

# Distance Running Results

Vol. 17, No. 25 – 26 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 South African Half-marathon Championships were held in perfect conditions in Port Elizabeth this weekend. Stephen Mokoka won his 24th SA title on all surfaces with a nine-second victory over Elroy Gelant (1:01:21 to 1:01:30). Gelant beat him for the SA 10 km title last year. On what is regarded as the fastest half-marathon route in the country, four of the top ten men ran personal bests.

Mokoka has also won this title in 2008, 2009, 2011-13 and last year for a total of seven victories. In 2012, when the race was run in Cape Town, he clocked 1:00:57 for the fastest time ever run on a standard course in South Africa. Here he was just 24 seconds slower, while Gelant missed his PB by 20 seconds.

In the women's race Cornelia Joubert took home her third national title after having won the marathon in 2013 and 10000 m on the track in 2014. Her time of 1:12:31 is a PB. In second, 12 seconds in arrears, Mapaseka Makhanya also recorded a career best of 1:12:43.

Joubert actually crossed the finish line in third place, but the two Ethiopians ahead of her, Genet Abdurkadi (1:11:45) and Elisabeth Arsedo (1:12:20), were disqualified for race number violations. (As only South African members of provincial teams were eligible, Joubert would have won the national title anyway.)

Both Mokoka and Joubert set list leaders, as did Simon Mpholo (40-49; 67:16), Makaya Masumpa (50-59; 73:02), Thomas Moses (60-69; 87:51), Aphelele Nkonyana (junior; 68:26), Bulelwa Simae (40-49; 80:02), and Nancy Will (60-69; 93:02).

In the B.A.A. 10 km in Boston Dominique Scott-Efurd broke her PB (from 2010) by more than two minutes with her magnificent 32:22 for fifth place (winner Joan Chelimo ran 31:24, also a PB). Scott-Efurd's time is a list leader.

In the 58th running of the Don Lock Memorial 8 km, one of South Africa's oldest short road races, Annie Bothma, a freshman at Coastal Carolina University in the USA, scored an emphatic victory in 27:35 -- the fastest time in the race since Carlien Cornelissen ran 26:57 in 2003. Bothma also won in 2015, when she clocked 28:23.

Riël Hauman

---

## INCLUDED IN THIS ISSUE:

- \* Don Lock Memorial 8 km & 15 km, Claremont
- \* South African Half-marathon Championships, Port Elizabeth
- \* XC: WP League Meeting, Koeberg Nature Reserve

**International highlights:**

- \* B.A.A. 10 km, Boston, USA
- \* Hella Hamburg Halbmarathon, Hamburg, GER
- \* Steamboat Classic 4 Mile, Peoria, USA
- \* Shelter Island 10 km, Shelter Island, USA
- \* Track: Kenyan World Championship Trials, Nairobi, KEN; USATF Outdoor Track & Field Championships, Sacramento, USA; Meeting International d'Athletisme, Nivelles, BEL; Miner's Day International Meeting, Velenje, SLO; Copenhagen Athletics Games, Copenhagen, DEN; Samorin Meeting, Samorin, SVK; Meeting Iberoamericano de Atletismo, Huelva, ESP
- \* Western States Endurance Run 100-Mile, Squaw Valley to Auburn, USA
- \* Lake Saroma 100 km, Yubetsu, Hokkaido, JPN
- \* Northeast Delta Dental Mt. Washington Road Race, Pinkham Notch, USA

**ROAD RUNNING****Don Lock Memorial 8 km (58th) & 15 km (4th)**

Claremont, 25 June

(Certified loop courses. Finishers: 8 km – 605 [less than half last year's 1324]; 15 km – 1050 [considerably down from 1562].)

Note: Mthandazo Qhina competed in both races, finishing second in the 8 km and third in the 15 km. Obertina Kanyongo did the same, winning both masters categories. The second junior in the longer event is probably Simon Short. -- Ed.

**8 km**

## MEN

1. Sibusiso Muywuzza (UWC) 25:19
2. Mthandazo Qhina (Ned) 25:28
3. Oliver Stewart (AAC) 25:59 (1st jun)

**Veterans:** 1. Xolile Macanda (Gugs) 27:30; 2. Sabelo Ngcwama (Gugs) 28:33; 3. Youssef Kanouni (Central) 28:53. **Masters:** 1. Isaac Manuel (Edge) 32:04; 2. Gerald Sullivan (Sanlam) 32:13; 3. Louis Meyer (Met) 33:41. **G'masters:** 1. Robbie Lindsay (Ned) 32:05; 2. Goodman Mpukane (Gugs) 33:32; 3. Jeremy Kropman (Forest) 36:21. **G/g'masters:** 1. Ronnie le Roux (Brack) 40:26. **Juniors:** 1. Oliver Stewart (AAC) 25:59; 2. Justin Claasen (Durb) 27:17; 3. Sibulele Ngala (VOB) 28:27.

## WOMEN

1. Annie Bothma (Ind) 27:35
2. Lee-Shay Willemse (Velo) 31:08
3. Candyce Hall (Carb) 31:35

**Veterans:** 1. Lorraine de Villiers (Ned) 32:51; 2. Janet Adam (Harf) 34:41; 3. Tyshia Johannes (Gugs) 35:54. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 32:18; 2. Gail Maharaj (SANDF) 38:23; 3. Carlyn Adams (VOB) 43:13. **G'masters:** 1. Charmaine Cupido (Ned) 38:32; 2. Bev Ball (SACSOB) 40:41; 3. Rosalie Richfield (UCT) 47:48. **G/g'masters:** 1. Marietha Herbert (Ind) 42:54. **Juniors:** 1. Kirsten Roodman (VOB) 35:19; 2. Razaan Kamaldien (Carb) 35:55; 3. Amah Dinisi (VOB) 36:17.

