

Distance Running Results

Vol. 17, No. 21 – 29 May 2017

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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Publisher: Riël Hauman

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EDITORIAL

Mo Farah was his dominating self this weekend in what he called his last race at the famed Hayward Field in Eugene (and, indeed, on US soil) when he took the 5000 metres against strong opposition at the Prefontaine Classic Diamond League meeting. (As an aside, tomorrow is the 42nd anniversary of the brilliant US distance star's tragic death at the age of 24.)

In a huge field of 29 men, reports *Race Results Weekly*, Farah toyed with his competitors,



including two-time world cross-country and half-marathon champion Geoffrey Kamworor of Kenya. He slowly moved up through the field, varied the pace when it suited him, put himself into second position with four

Mo Farah (in sunglasses) follows Geoffrey Kamworor in the Pre Classic 5000, with (from left) Joseph Cheptegei, Albert Rop and Yomif Kejecha behind him. [David Monti for *Race Results Weekly*]

laps to go, and then produced a 55-second final lap to beat them all in 13:00.70, the fastest time in the world this year.

"It's quite emotional," Farah said of closing his Hayward Field career. "Two thousand eleven, that was my breakthrough year, if any of you guys remember. I wasn't even expected to win the race and I won the race, got the British record, British and European record. It gave me a massive boost, confidence to come to the Olympics. I won."

Farah, who just finished a five-week high altitude training camp in Flagstaff, Arizona, with British Athletics, is already looking forward to the final track races of his career, especially the 5000 m and 10000 m events at the IAAF World Championships in London in August. He's won the last five big global titles at 5000 m and the last four at 10000 m, and is the favourite to repeat, despite his 34 years. He said that he's changed his training to work with how his body has changed over time.

Behind Farah, Kamworor faded to third in 13:01.35, with Ethiopia's Yomif Kejelcha finishing between them in 13:01.21. Kamworor, who said before the race that he could beat Farah, said that he looks forward to facing him in the London World Championships at 10000 m. He finished second to Farah at the last IAAF World Championships in Beijing in 2015.

Two-time Olympic champion Caster Semenya won the 800 m against Kenya's Margaret Wambui in a furious sprint down the homestretch, 1:57.78, to 1:57.88. Burundi's Francine Niyonsaba was third in 1:59.10, and thus the same three women were on the podium as in the Rio Olympics when Semenya won gold, Niyonsaba silver and Wambui bronze.

Kenya's Ronald Kwemoi won the prestigious Bowerman Mile in a world-leading 3:49.04, leading two compatriots, Elijah Manangoi and Timothy Cheruiyot, under 3:50 in 3:49.08 and 3:49.64, respectively.

But perhaps the best performance of the meeting came in the International Mile where Norwegian teenager Jakob Ingebrigtsen, at 16 years and 249 days, became the youngest athlete ever to break four minutes for the mile. Crossing the line 11th in 3:58.07, he finished behind his older brother, Henrik, who got third in 3:53.79. "I was just a little bit worried that he was going to beat me," Henrik quipped. "Luckily I still have a few good years left."

The Norwegian's stellar achievement came almost exactly 53 years after US teenager Jim Ryun was the first high schooler to break four minutes when he ran 3:59.0 at the Compton Inviatitional at the age of 17 years and 38 days.

In the results of the first WP Cross-country League, included in last week's DRR, Coriaan de Villiers was shown as being second and third. These were the results received by DRR and a correction could not be obtained in time for publication. I wanted to add an explanatory note with the results, but unfortunately forgot to do so. De Villiers was second and the correct third athlete was Busisiwe Matiwane (Nedbank) in 16:49.

Also omitted were the sources for the results of the FNB Cape Town 12 ONERUN; these came from FinishTime and Jacky McClean (Newsport Media). DRR apologises for this error.

With DRR's US partner *Race Results Weekly* only being published tomorrow, we will catch up with the main international results again next week.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Hoekwil Half Marathon & 10 km, Hoekwil
- * XC: WP League Meeting, Atlantis; Gauteng North League Meeting, Pretoria

International highlights:

- * Prefontaine Classic, Eugene, USA
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ROAD RUNNING**Hoekwil Half Marathon & 10 km**

Hoekwil, George, 20 May

(Distances: 21.1 km & 10 km. Finishers: half marathon -- 145 [up from 113 last year]; 10 km -- 204 [up from 158].)

