

# 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

The 37th running of the Timbercity Spookhill 15 km in Somerset West took place this weekend, and Zintle Xiniwe scored her second win in a row (and fourth overall) in 64:22, her slowest time yet. She also won in 2010, 2014 (when she ran well under 60 minutes) and last year. The men's winner was Retsepile Khotle in 49:53.

In the Golden Spike Meeting in Ostrava Mo Farah again played cat and mouse with his rivals in the 10000 m, winning as he pleased in 27:12.09, the third fastest time in the world this year.

Important note: In the original results of the SA Half Marathon received by DRR last weekend, the fourth woman was listed as Lebo Phalula. This was corrected before the publication of DRR last Monday -- it was in fact her twin sister Lebogang; Lebo is pregnant -- but somehow I forgot to make the change. My apologies for this error.

Riël Hauman

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## INCLUDED IN THIS ISSUE:

- \* Timbercity Spookhill Challenge 15 km, Somerset West
- \* Riana van Niekerk/Run 4 Bibles 10 km, Pretoria
- \* McDonalds to McDonalds 10 km, George
- \* XC: KZN League Meeting, Yellowwood Park; WP League Meeting, Tokai

## International highlights:

- \* Univé Stadsloop Appingedam, Appingedam, NED
  - \* Mattoni Olomouc Half Marathon, Olomouc, CZE
  - \* Stadtlauf Ludwigshafen, Ludwigshafen, GER
  - \* Track: Meeting de Paris, Paris, FRA; Zlata Tetra - Golden Spike, Ostrava, CZE; USATF U20 Outdoor Track & Field Championships, Sacramento; Kenyan African U20 Championships Trials, Nairobi, KEN; Kenyan World U18 Championships Trials, Nairobi, KEN
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## ROAD RUNNING

### Timbercity Spookhill Challenge 15 km (37th)

Somerset West, 1 July

(Certified loop course, very hilly. Finishers: 1188 [slightly up from 1160 last year].)

#### MEN

1. Retsepile Khotle (Itheke) 49:53
2. Siviwe Nkombi (Ned) 50:02
3. Akhona Makila (VOB) 50:36

**Veterans:** 1. Tsungai Mwanengeni (ZIM/Gugs) 54:15; 2. Xolile Macanda (Gugs) 57:46; 3. Imran Paya (MAW/Gugs) 59:08. **Masters:** 1. Timothy Hess (Eerste) 60:45; 2. Zolani Ntsodo (SANDF) 61:01; 3. John September (Itheke) 62:28. **G'masters:** 1. Gemjikile Tom (Eskom) 70:39; 2. Sam Kotze (Ned) 78:01; 3. Neville Frieslich (FH) 78:43. **G/g'masters:** 1. Japie Esterhuizen (Strand) 1:43:24. **Juniors:** 1. Deon-Lee Hendricks (Stell) 50:40; 2. Stephen Millard (Strand) 58:36; 3. Masibonge Poni (Ind) 64:51.

#### WOMEN

1. Zintle Xiniwe (KPMG) 1:04:22
2. Candyce Hall (Carb) 1:05:32
3. Marion Serfontein (Ind) 1:06:26 (1st vet)

**Veterans:** 1. Marion Serfontein (Ind) 66:26; 2. Busisiwe Matiwane (Ned) 69:40; 3. Melany Porter (Pine) 71:41. **Masters:** 1. Mariëtte Strauss (Tyger) 71:51; 2. Estelle Steyn (Strand) 81:37; 3. Gail Maharaj (SANDF) 82:14. **G'masters:** 1. Helen du Plessis (Brack) 84:44; 2. Penny Ingram (Ind) 88:28; 3. Klippiess van Rooyen (Strand) 97:21. **G/g'masters:** 1. Marie Hill (Ceres) 2:05:19. **Juniors:** 1. Alexandra Hoffman (Strand) 78:04; 2. Mia Doyle (PV) 87:44; 3. Melissa Hoffman (Strand) 103:39.

### Riana van Niekerk/Run 4 Bibles 10 km

Pretoria, 1 July

Note: Correspondent Derrick Chamberlain reports that the results of the half marathon were not released due to a number of marshalling errors resulting in athletes running various distances. Well-known WP grandmaster Nancy Will (pictured on the podium) was one of the runners who ran the correct distance and finished at the top of her category, and third overall, in 1:41:12. Last weekend she also won her category in the SA Half Marathon. -- Ed.

#### MEN

- 1 Reghen Magwai (Born 2 Run) 33:54; 2 Bruce-Lynn Damons (Kuilsvier) 34:19; 3 Travis Koekemoer (Midstream) 36:48 (1st jun).

