

# 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

A beautiful autumn day in Cape Town, with Table Mountain rising majestically across the bay, brought out the best in Kenyan star Morris Gachaga Munene (22) as he sped equally majestically down Bree Street for the final 800 metres to cross the finish line for the fastest 12 km ever run: 33:27, to break the previous world best time of 33:31 held jointly by fellow countrymen Joseph Kimani and Sammy Kiprop Kitwara.

In the women's race Briton Tish Jones, better known as a marathoner these days, shocked all the 10 km specialists to take the title in 39:50, 78 seconds in front of Nolene Conrad.

Gachaga had little to say at the prerace media conference, where Lesotho's Namakoe Nkhasi, winner of the Old Mutual Two Oceans Half Marathon with a course record a few weeks ago, confidently predicted that he would run sub-33 minutes, but on race day his legs did the talking. He settled into the lead group with Lucky Mohale, Elroy Gelant, Nkhasi, David Manja and defending champion Stephen Mokoka early on, but by 4 km, reached in 11:05, he took command.

Two kilometres later, with Mokoka already out of contention, Gachaga surged, with Nkhasi on his heels. Gelant could not keep up, and by 9 km Gachaga surged once more to go clear of Nkhasi. He was alone when he swung into Bree Street for the final downhill section to the finish in front of the headquarters of title sponsor First National Bank.

Nkhasi finished second in 33:43 for the tenth fastest time in history (on all courses). Gelant was third for the second year in a row, clocking 33:54. Mokoka finished sixth in 34:43, more than a minute slower than the 33:34 he ran last year.

"I expected a tougher race from Mokoka, Gelant and Namakoe," Gachaga said, "but when they did not go with me after halfway, I attacked. At 9 km I knew the race was mine so I pushed the pace. Breaking the world best was a bonus. Coming here was a privilege for me." Gachaga, who has a best 10 km time of 28:32, won the fitbit Semi-Marathon de Paris on March 5 in 60:38.

Jones, who resides in Cape Town and won both the Peninsula and Cape Town marathons last year -- and scored a PB of 2:33:56 in the Virgin Money London Marathon four weeks ago -- took control almost from the start and was never challenged. "My legs were strong after having trained for London, but I really didn't expect to win. I'm surprised, but really happy," she said. Her time is the fastest in the world this year.

South African best times fell in all five women's age categories (see results below), with junior Ashleigh Simonis breaking her own mark by a scant second.

The number of finishers showed an increase of 22% over last year. There were once again more female finishers than male. The race was again superbly organised by Stillwater Sports, although many runners complained of poor seeding, which cost them better times.

Riël Hauman

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**INCLUDED IN THIS ISSUE:**

- \* FNB Cape Town 12 ONERUN, Milnerton to Cape Town
- \* Sunridge Village 10 km, Port Elizabeth
- \* XC: WP League Meeting, Bellville; Gauteng North League Meeting, Pretoria

**International highlights:**

- \* Bay to Breakers 12 km, San Francisco, USA
  - \* Stralugano Half Marathon, Lugano, SUI
  - \* Österreichischer Frauenlauf, Wien, AUT
  - \* Mattoni Karlovy Vary Half Marathon, Karlovy Vary, CZE
  - \* Göteborgsvarvet, Göteborg, SWE
  - \* Track: USATF Distance Classic, Los Angeles, USA; National Junior College Athletic Association (NJCAA) Division I Championships, Hutchinson, USA
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**ROAD RUNNING**

**FNB Cape Town 12 ONERUN (3rd)**

Milnerton to Cape Town, 21 May

(Distance: 12 km. Certified point-to-point course, the finish is slightly higher than the start [with a slight change from last year in the final 2 km]; the start/finish separation is 7280 m, or 60.66% of the race distance [not record eligible]. Weather: cool initially, warmer later, no wind; perfect running conditions. Finishers: 5224 men + 5995 women = 11 219 total [considerably up from 9151 last year].)

Note: All course records indicated in the women's age categories are also SA best times (all previous records were set last year, except in the grandmaster category, where the record was run two years ago). Morris Gachaga set a SA open best time, but no other national marks were recorded in the men's senior or age categories. Few clubs were indicated in the results, so they are all omitted here. -- Ed.