Note: Melissa van Rensburg finished ninth overall in the half marathon. -- Ed.**Half marathon****MEN**

1	Godwin Heyns	Nedbank	19	1:11:52
2	John April	Nedbank	28	1:12:52
3	Sivuyile Qole	Plett AC	30	1:14:22
4	Mxolise Fana	Outeniqua Harriers	48	1:19:21
5	Melikhaya Msizi	Knysna MC	33	1:19:40
6	Komani Awonke	Knysna MC	19	1:24:04
7	Patrick Peters	Military Sport Club	53	1:25:50
8	Mziwamadoda Petros	Knysna MC	30	1:26:04
9	Sydney Landsberg	Nedbank	55	1:26:08
10	Anton Chevalier	Nedbank	52	1:27:34

Veterans:

1	Mxolisi Fana	Outeniqua Harriers		1:19:21
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Masters:

1	Patrick Peters	SANDF		1:25:50
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G'masters:

1	Koos Smit	Hartenbos Drawwers		1:41:06
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G/g'masters:

1	Maurice Wicomb	Oudtshoorn AAC		2:26:51
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Juniors:

1	Godwin Heyns	Nedbank		1:11:52
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WOMEN

1	Melissa van Rensburg	Nedbank	35	1:26:08
2	Anel van Wyk	Nedbank	37	1:31:58
3	Cecilia Nel	Nedbank	35	1:33:04
4	Lisl Grobler	Knysna MC	40	1:34:32
5	Annatjie Botes	Nedbank	59	1:36:19
6	Carike Fourie	Nedbank	40	1:41:38
7	Carla Spangenberg	Nedbank	28	1:43:33
8	Kaye Bester	Knysna MC	36	1:49:53
9	Janet woodhead	Plett AC	37	1:50:20
10	Marie Ayton	Knysna MC	54	1:51:56

Veterans:

1	Lisl Grobler	Knysna MC		1:34:32
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Masters:

1	Annatjie Botes	Nedbank		1:36:19
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G'masters:

1	Renee Hawkrige	Bluewater Bay		1:53:55
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Juniors:

1	Christie Smit	Hartenbos Drawwers		1:55:58
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10 km**MEN**

1	Donovan Jantjies	Nedbank	20	32:48
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2	Anderson Ncube	Nedbank	21	33:32
3	Booi Salman	Nedbank	43	34:21
4	Christiaan Lingerveld	Nedbank	18	36:03
5	Eugene Lourens	Nedbank		36:04
6	Ricardo Cornelius	Cape MSC Eden	17	36:42
7	Siyabonga Msaseni	Knysna MC	17	37:01
8	Antonio Farmer	Nedbank	16	38:57
9	Charl Fourie	TEMP	31	39:33
10	Phelowethu Dickson	Knysna MC	17	40:36

Veterans:

1	Booi Salman	Nedbank		34:20
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Masters:

1	Patrick Rawlins	Outeniqua Harriers		46:18
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G'masters:

1	Peter Jakoby	Knysna MC		48:13
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G/g'masters:

1	Nic Brummer	Sedgefield Striders		49:05
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Juniors:

1	Christiaan Lingerveldt	Nedbank		36:03
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WOMEN

1	Macnita Samuels	Knysna MC	20	41:14
2	Brittney-Ann Meyer	Nedbank	16	41:56
3	Candace van Beulen	Nedbank		42:09
4	Louw-Anne Lourens	Nedbank		45:40
5	Alison Jordaan	Nedbank	50	45:42
6	Anel Oosthuizen	U7 Club	22	46:07
7	Linelle Groenewald	Outeniqua Harriers	26	47:17
8	Catharina Wray	Hartenbos Drawwers	53	48:04
9	Tanya Osborne	Outeniqua Harriers	44	49:16
10	Delmarie Henning	Hartenbos Drawwers	55	50:00

Veterans:

1	Tanya Osborne	Outeniqua Harriers		49:16
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Masters:

1	Alison Jordaan	Nedbank		45:42
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G'masters:

1	Mariet Horn	Knysna MC		57:59
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G/g'masters:

1	Anne Centner	Knysna MC		1:04:22
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Juniors:

1	Brittney-Ann Meyer	Nedbank		41:56
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CROSS-COUNTRY**WP League Meeting (2nd)**

Atlantis, 20 May

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

SR. MEN (10 km)

1	Nadeel	Wildschutt	Itheko	31:28
2	Vuyolwethu	Mbukushe	Itheko	31:43
3	Akhona	Makila	VOB	32:01
4	Virgina	Ngudlumana	Atlantic	33:01

5	Xolisa	Batala	Nedbank	33:26
6	Warren	Hefkie	UWC	33:51
7	Bulelane	Bhebha	VOB	34:06
8	Marks	Mpekula	VOB	34:46
9	Fabian	Slingers	UWC	36:06
10	Jeandr�	September	Eerste River	36:12

SR. MEN

1	Emiele	Paulsen	MSA Multi-Sport	12:01
2	McMarshall	Hartzenberg	UWC	12:02
3	Khaya	Bufelie	Nedbank	12:11
4	Du-Wayne	Philander	UWC	12:23
5	Marius	Peterson	Helderberg Harriers	12:31
6	Envor	Rhodas	MSA Multi-Sport	12:54
7	Asemahle	Kwatsha	Gugs	12:55
8	Bradley	Davids	Helderberg Harriers	13:05
9	Lwazi	Mpoyi	Helderberg Harriers	13:12
10	Cameron	du Toit	MSA Multi-Sport	13:17

