

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

The Eastern Province Half-marathon Championships were decided this weekend in Port Elizabeth, with the titles going to Melikhaya Frans in 66:57 and defending champion Ntombesintu Mfunzi in 79:51, her fastest since July 2015. In the grandmaster category Margie Saunders ran a list leader of 95:57; she now owns four such times (the others are in the 10 km, 15 km and 30 km). Master Christine Claasen also recorded a list leader with her 92:01.

In US collegiate competition Annie Bothma, who studies at Coastal Carolina University, lost her 5000 m stadium record at the Southeastern Conference Championships, but easily won over double that distance at the Sun Belt Conference Championships in Arlington, running 34:12.04.

Race Results Weekly clarified the report, as mentioned here last week, about runners in the Breaking2 Marathon receiving drinks from helpers on motorbikes. According to Global Sports Communications, the Dutch athlete management company which represents Eliud Kipchoge, their athlete did not receive any drinks during the run from race staff on a motorbike. Instead, Kipchoge received all of his drinks from an official at a fixed station. There was a motorbike with drinks. However, Kipchoge did not use it.

There were two errors in the results of the SSISA/UCT Memorial 10 km which were included in last week's DRR. The third veteran woman was Coriaan de Villiers (Ned), not Chantel Simpson. The second 70+ woman was Pixie Sparg, not Pinkie Park.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Woodview AC Half Marathon & 10 km, Durban
- * Panamor Half Marathon & 10 km, Port Elizabeth
- * Zio Food Half Marathon & 10 km, Sasolburg
- * Love Running Half Marathon & 10 km, Pretoria
- * Colgate John Hattle 32 km & 15 km, Boksburg
- * Gasmart 10 km, George
- * Track: USSA Championships, Cape Town

International highlights:

- * Sendai International Half Marathon, Sendai, JPN

- * Fifth Third River Bank Run 25 km, Grand Rapids, USA
 - * Grand Prix von Bern, Bern, SUI
 - * Track: IAAF Diamond League, Shanghai, CHN; German 10000 m Championships, Bautze, GER; Atlantic Coast Conference Championships, Atlanta, USA; Sun Belt Conference Championships, Arlington, USA; SEC Outdoor Championships, Columbia, USA
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ROAD RUNNING

Woodview AC Half Marathon & 10 km

Durban, 14 May

(Distances: 21.1 km & 10 km)

Half marathon

MEN

1.	Mziwenkosi Mjaja	Nedbank AC	1:11:06
2.	Mawande Hlongwe	Zakhele AC	1:12:27
3.	Khanisa Nkinkqa	Stella AC	1:14:32

Veterans:

1.	Nkosinathi Mhlongo	Stella AC	1:17:39
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Masters:

1.	Robert Ngema	Ubuntu	1:29:27
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G'masters:

1.	Ananthan Chetty	Phoenix	2:01:36
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WOMEN

1.	Sarah Wilson	West AC	1:38:38
2.	Mari Frixleben	DHSOB	1:49:19
3.	Sharon Williams	Sydenham AC	1:53:25

Veterans:

1.	Anitha Sewnarrain	VAC	2:10:01
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Masters:

1.	Sharon Williams	Sydenham AC	1:53:25
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G'masters:

1.	Gill Tregenna	West AC	2:16:00
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10 km

MEN

1.	Sphmandla Nyembe	Ethekweni AC	31:38
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WOMEN

1.	Asande Ngubane	Inanda Q	49:02
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Panamor Half Marathon & 10 km

(EP Half-marathon Championships)

Port Elizabeth, 13 May

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 687; 10 km -- 216.)

MEN

1	Melikhaya	Frans	Ikhamva AC	27	1:06:57
2	Andile	Motwani	Tinarha AC	20	1:07:07
3	Mariano	Eesou	Madibaz AC	25	1:08:21
4	Mzwanele	Maphekula (1st vet)	Bluewater Bay	40	1:09:34
5	Lubabalo	Mdlungwane	Ikhamva AC	26	1:09:49

6	Rodney	Prins	Nedbank RC	28	1:10:08
7	Luyanda	Tshangana	Ikhamba AC	33	1:10:15
8	Masande	Mlonyeni	Charlo AC	36	1:11:16
9	Amos	Nyongo	Ikhamba AC	30	1:11:19
10	George	Ntshiliza	Nedbank RC	37	1:12:14

Veterans:

1	Mzwanele	Maphekula	Bluewater Bay	40	1:09:34
2	Melikhaya	Kepe	Nedbank RC	40	1:12:57
3	Zolile	Mhlahlo	Achilles AAA	42	1:14:13

Masters:

1	Christopher	Mabengeza	Nedbank RC	50	1:20:59
2	Desmond	Zibi	Achilles AAA	53	1:22:40
3	Kenneth	Menze	Bluewater Bay	55	1:22:42

G'masters:

1	Sizinzo	Kama	Achilles AAA	65	1:34:49
2	Hannes	Els	Madiba BW	67	1:34:59
3	Albert	Ngcanga	Xcel AC	67	1:36:57

G/g'masters:

1	Tamsanqa	Jusayi	Nedbank RC	75	1:43:40
2	Cilliers	Swart	Nedbank RC	70	1:44:02
3	Johannes	Herbst	Muirite Strider	71	1:52:22

Juniors:

1	Xabiso	Kobe	Tinarha AC	19	1:21:11
2	Hanno	Engelbrecht	Run 4 Christ AC	18	1:40:16
3	Elroy	Claassen	Charlo AC	17	1:51:20

WOMEN

1	Ntombesintu	Mfunzi	Nedbank RC	35	1:19:51
2	Ndileka	Mvakwendlu	Tinarha AC	26	1:21:37
3	Thalia	Slatem	Achilles AAA	27	1:23:38
4	Freedah	Ncube	Madibaz AC	35	1:28:40
5	Elmare	Bezuidenhout	Charlo AC	35	1:29:20
6	Siphokazi	Nojoko	Motherwell AC	22	1:29:49
7	Luthando	Nxanisa	Madibaz AC	24	1:29:52
8	Jane	Barnardo (1st vet)	Body Concept	42	1:31:08
9	Christine	Claasen (1st mast)	Achilles AAA	52	1:32:01
10	Terray	Newcombe	Elite AC	26	1:33:19

Veterans:

1	Jane	Barnardo	Body Concept	42	1:31:08
2	Terri-Lynn	Penney	RWFL EP	40	1:36:17
3	Katherine	Van der Walt	Body Concept	41	1:36:40

Masters:

1	Christine	Claasen	Achilles AAA	52	1:32:01
2	Michelle	Van Iddekinge	Elite AC	50	1:43:48
3	Janette	Schierz-Crusius	Body Concept	56	1:44:29

G'masters:

1	Margie	Saunders	Nedbank RC	63	1:35:57
2	Hanlie	Van der Westhuizen	Despatch AC	61	1:38:48
3	Renee	Hawkridge	Bluewater Bay	66	1:52:29

G/g'masters:

1	Liz	Jenkerson	Muirite Strider	70	2:04:10
2	Ronelle	Steyn	Nedbank RC	73	2:16:55
3	Christine	Fourie	Elite AC	70	2:21:43

Juniors:

1	Nomakhosi	Ntliziyo	Madibaz AC	18	1:43:12
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10 km**MEN**

1	Tandisile	Xoshomba	Tinarha AC	21	32:52
2	Matthew	Burgstahler	Madibaz AC	21	34:40
3	Thando	Ncipa	SAPS AC EP	25	34:56
4	Anele	Voorman (1st jun)	Nedbank RC	17	35:03
5	Siphosethu	Schout	SAPS AC EP	15	36:25
6	Arthur	Reynolds (1st vet)	Charlo AC	40	37:28
7	Vuyo	Lloyd	Bluewater Bay	39	38:27
8	Mncedisi	Tiyo	Bluewater Bay	44	39:07
9	Ruan	Smalberger	St Albans AC	27	39:17
10	Luvuyo	Nkwinti	Temp	35	40:00

Veterans:

1	Arthur	Reynolds	Charlo AC	40	37:28
2	Mncedisi	Tiyo	Bluewater Bay	44	39:07
3	Phillip	Du Plessis	Xcel AC	46	48:51

Masters:

1	Mark	Oosthuizen	Temp	52	47:38
2	Simon	Matebese	Nedbank RC	54	49:38
3	Zamile	Futa	Youth Fc AC	59	50:02

G'masters:

1	Syd	Lippstreu	Crusaders AC	69	51:28
2	Nick	Mullins	Temp	61	59:49
3	Phil	Rawstron	Charlo AC	61	1:02:27

G/g'masters:

1	Allan	Verreynne	Crusaders AC	70	52:38
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Juniors:

1	Anele	Voorman	Nedbank RC	17	35:03
2	Siphosethu	Schout	SAPS AC EP	15	36:25
3	Rhyno	Smith	Goudveld Ms	19	46:21

WOMEN

1	Annalise	Scholtz	Madiba BW	34	39:42
2	Vicky	Oelofse (1st jun)	St Albans AC	16	41:26
3	Siphokazi	Liwani	Motherwell AC	19	43:21
4	Anja	Webber	Schools EPA	15	44:09
5	Zimkitha	Hoza	Temp	22	44:38
6	Lauren	Alcock	Madiba BW	16	46:25
7	Natasha	Magaga	Motherwell AC	15	50:24
8	Wade	Rossouw (1st vet)	Madiba BW	40	51:28
9	Cindy	Forbes	Temp	39	51:44
10	Marazane	Doubell	Temp	36	52:22

Veterans:

1	Wade	Rossouw	Madiba BW	40	51:28
2	Lisa	Watkins-Baker	32Gi EP AC	42	57:14
3	Nerissa	Walton	Temp	40	58:31

Masters:

1	Ann	Van der Merwe	Temp	51	53:36
2	Susan	Alcock	Madiba BW	51	56:50
3	Miemsie	Swanepoel	Elite AC	55	57:00

G'masters:

1	Helene	Oppel	Elite AC	67	58:45
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G/g'masters:

1	Elaine	Verreynne	Crusaders AC	71	1:10:37
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2	Angeline	Kivedo	Walmer AC	71	1:17:57
3	Dorothy	Hart	Nedbank RC	79	1:20:59

Juniors:

1	Vicky	Oelofse	St Albans AC	16	41:26
2	Anja	Webber	Schools EPA	15	44:09
3	Lauren	Alcock	Madiba BW	16	46:25

Zio Food Half Marathon & 10 km

Sasolburg, 13 May

(Distances: 21.1 km & 10 km. Weather: cold and wet.)

Note: These races used to be called the Zio Cash & Carry Half Marathon and 10 km. -- Ed.**Half marathon**

MEN

1 Jeffery Gwebu (KPMG) 68:29; 2 Puseletso Mofokeng (VUT) 68:55; 3 Pule Sibeko (Sibanya) 70:11 (1st jun).

Veterans: 1 William Mokwalakwala (MiWay) 74:11. **Masters:** 1 Reginald Ngobese (32Gi) 78:35. **G'masters:** 1 Anton Groenewald (Arcelor Mittal) 1:51:36. **Juniors:** 1 Pule Sibeko (Sibanya) 70:11.