**15 km****MEN**

1. Siboniso Soldaka (CPUT) 47:58
2. Akhona Makila (VOB) 48:15
3. Mthandazo Qhina (Ned) 48:45

**Veterans:** 1. Vakalisa Kopolo (Ned) 50:25; 2. Bonisile Ngculana (VOB) 51:18; 3. Rupert Becker (FH) 58:31. **Masters:** 1. Zolani Ntsodo (SANDF) 57:45; 2. Shafiek Cassiem (Itheko) 61:27; 3. Isaac Manuel (Edge) 61:56. **G'masters:** 1. André Bredenkamp (Ben Nor) 66:13; 2. Gemjikile Tom (Eskom) 68:48; 3. Patrick Dlangamandla (RWFL) 73:15. **G/g'masters:** 1. Rob Joubert (Forest) 91:52. **Juniors:** 1. Lethu Cetywayo (VOB) 52:02; 2. Simon Shore (Pine) 54:40; 3. Inga Ngwenduna (Sat) 54:55.

**WOMEN -**

1. Jeanie Bomford (Ind) 60:52
2. Madele du Plessis (Edge) 60:56
3. Tanya Posthumus-Fox (CC) 61:27

**Veterans:** 1. Busisiwe Matiwane (Ned) 65:51; 2. Jill Lategan (Good) 74:43; 3. Zethena October (Ravens) 78:21. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 65:16; 2. Jenny da Silva (Met) 78:55; 3. Anita Gouws (RWFL) 79:47. **G'masters:** 1. Helen du Plessis (Brack) 82:57; 2. Lynda Fillmore (Edge) 98:40; 3. Theresa Jordaan (VOB) 1:42:39. **G/g'masters:** 1. Marlene James (Pine) 96:01. **Juniors:** 1. Claire McCann (Ind) 70:56; 2. Michaela Pinkham (SH) 95:24.

**South African Half-marathon Championships**

(36th for men; 32nd for women)

(Incorporated in the Nelson Mandela Bay Half Marathon)

Port Elizabeth, 24 July

(Distance: 21.1 km; certified two-loop course. Weather: Cool with no wind, perfect conditions. Finishers: 1166 [up from 857 last year].)

Note 1: Foreigners and SA runners who were not members of provincial teams were not eligible for the national championships – they are indicated by \*. --Ed.

Note 2: South African half-marathon record holder Hendrick Ramaala ran the fastest time in the 45-49 age category (1:08:41), but wore the wrong age tags (40-44). He was not a member of the CGA team, but ran for his club, Nedbank. The second runner in the 40-44 age category is given as Pastor Madlavana; in the full results he is shown as Siyabulela Madlavana (born 15 May 1975). DRR has two Madlavanas in its database -- Siyabulele (born 5 May 1979) and Pastor (born 15 May 1975). This looks suspiciously like a case of a changed ID at some stage to make the runner qualify for an older age category. In the 55-59 category Kenneth Menze (EPA) had the second fastest time, 1:21:40, but -- like Ramaala -- he was wearing the wrong age tags (50-54). -- Ed.

**MEN**

1	Stephen	MOKOKA	AGN	32	1:01:21	R50 000
2	Elroy	GELANT	ACNW	30	1:01:30	R30 000
3	Precious	MASHELE*	NEDRCCGA	26	1:01:56 PB	R17 500
4	Melikhaya	FRANS (bronze )	EPA	27	1:01:58 PB	R15 000
5	Khoarahlane	SEUTLOALI*	LES/MPINT	25	1:02:04	R12 000
6	Jobo	KHATOANE*	MPKZN	26	1:02:44 PB	R8000
7	Mbongeni	NGXAZOZO	CGA	37	1:02:47	R7000
8	Joel	MMONE	ACNW	26	1:03:01	R5000
9	Lesia	KABELO*	LES/NEDAGN	24	1:03:02	R4000
10	Thabang	MOSIAKO	ACNW	22	1:03:09 PB	R3000

11	Motlokoa	NKHABUTLANE*	LES	32	1:03:25
12	Lebenya	NKOKA*	LES/NEDAGN	34	1:03:28
13	Gladwin	MZAZI	CGA	28	1:03:48
14	Moses Kiptoo	KURGAT*	KEN/NEDAGN	25	1:03:49
15	Mothimokholo	HATASI*	LES/MPINT	23	1:03:57
16	Benedict	MOENG	AGN	34	1:04:05
17	Xolisa	TYALI	CGA	28	1:04:07
18	Mariano	EESOU	EPA	25	1:04:08
19	Samuel	MATSEPE	ACNW	28	1:04:18
20	Donald	MASHAMAITE	CGA	25	1:04:19 PB
21	Folavio	SEHOHLE	AMPU	26	1:04:23
22	Abednico	MASHABA	AMPU	26	1:04:31
23	Philemon	MATHIPA	CGA	25	1:04:32
24	Collen	MULAUDZI	AGN	26	1:04:34
25	Sikhumbuzo	SEME	AGN	32	1:04:41
26	Jeremiah	MOSHWETSI	ANWN	28	1:04:56
27	Molefetsane	MOTLOUNG	AFS	28	1:05:02
28	Lungile	GONGQA	WPA	38	1:05:05
29	Thantsha	MAGWAI	AGN	25	1:05:08
30	Andile	MOTWANA	EPA	20	1:05:30
31	Jonas	MAKHELE*	NEDAGN	35	1:06:01
32	Kabelo	MELAMU	CGA	20	1:06:13
33	Victor	PHEEHA	AGN	25	1:06:22
34	Rodney	PRINS	EPA	28	1:06:25
35	Nkosinathi	MADYO*	ITHEKO	29	1:06:26
36	Philani	BUTHELEZI	AGN	27	1:06:38
37	Puseletso	MOFOKENG	AVT	24	1:06:41
38	Godfrey	RAMOKONE	AFS	32	1:06:50
39	Teboho	NOOSI*	LES/NEDAGN	29	1:06:52
40	Lucas	JANI	AGN	33	1:06:58
41	Pule	BOTSANE	AGW	28	1:07:05
42	Desmond	MOKGOBO	CGA	28	1:07:07
43	Merlin	KLAASTE*	UWC	24	1:07:07
44	Simon	MPHOLO	CGA	42	1:07:16
45	Luthando	HEJANA	BORA	30	1:07:19
46	Phuti	MOHALE	LIMA	33	1:07:32
47	Vuyolwethu	MADIKIZA	TRA	23	1:07:35
48	Bafana	DUBE	AGN	26	1:07:40
49	Siyabulela	MADLAVANA	BORA	42	1:07:45
50	Derocious	MAKHOBALO	CGA	29	1:07:54

(All 5-year age categories had the same prize money: R4000, R2500, R1000.)