VETERAN MEN (8 km)

1	Vuyani	Sixaso	Gugs	27:08
2	Vakalisa	Kopolo	Nedbank	27:17
3	Christo	van Rooyen	Nedbank	27:29

MASTER MEN (8 km)

1	Eric	Coetzee	Ind	30:13
2	Julian	Paul	SANDF	31:04
3	Chris	Mitchell	Celtic Harriers	31:36

G'MASTER MEN (8 km)

1	Goodman	Mpukane	Gugs	34:46
2	Clive	Owen	Ind	36:27
3	Vernon	Murtz	Pinelands	37:39

G/G'MASTER MEN (8 km)

1	Claude	Brooks	Midas Spartans	46:18
2	Carl	Hendricks	Elsies River	48:57
3	Bart	Jonck	West Coast	49:02

U.20 (8 km)

1	Adrian	Wildschutt	Itheko	25:15
2	Tobie	Lewies	UWC	26:21
3	Franklin	September	Velocity	26:27

U.18 (6 km)

1	Carlo	Flink	Itheko	19:12
2	Sherwin	Jooste	Bottelary	19:41
3	Oliver	Stewart	Atlantic	20:12

SR. WOMEN (10 km)

1	Lee-Shay	Willemse	Velocity	39:59
2	Zani	Kruger	Maties	40:07
3	Candyce	Hall	Carbineers	40:17
4	Madel�	du Plessis	Edgemead	40:45
5	Amy	Abrahams	Nedbank	41:11
6	Sophie	Cope	Spartan Harriers	41:24
7	Monique	Roberts	Bellville	46:47
8	Junita	Maree	Brackenfell	47:51
9	Candice	Bothma	Century City	51:27
10	Philiswa	Dalane	VOB	51:48

SR. WOMEN				
1	Anel	Terblanche	KPMG	14:47
2	Anneline	Roffey	Nedbank	15:32
3	Nolubabalu	Dyonase	VOB	16:04
4	Lee-Shay	Willemse	Velocity	16:06
5	Nocwaka	Mthetho	MSA Multi-Sport	17:32
6	Icarien	van Deventer	Tygerberg	17:46
7	Chloe	Park-Ross	Ind	17:47
8	Tankiso	Lepolisa	UWC	17:49
9	Simoné	Kapp	Bellville	18:11
10	Shelley	Faullmann	Spartan Harriers	18:18

VETERAN WOMEN				
1	Chantel	Simpson	Nedbank	16:42
2	Busisiwe	Matiwane	Nedbank	16:45
3	Coriaan	de Villiers	Nedbank	17:11

MASTER WOMEN				
1	Mariëtte	Strauss	Tygerberg	16:46
2	Bev	Charters	VOB	18:04
3	Linda	du Bruyn	Tygerberg	18:26

G'MASTER WOMEN				
1	Nancy	Will	Pinelands	18:25
2	Judith	Grove	Tygerberg	19:35
3	Hilary	Rhode	Edgemead	20:01

G/G'MASTER WOMEN				
1	Pixie	Sparg	Celtic Harriers	23:09
2	Marianne	Nelson	RWFL Durbanville	26:21
3	Cathy	Taylor	Run Walk for Life	26:58

U.20 (6 km)				
1	Dominique	Williams	Bottelary	24:08
2	Simone	Adams	Bottelary	25:21
3	Kirsten	Roodman	VOB	26:05

U.18				
1	Athemba	Nqumashe	Bottelary	15:47
2	Kia	Gibbs	VOB	16:07
3	Shannon	Peters	WCSS	16:39

Gauteng North League Meeting

Pretoria, 20 May

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

SR. MEN (8 km)				
1	Milton	Kekana	TUT	n/t
2	Victor	Pheeha	Monaco	26:41
3	Simon	Mokonyama	Monaco	27:04
4	Motsamai	Motone	Eagles	27:05
5	Sive	Ngubo	TUT	27:25
6	Solomon	Botlholo	TUT	28:24
7	Renaleone	Mokakale	TUT	28:28
8	Benjamin	Selepe	Leslie Beppe	28:34
9	Tshwpo	Segole	Ekgangala	29:13
10	Hoshane	Vuma	Suthies	29:22

