

Distance Running Results

Vol. 17, No. 24 – 19 June 2017

© Distance Running Results. All rights reserved.

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

DRR is available by subscription only. For subscription information send an e-mail to the address at the end of this issue.

Publisher: Riël Hauman

Distance Running Results © is sponsored by the FNB Cape Town 12 OneRun.



EDITORIAL

The most brilliant running of the last few days came from the young Norwegian Jakob Ingebrigtsen (pictured here by Victah Sailer/IAAF), who recently had become the first 16-year-old to run a sub-4 minute mile. At the Bislett Games in Oslo he cut nearly two seconds from his 3:58.07 in Eugene to clock an eye-popping 3:56.29 after he had to shove the pacemaker out of the way! His time is not only a world youth lead, but also a junior lead. Three days later, at the Stockholm Diamond League meeting, he was thrown into the

deep end against some of the best 1500-metre runners in the world. He finished last in the race won in a world-leading 3:30.77 by Timothy Cheruiyot (who had won the Kenyan title the week before), but still ran another world youth lead and PB of 3:39.92. One of the three Ingebrigtsen brothers, he has a magnificent future.

One of South Africa's oldest non-marathon races, the very challenging K-Way Table Mountain 16 km, was run for the 41st time this weekend, with the wins going to Admire Rushika (60:50) and Susan Caras (81:58).

In Port Elizabeth Melikhaya Frans and Ntombesintu Mfunzi won the Home & Equity 10 km in 30:12 and 35:57 respectively. Mfunzi has already run fourteen races this year.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * K-Way Table Mountain 16 km, Cape Town
- * Oaphe Eqolo Save the Rhino 10 km, Umfolozi Game Reserve
- * Home & Equity 10 km, Port Elizabeth
- * Dave Spence Memorial 10 km, Guguletu
- * Total Youth Day 10 km, George

- * Ntenga Foundation Charity 10 km, Durban
- * The Sweat Shop RAC 10 km, Johannesburg
- * XC: WP League Meeting, Cape Town; Interprovincial Meeting, Bronkhorstspuit

International highlights:

- * Grandma's Marathon & Garry Bjorklund Half Marathon, Duluth, USA
- * Schweizer Frauenlauf 5 km, Bern, SUI
- * Oelder Sparkassen-City-Lauf, Oelde, GER
- * Zwolse Half Marathon, Zwolle, NED
- * Track: Bauhaus Gala, Stockholm, SWE; Golden Spike Leiden, Leiden, NED; Kuortane Games, Kuortane, FIN; Stumptown Twilight Meet, Portland, USA; Bislett Games, Oslo, NOR; Portland Track Festival, Portland, USA; European Cup 10000, Minsk, BLR; JN/Racers Grand Prix, Kingston, JAM; Kenya Athletics Championships, Nairobi, KEN

ROAD RUNNING

K-Way Table Mountain 16 km (41st)

Cape Town, 18 June

(Out-and-back course up the "back table" of Table Mountain and then down again; extremely difficult. Finishers: 217 [up from 149 last year].)

MEN

1. Admire Rushika (ZIM/VOB) 60:50
2. Michael Davidson (Ind) 64:30
3. Dion Middelkoop (VOB) 65:40 (1st vet)

Veterans: 1. Dion Middelkoop (VOB) 65:40; 2. Colin George (VOB) 65:44; 3. Matthias Kanisiu (Hout) 67:35. **Masters:** 1. Derek Oehley (Harf) 74:45; 2. James Wisbeach (Ind) 75:42; 3. Malcolm Harrington (WR) 83:15. **G'masters:** 1. Chris Lourens (Brack) 96:00.

WOMEN

1. Susan Caras (WPCC) 81:58
2. Bridgid Hamilton-Russell (Harf) 88:18
3. Cathy Weedall (Ind) 88:29

Veterans: 1. Susan Caras (WPCC) 81:58; 2. Inge Reissenzahn (Carb) 1:47:52; 3. Annelize Geldenhuys (Brack) 1:56:42. **Masters:** 1. Bridgid Hamilton-Russell (Harf) 88:18; 2. Cheryl Rudolph (East) 88:39; 3. Marie Louw (CC) 90:04. **G'masters:** 1. Rosalie Richfield (UCT) 2:00:27.

Oaphe Eqolo Save the Rhino 10 km

Umfolozie Game Reserve, 18 June

Note: The Race Time Bias (RTB) formula devised by Ken Young of *The Analytical Distance Runner*, which compares runners' times in a race with what one could expect them to run based on their most recent performances, shows that this race is likely considerably short. The figure for six time comparisons (all the results that DRR has) is -8.33 sec/km – much more than the allowable -5sec/km. These times can therefore not be used for statistical purposes. Silindile Gubese, Sphamandla Nyembe and veteran Bulelwa Simae all also ran the Ntenga Foundation Charity 10 km two days before this race (results below). -- Ed.

MEN

1. Jobo Khatoane (LES) 28:40
2. Silindile Gubese 29:13
3. Sphamandla Nyembe 29:36

WOMEN

1.	Jenet Dlamini	34:28
2.	Bulelwa Simae	37:30
3.	Nomcebo Mthethwa	38:51

Home & Equity 10 km

Port Elizabeth, 17 June

(Flat out-and-back course, with fairly strong headwind in the second half. Finishers: 659.)

MEN

1	Melikhaya	Frans	Ikhamva AC	27	30:12
2	Andile	Motwana	Tinarha AC	20	30:27
3	Zolani	Ngqaqa	Tinarha AC	28	30:48
4	Amos	Nyongo	Ikhamva AC	30	30:59
5	Rodney	Prins	Nedbank RC EP	28	31:18
6	Brendon	Effenaar	Nedbank RC EP	21	32:38
7	Mzwanele	Maphekula (1st vet)	Bluewater Bay	40	33:29
8	Melikhaya	Kepe	Nedbank RC EP	41	33:46
9	Xolisa	Ndlumbini	Vukani MS	34	33:54
10	Thobile	Xata	Nedbank RC EP	42	34:35
11	Lubabalo	Jusayi	Motherwell AC	26	34:39
12	Zamubuntu	Teyise	Charlo AC	40	34:54
13	Desmond	Zibi (1st mast)	Achilles AAA	53	35:09
14	Bulelani	Niwa	Achilles AAA	33	35:28
15	Xabiso	Kobe (1st jun)	Tinarha AC	19	35:36
16	Tumelo	Mochelenyane	Nedbank RC EP	34	35:44
17	Mthobeli	Ndalen	Body Concept	27	36:12
18	Lwazi	Mkhaliphi	Temp	23	36:49
19	Darrell	Wicht	Madiba Bay Warriors AC	54	37:17
20	Vilem	Horak	EP Schools	15	37:18

40-44:

1	Mzwanele	Maphekula	Bluewater Bay	40	33:29
2	Melikhaya	Kepe	Nedbank RC EP	41	33:46
3	Thobile	Xata	Nedbank RC EP	42	34:35

45-49:

1	Noel	Adams	Gelvan AC	45	37:20
2	August	Esau	Nedbank RC EP	46	37:52
3	Gino	Fabbri	Achilles AAA	46	39:04

50-54:

1	Desmond	Zibi	Achilles AAA	53	35:09
2	Darrell	Wicht	Madiba Bay Warriors AC	54	37:17
3	Geddes	Gallant	SANDF AC EP	50	40:13

55-59:

1	Kenneth	Menze	Bluewater Bay	55	38:06
2	Stephen	Mccarthy	Edgemead R C	56	42:51
3	Kevin	Gillmer	Muirite Striders	56	44:06

60-64:

1	Roger	Trader	Achilles AAA	63	42:48
2	Clifford	Hicken	Nedbank RC EP	60	45:08
3	Bruce	Mcewan	Achilles AAA	63	45:41

65-69:

1	Hannes	Els	Madiba Bay Warriors AC	67	42:13
2	Sizinzo	Kama	Achilles AAA	65	44:30
3	Percy	Dalton	Achilles AAA	68	48:21

70-74:

1	Cilliers	Swart	Nedbank RC EP	70	47:09
2	Johannes	Herbst	Muirite Striders	71	49:15
3	Johan	Redelinghuys	Temp	71	52:30

75-79:

1	Tamsanqa	Jusayi	Nedbank RC EP	75	45:46
2	Godfrey	Kariem	Gelvan AC	76	55:16
3	Willem	Schoeman	Muirite Striders	75	1:12:52

85-89:

1	Wells	Anderson	PEAAC	85	1:09:46
---	-------	----------	-------	----	---------

Juniors:

1	Xabiso	Kobe	Tinarha AC	19	35:36
2	Vilem	Horak	EP Schools	15	37:18
3	Luvuyo	Nkwinti	Motherwell AC	17	39:32

WOMEN

1	Ntombesinthu	Mfunzi	EPA	35	35:57
2	Ndileka	Mvakwendlu	Tinarha AC	26	38:46
3	Luthando	Nxanisa	Bestmed Madibaz AC	24	41:22
4	Terri-Lynn	Penney (1st vet)	Run For Life AC EP	40	42:39
5	Christine	Claasen (1st mast)	Achilles AAA	52	43:01
6	Elmarie	Bezuidenhout	Charlo AC	35	43:13
7	Margie	Saunders (1st g'mast)	Nedbank RC EP	63	43:56
8	Anche	Schubart	Achilles AAA	35	44:18
9	Grizelda	Pietersen	Nedbank RC EP	48	45:32
10	Toegeda	Vyver	Nedbank RC EP	45	45:58
11	Michelle	Van Iddekinge	Elite AC	50	46:06
12	Hanlie	V.d. Westhuizen	Despatch AC	61	46:07
13	Anja	Webber (1st jun)	St Albans CS EP	16	47:05
14	Elize	Adams	Gelvan AC	42	48:06
15	Buyelwa	Kobokana	Nedbank RC EP	52	48:29
16	Amanda	Prideaux	Bluewater Bay	42	48:29
17	Janine	Gardiner	Elite AC	36	49:21
18	Olwethu	Bomvana	Motherwell AC	31	49:32
19	Belinda	Bain	Charlo AC	55	49:36
20	Lily	Janse Van Rensburg	Despatch AC	41	49:39

40-44:

1	Terri-Lynn	Penney	Run For Life AC EP	40	42:39
2	Elize	Adams	Gelvan AC	42	48:06
3	Amanda	Prideaux	Bluewater Bay	42	48:29

45-49:

1	Grizelda	Pietersen	Nedbank RC EP	48	45:32
2	Toegeda	Vyver	Nedbank RC EP	45	45:58
3	Robyn	Bird	Charlo AC	45	50:25

50-54:

1	Christine	Claasen	Achilles AAA	52	43:01
2	Michelle	Van Iddekinge	Elite AC	50	46:06
3	Buyelwa	Kobokana	Nedbank RC EP	52	48:29

55-59:

1	Belinda	Bain	Charlo AC	55	49:36
2	Rosemary	Joubert	32Gi EP AC	56	54:10
3	Lynette	Crause	Infinity AC	57	55:44

60-64:

1	Margie	Saunders	Nedbank RC EP	63	43:56
2	Hanlie	V.d. Westhuizen	Despatch AC	61	46:07
3	Christine	Snyman	Despatch AC	61	54:52

65-69:

1	Renee	Hawkridge	Bluewater Bay	66	50:37
2	Anelyne	Rheeder	Run 4 Christ AC	69	1:06:38
3	Denise	Terblanche	Infinity AC	69	1:08:39

70-74:

1	Liz	Jenkerson	Muirite Striders	70	55:28
2	Ronelle	Steyn	Nedbank RC EP	73	1:01:53
3	Christine	Fourie	Elite AC	71	1:03:35

75-79:

1	Isabella	Childs	Infinity AC	75	1:12:22
---	----------	--------	-------------	----	---------

Juniors:

1	Anja	Webber	St Albans CS EP	16	47:05
2	Simone	Olckers	SAP AC EP	15	1:00:08
3	Amarissa	Henning	Temp	18	1:04:03

Dave Spence Memorial 10 km (8th)

Guguletu, 16 June

(Certified flat loop course. Finishers: 1326 [up from 1103 last year].)

Note: A rare loss here for Zintle Xiniwe at the hands of Jessica Pollock, who ran a PB. -- Ed.**MEN**

1. Khaya Butele (Ned) 30:03
2. Danzil Paulse (East) 30:10
3. Anthony Timoteus (UWC) 30:36
4. Akhona Makila (VOB) 30:37

Veterans: 1. Tsungai Mwanengeni (ZIM/Gugs) 32:36; 2. Vakalisa Kopolo (Ned) 32:43; 3. Boniseli Ngculana (VOB) 34:20. **Masters:** 1. Johnny Persents (WR) 34:44; 2. Eric Coetzee (Ind) 36:05; 3. Monde Tutani (Gugs) 37:24. **G'masters:** 1. Robbie Lindsay (Ned) 40:12; 2. Goodman Mpukane (Gugs) 41:47. **G/g'masters:** 1. Claude Brooks (MS) 58:48; 2. Koert Meyer (Tyger) 76:37. **Juniors:** 1. [Illegible] Damon (Kuils) 32:49; 2. Toby Lewies (UWC) 33:19; 3. Lethu Cetywayo (VOB) 34:00.

WOMEN

1. Jessicsa Pollock (UCT) 36:52 PB
2. Zintle Xiniwe (KMPG) 36:55
3. Nomvuyisi Seti (Ind) 37:58
4. Ebeth Marais (Carb) 38:11

Veterans: 1. Chantal Simpson (Ned) 41:33; 2. Busisiwe Matiwane (Ned) 43:07; 3. Melany Porter (Pine) 44:25. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 40:11; 2. Mariëtte Strauss (Tyger) 43:07; 3. Gail Maharaj (SANDF) 49:41. **G'masters:** 1. Charmaine Cupido (Ned) 48:07; 2. Helen du Plessis (Brack) 50:11. **G/g'masters:** 1. Marietha Herbert (Ind) 53:42; 2. Marlene James (Pine) 59:27. **Juniors:** 1. Justine Williams (ARD) 51:23; 2. Chevelle Kiewiet (Velo) 55:28; 3. Michaela Pinkham (SH) 59:16.

Total Youth Day 10 km

George, 16 June

(Finishers: 352)

MEN

1	Ruben Dlepu	Langeberg	19	31:30
2	Godwin Heyns	Nedbank	18	32:07
3	Donovan Jantjies	Nedbank	20	32:16

4	John April	Nedbank	28	32:31
5	Francois Maquassa	Nedbank	21	33:23
6	Eustace Daniels	Temp	18	33:28
7	Wouter Frazenberg	Outeniqua	39	33:54
8	Gershwill Jacobs	Nedbank	26	34:00
9	Christiaan Lingerveld	Nedbank	18	34:05
10	Auschten October	Nedbank	19	34:17

Veterans:

1	Mxolise Fana	Outeniqua	35:04
2	Booi Salman	Nedbank	35:29

Masters:

1	Selwyn Losper	Mossel Bay	36:27
2	Patrick Peters	MSC	38:18

G'masters:

1	Johannes van Wyk	Outeniqua	43:49
2	Koos Smit	Hartenbos	44:38

G/g'masters:

1	Plaatjie Cronje	Outeniqua	58:48
---	-----------------	-----------	-------

Juniors:

1	Godwin Heyns	Nedbank	32:07
2	Eustace Daniel	Temp	33:28
3	Christiaan Lingerveld	Nedbank	33:05

WOMEN

1	Kyla van Graan	Temp	22	37:12
2	Anel van Wyk	Nedbank	37	39:14
3	Brittney-Ann Meyer	Nedbank	16	40:41
4	Annatjie Botes	Nedbank	59	42:40
5	Louw-Anne Lourens	Nedbank	14	43:25
6	Annegret Pauw	Nedbank	40	43:32
7	Mellusca Toovey	Nedbank	28	43:50
8	Candice van Beulen	Nedbank	17	43:58
9	Carike Fourie	Nedbank	40	44:53
10	Lisl Groler	KMC	41	45:17

Veterans:

1	Annegret Pauw	Nedbank	43:32
2	Carike Fourie	Nedbank	44:53

Masters:

1	Annatjie Botes	Nedbank	42:40
2	Cia Heroldt	Nedbank	47:03

G'masters:

1	Monica Kriel	Hartenbos	51:36
2	Toekie Steenkamp	Nedbank	54:29

G/g'masters:

1	Annamarie van Eck	Nedbank	1:08:08
---	-------------------	---------	---------

Juniors:

1	Brittney-Ann Meyer	Nedbank	40:41
2	Louw-Ann Lourens	Nedbank	43:25
3	Candice van Beulen	Nedbank	43:58

Ntenga Foundation Charity 10 km

Durban, 16 June
(Finishers: 1170)

Note: This race was clearly much shorter than 10 km, so the times are invalid for statistical purposes. Bulelwa Simae was the first veteran across the line, but the prize went to Phumzile Ngcongco. -- Ed.