**Veterans:** 1 Leon Baker (Midrand) 44:26. **Masters:** 1 Anthony Bold (Vitality) 46:06. **G'masters:** 1 Neville Young (CSIR) 55:54. **G/g'masters:** 1 Johan Janse van Vuuren (Irene) 66:28. **80+:** 1 Ken Nurden (Agape) 58:43. **Juniors:** 1 Travis Koekemoer (Midstream) 36:48.

#### WOMEN

- 1 Jeannie de Beer (Runavation) 41:56; 2 Annerie Kruger (Magnolia) 44:13; 3 Chantelle Kruger (Midstream) 44:42.



**Veterans:** 1 Peret Badenhorst (ACRW) 45:35. **Masters:** 1 Maria Bendana (Morningside) 47:51. **G'masters:** 1 Joey Cloete (Irene) 54:57. **G/g'masters:** 1 Ria Smit (Striders) 77:33. **80+:** 1 Deirdre Larkin (Randburg) 66:09. **Juniors:** 1 Chantelle Kruger (Midstream) 44:42.

### McDonalds to McDonalds 10 km

George, 24 June

(Finishers: 349 [one less than last year].)

#### MEN

1	Donovan Jantjies	Nedbank	20	32:44
2	John April	Nedbank	28	33:14
3	Anderson Ncube	Nedbank	21	34:04
4	Julius Korkee	Nedbank	32	34:33
5	Francois Maquassa	Nedbank	21	35:11
6	Christiaan Lingerveld	Nedbank	18	35:52
7	Ross Welsh	Nedbank	18	36:09
8	Melikhaya Msizi	Knysna	33	36:10
9	Selwyn Losper	Mossel Bay	53	36:26
10	Komani Awonke	Knysna	19	36:27

#### **Veterans:**

1 Anthony Kedama Nedbank 37:18

#### **Masters:**

1 Selwyn Losper Outeniqua Har 36:26

#### **G'masters:**

1 Patrick Rawlings Outeniqua Har 43:23

#### **G/g'masters:**

1 Maurice Wicomb Oudtshoorn 67:03

#### **Juniors:**

1 Christiaan Lingerveld Nedbank 35:52

#### WOMEN

1	Stephany Petro	Nedbank	15	38:28
2	Melissa Van Rensburg	Nedbank	35	38:38
3	Annatjie Botes	Nedbank	59	43:20
4	Nerida Lubbe	Hartenbos	41	43:52
5	Lisl Grobler	KMC	41	44:37
6	Annegret Pauw	Nedbank	40	44:57
7	Carike Fourie	Nedbank	40	45:06
8	Charmaine Lamprecht	Nedbank	33	46:04
9	Chane Gricius	Outeniqua	15	46:34
10	Jolanda Gricius	Outeniqua	45	46:42

#### **Veterans:**

1 Nerida Lubbe Hartenbos 43:52

#### **Masters:**

1 Annatjie Botes Nedbank 43:20

#### **G'masters:**

1 Monica Kriel Nedbank 52:18

#### **G/g'masters:**

1 Anna-Marie van Eck Nedbank 69:25

#### **Juniors:**

1 Stephany Petro Nedbank 38:28

**CROSS-COUNTRY****KZN League Meeting (7th)**

Yellowwood Park, 24 June

(Distance: 10 km)

## OPEN MEN

1	Bonginkosi	Zwane	Boxer	25	32:27
2	Sipho Gift	Mbanjwa	Phantane AC	22	32:30
3	David	Dingiwe	Durban UT	21	34:21
4	Anele	Dlamini	Phantane AC	30	34:24
5	Sphamandla	Nyembe	Ethekwini	27	34:54
6	Mwande	Hlongwe	Zakhele	28	35:13
7	Lindokuhle	Ntuli	Hollywoodbets	33	35:38
8	Luvuyo	Mtolo	Ubunthu	24	37:00
9	Skhumbuzo	Bhengu	Ethekwini AC	29	37:23
10	Mpatho	Shandu	Umlazi	21	41:00

## OPEN WOMEN

1	Nokuthula	Ntshangase	Savages	25	41:43
2	Nontokozi	Mkhize	Nedbank	24	42:40
3	Puseletso	Dladla	Hollywoodbets	25	44:32
4	Slindile	Chili	eThekwini	22	44:43
5	Nomthandazo	Mlotshwa	Ethekwini	24	46:07
6	Phumzile	Gwala	Savages	21	51:19
7	Hleziphi	Ncayiyana	Nedbank	13	57:37
8	Nkocy	Zondo	Nedbank	34	59:03

