

# 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

Is Mo Farah the greatest distance runner of all time? With his magnificent victory on Saturday in the 5000 metres (in 13:03.30, the third fastest in Olympic history) he became only the second athlete, after Lasse Viren in 1972 and 1976, to win a "double double" in the two longest track races. None of the other greats – Hannes Kolehmainen, Paavo Nurmi, Emil Zatopek, Vladimir Kuts, Haile Gebrselassie, Kenenisa Bekele – could manage that. Of these men, only Nurmi, Gebrselassie and Bekele could win one event twice, Nurmi the 10000 m in 1920 and 1928, Geb the 10000 m in 1996 and 2000, and Bekele the same event in 2004 and 2008 (he also won the 5000 in 2008).

Farah has also won a "double double" at the World Championships, with wins in 2013 and 2015 – as well as the 5000 in 2011 for a total of nine golds. Of course, Viren did not have the luxury of the world title meeting. Bekele had, and he added gold medals in the World Championships 5000 in 2009, and 10000 in 2003, 2005, 2007 and 2009 for a total of eight – one less than Farah.

Farah has never set a world record in either event, while Bekele has achieved three (his records for 5000 – 12:37.35 – and 10000 – 26:17.53 – still stand).

In Rio the Ethiopians and Kenyans tried once again to run the kick out of Farah but, as on all previous occasions, it was to no avail.



Top: An elated Mo Farah celebrates his Olympic victory in the 5000 m, his second gold medal of the Games.  
Above: Matthew Centrowitz scores a shock win in the 1500, beating defending champion Taoufik Makhloufi and Nick Willis. [IAAF]

Farah covered the last kilometre in 2:23.92 – the fastest final kilometre in Olympic history. Best marks for place at the Olympics were set in positions 3 to 8.

In the 800 the controversial Caster Semenya lived up to her role as overwhelming favourite with a victory in another South African record (and world leader) of 1:55.28 after following somewhat different tactics than her usual running-at-the-back policy. She beat Francine Niyonsaba by more than a second and behind them Melissa Bishop set a national record (1:57.02), and Margaret Wambui (third), Joanna Jóźwik and Lynsey Sharp PBs.



The greatest marathoner in the world. Eliud Kipchoge wins the Olympic gold medal untroubled in 2:08:44. [IAAF]

Semenya is the fourth woman (third if you discount Mariya Savinova, who may yet lose her 2012 gold medal in favour of Semenya) to win the two-lap event in both the World Championships and Olympics. She is the third (after Maria Mutola and Pamela Jelimo) to win titles at the African Championships, All Africa Games and Olympics.

Another big favourite, Eliud Kipchoge, took the marathon title in 2:08:44 (see also Stats Time in this issue). His 62:49 is probably the fastest ever second half in the Olympic Marathon (it certainly is from 1992 onwards). With American star Galen Rupp finishing third in only his second marathon, it was the first time ever that two Olympic track medallists also

won medals in the same Olympic Marathon. (They joined a rather exclusive club, with only five other men having won medals both on the track and the marathon: Kolehmainen, Zatopek, Mamo Wolde, Alain Mimoun and Carlos Lopes.) Kipchoge has lost only one of his eight marathons, and there can be no doubt that he is the world's best in recent years.

South Africa's men in the marathon once again disappointed, with only Lusapho April coming close to doing the national vest proud (24<sup>th</sup> in 2:15:24). Sibusiso Nzima was 97<sup>th</sup> in 2:25:33 – slower than the first six women ran – while Lungile Gongqa failed to finish.

The Games produced many great performances in the distance events, with Saturday being probably the best of the ten days. Here are a few selected highlights since the first weekend:

- M 800: David Rudisha became the fourth runner to win the Olympic 800 m twice – the others are Peter Snell, Mal Whitfield and Douglas Lowe. His time of 1:42.15 is the third fastest 800 m time in Olympic history; only he and Nijel Amos in 2012 were faster.
- M 1500: The winning time of 3:50.00 – after a pedestrian first two laps – is the slowest since 1932 (when Luigi Beccali won in an Olympic record 3:51.2). Matthew Centrowitz, who led virtually throughout the race, became the first Olympic champion from the USA since Mel Sheppard in 1908. World champion Asbel Kiprop was only sixth.
- M 3000 s/chase: Conseslus Kipruto (8:03.28 OR) became the first world youth and world junior champion to win the Olympic title. In second Evan Jager was also under the Olympic record (he is the highest US finisher since Horace Ashenfelter won in 1952). The world's number one and favourite, Ezekiel Kemboi, was disqualified.
- W 800: In the heats Bishop (who would finish fourth in the final) ran the fastest ever heat at the Olympics, 1:58.38.
- W 3000 s/chase: Ruth Jebet (8:59.75 AR) became the first world junior champion (as well as first Asian Games and first Asian Championships gold medallist) to win the Olympic steeplechase. She missed the world record, but became the first to run sub-9 minutes twice. Emma Coburn's 9:07.63 is the best 3rd place time in history.

□ W 5000: Vivian Cheruiyot (14:26.17 OR) became the first Kenyan woman to win either the 5000 m or 10000 m at the Olympic Games. Cheruiyot also finished second in the wondrous 10000 m with a national record (see last week's DRR). Almaz Ayana, who ran a world record in that race, wasn't near her best in the shorter race and had to settle for the bronze medal behind Hellen Obiri's PB 14:29.77 – but both of them broke the previous Olympic record. Cheruiyot is the third woman (after Meseret Defar and Tirunesh Dibaba) to win the 5000 m at both World Championships and Olympics.

These are all the good news items in this very large issue of DRR. The bad news is that the IAAF has announced that it will no longer stage the World U.18 (Youth) Championships. The 10th edition of the meeting was to be held in Nairobi, Kenya, on 12-17 July next year.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* The Durban Runner Challenge Half Marathon, Durban
- \* Sutherlands Home Furnishings Capital Climb, Pietermaritzburg
- \* Body Concept 10 km, Port Elizabeth
- \* Atlantis Half Marathon, Atlantis
- \* Ocean Basket Marcel van 't Slot 15 km, Pretoria
- \* Beaufort West Half Marathon & 10 km, Beaufort West
- \* XC: WP Championships, Rondebosch; KZN Championships, Durban; Gauteng North League Meeting, Pretoria

#### International highlights:

- \* Men's Olympic Games Marathon, Rio de Janeiro, BRA
  - \* Aetna Falmouth Mile, Falmouth, USA
  - \* New Balance Falmouth Road Race, Woods Hole to Falmouth Heights, USA
  - \* Track: Olympic Games, Rio de Janeiro, BRA
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## ROAD RUNNING

### The Durban Runner Challenge Half Marathon

Durban, 21 August  
(Distance: 21.1 km)

Note: Second victory in two days for Anele Dlamini – he also won the Sutherlands Home Furnishings Capital Climb the previous day (see results below). – Ed.

#### MEN

- |    |                   |             |                |
|----|-------------------|-------------|----------------|
| 1. | Anele Dlamini     | Phantane AC | 1:14:39 (R600) |
| 2. | Philani Buthelezi | Ind         | 1:17:48 (R400) |
| 3. | Professor Mollen  | ZIM         | 1:19:31 (R200) |

#### 40-49:

- |    |                 |     |                |
|----|-----------------|-----|----------------|
| 1. | Alastair Leslie | Ind | 1:23:53 (R200) |
|----|-----------------|-----|----------------|

#### 50-59:

- |    |                    |         |                |
|----|--------------------|---------|----------------|
| 1. | Thierry Plentinckx | Toti AC | 1:29:13 (R200) |
|----|--------------------|---------|----------------|

#### 60+:

- |    |               |     |                |
|----|---------------|-----|----------------|
| 1. | Mohamed Moola | Ind | 2:13:49 (R150) |
|----|---------------|-----|----------------|

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

- |    |                 |          |                               |
|----|-----------------|----------|-------------------------------|
| 1. | Maya Lawrie     | Boxer AC | 1:35:54 (1 <sup>st</sup> vet) |
| 2. | Norma Goba      | Ind      | 1:47:05                       |
| 3. | Gwyneth Meumenn | Ind      | 1:48:01                       |

**40-49:**

1. Maya Lawrie Boxer AC 1:35:54

**50-59:**

1. Bev Hardie Chiltern AC 2:21:51

**60+:**

1. Pam Rasmussen YWP AC 2:03:53

**Sutherlands Home Furnishings Capital Climb (41st)**

Pietermaritzburg, 20 August

(Distance: 15 km; very hilly out-and-back course. Finishers: 1181 [slightly up from 1020 last year]; also 501 in the 5 km.)

## MEN

1. Anele Dlamini Phantane AC 50:21  
 2. Sibonelo Duma Nedbank AC 50:28  
 3. Matekase Lefasta Phuma 51:44

**40-49:**

1. Bernard Phalatsane ZIM/Bluff Meats 59:54

**50-59:**

1. Willie Malombozi Boxer AC 65:19

**60+:**

1. Mike Cowling Saints 81:58

## WOMEN

1. Poppy Mlambo Boxer AC 70:00  
 2. Nonsikelelo Mbambo Save Orion 74:14  
 3. Precious Duma Nedbank AC 74:33

**40-49:**

1. Christine Dlamini HV 78:18

**50-59:**

1. Xolisile Mwelase Phuma 80:49

**60+:**

1. Corinne Parsons SCS 105:46

**Body Concept 10 km**

Port Elizabeth, 20 August

(Flat out-and-back course. Weather: slightly windy. Finishers: 670.)

Note: A list leader here for grandmaster Margie Saunders. – Ed.

## MEN

1	Zolani	Ngqaqa	Tinarha AC	27	29:48
2	Mariano	Eesou	Madibaz AC	24	29:58
3	Amos	Nyongo	Ikhamva AC	30	30:12
4	Andre	Ketchem	Xcel AC	32	32:00
5	Mluleki	Nobanda (1 <sup>st</sup> vet)	Mr Price Tra	47	32:12
6	Brendon	Effenaar	Nedbank RC	20	32:38
7	Masande	Mlonyeni	Sanlam RRC	35	32:45
8	Mzwanele	Maphekula	Bluewater Bay	40	32:49
9	Lonwabo	Williams (1 <sup>st</sup> jun)	Tinarha AC	17	32:54
10	Melikhaya	Kepe	Nedbank RC	40	33:05
11	Mzukiseni	Matyhwaphula	Temp	33	33:35

