

# 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

Compared to the high drama of the 2016 "down" Comrades, when women's race leader (by a long way) Caroline Wöstmann was struck down by cramps in the latter stages of the race -- and was hit by two motorcycles -- to be passed by Charné Bosman, the 2017 "up" race was, well, almost boring. Until 300 m from the finish, when race leader Camille Herron (who had been in front right from the gun) rounded the penultimate corner onto the grass of the Scottsville Racecourse, received the traditional baton with the mayoral message and rose -- and then stopped her watch and stopped running.

While millions of TV viewers were watching with their hearts in their throats, the American, former world champion over 50 km and 100 km, seemed wholly unconcerned and stood around chatting and giving high-fives to the spectators lining the run-in to the finish. An official rushed up to her and presumably told her that she had not crossed the line yet. But still Herron, 35, did not seem to comprehend and started to amble along the barrier.

It was only when a male runner came up to her from behind and pointed in the direction of the finish line and took her by the elbow that she started running again. She crossed the finish mat in 6:27:35 to claim victory by just more than four minutes over unheralded Russian Aleksandra Morozova. Herron is only the second US female winner of the Comrades after Ann Trason, who won in 1996 and 1997. Herron's only previous attempt at the Comrades, in 2014, resulted in her failing to finish because of illness.

There were four American women in the top ten, with Sarah Bard, who was fourth last year, finishing sixth, Colleen de Reuck (seventh in 2016) seventh again and Devon Yanko (fifth in 2012) tenth.

In third came the first South African, Bosman, who won the down run last year. A disappointed Bosman said later that she had a tough run from early on and considered pulling out more than once. The encouragement of the spectators carried her through, she said.

In the men's race the 2014 down run champion, Bongmusa Mthembu, made amends for his 2015 up run disappointment by winning rather easily in 5:35:34 from Zimbabwean Hatiwande Nyamande, who was third in the last up run. Mthembu's time was almost exactly three minutes faster than Gift Kelehe's 5:38:36 in 2015 (when the course was a kilometre longer). Kelehe finished third this time, in 5:41:48.

With the route being a kilometre shorter than in 2015, eighteen men dipped under six hours, compared to only ten two years ago. At 86.73 km, it was the shortest Comrades since 2002. On the other hand, in 2015 twenty-one women beat the silver medal cut-off of 7½ hours; only fifteen did so this year.

The early pacemakers in the darkness as the runners charged away from in front of the Durban City Hall were Sootho Raletsebele (LES) and Thobani Chagwe. It later turned out that they were setting the pace for clubmates Teboho Sello (LES) and Charles Tjiane. If that was the case, it seemed that no one had told Sello and Tjiane, for they were more than four minutes behind.

The twosome were still leading after 90 minutes of running, now seven minutes in front of the huge pack that contained all the main contenders. At 30 km Tjiane was in fourth, just under seven minutes behind Chagwe, who was now alone in front. At this stage last year's winner and record setter David Gatebe was almost eight minutes behind in the company of Mthembu (who had been only 44th at the first checkpoint, at 18 km), Mike Fokoroni (ZIM) and Kelehe.

Chagwe threw in the towel after just more than two hours of running and Raletsebele took over, only to succumb on the second of the five big inclines of the up run, Botha's Hill. Doing TV commentary, Hendrick Ramaala drily commented: "I hope he learned his lesson."

Tjiane, running strongly, took the lead after 2 hours, 38 minutes of running and reached halfway at Drummond in 2:47:29. He was 1:38 ahead of three-times Two Oceans winner Marko Mambo (ZIM), who was followed in close order by Thabo Nkuna, Rufus Photo, Thulani Duma, Siphwe Ndlela, Nkosinathi Duma, and a large group that included Melly Kennedy (KEN), Gatebe, Mthembu, Fokoroni, three-time champion Stephen Muzhingi (ZIM), Nyamande and Kelehe. The runners from second to 22nd were separated by only nine seconds.

At 56 km Tjiane was still in front, but behind him a menacing group of Mthembu, Ludwick Mamabolo (who was 23rd at halfway), Gatebe, Nyamande, Kelehe and Sello were gathering themselves for the pursuit. Kennedy was now tenth, Fokoroni twelfth, while Mambo had dropped back to fifteenth.

With the clock showing 4:05, Sello fell behind. Five minutes later Tjiane, who won the Loskop 50 km earlier this year, took a short walk. He was clearly struggling, and less than a minute later Kelehe, Mthembu and Nyamande charged by. They had shaken off Gatebe and 2012 champion Mamabolo.

Now the race was really on. The contrast between the three men were striking: Nyamande is tall with widely swinging arms, Mthembu is not as tall, but is built like a rugby forward with huge thighs, while Kelehe is short and compact.

At 66 km they were still together, with Mamabolo now 33 seconds behind, Sello another 20 seconds further back, followed by Tjiane (1:40 behind the leaders) and Gatebe (2:41 behind). Kelehe's attempt to defend his title ended at 4:22 when a small gap appeared between him and his adversaries. A cat-and-mouse game then followed as Mthembu and Nyamande each tried more than once to shake the other. On Little Polly's (the precursor to the last major hill, the dreaded Polly Shortts), Mthembu delivered the knockout punch and powered away. The Zimbabwean had no answer.

Mthembu, who last year had finished second in the IAU World 100 km Championships -- beating Kelehe (9th) and Gatebe (12th) -- and broke Bruce Fordyce's 1989 SA record (which was then the world record) with his 6:24:05, reached 10 km to go in 4:57:07 and the top of Polly's, with 7.5 km to go, in 5:07:32. His strong climb up the hill had stretched his lead to 72 seconds.

Kelehe was 2:41 behind in third, with Mamabolo another 1:57 behind. The rest of the top ten were Sello, Tjiane, still holding on grimly, Ndlela, Prodigal Khumalo (ZIM), Briton Steven Way (who hadn't been in the top twenty an hour earlier) and Fritjof Fagerlund (SWE). The latter was 12:42 behind Mthembu.

Mthembu ran the next 6 km untroubled in 23:17 and the last 4 km in 15:10. He is the first South African since Fordyce to win the Comrades twice, albeit not consecutively (as Fordyce did in 1981-88 and again in 1990). He continued the tradition that no athlete who reached the top of Polly Shortts first has ever lost the race. The order of the top ten changed only slightly over the last few kilometres, with Sello dropping back to seventh.

Five South Africans won gold medals, one more than in the last up run and three fewer than last year (when Gatebe, Mamabolo and Mthembu finished in the top three positions).

Mthembu, who hails from Pietermaritzburg, was met by his small son at the finish. "I had a good strategy and everything worked," he said. When asked about the feeling among experts that he was primarily a downhill runner and whether he felt he had proven them wrong (he failed to finish the 2013 up run and was 17th in 2015), he said: "No, the last two years were just a build-up for this." Referring to his son (he himself is one of eight children), he said: "This is the first time he has seen me on TV."

Another runner whose strategy worked was Herron. Reminiscent of the way her fellow countryman Alberto Salazar became the champion in 1994, she led from start to finish, although there were times when she seemed to be struggling. She came into the race having won the world titles over 50 km and 100 km in 2015, while last year she was third overall in the Ultra Race of Champions 100 km (with a course record) and fourth overall in the White River 50 Mile Trail Run.

With Wöstmann having withdrawn because of injury, Herron's ungainly style soon took her to a lead of more than four minutes over Jasmin Nunige (SUI) at 18 km, with South African favourite Bosman another 30 seconds back. Briton Carla Molinaro was fourth and Bard fifth. At 30 km Herron was almost seven minutes in front of Bosman, with the Swiss now third. The virtually unknown Morozova, who won the Logikom Marathon in Cyprus in 3:11:49 in March, was fourth, with De Reuck, 53, in fifth. Three more South Africans -- debutante Danette Smith, Stephanie Smith and Mary Khourie -- had moved into the top ten, with Yanko eleventh.

At halfway, which Herron passed in 3:07:23 (about three minutes faster than Wöstmann in 2015), her lead seemed insurmountable. She was 7:09 ahead of Nunige (who had passed Bosman after a brief battle seven minutes earlier) and 7:14 in front of the South African. Morozova was just another second behind, with De Reuck -- still, after 21 years, the SA marathon record holder -- another 1:48 back. Then followed Bard, the two Smiths, and a surprising Gerda Steyn. Khourie was still tenth, while Yanko had dropped back to fourteenth.

At Cato Ridge, after 57 km, the Russian had claimed second, but she was 6:44 behind the leader. Nunige and Bosman both seemed to be going through a bad patch and were respectively 8:15 and 8:24 behind Herron. Nine kilometres further, as Herron was slowing down, Morozova was still 6:06 behind. Steyn was now fifth and De Reuck seventh.

Herron was struggling and the long climb up Polly's took its toll, but she never walked -- although, at times, she looked on the verge of doing so. The earlier smile had turned into a grimace, her arms were flailing and her legs had stiffened considerably. But she did what all Comrades experts tell you to do up this last demanding uphill of the race: she kept moving forward, and she was determinedly hanging onto her hard-won lead. She reached

the top in 5:54:00 -- now 5:12 ahead of Morozova, who was 6:22 in front of Bosman. Steyn, who was 56th in the last up run and 14th last year, had moved into fourth.

Herron passed 6 km to go in 6:00:10. The next 4 km took her 17:45 and for the first time she looked in real trouble as she started swerving across the road and looked over her shoulder. She seemed somewhat disoriented -- much like Wöstmann had done last year -- and her lead was diminishing. Near the finish she still had to negotiate a steep descent into the tunnel underneath the racetrack, where one feared she would fall -- so awkward her stride appeared -- but she got through safely, climbed up the other side and then reached the final stretch of grass. The last two kilometres, including the stop when she thought she had finished, took 9:40.

