

Distance Running Results

Vol. 16, No. 29 – 25 July 2016

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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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Publisher: Riël Hauman

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EDITORIAL

In broader athletics terms, the highlight of the weekend of course was the new world record in the 100 m hurdles by Keni Harrison at the Müller Anniversary Games (and Diamond League) meeting in London, when she beat the 27-year-old mark of Yordanka Donkova with her 12.20 – thus somewhat softening the blow of not making the US Olympic team – but the distance events also produced exciting races and excellent times.

In the 5000 m Mo Farah showed he is ready for Rio by running a world-leading 12:59.29 in another dominant victory over his African rivals. It was Farah's first race at this distance at this arena since he claimed his second Olympic gold four years ago and the double-double world champion didn't disappoint the expectant crowd as he stormed through a last kilometre within 2:30. He had to go it alone from 3000 m, but by the time he passed 4000 m in 10:29.5, he had a 50-metre lead. He pushed on, needing 1:59 for last two laps and 58 seconds for the final circuit. With the crowd now on their feet, he made it home with 0.14 to spare. "I am in good shape but I have to keep my feet on the ground," said Farah according to the IAAF website. "Anything can happen in two-and-a-half weeks, it is all about staying patient now."

In the women's 1500 Farah's compatriot Laura Muir crushed a top-class field and broke Kelly Holmes' British record with her 3:57.49 – more than a second faster than her previous personal best and the second fastest time in the world this year. Sifan Hassan (NED) was second in 4:00.87 and Meraf Bahta (SWE) third in



Britons Mo Farah (top) and Laura Muir (above) both ran superb races at the Diamond League meeting in London. [IAAF]

4:02.62, both season's bests. It was a tremendous race, with eleven of the fourteen women setting season's or personal bests. In the men's mile, won by Silas Kiplagat (KEN) in 3:53.04, ten men did likewise.

South Africa won three silver medals at the World U20 Championships in Bydgoszcz, two in the javelin throw by Johan Gerber and Jo-Ané van Dyk, and one in the 200 m by Gift Leotlela.

One of the oldest national records of any major athletics nation was broken at the Göteborg Friidrott Grand Prix on 15 July as Johan Rogestedt (SWE) was second in the 1000 m in 2:17.67. This surpassed Dan Waern's 2:17.8 in 1959, then a world record.

At the US Olympic Trials in Eugene (results in DRR 16:27) the barrier just beyond the finish line was set at youth height, thus negating any marks in this race as valid performances (and second placer Hillary Bor loses his PB).

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Fairbridge Mall 15 km, Brackenfell
- * Madiba Half Marathon & 10 km, George
- * XC: KZN League Meeting, Pietermaritzburg

International highlights:

- * Semi-Marathon Marvejols Mende, Lozere, FRA
 - * Wharf to Wharf 6 Mile, Santa Cruz to Capitola, USA
 - * Track: IAAF World U20 Championships, Bydgoszcz, POL; Müller London Anniversary Games, London, GBR; American Track League – Houston, Houston, USA; Gert Rasschaert Memorial, Ninove, BEL; Morton Games, Dublin, IRL
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CORRECTIONS AND ADDITIONS

The results of the Totalsports Women's Race were included in DRR last week, but details of the prize money have been received since (from Jacky McClean of Newsport Media) and the amounts are included below. There were 2677 finishers.

1. Irvette van Zyl (Ned) 33:02 (R5000)
2. Lebogang Phalula (Boxer) 33:05 (R3500)
3. Lebo Phalula (Boxer) 33:18 (R2500)
4. Christine Kalmer (KPMG) 34:50 (R2000)
5. Jenet Dlamini (Umzimk) 35:01 PB (R1500)
6. Zintle Xiniwe (FNB) 35:30 (R1000)
7. Janie Grundling (Boxer) 35:48 (R700)
8. Tanith Maxwell (Boxer) 36:23 (R500)
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

(All age category prizes were the same, except for juniors: R750, R500, R400.)

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 (R2000)

ROAD RUNNING**Fairbridge Mall 15 km**

Brackenfell, 23 July

(Certified hilly out-and-back course. Weather: cold with rain. Finishers: 1825 [considerably up from 1031 last year].)

MEN

1. Sibusiso Madikizela (MSA) 48:45
2. Nkosinathi Madyo (Itheke) 48:49
3. Akhona Makila (VOB) 49:24

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 50:08; 2. Shawn Abrahams (Celtic) 51:24; 3. Xolile Macanda (Gugs) 54:30. **Masters:** 1. Eric Coetzee (FNB) 57:20; 2. Lorenzo Lucas (Ned) 63:11; 3. Julian Paul (SANDF) 64:15. **G'masters:** 1. Mochamat Kriel (Ommie) 60:06; 2. Gemjikile Tom (Eskom) 67:49; 3. Hennie Wentzel (Durb) 68:03. **G/g'masters:** 1. Oloff Crous (Brack) 91:02; 2. Yusuf Gamielien (Itheke) 92:44; 3. Peter Chubb (VOB) 98:07. **Juniors:** 1. Lukhanyo Nobakada (VOB) 50:10; 2. Thembeke Mendu (Gugs) 53:40; 3. Asemahle Kwatsha (Gugs) 54:30.

