

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

Highlight of the weekend was the new SA record in the 70+ age category set by Jeff Smith in the Constantia Village K-Way 15 km. Smith ran 64:05 to shatter the previous record of 65:22 set by Ken Nurden in 2005. Smit also owns the WP record in the 10 km (43:16, with a time of 42:49 pending). Five more list leaders were set in this race.

In Edenvale Caroline Wöstmann won the Sarens Edenvale Marathon in 3:06:01. Wöstmann also ran the Deloitte Pretoria Marathon two weeks ago and the Medihelp Sunrise Monster 32 km in between.

In Japan Eunice Kirwa, the silver medallist in Rio, won the Nagoya Women's Marathon for the third year in a row, running a course, personal and Bahraini national record of 2:21:17. This came despite the fact that she had fallen at the start. Behind her Yuka Ando finished her first marathon in 2:21:36, the fastest debut by a Japanese runner and good enough for fourth on the country's all-time list.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Umgeni Water Midmar Marathon, 32 km & 15 km, Howick
- * Sarens Edenvale Marathon, Half Marathon & 10 km, Edenvale
- * Peace in Africa Half Marathon & 10 km, Durban
- * Constantia Village K-Way 15 km, Constantia
- * ABAX Investments Milkwood Half Marathon & 10 km, Kommetjie
- * Battlefields Marathon, Half Marathon & 10 km, Newcastle
- * Bieliemielie Half Marathon & 10 km, Reitz
- * XC: KZNA Cross-country Parlauf, Westville

International highlights:

- * Nagoya International Women's Marathon, Nagoya, JPN
- * Zurich Marató de Barcelona, Barcelona, ESP
- * NN City Pier City Half Marathon, Den Haag, NED
- * Maratonina Roma-Ostia, Roma to Ostia, ITA
- * Gate River Run 15 km, Jacksonville, USA
- * XC: Campeonato de España de Campo a Traves, Gijon, ESP
- * CAU Inter-county Championships, Loughborough, GBR
- * Indoor track: NCAA Division I Indoor Championships, College Station, USA

NEWS

DAVID MANJA LEADS STRONG MEN'S TEAM FOR WORLD CROSS-COUNTRY

Athletics South Africa has selected a strong men's team for the IAAF World Cross-country Championships, to be held on 26 March in Kampala, Uganda. Teams of senior women, junior men and junior women were also selected.

The men's team will consist of Thabang Mosiako, Joel Mmone, Elroy Gelant, David Manja, the reigning SA champion, and Precious Mashele. Mashele and Mmone won the silver and bronze medal respectively at the national title meeting.

Kesa Molotsane, Louisa Leballo, Andrea Steyn, Glenrose Xaba and Sherilene Gelderblom will comprise the women's team. Molotsane and Xaba finished first and second respectively at the SA Championships.

The members of the men's junior team are: Kabelo Seboko, Dais Malebana, Ryan Mphahlele, Pakiso Mthembu and Tumi Sephotho. The junior women are: Nicole Louw, Simonay Weitsz, LYndi Roelofse, Nicole van der Merwe and Cherry-lee Schoeman. Van der Merwe is the current national champion, while Weitsz won the u.17 title.

The team leader is Jakes Jacobs, with Steven Khanyile and Norma Nonkonyana the managers.

ROAD RUNNING

Umgeni Water Midmar Marathon (20th), 32 km & 15 km

Howick (Midmar Dam), 12 March

(Distances: 42.195 km, 32 km & 15 km; loop courses, partly on gravel. Finishers: marathon – 285 [down from 346 last year; 32 km – 367 [down from 392]; 15 km – 675 [down from 726].)

Marathon

MEN

1.	Nomore Mandivengerei	RWFL	2:46:29
2.	Syvion Madikane	Nedbank AC	2:46:48
3.	Sanele Malunga	M/Burg City	2:51:39

40-49:

1.	Sunnyboy Nkibini	Get Fit AC	3:06:10
2.	Conrad Chemane	Ixopo AC	3:10:22

50-59:

1.	Sanele Khuzwayo	Amaqhawe	3:10:55
2.	Lincoln Sibiya	LAC	3:40:40

60+:

1.	Dev Oberholzer	Toti AC	3:41:42
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WOMEN

1.	Lisa Collett	Boxer AC	3:16:03
2.	Abigail Solms	Save O AC	3:25:35
3.	Izelle Geyser	ZMSC	3:29:44 (1 st vet)

40-49:

1.	Izelle Geyser	ZMSC	3:29:44
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32 km

MEN

1.	Siphele Zondi	M/burg City	1:57:45
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2.	Sazi Ndaba	LAC	2:01:59
3.	Sifundo Sithole	Nedbank AC	2:05:54
4.			