MEN

1.	Silindle Gubese	Ind	27:04
2.	Bonginkosi Zwane	Ind	27:05
3.	Sphmandla Nyembe	Ethekwini AC	27:32

40-49:

1.	Bernard Phalatsane	ZIM/Phantane AC	29:46
----	--------------------	-----------------	-------

50-59:

1.	Willie Majombozi	Boxer AC	34:20
----	------------------	----------	-------

60+:

1.	Thandayiphi Sntenga	Ind	46:23
----	---------------------	-----	-------

WOMEN

1.	Bulelwa Simae	Ind	33:59
2.	Nwalisa Mjoli	HWB	34:00
3.	Jadi Clark	Stella AC	36:46

40-49:

1.	Phumzile Ngcongco	Ind	45:08
----	-------------------	-----	-------

50-59:

1.	Grace de Oliveria	Boxer AC	41:28
----	-------------------	----------	-------

60+:

1.	Blanche Moila	Savages AC	44:56
----	---------------	------------	-------

The Sweat Shop RAC 10 km (34th)

Johannesburg, 21 May

(Loop course. Finishers: 861 men + 565 women = 1426 total.)

MEN

1	Michael Pienaar	Tuks	21	30:21
2	Raphael Segodi	Rockies	31	30:29
3	Jeffrey Gwebu	KPMG	36	31:08
4	Derocious Makhobalo	Nedbank	22	31:32
5	Johannes Kekana	Maxed	45	31:40
6	Itumeleng Tshetlahane	Nedbank	28	31:49
7	Simon Mpholo	Rockies	42	31:52
8	Samuel Bolo	Nedbank	39	31:57
9	Kemang Khunonyane	Rockies	25	31:00
10	Lucky Miya	Gallopers	36	32:14

Veterans:

1	Johannes Kekana	Maxed	45	31:40
2	Simon Mpholo	Rockies	42	31:52
3	Action Ramaboea	Ivory Park	42	33:10

Masters:

1	George Mooi	Gallopers	50	34:42
2	Reginald Ngobese	32Gi	50	34:59
3	Graeme McCallum	Born2 Run	54	36:03

G'masters:

1	Samuel Mogudi	RAC	60	41:53
2	Andre Jansen	Gaut Str	61	42:17
3	Guy Nottingham	FFA AC	60	42:47

G/g'masters:

1	Pele Tshikundamalema	Nedbank AGN	78	49:01
---	----------------------	-------------	----	-------

80+:

1	John MacDonald	RAC	82	57:41
---	----------------	-----	----	-------

Juniors:

1	Kutlwisiso Sindinile	Nedbank	18	33:05
2	Thabo Tshabanga	Rockies	16	34:35
3	Karel Burger	Boksburg	17	35:10

WOMEN

1	Mamorallo Tjoka	LES/Nedbank	32	35:11
2	Rachel Leistra	UJ	20	38:08
3	Lyndi Roelofse	EC Active	16	38:38
4	Kim Norton	RAC	34	39:15
5	Anet Coetzee	KPMG	28	40:10
6	Vicky Hansen	Wanderers	35	40:11
7	Maria Vilakazi	RWFL	41	40:16
8	Andronica Mokgotla	Nedbank	27	40:28
9	Mpho Mabuza	Gallopers	37	40:40
10	Emmah Mathibela	Nedbank AGN	35	40:59

Veterans:

1	Maria Vilakazi	RWFL	41	40:16
2	Salome Cooper	Born2 Run	41	41:01
3	Elizabeth Dhliwayo	RWFL NWN	41	41:43

Masters:

1	Sarah ?	Sunninghill	50	45:28
2	Karen Brough	Born2 Run	56	47:26
3	Catherine Naane	Sibanye	51	48:38

G'masters:

1	Sonja Laxton	RAC	68	49:30
2	Anne Bellomusto	Morningside	64	53:21
3	Selina Netshisaulu	RAC	60	57:42

G/g'masters:

1	Liz Ruickbie	Nedbank	70	50:04
---	--------------	---------	----	-------

80+:

1	Deirdre Larkin	Randburg Harriers	85	63:48
---	----------------	-------------------	----	-------

Juniors:

1	Lyndi Roelofse	EX Active	16	38:38
2	Welma Nkuna	Nedbank	17	48:03
3	Tylo Cumberlege	FFA	17	49:47

CROSS-COUNTRY**WP League Meeting (4th)**

Cape Town (Youngsfield), 11 June

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

SR. MEN (10 km)

1	Khaya	Butele	Nedbank	34:43
2	Lukhanyo	Nobakada	VOB	35:23

3	Jason	Koopman	UWC	35:31
4	Vuyolwethu	Mbukushe	Gugs	35:51
5	Anthony	Timoteus	UWC	36:27
6	Xolisa	Batala	Nedbank	37:01
7	Hein	Camphor	LOA Itheke	37:09
8	Malusi	Juduse	Satori	37:11
9	Bulelane	Bhebha	VOB	37:42
10	Lee-Roy	Lawrence	UWC	37:46

SR. MEN

1	Granwin	Katzen	Celtic Harriers	13:17
2	Emiele	Paulsen	MSA Multi-Sport	13:26
3	Du-Wayne	Philander	UWC	13:47
4	Mc Marshall	Hartzenberg	UWC	13:58
5	Dewayne	Mouries	Bishop Lavis SAPS	13:59
6	Asemahle	Kwatsha	Gugs	14:04
7	Barry-John	Pienaar	Sanlam	14:05
8	Boithapelo	Lehlela	Helderberg Harriers	14:06
9	Kaleb	Beukes	Kuils River RC	14:22
10	Raeedo	Claase	Nedbank	14:28

VETERAN MEN (8 km)

1	Vakalisa	Kopolo	Nedbank	29:56
2	Shaun	Abrahams	Kuils River	29:58
3	Bonisile	Ngculana	VOB	30:03

MASTER MEN (8 km)

1	Henry	Wolstenholme	Durbanville	32:13
2	Eric	Coetzee	No Club	33:05
3	Monde	Tutami	Gugs	33:31

G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	35:46
2	Goodman	Mpukane	Gugs	36:25
3	Robbie	Lindsay	Nedbank	37:09

G/G'MASTER MEN (8 km)

1	Blake	Wilkins	AAC	46:41
2	Peter	Donald	West Coast	46:45
3	Claude	Brooks	Midas Spartans	51:35

U.20 (8 km)

1	Adrian	Wildschutt	LOA Itheke	28:22
2	Rowhaldo	Ratz	UWC	28:51
3	Tobie	Lewies	UWC	29:06

U.18 (6 km)

1	Carlo	Flink	LOA Itheke	21:31
2	Oliver	Stewart	Atlantic	22:08
3	Fernando	Spondo	Bonteheuwel	22:12

SR. WOMEN (10 km)

1	Sophie	Cope	Spartan Harriers	42:57
2	Zani	Kruger	Maties	43:38
3	Ivy	Gongqa	Nedbank	43:48
4	Madelé	du Plessis	Edgemead	44:16
5	Lee-Shay	Willemse	Velocity	45:08
6	Teagan	Pitt	UCT	50:25
7	Rozanne	Makappie	Easterns	52:05
8	Nomava	Mlenze	SAPS	52:49
9	Chantal	September	Spartan Harriers	54:56
10	Emily	Ulford	Carbineers	55:25