Morozova finished in 6:31:45, with Bosman third in 6:39:51, more than six minutes slower than when she was second in 2015. There were only four South Africans in the top ten, with Steyn looking the freshest of any of the gold medalists in fourth.

Of her lapse near the finish, Herron said: "I thought I had finished; I was just enjoying the moment. But it was very, very hard." She said her participation in trail races had been good preparation for the gruelling Comrades. An emotional Herron added that it had been her dream to run the race since she was little and she called her win the biggest highlight of her career.

The first three runners in the 50-59 age group were exactly the same as last year: De Reuck, Tia Jones (AUS) and Jane Mudau.

Barry Holland, 65, and Louis Massyn, 66, both finished their 45th Comrades, in 10:54:02 and 10:59:36 respectively, to equal Dave Rogers' tally.

Riël Hauman

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#### INCLUDED IN THIS ISSUE:

- \* Comrades Marathon, Durban to Pietermaritzburg
- \* BestMed UWC Fast and Flat 10 km, Bellville
- \* Sportscentre 10 km, George
- \* Slave Route Challenge Half Marathon & 10 km, Cape Town
- \* XC: Gauteng North Meeting, Pretoria

#### **International highlights:**

- \* Freihofer's Run for Women 5 km, Albany, USA
  - \* Vitality London 10000, London, GBR
  - \* Bolder BOULDER 10 km & International Team Challenge, Boulder, USA
  - \* Simplyhealth Great Manchester Run 10 km, Manchester, GBR
  - \* Tamarack Ottawa Race Weekend, Ottawa, CAN
  - \* 100 km del Passatore, Faenza, ITA
  - \* Track: adidas Boost Boston Games, Somerville and Boston, USA; Prefontaine Classic, Eugene, USA; iFam Outdoor Meeting, Oordegem, BEL; NCAA Division I East Preliminary Round, Lexington, USA; NCAA Division I West Preliminary Round, Austin, USA
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## ROAD RUNNING

### Comrades Marathon (92nd)

Durban to Pietermaritzburg, 4 June

(Distance: 86.73 km. Certified point-to-point uphill course, gaining elevation from sea level to 670 m above sea level, very hilly. Highest point: 870 m. Weather: mild at the start, warming to 26°C later, no wind. Finishers: 11 151 men + 2700 women = 13 851 total [down from 14,602 last year].)

#### MEN

1	Bongmusa Mthembu	Arthur Ford AC	5:35:34	R425 000 + R200 000i + R35 000k
2	Hatiwande Nyamande	ZIM/Nedbank RC	5:38:48	R210 000
3	Gift Kelehe	TomTom AC	5:41:48	R160 000
4	Ludwick Mamabolo	Nedbank RC AGN	5:42:40	R80 000
5	Charles Dibate Tjiane	Maxed - KZN	5:45:26	R65 000
6	Siphiwe Ndlela	Nedbank RC AGN	5:45:57	R36 000
7	Teboho Sello	LES/Maxed	5:47:02	R32 000
8	Prodigal Khumalo	ZIM/Maxed	5:47:11	R28 000
9	Steven Way	GBR/Nedbank RC	5:49:40	R24 000
10	Fritjof Fagerlund	SWE/Nedbank RC	5:49:54	R20 000
11	Marko Mambo	ZIM/Nedbank RC	5:52:29	
12	Patrick Reagan	USA/Nedbank RC	5:53:28	
13	Mahlomola Sekhonyana	Hillcrest Villagers AC	5:54:40	
14	Thabo Nkuna	KPMG RC - CGA	5:55:44	
15	Latudi Makofane	TomTom AC	5:57:07	
16	Nkosinathi Duma	Arthur Ford AC	5:57:52	
17	Timothy Munzhelele	Pietersburg RR	5:58:43	
18	Mike Fokoroni	ZIM/Nedbank RC	5:59:23	
19	Lutendo Mapoto	Pietersburg RR	6:00:02	
20	Stephen Muzhingi	ZIM	6:01:22	
21	Mmanokon Mokwalakwala	MiWay Warriors AC	6:02:34	
22	Best Ngwenya	Nedbank RC AGN	6:04:06	
23	Professa Mthethwa	Nedbank RC LVCC	6:04:27	
24	Temo Rampuku	LES/Nedbank RC	6:05:54	
25	Ash Watson	AUS/Nedbank RC	6:06:02	
26	Christopher Cherry	Varsity Kudus	6:06:38	
27	Ben Matiso	Nedbank RC AGN	6:06:58	
28	Khubulani Zondo	Nedbank RC AGN	6:08:28	
29	Bhekameva Xaba	Hillcrest Villagers AC	6:08:52	
30	Eric Ngubane	Nedbank RC KZN	6:09:27	
31	Sepitle Phaladi	KPMG RC - CGA	6:10:11	
32	Renier Grobler	KPMG RC - AGN	6:10:16	
33	Anda Lubelwana	Hout Bay Harriers	6:10:48	
34	Thuso Mosiea	Arthur Ford AC	6:11:22	
35	David Gatebe	TomTom AC	6:12:38	
36	Harmans Mokgadi	KPMG RC - CGA	6:12:44	
37	Lungisani Bethuel Netshitenzhe	Pietersburg RR	6:14:14	
38	Thulane Magagula	KPMG RC - CGA	6:15:52	
39	Frans Mola	South Deep AC	6:17:05	
40	Christopher Ashford	GBR/BRAT	6:17:10	
41	Charles Segalo	Charlo AC	6:17:34	
42	Dumsani Dlamini	SWZ/Ingwavuma District AC	6:17:52	
43	Vusi Sokhela	Maxed - KZN	6:19:00	
44	Charles Mkhonto	TomTom AC	6:20:13	
45	Malusi Dlomo	Nedbank RC KZN	6:20:24	

46	Calvin Malatji	Pietersburg RR	6:20:31
47	Professor Ncube	ZIM/Bedfordview CC	6:21:11
48	Claude Moshiywa	Nedbank RC AGN	6:21:36
49	Bongani Msimango	Vryheid AC	6:21:37
50	Brendan Davies	AUS/Nedbank RC	6:21:59
51	Lucky Miya	Gallopers AC	6:23:02
52	Kopano Peter Muso	Colossus Aerobic AC	6:23:18
53	Anele Ndzuta	Nedbank RC WPA	6:23:55
54	Farnese da Silva	BRA	6:24:20
55	Craig Cynkin	Nedbank RC CGA	6:25:00
56	Jerry Rakau	Fitness From Africa AC	6:25:23
57	Ruben Setumu	Nedbank RC AGN	6:25:24
58	Arcilio Nhacutoe	Maxed - KZN	6:25:27
59	Thabiso Casewell Bontsi	TomTom AC	6:25:31
60	Bongani Mdletshe	Nedbank RC KZN	6:25:43
61	Derick Bafana Gumede	Checkout Verulam Falcons	6:26:07
62	Skhumbuzo Dlamini	Maxed - KZN	6:26:33
63	Fanuel Mapamura	ZIM/Hollywoodbets AC	6:27:44
64	Xolani Bunge	Nedbank RC KZN	6:28:03
65	Sandile Makhaye	Phuma KZN	6:28:56
66	Nkosinathi Mthlane	SAPS Ingwenya	6:29:24
67	Mlungisi Ntenga	Ethekwini AC	6:30:23
68	Jonathan Edwards	Westville AC	6:30:29
69	Andries Maletse	Polokwane AC	6:30:54
70	Oleg Haritonov	RUS	6:31:19
71	Richard Johnstone	GBR	6:31:43
72	Ernest Leboka Noto	Modikwa Marathon Club	6:31:43
73	Kirsten Leemans	Fourways Road Runners	6:32:56
74	Lucas Nonyana	Nedbank RC AGN	6:33:33
75	Richard Dlamini	Nedbank RC KZN	6:34:00
76	Billy Makate	Arcadia RC	6:34:34
77	Ryan Eichstadt	Team Vitality - CGA	6:34:38
78	Bongani Mthembu	Arthur Ford AC	6:34:56
79	Hlatshwayo Lovers	Nedbank RC LVCC	6:35:06
80	Thomas Linda Cebekhulu	Maxed - KZN	6:35:41
81	Mosongo Mokoatsi	KPMG RC - CGA	6:36:08
82	Velani Sosibo	Maxed - KZN	6:36:10
83	Butiki Jantjies	Maxed - KZN	6:37:26
84	Koketjo Gumbo	Polokwane AC	6:37:33
85	Melikhaya Kepe	Nedbank RC EPA	6:37:45
86	Aleksandr Fetisov	RUS/Running Expert	6:37:55
87	Nicholas Mccann	Boksburg AC	6:38:22
88	Cleber Vilares	BRA	6:38:29
89	Mdumiseni Zondi	Save Orion AC	6:38:54
90	Warren Kidgell	Hillcrest Villagers AC	6:39:21
91	Siyabonga Dingile	Nedbank RC AGN	6:39:28
92	Thandokwakhe Ngcobo	Bedfordview CC	6:39:34
93	Maxwell Sobetshe	Maxed - KZN	6:39:43
94	Sthembiso Gcaba	Sebenza AC	6:39:52
95	Emmanuel Sello Qhobosheane	LES/Tlokoa AC	6:40:02
96	Jaco Smith	Durbanville AC	6:40:02
97	Jeffrey Morewane Thipana	Rocky Road Runners Club	6:40:38
98	Fusi Fanyan Nhlapo	KPMG RC - CGA	6:40:51
99	Sipho Mqati	Tuks	6:41:12
100	Tsietsi Edwin Lekgelebane	Colussus Aerobic AC	6:41:16

i = incentive as first South African

k = incentive as first runner from Kwazulu-Natal

**40-49:**

1. Mamabolo (above) 5:42:40 (R17 000)
2. Tjiane (above) 5:45:26 (R12 000)
3. Way (above) 5:49:40 (R6000)

**50-59:**

1. Reginald Ngobese (32Gi) 6:46:07 (R12 000)
2. George Mooi (Gallopers) 7:00:25 (R6000)
3. Ronald Shibiri (Anglo American) 7:01:39 (R5000)
4. Shaun Meiklejohn (Save Orion) 7:04:55