SR. MEN				
1	Simon	Mokhonyama	Monaco	12:32

2	Victor	Pheeha	Monaco	12:55
3	Reghen	Magwai	Born2run	12:59
4	Mpho	Motaung	TUT	13:04
5	Gino	Nkoe	Nissan	13:06
6	Motsamai	Motone	Eagles	13:22
7	Adriaan	Aldridge	ECAC	13:30
8	Sikhalo	Mthimbulu	TUT	13:37
9	Koos	Baloyi	Nedbank Skosana	13:43
10	Kgosi	Tsosane	Nedbank	13:47
MEN 40 (8 km)				
1	Colin	Witbooi	PMMC	29:49
2	Peter	Motshoene	RWFL	30:55
3	Enoch	Skosana	Nedbank	30:58
MEN 45 (8 km)				
1	Thabiso	Sekete	Individual	31:38
2	Piet	Mosebedi	Mkhombo	31:53
3	Ramoroa	Molose	Team Vitalitty	32:40
MEN 50 (8 km)				
1	Gouws	Marais	Tuks	33:00
2	Willie	Beneke	NPO	36:05
3	Gert	Brits	Individual	36:20
MEN 55 (8 km)				
1	Waldie	Le Grange	Individual	33:44
2	Torrie	Stoltz	FPN	36:40
3	Johnie	Jonker	Denel	37:14
MEN 60 (6 km)				
1	Charlie	Tholo	PMMC	28:46
2	David	Maphangulu	FPN	33:20
3	Buks	Meyer	GNMA	33:27
MEN 65 (6 km)				
1	Mike	Du Bruto	Irene	26:24
2	Allan	Kluge	Agape	32:47
3	Pieter	Rossouw	Midstream	35:21
MEN 70 (6 km)				
1	Harry	V.d. Merwe	BHS	30:42
MEN 75 (6 km)				
1	Assie	Van Aswegen	OVK	38:19
2	Andries	V.d. Merwe	Transnet	38:22
3	Neville	Muir	Phobians	54:15
MEN 80 (6 km)				
1	Martin	Coetzee	Magnolia	43:41
MEN 85 (4 km)				
1	Frans	Grobler	Transnet	40:46
MEN 23				
1	Kekana	Milton	TUT	12:30
2	Paseka	Mokubung	TUT	13:03
3	Mahlatse	Mokaashu	TUT	13:26
JR. MEN (8 km)				
1	Mandla	Mahlangu	Individual	27:32
2	Rievan	Lombard	Centurion	27:34
3	Katlego	Tsole	Modiba	27:56
BOYS 17 (6 km)				
1	Makwena	Mothape	Modiba	21:22
2	Christopher	Swart	Waterkloof	22:02
3	Melt	Von Molendorff	Menlopark	22:47

SR. WOMEN (8 km)

1	Vuyokazi	Gebe	CSIR	33:42
2	Kataza	Shiphhalana	Miway	33:43
3	Tshehla	Nthabiseng	Monaco	35:27
4	Tholoana	Peu	TUT	35:37
5	Victoria	Moshapo	Nedbank Skosana	36:41
6	Gloria	Tsotetsi	Medihelp	39:09
7	Mpho	Mariri	Monaco	40:20

SR. WOMEN

1	Kataza	Shiphhalana	Miway	16:05
2	Suane	Cillie	Individual	17:00
3	Karabo	Sithole	Tuks	18:19
4	Angelika	Whitcutt	FPN	19:40
5	Sunette	Vos	ACRW	20:37
6	Whitney	Matseba	TUT	21:33
7	Riana	Smit	Aurecon	22:25
8	Eunice	Steyn	Individual	23:33
9	Elzaan	Van Tonder	Tuks	23:42
10	Jean-Marie	Du Plessis	Individual	25:14

WOMEN 40

1	Corne	Prinsloo	FPN	17:10
2	S	Delport	FPN	17:40
3	Hannelie	Benade	Fit Pta	21:12

WOMEN 45

1	Ronel	Thomas	Boxer	16:32
2	Marili	Munnik	Midstream	18:10
3	Carolina	V.d. Westhuizen	Irene	18:34

WOMEN 50

1	Salome	Vermeulen	BHS	17:25
2	Lelanie	Cornelius	Tuks	19:23
3	Antoinette	V.d. Merwe	Montana	21:03

WOMEN 55

1	Emmarie	Theunissen	BHS	20:40
2	Annetjie	Bezuidenhout	VTM	21:22
3	Adrie	Van Dyk	Bosch	21:24

WOMEN 70

1	Esme	Kloppers	Individual	29:21
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WOMEN 75

1	Annette	Van Rooyen	Transnet	38:03
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WOMEN 23

1	Madri	Wiid	Tuks	16:15
2	Jeannie	De Beer	Runavation	16:17
3	Michelle	Redelinghuys	Tuks	16:40

JR. WOMEN (6 km)

1	Rachel	Modise	Hollywood	26:14
2	Marisca	Robbertse	Centurion	27:02
3	Glory	Mabudathasi	A4A	27:57

GIRLS 17

1	Zhandre	Loubser-Kuhn	Montana	16:23
2	Michelle	Conradie	Montana	16:36
3	Janine	Neveling	Centurion	16:53

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.

