

# 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

British star Tish Jones, who recently ran away with the FNB Cape Town 12 ONERUN, scored another significant victory over a strong field when she won the Durban leg of the Spar Grand Prix Series in a PB of 32:58. She beat Kesa Molotsane by 33 seconds as six runners dipped under 34 minutes. First junior Nicole Louw ran a list leader of 35:26, also a PB.

In the results of the Comrades Marathon in last week's DRR Lisa Collett (14th in 7:22:08) was shown as the first female from Kwazulu-Natal, but in fact the award went to Fikile Mbuthuma (Nedbank AGN, 13th in 7:14:34), who resides in KZN. Also, the Swiss athlete Jasmin Nunige was not wearing the required age category tags, so the first three women in the 40-49 age group were: 1. Charné Bosman (6:39:51), 2. Salome Cooper (7:22:30), 3. Maria Vilakazi (7:41:42).

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Spar Grand Prix Series, Durban
- \* Cell C Day of Races 5 km, Johannesburg
- \* Mamre Half Marathon, Mamre
- \* XC: EP League Meetings, Uitenhage & Port Elizabeth

## International highlights:

- \* NYRR New York Mini 10 km, New York, USA
  - \* Synchrony Financial Rock 'n' Roll San Diego Marathon & Half Marathon, San Diego, USA
  - \* Il Miglio di Roma, Roma, ITA
  - \* ASICS Stockholm Marathon, Stockholm, SWE
  - \* Mattoni Ceské Budejovice Half Marathon, Ceské Budejovice, CZE
  - \* Track: FBK-Games, Hengelo, NED; Folksam Challenge - Gothenburg, Göteborg, SWE; Sparkassen Gala, Regensburg, GER; NCAA Division I Outdoor Track & Field Championships, Eugene, USA; Golden Gala "Pietro Mennea", Roma, ITA; Internationales Sportfest, Rehlingen, GER; Memorial Josefa Odlozila, Prague, CZE; Meeting International d'Athletisme de Marseille, Marseille, FRA; Adrian Martinez Classic, Concord, USA
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## ROAD RUNNING

### Spar Grand Prix Series

(Women only; 3rd event of 6-race series)

Durban, 11 June

(Distance: 10 km; certified loop course. Finishers: 5523.)

1. Tish Jones (GBR/KPMG) 32:58 PB
2. Kesa Molotsane (KPMG) 33:31
3. Lebogang Phalula (Boxer) 33:39
4. Elisabet Kebede Arsedo (ETH/Ned) 33:48
5. Rutendo Nyahora (ZIM/Ned) 33:50
6. Glenrose Xaba (Boxer) 33:56 PB
7. Rudo Mhonderwa (ZIM/Ned) 34:03
8. Nolene Conrad (KPMG) 34:07
9. Bertha Chikanga (ZIM) 34:15
10. Mapaseka Makhanya (Olifants) 34:26
11. Cornelia Joubert (Boxer) 34:50
12. Jenna Challenor (KPMG) 35:17
13. Nicole Louw (KPMG) 35:26 PB
14. Meseret Gezahegn Merine (ETH/Ned) 35:36
15. Lineo Chaka (LES/ME) 36:01
16. Janet Mbhele (Umzim) 36:08
17. Nicole van der Merwe (KPMG) 36:11
18. Janie Grundling (Boxer) 36:45
19. Bulelwa Simae (Ned) 36:54
20. Christine Kalmer (KPMG) 37:02
21. Anel Terblanche (KPMG) 37:07
22. Makhosi Mhlongo (Ind) 37:11
23. Marelise Retief (Boxer) 37:18
24. Keneilwe Sesing (KPMG) 37:34
25. Nwabisa Mjoli (Holly) 37:46
26. Nontokozo Mkhize (Ind) 37:50
27. Catherine Skosana (Boxer) 37:57
28. Fikile Mbuthuma (Ned) 38:22
29. Zama Mokoena (Ned) 38:37
30. Janene Carey (Boxer) 38:56

**Veterans:** 1. Bulelwa Simae (Ned) 36:54; 2. Janene Carey (Boxer) 38:56; 3. Ronel Thomas (Boxer) 39:10. **Masters:** 1. Judy Bird (KPMG) 39:09; 2. Grace de Oliveira (Boxer) 43:11; 3. Gail Babich (Savages) 45:21. **G'masters:** 1. Margie Saunders (Ned) 43:36; 2. Blanche Moila (Savages) 48:07; 3. Colleen Peens (B2R) 50:35. **G/g'masters:** 1. Gill Tregenna (West) 58:09. **Juniors:** 1. Nicole Louw (KPMG) 35:26; 2. Nicole van der Merwe (KPMG) 36:11; 3. Chery-Lee Schoeman (KPMG) 39:51.

### Cell C Day of Races 5 km

Johannesburg, 11 June

#### ELITE MEN

|   |                   |         |       |
|---|-------------------|---------|-------|
| 1 | Jeromy            | ANDREAS | 13:57 |
| 2 | Sibabalwe Gladwin | MZAZI   | 14:13 |
| 3 | Desmond           | MOKGOBU | 14:23 |
| 4 | Elroy             | GELANT  | 14:27 |
| 5 | Precious          | MASHELE | 14:33 |
| 6 | Xolisa            | TYALI   | 14:45 |
| 7 | Kabelo            | MELAMU  | 14:54 |

|    |          |            |       |
|----|----------|------------|-------|
| 8  | Tumisang | MONNATLALA | 15:02 |
| 9  | Lucky    | MOHALE     | 15:11 |
| 10 | Paseka   | MOKUBUNG   | 15:31 |

#### ELITE WOMEN

|    |             |             |       |
|----|-------------|-------------|-------|
| 1  | Mamorallo   | TJOKA (LES) | 17:10 |
| 2  | Liziwe      | MABONA      | 17:48 |
| 3  | Kataza      | SHIPALANA   | 17:52 |
| 4  | Thobile     | TEE         | 18:19 |
| 5  | Yandiswa    | SHANGE      | 18:40 |
| 6  | Tshegofatso | SETLAHAHGOO | 19:03 |
| 7  | Mathapelo   | MAVUSO      | 19:25 |
| 8  | Beatrice    | THEMANE     | 19:30 |
| 9  | Vuyokazi    | GEBE        | 19:34 |
| 10 | Kelebogile  | MEDUPE      | 19:37 |

### Mamre Half Marathon

Mamre, 10 June

(Distance: 21.1 km. Finishers: 489.)

#### MEN

1. Nkosinathi Madyo (Itheke) 1:08:34
2. Mthandazo Qhina (Ned) 1:09:35
3. Danzil Paulse (East) 1:09:55

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 1:14:01; 2. Vakalisa Kopolo (Ned) 1:14:22; 3. Shawn Abrahams (Kuils) 1:16:41. **Masters:** 1. Eric Coetzee (Ind) 1:23:53; 2. Zolani Ntsodo (SANDF) 1:26:10; 3. Julian Paul (SANDF) 1:28:05. **G'masters:** 1. Garry Wilford (Durb) 1:41:17; 2. Goodman Mpukane (Gugs) 1:48:36; 3. Jacob Erasmus (Ceres) 1:50:20. **G/g'masters:** 1. Claude Brooks (MS) 2:13:34; 2. Carl Hendricks (Elsies) 2:16:25; 3. Oloff Crous (Brack) 2:19:06. **Juniors:** 1. Franklin September (Velo) 1:15:16; 2. Charles Jacobs (Velo) 1:33:16; 3. David Mulemba (ARD) 2:18:55.