40-49:

1.	Zwelihle Ndawonde	Amaqhawwe	2:23:29
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50-59:

1.	Lawerence Herron	Toti AC	2:37:51
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60+:

1.	Robin Gardiner	Hilton Harr	3:08:04
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WOMEN

1.	Maya Lawrie	Boxer AC	2:18:27 (1 st vet)
2.	Pat Dammann	Team V	2:31:10
3.	Robyn Greyling	Get Fit AC	2:31:52
4.			

40-49:

1.	Maya Lawrie	Boxer AC	2:18:27
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50-59:

1.	Michelle Sims	PDAC	2:36:59
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60+:

1.	Jenny Taylor	Saints	3:08:04
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15 km

MEN

1.	Sthembiso Ntombela	Ingwenya AC	58:46
2.	Zwane Sifiso	M/burg City	60:56
3.	Mthandeni Nene	M/burg City	61:39

WOMEN

1.	Xoli Madida	Natal Carb.	66:21
2.	Teneal Featherby	PDAC	67:39
3.	Lise Muncha	PDAC	71:22

Sarens Edenvale Marathon, Half Marathon & 10 km

Edenvale, 12 March

(Distances: 42.195 km, 21.1 km & 10 km; hilly loop courses – the marathon twice the half-marathon loop. Weather: hot, clear skies. Finishers: marathon – 1115 [big increase from 742 last year]; half marathon – 1729 [up from 1415]; 10 km – 637).

Marathon

MEN

1.	Siyabonga Dingile (Ned)	2:31:51
2.	Calvin Malatji (PRR)	2:32:43
3.	Frans Mogashoa (Win)	2:42:20

Veterans: 1. Lucky Ramakuwela (Fara) 2:51:26. **Masters:** 1. Stuart McColl (T2G) 3:08:22. **G'masters:** 1. Almon Zibuse (Randmark) 3:19:10.

WOMEN

1.	Caroline Wöstmann (KPMG)	3:06:01
2.	Ann Ashworth (B2R)	3:12:14
3.	Cobie Smith (Vital)	3:14:25

Veterans: 1. Michelle Pieterse (Vital) 3:39:30. **Masters:** 1. Sharon Knopfmacher (Vital) 3:55:58. **G'masters:** 1. Rachel Lekalake (RRR) 3:50:46.

Half marathon

MEN

1. Philani Buthelezi (KPMG) 1:08:56
2. Lucky Mohale (Boxer) 1:09:25
3. Donald Mashamaite (Bedford) 1:09:26

Veterans: 1. Modise Mokaone (Kagiso) 1:15:14. **Masters:** 1. Tony Silva (Bedford) 1:22:40. **G'masters:** 1. Power Mudzunga (Bedford) 1:44:32

WOMEN

1. Christine Kalmer (Ind) 1:23:55
2. Liziwe Mabona (Ampa) 1:24:56
3. Marelise Retief (Boxer) 1:27:36

Veterans: 1. Salome Cooper (B2R) 1:31:55. **Masters:** 1. Yvonne Laing (Green) 1:42:03. **G'masters:** 1. Linda Icely (Old Eds) 2:06:46.

10 km

MEN

1. Phillimon Mathiba (Ned) 32:23

Veterans: 1. Linda Myathaza (RRR) 36:58. **Masters:** 1. Kwena Mantji (Ned) 39:20. **G'masters:** 1. Daniel Motshwene (Ned) 48:34. **Juniors:** 1. Sello Pheleu (KPMG) 34:40

WOMEN

1. Simonay Weitsz (Boxer) 40:01 (1st jun)

Veterans: 1. Maria Bendana (Morning) 48:56. **Masters:** 1. Monica Reis (FFA) 52:07. **G'masters:** 1. Sonja Laxton (RAC) 52:08. **Juniors:** 1. Simonay Weitsz (Boxer) 40:01.

