS, 3:32.13
8. Jakub Holuša, CZE, 3:33.36 NR
9. Charlie Grice, GBR, 3:33.60 PB
10. Filip Ingebrigtsen, NOR, 3:33.72 PB
11. Charles Philibert-Thiboutot, CAN, 3:34.24
12. Henrik Ingebrigtsen, NOR, 3:34.57
13. Bethwell Birgen, KEN, 3:35.16
14. Florian Carvalho, FRA, 3:35.29

3000 s/chase (DL):

[meeting record 7:53.64, Brimin Kiprop Kipruto, KEN, 2011]

1. Conseslus Kipruto, KEN, 8:08.11
2. Paul Kipsiele Koech, KEN, 8:08.32



3. Barnabas Kipyego, KEN, 8:09.13 PB
4. Soufiane Elbakkali, MAR, 8:14.41 PB
5. Abraham Kibiwott, KEN, 8:14.84
6. Andrew Bayer, USA, 8:17.39 PB
7. Lawrence Kemboi Kipsang, KEN, 8:19.15
8. Sebastián Martos, ESP, 8:19.33
9. John Kibet Koech, BRN, 8:20.11
10. Benjamin Kiplagat, UGA, 8:20.35
11. Abdelhamid Zerrifi, ALG, 8:28.14
12. Valentin Peplot, FRA, 8:30.28 PB
13. Tolosa Nurgi, ETH, 8:43.46
14. Mitko Tsenov, BUL, 8:46.14

#### WOMEN

800 (DL):

1. Caster Semenya, RSA, 1:55.33 WL/DLR/MR/NR
2. Francine Niyonsaba, BDI, 1:56.24 NR
3. Eunice Jepkoech Sum, KEN, 1:57.47
4. Molly Ludlow, USA, 1:57.68 PB
5. Lynsey Sharp, GBR, 1:57.75
6. Angelika Cichocka, POL, 1:58.97 PB
7. Habitam Alemu, ETH, 1:59.68
8. Gudaf Tsegay, ETH, 1:59.77 PB
9. Yusneysi Santiusti, ITA, 2:00.04
10. Clarisse Moh, FRA, 2:03.71

Margaret Nyairera Wambui, KEN, DQ\*\*

\*\* ) Rule 163.3a (cutting in too soon); originally finished third in 1:56.64

3000 (DL):

[meeting record 8:21.42, Gabriela Szabo, HUN, 2002

1. Hellen Obiri, KEN, 8:24.27
2. Mercy Cheronno, KEN, 8:27.25
3. Janet Kisa, KEN, 8:28.33 PB
4. Karoline Bjerkeli Grøvdal, NOR, 8:39.47 PB
5. Stephanie Twell, GBR, 8:40.98 PB
6. Nicole Sifuentes, CAN, 8:46.25 PB
7. Katie Mackey, USA, 8:46.58 PB
8. Dominique Scott, RSA, 8:46.65 PB
9. Dera Dida, ETH, 8:48.31 PB
10. Gabrielle Grunewald, USA, 8:59.72
11. Rosie Clarke, GBR, 9:15.04 PB

#### Track Town Classic

Edmonton, CAN, 15 July

#### MEN

800:

- |                    |     |             |
|--------------------|-----|-------------|
| 1. Duane Solomon   | USA | 1:45.51     |
| 2. Anthony Romaniw | CAN | 1:45.60 PB= |
| 3. Brandon Johnson | USA | 1:46.90     |

#### WOMEN

800:

- |                    |     |                     |
|--------------------|-----|---------------------|
| 1. Melissa Bishop  | CAN | 1:57.43 NR/MR/FR/PB |
| 2. McKayla Fricker | USA | 2:01.71             |

3. Chrishuna Williams USA 2:02.41

### Meeting Sport Solidarietà (27th)

Lignano, ITA, 13 July

#### MEN

800:

1. Jacob ROZANI, 1984, RSA, 1:45.42
2. Antoine GAKEME, 1991, BDI, 1:45.59
3. Yusuf Saad KAMEL, 1983, BRN, 1:47.10

#### WOMEN

800:

1. Kendra CHAMBERS, 1990, USA, 2:00.76
2. Simoya CAMPBELL, 1994, JAM, 2:01.12
3. Heather KAMPF, 1987, USA, 2:01.26
- ... 6. Gena LOFSTRAND, 1995, RSA, 2:04.88
- ... 10. Anuschka NICE, 1991, RSA, 2:08.56

### Lahden Eliittikisat

Lahti, FIN, 14 July

#### MEN

1500: 1. Jerry Motsau, RSA, 3:43.46; 2. Josephat Kiprono Menjo, KEN, 3:43.67; 3. Maksim Yuschanka, BLR, 3:44.22.