#### WOMEN

1. Nomvuyisi Seti (Ind) 1:28:07
2. Lee-Shay Willemse (Velo) 1:28:48
3. Tanya Posthumus-Fox (CC) 1:31:24

**Veterans:** 1. Busisiwe Matiwane (Ned) 1:37:42; 2. Regina Soeey (Ind) 1:40:18; 3. Jacky Misroll (Pine) 1:43:30. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 1:36:22; 2. Mariëtte Strauss (Tyger) 1:38:40; 3. Cheryl Rudolph (East) 1:47:06. **G'masters:** 1. Nancy Will (Pine) 1:44:31; 2. Hilary Rhode (Edge) 1:48:55; 3. Helen du Plessis (Brack) 1:56:28. **G/g'masters:** 1. Avril Delapelin Dumont (WC) 2:47:12. **Juniors:** 1. Petro Moses (Velo) 1:56:25; 2. Emmily Tewas (MSA) 2:05:18; 3. Justine Williams (ARD) 2:09:17.

### CROSS-COUNTRY

#### EP League Meeting (4th)

Uitenhage, 10 June

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

#### SR. MEN (10 km)

|   |           |        |            |    |       |
|---|-----------|--------|------------|----|-------|
| 1 | Zolani    | Ngqaqa | Tinarha AC | 28 | 32:05 |
| 2 | Melikhaya | Frans  | Ikhamba AC | 27 | 32:27 |

|    |            |            |                     |    |       |
|----|------------|------------|---------------------|----|-------|
| 3  | Andre      | Ketchem    | X-Cel AC            | 33 | 33:01 |
| 4  | Brendon    | Effenaar   | Nedbank RC EP       | 21 | 35:14 |
| 5  | Lubabalo   | Mdlungwane | Ikhamva AC          | 26 | 35:17 |
| 6  | Vuyolwethu | Selana     | Temp                | 22 | 36:54 |
| 7  | Efese      | Peter      | SANDF AC EP         | 55 | 37:02 |
| 8  | Anele      | Maliza     | Nedbank RC EP       | 39 | 37:09 |
| 9  | Lubabalo   | Jusayi     | Motherwell AC       | 26 | 37:12 |
| 10 | Jeandry    | Deerling   | Aspen Pharmacare AC | 24 | 38:06 |

## SR. MEN (8 km)

|   |         |        |             |    |       |
|---|---------|--------|-------------|----|-------|
| 1 | Charles | Segalo | Charlo AC   | 30 | 30:01 |
| 2 | Henry   | Crause | Despatch AC | 34 | 33:37 |

## SR. MEN

|    |          |            |                     |    |       |
|----|----------|------------|---------------------|----|-------|
| 1  | Zolani   | Ngqaqa     | Tinarha AC          | 28 | 12:48 |
| 2  | Brendon  | Effenaar   | Nedbank RC EP       | 21 | 13:04 |
| 3  | Andre    | Ketchem    | X-Cel AC            | 33 | 13:11 |
| 4  | Lubabalo | Mdlungwane | Ikhamva AC          | 26 | 14:10 |
| 5  | Lubabalo | Jusayi     | Motherwell AC       | 26 | 15:00 |
| 6  | Jeandry  | Deerling   | Aspen Pharmacare AC | 24 | 15:46 |
| 7  | Jeffrey  | Majoor     | Temp                | 22 | 16:55 |
| 8  | Mbulelo  | Kitas      | Youth For Change AC | 47 | 17:28 |
| 9  | Teboho   | Swartbooi  | Temp                | 37 | 19:05 |
| 10 | Freek    | Smith      | Temp                | 54 | 19:27 |

## VETERAN MEN (8 km)

|   |            |       |                    |    |       |
|---|------------|-------|--------------------|----|-------|
| 1 | Thobile    | Xata  | Nedbank RC EP      | 42 | 30:00 |
| 2 | Malibongwe | Mbelu | Run For Life AC EP | 44 | 31:49 |
| 3 | Zamile     | Xanti | Kowie Striders     | 43 | 34:17 |

## MASTER MEN (8 km)

|   |           |        |                    |    |       |
|---|-----------|--------|--------------------|----|-------|
| 1 | Bafumane  | Nyanga | Ikhamva AC         | 56 | 29:47 |
| 2 | Desmond   | Zibi   | Achilles AAA       | 54 | 29:57 |
| 3 | Thozamile | Bokolo | Bestmed Madibaz AC | 55 | 33:15 |

## G'MASTER MEN (6 km)

|   |        |           |                        |    |       |
|---|--------|-----------|------------------------|----|-------|
| 1 | Sticks | Stiglingh | Kowie Striders         | 62 | 26:51 |
| 2 | Hannes | Els       | Madiba Bay Warriors AC | 67 | 26:56 |
| 3 | Bruce  | McEwan    | Achilles AAA           | 63 | 29:51 |

## G/G'MASTER MEN (6 km)

|   |        |        |                |    |       |
|---|--------|--------|----------------|----|-------|
| 1 | Robert | Joiner | Kowie Striders | 70 | 37:46 |
|---|--------|--------|----------------|----|-------|

## JR. MEN (8 km)

|   |           |         |                  |    |       |
|---|-----------|---------|------------------|----|-------|
| 1 | Garren    | Erasmus | Brandwag HS      | 18 | 31:12 |
| 2 | Athenkosi | Valela  | Douglas Mbopa HS | 18 | 34:48 |
| 3 | Tiaan     | Gerber  | Framesby HS      | 18 | 38:33 |

## U.17 (6 km)

|   |         |         |                 |    |       |
|---|---------|---------|-----------------|----|-------|
| 1 | Joshua  | Gouws   | Framesby HS     | 16 | 24:10 |
| 2 | Ashton  | Apools  | John Walton HS  | 16 | 24:11 |
| 3 | Neallen | Jonkers | Lawson Brown HS | 17 | 24:40 |

## SR. WOMEN (10 km)

|   |             |            |                    |    |       |
|---|-------------|------------|--------------------|----|-------|
| 1 | Ntombesintu | Mfunzi     | Nedbank RC EP      | 35 | 39:10 |
| 2 | Ndileka     | Mvakwendlu | Tinarha AC         | 26 | 44:44 |
| 3 | Luthando    | Nxanisa    | Bestmed Madibaz AC | 24 | 49:38 |
| 4 | Andiswa     | Miggels    | Bestmed Madibaz AC | 26 | 54:06 |