**60+:**

1. David von Senden (AUS) 7:52:11 (R6000)
2. Josiah Makoro (Boksburg) 7:58:14 (R5000)
3. Errol Shear (Jeppe) 8:07:32 (R3000)

WOMEN (Same prize money as men; differences indicated)

1	Camille Herron	USA/Nedbank RC	6:27:35	
2	Alexandra Morozova	RUS	6:31:45	
3	Charné Bosman	Nedbank RC AGN	6:39:51	R160 000 + R200 000i
4	Gerda Steyn	Nedbank RC AGN	6:45:45	
5	Jasmin Nunige	SUI/Nedbank RC	6:46:21	
6	Sarah Bard	USA/Nedbank RC	6:49:30	
7	Colleen de Reuck	USA/KPMG RC - KZN	6:55:36	
8	Danette Smith	KPMG RC - WPA	6:58:38	
9	Stephanie Smith	Born2Run - BOR	7:00:30	
10	Devon Yanko	USA/KPMG RC	7:05:55	
11	Mary Khourie	KPMG RC - CGA	7:09:55	
12	Luiza Tobar	BRA/Tobar Training	7:13:48	
13	Fikile Mbuthuma	Nedbank RC AGN	7:14:34	
14	Lisa Collett	Boxer Super Store	7:22:08	R35 000k
15	Salome Cooper	Born2Run - CGA	7:22:30	
16	Vicky Hansen	Wanderers AC	7:34:08	
17	Nina Zarina	RUS	7:34:28	
18	Isobel Rea	GBR/West 4 Harriers	7:35:27	
19	Melanie van Rooyen	Richards Bay AC	7:35:45	
20	Maria Vilakazi	Run Walk For Life - CGA	7:41:42	
21	Franza Landman	KPMG RC - AGN	7:41:50	
22	Jenni Kruse	Born2Run - CGA	7:42:31	
23	Emma Roca Rodriguez	ESP	7:45:30	
24	Farwa Mentoorn	Nedbank RC AGN	7:47:56	
25	Adele Waldron	KPMG RC - WPA	7:51:11	
26	Barbara Mallmann	GER	7:53:14	
27	Carla Molinaro	GBR/Clapham Chasers	7:55:05	
28	Simonie Borchers	Loskop Vallei Marathon Club	7:56:32	
29	Kate Rees	Born2Run - CGA	7:56:48	
30	Tia Jones	AUS/Desert Road Runners	7:56:57	
31	Julanie Basson	Born2Run - CGA	7:57:19	
32	Irene Goncalves	KPMG RC - CGA	7:57:37	
33	Jacqueline Maritz	Klerksdorp Marathon Club	7:58:42	
34	Laura Peddle	Strand	8:00:04	
35	Dana-Bianca Van Zyl	Florida RC	8:00:38	
36	Melanie Melville	Polokwane AC	8:04:32	
37	Cobie Smith	Team Vitality - CGA	8:04:49	
38	Nandi Zaloumis	Team Vitality - KZN	8:08:34	
39	Franci Myburgh	Nedbank RC CGA	8:09:18	

40	Natasha Malan	Secunda Marathon Club	8:09:23
41	Victoria White	DHS Old Boys	8:10:08
42	Deanné Horn	Lichtenburg Marathon Club	8:10:14
43	Cintia Tobar	BRA/Tobar Training	8:10:38
44	Natasha Gorrie	Randburg Harriers	8:11:33
45	Sarah Wilson	Westville AC	8:12:20
46	Marcelle Coetzee	KPMG RC - AGN	8:12:56
47	Simone Verster	KPMG RC - KZN	8:14:52
48	Martine Baker	Rand AC	8:15:08
49	Christine Wenzl	AUT	8:15:55
50	Xoli Madida	Natal Carbineers AC	8:16:37
51	Nadine Breytenbach	Irene AC	8:19:04
52	Jeannie Jordaan	Modern Athlete AC	8:19:17
53	Eunice Nhlapho	Anglo American AC	8:19:46
54	Lindsay Van Aswegen	Kempton Road Runners	8:19:54
55	Gracious Mdunge	Morningside CC	8:20:48
56	Nomonde Apiwe Gaga	Arthur Ford AC	8:21:40
57	Nancy Barber	Born2Run - CGA	8:21:52
58	Corinne Berg	Troisport Tri Club	8:22:24
59	Corne Prinsloo	Pretoria Police MC	8:22:52
60	Bathabile Manyaka	Diepkloof AC	8:26:50
61	Tania Anderson	VOB	8:26:56
62	Sarah Hazel	GBR/Team Awesome	8:27:32
63	Jane Barnardo	Body Concept Road Warriors	8:27:35
64	Elmarie Bezuidenhout	Charlo AC	8:27:35
65	Risa Dreyer	NAM/Windhoek Harriers	8:28:01
66	Michelle Stassen	KPMG RC - AGN	8:28:14
67	Sarah Eksteen	Westville AC	8:29:12
68	Kelly York-Potgieter	Pentagon Pistols AC	8:29:32
69	Natalie Constantinides	Team Vitality - AGN	8:31:32
70	Jane Mudau	Faranani AC	8:33:51
71	Enie Manzini	City of Ekurhuleni AC	8:34:03
72	Daleen Cilliers	Maluti MultiSport Club	8:35:16
73	Jayde Constable	DHS Old Boys	8:35:19
74	Rianda Gilliland	Atlantic AC	8:35:24
75	Marié Wessels	ATC RC	8:35:44
76	Theresa Brand	Bellville AC	8:35:55
77	Michelle Dreyer	KPMG RC - WPA	8:36:11
78	Marina Popova	RUS/I love running EKB	8:36:36
79	Cecilia Raath	Pretoria Marathon Club	8:36:42
80	Talia Zulberg	Rocky Road Runners Club	8:36:43
81	Deiketseng Cecilia Molefe	Chiltern AC	8:36:45
82	Ines Najvirt	SLO	8:37:33
83	Eliane Ribeiro De Freitas	BRA/Nutritiva	8:37:45
84	Anjali Saraogi	IND	8:38:23
85	Karen Collins	Born2Run - BOR	8:38:24
86	Theresa Majeed	USA	8:38:25
87	Mahlohonolo Pascalina Lepheana	Nedbank RC KZN	8:38:48
88	Kathleen McQuaide	VOB	8:38:54
89	Cinette van der Ende	RunaVation AC	8:38:58
90	Lida Viljoen	Randburg Harriers	8:39:34
91	Iris Ndlovu	NRB Harriers AC	8:40:19
92	Karin Louise Joubert	Tejn IF/Team timetofly.dk	8:40:22
93	Helena Joubert	Sasol MC-Secunda	8:40:30
94	Marissa Martz	USA	8:40:34
95	Brenda Graham	Oxford Striders	8:40:54
96	Jodi Marcus	VOB	8:41:16



97	Lesego Hlako	KPMG RC - AGN	8:41:25
98	Jolene Delpert	West Coast AC	8:41:28
99	Michelle Davis	Pirates Road Running	8:42:21
100	Natasja Kask	Kempton Road Runners	8:42:21
DNF: Ann Ashworth			

i = incentive as first South African

k = incentive as first runner from Kwazulu-Natal

#### 40-49:

1. Bosman (above) 6:39:51 (R17 000)
2. Nunige (SUI, above) 6:46:21 (R12 000)
3. Cooper (above) 7:22:30 (R6000)

#### 50-59:

1. De Reuck (USA, above) 6:55:36 (R12 000)
2. Jones (AUS, above) 7:56:57 (R6000)
3. Jane Mudau (Faranani) 8:33:51 (R5000)

#### 60+:

1. Val Watson (Runav) 9:24:15 (R6000)
2. Lynne Semple (Benoni N) 9:53:08 (R5000)
3. Blanche Moila (Savages) 9:58:24 (R3000)

### BestMed UWC Fast and Flat 10 km (23rd)

Bellville, 3 June

(Certified loop course. Finishers: 1930 [up from 1841 last year].)

Note: A new list leader for Elroy Gelant, eclipsing Stephen Mokoka's 28:22 in Manchester. Zintle Xiniwe scored her ninth win here, while last year's male winner, Sibusiso Madikizela, finished third. Anthony Timoteus moved up one position from his third in 2016. – Ed.

#### MEN

1. Elroy Gelant (Boxer) 28:18 (R1800)
2. Anthony Timoteus (UWC) 30:01 (R1400)
3. Sibusiso Madikizela (MSA) 30:10 (R1200)

(All age category prizes were the same: R600, R400, R300.)

**Veterans:** 1. Tsungai Mawanengeni (ZIM/Gugs) 32:50; 2. Shawn Abrahams (Kuils) 32:59; 3. Vakalisa Kopolo (Ned) 33:03. **Masters:** 1. Johnny Persents (WR) 35:25; 2. Steven Motau (Itheke) 35:59; 3. Eric Coetzee (Ind) 36:56. **G'masters:** 1. Robbie Lindsay (Ned) 40:28; 2. Goodman Mpukane (Gugs) 42:14; 3. Gemjikile Tom (Eskom) 43:34.