**WP League Meeting (6th)**

Tokai (Pollsmoor), 24 June

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

## SR. MEN (10 km)

1	Lukhanyo	Nobakada	VOB	35:22
2	Akhona	Makila	VOB	35:23
3	Xolisa	Batala	Nedbank	35:48
4	Marks	Mpekula	VOB	36:17
5	Nadeel	Wildschutt	Itheko	36:21
6	Bulelane	Bhebha	VOB	36:27
7	Raydon	Balie	Wild Runners	36:36
8	Vincent	Fortuin	UWC	36:38
9	Hein	Camphor	Itheko	36:51
10	Vuyolwethu	Mbukushe	Gugs	38:23

## SR. MEN

1	Khaya	Butele	Nedbank	12:55
2	Granwin	Katzen	Celtic Harriers	13:15
3	Emiele	Paulsen	MSA Multi-Sport	13:16
4	Anthony	Timoteus	UWC	13:17
5	Dewayne	Mouries	Bishop Lavis SAPS	13:22
6	Du-Wayne	Philander	UWC	13:28
7	Duran	Faro	UWC	13:51
8	Sibusiso	Magwaza	UWC	13:52
9	André	Afrika	Eerste River	13:53
10	Kaleb	Beukes	Kuils River RC	13:54

## VETERAN MEN (8 km)

1	Bonisile	Ngculana	VOB	28:32
2	Vakalisa	Kopolo	Nedbank	29:35
3	Gareth	Berning	VOB	29:36

## MASTER MEN (8 km)

1	Chris	Magobotiti	Celtic Harriers	28:14
2	Eric	Coetzee	No Club	31:39
3	Joshua	Lazato	Nedbank	32:56

## G'MASTER MEN (8 km)

1	Les	Chivell	Fish Hoek	36:14
2	Goodman	Mpukane	Gugs	36:16
3	Stephen	Granger	VOB	38:14

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

1	Manfred	Geutner	Pinelands	52:31
2	Claude	Brooks	Midas Spartans	55:11
3	Bart	Jonck	West Coast	56:44

## U.20 (8 km)

1	Adrian	Wildschutt	Itheko	28:04
2	Tobie	Lewies	UWC	28:14
3	Franklin	September	Velocity	28:45

## U.18 (6 km)

1	Carlo	Flink	Itheko	20:59
2	Oliver	Stewart	Atlantic	21:31
3	Ruschin	Fortuin	UWC	21:51

## SR. WOMEN (10 km)

1	Vuyiseka	Nkumenge	Nedbank	42:54
2	Sophie	Cope	Spartan Harriers	43:13
3	Lee-Shay	Willemse	Velocity	43:41
4	Ivy	Gongqa	Nedbank	44:52
5	Candyce	Hall	Carbineers	44:54
6	Madelé	du Plessis	Edgemead	46:07
7	Teagan	Pitt	UCT	50:24
8	Rozanne	Makappie	Easterns	51:26
9	Coceeka	Qomiyana	Gugs	55:03
10	Wendy	Teta	SAPS	56:39

## SR. WOMEN

1	Anel	Terblanche	KPMG	16:01
2	Amy	Abrahams	Nedbank	16:48
3	Lee-Shay	Willemse	Velocity	16:49
4	Nolubabalu	Dyonase	VOB	17:03
5	Natasha	Oosthuizen	Nedbank	18:31
6	Nocwaka	Mthetho	MSA Multi-Sport	18:42
7	Emmeranthia	Lepati	Itheko	18:49
8	Kaylon	Herman	Helderberg Harr	19:48
9	Monique	Roberts	Bellville	19:55
10	Elizabeth	Brink	Durbanville	20:11

## VETERAN WOMEN

1	Chantel	Simpson	Nedbank	17:51
2	Coriaan	de Villiers	Nedbank	17:57
3	Tyshia	Johannes	Gugs	18:41

## MASTER WOMEN

1	Linda	du Bruyn	Tygerberg	20:04
2	Lollos	Rodseth	Durbanville	20:53

3	Gail	Maharaj	SANDF	20:59
<b>G'MASTER WOMEN</b>				
1	Hilary	Rhode	Edgemoed	21:01
2	Charmaine	Cupido	Nedbank	21:04
3	Judith	Grove	Tygerberg	21:33
<b>G/G'MASTER WOMEN</b>				
1	Wendy	Wilkins	Atlantic	26:58
2	Lee	Keeling	Spartan Harriers	30:15
3	Margaret	Harrison	Fish Hoek	31:13
<b>U.20 (6 km)</b>				
1	Simone	Adams	Bottelary	27:32
2	Kirsten	Roodman	VOB	28:28
3	Razaan	Kamaldien	Carbineers	43:72
<b>U.18</b>				
1	Kayla	de Waal	CC	15:57
2	Athemba	Nqumashe	Bottelary	16:46
3	Nikita	Booyesen	Velocity	18:18

## **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**

### **Univé Stadsloop Appingedam (21st)**

Appingedam, NED, 24 June  
(Distance: 10 km)

Note: Brilliant run here by Fancy Chemutai, who recorded the fourth-fastest mark of all time: 30:23. That smashed Joyce Chepkirui's previous event record of 30:42.9. --Ed.

