

Distance Running Results

Vol. 17, No. 9 – 6 March 2017

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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

Two SA records were set in the NMBM Uitenhage Human Rights 30 km this weekend. Melikhaya Frans won in 1:30:54 to break the 1:32:43 set by Neo Molema in the Bay to Bay race in 2002. Just nine seconds behind, Lusapho April (1:31:03) was also under the old record. Veteran Mzwanele Maphekula (1:38:16), third overall, wiped the 1:38:59 that Gert Thys ran in the Tygerberg race in Parow five years ago from the record book. The women's race went to Ntombesintu Mfunzi in 1:54:43 – a time that has only been bettered twice by Monica Drögemöller, in 1986 and 1987. Drögemöller's SA record is 1:53:01.

In the 40th Medihelp Sunrise Monster 32 km in Pretoria former Comrades champion Caroline Wöstmann could not defend her title, despite running faster than last year. She was also in action in the Deloitte Pretoria Marathon last Sunday. Wöstmann (2:23:18) was well beaten by Zimbabwean vet Tabitha Tsatsa (2:17:28). Tsatsa's compatriot Edwin Chimombo took the men's race.

Highlight of the 34th European Indoor Championships in Belgrade was the two gold medals bagged by British distance star Laura Muir. She first took the 1500 metres in a championships and British record of 4:02.39, thus becoming the first Briton to win the title since Mary Stewart way back in 1977. In the 3000 m Muir, who is studying to become a veterinarian, exploded over the final 400 m – covering it in a mere 60.41 seconds – to take another gold, in 8:35.67, also a championships record. In doing so, the Scotswoman became the first female to win both events since Poland's Lidia Chojeka in 2007.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Harry Gwala District Marathon, Half Marathon & 10 km, Ixopo to Umzimkhulu
- * NMBM Uitenhage Human Rights 30 km & 10 km, Uitenhage
- * Century City 10 km Express, Goodwood
- * Medihelp Sunrise Monster 32 km & 10 km, Pretoria
- * The Crazy Store Lighthouse 10 km, Cape Town
- * Kromberg & Schubert 15 km, Despatch
- * Infantry School Congo Marathon & Half Marathon, Oudtshoorn
- * Track: ASA Speed Series Meeting, Durban

International highlights:

- * Lake Biwa Mainichi Marathon, Otsu, JPN

- * fitbit Semi-Marathon de Paris, Paris, FRA
 - * Lago Maggiore Half Marathon, Verbania, ITA
 - * The Woodlands Marathon, The Woodlands, USA
 - * Myrtle Beach 5 km, Myrtle Beach, USA
 - * Casablanca Int'l 10 km, Casablanca, MAR
 - * Publix Gasparilla Distance Classic Race Weekend, Tampa, USA
 - * Samsung Tel Aviv Marathon, Tel Aviv, ISR
 - * XC: Championnats de France de Cross, St. Galmier, FRA; Eritrea Cross-country Championships, Adi Abieto, ERI
 - * Outdoor track: Reunion Internacional de Atletismo en Pista Cubierta - Villa de Madrid, Madrid, ESP
 - * Indoor track: European Indoor Championships, Belgrade, SRB; USA Indoor Championships, Albuquerque, USA; NJCAA Indoor Championships, Pittsburg, USA
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ROAD RUNNING

Harry Gwala District Marathon, Half Marathon & 10 km

Ixopo to Umzimkhulu, 5 March

(Distances: 42.195 km, 21.1 km & 10 km; point-to-point courses. Finishers: marathon – 173; half marathon – 252; 10 km – 304.)

Note: Another event with enormous prize money (contributed by the municipality's taxpayers) for pedestrian times by (mostly) foreigners. The 10 km was clearly far short. In the case of the half marathon 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, returns a massive negative figure of -18.06 sec/km for seven time comparisons – far more than three times the allowable -5sec/km. Even if the two most extreme time differentials are excluded, the other five show a figure of -8.13 sec/km. The performances in both the half marathon and 10 km can therefore not be used for statistical purposes. The results did not include clubs. – Ed.

Marathon

MEN

1.	Charles Soza (ZIM)	2:22:41	(R30 000)
2.	Ntsindiso Mphakathi	2:22:53	(R20 000)
3.	Moses Kiptoo (KEN)	2:23:29	(R10 000)
4.	Matile Makhele	2:25:29	(R9000)
5.	Sikumbuzo Seme	2:26:04	(R8000)

40-49:

1.	Tsotang Maine (LES)	2:33:50	(R1000)
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50-59:

1.	Herbert Mazongolo	3:01:03	(R1000)
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60+:

1.	Reuben Gema	4:10:58	(R1000)
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WOMEN (Same prize money as men)

1.	Lizih Chokore (ZIM)	2:59:56
2.	Lineo Lebotha (LES)	3:09:54
3.	Beryl Makokha	3:10:16
4.	Andronica Mokgoela	3:12:30
5.	Maphuti Phaka	3:18:24

40-49:

1.	Sibongile Ziqubu	3:51:35
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50-59:

1. Jane Mudau 3:32:58

60+:

1. Pat Fisher 5:09:58

Half marathon

MEN

1. David Manja 63:00 (R10 000)

2. Joel Mmone 63:05 (R7000)

3. Tebello Ramakongoano 63:13 (R6000)

40-49:

1. Mbulelo Speelman 68:24 (R500)

50-59:

1. Bheki Bhengu 85:37 (R500)

60-69:

1. Nicolas Dlamini 92:08 (R500)

WOMEN (Same prize money as men)

1. Ntebaleng Letsela (LES) 74:10

2. Loveness Madziva (ZIM) 74:54

3. Rudo Mhonderwa (ZIM) 75:21

40-49:

1. Aloysia Khantsi 96:16

50-59:

1. Catherine Naane 101:11

10 km

MEN

1. Khasiahlane Setoali 27:32 (R500)

2. Jobo Klatoane 28:08 (R300)

3. Sujabonga Nkonde 28:19 (R200)

WOMEN (Same prize money as men)

1. Jenet Dlamini 32:29

2. Glenrose Xaba 32:37

3. Khatala Nehene 32:59

4. Lineo Chaka (LES) 34:06

5. Mokulubete Makatsi 35:07

NMBM Uitenhage Human Rights 30 km (3rd) & 10 km (2nd)

Uitenhage, 4 March

(Undulating out-and-back courses with some longish hills in the 30 km. Weather: cool with slight wind. Finishers: 30 km – 303 [up from 287 last year]; 10 km – 156 [up from 103].)

30 km

MEN

1 Melikhaya Frans Ikhamva AC 27 1:30:54

2 Lusapho April Oxford Str 34 1:31:03

3 Mzwanele Maphekula (1st vet) Bluewater Bay 40 1:38:16

4 Zolani Mabhongo Ikhamva AC 30 1:38:45

5 George Ntshiliza Nedbank RC 37 1:41:04

6 Andre Ketchem Xcel AC 33 1:41:43

7 Andile Motwani Tinarha AC 20 1:41:57

8 Gift Chigomarawa ZIM/Motherwell AC 29 1:43:14

9	Bulelani	Niwa	Achilles AAA	33	1:43:48
10	Saziphi	Blaai	Nedbank RC	36	1:44:22
11	Masande	Mlonyeni	Charlo AC	36	1:44:25
12	Anele	Maliza	Nedbank RC	39	1:45:50
13	Sinethemba	Merele (1 st jun)	Tinarha AC	16	1:46:10
14	Melikhaya	Kepe	Nedbank RC	40	1:47:55
15	Terrance	Mjekula	Tinarha AC	44	1:48:17
16	Xolile	Ndabeni	Nedbank RC AGN	36	1:49:03
17	Luyanda	Tshangana	Ikhamba AC	33	1:50:00
18	Xolisa	Ndlumbini	Vukani MS Club	34	1:51:28
19	Eric	Sigxashe	Motherwell AC	38	1:51:52
20	Kgotso	Majara	Ikhamba AC	36	1:52:31