**G/g'masters:** 1. Jeff Smith (Itheke) 48:45; 2. Edie Hendricks (Elsies) 50:17; 3. Ronnie le Roux (Brack) 51:08. **Juniors:** 1. Rowhaldo Ratz (UWC) 30:46; 2. Carlo Flink (Itheke) 32:03; 3. Tobie Lewies (UWC) 32:52.

#### WOMEN (Same prize money as men)

1. Zintle Xiniwe (KPMG) 35:47
2. Bulelwa Simae (Ned) 36:40 (1st vet)
3. Anel Terblanche (KPMG) 36:50

**Veterans:** 1. Bulelwa Simae (Ned) 36:40; 2. Sandra Kohnert (Edge) 40:15; 3. Coriaan de Villiers (Ned) 41:00. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 40:36; 2. Mariëtte Strauss (Tyger) 42:18; 3. Olga Howard (Ned) 42:37. **G'masters:** 1. Nancy Will (Pine) 43:55; 2. Hillary Rhode (Edge) 47:00; 3. Charmaine Cupido (Ned) 47:08. **G/g'masters:** 1. Marietha Herbert (Ind) 55:59; 2. Pixie Sparg (Celtic) 56:09; 3. Marlene James (Pine) 58:53. **Juniors:** 1. Vernita Africa (Maties) 41:43; 2. Meagan Swanepoel (Maties) 41:44; 3. Veronique Visagie (Maties) 41:47.

**Sportscentre 10 km**

George, 3 June  
(Finishers: 239.)

**MEN**

1	Ruben Dlepu	Langeberg	19	31:35
2	Godwin Heyns	Nedbank	18	32:53
3	Donovan Jantjies	Nedbank	20	33:23
4	Christiaan Lingerveld	Nedbank	18	34:44
5	Booi Salman	Nedbank	43	34:47
6	Mxolise Fana	Outeniqua	48	34:58
7	Eustace Daniels	Temp	18	35:06
8	Aviwe Kinana	Knysna	18	36:11
9	Renaldo Masena	Rainbow	18	36:11
10	Julius Korkee	Nedbank	32	37:06

**Veterans:**

1	Booi Salman	Nedbank	34:47
2	Mxolise Fana	Outeniqua Harriers	34:58

**Masters:**

1	Patrick Peters	SANDF	38:34
2	Samuel Windvogel	Outeniqua Harriers	43:35

**G'masters:**

1	Jan du Toit	Hartenbos Drawwers	47:16
2	Andre Barnado	Nedbank	49:24

**G/g'masters:**

1	Plaatjie Cronje	Outeniqua Harriers	57:30
2	Maurice Wicomb	Oudtshoorn AAC	1:06:40

**Juniors:**

1	Godwin Heyns	Nedbank	32:53
2	Christiaan Lingerveld	Nedbank	34:44

**WOMEN**

1	Melissa van Rensburg	Nedbank	35	38:22
2	Stephany Petro	Nedbank	15	40:31
3	Cecilia Nel	Nedbank	35	40:54
4	Brittney-Ann Meyer	Nedbank	16	42:23
5	Annatjie Botes	Nedbank	59	43:14
6	Carike Fourie	Nedbank	40	45:17
7	Petra Schreuder	Outeniqua	22	47:00
8	Anel Oosthuizen	UJ	22	47:07
9	Lanene Jansen v. Rensburg	Outeniqua	40	47:56
10	Louw-Anne Lourens	Nedbank	14	48:44

**Veterans:**

1	Carike Fourie	Nedbank	45:17
2	Lanene Jansen v. Rensburg	Outeniqua Harriers	47:56

**Masters:**

1	Annatjie Botes	Nedbank	43:14
2	Rina Wray	Hartenbos Drawwers	49:23

**G'masters:**

1	Mariette de Haan	Nedbank	56:00
2	Mariet Horn	Knysna MC	57:44

**G/g'masters:**

1	Anna-Marie van Eck	Nedbank	1:08:46
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2	Lisetta Visagie	Nedbank	1:15:18
<b>Juniors:</b>			
1	Stephany Petro	Nedbank	40:31
2	Britney-Ann Meyer	Nedbank	42:23

### Slave Route Challenge Half Marathon & 10 km

Cape Town, 14 May

(Distances: 21.1 km & 10 km; certified hilly loop courses. Finishers: half marathon – 2825 [up from 2671 last year]; 10 km – 2789 [up from 2599].)

#### Half marathon

##### MEN

1	Sibusiso Madikizela	MSA Multisport	1:07:27
2	Duane Fortuin	Kuilsriver AC	1:07:31
3	Khaya Butele	Nedbank AC	1:08:16
4	Siviwe Nkombi	Nedbank AC	1:08:43
5	Mthandazo Qhina	Nedbank AC	1:11:07
6	Reuben Mhashu	Hout Bay Harriers	1:13:12
7	Babalalo Hambu	MSA Multisport	1:13:36
8	Tsungai Mwanengeni	ZIM/Gugs	1:13:43
9	Vakalisa Kopolo	Nedbank AC	1:14:03
10	Lehlononolo Nyombane	Nedbank AC	1:14:16

##### WOMEN

1	Bulelwa Simae	Nedbank AC	1:22:44
2	Tanith Maxwell	Boxer AC	1:23:53
3	Jessica Pollock	UCT	1:26:49
4	Diane Obree	ATC	1:30:04
5	Michelle Dreyer	Paarl	1:30:34
6	Obertina Kanyongo	ZIM/Nedbank AC	1:31:54
7	Ursula Frans	Nedbank AC	1:32:47
8	Ivy Gongqa	Nedbank AC	1:33:26
9	Phatiswa Dyalvaine	Nedbank AC	1:33:27
10	Ursula Turck	Strand AC	1:34:18

#### 10 km

##### MEN

1	Siboniso Soldaka	CPUT	31:03
2	Nadeel Wildschutt	Itheko AC	31:10
3	Granwin Katzen	Celtic Harriers	31:43
4	Adriaan Wildschutt	Itheko AC	31:50
5	Lukhanyo Nobakada	VOB	33:49
6	Carlo Flink	Itheko AC	34:20
7	Marks Mpekula	VOB	34:29
8	Graham Katzen	Celtic Harriers	34:31
9	Bulelani Bhebha	VOB	34:36
10	Akhona Makila	VOB	34:38

##### WOMEN

1	Vuyiseka Nkumenge	Nedbank	39:23
2	Tanya Posthumus-Fox	Century City	41:03
3	Ebeth Marais	Carbineers	41:10
4	Mariëtte Strauss	Tygerberg AC	44:12
5	Chantel Simpson	Nedbank	44:29
6	Anna Bungu	Gugs	44:52
7	Ellinise Oliphant	Velocity AC	44:55

8	Celine Moses	Ommiedraai AC	45:17
9	Laila Abouzaid	Goodwood Harriers	45:40
10	Razaan Kamaldien	Carbineers	46:19

## CROSS-COUNTRY

### Gauteng North Meeting

Pretoria, 26 May

Note: Victories here for Lebogang Phalula in both the 8 km and 4 km. The winner in the men's 40-44 age group is probably Zongamele Dyubeni. All distances are 4 km except where indicated otherwise. – Ed.

#### SR. MEN (8 km)

1	Gladwin	Mzazi	Boxer	24:10
2	Michael	Pienaar	Tuks	24:10
3	Xohiso	Tyali	Nedbank	24:27
4	Lucas	Jani	Nedbank	24:48
5	Philani	Buthelizi	KMPG	25:07
6	Pheeha	Victor	Monaco	25:39
7	Samuel	Segoaba	Individual	26:43
8	John	Mmako	Modiba	26:46
9	Hoshane	Vuma	Suthies	26:48
10	Jamba	Ncedo	Ubilile	26:53

#### SR. MEN

1	Reghan	Magwai	Born 2 Run	12:08
2	Nthobisi	Baloyi	KMPG	12:09
3	Tshepo	Segole	Ekangala	12:51
4	Martin	Nkoe	TUT	13:07
5	Jonathan	Bredenkamp	Individual	13:09
6	Fourie	Wiid	Tuks	13:40
7	Adriaan	Aldridge		13:49
8	Charl	Stephan		13:52
9	Derrick	Motsweni	Ikonjane	14:00
10	William	Grimes	Waterkloof	15:19