#### **MEN (gun times)**

1.	John Langat, KEN	28:06
2.	Geoffrey Yegon, KEN	28:16
3.	Noah Kigen, KEN	28:19

#### **WOMEN (gun times)**

1.	Fancy Chemutai, KEN	30:23 ACR/PB
2.	Yvonne Jelagat, KEN	31:38
3.	Peninah Kandie, KEN	32:34

### **Mattoni Olomouc Half Marathon (8th)**

(IAAF Gold Label Road Race)  
Olomouc, CZE, 24 June  
(Distance: 21.1 km; certified loop course)

#### **MEN (gun times)**

1.	Josphat Kiprop KIPTIS, KEN	1:01:50	€ 3000
2.	Kenneth KETER, KEN	1:02:14	1500
3.	Amos Kibiwott KURGAT, KEN	1:03:21	1000
4.	Festus TALAM, KEN	1:04:19	600
5.	Felix Kipchirchir KANDIE, KEN	1:04:55	500
	Callum HAWKINS, GBR	DNF	

## WOMEN (gun times)

1. Worknesh DEGEFA, ETH	1:09:19	€ 3000 + 1000i
2. Netsanet GUDETA, ETH	1:10:03	1500
3. Rose CHELIMO, KEN	1:10:33	1000
4. Lucy CHERUIYOT, KEN	1:10:36	600
5. Eva VRABCOVA, CZE	1:12:01	500 + CZK 12,000 + 10,000ii

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

ii) Earned time bonus for CZE athletes for sub-1:13:00

**Stadtlauf Ludwigshafen** (22nd)

Ludwigshafen, GER, 24 June

(Distance: 9.6 km for elite athletes)

Note: The race distance is not 10 km; the winning times correspond to approx. 28:54 and 33:50 respectively for 10 km. -- Ed.

## GLOBUS Elite Race (extended gun times):

## MEN

1. Mengistu Zelalem, 1993, ETH, 27:46.2
2. Patrick Ereng, 1987, KEN, 28:01.4
3. Emmanuel Kiprono, 1993, KEN, 28:03.7

## WOMEN

1. Melat Kejeta, 1992, ETH, 32:33.4
2. Nastassia Ivanova, 1982, UKR, 32:44.9
3. Betty Chepkwony, 1995, KEN, 33:08.9

**TRACK****Meeting de Paris** (41st)

(7th stop of 2017 IAAF Diamond League)

Paris, FRA, 1 July

## MEN

## 800:

1	Nijel AMOS	BOT	1:44.24
2	Kipyegon BETT	KEN	1:44.36
3	Ferguson Cheruiyot ROTICH	KEN	1:44.37
4	Robert Kiptoo BIWOTT	KEN	1:45.05
5	Amel TUKA	BIH	1:45.40
6	Job Koech KINYOR	KEN	1:45.50
7	Pierre-Ambroise BOSSE	FRA	1:45.71
8	Thijmen KUPERS	NED	1:46.07
9	Samir DAHMANI	FRA	1:46.76
10	Alfred KIPKETER	KEN	1:47.36

## 3000:

1	Muktar EDRIS	ETH	7:32.31
2	Ronald KWEMOI	KEN	7:32.88
3	Yomif KEJELCHA	ETH	7:33.37
4	Joshua Kiprui CHEPTEGEI	UGA	7:34.96
5	Adel MECHAAL	ESP	7:35.28
6	Ben TRUE	USA	7:35.53
7	Patrick TIERNAN	AUS	7:39.28

8	Yenew ALAMIREW	ETH	7:39.57
9	Bethwell Kiprotich BIRGEN	KEN	7:43.57
10	Abdalaati IGUIDER	MAR	7:43.96

## WOMEN

## 1500:

1	Sifan HASSAN	NED	3:57.10
2	Faith Chepngetich KIPYEGON	KEN	3:57.51
3	Gudaf TSEGAY	ETH	3:59.55
4	Angelika CICHOCKA	POL	4:01.61
5	Rababe ARAFI	MAR	4:01.81
6	Winnie CHEBET	KEN	4:03.55
7	Nelly JEPKOSGEI	KEN	4:04.64
8	Judy KIYENG	KEN	4:05.54
9	Besu SADO	ETH	4:05.70
10	Malika AKKAOUI	MAR	4:06.37