**40-44:**

1	Simon	MPHOLO	CGA	42	1:07:16
2	Pastor	MADLAVANA	BORA	42	1:07:45
3	Mzwanele	MAPHEKULA	EPA	40	1:08:59

**45-49:**

1	Mluleki	NOBANDA	TRA	48	1:10:39
2	Principal	FANA	ASWD	48	1:15:22
3	Arthur	NZIWENI	AGW	47	1:20:14

**50-54:**

1	Makaya	MASUMPA	BORA	51	1:13:02
2	Reginald	NGOBESE	CGA	50	1:13:03
3	Nel	MTSWENI	AMPU	54	1:15:21

**55-59:**

1	Daniel	MOTHIBE	AGN	55	1:20:32 (Gold)
2	Monde	TUTANI*	GUGS	55	1:22:02

3	Sidney	LANDSBERG	ASWD	55	1:24:17 (Silver)
4	Leon	WILLIAMS	BOLA	56	1:25:57 (Bronze)

**60-64:**

1	Thomas	MOSES	BOLA	60	1:27:51
2	Piet	SMIT	BOLA	62	1:30:40
3	Sticks	STIGLINGH	EPA	62	1:31:42

**65-69:**

1	Don	CHARLES*	TEMP	68	1:30:16
2	Hannes	ELS	EPA	67	1:31:49 (Gold)
3	Sizinzo	KAMA	EPA	65	1:34:02 (Silver)

**70+:**

1	Pele	TSHIKUNDAMALEMA*	NEDAGN	77	1:40:09
2	Tamsanqa	JUSAYI	EPA	75	1:43:30 (Gold)
3	Cilliers	SWART	EPA	70	1:44:59 (Silver)
4	Johannes	HERBST	EPA	71	1:45:29 (Bronze)

**Juniors:**

1	Aphelele	NKONYANA*	BHIZANA	19	1:08:26
2	Godwin	HEYNS	ASWD	19	1:10:08 (Gold)
3	Nkululeko	NGUBHELA*	BHIZANA	18	1:11:36
4	Themba	CHAUKE	AGN	18	1:13:45 (Silver)
5	Xabiso	KOBE	EPA	19	1:14:35 (Bronze)

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

1	Cornelia	JOUBERT	CGA	29	1:12:31 PB
2	Mapaseka	MAKHANYA	CGA	32	1:12:43 PB
3	Neheng	KHATALA*	LES/MPINT	24	1:12:46
4	Lebo	PHALULA	CGA	33	1:14:25
5	Rutendo	NYAHORA*	ZIM/NEDRCAGN	28	1:14:58
6	Jenet	DLAMINI	KZNA	22	1:15:06 PB
7	Zintle	XINIWE	WPA	30	1:15:32
8	Chelitu Bogale	ASEFA*	LES/NEDAGN	26	1:15:39
9	Nolene	CONRAD	WPA	31	1:15:41
10	Ntombesintu	MFUNZI	EPA	35	1:17:31
11	Christine	KALMER	CGA	31	1:18:36
12	Janie	GRUNDLING	KZNA	37	1:18:52
13	Lineo	CHAKA*	LES/MPINT	30	1:19:12
14	Bulelwa	SIMAE	WPA	40	1:20:02
15	Keneilwe	SESING	CGA	28	1:20:27
16	Kataza	SHIPALANA	AGN	31	1:20:53
17	Marelise	RETIEF	AGN	31	1:20:53
18	Makhosi	MHLONGO	KZNA	35	1:21:26
19	Ndileka	MVAKWENDLU	EPA	26	1:22:15
20	Catherine	SKOSANA	AGN	36	1:22:49
21	Leilani	SCHEFFER	ANWN	34	1:22:55 PB
22	Thembi	BALOYI	AGN	28	1:24:03
23	Thalia	SLATEM	EPA	27	1:24:13
24	Vuyokazi	GEBE	AGN	26	1:24:16
25	Anel	VAN WYK	ASWD	37	1:24:17
26	Maria	VILIKAZI	CGA	41	1:25:21
27	Wendy	MSEZANE	AMPU	25	1:25:27
28	Lizzy	DLHIWAYO	ANWN	41	1:26:39
29	Eunice	NHLAPO	AMPU	38	1:27:47
30	Carina	SWIEGERS*	NWUPUK	22	1:27:52
31	Adri	WESSELS*	CSEP	41	1:28:13
32	Cecila	NEL	ASWD	35	1:28:26
33	Maryna	SWANEPOEL	AFS	30	1:28:50
34	Linah	MHLONGO	AMPU	45	1:29:15

35	Davera	MAGSON	EPA	42	1:29:24
36	Ursula	FRANS	WPA	48	1:30:10
37	Elmarie	BEZUIDENHOUT	EPA	35	1:31:07
38	Luthando	NXANISA	EPA	24	1:31:35
39	Mariëtte	STRAUSS	WPA	55	1:32:18
40	Julie	SOICHER	CGA	51	1:32:31
41	Nancy	WILL	WPA	64	1:33:02
42	Corne	PRINSLOO	AGN	40	1:33:14
43	Christine	CLAASEN	EPA	52	1:34:03
44	Olga	HOWARD	WPA	59	1:34:12
45	Merriam	MOOKI	AGN	43	1:35:50
46	Venessa	BOTHMA	ACNW	25	1:35:51
47	Freedah	NCUBE	EPA	35	1:35:57
48	Rebecca	LETHOKO	AFS	44	1:36:13
49	Elizabeth	ANDERSON*	BODYCON	36	1:36:42
50	Katharine	VAN DER WALT	EPA	41	1:36:50
	Genet Abdurkadi, ETH, 1:11:45 dq				
	Elisabeth Arsedo, ETH, 1:12:20 dq				