Peace in Africa Half Marathon & 10 km

Durban, 12 March

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1 Muziwenkosi Elvis Mjaja (Nedbank) 1:09:00; 2 Mholi Jali (Bluff) 1:09:56; 3 Anele Dlamini (Phantane) 1:10:29.

40-49: 1 Siphwe Cele (NRB Harriers) 1:23:17. **50-59:** 1 Garrett Robson (Sydenham SC) 1:21:41. **60+:** 1 Mbhekiseni McHunu (KwaMashu) 1:53:55. **Juniors:** 1 Simile Nxumalo (Hollywoodbets) 1:26:31.

WOMEN

1 Shani Silver (Boxer) 1:33:04 (1st vet); 2 Nonsikelelo Mbambo (Natal Carbineers) 1:37:26; 3 Brigit Potgieter (Ind) 1:40:35.

40-49: 1 Shani Silver (Boxer) 1:33:04. **50-59:** 1 Sharon Williams (Sydenham SC) 1:52:01. **60+:** 1 Maureen Parry (Chiltern) 2:22:39. **Juniors:** 1 Slindile Mkhize (Kwa Dabeka) 2:31:39.

10 km

MEN

1 Maqalehe Tsepang (Hollywoodbets) 32:21; 2 Nkosikhona Ntuli (Rockfield) 33:56; 3 Shingirai Badza ZIM/ME) 34:56 (1st vet).

40-49: 1 Shingirai Badza (ZIM/ME) 34:56. **50-59:** 1 Vukani Elliot Shezi Maxed Elite 44:19. **60+:** 1 Lindsay Rogerson (Riverside Harriers) 48:09. **Juniors:** 1 Maqalehe Tsepang (Hollywoodbets) 32:21.

WOMEN

1 Janene Carey (Boxer) 42:02; 2 Tegan Gore (DHSOB) 43:19; 3 Cherie Barnard (Nedbank) 44:57.

40-49: 1 Janene Carey (Boxer) 42:02. **50-59:** 1 Roshini Natasen (Highway) 48:45. **60+:** 1 Denise Johansen (ME) 1:06:35. **Juniors:** 1 Tegan Gore (DHSOB) 43:19.

Constantia Village K-Way 15 km

Constantia, 11 March

(Certified, undulating loop course. Finishers: 1249 men + 1593 women = 2842 total [down from 3053 last year].)

Note: Third victory in a row here for Zintle Xiniwe. The handwriting of the women's results received by DRR was difficult to decipher in places, and some of the times may not be correct. DRR has corrected the spelling of some names. – Ed.

MEN

1. Bonginkosi Zwane (Boxer) 46:37 (R1350)
2. Sipho Mbangwa (Boxer) 46:50 (R1100)
3. Givemore Mudzinganyama (ZIM/Asics) 47:01 (R900)
4. Anda Lubelwana (Hout) 47:12 (R550)
5. Akhona Makila (VOB) 47:41 (R400)

(All age category prize money except veterans and juniors was the same: R650, R500, R400.)

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 50:05 (R800); 2. Vakalisa Kopolo (Ned) 51:11 (R650); 3. Shawn Abrahams (Ind) 51:37 (R550). **Masters:** 1. Johnny Persents (WR) 54:46; 2. Henry Wolstenholme (Durb) 55:30; 3. Monde Tutani (Gugs) 56:25. **G'masters:** 1. Les Chivell (FH) 62:39; 2. Goodman Mpukane (Gugs) 65:27; 3. Kevin Kohler (Edge) 74:34. **G/g'masters:** 1. Jeff Smith (Itheko) 64:05 SA rec; 2. Jimmy Morris (Forest) 69:15; 3. Anthony Riddick (RWFL) 74:00. **Juniors:** 1. Thembeke Mendu (Gugs) 49:41 (R500); 2. Inga Ngwenduna (Satori) 55:19 (R400); 3. Nashief Stemmet (SH) 63:30 (R350).

WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 57:41
2. Nomvuyisi Seti (Itheko) 58:05
3. Ebeth Marais (Carb) 58:15
4. Alexandra Townsend (Ind) 59:29
5. Candyce Hall (Carb) 59:40

Veterans: 1. Obertina Kanyongo (ZIM/VOB) 62:38; 2. Ursula Frans (Ned) 62:35; 3. Busisiwe Matiwane (Ned) 64:47. **Masters:** 1. Elmarie Coetzee (FNB) 64:28; 2. Mariëtte Strauss (Tyger) 65:08; 3. Ester Brink (Carb) 65:38. **G'masters:** 1. Nancy Will (Pine) 67:27; 2. Charmaine Cupido (Ned) 75:21; 3. Judith Grove (Tyger) 77:45. **G/g'masters:** 1. Diane Thompson (VOB) 1:30:22; 2. Marlene James (Pine) 1:30:29; 3. Avril Delapelin Dumont (WC) 1:48:08. **Juniors:** 1. Kirsten Roodman (VOB) 67:47; 2. [Illegible] (UCT) 69:27; 3. Razaan Kamaldien (Carb) 69:59.

ABAX Investments Milkwood Half Marathon & 10 km

Kommetjie, 5 March

(Distances: 21.1 km & 10 km; certified point-to-point course for the half marathon & a loop for the 10 km, both hilly.)

Note: Gert Thys, who won the race last year, competed here just one day after running in the Century City 10 km Express. – Ed.

Half marathon

MEN

1. Lungile Gongqa (Ned) 1:12:04
2. Siviwe Nkombi (Ned) 1:12:21
3. Gert Thys (Post) 1:14:11 (1st vet)

Veterans: 1. Gert Thys (Post) 1:14:11; 2. Vakalisa Kopolo (Ned) 1:19:05; 3. Roger Dickson (VOB) 1:19:25. **Masters:** 1. Shafiek Cassiem (Itheko) 1:34:04; 2. Mark Lemmon (MSM) 1:38:42; 3. Patrick Gaertner (VOB) 1:50:53. **G'masters:** 1. Sam Kotze (Ned) 1:44:57; 2. Mark Wagenheim (AAC) 1:44:59; 3. Neville Frieslich (FH) 1:46:34. **G/g'masters:** 1. Jeff Smith (Itheko) 1:46:22; 2. Don Ross-Watt (FH) 2:03:22; 3. Bruce Barber (FH) 2:06:54. **Juniors:** 1. Inga Ngwuendune (Satori) 1:24:15; 2. Michael Mackintosh (FH) 1:27:29.

WOMEN

1. Jessica Pollock (UCT) 1:27:34
2. Nicola Hooper (Carb) 1:33:38
3. Ivy Gongqa (Ned) 1:35:07

Veterans: 1. Tracy Forbes (VOB) 1:36:18; 2. Busisiwe Matiwane (Ned) 1:38:23; 3. Karoline Hanks (Satori) 1:41:18. **Masters:** 1. Dain Hamilton (VOB) 1:38:19; 2. Ester Brink (Carb) 1:38:58; 3. Georgina Andraos (VOB) 1:39:17. **G'masters:** 1. Nancy Will (Pine) 1:55:13; 2. Louisa v.d. Westhuizen (Stell) 1:57:06; 3. Anne Williams (PnP) 2:13:32. **G/g'masters:** 1. Marianne Nelson (RWFL) 2:35:14; 2. Jo Goddard (FH) 2:49:09; 3. Avril Delapelin Dumont (WC) 2:54:43.

10 km

MEN

1. Tsungai Mwanengeni (ZIM/Gugs) 33:19 (1st vet)
2. Siyabunga Mpongwana (Ned) 33:27
3. Morné Kammies (Sanlam) 33:29

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 33:19; 2. Jason Courts (Celtic) 41:47; 3. Dave Couperthwaite (Ned) 42:36. **Masters:** 1. John van Romberg (Satori) 56:13; 2. Glen Abrahams (ARD) 66:19; 3. Marius van Wyk (Edge) 70:43. **G'masters:** 1. John Watermeyer (FH) 54:29; 2. Neil Ebing (WPCC) 55:06; 3. Rudi Scheifflinger (SH) 59:39. **G/g'masters:** 1. Jeremy Mathers (FH) 70:53; 2. Earl Hargreaves (Celtic) 72:39; 3. Jack Cammidge (FH) 78:56. **Juniors:** 1. Calvin Hammond (Ned) 38:26; 2. Evan McLean (FH) 56:25.