**MEN (gun times)**

1.	Morris	GACHAGA (KEN)	33:27	WB	R25 000
2.	Namakoe	NKHASI (LES)	33:43		R13 000
3.	Elroy	GELANT	33:54		R10 000
4.	Gladwin	MZAZI	34:10		R8000
5.	David	MANJA	34:10		R7000
6.	Stephen	MOKOKA	34:43		R6000
7.	Joel	MMONE	34:56		R5000
8.	Lucky	MOHALE	35:14		R4000
9.	Sibusiso	NZIMA	35:38		R3000
10.	Mbongeni	NGXAZOZO	35:47		R2000
11.	Desmond	MOKGOBU	36:00		
12.	Phillimon	MATHIPA	36:14		
13.	Rantso	MOKOPANE	36:43		
14.	Khaya	BUTELE	36:50		
15.	Sipho	MBANGWA	36:54		

16.	Lungile	GONGQA	36:55
17.	Kabelo	MELAMU	36:59
18.	Philani	BUTHELEZI	37:03
19.	Merlin	KLAASTE	37:07
20.	Lukhanyo	NOBAKADA	37:19
21.	Anthony	TIMOTEUS	37:21
22.	Siyabonga	NKONDE	37:37
23.	Rowhaldo	RATZ	37:56
24.	Akhona	MDAKA	38:04
25.	Peter	TSAWAYO (ZIM)	38:06
26.	André	AFRIKA	38:20
27.	Zongamele	DYUBENI	38:38 (1st vet)
28.	Duwayne	PHILANDER	38:57
29.	Deon Lee	HENDRICKS	38:59
30.	Tsungai	MWANENGENI (ZIM)	38:59

**Veterans:**

1.	Zongamele	DYUBENI	38:38	R3500
2.	Tsungai	MWANENGENI (ZIM)	38:59	R2000
3.	Vakalisa	KOPOLO	40:18	R1000

**Masters:**

1.	Stephen Siph	MOTAU	43:08	R2000
2.	John	SEPTEMBER	43:16	R1000
3.	Henry	WOLSTENHOLME	43:19	R500

**G'masters:**

1.	Leslie	CHIVELL	48:32	R1300
2.	Robbie	LINDSAY	48:56	R700

**G/g'masters:**

1.	Jeff	SMITH	56:47	R1000
2.	Ronnie	LE ROUX	61:55	R600

**Juniors:**

1.	Rowhaldo	RATZ	37:56	R1800
2.	Aubey	KOTZE	39:07	R1100
3.	Oliver	STEWART	40:46	R500

**WOMEN (Gun times; same prize money as men)**

1.	Tish	JONES (GBR)	39:50
2.	Nolene	CONRAD	41:08
3.	Maria	SHAI	41:14
4.	Lebogang	PHALULA	41:20
5.	Rutendo	NYAHORA (ZIM)	41:24
6.	Mapaseka	MAKHANYA	41:52
7.	Cornelia	JOUBERT	42:03
8.	Zintle	XINIWE	42:25
9.	Glenrose	XABA	42:33
10.	Christine	KALMER	43:09
11.	Ntombesintu	MFUNZI	43:29
12.	Marelise	RETIEF	43:41
13.	Fortunate	CHIDZIVO (ZIM)	44:06
14.	Jenna	CHALLENGER	44:10
15.	Ashleigh	SIMONIS	44:14
16.	Keneilwe	SESING	44:28
17.	Tanith	MAXWELL	44:46 (1st vet)
18.	Vuyiseka	NKUMENGE	45:08
19.	Janie	GRUNDLING	45:49
20.	Simonay	WEITSZ	45:49
21.	Candyce	HALL	46:18

22.	Adiebah	MORUCK	46:56
23.	Mari	RABIE	47:15
24.	Ebeth	MARAIS	47:17
25.	Judy	BIRD	47:39 (1st mast)
26.	Alesia	RUTHVEN	47:42
27.	Sophie	COPE	47:56
28.	Kim	BRINK	48:27
29.	Obertina	KANYONGO (ZIM)	48:56
30.	Yvonne	STEENKAMP	49:00

**Veterans:**

1.	Tanith	MAXWELL	44:46 CR
2.	Linda	KINLOCH-SMITH	49:00
3.	Susan	CARAS	50:48

**Masters:**

1.	Judy	BIRD	47:39 CR
2.	Obertina	KANYONGO (ZIM)	48:56
3.	Mari�ette	STRAUSS	50:30

**G'masters:**

1.	Nancy	WILL	52:43 CR
2.	Charmaine	CUPIDO	57:46

**G/g'masters:**

1.	Veronica	VAN NIEKERK	61:04 CR
2.	Pixie	SPARG	67:56

**Juniors:**

1.	Ashleigh	SIMONIS	44:14 CR
2.	Simonay	WEITSZ	45:49
3.	Laila	ABOUZAID	53:53

**Sunridge Village 10 km**

Port Elizabeth, 20 May  
(Loop course. Finishers: 962.)

Note: DRR last received results of this race in 2015; then there were 824 finishers. -- Ed.