12	Zolile	Mhlahlo	Achilles AAA	41	33:40
13	Aviwe	Scout	Temp	16	34:09
14	Zamubuntu	Teyise	Charlo AC	39	34:24
15	Thando	Bixa	Madiba BW	36	34:30
16	Xabiso	Kobe	Tinarha AC	18	34:31
17	Charles	Segalo	Charlo AC	29	34:32
18	Michael	Bester	Achilles AAA	29	34:33
19	Jarryd	Cooke	Charlo AC	22	34:57
20	Sandile	Tsholoba	Queenstown Harr	38	35:12
<b>40-44:</b>					
1	Mzwanele	Maphekula	Bluewater Bay	40	32:49
2	Melikhaya	Kepe	Nedbank RC	40	33:05
3	Zolile	Mhlahlo	Achilles AAA	41	33:40
<b>45-49:</b>					
1	Mluleki	Nobanda	Mr Price Tra	47	32:12
2	Luvuyo	Dyani	Motherwell AC	46	35:13
3	August	Esau	Nedbank RC	45	37:17
<b>50-54:</b>					
1	Darrell	Wicht	Madiba BW	53	35:36
2	Christopher	Mabengeza	Nedbank RC	50	36:11
3	Kenneth	Menze	Bluewater Bay	54	36:29
<b>55-59:</b>					
1	Michael	Bekapi	Ikhamva AC	55	37:44
2	Andre	Dalton	Nedbank RC	55	38:31
3	Efese	Peter	Sandf AC EP	56	41:20
<b>60-64:</b>					
1	Roger	Trader	Achilles AAA	62	43:21
2	Robert	Rietmuller	PEAAC	60	45:46
3	Ken	Barwood	Achilles AAA	61	51:53
<b>65-69:</b>					
1	Sizinzo	Kama	Achilles AAA	65	41:41
2	Hannes	Els	Madiba BW	66	43:28
3	Lochi	Lochner	Charlo AC	68	45:31
<b>70-74:</b>					
1	Tamsanqa	Jusayi	Nedbank RC	74	44:40
2	Johannes	Herbst	Muirite Strider	70	48:44
3	Kobus	Gerber	PEAAC	72	53:12
<b>75-79:</b>					
1	Godfrey	Kariem	Gelvan AC	75	53:28
2	Rolf	Mentzel	Profiles AC	76	56:51
3	Wells	Anderson	PEAAC	84	1:07:10
<b>Juniors:</b>					
1	Lonwabo	Williams	Tinarha AC	17	32:54
2	Aviwe	Scout	Temp	16	34:09
3	Xabiso	Kobe	Tinarha AC	18	34:31
<b>WOMEN</b>					
1	Ndileka	Mvakwendlu	Tinarha AC	25	36:28
2	Ntombesintu	Mfunzi	Nedbank RC	34	37:06
3	Siphokazi	Nojoko	Motherwell AC	21	37:53
4	Alexia	Loizou	Temp	32	38:04
5	Jamie-Lee	Schlemmer	Madibaz AC	20	38:08
6	Siphokazi	Liwani (1 <sup>st</sup> jun)	Motherwell AC	19	40:11
7	Liza-Marie	Kingston	Nedbank RC	34	40:15
8	Davera	Magson (1 <sup>st</sup> vet)	Nedbank RC	41	40:52
9	Margie	Saunders (1 <sup>st</sup> g'mast)	Nedbank RC	62	42:12

10	Vicky	Oelofse	St Albans AC	15	42:25
11	Megan	Rudman	Nedbank RC	29	42:56
12	Andiswa	Fezani	Nedbank RC	28	43:33
13	Terray	Newcombe	Elite AC	25	44:39
14	Hayley	Mason	Temp	31	44:56
15	Hanlie	Van der Westhuizen	Despatch AC	60	45:00
16	Grizelda	Pietersen	Nedbank RC	47	45:07
17	Janine	Gardiner	Charlo AC	35	45:33
18	Nomakhosi	Ntliziyo	Motherwell AC	18	45:33
19	Sarah	Raubenheimer	Rhodes Univ	23	45:57
20	Amanda	Prideaux	Bluewater Bay	41	46:24
<b>40-44:</b>					
1	Davera	Magson	Nedbank RC	41	40:52
2	Amanda	Prideaux	Bluewater Bay	41	46:24
3	Toegeda	Vyver	Nedbank RC	44	46:48
<b>45-49:</b>					
1	Grizelda	Pietersen	Nedbank RC	47	45:07
2	Adele	Slabbert	Madiba BW	45	51:01
3	Gail	Klichowicz	Achilles AAA	49	51:31
<b>50-54:</b>					
1	Treloar	Childs	Walmer AC	53	48:35
2	Paulette	McEwan	Achilles AAA	51	49:24
3	Helen	Mentzel	Profiles AC	51	50:26
<b>55-59:</b>					
1	Janette	Schierz-Crusius	Body Concept	55	48:07
2	Rosemary	Joubert	Crusaders AC	55	50:28
3	Amanda	Wolmarans	Walmer AC	57	51:35
<b>60-64:</b>					
1	Margie	Saunders	Nedbank RC	62	42:12
2	Hanlie	Van der Westhuizen	Despatch AC	60	45:00
3	Christine	Snyman	Despatch AC	60	54:26
<b>65-69:</b>					
1	Liz	Grundlingh	Muirite Strider	69	55:51
2	Jeanette	Pienaar	PEAAC	68	1:05:11
3	Denise	Terblanche	Walmer AC	69	1:08:05
<b>70-74:</b>					
1	Ronelle	Steyn	Nedbank RC	72	1:00:23
2	Christine	Fourie	Elite AC	70	1:06:37
3	Isabella	Childs	Walmer AC	74	1:08:40
<b>75-79:</b>					
1	Dorothy	Hart	Madibaz AC	78	1:12:35
<b>Juniors:</b>					
1	Siphokazi	Liwani	Motherwell AC	19	40:11
2	Vicky	Oelofse	St Albans AC	15	42:25
3	Nomakhosi	Ntliziyo	Motherwell AC	18	45:33

### Atlantis Half Marathon

Atlantis, 20 August

(Distance: 21.1 km; certified loop course. Finishers: 801 [up from 622 last year].)

#### MEN

1. Sibusiso Madikizela (MSA) 1:08:00
2. Anda Lubelwana (Hout) 1:08:07
3. Mthandazo Qhina (Ned) 1:08:53

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 71:12; 2. Shawn Abrahams (Celtic) 75:00; 3. Xolile Macanda (Gugs) 79:17. **Masters:** 1. Roston Isaacs (Ned) 84:10; 2. Monde Tutani (Gugs) 86:19; 3. Gerald Sullivan (Sanlam) 86:39. **G'masters:** 1. Mochamat Kriel (Ommie) 85:10; 2. Gemjikile Tom (Eskom) 1:32:33; 3. Andrew Cockroft (Edge) 1:42:30.  
**G/g'masters:** 1. Jeff Smith (Itheko) 1:43:53; 2. Ronnie le Roux (Brack) 1:52:42.  
**Juniors:** 1. Jeandre September (East) 76:02; 2. Yanga Keli (Sanlam) 80:37.

#### WOMEN

1. Nomvuyisi Seti (Itheko) 1:27:00  
 2. Lee-Shay Willemse (Velo) 1:28:19  
 3. Obertina Kanyongo (ZIM/FNB) 1:28:29

**Veterans:** 1. Obertina Kanyongo (ZIM/FNB) 1:28:29; 2. Chantel Simpson (Ned) 1:31:03; 3. Elizabeth Brink (Durb) 1:36:27. **Masters:** 1. Olga Howard (Celtic) 1:38:22; 2. Angelique Rabie (Carb) 1:44:27; 3. Roldah Orrie (Itheko) 1:50:02. **G'masters:** 1. Nancy Will (Pine) 1:35:44; 2. Helen du Plessis (Brack) 1:48:39; 3. Charmaine Cupido (Ned) 1:49:39.  
**G/g'masters:** 1. Pixie Sparg (Celtic) 2:00:38; 2. Marlene James (Pine) 2:12:24. **Juniors:** 1. Siziphiwe Mbatsa (VOB) 2:12:00; 2. Emily Tewas (MSA) 2:12:31.

### Ocean Basket Marcel van 't Slot 15 km

Pretoria, 20 August

(Loop course. Finishers: 1800 [considerably down from 2420 last year]; also 670 in the 5 km).

Note: A list leader here for vet Shadrack Hoff. – Ed.

#### MEN

1 Moses Kurgat (KEN/Nedbank) 45:42; 2 Benedict Moeng (Rockies) 45:54; 3 Xolisa Tyali (Nedbank) 47:04; 4 Vincent Kipchirchir (KEN/Nedbank) 48:07; 5 Chamankwana Mailola (Nedbank) 48:20.

**Veterans:** 1 Shadrack Hoff (Boxer) 49:35; 2 Greg Barnes (Born 2 Run) 52:33; 3 Simon Sibisi (SAPS MPU) 53:20. **Masters:** 1 Johannes Ramaphakela (Tshwane AC) 62:49; 2 Colin Fisher (CSIR) 63:53; 3 Johan Walters (Tuks) 64:01. **G'masters:** 1 Johan Nel (Irene) 65:55; 2 Elias Raphulu (Black Diamond) 67:35. **G/g'masters:** 1 Lammie Fourie (Agape) 85:03. **80+:** 1 Ken Nurden (Agape) 1:46:38.

#### WOMEN

1 Vicky Hansen (Wanderers) 62:34; 2 Mitsie v.d. Westhuizen (KPMG) 63:43 (1<sup>st</sup> vet); 3 Chandri van Heerden (Runavation) 64:55; 4 Marlise du Plessis (KPMG) 67:40; 5 Ansie Breytenbach (Irene) 69:51 (1<sup>st</sup> mast).

**Veterans:** 1 Mitsie v.d. Westhuizen (KPMG) 63:43; 2 Cornia Broere (Tuks) 70:36; 3 Anel Vorster (Green Mile) 74:34. **Masters:** 1 Ansie Breytenbach (Irene) 69:51; 2 Ansa Strydom (Nedbank) 71:14; 3 Debbie Bredenkamp (HQH) 72:03. **G'masters:** 2 Carole de Waal (Wingate) 94:05; 2 Olga Smit (Affies) 99:41.

## Beaufort West Half Marathon & 10 km

Beaufort West, 30 July

(Distances: 21.1 km & 10 km. Finishers: half marathon – 54; 10 km – 47.)

Note: Unfortunately clubs were not included in the results, only provinces. – Ed.