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	1:38:16
2	Melikhaya	Kepe	Nedbank RC	40	1:47:55
3	Terrance	Mjekula	Tinarha AC	44	1:48:17

45-49:

1	Xolile	Ndingane	Nedbank RC	45	1:53:52
2	Luvuyo	Dyani	Motherwell AC	46	1:56:42
3	Zoysile	Maklein	Youth FC AC	45	2:00:56

50-54:

1	Makaya	Masumpa	Born 2 Run	50	1:54:02
2	Mutekile	Rasmeni	Nedbank RC	52	1:57:54
3	Christopher	Mabengeza	Nedbank RC	50	1:58:02

55-59:

1	Leonard	Erasmus	Gelvan AC	59	2:16:28
2	Chester	Brooks	Xcel AC	59	2:31:01
3	Efese	Peter	Sandf AC EP	56	2:31:58

60-64:

1	Hamilton	Mazomba	Nedbank RC	63	2:21:14
2	Mpumelelo	Maci	Buffalo RR	62	2:28:36
3	Roland	Dace	Gelvan AC	62	2:42:11

65-69:

1	Sizinzo	Kama	Achilles AAA	65	2:21:13
2	Albert	Ngcanga	Xcel AC	66	2:23:45
3	Errol	Rossouw	PEAAC	67	2:48:27

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	74	2:46:08
2	Johannes	Herbst	Muirite Strider	71	2:49:24
3	Eckart	Schumann	Body Concept	71	3:00:24

75-79:

1	Godfrey	Kariem	Gelvan AC	76	3:14:03
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Juniors:

1	Sinethemba	Merele	Tinarha AC	16	1:46:10
2	Lonwabo	Williams	Tinarha AC	18	1:52:44
3	Xabiso	Kobe	Tinarha AC	18	2:01:27

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	1:54:43
2	Nomvuyisi	Seti	Temp	35	2:01:29
3	Ndileka	Mvakwendlu	Tinarha AC	26	2:01:42
4	Bulelwa	Simae	Nedbank RC WP	39	2:06:43
5	Davera	Magson (1 st vet)	Nedbank RC	42	2:11:39
6	Christine	Claasen (1 st mast)	Achilles AAA	52	2:16:59
7	Elmare	Bezuidenhout	Charlo AC	35	2:17:45
8	Margie	Saunders (1 st g'mast)	Nedbank RC	63	2:25:27

9	Terray	Newcombe	Elite AC	26	2:26:20
10	Hanlie	Van der Westhuizen	Despatch AC	60	2:35:46
11	Buyelwa	Kobokana	Nedbank RC	52	2:38:33
12	Olwethu	Bomvana	Motherwell AC	30	2:38:41
13	Talana	Vosloo	Despatch AC	35	2:39:14
14	Nolikhanyo	Mdwayi	Achilles AAA	35	2:40:35
15	Lizette	Sydien	Xcel AC	30	2:40:52
16	Ludine	Williams	St Albans AC	29	2:41:10
17	Nikita	Drury	PEAAC	24	2:44:51
18	Amanda	Prideaux	Bluewater Bay	41	2:47:45
19	Andiswa	Fezani	Nedbank RC	29	2:48:25
20	Louise	Mazuelas	Charlo AC	38	2:48:46

40-44:

1	Davera	Magson	Nedbank RC	42	2:11:39
2	Amanda	Prideaux	Bluewater Bay	41	2:47:45
3	Sunelle	Horne	Bluewater Bay	43	2:49:50

45-49:

1	Erika	Foreman	St Albans AC	46	3:07:21
2	Paula	Pearce	Charlo AC	48	3:17:57
3	Denise	Darlow	Charlo AC	48	3:17:58

50-54:

1	Christine	Claasen	Achilles AAA	52	2:16:59
2	Buyelwa	Kobokana	Nedbank RC	52	2:38:33
3	Sharon	Smuts	St Albans AC	50	3:14:33

55-59:

1	Helen	Mclean	Madiba BW	56	3:16:04
2	Denise	Ferreira	Crusaders AC	55	3:24:03

60-64:

1	Margie	Saunders	Nedbank RC	63	2:25:27
2	Hanlie	Van der Westhuizen	Despatch AC	60	2:35:46
3	Christine	Snyman	Despatch AC	60	3:11:29

70-74:

1	Liz	Jenkerson	Muirite Strider	70	3:27:50
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10 km**MEN**

1	Amos	Nyongo	Ikhamva AC	30	31:02
2	Adriaan	Gerwel	Ikhamva AC	20	31:13
3	Zolani	Ngqqaqa	Tinarha AC	28	31:50
4	Lubabalo	Mdlungwane	Ikhamva AC	26	32:48
5	Brendon	Effenaar	Nedbank RC	21	33:13
6	Mzolisi	Makhanda	Nedbank RC	34	33:24
7	Melikhaya	Malinga	Nedbank RC	36	33:59
8	Sivuyile	Selani (1 st jun)	Tinarha AC	17	34:21
9	Sabelo	Dunywa	Real Gijimas	18	34:23
10	Thulani	Mdlalo	Transnet Eng EP	32	34:49
11	Zamubuntu	Teyise (1 st vet)	Charlo AC	40	35:35
12	Duwayne	Lucas	Ikhamva AC	27	35:44
13	Thanduxolo	Mpushe	No Clubs	26	35:52
14	Thobile	Xata	Nedbank RC	42	37:11
15	Lufeze	Xinwa	Transnet Eng EP	30	37:43
16	Anele	Voorman	Nedbank RC	17	37:47
17	Desmond	Zibi (1 st mast)	Achilles AAA	53	38:39
18	Vuyo	Lloyd	Bluewater Bay	39	38:43
19	Juan	Cordier	Kowie Striders	31	38:55
20	Luvuyo	Stephen	Nedbank RC	46	39:53

40-44:

1	Zamubuntu	Teyise	Charlo AC	40	35:35
2	Thobile	Xata	Nedbank RC	42	37:11
3	Francisco	Van der Berg	Gelvan AC	40	40:09

45-49:

1	Luvuyo	Stephen	Nedbank RC	46	39:53
2	Ntuthuzelo	Ndlebe	Temp	45	45:37
3	Duncan	Stewart	PEAAC	45	47:18

50-54:

1	Desmond	Zibi	Achilles AAA	53	38:39
2	Linton	Harmse	Madibaz AC	53	46:07
3	Philbert	Tyombo	PEAAC	54	47:29

55-59:

1	Michael	Bekapi	Ikhamva AC	55	42:28
2	Sithembile	Mpako	Nedbank RC	56	49:49
3	Jan	Van Eeden	Nedbank RC	58	51:33

60-64:

1	Elliot	Nyiki	Transnet Eng EP	60	47:20
2	Monde	Ncoyo	Aspen Pharmacar	60	58:11
3	Younus	Amod	Malabar	64	58:54

65-69:

1	Hannes	Els	Madiba BW	67	45:35
2	Graham	Channon	Achilles AAA	67	51:04
3	Syd	Lippstreu	Crusaders AC	68	51:44

70-74:

1	Ron	Clark	Bluewater Bay	74	56:20
2	Peter	Eck	Muirite Strider	70	1:01:57

Juniors:

1	Sivuyile	Selani	Tinarha AC	17	34:21
2	Sabelo	Dunywa	Real Gijimas	18	34:23
3	Anele	Voorman	Nedbank RC	17	37:47

WOMEN

1	Siphokazi	Nojoko	Motherwell AC	22	42:55
2	Siphokazi	Liwani	Motherwell AC	19	43:37
3	Natasha	Magaga (1 st jun)	Motherwell AC	15	45:41
4	Priscilla	Dyantyi (1 st vet)	Nedbank RC	43	46:18
5	Janette	Schierz-Crusius (1 st mast)	Body Concept	56	47:24
6	Toegeda	Vyver	Nedbank RC	44	47:56
7	Elize	Adams	Gelvan AC	42	50:04
8	Cassandra	Lister	Madibaz AC	22	51:19
9	Jane	Kemp	Despatch AC	40	52:33
10	Georgie	Darke	Charlo AC	50	53:49
11	Janine	Gardiner	Elite AC	35	54:06
12	Thelma	Mcopelo	TPT AC EP	34	54:42
13	Elsabe	Ndlumbini	Motherwell AC	33	55:26
14	Catherine	Meier	Aspen Pharmacar	23	55:32
15	Eira	Palme	Temp	23	57:00
16	Ongesiwe	Matinisi	Temp	24	58:02
17	Nkhathalleng	Khiba	TPT AC EP	35	59:35
18	Carla	Edworthy	Temp	25	59:53
19	Phunyezwa	Ndevu	SABC Running CI	50	1:01:49
20	Lauren	Alcock	Temp	28	1:01:58

40-44:

1	Priscilla	Dyantyi	Nedbank RC	43	46:18
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2	Toegeda	Vyver	Nedbank RC	44	47:56
3	Elize	Adams	Gelvan AC	42	50:04
45-49:					
1	Alta	Van Wyk	Nedbank RC	47	1:26:42
2	Jay-Neen	Vankeirsbilck	Charlo AC	48	1:38:48
50-54:					
1	Georgie	Darke	Charlo AC	50	53:49
2	Phunyezwa	Ndevu	SABC Running Cl	50	1:01:49
3	Estelle	De Klerk	Nedbank RC	50	1:03:49
55-59:					
1	Janette	Schierz-Crusius	Body Concept	56	47:24
2	Odette	Vosloo	Crusaders AC	57	1:09:16
3	Tertia	Grobler	Despatch AC	57	1:10:30
60-64:					
1	Nadia	Petersen	Kouga Multi SC	60	1:14:40
65-69:					
1	Helene	Oppel	Elite AC	67	1:03:40
70-74:					
1	Angeline	Kivedo	Walmer AC	71	1:24:11
Juniors:					
1	Natasha	Magaga	Motherwell AC	15	45:41

Century City 10 km Express

Goodwood, 4 March

(Certified loop course. Weather: cool, no wind, excellent conditions. Finishers: 2282 [down from 2405 last year].)

Note: Third race in a week for Tanith Maxwell – she won the Infantry School Cango Marathon the weekend before, finished third in the Crazy Store Lighthouse 10 km on Wednesday, and now second here (both results below). The time for Olga Howard in the masters category is obviously wrong, as it is faster than the first runner's. – Ed.

MEN

1. Namakoe Nkhasi (LES/Ned AGN) 29:16
2. Nadeel Wildschutt (Itheko) 30:21
3. Givemore Madzinganyama (ZIM/Asics) 31:02

Veterans: 1. Gert Thys (Post) 31:54; 2. Tsungai Mwanengeni (ZIM/Gugs) 32:10; 3. Vakalisa Kopolo (Ned) 32:50. **Masters:** 1. Johnny Persents (WR) 35:08; 2. John September (Itheko) 35:57; 3. Henry Wolstenholme (Durb) 36:11. **G'masters:** 1. Mochamat Kriel (Ommie) 39:02; 2. Robbie Lindsay (Ned) 41:02; 3. Eise Geerts (Bell) 41:25. **G/g'masters:** 1. Jeff Smith (Itheko) 43:40; 2. Peter Donald (WC) 51:54; 3. Calude Brooks (MS) 58:01. **Juniors:** 1. Adrian Wildschutt (Itheko) 31:03; 2. Edwin Idas (Frans) 40:46; 3. Ashton Coert (Bell) 42:51.

WOMEN

1. Zintle Xiniwe (KPMG) 35:57
2. Tanith Maxwell (Boxer) 36:49 (1st vet)
3. Vuyisile Nkumenge (Ned) 37:04

Veterans: 1. Tanith Maxwell (Boxer) 36:49; 2. Obertina Kanyongo (ZIM/Ned) 40:12; 3. Linda Kinloch-Smith (Bell) 40:31. **Masters:** 1. Mariëtte Strauss (Tyger) 43:32; 2. Olga Howard (Ned) 43:31; 3. Lollos Rodseth (Durb) 48:02. **G'masters:** 1. Nancy Will (Pine) 44:08; 2. Charmaine Cupido (Ned) 48:23; 3. Judith Grove (Tyger) 49:06. **G/g'masters:** 1. Marlene James (Pine) 58:46; 2. Ruth Francis (IT) 73:08; 3. Marie Hill (Ceres) 77:53.

Juniors: 1. Siziphiwe Mbatsa (VOB) 42:16; 2. Megan Bruiners (Met) 77:54; 3. Thakira Williams (Ommie) 76:34.

Medihelp Sunrise Monster 32 km (40th) & 10 km

Pretoria, 4 March

(Very hilly loop courses. Weather: overcast, good conditions. Finishers: 32 km – 2055 [down from 2514 last year]; 10 km – 2791 [down from 3200]; also approx. 1850 in accompanying 5 km.)

32 km

MEN

1. Edwin Chimombo (ZIM/Ned) 1:53:56
2. Shadrack Hoff (Boxer) 2:00:27 (1st vet)
3. Thapedi Mogape (Ned) 2:10:47

Veterans: 1. Shadrack Hoff (Boxer) 2:00:27. **Masters:** 1. Maguane Nhlanhla (DCS) 2:18:00. **G'masters:** 1. Theo Bohnen (Irene) 2:41:13.

WOMEN

1. Tabitha Tsatsa (ZIM/Ned) 2:17:28 (1st vet)
2. Caroline Wöstmann (KPMG) 2:23:18
3. Kobie Smith Vitality) 2:25:36

Veterans: 1. Tabitha Tsatsa (ZIM/Ned) 2:17:28. **Masters:** 1. Ansie Breytenbach (Irene) 2:49:15. **G'masters:** 1. Vollie Spies (Tuks) 3:27:09

10 km

MEN

1. Reghen Magwai (B2R) 34:46
2. Vuyisile Tshoba (KPMG) 35:51
3. Bafana Dube (Boot) 36:00

Veterans: 1. Leon Baker (Midrand) 41:35. **Masters:** 1. Tidimalo Modiga (Ind) 39:11. **G'masters:** 1. Louwrens Smith (Irene) 59:20. **G/g'masters:** 1. Pele Tshikundamalema (Ned) 52:52. **80+:** 1. Ken Nirden (Agape) 70:33. **Juniors:** 1. Jordan Mtshweni (Anglo) 38:34.

WOMEN

1. Carlyn Fischer (Ind) 40:36
2. Marelise Retief (Boxer) 42:15
3. Keneilwe Sesing (KPMG) 43:17

Veterans: 1. Maria Bendana (Morning) 52:43. **Masters:** 1. Ronelle Fourie (Oos M) 62:46. **G'masters:** 1. Frances van Blerk (Ned) 56:12. **G/g'masters:** 1. Persephone Jansen van Rensburg (PMC) 69:13. **80+:** 1. Deirdre Larkin (Rand) 71:52. **Juniors:** 1. Sue Marie Moolman (ACRW) 57:23.

The Crazy Store Lighthouse 10 km

Cape Town, 1 March

(Certified loop course. Finishers: 1922 [up from 1518 last year].)