## 3000 s/chase:

1	Beatrice CHEPKOECH	KEN	9:01.69
2	Hyvin Kiyeng JEPKEMOI	KEN	9:06.00
3	Celliphine Chepteek CHESPOL	KEN	9:07.54
4	Ruth JEBET	BRN	9:10.95
5	Emma COBURN	USA	9:11.08
6	Etenesh DIRO	ETH	9:13.25
7	Aisha PRAUGHT	JAM	9:20.38
8	Fabienne SCHLUMPF	SUI	9:22.01
9	Sofia ASSEFA	ETH	9:24.39
10	Habiba GHRIBI	TUN	9:27.02

**Zlata Tetra - Golden Spike** (56th)

(IAAF World Challenge)

Ostrava, CZE, 28 June

## MEN

## 1000:

1	Nicholas Kipkoech	KEN	2:18.51	SB
2	Jakub Holuša	CZE	2:18.60	SB
3	Filip Sasínek	CZE	2:19.03	PB
4	David Rudisha	KEN	2:19.43	PB
5	Luke Mathews	AUS	2:19.57	PB
6	Jan Friš	CZE	2:20.05	PB
7	Jacob Rozani	RSA	2:20.25	PB
8	Ryan Gregson	AUS	2:20.51	SB

## 10000:

1	Mo Farah	GBR	27:12.09	SB
2	Mathew Kimeli	KEN	27:14.43	WJL/PB
3	Timothy Toroitich	UGA	28:02.23	SB
4	Nguse Tesfaldet	ERI	28:08.58	SB
5	Benard Kimeli	KEN	28:09.46	PB
6	Alexander Mutiso	KEN	28:09.47	SB

## 3000 s/chase:

1	Benjamin Kigen	KEN	8:11.54	PB
2	Getnet Wale	ETH	8:13.16	
3	Hailemariam Amare	ETH	8:13.39	PB



4	Abraham Kibiwot	KEN	8:16.21	
5	Tafese Soboka	ETH	8:16.72	
6	Tolosa Nurgi	ETH	8:23.12	SB

#### WOMEN

##### 800:

1	Eliska Kutrova	CZE	2:12.59	
2	Klára Kovářiková	CZE	2:13.06	
3	Michaela Červínová	CZE	2:13.28	
4	Iveta Rašková	CZE	2:15.36	
5	Eliška Surmová	CZE	2:15.45	PB
6	Sára Janušková	CZE	2:18.87	

##### 15000:

1	Gudaf Tsegay	ETH	4:00.96	SB
2	Rabab Arrafi	MAR	4:03.34	
3	Zoe Buckman	AUS	4:06.30	SB
4	Feyisa Adanech	ETH	4:07.85	
5	Worknesh Abye	ETH	4:08.27	
6	Mary Kuria	KEN	4:08.85	SB

## USATF U20 Outdoor Track & Field Championships

Sacramento, 22-24 June

#### 800 (24):

1. Cameron Cooper, 1999, Motor City T, 1:47.59 PB
2. Terrell Jackson, 1998, Clemson, 1:48.37
3. Josh Hoey, Unattached, 1:49.37

#### 1500 (24):

1. Eric van der Els, Connecticut, 3:46.84
2. Cooper Teare, Unattached, 3:47.89
3. Ryan Schweizer, Notre Dame, 3:49.04

#### 5000 (23):

1. Nick Wolk, Pittsburgh, 14:26.54
2. Alec Haines, Oklahoma St., 14:27.42
3. Daniel Schaffer, Unattached, 14:27.98

#### 10000 (24):

1. Steven Cross, Florida St., 31:20.95
2. Aidan Reed, Southern Uta, 31:22.54
3. Phillip Fishburn, Gonzaga, 31:25.37

#### 3000 s/chase (24):

1. Timothy Bason, N Carolina St, 9:15.40
2. Nathan Mylenek, Iowa, 9:15.42
3. Michael Grabowski, Unattached, 9:15.69

#### WOMEN

##### 800 (24):

1. Caitlin Collier, 1999, Unattached, 2:03.63
2. Laurie Barton, Virginia Tech, 2:05.09
3. Gabrielle Wilkinson, Mt Airy Trac, 2:06.03

1500 (24):

1. Madeleine Reed, Arkansas, 4:21.45
2. Michelle Magnani, Oklahoma St., 4:23.32
3. Camille Davre, Milwaukee Mu, 4:23.50

3000 (24):

1. Taylor Werner, Arkansas, 9:35.56
2. Judy Pendergast, Harvard, 9:49.97
3. Abigail Green, Unattached, 10:05.16

5000 (23):

1. Samantha Drop, Georgia, 16:56.91
2. Hannah Truniger, Northern Iowa, 17:05.37
3. Mckayla Cole, Northern Iowa, 17:23.56

3000 s/chase (24):

1. Sarah Edwards, Virginia Tech, 10:14.67 CR\*
2. Alexandra Harris, Unattached, 10:25.80
3. Athena Welsh, Toledo, 10:29.82

### **Kenyan African U20 Championships Trials**

Nairobi, KEN, 13-14 June

(Nairobi is at 1680 m of altitude.)