### Half marathon

#### MEN

1	Lloyd Bosman	ASWD	28	1:08:56
2	Tsungai Mwanengeni	ZIM/WPA	42	1:10:48
3	Sityhilo Diko	WPA	24	1:15:08
4	Mxolise Fana	ASWD	47	1:17:33
5	Janson Daries	ASWD	19	1:18:05
6	Melikhaya Msizi	ASWD	32	1:18:39
7	Jan Isaks	ASWD	31	1:18:55
8	Jerome Ferland	ASWD	17	1:19:03
9	Tumo Shoapha	CGA	33	1:23:07
10	Peter Jaehne	ASWD	51	1:24:55

#### WOMEN

1	Cecilia Nel	ASWD	34	1:31:45
2	Busisiwe Matiwane	WPA	41	1:34:10
3	Katjie Moos	TEMP	21	1:35:41
4	Berdena Nell	WPA	24	1:35:53
5	Linda Mocke	ASWD	51	1:53:07
6	Linelle Whitehead	ASWD	35	1:59:17
7	Anzel van der Berg	ASWD	32	2:07:26
8	Lea Norton	WPA	27	2:13:41
9	Rosaline Fredericks	WPA	61	2:36:30
10	Nadeema Marks	WPA	49	2:57:20

### 10 km

#### MEN

1	Mxolisi Haman	TEMP	41	32:38
2	Dullan Solomons	ASWD	17	32:39
3	Henrico Vena	TEMP	18	32:42

#### WOMEN

1	Stephany Petro	ASWD	14	40:27
2	Kayla Moos	TEMP	15	42:43
3	Bianca Wright	ASWD	25	51:01

## CROSS-COUNTRY

### WP Championships

Rondebosch, 13 August

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

#### SR. MEN (10 km)

1	Sibusiso	Madikizela	MSA Multi Sport	31:41
2	Nadeel	Wildschutt	Itheko	31:47
3	Anthony	Timoteus	UWC	31:58
4	Nkosinathi	Madyo	Itheko	32:11
5	Du-Wayne	Philander	UWC	32:17
6	Warren	Hefke	UWC	32:28



7	Akhona	Makila	VOB	32:41
8	McMarshall	Hartzenberg	UWC	32:41
9	Raydon	Balie	Wild Runner	32:52
10	Andrew	Louw	Easterns	33:13

## SR. MEN

1	Granwin	Katzen	Celtic Harriers	11:59
2	Anthony	Timoteus	UWC	12:01
3	Emiele	Paulsen	FNB	12:02
4	Heinrich	Wagner	KPMG	12:08
5	Siboniso	Soldaka	CPUT	12:12
6	André	Afrika	Eerste River	12:22
7	Kaleb	Beukes	UWC	12:38
8	Nkosiyethu	Sotyantya	Itheko	12:41
9	Sive	Ngubo	Nedbank	12:43
10	Duran	Faro	UWC	12:48

## 40-44 MEN (8 km)

1	Tsungai	Mwanageni	Gugs	26:41
2	Thembelane	Zola	Gugs	28:31
3	Sabelo	Ngcwame	Gugs	28:32

## 45-49 MEN (8 km)

1	Shawn	Abrahams	Celtic Harriers	27:15
2	Graham	Katzen	Celtic Harriers	29:24
3	Oloff	van Zyl	VOB	29:54

## 50-54 MEN (8 km)

1	Jeff	Smith* (70)	Itheko	29:09
2	Johnny	Persents	Wild Runner	29:21
3	Chris	Mitchell	Celtic Harriers	30:13
4	John	September	Itheko	31:21

## 55-59 MEN (8 km)

1	Gerald	Martin	Metropolitan	28:18
2	Eric	Coetzee	FNB	29:44
3	Robert	Arnold	Top Form	31:32

## 60-64 (6 km)

1	Les	Chivell	Fish Hoek	23:49
2	Steve	Granger	VOB	26:09
3	Christian	Edwards	VOB	26:53

## 65-69 MEN (6 km)

1	Awie	Veldsman	Helderberg Harriers	25:58
2	Johan	van Zyl	Sanlam	28:45
3	Ian	Bocock	Foresters	29:11

## 70-74 MEN (6 km)

1	Richard	Osrin	VOB	28:06
2	Joseph	Matthews	Midas Spartans	33:36
3	George	Kane-Smith	VOB	36:42

## 75-79 MEN (6 km)

1	Peter	Chubb	VOB	36:46
2	Ronald	Adams	Spartan Harriers	54:49

## 80-84 MEN (6 km)

1	Derry	Devine	VOB	59:17
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## U.20 (8 km)

1	McMarshall	Hartzenberg	UWC	26:03
2	Jason	Koopman	UWC	26:09
3	Rowhaldo	Ratz	UWC	26:21

## U.18 (6 km)

1	Ronaldo	January	Celtic Harriers	20:38
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2	Thembeko	Mendu	Gugs	20:44
3	Charlton	Ndlovu	WCSS	20:57

\*) Jeff Smith came late for his race and ran with the 50-54 age group.

#### SR. WOMEN (10 km)

1	Lena	Lötter	Nedbank	37:13
2	Zintle	Xiniwe	FNB	38:44
3	Nomvuyisi	Seti	Itheko	39:13
4	Tanya	Scott	UCT	39:18
5	Candyce	Hall	Carbineers	42:09
6	Hanlie	Jordaan	UWC	42:25
7	Tina-Mare	Meyer	FNB	43:04
8	Amy	Abrahams	UWC	44:36
9	Tanya	Posthumus-Fox	Century City	45:01
10	Sinethema	Masana	SANDF	47:41

#### SR. WOMEN

1	Anel	Terblanche	KPMG	14:35
2	Anneline	Roffey	FNB	14:58
3	Lee-Shay	Willemse	Velocity	15:11
4	Pamela	Moyikwa	VOB	15:51
5	Amy	Abrahams	UWC	16:09
6	Tina-Mari	Meyer	FNB	16:11
7	Nolubabalo	Dyonase	VOB	16:33
8	Adri	Meyer	Bellville	16:41
9	Icarien	van Deventer	Tygerberg	16:43
10	Nocwaka	Mthetho	MSA	16:45

#### 40-44 WOMEN

1	Busisiwe	Matiwane	Nedbank	16:41
2	Tyshia	Johannes	Gugs	17:14
3	Sharon	Sunderland	West Coast	17:15

#### 45-49 WOMEN

1	Chantel	Simpson	Nedbank	16:28
2	Coriaan	de Villiers	Nedbank	16:46
3	Tana	Janse v. Rensburg	FNB	16:58

#### 50-54 WOMEN

1	Georgina	Andraos	VOB	17:04
2	Mariëtte	Strauss	Tygerberg	17:08
3	Karen	Jennings	VOB	17:54

#### 55-59 WOMEN

1	Olga	Howard	Celtic Harriers	16:51
2	Bev	Charters	VOB	17:45
3	Denise	Johannes	Spartan Harriers	20:27

#### 60-64 WOMEN

1	Nancy	Will	Pinelands	18:07
2	Charmaine	Cupido	Nedbank	19:23
3	Judith	Grove	Tygerberg	19:25

#### 65-69 WOMEN

1	Esmé	September	Spartan Harriers	23:05
2	Cynthia	Kavanagh	Edgemead	25:01
3	Margaret	Jonkers	Tygerberg	28:51

#### 70-74 WOMEN

1	Pixie	Sparg	Celtic Harriers	22:26
2	Wendy	Wilkins	Atlantic	23:32
3	Marlene	James	Pinelands	24:43

## 75-79 WOMEN

1	Lee	Keeling	Spartan Harriers	28:22
2	Magdaline	Johnson	Tygerberg	33:22
3	Margaret	Norton	Spartan Harriers	33:51

## 80-84 WOMEN

1	Julie	Wilson	Celtic Harriers	61:51
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## U.20 (6 km)

1	Ashleigh	Simonis	Carbineers	26:05
2	Hayley	Preen	Hout Bay	26:27
3	Lauren	Jonathan	UWC	27:34

## U.18

1	Anitha	Nonene	WCSS	17:14
2	Simone	Adams	Bottelary	18:13
3	Dominique	Fuchs	CMC	18:23

**KZN Championships**

Durban, 13 August

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

## SR. MEN (10 km)

1	Silindile	Gubese	Phantane	29	34:54
2	Ayanda	Mncube	Phantane	24	43:55
3	Bonginkosi	Zwane	Phantane	24	34:56
4	Mholi	Jali	Harry Gwala	22	34:57
5	Philani	Buthelezi	KPMG	27	35:01
6	Sithembele	Fanekho	Umzinkhulu Striders	24	35:02
7	Anele	Dlamini	Phantane AC	30	35:49
8	Mwande	Hlongwe	Zakhele	27	35:50
9	Phalang	Mosiea	Speed Explosion	27	35:50
10	Sipho Gift	Mbanjwa	Phantane AC	22	35:51

## SR. &amp; U.23 MEN

1	Sipho Gift	Mbanjwa	Phantane AC	21	12:54
2	Nkosinathi	Sibiya	Phantane	26	13:03
3	Ndumiso	Sokhela	Speed Explosion	21	13:11

## MEN 40 (8 km)

1	Nkosinathi	Ngcongu	Stella AC	40	30:54
2	Nicholas	Mjadu	African Elites	44	31:17
3	Bhekithemba	Ngubane	Thalente AC	41	31:35

## MEN 45 (8 km)

1	Elias	Madlala	Eskom AC	46	35:10
2	Donovan	van Gelder	PDAC	45	35:13
3	Brendan	Mayer	Chiltern AC	45	36:15

## MEN 50 (8 km)

1	Garrett	Robson	Sydenham AC	50	32:11
2	Thierry	Pletinix	Toti AC	50	33:04
3	Sipho Willie	Majambozi	Boxer AC	53	35:03

## MEN 55 (8 km)

1	Patrick	Wynne	Westville	58	36:26
2	Mike	Sutton	Yellowwood	55	37:11
3	Boy	Goge	Ubunye	57	38:58

## MEN 60 (6 km)

1	Aubrey	Roberts	Westville AC	60	26:32
2	Lawrie	Raubenheimer	Hilton Harriers	63	26:36

3	De Villiers	Oberholzer	Amanzimtoti AC	64	28:04
JR. MEN (8 km)					
1	Ayanda	Ngcobo	Muden	19	27:56
2	Thulani	Mdleyshe	Richards Bay	19	28:21
3	Tsielo	Tsanyane	Speed Explosion	19	28:32

## SR. WOMEN (10 km)

1	Jenet	Dlamini	Umzimkulu Striders	21	16:13
2	Happiness	Mkhize	UKZN	23	16:38
3	Zisandele	Mkhize		31	16:43
4	Bathobile	Mkhize	Speed Explosion	19	16:58
5	Nokuthula	Ntshangase		24	17:46
6	Xoli	Madida	Natal Carbineers	31	18:06
7	Phumzile	Gwala	Savages AC	20	18:47
8	Jade	Blake	Toti	21	19:20
9	Nomthandazo	Mlotshwa	Rockfield	24	19:40
10	Neliswa	Biyela	Rockfield	18	19:48

## SR. WOMEN

1	Jenet	Dlamini	Umzimkulu Striders	21	40:40
2	Makhosi	Mhlongo	Savages AC	34	42:10
3	Janie	Grundling	Boxer AC	36	42:39
4	Puseletso	Dladla	Savages AC	25	43:40
5	Nwabisa	Mjoli	Harry Gwala	24	44:19
6	Bathobile	Mkhize	Speed Explosion	19	44:47
7	Slindile	Chili	eThekwini	22	45:20
8	Nomusa	Xaba	Umzinyathi	20	50:03
9	Cacisile	Sosibo	Bulwer	18	51:39
10	Lindokuhle	Gabela	Muden	30	51:41

## WOMEN 40

1	Christine	Dlamini	Hillcrest Villagers	41	18:30
2	Sibongile	Ziqubu	Eskom	43	18:47
3	Tholakele	Ngcobo	Eskom	42	20:20

## WOMEN 45

1	Shani	Silver	Boxer AC	46	17:34
2	Lise	Muchna	PDAC	46	17:58
3	Michelle	Sims	PDAC	49	19:33

## WOMEN 50

1	Laura Philiswe	Khuzwayo	Scottburgh	50	19:18
2	Kylie	Griffin	Westville AC	51	19:23
3	Xolisile	Mwelase	Phuma	51	20:16

## WOMEN 55

1	Elize	Cilliers	DHS Old boys	59	21:17
2	Frankie	Cawdry	Chiltern AC	59	22:32
3	Gay	Tilbury	PDAC	56	23:04

## WOMEN 60

1	Blanche	Moila	Savages AC	60	21:08
2	Sandy	Fismer	Hilton Harriers	64	21:56
3	Sanet	Beukes	Westville AC	61	22:31

## WOMEN 65

1	Jan	Phelan	Hilton Harriers	67	23:39
2	Anne	Erasmus	PDAC	65	28:12

## WOMEN 70

1	Gill	Tregenna	Westville AC	74	26:46
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## JR. WOMEN (6 km)

1	Andisiwe	Njunguza	Ugu	18	26:35
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2	Caylee	Ellero	CKS	19	27:11
3	Mbali	Msthali	UKZN	18	28:03