SR. WOMEN

1	Anneline	Roffey	Nedbank	16:45
2	Amy	Abrahams	Nedbank	16:49
3	Ivy	Gongqa	Nedbank	17:15
4	Nolubabalu	Dyonase	VOB	17:21
5	Lee-Shay	Willemse	Velocity	17:51
6	Zani	Kruger	Maties	18:17
7	Icarien	van Deventer	Tygerberg	18:49
8	Nocwaka	Mthetho	MSA Multi-Sport	18:58
9	Alicia	Hartnick	Helderberg Harr	19:13
10	Ester	Brink	Carbineers	19:28

VETERAN WOMEN

1	Sandra	Kohnert	Edgemead	18:04
2	Chantel	Simpson	Nedbank	18:05
3	Coriaan	de Villiers	Nedbank	18:12

MASTER WOMEN

1	Ester	Brink	Carbineers	17:59
2	Mariëtte	Strauss	Tygerberg	18:27
3	Olga	Howard	Nedbank	18:37

G'MASTER WOMEN

1	Nancy	Will	Pinelands	19:59
2	Hilary	Rhode	Edgemead	21:41
3	Judith	Grove	Tygerberg	21:43

G/G'MASTER WOMEN

1	Wendy	Wilkins	Atlantic	27:01
2	Lee	Keeling	Spartan Harriers	29:59
3	Jenny	Bancroft	West Coast	30:57

U.20 (6 km)

1	Kirsten	Roodman	VOB	27:34
2	Simone	Adams	Bottelary	29:21
3	Razaan	Kamaldien	Carbineers	31:43

U.18

1	Athemba	Nqumashe	Bottelary	17:07
2	Kia	Gibbs	VOB	17:21
3	Shannon	Peters	WCSS	18:36

Interprovincial Meeting

Bronkhorstspuit, 10 June

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

SR. MEN (10 km)

1	Bafana	Dube	Bootcamp	AGN	33:29
2	Lucas	Jani	Nedbank	AGN	33:34
3	Sibusiso	Kubheka	Nkangala Seme	AMPU	34:21
4	Kamogelo	Masemola	UL	LIMA	35:31
5	Victor	Pheeha	Individual	AGN	35:31
6	Mandla	Nkabinde	NAA	AMPU	36:05
7	Hendrick	Malatjie	Foleng	LIMA	36:06
8	Oupa	Maseko	Individual	AGN	36:07
9	Jetro	Sithole	NAA	AGN	36:09
10	Dumvani	Mahlangu	Anglo American	AMPU	36:10

SR. MEN

1	Simon	Mokonyama	Monaco	AGN	12:46
2	Reghen	Magwai	Born To Run	AGN	12:47
3	Give	Ngubo	TUT	AGN	13:20
4	Prince	Ndlovu	RWFL	AMPU	13:27
5	Mpho	Motoung	TUT	AGN	13:33
6	Donald	Sibise	ARB	ANWN	13:38
7	Tian	Basson	EC Active	AMPU	13:40
8	Mahlatse	Makoasha	TUT	AGN	13:41
9	Katlego	Nthathe	ARB	ANWN	13:45
10	Petrus	Mogoloana	Individual	LIMA	13:48

MEN 40 (8 km)

1	Simon	Sibisi	SAPS	AMPU	29:21
2	Enoch	Skosana	Nedbank	AGN	29:55
3	Fortune	Howard	Anglo American	AMPU	30:08

MEN 45 (8 km)

1	Piet	Mosebedi	Mkhombo	AGN	30:18
2	Hlumbane		Nkangala	AMPU	30:52
3	Spencer	Moraope	Madikwe	ANWN	30:58

MEN 50 (8 km)

1	Moses	Letlhaku	Arcadia	AGN	32:54
2	Kobus	Roets	Sasol	AMPU	34:18
3	Kobus	Bester	Individual	AGN	34:33

MEN 55 (8 km)

1	Sydney	Gregan	Solidarity	AGN	35:13
2	Conrad	V.d. Berg	Individual	AMPU	35:58
3	Frans	Oosthuizen	GNMA	AGN	36:02

MEN 60 (6 km)

1	Gideon	Radebe	Anglo American	AMPU	24:57
2	David	Maphangulu	FPN	AGN	25:35
3	Paul	Grobler	Secunda	AMPU	29:03

MEN 65 (6 km)

1	Mike	Du Bruto	Irene	AGN	27:18
2	Nico	Steenekamp	Rustenburg	ANWN	30:03
3	Isaac	Mayeka	Evander	AMPU	30:29

MEN 70 (6 km)

1	Harry	V.d. Merwe	Bronkhorstspuit	AGN	31:52
2	Gabriel	Joubert	Midack Individual	AMPU	34:02
3	Assie	Van Aswegen	Overkruin	AGN	38:18

MEN 75 (6 km)

1	Andries	V.d. Merwe	Individual	AGN	37:22
2	Piet	Van Aswegen	Overkruin	AGN	39:25
3	Neville	Muir	Phobians	AGN	41:56

MEN 85 (4 km)

1	Frans	Grobler	Transnet	AGN	45:00
---	-------	---------	----------	-----	-------

MEN 23

1	Given	Morudu	Monaco	AGN	13:05
2	Kleinboy	Motsemela	Sasol	AMPU	13:31
3	Alpheus	Sedutla	Folang Mokerong	LIMA	13:39

JR. MEN (8 km)

1	Katleho	Moloi	Individual	AMPU	27:37
2	Katlego	Tsale	Modiba	AGN	27:38
3	Mandla	Mahlangu	Nkodima Ac	AGN	27:44

BOYS 17 (6 km)

1	Caleb	Beukes	KPMG Zwartkop	AGN	20:57
2	Keagan	Crane	EC Active St Dunstans	CGA	21:13

3	Tumelo	Sikhosana	Tuks Sport	AGN	21:21
SR. WOMEN (10 km)					
1	Anelda	Van Staden	Nedbank	AGN	40:50
2	Lilandi	Swanepoel	RWFL	ANWN	41:19
3	Melita	Molalatladi	UL	LIMA	41:40
4	Gloria	Tsoetse	Medihelp	AGN	43:44
5	Jolanda	Bruwer	Loskop	LIMA	44:45
SR. WOMEN					
1	Stella	Marais	KPMG	AGN	14:53
2	Anelda	Van Staden	Nedbank	CGA	15:41
3	Anet	Coetzee	KPMG	CGA	16:09
4	Robyn	Kaltenbrunn	KPMG	CGA	16:33
5	Suane	Cillie	Individual	AGN	17:07
6	Megan	Odendaal	Maties	WPA	17:20
7	Rizani	Van Aswegen	KPMG	CGA	17:34
8	Annika	Claassens	Middelburg	AMPU	17:42
9	Esmari	Bronkhorst	Protea Park	ANWN	18:18
10	Karabo	Sithole	Tuks	AGN	18:37
WOMEN 40					
1	Corne	Prinsloo	FPN	AGN	16:51
2	Sanet	Delport	FPN	AGN	17:14
3	Natalie	Van Rooyen	Nedbank	AVT	17:50
WOMEN 45					
1	Marili	Munnik	Midstream	AGN	17:18
2	Carolina	V.d. Westhuizen	Irene	AGN	19:15
3	Carol	Goodinson	FPN	AGN	19:43
WOMEN 50					
1	Salome	Vermeulen	Bronkhorstspruit	AGN	17:32
2	Martha	Harmse	Secunda	AMPU	18:50
3	Ronel	Fourie	Individual	AGN	20:46
WOMEN 55					
1	Erica	Hamilton	Vaal	AVT	19:01
2	Ilse	Crous	Affies	AGN	19:43
3	Emmarie	Theunissen	Bronkhorstspruit	AGN	20:22
WOMEN 60					
1	Frances	Van Blerk	Nedbank	AGN	21:00
2	Joey	Cloete	Irene	AGN	21:59
3	Adel	Matotoka	UL	LIMA	22:29
WOMEN 65					
1	Stephanie	Claassen	Tuks	AGN	23:07
WOMEN 70					
1	Stephina	Modiba	UL	LIMA	27:18
WOMEN 75					
1	Annette	Van Rooyen	Transnet	AGN	26:43
2	Kytie	Burger	RWFL	ANWN	27:43
3	Arina	Van Aswegen	Individual	AGN	27:52
WOMEN 90					
1	Adelaide	Van Aswegen	Individual	AGN	27:52
WOMEN 23					
1	Danielle	Jordaan	Oos Moot	AGN	15:50
2	Michelle	Redelinghuys	Tuks	AGN	15:53
3	Danette	Marais	Tuks	AGN	16:19
JR. WOMEN (6 km)					
1	Lyndi	Roelofse	EC Active Kempton	CGA	24:15