TRACK**Prefontaine Classic** (42nd)

(3rd stop of 2017 IAAF Diamond League)

Historic Hayward Field, Eugene, USA, 26-27 May

MEN

International mile (27):

1	Thiago ANDRÉ	BRA	3:51.99
2	Chris O'HARE	GBR	3:53.34
3	Henrik INGEBRIGTSEN	NOR	3:53.79
4	Jakub HOLUŠA	CZE	3:53.97
5	Fouad ELKAAM	MAR	3:54.39
6	Luke MATHEWS	AUS	3:54.53
7	Andrew WHEATING	USA	3:55.23
8	Lopez LOMONG	USA	3:55.67
9	Charles PHILIBERT-THIBOUTOT	CAN	3:55.83
10	Christian SORATOS	USA	3:56.68
11	Jakob INGEBRIGTSEN	NOR	3:58.07
12	Matthew RAMSDEN	AUS	3:59.80

5000 (27):

1	Mohamed FARAH	GBR	13:00.70
2	Yomif KEJELCHA	ETH	13:01.21
3	Geoffrey Kipsang KAMWOROR	KEN	13:01.35
4	Joshua Kiprui CHEPTEGEI	UGA	13:02.84
5	Albert Kibichii ROP	BRN	13:04.82
6	Mohammed AHMED	CAN	13:08.16
7	Paul Kipkemoi CHELIMO	USA	13:10.11
8	Andrew BUTCHART	GBR	13:11.45
9	Eric JENKINS	USA	13:13.30
10	Aron KIFLE	ERI	13:13.31

WOMEN

800 (26):

1	Caster SEMENYA	RSA	1:57.78
2	Margaret Nyairera WAMBUI	KEN	1:57.88
3	Francine NIYONSABA	BDI	1:59.10
4	Habitam ALEMU	ETH	1:59.19
5	Selina BÜCHEL	SUI	1:59.46
6	Melissa BISHOP	CAN	1:59.52
7	Joanna JÓZWIK	POL	2:00.77
8	Lynsey SHARP	GBR	2:01.23
9	Marina ARZAMASOVA	BLR	2:02.59

1500 (27):

1	Faith Chepngetich KIPYEGON	KEN	3:59.67
2	Hellen Onsando OBIRI	KEN	4:00.46
3	Laura MUIR	GBR	4:00.47
4	Rababe ARAFI	MAR	4:01.75
5	Gudaf TSEGAY	ETH	4:01.78

6	Brenda MARTINEZ	USA	4:03.56
7	Kate GRACE	USA	4:03.59
8	Jennifer SIMPSON	USA	4:04.16
9	Shannon ROWBURY	USA	4:04.61
10	Sofia ENNAOUI	POL	4:05.74
...			
13	Laura WEIGHTMAN	GBR	4:10.50

3000 s/chase (26):

1	Celliphine Chepteek CHESPOL	KEN	8:58.78
2	Beatrice CHEPKOECH	KEN	9:00.70
3	Ruth JEBET	BRN	9:03.52
4	Emma COBURN	USA	9:07.96
5	Courtney FRERICHS	USA	9:19.09
6	Purity Cherotich KIRUI	KEN	9:20.07
7	Gesa Felicitas KRAUSE	GER	9:20.32
8	Stephanie GARCIA	USA	9:25.04
9	Geneviève LALONDE	CAN	9:33.95
10	Mei LAWRENCE	USA	9:39.32

5000 (26):

1	Genzebe DIBABA	ETH	14:25.22
2	Lilian Kasait RENGERUK	KEN	14:36.80
3	Sifan HASSAN	NED	14:41.24
4	Gelete BURKA	ETH	15:06.01
5	Dera DIDA	ETH	15:07.27
6	Eilish MCCOLGAN	GBR	15:07.43
7	Belaynesh OIJIRA	TH	15:08.05
8	Molly HUDDLE	USA	15:09.09
9	Kalkidan GEZAHEGNE	ETH	15:09.93
10	Emily SISSON	USA	15:10.91

NEWS

CONTROVERSIAL SCHEME TO AXE OLD RECORDS

The intention of European Athletics to rewrite the continent's records (and, where appropriate, world records) by eliminating all performances made before 2005, the year in which drug testing became more stringent, has given rise to huge controversy, reports *Athletics International* (AI).

On 1 May this press release was issued by EA:

The European Athletics Council has accepted a project team's recommendations that would lead to the rewriting of the world and European records lists. The project team's report, which calls for higher technical standards, increased doping control measures and new personal integrity requirements for record holders, will be forwarded to the IAAF with the recommendation that the

two organisations co-ordinate the implementation of new record ratification rules.

Speaking after the Council's meeting in Paris, President Svein Arne Hansen said: "Performance records that show the limits of human capabilities are one of the great strengths of our sport, but they are meaningless if people don't really believe them. What we are proposing is revolutionary, not just because most world and European records will have to be replaced but because we want to change the concept of a record and raise the standards for recognition to a point where everyone can be confident that everything is fair and above board."

The standards proposed by the project team include that world and European records can only be recognised if 1) the

performance is achieved at competitions on a list of approved international events where the highest standards of officiating and technical equipment can be guaranteed, 2) the athlete has been subject to an agreed number of doping control tests in the months leading up to the performance, and 3) the doping control sample taken after the record is stored and available for re-testing for 10 years. The project team also recommended that record recognition be withdrawn at any time if the athlete commits a doping or integrity violation, even if it does not directly impact the record performance. Current records not established in accordance with the agreed standards will remain on the all-time list but recognition will be transferred to performances that meet the criteria.