**MEN**

1	Adriaan	Gerwel	Ikhamva AC	21	30:21
2	Zolani	Ngqaqa	Tinarha AC	28	31:02
3	Andile	Motwani	Tinarha AC	20	31:21
4	Andre	Ketchem	Xcel AC	33	31:47
5	Brendon	Effenaar	Nedbank RC	21	32:13
6	Lubabalo	Mdlungwane	Ikhamva AC	26	32:35
7	Masande	Mlonyeni	Charlo AC	36	32:38
8	Mzwanele	Maphekula (1st vet)	Bluewater Bay	40	33:24
9	Xolisa	Ndlumbini	Vukani MS Club	34	33:27
10	Duwayne	Lucas	Ikhamva AC	27	33:28
11	Dylan	Finlay (1st jun)	Temp	17	33:37
12	Melikhaya	Kepe	Nedbank RC	40	33:59
13	Zolile	Mhlahlo	Achilles AAA	42	34:11
14	Jarryd	Cooke	Charlo AC	23	34:23
15	Zamubuntu	Teyise	Charlo AC	40	34:38
16	Charles	Segalo	Charlo AC	30	35:03
17	Aidan	Dugmore	Schools EPA	17	35:24
18	Thobile	Xata	Nedbank RC	42	35:48
19	Xabiso	Kobe	Tinarha AC	19	35:52
20	Mzamo	Fokwana	Charlo AC	39	35:54

**40-44:**

1	Mzwanele	Maphekula	Bluewater Bay	40	33:24
2	Melikhaya	Kepe	Nedbank RC	40	33:59
3	Zolile	Mhlahlo	Achilles AAA	42	34:11

**45-49:**

1	Luvuyo	Stephen	Nedbank RC	47	38:47
2	Alfred	Pakkies	Charlo AC	48	39:11
3	Basil	Stevens	Gelvan AC	45	40:40

**50-54:**

1	Darrell	Wicht	Madiba BW	54	36:55
2	Sithembiso	Yozo	Temp	53	38:10
3	Nelson	Vlakbok	Charlo AC	52	42:50

**55-59:**

1	Kenneth	Menze	Bluewater Bay	55	38:11
2	Jannie	Nieuwenhuys	Temp	55	43:13
3	Joseph	Bain	St Albans AC	57	43:37

**60-64:**

1	George	Meiring	Muirite Strider	60	44:15
2	Bruce	McEwan	Achilles AAA	63	46:25
3	Roland	Dace	Gelvan AC	62	50:26

**65-69:**

1	Hannes	Els	Madiba BW	67	43:06
2	Sizinzo	Kama	Achilles AAA	65	44:14
3	Lochi	Lochner	Charlo AC	69	47:46

**70-74:**

1	Cilliers	Swart	Nedbank RC	70	47:35
2	Ron	Clark	Bluewater Bay	74	55:29
3	Andre	Fourie	Nedbank RC	70	58:54

**75-79:**

1	Tamsanqa	Jusayi	Nedbank RC	75	46:41
2	Godfrey	Kariem	Gelvan AC	76	56:08
3	Willem	Schoeman	Muirite Strider	75	1:14:01

**Juniors:**

1	Dylan	Finlay	Temp	17	33:37
2	Aidan	Dugmore	Schools EPA	17	35:24
3	Xabiso	Kobe	Tinarha AC	19	35:52

**WOMEN**

1	Ndileka	Mvakwendlu	Tinarha AC	26	38:27
2	Liza-Marie	Kingston	Nedbank RC	35	39:20
3	Vicky	Oelofse (1st jun)	St Albans AC	16	40:29
4	Davera	Magson (1st vet)	Nedbank RC	42	41:18
5	Adri	Wessels	Temp	41	41:32
6	Anri	Van der Mescht	Temp	25	43:04
7	Christine	Claasen (1st mast)	Achilles AAA	52	43:06
8	Elmare	Bezuidenhout	Charlo AC	35	43:19
9	Terray	Newcombe	Elite AC	26	44:29
10	Siphokazi	Liwani	Motherwell AC	19	45:05
11	Grizelda	Pietersen	Nedbank RC	48	45:12
12	Jane	Barnardo	Body Concept	42	45:29
13	Hayley	Mason	Achilles AAA	32	46:05
14	Andiswa	Fezani	Nedbank RC	29	46:18
15	Tracey	Leighton	Temp	33	46:23
16	Zimkitha	Hoza	Temp	22	46:24
17	Hanlie	Van der Westhuizen	Despatch AC	61	46:32
18	Ludine	Williams	St Albans AC	29	46:39