2	Sisanda	Dumisa	Tuks Sport	AGN	24:25
3	Beauty	Mlangeni	Sasol Osizweni	AMPU	24:42
GIRLS 17					
1	Nadya	Du Toit	Garsfontein	AGN	16:03
2	Shanley	Koekemoer	Midstream College	AGN	16:11
3	Shaina	Piggott	Centurion	AGN	16:38

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

Grandma's Marathon (41st) & Garry Bjorklund Half Marathon (27th)

Duluth, USA, 17 June

(Distances: 42.195 km & 21.1 km; both certified. The marathon loses 40 m or 0.95 m/km of race distance; the half marathon loses 0.9 m/km of race distance; both marathon and half marathon are point-to-point courses.)

Marathon (gun times)

MEN

- Elisha Barno, 28, Santa Fe, NM (KEN) 2:12:08 \$10,000 + 1,500i
[1:06:30 / 1:05:38]
- Geoffrey Bundi, 29, Tampa, FL (KEN) 2:13:32 PB 7,500 + 1,250i
- MacDonard Ondara, 28, Santa Fe, NM (KEN) 2:14:42 5,000 + 1,000i

WOMEN

- Hellen Jepkurgat, 36, Grand Prairie, TX (KEN) 2:32:09 \$10,000 + 1,500i
[1:14:06 / 1:18:03]
- Askale Merachi, 30, Floral Park, NY (ETH) 2:32:25 PB 7,500 + 1,500i
- Serkalem Biset Abrha, 30, Albuquerque, NM (ETH) 2:34:08 5,000 + 1,000i

Half Marathon (gun times)

MEN

- Evans Kurui, 24, Grand Prairie, TX (KEN) 1:03:06 \$3000
- Weldon Kirui, 28, Bomet, KEN (KEN) 1:03:35 2000
- Simion Chirchir, 33, Chapel Hill, NC (KEN) 1:03:43 1500

WOMEN

- Biruktayit Degefa, 26, Albuquerque, NM (ETH) 1:11:26 \$3000
- Gladys Cheboi, 27, Grand Prairie, TX (BRN) 1:14:20 2000
- Grace Kahura, 24, Boulder, CO (KEN) 1:14:46 1500

Schweizer Frauenlauf 5 km (31st)

Bern, SUI, 11 June

WOMEN (extended times)

- Fabienne Schlumpf, 1990, Wetzikon ZH, 16:32.4
- Helen Bekele Tola, 1994, Stade Genève (ETH), 17:01.2
- Aude Salord, 1988, TV Oerlikon (FRA), 17:01.9
- Martina Strähl, 1987, LV Langenthal, 17:02.0
- Valérie Lehmann, 1980, GG Bern, 17:02.2

Oelder Sparkassen-City-Lauf (20th)

Oelde, GER, 10 June

(Distance: 10 km done on 750 m loop [slightly fewer than 14 laps])

ELITE MEN (gun times)

- | | |
|--------------------------------|-------|
| 1. Dominic Mibei, KEN 1991 | 28:25 |
| 2. Kalipus Lomwai, KEN, 1995 | 28:25 |
| 3. Mengistu Zelalem, ETH, 1993 | 28:41 |

ELITE WOMEN (gun times)

- | | |
|--------------------------------------|-------|
| 1. Pauline Naragoi Esikon, KEN, 1990 | 32:40 |
| 2. Cynthia Kosgei, KEN, 1993 | 32:40 |
| 3. Karolina Nadolska, POL, 1981 | 33:06 |

Zwolle Half Marathon (17th)

Zwolle, NED, 10 June

(Distance: 21.1 km; flat near-loop course)

MEN (gun times)

- | | |
|--------------------------|---------|
| 1. Richard Mengich, KEN | 1:01:34 |
| 2. Peter Kwemoi, KEN | 1:02:32 |
| 3. Justus Kiprotich, KEN | 1:03:16 |

WOMEN (gun times)

- | | |
|------------------------------|---------|
| 1. Flomena Chepchirchir, KEN | 1:10:38 |
| 2. Stacy Ndiwa, KEN | 1:12:34 |
| 3. Naomi Jebet, KEN | 1:13:16 |

TRACK**Bauhaus Gala**

(6th stop of 2017 IAAF Diamond League)

Stockholm, SWE, 18 June

MEN

800:

1. Thijmen Kupers, 1991, NED, 1:45.02
2. Mark English, 1993, IRL, 1:45.42
3. Rynhardt van Rensburg, 1992, RSA, 1:45.73
4. Adam Kszczot, 1989, POL, 1:46.06
5. Samir Dehmani, 1991, FRA, 1:46.09
6. Andreas Kramer, 1997, SWE, 1:47.35
7. Filip Ingebritsen, 1993, NOR, 1:47.94
8. Andreas Almgren, 1995, SWE, 1:50.23
9. Luke Mathews, 1995, AUS, 1:53.86

1500 (DL):

1. Timothy Cheruiyot, KEN, 3:30.77 WL/PB
2. Sadik Mikhou, BRN, 3:31.49
3. Aman Wote, ETH, 3:31.63
4. Asbel Kiprop, KEN, 3:33.17
5. Jakub Holuša, CZE, 3:34.26
6. Ryan Gregson, AUS, 3:34.37
7. Marcin Lewandowski, POL, 3:34.50
8. David Torrence, PER, 3:34.67 NR

9. Abdalaati Iguider, MAR, 3:34.99
10. Kumari Taki, KEN, 3:38.86
11. Jakob Ingebrigtsen, NOR, 3:39.92 WYL/PB

3000 s/chase (DL):

1. Soufiane Elbakkali, MAR, 8:15.01
2. Yemane Haileselassie, ERI, 8:18.29
3. Nicholas Kiptonui Bett, KEN, 8:21.98
4. Chala Beyo, ETH, 8:22.65
5. Sebastián Martos, ESP, 8:22.85
6. Lawrence Kemboi Kipsang, KEN, 8:23.93
7. Clement Kimutai Kemboi, KEN, 8:23.98
8. Krystian Zalewski, POL, 8:28.50
9. Yoann Kowal, FRA, 8:31.49
10. John Kibet Koech, BRN, 8:35.25

WOMEN

800 (DL):

1. Francine Niyonsaba, BDI, 1:59.11
2. Lovisa Lindh, SWE, 1:59.41
3. Selina Büchel, SUI, 1:59.66
4. Melissa Bishop, CAN, 1:59.70
5. Olha Lyakhova, UKR, 1:59.84
6. Rose Mary Almanza, CUB, 1:59.93
7. Aníta Hinriksdóttir, ISL, 2:00.06
8. Lynsey Sharp, GBR, 2:00.19
9. Angelika Cichocka, POL, 2:03.30

3000:

1. Meraf Bahta, 1989, SWE, 8:47.07
2. Azemra Gebru, 1992, ETH, 8:47.26
3. Dalila Andulkadir, 1998, BRN, 8:50.24
4. Sarah Lahti, 1995, SWE, 8:54.95
5. Haftamnesh Tesfaye, 1994, ETH, 8:57.95
6. Margherita Magnani, 1987, ITA, 8:58.62
7. Linn Nilsson, 1990, SWE, 9:01.50
8. Camille Buscomb, 1990, NZL, 9:08.74
9. Peruth Chemutai, 1999, UGA, 9:13.09
10. Paulina Kaczynska, 1991, POL, 9:16.26
- Zoe Buckman, 1988, AUS, dnf

Golden Spike Leiden (46th)

Leiden, NED, 17 June

MEN

800 (results of sections combined):