**40-44:**

1	Bulelwa	SIMAE	WPA	40	1:20:02
2	Maria	VILIKAZI	CGA	41	1:25:21
3	Lizzy	DLHIWAYO	ANWN	41	1:26:39

**45-49:**

1	Linah	MHLONGO	AMPU	45	1:29:15
2	Ursula	FRANS	WPA	48	1:30:10
3	Grizelda	PIETERSEN	EPA	48	1:38:50

**50-54:**

1	Julie	SOICHER	CGA	51	1:32:31
2	Christine	CLAASEN	EPA	52	1:34:03
3	Michelle	VAN IDDEKINGE	EPA	50	1:39:04

**55-59:**

1	Mariëtte	STRAUSS	WPA	55	1:32:18 (Gold)
2	Olga	HOWARD	WPA	59	1:34:12 (Silver)
3	Rosemary	JOUBERT*	32GI	56	1:55:39

**60-64:**

1	Nancy	WILL	WPA	64	1:33:02
2	Irene	SCHEFFER	ANWN	61	1:38:16
3	Hanlie	V.D. WESTHUIZEN	EPA	61	1:38:37

**65-69:**

1	Renee	HAWKRIDGE	EPA	66	1:50:32 (Gold)
2	Avril	BEYLEVELD*	Kowie St	65	2:09:26
3	Jeanette	PIENAAR*	PEAAC	69	2:27:31

**70+:**

1	Liz	JENKERSON	EPA	70	2:02:21
2	Marlene	WIESE*	Kowie St	71	2:12:21
3	Ronelle	STEYN	EPA	73	2:14:45

**Juniors:**

1	Vicky	OELOFSE*	CSEP	16	1:40:24
2	Megan	VAN DEVENTER	AVT	16	1:43:08 (Gold)
3	Nomakhosi	NTLIZYO	EPA	19	2:09:32 (Silver)

**CROSS-COUNTRY****WP League Meeting (5th)**

Koeberg Nature Reserve, 17 June

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

## SR. MEN (10 km)

1	Khaya	Butele	Nedbank	33:22
2	Akhona	Makila	VOB	33:46
3	Lukhanyo	Nobakada	VOB	33:47
4	Xolisa	Batala	Nedbank	35:01
5	Marks	Mapekula	VOB	35:21
6	Bulelane	Bhebha	VOB	35:39
7	Raydon	Balie	Wild Runners	36:32
8	Hein	Camphor	Itheko	38:13
9	Eugene	Poss	ATC Running	38:43
10	Sicela	Bungi	Gugs	38:58

## SR. MEN

1	Khaya	Butele	Nedbank	13:49
2	Dewayne	Mouries	Bishop Lavis SAPS	14:12
3	Du-Wayne	Philander	UWC	14:25
4	Sibusiso	Magwaza	UWC	14:41
5	Kaleb	Beukes	Kuils River RC	14:45
6	Boithapelo	Lehlela	Helderberg Harriers	14:52
7	Asemahle	Kwatsha	Gugs	15:05
8	Lwazi	Mpoyi	Helderberg Harriers	15:25
9	Siyabonga	Mathe	Easterns	15:43
10	Gershwin	van Staaden	Itheko	15:51

## VETERAN MEN (8 km)

1	Shawn	Abrahams	Kuils River	29:41
2	Bonisile	Ngculana	VOB	30:02
3	Christo	van Rooyen	Nedbank	30:28

## MASTER MEN (8 km)

1	Eric	Coetzee	No Club	32:59
2	Henry	Wolstenholme	Durbanville	33:16
3	Tobias	Philander	Itheko	34:59

## G'MASTER MEN (8 km)

1	Goodman	Mpukane	Gugs	37:28
2	Sam	Kotze	Nedbank	41:42
3	Paul	Fortuin	VOB	41:51

## G/G'MASTER MEN (8 km)

1	Joseph	Matthews	Midas Spartans	49:12
2	Claude	Brooks	Midas Spartans	51:02
3	Carl	Hendricks	Elsies River	51:43

## U.20 (8 km)

1	Adrian	Wildschutt	Itheko	28:29
2	Franklin	September	Velocity	29:03
3	Justin	Claasen	Durbaville	30:22

## U.18 (6 km)

1	Carlo	Flink	Itheko	18:11
2	Lethu	Cetywayo	VOB	18:42
3	Fernando	Spondo	Bonteheuwel	18:55

## SR. WOMEN (10 km)

1	Ebeth	Marais	Carbineers	43:11
2	Lee-Shay	Willemse	Velocity	43:38
3	Sophie	Cope	Spartan Harriers	44:23
4	Madelé	du Plessis	Edgemead	48:33
5	Teagan	Pitt	UCT	48:41
6	Nomava	Mlenze	SAPS	52:44
7	Coceeka	Qomiyana	Gugs	53:04
8	Rozanne	Makappie	Easterns	56:35
9	Philiswa	Dalane	VOB	57:01
10	Zoe	Poswayo	Gugs	57:11

## SR. WOMEN

1	Nolubabalu	Dyonase	VOB	18:16
2	Lee-Shay	Willemse	Velocity	19:03
3	Nocwaka	Mthetho	MSA Multi-Sport	20:44
4	Emmeranthia	Lepati	Itheko	21:27
5	Monique	Roberts	Bellville	22:03
6	Pholelwa	Kotyi	VOB	22:14
7	Elizabeth	Brink	Durbanville	22:18
8	Tankiso	Lepolisa	UWC	22:29
9	Nancy	Will	Pinelands	23:11
10	Kaylon	Herman	Helderberg Harr	23:37

## VETERAN WOMEN

1	Elizabeth	Brink	Durbanville	20:53
2	Sharon	Sunderland	Nedbank	20:54
3	Tyshia	Johannes	Gugs	21:19

## MASTER WOMEN

1	Mariëtte	Strauss	Tygerberg	19:31
2	Olga	Howard	Nedbank	19:39
3	Bev	Charters	VOB	21:28

## G'MASTER WOMEN

1	Nancy	Will	Pinelands	20:48
2	Judith	Grove	Tygerberg	22:54
3	Hilary	Rhode	Edgemead	23:41

## G/G'MASTER WOMEN

1	Lee	Keeling	Spartan Harriers	32:59
2	Margaret	Harrison	Fish Hoek	35:14
3	Peggy	Reid (80)	Spartan Harriers	38:56

## U.20 (6 km)

1	Simone	Adams	Bottelary	24:44
2	Petro	Moses	Velocity	26:23
3	Razaan	Kamaldien	Carbineers	26:46

## U.18

1	Kayla	de Waal	CC	13:31
2	Athemba	Nqumashe	Bottelary	14:31
3	Nikita	Booyen	Velocity	14:39

---



**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****B.A.A. 10 km**, presented by Brigham and Women's Hospital (7th)