### Gauteng North League Meeting

Pretoria, 6 August

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

#### SR. MEN (8 km)

1	Michael	Pienaar	Tuks	25:32
2	Musa	Shakaxa	Rockies	26:15
3	Motsamai	Motone	Transnet	26:45
4	Johann	Berrange	Tuks	27:47
5	Tebogo	Sithole	A4A	28:20
6	Altus	Badenhorst	Born2run	30:02
7	Sello	Ngwane	Nissan	32:02

#### SR. MEN

1	Charles	Nel	Individual	12:07
2	Radebe	Esau	Nedbank	12:13
3	Andy	Mukona	Nedbank	12:39
4	Vuyisile	Tshoba	TUT	12:43
5	Martin	Nkoe	TUT	13:18
6	Altus	Badenhorst	Born2run	13:24
7	Gabriel	Pila	Monaco	13:28
8	Armand	Mieuwenhuys	Tuks	13:58
9	Fourie	Wiid	Tuks	14:39
10	Thabo	Maugalani	TUT	14:51

#### MEN 40 (8 km)

1	Llewelyn	Curlewis	Tuks	32:04
2	?	Van Tonder	KPMG	32:47
3	Hendrik	Mattheus	Bosch	36:03

#### MEN 45 (8 km)

1	Graham	Burnett	Bosch	33:19
2	Andries	Blignaut	PPMK	33:51
3	Miros	Kaffka	ACRW	36:34

#### MEN 50 (8 km)

1	Dawie	De Villiers	Nedbank	31:27
2	Avril	Barkhuysen	Nedbank	33:45
3	Torrie	Stoltz	FPN	36:32

#### MEN 55 (8 km)

1	Colin	McGeer	Team Vitality	35:23
2	Gert	Steyn	GNMA	35:55
3	Jan	Bester	ACRW	36:00

#### MEN 60 (6 km)

1	Marius	Bosman	ACRW	29:25
2	Wessel	Van Wyk	AEL	35:12

#### MEN 65 (6 km)

1	Piet	Kleingeld	BHS	28:12
2	Pieter	Rossouw	Midstream	32:58

#### MEN 70 (6 km)

1	Harry	V.d. Merwe	BHS	28:10
2	Gerrit	Van Niekerk	PMK	32:26

#### MEN 75 (6 km)

1	Andries	V.d. Merwe	Transnet	32:04
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2	Neville	Muir	Phobians	57:18
MEN 85 (6 km)				
1	Frans	Grobler	Transnet	55:12
MEN 23				
1	Jacob	Tsheke	Tuks	12:26
2	Given	Morudu	Monaco	12:43
3	Jabulane	Ncamane	Ecas	12:44
JR. MEN (8 km)				
1	Nhlanhla	Dlamini	Tuks	14:23
2	Romen	Dikotope	Nedbank	28:10
SR. WOMEN (8 km)				
1	Glenrose	Xaba	Eskom	28:54
2	Andrea	Steyn	TBC	29:41
3	Kataza	Shipalana	Transnet	31:58
4	Nthabiseng	Tshehla	Monaco	33:55
5	Annelien	Motlhala	Tuks	37:49
SR. WOMEN				
1	Liziwe	Mabona	Ampa	14:33
2	Myrette	Brink	KPMG	15:01
3	Vuyokazi	Gebe	Transnet	15:51
4	Sunette	Vos	ACRW	18:53
5	Marlize	Odendaal	Runavation	18:54
6	Carli	Kuhn	Tuks	19:26
WOMEN 40				
1	Ronel	Thomas	Boxer	15:31
2	Alicia	Heyns	GNMA	17:03
3	Elmarie	Nolte	Individual	19:14
WOMEN 45				
1	Marietjie	McDermott	Love Running	17:15
2	Nesta	Le Roux	Individual	18:04
3	Antionette	V.d. Merwe	Montana	20:05
WOMEN 50				
1	Lettie	Saayman	Nedbank	18:15
2	Ilse	Merrick	Enduro	20:50
3	Teresa	Le Roux	VTM	21:58
WOMEN 55				
1	Lynette	Fischer	Phobians	18:10
2	Ilse	Crous	Unisa	18:52
3	Christa	Mouton	Agape	22:37
WOMEN 60				
1	Corrie	Kleingeld	BHS	25:06
WOMEN 65				
1	Stephanie	Claassen	Tuks	23:44
WOMEN 75				
1	Annette	Van Rooyen	Transnet	20:03
WOMEN 23				
1	Lizerie	Ferreira	Tuks	15:16
2	Madri	Wiid	Tuks	15:33
3	Michelle	Redelinghuys	Tuks	17:26
GIRLS 17				
1	Amy	Gray	Curro Hazeldean	17:50

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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****Men's Olympic Games Marathon** (29th)

(Abbott World Marathon Majors Event)

Rio de Janeiro, BRA, 21 August

(Distance: 42.195 km; certified out-and-back course [5 km opening segment, 3 x 10 km, 7.195 km closing segment].)

1. Eliud KIPCHOGE, KEN	2:08:44	GOLD
[1:05:55 / 1:02:49]		
2. Feyisa LILESA, ETH	2:09:54	SILVER
[1:05:56 / 1:03:58]		
3. Galen RUPP, USA	2:10:05	PB BRONZE
[1:05:56 / 1:04:09]		
4. Ghirmay GHEBRESLASSIE, ERI	2:11:04	
5. Alphonse Felix SIMBU, TAN	2:11:15	
6. Jared WARD, USA	2:11:30	PB
7. Tadesse ABRAHAM, SUI	2:11:42	
8. Munyo Solomon MUTAI, UGA	2:11:49	SB
9. Callum HAWKINS, GBR	2:11:52	
10. Eric GILLIS, CAN	2:12:29	
11. Abdi NAGEEYE, NED	2:13:01	
12. Mumin GALA, DJI	2:13:04	PB
13. Lemi BERHANU, ETH	2:13:29	
14. Stephen KIPROTICH, UGA	2:13:32	
15. Paulo Roberto PAULA, BRA	2:13:56	SB
16. Satoru SASAKI, JPN	2:13:57	
17. Kaan Kigen OZBILEN, TUR	2:14:11	
18. Bayron PIEDRA, ECU	2:14:12	PB
19. Sondre Nordstad MOEN, NOR	2:14:17	
20. Oleksandr SITKOVSKYY, UKR	2:14:24	
... 24. Lusapho APRIL, <b>RSA</b>	2:15:24	
[1:05:57 / 1:09:27]		
... 33. Meb KEFLEZIGHI, USA	2:16:46	
... 58. Cuthbert NYASANGO, ZIM	2:18:58	
59. Marilson DOS SANTOS, BRA	2:19:09	
... 95. Lebenya NKOKA, LES	2:25:13	
... 97. Sibusiso NZIMA, <b>RSA</b>	2:25:33	
DNF-- Stanley BIWOTT, KEN	[1:05:56 at half / 1:48:28 at 35-K]	
DNF-- Lungile GONGQA, <b>RSA</b>	[1:07:28 at half / 1:38:39 at 30-K]	
DNF-- Wirimayi JUWAWO, ZIM	[1:06:01 at half / 1:18:55 at 25-K]	

## 5 km splits for medallists:

	Kipchoge (KEN)	Lilesa (ETH)	Rupp (USA)
5 km	15:31	15:36	15:32
10 km	31:09 (15:38)	31:11 (15:35)	31:10 (15:38)
15 km	46:53 (15:44)	47:00 (15:49)	46:54 (15:44)
20 km	1:02:28 (15:35)	1:02:30 (15:30)	1:02:29 (15:35)
Half	1:05:55	1:05:56	1:05:56
25 km	1:18:13 (15:45)	1:18:14 (15:44)	1:18:13 (15:44)
30 km	1:33:15 (15:02)	1:33:15 (15:01)	1:33:15 (15:02)

35 km 1:47:40 (14:25) 1:47:41 (14:26) 1:47:41 (14:26)  
 40 km 2:02:24 (14:44) 2:03:00 (15:19) 2:03:12 (15:31)  
 42.195 km 2:08:44 (06:20) 2:09:54 (06:54) 2:10:05 (06:53)

### **New Balance Falmouth Road Race** (44th)

Woods Hole to Falmouth Heights, USA, 21 August

(Distance: 7.0 miles; certified point-to-point course with rolling hills)

MEN (gun times)

1. Stephen Sambu, 28, KEN	32:10	\$10,000
2. Leonard Korir, 26, Ft. Carson, CO	32:35	7,000 + 2,000a
3. Sam Chelanga, 31, Tuscon, AZ	32:50	6,000 + 1,000a
4. Chris Thompson, 35, GBR	32:52	5,000
5. Daniel Salel, 26, KEN	33:23	4,000
...183. Alan Webb, 33, Beaverton, OR	46:29	

a) Earned American only prize money

ELITE WOMEN'S ONLY START (gun times)

1. Caroline Chepkoech, 22, KEN	36:25	\$10,000
2. Betsy Saina, 28, KEN	36:52	7,000
3. Diane Nukuri, 31, BDI	36:59	6,000
4. Aliphine Tuliamuk, 27, Santa Fe, NM	37:06	5,000 + 2,000a
5. Monicah Ngige, 22, KEN	37:42	4,000

a) Earned American only prize money

OPEN WOMEN (start with men)

1. Kristin Johansen, 30, Longmont, CO	42:28	
... 12. Joan Samuelson, 59, Cape Elizabeth, ME	46:26	[Ran with Alan Webb/reportedly was dealing with a knee injury]

## **TRACK**

### **Olympic Games** (31st)

Rio de Janeiro, BRA, 12-21 August

Note: Results of some of the preliminary rounds were published in last week's DRR. – Ed.

MEN

800 (15):

1. David RUDISHA, KEN	1:42.15	WL/SB	GOLD
2. Taoufik MAKHLOUFI, ALG	1:42.61	NR/PB	SILVER
3. Clayton MURPHY, USA	1:42.93	PB	BRONZE
4. Pierre-Ambroise BOSSE, FRA	1:43.41	SB	
5. Ferguson ROTICH, KEN	1:43.55	SB	
6. Marcin LEWANDOWSKI, POL	1:44.20	SB	
7. Alfred KIPKETER, KEN	1:46.02		
8. Boris BERIAN, USA	1:46.15		

1500 (20):

1. Matthew CENTROWITZ, USA	3:50.00	GOLD
[last 400 50.62]		
2. Taoufik MAKHLOUFI, ALG	3:50.11	SILVER
3. Nick WILLIS, NZL	3:50.24	BRONZE



4. Ayanleh SOULEIMAN, DJI	3:50.29
5. Abdalaati IGUIDER, MAR	3:50.58
6. Asbel KIPROP, KEN	3:50.87
7. David BUSTOS, ESP	3:51.06
8. Ben BLANKENSHIP, USA	3:51.09
9. Ryan GREGSON, AUS	3:51.39
10. Nate BRANNEN, CAN	3:51.45
11. Ronald MUSAGALA, UGA	3:51.68
12. Charlie GRICE, GBR	3:51.73
13. Ronald KWEMOI, KEN	3:56.76

## Semi-finals (18):

Note: Advance first 5 of each heat (Q) plus the 2 fastest times (q) to final.