WOMEN

1. Anna Bungo (Gugs) 43:38
2. Julie Huckle (Hout) 44:08 (1st vet)
3. Mariëtte Strauss (Tyger) 44:54 (1st mast)

Veterans: 1. Julie Huckle (Hout) 44:08; 2. Zelna Africa (SANDF) 65:59; 3. Neolene Lourens (Bell) 67:21. **Masters:** 1. Mariëtte Strauss (Tyger) 44:54; 2. Paola Vignani (ITA/VOB) 50:08; 3. Jillian Altern (FH) 55:02. **G'masters:** 1. Charmaine Cupido (Ned) 53:16; 2. Helen du Plessis (Brack) 53:37; 3. Collette van Eck (FH) 53:58. **G/g'masters:** 1. Marlene James (Pine) 63:50; 2. Jean Cammidge (FH) 70:53; 3. Margaret Harrison (FH)

72:52. **Juniors:** 1. Ela Mering (WR) 52:14; 2. Michaela Pinkham (SH) 62:22; 3. Shanley McLean (FH) 65:04.

Battlefields Marathon (39th), Half Marathon & 10 km

Newcastle, 4 March

(Distances: 42.195 km, 21.1 km & 10 km; out-and-back courses)

Marathon

MEN

1. Basil Mazibuko (Osi) 2:42:12
2. Sihle ? (Lotus) 2:43:54
3. Reginald Ngobese (32Gi) 2:44:23

WOMEN

1. Johanna Burgers (B2R) 4:05:42
2. Elmien Scott (Goud MS) 4:05:42 [correct]
3. Marizanne Neethling (Goud MS) 4:07:29

Half marathon

MEN

1. Mandise Khubeka (Klip) 1:11:03
2. Siphesihle Lloyd (Ind) 1:12:43
3. Derrick Masango (Ind) 1:17:01

WOMEN

1. Hanlie Goosen (Ind) 1:48:17
2. Thobela Mbatha (Biggars) 1:51:28
3. Liesel Gadd (Volks) 1:53:03

10 km

MEN

1. Bekhani Sithole (Klip) 32:44
2. Tsepang Selepe (Emad) 34:35
3. Lindone Ndlovu (CR) 36:57

WOMEN

1. Rika Rossouw (Volks) 45:09
2. Jo Claassen (Ind) 46:22
3. Robyn Pentz (Ind) 54:53

Bieliemielie Half Marathon & 10 km

Reitz, 18 February

(Distances: 21.1 km & 10 km. Finishers: half marathon – 54; 10 km – 40.)

Half marathon

MEN

1. Dada Moloi 1:12:53
2. Puseletso Tsoletsi 1:17:44
3. Abram Moloi 1:18:34

WOMEN

1. Sally Tshabalala 1:34:34
2. Maureen Dhladla 1:38:44
3. Gloria Tsotetsi 1:39:10

10 km**MEN**

1. Sello Motlaung 34:00
2. Miya Lebolang 34:45
3. Kamohelo Mofokeng 38:28

WOMEN

1. Liezl Meiring 48:33
2. Yvonne Swart 51:32
3. Maretha Kruger 52:48

CROSS-COUNTRY**KZNA Cross-country Parlauf**

Westville, 10 March

MEN (8 km – 4x1 km each)

- | | | | |
|----|---------------------------------|----------------|-------|
| 1. | Mitch Dufourq & Steven Caelers | TV/Maxed Elite | 28:20 |
| 2. | Musa Zungu & Sbusiso Njilo | Inanda Quadi | 29:08 |
| 3. | Warren Kidgell & Craig Buchanan | HV/PDAC | 29:15 |

WOMEN (6 km – 3x1 km each)

- | | | | |
|----|-------------------------------------|-----------------|-------|
| 1. | Shelly Young & Jodi Clark | Chiltern/Stella | 24:29 |
| 2. | Janene Carey & Shani Silver | Boxer | 25:33 |
| 3. | Thobella Khuzwayo & Mbuyazi Ngomusa | Inanda Quadi | 26:08 |

MIXED TEAMS (8 km – 4x1 km each)

- | | | | |
|----|--------------------------------|-----------|-------|
| 1. | Janie Grundling & Siya Phewa | Boxer/Ind | 28:50 |
| 2. | Nick Smith & Dawn Nunes | PDAC | 30:29 |
| 3. | Jonathan Henry & Caylee Ellero | Ind/CKS | 32:22 |

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**Nagoya International Women's Marathon**

(36th)