MEN

1. Adrian Wildschutt (Itheko) 29:32
2. Siboniso Soldaka (CPUT) 29:53
3. Akhona Makila (VOB) 30:47

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 31:49; 2. Vakalisa Kopolo (Ned) 33:02; 3. Shawn Abrahams (Ind) 33:39. **Masters:** 1. Henry Wolstenholme (Durb) 35:19; 2. Tobias Philander (Itheke) 36:13; 3. Monde Tutani (Gugs) 37:16. **G'masters:** 1. Robbie Lindsay (Ned) 40:24; 2. Goodman Mpukane (Gugs) 42:28; 3. Albert Williams (Top) 45:21. **G/g'masters:** 1. Jeff Smith (Itheke) 44:04; 2. Ronnie le Roux (Brack) 51:07; 3. Oloff Crous (Brack) 58:04. **Juniors:** 1. Athenkosi Mnikina (Gugs) 36:06; 2. Siyanda Silas (Gugs) 41:00; 3. Rico Visser (Pine) 48:38.

WOMEN

1. Lena Lotter (Ned) 35:04
2. Vuyiseka Nkumenge (Ned) 36:26
3. Tanith Maxwell (Boxer) 36:43 (1st vet)

Veterans: 1. Tanith Maxwell (Boxer) 36:43; 2. Obertina Kanyongo (ZIM/Ned) 41:17; 3. Busisiwe Matiwane (Ned) 42:42. **Masters:** 1. Mariëtte Strauss (Tyger) 42:13; 2. Olga Howard (Ned) 43:22; 3. Suzaan Nicholas (Ind) 49:32. **G'masters:** 1. Nancy Will (Pine) 43:48; 2. Charmaine Cupido (Ned) 47:21; 3. Judith Grove (Tyger) 49:25. **G/g'masters:** 1. Marlene James (Pine) 57:17; 2. Friedel Plant (Ind) 57:51; 3. Wendy Wilkins (AAC) 58:39. **Juniors:** 1. Celine Moses (Ommie) 43:14; 2. Razaan Kamaldien (Carb) 43:18; 3. Linda Detering (GER/Carb) 45:34.

Kromberg & Schubert 15 km

Despatch, 25 February

(Loop course. Finishers: 394 [down from 432 last year].)

MEN

1	Adriaan	Gerwel	Ikhamba AC	20	47:39
2	Melikhaya	Frans	Ikhamba AC	27	47:40
3	Zolani	Ngqaqa	Tinarha AC	28	48:06
4	Andile	Motwani	Tinarha AC	20	49:47
5	Bulelani	Niwa	Achilles AAA	33	49:48
6	Zolani	Mabhongo	Ikhamba AC	30	50:08
7	Brendon	Effenaar	Nedbank RC	20	51:12
8	Lubabalo	Mdlungwane	Ikhamba AC	26	51:27
9	Melikhaya	Malinga	Nedbank RC	36	51:57
10	Saziphi	Blaai	Nedbank RC	36	52:11
11	Xolile	Ndingane (1 st vet)	Nedbank RC	45	53:07
12	Melikhaya	Kepe	Nedbank RC	40	53:16
13	Ricardo	Plaatjies	Xcel AC	34	53:25
14	Duwayne	Lucas	Ikhamba AC	27	53:42
15	Lonwabo	Williams (1 st jun)	Tinarha AC	18	54:09
16	Zamubuntu	Teyise	Charlo AC	40	55:25
17	Simpiwe	Masele	Motherwell AC	28	56:34
18	Tumelo	Mochelenyane	Nedbank RC	34	57:09
19	Masande	Mlonyeni	Charlo AC	36	57:35
20	Desmond	Zibi (1 st mast)	Achilles AAA	53	57:47

40-44:

1	Melikhaya	Kepe	Nedbank RC	40	53:16
2	Zamubuntu	Teyise	Charlo AC	40	55:25
3	Alfred	Qogi	Nedbank RC	43	59:46

45-49:

1	Xolile	Ndingane	Nedbank RC	45	53:07
2	Luvuyo	Dyani	Motherwell AC	46	57:51
3	Zoysile	Maklein	Youth FC AC	45	59:10

50-54:

1	Desmond	Zibi	Achilles AAA	53	57:47
2	Mutekile	Rasmeni	Nedbank RC	52	58:16
3	Waldo	Witbooi	Temp	51	1:05:59

55-59:

1	Michael	Bekapi	Ikhama AC	55	1:05:09
2	Leonard	Erasmus	Gelvan AC	59	1:05:10
3	Chester	Brooks	Xcel AC	58	1:09:47

60-64:

1	Bruce	McEwan	Achilles AAA	63	1:13:06
2	Robert	Rietmuller	PEAAC	60	1:15:32
3	At	Schoeman	Nedbank RC	60	1:17:50

65-69:

1	Sizinzo	Kama	Achilles AAA	65	1:09:33
2	Albert	Ngcanga	Xcel AC	66	1:11:08
3	Hannes	Els	Madiba BW	67	1:12:47

70-74:

1	Tamsanqa	Jusayi	Nedbank RC	74	1:14:43
2	Cilliers	Swart	Nedbank RC	70	1:17:26
3	Brian	Smith	PEAAC	73	2:06:59

Juniors:

1	Lonwabo	Williams	Tinarha AC	18	54:09
2	Rhyno	Smith	Goudveld MS	18	1:11:27
3	Creswinne	Slotto	VWAC	16	1:20:10

WOMEN

1	Ndileka	Mvakwendlu	Tinarha AC	26	1:00:00
2	Grizelda	Pietersen (1 st vet)	Nedbank RC	48	1:09:49
3	Terray	Newcombe	Elite A C	26	1:10:39
4	Talana	Vosloo	Despatch AC	35	1:12:17
5	Joan	Viljoen	Nedbank RC	22	1:13:39
6	Annalise	Scholtz	Madiba BW	34	1:13:56
7	Toegeda	Vyver	Nedbank RC	44	1:14:12
8	Hanlie	V.d. Westhuizen (1 st g'mast)	Despatch AC	60	1:14:18
9	Andiswa	Fezani	Nedbank RC	29	1:15:14
10	Elize	Adams	Gelvan AC	42	1:17:16
11	Louise	Mazuelas	Charlo AC	38	1:17:44
12	Lindie	Stander	Despatch AC	32	1:17:52
13	Lily	Janse van Rensburg	Despatch AC	41	1:17:53
14	Juanita	Claassen	Temp	28	1:19:01
15	Olwethu	Bomvana	Motherwell AC	30	1:19:16
16	Siphokazi	Liwani	Motherwell AC	19	1:20:02
17	Anche	Schubart	Achilles AAA	35	1:20:17
18	Jane	Kemp	Despatch AC	40	1:20:24
19	Lesley Ann	Bush	Despatch AC	44	1:20:45
20	Carin	Coetzee	Despatch AC	40	1:21:52

40-44:

1	Toegeda	Vyver	Nedbank RC	44	1:14:12
2	Elize	Adams	Gelvan AC	42	1:17:16
3	Lily	Janse van Rensburg	Despatch AC	41	1:17:53

45-49:

1	Grizelda	Pietersen	Nedbank RC	48	1:09:49
2	Sylma	Watkins	St Albans AC	48	1:25:08
3	Erika	Foreman	St Albans AC	46	1:26:57

50-54:

1	Belinda	Bain	Charlo AC	54	1:27:19
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2	Charlene	De Coning	Elite A C	52	1:31:12
3	Jhaninen	Boshoff	Despatch AC	50	1:33:20
55-59:					
1	Veronica	Boshoff	Despatch AC	56	1:33:23
2	Noleen	Norris	Gelvan AC	59	1:40:49
3	Amanda	Blignault	Despatch AC	57	1:48:31
60-64:					
1	Hanlie	Van der Westhuizen	Despatch AC	60	1:14:18
2	Christine	Snyman	Despatch AC	60	1:28:49
3	Cathy	Ives	Achilles AAA	63	1:32:09
65-69:					
1	Jeanette	Pienaar	PEAAC	68	1:44:31
2	Denise	Terblanche	Infinity AC	69	1:48:13
3	Rita	Boucher	Infinity AC	66	2:03:23
70-74:					
1	Christine	Fourie	Elite A C	70	1:43:13
2	Angeline	Kivedo	Walmer AC	71	2:14:38
Juniors:					
1	Tamsin	Prins	Temp	19	1:50:48

Infantry School Congo Marathon (40th) & Half Marathon

Oudtshoorn, 25 February

(Distances: 42.195 & 21.1 km; point-to-point downhill courses. Finishers: marathon – 498 men + 331 women = 829 total [down from 925 in 2015]; half marathon – 173 men + 272 women = 445 total [down from 515].)