## Heat 1 -

1. Asbel KIPROP, KEN	3:39.73 Q
2. Taoufik MAKHLOUFI, ALG	3:39.88 Q
3. Nick WILLIS, NZL	3:39.96 Q
4. Ben BLANKENSHIP, USA	3:39.99 Q
5. Charlie GRICE, GBR	3:40.05 Q
6. Abdalaati IGUIDER, MAR	3:40.11 q
7. Nate BRANNEN, CAN	3:40.20 q
8. Benson SEUREI, BRN	3:40.53
9. Jakub HOLUŠA, CZE	3:40.83
10. Dawit WOLDE, ETH	3:41.42
11. Henrik INGEBRIGTSEN, NOR	3:42.51
12. Pieter-Jan HANNES, BEL	3:43.71
13. Brahim KAAZOUZI, MAR	3:48.66

## Heat 2 -

1. Ronald KWEMOI, KEN	3:39.42 Q
2. Ayanleh SOULEIMAN, DJI	3:39.46 Q
3. Matthew CENTROWITZ, USA	3:39.61 Q
4. Ryan GREGSON, AUS	3:40.02 Q
5. Ronald MUSAGALA, UGA	3:40.37 Q
6. Mekonnen GEBREMEDHIN, ETH	3:40.69
7. Homiyu TESFAYE, GER	3:40.76
8. Charles PHILIBERT-THIBOUTOT, CAN	3:40.79
9. Fouad EL KAAM, MAR	3:40.93
10. Chris O'HARE, GBR	3:44.27
11. David BUSTOS, ESP	3:56.54 q
DQ-- Robby ANDREWS, USA	[IAAF Rule 163.4 / had finished in automatic qualifying spot in 3:40.25]

## Prelims (16):

Note: Advance first 6 of each heat (Q) plus the 6 fastest times (q) to semi-finals.

## Heat 1 -

1. Asbel KIPROP, KEN	3:38.97 Q
2. Ryan GREGSON, AUS	3:39.13 Q
3. Ayanleh SOULEIMAN, DJI	3:39.25 Q
4. Chris O'HARE, GBR	3:39.26 Q
5. Matthew CENTROWITZ, USA	3:39.31 Q
6. Fouad EL KAAM, MAR	3:39.51 Q
7. David BUSTOS, ESP	3:39.73 q
8. Charles PHILIBERT-THIBOUTOT, CAN	3:40.04 q
9. Julian MATTHEWS, NZL	3:40.40

10. Florian CARVALHO, FRA	3:41.87
11. Thiago ANDRÈ, BRA	3:44.42
12. Santino KENYI, SSD	3:45.27 NR/PB
13. Saud ALZAABI, UAE	4:02.35

## Heat 2 -

1. Taoufik MAKHLOUFI, ALG	3:46.82 Q
2. Elijah MANANGOI, KEN	3:46.83 Q
3. Robby ANDREWS, USA	3:46.97 Q
4. Nate BRANNEN, CAN	3:47.07 Q
5. Mekonnen GEBREMEDHIN, ETH	3:47.33 Q
6. Brahim KAAZOUZI, MAR	3:47.39 Q
7. Homiyu TESFAYE, GER	3:47.44 q [Obstructed by Filip Ingebrigtsen]
8. Hamish CARSON, NZL	3:48.18
9. Adel MECHAAL, ESP	3:48.41
10. Charlie GRICE, GBR	3:48.51 q [Obstructed by Filip Ingebrigtsen]
11. Paulo AMOTUN, ROT	4:03.96
12. Augusto SOARES, TLS	4:11.35 PB
DQ-- Filip INGEBRIGTSEN, NOR	[IAAF Rule 163.2]

## Heat 3 -

1. Jakub HOLUŠA, CZE	3:38.31 Q
2. Ronald KWEMOI, KEN	3:38.33 Q
3. Abdalaati IGUIDER, MAR	3:38.40 Q
4. Ronald MUSAGALA, UGA	3:38.45 Q
5. Henrik INGEBRIGTSEN, NOR	3:38.50 Q
6. Nick WILLIS, NZL	3:38.55 Q
7. Benson SEUREI, BRN	3:38.82 q
8. Pieter-Jan HANNES, BEL	3:38.89 q
9. Ben BLANKENSHIP, USA	3:38.92 q
10. Dawit WOLDE, ETH	3:39.29 q
11. Salim KEDDAR, ALG	3:40.63
12. Luke MATHEWS, AUS	3:44.51
13. Ilham Tanui ÖZBILEN, TUR	3:49.02
14. Mohammed RAGEH, YEM	3:58.99
15. Erick RODRIGUEZ, NCA	4:00.30

## 5000 (20):

1. Mo FARAH, GBR	13:03.30	GOLD
2. Paul CHELIMO, USA	13:03.90 PB	SILVER
3. Hagos GEBRHIWET, ETH	13:04.35	BRONZE
4. Mo AHMED, CAN	13:05.94	
5. Bernard LAGAT, USA	13:06.78 SB (WR 40+)	
6. Andrew BUTCHART, GBR	13:08.61 PB	
7. Albert ROP, BRN	13:08.79	
8. Joshua CHEPTEGEI, UGA	13:09.17	
9. Birhanu BALEW, BRN	13:09.26 PB	
10. Abrar OSMAN, ERI	13:09.56	
11. Hassan MEAD, USA	13:09.81	
12. Dejen GEBREMESKEL, ETH	13:15.91	
13. Elroy GELANT, RSA	13:17.47	
14. Brett ROBINSON, AUS	13:32.30	
15. David TORRENCE, PER	13:43.12	
DQ-- Muktar EDRIS, ETH	[IAAF Rule 163.3b]	

## Prelims (17):

Note: Advance first 5 of each heat (Q) plus the 5 fastest times (q) to final

## Heat 1 -

1. Hagos GEBRHIWET, ETH	13:24.65 Q
2. Albert ROP, BRN	13:24.95 Q
3. Mo FARAH, GBR	13:25.25 Q
4. Joshua CHEPTEGEI, UGA	13:25.70 Q
5. Bernard LAGAT, USA	13:26.02 Q
6. Caleb NDIKU, KEN	13:26.63
7. Hayle IBRAHIMOV, AZE	13:27.11
8. Aron KIFLE, ERI	13:29.45
9. Illias FIFA, ESP	13:30.23
10. Kemoy CAMPBELL, JAM	13:30.32
11. Jacob KIPLIMO, UGA	13:30.40
12. Charles MUNERIA, KEN	13:30.95
13. Hassan MEAD, USA	13:34.27 q [Tripped up by Mo Farah, advances on appeal]
14. Younés ESSALHI, MAR	13:41.41
15. Namakoe NKHASI, LES	13:41.92
16. Bashir ABDI, BEL	13:42.83
17. Olivier IRABARUTA, BDI	13:44.08
18. Sam MCENTEE, AUS	13:50.55
19. Luc BRUCHET, CAN	14:02.02
20. Richard RINGER, GER	14:05.01
21. Mukhlid ALOTAIBI, KSA	14:18.48
22. Kota MURAYAMA, JPN	14:26.72
23. Hari Kumar RIMAL, NEP	14:54.42
24. Mohamed Daud MOHAMED, SOM	14:57.84
25. Rosefelo SIOSI, SOL	15:47.76 PB

## Heat 2 -

1. Paul CHELIMO, USA	13:19.54 Q PB
2. Muktar EDRIS, ETH	13:19.65 Q
3. Dejen GEBREMESKEL, ETH	13:19.67 Q
4. Birhanu BALEW, BRN	13:19.83 Q
5. Andrew BUTCHART, GBR	13:20.08 Q
6. Mo AHMED, CAN	13:21.00 q
7. Elroy GELANT, RSA	13:22.00 q
8. Abrar OSMAN, ERI	13:22.56 q
9. Brett ROBINSON, AUS	13:22.81 q
10. David TORRENCE, PER	13:23.20 q NR
11. Phillip KIPYEKO, UGA	13:24.66 SB
12. Isiah KOECH, KEN	13:25.15
13. Patrick TIERNAN, AUS	13:28.48
14. Florian ORTH, GER	13:28.88
15. Hiskel TEWELDE, ERI	13:30.23
16. Suguru OSAKO, JPN	13:31.45 SB
17. Adel MECHAAL, ESP	13:34.42
18. Soufayan BOUQANTAR, MAR	13:56.55
19. Ali KAYA, TUR	14:05.34
20. Tom FARRELL, GBR	14:11.65
21. Tariq Ahmed AL-AMRI, KSA	14:26.90
22. Antonio ABADÍA, ESP	14:33.20
23. Kefasi CHITSALA, MAW	14:52.89
24. San NAING, MYA	15:51.05
25. Romario LEITAO, STP	15:53.32

DNF-- Zouhair AOUAD, BRN

Intermediate Times:

1000: 2:41.77, Elroy GELANT, RSA  
 2000: 5:22.04, Elroy GELANT, RSA  
 3000: 8:05.00, Elroy GELANT, RSA  
 4000: 10:50.28, Phillip KIPYEKO, UGA

3000 s/chase (17):

1. Conseslus KIPRUTO, KEN 8:03.28 OR\* GOLD  
 2. Evan JAGER, USA 8:04.28 SB SILVER  
 3. Mahiedine MEKHISSI-BENABBAD, FRA 8:11.52 SB BRONZE^  
 4. Soufiane EL BAKKALI, MAR 8:14.35 PB  
 5. Yoann KOWAL, FRA 8:16.75 SB  
 6. Brimin KIPRUTO, KEN 8:18.79 SB  
 7. Hillary BOR, USA 8:22.74 PB  
 8. Donn CABRAL, USA 8:25.81  
 9. Altobeli DA SILVA, BRA 8:26.30 PB  
 10. Matt HUGHES, CAN 8:36.83  
 11. Yemane HAILESELASSIE, ERI 8:40.68  
 DQ-- Ezekiel KEMBOI, KEN [IAAF Rule 163.3b / had finished third in 8:08.47 before DQ]  
 DQ-- Amor BEN YAHIA, TUN [IAAF Rule 163.3b]  
 DNF-- Jacob ARAPTANY, UGA [Suffered very hard head-on collision with barrier]  
 ^) Earned Bronze after protest and DQ of Ezekiel Kemboi

Prelims (15):