## SR. WOMEN

|   |           |            |              |    |       |
|---|-----------|------------|--------------|----|-------|
| 1 | Christine | Kriedemann | Temp         | 23 | 25:46 |
| 2 | Leigh     | Smith      | Achilles AAA | 32 | 28:56 |

|                         |            |                |                    |    |       |
|-------------------------|------------|----------------|--------------------|----|-------|
| 3                       | Sheridan   | Woods          | Achilles AAA       | 33 | 32:29 |
| <b>VETERAN WOMEN</b>    |            |                |                    |    |       |
| 1                       | Jene       | Banfield       | Run For Life AC EP | 46 | 17:29 |
| 2                       | Terri-Lynn | Penney         | Run For Life AC EP | 40 | 17:47 |
| 3                       | Esteleen   | Hawkins        | TOC                | 48 | 27:30 |
| <b>MASTER WOMEN</b>     |            |                |                    |    |       |
| 1                       | Gail       | Klichowicz     | Achilles AAA       | 50 | 22:43 |
| 2                       | Lulama     | Mceka          | Kowie Striders     | 56 | 25:44 |
| 3                       | Lesley     | Maggott        | Achilles AAA       | 50 | 26:23 |
| <b>G'MASTER WOMEN</b>   |            |                |                    |    |       |
| 1                       | Avril      | Beyleveld      | Kowie Striders     | 65 | 24:16 |
| 2                       | Jos        | Els            | Temp               | 65 | 28:15 |
| <b>JR. WOMEN (6 km)</b> |            |                |                    |    |       |
| 1                       | Chane      | Petzer         | Framesby HS        | 17 | 27:51 |
| 2                       | Shene      | Delpport       | Framesby HS        | 18 | 30:46 |
| 3                       | Amorette   | Mathee         | Bluewater Bay AC   | 18 | 37:01 |
| <b>U.17</b>             |            |                |                    |    |       |
| 1                       | Jani       | Guldenpfenning | Framesby HS        | 17 | 20:20 |
| 2                       | Nicole     | Hamilton       | Framesby HS        | 16 | 20:56 |
| 3                       | Keveline   | Jacobs         | John Walton HS     | 17 | 25:26 |

**EP League Meeting (3rd)**  
Port Elizabeth (NMMU), 3 June

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

**SR. MEN (10 km)**

|    |             |              |               |    |       |
|----|-------------|--------------|---------------|----|-------|
| 1  | Brendon     | Effenaar     | Nedbank RC    | 21 | 33:51 |
| 2  | Masande     | Mlonyeni     | Charlo AC     | 36 | 34:34 |
| 3  | Lyanda      | Bhanyana     | Ikhamva AC    | 35 | 34:44 |
| 4  | Eric        | Sigxashe     | Motherwell AC | 38 | 35:32 |
| 5  | Lubabalo    | Jusayi       | Motherwell AC | 26 | 35:39 |
| 6  | Tumelo      | Mochelenyane | Nedbank RC    | 34 | 37:38 |
| 7  | Sibusiso    | Thu          | SAP AC        | 29 | 39:31 |
| 8  | Mutekile    | Rasmeni      | Nedbank RC    | 52 | 39:51 |
| 9  | Mhlanganisi | Makosa       | VW AC         | 27 | 40:39 |
| 10 | Xolisa      | Kula         | Motherwell AC | 27 | 40:42 |

**SR. MEN**

|    |           |          |                    |    |       |
|----|-----------|----------|--------------------|----|-------|
| 1  | Brendon   | Effenaar | Nedbank RC         | 21 | 13:37 |
| 2  | Tandisile | Xoshomba | Tinarha AC         | 21 | 14:05 |
| 3  | Thando    | Ncipha   | SAP AC             | 25 | 14:24 |
| 4  | Frederik  | Jantjies | Vukani MS          | 47 | 15:18 |
| 5  | Donald    | Nel      | Bestmed Madibaz AC | 22 | 15:46 |
| 6  | Colin     | Jacobs   | Despatch HS        | 16 | 16:21 |
| 7  | Freek     | Smith    | Temp               | 54 | 19:04 |
| 8  | Stanton   | Freeman  | Temp               | 39 | 20:31 |
| 9  | Peter     | Mackie   | Lake Farm          | 52 | 20:54 |
| 10 | Attie     | Williams | Run 4 Christ AC    | 54 | 21:51 |

**VETERAN MEN (8 km)**

|   |           |           |               |    |       |
|---|-----------|-----------|---------------|----|-------|
| 1 | Thobile   | Xata      | Nedbank RC    | 42 | 29:41 |
| 2 | Frederik  | Jantjies  | Vukani MS     | 47 | 30:38 |
| 3 | Mpumelelo | Ndlumbini | Motherwell AC | 43 | 36:18 |

|                       |           |                |                    |    |       |
|-----------------------|-----------|----------------|--------------------|----|-------|
| MASTER MEN (8 km)     |           |                |                    |    |       |
| 1                     | Desmond   | Zibi           | Achilles AAA       | 54 | 30:17 |
| 2                     | Bennie    | Stadler        | Achilles AAA       | 54 | 32:40 |
| 3                     | Thozamile | Bokolo         | Bestmed Madibaz AC | 55 | 33:30 |
| G'MASTER MEN (6 km)   |           |                |                    |    |       |
| 1                     | Sizinzo   | Kama           | Achilles AAA       | 65 | 26:58 |
| 2                     | Roger     | Trader         | Achilles AAA       | 63 | 27:02 |
| 3                     | Errol     | Black          | Achilles AAA       | 66 | 28:55 |
| G/G'MASTER MEN (6 km) |           |                |                    |    |       |
| 1                     | Tom       | D'Arcy         | Achilles AAA       | 71 | 38:45 |
| 2                     | Robin     | Clark          | Achilles AAA       | 76 | 48:39 |
| JR. MEN (8 km)        |           |                |                    |    |       |
| 1                     | Xabiso    | Kobe           | Tinarha AC         | 19 | 30:03 |
| 2                     | Garren    | Erasmus        | Brandwag HS        | 18 | 31:54 |
| 3                     | Athenkosi | Valela         | Douglas Mbopa HS   | 18 | 34:16 |
| U.17 (6 km)           |           |                |                    |    |       |
| 1                     | Anele     | Voorman        | Nedbank RC         | 17 | 22:07 |
| 2                     | Owethu    | Vaaltuin       | Combined Schools   | 16 | 24:19 |
| 3                     | Neallen   | Jonkers        | Lawson Brown HS    | 17 | 24:23 |
| SR. WOMEN (10 km)     |           |                |                    |    |       |
| 1                     | Fredah    | Ncube          | Bestmed Madibaz AC | 35 | 43:11 |
| 2                     | Siphokazi | Nojoko         | Motherwell AC      | 22 | 44:03 |
| 3                     | Adri      | Wessels        | St Albans CS       | 41 | 44:17 |
| SR. WOMEN             |           |                |                    |    |       |
| 1                     | Fiona     | Fleur          | Temp               | 32 | 33:35 |
| MASTER WOMEN          |           |                |                    |    |       |
| 1                     | Christine | Claasen        | Achilles AAA       | 52 | 17:47 |
| 2                     | Treloar   | Childs         | Infinity AC        | 54 | 20:44 |
| 3                     | Beverley  | Barends        | Achilles AAA       | 56 | 24:26 |
| G'MASTER WOMEN        |           |                |                    |    |       |
| 1                     | Cathy     | Ives           | Achilles AAA       | 64 | 25:36 |
| JR. WOMEN (6 km)      |           |                |                    |    |       |
| 1                     | Nondumiso | Moremi         | Douglas Mbopa HS   | 18 | 27:35 |
| 2                     | Athiwi    | Klaas          | Douglas Mbopa HS   | 18 | 27:36 |
| 3                     | Chane     | Petzer         | Framesby HS        | 17 | 27:58 |
| U.17                  |           |                |                    |    |       |
| 1                     | Vicky     | Oelofse        | Framesby HS        | 16 | 16:57 |
| 2                     | Jani      | Guldenpfenning | Framesby HS        | 17 | 20:55 |
| 3                     | Bianca    | Ehlers         | Framesby HS        | 17 | 21:06 |