WOMEN

1 Lebo Mofokeng (Omni) 88:18; 2 Andronica Mokgotla (Nedbank) 92:00; 3 Lindiwe Mthombeni (Sasol) 1:40:17 (1st vet).

Veterans: 1 Lindiwe Mthombeni (Sasol) 1:40:17. **Masters:** 1 Barbara Pretorius (Harmony Striders) 2:08:48. **G'masters:** 1 Lida Olivier (Harmony Striders) 2:12:36. **Juniors:** 1 Megan van Deventer (Arcelor Mittal) 1:41:15.**10 km**

MEN

1 Simon Sibeko (Sports Interchange) 31:20; 2 Lucas Jani (Nedbank) 31:31; 3 Moeketsi Tseiso (LES/KPMG) 31:50.

Veterans: 1 Kheledi Molete (MiWay) 36:33. **Masters:** 1 Moeletsi Sefako (SANDF) 43:35. **G'masters:** 1 Petrus Mohalajeng (Vultures) 44:37. **Juniors:** 1 Pakiso Mthemba (KPMG) 32:47.

WOMEN

1 Keneilwe Sesing (KPMG) 38:14; 2 Puseletso Pieta (Sports Interchange) 39:58; 3 Mamosuwe Lephila (Welkom RealLions) 41:59 (1st jun).

Veterans: 1 Morokane Tsepetsi (Vultures) 45:55. **Masters:** 1 Sarah Mahlangu (Sunninghill) 46:05. **G'masters:** 1 Jenny Robertshaw (Rockies) 64:01. **Juniors:** 1 Mamosuwe Lephila (Welkom RealLions) 41:59.**Love Running Half Marathon & 10 km**

Pretoria, 13 May

(Distances: 21.1 km & 10 km. Weather: cold.)

Half marathon

MEN

1 Jacob Tseko (Tuks) 70:42; 2 Vincent Kipchirchir (KEN/Nedbank) 71:20; 3 Mandla Nkabinde (Nkangala) 73:10.

Veterans: 1 Mankgabe Magedi (Makhuduthamage) 82:40; 2 Jaco Brummer (KPMG) 82:40; 3 Peter Motshoene (RWFL) 84:13. **Masters:** 1 Burger Linde (Vitality) 1:43:42; 2 Anton Stockenström (RWFL) 1:48:15; 3 Nuno Thomaz (Phobians) 1:55:31. **G'masters:** 1 Theo Basson (Irene) 99:41; 2 Temba Ngcaku (ACE) 1:40:27; 3 Ian Fyshe (Magnolia) 1:41:57. **G/g'masters:** 1 Ian McFadyen (Irene) 2:05:55; 2 Fred Clements (ACRW) 2:17:34. **Juniors:** 1 Mandla Mahlangu (Nkodima) 76:42.

WOMEN

1 Tabitha Tsatsa (ZIM/Nedbank) 88:46 (1st vet); 2 Vuyokazi Gebe (CSIR) 91:19; 3 Madri Wiid (Tuks) 95:56.

Veterans: 1 Tabitha Tsatsa (ZIM/Nedbank) 88:46; 2 Corne Prinsloo (PPMC) 1:41:52; 3 Lisa Fernandez (Kyalami) 1:53:30. **Masters:** 1 Ansa Strydom (Nedbank) 1:51:13; 2 Connie Blom (Runavation) 1:53:31; 3 Deidre Viljoen (Dirco) 2:09:45. **G'masters:** 1 Kim Roberts (Kudus) 2:16:47; 2 Rina Machado (Ndaba) 2:27:00.

10 km

MEN

1 Gladwin Mzazi (Boxer) 34:20; 2 Reghen Magwai (Born 2 Run) 37:47; 3 Colin Witbooi (PMMC) 37:52.

Veterans: 1 Colin Witbooi (PMMC) 37:52; 2 Ian MacDonald (RAC) 40:12; 3 Leon Baker (Midrand) 43:02. **Masters:** 1 Johan Pienaar (Vitality) 54:26; 2 James Eayrs (Irene) 56:19; 3 Francois Meintjies (Affies) 57:10. **G'masters:** 1 Louwrens Smit (Irene) 55:47; 2 Derek Oldnall (Irene) 67:18; 3 Mike Saxby (Irene) 67:42. **G/g'masters:** 1 Lammie Fourie (Agape) 63:04; 2 Cyril Clausen (RRW) 69:52; 3 Jeff Morris (Aurecon) 79:33. **80+:** 1 Ken Nurden (Agape) 62:00.

WOMEN

1 Liziwe Mabona (AMPA) 39:50; 2 Marcelle Coetzee (KPMG) 43:53; 3 Jane Mudau (Faranani) 48:24 (1st mast).

Veterans: 1 Maria Bendana (Morningside) 50:21; 2 Comfort Selebi (Kempton) 51:10; 2 Samulekiso Moyo (ZIM/Nedbank) 73:03. **Masters:** 1 Jane Mudau (Faranani) 48:24; 2 Ronel Fourie (Oss Moot) 58:08; 3 Estelle Kroukamp (Runavation) 63:45. **G'masters:** 1 Regina Hughes (Agape) 67:44; 2 Elize Herbst (Outeniqua) 72:31; 3 Marjan v.d. Walt (Running Inn) 75:00.

Colgate John Hattle 32 km (38th) & 15 km

Boksburg, 7 May

(Loop courses; the 32 km twice the 15 km loop. Weather: Cool and sunny; ideal running conditions. Finishers: 32 km - 2166 [considerably up from 1400 last year]; 15 km - 4409 [also considerably up from 3200]; plus 986 in 6 km fun run.)