Note: Advance first 3 of each heat (Q) plus the 6 fastest times (q) to final

Heat 1 -

1. Hillary BOR, USA 8:25.01 Q  
 2. Soufiane EL BAKKALI, MAR 8:25.17 Q  
 3. Ezekiel KEMBOI, KEN 8:25.51 Q  
 4. Matt HUGHES, CAN 8:26.27 q  
 5. Sebastián MARTOS, ESP 8:28.44  
 6. Benjamin KIPLAGAT, UGA 8:30.76  
 7. Halil AKKAS, TUR 8:33.12 SB  
 8. Hailemariam AMARE, ETH 8:35.01  
 9. Nelson Kipkosgei CHERUTICH, BRN 8:35.87  
 10. Yuri FLORIANI, ITA 8:40.80  
 11. Kazuya SHIOJIRI, JPN 8:40.98  
 12. Rob MULLETT, GBR 8:48.19  
 13. Jeroen D'HOEDT, BEL 8:48.29  
 14. Mitko TSENOV, BUL 8:54.79  
 DQ-- Ali MESSAOUDI, ALG [IAAF Rule 163.3b]

Heat 2 -

1. Evan JAGER, USA 8:25.86 Q  
 2. Brimin KIPRUTO, KEN 8:26.25 Q  
 3. Mahiedine MEKHISSI-BENABBAD, FRA 8:26.32 Q  
 4. Yemane HAILESELASSIE, ERI 8:26.72 q  
 5. Hamid EZZINE, MAR 8:27.69 q  
 6. John KOECH, BRN 8:28.81  
 7. Chala BEYO, ETH 8:32.06  
 8. Aras KAYA, TUR 8:32.35  
 9. José PEÑA, VEN 8:32.38  
 10. Chris WINTER, CAN 8:33.95  
 11. Bilal TABTI, ALG 8:38.87

12. Abdoullah BAMOUSSA, ITA	8:42.81
13. Kaur KIVISTIK, EST	8:44.25
14. Abdalla TARGAN, SUD	8:52.20
15. Abdelaziz MERZOUGUI, ESP	9:03.40

## Heat 3 -

1. Conseslus KIPRUTO, KEN	8:21.40 Q
2. Jacob ARAPTANY, UGA	8:21.53 Q SB
3. Donn CABRAL, USA	8:21.96 Q
4. Amor BEN YAHIA, TUN	8:23.12 q
5. Yoann KOWAL, FRA	8:23.49 q
6. Altobeli DA SILVA, BRA	8:26.59 q PB
7. Hicham SIGUENI, MAR	8:27.82
8. Hicham BOUCHICHA, ALG	8:33.61
9. Taylor MILNE, CAN	8:34.38
10. Krystian ZALEWSKI, POL	8:34.52
11. Ole HESSELBJERG, DEN	8:40.08
12. Mohamed ISMAIL IBRAHIM, DJI	8:53.10
13. Fernando CARRO, ESP	8:53.17
DQ-- Tafese SEBOKA, ETH	[IAAF Rule 163.3b]

## WOMEN

## 800 (20):

1. Caster SEMENYA, RSA	1:55.28 WL/NR/PB GOLD
2. Francine NIYONSABA, BDI	1:56.49 SILVER
3. Margaret WAMBUI, KEN	1:56.89 PB BRONZE
4. Melissa BISHOP, CAN	1:57.02 NR/PB
5. Joanna JÓZWIK, POL	1:57.37 PB
6. Lynsey SHARP, GBR	1:57.69 PB
7. Marina ARZAMASOVA, BLR	1:59.10
8. Kate GRACE, USA	1:59.57

## Semi-finals (18):

Note: Advance first 2 of each heat (Q) plus the 2 fastest times (q) to Final

## Heat 1 -

1. Margaret WAMBUI, KEN	1:59.21 Q
2. Francine NIYONSABA, BDI	1:59.59 Q
3. Ajee' WILSON, USA	1:59.75
4. Nataliia PRYSHCHEPA, UKR	1:59.95
5. Renée EYKENS, BEL	2:00.45
6. Halimah NAKAAYI, UGA	2:00.63
7. Yusneysi SANTIUSTI, ITA	2:00.80
8. Angelika CICHOCKA, POL	2:01.29

## Heat 2 -

1. Joanna JÓZWIK, POL	1:58.93 Q SB
2. Melissa BISHOP, CAN	1:59.05 Q
3. Selina BÜCHEL, SUI	1:59.35
4. Lovisa LINDH, SWE	1:59.41 PB
5. Shelayna OSKAN-CLARKE, GBR	1:59.45 SB
6. Habitam ALEMU, ETH	2:00.07
7. Eunice SUM, KEN	2:00.88
8. Nataliia LUPU, UKR	2:02.10

## Heat 3 -

1. Caster SEMENYA, RSA	1:58.15 Q
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2. Lynsey SHARP, GBR	1:58.65 Q
3. Kate GRACE, USA	1:58.79 q PB
4. Marina ARZAMASOVA, BLR	1:58.87 q
5. Noélie YARIGO, BEN	1:59.78
6. Winny CHEBET, KEN	2:01.90
7. Amela TERZIC, SRB	2:03.81
8. Chunyu WANG, CHN	2:04.05

## Prelims (17):

Note: Advance first 2 of each heat (Q) plus the 8 fastest times (q) to Semi-Finals

## Heat 1 -

1. Lynsey SHARP, GBR	2:00.83 Q
2. Amela TERZIC, SRB	2:00.99 Q SB
3. Sahily DIAGO, CUB	2:01.38
4. Angie PETTY, NZL	2:02.40
5. Justine FEDRONIC, FRA	2:02.73
6. Olha LYAKHOVA, UKR	2:03.02
7. Florina PIERDEVARA, ROU	2:03.32
8. Ciara EVERARD, IRL	2:07.91

## Heat 2 -

1. Caster SEMENYA, RSA	1:59.31 Q
2. Ajee' WILSON, USA	1:59.44 Q SB
3. Shelayna OSKAN-CLARKE, GBR	1:59.67 q
4. Chunyu WANG, CHN	1:59.93 q PB
5. Margarita MUKASHEVA, KAZ	2:00.97
6. Claudia BOBOCEA, ROU	2:03.75
7. Rose Nathike LOKONYEN, ROT	2:16.64 NR/PB
8. Houleye BA, MTN	2:43.52

DNF-- Rababe ARAFI, MAR

## Heat 3 -

1. Selina BÜCHEL, SUI	1:59.00 Q SB
2. Margaret WAMBUI, KEN	1:59.66 Q
3. Nataliia PRYSHCHEPA, UKR	1:59.80 q
4. Gudaf TSEGAY, ETH	2:00.13
5. Sifan HASSAN, NED	2:00.27 SB
6. Tintu LUKKA, IND	2:00.58 SB
7. Selma KAJAN, AUS	2:05.20
8. Tsepang SELLO, LES	2:10.22

## Heat 4 -

1. Melissa BISHOP, CAN	1:58.38 Q
2. Marina ARZAMASOVA, BLR	1:58.44 Q SB
3. Habitam ALEMU, ETH	1:58.99 q PB/NJR/WJL
4. Noélie YARIGO, BEN	1:59.12 q NR/PB
5. Halimah NAKAAYI, UGA	1:59.78 q PB
6. Aníta HINRIKSDÓTTIR, ISL	2:00.14 NR/NUR/PB
7. Christina HERING, GER	2:01.04
8. Fatma EL SHARNOUBY, EGY	2:21.24

## Heat 5 -

1. Eunice SUM, KEN	1:59.83 Q
2. Nataliia LUPU, UKR	1:59.91 Q
3. Kate GRACE, USA	1:59.96 q
4. Renée EYKENS, BEL	2:00.00 q PB/NUR

5. Tigst ASSEFA, ETH	2:00.21 SB
6. Winnie NANYONDO, UGA	2:02.77
7. Amna BAKHIT, SUD	2:07.65
8. Swe Li MYINT, MYA	2:16.98

## Heat 6 -

1. Angelika CICHOCKA, POL	2:00.42 Q
2. Yusneysi SANTIUSTI, ITA	2:00.45 Q
3. Rose Mary ALMANZA, CUB	2:00.50
4. Malika AKKAQUI, MAR	2:00.52
5. Hedda HYNNE, NOR	2:01.64
6. Déborah RODRÍGUEZ, URU	2:01.86 SB
7. Simoya CAMPBELL, JAM	2:02.07
8. Charline MATHIAS, LUX	2:09.30

## Heat 7 -

1. Joanna JÓZWIK, POL	2:01.58 Q
2. Winny CHEBET, KEN	2:01.65 Q
3. Esther GUERRERO, ESP	2:01.85
4. Lisneidy VEITIA, CUB	2:02.10
5. Renelle LAMOTE, FRA	2:02.19
6. Egle BALCIÜNAITĖ, LTU	2:02.98 SB
7. Kenia SINCLAIR, JAM	2:03.76
8. Flavia DE LIMA, BRA	2:03.78 SB

## Heat 8 -

1. Francine NIYONSABA, BDI	1:59.84 Q
2. Lovisa LINDH, SWE	2:00.04 Q PB
3. Natoya GOULE, JAM	2:00.49
4. Lucia HRIVNÁK KLOCOVÁ, SVK	2:00.57 SB
5. Yuliya KAROL, BLR	2:01.09 PB
6. Chrishuna WILLIAMS, USA	2:01.19
7. Fabienne KOHLMANN, GER	2:05.36
8. Elisabeth MANDABA, CAF	2:11.70 NR/PB

## Intermediate Times:

400: 58.46, Natoya GOULE, JAM

600: 1:29.19, Francine NIYONSABA, BDI

## 1500 (16):

1. Faith KIPYEGON, KEN	4:08.92 GOLD
2. Genzebe DIBABA, ETH	4:10.27 SILVER
3. Jenny SIMPSON, USA	4:10.53 BRONZE
4. Shannon ROWBURY, USA	4:11.05
5. Sifan HASSAN, NED	4:11.23
6. Meraf BAHTA, SWE	4:12.59
7. Laura MUIR, GBR	4:12.88
8. Dawit SEYAUM, ETH	4:13.14
9. Besu SADO, ETH	4:13.58
10. Sofia ENNAOUI, POL	4:14.72
11. Laura WEIGHTMAN, GBR	4:14.95
12. Rababe ARAFI, MAR	4:15.16

## 5000 (19):

1. Vivian CHERUIYOT, KEN	14:26.17 OR* GOLD
2. Hellen OBIRI, KEN	14:29.77 PB SILVER
3. Almaz AYANA, ETH	14:33.59 BRONZE
4. Mercy CHERONO, KEN	14:42.89

5. Senbere TEFERI, ETH	14:43.75
6. Yasemin CAN, TUR	14:56.96
7. Karoline Bjerkeli GRØVDAL, NOR	14:57.53 PB
8. Susan KUIJKEN, NED	15:00.69 PB
9. Eloise WELLINGS, AUS	15:01.59 SB
10. Madeline HEINER HILLS, AUS	15:04.05 PB
11. Shelby HOULIHAN, USA	15:08.89
12. Genevieve LACAZE, AUS	15:10.35 PB
13. Eilish MCCOLGAN, GBR	15:12.09
14. Ababel YESHANEH, ETH	15:18.26
15. Miyuki UEHARA, JPN	15:34.97
16. Jennifer WENTH, AUT	15:56.11
17. Nikki HAMBLIN, NZL	16:14.24 SB
DNS-- Abbey D'AGOSTINO, USA	[Suffered torn ACL, torn miniscus, and sprained MCL in prelim]

Prelims (16):