Boston, USA, 25 June

(Certified flat course through Boston's Back Bay)

## MEN (gun times)

- |                                       |       |          |
|---------------------------------------|-------|----------|
| 1. Daniel Chebii, 32, Kenya           | 27:58 | \$10,000 |
| 2. Stephen Sambu, 28, Kenya           | 28:03 | 5,000    |
| 3. Teshome Mekonen, 21, Ethiopia      | 28:06 | 3,000    |
| 4. Dathan Ritzenhein, 34, Belmont, MI | 28:10 | 1,500    |
| 5. Daniel Salel, 26, Concord, MA      | 28:29 | 1,000    |

## WOMEN (gun times)

- |  |          |          |
|--|----------|----------|
| 1. Joan Chelimo, 26, Kenya                 | 31:24 PB | \$10,000 |
| 2. Mary Wacera, 28, Kenya                  | 31:33    | 5,000    |
| 3. Buze Diriba, 23, Ethiopia               | 31:37 PB | 3,000    |
| 4. Monicah Ngige, 23, Kenya                | 32:01    | 1,500    |
| 5. Dominique Scott, 25, South Africa (RSA) | 32:22 PB | 1,000    |
| 6. Diane Nukuri, 32, Burundi               | 32:26    | 750      |

**Hella Hamburg Halbmarathon** (23rd)

Hamburg, GER, 25 June

(Distance: 21.1 km; point-to-point course with minimal start/finish separation)

## MEN

1. Albert KANGOGO (KEN) 1987 1:01:07
2. Edwin KIPTOO (KEN) 1993 1:01:25
3. Kalipus LOMWAI (KEN) 1995 1:03:02

## WOMEN

1. Flomena CHEPCHIRCHIR (KEN) 1981 1:10:21 CR\*
2. Askale ALEMAYEHU ADULA (ETH) 1996 1:10:31
3. Marion LIMO (KEN) 1989 1:12:15

**Steamboat Classic 4 Mile** (44th)

Peoria, USA, 17 June

(Distance: 4 miles; certified loop course)

## MEN (gun times)

- |                                   |          |
|-----------------------------------|----------|
| 1. Tommy Curtin, 23, Quincy, MA   | 18:08 PB |
| 2. Tim Ritchie, 29, New Haven, CT | 18:15 PB |
| 3. Jon Grey, 29                   | 18:26 PB |

## WOMEN (gun times)

- |  |          |
|--|----------|
| 1. Diane Nukuri, 32, Flagstaff, AZ (BDI)       | 20:50    |
| 2. Elvin Kibet, 27, Colorado Springs, CO (KEN) | 21:06 PB |
| 3. Lindsay Flanagan, 26, White Plains, MD      | 21:30 PB |

**Shelter Island 10 km** (38th)

Shelter Island, USA, 17 June

(Standard, certified course)

MEN (extended gun times)

1. Edwin Kipsang Rotich, 28, KEN 29:28.6 \$1000
2. Eliud Ngetich, 23, KEN 29:47.3 500
3. Bernard Kibet Lagat, 22, KEN 29:56.9 300

WOMEN (extended gun times)

1. Goytom Gebreslase, 22, ETH 32:06.2 CR \$1000 + 1500\*
2. Emma Jebet, 25, KEN 33:27.8 500
3. Calli Thackery, 24, GBR 33:59.8 PB 300
- ... 10. Lyubov Denisova, 45, RUS 38:54.2 300

\*) Course record bonus

**TRACK****Kenyan World Championship Trials**

Nyayo Stadium, Nairobi, KEN, 23-24 June

Note: All the finals were on 24 June, except the men's 5000 m and women's 10000 m. --  
Ed

MEN

800

1. Emmanuel KORIR 1:43.86
2. Kipyegon BETT 1:44.04
3. Michael SARUNI 1:44.61
4. Ferguson ROTICH 1:44.86
5. Bernard KIPYEGON 1:45.21

1500

1. Ronald KWEMOI 3:30.89 ACR
2. Timothy CHERUIYOT 3:31.05
3. Elijah MANANGOI 3:32.03
4. Justus SOGET 3:32.97
5. Charles SIMOTWO 3:36.69

5000

1. Cyrus RUTTO 13:31.5
2. Davis KIPLANGAT 13:31.7
3. Geoffrey KOECH 13:33.9
4. Josphat MENJO 13:35.4
5. Bethwell BIRGEN 13:36.4

10000

1. Geoffrey KAMWOROR 27:35.9
2. Bedan KAROKI 27:40.3
3. Paul TANUI 27:42.6
4. Leonard BARSOTON 27:47.4
5. Mathew KISORIO 28:03.1

3000 s/chase

1. Conseslus KIPRUTO 8:19.75

2. Brimin KIPRUTO 8:19.87
3. Jairus BIRECH 8:20.01
4. Benjamin KIGEN 8:20.54
5. Abraham KIBIWOTT 8:36.80

#### WOMEN

800

1. Margaret WAMBUI 1:59.68
2. Eunice SUM 2:00.03
3. Emily CHEROTICH 2:00.18
4. Josphine CHELANGAT 2:02.88
5. Eglay NALYANLA 2:03.63

1500

1. Faith KIPYEGON 4:05.71
2. Winny CHEBET 4:06.74
3. Selah JEPLETING 4:09.45
4. Judy KIYENG 4:10.50
5. Winfred MBITHE 4:11.78

5000

1. Hellen OBIRI 15:28.89
2. Margaret CHELIMO 15:30.71
3. Sheila CHEPKIRUI 15:33.57
4. Hyvin KIYENG 15:40.37
5. Lilian KASAIT 16:06.40

10000

1. Agnes TIROP 31:56.0
2. Irene CHEPTAI 31:56.4
3. Alice Aprot NAWOWUNA 32:16.7
4. Veronica NYARUAI 32:34.6
5. Dorica KERUBO 33:04.8