19	Annika	Oosthuizen	Temp	27	47:00
20	Janine	Nel	Temp	44	47:13
<b>40-44:</b>					
1	Davera	Magson	Nedbank RC	42	41:18
2	Adri	Wessels	Temp	41	41:32
3	Jane	Barnardo	Body Concept	42	45:29
<b>45-49:</b>					
1	Grizelda	Pietersen	Nedbank RC	48	45:12
2	Toegeda	Vyver	Nedbank RC	45	47:34
3	Melanie	Morris	32Gi EP AC	45	51:30
<b>50-54:</b>					
1	Christine	Claasen	Achilles AAA	52	43:06
2	Michelle	Van Iddekinge	Elite AC	50	48:33
3	Agnes	Nieburg	Profiles AC	51	49:53
<b>55-59:</b>					
1	Laura	Maritz	Infinity AC	56	49:18
2	Belinda	Bain	Charlo AC	55	52:56
3	Ina	Meaker	Infinity AC	55	56:29
<b>60-64:</b>					
1	Hanlie	Van der Westhuizen	Despatch AC	61	46:32
2	Christine	Snyman	Despatch AC	61	55:21
3	Shelley	Buncome	Aspen Pharmacar	60	55:24
<b>65-69:</b>					
1	Helene	Oppel	Elite AC	67	59:43
2	Denise	Terblanche	Infinity AC	69	1:09:36
3	Rita	Boucher	Infinity AC	66	1:16:30
<b>70-74:</b>					
1	Liz	Jenkerson	Muirite Strider	70	56:22
2	Ronelle	Steyn	Nedbank RC	73	1:02:31
3	Christine	Fourie	Elite AC	70	1:05:58
<b>75-79:</b>					
1	Dorothy	Hart	Nedbank RC	79	1:25:31
2	Aletta	Fourie	Madiba BW	78	1:39:35
<b>Juniors:</b>					
1	Vicky	Oelofse	St Albans AC	16	40:29
2	Marne	Olivier	Temp	16	48:51
3	Chane	Petzer	Schools EPA	17	55:04

## CROSS-COUNTRY

### WP League Meeting (1st)

Bellville (CPUT), 13 May

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

#### SR. MEN (10 km)

1	Anthony	Timoteus	UWC	30:08
2	Nadeel	Wildschutt	Itheko	30:23
3	Akhona	Makila	VOB	30:57
4	Akhona	Nxusani	Atlantic	31:11
5	Nkosinathi	Madyo	Itheko	31:37
6	Xolisa	Batala	Nedbank	31:57
7	Warren	Hefkie	UWC	32:13
8	Lee-Roy	Lawrence	UWC	32:13
9	Marks	Mpekula	VOB	32:55

10	Vincent	Fortuin	UWC	33:23
SR. MEN				
1	McMarshall	Hartzenberg	UWC	11:35
2	Emiele	Paulsen	MSA Multi-Sport	11:39
3	Granwin	Katzen	Celtic Harriers	11:48
4	Merlin	Klaaste	UWC	11:49
5	Sibusiso	Magwaza	UWC	11:57
6	André	Afrika	Eerste River	12:15
7	Jason	Koopman	UWC	12:17
8	Barry-John	Pienaar	Sanlam	12:39
9	Du-Wayne	Philander	UWC	12:42
10	Bulelani	Bebha	VOB	12:52
VETERAN MEN (8 km)				
1	Vakalisa	Kopolo	Nedbank	26:28
2	Gareth	Berning	VOB	26:32
3	Christo	van Rooyen	Nedbank	27:16
MASTER MEN (8 km)				
1	Johnny	Persents	Wild Runner	27:55
2	Henry	Wolstenholme	Durbanville	28:09
3	Eric	Coetzee	No Club	28:54
G'MASTER MEN (8 km)				
1	Robbie	Lindsay	Nedbank	31:44
2	Goodman	Mpukane	Gugs	33:54
3	Gemjikile	Tom	Eskom	34:05
G/G'MASTER MEN (8 km)				
1	Jeff	Smith	Itheko	38:22
2	Peter	Donald	West Coast	41:52
3	Carl	Hendricks	Elsies River	47:34
U.20 (8 km)				
1	Rowhaldo	Ratz	UWC	23:49
2	Adrian	Wildschutt	Itheko	24:12
3	Aubrey	Kotze	Eerste River	25:29
U.18 (6 km)				
1	Oliver	Stewart	Atlantic	19:19
2	Ruschin	Fortuin	UWC	19:28
3	Carlo	Flink	Itheko	19:51
SR. WOMEN (10 km)				
1	Candyce	Hall	Carbineers	38:17
2	Amy	Abrahams	Nedbank	38:48
3	Lee-Shay	Willemse	Velocity	39:02
4	Madelé	du Plessis	Edgemead	39:08
5	Julie	Fritz	Easterns	39:12
6	Sophie	Cope	Spartan Harriers	39:31
7	Siyanda	Ngxabela	Khayelitsha	39:57
8	Ebeth	Marais	Carbineers	40:35
9	Teagan	Pitt	UCT	43:43
10	Annah	Bungu	Gugs	45:25
SR. WOMEN				
1	Anel	Terblanche	KPMG	14:33
2	Natasha	Oosthuizen	Nedbank	16:29
3	Pamela	Moyikwa	VOB	17:17
4	Simoné	Kapp	Bellville	17:23
5	Nocwaka	Mthetho	MSA Multi-Sport	17:31

6	Anitha	Nonene	Kuils River RC	17:37
7	Elizabeth	Brink	Durbanville	17:39
8	Nomaxesibe	Ngcantsi	VOB	17:48
9	Shaundrey-Lee	Farmer	Eerste River	18:02
10	Chantel	Watt	Helderberg Harr	18:03