32 km

MEN

1. Frans Mola (SD) 1:47:32
2. Eliud Biwott (KEN/Bedford) 1:49:53
3. Charles Soza (ZIM/Ned) 1:50:49

Veterans: 1. Bongane Zwane (Ned) 2:00:59; 2. Mbengeni Masa (Jeppe) 2:03:16; 3. Johannes Mthimkulu (Gallop) 2:07:49. **Masters:** 1. George Mooi (Gallop) 2:00:54; 2. Ronald Shibiri (Anglo) 2:08:52; 3. Solly Khumalo (Carlton) 2:12:58. **G'masters:** 1. Gideon Radebe (Anglo) 2:13:24; 2. Johannes ? (Ivory) 2:30:55; 3. Don Charles (Ned) 2:33:30. **G/g'masters:** 1. Pele Tshikundamalema (Ned) 2:48:57; 2. Moses Mhlongo (RAC) n/t.

WOMEN

1. Salome Cooper (B2R) 2:13:32 (1st vet)
2. Cobie Smith (Vital) 2:18:54
3. Bianca van Zyl (Florida) 2:24:21

Veterans: 1. Salome Cooper (B2R) 2:13:32; 2. Julianie Basson (B2R) 2:26:51; 3. Lindsay van Aswegen (Kempton) 2:33:09. **Masters:** 1. Leonor Erwee (MiWay) 2:27:01; 2. Chris Walter (Dain) 2:44:57; 3. Beverley Rausch (Vital) 2:46:50. **G'masters:** 1. Val Watson (Runav) 2:52:36; 2. Linda Icely (OE) 3:10:34.

15 km

MEN

1. Michael Pienaar (Tuks) 46:38
2. Moeletsi Moletsane (Tembisa) 49:33
3. Evans Malepe (BH) 50:34 (1st jun)

Veterans: 1. James Mcina (SC) 51:10; 2. Sylvester Molusi (Bid) 51:31; 3. Hector Mahlangu (Ind) 51:50. **Masters:** 1. Sontaga Mabale (Midrand) 59:51; 2. Ambrose Klassen (Jaguars) 63:51; 3. Advocate Thile (Bid) 65:11. **G'masters:** 1. Mike Hirst (Strid) 66:57; 2. André Bredenkamp (BH) 68:05; 3. Gordon Munn (JH) 70:14. **Juniors:** 1. Evans Malepe (BH) 50:34; 2. Caleb Beukes (KPMG) 51:16; 3. Sakhile Simelane (HL) 56:43.

WOMEN

1. Robyn Kaltenbrunn (KPMG) 61:49
2. Zanele Maisa (Ulinda) 65:28
3. Julie Soicher (Rockies) 66:15 (1st mast)

Veterans: 1. Adeline Thimkulu (Gallop) 68:15; 2. Assalina Nyathi (PO) 74:46; 3. Luzanne Grace (Green) 75:34. **Masters:** 1. Julie Soicher (Rockies) 66:15; 2. Elize Uys (Mag) 77:02; 3. Victoria Ngobese (SAPS) 84:54. **G'masters:** 1. Eileen Jones (OE) 89:54; 2. Malaudzi Makhazi (Ind) 90:11; 3. Ria Smit (Ind) 99:50. **Juniors:** 1. Tylo Cumberlege (FFA) 76:14.

Gasmart 10 km

George, 6 May
(Finishers: 124.)

MEN

1	Lloyd Bosman	Nedbank	29	32:47
2	Donovan Jantjies	Nedbank	20	33:44
3	Elfonzo Pieterse	Nedbank	28	35:05
4	Aviwe Kinana	Knysna MC	18	35:29
5	Melikhaya Msizi	Knysna MC	33	36:06
6	Eugene Lourens	Nedbank	16	36:14
7	Komani Awonke	Knysna MC	19	36:41
8	Mxolise Fana	Outeniqua Harriers	48	36:43
9	Mziwamadoda Petros	Knysna MC	30	38:58
10	Jacobus Boshoff	Outeniqua Harriers	46	39:31

Veterans:

1 Mxolise Fana Outeniqua Harriers 36:43

Masters:

1 Samuel Windvogel Outeniqua Harriers 43:48

G'masters:

1 Koos Smit Hartenbos Drawwers 44:56

G/g'masters:

1	Maurice Wicomb	Oudtshoorn AAC	1:08:59
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Juniors:

1	Aviwe Kinana	Knysna Marathon Club	35:29
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WOMEN

1	Annatjie Botes	Nedbank	59	43:23
2	Candice van Beulen	nedbank	17	44:12
3	Charmaine Lamprecht	Nedbank	33	44:41
4	Carike Fourie	Nedbank	40	45:46
5	Louw-Anne Lourens	Nedbank	16	47:32
6	Johanna Claassen	Nedbank	48	48:47
7	Sunet Eybers	Ind	44	49:27
8	Didi Roos	Faku Chiefs	28	49:41
9	Shirleen Swartz-Du Plessis	Faku Chiefs	31	50:36
10	Linelle Whitehead	Langeberg AC	36	51:37

Veterans:

1	Carike Fourie	Nedbank SWD	45:46
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Masters:

1	Annatjie Botes	Nedbank SWD	43:23
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G'masters:

1	Mariet de Haan	Nedbank SWD	55:04
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G/g'masters:

1	Lisetta Visagie	Nedbank SWD	1:17:22
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Juniors:

1	Candice van Beulen	Nedbank SWD	44:12
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TRACK**USSA Championships**

Cape Town (Green Point Stadium), 28-29 April

Note: Unfortunately the dates for the individual races are not available. -- Ed.