3000 s/chase

1. Celliphine Chepteek CHESPOL 9:34.03
2. Beatrice CHEPKOECH 9:34.04
3. Purity KIRUI 9:38.47
4. Roseflin CHEPNGETICH 9:39.43
5. Joan CHEPKEMOI 9:48.10

### **USATF Outdoor Track & Field Championships**

Sacramento, USA, 22-25 June

#### MEN

800 (25):

1. Donavan Brazier, NIKE, 1:44.14
2. Isaiah Harris, Penn St., 1:44.53 PB
3. Drew Windle, Brooks, 1:44.95 PB
4. Erik Sowinski, NIKE, 1:45.39
5. Drew Piazza, Virginia Tech, 1:45.69 PB

1500 (24):

1. Robby Andrews, adidas, 3:43.29 (1st outdoor national title)  
[last 400 52.23]
2. Matthew Centrowitz, Nike / Nike Or P, 3:43.41

[last 400 53.11]

3. Johnny Gregorek, ASICS, 3:43.99

[last 400 52.36]

4. Craig Engels, NIKE, 3:44.01

5. Cristian Soratos, adidas, 3:44.49

... 12. Ben Blankenship, Nike / NIKE OTCE, 3:46.42

5000 (23):

1. Paul Chelimo, U.S. Army, 13:08.62 CR\*

2. Eric Jenkins, Nike / Nike Oregon Project, 13:15.74

[last 400 54.06]

3. Ryan Hill, Nike / Bowerman TC, 13:16.99

[last 400 54.76]

4. Ben True, Saucony, 13:17.94

[last 400 55.89]

5. Lopez Lomong, Nike / Bowerman TC, 13:21.74

10000 (22):

Note: Galen Rupp's streak of eight straight national titles in this discipline came to an end in what may be his last-ever track race; Hassan Mead won his first national title. -- Ed.

1. Hassan Mead, Nike / NIKE OTCE, 29:01.44

2. Shadrack Kipchirchir, U.S. Army, 29:01.68

3. Leonard Korir, U.S. Army, 29:02.64

4. Biya Simbassa, Amer Dist Proj, 29:03.48

5. Galen Rupp, Nike / Nike Or P, 29:04.61

3000 s/chase (25):

1. Evan Jager, NIKE / Bowerman, 8:16.88 (6th straight title)

2. Stanley Kebenei, NIKE / A D P, 8:18.54

3. Hillary Bor, U.S. Army, 8:18.83

4. Andy Bayer, NIKE, 8:18.90

5. Haron Lagat, U.S. Army, 8:25.73

WOMEN

800 (25):

1. Ajee' Wilson, adidas, 1:57.78

2. Charlene Lipsey, adidas, 1:58.01 PB

3. Brenda Martinez, New Balance, 1:58.46

4. Raevyn Rogers, Oregon, 2:00.18

5. Chrishuna Williams, NIKE, 2:00.58

1500 (24):

1. Jenny Simpson, New Balance, 4:06.33 (4th straight title)

[60.41 last 400]

2. Kate Grace, NIKE, 4:06.95

[60.84 last 400]

3. Sara Vaughn, Brooks, 4:07.85

[61.27 last 400]

4. Lauren Johnson, Boston A A, 4:08.13

5. Alexa Efraimson, NIKE, 4:08.36

... 8. Shannon Rowbury, Nike Oregon Proj, 4:10.36

9. Amanda Eccleston, Brooks, 4:10.96

5000 (23):

1. Shelby Houlihan, Nike / Bowerman TC, 15:13.87

2. Shannon Rowbury, Nike Oregon Project, 15:14.08

3. Molly Huddle, Saucony, 15:15.29

4. Karissa Schweizer, Missouri, 15:18.69 PB
5. Marielle Hall, Nike, 15:19.56

10000 (22):

1. Molly Huddle, Saucony, 31:19.86
2. Emily Infeld, NIKE / Bowerman, 31:22.67 PB
3. Emily Sisson, New Balance, 31:25.64 PB
4. Shalane Flanagan, NIKE / Bowerman, 31:31.12
5. Natosha Rogers, New Balance, 31:54.62 PB

3000 s/chase (24):

1. Emma Coburn, New Balance, 9:20.28 (6th straight title)
2. Courtney Frerichs, Bowerman T C , 9:22.23
3. Colleen Quigley, NIKE / Bowerman, 9:25.40
4. Stephanie Garcia, New Balance, 9:37.66
5. Mel Lawrence, Oiselle, 9:40.00

### **Meeting International d'Athletisme (31st)**

Nivelles, BEL, 24 June

MEN

800:

Race A -

1. PIERRE-ANTOINE BALHAN, BEL, 1:48.73
2. JACOB ROZANI, RSA, 1:48.76
3. BRECHT BERTELS, BEL, 1:49.50

1500:

Race A -

1. MIKE FOPPEN, NED, 3:45.57
2. MATTHEW MANNING, NZL, 3:47.27
3. BENJAMIN ENZEMA OWONO, GEQ, 3:50.76 NR/PB
- ... 6. DUMISANE HLASELO, RSA, 3:52.13

WOMEN

800:

1. GENA LOFSTRAND, RSA, 2:02.43 PB
2. CHARLOTTE MOUCHET, FRA, 2:04.64
3. ANAIS CYNTHIA, FRA, 2:05.50

### **Miner's Day International Meeting (22nd)**

Velenje, SLO, 20 June

MEN

800:

Heat 3 -

1. Amel TUKA, 1991 BIH, 1:45.34
2. Antoine GAKEME, 1991 BDI, 1:46.08
3. Jacob ROZANI, 1984 RSA, 1:46.33

Heat 2 -

1. Lukáš HODBOD, 1996 CZE, 1:49.47
2. LÓPEZ GAVETA Jonathan, 1992 ESP, 1:50.11
3. Balázs VINDICS, 1994 HUN, 1:50.45
- ... 8. Dumisane HLASELO, 1989 RSA, 1:52.67

## Copenhagen Athletics Games

Copenhagen, DEN, 20 June

MEN

800:

Heat 3 -

1. Ryhardt van Rensburg, 1992, RSA 1:48.51
2. Mateusz Borkowski, 1997, POL 1:48.91
3. Henco Uys, 1992, RSA 1:49.53

3000 s/chase:

1. Ole Hesselbjerg, 1990, DEN-Sparta 8:39.27
2. Zak Seddon, 1994, GBR 8:41.11
3. Kaur Kivistik, 1991, EST 8:45.76
- ... 5. Sibusiso Madikizela, 1991, RSA 8:50.79

## Samorin Meeting

Samorin, SVK, 17-18 June

MEN

800:

1. Nijel Amos, BOT, 15 Mar 94, 1:45.74 SB
2. Mohamed Ahmed Hamada, EGY, 22 Oct 92, 1:46.66 SB
3. Amel Tuka, BIH, 9 Jan 91, 1:47.06
- ... 7. Jacob Rozani, RSA, 24 Jan 88, 1:47.74 SB

## Meeting Iberoamericano de Atletismo (13th)

(EA Classic)

Huelva, ESP, 14 June

MEN

800 Race A:

1. Antoine Gakeme, BDI, 1:45.15 SB
2. Andrew Osagie, GBR, 1:45.73 SB
3. Kevin López, ESP, 1:45.74 SB
4. Álvaro de Arriba, ESP, 1:45.87 PB
5. Jesús Gómez, ESP, 1:46.00 PB

1500 Race A:

1. Adel Mechaal, ESP, 3:34.70 PB
2. İlham Tanui Özbilen, TUR, 3:36.81 SB
3. Llorenç Sales, ESP, 3:37.21 PB
4. Filip Sasínek, CZE, 3:37.47
5. Hamish Carson, NZL, 3:37.55 SB

5000:

1. Birhanu Yemataw, BRN, 13:16.68 SB
2. El Mahjoub Dazza, MAR, 13:18.00 PB
3. Aweke Ayalew, BRN, 13:18.01 SB
4. Polat Kemboi Arikan, TUR, 13:19.20 SB
5. Josephat Menjo, KEN, 13:21.56

## WOMEN

## 800 Race A:

1. Dorcus Ajok, UGA, 2:00.79 PB
2. Esther Guerrero, ESP, 2:01.57 SB
3. Malika Akkaoui, MAR, 2:01.79
4. Egle Balciunaite, LTU, 2:02.07 SB
5. Natalia Romero, ESP, 2:04.53 PB

## 1500:

## Race A:

1. Amela Terzic, SRB, 4:06.29 SB
2. Zoe Buckman, AUS, 4:08.10
3. Marta Pérez, ESP, 4:08.87
4. Diana Sujew, GER, 4:09.00
5. Blanca Fernández, ESP, 4:09.23 PB

**ULTRA/MOUNTAIN/TRAIL RUNNING****Western States Endurance Run 100-Mile** (42nd)

Squaw Valley to Auburn, USA, 24-25 June

(Distance: 100.2 miles; difficult trails, high altitude; over 40,000 total feet of climbing and descending [18,000 up and 22,000 down])

## MEN

- |   |          |
|---|----------|
| 1. Ryan Sandes, 35, Cape Town, RSA        | 16:19:37 |
| 2. Alex Nichols, 32, Colorado Springs, CO | 16:48:23 |
| 3. Mark Hammond, 32, Millcreek, UT        | 16:52:57 |

## WOMEN

- |   |          |
|---|----------|
| 1. Cat Bradley, 25, Boulder, CO               | 19:31:30 |
| 2. Magdalena Boulet, 43, Oakland, CA          | 19:49:15 |
| 3. Sabrina Stanley, 27, Steamboat Springs, CO | 20:11:41 |

**Lake Saroma 100 km** (32nd)

Yubetsu, Hokkaido, JPN, 25 June

## MEN

1. Tatsuya Itagaki (Sapporo Kokusai Univ.) - 6:14:18
2. Yasuyuki Nakamura (Suzuki Hamamatsu AC) - 6:29:52
3. Nao Kazami (Aichi T&F Assoc.) - 6:33:52

## WOMEN

1. Yuri Kano (Willforward RC) - 7:37:21
2. Aiko Kanematsu (Aichi Pref.) - 7:46:04
3. Mikiko Ota (Kyoto Asakura RC) - 7:49:21

**Northeast Delta Dental Mt. Washington Road Race** (57th)

Pinkham Notch, Gorham, USA, 17 June

(Distance: 7.6 miles up Mt. Washington, 11.5% grade; summit = 1917 m)

Note: An amazing fourth consecutive win here for Joseph Gray. -- Ed.

## MEN (gun times)

- |  |       |        |
|--|-------|--------|
| 1. Joseph Gray, 33, Colorado Springs, CO | 58:55 | \$1000 |
|--|-------|--------|

2. Sage Canaday, 31, Boulder, CO 1:00:42 600  
 3. Eric Blake, 38, West Hartford, CT 1:01:33 400

#### WOMEN (gun times)

1. Shannon Payne, 31, Franktown, CO 1:11:19 \$1000  
 2. Brandy Erholtz, 39, Evergreen, CO 1:15:55 600  
 3. Shelley Doucet, 33, Quispamsis, NB, CAN 1:16:33 400

## NEWS

### KEITANY WORLD RECORDS IN LONDON MARATHON RATIFIED

Mary Keitany's two pending world records from the Virgin Money London Marathon last April have been ratified by the IAAF. The marks were:

30 km (en route): 1:36:05 (wo) Mary Keitany (KEN) London 23 Apr 2017  
 Previous: 1:39:11 Mary Keitany (KEN) London 17 Apr 2011

Marathon: 2:17:01 (wo) Mary Keitany (KEN) London 23 Apr 2017  
 Previous: 2:17:42 Paula Radcliffe (GBR) London 17 Apr 2005

The 25 km mark at London is not record-eligible due to a drop of 38 metres. Her split there was 1:19:43, ten seconds below her own mixed-gender world record of 1:19:53, and much faster than Paula Radcliffe's women-only world record of 1:22:47.