BOYS

800 (14):

1. Solomon LEKUTA (KEN) 1999 1:45.4h
2. Boaz KIPRUGUT (KEN) 1998 1:46.5h
3. Jonah KIPROP (KEN) 1998 1:47.2h

1500 (14):

1. Justus SOGET (KEN) 1999 3:39.51
2. John KAUSI (KEN) 1998 3:42.83
3. Julius KIPCHIRCHIR (KEN) 2000 3:44.96

5000 (14):

1. Nicholas KIMELI (KEN) 1998 13:39.8h
2. Davis KIPLANGAT (KEN) 1998 13:40.7h
3. Robert MWEI (KEN) 1998 13:44.7

10000 (13):

1. Rhonex KIPRUTO (KEN) 1999 29:05.1h
2. Leonard KIPROTICH (KEN) 2000 29:06.0h
3. Solomon BOIT (KEN) 1999 29:16.5h

3000 s/chase (14):

1. Nixon KIPLANGAT (KEN) 1998 8:45.9h
2. Geoffrey ROTICH (KEN) 1998 8:49.2h
3. Dominic SAITOTI (KEN) 1999 8:52.0h

GIRLS -

800 (14):

1. Josphine CHELANGAT (KEN) 1998 2:04.6h
2. Betty CHEPKEMOI SIGEI (KEN) 1998 2:07.2h
3. Shyline CHEPKEMOI (KEN) 2000 2:19.2h

1500 (14):

1. Joyline CHEROTICH (KEN) 1998 4:22.3h
2. Gloria KITE (KEN) 1998 4:22.8h
3. Mirriam CHEROP (KEN) 1999 4:28.6h

3000 (14):

1. Sandra CHEBET (KEN) 1998 9:12.1h
2. Mirriam CHEROP (KEN) 1999 9:18.3h
3. Dolphine OMARE (KEN) 2001 9:46.8h

5000 (14):

1. Sheila CHELANGAT (KEN) 1998 15:57.46
2. Evaline CHELANGAT (KEN) 1998 16:05.31
3. Dolphine OMARE (KEN) 2001 16:19.50

3000 s/chase (14):

1. Fancy CHERONO (KEN) 2001 10:18.6h
2. Lydia CHEPTARUS (KEN) 2000 10:20.0h
3. Edinah JEROTICH (KEN) 1998 10:29.0h

### **Kenyan World U18 Championships Trials**

Nairobi, KEN, 13-14 June

(Nairobi is at 1680 m of altitude.)

BOYS

800 (14):

1. Noah KIPRONO (KEN) 2001 1:47.81
2. Japhet KIBIWOTT (KEN) 2000 1:47.97
3. Abraham KIPKOECH (KEN) 2001 1:47.98

1500 (14):

1. Dominic KIPKEMBOI (KEN) 3:44.0h
2. George MANANGOI (KEN) 2000 3:44.4h
3. Jacob KIPKORIR (KEN) 2000 3:44.5h

3000 (14):

1. Edward ZAKAYO (KEN) 7:53.77
2. Stanley MBURU (KEN) 7:55.99
3. Robert KIPROP (KEN) 2000 7:59.71

2000 s/chase (14):

1. Leonard BETT (KEN) 2000 5:28.52
2. Kelvin KIPYEGON (KEN) 2001 5:30.04
3. Brian KIPKORIR (KEN) 2001 5:36.82

GIRLS

800 (14):

1. Jackline WAMBUI (KEN) 2000 2:06.63
2. Lydia JERUTO (KEN) 2000 2:06.72
3. Esther WAMBUI (KEN) 2000 2:09.71

1500 (14):

1. Edina JEBITOK (KEN) 2001 4:16.9h
2. Rachel NZANGI (KEN) 2000 4:17.3h
3. Janeth CHEPKOECH (KEN) 2001 4:19.2h

3000 (14):

1. Emmaculate CHEPKIRUI (KEN) 2000 9:05.7h
2. Beatrice CHEBET (KEN) 2000 9:07.0h
3. Zena JEMUTAI (KEN) 2000 9:08.1h

## NEWS

### AJEE' WILSON LOSES USA INDOOR 800 M RECORD TO TAINTED MEAT

The USA Anti-Doping Agency has reported that Ajee' Wilson (pictured) had tested positive at the NYRR Millrose Games last February for zeranol, a prohibited anabolic agent, reports *Race Results Weekly*. However, the agency determined that Wilson ingested only a tiny amount of the zeranol "without fault or negligence" through eating beef which legally contained the banned substance. Although she will not have to serve a suspension, Wilson was disqualified from the meet, and lost her pending USA indoor record of 1:58.27.