(IAAF Gold Label Road Race)

Nagoya, JPN, 12 March

(Distance: 42.195 km; certified out-and-back course)

(gun times)

- | | | |
|----|-----------------------|-------------------------------|
| 1. | Eunice Kirwa, BRN | 2:21:17 PB/CR |
| | [1:10:21 / 1:10:56] | |
| 2. | Yuka Ando, JPN | 2:21:36 DB (JPN debut record) |
| | [1:10:21 / 1:11:15] | |
| 3. | Mao Kiyota, JPN | 2:23:47 PB |
| 4. | Sayaka Kuwahara, JPN | 2:26:09 |
| 5. | Hisami Ishii, JPN | 2:27:35 DB |
| 6. | Miharu Shimokado, JPN | 2:27:54 PB |
| 7. | Kaori Yoshida, JPN | 2:28:24 PB |
| 8. | Ai Utsunomiya, JPN | 2:28:52 DB |



Eunice Kirwa on her way to winning the Nagoya International Women's Marathon and setting a new national and course record. [IAAF]

9. Shiho Takechi, JPN 2:30:10
 10. Sinead Diver, AUS 2:31:37 PB

Zurich Marató de Barcelona (39th)

(IAAF Bronze Label Road Race)

Barcelona, ESP, 12 March

(Distance: 42.195 km)

Note: Both the first and second placed men, Jonah Kipkemoi Chesum and Jacob Chesari Kirui of Kenya, started the race as pacemakers, but went on to finish, reports *Race Results Weekly*. Interestingly, Chesum is also a T46 Paralympic athlete. – Ed.

MEN (gun times)

1. Jonah Kipkemoi CHESUM, KEN, 2:08:57 PB
2. Jacob Chesari KIRUI, KEN, 2:09:24
3. Justus KIPROTICH, KEN, 2:11:38 PB

WOMEN

1. Helen Tola BEKELE, ETH, 2:25:04 PB/CR*
2. Meselech Tsegaye BEYENE, ETH, 2:26:44 PB
3. Aberash FAYESA, ETH, 2:27:04
4. Meseret Abebayehu ALEMU, ETH, 2:29:14
5. Recho KOSGEI, KEN, 2:30:09

NN City Pier City Half Marathon (43rd)

Den Haag, NED, 12 March

(Distance: 21.1 km; certified out-and-back course)

MEN (gun times)

1. Geoffrey Yegon, KEN, 59:56
2. Edwin Kiptoo, KEN, 59:59
3. James Rungaru, KEN, 1:00:48
4. Leonard Langat, KEN, 1:01:02
5. Paul Koech, KEN, 1:01:03

WOMEN

1. Fabienne Schlumpf, SUI, 1:10:17 NR
[17:03 / 33:08 / 49:50 NR / 1:06:40 NR]
2. Elizeba Cherono, NED, 1:10:20
3. Kejeta Melat, ETH, 1:12:30

Maratonina Roma-Ostia (43rd)

(IAAF Gold Label Road Race)

Roma to Ostia, ITA, 12 March

(Distance: 21.1 km; point-to-point course with 20 m elevation loss; finish along the beachfront in Ostia)

MEN (gun times)

1. Guye ADOLA, ETH, 59:18
[13:48 / 27:43 / 41:55]
2. Justus KANGOGO, KEN, 59:31
3. Peter Kwemoi NDOROBO, KEN, 1:00:13
4. Phili KANGOGO, KEN, 1:00:57
5. Geoffrey KUSURO, UGA, 1:01:15

WOMEN (gun times)

1. Gladys CHERONO, KEN, 1:07:01
2. Angela TANUI, KEN, 1:07:43
3. Aselefech MERGIA, ETH, 1:08:46
4. Rebecca CHESIR, KEN, 1:09:01
5. Muliye Dekebo HAYLEMARIYAM, ETH, 1:09:10

Gate River Run 15 km (40th)

(U.S. 15 km Championships for Men and Women)

(2nd Stop on USATF Running Circuit)

Jacksonville, USA, 11 March

(Certified standard course)

Note: Olympian Leonard Korir won the gender challenge and additional \$5000 bonus. Jordan Hasay, who will make her marathon debut in Boston next month, was a convincing winner on the women's side over Olympian Emily Infeld. – Ed.