## STATS TIME

This week we include a list of the top ten SA veteran women in the 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 MARATHON: TOP 10 VETERAN WOMEN

2:58:45A	Ulrica Stander	1	Simon's Town	19 Feb
3:06:00	Salome Cooper	2	Benoni	29 Jan
3:08:09	Lesley Train Austin	1	Durban	09 Apr
3:08:24	Linah Mhlongo	2	Polokwane	29 Apr
3:09:40	Natasha Collier	2	Durban	09 Apr
3:09:51	Julanie Basson	1	Sasolburg	04 Feb
3:10:56	Maria Vilakazi	3	Durban	09 Apr
3:11:10	Adele Waldron	1	Fish Hoek	21 Jan
3:14:51	Melanie Melville	1	Polokwane	18 Feb
3:15:52	Helena Joubert	5	Durban	09 Apr

## THIS MONTH IN HISTORY

### 68 years ago: 11 June 1949

At the 1948 London Olympic Games the ungainly Czech Emil Zatopek sprung a surprise on the world by winning the 10000 metres. The next year, on this day in Ostrava's Vitkovice Stadium, he set the first world record of what was to be a barrier-breaking career when his 29:28.2 took away the mark of Finland's Viljo Heino. Showing something of his amazing speed endurance, the last kilometre was the fastest of the race, 2:52.2. In September Heino reclaimed the record with 29:27.2, but before the year was out, again in Ostrava,



Zatopek went one better: 29:21.2 for the second of five world marks over the distance. When his career was over, he had set eighteen world records.

## 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		24 Jun
	61:21	Stephen Mokoka	Port Elizabeth	
	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	
100 km	2:03:58	Wilson Kipsang (KEN)		
	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	67:16	Simon Mpholo	Port Elizabeth	24 Jun
	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
-------	-------	----------------	----------------	--------

15 km	30:35	Tecwyn Davies (GBR) 1988		
	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	73:02	Makaya Masumpa	Port Elizabeth	24 Jun
	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				
<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	87:51	Thomas Moses	Port Elizabeth	24 Jun
	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	68:26	Aphelele Nkonyana	Port Elizabeth	24 Jun
	59:16	Samuel Wanjiru (KEN) 2005		
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:22	Dominique Scott-Efurd	Boston	25 June
	30:04	Joyciline Jepkosgei (KEN)		
	30:21 Mx	Paula Radcliffe (GBR) 2003		
	30:04p Mx	Joyciline Jepkosgei (KEN)		

15 km	30:29 Wo	Asmae Legzaoui (MAR) 2002		
	53:59A	Dominique Scott-Efurd	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	72:31	Cornelia Joubert	Port Elizabeth	24 Jun
	64:52	Joyciline Jepkosgei (KEN)		
	65:09 Mx	Florence Kiplagat (KEN) 2015		
	65:06p Mx	Peres Jepchirchir (KEN) 2017		
	64:52p Mx	Joyciline Jepkosgei (KEN)		
	66:25 Wo	Lornah Kiplagat (NED) 2007		
25 km	90:21A	Jenna Challenor	Pinetown	29 Jan
	1:40:31	Jenna Challenor	Durban	19 Mar
	84:36	Alphine Tuliamuk (USA)		
	79:53 Mx	Mary Keitany (KEN) 2010		
	82:47 Wo	Paula Radcliffe (GBR) 2005		
30 km	1:54:43	Ntombesintu Mfunzi	Uitenhage	04 Mar
	1:46:24	Ami Utsunomiya (JPN)		
	1:38:49 Mx	Mizuki Noguchi (JPN) 2005		
	1:38:42p Mx	Aberu Kebede (ETH) 2016		
	1:39:11 Wo	Mary Keitany (KEN) 2011		
Marathon	2:48:13A	Ann Ashworth	East London	25 Feb
	2:54:59	Danette Smith	Durban	09 Apr
	2:17:01	Mary Keitany (KEN)		
	2:15:25 Mx	Paula Radcliffe (GBR) 2003		
	2:17:42 Wo	Paula Radcliffe (GBR) 2005		
100 km	6:33:11	Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>				
10 km	36:40	Bulelwa Simae	Bellville	03 Jun
	32:14	Priscilla Welch (GBR) 1985		
15 km	56:45	Tanith Maxwell	Ravensmead	18 Mar
	49:35	Priscilla Welch (GBR) 1985		
21.1 km	80:02	Bulelwa Simae	Port Elizabeth	24 Jun
	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

30 km	2:07:29	Ansa Strydom	Pretoria	06 May
Marathon	2:16:59	Christine Claasen	Uitenhage	04 Mar
	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	93:02	Nancy Will	Port Elizabeth	24 Jun
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:16:25	Val Watson	Pretoria	06 May
	1:58:24	Gloria Brown (USA) 1994		
30 km	2:25:27	Margie Saunders	Uitenhage	04 Mar
	2:17:11	Barbara Miller (USA) 1999		
Marathon	3:26:99	Nancy Will	Durban	09 Apr
	3:01:30	Bernadine Portenski (NZL) 2010		
100 km				
<u>Great grandmasters (70+)</u>				
10 km	49:38	Veronica van Niekerk	Cape Town	02 Apr
	44:09	Lavinia Petrie (AUS) 2014		
15 km	87:32	Liz Jenkerson	Port Elizabeth	25 Mar
	72:52	Jo Klein (NED) 2004		
21.1 km	1:55:21	Veronica van Niekerk	Wellington	01 May
	97:38	Lavinia Petrie (AUS) 2014		
25 km				
	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:50:37	Veronica van Niekerk	Camps Bay	08 Jan
	2:47:08	Myra Rhodes (USA) 2002		
Marathon				
	3:35:29	Helga Miketta (GER) 2013		
100 km				
<u>Juniors</u>				
10 km	35:26	Nicole Louw	Durban	11 Jun
	31:42	Zola Pieterse (RSA) 1984		
15 km	66:42	Celine Moses	Ravensmead	18 Mar
	49:40	Ines Chenonge (KEN) 2001		
21.1 km	98:46	Georgina Janisch	Pretoria	08 Apr
	1:09:05	Delilah Asiago (KEN) 1991		

---

Contributors to this issue: Sonia & Kevin Harlock, Irene & Jan van Eeden, André Pienaar, Elsa & Ben Oliver, Margie Saunders

---

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](mailto:rielh@mweb.co.za)