MEN**800:**

1. Rynardt van Rensburg (Kovsies) 1:49.57
2. Henco Uys (Puk) 1:50.28
3. Thabang Matiwane (UJ) 1:50.53
4. Sikhalo Mthimkulu (TUT) 1:50.73
5. Mafika Cunekelo (UJ) 1:50.87

1500:

1. Rantso Mokopane (Puk) 3:38.83
2. Dumisane Hlaselo (UJ) 3:38.94
3. Jerry Motsau (TUT) 3:41.97
4. George Kuschke (Tuks) 3:42.08
5. Henry Makane (UJ) 3:43.64

3000 s/chase:

1. Rantso Mokopane (Puk) 8:51.23
2. Merlin Klaaste (UWC) 8:51.56
3. Sive Ngubo (TUT) 8:54.20
4. Ruan Meintjies (Kovsies) 8:54.38
5. Siboniso Soldaka (CPUT) 8:58.71

5000:

1. Jeromy Andreas (UJ) 13:52.13
2. Rantso Mokopane (Puk) 14:05.04
3. Milton Kekana (TUT) 14:05.73
4. Collen Mulaudzi (TUT) 14:07.11
5. Michael Pienaar (Tuks) 14:17.48

10000:

1. Jeromy Andreas (UJ) 29:08.51
2. Milton Kekana (TUT) 29:14.83
3. Collen Mulaudzi (TUT) 29:22.31
4. Michael Pienaar (Tuks) 29:46.24
5. Nkosikhona Mhlakwana (KZN) 29:56.67

WOMEN

800:

1. Caster Semenya (Puk) 2:00.99
2. Anuscha Nice (Tuks) 2:05.48
3. Thato Makhafola (UJ) 2:10.61
4. Marné Mentz (Kovsies) 2:11.65
5. Michelle Redelinghuys (Tuks) 2:12.35

1500:

1. Caster Semenya (Puk) 4:16.87
2. Anuscha Nice (Tuks) 4:18.41
3. Kesaoleboga Molotsane (Kovsies) 4:19.92
4. Marné Mentz (Kovsies) 4:24.53
5. Stella Marais (Tuks) 4:25.72
6. Sherilene Gelderblom (Puk) 4:28.12

3000 s/chase:

1. Cherise Sims (Madiba) 10:45.97
2. Thembi Baloyi (Varsity) 10:51.12
3. Carina Swiegers (Puk) 11:06.27
4. Lizandre Mulder (Kovsies) 11:47.23

5000:

1. Kesaoleboga Molotsane (Kovsies) 16:08.59
2. Sherilene Gelderblom (Puk) 16:50.14
3. Stella Marais (Tuks) 16:52.81
4. Cherise Sims (Madiba) 17:51.87

10000:

1. Rachel Leistra (UJ) 37:51.00
 2. Tanya Scott (UCT) 38:55.76
 3. Portia Ngwenya (TUT) 39:20.41
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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**Sendai International Half Marathon** (26th)

Sendai, JPN, 14 May

(Distance: 21.1 km)

MEN (gun times)

1. Charles Ndirangu (KEN) 1:01:44
2. Paul Kuiru (KEN) 1:01:48
3. Muthoni Muiru (KEN) 1:01:59
4. Takuya Noguchi 1:02:21
5. Masato Imai 1:02:36

WOMEN (gun times)

1. Hanae Tanaka 1:11:07
2. Misaki Kato 1:11:42
3. Felista Wanjugu (KEN) 1:11:51
4. Sayo Nomura 1:12:36
5. Yurie Doi 1:13:00

Fifth Third River Bank Run 25 km (40th)

(U.S. 25 km Open Championships for men and women)

Grand Rapids, USA, 13 May

(Certified loop course)

Note: Aliphine Tuliemuk had a great day here. She not only repeated as USA 25 km champion, but set a championships record and easily held off all of the men to win an additional \$2500 "equalizer" bonus (the elite women got an 11-minute, 30-second headstart). -- Ed.

MEN (gun times)

1. Dathan Ritzenhein, Belmont, MI 1:14:27 PB \$10,000
2. Christo Landry, Charlotte, NC 1:14:51 5,000
3. Parker Stinson, Boulder, CO 1:15:04 PB 2,500
4. Tim Ritchie, New Haven, CT 1:15:13 PB 1,000
5. Aaron Braun, Flagstaff, AZ 1:16:24 PB 800

ELITE WOMEN (gun times)

1. Aliphine Tuliemuk, Santa Fe, NM 1:24:35 PB/CR \$10,000 + 2500g
2. Neely Gracey, Boulder, CO 1:25:12 PB 5,000
3. Tara Welling, Portland, OR 1:29:36 PB 2,500
4. Katie Matthews, Brighton, MA 1:30:53 PB 1,000
5. Obsie Birru, Des Moines, IA 1:31:03 PB 800

Grand Prix von Bern (36th)

Bern, SUI, 13 May

(Distance: 10 miles; loop course)

MEN (extended gun times)

1. Ghirmay Ghebreslassie, ERI, 49:25.8

2. Sylvester Kipchirchir, KEN, 49:34.8
3. Simon Tesfay, ERI, 50:27.0
4. Adrian Lehmann, LV Langenthal, 50:33.0
5. Sisay Yazew Tola, Petit-Lancy (ETH), 50:35.6

WOMEN (extended gun times)

1. Viktoriia Pogorielska, UKR, 56:38.1
2. Martina Strähl, LV Langenthal, 57:08.9
3. Helen Bekele Tola, ETH, 57:59.4
4. Lisa Hahner, GER, 58:12.6
5. Sonja Roman, SLO, 58:32.4

TRACK

IAAF Diamond League - Shanghai

(2nd stop of 2017 IAAF Diamond League)
Shanghai, CHN, 13 May

MEN

800 (DL Event):