## 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

### NYRR New York Mini 10 km (46th)

New York, USA, 10 June

(Certified one-loop course, hilly with certified, record-eligible 8 km split)

#### WOMEN (gun times)

1. Mary Keitany, 35, Kenya (adidas) 31:20 \$10,000  
[15:54 5 km / 25:12 8 km; second half in 15:26]
2. Mamitu Daska, 33, Ethiopia (NIKE) 32:09 5,000

[15:57 / 25:43]

3. Aliphine Tuliamuk, 28, New Balance 32:14 3,500 + 5,000a

[15:56 / 25:43]

4. Edna Kiplagat, 37, Kenya (NIKE) 32:23 2,500

5. Diane Nukuri, 32, Burundi (ASICS) 32:25 1,500

6. Askale Merachi, 30, Ethiopia (Urban Ath) 33:13 1,000n

7. Betsy Saina, 28, Kenya (NIKE) 33:14

8. Eva Vrabцова, 31, Czech Republic (adidas) 33:18

9. Sara Dossena, 32, Italy (Mizuno) 33:24 PB

10. Milly Clark, 28, Australia (NIKE) 33:41

11. Jo Pavey, 43, United Kingdom (Exeter Har) 33:43

[16:30 / 26:54 PB]

a) Earned USA citizen award

n) Earned NYRR member prize money

### **Synchrony Financial Rock 'n' Roll San Diego Marathon (20th) & Half Marathon (8th)**

San Diego, USA, 4 June

(Distances: Marathon, 42.195 km; certified course with approx. 2 m/km loss and 7.6% separation from start to finish [not record standard]; most of course is at sea level, however. Half marathon, 21.1 km; point-to-point certified course with approx. 4.1 m/km loss and 15.2% separation [not record standard].)

#### **Half Marathon (gun times)**

MEN

1. Tsegay Tuemay, 21, ERI 1:01:38 \$1500

2. Juan Luis Barrios, 33, MEX 1:01:48 1000

3. Mogus Solomon, 20, ERI 1:02:52 500

... 133. Meb Keflezighi, 42, San Diego, CA 1:29:33 (paced 90-minute group)

WOMEN

1. Biruktayit Degefa, 26, ETH 1:10:12 \$1500

2. Jane Kibii, 32, KEN 1:12:00 1000

3. Lauren Totten, 26, Santa Barbara, CA 1:15:59 500

#### **Marathon (gun times)**

MEN

1. Jeffrey Eggleston, 32, Boulder, CO 2:21:17 \$500

WOMEN

1. Bridie McCarey, 28, San Diego, CA 2:48:47 \$500

(ran about 800 m long)

### **Il Miglio di Roma (2nd)**

Roma, ITA, 4 June

(Distance: 1 mile; point-to-point course)

MEN

1. Filip INGEBRIGTSEN, NOR, 3:59.15

2. Mohad ABDIKADAR SHEIK ALI, ITA, 4:00.48

3. Jakob INGEBRIGTSEN, NOR, 4:00.71

WOMEN

1. Margherita MAGNANI, ITA, 4:38.21

2. Dalila Gosa ABDULKADIR, BRN, 4:42.53
3. Mekdes WOLDU, FRA, 4:44.25

### **ASICS Stockholm Marathon** (39th)

(Swedish Marathon Championships)

Stockholm, SWE, 3 June

(Distance: 42.195 km; near-loop course with stadium finish)

MEN (gun times)

1. Abrha Milaw, ETH, 1988            2:11:36    USD 8000
2. Samuel Getachew, ETH, 1986       2:12:27 PB    4000
3. Samuel Kalalei, KEN,                2:12:36        2000

WOMEN (gun times)

1. Konjit Tilahun, ETH, 1987        2:35:45    USD 8000
2. Balaynesh Shifera, ETH, 1988    2:36:00        4000
3. Alice Kibor, KEN, 1992            2:36:19        2000

### **Mattoni Ceské Budejovice Half Marathon** (6th)

(IAAF Gold Label Road Race)

Ceské Budejovice, CZE, 3 June (evening start)

(Distance: 21.1 km; IAAF-certified course)

MEN (gun times)

1. Justus KANGOGO, KEN                1:02:47 € 3000
2. Paul Kariuki MWANGI, KEN        1:04:33    1500
3. Paulo Roberto PAULA, BRA        1:05:25    1000
- Wilson KIPSANG, KEN                DNF (calf injury)

WOMEN (gun times)

1. Agnes BARSOSIO, KEN                1:09:53 CR\* € 3000 + 1000\* + 500i
2. Rebecca Kangogo CHESIR, KEN    1:13:05        1500
3. Olga SKRYPAK, UKR                1:14:12        1000
- Lucy KABUU, KEN                    DNF

\*) Course record bonus

i) Earned time bonus for sub-1:10:00

## **TRACK**

### **FBK-Games** (35th)

(IAAF World Challenge)

Hengelo, NED, 10-11 June

MEN

800:

Race A (11):

1. Thijmen Kupers, NED, 1:44.99 PB
2. Wycliffe Kinyamal, KEN, 1:45.65 PB
3. Kyle Langford, GBR, 1:45.91
4. Mark English, IRL, 1:46.02
5. Timothy Kitum, KEN, 1:46.09



1500:

Race A (11):

1. Sadik Mikhou, BRN (formerly MAR), 3:31.34 WL/PB
2. Yomif Kejelcha, ETH, 3:32.94 PB
3. Ronald Musagala, UGA, 3:33.65 NR
4. Ismael Debjani, BEL, 3:33.70 NR
5. Bethwell Birgen, KEN, 3:33.95

Race B (10):

1. Samuel Tefera, ETH, 3:33.78 PB
2. Aman Wote, ETH, 3:33.88
3. Taresa Tolosa, 1998, ETH, 3:34.47 WJL/PB
4. Chala Regassa, 1997, ETH, 3:34.57 PB
5. Weretew Eshete, 1999, ETH, 3:35.57 PB

10000 (11):

1. Abadi Hadis, ETH, 27:08.26 WL
2. Jemal Mekonnen, ETH, 27:09.08 PB
3. Yenew Alamirew, ETH, 27:19.86 PB
4. Andamlak Belihu, ETH, 27:20.57 WJL/PB
5. Muktar Edris, ETH, 27:20.60
6. Moses Martin Kurong, UGA, 27:22.33 PB
7. Birhan Nebebew, ETH, 27:35.67
8. Polat Kemboi Arikan, TUR, 27:42.55
9. Mogos Tuemay, ETH, 27:48.41
10. Tadesse Tesfahun, ETH, 28:05.54 PB

3000 s/chase (11):

1. Getnet Wale, 2000, ETH, 8:12.28 WJR/PB
2. Tafese Seboka, ETH, 8:13.22 PB
3. Chala Beyo, ETH, 8:13.24 PB
4. Tesfaye Deriba, ETH, 8:13.33 PB
5. Hailemariam Amare, ETH, 8:17.83 PB

WOMEN

800 (10):

1. Kore Tola, ETH, 2:00.61 PB
2. Mahlet Mulugeta, ETH, 2:00.77 PB
3. Adanech Anbesa, 1998, ETH, 2:01.42 WJL/PB
4. Tigist Ketema, 1998, ETH, 2:02.28 PB
5. Dinke Firdisa, ETH, 2:02.95 PB