#### MEN 40 (8 km)

1	D	Zongamele	Rockies	27:03
2	Sello	Ramaloko	Runavation	29:28
3	Enoch	Skosana	Nedbank	30:08

#### MEN 45 (8 km)

1	Piet	Mosebedi	Mkhombo	28:48
2	Johan	Buys	Kmpg	30:39
3	Dirk	Cloete	Irene	30:48

#### MEN 50 (8 km)

1	Moses	Letlhaku	Arcadi	30:46
2	Willie	Beneke	NPO	31:10
3	Koos	Aphane	PMMC	32:20

#### MEN 55 (8 km)

1	Waldie	Le Grange	Individual	33:28
2	Torrie	Stoltz	FPN	35:38
3	Johnie	Jonker	Denel	36:00

#### MEN 60 (6 km)

1	David	Maphangulu	FPN	23:37
2	Jan	Esau	PMMC	26:23

3	Hendrik	Smith	OVK	31:00
MEN 65 (6 km)				
1	Len	Claassen	Tuks	30:18
2	Allan	Kluge	Agape	31:13
3	Buks	Meyer	GNMA	32:54
MEN 70 (6 km)				
1	Assie	Van Aswegen	OVK	38:25
MEN 75 (6 km)				
1	Piet	Van Aswegen	OVK	31:53
2	Andries	Van der Merwe	Transnet	40:59
3	Neville	Muir	Phobians	52:54
MEN 85 (4 km)				
1	Frans	Grobler	Transnet	48:39
MEN 23				
1	Paseka	Mokhubung	TUT	12:35
2	Tshepo	Monaha	FPN	12:42
3	Lehlohonolo	More	Tuks	13:05
JR. MEN (8 km)				
1	Tumo	Mahudu	Suthies	30:51
2	George	Kuschke	Tuks	24:55
3	Katlego	Tsale	Modiba	25:48
BOYS 17 (6 km)				
1	Caleb	Beukes	Zwartkop	19:12
2	Tumelo	Sikhosana	Tuks Sport	19:37
3	Keegan	Dally	Tuks Sport	19:42
SR. WOMEN (8 km)				
1	Lebogang	Palula	Boxer	28:37
2	Liziwe	Mabona	Ampa	29:51
3	Catherine	Skosana	Boxer	31:37
4	Vuyokaze	Gebe	CSIR	32:10
5	Robyn	Kaltenbrunn	KMPG	32:11
6	Nthabiseng	Tshehla	Modiba	34:43
7	Victoria	Mashapo	Nedbank Skosana	35:15
8	Gloria	Tsotetse	Medihelp	37:54
9	Charlotte	Teffo	Nedbank Skosana	39:29
SR. WOMEN				
1	Lebogang	Palula	Boxer	14:05
2	Anelda	Van Staden	Nedbank	14:23
3	Stella	Marais	KMPG	14:27
4	Nerissa	Le Roux	Runavation	15:08
5	Suane	Cillie	Individual	16:16
6	Rizani	Van Aswegen	KMPG	17:01
7	Kayla	McMaster	FPN	17:34
8	Sithole	Karabo	Tuks	18:10
9	Angelika	Whitcutt	FPN	19:01
10	Mia	Ras	Tuks	20:07
WOMEN 40				
1	Sanet	Delport	FPN	16:30
2	Alicia	Heyns	GNMA	17:16
3	Elmarie	Nolte	Individual	17:50
WOMEN 45				
1	Marili	Munnik	Midstream	16:48
2	Carolina	V.d. Westhuizen	Irene	18:08
3	Concelia	Maluleka	Pheli	19:44

WOMEN 50				
1	Salome	Vermeulen	BHS	17:18
2	Lettie	Saayman	Nedbank	19:39
3	Ronel	Fourie	Oos Moot	20:26
WOMEN 55				
1	Emmarie	Theunisen	BHS	20:25
2	Adri	Van Dyk	Bosch	20:43
3	Stehphanie	Pienaar	Tuks	22:46
WOMEN 60				
1	Lyn	De Bruin	Irene	24:57
2	Alta	Marais	FPN	40:13
WOMEN 65				
1	Stephanie	Claassen	Tuks	23:46
WOMEN 75				
1	Arina	Van Aswegen	Individual	29:00
2	Annette	Van Rooyen	Transnet	38:34
WOMEN 90				
1	Adelaide	Van Aswegen	Individual	40:49
WOMEN 23				
1	Danielle	Jordaan	Oos Moot	15:06
2	Michelen	Kahl	Individual	15:14
3	Michelle	Redelinghuys	Tuks	15:17
JR. WOMEN (6 km)				
1	Sisanda	Dumisa	Tuks Sport	23:03
2	Thulisile	Amon	Tuks Sport	23:37
3	Thobile	Amon	Tuks Sport	24:19
GIRLS 17				
1	Shaina	Piggott	Centurion	15:19
2	Zhandre	Loubser-Kuhn	Montana	15:25
3	Mizhane	Loubser-Kuhn	Montana	15:28

## 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

### Freihofer's Run for Women 5 km (39th)

Albany, USA, 4 June

(Certified out-and-back course with start/finish on Washington Avenue.)

1.	Sara Hall, 34, Redding CA	15:48.9	\$10,000
2.	Alphine Tuliamuk, 28, Santa Fe NM	15:50.3	5,000
3.	Lindsey Scherf, 30, Scarsdale NY	16:09.9	3,000
4.	Becky Wade, 28, Louisville CO	16:15.3	2,000
5.	Katie Matthews, 26, Brighton MA	16:18.7	1,000
... 13.	Jen Rhines, 42, Boston MA	17:13.6	750m
... 49.	Joan Benoit Samuelson, 60, Freeport ME	19:23.7	

**Vitality London 10000** (10th)

(British 10 km Championships for men and women)

London, GBR, 29 May

(Distance: 10 km; certified one-loop course with start/finish in St. James's Park)

## MEN

1. Andy Butchart, Central AC, 29:18
2. Tsegay Abel, Invicta East Kent AC, 29:26
3. Andy Maud, Highgate Harriers, 29:45

## WOMEN

1. Jo Pavey, 1973, Exeter Harriers, 32:57 (WB, age 43)
2. Sonia Samuels, Sale Harriers, 33:18
3. Charlotte Purdue, Aldershot Farnham & District AC, 33:32

**Bolder BOULDER 10 km** (39th) & **International Team Challenge** (20th)

Boulder, USA, 29 May

(Certified point-to-point course for citizen and elite runners with slight elevation gain; Boulder is at high altitude [1655m].)

## INTERNATIONAL TEAM CHALLENGE - MEN (extended gun times)

- |                           |         |                      |
|---------------------------|---------|----------------------|
| 1. Gabriel Geay, TAN      | 29:02.2 | \$3000 + 1000i       |
| 2. Leonard Korir, USA RED | 29:02.9 | 2000 + 1000i + 3500a |
| 3. Sam Chelanga, USA RED  | 29:07.7 | 1500 + 1000i + 2250a |
| 4. Terefa Debela, ETH     | 29:08.9 | 1000 + 1000i         |
| 5. Philemon Cheboi, KEN   | 29:18.0 | 800 + 750i           |

a) Earned USA citizen prize money

i) Earned time bonus

## Teams (Cross-country scoring):

- |              |    |    |    |   |           |                    |
|--------------|----|----|----|---|-----------|--------------------|
| 1. USA RED   | 2  | 3  | 8  | = | 13 points | \$15,000 + 30,000# |
| 2. ETH       | 4  | 5  | 6  | = | 15        | 10,000             |
| 3. ERI       | 7  | 9  | 10 | = | 26        | 7,000              |
| 4. TAN       | 1  | 16 | 18 | = | 35        | 6,000              |
| 5. USA WHITE | 11 | 12 | 13 | = | 36        | 4,000              |

#) USA team bonus

## INTERNATIONAL TEAM CHALLENGE - WOMEN (extended gun times)

- |                            |         |                     |
|----------------------------|---------|---------------------|
| 1. Mamitu Daska, ETH       | 32:44.9 | \$3000 + 1500i      |
| 2. Ruti Aga, ETH           | 32:45.7 | 2000 + 1250i        |
| 3. Natosha Rogers, USA RED | 33:41.7 | 1500 + 250i + 3750a |
| 4. Gladys Kipsoi, KEN      | 34:00.9 | 1000                |
| 5. Neely Gracey, USA RED   | 34:07.4 | 800 + 1600a         |

a) Earned USA citizen prize money

i) Earned time bonus

## Teams (Cross-country scoring):

- |              |   |    |    |   |           |                  |
|--------------|---|----|----|---|-----------|------------------|
| 1. ETH       | 1 | 2  | 10 | = | 13 points | \$15,000         |
| 2. USA RED   | 3 | 5  | 6  | = | 14        | 10,000 + 17,500# |
| 3. KEN       | 4 | 7  | 13 | = | 24        | 7,000            |
| 4. MEX       | 9 | 12 | 15 | = | 36        | 6,000            |
| 5. USA WHITE | 8 | 11 | 17 | = | 36        | 4,000            |

#) USA team bonus

### Simplyhealth Great Manchester Run 10 km

Manchester, GBR, 28 May

(Certified course; course starts at 45 m elevation and finishes at 35 m elevation [10m elevation loss, or 1m/km of race distance; legal for record setting]; start/finish separation is 600, or 6% of the race distance.)

MEN (gun times)

1. Dathan Ritzenhein, USA 28:06 PB
2. Bernard Lagat, 42, USA 28:13 WB age 42
3. Stephen Mokoka, **RSA** 28:22
4. Collis Birmingham, AUS 28:25
5. Wilson Kipsang, KEN 28:26

WOMEN (gun times)

1. Tirunesh Dibaba, ETH 31:03
2. Christelle Daunay, 42, FRA 33:08
3. Katrina Wootton, GBR 33:18
4. Sophie Duarte, FRA 33:24
5. Gemma Steel, GBR 33:39

### Tamarack Ottawa Race Weekend

(Canadian 10 km Road Running Championships/IAAF Gold Label Event)

Ottawa, CAN, 27 & 28 May

(Distances: 42.195 km [IAAF certified loop course with negligible start/finish separation] & 10 km [out-and-back course with negligible start/finish separation; early start for elite women].)

#### 10 km (27)

MEN (gun times)

1. Leul Gebresilase, 24, ETH 28:43 CAD 8000
2. Martin Hehir, 24, USA 29:05 5000
3. Nicholas Bor, 29, KEN 29:33 2500

ALL-WOMEN'S ELITE RACE (gun times)

1. Netsanet Gudeta, 26, ETH 31:35 CAD 8000 + 4000g
2. Paskalia Chepkorir, 28, KEN 32:08 5000
3. Monicah Ngige, 23, KEN 32:46 2500

g) Won gender challenge bonus (women given 3 min, 10sec headstart)

#### Marathon (28)

MEN (gun times)

1. Eliud Kiptanui, KEN 2:10:14 CAD 40,000
2. Seboka Dibaba, ETH 2:10:31 20,000
3. Levy Matebo, KEN 2:10:48 10,000

WOMEN (gun times)

1. Guteni Shone Imana, ETH 2:30:18 CAD 40,000
2. Hiwot Gebrekidan, ETH 2:30:54 20,000
3. Aberash Fayesa, ETH 2:31:27 10,000



**ULTRA/TRAIL/MOUNTAIN RUNNING****100 km del Passatore (45th)**

Faenza, ITA, 27 May

Distance: 100 km

Note: Roman taxi driver Giorgio Calcaterra, 45, got his 12th consecutive victory here, while Nikolina Sustic broke Monica Carlin's five-year-old course record in the women's race. It was also Sustic's third consecutive win here. --Ed.