MEN (gun times)

1. Leonard Korir, 30, Colorado Springs, CO 43:22 \$12,000 + 5,000^
2. Shadrack Kipchirchir, 28, Colo Sprigs, CO 43:23 5,000
3. Sam Chelanga, 32, Colorado Springs, CO 43:28 3,000
4. Stanley Kebenei, 27, Colorado Springs, CO 43:29 2,000
5. Paul Chelimo, 26, Colorado Springs, CO 43:46 1,000

^) Earned gender battle bonus

WOMEN (gun times)

1. Jordan Hasay, 25, Beaverton, OR 49:28 \$12,000
2. Emily Infeld, 26, Portland, OR 49:42 PB 5,000
3. Neely Gracey, 26, Superior, CO 49:47 3,000
4. Laura Thweatt, 28, Superior, CO 49:54 2,000
5. Natosha Rogers, 25, Littleton, CO 50:02 1,000

CROSS-COUNTRY**Campeonato de España de Campo a Traves** (99th)

(Spanish Cross-country Championships)

Gijon, ESP, 12 March

ABSOLUTE MEN (10215 m):

1. Adel MECHAAL, Cataluña, 31:20
2. Ayad LAMDASSEM, Cataluña, 31:21
3. Javier GUERRA, Castilla y León, 31:38

ABSOLUTE WOMEN (10215 m):

1. Trihas GEBRE, País Vasco, 36:07
2. Ana LOZANO, Castilla La Mancha, 37:14
3. Nuria FERNANDEZ, Castilla La Mancha, 37:19

CAU Inter-county Championships

(Including British Athletics Cross Challenge)

Loughborough, GBR, 11 March

SR. MEN (12 km):

1. Andy Vernon, Aldershot, Farnham & District, 37:50:00
2. Alexander Teuten, Southampton/Southampton Uni, 38:14:00
3. Andy Maud, Highgate/Clapham Chasers, 38:19:00

SR. WOMEN (8 km):

1. Jessica Judd, Chelmsford/Loughborough Students, 29:54:00
2. Claire Duck, Leeds City, 30:07:00
3. Gemma Steel, Charnwood, 30:13:00

INDOOR TRACK

NCAA Division I Indoor Championships

College Station, USA, 10-11 March

(200 m banked synthetic track)

MEN

800 (11):

1. Emmanuel KORIR, FR, UTEP (KEN), 1:47.48
2. Drew PIAZZA, SR, Virginia Tech, 1:47.62
3. Joseph WHITE, JR, Georgetown, 1:47.79

Mile (11):

1. Josh KERR, FR, New Mexico (GBR), 4:03.22
2. Edward CHESEREK, SR, Oregon (KEN), 4:05.42
3. Sampson LAARI, SR, Mid. Tenn. State (GHA), 4:06.11
- ... 9. Matthew MATON, SO, Oregon, 4:08.88

3000 (11):

1. Edward CHESEREK, SR, Oregon (KEN), 7:55.91
[17th NCAA title/15th individual NCAA title]
2. Justyn KNIGHT, SO, Syracuse (CAN), 7:56.21
3. Marc SCOTT, SR, Tulsa (GBR), 7:57.19
- ... 16. Matthew MATON, SO, Oregon, 8:21.45

5000 (10):

1. Edward CHESEREK, SR, Oregon, 13:41.20
[16th NCAA title/14th individual NCAA title]
2. Marc SCOTT, SR, Tulsa, 13:43.83
3. Amon TERER, SR, Campbell (KEN), 13:47.01

WOMEN

800 (11):

1. Raevyn ROGERS, JR, Oregon, 2:01.09
2. Hanna GREEN, SR, Virginia Tech, 2:02.13 PB
3. Shea COLLINSWORTH, SR, BYU, 2:02.35

Mile (11):

1. Karisa NELSON, JR, Samford, 4:31.24 PB
2. Elinor PURRIER, JR, New Hampshire, 4:31.88
3. Danae RIVERS, FR, Penn State, 4:33.89
4. Kaela EDWARDS, SR, Oklahoma State, 4:34.27

3000 (11):

1. Dani JONES, SO, Colorado, 9:09.20
2. Karissa SCHWEIZER, JR, Missouri, 9:09.33
3. Katie RAINSBERGER, FR, Oregon, 9:09.87

5000 (10):