Note 1: The results of the marathon, which was not held last year, are strange indeed. Both the marathon and half marathon have often been shown as short in the past, and this year the marathon is no exception. 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, shows that the marathon is likely far short. The figure for seventeen time comparisons is -16.31 sec/km – more than three times the allowable -5sec/km. It could also be that there was a problem with the timing, or compiling the results, because six runners whose times were analysed ran more than 15 minutes faster than expected (the figures ranged from 15:12 to 29:07 faster), and one runner in the top ten ran almost 1½ hours faster than his previous best that DRR has on record (his time was not considered for the RTB calculation)! Even if one leaves out these six runners, the figure for the remaining eleven is still -8.51 sec/km. The half marathon returns a figure of -3.77 sec/km, so this race seems acceptable for statistical purposes, while the marathon is clearly not acceptable. – Ed.

Note 2: Tanith Maxwell finished fifth overall in the marathon and Danette Smith seventh. In the half marathon Melissa van Rensburg was ninth. – Ed.

Marathon

MEN

1	John April	Nedbank	27	2:29:13
2	Lindile Tokota	Nedbank	49	2:40:31
3	Zandisile Ngeva	Nedbank	39	2:44:51
4	Melikhaya Msizi	Knysna MC	33	2:45:58
5	Mnjamezeli Eric Nangu	Plett AC	45	2:49:25
6	J.C. Visser	Nedbank	31	2:49:47
7	Bethuel Lephallo	Strand AC	40	2:50:42
8	Fulufhedzani Rathogwa	ACSA	41	2:52:28
9	Johan van Zyl	Tygerberg	39	2:53:17
10	Joey Klaassen	Sedgefield Striders	46	2:53:47

Veterans:

1	Lindile Tokota	Nedbank		2:40:31
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Masters:

1	Selwyn Losper	Temp		2:58:03
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G'masters:

1	Thomas Moses	Worcester		3:06:39
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WOMEN

1	Tanith Maxwell	BOXER	40	2:47:12
2	Danette Smith	Temp	28	2:49:46
3	Anel van Wyk	Nedbank	37	2:56:23
4	Jana Trojan	CZE/VOB	49	3:07:26
5	Annatjie Botes	Nedbank	59	3:14:17
6	Tracy Forbes	VOB	44	3:19:25
7	Lisl Grobler	Knysna MC	40	3:20:05
8	Natalie Beckenstrater	West Coast AC	35	3:22:07
9	Berdine Smit	Nedbank CGA	52	3:24:52
10	Louise Muller	CMC	25	3:24:55

Veterans:

1	Tanith Maxwell	Boxer		2:47:12
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Masters:

1	Annatjie Botes	Nedbank		3:14:17
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G'masters:

1	Nancy Will	Pinelands		3:33:33
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Half marathon**MEN**

1	Elfonzo Pieterse	Nedbank	28	1:11:00
2	Godwin Heyns	Nedbank	18	1:13:50
3	Julius Korkee	Madibaz	32	1:15:19
4	Francois Maquassa	Nedbank	21	1:20:02
5	John September	Itheko AC	50	1:21:27
6	Tristan Kelly	ATC Running	34	1:21:32
7	Tasco Msuthwana	Sedgefield Striders	35	1:22:47
8	Sylvano Hindley	Itheko AC	28	1:22:56
9	Patrick Peters	Military Sport Club - Odn	52	1:26:16
10	Anton Chevalier	Nedbank	51	1:26:46

Veterans:

1	Heinrich Filander	Knysna MC		1:39:06
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Masters:

1	John September	Itheko		1:21:27
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G'masters:

1	Garry Wilford	Durbanville		1:37:15
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Juniors:

1	Godwin Heyns	Nedbank		1:13:50
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WOMEN

1	Melissa van Rensburg	Nedbank	34	1:23:42
2	Cecilia Nel	Nedbank	35	1:29:22
3	Jo Thomas	VOB	48	1:32:31
4	Marie Human	Temp	53	1:38:24
5	Ilze Nel	Temp	45	1:41:58
6	Annakie Pretorius	Hartenbos Drawwers	38	1:42:02
7	Inge Cronje	Temp	29	1:42:41

8	Dawn Saunders	Helderberg Harriers	58	1:44:26
9	Corlise Tooth	Rustenburg MC	42	1:44:38
10	Marnice Pieterse	Temp	37	1:44:42

Veterans:

1	Jo Thomas	VOB		1:32:31
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Masters:

1	Marie Human	Temp		1:38:24
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G'masters:

1	Collette van Eck	Fishhoek		1:54:28
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Juniors:

1	Alia Isaacs	Kensington		2:29:21
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TRACK**ASA Speed Series Meeting**

Durban, 28 February

MEN

1500:

1. Jerry Motsau (Ned) 3:40.54
2. Nkosinathi Sibiya (Phant) 3:40.69
3. Rantso Mokopane (Pukke) 3:40.82
4. George Kuschke (Tuks) 3:41.18
5. Siyabonga Derison (Eskom) 3:41.42
6. Folavio Sehohle (Puma) 3:42.32
7. Tumisang Monnatlala (KPMG) 3:45.09
8. Jeromy Andreas (UJ) 3:46.32

10000:

1. Elroy Gelant (Boxer) 28:16.54
2. Namakoe Nkhasi (LES/Ned) 28:32.55
3. Joel Mmone (Ned) 28:49.92
4. Thabang Mosiako (Ned) 29:00.38
5. David Manja (Ned) 29:01.01
6. Mariano Eesou (Madiba) 29:19.25
7. Vuyisile Tshoba (KPMG) 29:27.25
8. Phillimon Mathiba (Ned) 29:33.50

WOMEN

5000:

1. Kesa Molotsane (Kovsies) 16:08.21
 2. Irvette van Zyl (Ned) 16:20.06
 3. Louisa Leballo (Ned) 16:24.44
 4. Glenrose Xaba (Boxer) 16:38.49
 5. Jenet Dlamini (Mzim) 16:38.78
 6. Andrea Steyn (KPMG) 16:47.47
 7. Lebogan Phalula (Boxer) 17:02.19
 8. Nicole van der Merwe (KPMG) 17:05.04
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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

Lake Biwa Mainichi Marathon (72nd)

(IAAF Gold Label Road Race)

Otsu, JPN, 5 March

(Distance: 42.195 km; JAAF certified, out-and-back course with start and finish at Ojiyama Stadium)

MEN (gun times)

- | | |
|-------------------------------|------------|
| 1. Ezekiel Kiptoo Chebii, KEN | 2:09:06 |
| 2. Vincent Kipruto, KEN | 2:09:15 |
| 3. Munyo Solomon Mutai, UGA | 2:09:59 PB |
| 4. Satoru Sasaki, JPN | 2:10:10 |
| 5. Kohei Matsumura, JPN | 2:11:04 |

fitbit Semi-Marathon de Paris (24th)

Paris, FRA, 5 March

(Distance: 21.1 km; certified one-loop course)

MEN (gun times)

- | | |
|-------------------------|---------|
| 1. Morris Gachaga, KEN | 1:00:38 |
| 2. Paul Lonyangata, KEN | 1:00:40 |
| 3. Alex Korio, KEN | 1:00:42 |
| 4. Kenneth Keter, KEN | 1:01:50 |
| 5. Henry Kiplagat, KEN | 1:02:17 |

WOMEN (gun times)