WOMEN

1. Candyce Hall (Carb) 62:49
2. Nicola Hooper (CMC) 63:11
3. Veronique Jacobs (Maties) 65:05

Veterans: 1. Chantel Simpson (Ned) 65:09; 2. Busisiwe Matiwane (Ned) 65:38; 3. Ursula Turck (Strand) 66:10. **Masters:** 1. Mariëtte Strauss (Tyger) 66:27; 2. Marie Louw (FNB) 67:53; 3. Lollos Rodseth (Durb) 78:16. **G'masters:** 1. Charmaine Cupido (Ned) 76:35; 2. Helen du Plessis (Brack) 77:12; 3. Hester Kotze (Durb) 78:16. **G/g'masters:** 1. Marlene James (Pine) 1:40:34; 2. Hildegard Vey (VOB) 1:52:33; 3. Mabel Oliver (Strand) 1:52:41. **Juniors:** 1. Michelle Marais (Ind) 73:37; 2. Razaan Kamaldien (MSA) 76:59; 3. Ingrid Grundling (Sanlam) 84:37

Madiba Half Marathon & 10 km

George, 16 July

(Distances: 21.1 km & 10 km. Finishers: half marathon – 114; 10 km – 112.)

Note: Very fast times in this half marathon, with personal bests on a standard course for winners Lloyd Bosman and Melissa van Rensburg. Using the Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, eleven men's time comparisons produce a figure of -9.48 sec/km – almost double the

maximum allowable figure of -5 sec/km. Nine women's times produce an almost identical figure: -8.48 sec/km. These times are therefore not acceptable for statistical purposes. – Ed.

Half marathon

MEN

1	Lloyd Bosman	Nedbank	28	1:04:00
2	Ettienne Plaatjies	Nedbank	28	1:07:22
3	Elfonzo Pieterse	Nedbank	27	1:09:01
4	Ruben Dlepu	TEMP	18	1:10:50
5	John April	Nedbank	27	1:11:48
6	Auschten October	Nedbank	18	1:14:29
7	Andre Jakobus	TEMP	36	1:14:39
8	Curshwill Taylor	Nedbank	18	1:17:52
9	Mxolise Fana	Outeniqua Harriers	47	1:18:35
10	Gershwill Jacobs	Nedbank	25	1:19:04

Veterans:

1	Mxolisi Fana	Outeniqua Harriers	1:18:35
2	Jake Nel	Nedbank	1:30:20
3	Eddie Mouton	Nedbank	1:31:10

Masters:

1	Patrick Peters	SANDF	1:22:16
2	Anton Chevalier	Nedbank	1:27:59
3	Samuel Windvogel	Outeniqua Harriers	1:33:47

G'masters:

1	Jan du Toit	Hartenbos Drawwers	1:42:27
2	Robbie Joubert	Cape MC Eden	1:55:39
3	Abraham Coetzee	KMC	1:58:40

G/g'masters:

1	Peter Brown	KMC	2:05:15
2	Johan Keuler	Nedbank	2:12:34

Juniors:

1	Ruben Dlepu	TEMP	1:10:50
2	Auschten October	Nedbank	1:14:29
3	Curshwell Taylor	Nedbank	1:17:52

WOMEN

1	Melissa van Rensburg	Nedbank	34	1:25:03
2	Lisl Grobler	Knysna MC	40	1:31:32
3	Annatjie Botes	Nedbank	58	1:34:49
4	Elize Kloppers	Hartenbos Drawwers	46	1:35:02
5	Carike Fourie	Nedbank	39	1:36:29
6	Alison Nell	Nedbank	35	1:38:09
7	Charmaine Lamprecht	Nedbank	32	1:40:02
8	Carla Spangenberg	Nedbank	27	1:47:10
9	Michelle du Plessis	Outeniqua Harriers	45	1:47:26
10	Elmien Nel	Nedbank	45	1:48:28

Veterans:

1	Lisl Grobler	KMC	1:31:32
2	Elise Klopper	Hartenbos Drawwers	1:35:02
3	Elmien Nel	Nedbank	1:48:28

Masters:

1	Annatjie Botes	Nedbank	1:34:49
2	Doortjie v.d. Spuy	Outeniqua Harriers	1:52:18
3	Evette Joubert	Cape MC Eden	1:57:37

G'masters:

1	Saundria Visser	Nedbank	2:10:35
2	Lorraine Zehmke	Outeniqua Harriers	2:42:41

10 km**MEN**

1	Godwin Heyns	Nedbank	18	33:05
2	Dullan Solomons	Nedbank	17	33:28
3	Francois Maquassa	Nedbank	21	33:36
4	Peter Ncube	Nedbank	20	35:14
5	Wouter Frazenburg	Nedbank	38	35:24
6	Zuzane Pieterse	TEMP	17	35:39
7	Sinesipho Didishe	Knysna MC	25	35:41
8	Aviwe Kinana	Knysna MC	17	35:43
9	Elton Botha	Knysna MC	23	36:54
10	Devon de Villiers	TEMP	16	36:59

Veterans:

1	Mauritz Janse van Rensburg	Outeniqua Harriers	37:28
2	Jakobus Boshoff	Outeniqua Harriers	37:45

Masters:

1	Hermaus Jonkerman	Nedbank	40:07
2	Koos Smit	Langeberg AC	46:44

G/g'masters:

1	David Morgan-Smith	KMC	1:13:02
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Juniors:

1	Godwin Heyns	Nedbank	33:05
2	Dullan Solomons	Nedbank	33:28

WOMEN

1	Lana Theunissen	Nedbank	43	41:53
2	Annegret Pauw	Nedbank	39	46:37
3	Anel Oosthuizen	TEMP	21	48:20
4	Suzaan Kruger	Outeniqua Harriers	33	48:23
5	Hannelie Liebenberg	Nedbank	42	52:42
6	Liesl Barnard	Hartenbos Drawwers	33	52:51
7	Bernita Irving	Knysna MC	16	53:24
8	Karin Pauw	Nedbank	50	53:40
9	Chandre Boshoff	Outeniqua Harriers	39	54:51
10	Linelle Whitehead	Langeberg AC	35	54:53

Veterans:

1	Lana Theunissen	Nedbank	41:53
2	Ad Cole	KMC	58:11

Masters:

1	Karin Pauw	Nedbank	53:40
2	Aaltje Nieman	Nedbank	56:32

G'masters:

1	Mariette de Haan	Nedbank	1:00:12
2	Jane Mouton	Cape MC Eden	1:11:08

G/g'masters:

1	Anna-Marie van Eck	Nedbank	1:09:10
2	Cicilia Swiegers	Nedbank	1:15:58

Juniors:

1	Clarissa Pieterse	Mosselbay Harriers	45:25
2	Benita Irving	KMC	53:25

CROSS-COUNTRY

KZN League Meeting (8th)

Pietermaritzburg, 23 July

MEN (10 km)

1. Ndumisa Sokhela	Speed Exp	30:43
2. Sibonelo Duma	Nedbank AC	31:06
3. Andile Mavuso	Estcourt AC	31:07

WOMEN (10 km)

1. Sanzeni Thomas	Speed Exp	34:29
2. Janie Grundling	Boxer AC	35:20
3. Zisandele Mkhize	Zakele AC	39:24

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

Semi-Marathon Marvejols Mende (44th)

Lozere, FRA, 24 July

(Distance: 22.4 km; very hilly with two big climbs; the first gains 325 m from 4.9 km to 9.1 km; the second gains 207 m from 14 km to 19.9 km)

MEN (gun times)

1. John Kipsang LOTIANG, KEN	1:12:20
2. Tefera Debela DELESA, ETH	1:12:59
3. Ezechiel CHEPKOROM, UGA	1:13:19
4. Kevin Limoh KIPKEMOI, KEN	1:14:06
5. Barnabas KIPYEGO, KEN	1:14:22

WOMEN (gun times)

1. Selam Abere ALEBACHEW, ETH	1:26:31
2. Tetyana VERNYGOR, UKR	1:26:54
3. Chaltu NEGASA, ETH	1:27:13
4. Aline CAMBOULIVES (40+), FRA	1:29:03
5. Martha KOMU, FRA	1:30:35

Wharf to Wharf 6 Mile (44th)

Santa Cruz to Capitola, USA, 24 July

(Distance: 6 miles [NOT 10 km]; point-to-point course)

MEN (gun times)

1. Isaac Mukundi, KEN	27:31	\$4000
2. Silas Kipruto, KEN	27:32	3000
3. Teshome Mekonen, ETH	27:40	2000

WOMEN (gun times)

1. Risber Gesabwa, KEN	31:34	\$4000
2. Monicah Ngige, KEN	31:40	3000
3. Gladys Kipsoi, KEN	31:56	2000

TRACK

IAAF World U20 Championships (15th)
 (Formerly called the IAAF World Junior Championships)
 Bydgoszcz, POL, 19-24 July

BOYS**800 (24):**

1. Kipyegon BETT, KEN, 01 Feb 98	1:44.95 SB	GOLD
2. Willy Kiplimo TARBEI, KEN, 30 May 98	1:45.50	SILVER
3. Mostafa SMAILI, MAR, 09 Jan 97	1:46.02	BRONZE
4. Jesús Tonatiu LÓPEZ, MEX, 02 Aug 97	1:46.70	
5. Robert HEPPENSTALL, CAN, 28 Feb 97	1:47.33	
6. Riadh CHNINNI, TUN, 15 Mar 97	1:47.38	
7. Brian BELL, USA, 06 Feb 97	1:47.68	
8. Gorata GABANKITSE, BOT, 07 Sep 97	1:48.40	Intermediate Times:

Semi-Final (23):**Heat 3 -**

1. Kipyegon BETT, KEN, 01 Feb 98	1:46.37 Q
2. Jesús Tonatiu LÓPEZ, MEX, 02 Aug 97	1:47.25 Q
3. George KUSCHE, RSA, 06 Aug 98	1:47.53 (.525)

Prelims (22):**Heat 1 -**

1. Mostafa SMAILI, MAR, 09 Jan 97	1:49.82 Q
2. Andreas KRAMER, SWE, 13 Apr 97	1:50.19 Q
3. George KUSCHE, RSA, 06 Aug 98	1:50.40 Q

1500 (21):