#### VETERAN WOMEN

1	Bulelwa	Simae	Nedbank	16:02
2	Coriaan	de Villiers	Nedbank	16:37
3	Coriaan	de Villiers	Nedbank	16:48

#### MASTER WOMEN

1	Ester	Brink	Carbineers	16:27
2	Olga	Howard	Nedbank	16:29
3	Bev	Charters	VOB	17:24

#### G'MASTER WOMEN

1	Nancy	Will	Pinelands	17:23
2	Hilary	Rhode	Edgemoed	19:29
3	Judith	Grove	Tygerberg	19:31

#### G/G'MASTER WOMEN

1	Pixie	Sparg	Celtic Harriers	23:03
2	Cathy	Taylor	Run Walk for Life	26:29
3	Margaret	Harrison	Fish Hoek	29:09

#### U.20 (6 km)

1	Dominique	Williams	Bottelary	22:42
2	Simone	Adams	Bottelary	24:44
3	Kirsten	Roodman	VOB	25:27

#### U.18

1	Athemba	Nqumashe	Bottelary	14:55
2	Kia	Gibbs	VOB	15:44
3	Keesha	Pretorius	UWC	17:33

### **Gauteng North League Meeting (1st)**

Pretoria, 13 May

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

#### SR. MEN (8 km)

1	Titus	Segole	Ekangala	28:02
2	Richard	Mavuso	Correctional Services	29:02
3	Michael	Mnguni	Ekangala	31:01
4	Andy	Mukona	Eagles Active	31:14
5	Sello	Manamela	Individual	33:47
6	Moshe	Seage	Cultivation	34:13
7	Isaac	Mashaba	Ekangala	34:31
8	Juan-Pierre	De Villiers	Montana	36:25
9	Michael	Van Niekerk	Ekangala	38:54

#### SR. MEN

1	Adriaan	Aldridge	Eagles Active	14:25
2	Derick	Mtsweni	Ikhonjane AC	14:30
3	Jonathan	Bredenkamp	Individual	17:01
4	Grimes	Grimes	Tuks	20:37

#### MEN 40 (8 km)

1	Enoch	Makunyane	Ekangala	32:55
2	Peter	Nteo	Cultivation	33:50



3	Hercu	Du Preez	Individual	35:31
MEN 45 (8 km)				
1	Gareth	Grees	TBC	34:05
2	Peter	Van Heerden	Irene	34:31
3	Piet	Mosebedi	Mkhombo	38:00
MEN 50 (8 km)				
1	Jan	Bester	Individual	36:26
2	Brandon	Hughes	Phobians	39:20
3	Jan	Verschoor	McArthur	45:24
MEN 55 (8 km)				
1	Johnie	Jonker	Denel	37:46
2	Japie	Badenhorst	ACRW	40:32
3	Nico	Vos	ACRW	43:08
MEN 60 (6 km)				
1	David	Mahlangu	FPN	25:19
2	Buks	Meyer	GNMA	34:10
3	Wessel	Van Wyk	Individual	34:21
MEN 65 (6 km)				
1	Mike	De Bruto	Irene	27:45
MEN 70 (6 km)				
1	Harry	Van der Merwe	BHS	31:25
2	Assie	Van Aswegen	Overkruin	42:02
MEN 75 (6 km)				
1	Andries	Van der Merwe	Transnet	42:35
2	Piet	Van Aswegen	Overkruin	49:01
MEN 85 (4 km)				
1	Martin	Coetzee	Magnolia	40:25
2	Frans	Grobler	Transnet	52:29
MEN 23				
1	Ephraime	Masombuka	Ikhonjane AC	14:29
2	Marco	Ruthven	Individual	14:39
3	Dumisa	Sangweni	FPN	15:13
JR. MEN (8 km)				
1	Tiaan	Bekker	FPN	30:29
2	Hennoe	Koekemoer	Centurion	30:59
3	Morkel	Johl	Zwartkop	31:20
BOYS 17 (6 km)				
1	Jean-Michael	Laubscher	Zwartkop	21:58
2	Estian	Eek	Die Wilgers	23:57
3	Luanre	Van Niekerk	FPN	25:16
SR. WOMEN				
1	Marlize	Odendaal	Runavation	18:32
2	Sunette	Vos	ACRW	20:13
WOMEN 40				
1	Corne	Prinsloo	FPN	16:53
2	Elmarie	Nolte	Individual	17:54
3	Thwali	Makolane	DRDLR AC	19:33
WOMEN 45				
1	Ronel	Thomas	Boxer	16:52
2	Marietjie	McDermott	Love Running	18:06
3	Retha	Hofmeyer	Individual	18:35
WOMEN 50				
1	Ansie	Breytenbach	Irene	18:18
2	Lettie	Saayman	Nedbank	19:33
3	Ronel	Fourie	Oos Moot	20:14