- | | |
|--------------------------|---------|
| 1. Ruth Chepngetich, KEN | 1:08:08 |
| 2. Poline Wanjiku, KEN | 1:10:52 |
| 3. Edith Chelimo, KEN | 1:10:59 |
| 4. Esther Chemtai, KEN | 1:13:31 |
| 5. Woldu Mekdes, ETH | 1:14:00 |

Lago Maggiore Half Marathon (10th)

Verbania, ITA, 5 March

(Distance: 21.1 km; point-to-point course around Lago Maggiore with approx. 10 m elevation GAIN)

MEN

- | | |
|-----------------------------------|------------|
| 1. Reuben Kiprop Kerio, 1994, KEN | 1:01:21 PB |
| 2. Abdellatif Meftah, FRA | 1:04:36 |
| 3. Evans Kiplagat, KEN | 1:04:59 |
| 4. Ilie Alexandru Corneschi, ROU | 1:08:13 |
| 5. Pietro Bompreszi, ITA | 1:09:26 |

WOMEN

- | | |
|--------------------------------|----------------|
| 1. Brigid Kosgei, KEN | 1:07:35 PB/CR* |
| 2. Vivian Jerono Kiplagat, KEN | 1:09:05 |
| 3. Viola Jelagat, KEN, | 1:12:49 |

The Woodlands Marathon (21st)

The Woodlands, USA, 4 March

(Distance: 42.195 km; two-loop course with no start/finish separation)

MEN (gun times)

1. Sphamandla Nyembe, 26, RSA 2:21:26 DB
2. Jason Butler, 44, Oklahoma City, OK 2:31:02
3. Stevem Johnson, 26, Madison, WI 2:36:54

WOMEN

1. Melissa Hopper, 39, Cypress, TX 2:51:39 PB
2. Charmion Freifeld, 41, Bend, OR 2:56:58
3. Jackie Tobin, 37, Bellaire, TX 2:57:28

Myrtle Beach 5 km

Myrtle Beach, USA, 3 March

WOMEN

1. Letitia Saayman, 24, Lillington, NC (RSA), 16:50.6

Casablanca Int'l 10 km

Casablanca, MAR, 26 February

MEN (gun times)

1. Abdelillah Cherkaoui, MAR, 28:47
2. Peter Kipkemei Limo, KEN, 28:51
3. Omar Merjani, MAR, 28:55
4. Jawad Laaris, MAR, 29:08
5. Hassan Hirt, MAR, 29:13

WOMEN (gun times) -

1. Fatiha Benchtiki, MAR, 32:41
2. Peninah Jepchumba Lokato, KEN, 33:07
3. Meryam Belfakir Malika, MAR, 34:19

Publix Gasparilla Distance Classic Race Weekend (40th)

Tampa, USA, 25-26 February

(Distances: 15 km & 21.1 km)

Half Marathon (26)

MEN

1. Christo Landry, 30, Charlotte, NC 1:03:08 \$8000
2. Scott Smith, 30, Tulsa, OK 1:03:25 3500
3. Meb Keflezighi, 41, San Diego, CA 1:03:30 2000
4. Elkanah Kibet, 33, Fountain, CO 1:04:51 1000
5. Phillip Reid, 31, San Luis Obispo, CA 1:06:28 500

WOMEN

1. Stephanie Bruce, 33, Flagstaff, AZ 1:12:53 \$8000
2. Esther Atkins, 30, Greenville, SC 1:14:06 3500
3. Taylor Ward, 26, Ogden, UT 1:14:10 PB 2000
4. Lindsey Scherf, 30, White Plains, NY 1:14:37 1000
5. Jen Rhines, 42, Boston, MA 1:14:53 500

15 km (25)

MEN

1. Austin Richmond, 31, Babson Park, FL 47:26 \$2000
2. Jonathan Mott, 30, Babson Park, FL 48:21 1500

WOMEN

1. Stephanie Pezzullo, 34, Ocala, FL 54:58 \$2000
2. Becky Howarth, 28, Tampa, FL 55:18 1500

Samsung Tel Aviv Marathon (23rd)

Tel Aviv, ISR, 24 February

(Distance: 42.195 km; one-loop course with negligible start/finish separation)

MEN (gun times)

1. Belete Mekonen Gezu, ETH 2:12:12 USD 3750
2. Ernest Kiprugut Kebenei, KEN 2:12:53 2500
3. Patrick Kipyegon Terer, KEN 2:13:51 1250

WOMEN (gun times)

1. Margaret Njuguna Wangui, KEN 2:35:51 CR USD 3750
2. Arba Mude Zeytuna, ETH 2:40:00 2500
3. Zeritu Begashaw Wakjira, ETH 2:40:52

CROSS-COUNTRY**Championnats de France de Cross**

(French Cross-country Championships)

St. Galmier, FRA, 26 February

ELITE MEN (10220 m):

1. Hassan CHAHDI, 1989, Ea Centre Isere, 30:22
2. Michael GRAS, 1991, Ales Cevennes Athletisme, 30:44
3. Reda JAAFAR, 1990, Amiens Uc (MAR), 30:47

ELITE WOMEN (8420 m):

1. Chaltu NEGASA, 1992, Amicale Athletisme Du Roumois (ETH), 28:19
2. Christelle DAUNAY, 1974, Entente Sarthe Athletisme, 28:25 (1st NC)
3. Sophie DUARTE, 1981, Ca Balma, 28:34

SHORT CROSS WOMEN (3980 m):

1. Habiba GHRIBI, 1984, Entente Franconville Cesame Va (TUN), 13:03
2. Elodie NORMAND, 1988, Sco Ste-marguerite Marseille, 13:12 (1st NC)
3. Aisse SOW, 1991, Athle Sud 77, 13:21

SHORT CROSS MEN (3980 m):

1. Tarik MOUKRIME, 1992, Efs Reims A. (BEL), 11:19
2. Mohamed-Amine EL BOUAJAJI, 1997, Strasbourg Agglomeration Athle, 11:20 (1st NC)
3. Ali MESSAOUDI, 1995, Lyon Athletisme (ALG), 11:26

Eritrea Cross-country Championships

Adi Abieto, ERI, 18 February

SR. MEN (10 km):

1. Aron Kifle, Maekel, 30:41
2. Goitom Kifle, Maekel, 31:13
3. Afewerki Brhane, Debub, 31:25
4. Brhane Amanuel, Debub, 31:29
5. Mogos Shumay, Debub, 31:35

SR. WOMEN (10 km):

1. Nazeret Weldu, Maekel, 38:32
2. Kokob Tsefagabr, Maekel, 38:43
3. Yohana Yemane, Denden, 39:00
4. Simret Weldegabr, Maekel, 39:49
5. Ruta Kibreab, Maekel, 39:58

OUTDOOR TRACK

Reunion Internacional de Atletismo en Pista Cubierta - Villa de Madrid

Madrid, ESP, 24 February

MEN

800:

Invitational:

Race A:

1. Adam KSZCZOT, 1989, POL, 1:46.38
2. Mostafa SMAILI, 1997, MAR, 1:47.13
3. Andreas BUBE, 1987, DEN, 1:47.30

WOMEN

1000:

1. Genzebe DIBABA, 1991, ETH, 2:33.06 NR/PB
2. Gudaf TSEGAY, 1997, ETH, 2:38.05 PB
3. Darya BARYSEVICH, 1990, BLR, 2:38.19 PB
4. Axumawit EMBAYE, 1994, ETH, 2:38.55 PB
5. Zoe BUCKMAN, 1988, AUS, 2:40.89
6. Renata PLIS, 1985, POL, 2:43.08
7. Anna DIBABA, 1997, ETH, 2:48.28 PB
8. Yuliya KAROL, 991, BLR, 2:52.88 PB
9. Esther GUERRERO, 1990, ESP, 2:55.37 PB
10. Natalia ROMERO, 1988, ESP, 3:06.58 PB

INDOOR TRACK

European Indoor Championships (34th)

Belgrade, SRB, 3-5 March

MEN

800 (05):