1. Kumari TAKI, KEN, 06 May 99	3:48.63	GOLD
2. Taresa TOLOSA, ETH, 15 Jun 98	3:48.77	SILVER
3. Anthony KIPTOO, KEN, 19 Aug 97	3:49.00	BRONZE
4. Baptiste MISCHLER, FRA, 23 Nov 97	3:49.52 (.519)	
5. Ajay Kumar SAROJ, IND, 01 May 97	3:49.52 (.520)	
6. Matthew RAMSDEN, AUS, 23 Jul 97	3:50.50	
7. Jordi TORRENTS, ESP, 25 Sep 97	3:50.93	
8. Asres GUADIE, ETH, 16 Sep 99	3:50.95	
9. Jakob INGEBRIGTSEN, NOR, 19 Sep 00	3:51.09	
10. Josh KERR, GBR, 08 Oct 97	3:51.23	
11. Elzan BIBIC, SRB, 08 Jan 99	3:51.58	
12. Ayoub SNIBA, MAR, 05 Apr 97	3:55.95	

5000 (23):

1. Selemon BAREGA, ETH, 20 Jan 00	13:21.21 PB	GOLD
2. Djamal A. DIREH, DJI, 97	13:21.50 NU20R/PB	SILVER
3. Wesley LADEMA, KEN, 02 Jul 99	13:23.34 PB	BRONZE
4. Yeneblo BIYAZEN, ETH, 29 Jan 00	13:28.41 PB	
5. Aron KIFLE, ERI, 20 Feb 98	13:31.09	
6. Moses KOECH, KEN, 05 Aug 97	13:35.10 SB	
7. Awit HABTE, ERI, 29 Sep 97	13:50.60	
8. Elzan BIBIC, SRB, 08 Jan 99	13:51.40 NU20R/NYR/PB	
9. Alexander YEE, GBR, 18 Feb 98	13:52.01 PB	
10. Jimmy GRESSIER, FRA, 04 May 97	13:55.07 PB	
11. Mario PACAY, GUA, 20 Jul 97	13:55.90 NR/NU20R	

12. Martin MUSAU, UGA, 05 Oct 98 13:58.30 PB

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10000 (19):

1. Rodgers Chumo KWEMOI, KEN, 03 Mar 97	27:25.23 CR/PB*	GOLD
2. Aron KIFLE, ERI, 20 Feb 98	27:26.20 NU20R/PB	SILVER
3. Jacob KIPLIMO, UGA, 14 Nov 00	27:26.68 WYL/PB	BRONZE
4. Amedework WALELEGN, ETH, 11 Mar 99	28:00.14 PB	
5. Gizachew HAILU, ETH, 18 Apr 98	28:09.57 PB	
6. Ronald Kiprotich KIRUI, KEN, 06 Dec 98	28:13.43 PB	
7. Mogos SHUMAY, ERI, 01 Jan 97	28:23.76	
8. Martin MUSAU, UGA, 05 Oct 98	28:34.33	
9. Hayato SEKI, JPN, 11 Apr 97	28:57.76	
10. Pietro RIVA, ITA, 01 May 97	29:25.09 PB	
11. Jean Marie MYASIRO, RWA, 01 Jan 97	29:26.16 NU20R/PB	
12. Kabelo MELAMU, RSA, 08 Feb 97	29:36.29 PB	

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3000 s/chase (24):

1. Amos KIRUI, KEN, 09 Feb 98 WU20L	8:20.43 WU20L/PB	GOLD
2. Yemane HAILESELISSIE, ERI, 21 Feb 98	8:22.67	SILVER
3. Getnet WALE, ETH, 16 Jul 00	8:22.83 WYL/PB	BRONZE
4. Vincent Kipyegon RUTO, KEN, 31 Dec 98	8:22.84	
5. Yohanes CHIAPPINELLI, ITA, 18 Aug 97	8:32.66 NU20R/PB	
6. Abdelkarim BEN ZAHRA, MAR, 27 Oct 98	8:34.28 PB	
7. Albert CHEMUTAI, UGA, 25 Nov 99	8:37.76 PB	
8. Kidanemariam DESSIE, ETH, 12 Sep 99	8:39.92	
9. Mohamed Amin JHINAOUI, TUN, 02 Apr 97	8:41.79 NU20R/PB	
10. Mohamed ISMAIL IBRAHIM, DJI, 97	8:42.38	
11. Soufien CHERNI, TUN, 08 Jan 97	8:42.56 NU20R/PB	
12. Ahmed SAIDIA, ALG, 12 Jan 97	8:44.53 PB	

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GIRLS

800 (21):

1. Sammy WATSON, USA, 10 Nov 99	2:04.52	GOLD
2. Aaliyah MILLER, USA, 28 Aug 98	2:05.06	SILVER
3. Tigist KETEMA, ETH, 15 Sep 98	2:05.13	BRONZE
4. Elise VANDERELST, BEL, 27 Jan 98	2:05.82	
5. Marta HIRPATO, BRN, 12 May 97	2:06.04	
6. Victoria TACHINSKI, CAN, 15 Jun 99	2:06.11	
7. Betty Chepkemoi SIGEI, KEN, 30 Sep 98	2:06.27	
8. Mareen KALIS, GER, 21 May 97	2:06.32	

1500 (24):