"It's a radical solution for sure, but those of us who love athletics are tired of the cloud of doubt and innuendo that has hung over our records for too long," said Hansen. "We need decisive action to restore credibility and trust and I want to thank the project team, led by Pierce O'Callaghan, for their great work in showing us a way forward. This will now go to the IAAF Council Meeting in August and on behalf of European Athletics I will be encouraging them to adopt this proposal. In the meantime we will be checking with our legal advisors to make sure the new rules will stand up to any challenges that might come."

IAAF President Sebastian Coe, who attended the final session of the meeting together with other European members of the IAAF Council, said: "I like this because it underlines that we [the governing bodies] have put into place doping control systems and technology that are more robust and safer than 15 or even 10 years ago. Of course, for this to be adopted for world records by the IAAF it needs global approval from all area associations. There will be athletes, current record holders, who will feel that the history we are recalibrating will take something away from them but I think this is a step in the right direction and if organised and structured properly we have a good chance of winning back credibility in this area."

The European Records Credibility Project Team consisted of Pierce

O'Callaghan IRL (Chairman), Bill Glad GBR, Ruud Kok NED, Imre Matrahazi HUN, Clemens Prokop GER, statistician Mirko Jalava FIN and journalist Gianni Merlo ITA, and their full report is available on european-athletics.org. The plan is to start a new European record list in January 2018. "We are not casting doubt on the previous records at all, just saying the criteria have changed," explained O'Callaghan, who said he was confident the plan would survive legal challenges.

European records (* indicates also world record) that would be withdrawn if performances made before 2005 are disallowed include: 100 m: 9.86 Francis Obikwelu POR 2004; 200 m: 19.72A Pietro Mennea ITA 1979; 400 m: 44.33 Thomas Schönlebe GDR 1987; 800 m: 1:41.11 Wilson Kipketer DEN 1997; 1000 m: 2:12.18 Seb Coe GBR 1981; 1M & 2000 m: 3:46.32 & 4:51.39 Steve Cram GBR 1985; 3000 m & 5000 m: 7:26.62 & 12:49.71 Mohammed Mourhit BEL 2000; 110 m H: 12.91 Colin Jackson GBR 1993; 400 m H: 47.37 Stéphane Diagana FRA 1995; HJ: 2.42 Patrik Sjöberg SWE 1987 & 2.42i Carlo Thränhardt GER 1988; LJ: 8.86A Robert Emmiyan ARM 1987; TJ: 18.29* Jonathan Edwards GBR 1995; SP: 23.06 Ulf Timmermann GDR 1988; DT: 74.08* Jürgen Schult GDR 1986; HT: 86.74* Yuriy Sedykh URS 1986; JT: 98.48* Jan Zelezny CZE 1996; Dec: 9026 Roman Sebrle CZE 2001; 4x100 m: 37.73 GBR 1999; 4x400 m: 2:56.60 GBR 1996; Women – 100 m: 10.73 Christine Arron FRA 1998; 400 m: 47.60* Marita Koch GDR 1985; 800 m: 1:53.28* Jarmila Kratochvílová CZE 1983; 1000 m: 2:28.98* Svetlana Masterkova RUS 1996; 1500 m: 3:52.47 Tatyana Kazankina RUS 1980; 2000 m: 5:25.36* Sonia O'Sullivan IRL 1994; 3000 m: 8:21.42 Gabriela Szabo ROU 2002; Mar: 2:15:25* Paula Radcliffe GBR 2003; 100 m H: 12.21 Yordanka Donkova BUL 1988; 400 m H: 52.34* Yuliya Pechonkina RUS 2003; HJ: 2.09* Stefka Kostadinova BUL 1987; LJ: 7.52* Galina Chistyakova URS 1988; TJ: 15.50* Inessa Kravets UKR 1995; SP: 22.63* Natalya Lisovskaya URS 1987; DT: 76.80* Gabriele Reinsch GDR 1988; 4x100 m 41.37 GDR 1985; 4x400 m: 3:15.17* USSR 1988.

[Continued ...]

Mel Watman, co-editor of AI, commented: It will be clear to most readers that many of these records were set by athletes – mainly from the communist Eastern bloc – who at some time or other in their careers transgressed the doping rules, but others were achieved by patently clean athletes. It's obviously unjust to treat them all the same way. Also, there's nothing magical about the year 2005. Why should drugs cheats like Liliya Shobukhova RUS (14:23.75 5000 m in 2008), Elvan Abeyegeesse TUR (29:56.34 10000 m in 2008), Gulnara Galkina RUS (8:58.81 3000 m steeplechase in 2008) and Elmira Alembekova RUS (1:24:47 20 km walk in 2015) presumably hold on to their records because they weren't banned at the time they set those records while blameless athletes suffer?