1. Kipyegon Bett, 1998, KEN 1:44.70
2. Robert Biwott, KEN 1:45.15
3. Ferguson Rotich, KEN 1:45.17
4. David Rudisha, KEN 1:45.36
5. Alfred Kipketer, KEN 1:45.40
6. Adam Kszczot, POL 1:45.45
7. Marcin Lewandowski, POL 1:45.87
8. Brandon McBride, CAN 1:46.40

WOMEN

1500 (DL Event):

1. Faith Kipyegon, KEN 3:59.22 WL
2. Dawit Seyaum, ETH 4:00.52
3. Besu Sado, ETH 4:03.10
4. Rababe Arafai, MAR 4:04.94
5. Malika Akkaoui, MAR 4:05.83
6. Angelika Cichocka, POL 4:06.23
7. Claudia Bobocea, ROU 4:06.33 PB
8. Katie Mackey, USA 4:07.15
9. Maureen Koster, NED 4:07.38
10. Alemaz Samuel, ETH 4:07.41 WJL/PB

5000 (DL Event):

1. Hellen Obiri, KEN 14:22.47 WL/PB
2. Senbere Teferi, ETH 14:31.76
3. Letesenbet Gidey, ETH 14:36.84 WJL/PB
4. Margaret Kipkemboi, KEN 14:45.95 PB
5. Caroline Kipkirui, KEN 14:51.87 PB
6. Sofia Assefa, ETH 14:56.37 PB
7. Sentayehu Lewetegn, ETH 15:08.57
8. Mercyline Chelangat, UGA 15:09.45 PB
9. Etenesh Diro, ETH 15:09.49
10. Tsige Abreha, ETH 15:18.32 WYL/PB

3000 s/chase (Non-DL Event):

1. Ruth Jebet, BRN 9:04.78 MR

2. Hyvin Kiyeng Jepkemoi, KEN 9:06.72
3. Celliphine Chespol, KEN 9:07.08
4. Norah Tanui, KEN 9:15.35 PB
5. Purity Kirui, KEN 9:24.97
6. Birtukan Adamu, ETH 9:24.97
7. Peruth Chemutai, UGA 9:27.72 PB
8. Rosefine Chepngetich, KEN 9:28.63
9. Stephanie Garcia, USA 9:29.79
10. Birtukan Fente, ETH 9:44.05

German 10000 m Championships

Bautze, GER, 13 May

OVERALL WOMEN

1. Sabrina Mockenhaupt, 1980, Lauf Team Haspa Marathon Hamburg, 33:08.42
2. Corinna Harrer, 1991, LG TELIS FINANZ Regensburg, 34:12.64
3. Thea Heim, 1992, LG TELIS FINANZ Regensburg, 34:34.75

Atlantic Coast Conference Championships

Atlanta, USA, 12-14 May

MEN

800 (14):

1. Drew PIAZZA, SR, Virginia Tech, 1:46.76
2. Patrick JOSEPH, JR, Virginia Tech, 1:46.82
3. Robert HEPPENSTALL, SO, Wake Forest (CAN), 1:47.04

Heat 2 -

1. Avery BARTLETT, SO, Georgia Tech, 1:50.91 Q
2. Abdur-Rahmaan KELLY, JR, NC State, 1:52.12
3. Mpho MAKOFANE, JR, Clemson (RSA), 1:52.44

Sun Belt Conference Championships

Arlington, USA, 12-14 May

MEN

800 (14):

1. Erik Martinsson SO UT-Arlington (SWE) 1:48.72
2. Ryan Hastings JR Appalachian State 1:48.74
3. Tyrone Jackson SR Texas State 1:50.73
- ... 5. Heinrich Herbst FR Arkansas State (RSA) 1:52.07

Heat 4 -

1. Erik Martinsson SO UT-Arlington (SWE) 1:50.10Q
2. Connor Julian SO UT-Arlington 1:52.24q
3. Heinrich Herbst FR Arkansas State (RSA) 1:52.51q

1500 (14/Heats combined):

1. Craig Lautenslager SR UT-Arlington (NZL) 3:51.60
2. Kennedy Chumba SR Arkansas-Lit (KEN) 3:53.57
3. Heinrich Herbst FR Arkansas State (RSA) 3:53.72
4. Rickus Jacobs JR Arkansas State (RSA) 3:54.45

3000 s/chase (13):

- | | | |
|-------------------|------------------------|---------|
| 1. Katleho Dyoyi | SR South Alabama (RSA) | 9:11.40 |
| 2. Logan Pittzman | SO Texas State | 9:20.70 |
| 3. Daniel Glick | FR Troy | 9:26.64 |

WOMEN

1500 (14/Heats combined):

- | | | |
|----------------------|---------------------------|---------|
| 1. Aynslee van Graan | JR Coastal Carolina (RSA) | 4:28.25 |
| 2. Devina Schneider | FR Texas State | 4:31.35 |
| 3. Angela Alonso | FR Georgia State | 4:38.31 |

5000 (14):

- | | | |
|---------------------|---------------------------|-------------|
| 1. Tristin Van Ord | SR Appalachian State | 16:55.29 CR |
| 2. Kyla Van Graan | SR Coastal Carolina (RSA) | 17:38.77 |
| 3. Devina Schneider | FR Texas State | 17:55.91 |

10000 (12):

- | | | |
|--------------------|---------------------------|----------|
| 1. Annie Bothma | FR Coastal Carolina (RSA) | 34:12.04 |
| 2. Tristin Van Ord | SR Appalachian State | 36:41.96 |
| 3. Tori Shelton | SO UT-Arlington | 37:28.62 |

SEC Outdoor Championships

(Southeastern Conference)

Columbia, USA, 11-13 May

WOMEN

1500 (13):