Wilson's training partner, Charlene Lipsey, was promoted to first place in a personal best 1:58.64, which was also under Nicole Teter's ratified record of 1:58.71. But Lipsey cannot be credited with the record because she was not drug-tested by USADA at the meet. However, Lipsey now holds the NYRR Millrose Games meet record, having surpassed Slovenian Jolanda Ceplak's 1:59.98 from 2002.

Zeranol is prohibited at all times under the USADA Protocol for Olympic and Paralympic Movement Testing, the United States Olympic Committee National Anti-Doping Policies, and the International Association of Athletics Federations, all of which have adopted the World Anti-Doping Code and the World Anti-Doping Agency Prohibited List.

During USADA's investigation into the circumstances that led to the positive test, officials gathered evidence from Wilson, which included reviewing her dietary habits and food purchase receipts. USADA also took into consideration laboratory reports demonstrating low parts per billion concentrations of the prohibited substance in her urine, as well as the fact that she tested negative one week prior. USADA further relied on reports from multiple independent experts on zeranol in the food supply and environment, including the use of zeranol as a legal growth promotant in beef cattle in the United States. Based on the totality of the evidence, USADA concluded it was highly unlikely that the presence of zeranol in Wilson's sample resulted from a source other than zeranol-contaminated meat.

Note: Wilson has since won the US title in 1:57.78, beating Lipsey and Brenda Martinez.



## STATS TIME

Dominique Scott-Efurd's 32:22 in Boston last weekend shot her up into fifth place on the SA all-time performers list, just behind Zola Pieterse's still-standing SA junior record from 1983. Scott-Efurd's time is joint 39th on the all-time performances list. This week we include a list of the top 20 athletes on the all-time list, with secondary performances for Elana Meyer and Colleen de Reuck included -- but only their five best times, otherwise the list would take up too much space! Between them the two athletes own the top 35 times and 75 of the quickest 100.

### ALL-TIME 10 KM: TOP 20 WOMEN

31:13	Elana Meyer	2	Boedapest	14 Oct 01
31:16A	Colleen de Reuck	2	Atlanta	04 Jul 96
31:19	Meyer-2	1	Charleston	05 Apr 97
31:28	Meyer-3	2	Tilburg	04 Jun 00
31:29	De Reuck-2	1	Mobile	22 Mar 97
31:32A	De Reuck-3	2	Atlanta	04 Jul 97
31:33	Meyer-4	1	Durban	04 May 91
31:34A	Meyer-5	1	Atlanta	04 Jul 99
31:38	De Reuck-4	1	Durban	25 Jun 00
31:48	De Reuck-5	1	Durban	22 Jul 89
32:20	Irvette van Zyl	1	Stellenbosch	09 Aug 14
32:20	Zola Pieterse	1	Bloemfontein	06 Aug 83
32:22	Dominique Scott-Efurd	5	Boston	25 Jun 17
32:27	Lebo Phalula	1	Port Elizabeth	03 May 14
32:28	René Kalmer	1	Stellenbosch	11 Aug 07
32:38	Gwen van Lingen	1	Durban	09 Jun 91
32:49	Mapaseka Makhanya	1	Durban	23 Jun 13
32:54	Poppy Mlambo	4	Port Elizabeth	25 Aug 04
[10]				
32:56	Louisa Leballo	1	Cape Town	02 Apr 17
32:57	Kesa Molotsane	2	Cape Town	02 Apr 17
33:02	Lebogang Phalula	2	Stellenbosch	30 Aug 08
33:06	Azwindini Gladys Lukhwareni	1	Durban	26 Jun 05
33:08	Alta Verster	7	Marseille	01 May 98
33:10	Nicole Fuller	1	Durban	02 Jun 96
33:19	Frith van der Merwe	5	Paderborn	10 Apr 93
33:19	Zintle Xiniwe	2	Paarl	14 Aug 10
33:20	Nolene Conrad	4	Taroudant	08 Mar 15
33:26	Annerien van Schalkwyk	4	Luanda	31 Dec 09
[20]				

### THIS MONTH IN HISTORY

#### (Almost exactly) 20 years ago: 4 July 1997

The Peachtree Road Race over 10 km in Atlanta has been a popular event with South African road runners, especially the two top women, Elana Meyer and Colleen de Reuck (see also Stats Time). The course is aided, and three of the eight fastest times on the SA all-time list were run there. On this day De Reuck, who had run the quickest ever time by a South African there the previous year (31:16), again finished second to Kenyan Helen Kimaiyo (31:21), who became the first repeat winner since Grete Waitz in 1986. De Reuck ran 31:32. Two years later Meyer would win in 31:34, beating the formidable Catherine Ndereba, with De Reuck fourth. Meyer and Simon Morolong (1995) are the only South Africans to win the race. The 48th running of the race is held tomorrow.