MEN (gun times)

1. Giorgio Calcaterra (45+), ITA 7:03:54
2. Andrea Zambelli (45+), ITA 7:08:11
3. Herve Seitz, FRA 7:18:48

WOMEN (gun times)

1. Nikolina Sustic, CRO 7:34:36 CR
2. Laura Gotti, ITA 7:47:18
3. Veronika Jurisic, CRO 8:01:13

**TRACK****adidas Boost Boston Games (2nd)**

Somerville and Boston, USA, 2 &amp; 4 June

Dilboy Stadium, Somerville (Day 1, middle and long distance events)

Charles Street, Boston (Day 2, sprint and field street meet)

MEN

800 (02):

1. Brandon McBride, Canada 1:45.36
2. Marcin Lewandowski, Poland 1:45.76
3. Donovan Brazier, United States 1:46.01
4. Mark English, Ireland 1:46.06
5. Jake Wightman, Great Britain 1:46.07
6. Robby Andrews, United States 1:47.47

1500 (02):

1. Chris O'Hare, Great Britain 3:39.31
2. Edwin Kiptoo, Kenya 3:39.54
3. Charles Simotwo, Kenya 3:40.13
4. Patrick Casey, United States 3:40.34
5. Drew Hunter, United States 3:40.35

Mile (02):

High School Dream Mile -

1. Patrick Parker, United States 4:03.99
2. Austin Hindman, United States 4:04.53
3. Casey Clinger, United States 4:04.87

5000 (02) [with 3000 en route times]:

1. Muktar Edris, Ethiopia 13:01.04 [7:50.43]
2. Cyrus Rutto, Kenya 13:03.44 [7:50.65]
3. Dejen Gebremeskel, Ethiopia 13:25.95 [8:06.39]
4. Sam McEntee, Australia 13:27.56 [7:57.84]
5. Edwin Soi, Kenya 13:28.24 [7:57.95]

## WOMEN

## 800 (02):

1. Charlene Lipsey, United States 1:59.57
2. Sammy Watson, United States 2:00.78 [High School]
3. Habitam Alemu, Ethiopia 2:00.93
4. Lynsey Sharp, Great Britain 2:01.13
5. Angie Petty, New Zealand 2:01.73

## 1500 (02):

1. Emily Lipari, United States 4:12.32
2. Dominique Scott-Efurd, RSA 4:12.48
3. Eleanor Fulton, United States 4:12.80
4. Gabe Grunewald, United States 4:17.75
5. Kalkidan Gezahegne, Bahrain 4:21.16

## Mile (02):

## High School Dream Mile -

1. Lexy Halladay, United States 4:41.80
2. Brie Oakley, United States 4:41.95
3. Lauren Gregory, United States 4:42.00

## 3000:

1. Buze Diriba, Ethiopia 8:45.44
2. Sheila Chepkirui, Kenya 8:45.94
3. Gotytom Gebreslase, Ethiopia 8:58.88
4. Mirriam Cherop, Kenya 9:01.43
5. Sara Pagano, United States 9:04.53 PB

**Prefontaine Classic** (42nd)

(3rd stop of 2017 IAAF Diamond League)

Historic Hayward Field, Eugene, USA, 27-28 May

Note: The results were included last week, but these are more detailed. -- Ed.

## Day One (26):

## WOMEN

## 800:

1. Charlene LIPSEY, USA, 1:59.87 PB
2. Chishuna WILLIAMS, USA, 2:00.62
3. Sammy WATSON, USA, 2:01.47 PB
4. Kendra CHAMBERS, USA, 2:01.67
5. Dana MECKE, USA, 2:01.73
6. Laura ROESLER, USA, 2:01.89
7. Chanelle PRICE, USA, 2:02.32

## 1500:

1. Gabriela STAFFORD, CAN, 4:07.43
2. Katie MACKEY, USA, 4:07.79
3. Emily LIPARI, USA, 4:08.29 PB
4. Sasha GOLLISH, CAN, 4:08.41
5. Alexa EFRAIMSON, USA, 4:09.03
6. Marta Pen FREITAS, POR, 4:09.22
7. Rachel SCHNEIDER, USA, 4:09.80
8. Sara SUTHERLAND, USA, 4:10.20
9. Gabriele GRUNEWALD, USA, 4:15.04
10. Heidi SEE, AUS, 4:15.34

## 5000:

1. Genzebe DIBABA, Ethiopia, 14:25.22  
[1000 = 2:51.50 / 3000 = 8:39.21 ]
2. Lilian Kasait RENGERUK, Kenya, 14:36.80 PB
3. Sifan HASSAN, Netherlands, 14:41.24 PB/NR
4. Gelete BURKA, Ethiopia, 15:06.01
5. Dera DIDA, Ethiopia, 15:07.27
6. Eilish MCCOLGAN, Great Britain, 15:07.43
7. Belaynesh OLJIRA, Ethiopia, 15:08.05
8. Molly HUDDLE, USA, 15:09.09
9. Kalkidan GEZAHEGNE, Bahrain, 15:09.93 PB
10. Emily SISSON, USA, 15:10.91 PB
11. Marielle HALL, USA, 15:11.02
12. Kim CONLEY, USA, 15:14.57
13. Madeline HILLS, Australia, 15:15.18
14. Gotytom GEBRESLASE, Ethiopia, 15:15.82

## 3000 intermediate times:

1. Genzebe DIBABA, Ethiopia, 8:39.21 WL
2. Sifan HASSAN, Netherlands, 8:44.79
3. Lilian Kasait RENGERUK, Kenya, 8:45.03
4. Belaynesh OLJIRA, Ethiopia, 9:11.08
5. Gotytom GEBRESLASE, Ethiopia, 9:11.19
6. Kalkidan GEZAHEGNE, Bahrain, 9:11.30
7. Dera DIDA, Ethiopia, 9:11.40
8. Gelete BURKA, Ethiopia, 9:11.55
9. Molly HUDDLE, USA, 9:11.65
10. Marielle HALL, USA, 9:11.78
11. Madeline HILLS, Australia, 9:12.08
12. Eilish MCCOLGAN, Great Britain, 9:12.31
13. Emily SISSON, USA, 9:12.35
14. Kim CONLEY, USA, 9:12.84

## 3000 s/chase:

1. Celliphine Chepteek CHESPOL, Kenya, 8:58.78 WJR/ACR/MR/#2 all-time
2. Beatrice CHEPKOECH, Kenya, 9:00.70 PB
3. Ruth JEBET, Bahrain, 9:03.52
4. Emma COBURN, USA, 9:07.96
5. Courtney FRERICHS, USA, 9:19.09 PB
6. Purity KIRUI, Kenya, 9:20.07
7. Gesa Felicitas KRAUSE, Germany, 9:20.32
8. Stephanie GARCIA, USA, 9:25.04
9. Genevieve LALONDE, Canada, 9:33.95
10. Mel LAWRENCE, USA, 9:39.32

## Day Two (27):

## MEN

## International Mile:

1. Thiago ANDRE, Brazil, 3:51.99 PB/WL
2. Chris O'HARE, Great Britain, 3:53.34 PB
3. Henrik INGEBRIGTSEN, Norway, 3:53.79
4. Jakub HOLUSA, Czech Republic, 3:53.97
5. Faoud EL KAAM, Morocco, 3:54.39
6. Luke MATHEWS, Australia, 3:54.53 PB
7. Andrew WHEATING, USA, 3:55.23
8. Lopez LOMONG, USA, 3:55.67

9. Charles PHILIBERT-THIBOUTOT, Canada, 3:55.83
10. Cristian SORATOS, USA, 3:56.68 PB
11. Jakob INGEBRIGTSEN, 2000, Norway, 3:58.07 PB/WJL  
[youngest athlete ever to run sub-4:00 at 16y/249d]
12. Matthew RAMSDEN, Australia, 3:59.80

1500 en route times:

1. Thiago ANDRE, Brazil, 3:37.53
2. Chris O'HARE, Great Britain, 3:38.14
3. Jakub HOLUSA, Czech Republic, 3:38.65
4. Henrik INGEBRIGTSEN, Norway, 3:38.96
5. Luke MATHEWS, Australia, 3:39.05
6. Faoud EL KAAM, Morocco, 3:39.51
7. Andrew WHEATING, USA, 3:39.87
8. Lopez LOMONG, USA, 3:40.17
9. Charles PHILIBERT-THIBOUTOT, Canada, 3:40.39
10. Cristian SORATOS, USA, 3:40.69
11. Jakob INGEBRIGTSEN, Norway, 3:41.41

Bowerman Mile:

1. Ronald KWEMOI, Kenya, 3:49.04 PB/WL
2. Elijah Motonei MANANGOI, Kenya, 3:49.08 PB
3. Timothy CHERUYIOT, Kenya, 3:49.64 PB
4. Vincent KIBET, Kenya, 3:51.17 PB
5. Clayton MURPHY, USA, 3:51.99 PB
6. Abdelaati IGUIDER, Morocco, 3:52.77 PB
7. Ben BLANKENSHIP, USA, 3:53.04 PB
8. Filip INGEBRIGTSEN, Norway, 3:53.23 PB
9. Bethwell BIRGEN, Kenya, 3:53.50
10. Charlie GRICE, Great Britain, 3:53.62
11. Ryan GREGSON, Australia, 3:56.90
12. Silas KIPLAGAT, Kenya, 3:57.59
13. Asbel KIPROP, Kenya, 3:58.24  
Ayanleh SOULEIMAN, Djibouti, DNF (tripped and fell)  
Elijah KIPCHIRCHIR, Kenya, DNF  
Andrew ROTICH, Kenya, DNF