- | | | |
|-----------------------|-------------------|-------------|
| 1. Nikki Hiltz | JR Arkansas | 4:17.94 FR* |
| 2. Karissa Schweizer | JR Missouri | 4:18.42 |
| 3. Therese Haiss | SR Arkansas | 4:19.29 |
| ... 6. Carina Viljoen | FR Arkansas (RSA) | 4:23.64 |

Heat 2 -

- | | | |
|--------------------|---------------------|-------------|
| 1. Rhianwedd Price | JR Miss State (GBR) | 4:21.17Q |
| 2. Carina Viljoen | FR Arkansas (RSA) | 4:21.41Q |
| 3. Kat MacNeal | JR Ole Miss | 4:21.55Q PB |

5000 (13):

- | | | |
|----------------------|-------------------|--------------|
| 1. Karissa Schweizer | JR Missouri | 15:51.76 FR* |
| 2. Taylor Tubbs | SR Florida | 16:08.13 PB |
| 3. Mary Alex England | SR Ole Miss | 16:10.93 PB |
| DNF-- Carina Viljoen | FR Arkansas (RSA) | |

*) Facility record; previous 16:51.59, Annie Bothma, Coastal Carolina (RSA), 2017

VIEWPOINT

BREAKING2 MARATHON: NOW LET'S GO BACK TO BED

By Ken Young, *The Analytical Distance Runner*

A blatant violation of pacing rules renders the results from this "race" as unacceptable for records or rankings. Eighteen different rabbits (pacers) were deployed in teams with only three actually starting the race. Rather than pacing the three runners who actually finished, a team of three runners ran ahead of the three "contestants" to block any wind and provide drafting. A "pace" vehicle was used to set the pace, another violation.

Still, it was a remarkable performance by Eliud Kipchoge (KEN) who ran 2:00:25, well under the current (legitimate) world record. However, it reminds me of the story of the engineer, physicist, and mathematician who each were faced with waking up in their hotel room to discover a fire in their room. The engineer rushes out to the hallway, grabs a fire extinguisher, douses the fire and everything else in the room and goes back to bed. The physicist takes out a pad of paper, makes a few quick calculations, grabs the fire extinguisher, aims it at the base of the fire, puts the fire out, and goes back to bed. The mathematician makes reams of calculations, goes to the bathroom, dabbles his fingers in water from the tap, and says, "A solution is possible." and he goes back to bed.

Now, we know that a sub-2:00 marathon is possible. Nike has had their publicity. Let's go back to bed, i.e., real races with real competition. That is what it is all about. Times and records are only the frosting on the cake.

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
2:54:59	Danette Smith	1	Durban	09 Apr
2:57:05	Gerda Steyn	14	Dubai	20 Jan
2:57:07A	Stephanie Smith	2	East London	25 Feb
2:58:35	Eunice Phindile Nhlapo	2	Durban	09 Apr
2:58:45A	Ulrica Stander	1	Simon's Town	19 Feb
3:01:12	Leilani Scheffer	3	Durban	09 Apr
3:01:23	Janie Grundling	2	Pietermaritzburg	26 Feb
3:01:24	Ernie Manzini	1	Benoni	29 Jan
3:01:30	Yolande Maclean	1	Johannesburg	12 Feb

THIS MONTH IN HISTORY

85 years ago: 7 May 1932

May is a rather unusual month for setting SA records. The mile is the event with the most national records set in the fifth month, with six occurrences. The first of these came on this day in Stellenbosch (where the first sub-4 minute mile would be run 32 years later) when Harold Thompson broke the previous mark of Danie Jacobs by 1.4 seconds with his 4:21.2. This came just more than a month after he had won the SA title in Durban in 4:24.4 (he also won the 800 m); he would win again in 1933 and 1934. Interestingly enough, the next two May mile records both came on the 8th day of the month, in 1937 and 1954.

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.

MENOpen

10 km	28:48	Mbongeni Ngxazozo	Port Elizabeth	22 Apr
	27:52	Nicholas Kosimbei (KEN)		
15 km	26:44	Leonard Patrick Komon (KEN) 2010		04 Feb
	45:29	Melikhaya Frans	Port Elizabeth	
21.1 km	43:22	Leonard Korir (KEN)		29 Apr
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	64:07	Elroy Gelant	Port Alfred	29 Jan
	59:10	Bedan Karoki (KEN)		
30 km	58:23	Zersenay Tadese (ERI) 2010		04 Mar
	81:36A	Sipho Mbanjwa	Pinetown	
Marathon	76:22	Wellington Bezerra da Silva (BRA)		26 Feb
	71:18	Dennis Kipruto Kimetto (KEN)		
100 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
Marathon	87:13**	Eliud Kipchoge (KEN) 2016		26 Feb
	87:13**	Stanley Biwott (KEN) 2016		
100 km	2:16:53	Stephen Mokoka	Tokyo	26 Feb
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		26 Feb
	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	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:32	Johannes Kekana	Polokwane	01 Apr
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	85:54	Shadrack Hoff	Pretoria	06 May
	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	2:23:41	William Mokwalakwala	Centurion	01 May
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:20	Makaya Masumpa	Port Elizabeth	22 Apr
	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 Ngobese	Benoni	29 Jan
	66:42	Martin Rees (GBR) 2003		
25 km	97:58A	Basie Bonaparte	Somers East	18 Mar
	98:49	Joseph Ndlovu	Pretoria	
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
	2:33:15	Reginald Ngobese	Sasolburg	
100 km	2:19:29	Titus Mamabolo (RSA) 1991		

Grandmasters (60+)

10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	88:35 71:31	Mochamat Kriel Martin Rees (GBR) 2013	Tokai	04 Feb
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Theo Bohnen Doug Winn (USA) 2010	Pinetown Pretoria	29 Jan 06 May
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				

Great grandmasters (70+)