1. Adanech ANBESA, ETH, 23 Jan 98	4:08.07 PB	GOLD
2. Fantu WORKU, ETH, 29 Mar 99	4:08.43	SILVER
3. Christina ARAGON, USA, 17 Jun 97	4:08.71 PB	BRONZE
4. Winfred Nzisa MBITHE, KEN, 30 May 97	4:09.25 PB	
5. Alexa EFRAIMSON, USA, 20 Feb 97	4:10.23	
6. Beatha NISHIMWE, RWA, 01 Dec 98	4:12.33	
7. Bobby CLAY, GBR, 19 May 97	4:13.09	
8. Harriet KNOWLES-JONES, GBR, 03 Apr 98	4:15.49 PB	
9. Joyline CHEROTICH, KEN, 22 Mar 98	4:15.72 SB	
10. Lili DAS, IND, 18 Mar 98	4:17.29 PB	
11. Fatma ARIK, TUR, 10 Sep 97	4:20.90 PB	
12. Olivia BURDON, NZL, 26 Jan 98	4:25.94	

3000 (20):

1. Beyenu DEGEFA, ETH, 12 Jul 99	8:41.76 CR/WJL/WYL/PB*	GOLD
2. Dalila Abdulkadir GOSA, BRN, 27 Jun 98	8:46.42 NU20R/PB	SILVER
3. Konstanze KLOSTERHALFEN, GER, 18 Feb 97	8:46.74 NU20R/PB	BRONZE
4. Fotyen TESFAY, ETH, 17 Feb 98	8:47.46 PB	
5. Sandrafelis Chebet TUEI, KEN, 20 Jan 98	8:55.77 PB	
6. Sheila CHELANGAT, KEN, 11 Apr 98	8:59.89 PB	
7. Katie RAINSBERGER, USA, 18 Aug 98	9:00.62 PB	
8. Nozomi TANAKA, JPN, 04 Sep 99	9:01.16 PB	
9. Wakana KABASAWA, JPN, 24 Mar 99	9:10.20	
10. Fatma ARIK, TUR, 10 Sep 97	9:13.27 PB	
11. Shona MCCULLOCH, CAN, 28 May 99	9:16.93 PB	
12. Kate MURPHY, USA, 15 Aug 99	9:17.01	

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5000 (23):

1. Kalkidan FENTIE, ETH, 09 May 98	15:29.64 PB	GOLD
2. Emmaculate CHEPKIRUI, KEN, 00	15:31.12 WYL/PB	SILVER
3. Bontu REBITU, BRN, 12 Dec 97	15:31.93	BRONZE
4. Mercyline CHELANGAT, UGA, 17 Dec 97	15:34.09 PB	
5. Yitayish MEKONENE, ETH, 17 Mar 00	15:34.37 PB	
6. Catherine Syokau MWANZAU, KEN, 20 Aug 98	15:37.79 PB	
7. Dalila Abdulkadir GOSA, BRN, 27 Jun 98	15:38.56	
8. Rika KASEDA, JPN, 02 Mar 99	15:39.66 PB	
9. Alina REH, GER, 23 May 97	15:41.62 NU20R/PB	
10. Branna MACDOUGALL, CAN, 18 Aug 98	15:48.80 NU20R/PB	
11. Anna ROHRER, USA, 24 Feb 97	15:49.42 PB	
12. Mikuni YADA, JPN, 29 Oct 99	15:49.63	

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3000 s/chase (22):

1. Celliphine Chepteek CHESPOL, KEN, 23 Mar 99	9:25.15 CR/WU20L/U18WR*	GOLD
2. Tigist GETNET, BRN, 07 Jul 97	9:34.08	SILVER
3. Agrie BELACHEW, ETH, 20 Jan 99	9:37.17 PB	BRONZE
4. Betty Chepkemai KIBET, KEN, 03 Apr 00	9:38.27 PB	
5. Anna Emilie MØLLER, DEN, 28 Jul 97	9:43.84	
6. Charlotte PROUSE, CAN, 09 Feb 97	9:44.62 AU20R/PB	
7. Peruth CHEMUTAI, UGA, 10 Jul 99	9:49.29 NU20R	
8. Asimarech NAGA, ETH, 08 Jun 99	9:55.14 PB	
9. Aneta KONIECZEK, POL, 08 Jun 97	10:00.58 NU20R/PB	
10. Lili TÓTH, HUN, 17 Sep 98	10:04.17 NU20R/PB	
11. Marwa BOUZAYANI, TUN, 26 Mar 97	10:05.25 NU20R/PB	
12. Liane WEIDNER, GER, 13 Aug 97	10:22.27	

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Müller London Anniversary Games (3rd)

(10th stop of 2016 IAAF Diamond League)
Olympic Stadium, London, GBR, 22-23 July

MEN

800 (22/DL event):

1. Pierre-Ambroise Bosse, FRA	1:43.88 SB
2. Brandon McBride, CAN	1:43.95 PB
3. Ferguson Rotich, KEN	1:44.38
4. Nijel Amos, BOT	1:44.66 SB

5. Jeffrey Riseley, AUS 1:45.13 SB
6. Thijmen Kupers, NED 1:45.23 PB
7. Erik Sowinski, USA 1:45.35 SB
8. Mark English, IRL 1:45.36 SB
9. Charlie Grice, GBR 1:45.53 PB
10. Charles Jock, USA 1:48.48

Emsley Carr Mile (22/Non-DL event):