1. Karissa SCHWEIZER, JR, Missouri, 15:19.14 PB
2. Erin FINN, JR, Michigan, 15:27.36
3. Anna ROHRER, SO, Notre Dame, 15:29.83 PB

STATS TIME

This week we include a list of the top ten SA women 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 WOMEN

2:48:13A	Ann Ashworth	1	East London	25 Feb
2:57:05	Gerda Steyn	14	Dubai	20 Jan
2:57:07A	Stephanie Smith	2	East London	25 Feb
2:58:45A	Ulrica Stander (vet)	1	Simon's Town	19 Feb
3:01:23	Janie Grundling	2	Pietermaritzburg	26 Feb
3:01:24	Enie Manzini	1	Benoni	29 Jan
3:01:30	Yolande Maclean	1	Johannesburg	12 Feb
3:03:12	Fikile Mbuthuma	3	Pietermaritzburg	26 Feb
3:04:18	Marlize du Plessis	2	Benoni	29 Jan
3:05:09	Mary Khourie	2	Johannesburg	12 Feb

THIS MONTH IN HISTORY

50 years ago: 3 March 1967

South African distance running records in March are rather rare. In the 5000 metres only one has ever been set in the third month of the year – and it was a historic one. Running on the track where a little more than two years before he had become the first South African to record a dream mile, Div Lamprecht again scorched the track in front of the Coetzenburg faithful to also become the first under 14 minutes inside the country. Lamprecht smashed the previous best by almost seven seconds to finish in 13:53.4. Henk Altmann had run 13:39.0 in London the previous year, but this was never recognised as a national record.

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
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	27:52	Nicholas Kosimbei (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	43:40	Yigrem Demelash Endale (ETH)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	65:22A	Lukhanyo Ngxoko	East London	25 Feb
	65:53	Thabang Mosiako	Bedfordview	15 Jan
	59:10	Bedan Karoki (KEN)		
	58:23	Zersenay Tadesse (ERI) 2010		
25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	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	Reginald Ngobene	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	99:08A	Phakhama Shezi	Pinetown	29 Jan
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				

Grandmasters (60+)

10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	61:16A	Mochamat Kriel	Camps Bay	08 Jan

	62:09	Mochamat Kriel	Constantia	14 Jan
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:35	Mochamat Kriel	Tokai	04 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	94:01	Doug Winn (USA) 2010		
30 km	2:17:54	Louis Claassen	Camps Bay	08 Jan
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				

Great grandmasters (70+)

10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:19	Elias Raphulu	Pretoria	18 Feb
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:57:21	David Ngobeni	Pretoria	28 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				

Juniors

10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:41	Thembeke Mendu	Constantia	11 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	72:27	Itumeleng Sesiko	Sasolburg	04 Feb
	59:16	Samuel Wanjiru (KEN) 2005		

WOMEN

Open

10 km	34:53	Lena Lötter	Pinelands	25 Feb
	32:01	Eilish McColgan (GBR)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:43	Ntombesintu Mfunzi	Port Elizabeth	04 Feb
	47:45	Veronica Nyaruai Wanjiru (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	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
	2:21:17	Eunice Kirwa (BRN)			
		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	62:35	Ursula Frans	Constantia		11 Mar
	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	64:28	Elmarie Coetzee	Constantia		11 Mar
	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	67:27	Nancy Will	Constantia		11 Mar
	61:25	Kathryn Martin (USA) 2011			
21.1 km	97:38	Nancy Will	Tokai		04 Feb
	84:56	Bernadine Portenski (NZL) 2010			
25 km	2:25:43A	Sheree Kirsten	Pinetown		29 Jan
	1:58:24	Gloria Brown (USA) 1994			
30 km	2:25:27	Margie Saunders	Uitenhage		04 Mar
	2:17:11	Barbara Miller (USA) 1999			
Marathon	3:40:03A	Nancy Will	Simon's Town		19 Feb
	3:44:49	Val Watson	Benoni		29 Jan
	3:01:30	Bernadine Portenski (NZL) 2010			
100 km					

Great grandmasters (70+)

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	67:47 49:40	Kirsten Roodman Ines Chenonge (KEN) 2001	Constantia	11 Mar
21.1 km	1:43:36 1:09:05	Nompumelela Shongwe Delilah Asiago (KEN) 1991	Pretoria	26 Feb

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