- | | | |
|--------------------------------------|---------|--------|
| 1. Adam KSZCZOT, POL, 2-SEP-1989 | 1:48.87 | Gold |
| [third title at these championships] | | |
| 2. Andreas BUBE, DEN, 13-JUL-1987 | 1:49.32 | Silver |
| 3. Álvaro DE ARRIBA, ESP, 2-JUN-1994 | 1:49.68 | Bronze |
| 4. Daniel ANDÚJAR, ESP, 14-MAY-1994 | 1:50.28 | |

5. Thijmen KUPERS, NED, 4-OCT-1991 1:50.47
6. Kevin LÓPEZ, ESP, 12-JUN-1990 1:54.17

1500 (04):

1. Marcin LEWANDOWSKI, POL, 13-JUN-1987 3:44.82 Gold
2. Kalle BERGLUND, SWE, 11-MAR-1996 3:45.56 Silver
3. Filip SASÍNEK, CZE, 8-JAN-1996 3:45.89 Bronze
4. Marc ALCALÁ, ESP, 7-NOV-1994 3:46.36
5. Tom LANCASHIRE, GBR, 2-JUL-1985, 3:46.57
6. Sofiane SELMOUNI, FRA, 22-SEP-1989 3:46.70

3000 (05):

1. Adel MECHAAL, ESP, 5-DEC-1990 8:00.60 Gold
2. Henrik INGEBRIGTSEN, NOR, 24-FEB-1991 8:00.93 Silver
3. Richard RINGER, GER, 27-FEB-1989 8:01.01 Bronze
4. Hayle IBRAHIMOV, AZE, 18-JAN-1990 8:03.19
5. Jonas LEANDERSON, SWE, 26-JAN-1991 8:03.91
6. Marouan RAZINE, ITA, 9-APR-1991 8:04.19

WOMEN

800 (05):

1. Selina BÜCHEL, SUI, 26-JUL-1991 2:00.38 NR Gold
[retains title]
2. Shelayna OSKAN-CLARKE, GBR, 20-JAN-1990 2:00.39 PB Silver
3. Aníta HINRIKSDÓTTIR, ISL, 13-JAN-1996 2:01.25 Bronze
4. Lovisa LINDH, SWE, 9-JUL-1991 2:01.37 PB
5. Stina TROEST, DEN, 17-JAN-1994 2:02.93
6. Esther GUERRERO, ESP, 7-FEB-1990 2:03.09

1500 (04):

1. Laura MUIR, GBR, 9-MAY-1993 4:02.39 CR/NR Gold
2. Konstanze KLOSTERHALFEN, GER, 18-FEB-1997 4:04.45 PB Silver
3. Sofia ENNAOUI, POL, 30-AUG-1995 4:06.49 Bronze
4. Meraf BAHTA, SWE, 24-JUN-1989 4:07.90
5. Luiza GEGA, ALB, 5-NOV-1988 4:11.64
6. Sarah MCDONALD, GBR, 2-AUG-1993 4:13.67

3000 (05):

1. Laura MUIR, GBR, 9-MAY-1993 8:35.67 CR Gold
2. Yasemin CAN, TUR, 11-DEC-1996 8:43.46 NR Silver
3. Eilish MCCOLGAN, GBR, 25-NOV-1990 8:47.43 Bronze
4. Maureen KOSTER, NED, 3-JUL-1992 8:48.99
5. Steph TWELL, GBR, 17-AUG-1989 8:50.40
6. Ana LOZANO, ESP, 22-FEB-1991 8:55.20 PB

USA Indoor Championships

Albuquerque, USA, 3-5 March

MEN

600 (05):

1. Erik Sowinski, Nike 1:15.07 PB/MR* \$6000
2. Cas Loxsom, Brooks 1:15.18 4000
3. Shaquille Walker, Brooks 1:15.39 PB 2500
4. Russell Dinkins, NYAC 1:15.86 PB 1500
5. Chris Giesting, HOKA NJNYTC 1:15.96 PB 1000
6. Donovan Brazier, Nike 1:16.10

1000 (05):

1. Clayton Murphy, Nike	2:18.60 PB/MR/WL	\$6000
2. Brannon Kidder, Brooks	2:19.10	4000
3. Andrew Wheating, Nike	2:20.39	2500
4. Robby Andrews, adidas	2:20.40	1500
5. Drew Windle, Brooks	2:21.64 PB	1000
6. Hans Roelle, Team Run Eugene	2:22.29	

Mile (05):

1. Ben Blankenship, Nike	3:59.22	\$6000
2. Cristian Soratos, adidas	3:59.56	4000
3. Garrett Heath, Brooks	4:00.31	2500
4. Evan Jager, Nike/Bowerman TC	4:00.38	1500
5. Lopez Lomong, Nike/Bowerman TC	4:01.26	1000
6. Kyle Merber, Hoka One One	4:02.75	
... 11. Leo Manzano, Hoka One One	4:21.92	

Two Mile (04):

1. Paul Chelimo, U.S Army	8:28.53 PB	\$6000
2. Woody Kincaid, Nike / Bowerman TC	8:38.66 PB	4000
3. Ryan Hill, Nike / Bowerman TC	8:38.81	2500
4. Hillary Bor, U.S. Army	8:39.54 PB	1500
5. Brian Shrader, Saucony	8:40.25	1000
6. Ben Blankenship, Nike	8:40.37	

WOMEN

600 (05):

1. Ajee' Wilson, adidas	1:23.84 PB/MR/WL	\$6000
2. Courtney Okolo, Nike	1:24.00 PB	4000
3. Kendra Chambers, Texas Elite TC	1:25.46 PB	2500
4. Olicia Williams, Big Bear TC/NB	1:26.54 PB	1500
5. Cecilia Barowski, HOKA NJNYTC	1:27.07	1000
6. McKayla Fricker, Brooks	1:27.72	

1000 (05):

1. Charlene Lipsey, adidas	2:37.97 PB/MR*	\$6000
2. Lauren Johnson, Unattached	2:38.33 PB	4000
3. Hannah Fields, Brooks	2:40.18 PB	2500
4. Sammy Watson, 1999, Unattached	2:40.72 PB/HSR^	H.S.
5. Megan Krumpoch, New Balance	2:41.42 PB	1500
6. Stephanie Schappert, HOKA NJNYTC	2:41.76 PB	1000

Mile (04):

1. Shelby Houlihan, Nike/Bowerman TC	4:45.18	\$6000
2. Colleen Quigley, Nike/Bowerman TC	4:45.58	4000
3. Heather Kampf, ASICS/Team USA Minn.	4:46.06	2500
4. Cory McGee, New Balance	4:46.54	1500
5. Alexa Efraimson, Nike	4:48.49	1000

Two Mile (05):

1. Shelby Houlihan, Nike/Bowerman TC	10:19.14	\$6000
2. Heather Kampf, ASICS/Team USA Minn.	10:21.80	4000
3. Sara Sutherland, Saucony	10:22.49	2500
4. Katie Mackey, Brooks	10:22.78	1500
5. Katie McMenamin, Roots Running Proj	10:24.80	1000
6. Emily Lipari, B.A.A.	10:44.62	

NJCAA Indoor Championships

Pittsburg, USA, 3-4 March

MEN

1000 (04):

1. Elias Gedyon	SO Trinidad	2:29.85 PB
2. Stephen Marindich	FR Cloud County	2:30.27
3. Esu Alemseged	FR Iowa Central	2:30.96
4. Ashenafi Hatte	SO Iowa Central	2:32.10
5. Zach Harrach	SO Mesa	2:33.32
6. Moses Dirane	FR Cloud County [RSA]	2:33.65

5000 (03):

1. Gilbert Kigen	SO Cent Arizona [KEN]	14:13.54 PB
2. Karim Achengli	SO Iowa Central [ESP]	14:17.89 PB
3. Jorge Perez	SO Cent Arizona	14:38.24 PB
4. Thobile Mosito	FR Cloud County [RSA]	14:42.25