Note: Advance first 5 of each heat (Q) plus the 5 fastest times (q) to final

Heat 1 -

1. Hellen OBIRI, KEN	15:19.38 Q
2. Yasemin CAN, TUR	15:19.50 Q
3. Mercy CHERONO, KEN	15:19.56 Q
4. Shelby HOULIHAN, USA	15:19.76 Q
5. Susan KUIJKEN, NED	15:19.96 Q SB
6. Madeline HEINER HILLS, AUS	15:21.33 q
7. Miyuki UEHARA, JPN	15:23.41 q SB
8. Ababel YESHANEH, ETH	15:24.38 q
9. Juliet CHEKWEL, UGA	15:29.07
10. Laura WHITTLE, GBR	15:31.30
11. Louise CARTON, BEL	15:34.39
12. Kim CONLEY, USA	15:36.00
13. Jessica O'CONNELL, CAN	15:51.18
14. Lucy OLIVER, NZL	15:53.77
15. Sharon FIRISUA, SOL	18:01.62 NR/PB
16. Beatrice Kamuchanga ALICE, COD	19:29.47

Heat 2 -

Note: *Race Results Weekly* reported that American Abbey D'Agostino fell victim to a devastating fall after tangling with New Zealand's Nikki Hamblin. Visibly in severe pain, D'Agostino continued on after being lapped by Ayana and would finish last in 17:10.02, hobbling across the line. Austria's Jennifer Wenth, Hamblin, and D'Agostino all were advanced to the final after officials reviewed footage of the mid-race fall. D'Agostino made international headlines for her sportsmanship, stopping to make sure Hamblin was OK and encouraging her to continue on. When Hamblin did get up, D'Agostino went to continue running but her knee gave way. She hobbled the next 4.5 laps limping, ignoring the yells of coach Mark Coogan that said it was OK to stop. A day later, after an MRI analysis by team doctors, D'Agostino got devastating news: a complete tear of her right ACL, a meniscus tear, and a strained MCL. Her Olympics were done.

1. Almaz AYANA, ETH	15:04.35 Q
2. Senbere TEFERI, ETH	15:17.43 Q
3. Vivian CHERUIYOT, KEN	15:17.74 Q
4. Karoline Bjerkeli GRØVDAL, NOR	15:17.83 Q
5. Eilish MCCOLGAN, GBR	15:18.20 Q
6. Eloise WELLINGS, AUS	15:19.02 q SB
7. Genevieve LACAZE, AUS	15:20.45 q PB



8. Steph TWELL, GBR	15:25.90
9. Misaki ONISHI, JPN	15:29.17
10. Mimi BELETE, BRN	15:29.72
11. Andrea SECCAFIEN, CAN	15:30.32
12. Ayuko SUZUKI, JPN	15:41.81
13. Stella CHESANG, UGA	15:49.80
14. Jennifer WENTH, AUT	16:07.02 q [Tripped mid-race]
15. Nikki HAMBLIN, NZL	16:43.61 q [Suffered fall mid-race]
16. Abbey D'AGOSTINO, USA	17:10.02 q [Suffered fall mid-race, tearing ACL and meniscus, and spraining her MCL. Assisted Hamblin and still managed to finish the final 4.5 laps]

## 3000 s/chase (15):

1. Ruth JEBET, BRN	8:59.75 AR/WL/PB*	GOLD
2. Hyvin KIYENG, KEN	9:07.12	SILVER
3. Emma COBURN, USA	9:07.63 AR/NR/PB^	BRONZE
4. Beatrice CHEPKOECH, KEN	9:16.05	PB
5. Sofia ASSEFA, ETH	9:17.15	SB
6. Gesa Felicitas KRAUSE, GER	9:18.41	NR/PB
7. Madeline HEINER HILLS, AUS	9:20.38	PB
8. Colleen QUIGLEY, USA	9:21.10	PB
9. Genevieve LACAZE, AUS	9:21.21	PB
10. Lalita BABAR, IND	9:22.74	
11. Courtney FRERICHS, USA	9:22.87	
12. Habiba GHRIBI, TUN	9:28.75	
13. Lydia ROTICH, KEN	9:29.90	
14. Aisha PRAUGHT, JAM	9:34.20	
15. Etenesh DIRO, ETH	9:38.77	
16. Genevieve LALONDE, CAN	9:41.88	
17. Sara TREACY, IRL	9:52.70	
18. Fabienne SCHLUMPF, SUI	9:59.30	

**Other medallists:**

## MEN

100 (14)(+0.2): 1. Usain Bolt (JAM) 9.81 SB; 2. Justin Gatlin (USA) 9.89; 3. Andre De Grasse (CAN) 9.91 PB.

200 (18)(-0.5): 1. Usain Bolt (JAM) 19.78 SB; 2. Andre de Grasse (CAN) 20.02; 3. Christophe Lemaitre (FRA) 20.12.

400 (14): Wayde van Niekerk (RSA) 43.03 WR; 2 Kirani James (GRN) 43.76 SB; 3. LaShawn Merritt (USA) 43.85 SB.

110 H (16)(+0.2): Omar McLeod (JAM) 13.05; 2. Orlando Ortega (ESP) 13.17; 3. Dimitri Bascou (FRA) 13.24.

400 H (18): 1. Kerron Clement (USA) 47.73 SB; 2. Boniface Tumuti (KEN) 47.78 NR; 3. Yasmani Copello (TUR) 47.92 NR.

4 x 100 (19): 1. Jamaica 37.27 SB; 2. Japan 37.60 AR; 3. Canada 37.64 NR.

4 x 400 (20): USA 2:57.30 SB; 2. Jamaica 2:58:16 SB; 3. Bahamas 2:58.49 SB.

HJ (16): 1. Derek Drouin (CAN) 2.38 SB; 2. Mutaz Essa Barshim (QAT) 2.36; 3. Bohdan Bondarenko (UKR) 2.33.

PV (15): 1. Thiago Braz da Silva (BRA) 6.03 OR; 2. Renaud Lavillenie (FRA) 5.98; 3. Sam Kendricks (USA) 5.85.

LJ (13): 1. Jeff Henderson (USA) 8.38 (+0.2) SB; 2. Luvo Manyonga (RSA) 8.37 (-0.3) PB; 3. Greg Rutherford (GBR) 8.29 (+0.3).

TJ (16): 1. Christian Taylor (USA) 17.86 (+0.7) SB; 2. Will Claye (USA) 17.76 (+0.4) PB; 3. Bin Dong (CHN) 17.58 (-0.2) PB.

SP (18): 1. Ryan Crouser (USA) 22.52 OR; 2. Joe Kovacs (USA) 21.78; 3. Tomas Walsh (NZL) 21.36.

DT (13): 1. Christoph Harting (GER) 68.37 PB; 2. Piotr Malachowski (POL) 67.55; 3. Daniel Jasinski (GER) 67.05  
 HT (19): 1. Dilshod Nazarov (TJK) 78.67; 2. Ivan Tsikhan (BLR) 77.79; 3. Wojciech Nowicki (POL) 77.73.  
 JT (20): 1. Thomas Röhler (GER) 90.30; 2. Julius Yego (KEN) 88.24 SB; 3. Keshorn Walcott (TTO) 85.38.  
 Dec (17/18): 1. Ashton Eaton (USA) 8893 =OR; 2. Kevin Mayer (FRA) 8834 NR; 3. Damian Warner (CAN) 8666 SB.  
 20 km W (12): 1. Zhen Wang (CHN) 1:19:14; 2. Zelin Cai (CHN) 1:19:26 SB; 3. Dabe Bird-Smith (AUS) 1:19:37 PB.  
 50 km W (19): 1. Matej Toth (SVK) 3:40:58; 2. Jared Tallent (AUS) 3:41:16 SB; 3. Hirooki Arai (JPN) 3:41:24 SB.

#### WOMEN

100 (13)(+0.5): 1. Elaine Thompson (JAM) 10.71; 2. Tori Bowie (USA) 10.83; 3. Shelly-Ann Fraser-Pryce (JAM) 10.86 SB.  
 200 (17)(-0.1): 1. Elaine Thompson (JAM) 21.78 SB; 2. Dafne Schippers (NED) 21.88 SB; 3. Tori Bowie (USA) 22.15.  
 400 (15): 1. Shaunae Miller (BAH) 49.44 PB; 2. Allyson Felix (USA) 49.51 SB; 3. Shericka Jackson (JAM) 49.85.  
 100 H (17)(0.0): Brianna Rollins (USA) 12.48; 2. Nia Ali (USA) 12.59; 3. Kristi Castlin (USA) 12.61.  
 400 H (18): 1. Dalilah Muhammad (USA) 53.13; 2. Sara Slott Petersen (DEN) 53.55 NR; 3. Ashley Spencer (USA) 53.72 PB.  
 4 x 100 (19): 1. USA 41.01 SB; 2. Jamaica 41.36 SB; 3. Great Britain & NI 41.77 NR.  
 4 x 400 (20): 1. USA 3:19.06 SB; 2. Jamaica 3:20.34 SB; 3. Great Britain & NI 3:25.88.  
 HJ (20): 1. Ruth Beitia (ESP) 1.97; 2. Mirela Demeriva (BUL) 1.97 PB; 3. Blanka Vlasic (CRO) 1.97 SB.  
 PV (19): 1. Ekaterini Stefanidi (GRE) 4.85; 2. Sandi Morris (USA) 4.85; 3. Eliza McCartney (NZL) 4.80 NR.  
 LJ (17): 1. Tianna Bartoletta (USA) 7.17 (+0.6) PB; 2. Brittney Reese (USA) 7.15 (+0.6); 3. Ivana Spanovic (SRB) 7.08 (+0.6) NR.  
 TJ (14): 1. Caterine Ibargüen (COL) 15.17 (+0.4) SB; 2. Yulimar Rojas (VEN) 14.98 (+0.8); 3. Olga Rypakova (KAZ) 14.74 (+0.3) SB.  
 SP (12): 1. Michelle Carter (USA) 20.63 NR; 2. Valerie SAadams (NZL) 20.42 SB; 3. Anita Marton (HUN) 19.87 NR.  
 DT (16): 1. Sandra Perkovic (CRO) 69.21; 2. Mélina Robert-Michon (FRA) 66.73 NR; 3. Denia Caballero (CUB) 65.34.  
 HT (15): 1. Anita Wlodarczyk (POL) 82.29 WR; 2. Wenxiu Zhang (CHN) 76.75 SB; 3. Sophie Hitchon (GBR) 74.54 NR.  
 JT (18): 1. Sara Kolak (CRO) 66.18 NR; 2. Sunette Viljoen (RSA) 64.92; 3. Barbora Spotakova (CZE) 64.80.  
 Hep (12/13): 1. Nafissatou Thiam (BEL) 6810 NR; 2. Jessica Ennis-Hill (GBR) 6775 SB; 3. Brianne Theisen Eaton (CAN) 6653.  
 20 km W (19): 1. Hong Liu (CHN) 1:28:35; 2. Maria Guadalupe Gonzalez (MEX) 1:28:37; 3. Ziuzhi Lu (CHN) 1:28:42.