WOMEN 55				
1	Ilze	Crous	Affies	18:58
2	Hester	Merritt	ACRW	24:13
3	Lenah	Mahlangu	Ikhonjane AC	24:15
WOMEN 60				
1	Frances	Van Blerk	Nedbank	20:10
WOMEN 75				
1	Arina	Van Aswegen	Individual	26:43
WOMEN 90				
1	Adelaide	Van Aswegen	Individual	26:43
WOMEN 23				
1	Danielle	Jordaan	Oos Moot	16:40
2	Jeannie	De Beer	Runavation	16:55
3	Leandri	De Beer	Sterk Span Academy	17:27
JR. WOMEN (6 km)				
1	Marelize	Reitz	FPN	28:06
2	Kristin	Smith	Montana	32:44
3	Anri	Jansen van Vuuren	Oos Moot	36:04
1	Chantelle	Ras	FPN	17:02
GIRLS 17				
2	Zhandre	Loubser-Kuhn	Montana	17:04
3	M'zhane	Loubser-Kuhn	Montana	17:04

## 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

### Bay to Breakers 12 km (106th)

San Francisco, USA, 21 May

(Certified point-to-point course with minimal elevation loss [0.1m/km])

MEN (gun times)

1.	Philemon Cheboi, 23, KEN	34:48	\$3000
2.	Geoffrey Bundi, 29, KEN	35:15	2500
3.	Gabriel Geay, 20, TAN	35:32	2250
4.	Pierce Murphy, 23, Malibu, CA	35:57	2000
5.	Daniel Teklebrhan, 29, Los Angeles, CA (ERI?)	36:00	1750

WOMEN (gun times)

1.	Buze Diriba, 23, Albuquerque, NM (ETH)	39:48	\$3000 + 2500#
2.	Jane Kibii, 32, Auburn, CA (KEN)	40:30	2500
3.	Biruktayit Degefa, 26, Albuquerque, NM (ETH)	40:37	2250
4.	Risper Gesabwa, 28, KEN	40:42	2000
5.	Elvin Kibet, 27, Colorado Springs, CO (KEN)	40:44	1750
... 9.	Jen Rhines, 42, Boston, MA	43:31	1000

m) Earned masters prize money

**Stralugano Half Marathon** (13th)

Lugano, SUI, 21 May

(Distance: 21.1 km, one-loop course)

## MEN

1. Cosmas Jairus Kipchoge, 1986, KEN 1:01:01 CHF 2000 (=USD 2054)
2. Stephen Muendo Mwenwa, 1992, KEN 1:01:13 PB 1000
3. Paul Kariuki Mwangi, 1993, KEN 1:01:30 500
4. Alfred Mukche, 1994, KEN 1:02:42 250
5. Rodgers Maiyo, 1995, KEN 1:02:47 250

## WOMEN

1. Muliye Dekebo Haylemariyam, 1998, ETH 1:09:59 CHF 2000 (=USD 2054)
2. Sara Dossena, 1984, ITA 1:10:39 PB 1000
3. Helene Bekele Tola, 1994, ETH 1:12:27 500
4. Lucy Liavoga, 1989, KEN 1:14:01 250
5. Betty Chepkwony, 1995, KEN 1:14:33 250

**Österreichischer Frauenlauf** (30th)

(Austrian Women's Run)

Wien (Vienna), AUT, 21 May

(Distance: 5 km; 5-lap course)

## Elite 5 km (extended gun times)

1. Sara Moreira, 1985, POR 15:35.4
2. Susan Krumins, 1986, NED 15:40.1
3. Pauline Esikon, 1990, KEN 15:53.2
- ... 6. Sabrina Mockenhaupt, 1980, GER 16:22.3

**Mattoni Karlov Vary Half Marathon** (5th)

(IAAF Gold Label Road Race)

Karlov Vary, CZE, 20 May

(Distance: 21.1 km)

## MEN (gun times)

1. Wilfred Kimitei, KEN 1:00:54 PB/CR\* € 3000 + 1000\* + 2000i
2. Edwin Kimutai Kiplagat, KEN 1:00:57 PB 1500 + 2000i
3. Timothy Kimeli, KEN 1:00:57 PB 1000 + 2000i
4. Evans Cheruiyot, KEN 1:00:59 PB 600 + 2000i
5. Shadrack Korir Kimining, KEN 1:01:37 500 + 500i
- ... 12. Serhiy Lebid, UKR 1:06:52

\*) Course record bonus

i) Earned time incentive bonus

## WOMEN (gun times)

1. Yvonne Jelagat, KEN 1:08:19 PB/CR\* € 3000 + 1000\* + 5000i
2. Sutume Asefa, ETH 1:08:40 PB 1500 + 2000i
3. Marion Jepkirui Limo, KEN 1:11:21 1000
4. Ayantu Gemechu, ETH 1:11:49 600
5. Mercy Jerotich Kibarus, KEN 1:13:44 500

\*) Course record bonus

i) Earned time incentive bonus

**Göteborgsvarvet** (38th)

(Swedish Half-marathon Championships)