1500 en route times:

1. Elijah Motonei MANANGOI, Kenya, 3:35.27
2. Timothy CHERUYIOT, Kenya, 3:35.36
3. Ronald KWEMOI, Kenya, 3:35.57
4. Vincent KIBET, Kenya, 3:35.90
5. Abdelaati IGUIDER, Morocco, 3:36.31
6. Clayton MURPHY, USA, 3:36.34
7. Bethwell BIRGEN, Kenya, 3:36.96
8. Charlie GRICE, Great Britain, 3:37.37
9. Ben BLANKENSHIP, USA, 3:37.42
10. Filip INGEBRIGTSEN, Norway, 3:37.88
11. Ryan GREGSON, Australia, 3:40.45
12. Silas KIPLAGAT, Kenya, 3:41.32
13. Asbel KIPROP, Kenya, 3:41.46

5000:

1. Mo FARAH, Great Britain, 13:00.70 WL
2. Yomif KEJELCHA, Ethiopia, 13:01.21
3. Geoffrey KAMWORWOR, Kenya, 13:01.35
4. Joshua CHEPTEGEI, Uganda, 13:02.84

5. Albert ROP, Bahrain, 13:04.82
6. Mohammed AHMED, Canada, 13:08.16
7. Paul CHELIMO, USA, 13:10.11
8. Andrew BUTCHART, Great Britain, 13:11.45
9. Eric JENKINS, USA, 13:13.30
10. Aron KIFLE, 1998, Eritrea, 13:13.31 WJL/WJR/PB
11. Patrick TIERNAN, Australia, 13:13.44
12. Jacob KIPLIMO, 2000, Uganda, 13:13.64 WYL/PB
13. Paul Kipngetich TANUI, Kenya, 13:14.09
14. Bashir ABDI, Belgium, 13:16.74
15. Leonard BARSOTON, Kenya, 13:17.38
16. Hassan MEAD, USA, 13:19.16
17. William Malel SITONIK, Kenya, 13:20.02
18. Getaneh TAMIRE, Ethiopia, 13:21.78
19. Leonard KORIR, USA, 13:22.04
20. Nicholas Mboroto KOSIMBEI, Kenya, 13:22.68
21. Stephen SAMBU, Kenya, 13:23.79
22. Ben TRUE, USA, 13:28.24
23. Caleb Mwangangi NDIKU, Kenya, 13:31.45
24. Chris DERRICK, USA, 13:33.39
- Ryan HILL, USA, DNF
- Isiah Kiplangat KOECH, Kenya, DNF
- Ibrihim JEILAN, Ethiopia, DNF

#### 3000 en route times:

1. Leonard KORIR, USA, 7:51.41
2. Geoffrey KAMWORWOR, Kenya, 7:51.55
3. Stephen SAMBU, Kenya, 7:51.74
4. Mo FARAH, Great Britain, 7:51.83
5. Yomif KEJELCHA, Ethiopia, 7:51.95
6. Joshua CHEPTEGEI, Uganda, 7:52.17
7. Aron KIFLE, Eritrea, 7:52.19
8. Leonard BARSOTON, Kenya, 7:52.33
9. Jacob KIPLIMO, Uganda, 7:52.35
10. Getaneh TAMIRE, Ethiopia, 7:52.54
11. Paul CHELIMO, USA, 7:52.56
12. Mohammed AHMED, Canada, 7:52.77
13. Nicholas Mboroto KOSIMBEI, Kenya, 7:52.86
14. Caleb Mwangangi NDIKU, Kenya, 7:52.98
15. Albert ROP, Bahrain, 7:53.09
16. Eric JENKINS, USA, 7:53.32
17. Patrick TIERNAN, Australia, 7:53.58
18. Andrew BUTCHART, Great Britain, 7:53.83
19. Paul Kipngetich TANUI, Kenya, 7:54.11
20. William Malel SITONIK, Kenya, 7:54.38
21. Bashir ABDI, Belgium, 7:54.63
22. Ben TRUE, USA, 7:54.76
23. Hassan MEAD, USA, 7:55.03
24. Chris DERRICK, USA, 8:00.92

#### WOMEN

##### 800:

1. Caster SEMENYA, South Africa, 1:57.78
2. Margaret WAMBUI, Kenya, 1:57.88
3. Francine NIYONSABA, Burundi, 1:59.10
4. Habitam ALEMU, Ethiopia, 1:59.19
5. Selina BÜCHEL, Switzerland, 1:59.46

6. Melissa BISHOP, Canada, 1:59.52
7. Joanna JOZWIK, Poland, 2:00.77
8. Lynsey SHARP, Great Britain, 2:01.23
9. Marina ARZAMASOVA, Belarus, 2:02.59

1500:

1. Faith KIPYEGON, Kenya, 3:59.67
2. Hellen OBIRI, Kenya, 4:00.46
3. Laura MUIR, Great Britain, 4:00.47
4. Rababe ARAFI, Morocco, 4:01.75 PB
5. Gudaf TSEGAY, Ethiopia, 4:01.78
6. Brenda MARTINEZ, USA, 4:03.56
7. Kate GRACE, USA, 4:03.59 PB
8. Jenny SIMPSON, USA, 4:04.16
9. Shannon ROWBURY, USA, 4:04.61
10. Sofia ENNAOUI, Poland, 4:05.74
11. Shelby HOULIHAN, USA, 4:06.43
12. Linden HALL, Australia, 4:07.37
13. Laura WEIGHTMAN, Great Britain, 4:10.50

### **iFam Outdoor Meeting**

Oordegem, BEL, 27 May

MEN

800:

Heat 4 -

- |                       |        |               |
|-----------------------|--------|---------------|
| 1. Willy Tarbei       | 98 KEN | 1:45.34       |
| 2. Abdelati El Guesse | 93 MAR | 1:45.46 PB    |
| 3. Thijmen Kupers     | 91 NED | 1:45.58       |
| 4. Abessalem Ayouni   | 94 TUN | 1:45.63 NR/PB |

Heat 3 -

- |                    |        |            |
|--------------------|--------|------------|
| 1. Zahafi Mouad    | 98 MAR | 1:47.64 PB |
| 2. Geoffrey Ruto   | 92 UGA | 1:48.18    |
| 3. Tony Van Diepen | 96 NED | 1:48.25 PB |

Heat 2 -

- |                       |        |            |
|-----------------------|--------|------------|
| 1. Alexis Miellet     | 95 FRA | 1:47.75 PB |
| 2. Spencer Thomas     | 97 GBR | 1:47.83 PB |
| 3. Christos Demetriou | 91 CYP | 1:48.02    |

Heat 1 -

- |                           |        |            |
|---------------------------|--------|------------|
| 1. Valentin Voicu Catalin | 93 ROU | 1:48.59 PB |
| 2. Nicholas Landeau       | 95 TTO | 1:49.31 PB |
| 3. Jonas Schopfer         | 96 SUI | 1:49.42    |

1500:

Heat 4 -

- |                    |        |            |
|--------------------|--------|------------|
| 1. Jake Wightman   | 94 GBR | 3:35.93    |
| 2. Charles Simotwo | 95 KEN | 3:36.47    |
| 3. Emanuel Rolim   | 93 POR | 3:37.16 PB |

Heat 3 -

- |                        |        |            |
|------------------------|--------|------------|
| 1. Takieddine Hedeilli | 96 ALG | 3:39.45 PB |
| 2. Ayoub Mokhtar Harbe | 96 ESP | 3:42.05 PB |
| 3. Mohamed Moussaoui   | 90 FRA | 3:42.42    |

Heat 2 -

- |                    |        |            |
|--------------------|--------|------------|
| 1. Andrew Coscoran | 96 IRL | 3:41.20 PB |
| 2. Hugo Rocha      | 97 POR | 3:42.28 PB |
| 3. Reda Jaafar     | 90 MAR | 3:42.31    |

## Heat 1 -

1. Jonas Raess 94 SUI 3:45.13 PB
2. Jake Heyward 99 GBR 3:46.27 PB
3. Nick Jensen 91 DEN 3:46.77 PB

## 5000:

## Heat 1 -

1. Stephen Kissa UGA 13:13.00 PB
2. Frederick Kipkosgei 96 KEN 13:13.16 PB
3. Ilias Fifa 89 ESP 13:17.39

## Heat 2 -

1. Amanal Petros 95 GER 13:37.20 PB
2. Alex Yee 98 GBR 13:37.60 PB
3. Marco Najibe Salami 85 ITA 13:37.62 PB

## Heat 3 -

1. Nicolas Witz 96 FRA 13:52.74 PB
2. Sebastian Hendel 95 GER 13:55.08 PB
3. Jordi Torrents Teixidor 97 ESP 13:55.59 PB

## Heat 4 -

1. Raul Celada Alvarez 95 ESP 14:04.42 PB
2. Amin Boukebal 90 FRA 14:11.25 PB
3. Anna Mahboub El Hamdouini 99 ESP 14:12.61 PB