1. Tedesse Lemi, ETH, 1:47,23
2. Richard Douma, AV Zaanland, 1:47,88 PB
3. Alex Rowe, AUS, 1:48,57
4. Tony van Diepen, AV Lycurgus, 1:48,79
5. Henco Uys, RSA, 1:48,86

10000:

1. Sam Cherop, UGA, 27:39,45 PB
2. Al Mahjoub Dazza, MAR, 27:39,79 PB
3. Abdallah Kibet Mande, UGA, 27:46,27 PB

4. Filmon Ande, ERI, 28:17,29 PB
5. Zouhair Talbi, MAR, 28:22,58 PB

3000 s/chase:

1. Tom Erling Karbo, NOR, 8:34,19 PB
2. Ieuan Thomas, GBR, 8:34,93
3. Jonathan Hopkins, GBR, 8:36,96
- ... 7. Rantso Mokopane, RSA, 9:01,96

Kuortane Games

Kuortane, FIN, 17 June

MEN

800 Race A:

1. Ville Lampinen, KU-58, 1:49.02 SB
2. Jerry Motsau, RSA, 1:49.38 SB
3. Joonas Rinne, SaarijPu, 1:49.84 PB

Stumptown Twilight Meet

Portland, USA, 16 June

MEN

5000:

- | | | |
|----------------|---------------------|-------------|
| 1. Galen Rupp | Nike Oregon Project | 13:54.88 |
| 2. Luc Bruchet | Asics/chaseanada | 13:56.84 |
| 3. Ben Rainero | LetsRun.com | 13:57.15 PB |

Bislett Games (52nd)

(5th stop of 2017 IAAF Diamond League)

Oslo, NOR, 15 June

MEN

800 (National Race):

1. Rynhardt van RENSBURG, RSA 1:48.98
2. Andreas ROTH, NOR 1:49.17
3. Henco UYS, RSA 1:49.56

1500 (DL):

1. Jake Wightman, GBR 3:34.17 PB
2. Elijah Manangoi, KEN 3:34.30
3. Marcin Lewandowski, POL 3:34.60 PB
4. Filip Ingebrigtsen, NOR 3:36.74
5. David Torrence, PER 3:37.19
6. Charlie Grice, GBR 3:37.78
7. Silas Kiplagat, KEN 3:37.81
8. Jakub Holuša, CZE 3:38.19
9. Fouad Elkaam, MAR 3:38.19
10. Ayanleh Souleiman, DJI 3:38.55

Mile (U.20 Dream Mile):

- | | |
|------------------------------|--------------------|
| 1. Jakob INGEBRIGTSEN, NOR | 3:56.29 WJL/WYL/PB |
| 2. Hicham AKANKAM, MAR | 3:57.66 PB |
| 3. Abdelkarim BEN ZAHRA, MAR | 3:58.58 PB |
| 4. Brimin KIPRONO, KEN | 4:00.70 PB |

5. Thomas JEFFERSON BYRKJELAND, NOR 4:00.87 PB
6. Tim van de VELDE, BEL 4:05.11 PB
7. Henrik IRGENS, NOR 4:07.25 PB
8. Pieter SISK, BEL 4:08.01 PB
9. Sondre JUVEN, NOR 4:08.64 PB
10. Fredrik SANDVIK, NOR 4:13.67 PB

WOMEN

800 (DL):

1. Caster Semenya, **RSA** 1:57.59
2. Francine Niyonsaba, BDI 1:58.18
3. Margaret Wambui, KEN 1:59.17 (finished with only one shoe)
4. Lovisa Lindh, SWE 1:59.23 PB
5. Melissa Bishop, CAN 1:59.89
6. Aníta Hinriksdóttir, ISL 2:00.05 NR/NUR/PB
7. Rose Mary Almanza, CUB 2:00.34
8. Lynsey Sharp, GBR 2:00.41
9. Hedda Hynne, NOR 2:01.05
10. Eunice Sum, KEN 2:03.04

3000 s/chase (DL):

1. Norah Tanui, KEN 9:17.27
2. Sofia Assefa, ETH 9:17.34
3. Fabienne Schlumpf, SUI 9:21.65 NR/PB
4. Purity Kirui, KEN 9:25.82
5. Luiza Gega, ALB 9:26.05 NR/PB
6. Daisy Jepkemei, KEN 9:28.88
7. Joan Chepkemoi, KEN 9:31.84 PB
8. Tigest Getent, BRN 9:33.10
9. Anna Emilie Møller, DEN 9:34.30
10. Peruth Chemutai, UGA 9:47.90

Portland Track Festival

Portland, USA, 10-11 June

MEN

600 (11):

- | | | |
|-------------------|----------------|------------|
| 1. Charles Jock | Nike OTC Elite | 1:15.42 WL |
| 2. Casimir Loxsom | Unattached | 1:15.94 |
| 3. Harun Abda | Nike OTC Elite | 1:16.01 |

800 (11):

High Performance -

Section 1 -

- | | | |
|---------------------|------------------------|------------|
| 1. Chris Low | Brooks | 1:46.40 PB |
| 2. Edward Kemboi | High Performance (KEN) | 1:46.44 |
| 3. Abraham Alvarado | Unattached | 1:47.18 |

Section 2 -

- | | | |
|--------------------|---------------------|------------|
| 1. Vincent Ciattei | Virginia Tech | 1:47.54 PB |
| 2. Neil Gourley | Virginia Tech (GBR) | 1:47.98 |
| 3. Nick Harris | Colorado | 1:48.86 |
| 4. Tyler Smith | U. of Victoria | 1:49.17 |
| 5. Nick Symmonds | Brooks Beasts | 1:49.48 |

1000:

High Performance (11):

- | | | |
|-------------------|-----------------|------------|
| 1. Clayton Murphy | Nike | 2:17.17 WL |
| 2. Ryan Booth | Team Run Eugene | 2:30.49 |
| 3. Daniel Block | Vic City Elite | 2:32.01 |

1500 (11):

High Performance -
Section 1 -

- | | | |
|-----------------|---------------------|---------|
| 1. Eric Jenkins | Nike Oregon Project | 3:37.55 |
| 2. Sam Prakel | Unattached | 3:37.79 |
| 3. Lopez Lomong | NIKE Bowerman Tr | 3:38.52 |

5000:

High Performance (11):

Section 1 -

- | | | |
|--------------------|-----------------------|-------------|
| 1. Kirubel Erassa | Atlanta Track Club | 13:23.12 PB |
| 2. Morgan McDonald | Wisconsin (AUS) | 13:23.28 PB |
| 3. Suguru Osako | Nike Oregon Proj(JPN) | 13:25.56 |

10000:

High Performance (10):

- | | | |
|------------------|---------------------|----------|
| 1. Galen Rupp | Nike Oregon Project | 28:18.29 |
| 2. Ryan Dohner | Unattached | 28:19.43 |
| 3. Elkanah Kibet | US Army | 28:22.31 |

WOMEN

800 (11):

High Performance -
Section 1 -

- | | | |
|----------------------|---------------|------------|
| 1. Kate Grace | Nike | 1:59.30 |
| 2. Hannah Fields | Brooks Beasts | 2:00.53 PB |
| 3. Georgia Griffith | Unattached | 2:00.90 |
| 4. Hannah Hermansson | Cal Coast Tr | 2:00.94 |
| 5. Alexa Efraimson | Nike | 2:00.95 |

1500 (11):

Section 1 -

- | | | |
|--------------------|-------------|---------|
| 1. Brenda Martinez | New Balance | 4:03.15 |
| 2. Linden Hall | Nike (AUS) | 4:04.37 |
| 3. Lauren Johnson | Boston AA | 4:05.88 |

5000:

High Performance (11):

Section 1 -

- | | | |
|--------------------|---------------------|----------|
| 1. Shannon Rowbury | Nike Oregon Project | 15:12.52 |
| 2. Jessica Tonn | Brooks Beasts | 15:33.13 |
| 3. Calli Thackery | Unattached (GBR) | 15:37.90 |

10000:

High Performance (10):