1500 Race A (11):

1. Sifan Hassan, NED, 3:56.14 WL
2. Besu Sado, ETH, 4:00.98
3. Winny Chebet, KEN, 4:01.32
4. Laura Weightman, GBR, 4:01.95
5. Nelly Jepkosgei, KEN, 4:02.75
6. Alemaz Teshale, 1999, ETH, 4:04.94 WJL/PB
7. Worknesh Abye, ETH, 4:05.77 PB
8. Sarah McDonald, GBR, 4:05.83 PB
9. Melissa Courtney, GBR, 4:06.00 PB
10. Aníta Hinriksdóttir, ISL, 4:06.43 NR

10000 (10):

1. Gelete Burka, ETH, 30:40.87 WL
2. Senbere Teferi, ETH, 30:41.68

3. Belaynesh Oljira, ETH, 30:44.57
4. Dera Dida, ETH, 30:56.48 PB
5. Rahma Tusa, ETH, 31:05.14 PB
6. Veronica Nyaruai Wanjiru, KEN, 31:07.56 PB
7. Desi Mokoinin, BRN, 31:19.00 PB
8. Zinash Debebe, ETH, 31:29.71 PB
9. Failuna Abdi Matanga, TAN, 31:47.37 PB
10. Gebeyanesh Ayele, ETH, 31:58.23 PB

3000 s/chase (11):

1. Sofia Assefa, ETH, 9:07.06 NR
2. Birtukan Adamu, ETH, 9:28.67
3. Birtukan Fente, ETH, 9:36.58
4. Maritu Ketema, ETH, 9:39.55 WYL/PB
5. Agrie Belachew, ETH, 9:41.73

### **Folksam Challenge - Gothenburg**

Göteborg, SWE, 10-11 June

MEN

800 (10):

Race 1:

- 1, Jake Wightman, 94, GBR, 1:45.82
- 2, Joshua Ralph, 91, AUS, 1:46.30
- 3, Ryhardt van Rensburg 92, RSA, 1:46.92
- , Henco Uys, 92, RSA, dnf

### **Sparkassen Gala**

Regensburg, GER, 10-11 June

MEN

800 Gala (11):

1. Jan Riedel, 1989, Dresdner SC 1898, 1:47.28
2. Hugo Santacruz, 1988, LC Rapperswil-Jona (SUI), 1:47.78
3. Themba Madima, 1989, RSA, 1:47.90

### **NCAA Division I Outdoor Track & Field Championships**

Eugene, USA, 7-10 June

MEN

800 (9):

- |                       |                      |            |
|-----------------------|----------------------|------------|
| 1. Emmanuel Korir     | FR UTEP (KEN)        | 1:45.03    |
| 2. Isaiah Harris      | SO Penn State        | 1:45.40    |
| 3. Joseph White       | JR Georgetown        | 1:45.73 PB |
| 4. Robert Heppenstall | SO Wake Forest (CAN) | 1:46.68 PB |
| 5. Andres Arroyo      | SR Florida (PUR)     | 1:47.28    |

1500 (9):

- |                      |                         |         |
|----------------------|-------------------------|---------|
| 1. Josh Kerr         | SO New Mexico (GBR)     | 3:43.03 |
| 2. Justine Kiprotich | SO Michigan State (KEN) | 3:43.50 |
| 3. Craig Engels      | SR Ole Miss             | 3:43.54 |
| 4. Joshua Thompson   | SR Okla State           | 3:44.34 |
| 5. Neil Gourley      | JR Virginia Tech (GBR)  | 3:44.39 |

## 5000 (9):

|                  |                   |                           |
|------------------|-------------------|---------------------------|
| 1. Grant Fisher  | SO Stanford       | 14:35.60 (last lap 55.76) |
| 2. Jack Bruce    | JR Arkansas (AUS) | 14:35.88                  |
| 3. Justyn Knight | JR Syracuse (CAN) | 14:36.23                  |
| 4. Marc Scott    | SR Tulsa (GBR)    | 14:36.57                  |
| 5. Amon Terer    | SR Campbell (KEN) | 14:36.78                  |

## 10000 (7):

|                      |                  |             |
|----------------------|------------------|-------------|
| 1. Marc Scott        | SR Tulsa (GBR)   | 29:01.54    |
| 2. Rory Linkletter   | SO BYU (CAN)     | 29:02.96    |
| 3. Erik Peterson     | SR Butler        | 29:04.74    |
| 4. Arsène Guillourel | JR Samford (FRA) | 29:05.27    |
| 5. Lucas Stalnaker   | SR Navy          | 29:08.81 PB |

## 3000 s/chase (9):

|                       |                     |            |
|-----------------------|---------------------|------------|
| 1. Edwin Kibichiy     | SR Louisville (KEN) | 8:28.40 PB |
| 2. Darren Fahy        | SR Georgetown       | 8:31.08 PB |
| 3. Dylan Blankenbaker | SR Oklahoma         | 8:31.17 PB |
| 4. MJ Erb             | SR Ole Miss         | 8:32.38 PB |
| 5. Scott Carpenter    | JR Georgetown       | 8:32.92 PB |

## WOMEN

## 800 (10):

|                      |                     |                               |
|----------------------|---------------------|-------------------------------|
| 1. Raevyn Rogers     | JR Oregon           | 2:00.02 (3rd consecutive win) |
| 2. Hanna Green       | SR Virginia Tech    | 2:01.32                       |
| 3. Brooke Feldmeier  | JR Oregon           | 2:01.54 PB                    |
| 4. Shea Collinsworth | SR BYU              | 2:02.30                       |
| 5. Kaylee Dodd       | JR Okla State (GBR) | 2:03.38 PB                    |

## 1500 (10):

|                      |                   |                          |
|----------------------|-------------------|--------------------------|
| 1. Jaimie Phelan     | JR Michigan (CAN) | 4:13.78 (last lap 61.52) |
| 2. Nikki Hiltz       | JR Arkansas       | 4:13.80                  |
| 3. Karisa Nelson     | JR Samford        | 4:13.96                  |
| 4. Katie Rainsberger | FR Oregon         | 4:14.20                  |
| 5. Dani Jones        | SO Colorado       | 4:14.35                  |

## 5000 (10):

|                       |                        |             |
|-----------------------|------------------------|-------------|
| 1. Karissa Schweizer  | JR Missouri            | 15:38.93 PB |
| 2. Alsu Bogdanova     | JR East Michigan (RUS) | 15:43.84 PB |
| 3. Katherine Receveur | SO Indiana             | 15:44.80 PB |
| 4. Allie Ostrander    | FR Boise State         | 15:46.18    |
| 5. Fiona O'Keeffe     | FR Stanford            | 15:46.93 PB |

## 10000 (8):

|                      |                           |             |
|----------------------|---------------------------|-------------|
| 1. Charlotte Taylor  | SR San Francisco (GBR)    | 32:38.57    |
| 2. Alice Wright      | JR New Mexico (GBR)       | 32:42.64    |
| 3. Sharon Lokedi     | JR Kansas (KEN)           | 32:46.10 PB |
| 4. Alyssa Snyder     | SO Montana State          | 32:58.31 PB |
| 5. Erin Clark        | JR Colorado               | 33:03.22 PB |
| ... 19. Annie Bothma | FR Coastal Carolina (RSA) | 34:13.77    |