1. Silas Kiplagat, KEN 3:53.04 SB
2. Timothy Cheruiyot, KEN 3:53.17 PB
3. Vincent Kibet, KEN 3:53.19
4. Jake Wightman, GBR 3:54.20 PB
5. Johan Rogestedt, SWE 3:55.01 PB
6. Nate Brannen, CAN 3:55.31 SB
7. Lee Emanuel, GBR 3:55.43 SB
8. Andy Bayer, USA 3:55.46 SB
9. Tom Lancashire, GBR 3:56.44 SB
10. Richard Douma, NED 3:57.60 PB
11. Leo Manzano, USA 4:01.61
12. Chris O'Hare, GBR 4:02.54 SB

5000 (23/DL event):

1. Mo Farah, GBR 12:59.29 WL/SB
2. Andrew Butchart, GBR 13:14.85
3. Bernard Lagat, USA 13:14.96 SB
4. Isiah Koech, KEN 13:15.44
5. Ryan Hill, USA 13:15.59 SB
6. Ben True, USA 13:16.63
7. Bashir Abdi, BEL 13:19.16
8. Paul Kipsiele Koech, KEN 13:23.10 SB
9. Stephen Mokoka, RSA 13:23.66 SB
10. Cyrus Rutto, KEN 13:23.77
11. Eric Jenkins, USA 13:24.33 SB
12. Bethwell Birgen, KEN 13:27.79
13. Edwin Soi, KEN 13:33.97

WOMEN

800 (23/Non-DL event):

1. Shelayna Oskan-Clarke, GBR 1:59.46 SB
2. Lynsey Sharp, GBR 1:59.54
3. Molly Ludlow, USA 1:59.56
4. Winny Chebet, KEN 1:59.88 SB
5. Alison Leonard, GBR 2:00.52 SB
6. Angela Petty, NZL 2:00.92
7. Alexandra Bell, GBR 2:01.62
8. Chanelle Price, USA 2:03.40

1500 (22/DL event):

1. Laura Muir, GBR 3:57.49 NR/PB
2. Sifan Hassan, NED 4:00.87 SB
3. Meraf Bahta, SWE 4:02.62 SB
4. Laura Weightman, GBR 4:02.66 SB
5. Axumawit Embaye, ETH 4:03.05 SB
6. Amanda Eccleston, USA 4:03.25 PB
7. Eilish McColgan, GBR 4:03.74 PB
8. Linden Hall, AUS 4:03.81
9. Maureen Koster, NED 4:03.84 SB

10. Morgan Uceny, USA 4:03.96
11. Ingvill Måkestad Bovim, NOR 4:05.35 SB
12. Renata Plis, POL 4:05.40 SB
13. Steph Twell, GBR 4:06.20 SB

3000 s/chase (23/DL event):

1. Habiba Ghribi, TUN 9:21.35 SB
2. Stephanie Garcia, USA 9:26.26 SB
3. Purity Kirui, KEN 9:30.95
4. Aisha Praught, JAM 9:31.75 PB
5. Shalaya Kipp, USA 9:34.12
6. Sara Treacy, IRL 9:39.41 PB
7. Caroline Chepkurui Tuigong, KEN 9:41.14
8. Ophélie Claude-Boxberger, FRA 9:42.14
9. Genevieve Lalonde, CAN 9:42.44
10. Jessica Kamilos, USA 9:44.90
11. Jamie Cheever, USA 9:47.70
12. Nicole Bush, USA 9:51.87

American Track League - Houston

Houston, USA, 23 July

MEN

1000:

1. Clayton Murphy, USA 2:20.12 PB
[600 1:26.52 / final 400 53.60]
2. Matthew Centrowitz, USA 2:20.20 PB
3. David Torrence, PER 2:21.75 SB
4. Brandon Johnson, USA 2:22.18 PB
5. Duane Solomon, USA 2:22.31 SB
6. Prince Mamba, ZAM 2:23.58 PB
7. Daniel Herrera, USA 2:23.95 PB
8. Damion Flores, USA 2:25.08 PB

WOMEN

800:

1. Ajee' Wilson, USA 1:59.98
[58.86 / 61.12]
2. Natoya Goule, JAM 2:00.33
3. Mckayla Fricker, USA 2:01.29 SB
4. Raquel Lambdin, USA 2:04.63
5. Stephanie Brown, USA 2:05.83

Gert Rasschaert Memorial (26th)

Ninove, BEL, 23 July

MEN

800:

Race A:

1. Peter Bol, AUS, 1:45.41
2. James Bowness, GBR, 1:45.96
3. Khaled Benmahdi, ALG, 1:46.21
- ... Andrew Barnes, RSA, DNF

Morton Games

Dublin, IRL, 22 July

MEN

Morton Mile:

1. Johnny Gregorek, USA 3:55.57 PB
 2. Kyle Merber, USA 3:55.79 SB
 3. Colby Alexander, USA 3:55.93 PB
 4. Peter Callahan, BEL 3:56.14 PB
 5. Jerry Motsau, RSA 3:56.62 PB
-

NEWS

RIO: INDIVIDUAL SPORTS CAN CHOOSE, SAYS IOC

The IOC's decision over the weekend to allow individual sporting governing bodies to decide if Russian competitors can take part in the Rio 2016 Olympic Games has led to the IAAF – as the first sports federation to have been through this course of action – to declare that it is ready to offer assistance to other international federations going through this process, reports the IAAF website.