Personally, I would go no further than removing all records set by athletes from the GDR because there is documentary evidence of their daily dosages, and I would also disqualify the records, like those above, set by athletes who at any time have received a doping ban of two years or more. They have brought not only disgrace to themselves but disrepute to the sport, which is consequently suffering from a crisis of credibility. However, although we may be suspicious of performances like Flo Jo's, she never failed a drugs test or admitted to doping, so there is no legitimate course of action for eliminating them.

There has been an immense amount of reaction to the proposal with, understandably, clean athletes about to be dispossessed of their hard earned European and/or world records leading the chorus of disapproval.

Against the scheme

Paula Radcliffe (who, along with Jonathan Edwards, has not ruled out legal action): "I am hurt and do feel this damages my reputation and dignity. It is a heavy-handed way to wipe out some really suspicious records in a cowardly way by simply sweeping all aside instead of having the guts to take the legal plunge and wipe any record that would be found in a court of law to have been illegally assisted. It is confusing to the public at a time when athletics is already

struggling to market itself ... I fully understand the desire and need to restore credibility to our sport but don't feel that this achieves that. It is yet one more way that clean athletes are made to suffer for the actions of cheats ... Do we believe a record set in 2015 is totally clean and one in 1995 is not?"

Jonathan Edwards: "If there are records that are unbelievable and suspicious, go for those. I thought my record would go some day, just not to a bunch of sports administrators. It seems incredibly wrong-headed and cowardly. And I don't think it achieves what they want it to. Instead it casts doubts on generations of athletics performances. I can't speak for Christian Taylor, or any of the triple jumpers, but my guess is none of them doubt my 18.29 is clean. And that is more important to me than what a bunch of sports administrators decide. The irony is they are not saying my record is dodgy, but they are by their actions."

Colin Jackson (who could also lose his world indoor 60m hurdles record): "They are trying to rob memories and make people cast doubt on athletes from the past ... When we achieve medals, that is fantastic, that is our primary objective. When you break records, it is the icing on the cake. So for them to now say all of a sudden, 'we aren't sure if your record was done in a legal fashion, so we don't want you having the record, but you can keep all your medals', it is clearly quite ridiculous in my mind. World records are world records."

Steve Cram: "It's not our fault that over the years the sport did not police itself properly. I don't think it's going to change anything. It's not going to stop people cheating ... It lumps us in with all the cheats."

Dame Mary Peters: "I hope [Seb Coe] will listen to people like me and not take away records from those who have earned them. My plea is not to punish the innocent and take away their records but to get after the cheats."

Mike Powell: "I've already contacted my attorney. There are some records out there that are kind of questionable, I can see that, but mine is the real deal. It's a story of human heart and guts, one of the greatest moments in the sport's history."

Al Joyner (husband of the late Flo-Jo): "That's dishonouring my family. I will fight tooth and nail. I will find every legal opportunity that I can find."

Stefka Kostadinova: "Frivolous and incorrect."

Wilson Kipketer: "It is a shame, unfair and an insult."

Roman Sebrle: "We never did something against the rules. Why we should lose the records? I'm against it."

Jan Zelezny: "I understand why it is coming, but I would support another way to improve the image. Not damaging the athletes who achieved something."

Ed Gordon (US statistician): "Let's hope the IAAF steers clear of such lunacy and pomposity. Sounds like something proposed by Donald Trump, without any thought to the details."

For the scheme

Seb Coe (who would lose his European 1000 m record): "There will be athletes, current record holders, who will feel that the history we are recalibrating will take something away from them. But I think this is a step in the right direction, and if organised and structured properly, we have a good chance of winning back credibility in this area."

Dafne Schippers (who could become world record holder for 200 m): "I think it's really good if we can skip that period [the 1980s] and have a cleaner sport."

Sonia O'Sullivan (who could lose her world 2000 m record): "I believe this will eventually be a step forward for athletics if the records are properly reset and a new list is built up aligning with the proposed criteria."

Scott Goodman (Athletics New Zealand High Performance Director): "Our organisation supports the move in principle. It's been widely recognised there are a number of records from the 80s in particular that are tainted. Something needs to be done. You look at some of the events, and Valerie Adams' would be one of them, clearly they're tainted. Men's shot put would be the same. There will be some who won't like

it, but we think it's a reasonable thing to do."

Peter Matthews, co-editor of AI and editor of the *ATFS Annual*, commented: I was all set to get quite apoplectic about the EA Council proposal, but Mel's above report covers the ground very thoroughly. One can support desires to have stringent criteria for records, but any thought that a magic wand can suddenly be waved and all will be well from now on is clearly ludicrous. Many men and women in all sports will continue to cheat, but our sport must continue its hard work against them.