## ULTRA/MOUNTAIN/TRAIL RUNNING

### Swedish 100 km Championships

Norrköping, SWE, 13 July

#### MEN

1. André Rangelind, 91, SWE, 6:51:27
2. Elov Olsson, 89, SWE, 6:57:43
3. Jimmy Voxek, 76, SWE, 7:54:38

#### WOMEN

1. Frida Södermark, 78, SWE, 8:03:26
2. Sophia Sundberg, 84, SWE, 8:13:51

## BACKGROUND

### VICTORY BY A HAIR'S-BREADTH IN AMSTERDAM

Sharp-eyed readers may have noticed the extraordinary result of the men's 5000 m at the European Championships in last week's issue of DRR:

- |  |          |           |
|--|----------|-----------|
| 1. Ilias FIFA, ESP, 16 MAY 1989          | 13:40.85 | GOLD      |
| 2. Adel MECHAAL, ESP, 5 DEC 1990         | 13:40.85 | SILVER    |
| 3. Richard RINGER, GER, 27 FEB 1989      | 13:40.85 | SB BRONZE |
| 4. Henrik INGEBRIGTSEN, NOR, 24 FEB 1991 | 13:40.86 |           |
| 5. Mourad AMDOUNI, FRA, 21 JAN 1988      | 13:40.94 |           |

This was certainly an unprecedented outcome in a distance running event (it would be unusual even in a sprint race). With six athletes entering the final straight together, it was still anybody's race. The photo finish picture showed Fifa to be the winner after a last kilometre of 2:28.90, but it took some careful scrutiny to determine the order. The times to a thousandth were Fifa 13:40.844, Mechaal 13:40.847, Ringer 13:40.850 and Ingebrigtsen 13:40.857!

The meeting was held in Amsterdam's 1928 Olympic Stadium (by comparison, at that meeting Ville Ritola beat Paavo Nurmi by a huge margin of two seconds!).

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## STATS TIME

This week we include a list of the top ten SA veteran men in the marathon for 2016. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue. Secondary performances by the top three are also listed.

### 2016 MARATHON: TOP 10 VETERAN MEN

2:23:46	Charles Tjiane	1	Benoni	31 Jan
2:28:12	Tjiane-2	1	East London	20 Feb
2:28:53	Bethuel Netshifhefhe	1	Polokwane	09 Apr
2:29:02	Claude Moshiywa	2	East London	20 Feb
2:33:54	Peter Medupe	3	East London	20 Feb
2:35:00	Johannes Kekana	1	Pretoria	28 Feb
2:35:21A	Melikhaya Kepe	1	Port Elizabeth	03 Jul
2:36:49	Rulf Nkhi	2	Pretoria	28 Feb
2:37:55	Siyabulela Madlavana	4	East London	20 Feb
2:38:17	Ruben Setumu	5	East London	20 Feb
2:40:28	Zingisile Marikeni	6	East London	20 Feb

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## THIS MONTH IN HISTORY

### 50 years ago: 9 July 1966

Peerless Aussie Ron Clarke was at his best in 1965 and 1966 when he made mincemeat of world distance running records. On this day he ran in the AAA 3-mile title race – just four days after he had achieved new world records for this distance (12:50.4) and 5000 m (13:16.6) in Stockholm. Still the only man who had run 10000 m in less than 28 minutes, Clarke won this race by 17 seconds from South African Henk Altmann, 12:58.2 to 13:15.8. Altmann's time was recognised as the SA record, although it was slower than the 13:13.4 he had run two weeks earlier. The latter time was never accepted as a national record, neither was the 13:39.0 for 5000 m which he ran in the same race. With neither Clarke nor Altmann being Englishmen, the title went to third-placed Dick Taylor in 13:17.6

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## 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	
	41:41	Bitan Karoki Muchiri (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 31 Jan
	83:28	Tumelo Mahlangu	Pretoria	
	81:12a	Siyabonga Nkonde	Pinetown	
30 km	75:32	Christopher Landry (USA)		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 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 2:43:27a 2:19:29	Dan Mothibe Dan Mothibe Titus Mamabolo (RSA) 1991	East London Port Elizabeth	20 Feb 03 Jul
100 km				
<u>Grandmasters (60+)</u>				
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				
<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
<b>WOMEN</b>				
<u>Open</u>				
10 km	33:02 30:52 30:21m 30:29w	Irvette van Zyl Shalane Flanagan (USA) Paula Radcliffe (GBR) 2003 Asmae Leghzaoui (MAR) 2002	Durban	17 July
15 km	54:24 48:14	Zintle Xiniwe Peres Chepchirchir (KEN) Cynthia Cherotich Limo (KEN)	Constantia	05 Mar

		Netsanet Gudeta Kebede (ETH)		
		Genet Ayalew Kassahun (ETH)		
	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
	1:25:36	Alphine Tuliamuk (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 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

15 km	38:56	Lidia Zentner (GER) 2015		
	64:56	Margie Saunders	Port Elizabeth	06 Feb
21.1 km	61:25	Kathryn Martin (USA) 2011		
	92:42	Margie Saunders	Port Elizabeth	11 Jun
25 km	84:56	Bernadine Portenski (NZL) 2010		
	2:37:27	Pamela Rasmussen	Durban	06 Mar
	2:22:39a	Jenny Scott	Pinetown	31 Jan
30 km	1:58:24	Gloria Brown (USA) 1994		
	2:20:20	Margie Saunders	Uitenhage	05 Mar
Marathon	2:17:11	Barbara Miller (USA) 1999		
	3:30:14	Nancy Will	East London	20 Feb
100 km	3:01:30	Bernadine Portenski (NZL) 2010		

#### 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		

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