Göteborg, SWE, 20 May

(Distance: 21.1 km; one-loop course with no net elevation change and negligible start/finish separation)

## MEN (gun times)

1. Geoffrey Yegon, KEN	1:00:19	€ 6000
2. Amos Kipruto, KEN	1:00:24 PB	3000
3. Leonard Langat, KEN	1:00:33	1500
4. John Loitang, KEN	1:00:39	1000
5. Jahphet Korir, KEN	1:01:39 PB	800
6. Tadu Abate, ETH	1:01:56	600
7. Josphat Tanui, KEN	1:01:58	500
8. Noah Kiprotich Kigen, KEN	1:02:21	400

## WOMEN (gun times)

1. Fancy Chemutai, KEN	1:07:58 CR*	€ 6000 + 10,000*
2. Violah Jepchumba, KEN	1:08:10	3000
3. Margaret Agai, KEN	1:09:43 PB	1500
4. Beatrice Mutai, KEN	1:10:14	1000
5. Didaba Kuma, ETH	1:12:01	800
6. Gebeyanesh Ayele, ETH	1:12:58	600
7. Parendis Lekapana, KEN	1:13:15	500
8. Antonina Kwambai, KEN	1:13:39	400

**TRACK****USATF Distance Classic**

Los Angeles, USA, 18 May

## MEN

1500:

## Section 1:

1. Daniel ESTRADA, Mx International (CHI), 3:39.26 PB
2. Paul ROBINSON, Melbourne Track Club (IRL), 3:39.28
3. Matthew RAMSDEN, Melbourne Track Club (AUS), 3:39.39 PB

## Section 2:

1. Eric JENKINS, Nike Oregon Project, 3:36.51
2. Cristian SORATOS, Adidas, 3:36.73 PB
3. Riley MASTERS, Nike, 3:37.86
4. Drew HUNTER, Adidas, 3:38.39 PB

## Section 3:

1. Matthew CENTROWITZ, Nike / Nike Oregon Project, 3:33.41 MR/FR\*
2. Mo FARAH, Nike / Nike Oregon Project (GBR), 3:34.19
3. Chris O'HARE, Boston Athletic Association (GBR), 3:34.35 PB
4. Andrew WHEATING, Nike, 3:37.75

5000:

1. Shadrack KIPCHIRCHIR, U.S. Army, 13:23.74
2. Abbabiya SIMBASSA, American distance project, 13:25.79 PB
3. Martin HEHIR, Hoka One One, 13:29.94 PB

## WOMEN

800:

## Section 1:

1. Hanna HERMANSSON, CalCoast Track Club (SWE), 2:02.82 PB
2. Elizabeth WHELAN, University of Toronto (CAN), 2:03.64 PB
3. Alisha BROWN, Oiselle, 2:04.10

## Section 2:

1. Kenyetta IYEBELE, Hoka One One, 2:02.44
2. Dominique JACKSON, Oiselle / Sra Elite, 2:03.17
3. Grace ANNEAR, Vic City Elite (CAN), 2:03.36

## Section 3:

1. Anneliese RUBIE, Puma / Wolfpack TC (AUS), 2:02.18 PB
2. Georgia GRIFFITH, Sydney Running Academy (AUS), 2:02.32
3. Lora STOREY, Sydney Running Academy, 2:02.48

## Section 4:

1. Brenda MARTINEZ, New Balance, 1:58.78 MR/FR\*
2. Adelle TRACEY, Nike, 2:00.35
3. Angela PETTY, NZL, 2:00.44
- ... 6. Jennifer SIMPSON, New Balance, 2:02.32
- Lynsey SHARP, GBR, DNF

5000:

1. Laura WEIGHTMAN, Nike UK, 15:08.24 DB
2. Natosha ROGERS, New Balance, 15:08.29 PB
3. Jessica O'CONNELL, CAN, 15:16.79

## National Junior College Athletic Association (NJCAA) Division I Championships

Hutchinson, USA, 18-20 May

## MEN

1500 (20):

- |                     |                       |         |
|---------------------|-----------------------|---------|
| 1. Elias Gedyon     | SO Trinidad St        | 4:01.35 |
| 2. Ashenafi Hatte   | SO Iowa Central       | 4:02.27 |
| 3. Phillip Lagemann | SO Allen County       | 4:03.05 |
| 4. Moses Dirane     | FR Cloud County (RSA) | 4:03.23 |

5000 (20/heats combined):

- |                   |                          |          |
|-------------------|--------------------------|----------|
| 1. Gilbert Kigen  | SO Central Arizona (KEN) | 14:32.04 |
| 2. Thobile Mosito | FR Cloud County (RSA)    | 15:00.93 |
| 3. Karim Achengli | SO Iowa Central          | 15:06.92 |

### STATS TIME

This week we include a list of the top ten SA men in the half 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. Secondary performances by the top three are also listed.