## 3000 s/chase (10):

|                    |                  |                |
|--------------------|------------------|----------------|
| 1. Allie Ostrander | FR Boise State   | 9:41.31 PB     |
| 2. Madison Boreman | FR Colorado      | 9:46.48 NJR/PB |
| 3. Tori Gerlach    | SR Penn State    | 9:46.76 PB     |
| 4. Elinor Purrier  | JR New Hampshire | 9:48.26        |
| 5. Grayson Murphy  | JR Utah          | 9:53.66        |

**Golden Gala "Pietro Mennea"**

(4th stop of 2017 IAAF Diamond League)

Roma, ITA, 8 June

**MEN****800 (DL):**

1. Adam Kszczot, POL, 1:45.96
2. Kipyegon Bett, 1998, KEN, 1:46.00
3. Donavan Brazier, USA, 1:46.08
4. Elijah Motonei Manangoi, KEN, 1:46.22
5. Marcin Lewandowski, POL, 1:46.51
6. Brandon McBride, CAN, 1:46.69
7. Alfred Kipketer, KEN, 1:46.85
8. Nicholas Kiplangat Kipkoech, KEN, 1:47.09
9. Andreas Bube, DEN, 1:47.33
10. Ferguson Cheruiyot Rotich, KEN, 1:48.07
11. Nijel Amos, BOT, 1:48.49

**3000 s/chase (DL):**

1. Conseslus Kipruto, KEN, 8:04.63 WL
2. Soufiane Elbakkali, MAR, 8:05.17 PB
3. Jairus Kipchoge Birech, KEN, 8:07.84
4. Amos Kirui, 1998, KEN, 8:08.37 WJL/PB
5. Yemane Haileselassie, 1998, ERI, 8:11.22 PB
6. Hillary Bor, USA, 8:11.82 PB
7. Barnabas Kipyego, KEN, 8:14.13
8. Andy Bayer, USA, 8:14.46 PB
9. Nicholas Kiptonui Bett, KEN, 8:14.52
10. Yoann Kowal, FRA, 8:15.60

**WOMEN****1500 (DL):**

1. Sifan Hassan, NED, 3:56.22 WL
2. Winny Chebet, KEN, 3:59.16PB
3. Konstanze Klosterhalfen, GER, 3:59.30 PB
4. Meraf Bahta, SWE, 4:00.59 PB
5. Gudaf Tsegay, ETH, 4:01.42
6. Angelika Cichocka, POL, 4:01.84 PB
7. Besu Sado, ETH, 4:03.16
8. Maureen Koster, NED, 4:03.77
9. Rababe Arafi, MAR, 4:04.25
10. Ciara Mageean, IRL, 4:04.49

**5000 (DL):**

1. Hellen Obiri, KEN, 14:18.37 NR/WL/PB
2. Agnes Jebet Tirop, KEN, 14:33.09 PB
3. Letesenbet Gidey, 1998, ETH, 14:33.32 WJL/PB
4. Yasemin Can, TUR, 14:36.82 PB
5. Etenesh Diro, ETH, 14:40.29
6. Genzebe Dibaba, ETH, 14:41.55
7. Margaret Chelimo Kipkemboi, KEN, 14:43.89 PB
8. Irene Chepet Cheptai, KEN, 14:47.11
9. Karoline Bjerkeli Grøvdal, NOR, 15:05.36
10. Sheila Chelang, KEN, 15:15.08 PB
11. Ana Lozano, ESP, 15:18.07 PB

12. Beyenu Degefa, ETH, 15:19.49 PB
13. Dominique Scott, RSA, 15:20.10 PB  
Eilish McColgan, GBR, DNF

### **Internationales Sportfest** (53rd)

Rehlingen, GER, 5 June

MEN

800:

Race A:

1. Nicholas Kipkoech, 1992, KEN, 1:46.41
2. Jackson Kivuva, 1989, KEN, 1:47.20
3. Rynardt van Rensburg, 1992, RSA, 1:47.66

### **Memorial Josefa Odlozila** (23rd)

(EA Premium Meeting)

Prague, CZE, 5 June

MEN

1500:

1. Sadik Mikhou, BRN, 3:32.32 SB
2. Homiyu Tesfaye, GER, 3:34.71 SB
3. Fouad El Kaam, MAR, 3:34.86 SB
- ... 17. Dumisani Hlaselo, RSA, 3:49.13

### **Meeting International d'Athletisme de Marseille**

Marseille, FRA, 3 June

MEN

1500:

1. Abdelaati IGUIDER, MAR, 3:35.19
2. Ronald MUSAGALA, UGA, 3:35.38
3. Vincent KIBET, KEN, 3:35.46

3000 s/chase:

1. Jairus BIRECH, KEN, 8:10.11 WL
2. Abraham KIBIWOTT, KEN, 8:10.62
3. Mahiedine MEKHISSI-BENABBAD, Stade Sottevillais 76, 8:14.67
4. Justus KIPKORIR, KEN, 8:18.46
5. Nicholas BETT, KEN, 8:21.66

WOMEN

1500:

1. Nelly JEPKOSGEI, KEN, 4:06.37
2. Fantu WORKU, ETH, 4:06.93
3. Malika AKKAOUI, MAR, 4:08.79

**Adrian Martinez Classic (9th)**

Concord, USA, 1 June

MEN

800:

Section 2 -

|                    |                    |            |                        |
|--------------------|--------------------|------------|------------------------|
| 1. Ryan Martin     | Asics Furman Elite | 1:46.03 MR | \$1500 + 1000m + 1000^ |
| 2. Edose Ibadin    | District TC        | 1:46.18    | 1000 + 1000^           |
| 3. Chris Giestling | Hoka/Njny TC       | 1:46.49 PB | 500 + 1000^            |
| 4. Charles Jock    | Nike Otc Elite     | 1:46.54    | 1000^                  |
| 5. Harun Abda      | Nike Otc Elite     | 1:46.64    | 1000^                  |
| 6. Russell Dinkins | Nyac               | 1:46.76    | 1000^                  |

m) Earned Meet Record bonus

^) Earned bonus for hitting the U.S. Championships standard (1:47.50)

Section 1 -

|                     |                    |            |       |
|---------------------|--------------------|------------|-------|
| 1. Derek Holdsworth | District TC        | 1:47.07 PB | 1000^ |
| 2. James Gilreath   | Team Green Running | 1:47.36    | 1000^ |
| 3. Dylan Capwell    | Unattached         | 1:47.71    |       |

^) Earned bonus for hitting the U.S. Championships standard (1:47.50)

Mile:

Adro HP Mile [with 1500 split en route times] -

|   |                    |            |                          |
|---|--------------------|------------|--------------------------|
| 1. David Torrence                           | Hoka One One (PER) | 3:53.21 MR | [3:38.20] \$3000 + 2000m |
| 2. Robert Domanic                           | Ole Miss           | 3:54.73 PB | [3:38.73] PB NCAA        |
| 3. Kyle Merber                              | Hoka/Njny TC       | 3:54.78    | [3:39.46] 2000 + 1000^   |
| 4. Charles Philibert-Thiboutot, Asics (CAN) |                    | 3:55.14    | [3:39.02] 1000           |
| 5. Trevor Dunbar                            | Nike               | 3:55.54 PB | [3:39.26] 500 + 1000^    |
| 6. Daniel Herrera                           | HPW/Mexico         | 3:56.13 PB | [3:39.86] 500            |
| 7. Will Geoghegan                           | Nike               | 3:56.24 PB | [3:40.12]                |
| 8. Chad Noelle                              | Asics              | 3:57.02 PB | [3:40.98]                |
| 9. Jesse Garn                               | Hoka/Njny TC       | 3:57.23 PB | [3:42.36] PB             |
| 10. Graham Crawford                         | Hoka/Njny TC       | 3:57.50    | [3:41.30]                |
| 11. Leo Manzano                             | Hoka One One       | 4:00.75    | [3:44.36]                |

m) Earned Meet Record bonus

^) Earned bonus for hitting the U.S. Championships standard (3:56.50)