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2017 MARATHON: TOP 10 MEN

2:16:53	Stephen Mokoka	34	Tokyo	26 Feb
2:18:52	Lungile Gongqa	12	Mumbai	16 Jan
2:24:32	Johannes Kekana	1	Benoni	29 Jan
2:24:54	Charles Tjiane	2	Benoni	29 Jan
2:25:00	Thobile Mbolekwa	1	Pietermaritzburg	26 Feb
2:25:59	Temo Rampukuo	2	Pietermaritzburg	26 Feb
2:26:25	Thulani Duma	3	Pietermaritzburg	26 Feb
2:26:28	Retsepile Khotle	3	Benoni	29 Jan
2:27:34A	Lutendo Mapoto	1	Simon's Town	19 Feb
2:28:26	Zongamele Dyubeni	1	Johannesburg	12 Feb

THIS MONTH IN HISTORY

46 years ago (exactly): 6 March 1971

On this day Matie medical student Ferdie le Grange burst onto the marathon scene when he not only conquered the hilly Durbanville course but became the first South African to run under 2:20 for the classic distance. Running in the Western Province Championships in what was his first marathon, Le Grange (22) clocked an amazing 2:19:02.2 to win by 16 minutes. He broke Willie Olivier's 1968 time by almost 80 seconds. He said years later that he had gone over the course the day before and found it "really hilly ... I just couldn't believe I was going to run so far ... My longest training run had only been 32 km." Scarcely two months later he returned to the same venue for the Republic Festival Marathon – and ran even faster: 2:17:51.4! He was to set four more SA records over the next three years.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2017

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	29:29	Thabang Mosiako	Benoni	29 Jan
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		
	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	43:40	Yigrem Demelash Endale (ETH)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		
	65:22A	Lukhanyo Ngxoko	East London	25 Feb
	65:53	Thabang Mosiako	Bedfordview	15 Jan
	59:10	Bedan Karoki (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		
	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
30 km	71:18	Dennis Kipruto Kimetto (KEN)		
	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:54	Melikhaya Frans (RSA)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
Marathon	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
	2:02:57	Dennis 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	31:54	Gert Thys	Goodwood	04 Mar
	28:51	Paulo Catarino (POR) 2003		
15 km	49:54	Mzwanele Maphekula	Port Elizabeth	04 Feb
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	70:25	William Mokwalakwala	Pretoria	18 Feb
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	86:38A	Jonathan Edwards	Pinetown	29 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:24:32	Johannes Kekana	Benoni	29 Jan
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	34:19	George Mooi	Benoni	29 Jan
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		

21.1 km	74:36 66:42	Reginald Ngobene Martin Rees (GBR) 2003	Benoni	29 Jan
25 km	99:08A	Phakhama Shezi	Pinetown	29 Jan
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	61:16A 62:09 54:32	Mochamat Kriel Mochamat Kriel Cees Stolwijk (NED) 2013	Camps Bay Constantia	08 Jan 14 Jan
21.1 km	88:35 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Tokai	04 Feb
25 km	1:54:07A 94:01	Devilliers Oberholzer Doug Winn (USA) 2010	Pinetown	29 Jan
30 km	2:17:54 1:57:07	Louis Claassen Ed Whitlock (CAN) 1994	Camps Bay	08 Jan
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	73:45 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	14 Jan
21.1 km	97:19 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	18 Feb
25 km	99:59	Clive Davies (USA) 1985		
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:57:21 2:54:49	David Ngobeni Ed Whitlock (CAN) 2004	Pretoria	28 Jan
100 km				
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	50:12 42:25	Carlo Flink Moses Mosop (KEN) 2004	Durbanville	25 Jan
21.1 km	72:27 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Sasolburg	04 Feb
WOMEN				
<u>Open</u>				
10 km	34:53 32:01 30:21 Mx 30:29 Wo	Lena Lötter Eilish McColgan (GBR) Paula Radcliffe (GBR) 2003 Asmae Legzaoui (MAR) 2002	Pinelands	25 Feb
15 km	53:59A 56:43 47:45 46:14** Mx	Dominique Scott Ntombesintu Mfunzi Veronica Nyaruai Wanjiru (KEN) Florence Kiplagat (KEN) 2015	Camps Bay Port Elizabeth	08 Jan 04 Feb

21.1 km	46:59** Wo	Lornah Kiplagat (NED) 2007		
	72:36	Irvette van Zyl	Barcelona	12 Feb
	65:06	Peres Jepchirchir (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:54:43	Ntombesintu Mfunzi (RSA)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:48:13A	Ann Ashworth	East London	25 Feb
	2:57:05	Gerda Steyn	Dubai	20 Jan
	2:22:36	Worknesh Degefa Debele (ETH)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km				
	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:43	Tanith Maxwell	Cape Town	01 Mar
	32:14	Priscilla Welch (GBR) 1985		
15 km	64:24	Davera Magson	Port Elizabeth	14 Jan
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	81:28	Tanith Maxwell	Tokai	04 Jan
	69:56	Irina Permitina (RUS) 2009		
25 km	1:48:53A	Shani Silver	Pinetown	29 Jan
	82:13	Mizuki Noguchi (JPN) 2005		
30 km	2:02:35	Ulrica Stander	Camps Bay	08 Jan
	1:51:37	Mieke Pullen (NED) 2001		
Marathon	2:58:45A	Ulrica Stander	Simon's Town	19 Feb
	3:06:00	Salome Cooper	Benoni	29 Jan
	2:26:51	Priscilla Welch (GBR) 1987		
100 km				
	7:00:27	Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>				
10 km	41:32	Mariëtte Strauss	Pinelands	25 Feb
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	65:45	Christine Claasen	Port Elizabeth	04 Feb
	54:33	Shirley Matson (USA) 1991		
21.1 km	93:56	Elmarie Coetzee	Tokai	04 Feb
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
30 km	2:16:59	Christine Claasen	Uitenhage	04 Mar
Marathon	3:29:00A	Marie Louw	Simon's Town	19 Feb
	3:30:56	Jane Mudau	Pretoria	26 Feb
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
100 km				
<u>Grandmasters (60+)</u>				
10 km	43:14	Nancy Will	Athlone	11 Feb
	38:56	Lidia Zentner (GER) 2015		
15 km	68:15	Margie Saunders	Port Elizabeth	14 Jan

21.1 km	61:25 97:38	Kathryn Martin (USA) 2011 Nancy Will	Tokai	04 Feb
25 km	84:56 2:25:43A	Bernadine Portenski (NZL) 2010 Sheree Kirsten	Pinetown	29 Jan
30 km	1:58:24 2:25:27	Gloria Brown (USA) 1994 Margie Saunders	Uitenhage	04 Mar
Marathon	2:17:11 3:40:03A 3:44:49	Barbara Miller (USA) 1999 Nancy Will Val Watson	Simon's Town Benoni	19 Feb 29 Jan
100 km	3:01:30	Bernadine Portenski (NZL) 2010		
<u>Great grandmasters (70+)</u>				
10 km	57:17 44:09	Marlene James Lavinia Petrie (AUS) 2014	Cape Town	01 Mar
15 km	88:32 72:52	Liz Grundlingh Jo Klein (NED) 2004	Port Elizabeth	04 Feb
21.1 km	2:12:17A 2:17:01 97:38	Marlene James Marlene James Lavinia Petrie (AUS) 2014	Simon's Town Tokai	19 Feb 04 Feb
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37 2:47:08	Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	36:44 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Tokai	04 Feb
15 km	70:51 49:40	Siphokazi Liwani Ines Chenonge (KEN) 2001	Port Elizabeth	14 Jan
21.1 km	1:43:36 1:09:05	Nompumelela Shongwe Delilah Asiago (KEN) 1991	Pretoria	26 Feb

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