IAAF President Sebastian Coe said: "We have created and been through the process. We know how hard it is emotionally and rationally to get the process right. I have offered the help of the IAAF team and we continue to stand by to assist and offer advice to any international sports federations."

Earlier, the World Anti-Doping Agency (WADA) Executive Committee, meeting to discuss the independent McLaren Investigation Report on allegations of Russian state manipulation of the doping control process, has recommended that the IOC considers declining entries for Rio of all teams submitted by the Russian Olympic Committee and that the Russian National Anti-Doping Agency remains non-compliant under the Code.

The investigation, led by Canadian law professor and sports lawyer Dr Richard McLaren, reported that Russia's sports ministry "directed, controlled and oversaw" manipulation of urine samples between late 2011 and Aug 2015 with positive doping samples often disappearing. IOC President Thomas Bach said the findings indicated a "shocking and unprecedented attack on the integrity of sport and on the Olympic Games" and vowed that the "toughest sanctions available" would be applied against those implicated. A total of 580 positive tests from 30 different sports (more than 130 from athletics) were covered up and the Moscow anti-doping laboratory destroyed 8000 samples.

Travis Tygart, head of the US Anti-Doping Agency, said: "The McLaren Report has concluded, beyond a reasonable doubt, a mind-blowing level of corruption within both Russian sport and government ... and most importantly our hearts go out to athletes from all over the world who were robbed of their Olympic dreams."

Also last week, the Court of Arbitration for Sport rejected the appeal on behalf of 68 Russian athletes for the IAAF's Olympic ban to be lifted. Russian President Vladimir Putin said that there is a real risk that the current situation could lead to a rift in the Olympic movement.

Other happenings in the war against drugs:

- The well-known Italian sports agent Federico Rosa was charged in a Kenyan court on six counts of doping athletes, including banned marathon runner Rita Jeptoo, in Eldoret. He denies all charges.

- The 2013 World 1500 m champion Abeba Aregawi has had her doping suspension lifted following a positive test for meldonium on 12 January but, not having raced this year, has not been included in Sweden's Olympic team.

- Following claims in the *Sunday Times* and on German TV channel ARD that a number of Kenyan and British runners had used EPO at a high altitude training camp in Iten, WADA declared it "will review all evidence and take the necessary action." UK Anti-Doping has

sent its own investigators to Kenya.

VIRGIN MONEY LONDON MARATHON WINS JUDGMENT AGAINST SHOBUKHOVA

London Marathon Events Ltd has obtained a judgment from the British High Court for the return of money paid to banned Russian marathon runner Liliya Shobukhova, reports *Race Results Weekly*. The judgment requires Shobukhova to repay £377,963 (plus costs) to London Marathon Events Ltd, which is the prize and appearance money paid to Shobukhova for the 2010 and 2011 London Marathons.

"The next step is to get the judgment enforced in Russia," said Nick Bitel, Chief Executive of London Marathon Events Ltd, through a statement. "It will be a long and difficult process but we will pursue it as we are determined that cheats should not benefit. Any money we get back will be redistributed to the athletes that Shobukhova cheated out of their rightful dues."

Shobukhova was banned by the IAAF in August 2015, following abnormalities in her biological passport. All her results from 9 October 2009 were annulled. She finished first in the 2010 London Marathon and second in the 2011. Those results are now annulled and the official results updated below:

2010 London Marathon:

1. Aselefech Mergia (ETH)
2. Bezunesh Bekele (ETH)
3. Askale Tafa (ETH)

2011 London Marathon:

1. Mary Keitany (KEN)
2. Edna Kiplagat (KEN)
3. Bezunesh Bekele (ETH)

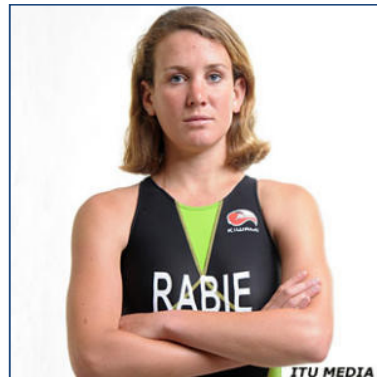
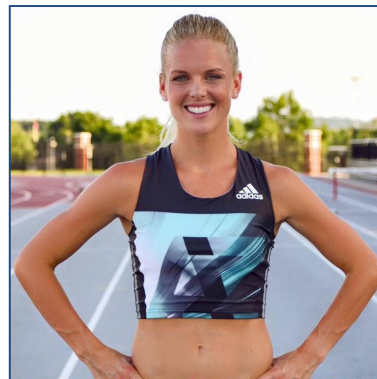
BACKGROUND

THREE ENDUROCAD STARS GO TO RIO

Three athletes of Elana Meyer's Endurocad sports academy will represent South Africa in the Rio Olympics. They are Christine Kalmer (marathon), Dominique Scott (10000 m) and Mari Rabie (triathlon).

"Training for the Olympic Games requires huge amounts of determination and hard work," said Meyer, a former Olympian herself and Endurocad co-director. "Many athletes invest four to eight years of training before they make it."