## 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	
21.1 km	42:00	Matthew Kimeli Kipkorir (KEN)		24 Jun
	41:13	Leonard Patrick Komon (KEN) 2010		
25 km	61:21	Stephen Mokoka	Port Elizabeth	29 Jan
	59:10	Bedan Karoki Muchiri (KEN)		
30 km	58:23	Zersenay Tadese (ERI) 2010		04 Mar
	81:36A	Sipho Mbanjwa	Pinetown	
Marathon	74:27	Dathan Ritzenhain (USA)		26 Feb
	71:18	Dennis Kipruto Kimetto (KEN)		
100 km	90:54	Melikhaya Frans	Uitenhage	
	90:17	Yuichiro Ueno (JPN)		
	87:13**	Eliud Kipchoge (KEN) 2016		
	87:13**	Stanley Biwott (KEN) 2016		
	2:16:53	Stephen Mokoka	Tokyo	
	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
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:48	Reginald Ngobese	Vanderbijlpark	08 Feb
	47:52	Titus Mamabolo (RSA) 1991		

21.1 km	73:02 66:42	Makaya Masumpa Martin Rees (GBR) 2003	Port Elizabeth	24 Jun
25 km	97:58A 98:49	Basie Bonaparte Joseph Ndlovu	Somerset East Pretoria	18 Mar 06 May
30 km	1:57:25	Steve Motau	Camps Bay	08 Jan
Marathon	2:33:15 2:19:29	Reginald Ngobese Titus Mamabolo (RSA) 1991	Sasolburg	04 Feb
100 km				
<u>Grandmasters (60+)</u>				
10 km	38:05 32:48	Mochamat Kriel Martin Rees (GBR) 2013	Pinelands	25 Feb
15 km	60:24 54:32	Mochamat Kriel Cees Stolwijk (NED) 2013	Ravensmead	18 Mar
21.1 km	87:51 71:31	Thomas Moses Martin Rees (GBR) 2013	Port Elizabeth	24 Jun
25 km	1:54:07A 1:58:06 94:01	Devilliers Oberholzer Theo Bohnen Doug Winn (USA) 2010	Pinetown Pretoria	29 Jan 06 May
30 km	2:10:11 1:57:07	Kosie Botha Ed Whitlock (CAN) 1994	Parow	26 Mar
Marathon	3:06:21 2:36:30	Gideon Radebe Yoshihisa Hosaka (JPN) 2009	Benoni	29 Jan
100 km				
<u>Great grandmasters (70+)</u>				
10 km	42:35 37:33	Pele Tshikundamalema Ed Whitlock (CAN) 2004	Pretoria	18 Feb
15 km	64:04 58:19	Jeff Smith Ed Whitlock (CAN) 2001	Constantia	11 Mar
21.1 km	95:36 82:23	Elias Raphulu Ed Whitlock (CAN) 2001	Pretoria	08 Apr
25 km	1:56:09 99:59	Elias Raphulu Clive Davies (USA) 1985	Pretoria	06 May
30 km	2:46:08 2:00:56	Tamsanqa Jusayi Ed Whitlock (CAN) 2001	Uitenhage	04 Mar
Marathon	3:37:53 2:54:49	Elias Raphulu Ed Whitlock (CAN) 2004	Centurion	01 May
100 km				
<u>Juniors</u>				
10 km	30:17 27:52	Kabelo Seboko Richard Chelimo (KEN) 1990	Benoni	29 Jan
15 km	49:31 42:25	Sivuyile Selani Moses Mosop (KEN) 2004	Port Elizabeth	25 Mar
21.1 km	68:26 59:16	Aphelele Nkonyana Samuel Wanjiru (KEN) 2005	Port Elizabeth	24 Jun
<b>WOMEN</b>				
<u>Open</u>				
10 km	32:22 30:04 30:21 Mx 30:04p Mx 30:29 Wo	Dominique Scott-Efurd Joyciline Jepkosgei (KEN) Paula Radcliffe (GBR) 2003 Joyciline Jepkosgei (KEN) Asmae Legzaoui (MAR) 2002	Boston	25 June
15 km	53:59A 56:00	Dominique Scott-Efurd Ntombesintu Mfunzi	Camps Bay Port Elizabeth	08 Jan 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 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	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
	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



100 km	2:31:05	Tatyana Pozdniakova (UKR) 2005		
<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		

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