10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Clive Davies (USA) 1985	Pretoria	06 May
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:37:53 2:54:49	Elias Raphulu Ed Whitlock (CAN) 2004	Centurion	01 May
100 km				

Juniors

10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar
21.1 km	70:31 59:16	Itumeleng Sesiko Samuel Wanjiru (KEN) 2005	Port Alfred	29 Apr

WOMENOpen

10 km	32:55 30:04 30:21 Mx 30:04p Mx 30:29 Wo	Louisa Leballo Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Cape Town	02 Apr
15 km	53:59A 56:00 45:37 46:14** Mx 45:37p Mx 46:59** Wo	Dominique Scott Ntombesintu Mfunzi Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Joyciline Jepkosgei (KEN) Lornah Kiplagat (NED) 2007	Camps Bay Port Elizabeth	08 Jan 25 Mar
21.1 km	72:36 64:52 65:09 Mx 65:06p Mx 64:52p Mx	Irvette van Zyl Joyciline Jepkosgei (KEN) Florence Kiplagat (KEN) 2015 Peres Jepchirchir (KEN) 2017 Joyciline Jepkosgei (KEN)	Barcelona	12 Feb

25 km	66:25	Wo	Lornah Kiplagat (NED) 2007		
	90:21A		Jenna Challenor	Pinetown	29 Jan
	1:40:31		Jenna Challenor	Durban	19 Mar
30 km	79:53	Mx	Mary Keitany (KEN) 2010		
	82:47	Wo	Paula Radcliffe (GBR) 2005		
	1:54:43		Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24		Ami Utsunomiya (JPN)		
	1:38:49	Mx	Mizuki Noguchi (JPN) 2005		
Marathon	1:38:42p	Mx	Aberu Kebede (ETH) 2016		
	1:39:11	Wo	Mary Keitany (KEN) 2011		
	2:48:13A		Ann Ashworth	East London	25 Feb
	2:54:59		Danette Smith	Durban	09 Apr
	2:17:01		Mary Keitany (KEN)		
100 km	2:15:25	Mx	Paula Radcliffe (GBR) 2003		
	2:17:42	Wo	Paula Radcliffe (GBR) 2005		
	6:33:11		Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>					
10 km	36:43		Tanith Maxwell	Cape Town	01 Mar
15 km	32:14		Priscilla Welch (GBR) 1985		
	56:45		Tanith Maxwell	Ravensmead	18 Mar
21.1 km	49:35		Priscilla Welch (GBR) 1985		
	81:28		Tanith Maxwell	Tokai	04 Jan
25 km	69:56		Irina Permitina (RUS) 2009		
	1:48:53A		Shani Silver	Pinetown	29 Jan
	1:49:32		Maria Vilakazi	Pretoria	06 May
30 km	82:13		Mizuki Noguchi (JPN) 2005		
	2:02:35		Ulrica Stander	Camps Bay	08 Jan
Marathon	1:51:37		Mieke Pullen (NED) 2001		
	2:58:45A		Ulrica Stander	Simon's Town	19 Feb
	3:06:00		Salome Cooper	Benoni	29 Jan
100 km	2:26:51		Priscilla Welch (GBR) 1987		
	7:00:27		Normi Sakurai (JPN) 2007		
<u>Masters (50+)</u>					
10 km	38:43		Judy Bird	Cape Town	02 Apr
15 km	34:44		Tatyana Pozdniakova (UKR) 2005		
	64:28		Elmarie Coetzee	Constantia	11 Mar
21.1 km	54:33		Shirley Matson (USA) 1991		
	92:01		Christine Claasen	Port Elizabeth	13 May
25 km	76:07		Tatyana Pozdniakova (UKR) 2006		
	2:05:56A		Roshini Natasen	Pinetown	29 Jan
30 km	2:07:29		Ansa Strydom	Pretoria	06 May
	2:16:59		Christine Claasen	Uitenhage	04 Mar
Marathon	3:18:52		Jane Mudau	Durban	09 Apr
	2:31:05		Tatyana Pozdniakova (UKR) 2005		
100 km					
<u>Grandmasters (60+)</u>					
10 km	42:31		Margie Saunders	Port Elizabeth	22 Apr
15 km	38:56		Lidia Zentner (GER) 2015		
	66:11		Margie Saunders	Port Elizabeth	25 Mar
21.1 km	61:25		Kathryn Martin (USA) 2011		
	95:57		Margie Saunders	Port Elizabeth	13 May
	84:56		Bernadine Portenski (NZL) 2010		

25 km	2:16:25 1:58:24	Val Watson Gloria Brown (USA) 1994	Pretoria	06 May
30 km	2:25:27 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	04 Mar
Marathon	3:26:99 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	Durban	09 Apr
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38 44:09	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Cape Town	02 Apr
15 km	87:32 72:52	Liz Jenkerson Jo Klein (NED) 2004	Port Elizabeth	25 Mar
21.1 km	1:55:21 97:38	Veronica van Niekerk Lavinia Petrie (AUS) 2014	Wellington	01 May
25 km				
30 km	2:18:20 2:50:37 2:47:08	Gerry Davidson (USA) 1991 Veronica van Niekerk Myra Rhodes (USA) 2002	Camps Bay	08 Jan
Marathon				
100 km	3:35:29	Helga Miketta (GER) 2013		
<u>Juniors</u>				
10 km	35:33 31:42	Ashleigh Simonis Zola Pieterse (RSA) 1984	Bellville	22 Apr
15 km	66:42 49:40	Celine Moses Ines Chenonge (KEN) 2001	Ravensmead	18 Mar
21.1 km	98:46 1:09:05	Georgina Janisch Delilah Asiago (KEN) 1991	Pretoria	08 Apr

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