The top Endurocad athletes form part of the Endurocad's so-called satellite programme, which offers broad support, ranging from personal coaching and access to gym facilities, through sporting gear and good basic nutrition, to career planning and development. Endurocad also educates athletes and coaches around the opportunities of achieving IAAF Gold Label status as part of their professional athlete development.



South Africa's middle- and long-distance running is not at the level it should be compared to the rest of the world, Meyer admitted. The reasons for this are complex but include challenges to development, support structures and talent identification, while aspiring athletes in full-time employment find it hard to compete against professional athletes. "Endurocad invests in holistic career development and assists athletes to find employment and club opportunities that offer financial security, but still allow them the flexibility to train and compete," said Meyer.

STATS TIME

Caster Semenya's brilliant run in the 800 metres in Monaco two Fridays ago catapulted her into twelfth position on the all-time list. Here are the top twelve. Eight of the women represented former Eastern bloc countries; athletes who served a drugs ban during their career are marked with #. Another fourteen athletes have run under 1:56.

ALL-TIME 800 M: TOP 12 WOMEN

1:53.28 WR	Jarmila Kratochvilova (CZE)	Munich	26 Jul 83
1:53.43 NR	Nadezhda Olizarenko (UKR)	Moscow	27 Jul 80
1:54.01 AR WJR	Pamela Jelimo (KEN)	Zurich	29 Aug 08
1:54.44 AR	Ana Fidelia Quirot (CUB)	Barcelona	09 Sep 89
1:54.81 NR	Olga Mineyeva (RUS)	Moscow	27 Jul 80
1:54.94	Tatyana Kazankina# (RUS)	Montreal	26 Jul 76
1:55.05 NR	Doina Melinte (ROU)	Bucharest	01 Aug 82
1:55.19 NR	Maria Mutola (MOZ)	Zurich	17 Aug 94
1:55.19 NR	Jolanda Ceplak# (SLO)	Heusden	20 Jul 02
1:55.26 NR	Sigrun Wodars (GDR)	Rome	31 Aug 87
1:55.32	Christine Wachtel (GDR)	Rome	31 Aug 87
1:55.33 NR	Caster Semenya (RSA)	Monaco	15 Jul 16

THIS MONTH IN HISTORY

20 years ago: 14 July 1996

Joseph Kimani and his Kenyan compatriot Simon Rono battled it out in the Utica Boilermaker 15 km in New York, with Kimani getting a rather easy victory in the end, 42:40 to 43:09. In the women's race another Kenyan, Catherine Ndereba, was untouchable and won – her first of four victories – by more than a minute in 48:55, with Nadia Prasad (FRA) second in 50:08. Third was South Africa's Zola Pieterse in 50:15 – the fastest by a South African that year. Six weeks later Pieterse would win the SA half-marathon title in 72:39, also the quickest SA time of 1996.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2016

This section lists the best South African performance for each of the age categories over the distances recognised by the IAAF for record purposes. Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the senior category, on a grey background. World records are shown in green. – Ed.

MEN

Open

10 km	28:50	Elroy Gelant	Port Elizabeth	02 Apr
	27:42	Bitan Karoki Muchiri (KEN)		

	27:42	Leonard Barsoton Kiplimo (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:39	Jeromy Andreas	Eersterivier	18 Jun
	41:41	Bitan Karoki Muchiri (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	61:27	Stephen Mokoka	Cardiff	26 Mar
	59:10	Geoffrey Kipsang Kamworor (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		
25 km	83:28	Tumelo Mahlangu	Pretoria	07 May
	81:12a	Siyabonga Nkonde	Pinetown	31 Jan
	75:32	Christopher Landry (USA)		
	71:18**	Dennis Kipruto Kimetto (KEN) 2012		
30 km	1:36:30	Melikhaya Frans	Uitenhage	05 Mar
	1:30:45	Keita Shitara (JPN)		
	87:37**	Emmanuel Kipchirchir Mutai (KEN) 2014		
Marathon	2:11:27	Lusapho April	Hannover	10 Apr
	2:03:05	Eliud Kipchoge (KEN)		
	2:02:57	Dennis Kipruto Kimetto (KEN) 2014		
100 km				
	6:13:33	Takahiro Sunada (JPN) 1998		

**) The ARRS does not recognise records set at intermediate points in a longer race.

Veterans (40+)

10 km	30:57	Gert Thys	Goodwood	12 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:49	Johannes Kekana	Kempton Park	27 Jan
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	69:14	Gert Thys	Wellington	02 May
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	1:28:49	Shadrack Hoff	Pretoria	07 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:45:23	Maxwell Goodman	Uitenhage	05 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:46	Charles Tjiane	Benoni	31 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:01	Makaya Masumpa	Port Elizabeth	02 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	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
	2:43:27a	Dan Mothibe	Port Elizabeth	03 Jul
	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

21.1 km	54:32	Cees Stolwijk (NED) 2013		
	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	33:02	Irvette van Zyl	Durban	17 July
	30:52	Shalane Flanagan (USA)		
	30:21m	Paula Radcliffe (GBR) 2003		
	30:29w	Asmae Leghzaoui (MAR) 2002		
15 km	54:24	Zintle Xiniwe	Constantia	05 Mar
	48:14	Peres Chepchirchir (KEN)		
		Cynthia Cherotich Limo (KEN)		
		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
	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 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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