- | | | |
|---------------------|------------------|-------------|
| 1. Shalane Flanagan | NIKE Bowerman Tr | 31:38.68 |
| 2. Rachel Cliff | BCEP (CAN) | 32:07.94 PB |
| 3. Allie Kieffer | NYAC | 32:09.89 PB |
| 4. Kinsey Gomez | Skechers Per | 32:34.97 PB |

European Cup 10000 (21st)

Minsk, BLR, 10 June

(Distance: 10000 m)

MEN

Race A:

1. Antonio Abadia, ESP, 28:31.16
2. Juan Perez, ESP, 28:35.69
3. Carlos Mayo, ESP, 28:41.41

WOMEN

Race A:

1. Sara Moreira, POR, 32:03.57
2. Volha Mazuronak, BLR, 32:13.73
3. Esma Aydemir, TUR, 32:41.03
4. Sabrina Mockenhaupt, GER, 32:46.37

JN/Racers Grand Prix (1st)

Kingston, JAM, 10 June

MEN

800:

1. Willy Tarbei, KEN, 1:44.86
2. David Rudisha, KEN, 1:44.90
3. Erik Sowinski, USA, 1:45.27
4. Ryan Sanchez, PUR, 1:45.58
5. Chadoye Dawson, JAM, 1:47.36

3000:

1. Mo Farah, GBR, 7:41.20
2. Pat Tierman, AUS, 7:41.62
3. Kemoy Campbell, JAM, 7:41.87

Kenya Athletics Championships

Nairobi, KEN, 8-10 June

Note: All the races except the women's 10000 m (9 June) were on 10 June. -- Ed.

MEN

800:

1. Peter LANGAT (KEN) 1993 1:45.00
2. Bernard KIPYEGON (KEN) 1994 1:45.40
3. Justus KIPROTICH (KEN) 1:45.78
4. Nicholas KIPLAGAT (KEN) 1:45.79
5. Cornelius TUWEI (KEN) 1993 1:46.47
6. Mathew RONO (KEN) 1:46.70
7. Timothy SEIN (KEN) 1988 1:46.86

1500:

1. Timothy CHERUIYOT (KEN) 1995 3:41.0h
2. Justus SOGET (KEN) 2001 3:41.5h
3. Asbel KIPROP (KEN) 1989 3:42.6h
4. Evans KIPCHUMBA (KEN) 3:43.2h
5. Geoffrey MATUM (KEN) 1987 3:43.5h

5000:

1. Franklin NGELEL (KEN) 1992 13:36.7h
2. Geoffrey KOECH (KEN) 1993 13:36.7h
3. Vincent YATOR (KEN) 1989 13:37.8h
4. Nicholas KIMELI (KEN) 1998 13:38.5h
5. Moses KOECH (KEN) 1997 13:40.6h

10000:

1. Mathew KIMELI (KEN) 1998 27:53.9h
2. Vincent RONO (KEN) 27:56.0h
3. Mathew KISORIO (KEN) 1989 27:57.5h
4. Peter KIRUI (KEN) 1988 28:03.7h
5. Fredrick MORANGA (KEN) 28:08.7h

3000 s/chase:

1. Felix KIRONGO (KEN) 8:25.5h
2. Joash KIPLIMO (KEN) 1991 8:26.4h
3. Justus KIPKORIR (KEN) 1996 8:26.5h
4. Abel MUTAI (KEN) 1988 8:28.5h
5. Hillary KEMBOI (KEN) 1986 8:29.2h
6. Daniel KIPCHUMBA (KEN) 1997 8:30.0h
7. Cleophas KANDIE (KEN) 2000 8:30.9h
8. Isaac YEGO (KEN) 8:31.4h
9. Festus KIPRONO (KEN) 1995 8:32.0h
10. Geoffrey NGENO (KEN) 1994 8:34.1h

WOMEN

800:

1. Margaret WAMBUI (KEN) 1995 2:00.05
2. Emily CHEROTICH (KEN) 1986 2:00.20
3. Eglay NALYANLA (KEN) 1996 2:02.19
4. Lydia CHERUTO (KEN) 2000 2:03.17
5. Josphine CHELANGAT (KEN) 1998 2:03.65
6. Regina MURIGI (KEN) 2:04.31

1500:

1. Beatrice CHEPKOECH (KEN) 1991 4:03.2h
2. Judy KIYENG (KEN) 1994 4:04.4h
3. Winfred MBITHE (KEN) 1997 4:05.3h
4. Loice CHEMNUNG (KEN) 1997 4:06.3h
5. Selah BUSIENEI (KEN) 1991 4:10.1h

5000:

1. Lilian Kasait RENGURUK (KEN) 1997 15:53.7h
2. Eva CHERONO (KEN) 1996 15:58.3h
3. Nancy NZISA (KEN) 1995 16:03.2h
4. Nelly CHEPTOO (KEN) 1992 16:10.4h
5. Naomi VAATI (KEN) 16:12.0h

10000:

1. Alice Aprot NAWOWUNA (KEN) 1994 31:50.5h
2. Paskalia CHEPKORIR (KEN) 1988 32:10.6h
3. Joyciline JEPKOSGEI (KEN) 1993 32:47.0h
4. Beatrice MUTAI (KEN) 1986 33:04.9h
5. Sheila CHEPKIRUI (KEN) 1990 33:10.7h
6. Sandra CHEBET (KEN) 1998 33:23.8h

3000 s/chase:

1. Marion KIBOR (KEN) 1994 9:50.4h
2. Caroline BIWOTT (KEN) 9:53.3h
3. Ann GATHONI (KEN) 1998 9:55.2h
4. Fancy CHEROTICH (KEN) 1990 9:58.9h
5. Mercy NJOROGE (KEN) 1986 10:09.6h

NEWS

SPAR GRAND PRIX POINTS STANDINGS

The points standings after the third race in the Spar Grand Prix Series are as follows:

OPEN

1	Kesa Molotsane	KPMG	78
2	Irvette van Zyl	Nedbank	57
3	Lebogang Phalula	Boxer	51
4=	Mapaseka Makhanya	Olifantsfontein	44
4=	Nolene Conrad	KPMG	44
6	Louisa Leballo	Nedbank	42
7	Cornelia Joubert	Boxer	39
8=	Glenrose Xaba	Boxer	38
8=	Rutendo Nyahora	ZIM/Nedbank	38
10	Rhudo Mhonderwa	ZIM/Nedbank	36
11	Elizabet Arsedo	ETH/Nedbank	32
12	Tish Jones	GBR/KPMG	30
13	Jenna Challenor	KPMG	24
14	Christine Kalmer	KPMG	18
15=	Keneilwe Sesing	KPMG	12
15=	Bertha Chikanga	ZIM/Maxed Elite	12
17	Zintle Xiniwe	KPMG	11
18	Onneile Dintwe	BOT/Nedbank	10
19	Simonay Weitsz	Boxer	9
20=	Loveness Madziva	ZIM/Nedbank	8
20=	Janie Grundling	Boxer	8
20=	Nicole Louw	KPMG	8
23=	Patience Murowe	ZIM/Nedbank	7
23=	Meseret Merine	ETH/Nedbank	7
25	Lineo Chaka	LES/Maxed Elite	6
26	Janet Mbhele	Umzimkulu Str	5
27=	Bulelwa Simae	Nedbank	4
27=	Nicole v.d. Merwe	KPMG	4
29=	Anet Coetzee	KPMG	3
29=	Marelise Retief	Boxer	3

Veterans:

1	Janene Carey	Boxer	17
2=	Ronel Thomas	Boxer	14
2=	Bulelwa Simae	Nedbank	14

Masters:

1	Judy Bird	KPMG	30
2	Grace de Olivera	Boxer	9
3=	Mariëtte Strauss	Tygerberg	4
3=	Janette Schierz-Crusius	Body Concept	4

G'masters:

1	Margie Saunders	Nedbank	15
---	-----------------	---------	----

2	Nancy Will	Pinelands	5
3=	Charmaine Cupido	Nedbank	4
3=	Hanlie v.d. Westhuizen	Temp	4
3=	Blanche Moila	Savages	4

Juniors:

1	Simonay Weitsz	Boxer	15
2	Nicole van der Merwe	KPMG	13
3	Nicole Louw	KPMG	10

STATS TIME

This week we include a list of the top ten SA women in the half marathon for 2017. As the list is extracted directly from my database, it may not yet include performances shown in results elsewhere in this issue, or in the last issue.