#### Other South Africans:

##### MEN

100: ht 6 (-0.8): 6. Henrico Bruintjies 10.33; ht 8 (-1.3): 1. Akani Simbine 10.14 Q; sf 1 (+0.2): 3. Simbine 9.98 q; final (+0.2): 5. Simbine 9.94.  
 200: ht 2 (-0.2): 4. Anaso Jobodwana 20.53; ht 4 (0.0): 4. Tlotliso Leotlela 20.59; ht 6 (+0.4): 3. Clarence Munyai 20.66.  
 400: ht 3: 1. Wayde van Niekerk 45.26 Q; sf 2: 2. Van Niekerk 44.45 Q.  
 800: ht 3: 2. Rynardt van Rensburg 1:45.67 Q; ht. 5: 5. Jacob Rozani 1:49.79; sf 2: 5. Van Rensburg 1:45.33 PB.  
 5000: ht 2: 7. Elroy Gelant 13:22.00 q.

110 H (+1.4): 5. Antonio Alkana 13.64 q; sf 2 (-0.1): 7. Alkana 13.55.  
 400 H: ht 4: 7. Le Roux Hamman 49.72; ht 5: Lindsay Hanekom 50.22; ht 6: 2. L.J. van Zyl 49.12 Q; sf 2: 5. Van Zyl 49.00.  
 LJ: Gr A: 3. Luvo Manyonga 8.12 q; 4. Rushwal Samaai 8.03 q; Gr B: 10. Stephan Brits 7.71; final: 9. Samaai 7.97 (-0.4)  
 TJ: Gr B: 10. Khotso Mokoena 16.51.  
 JT: Gr A: 13. Rocco van Rooyen 78.48 SB.  
 Dec: Willem Coertzen dnf.  
 20 km W: 44. Lebogang Shange 1:25:07; 58. Wayne Snyman 1:29:20.  
 50 km W: 38. Marc Mundell 4:11:03.

#### WOMEN

100: ht 7 (-1.0): 6. Alyssa Conley 11.57; ht 8 (-0.2): 2. Carina Horn 11.32 Q; sf 3 (+0.6): 6. Horn 11.20.  
 200: ht 3 (+0.6): 4. Alyssa Conley 23.17; ht 4 (+0.6): Justine Palframan 23.33.  
 400: ht 2: 4. Tsholofelo Thie 52.80; ht 3: Justine Palframan 53.96.  
 400 H: ht 4: 2. Wenda Nel 55.55 Q; sf 2: 6. Nel 55.83.  
 LJ: Gr B: 16. Lynique Prinsloo 6.10.  
 JT: Gr A: 3. Sunette Viljoen 63.54 Q.  
 20 km W: 63. Anel Oosthuizen 1:45:06.

#### **Aetna Falmouth Mile** (21st)

Falmouth, USA, 20 August

#### ELITE MEN

1. Kyle Merber	Bronxville, NY	3:58.14	\$3500
2. Colby Alexander	Bronxville, NY	3:58.15	2000
3. Ford Palmer	Clinton, NJ	4:00.54	1250

#### ELITE WOMEN

1. Katie Mackey	Seattle, WA	4:29.73	\$3500 + 1000i
2. Morgan Uceny	Brighton, MA	4:30.97	2000 + 500^
3. Heather Kampf	Inver Grove Heights, MN	4:31.29	1250

i) Earned winner sub-4:31 incentive

^) Earned non-winner sub-4:31 incentive

#### **BACKGROUND**

This article appeared in the *New York Times*.

#### **TWINS FINISH MARATHON HAND IN HAND, BUT THEIR COUNTRY ISN'T HAPPY**

The Olympics are as much about what warms the heart or initiates debate as who wins the medals. But what warms the heart or initiates debate can be a matter of perspective in a sprawling event that brings together more than 200 nations and territories.

There was little division last Tuesday in the Olympic Stadium, when two runners — Abbey D'Agostino of the United States and Nikki Hamblin of New Zealand — offered a helping hand to each other after a collision in the 5000 meters and then urged each other on to the finish.

"I mean, that girl is the Olympic spirit right there," Hamblin said afterward, speaking to reporters about D'Agostino.

But on Sunday in the women's marathon, when the German twins and training partners Anna and Lisa Hahner decided — spontaneously, they insist — to join hands as they

crossed the finish line deep in the pack and far from the medals, they quickly drew sharp criticism.

German track and field officials accused them of publicity seeking and treating the Olympic marathon "like a fun run."

This is not just a German point of view, of course, but it does reflect the range of expectations as athletes navigate the cultural norms that relate to competition and sportsmanship.

The Egyptian judoka Islam El Shehaby, who refused to shake the hand of his Israeli opponent Or Sasson, was following his nation's standards — one that Olympic officials expressly reject. He was ejected from the Games.

The Hahner twins had no political agenda when they joined hands to end their race, but their move, to their surprise, was still polarizing.

"Victory and medals are not the only goal," Thomas Kurschilgen, sports director of the German Athletics Federation, said in an e-mail. "Still, every athlete in the Olympic competitions should be motivated to demonstrate his or her best performance and aim for the best possible result."

That approach, according to Kurschilgen, is what divides elite sport from mass-participation sport and what he thinks the Hahners failed to grasp.

"Their main aim was to generate media attention," he said. "That is what we criticize."

The twins, who placed 81st and 82nd in the marathon, do not see it that way. Contacted last Monday, they initially declined to speak, but Anna Hahner later sent an e-mail in which she said they had not planned on finishing hand-in-hand and had done their best individually.

"In all the marathons we ran together before, there was a point in the race we had to split up," Anna said. "This was also the case in the Olympic marathon."

Anna said she started faster, and then Lisa's group caught up with her at around the 17-kilometer mark, at which point Anna said they ran about three kilometers together.

"But then I realized I couldn't run this pace, and I had to let them go," Anna said. "Lisa was always not far from me. After 40 kilometers, there was a turning point, and I knew, 'Okay Anna, two kilometers to go to close the gap to Lisa.' I invested all I had and 300 meters before the finish line, I was next to Lisa. It was a magical moment that we could finish this marathon together. We did not think about what we were doing."

But Anna said the symbolism was not lost on either twin. "We trained the last four years to participate in this marathon," she said. "Neither the time nor the position was what made us happy but to know that we did the best that was possible that day."

And yet the sisters were well short of their best marathon performances. Anna's personal best in the marathon is 2:26:44. Lisa's is 2:28:39. In Rio, Anna finished in 2:45.32, and Lisa in 2:45.33 despite coming early to the Olympic city to acclimatize.

Clearly, the large time gap between their previous performances and their Olympic performances made Kurschilgen and others only more convinced that they were not seeing the twins' best effort.

There is a school of thought at the Olympics and elsewhere that it can be better for an athlete's profile and even their bottom line to lose memorably — however unintentionally — than to win routinely. D'Agostino and Hamblin would not have become global talking points if they had simply collided and soldiered on without interacting.

Nor would the British runner Derek Redmond have become part of an "Olympic moment" if he had simply won his 400 semifinal at the 1992 Olympics instead of tearing his hamstring and insisting on continuing the race. His father came onto the track to assist him



Lisa (left) and Anna Hahner finish the Olympic Marathon together. [Sergio Moraes/Reuters]

as he hobbled to the finish with the Barcelona crowd cheering him on. Even though Redmond was disqualified for receiving outside aid, the image and the memory were and remain powerful.

It is the unexpected and uncalculated gesture that so often moves the masses most, no matter what the culture.

"This is Olympism," said Mary Wittenberg, former director of the New York City Marathon who has attended many Olympics. "Yes, athletes go as hard as they can to win the shiniest medals they can most of the time. We love that, and we want to see those medal dreams come true. That said, there are moments when it's not all about that and most often, as in the case of the Hahnners, it's also because that's not in the cards at a given event. So an athlete makes a conscious decision to make the most of the moment in a different way."

It is worth noting that the Hahnners were not the only twins to finish side by side on Sunday. Kim Hye-song and Kim Hye-gyong of North Korea finished 10th and 11th in an identical time of 2:28.36.

No word from North Korea whether this was perceived officially or unofficially as an uncompetitive act.

## STATS TIME

This week we publish the all-time top ten performances in the Olympic Marathon for men. In contrast to the women's list included last week, where all the times date from 2000 or later, the men's list has three times from 1984 or earlier, with Carlos Lopes's Los Angeles winning time in 1984 occupying sixth spot. With his 2:08:44 in Rio yesterday, Eliud Kipchoge slipped into fifth place. The biggest winning margin ever in the Olympic Marathon was the 7:13 gap that Spiridon Louis created in the very first race, 1896. The smallest victory was the 3 sec of Josiah Thugwane exactly a century later.

### OLYMPIC MARATHON: ALL-TIME TOP 10 MEN

2:06:32	Samuel Wanjiru KEN	1	Beijing	2008
2:07:16	Jaouad Gharib MAR	2	Beijing	2008
2:08:01	Stephen Kiprotich UGA	1	London	2012
2:08:27	Abel Kirui KEN	2	London	2012
2:08:44	Eliud Kipchoge KEN	1	Rio de Janeiro	2016
2:09:21	Carlos Lopes POR	1	Los Angeles	1984
2:09:37	Wilson Kipsang KEN	3	London	2012
2:09:54	Feyisa Lilesa ETH	2	Rio de Janeiro	2016
2:09:55	Waldemar Cierpinski GDR	1	Montreal	1976
2:09:56	John Treacy IRL	2	Los Angeles	1984

## THIS MONTH IN HISTORY

### 63 years ago: 16 August 1953

In the period 1948 to 1954 Mal Whitfield was the world's best two-lap runner and lost only three out of 69 races over either 800 metres or 88 yards. On this evening in the Tunavallen Stadium in Eskilstuna with its 427-metre track, the American had one of the best days of his career. He started off at 19:00 with a new world record of 2:20.8 for 1000 m, beating his closest rival by almost 14 seconds. An hour later Whitfield set US records of 45.9 for 400 m – just 0.1 sec slower than the world record – and 46.2 for 440 yards. Whitfield never set a global record over 800 m, but did get two for 880 yards: 1:49.2 in 1950 and 1:48.6 in 1953. He won the Olympic 800-metre title in both 1948 and 1952. He died in November last year after having coached extensively in Africa for 47 years.

## 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		30 Jul
	61:26	Stephen Mokoka	Port Elizabeth	
	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	49:35	Shadrack Hoff	Pretoria	20 Aug
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	67:17	Shadrack Hoff	Port Elizabeth	30 Jul
	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	75:10 66:42	Nel Mtsweni Martin Rees (GBR) 2003	Port Elizabeth	30 Jul
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	2:12:25 1:57:07	Mochamat Kriel Ed Whitlock (CAN) 1994	Simon's Town	14 Aug
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	95:28 82:23	Jeff Smith Ed Whitlock (CAN) 2001	Port Elizabeth	30 Jul
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	65:15 59:16	Kabelo Melamu Samuel Wanjiru (KEN) 2005	Port Elizabeth	30 Jul
<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	71:00	Irvette van Zyl	Port Elizabeth	30 Jul
	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	78:09	Tanith Maxwell	Port Elizabeth	30 Jul
	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	2:00:38	Tanith Maxwell	Simon's Town	14 Aug
	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	89:22	Elmarie Coetzee	Port Elizabeth	30 Jul
	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	42:12	Margie Saunders	Port Elizabeth	20 Aug



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	35:25	Simonay Weitsz	Port Elizabeth	09 Aug
	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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