3000:

|                    |                    |               |                |
|--------------------|--------------------|---------------|----------------|
| 1. Kemoy Campbell  | New Balance (JAM)  | 7:44.90 NR/PB | \$1500 + 1000^ |
| 2. Thomas Curtin   | Saucony Freedom TC | 7:45.11 PB    | 1000 + 1000^   |
| 3. Luc Bruchet     | Asics (CAN)        | 7:46.89 PB    | 500 + 1000^    |
| 4. Donn Cabral     | Hoka/Njny TC       | 7:47.42 PB    | 1000^          |
| 5. Brandon Doughty | Reebok/Zap Fitness | 7:47.47 PB    | 1000^          |
| 6. Travis Mahoney  | Hoka/Njny TC       | 7:47.66 PB    | 1000^          |
| 7. Craig Lutz      | Hoka/Naz Elite     | 7:48.64 PB    | 1000^          |

^) Earned bonus for breaking 7:50

WOMEN

800:

Section 2 -

|                      |              |               |                        |
|----------------------|--------------|---------------|------------------------|
| 1. Ce'aira Brown     | Hoka/Njny TC | 2:01.10 MR/PB | \$1500 + 1000m + 1000^ |
| 2. Kenyetta Iyevbele | Hoka/Njny TC | 2:01.68 PB    | 1000 + 1000^           |
| 3. Cecilia Barowski  | Hoka/Njny TC | 2:01.81       | 500 + 1000^            |

- |                     |         |            |
|---------------------|---------|------------|
| 4. Amanda Eccleston | Brooks  | 2:02.03 PB |
| 5. Kimarra McDonald | Jamaica | 2:02.07 PB |

m) Earned Meet Record bonus

^) Earned bonus for hitting the U.S. Championships standard (2:02.0)

Section 1 -

- |                 |                  |            |
|-----------------|------------------|------------|
| 1. Emily Lipari | B.A.A            | 2:03.01 PB |
| 2. Meg Manley   | Cptc New Balance | 2:03.06 PB |
| 3. Myah Hicks   | District TC      | 2:04.24 PB |

Adro HP Mile [with 1500 split en route times] -

- |                        |                      |                      |        |
|------------------------|----------------------|----------------------|--------|
| 1. Nicole Tully        | Hoka/Njny TC         | 4:30.22 WL [4:13.17] | \$3000 |
| 2. Eleanor Fulton      | Skechers Perform/HPW | 4:30.34 PB [4:12.53] | 2000   |
| 3. Stephanie Schappert | Hoka/Njny TC         | 4:32.49 [4:13.13]    | 1000   |
| 4. Dana Giordano       | Cambridge-BostonTC   | 4:34.04 PB [4:16.01] | 500    |
| 5. Katrina Coogan      | New Balance Boston   | 4:34.32 [4:15.78]    | 500    |

3000:

- |                       |                      |            |                |
|-----------------------|----------------------|------------|----------------|
| 1. Marielle Hall      | Nike                 | 8:55.55    | \$1500 + 1000^ |
| 2. Cally Macumber     | Hanson Brooks        | 9:00.92 PB | 1000           |
| 3. Alycia Cridebring  | RabbitPRO/SRA Elite  | 9:03.11 PB | 500            |
| 4. Liz Costello       | New Balance Boston   | 9:06.18 PB |                |
| 5. Rosa Moriello      | Track Smith          | 9:06.53 PB |                |
| 6. Rachel Schilkowsky | Rabbit Elite         | 9:08.50 PB |                |
| 7. Emma Bates         | B.A.A                | 9:09.60 PB |                |
| 8. Holly Rees         | Battle Road TC (GBR) | 9:12.75 PB |                |
| 9. Joanna Thompson    | Reebok/Zap Fitness   | 9:22.82 PB |                |
| 10. Kira Garry        | Unattached           | 9:24.54 PB |                |

^) Earned bonus for breaking 9:00

## NEWS

### IAAF RATIFIES FOUR WORLD RECORDS FOR JEPKOSGEI

The IAAF announced last week that they had ratified four mixed-gender world road running records for Kenya's Joyciline Jepkosgei, all from the Sportisimo Prague Half Marathon on 1 April. The records are as follows, reports *Race Results Weekly*:

Women's 10 km: 30:04 Joyciline Jepkosgei (KEN) Prague 1 Apr 17  
Previous: 30:21 (mx) Paula Radcliffe (GBR) San Juan 23 Feb 03

Women's 15 km: 45:37 Joyciline Jepkosgei (KEN) Prague 1 Apr 17  
Previous: 46:14 (mx) Florence Kiplagat (KEN) Barcelona 13 Feb 15

Women's 20km: 1:01:25 Joyciline Jepkosgei (KEN) Prague 1 Apr 17  
Previous: 1:01:40 (mx) Peres Jepchirchir (KEN) Ras Al-Khaimah 10 Feb 17

Women's half marathon: 1:04:52 Joyciline Jepkosgei (KEN) Prague 1 Apr 17  
Previous: 1:05:06 (mx) Peres Jepchirchir (KEN) Ras Al-Khaimah 10 Feb 17

It is unprecedented that a world record has been set at an intermediate point in a race which was less than half the race's total distance. Moreover, all of the previous marks were broken by big margins, especially the 15 km (37 seconds).

## STATS TIME

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

|       |                   |    |                |        |
|-------|-------------------|----|----------------|--------|
| 32:56 | Louisa Leballo    | 1  | Cape Town      | 02 Apr |
| 32:57 | Kesa Molotsane    | 2  | Cape Town      | 02 Apr |
| 33:05 | Irvette van Zyl   | 3  | Cape Town      | 02 Apr |
| 33:19 | Molotsane-2       | 1  | Port Elizabeth | 06 May |
| 33:23 | Van Zyl-2         | 2  | Port Elizabeth | 06 May |
| 33:31 | Molotsane-3       | 2  | Durban         | 11 Jun |
| 33:36 | Lebogang Phalula  | 4  | Cape Town      | 02 Apr |
| 33:43 | Mapaseka Makhanya | 3  | Port Elizabeth | 06 May |
| 33:47 | Cornelia Joubert  | 5  | Cape Town      | 02 Apr |
| 33:52 | Nolene Conrad     | 4  | Port Elizabeth | 06 May |
| 33:56 | Glenrose Xaba     | 6  | Durban         | 11 Jun |
| 34:26 | Jenna Challenor   | 10 | Cape Town      | 02 Apr |
| 34:43 | Christine Kalmer  | 11 | Cape Town      | 02 Apr |

### THIS MONTH IN HISTORY

#### 44 years ago: 27 June 1973

The 800 metres doesn't often feature in This Month in History, but on this day a memorable race took place in the Civic Arena in Milan at the dual meeting between Italy and Czechoslovakia. It was the same stadium where, 34 years before, Rudolf Harbig had run his astounding world record of 1:46.6 on the then 500-metre track. The race was held at the late hour of 22:30 and the South African born Italian Marcello Fiasconaro made his intentions clear from the start. He blitzed the first lap in 51.2 (200s in 25.0 and 26.2) and won by exactly two seconds from Jozef Plachy in 1:43.7 to break the world record of 1:44.3 first set by Peter Snell in 1962, and later equalled by Ralph Doubell (at the 1968 Olympics) and Dave Wottle (1972). Fiasconaro's second lap took 52.5 seconds. Injury prevented him from taking part in both the 1972 and 1976 Olympics.