### 2017 HALF MARATHON: TOP 10 MEN

1:03:41	David Manja	1	Gaborone	07 May
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1:03:55	Joel Mmone	2	Gaborone	07 May
1:04:07	Elroy Gelant	2	Port Alfred	29 Apr
1:04:17	Lucky Modike Mohale	1	Polokwane	29 Apr
1:04:18	Thabang Mosiako	2	Polokwane	29 Apr
1:04:20	Mmone-2	3	Polokwane	29 Apr
1:04:55	Melikhaya Frans	3	Port Alfred	29 Apr
1:04:57	Tlou Peu	1	Polokwane	18 Feb
1:05:10	Collin Jabulani Khoza	5	Polokwane	29 Apr
1:05:17	Thabiso Benedict Moeng	4	Port Alfred	29 Apr
1:05:22A	Lukhanyo Ngxoko	1	East London	25 Feb

### THIS MONTH IN HISTORY

#### 42 years ago: 17 May 1975

Since Roger Bannister ran the first dream mile on Oxford's Iffley Road track on 6 May 1954, a world record for the mile has only once been set in the month of May. It came on this day at the International Freedom Games in Kingston's National Stadium. A very strong field faced the starter at 9 p.m., among them the world record holder for 880 yards, Rick Wohlhuter. But the supreme runner once the gun had gone was the Tanzanian Filbert Bayi, known for his scorching starts, who had beaten John Walker the previous year at the Commonwealth Games in Christchurch with a new world record of 3:32.2 for 1500 m. His lap times then were 54.4, 57.4 and 58.6 (with a 55.8 last lap). Here he started a bit slower: 56.9, 59.7, 58.7 and 55.7 to break Jim Ryun's eight-year-old record by 0.1 sec with his 3:51.0. Marty Liquori was second in 3:52.2, Eamonn Coghlan third in 3:53.3 and Wohlhuter fourth in 3:53.8. Less than three months later Walker smashed the record with 3:49.4, but the eagerly anticipated clash between Bayi and Walker at the 1976 Olympic Games never materialised because of the African nations' boycott.

### 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	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	
	43:22	Leonard Korir (KEN)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Apr
	64:07	Elroy Gelant	Port Alfred	
	59:10	Bedan Karoki (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	76:22	Wellington Bezerra da Silva (BRA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
Marathon	87:13**	Stanley Biwott (KEN) 2016		26 Feb
	2:16:53	Stephen Mokoka	Tokyo	

	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

#### Veterans (40+)

10 km	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	Somerset East	18 Mar
	98:49	Joseph Ndlovu	Pretoria	06 May
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	60:24	Mochamat Kriel	Ravensmead	18 Mar
	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
	1:58:06	Theo Bohnen	Pretoria	06 May
	94:01	Doug Winn (USA) 2010		
30 km	2:10:11	Kosie Botha	Parow	26 Mar
	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

21.1 km	58:19	Ed Whitlock (CAN) 2001		
	95:36	Elias Raphulu	Pretoria	08 Apr
25 km	82:23	Ed Whitlock (CAN) 2001		
	1:56:09	Elias Raphulu	Pretoria	06 May
30 km	99:59	Clive Davies (USA) 1985		
	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
Marathon	2:00:56	Ed Whitlock (CAN) 2001		
	3:37:53	Elias Raphulu	Centurion	01 May
100 km	2:54:49	Ed Whitlock (CAN) 2004		
<u>Juniors</u>				
10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:31	Itumeleng Sesiko	Port Alfred	29 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:55	Louisa Leballo	Cape Town	02 Apr
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:00	Ntombesintu Mfunzi	Port Elizabeth	25 Mar
	45:37	Joyciline Jepkosgei (KEN)		
	46:14** Mx	Florence Kiplagat (KEN) 2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)		
	46:59** Wo	Lornah Kiplagat (NED) 2007		
21.1 km	72:36	Irvette van Zyl	Barcelona	12 Feb
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	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
	2:54:59	Danette Smith	Durban	09 Apr
	2:17:01	Mary Keitany (KEN)		
	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



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
	34:44	Tatyana Pozdniakova (UKR) 2005		
15 km	64:28	Elmarie Coetzee	Constantia	11 Mar
	54:33	Shirley Matson (USA) 1991		
21.1 km	92:01	Christine Claasen	Port Elizabeth	13 May
	76:07	Tatyana Pozdniakova (UKR) 2006		
25 km	2:05:56A	Roshini Natasen	Pinetown	29 Jan
	2:07:29	Ansa Strydom	Pretoria	06 May
30 km	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
	38:56	Lidia Zentner (GER) 2015		
15 km	66:11	Margie Saunders	Port Elizabeth	25 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	95:57	Margie Saunders	Port Elizabeth	13 May
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:16:25	Val Watson	Pretoria	06 May
	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	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	87:32	Liz Jenkerson	Port Elizabeth	25 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				

100 km	3:35:29	Helga Miketta (GER) 2013		
<u>Juniors</u>				
10 km	35:33	Ashleigh Simonis	Bellville	22 Apr
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

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