2017 HALF MARATHON: TOP 10 WOMEN

1:12:36	Ivette van Zyl	9	Barcelona	12 Feb
1:18:02	Dominique Scott	1	Springdale	08 Apr
1:19:26	Liziwe Mabona	1	Port Alfred	29 Apr
1:19:26A	Maria Shai	1	Greytown	30 Apr
1:19:51	Ntombesintu Mfunzi	1	Port Elizabeth	13 May
1:20:33	Cornelia Joubert	1	Pretoria	21 Jan
1:21:01	Kataza Shipalana	3	Polokwane	29 Apr
1:21:10	Thembi Baloyi	1	Centurion	25 Mar
1:21:23	Zintle Xiniwe	1	Tokai	04 Feb
1:21:26A	Neheng Khatala	3	Greytown	30 Apr

THIS MONTH IN HISTORY

An interesting e-mail by subscriber Dirk du Toit about last week's This Month in History (Marcello Fiasconaro's world record for 800 m in Milan) in which he also referred to the rivalry between Fiasconaro and Danie Malan reminded me that just three days before, Malan had set his own world record.

44 years ago: 24 June 1973

It was a rather unusual type of meeting to break a world record: the Munich Schools Championships in the Olympic Stadium where, the previous year, South Africans had not been allowed to compete in the Olympic Games. Two South Africans ran in the international 1000 metres at this meeting: Danie Malan and Joseph Leserwane. Eleven weeks before, at the South African Games held on the country's first synthetic track in the Pilditch Stadium, Malan had beaten Fiasconaro in 1:45.8. Here in Munich, one day before his 23rd birthday, he attacked Jürgen May's and Franz-Josef Kemper's world record of 2:16.2. He had prepared for the race with a national 880-yards record of 1:45.1 (faster than the SA record for the metric distance) in Los Angeles a month earlier. Leserwane set the pace for the first 650 m and covered the first lap in 55.0 with Malan 0.9 sec back. When Leserwane stopped, Malan accelerated noticeably and ran the second 400 m in 52.1. He slowed, but covered the last 200 m in 28.0 to break the record by two tenths of a second. Paul Heinz Wellmann was second in 2:17.6 and Josef Schmid third in 2:19.3. (Malan's 880-yards time converts to 1:44.4 for 800 m; the 1972 Olympic title was won by Dave Wottle in 1:45.9.)

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)		
21.1 km	41:13	Leonard Patrick Komon (KEN) 2010		29 Apr
	64:07	Elroy Gelant	Port Alfred	
	59:10	Bedan Karoki Muchiri (KEN)		
25 km	58:23	Zersenay Tadese (ERI) 2010		29 Jan
	81:36A	Sipho Mbanjwa	Pinetown	
	74:27	Dathan Ritzenhain (USA)		
30 km	71:18	Dennis Kipruto Kimetto (KEN)		04 Mar
	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
Marathon	87:13**	Eliud Kipchoge (KEN) 2016		26 Feb
	87:13**	Stanley Biwott (KEN) 2016		
	2:16:53	Stephen Mokoka	Tokyo	
	2:03:58	Wilson Kipsang (KEN)		
100 km	2:02:57	Dennis Kimetto (KEN) 2014		
	6:13:33	Takahiro Sunada (JPN) 1998		

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

Veterans (40+)

10 km	31:45	Mzwanele Maphekula	Port Elizabeth	22 Apr
	28:51	Paulo Catarino (POR) 2003		
15 km	48:58	Johannes Kekana	Leondale	19 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	68:32	Johannes Kekana	Polokwane	01 Apr
	62:28	John Campbell (NZL) 1990 & Nelson Chirchir (KEN) 1996		
25 km	85:54	Shadrack Hoff	Pretoria	06 May
	76:49	Martin Mondragon (MEX) 1994		
30 km	1:38:16	Mzwanele Maphekula	Uitenhage	04 Mar
	1:35:28	Geraldo Antonio da Silva (BRA) 2002		
Marathon	2:23:41	William Mokwalakwala	Centurion	01 May
	2:08:46	Andres Espinosa (MEX) 2003		
100 km	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	33:20	Makaya Masumpa	Port Elizabeth	22 Apr
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	74:36	Reginald Ngobese	Benoni	29 Jan

25 km	66:42	Martin Rees (GBR) 2003		
	97:58A	Basie Bonaparte	Somerset East	18 Mar
	98:49	Joseph Ndlovu	Pretoria	06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15	Reginald Ngobese	Sasolburg	04 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05	Mochamat Kriel	Pinelands	25 Feb
	32:48	Martin Rees (GBR) 2013		
15 km	60:24	Mochamat Kriel	Ravensmead	18 Mar
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	88:35	Mochamat Kriel	Tokai	04 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	1:54:07A	Devilliers Oberholzer	Pinetown	29 Jan
	1:58:06	Theo Bohnen	Pretoria	06 May
	94:01	Doug Winn (USA) 2010		
30 km	2:10:11	Kosie Botha	Parow	26 Mar
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	3:06:21	Gideon Radebe	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35	Pele Tshikundamalema	Pretoria	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	64:04	Jeff Smith	Constantia	11 Mar
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	95:36	Elias Raphulu	Pretoria	08 Apr
	82:23	Ed Whitlock (CAN) 2001		
25 km	1:56:09	Elias Raphulu	Pretoria	06 May
	99:59	Clive Davies (USA) 1985		
30 km	2:46:08	Tamsanqa Jusayi	Uitenhage	04 Mar
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:37:53	Elias Raphulu	Centurion	01 May
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
<u>Juniors</u>				
10 km	30:17	Kabelo Seboko	Benoni	29 Jan
	27:52	Richard Chelimo (KEN) 1990		
15 km	49:31	Sivuyile Selani	Port Elizabeth	25 Mar
	42:25	Moses Mosop (KEN) 2004		
21.1 km	70:31	Itumeleng Sesiko	Port Alfred	29 Apr
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	32:55	Louisa Leballo	Cape Town	02 Apr
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		
15 km	53:59A	Dominique Scott	Camps Bay	08 Jan
	56:00	Ntombesintu Mfunzi	Port Elizabeth	25 Mar
	45:37	Joyciline Jepkosgei (KEN)		

	46:14** Mx	Florence Kiplagat (KEN)	2015		
	45:37p Mx	Joyciline Jepkosgei (KEN)			
	46:59** Wo	Lornah Kiplagat (NED)	2007		
21.1 km	72:36	Irvette van Zyl		Barcelona	12 Feb
	64:52	Joyciline Jepkosgei (KEN)			
	65:09 Mx	Florence Kiplagat (KEN)	2015		
	65:06p Mx	Peres Jepchirchir (KEN)	2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)			
	66:25 Wo	Lornah Kiplagat (NED)	2007		
25 km	90:21A	Jenna Challenor		Pinetown	29 Jan
	1:40:31	Jenna Challenor		Durban	19 Mar
	84:36	Alphine Tuliemuk (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

Grandmasters (60+)

10 km	42:31 38:56	Margie Saunders Lidia Zentner (GER) 2015	Port Elizabeth	22 Apr
15 km	66:11 61:25	Margie Saunders Kathryn Martin (USA) 2011	Port Elizabeth	25 Mar
21.1 km	95:57 84:56	Margie Saunders Bernadine Portenski (NZL) 2010	Port Elizabeth	13 May
25 km	2:16:25 1:58:24	Val Watson Gloria Brown (USA) 1994	Pretoria	06 May
30 km	2:25:27 2:17:11	Margie Saunders Barbara Miller (USA) 1999	Uitenhage	04 Mar
Marathon	3:26:99 3:01:30	Nancy Will Bernadine Portenski (NZL) 2010	Durban	09 Apr

100 km

Great grandmasters (70+)

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

100 km

Juniors

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

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, André Pienaar, André Gobey, Elsa & Ben Oliver, Vreni Welch, SWD Athletics, Margie Saunders, Karen Zimmerman, Ian Laxton

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