### 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 | 28:18 | Elroy Gelant                     | Bellville      | 03 Jun |
|       | 27:18 | Bernard Kimeli (KEN)             |                |        |
| 15 km | 26:44 | Leonard Patrick Komon (KEN) 2010 |                | 04 Feb |
|       | 45:29 | Melikhaya Frans                  | Port Elizabeth |        |
|       | 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 |

|                                 |   |   |                             |                  |
|---------------------------------|---|---|-----------------------------|------------------|
| 30 km                           | 94:01<br>2:10:11  | Doug Winn (USA) 2010<br>Kosie Botha   | Parow                       | 26 Mar           |
| Marathon                        | 1:57:07<br>3:06:21  | Ed Whitlock (CAN) 1994<br>Gideon Radebe   | Benoni                      | 29 Jan           |
| 100 km                          | 2:36:30   | Yoshihisa Hosaka (JPN) 2009   |                             |                  |
| <u>Great grandmasters (70+)</u> |   |   |                             |                  |
| 10 km                           | 42:35<br>37:33  | Pele Tshikundamalema<br>Ed Whitlock (CAN) 2004  | Pretoria                    | 18 Feb           |
| 15 km                           | 64:04<br>58:19  | Jeff Smith<br>Ed Whitlock (CAN) 2001  | Constantia                  | 11 Mar           |
| 21.1 km                         | 95:36<br>82:23  | Elias Raphulu<br>Ed Whitlock (CAN) 2001   | Pretoria                    | 08 Apr           |
| 25 km                           | 1:56:09<br>99:59  | Elias Raphulu<br>Clive Davies (USA) 1985  | Pretoria                    | 06 May           |
| 30 km                           | 2:46:08<br>2:00:56  | Tamsanqa Jusayi<br>Ed Whitlock (CAN) 2001   | Uitenhage                   | 04 Mar           |
| Marathon                        | 3:37:53<br>2:54:49  | Elias Raphulu<br>Ed Whitlock (CAN) 2004   | Centurion                   | 01 May           |
| 100 km                          |   |   |                             |                  |
| <u>Juniors</u>                  |   |   |                             |                  |
| 10 km                           | 30:17<br>27:52  | Kabelo Seboko<br>Richard Chelimo (KEN) 1990   | Benoni                      | 29 Jan           |
| 15 km                           | 49:31<br>42:25  | Sivuyile Selani<br>Moses Mosop (KEN) 2004   | Port Elizabeth              | 25 Mar           |
| 21.1 km                         | 70:31<br>59:16  | Itumeleng Sesiko<br>Samuel Wanjiru (KEN) 2005   | Port Alfred                 | 29 Apr           |
| <b>WOMEN</b>                    |   |   |                             |                  |
| <u>Open</u>                     |   |   |                             |                  |
| 10 km                           | 32:55<br>30:04<br>30:21 Mx<br>30:04p Mx<br>30:29 Wo               | Louisa Leballo<br>Joyciline Jepkosgei (KEN)<br>Paula Radcliffe (GBR) 2003<br>Joyciline Jepkosgei (KEN)<br>Asmae Legzaoui (MAR) 2002                                     | Cape Town                   | 02 Apr           |
| 15 km                           | 53:59A<br>56:00<br>45:37<br>46:14** Mx<br>45:37p Mx<br>46:59** Wo | Dominique Scott<br>Ntombesintu Mfunzi<br>Joyciline Jepkosgei (KEN)<br>Florence Kiplagat (KEN) 2015<br>Joyciline Jepkosgei (KEN)<br>Lornah Kiplagat (NED) 2007           | Camps Bay<br>Port Elizabeth | 08 Jan<br>25 Mar |
| 21.1 km                         | 72:36<br>64:52<br>65:09 Mx<br>65:06p Mx<br>64:52p Mx<br>66:25 Wo  | Irvette van Zyl<br>Joyciline Jepkosgei (KEN)<br>Florence Kiplagat (KEN) 2015<br>Peres Jepchirchir (KEN) 2017<br>Joyciline Jepkosgei (KEN)<br>Lornah Kiplagat (NED) 2007 | Barcelona                   | 12 Feb           |
| 25 km                           | 90:21A<br>1:40:31<br>84:36<br>79:53 Mx<br>82:47 Wo                | Jenna Challenor<br>Jenna Challenor<br>Alphine Tuliamuk (USA)<br>Mary Keitany (KEN) 2010<br>Paula Radcliffe (GBR) 2005   | Pinetown<br>Durban          | 29 Jan<br>19 Mar |
| 30 km                           | 1:54:43<br>1:46:24<br>1:38:49 Mx                                  | Ntombesintu Mfunzi<br>Ami Utsunomiya (JPN)<br>Mizuki Noguchi (JPN) 2005   | Uitenhage                   | 04 Mar           |

|                           |          |                                       |                |        |
|---------------------------|----------|---------------------------------------|----------------|--------|
|                           |          | 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                    |          |                                       |                |        |

Great grandmasters (70+)

|          |                    |   |                |        |
|----------|--------------------|---|----------------|--------|
| 10 km    | 49:38<br>44:09     | Veronica van Niekerk<br>Lavinia Petrie (AUS) 2014 | Cape Town      | 02 Apr |
| 15 km    | 87:32<br>72:52     | Liz Jenkerson<br>Jo Klein (NED) 2004              | Port Elizabeth | 25 Mar |
| 21.1 km  | 1:55:21<br>97:38   | Veronica van Niekerk<br>Lavinia Petrie (AUS) 2014 | Wellington     | 01 May |
| 25 km    |                    |   |                |        |
|          | 2:18:20            | Gerry Davidson (USA) 1991                         |                |        |
| 30 km    | 2:50:37<br>2:47:08 | Veronica van Niekerk<br>Myra Rhodes (USA) 2002    | Camps Bay      | 08 Jan |
| Marathon |                    |   |                |        |
|          | 3:35:29            | Helga Micketta (GER) 2013                         |                |        |
| 100 km   |                    |   |                |        |

Juniors

|         |                  |   |            |        |
|---------|------------------|---|------------|--------|
| 10 km   | 35:26<br>31:42   | Nicole Louw<br>Zola Pieterse (RSA) 1984       | Durban     | 11 Jun |
| 15 km   | 66:42<br>49:40   | Celine Moses<br>Ines Chenonge (KEN) 2001      | Ravensmead | 18 Mar |
| 21.1 km | 98:46<br>1:09:05 | Georgina Janisch<br>Delilah Asiago (KEN) 1991 | Pretoria   | 08 Apr |

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