## Heat 5 -

1. Robin Ryyananen 97 FIN 14:20.26 PB
2. Eero Saleva 95 FIN 14:35.01 PB
3. Arnaud Michel 87 FRA 14:35.19 PB

## 3000 s/chase:

## Heat 1 -

1. Daniel Arce Ibanez 92 ESP 8:29.24 PB
2. Ibrahim Ezzaydouny 91 ESP 8:29.86
3. Sikolvo Abei 99 UGA 8:30.15 PB

## Heat 2 -

1. Topi Raitanen 96 FIN 8:46.10 PB
2. Alexis Rodriguez Coronado 97 ESP 8:46.50 PB
3. Haran Dunderdale 96 GBR 8:50.43 PB

## WOMEN

## 800:

## Heat 1 -

1. Shelayna Oskan-Clarke 90 GBR 2:00.17
2. Anita Hinriksdottir 96 ISL 2:00.33
3. Sanne Verstegen 85 NED 2:00.74

## Heat 2 -

1. Konstantina Giannopoulou 94 GRE 2:03.94
2. Corane Gazeau 96 FRA 2:04.06
3. Charlotte Mouchet 96 FRA 2:04.61

## Heat 3 -

1. Claire Mooney 92 IRL 2:04.64 PB
2. Ellie Baker 98 GBR 2:04.67 PB
3. Alice Six 90 FRA 2:05.76 PB

## 1500:

## Heat 3 -

1. Hanna Klein 93 GER 4:06.91 PB
2. Karoline Bjerkeli Grovdal 90 NOR 4:07.25 PB
3. Marta Perez 93 ESP 4:07.35 PB

## Heat 2 -

- |                        |        |                |
|------------------------|--------|----------------|
| 1. Esther Chebet       | 97 UGA | 4:11.68 PB     |
| 2. Katie Snowden       | 94 GBR | 4:12.25        |
| 3. Charline Mathias    | 92 LUX | 4:12.57 NR/PB  |
| ... 7. Camilla Ziesler | 00 NOR | 4:17.21 WYL/PB |

## Heat 1 -

- |                    |        |            |
|--------------------|--------|------------|
| 1. Vera Hoffmann   | 96 LUX | 4:17.06 PB |
| 2. Emma Sextius    | 94 FRA | 4:20.91 PB |
| 3. Katharina Trost | 95 GER | 4:21.31 PB |

## Heat 4 -

- |                          |        |            |
|--------------------------|--------|------------|
| 1. Anais Bourgoin        | 96 FRA | 4:25.51 PB |
| 2. Ingrid Pino Creixenti | 95 ESP | 4:26.92 PB |
| 3. Contois Jenipher      | 99 FRA | 4:27.89 PB |

## Heat 5 -

- |                         |        |            |
|-------------------------|--------|------------|
| 1. Rollin Meline        | 98 FRA | 4:33.77 PB |
| 2. Denise Schumacher    | 94 GER | 4:35.70 PB |
| 3. Kristel Van Den Berg | 98 NED | 4:36.03    |

## Heat 6 -

- |                    |        |            |
|--------------------|--------|------------|
| 1. Maura De Troyer | 99 DAC | 4:38.81 PB |
| 2. Kayla Smith     | 00 RCB | 4:38.85 PB |
| 3. Aline Florian   | 95 GER | 4:39.32 PB |

## 3000 s/chase:

- |                       |        |         |
|-----------------------|--------|---------|
| 1. Anna Emilie Moller | 97 DEN | 9:37.58 |
| 2. Lucie Sekanova     | 89 CZE | 9:46.22 |
| 3. Matylda Kowal      | 89 POL | 9:47.14 |

**NCAA Division I East Preliminary Round**

Lexington, USA, 25-27 May

## MEN -

800m:

Final (26):

## Heat 1 -

- |   |
|---|
| 1. Isaiah HARRIS, SO, Penn State, 1:45.92 Q       |
| 2. Avery BARTLETT, SO, Georgia Tech, 1:47.74 Q PB |
| 3. Domenic PERRETTA, FR, Penn State, 1:47.87 Q    |

## Heat 2 -

- |   |
|---|
| 1. Joseph WHITE, JR, Georgetown, 1:48.13 Q              |
| 2. Robert HEPPENSTALL, SO, Wake Forest (CAN), 1:48.19 Q |
| 3. Andres ARROYO, SR, Florida (PUR), 1:48.33 Q          |

## Heat 3 -

- |   |
|---|
| 1. Drew PIAZZA, SR, Virginia Tech, 1:47.10 Q          |
| 2. Eliud RUTTO, SR, Mid. Tenn. State (KEN), 1:48.23 Q |
| 3. Patrick JOSEPH, JR, Virginia Tech, 1:48.32 Q       |

Prelims (25):

## Heat 3 -

- |   |
|---|
| 1. Isaiah HARRIS, SO, Penn State, 1:49.54 Q               |
| 2. Avery BARTLETT, SO, Georgia Tech, 1:49.73 (1:49.728) Q |
| 3. Matthew HARDING, FR, UNC-Asheville (GBR), 1:49.94 Q    |
| ... 8. Mpho MAKOFANE, JR, Clemson (RSA), 1:53.22          |



## WOMEN

1500:

Final (27):

Heat 1 -

1. Helen SCHLACHTENHAUFEN, SR, Dartmouth, 4:11.15 Q PB
2. Megan MOYE, SR, North Carolina St., 4:12.42 Q
3. Danielle ARAGON, SR, Notre Dame, 4:12.50 Q PB

Heat 2 -

1. Jessica HARRIS, SO, Notre Dame, 4:11.67 Q PB
2. Karisa NELSON, JR, Samford, 4:11.86 Q
3. Jaimie PHELAN, JR, Michigan (CAN), 4:12.55 Q PB

Prelims (25):

Heat 1 -

1. Karisa NELSON, JR, Samford, 4:22.08 Q
2. Jaimie PHELAN, JR, Michigan (CAN), 4:22.16 Q
3. Frances SCHMIEDE, SR, Yale (AUS), 4:22.87 Q
- ... 11. Aynslee VAN GRAAN, JR, Coastal Carolina (RSA), 4:35.17

10000 (25):

1. Annie BOTHMA, FR, Coastal Carolina (RSA), 33:37.91 q PB
2. Veronica EDER, SR, Auburn, 33:38.13 q
3. Regan ROME, JR, William and Mary, 33:38.20 q

**NCAA Division I West Preliminary Round**

Austin, USA, 25-27 May

## WOMEN

1500:

Final (27):

Heat 1 -

1. Kaela Edwards, SR, Oklahoma State, 4:28.49 Q
2. Katie Rainsberger, FR, Oregon, 4:28.74 Q
3. Christina Aragon, FR, Stanford, 4:29.07 Q

Heat 2 -

1. Nikki Hiltz, JR, Arkansas, 4:18.39 Q
2. Dani Jones, SO, Colorado, 4:18.55Q
3. Therese Haiss, SR, Arkansas, 4:18.77 Q
- ... 9. Carina Viljoen, FR, Arkansas (RSA), 4:26.60

Prelims (25):

Heat 2 -

1. Dani Jones, SO, Colorado, 4:24.12 Q
  2. Nikki Hiltz, JR, Arkansas, 4:24.27 Q
  3. Taryn Rawlings, SO, Portland, 4:24.45 Q
  - ... 6. Carina Viljoen, FR, Arkansas (RSA), 4:26.43 q
-

## STATS TIME

This week we include a list of the top ten SA men in the 10 km 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 10 KM: TOP 10 MEN

28:18	Elroy Gelant	1	Bellville	03 Jun
28:22	Stephen Mokoka	3	Manchester	28 May
28:48	Mbongeni Ngxazosa	2	Port Elizabeth	22 Apr
29:01	Melikhaya Frans	4	Port Elizabeth	22 Apr
29:01	Gladwin Sibabalwe Mzazi	3	Port Elizabeth	22 Apr
29:13	Thabang Mosiako	1	Gaborone	07 May
29:32	Nadeel Wildschutt	1	Cape Town	01 Mar
29:39	Frans-2	1	Port Elizabeth	08 Apr
29:53	Siboniso Soldaka	2	Cape Town	01 Mar
29:56	Angelo Booysen	1	Wellington	01 May
29:58	Joel Mmone	2	Benoni	29 Jan

## THIS MONTH IN HISTORY

### (Almost exactly) 46 years ago: 6 June 1971

Frank Shorter's commanding 1972 Olympic marathon victory in his birthplace, Munich, is said to have started the running boom in the United States. He was the third US Olympic marathon champion, but -- although an accomplished track runner (he was fifth in the Munich 10000 m) -- his marathon career had an inauspicious start when he dropped out of the 1968 US trial race. On this day his second attempt went much better: he finished second to Kenny Moore in the AAU Championships in Eugene, running 2:17:44.6. This gave him a spot on the Pan American Games team, and two months later he won the title in Cali in 2:22:40. He also won his next five marathons, including the gold medal in Munich, and scored four consecutive wins in the Fukuoka Marathon. His last competitive marathon was in 1981 in Chicago, where he was third.

## 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	<b>28:18</b>	<b>Elroy Gelant</b>	<b>Bellville</b>	<b>03 Jun</b>
	27:18	Bernard Kimeli (KEN)		
	26:44	Leonard Patrick Komon (KEN) 2010		
15 km	45:29	Melikhaya Frans	Port Elizabeth	04 Feb
	42:00	Matthew Kimeli Kipkorir (KEN)		
	41:13	Leonard Patrick Komon (KEN) 2010		
21.1 km	64:07	Elroy Gelant	Port Alfred	29 Apr
	59:10	Bedan Karoki Muchiri (KEN)		
	58:23	Zersenay Tadese (ERI) 2010		

25 km	81:36A	Sipho Mbanjwa	Pinetown	29 Jan
	74:27	Dathan Ritzenhain (USA)		
	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
	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				
<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		
<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
	84:36	Alphine Tuliamuk (USA)		
	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	36:40	Bulelwa Simae	Bellville	03 Jun
	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				
<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 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 Micketta (GER) 2013		
100 km				
<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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