One must assume that the Project Team were well-meaning, but the above comments of top athletes demonstrate very clearly just how stupid the Team have been (and, it seems, the EA Council and some national governing bodies in supporting this) as they have clearly not considered the consequences of their proposal in disregarding records of the past and inventing new ones. Some media people who pursue their obsession and prefer headlines to sense have praised the idea, but can anyone seriously think that establishing new marks well below (as most would be) the marks of such as Paula Radcliffe and Mike Powell would be accepted by followers of athletics. The chaos and anarchy that would prevail, with confusion promoted between World, European and national records, would serve as a constant irritation and indeed bring the sport into disrepute even more than various dubious records could do. I for one will have no regard for this attempt to rewrite history and wrong many athletes without a scrap of evidence without proof, and would disregard any 'lesser' new records (as one does for those in the ludicrous set of new European U20 indoor records that the EA drew up a couple of years ago). We can but trust that sense and fairness will prevail, rather than attempts to jump on a bandwagon of what they see as political correctness.

STATS TIME

With the FNB Cape Town 12 ONERUN having been run last weekend, we include a South African all-time top ten list for men and women here. Nineteen of the times (68%) were run in the Cape Town race. Secondary performances by the top three are also listed.

ALL-TIME 12 KM: TOP 10 MEN & WOMEN

MEN

33:34a	Stephen Mokoka	1	Cape Town	15 May 16
33:42a	Elroy Gelant	3	Cape Town	15 May 16
33:54a	Gelant-2	3	Cape Town	21 May 17
34:08a	Sibusiso Nzima	4	Cape Town	15 May 16
34:09a	Gladwin Mzazi	5	Cape Town	15 May 16
34:10a	David Manja	5	Cape Town	21 May 17
34:23	Matthews Motshwarateu	2	Spokane	01 May 88
34:43a	Mokoka-2	6	Cape Town	21 May 17
34:50a	Ashley Johnson	1	Evansville	12 May 90
34:51a	Gelant-3	5	Cape Town	17 May 15
34:54	Johannes Mabitle	4	Spokane	05 May 96
34:56a	Lucky Mohale	8	Cape Town	15 May 16
34:56a	Joel Mmone	7	Cape Town	21 May 17

WOMEN

38:39a	Elana Meyer	2	San Francisco	16 May 99
38:42a	Colleen de Reuck	1	San Francisco	21 May 00
38:48	De Reuck-2	1	Spokane	05 May 96
38:56a	Meyer-2	1	San Francisco	19 May 96
39:20a	De Reuck-3	2	San Francisco	16 May 93
39:21a	Lebo Phalula	3	Cape Town	17 May 15
39:23	Meyer-3	1	Spokane	06 May 01
39:34a	Lebogang Phalula	4	Cape Town	17 May 15
39:40a	Irvette van Zyl	1	Cape Town	15 May 16
40:10a	Lebo Phalula-2	2	Cape Town	15 May 16
40:29a	Nolene Conrad	7	Cape Town	17 May 15
41:14a	Maria Shai	3	Cape Town	21 May 17
41:23a	Zintle Xiniwe	8	Cape Town	17 May 15
41:32a	Christine Kalmer	5	Cape Town	15 May 16
41:47a	Lena Lötter	10	Cape Town	17 May 15

THIS MONTH IN HISTORY

13 years ago (exactly): 29 May 2004

The Lake Farm Centre 10 km in Port Elizabeth is one of the oldest submarathon races in the Eastern Cape. It was first held in 1985, and in March it was run for the 33rd time. On this day Wayne Gallant and Treloar Childs each scored the first of two consecutive victories, with 82:42 and 1:44:41 respectively for the then 25 km distance. Gallant's two wins were sandwiched by two by George Ntshiliza. The race started as a half marathon, in 1996 it was changed to 25 km and in 2013 to 10 km.

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)		
	71:18	Dennis Kipruto Kimetto (KEN)		
30 km	90:54	Melikhaya Frans	Uitenhage	04 Mar
	90:17	Yuichiro Ueno (JPN)		
	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	31:45	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

25 km	66:42	Martin Rees (GBR) 2003		
	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				
<u>Grandmasters (60+)</u>				
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				
<u>Great grandmasters (70+)</u>				
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	95:36	Elias Raphulu	Pretoria	08 Apr
	82:23	Ed Whitlock (CAN) 2001		
25 km	1:56:09	Elias Raphulu	Pretoria	06 May
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:37:53	Elias Raphulu	Centurion	01 May
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<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		
WOMEN				
<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
	32:14	Priscilla Welch (GBR)	1985		
15 km	56:45	Tanith Maxwell		Ravensmead	18 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
	1:49:32	Maria Vilakazi		Pretoria	06 May
	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	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					

Grandmasters (60+)

10 km	42:31 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	22 Apr
15 km	66:11 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	25 Mar
21.1 km	95:57 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	13 May
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				

Great grandmasters (70+)

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	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				

Juniors

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

Contributors to this issue: Elsa & Ben Oliver, André Gobey, SWD Athletics

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530,
RSA
Telephone: 021 948-0293
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



